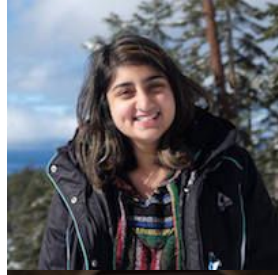


pause

life is fast, let's pause together

field study

Sukhi Gulati



Raymond Luong



Julie Ni



Kyle Qian



the system: pause

A product that helps people *engage in self-care* and foster emotional well-being through meditation and a shared moment of reflection.

pause

life is fast, let's pause together



the purpose

evaluate changes

- thumb connection (new circle loading, vibration)
- color gradient visualization
- audio/new visuals for body scan

outline

I. method

II. test measures and results

III. reflection (learnings, changes, difficulties)

method

participants

male business consultant

- 23 years
- just started working
- does not meditate

female marketing manager

- in her 30s
- schedule full of meetings
- tried meditation before but couldn't make it a habit

male barista

- 25 years
- works a lot of hours
- doesn't meditate because he doesn't feel that he needs it

female software engineer

- mid 20s
- tried headspace but stopped
b/c she didn't want to pay for it
- interested in meditation

male software engineer

- 25 years
- works full time at LinkedIn
- too lazy to meditate, would rather nap
- work schedule is always full

apparatus & environment

Blue Bottle coffee shop
in Palo Alto on a busy
afternoon

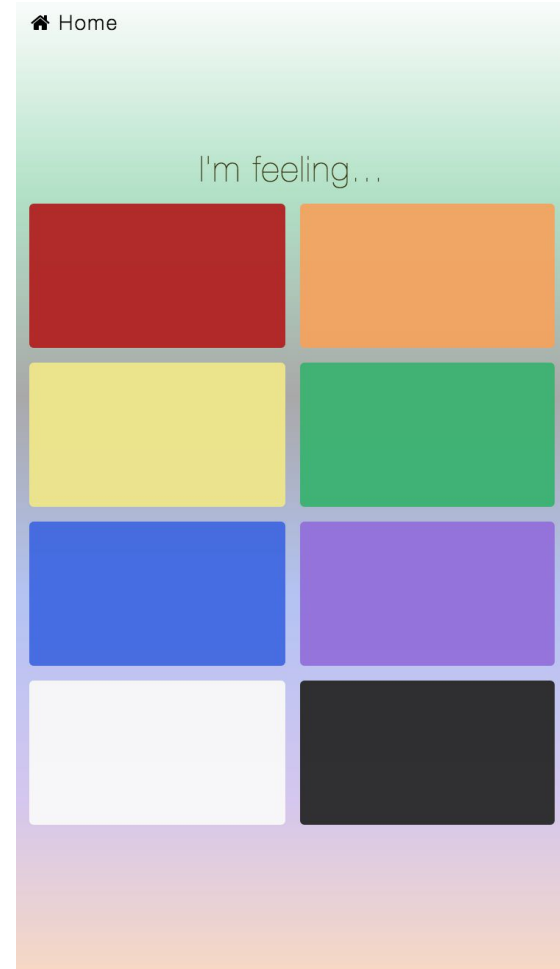


task #1: simple

record how you feel today

looked for

- time spent
- points of friction
- noticing the change
- feedback on color gradient

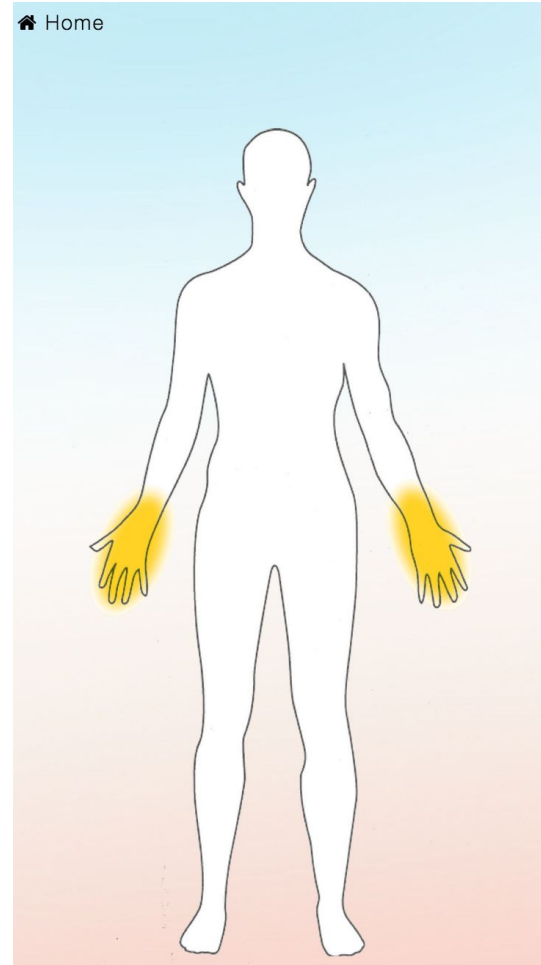


task #2: moderate

perform an individual
meditative exercise

looked for

- time spent
- areas of confusion
- naturalness of experience

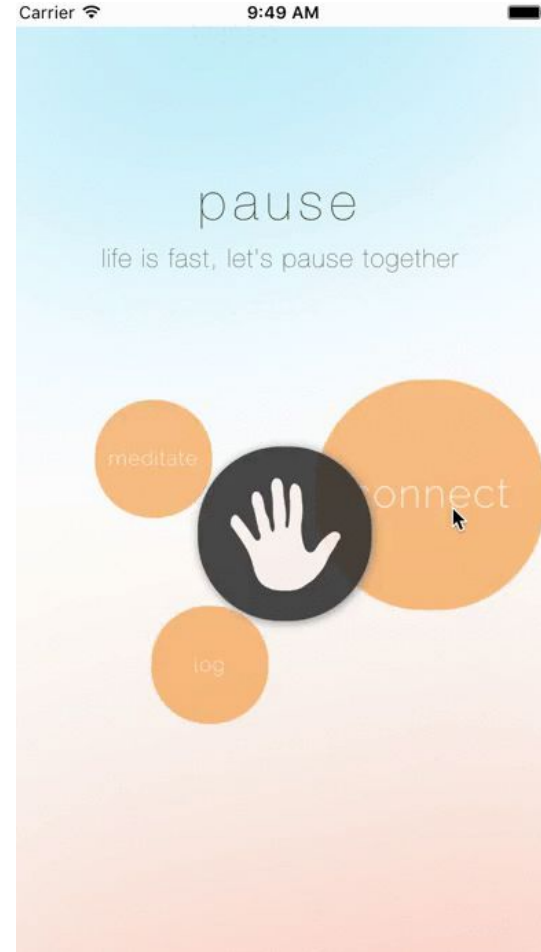


task #3: complex

destress with someone else

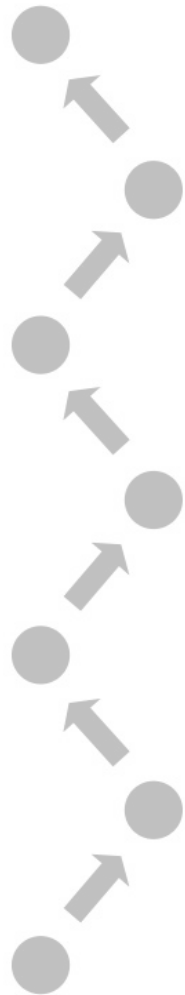
looked for

- time spent
- areas of confusion
- realness



procedure

- 1) Intro and consent form
- 2) Pause overview
- 3) Q/A
- 4) Scenarios



test measures

- 1) # errors (wrong clicks)
- 2) Total time to complete task
- 3) Quotes/comments



results

quantitative (# errors)

Tasks	User 1	User 2	User 3	User 4	User 5
<i>Record mood</i>	0	0	0	0	0
<i>Meditate</i>	0	2	1	0	0
<i>Destress w/ another</i>	0	0	0	0	0

quantitative (total time)

Tasks	User 1	User 2	User 3	User 4	User 5
<i>Record mood</i>	20 s	32 s	23 s	31 s	25 s
<i>Meditate</i>	3 min 40 s	3 min 50 s	3 min 22 s	4 min 5 s	3 min 42 s
<i>Destress w/ another</i>	40 s	50 s	45 s	44 s	43 s

qualitative

“...did the background change?”

“cool pulsing feature, I like the vibration”

“none of these colors express how I’m feeling right now”

“that was nice” (referring to the body scan)

“I’d want to know something about the person I’m connecting with”

future design changes

color screen

- color picking screen is **not an effective way** to convey emotion
 - not intuitive - average response time of 26.2 seconds was much longer than expected
 - gradient change = largely unnoticed
- **exploring alternatives** to color picking
 - PAM: Photographic Affect Meter
 - color and word association

body scan

- overall positive feedback
- users did not think visuals had to be present the whole time
 - we will probably keep them as this is highly preferential

thumb connection

- **need more genuine** thumb connection
 - explore different thumb visualizations
 - no justification for loading the circle in quarters
 - add a transition page between home page and “searching for a connection” to allow users to choose someone to connect with
- **huge positive response** to getting pulse vibration working

experiment feedback

- focus less on usability, **more on product purpose and feel**
- difficult to capture exact moment in which app would be used

summary

- Feature Set is finalized
- Some Changes to the UI were effective
 - Vibration
 - Body Scan Update
- Others need revisiting
 - Gradient
 - New Thumb Visual

Our next goal is to design to the end of creating a **genuine** connection (thumb screen) and **meaningful** analysis of emotions over time.