

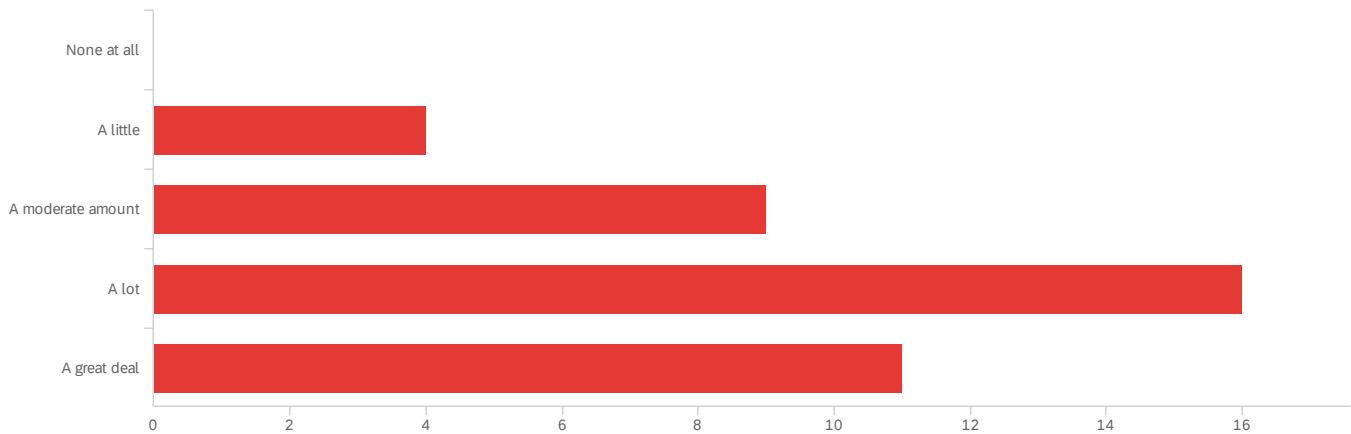
Default Report

KAN User Testing 1

May 17, 2023 10:02 AM MDT

1. Stress and School - How much do you think stress impacts your academic

performance in undergrad/graduate school

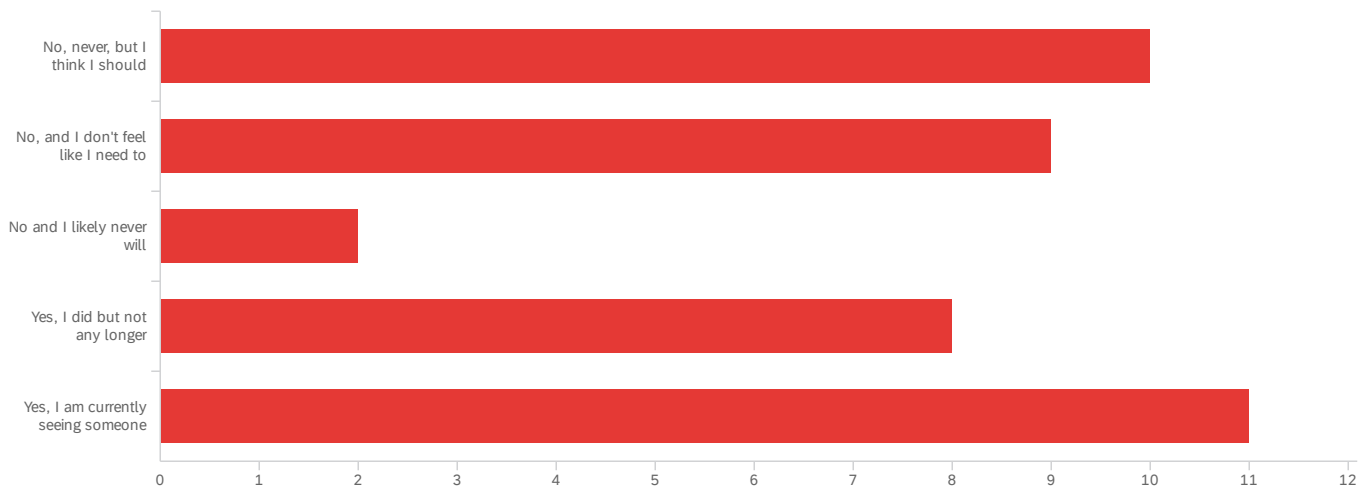


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How much do you think stress impacts your academic performance in undergrad/graduate school	2.00	5.00	3.85	0.94	0.88	40

#	Field	Choice Count
1	None at all	0.00% 0
2	A little	10.00% 4
3	A moderate amount	22.50% 9
4	A lot	40.00% 16
5	A great deal	27.50% 11
		40

Showing rows 1 - 6 of 6

2. Help for stress? - Have you ever seen a counselor or therapist for stress?

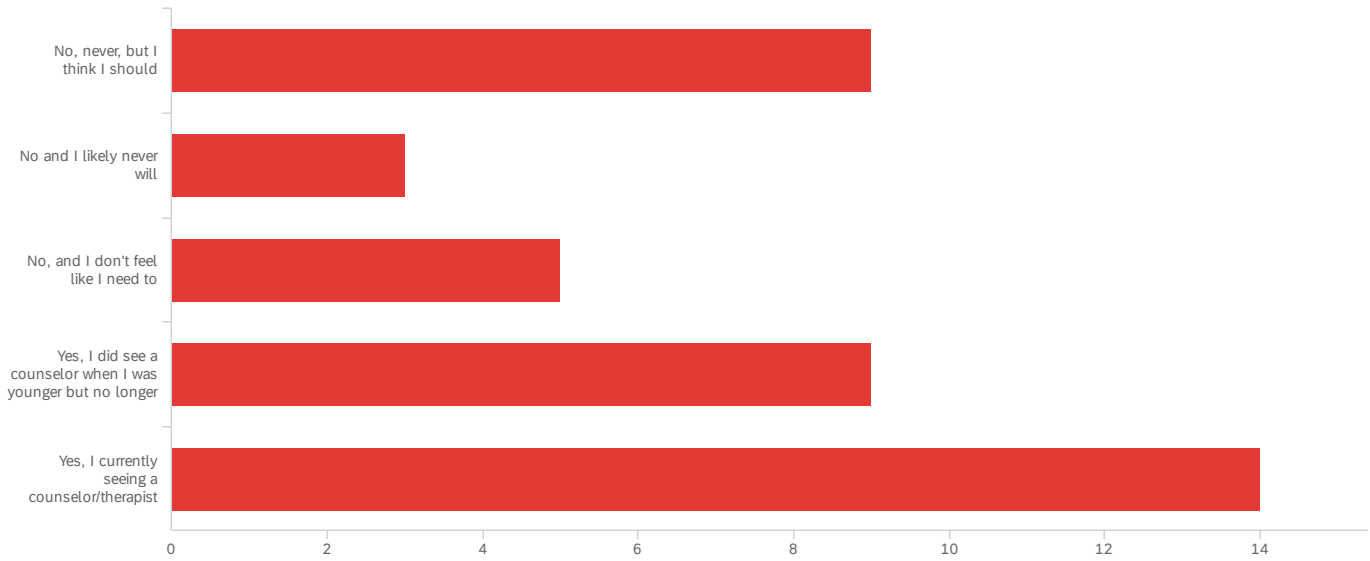


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Have you ever seen a counselor or therapist for stress?	1.00	5.00	3.02	1.59	2.52	40

#	Field	Choice Count
1	No, never, but I think I should	25.00% 10
2	No, and I don't feel like I need to	22.50% 9
3	No and I likely never will	5.00% 2
4	Yes, I did but not any longer	20.00% 8
5	Yes, I am currently seeing someone	27.50% 11
		40

Showing rows 1 - 6 of 6

3. Seeking help - Have you ever seen a counselor or therapist for any other reason than stress?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Have you ever seen a counselor or therapist for any other reason than stress?	1.00	5.00	3.40	1.56	2.44	40

#	Field	Choice Count
1	No, never, but I think I should	22.50% 9
2	No and I likely never will	7.50% 3
3	No, and I don't feel like I need to	12.50% 5
4	Yes, I did see a counselor when I was younger but no longer	22.50% 9
5	Yes, I currently seeing a counselor/therapist	35.00% 14
		40

Showing rows 1 - 6 of 6

4. Decision for help - If you are currently or have seen a counselor/therapist in the past

can you tell us what helped you decide to seek out their services?

If you are currently or have seen a counselor/therapist in the past can you...

It was more of an intervention, decided to give it a try and eventually came around to it

I was in a very bad way and needed help. So I sought it out.

emotionally abusive parent

It was a hail mary, last-ditch effort to survive

I developed some unhealthy tendencies and thought patterns, and wanted to learn how to manage them.

Anxiety and depression

A need for change.

Suicidal thoughts

My parents recommended it

Bad mental health was apparent so my doctor suggested it

N/A

I have normally attempted to work on my mental health alone, but I have become quite the workaholic since starting university and I really wanted to learn how to manage that in a healthy way.

I was tired of feeling how I was feeling and need a change in my life.

For help or guidance on subjects like depression, anxiety, and overall mental wellbeing/dealing with life's difficulties.

Diagnosed with anxiety and social issues

Anxiety and cope with friendship, growth and college life

I have anxiety and ptsd so I use it for coping mechanisms and working out ways to help when I get overwhelmed

I first sought out a therapist/counselor during my freshman year of high school. I had been struggling with depression and anxiety and it had started to get out of hand. My mother was seeing several counselors at that time and I had asked her if I would be able to see one as well. Thankfully, my mother was more than happy to schedule me an appointment. I've been seeing a therapist for almost 8 years. I have also seen nurse practitioners and psychiatrists for medication management.

My friends and doctors suggested I should see a therapist after my mental health started negatively affecting my every day life. I definitely needed the support from my friends and reassurance that it would have a positive impact on me, along with them sharing how a therapist helped them.

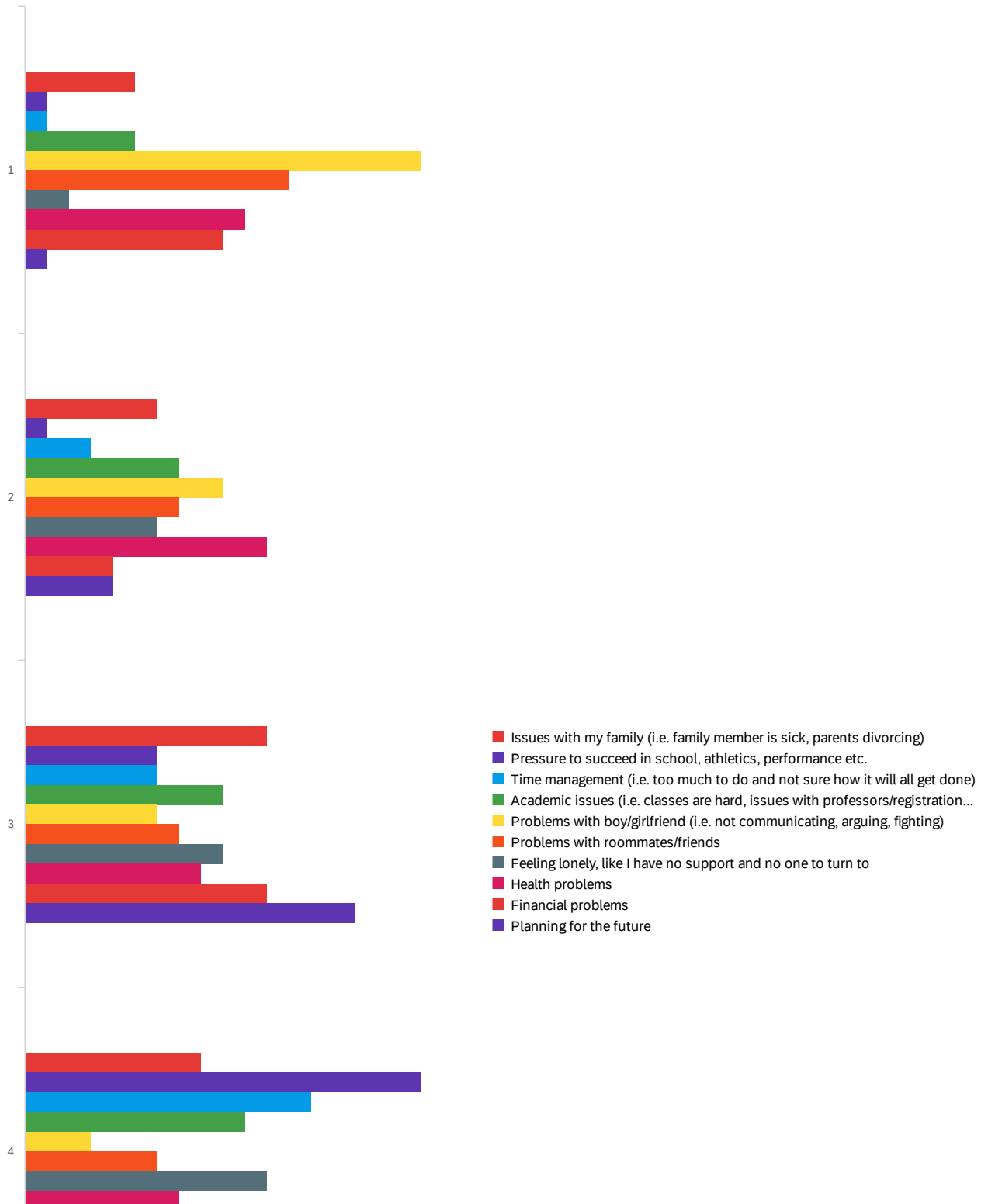
If you are currently or have seen a counselor/therapist in the past can you...

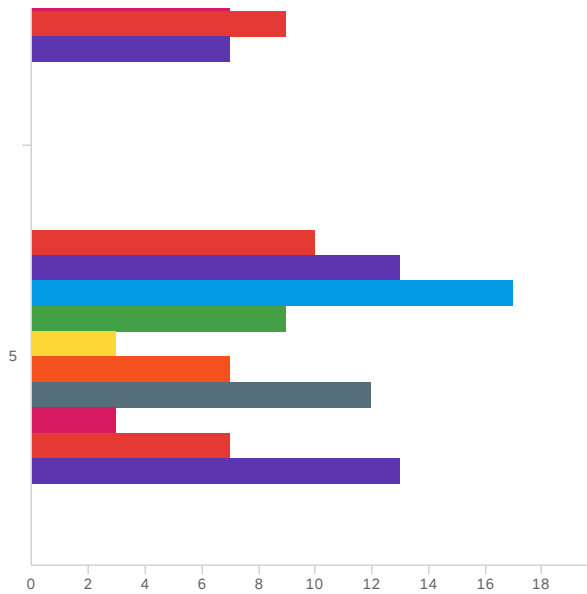
Genetic mental health issues; when I was taken out of school the Dr. Required it

5. Stress Causes - To help develop an application that is most helpful we want to

understand what is most stressful for you. On a scale of 1 to least stressful to 5 most

stressful please share the sources of your stress





#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Issues with my family (i.e. family member is sick, parents divorcing)	9.00	13.00	11.30	1.33	1.76	40
2	Pressure to succeed in school, athletics, performance etc.	9.00	13.00	12.05	0.90	0.82	39
3	Time management (i.e. too much to do and not sure how it will all get done)	9.00	13.00	12.05	1.05	1.10	40
4	Academic issues (i.e. classes are hard, issues with professors/registration, poor grades)	9.00	13.00	11.28	1.32	1.75	40
5	Problems with boy/girlfriend (i.e. not communicating, arguing, fighting)	9.00	13.00	10.08	1.27	1.61	39
6	Problems with roommates/friends	9.00	13.00	10.72	1.48	2.20	39
7	Feeling lonely, like I have no support and no one to turn to	9.00	13.00	11.63	1.20	1.43	40
8	Health problems	9.00	13.00	10.54	1.26	1.58	39
9	Financial problems	9.00	13.00	11.03	1.39	1.92	40
10	Planning for the future	9.00	13.00	11.68	1.10	1.22	40

#	Field	1	2	3	4	5	Total
1	Issues with my family (i.e. family member is sick, parents divorcing)	12.50% 5	15.00% 6	27.50% 11	20.00% 8	25.00% 10	40
2	Pressure to succeed in school, athletics, performance etc.	2.56% 1	2.56% 1	15.38% 6	46.15% 18	33.33% 13	39

#	Field	1	2	3	4	5	Total
3	Time management (i.e. too much to do and not sure how it will all get done)	2.50% 1	7.50% 3	15.00% 6	32.50% 13	42.50% 17	40
4	Academic issues (i.e. classes are hard, issues with professors/registration, poor grades)	12.50% 5	17.50% 7	22.50% 9	25.00% 10	22.50% 9	40
5	Problems with boy/girlfriend (i.e. not communicating, arguing, fighting)	46.15% 18	23.08% 9	15.38% 6	7.69% 3	7.69% 3	39
6	Problems with roommates/friends	30.77% 12	17.95% 7	17.95% 7	15.38% 6	17.95% 7	39
7	Feeling lonely, like I have no support and no one to turn to	5.00% 2	15.00% 6	22.50% 9	27.50% 11	30.00% 12	40
8	Health problems	25.64% 10	28.21% 11	20.51% 8	17.95% 7	7.69% 3	39
9	Financial problems	22.50% 9	10.00% 4	27.50% 11	22.50% 9	17.50% 7	40
10	Planning for the future	2.50% 1	10.00% 4	37.50% 15	17.50% 7	32.50% 13	40

Showing rows 1 - 10 of 10

6. Coping - We know people do all types of things to deal with stress such as going out drinking with friends, eating, exercising, and maybe you even tried yoga or mindfulness.

What types of things have you done to deal with stress?

We know people do all types of things to deal with stress such as going out...

Video games like Minecraft and sea of thieves, reading, miniature painting, and talking with friends

I journal as well as I try to discuss my problems with trusted friends to work it out.

- exercising - listening to music - yoga/pilates - partying - reading - watching something (movie, tv show, youtube)

Exercise, eating (junk food) , watching tv/Netflix

Exercise, going to coffee with friends, prayer

Nap, hanging with friends, music

playing video games and doing weed (i'm over 21)

Mindfulness pulls me back from collapsing due to stress, but it doesn't make the stress go away; it just gives me a few extra seconds to hatch a plan

Gym, yoga, planning and organization

I attended therapy until I could no longer afford it -- it was immensely helpful in learning how to better manage my stress. I try to eat a balanced diet and go outside for a walk at least once a day. I've found that keeping up with personal projects gives me something to consistently put effort into and look forward to.

Going for walks, reading, journaling, spending time with friends (Unhelpful but still do) Video games, scrolling social media

Sleeping

exercising, eating, playing video games

Exercise/gym, mindfulness

Sleeping, talking to friends/boyfriend, playing with pets, doing some arts/crafts that wasn't commissioned

Escapism either online or in reading books and creating art

Listen to music or distract myself with something else

Hanging out or talking with friends and occasionally exercising

We know people do all types of things to deal with stress such as going out...

Playing games, sitting with friends

Listen to music, binge mindless Netflix shows, procrastinate/distract myself, scroll through social media/youtube

Sleep, a walk, music

I usually swam, although I had an injury preventing me from exercising. So instead I tried to relax by listening to music or watching a show or movie. I also tried to keep in touch with my friend as often as possible but my schedule was also wack and very busy.

Listening to music, working out, doing yoga, going for a walk, going to a coffee shop

Taking a little time for self care, face mask, paint my nails, while watching a movie.

Dance, exercising, spending time with the people i love

taking a break, watching/reading something i enjoy, napping, talking to friends

I get overwhelmed easily so not a lot helps, mostly I just try to get away from things for a little while like going on a short trip or going out with friends

Journaling is incredibly helpful for me. It helps me get out all of my negative thoughts and makes me feel a lot lighter. Spending more time with good friends, whether it be as dinner plans or to go on a walk together. For overwhelming academic stress, I like to list out what I need to get done and then figure out which items take priority over the rest. Doing work in chunks helps as well.

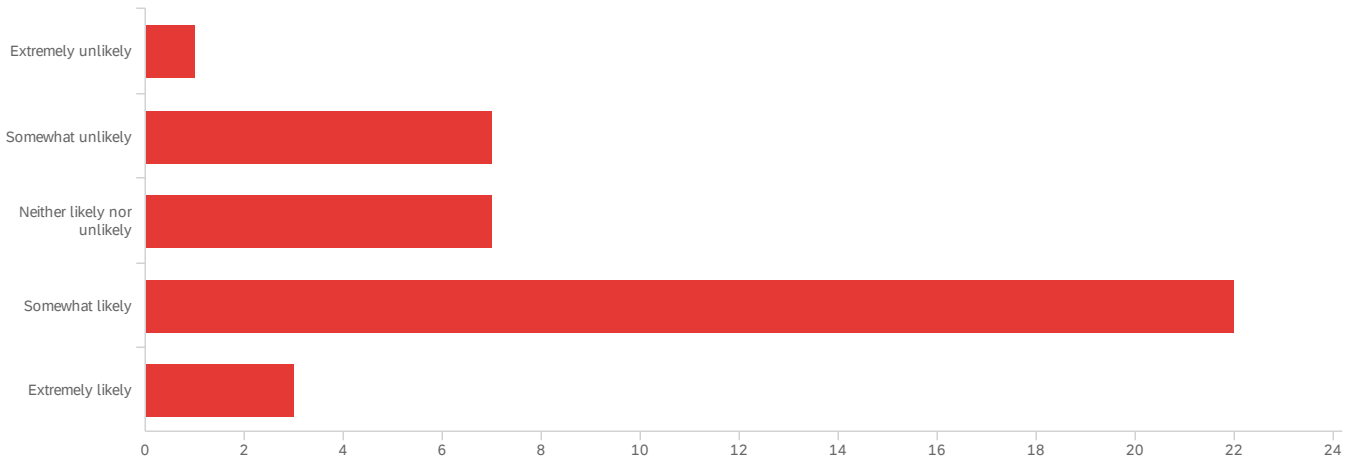
Listening to music has been very beneficial to me, as well as just getting out of the house for a bit by going on a walk or bike ride of something.

Eating and drinking, sometimes exercising (but would like to do more of that). Would like to learn more about meditation in a beginner friendly way that doesn't seem cheesy.

Pet a cat

7. Willingness - If there was an mobile application designed for undergrad/graduate

students to help deal with stress, how likely would you use it?



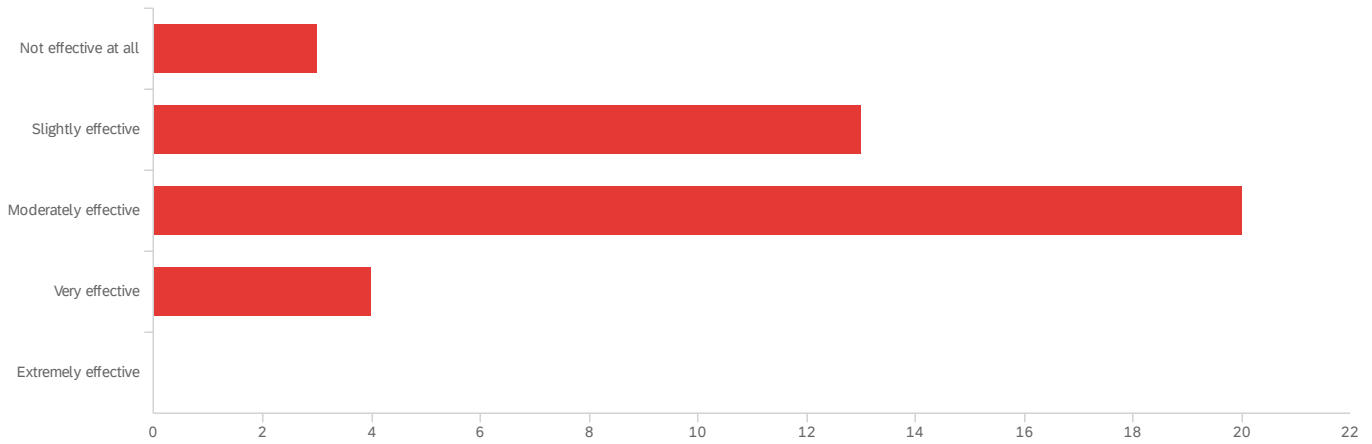
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	If there was an mobile application designed for undergrad/graduate students to help deal with stress, how likely would you use it?	1.00	5.00	3.48	0.95	0.90	40

#	Field	Choice Count
1	Extremely unlikely	2.50% 1
2	Somewhat unlikely	17.50% 7
3	Neither likely nor unlikely	17.50% 7
4	Somewhat likely	55.00% 22
5	Extremely likely	7.50% 3
		40

Showing rows 1 - 6 of 6

8. Coping - Stress in undergrad/graduate school is no joke, how effectively do you cope

with your stress?

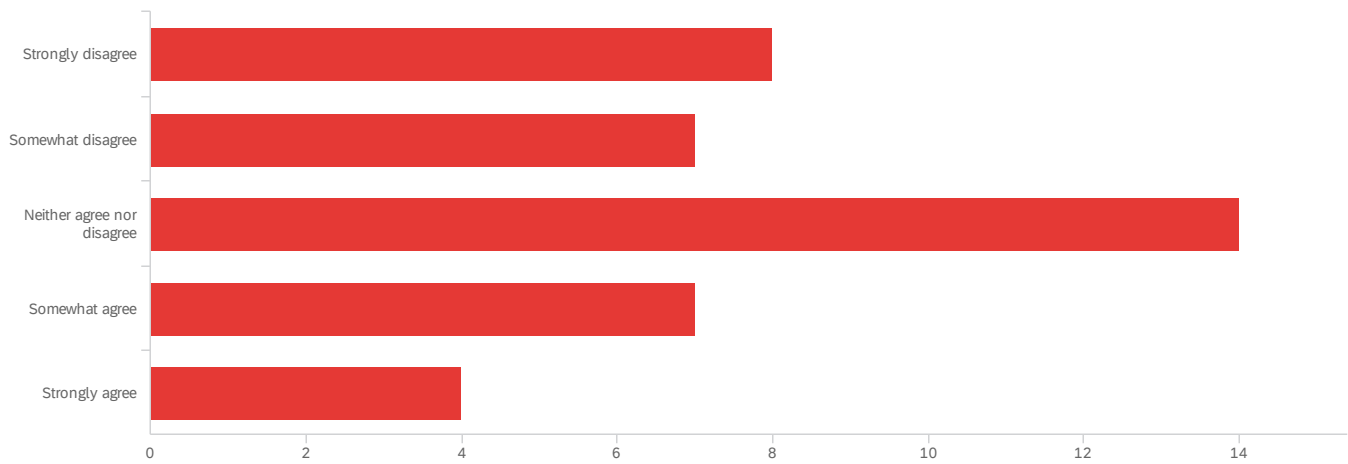


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Stress in undergrad/graduate school is no joke, how effectively do you cope with your stress?	21.00	24.00	22.63	0.76	0.58	40

#	Field	Choice Count
24	Very effective	10.00% 4
22	Slightly effective	32.50% 13
21	Not effective at all	7.50% 3
23	Moderately effective	50.00% 20
25	Extremely effective	0.00% 0
		40

Showing rows 1 - 6 of 6

9. Accessible - Counseling services on campus are accessible

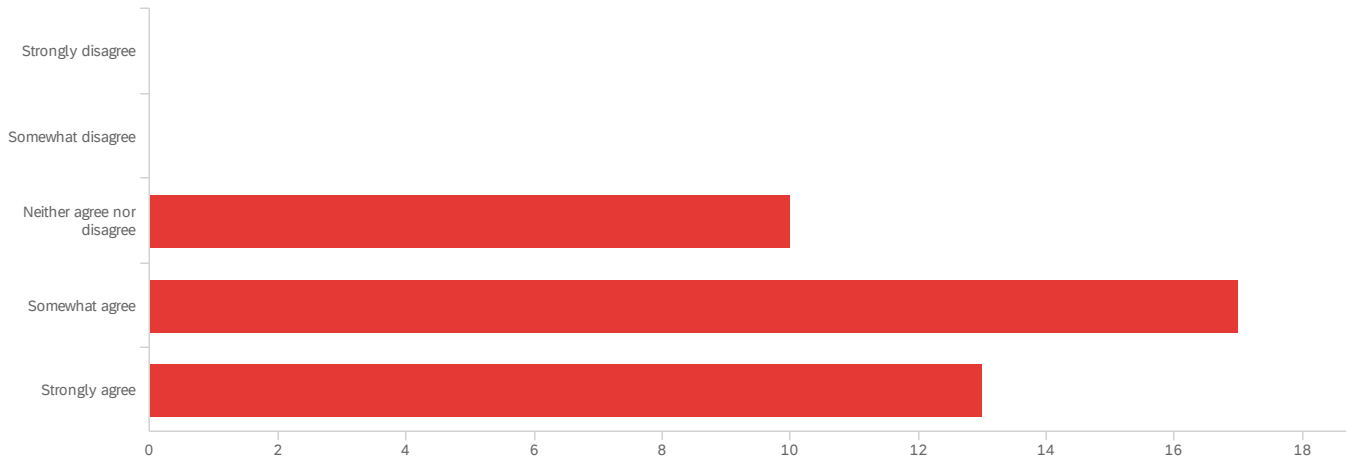


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Counseling services on campus are accessible	6.00	10.00	7.80	1.23	1.51	40

#	Field	Choice Count
6	Strongly disagree	20.00% 8
7	Somewhat disagree	17.50% 7
8	Neither agree nor disagree	35.00% 14
9	Somewhat agree	17.50% 7
10	Strongly agree	10.00% 4
		40

Showing rows 1 - 6 of 6

10. More services - I would like to see more options on campus to help me deal with my stress



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I would like to see more options on campus to help me deal with my stress	8.00	10.00	9.07	0.75	0.57	40

#	Field	Choice Count
6	Strongly disagree	0.00% 0
7	Somewhat disagree	0.00% 0
8	Neither agree nor disagree	25.00% 10
9	Somewhat agree	42.50% 17
10	Strongly agree	32.50% 13
		40

Showing rows 1 - 6 of 6

11. Options - Some things I would like to see on campus to help me deal with stress and better cope are?

Some things I would like to see on campus to help me deal with stress and b...

Bigger forest

More access to mental health counselors on campus as well as therapy dogs

i'm not sure

More available counselling services

Consistency with the counsellors you speak with (not a new one every time), direct access to an appointment booking forum, clear directions of what is and isn't covered by uni

Designated support staff or perhaps a program that is designed to supplement what you are doing to keep from needing to see a counselor.

group counseling or other social stress relief

A more welcoming social attitude among the student body

Finals week destress activities, espeically the doggos, but like all semester

I think it's something that needs to be done individually, since everyone has different stressors and are in situations in and out of their control. If there was more rapid and consistent availability of counseling, I think that everyone experiencing stress would be better able to cope with it therapeutically if the option was available to them.

More group therapy sessions per week

don't know

Make it common knowledge that therapy is free for students

Maybe things that aren't necessarily attached to a specific event that only takes place a couple times a year, so they are more accessible. Also things that offer more concrete support, rather than the typical "take a break, get food, etc etc" and offers real coping mechanisms for ppl to overcome their challenges

Therapy animal days

More resources of people or events that can help you learn mechanisms or point you into the direction more suitable for those problems

Not sure, maybe more fun small activities through the week or weekend or small handouts like DIY crafts or food.

Not sure, maybe some fun posters mixed in with the others on campus? Maybe just positive messages or advertising events rather than an getting another email with event details.

Some things I would like to see on campus to help me deal with stress and b...

Groups!! I've always wanted to try meeting other people who has the similar experiences because do believe people out there are struggling but we dont talk about it

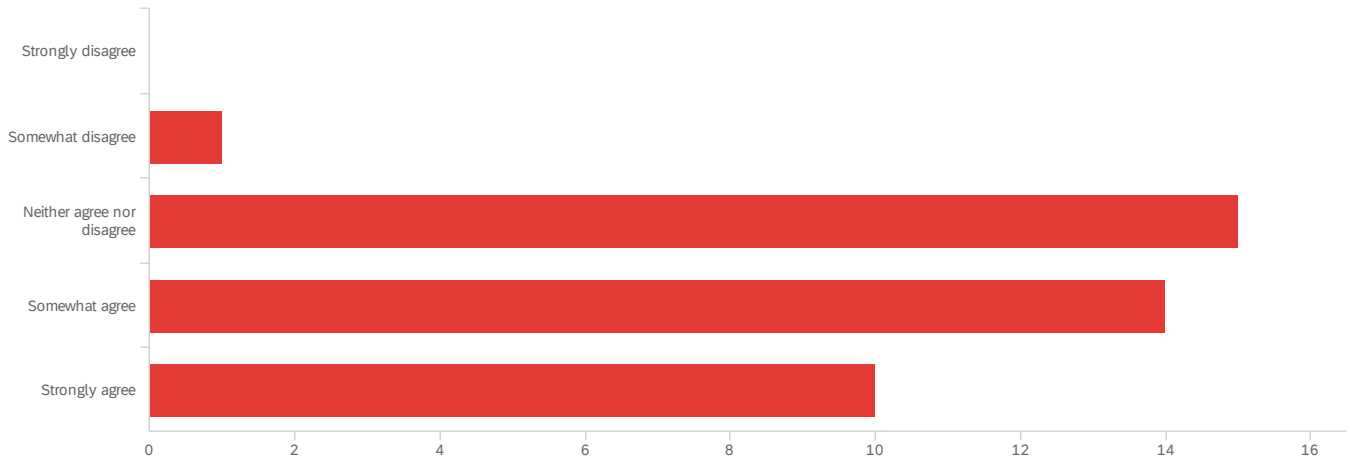
Because school stresses me out I haven't really turned to on campus activities or services as being off campus helps me relax a bit more

more events catered towards stress relief that aren't only during finals week. And actually advertising said events rather than hoping students come across them; my classes are all in one building so I'm not exactly walking around campus in between classes.

Dogs but outside

12. How likely - If I understood how likely I was to develop a health or mental health

condition from stress I would likely decide to seek help

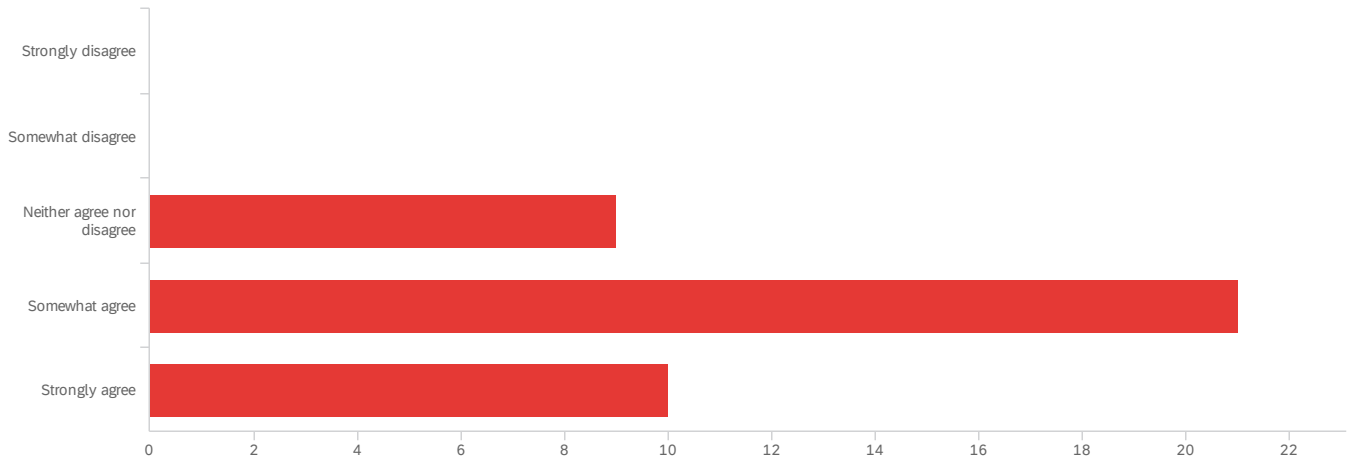


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	If I understood how likely I was to develop a health or mental health condition from stress I would likely decide to seek help	7.00	10.00	8.82	0.83	0.69	40

#	Field	Choice Count
6	Strongly disagree	0.00% 0
7	Somewhat disagree	2.50% 1
8	Neither agree nor disagree	37.50% 15
9	Somewhat agree	35.00% 14
10	Strongly agree	25.00% 10
		40

Showing rows 1 - 6 of 6

13. How bad - If I understood how bad my health or mental health could get if I did not deal with my stress, this would encourage me to seek help

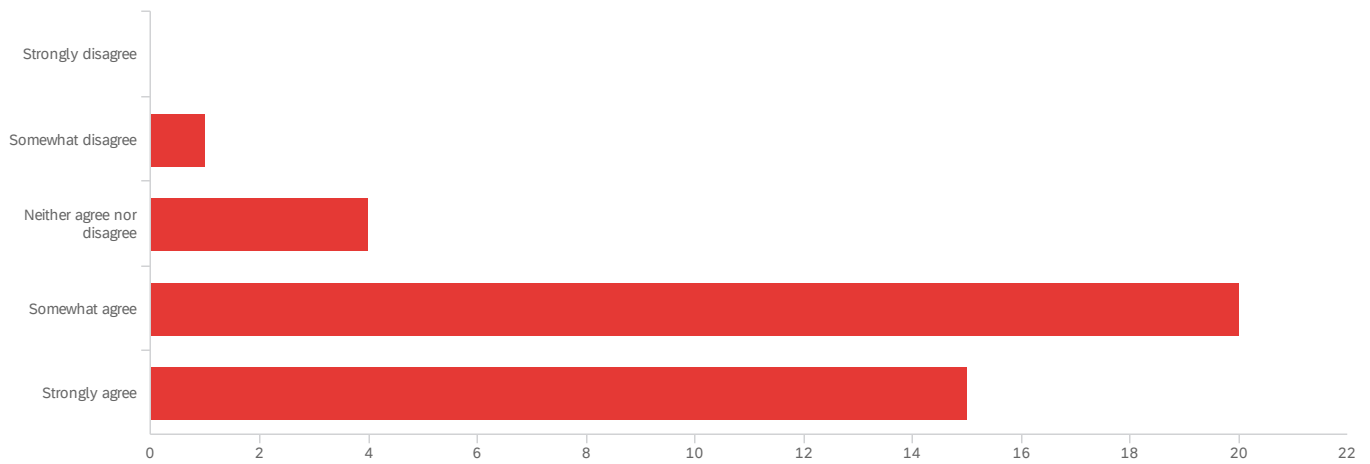


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	If I understood how bad my health or mental health could get if I did not deal with my stress, this would encourage me to seek help	8.00	10.00	9.03	0.69	0.47	40

#	Field	Choice Count
6	Strongly disagree	0.00% 0
7	Somewhat disagree	0.00% 0
8	Neither agree nor disagree	22.50% 9
9	Somewhat agree	52.50% 21
10	Strongly agree	25.00% 10
		40

Showing rows 1 - 6 of 6

14. Access - If accessing help for my stress was easy, I would do it

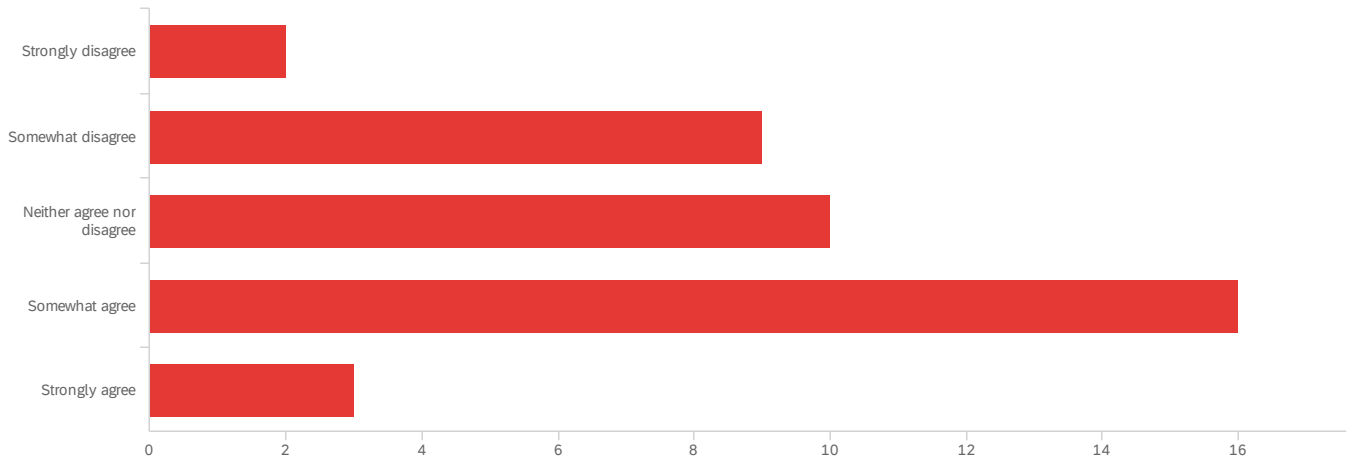


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	If accessing help for my stress was easy, I would do it	7.00	10.00	9.22	0.72	0.52	40

#	Field	Choice Count
6	Strongly disagree	0.00% 0
7	Somewhat disagree	2.50% 1
8	Neither agree nor disagree	10.00% 4
9	Somewhat agree	50.00% 20
10	Strongly agree	37.50% 15
		40

Showing rows 1 - 6 of 6

15. Hard to get help - I don't seek help in dealing with my stress because its too hard to get help on campus

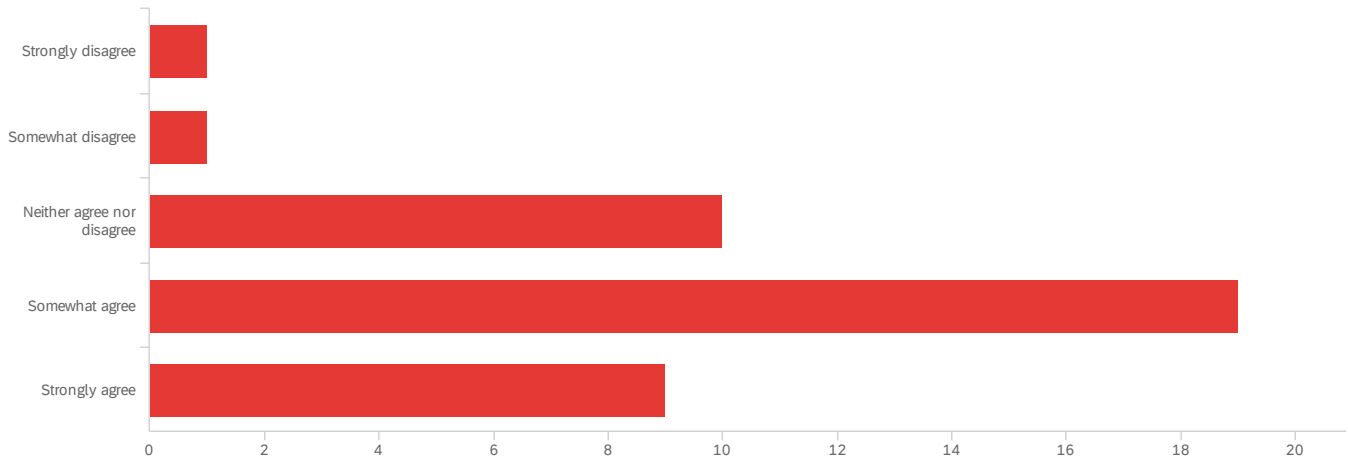


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I don't seek help in dealing with my stress because its too hard to get help on campus	6.00	10.00	8.22	1.04	1.07	40

#	Field	Choice Count
6	Strongly disagree	5.00% 2
7	Somewhat disagree	22.50% 9
8	Neither agree nor disagree	25.00% 10
9	Somewhat agree	40.00% 16
10	Strongly agree	7.50% 3
		40

Showing rows 1 - 6 of 6

16. Benefits of help - If I understood the benefits of seeking help with stress it would definitely do it

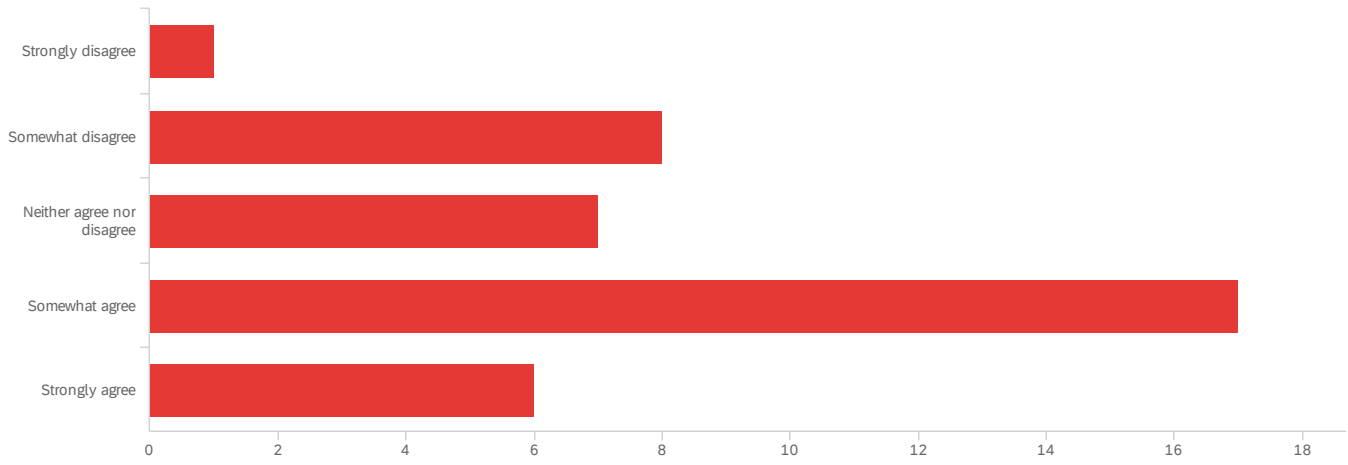


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	If I understood the benefits of seeking help with stress it would definitely do it	6.00	10.00	8.85	0.88	0.78	40

#	Field	Choice Count
6	Strongly disagree	2.50% 1
7	Somewhat disagree	2.50% 1
8	Neither agree nor disagree	25.00% 10
9	Somewhat agree	47.50% 19
10	Strongly agree	22.50% 9
		40

Showing rows 1 - 6 of 6

17. Application - I don't seek help in dealing with my stress because there is just not enough time



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I don't seek help in dealing with my stress because there is just not enough time	6.00	10.00	8.49	1.06	1.12	39

#	Field	Choice Count
6	Strongly disagree	2.56% 1
7	Somewhat disagree	20.51% 8
8	Neither agree nor disagree	17.95% 7
9	Somewhat agree	43.59% 17
10	Strongly agree	15.38% 6
		39

Showing rows 1 - 6 of 6

18. What do you like - What keeps you using and/or continuing to use a mobile application?

What keeps you using and/or continuing to use a mobile application?

Something I can use when I'm bored at any time of the day that doesn't take a long time to use.

The biggest thing is if it adds value to my life

How entertaining it is to use as well as how useful it is

Notifications, daily challenges/mantras, badges you win for doing things, being able to share with others (ie having a newsfeed where you see what others are doing in terms of mindfulness, exercise)

Effectiveness and ease of access

how fun it is

My phone storage is limited and the process of downloading an app, fat fingering my email in, generating a new password, verifying my email, and learning the app's obtuse UI is rarely worth the effort

Connections to other people, and other people wanting me to use them

If it's useful to me and I use it on a daily/semi-daily basis

Accessibility

i mainly just use spotify for music and discord to have some sense of community

don't know

Good UX/UI

Daily login awards

If it's interesting enough that I won't forget about it after a few days, I'll keep using it. If the app can be integrated into my daily or weekly routine, I'm more likely to remember it

Accessibility, with me all the time

I don't really use apps on my phone

The helpfulness and the wants that I need from it. For social media, the ability to see a variety of different subjects ot

Minimal requirements it asks for (ie access to x information on device), ability to keep my attention, visual aspects

What keeps you using and/or continuing to use a mobile application?

Daily activities/in-game prizes, cute design, good overall aesthetic, easy usability, and how helpful it is (I don't have a lot of storage on my phone so when storage is full I assess and delete apps that I don't use or aren't helpful in any way)

User-friendly layout, easy flow, good notifications

Ease of use and if it's benefiting my day to day.

Motivation, support system, maybe to connect others and share our achievements (maybe?)

An entertainment factor or having it be somewhat of a distraction between tasks as a way to turn my stress off for a moment

If there is something different every day I am twice as likely to open said app. If the content is always the same/doesn't get updated very often then I am less likely to use the app. I also don't like overwhelming apps, having too much to check and read takes a lot of mental energy. Having an app that has mostly text will only keep me interested if the topic is eye-catching or I relate to it directly.

Daily incentives, interesting illustrations and features

Continued interest

19. Features - How important are these things when using a mobile application

#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How it looks	0.00	10.00	6.80	2.56	6.56	40
2	Winning points, tokens or being able to unlock features and achievements	0.00	10.00	4.66	2.90	8.38	38
3	The content is, it has to keep my interest	4.00	10.00	8.21	1.77	3.14	39
4	Completing a task	1.00	10.00	6.45	2.05	4.20	40
5	Positive affirmations	0.00	10.00	5.17	2.66	7.09	40
6	A leaderboard where I can see my and other students' progress	0.00	10.00	3.28	3.18	10.09	36
7	Content that is specific to me and my needs	0.00	10.00	7.50	2.55	6.50	40
8	The ability to complete a challenge	0.00	10.00	5.42	2.78	7.74	40

#	Field	Minimum	Maximum	Mean	Std Deviation	Count
1	How it looks	0.00	10.00	6.80	2.56	40
2	Winning points, tokens or being able to unlock features and achievements	0.00	10.00	4.66	2.90	38
3	The content is, it has to keep my interest	4.00	10.00	8.21	1.77	39
4	Completing a task	1.00	10.00	6.45	2.05	40
5	Positive affirmations	0.00	10.00	5.17	2.66	40
6	A leaderboard where I can see my and other students' progress	0.00	10.00	3.28	3.18	36
7	Content that is specific to me and my needs	0.00	10.00	7.50	2.55	40
8	The ability to complete a challenge	0.00	10.00	5.42	2.78	40

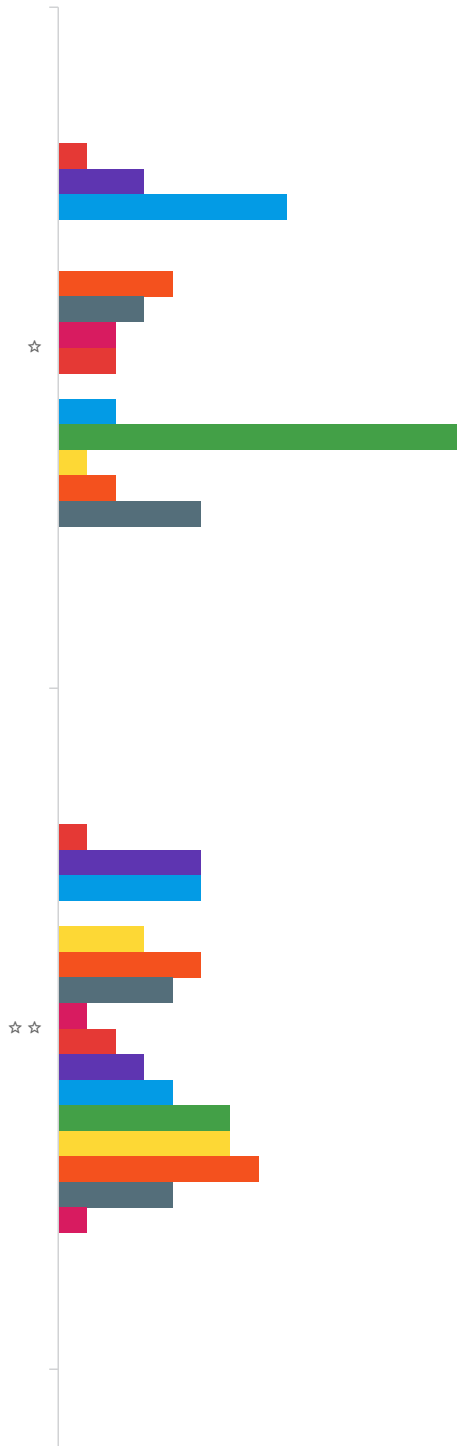
20. Features 2 - If there was an mobile application to help you deal with stress please

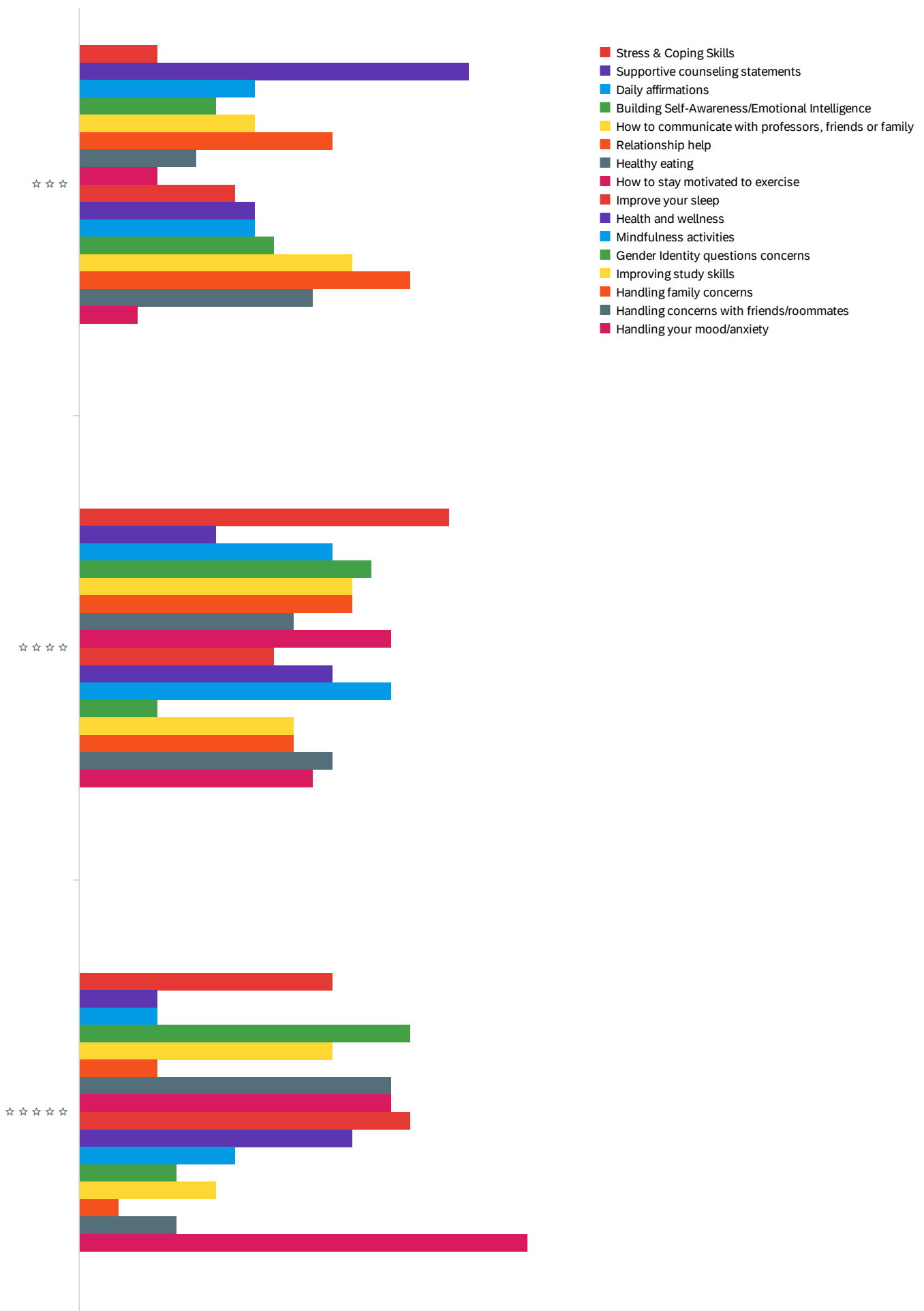
rate how important these features would be

#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Videos about identifying your stress and methods of how to handle it	0.00	10.00	4.72	3.04	9.25	40
2	Articles to read about stress and how to deal with it	0.00	10.00	4.80	2.91	8.46	40
3	Suggested strategies to help me cope	0.00	10.00	7.30	2.15	4.61	40
4	Having an interactive avatar	0.00	10.00	4.03	3.04	9.22	37
5	Having the ability to journal your thoughts in the application like an e-diary	0.00	10.00	5.53	2.79	7.78	38
6	Having a community group with similar stressors to connect with	0.00	10.00	5.00	3.44	11.85	39
7	Having a daily check in about stress	0.00	10.00	6.46	2.80	7.84	39
8	Seeing how others on my campus are doing with their daily check in about stress	0.00	10.00	4.80	3.25	10.56	35

21. What would help - Please click the side arrows to move through each statement.

Please rate how much you would like content on a mobile application focused on helping College/Graduate students with stress. Give it 1 star for no thanks, 3 for it's ok and 5 for yes I definitely would want that.







#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Stress & Coping Skills	1.00	5.00	4.11	0.88	0.78	38
2	Supportive counseling statements	1.00	5.00	3.10	1.01	1.02	39
3	Daily affirmations	1.00	5.00	3.00	1.30	1.69	39
4	Building Self-Awareness/Emotional Intelligence	3.00	5.00	4.26	0.74	0.55	39
5	How to communicate with professors, friends or family	2.00	5.00	3.95	0.93	0.87	39
6	Relationship help	1.00	5.00	3.23	1.11	1.22	40
7	Healthy eating	1.00	5.00	3.83	1.26	1.59	40
8	How to stay motivated to exercise	1.00	5.00	4.10	1.03	1.07	39
9	Improve your sleep	1.00	5.00	3.97	1.14	1.31	39
10	Health and wellness	2.00	5.00	3.97	0.95	0.90	39
11	Mindfulness activities	1.00	5.00	3.62	1.08	1.16	39
12	Gender Identity questions concerns	1.00	5.00	2.49	1.39	1.94	39
13	Improving study skills	1.00	5.00	3.44	1.03	1.07	39
14	Handling family concerns	1.00	5.00	3.10	0.93	0.86	39
15	Handling concerns with friends/roommates	1.00	5.00	3.23	1.19	1.41	39
16	Handling your mood/anxiety	2.00	5.00	4.46	0.75	0.56	39

#	Field	☆	☆☆	☆☆☆	☆☆☆☆	☆☆☆☆☆	Total
12	Gender Identity questions concerns	35.90% 14	15.38% 6	25.64% 10	10.26% 4	12.82% 5	39
3	Daily affirmations	20.51% 8	12.82% 5	23.08% 9	33.33% 13	10.26% 4	39
15	Handling concerns with friends/roommates	12.82% 5	10.26% 4	30.77% 12	33.33% 13	12.82% 5	39
6	Relationship help	10.00% 4	12.50% 5	32.50% 13	35.00% 14	10.00% 4	40
2	Supportive counseling statements	7.69% 3	12.82% 5	51.28% 20	17.95% 7	10.26% 4	39

#	Field	★	★★	★★★	★★★★	★★★★★	Total
7	Healthy eating	7.50% 3	10.00% 4	15.00% 6	27.50% 11	40.00% 16	40
8	How to stay motivated to exercise	5.13% 2	2.56% 1	10.26% 4	41.03% 16	41.03% 16	39
9	Improve your sleep	5.13% 2	5.13% 2	20.51% 8	25.64% 10	43.59% 17	39
11	Mindfulness activities	5.13% 2	10.26% 4	23.08% 9	41.03% 16	20.51% 8	39
14	Handling family concerns	5.13% 2	17.95% 7	43.59% 17	28.21% 11	5.13% 2	39
1	Stress & Coping Skills	2.63% 1	2.63% 1	10.53% 4	50.00% 19	34.21% 13	38
13	Improving study skills	2.56% 1	15.38% 6	35.90% 14	28.21% 11	17.95% 7	39
4	Building Self-Awareness/Emotional Intelligence	0.00% 0	0.00% 0	17.95% 7	38.46% 15	43.59% 17	39
5	How to communicate with professors, friends or family	0.00% 0	7.69% 3	23.08% 9	35.90% 14	33.33% 13	39
10	Health and wellness	0.00% 0	7.69% 3	23.08% 9	33.33% 13	35.90% 14	39
16	Handling your mood/anxiety	0.00% 0	2.56% 1	7.69% 3	30.77% 12	58.97% 23	39

Showing rows 1 - 16 of 16

22. Color palates - Which color palette would you like to see in an application that helps

you deal with stress/mood. Please write the numbers of your top 3 below

Which color palette would you like to see in an application that helps you...

1

5,6,1

5, 4, 2

3,5,1

5, 6, 2

2,7,6

3, 7, 1

6, 7, 3

6,7,1

2, 5, 7

6, 5, 2

7, 1, 6

7, 3, 2

7,1,6

1 6 7

7, 1, 6

2, 6, 7

7, 3, 5

6, 7, 2

4 3 7

2

Which color palette would you like to see in an application that helps you...

3, 7, 6

1, 2, 5

456

5

1 / 7 / 6

6, 2, 1

7, 5, 6

7

7, 6, 2

1, 2 & 5

7, 6, 4

1, 5, 6

7, 2, 6

2,5,6

7, 6, 2

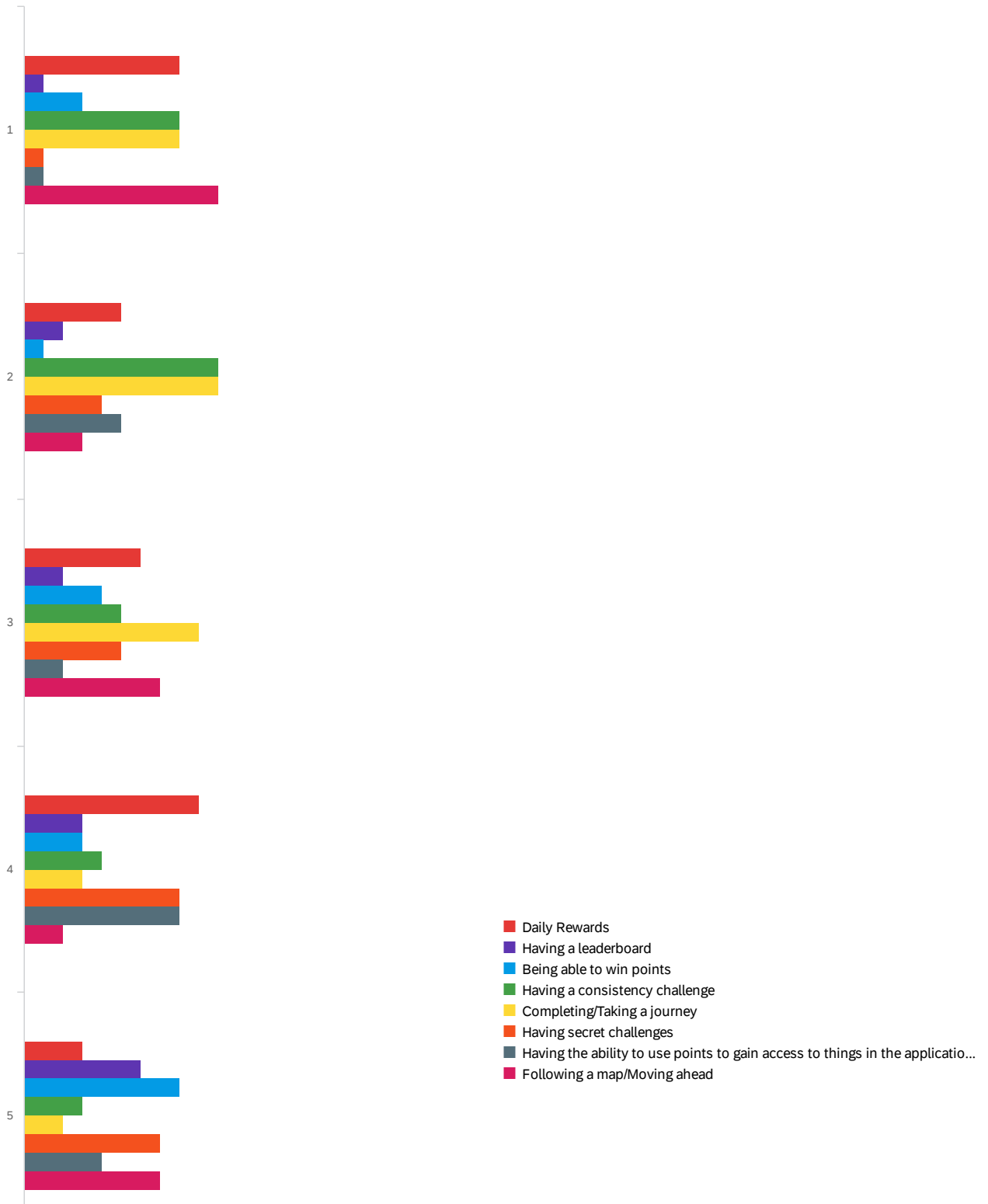
7, 2, 3

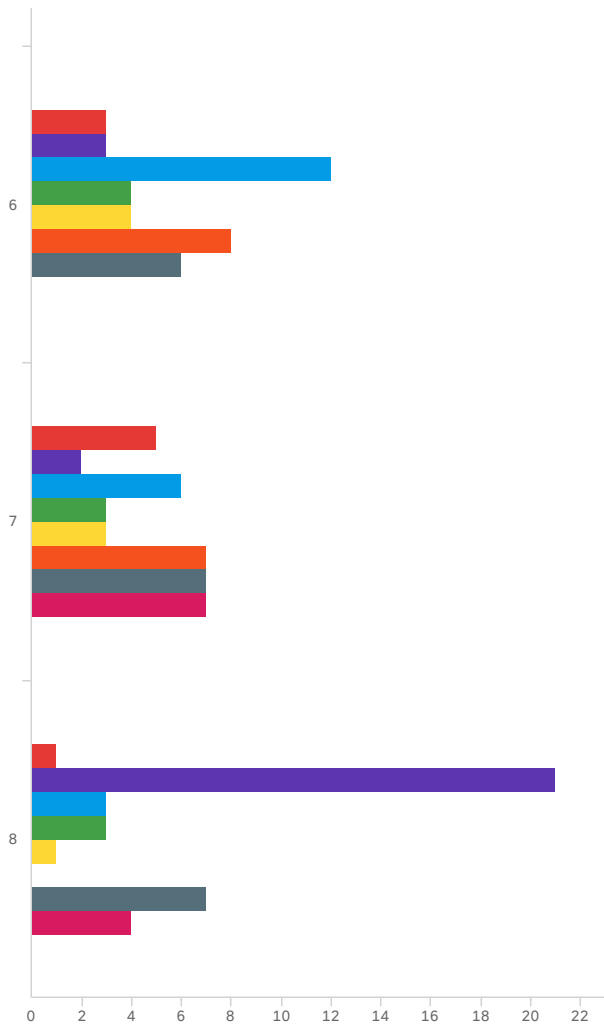
4, 7, 2

2,6,7

6 2 5

23. Motivators - Please rank what motivates you to keep using a mobile application (1 being your favorite and 7 being the least favorite). You can rank order them by dragging the item up or down.



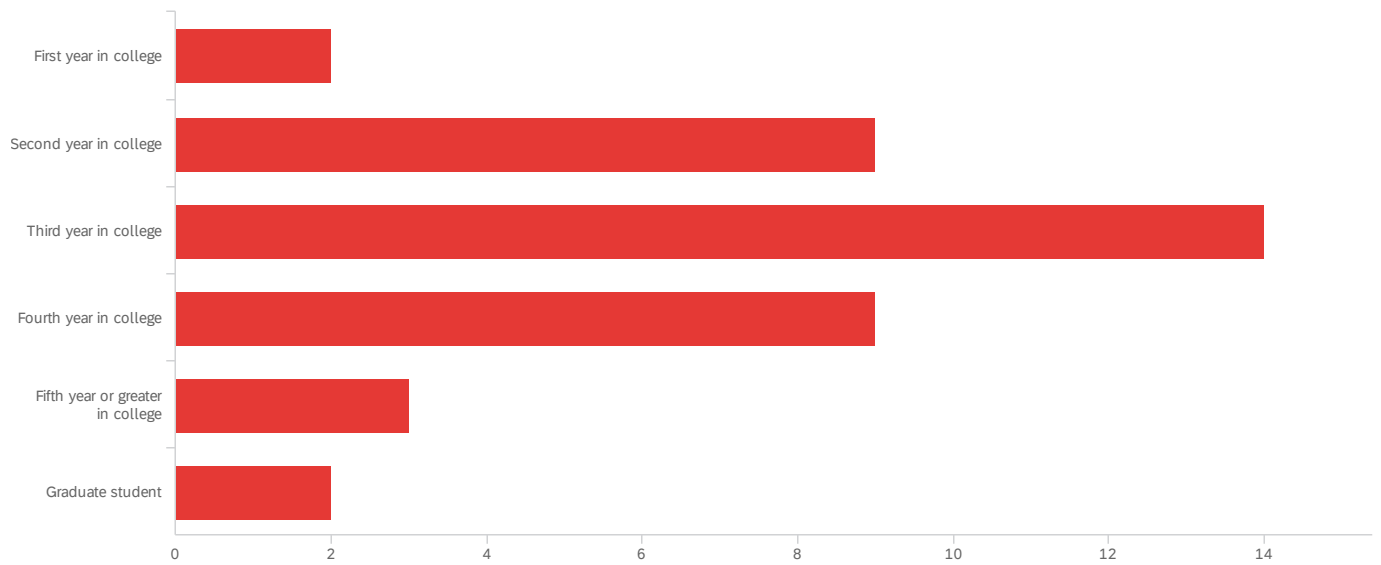


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Data source misconfigured for this visualization.



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26. Year - Where are you in your studies



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Where are you in your studies	1.00	6.00	3.21	1.18	1.39	39

#	Field	Choice Count
1	First year in college	5.13% 2
2	Second year in college	23.08% 9
3	Third year in college	35.90% 14
4	Fourth year in college	23.08% 9
5	Fifth year or greater in college	7.69% 3
6	Graduate student	5.13% 2

39

Showing rows 1 - 7 of 7

27. - What race/ethnicity do you identify with?

What race/ethnicity do you identify with?

White or Scottish

white - hispanic/latino

Black

asian

South Asian

Latina

White/Native American

white

white

White

WHite

White

White/Caucasian

Hispanic

White

Mostly white

White

Asian

White

Asian

White

Asian American

What race/ethnicity do you identify with?

White

asian + caucasian

White

2 More more races (White and Asian)

white

White

White

white/asian

White

Hispanic/Latino

white

White

White, Jewish

Asian Indian

Thank You! - Thanks so much for your help. Please let us know if there is anything else you would like to share

Thanks so much for your help. Please let us know if there is anything else...

i've done a lot of therapy already so a lot of stuff that i don't need are things I already know so there is some stuff I would've appreciated had I not already known it

This survey is *really* long

I feel like a lot of people on campus are under a high level of stress- if someone says "I am so stressed all of the time" or even morbid jokes, a lot of people play along with it like "man me too". Someone asked the Reddit what we like to do with free time and someone replied "cry, mostly" and while it was pretty funny it kind of points out the attitude a lot of us have about this kind of thing, it's accepted as how life is and the only thing to do is joke and continue on. I don't have any solutions but I think maybe it's just one of the many things surrounding campus stress to think about, maybe sharing other ways people can respond to friends stress? Tackling stress on a college campus is a mighty task, thank you guys for working for us.

not really

This app seems awesome! I am excited to keep up with development and design :)

Good luck! Looking forward to this!

I think a problem that you might come across is, when it comes to stress management/mental health, a lot of the time the generic advice often given (i.e. exercise more, get better time management, etc.) has already been advised to students. Yes, I know that eating healthier and exercising is good for my physical and mental health, but how do I do that? The advice I always hear is "do this" or "do that" expecting me to learn these skills on my own. But doing all the research necessary to learn these skills is time consuming and also stressful! The only time learning new skills actually sticks for me is by being given step-by-step instructions/expectations that I can follow and then rework to fit my needs. Another thing that a lot of students struggle with when it comes to mental health is motivation/willpower. I know what I need to do but the motivation to do it is just nonexistent, but if I waited until the motivation was there I would never get anything done. Teaching students how to get things done when they are lacking motivation is really a really important skill to have. Along with teaching students to take breaks and to have empathy for oneself.

End of Report