

# Usability Testing of the mobile app “Peace of Mind”

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| <b>Usability Testing of</b>           | <b>1</b> |
| <b>the mobile app “Peace of Mind”</b> | <b>1</b> |
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## Requests and Expectations

1. Customizable mood audios
2. Plenty of sounds, exercises, and emotions to pick from
3. Multiple mindful breathing techniques
4. Mood tracking and insight
5. Accessible and user-friendly interface
6. A minimalistic interface so users don't get distracted
7. Education about best breathing practices
8. Notifications and reminders for routines
9. Community to connect with on their journey
10. Variety of mood themes each with its own combination of sounds and exercises
11. Progress tracking

## Goal

Are the user requests fulfilled and to what degree? What changes could make the user experience better?

## Methodology

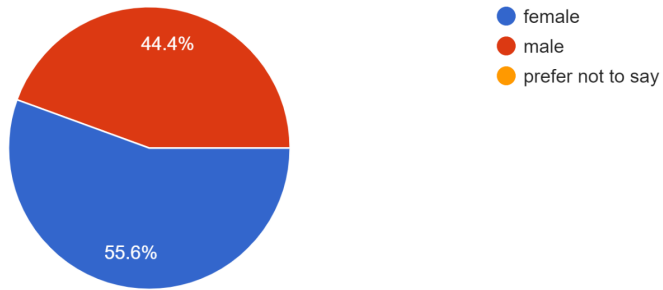
Online testing via [Google form](#).

## Participants Profile

- Out of 9 users, 5 were women and 4 were men.
- Seven out of nine were between 21-30 years old, while two were in their 30s.
- Six out of nine have used a similar application before.

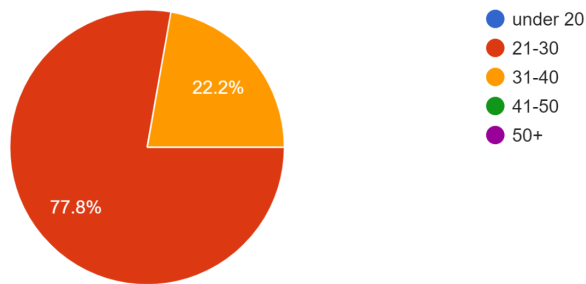
What is your gender?

9 responses



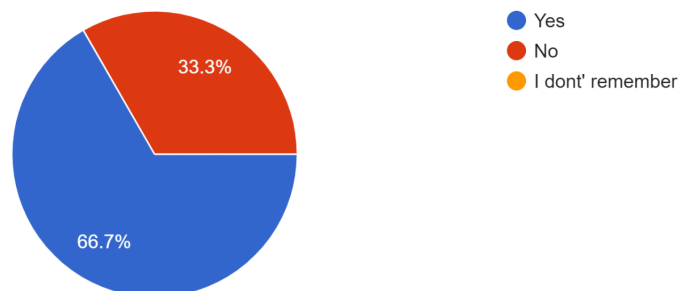
How old are you?

9 responses



Have you ever used applications for meditation, sleep, breathing?

9 responses



# Usability Testing

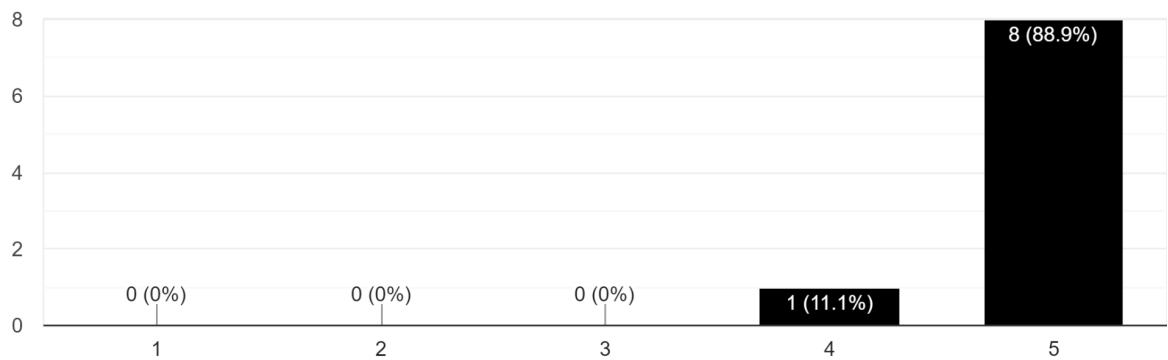
What were your first impressions when you opened the app for the first time?

9 responses

|                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------|
| I was surprised with the animations, i liked them a lot. The app is simple and easy to understand. It didn't take me much to go through it |
| i liked it being black and white, animations are cool, app was easy and fas to go through                                                  |
| I like the colors. Some animation at the begining were hard to read                                                                        |
| i looks nice and simple                                                                                                                    |
| The app is very esthetically pleasing, interesting and easy to use.                                                                        |
| App was fun and aestetically pleasing                                                                                                      |
| Application surprised me with the simplicity and modern look. I really like black and white interfaces in general                          |
| Citko                                                                                                                                      |
| I looks modern and simple                                                                                                                  |

Did the app provide clear instructions for getting started?

9 responses



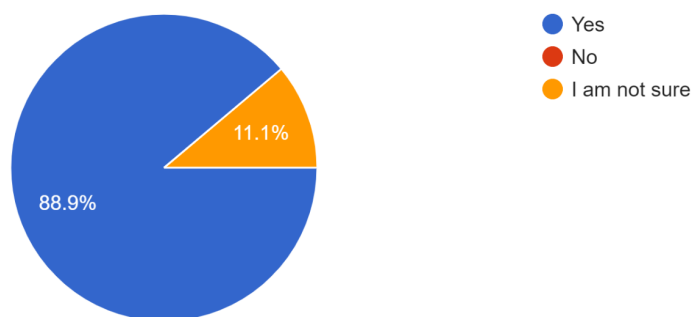
Did the introduction screens explain the features well?

9 responses



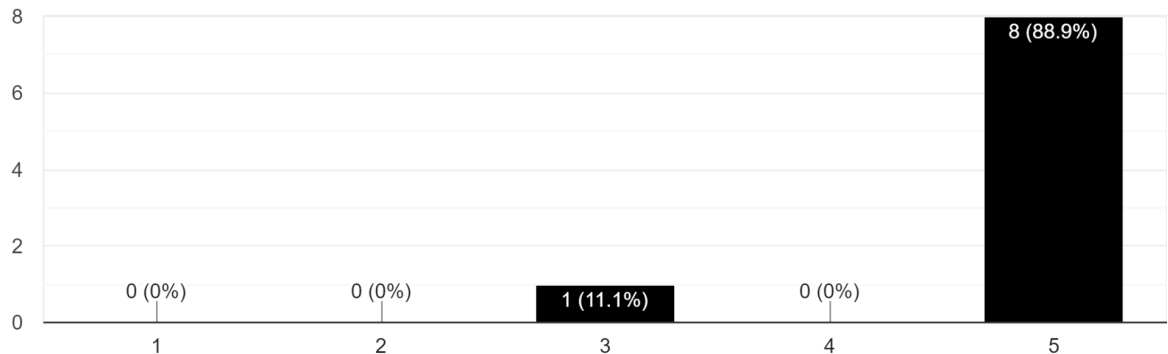
Were you able to navigate through the app's features and sections without confusion?

9 responses



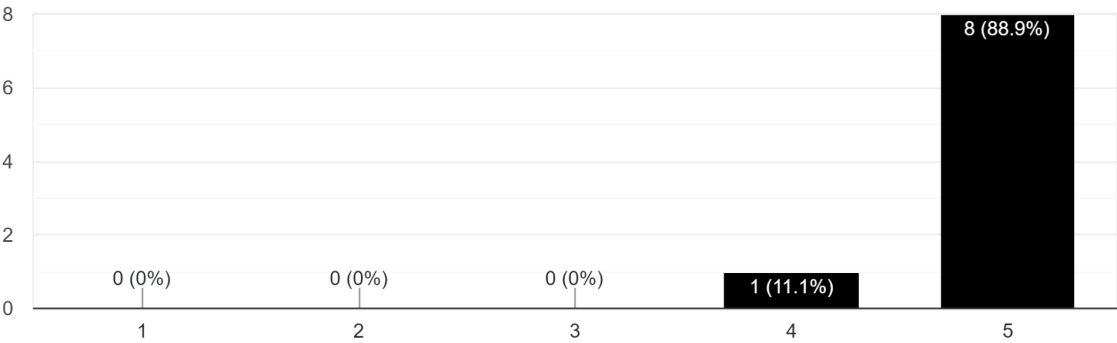
Did you find the user interface visually appealing and intuitive?

9 responses



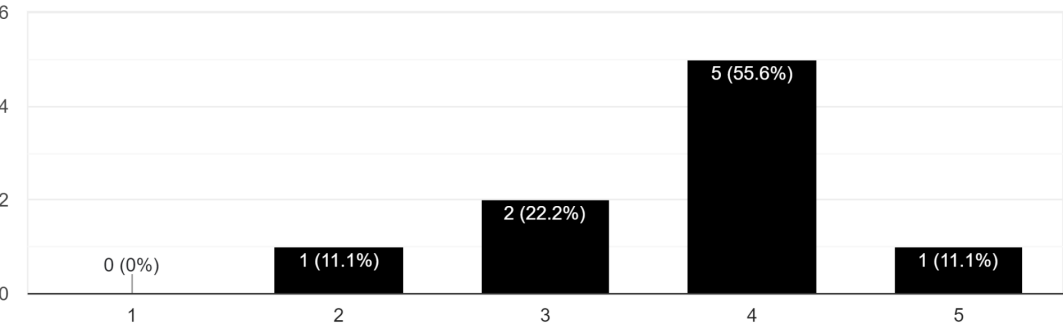
Were the icons and labels within the app easy to understand?

9 responses



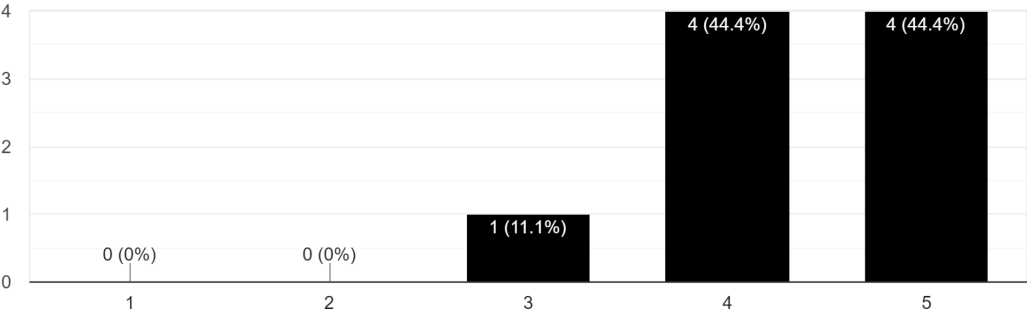
How satisfied were you with the options for personalizing audio compositions?

9 responses



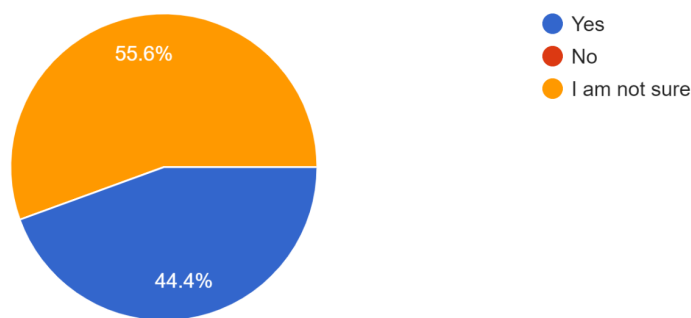
Were the breathing exercises engaging and helpful?

9 responses



Did you find the mood tracking feature useful for understanding your emotional patterns?

9 responses



Were you able to easily record your moods and associated activities?

9 responses



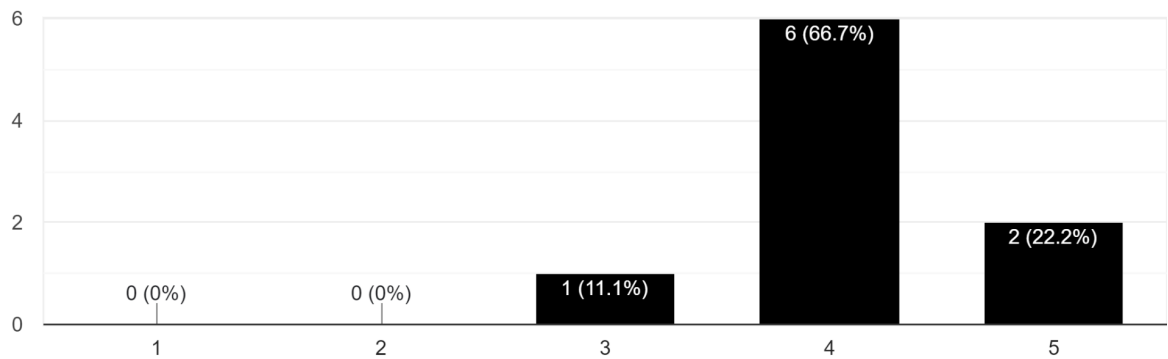
Is there anything specific you would like to see improved or added to the app?

9 responses

- I didn't really understand how to layer sounds and make my own music. But i guess that this is just a prototype, and that is why I wasn't able to do so
- i am not sure. i loved animaton for breathng
- I wasn't able to change or play sounds, or pick different breathing exercices. I understand how it workse but i didnt see it here
- i don't understand how am i supposed to personalize my sounds. buttons don't work
- The app was not working properly and I couldn't tap on most of the buttons. Otherwise, the idea and design are very good.
- I wan't able to click some buttons
- I am not 100% sure how sounds work. I guess you play the mood and then add nature sounds. But it could have been clearer
- Not really
- Calndar seems a bit too small

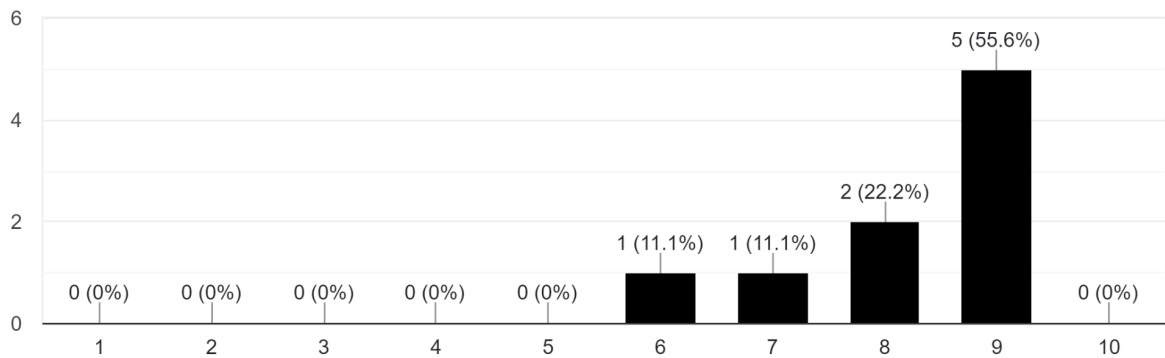
How does this app compare to other similar apps you might have used in the past?

9 responses



On a scale of 1 to 10, how satisfied are you with the app's overall experience?

9 responses



## Conclusions

The application was very easy to understand and go through. Participants were happy with the looks of the interface and their main functions, as well as with the amount of options to pick for describing their mood and activities.

The main problem was that some of them didn't understand that this was a prototype that had only some buttons active so that the user could go through the app and see every screen, as well as how the layering of the sounds worked since not all buttons were active.

The app didn't show how it would educate users on the best breathing techniques.

The overall grade for the app was 8.2.