



**INTRO**  
 Welcome to our newest mission: an inclusive app for XX.  
 By asking people with restrictions directly we want to learn what is most crucial in order to use this app with no disadvantage.  
 This survey consists of XX questions and will take about XX min.  
 Your data will be protected and stays anonym. Only the researchers will have access to the survey data and we won't share any personal details to the public.  
 Your survey will be submitted after you click SEND on the last page.  
 Thank you for taking your time

**SCREENER → N/A**

- QUESTIONNAIRE**
- How old are you?
  - Which problems do you have while using a smartphone app?
  - Which helps you to use an app efficiently? Is there any assistive tool you use?
  - Do you struggle with an impairment?
  - No, I do not
  - *List of impairments relevant for accessibility design*
  - What is your preferred way of making booking or reservation?
    - Online with the booking form
    - Online via the contact form
    - Phone call
    - Writing an email
  - Are you interested in online courses?
    - If yes, which do you prefer?
      - Live course
      - Video recording
      - audio recording
      - individual exercises
      - independent daily workout
      - graphic illustrations
      - voice guidance
      - text guidance
      - relaxing music
      - other

#### Breathwork

- What do you believe can be achieved by breathwork?
- Reduces stress
- Reduces anxiety
- Improves sleep
- Increases energy
- Boosts immunity
- Lowers blood pressure
- Improves circulation
- Helps manage pain
- Strengthens lungs
- Improves mood
- Releases toxins
- Improves self-esteem
- Helps manage depression
- Increases muscle tone
- Helps heal from trauma and manage PTSD
- Improves digestion
- Helps to overcome addictions
- Improves focus
- Increases creativity
- Reduces anger
- Reduces grief
- Increases happiness and joy
- Explore altered states of consciousness
- Calms the Nervous System
- Increases Mindfulness
- Improves Breathing Patterns
- Rate you interest in breathwork

#### Meditation

- What do you believe can be achieved by meditation?
  - Rate you interest in breathwork
  - Would you give an interview or test the app?
    - Interview
    - Testing
    - No, thanks
  - How can we reach you
    - email, phone number (call or whatsapp), facebook, instagram, skype, discord, ...)
- Add your contact details below

#### Interview

- How old are you?
- What's your relationship status?
- Where do you live (city, rural, good infrastructure)?
- How experienced are you in the use of smartphones?
- Do/did you or someone close to you struggle with a disability temporarily, recently or permanently?
- (What is the nature of the impairment?)
- How does this reflect on using a mobile app?
- Do you have any problems using a smartphone?
- Did any of those issues keep you from using an app before?
- Which problems do you have while using a smartphone app? What would you change?
- Did you try any assistive tool with your smartphone? How was your experience?
- Do you have suggestions for improvement? What could help you?
- What is your preferred way of making booking or reservation and why?
- Are you interested in online courses for breathwork or meditation? Why or why not?
- What kind of sessions / sessions would you like?
- How important is health to you? Which part are you concerned about?
- Do you have an interest in any of these topics?
  - Stress Reduction
  - Improved Focus and Concentration
  - Enhanced Emotional Well-being
  - Reduced Anxiety
  - Increased Self-Awareness
  - Better Sleep
  - Lower Blood Pressure
  - Pain Management
  - Greater Mindfulness and Presence
  - Enhanced Relaxation
  - Supports physical and mental healing
  - Improves cognitive function and memory
  - Strengthens the immune system
  - Reduces the risk of chronic diseases
  - Improves overall well-being
  - Improved Resilience
- How would you rate your interest in breathwork on a scale from 0 to 5?
- How would you rate your interest in meditation on a scale from 0 to 5?
- Have you used an app for breathwork or meditation before?
- Which one?
- How was your experience?

#### Interview 4 - Blind

#### Interview 1: Low vision

What is your age?  
 I'm 42  
 Where do you live and what is your relationship and work status?  
 I live in a German village with my family (husband and adult children who already moved out). I've been working my whole life as a cashier.  
 Do you have any impairment?  
 Yes I've been born with low vision and always had to wear very sick glasses in order to manage to see.  
 What do you use smartphone apps for? Do you encounter any issues?  
 Mostly to make phone calls, send messages in WhatsApp (here I can easily use voice recording for longer messages), take pictures and check up on information on the way. Like weather, map to navigate, traffic or train schedules. I would like to use it to access news, email, social media and smaller games every now and then. However a lot of those apps don't provide usable settings for me. When at home I usually prefer the bigger screen of my computer as it accommodates my needs better.  
 Which problems do you encounter while using smartphone apps?  
 My biggest issue is the size of text and other elements. I need a way to magnify content. My phone naturally already has a big screen and uses the accessibility feature to show text with the biggest setting. When there is too much clutter on the screen it is also very difficult to navigate as content stretches out.  
 How do you solve these issues?  
 As you know I do enlarge texts but also use color settings if possible for high contrast and minimal color use. For some apps I use voice recording or navigation when this is actually easier to use. I also zoom in on content a lot to read details.  
 Is there any improvement on smartphone apps that you wish for?  
 Yes, I would really help if all apps let you adjust the text size, change color mode and contrast. And please let me zoom in on the content. I've seen apps that block this so I'm stuck with the default size. It could be pretty cool to press a record button to tell the app where you want to go without scanning the menu yourself.  
 Ok that great insight. Let us talk a bit about your interest in breathwork and meditation. Do you have any experience with such an app?  
 I've tried breathwork and meditation a few times, but I'm not very familiar with it. It could be nice to learn more about it. I've heard you can achieve positive results with it.  
 What are you hoping a breathwork and meditation app could help you with?  
 I want to be able to relax and de-stress. On demanding days I have had trouble sleeping. Maybe some exercise can help to get a better rest too. I would like to see where else I can improve my health and well-being with it.  
 How would you use a breathwork and meditation app?  
 Since I don't have much experience I would definitely need some guidance. I think a video with voice instructions could work for me. It would also be nice to see my progress.

#### Interview 2 - Breathwork

Hi, and thank you for taking the time to talk to me today.  
 Let's get started with some facts about yourself.  
 How old are you?  
 I am 56  
 What's your name?  
 Caroline  
 Where do you live and what's your relationship status?  
 I'm 28 now and single. Since my studies and now also for work I moved to Darmstadt. So I live close to the city center.  
 Where do you live and what is your relationship and work status?  
 I live in a German village with my family (husband and adult children who already moved out). I've been working my whole life as a cashier.  
 Do you have any impairment?  
 No  
 What do you use smartphone apps for? Do you encounter any issues?  
 I use my smartphone for just about anything really. Some apps work better than others but in general I'd say I manage without serious problems.  
 That's good to hear. Then let's talk about your interest in breathwork for health purposes. When did you start and why?  
 Oh well, during my studies I had some stressful time periods. So I was looking for a way to get back into balance. With all the studying and planning my future I often got overwhelmed and anxious. As a result I didn't sleep very well. I ended up trying some breathwork exercises. At first I was very skeptical but did want something I could easily build in my daily life without going to a doctor or wasting even more of my already limited time. It actually surprised me that it did help me to calm down and clear my head to fall asleep.  
 Which type of breathwork exercises did you try?  
 Over time I tried quite a lot - from alternate nostril breathing, box breathing, and deep breathing. Recently there's a new trend called Wim Hof breathing which I do quite like.  
 Could you describe the effects of breathwork on you?  
 Oh sure. For starters I use it every time I am getting too stressed and need to relax. But it also helps me to focus and concentrate better. In general my mood and energy levels have improved.  
 Do you use a breathwork app?  
 No, I don't use a breathwork app at the moment. I've tried a few apps but haven't found one that I really like. I mostly follow YouTube videos but also have some books.  
 In which environment do you do your breathwork?  
 Normally at home where I feel comfortable, can relax and don't have any noise distractions. Sometimes I also do breathwork outdoors, like in a park. Especially on a nice sunny day.

#### Interview 3 - Cognitive and Learning Disabilities

Hi Dan, it's great to have you here today.  
 Let's start with some personal details.  
 How old are you?  
 65  
 Where do you live and what's your relationship status?  
 I own a house in a rural area with my wife.  
 Do you have an impairment?  
 I guess you could say that I have cognitive and learning issues. I most definitely have to left hands when it gets to technology  
 What do you use smartphone apps for? Do you encounter any issues?  
 Most of the time I need the help of my wife or daughters but I am able to take pictures, respond to messages in WhatsApp, view status updates of friends on social media, take calls and check my emails and the weather.  
 \*laughing\* if I manage to press the right buttons  
 Which problems do you encounter while using smartphone apps?  
 What problems do I not have? Ok let's see. I am constantly overwhelmed by all the options, content and having to remember which app to use for what and how to access it. It all looks the same to me and even when I manage to enter the correct place I see all that stuff that's not related to what I'm looking for. This is annoying, confusing and utterly time consuming. I have to check all the content to verify first that I did the right thing and to find out where to continue in my task. By that time I usually already want to give up and / or am very insecure what to do. I don't want to accidentally click somewhere wrong. This will lead me to a dead end and panic attack as I don't know what happened, if I just created a problem, if that action is reversible and how. I regularly drive my family nuts by accidentally adjusting apps, sending the wrong things, setting my phone in unworkable condition by for example turning off mobile data or WiFi and not even realizing that I can't send or receive new messages. If my phone doesn't automatically connect with my car or some speaker I wouldn't know how to fix it. Do you need the internet for that?  
 How do you solve these issues?  
 Me - I don't. Someone else does. I don't even know why I need all that rubbish on my phone. Yes I want to be kept in the loop and I do enjoy the entertainment of social media - but why does it have to be so complicated? If I need to get any task done that is out of my comfort zone I would usually wait for one of my daughters to come by and help me out with it. They are great in explaining and chances are that I won't remember what they showed me the next time I need it. I can barely manage to use WhatsApp and still get confused whether someone is calling me or the app.  
 Is there any improvement on smartphone apps that you wish for?  
 It would help a lot if I could actually see what I tap on the screen - I also can't see any response and nothing happens or suddenly my screen changes. There are also so many gestures with an unwanted effect - there's always something happening I had no intention of doing.  
 Give me some simple guidance so I can see what I have to do.  
 I understand that this can be extremely frustrating. That's why we are having this interview - to avoid these problems in our app.  
 Which brings us to your interest in breathwork and meditation.  
 Are you familiar with the concept of breathwork?  
 I believe yes. I have some breathing exercises that I use to improve my nasal cavity problem. But I don't think this helps with my snoring at all.  
 Are you familiar with meditation?  
 No, this I have never tried. And I don't think that I'd have the patience.  
 Do you use an app for your breathing exercise?  
 No, my doctor showed me some exercises which I repeat at home. If I wouldn't struggle with apps that much perhaps I could learn some new methods or have a way to better remember how to execute the exercise.  
 Are there any other steps you take to improve your breathing?  
 Yes, my doctor regularly prescribed me some nose spray and cream and some spray to use for my throat which also helps with my coughing.  
 Is there a specific time when you do your exercises?  
 Yes I don't have time or the mindset during the day and in the mornings I prefer to take my time at breakfast reading the newspaper. So whenever I can manage I will do some exercises on the bathroom floor before going to bed. Along with some muscle and stretching exercises. Have you ever considered joining a group or taking a course to learn more about it and other health problems that can be improved with breathwork?  
 Honestly not really. I don't think I want to drive somewhere in town to attend. For my other health issues I am already taking a lot of medicine. But I wouldn't change my lifestyle if it means I can enjoy less.  
 Ok thank you. We can definitely work with that. Thank you for taking your time for this interview.