**Participant Instructions**

Thank you for agreeing to participate in this usability test for my honors senior project. Before we start, here is a quick refresher of my abstract:

This study aims to explore the relationship of social media on mental health and understand the mechanism that makes it harmful to some. By exploring the various components of social media effect on the brain to identify the triggers that lead to addiction and negative mental health outcomes, the study proposes replicating other activities on social media that activate the same region of the brain, but have fewer negative impacts on mental health. This involves building a high-fidelity mobile app prototype that encompasses these new activities made to improve mental health relations with social media. The app draws on research in psychology, neuroscience, and human computer interaction to create a positive social media experience that enhances mental wellbeing. In particular, it focuses on remodeling social media “feed”, time spend, interaction with other users and intention of the app itself. Overall, this study aims to develop new strategies for improving the mental health and social media outcomes by having a better understanding of social media's impact on the brain to create a more positive social media experience.

A few things to note:

1. You can quit or stop this usability study any time at any point if you wish to. Feel free to eat, use the bathroom, leave and not participate anymore, etc.

2. There will be no video or audio recording. I will only be taking notes, not about you, but about my app’s ability to convey the right message and fulfill the purpose of this research. I want you to be as comfortable as possible

3. There is no penalty or anything if you cannot complete a task. Remember is my app’s fault and not yours if such a problem arises

4. Any entries made into this app by you (posts, etc) will be deleted immediately.

4. Please walkthrough each task and speak your thoughts out loud

Task 1: Login with the following credentials

Email: [linai.tan@gmail.com](mailto:linai.tan@gmail.com)

Password: 123456789

Task 2: Navigate to Feed

Task 3: Explore the 1st world at the top of Feed

Task 4: Explore food, location and activities

Task 5: Navigate to passport to view points and scores

Task 6: Navigate to your own personal feed

Task 7: Create a post

Task 8: Navigate to personal profile. Explore favorites and Journal. Feel free to make an entry if you please

Task 9: Exercise!

Task 10: Track past workout in exercise

Task 11: Looks like you got locked out?! Yay, thank you for participating.