

User Interview

In regards to security and privacy, would you feel comfortable using an app for mental health services? Why?

Yes, so many things are being done online already. She feels comfortable enough as long as the company was upfront about how data was used and there was notification of a data breach.

For counseling sessions, do you prefer using a mobile device or desktop? Why?

Desktop, because I have access to it and would feel more private because using a desktop at home rather than on the go with my phone is more private.

Would you be comfortable using a remote platform like Zoom? why?

Yes, but would prefer that app because Zoom adds another layer of possible breach

Would you want to track your progress? In what areas?

Yes, it would be helpful bc you can see trends like if you're happier on the weekend and more stressed during the week because of the job.

Would you want a reminder for sessions or healthy habits? Why?

Yes, but with the option to set it on my own. I don't want something else telling me what to do, especially if I'm already stressed.