For the purpose of this project, a survey was created to collect opinions from potential users. A total of 8 questions were prepared.

Analysis.

1st chart

Firstly, it can be seen that most participants are aged in their early twenties. As most participants are students of Concordia University, this is also an opportunity to investigate potential impacts that an overexposure of screens may have on young university students

2nd chart / 3rd chart

According to the data obtained, almost 90% of the participants spend more than 7 hours on their device each day. This data is presumed to be affected due to the COVID-19 pandemic, which causes students to be confined to working/studying from home. Unfortunately, it is also shown that 62.5 of participants suffer from discomfort (back pains, headaches, neck cramps etc.) after spending prolonged amounts of time on their devices, which can be detrimental to their body, and cause underlying health issues.

4th chart

It has been anticipated that most application use will be that of social media apps for both entertainment and communication purposes. It also is a notable observation that certain applications such as YouTube have integrated auto-play features as a method of keeping users engaged with content which may either be relevant with what may be initial viewing, or simply interesting content to pip one’s curiosity. Due to this, users often unconsciously find themselves in a rabbit hole of content viewing, which leads to an extended time of use and thus a prolonged screen exposure. This can be seen in the figure above, where YouTube viewing was presented as the application most participants spend a length amount of time on.

5th chart

Project Shepard intends to function primarily as an application for users to regulate healthy screen habits. To achieve this, a SuperApp design approach is to be taken for this project. Suggestions and polls from participants were taken to facilitate optimal information on the Superpipe features below.

* Mainstream application integration
  + Inclusion of popular applications / platforms under one application (SuperApp)
  + Combines different application functions to increase user convenience.
* Reminders for wellness activities
  + Timed reminder of certain fitness activities
  + Activities may be defined by the user, or selected from suggestions in the application
* Exercise Tracking Services
  + A simple application service to track different exercise activities (e.g. walking milage)
* Device usage Regulation
  + A function to provide warnings, or loosely disable the use of chosen applications for a certain amount of time.
* Reward system for healthy activities

According to the data polled, most participants have preferred a reminder system for healthy screen habits. While also crucial, mainstream application integration was also a preferred feature of the superApp to be.

6th chart

Users were also requested to provide insight regarding potential ideas to motivate a projected user of the SuperApp with the following suggestions

* Achievement Display System
  1. Different achievements of varying difficulty levels will be available to be unlocked if users fulfill the required conditions
  2. Achievements can be shared to social media to be displayed to friends and followers
* Encouraging Words or famous quotes
  1. The application provides a plethora of different motivational words to the users, which can also be famous quotes.
  2. The words can be displayed timely, or upon user request.
* Unlocking additional features (progressive unlocking)
  1. Certain applications have a progression system, such as gym exercise applications which require users to complete easier exercises before allowing them to access more complex exercises.
  2. However, locked features must be non-crucial / primary functions.
* Gamification System
  1. Includes a point system where users who follow healthy screen habits are rewarded with points, which can be spent for in application rewards (e.g. app background customization, additional features.)

The gamification system was the resulting popular vote, with also high poll counts for an achievement display system and a progressive unlocking system.