Appendix F — Quick Usefulness Survey

Appendix F1 — Quick Usefulness Survey.pdf

https://drive.google.com/drive/u/3/folders/1BsEpLKr7FObXB2jqxgw2I5prwWADBKB7

타임스탬프	Q1. Overall usefulness Overall, how helpful was Mealyze in deciding what	Q2. Context-awareness Did the recommendation reflect your current situa	Q3. Explainability Was the reason for the recommendation easy to ur	Q4. 4-hour curve usefulness Did the 4-hour post-meal curve help you understar	Q5. Lightweight vs Tracking apps Compared to typical food tracking apps, did Meal	Any short comments or suggestions? (optional)
2025. 12. 17 오전 11:59:	5	5	5	5	5	
2025. 12. 17 오전 11:59:	4	5	4	5	4	
2025. 12. 17 오후 12:01:	5	5	5	5	4	
2025. 12. 17 오후 12:02:	5	5	4	5	5	The 4-hour post-meal curve was very clear and help
2025. 12. 17 오후 12:02:	5	5	5	5	5	The app felt lightweight and easy to use compared
2025. 12. 17 오후 12:03:	5	5	5	5	5	
2025. 12. 17 오후 12:03:	5	4	4	5	5	
2025. 12. 17 오후 12:03:	5	5	5	5	4	
2025. 12. 17 오후 12:08:	5	5	5	5	5	
2025. 12. 17 오후 12:12:		5	5	5	5	The 4-hour post-meal curve was a kick!
AVG	4.9	4.9	4.8	5	4.7	

Appendix F2 — Quick Usefulness Survey (n=10) Summary (Mealyze)

Survey Overview

- Date: 2025-12-17

- Participants: n=10

- Scale: 1–5 Likert (higher = better)

- Purpose: Provide quick usability evidence for "in-the-moment meal decision support," beyond model metrics.

Questions (Q1–Q5)

Q1. Overall usefulness — "How helpful was Mealyze in deciding what to eat at that moment?"

Q2. Context-awareness — "Did the recommendation reflect your current situation (goal, condition, time, or preferences)?"

Q3. Explainability — "Was the reason for the recommendation easy to understand?"

Q4. 4-hour curve usefulness — "Did the 4-hour post-meal curve help you understand how your body might respond after eating?"

Q5. Lightweight vs tracking apps — "Compared to typical food tracking apps, did Mealyze feel easier to use in the moment?"

Results (Averages)

- Q1 Overall usefulness: 4.9 / 5.0

- Q2 Context-awareness: 4.9 / 5.0

- Q3 Explainability: 4.8 / 5.0

- Q4 4-hour curve usefulness: 5.0 / 5.0

- Q5 Lightweight vs tracking apps: 4.7 / 5.0

Key Takeaways (5 lines)

1) Users rated Mealyze as highly useful for immediate meal decisions (Q1 avg = 4.9).

2) Context-aware recommendation quality was perceived as strong (Q2 avg = 4.9).

3) Explanations were generally easy to understand (Q3 avg = 4.8), supporting interpretability claims.

4) The 4-hour post-meal curve feature received the highest validation (Q4 avg = 5.0), suggesting high perceived value.

5) Compared to typical tracking apps, Mealyze was perceived as lightweight/easier in the moment (Q5 avg = 4.7), aligning with the "quick coaching" UX goal.

Representative Comments (verbatim short excerpts)

- "The 4-hour post-meal curve was very clear and helped me understand my body's response quickly."

- "The app felt lightweight and easy to use compared to typical tracking apps."

- "The 4-hour post-meal curve was a kick!"