

Feedback Report

1. Raw Feedback Quotes (Anonymized)

Primary Concerns:

- Worried about affecting gameplay
- Random alerts, afraid of incorrect health analysis
- Unable to contact emergency rescue personnel
- Cannot view data statistics like other health apps
- Low feedback on forum posts

Desired Features:

- Hope to add friend features, can only like interesting comments on forums but cannot make friends
- Want password memory function, annoying to login every time
- Hope to add AI health assistant
- Hope parents can monitor children's health, achieve data sharing
- Add emergency contact function

序号	提交答卷时间	来源	来源详情	答案文本
1	2025/11/19 19:42:02	手机提交	直接访问	担忧影响到打游戏
2	2025/11/19 19:47:52	手机提交	直接访问	乱提醒，害怕给出的身体分析不正确
3	2025/11/19 19:54:17	手机提交	直接访问	提醒不及时
4	2025/11/19 19:58:07	手机提交	直接访问	害怕泄露我个人隐私
5	2025/11/19 20:00:15	微信		没有办法紧急联系到可救援的人
6	2025/11/19 20:02:23	微信		无法及时救援
7	2025/11/19 20:04:39	手机提交	直接访问	不能像其他健康app一样查看数据统计图
8	2025/11/19 20:11:02	微信		可能会干扰正常游戏
9	2025/11/20 12:16:52	微信		害怕数据不准确
10	2025/11/20 12:17:57	手机提交	直接访问	在论坛上发出的帖子反馈感低
11	2025/11/20 12:22:26	手机提交	直接访问	情况危急后无法联系其他人

Figure1: Answer of question14 (What is your biggest concern about this type of app?)

序号	提交答卷时间	来源	来源详情	答案文本
1	2025/11/19 19:42:02	手机提交	直接访问	希望加入加好友功能，论坛上看到一些有趣的评论只能点赞没办法和他们交友
2	2025/11/19 19:47:52	手机提交	直接访问	希望能加入记住密码功能，每次都要重新登录一遍，很烦
3	2025/11/19 19:54:17	手机提交	直接访问	希望加入停止监测的功能
4	2025/11/19 19:58:07	手机提交	直接访问	能不能加入一个AI健康助手，加一个AI ai对话
5	2025/11/19 20:00:15	微信		个人状态分享
6	2025/11/19 20:02:23	微信		
7	2025/11/19 20:04:39	手机提交	直接访问	希望能让家长监测孩子的健康，数据实现共享
8	2025/11/19 20:11:02	微信		好友功能
9	2025/11/20 12:16:52	微信		交流社区功能
10	2025/11/20 12:17:57	手机提交	直接访问	希望加入加好友功能，想和好友一起讨论身体健康
11	2025/11/20 12:22:26	手机提交	直接访问	加个紧急联系功能

Figure2: Answer of question15 (What other features would you like us to add?)

2. Quantitative Data

User Demographics (Sample Size: 11):

- **Age Distribution:**
 - 18-24 years: 72.73% (8 users)
 - 18 below: 9.09% (1 user)
 - 25-34 years: 9.09% (1 user)
 - 35-44 years: 9.09% (1 user)
- **Identity Distribution:**
 - Students: 81.82% (9 users)

- Office Workers: 18.18% (2 users)
- **Gaming Frequency:**
 - Daily: 54.55% (6 users)
 - Weekly: 27.27% (3 users)
 - Monthly or Rarely: 18.18% (2 users combined)

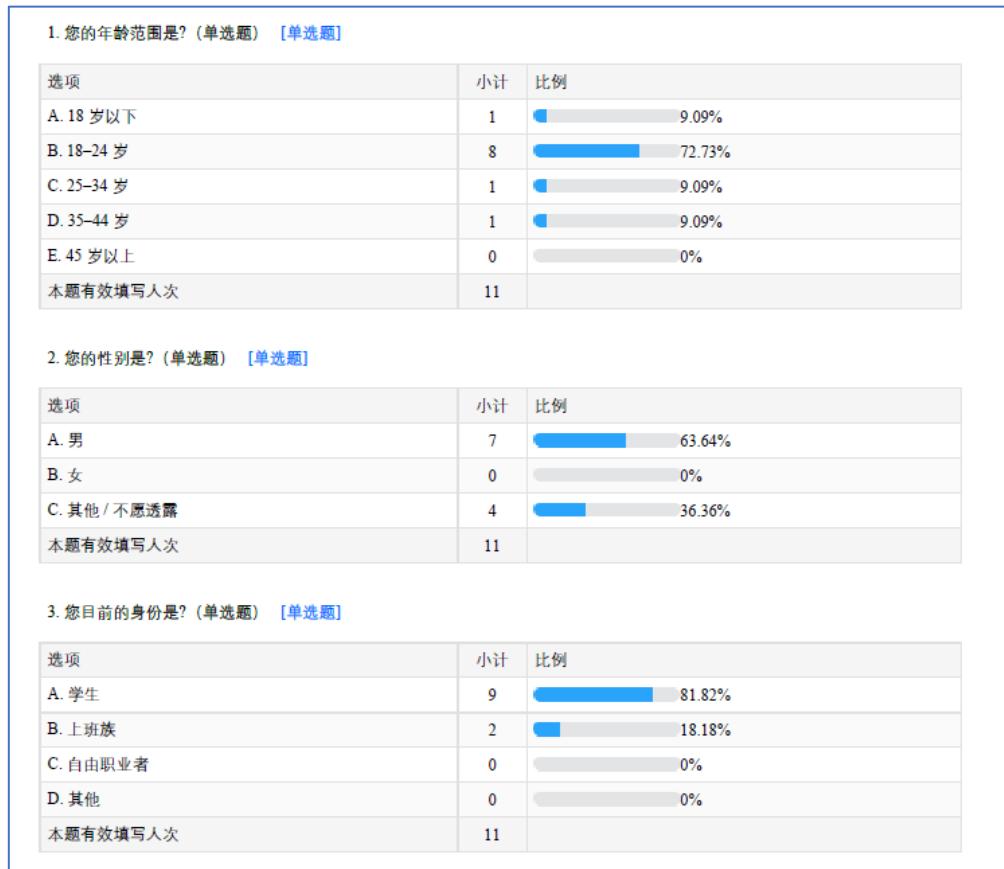


Figure3: User demographics

Ratings & Preference Metrics:

- **Health Awareness Level:**
 - Very concerned: 54.55% (6 users)
 - Somewhat concerned: 27.27% (3 users)
 - Generally concerned: 18.18% (2 users)
- **Existing Health Tech Usage:**
 - Use Smart Wearables/Health Apps: 72.73% (8 users each)
- **Most Monitored Metrics:**
 - Heart Rate: 100% (11 users)
 - Sleep: 81.82% (9 users)
 - Blood Pressure: 63.64% (7 users)
 - Stress/Mood: 63.64% (7 users)
- **Alert Method Preference:**
 - Vibration: 81.82% (9 users)
 - Pop-up: 72.73% (8 users)

- Sound: 54.55% (6 users)
- **Most Valued Post-Alert Action:**
 - Suggest Rest: 72.73% (8 users)
 - View Trend Chart: 63.64% (7 users)
 - Remind to Seek Medical Care: 45.45% (5 users)
- **Most Important Core Feature:**
 - Game Duration & Physical State Analysis: 36.36% (4 users)
 - Custom Threshold Alerts & Social Sharing: 18.18% each (2 users each)

6. 您平时对健康指标 (心率、血压等) 关注度如何? (单选题) [单选题]

选项	小计	比例
A. 非常关注	6	54.55%
B. 比较关注	3	27.27%
C. 一般	2	18.18%
D. 不太关注	0	0%
E. 完全不关注	0	0%
本题有效填写人次	11	

7. 您目前是否使用健康监测设备/APP? (多选题) [多选题]

选项	小计	比例
A. 智能手环/手表	8	72.73%
B. 血压计	2	18.18%
C. 血氧仪	3	27.27%
D. 健康管理 App	8	72.73%
E. 没有使用	0	0%
本题有效填写人次	11	

8. 您最常监测哪些数据? (多选题) [多选题]

选项	小计	比例
A. 心率	11	100%
B. 血压	7	63.64%
C. 血氧	4	36.36%
D. 睡眠	9	81.82%
E. 压力/情绪	7	63.64%
F. 其他	0	0%
本题有效填写人次	11	

9. 您认为在以下哪些情况需要监测游戏时健康指标? (多选题) [多选题]

选项	小计	比例
A. 长时间游戏	5	45.45%
B. 高强度游戏 (竞技/FPS)	5	45.45%
C. 身体不适时	4	36.36%
D. 想管理健康	5	45.45%
E. 好奇身体状态	4	36.36%

Figure4: User behavior patterns



Figure5: Feature preferences

3. Qualitative Insights

Identified Pain Points:

- Reliability in Emergencies:** User feedback underscores a critical gap in the app's emergency response capabilities, creating doubt over its fundamental safety promise.
- Data Accuracy & Trust:** Users doubt the reliability of the app's automated health analysis, leading to skepticism about its core value proposition.
- Data Sharing Limitations:** Inability to share health data with relevant parties limits app utility.
- Superficial Social Features:** Existing forum functions feel insufficient, failing to facilitate meaningful social connections or interactive support among users with shared health interests.
- Authentication Friction:** The repetitive and cumbersome login process acts as a significant barrier to initial and continued app usage.

Behavioral Patterns:

- Users are proactive about health monitoring but demand that it integrates seamlessly without disrupting primary activities (gaming).
- There is a strong desire to transform health management from a solitary activity into a socially connected experience for motivation and accountability.
- Users seek not just raw data but intelligent interpretation and actionable, context-aware recommendations derived from their metrics.
- Users inherently expect a health monitoring tool to provide a reliable safety net, with anxiety stemming from the absence of a clear and immediate path to human help in crises.