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CSE 440 AC (Group: Mental Wellness)
Assignment 2b - Design Research Plan

Potential users of our design are students that are balancing several responsibilities in their daily lives. These can be high school or college students that are working part time jobs while taking classes, or students with long commutes to school. They can also be students taking a lot of classes while participating in extracurricular activities. Other stakeholders may be groups of individuals who want to reach out to each other for support, such as families.

Our targeted participants are the following groups: current and former HCDE students willing to assist in our study (via Facebook groups), UW Mindfulness Project members via emailing info@uwmindfulness.org, local high school seniors at Newport High School/Sammamish High School/International Community School via connections to current students there.

On Tuesday, we plan on first sending out a survey to these groups to gather some general information about how they view mindfulness and mental wellness, and then ask if they would be willing to participate in a 2-day diary study over text messages. The survey will allow us to find a variety of participants and people who are willing to help. This intake survey will record the extracurricular activities that the participant engages in, such as sports, work, or clubs. This survey will also ask questions pertaining to the participant's attitude towards mental wellness. We decided to do a diary study to check in on more people over the course of a day, without a focused interest in any one activity. This is more appropriate for our project than contextual inquiry. We also decided to conduct the diary study over texts because they involve a lower burden throughout the day in various locations and require less effort than writing on paper or recording your voice.

We will be monitoring responses as they come in on Tuesday. As soon as we identify a viable participant, we will send an introductory text message to start the conversation with a potential participant. "Hi, this is one of the researchers from the study survey you filled out about mental wellness. Would you be willing to start this 2-day study over text messages tomorrow? If so, we would like to set up a call today to discuss how this study will occur. What times are you available? If not, what day this week would you be able to start this study?"

We will follow up this introductory text with a call to discuss how the diary study will occur and any concerns of the participant. We will be conducting a diary study by having participants text one of us at set times throughout the day to record their mood, the associated activities that make their lives busy, and the activities they participate in to maintain their mental wellness.

The times we will contact the participants are: 9:00 am, 12:00 pm, 4:00 pm, 8:00 pm.

Questions we are interested in asking during the study:

- 1) Where are you right now (school, home, etc.)?
- 2) What are you doing right now?
- 3) Choose 3 words to describe how you feel. Can you tell us why you chose these?
- 4) (Occasional follow up question)

If positive response: What events or activities made you feel this way?

If negative response: How do you plan to respond to this feeling?

We will conduct a post interview over phone or video chat about the data that our participants shared with us. This will be targeted towards observations made throughout the

data collection, as well as external factors that may have affected their mood that we did not ask about during the study, such as major national/global events.