

CS 247B: Design for Behavior Change  
Team 15: Mindful Movements

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# Assumption Experiment Protocols

## Assumption #1 Progress

### Data To Collect

- Participants' motivation level.
- Participants' stress level.
- Whether participants finished any movement in a day.

### Data Collection Plan

1. Ask participants to do mindful movements three times during one day.
2. To prompt each movement, text participants their progress ("When you get a chance, do a mindful movement (finger stretch, arm stretch, back stretch, etc.) Your current streak is 0 🔥 — great job! Please respond YES if you move.")
3. At the end of the day, send a survey asking participants if they have done the movement, as well as their motivation and stress level towards doing mindful movements.

## Assumption #2 Snooze

### Data To Collect

- Participants' motivation level.
- Number of times participants use the "snooze" function.
- Participants' rate of completion of mindful movements.
- Number of minutes taken to complete mindful movement.
- Qualitative feedback on the usefulness of a "snooze" function.

### Data Collection Plan

1. Remind participants to do mindful movements at least 3 times in one day.
2. When participants receive the reminder, they can choose to do the movement right away, or "snooze" the reminder so that the same reminder will be sent again after 15 min. There will be 4 reminders (including the initial one) at maximum for each round.

3. At the end of the day, record how many mindful movements the participants have done, how many times they used the snooze function, and ask participants how the snooze function affected their motivation to do mindful movements.

## Assumption #3 Timer

### Data To Collect

- Participants' motivation level.
- Participants' stress level.
- Participants' engagement level.
- Participants' numbers of mindful movements done in a day.

### Data Collection Plan

1. Remind participants to do mindful movements 3 times a day for 3 days in total.
2. When participants receive a reminder and choose to participate, a 30-second timer would be sent to them through text that they would need to complete a movement for.
3. Day 1, participants would not be sent any guidance other than a reminder and a timer.  
Day 2, participants would be sent a reminder and a timer, along with a proposed movement.  
Day 3, participants would be sent a timer, reminder, and were allowed to choose between no proposed movement vs proposed movement.
4. At the end of each day, send a survey asking participants how many mindful movements they have done, as well as their motivation, stress and engagement level towards doing mindful movements.