# User Interview - Discussion Guide

This document provides guidance for facilitating a research study. Included are the specific questions and topics to ask and discuss with interview participants.

## Research Objectives

Include the research objectives of this study. These objectives should outline what you hope to learn. For example:

- To learn about the user's experience, goals, needs, and pain points as they pertain to: How might we help improve people's lives to make conscious use of technology to extend their abilities while avoiding its pitfalls?

## Materials

List any materials that will be needed to conduct the study:

- Discussion Guide
- Recording/Transcription Tool: Otter.io

# Welcome (1 minutes)

*Use this section to introduce and explain the objectives of this interview to your participant. This also allows the participant to ask any questions before starting the session.*

Welcome, and thank you for volunteering to be interviewed as part of my research. Your participation will help us better learn about distraction and technology. To explore this, I would like to ask you a few questions and have you provide me with your thoughts based on your experience. In total, this session will take about 45-60 minutes.

Any questions before we begin?

# Obtaining Consent (1 minute)

*Use this section to inform the participant their responses will be recorded and kept confidential.*

During our session, I will be taking notes and capturing a digital recording of our conversation. I will be using your statements for the purposes of my research findings only. None of your personally identifiable information will shared publicly in any way. You are free to refuse to participate or withdraw from our interview at any time.

Will you agree to having your responses to my questions being recorded for research purposed only?

[If consent is not provided]

I appreciate your response and we will not proceed with the interview. Thank you for your time today.

[If consent is provided]

Thank you. I will start recording now.

[Start recording]

Your participation and candid responses will be incredibly helpful, so please speak freely and talk out loud. You won't hurt my feelings and there are truly no right or wrong answers here, this is a safe space. Most importantly, this is intended to be a conversation to better learn how technology has impacted your daily life.

## Discussion Guide (goal: 45-60 minute interview)

*Your group will create a discussion guide for a 45–60-minute interview. Sample questions and prompts have been provided below. Please tailor the questions and props to dive deeper into the interviewee's behaviors, abilities, motivations, and opportunities.*

**What is your first-hand experience with the technology?**
- When did it occur?
- What was the frequency of occurrence?
- How did it start?
- Was there a trigger event?

**How do you use technology in your day to day life?**
- Are there moments when technology distracts you from your current tasks?
- What kind of disruptions do you experience?
- How often do these occur?
- When do they occur?
- Why do they occur?
- Do you use multiple tech devices at once? (tv, phone, apple watch, ipad, laptop ect)
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What device do you use most often?
- What prompts you to start using the device?
- What do you primarily use the device for?
- How many hours a day do you interact with the device?
- What prompts you to stop using the device?

**Do you feel that devices distract you from your day-to-day life?**
- How do the distractions impact you?
- Are the distractions challenging?
- How are they challenging?
- Is your productivity affected?
- Are there any consequences from the distractions?
- Does it impact you professionally?
- When disruptions appear, what type of devices do they occur on?
- How do you react?

Do you get distracted by notifications intended for others around you?

**Are those around you impacted?**
- If so, how are they impacted?
- Was their experience positive or negative?
- How do they react?
- Do you engage with the feedback or resume your prior activity?

**What changes would you like to make to reduce distractions associated with technology?**
- Why are these changes important to you?
- Which changes are most important?
- Why does that matter to you personally?

Do you think that changes to reduce distractions would be beneficial to society as a whole?
- Why?

**Are there any tools you've used to reduce interruptions on your device?**
- Do you enable do not disturb?
  - focus mode?
  - sleep mode?
  - hide alerts?
- Do you track your screen time?
- Have you found peer groups that encourage or support these boundaries or positive habits?
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What resources do you wish you had?
- Tools
- Online resources
- Peers and experts
- Social networks

Are there any further thoughts you have on distractions associated to technology?