User Testing Report – ADHD Focus Browser Extension Prototype

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Facilitator: Mila Pulvirenti
Participant Profile:

- Gender: Female
- Age: 20
- Diagnosed with ADHD for 10 years
- Familiar with productivity tools like Pomodoro apps and browser extensions
- Uses Chrome as primary browser

Overview

This user testing session aimed to evaluate the usability and accessibility of the ADHD Focus Browser Extension prototype, designed in Figma. The goal was to assess how intuitive the current navigation and core functionality are for users with ADHD, focusing on key features such as timer controls, break adjustments, and UI interaction.

Test Goals

1. See if users can easily find and use the main features (like the Pomodoro timer, settings, and other tools).
2. Check if the words and labels make sense to users.
3. Find out if buttons and clickable things feel like they 'should be clicked'.
4. Notice any times when users seem unsure or confused.
5. Get honest feedback about what users think of the design and how it feels to use.

Tasks & Observations

Task	User Action	Outcome	Notes
Navigate to Pomodoro	Clicked correct navigation item	✅ Success	No hesitation; label and icon were clear.
Change break to longer duration	Navigated to Settings	⚠️ Minor Confusion	Navigated to settings instead of changing input of focus feature.
Stop stopwatch	Clicked "Pause" button	⚠️ Minor Confusion	Throught to click pause before clicking the square to stop.
Start focus session	Hesitated at "Focus" vs "Start"	⚠️ Minor Confusion	User hovered over "Focus" before finding "Start." Consider clarifying hierarchy or labelling.

Task	User Action	Outcome	Notes
Read and answer “How long is your work interval?”	Gave correct answer	✅ Success	Understood question instantly; UI layout helped.
Open main console	Clicked correct menu option	✅ Success	Immediate recognition of entry point.
Interact with timer	Clicked timer but then looked for tool selection area	⚠️ Mild Confusion	User expected interaction to offer more options. Could benefit from clearer tooltip or label.

Key Findings

- **Labels need minor clarification**: The distinction between “Focus” and “Start” was a brief point of friction. Consider combining or rephrasing for clarity (e.g., “Start Focus Session”).
- **Interactive elements could use feedback**: Clicking on the timer yielded some uncertainty about expected behaviour. Add hover states or tooltips for guidance.
- **Settings are intuitive**: The participant had no trouble adjusting session durations, indicating good UX in customization features.
- **Visual hierarchy mostly effective**: The interface’s minimalism helped reduce cognitive overload, though a more prominent call-to-action for first-time users may help reduce hesitation.

Participant Feedback

- “I liked how it didn’t overwhelm me. A lot of tools just feel like too much at once.”
- “I wasn’t sure if clicking the timer was going to do something… maybe a sound or a little animation would help.”
- “I love that I can just open it and get to the point. That’s really helpful for me.”

Recommendations

1. **Clarify button labels** – Merge or better differentiate between "Focus" and "Start" to avoid decision paralysis.
2. **Add onboarding tooltip** – A first-time walkthrough (or subtle hint bubbles) would aid users in understanding each section.

3. **Increase feedback for interactive elements** – Consider visual cues (e.g., hover glow, bounce, or animation) for clickable items.
4. **Explore accessibility settings** – Offer font size, contrast, or ADHD-friendly themes in future iterations.

Conclusion

The initial testing session suggests that the browser extension is on the right path for ADHD users, with strong performance in navigation and customization. Minor areas of improvement, particularly around button clarity and interactivity feedback, will help further streamline the user experience and minimize moments of hesitation or distraction.