Lab Usability Study

(pause)

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Our Goal

Minimal UI

Single-Function App

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Minimal UI

Single-Function App

Extended UI

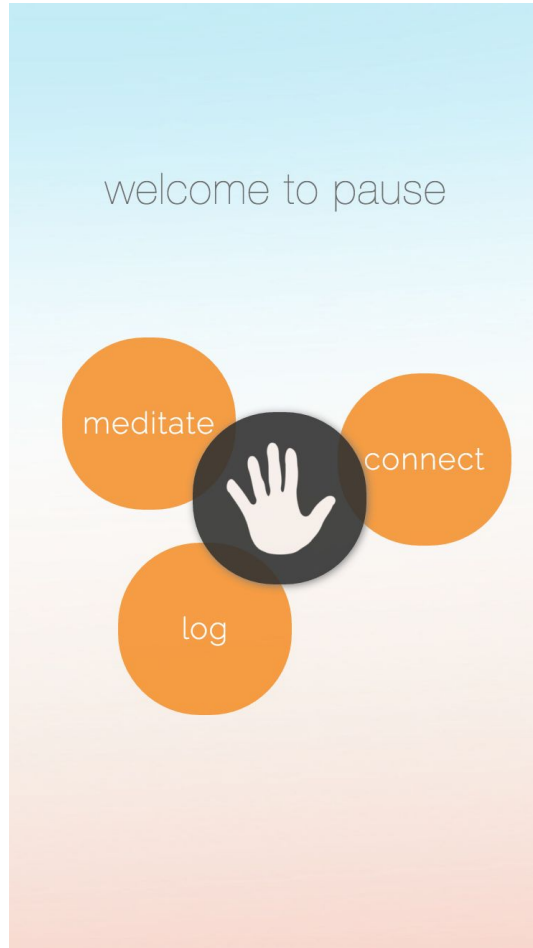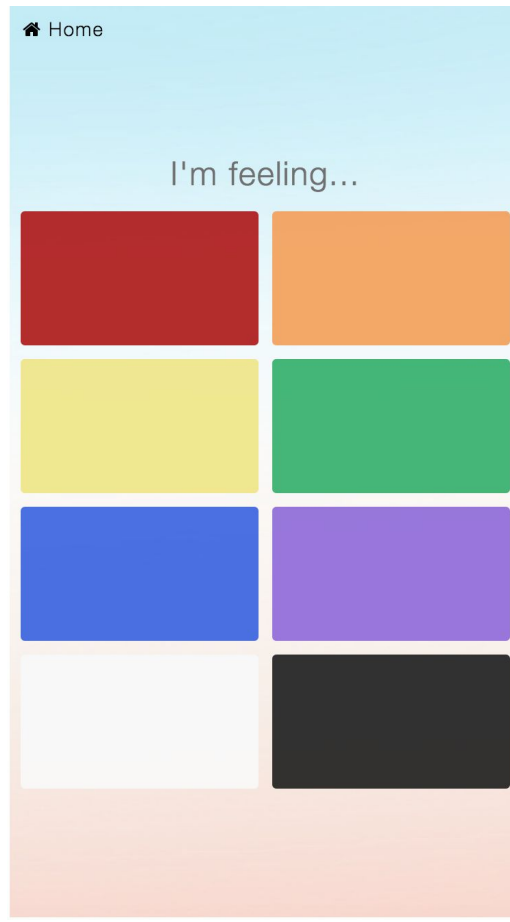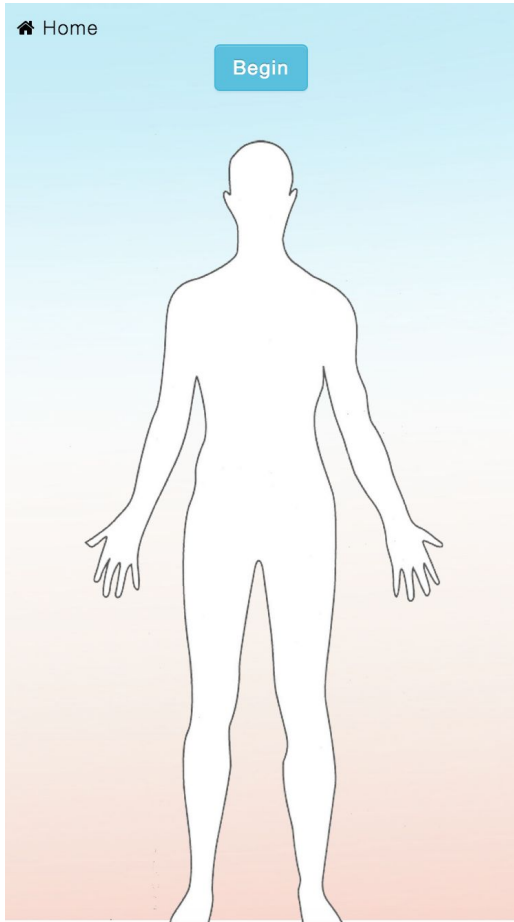Extended Functionality

Prototype Changes

Color Representation

(Dots to Gradient)

Opening Menu

(New distinct functionality)

New Features

(New distinct functionality)

…and backend changes

Method

Participants

Male Banker (50s)

Blackberry user

Practices faith daily

Married, has kids

Single Mom (40s)

Executive Recruiter

Wants to meditate, but claims she has no time

Student (21)

Female

Studied yogic practice in India

Male (29)

Bioengineering R&D in Industry

Relatively Secular

Apparatus

Tasks

Simple

Record how you feel today

Moderate

Perform an individual meditative exercise

Complex

Find someone else on the app to destress with

Procedure

1) Intro and consent form

2) Pause overview

3) Q/A

4) Test with verbal moderation

Test Measures

1) # errors (wrong clicks)

2) Total time to complete task

3) Time between each correct step

Quantitative Results

Number of Errors Made

Tasks	User 1	User 2	User 3	User 4
Record mood	2	1	0	0
Meditate	0	0	0	0
Destress w/ another	1	1	0	0
Total	3	2	0	0

Total Time in Seconds

Tasks	User 1	User 2	User 3	User 4
Record mood	57	39	31	24
Meditate	13	14	9	12
Destress w/ another	32	22	15	13

Changes

- Get native ios up to improve logging

- Make thumb interface more informative

- More transitional/smooth workflow

- Initial menu (always stays open)

good high level nav

good extended functionality

focus on small interaction changes