CONSENT TO PARTICIPATE IN

Case Study: UX/UI Design of a Healthy Habits SuperApp

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Sean Mckenzie
Which of the following age group applies to you? *
19 and below
20-24
25-30
30 -45
45 and above
How much time do you spend on your device (Phone/laptop/desktop etc.) in a day? *
Less than an hour
1-3 hours
4-6 hours
More than 7 hours

Do you experience any form of discomfort after using your device for prolonged periods? *
Yes
No
What application do you spend a great amount of time on? If you answer is not included below, please specify in the "Others" selection. *
Facebook
Instagram
Snapchat
Youtube
Reddit
Twitter
Other:

Say there exists a SuperApp, designed to both cater to your daily application needs , and also function as a mental health regulator. Which of the following features would you like to see included in the app? *
✓ Mainstream application services integration (Facebook, Youtube etc.)
Reminders for wellness activities / healthy habits
Exercise trackers
✓ Limitation / regulation of device usage such as screen time
Reward system for healthy activities
Other:
What sort of reward system would you like to see for an application design to promote a healthy lifestyle? *
Achievement display system
Encouraging words
Unlocking additional(but not crucial) features, Eg , a progress system in a gym application
✓ Gamification system , where a user can spent earned points for certain rewards
Other:

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Pasha Pishdad

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25-30
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45 and above
How much time do you spend on your device (Phone/laptop/desktop etc.) in a day? *
Less than an hour
1-3 hours
4-6 hours
More than 7 hours
Do you experience any form of discomfort after using your device for prolonged periods? *
Yes
No
 More than 7 hours Do you experience any form of discomfort after using your device for prolonged periods? * Yes

What application do you spend a great amount of time on? If you answer is not included below, please specify in the "Others" selection. *
Facebook
Instagram
Snapchat
Youtube
Reddit
Twitter
Other:
Say there exists a SuperApp, designed to both cater to your daily application needs , and also function as a mental health regulator. Which of the following features would you like to see included in the app? *
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Reminders for wellness activities / healthy habits
Exercise trackers
Limitation / regulation of device usage such as screen time
Reward system for healthy activities
Other:

What sort of reward system would you like to see for an application design to promote a healthy lifestyle? *
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Encouraging words
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Tommy Andrews

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25-30
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45 and above
How much time do you spend on your device (Phone/laptop/desktop etc.) in a day? *
Less than an hour
1-3 hours
4-6 hours
More than 7 hours
Do you experience any form of discomfort after using your device for prolonged periods? *
Yes
O No

Faceb Instag	
	gram
○ Snano	
Silapo	chat
Youtu	ube
Reddi	it
Twitte	er
Other:	:
function a	e exists a SuperApp, designed to both cater to your daily application needs , and also as a mental health regulator. Which of the following features would you like to see in the app? *
Mains	stream application services integration (Facebook, Youtube etc.)
Remir	nders for wellness activities / healthy habits
Exerci	ise trackers
Limita	ation / regulation of device usage such as screen time
Rewar	rd system for healthy activities
Other:	•

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Yes

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How much time do you spend on your device (Phone/laptop/desktop etc.) in a day? *
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More than 7 hours
Do you experience any form of discomfort after using your device for prolonged periods? *
Yes
○ No

 Facebook Instagram Snapchat Youtube Reddit Twitter Other: Say there exists a SuperApp, designed to both cater to your daily application needs, and also function as a mental health regulator. Which of the following features would you like to see included in the app? * ✓ Mainstream application services integration (Facebook, Youtube etc.) ✓ Reminders for wellness activities / healthy habits ✓ Exercise trackers ✓ Limitation / regulation of device usage such as screen time ✓ Reward system for healthy activities 		at application do you spend a great amount of time on? If you answer is not included below, ase specify in the "Others" selection. *
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Encouraging words
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Steven Markandu

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19 and below
O 20-24
25-30
30 -45
45 and above
How much time do you spend on your device (Phone/laptop/desktop etc.) in a day? *
Less than an hour
1-3 hours
4-6 hours
More than 7 hours
Do you experience any form of discomfort after using your device for prolonged periods? *
Yes
No

What application do you spend a great amount of time on? If you answer is not included below, please specify in the "Others" selection. *
Facebook
Instagram
Snapchat
O Youtube
Reddit
Twitter
Other:
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Other:

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Sacha

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19 and below
O 20-24
25-30
30 -45
45 and above
How much time do you spend on your device (Phone/laptop/desktop etc.) in a day? *
C Less than an hour
1-3 hours
4-6 hours
More than 7 hours
Do you experience any form of discomfort after using your device for prolonged periods? *
Yes
O No

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Zubair Nurie

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Lucas Blanchard

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