Survey: Exploring the Need for Emotion-Aware Productivity Tools

Section 1: Background Information

1. What is your age group?

- ☐ Under 18
- ☐ 18–24
- ☐ 25–34
- ☐ 35–44
- ☐ 45+

2. What best describes your current role?

- ☐ Student
- ☐ Early-career professional (1–3 years experience)
- ☐ Experienced professional
- ☐ Freelancer
- ☐ Other: _____

3. What is your main working/study environment?

- ☐ Full-time student
- ☐ Remote work
- ☐ Hybrid (part remote, part in-person)
- ☐ Fully in-person

Section 2: Emotional Health & Productivity

4. Which of the following have you experienced? *(Select all that apply)*

- ☐ Anxiety affecting your ability to complete tasks
- ☐ Low mood making it hard to start or focus
- ☐ Feeling overwhelmed or burnt out by pressure
- ☐ Over-focusing on productivity and feeling drained
- ☐ Feeling guilty when not productive
- ☐ None of the above

5. Have you tried mood tracking, journaling, or similar methods to manage your mental state?

- ☐ Regularly
- ☐ Occasionally
- ☐ Never

6. When you're not feeling your best, how would you like a productivity app to respond?

- ☐ Lighten or postpone tasks with gentle reminders

- ☐ Suggest calming activities (e.g., breathing, journaling)
- ☐ Reduce task load to avoid overwhelm
- ☐ Keep everything the same
- ☐ Other: _____

Section 3: Feedback on the "Cycle" Concept

7. Would you be willing to check in with your mood daily in an app?

- ☐ Yes, sounds helpful
- ☐ Maybe, if it's quick and easy
- ☐ No, I don't want that

8. How would you feel about the app adjusting your task list based on your mood?

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neutral
- ☐ I would not like that

9. What features would you most like to see? *(Select all that apply)*

- ☐ Mood-productivity trend visualizations
- ☐ Micro-break reminders (e.g., hydration, stretch)
- ☐ Emotional wellness tools (e.g., journaling, mindfulness)
- ☐ Integrations with Notion, Todoist, etc.
- ☐ Community sharing/support features
- ☐ Other: _____

10. What concerns might you have with an app like this? *(Select all that apply)*

- ☐ Privacy of emotional/mood data
- ☐ Inaccurate mood detection
- ☐ Too many notifications
- ☐ App might feel like a burden
- ☐ I avoid using apps when I feel down
- ☐ Other: _____