

Survey

Hello!

We are thrilled to invite you to experience the prototype of our upcoming psychological self-assistance app! Your feedback is incredibly valuable to us as we strive to create a user-friendly and effective tool for mental well-being.

1) Age:

- 18-24
- 25-34
- 35-44
- 45-54
- 55+

2) Occupation:

- Employed full-time
- Employed part-time
- Self-employed
- Unemployed
- Student
- Other (please specify): _____

3) Educational background:

- High school or equivalent
- Bachelor's degree
- Master's degree or higher

4) Have you ever used a psychological self-assistance or mental health app before?

- Yes
- No

5) If yes, which app(s) have you used?

6) What did you like most about the app(s) you have used?

7) What did you dislike about the app(s) you have used?

8) How often do you think you would use an app for psychological self-assistance?

- Daily
- Several times a week
- Once a week
- Occasionally
- Rarely

9) Which of the following features would you be interested in using? (Select all that apply)

- Journaling with AI assistance
- Emotion recognition and mood tracking
- Guided exercises or mindfulness activities
- Personalized feedback and recommendations
- Community or peer support features

Now, we would be very happy if you would try out the prototype of our project and answer a few questions:

figma prototype

- 10) On a scale of 1 to 5, how intuitive do you find the interface of the app prototype you reviewed? (1 = Not intuitive at all, 5 = Very intuitive)
- 11) Are there any specific aspects of the app interface that you found confusing or difficult to use? (open-ended)
- 12) Would you recommend this app to a friend or colleague interested in psychological self-assistance? Why or why not? (open-ended)
- 13) Is there any additional feedback you would like to provide regarding the app's concept, features, or usability? (open-ended)
- 14) Do you have any concerns about using an app for psychological self-assistance that you would like to share? (open-ended)
- 15) How likely are you to use this app if it were available today? (1 = Very unlikely, 5 = Very likely)
- 16) Any other comments or suggestions you would like to share? (open-ended)