**DiaGoals Interview, Participant 5, 13.04.2024**

So, can you tell about your first impressions with using the application? How was the goal setting process and your overall experience? Did you find some features that stood up or how the application affected your motivation or behavior? Okay, I think the app is very well designed and programmed and I like that you can select a category for your goals and also add custom goals. I would like to have a feature where I can set custom categories but that is not very important and when I set a goal I can set a reminder time and would really appreciate to set custom reminder times for example a reminder on the next day to evaluate if I have done it yesterday. For example, for early sleeping this would be very important.

It only makes sense to evaluate on the next day in retrospect. Do you think it was like easy to use the application or was there some elements you didn't understand how they work? I think it was easy to use, just to set the time for when to be reminded. Did you find some elements like engaging like for example this Capybara like did you find it's kind of make the app better? Like this Capybara there is like animal sometimes when you finish something or you get feedback there is like an animal like it I didn't specifically notice it but it's just like yeah okay and do you think like using this kind of apps can improve the motivation to change your behavior for example if you want to like start eating breakfast regularly so like this app can really help with this I think it can help to keep to help me reflect about what goals I want to implement and how I progress implementing them but so in this regard it's very helpful but I think it would be even more helpful if it would actually motivate me for example via a reward system which I can for example implement myself so for example the app tells me I can give to myself something now okay and did you before using the app did you expect expect something from it and what was the satisfaction did you maybe expect something different or for example some features are missing or something like this I expected the notifications to be more intrusive for example if I don't use the app I don't feel very forced to use the app so the notifications could be like more pushy okay understand yeah and yeah and are there any features you like it the more in this application or what did you like or some design elements you like it most or some technical like aspects or or just something like for example like this maybe like some materials did you learn something new or what was your like favorite like I think you liked most of this I like the design I feel it's very smooth yeah yeah design feels very smooth suggestions for improvement would be like for example this if I click on a goal it feels like then I have to click a second time to mark it as done and then I have to click a third time to confirm that I have done it and so that feels like maybe because you already have reserved a place there you can just check it and when I have done it I cannot review it for example I would really like to click on a day a path day so I can see what goals I have achieved on that day so it's you think it's better to keep accomplished like goals on the list not like to remove them yeah to keep them visible like in the background so that I can okay feel achieved and did you check the list of this gamification elements like can you name like for example what features or elements did you like most and which one you didn't like or think they could be improved like for example like badges or progress bar I was yeah we could go through all of them yeah we don't need to go you can just tell what is like the most like what I like the most I didn't observe the point system the leaderboards and ranking because I don't compare myself to anything that was not visible but do you think if for example the tutorials when would they they helped me use the app and they were very short and useful but do you think tutorial can be improved to have other information for example right now it's on this show how to set a goal but it doesn't show for example where you can check all like your goals for example you have to go to statistics and press this button oh but yeah it's not in the tutorial or for example even how to mark the goal as done so do you think this also can be tutorial I think this should also be admitted to Detroit I think there should be a tutorial for every feature of the app yeah but in such a way that it's like discoverable so when you go to a new tab but first that you get like a tiny hint you can go to this tab and then when you go to this tab and there's like info popping yeah so that you're not forced in the beginning to go through an endless tutorial and what about badges did you think they are like too easy or like boring or otherwise they're like motivating and it's nice that you get something extra um I didn't notice the badges very much like I just did my things because I want to achieve goals and then sometimes these badges pop up but they were not very visible and also for example in the stats page I have to scroll down to see them and they're not very obvious and I don't know if you're very random to me now it's not specifically maybe you can couple these badges like milestones and achievements with self-managed positive reward so that the app can tell me so now you can give yourself a piece of chocolate okay and they are just in the air right now there's no connection to my life okay and what about this different progress like elements did you find there enough information or there can be some more like statistics or something like this I find the stats tab I don't understand maybe you don't understand um yeah I think the the problem the first problem with this completion rate graph that the first you compare different like goals for example let's say one person have some activity goal like to go to gym another person has a goal to eat breakfast so you compare two people like totally like different and then the app tells that you are doing better than other person but he's doing totally different so this is the one issue so we were thinking to add maybe some filters so you can filter for specific like category or goals the second may be to add not like everyone but for example your friends or for example if you have kids or you want to check how they're doing so you can track this yeah or you can share for example with family doctors so they can maybe adjust something so yeah it's not like generic but more like personalized and the other option we were thinking to instead of doing this comparison like thing to do like collaboration so basically you can have different like team best like challenges for example let's say you have you can have a goal to ride a bicycle for like thousand kilometers in one week and several people can join this challenge it's kind of like weekly goal and for example if one person ride bicycle for 600 then you can only drive for 400 and together you like accomplish the goal so it's like team best this so we were thinking to also have this what do you think about to have this team based yeah yeah there's of course the danger that some people just don't do anything yeah i mean yeah but yes team based sounds very good because then there's like uh positive feedback from the community wow you contributed so much but again there has to be like a connection to my life like i i accomplished some goals in the app but what is like the impact on my life of course like there's the impact of positive habits for me but then it's like long term and quite indirect so the reason for the gamification app is that we have a more direct impact which gives us positive feedback and right now it's like okay i know this it doesn't feel very connected to my life yeah one aspect it's like to have some socialization for example you can find friends for example to do goals together for example go to gym together so you don't go alone so this is one so you can create for example your own like like this team like goals for example you can create like you you want to go for example for hike like let's say during the weekend so you can create this goal and you can invite people and you can also like review who is joining you so you can choose like who you want to be together so you can go together like for a hike so this or and also maybe to have some chat there to communicate so this improve this so what do you think about this i think making this app like social is very it's like the most important thing because um yeah then there's like feedback positive reward from the community and also pushing each other in it like if it was it's so easy to drop everything if you were just on your own but having a social is very healthy and also very pushing and yeah i think that's it so can you also tell about like some improvements or features you think would improve the application um more features you mean yes i think you i remember you talked about this partial like completion oh yeah when you uh yeah basically for example if you have a ball to uh walk like 10 000 steps and you walk on the line so it's like 90 percent done yeah so yeah i think i agree this will be a good feature yes and also like uh to to make all these goals more flexible in completion and creation for example you create a weekly goal today but you want to start doing this for example next week on this for example because if you create a weekly goal for example on sunday you basically have only one day to complete it yeah this is and also like maybe if you go somewhere like outlet for example for hike and you come back home like at after midnight it's not possible to mark any goals as done because it's already like a different day yeah so yeah i'd be able to go back and yeah yeah and on the stats page um maybe instead of a bar diagram you can make like a line graph and the call completion yeah i don't understand the x and y axis like that that's not intuitive for me but line graphs for time and goals achieved i think yeah yeah i think these graphs are a lot of people like they usually like don't understand graphs especially if if you don't work like with this kind of data every day so it can be difficult especially i think for kids and for people like yeah whatever like graphs you have they can so yeah maybe there can be different way you represented that maybe that can be like a flower that is more happy when you're yeah yeah exactly yeah yeah i think like this more simple thing would be like time on the x-axis and number of achieved goals on the y-axis and then such a line i think yeah that's relatively intuitive yeah the same even with percentage like you're doing more than 80 for example for small kids they can't understand they how what this really means like because they don't have maybe didn't study percentage and so there's no single solution for all ages yeah it has to be adapted to yeah i think yeah they can be i think it can be more like simple and more gamified like you told that maybe some smiling yeah that you're doing for colors like red color green colors yeah and yeah basically i think that's that's it about this application but do you think like for example when you see on the graph that other people also using this this also can be engaging like so so on the aspect because if you see that you're only one who's using the app it becomes like less engaging yeah then when you see that the app is popular like at the same time if it's just an anonymous big crowd that is using the app it's also like very indirect but yeah and having knowing like actually so you can set up team family friends and then you can get a notification this person just achieved their goal and then you can send them a compliment for example and you have the motivation oh i know this person they are doing good i should do better as well okay yeah i think that's it of this interview so thank you for your participation and your feedback and everything we very appreciate this and i think it will be very helpful for my thesis and thank you