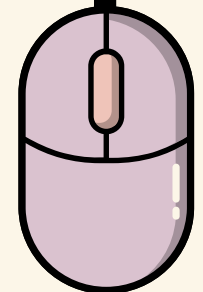
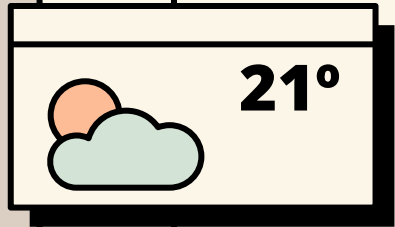
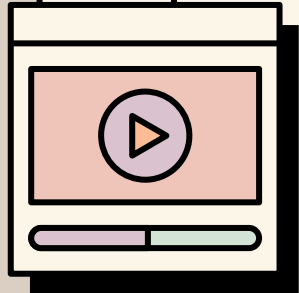


# Team Hoosiers

Aneesha Chinni  
Dinesh Mannari  
J.T.Cho

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# Problem we address



College students experience a significant amount of stress and struggle with maintaining focus, and there is a noticeable lack of specialized tools or apps dedicated to addressing these specific challenges. But, realizing this gap, we have developed prototype called the 'Focus Boosting Glasses', a solution designed to reduce stress and enhance concentration specifically for students. Then, by utilizing these glasses, students can not only alleviate their stress but also improve their focus, leading to better academic performance and overall well-being



# Target Audience



## College Students

Undergraduate and Graduate Students

## Goals

- Enhance their focus
- Managing stress



# Problem of existing solutions



**01**

Lack of actual tool  
that focuses on  
students

**02**

Not hugely  
effective

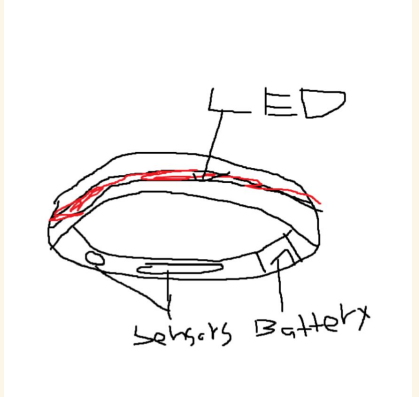
**03**

Do not help  
students to get  
more focused

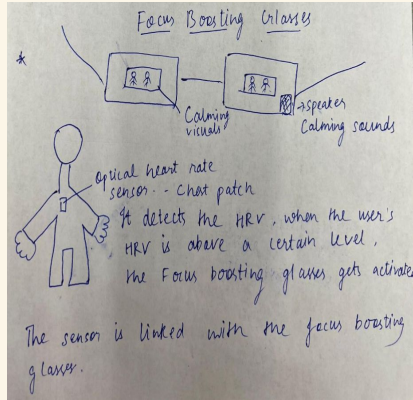
# Multiple Prototypes



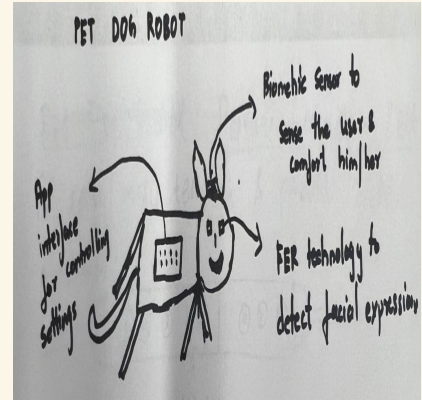
## Stress Status Ring



## Focus Boosting Glasses



## Pet Dog Robot

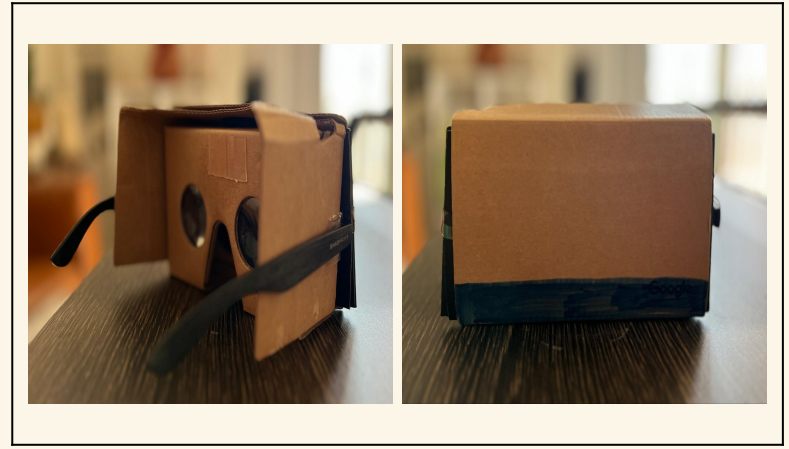


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# Our Prototype Focus Boosting Glasses



**Initial**



**Final**



# Prototype Functions



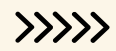
**Detects heart rate via  
sensor**

**Sends alert to app when  
high heart rate is  
detected**

**Companion App with  
relaxing/focusing  
functions connected to  
VR Glasses**



# User Testing



## Participants

Current IUB Undergraduate/Graduate Students from different majors

## Methods

One-on one in-person user testing

Testing with physical prototype, which is VR glass

Used test script

## Process

Introduction

5 different tasks

Observe/Ask to rate each tasks

	User 1	User 2	User 3
Task Description	We asked the participant to wear the VR glasses and immerse themselves in the virtual environment to evaluate their comfort level with the device.		
Task:	How comfortable did you find wearing the focus-enhancing glasses on a scale of 1-5? (1 being extremely uncomfortable and 5 being extremely comfortable)		
Value to be measured:	Participant had to hold the glass with hand	The size didn't fit participant so he had to use his hands	Was not too bad for participant but said it could be better
Glass Comfort Level	Score: 2	Score: 2	Score: 3

	User 1	User 2	User 3
Task Description	We instructed the participant to engage with the companion app, exploring its various features and functionalities as they would in a regular usage scenario.		
Task	How happy are you with the overall experience of the companion app on a scale of 1-5? (1 being completely dissatisfied and 5 being completely satisfied)		

Value to be measured:	Straight forward and comfortable	Overall, participant liked the app but he told us it could be better with more categories	Very satisfied
User Satisfaction with Companion App	Score: 5	Score: 4	Score: 5

	User 1	User 2	User 3
Task Description	Explain to the participant that the goal of this task is to determine how long they can sustain focused attention without becoming significantly distracted while using the focus-enhancing glasses.		
Task	How long were you able to sustain continuous attention while wearing the focus-enhancing glasses?		
Value to be measured:	Participant was able to focus well	Participant was somewhat distracted but was ok on focusing	Participant was able to focus well
Focus Duration:	Time: About 5 minutes	Time: About 3 minutes	Time: About 7 minutes

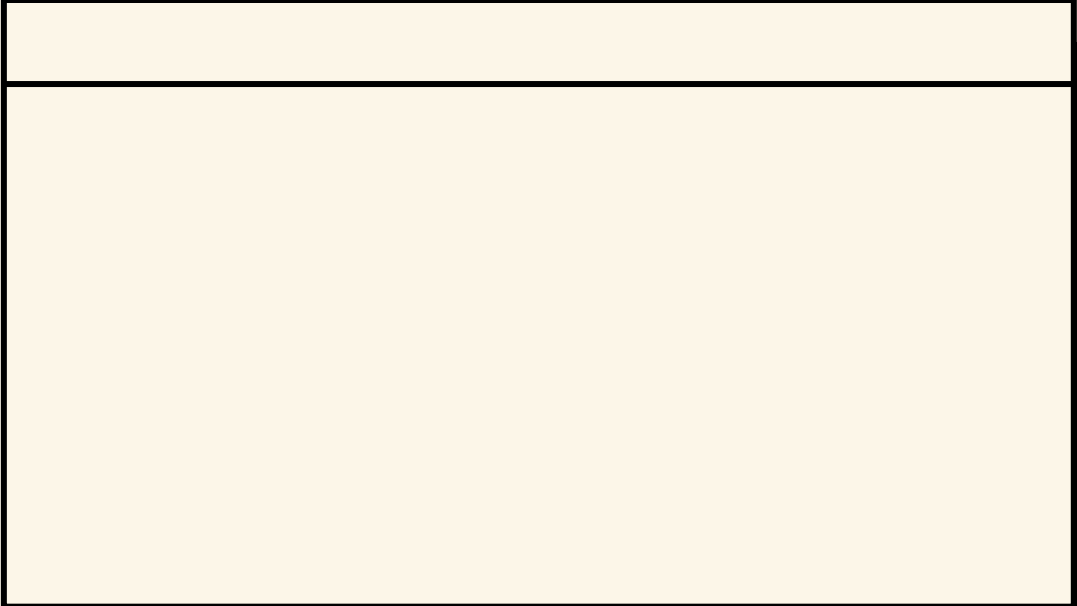
	User 1	User 2	User 3
Task Description	We asked the participant to wear the VR glasses and immerse themselves in the virtual environment		
Task	How happy are you with the overall experience of the focus boosting glasses, on a scale of 1-5? (1 being completely dissatisfied and 5 being completely satisfied)		
Value to be measured:	Somewhat satisfied. It definitely made participant feel better but not in dramatic way	Somewhat satisfied. It definitely made participant feel better but not in dramatic way	Didn't really change anything. Participant wasn't really satisfied but said it's ok
Overall Satisfaction of the Glasses	Score: 4	Score: 4	Score: 2



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.....

# User Testing

>>>>





# Our Result



**Comfort Level of Glasses**



**Satisfaction for the App**



**Focus Duration**

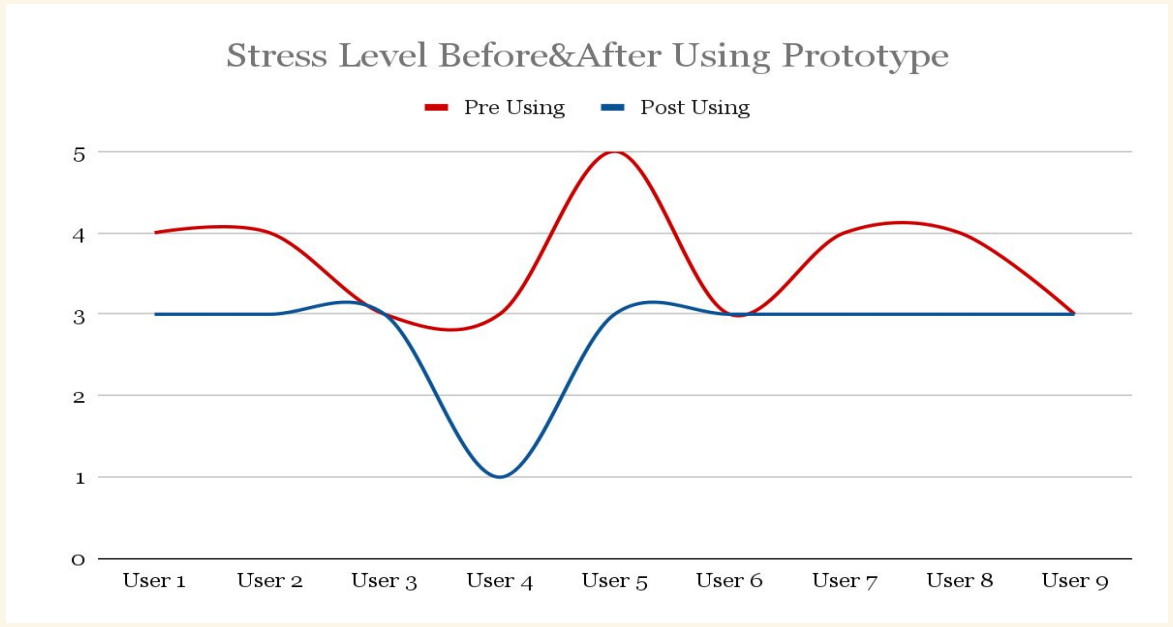


**Overall Satisfaction**



**Stress Level**

# Our Result





# Thank You

Team Hoosiers

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P4

# Focus Boosting Glasses

Team: Hoosiers  
Aneesha Chinni  
Dinesh Mannari  
J. T. Cho

## A description of the evaluation techniques, tasks and users involved in your study

### Evaluation techniques:

- Track task completion rates, task time, and system efficiency in stress detection and response.
- Qualitative methods
  - Open ended questions
  - Interviews
  - Observations

### Tasks:

1. We asked the participant to wear the VR glasses and immerse themselves in the virtual environment to evaluate their comfort level with the device.
2. We instructed the participant to engage with the companion app, exploring its various features and functionalities as they would in a regular usage scenario.
3. Explain to the participant that the goal of this task is to determine how long they can sustain focused attention without becoming significantly
4. We asked the participant to wear the VR glasses and immerse themselves in the virtual environment
5. To evaluate the change in participants' stress levels before and after interacting with the prototype using a 1-5 scale

### Participants:

- User 1
  - 23 years old 1st year grad student in CS, stressed due to big project due in a week
- User 2
  - 25 Years old 2nd year grad student in CS, stressed due to big project due in 3 days
- User 3
  - 21 years old undergrad senior majoring in Informatics, overwhelmed by grad school applications and projects
- User 4
  - 20 years old undergrad senior majoring in marketing, stressed due to his recent exam result
- User 5
  - 18 years old undergrad freshman majoring in informatics, stressed due to deciding major
- User 6
  - 21 years old undergrad junior majoring in marketing, overwhelmed by the amount of assignments every week

- User 7
  - 25 years old undergrad senior majoring in informatics, stressed by capstone project
- User 8
  - 22 years old undergrad senior majoring in informatics, stressed by capstone project
- User 9
  - 23 years old undergrad senior majoring in informatics, stressed by capstone project

## Description of the results of the study

|                            | User 1                                                                                                                                                  | User 2                                                     | User 3                                                      |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------|
| Task Description           | We asked the participant to wear the VR glasses and immerse themselves in the virtual environment to evaluate their comfort level with the device.      |                                                            |                                                             |
| Task:                      | How comfortable did you find wearing the focus-enhancing glasses on a scale of 1-5? (1 being extremely uncomfortable and 5 being extremely comfortable) |                                                            |                                                             |
| Value to be measured:      | Participant had to hold the glass with hand                                                                                                             | The size didn't fit participant so he had to use his hands | Was not too bad for participant but said it could be better |
| <b>Glass Comfort Level</b> | Score: 2                                                                                                                                                | Score: 2                                                   | Score: 3                                                    |

|                  | User 1                                                                                                                                                        | User 2                                    | User 3         |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|----------------|
| Task Description | We instructed the participant to engage with the companion app, exploring its various features and functionalities as they would in a regular usage scenario. |                                           |                |
| Task             | How happy are you with the overall experience of the companion app, on a scale of 1-5? (1 being completely dissatisfied and 5 being completely satisfied)     |                                           |                |
| Value to be      | Straight forward and comfortable                                                                                                                              | Overall, participant liked the app but he | Very satisfied |

|                                                          |          |                                                             |          |
|----------------------------------------------------------|----------|-------------------------------------------------------------|----------|
| measured:<br><b>User Satisfaction with Companion App</b> | Score: 5 | told us it could be better with more categories<br>Score: 4 | Score: 5 |
|----------------------------------------------------------|----------|-------------------------------------------------------------|----------|

|                                                        | User 1                                                                                                                                                                                               | User 2                                                                              | User 3                                                      |
|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <b>Task Description</b>                                | Explain to the participant that the goal of this task is to determine how long they can sustain focused attention without becoming significantly distracted while using the focus-enhancing glasses. |                                                                                     |                                                             |
| <b>Task</b>                                            | How long were you able to sustain continuous attention while wearing the focus-enhancing glasses?                                                                                                    |                                                                                     |                                                             |
| <b>Value to be measured:</b><br><b>Focus Duration:</b> | Participant was able to focus well<br>Time: About 5 minutes                                                                                                                                          | Participant was somewhat distracted but was ok on focusing<br>Time: About 3 minutes | Participant was able to focus well<br>Time: About 7 minutes |

|                                                                            | User 1                                                                                                                                                             | User 2                                                                                             | User 3                                                                                          |
|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <b>Task Description</b>                                                    | We asked the participant to wear the VR glasses and immerse themselves in the virtual environment                                                                  |                                                                                                    |                                                                                                 |
| <b>Task</b>                                                                | How happy are you with the overall experience of the focus boosting glasses, on a scale of 1-5? (1 being completely dissatisfied and 5 being completely satisfied) |                                                                                                    |                                                                                                 |
| <b>Value to be measured:</b><br><b>Overall Satisfaction of the Glasses</b> | Somewhat satisfied. It definitely made participant feel better but not in dramatic way<br>Score: 4                                                                 | Somewhat satisfied. It definitely made participant feel better but not in dramatic way<br>Score: 4 | Didn't really change anything. Participant wasn't really satisfied but said it's ok<br>Score: 2 |



|                                                             | User 1                                                                                                                                                                                                                              | User 2                    | User 3                    |
|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|---------------------------|
| <b>Task Description</b>                                     | To evaluate the change in participants' stress levels before and after interacting with the prototype using a 1-5 scale                                                                                                             |                           |                           |
| <b>Task</b>                                                 | How would you rank your stress level prior to using the prototype on a scale of 1-5? (1 is the least stressed, and 5 is the most stressed)<br>How would you rank your stress level after utilizing the prototype on a scale of 1-5? |                           |                           |
| <b>Value to be measured:</b><br><br><b>Stress Reduction</b> | Before: 4<br><br>After: 3                                                                                                                                                                                                           | Before: 4<br><br>After: 3 | Before: 3<br><br>After: 3 |

|                                                                | User 1                                                                                                                                                  | User 2                                                                                    | User 3                                                                                           |
|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <b>Task Description</b>                                        | We asked the participant to wear the VR glasses and immerse themselves in the virtual environment to evaluate their comfort level with the device.      |                                                                                           |                                                                                                  |
| <b>Task:</b>                                                   | How comfortable did you find wearing the focus-enhancing glasses on a scale of 1-5? (1 being extremely uncomfortable and 5 being extremely comfortable) |                                                                                           |                                                                                                  |
| <b>Value to be measured:</b><br><br><b>Glass Comfort Level</b> | “The VR glasses felt surprisingly comfortable. I didn't experience any discomfort while wearing them.”<br><br>Score: 4                                  | The glasses felt a bit tight around the temples. It wasn't too bad tho”<br><br>Score: 3.5 | Participant had to hold because it was a bit loose for them and kept falling off<br><br>Score: 2 |

|                                                                       | User 1                                                                                                                                                        | User 2                                                                       | User 3                                                                                             |
|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>Task Description:</b>                                              | We instructed the participant to engage with the companion app, exploring its various features and functionalities as they would in a regular usage scenario. |                                                                              |                                                                                                    |
| <b>Task:</b>                                                          | How happy are you with the overall experience of the companion app, on a scale of 1-5? (1 being completely dissatisfied and 5 being completely satisfied)     |                                                                              |                                                                                                    |
| <b>Value to be measured:<br/>User Satisfaction with Companion App</b> | "I found the app intuitive and engaging. The different environment options like the forest scene were calming"<br><br>Score: 5                                | "Enjoyed exploring the app. The user interface was friendly"<br><br>Score: 5 | "Navigating the app was easy, but I wish there were more options to choose from"<br><br>Score: 4.5 |

|                                                  | User 1                                                                                                                                                                                               | User 2                                                          | User 3                                                                   |
|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------------------|
| <b>Task Description</b>                          | Explain to the participant that the goal of this task is to determine how long they can sustain focused attention without becoming significantly distracted while using the focus-enhancing glasses. |                                                                 |                                                                          |
| <b>Task</b>                                      | How long were you able to sustain continuous attention while wearing the focus-enhancing glasses?                                                                                                    |                                                                 |                                                                          |
| <b>Value to be measured:<br/>Focus Duration:</b> | "I was able to stay focused for about 6 minutes without feeling distracted"<br><br>Time: About 6 minutes                                                                                             | Participant was able to focus well<br><br>Time: About 7 minutes | "My mind was wandering after a few minutes"<br><br>Time: About 4 minutes |

|                                                                         | User 1                                                                                                                                                             | User 2                                                                      | User 3                                                                                                       |
|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| Task Description                                                        | We asked the participant to wear the VR glasses and immerse themselves in the virtual environment                                                                  |                                                                             |                                                                                                              |
| Task                                                                    | How happy are you with the overall experience of the focus boosting glasses, on a scale of 1-5? (1 being completely dissatisfied and 5 being completely satisfied) |                                                                             |                                                                                                              |
| Value to be measured:<br><br><b>Overall Satisfaction of the Glasses</b> | "The sound effects in the forest scene were really soothing".<br>Overall, pretty satisfied<br><br>Score: 4                                                         | Somewhat satisfied, "it did help me calm down a little bit"<br><br>Score: 3 | Didn't really change anything. Participant wasn't really satisfied but said it was not bad<br><br>Score: 2.5 |

|                                                      | User 1                                                                                                                                                                                                                              | User 2                                                                                                             | User 3                                                                         |
|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Task Description                                     | To evaluate the change in participants' stress levels before and after interacting with the prototype using a 1-5 scale                                                                                                             |                                                                                                                    |                                                                                |
| Task                                                 | How would you rank your stress level prior to using the prototype on a scale of 1-5? (1 is the least stressed, and 5 is the most stressed)<br>How would you rank your stress level after utilizing the prototype on a scale of 1-5? |                                                                                                                    |                                                                                |
| Value to be measured:<br><br><b>Stress Reduction</b> | "I started at a stress level of 3, and after using the VR glasses, I felt it was reduced to 1."<br><br>Before: 3<br><br>After: 1                                                                                                    | "My initial stress level was 5, very high. After the session, it went down to 3."<br><br>Before: 5<br><br>After: 3 | "It pretty much was remained the same for me"<br><br>Before: 3<br><br>After: 3 |

|                              | User 1                                                                                                                                                  | User 2         | User 3                                                      |
|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------------------------------------------------------|
| <b>Task Description</b>      | We asked the participant to wear the VR glasses and immerse themselves in the virtual environment to evaluate their comfort level with the device.      |                |                                                             |
| <b>Task:</b>                 | How comfortable did you find wearing the focus-enhancing glasses on a scale of 1-5? (1 being extremely uncomfortable and 5 being extremely comfortable) |                |                                                             |
| <b>Value to be measured:</b> | Little tight but overall ok                                                                                                                             | Perfectly fits | Was not too bad for participant but said it could be better |
| <b>Glass Comfort Level</b>   | Score: 3                                                                                                                                                | Score: 5       | Score: 3                                                    |

|                                             | User 1                                                                                                                                                        | User 2                                                                                                         | User 3         |
|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------|
| <b>Task Description</b>                     | We instructed the participant to engage with the companion app, exploring its various features and functionalities as they would in a regular usage scenario. |                                                                                                                |                |
| <b>Task</b>                                 | How happy are you with the overall experience of the companion app, on a scale of 1-5? (1 being completely dissatisfied and 5 being completely satisfied)     |                                                                                                                |                |
| <b>Value to be measured:</b>                | Direct and easy. It was great                                                                                                                                 | Generally, the participant appreciated the app but mentioned that it would benefit from additional categories. | Very satisfied |
| <b>User Satisfaction with Companion App</b> | Score: 5                                                                                                                                                      | Score: 3                                                                                                       | Score: 5       |

|                                                 | User 1                                                                                                                                                                                               | User 2                                                      | User 3                                                          |
|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------|
| Task Description                                | Explain to the participant that the goal of this task is to determine how long they can sustain focused attention without becoming significantly distracted while using the focus-enhancing glasses. |                                                             |                                                                 |
| Task                                            | How long were you able to sustain continuous attention while wearing the focus-enhancing glasses?                                                                                                    |                                                             |                                                                 |
| Value to be measured:<br><b>Focus Duration:</b> | Participant was able to focus well<br><br>Time: About 6 minutes                                                                                                                                      | Participant was able to focus well<br>Time: About 6 minutes | Participant was able to focus well<br><br>Time: About 8 minutes |

|                                                                     | User 1                                                                                                                                                             | User 2                                                                                                 | User 3                                                                                     |
|---------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Task Description                                                    | We asked the participant to wear the VR glasses and immerse themselves in the virtual environment                                                                  |                                                                                                        |                                                                                            |
| Task                                                                | How happy are you with the overall experience of the focus boosting glasses, on a scale of 1-5? (1 being completely dissatisfied and 5 being completely satisfied) |                                                                                                        |                                                                                            |
| Value to be measured:<br><b>Overall Satisfaction of the Glasses</b> | Somewhat satisfied. It definitely made participant feel better but not in dramatic way<br><br>Score: 3                                                             | Somewhat satisfied. It definitely made participant feel better but not in dramatic way<br><br>Score: 3 | Really satisfied. Participant said he would like to use this app in future<br><br>Score: 5 |

|                  | User 1                                                                                                                                                                       | User 2 | User 3 |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|--------|
| Task Description | To evaluate the change in participants' stress levels before and after interacting with the prototype using a 1-5 scale                                                      |        |        |
| Task             | How would you rank your stress level prior to using the prototype on a scale of 1-5? (1 is the least stressed, and 5 is the most stressed)<br>How would you rank your stress |        |        |

|                                                  |                                                        |                       |                       |
|--------------------------------------------------|--------------------------------------------------------|-----------------------|-----------------------|
|                                                  | level after utilizing the prototype on a scale of 1-5? |                       |                       |
| Value to be measured:<br><b>Stress Reduction</b> | Before: 4<br>After: 3                                  | Before: 4<br>After: 3 | Before: 3<br>After: 3 |

### Design rationale for evaluation tasks and materials

The evaluation tasks and resources used in the usability testing of focus-boosting VR glasses for students with high stress are based on specific objectives that are aligned with the product's intended usage and target audience. Here's a closer look at each component's justification:

#### 1. Comfort level of Glasses

Objective: To evaluate the physical suitability of the VR glasses for extended use, which is important for students who may use them for extended study sessions.

Comfort is directly related to user compliance and satisfaction. Users are less inclined to use the glasses on a regular basis if they are uncomfortable, which defeats the goal of stress reduction and focus enhancement.

#### 2. Companion App Engagement

Objective: To determine the ease of use, appeal, and functioning of the companion app, which is a vital component of the user experience.

Rationale: The app's usability and content diversity have a direct impact on the user's level of engagement. A well-designed app can considerably improve the VR glasses' overall effectiveness in providing stress reduction and attention.

#### 3. Focus Duration:

To assess the product's capacity to assist users in maintaining focus over time, which is a primary goal for the target audience of students.

Rationale: By assessing how long users can maintain attention while wearing the glasses, the test provides direct insight into the product's effectiveness in boosting focus, which is essential .

#### **4. Virtual Environment Immersion**

The goal is to assess the quality and usefulness of virtual environments that provide a pleasant and distraction-free experience for users.

Rationale: Immersion is an important aspect in the user's capacity to disengage from stressors and focus entirely on the work at hand. A more immersive atmosphere is more likely to be useful in decreasing stress and improving focus.

#### **5. Stress Levels**

The goal is to quantify the impact of the VR glasses on the user's stress level before and after use. The rationale for this, is that it provides real evidence of the product's efficiency in stress reduction, which is its primary task.

#### **Materials Used**

**VR Glasses and Companion App:** These were crucial to the product and were required to test all key components of the user experience.

**Stress Level Scale: 1-5:** A simple and effective tool for measuring stress levels and providing clear, actionable data.

### **Discussion of the results**

Here is a brief overview of the results based on the responds provided for the usability testing of focus-boosting VR glasses:

#### **Comfort Level of Glasses:**

Observation: The majority of users felt the glasses to be comfortable, indicating a user-friendly design. However, a few users noticed little discomfort around the temples, indicating the necessity for adjustable fittings to accommodate different head sizes.

#### **User Satisfaction with Companion App:**

Users praised the companion app's intuitive design and calming environs. A need for more environment options was indicated, emphasizing an opportunity for content growth to accommodate various preferences.

#### **Focus Duration:**

The glasses were effective at sustaining attention, with users reporting focused periods ranging from 4 to 8 minutes. This variation indicates that individual variances in attention levels play a role, but the device overall shows promise in improving focus.

#### **Overall Satisfaction of the Glasses:**

The immersive nature of the virtual surroundings, particularly with enhanced sound effects, was liked.. This immersive experience appears to be a key component in the product's capacity to relieve stress and improve attention.

#### **Stress Levels:**

Results: All users reported a considerable decrease in stress levels, with ratings on a 1-5 scale dropping from high to low post the interaction. This uniform decrease across users is a strong indicator of the product's effectiveness in stress management.

#### **Overall Assessment**

The focus-boosting VR glasses show great promise in lowering stress and improving sustained attention in high-stress students. It performs in areas such as comfort, engagement, and immersion, all of which are critical to its performance. To improve further, we will consider customizable physical features for added comfort and broadening the spectrum of virtual settings available in the companion app. The device's efficacy in its intended function is indicated by the continuous reduction in stress levels across users. With further modification based on user input, these glasses could become an even more effective tool for stress management and focus improvement.

#### **Implications/Improvements**

- Comfortness of the glass
  - Implication



- Participants struggled with the fit of the VR glasses, leading to discomfort. This indicates a need for a more adjustable design, possibly with customizable straps or flexible materials, to accommodate various head sizes and shapes.
  - Improvement
    - Since users found the size of the glasses uncomfortable, introducing adjustable straps or frames could enhance comfort. This would accommodate different head sizes and shapes, ensuring a snug, comfortable fit without the need to hold them with hands.
- Variety of Categories
  - Implication
    - While the app received high satisfaction scores, users suggested it could be improved with more categories. This implies that users are looking for a broader range of functionalities or content, suggesting an opportunity to expand the app's features to enhance user engagement.
  - Improvement
    - While the app received positive feedback, adding more personalized categories or features could enhance user satisfaction. This customization could be based on user interests or usage patterns.
- Enhanced Focus Features
  - Implication
    - The time users could focus while wearing the glasses varied significantly from 3 to 7 minutes. This suggests that the glasses' effectiveness in enhancing focus may depend on individual differences or specific contexts. It may be beneficial to explore features that can be personalized to individual users' needs.
  - Improvement
    - To improve the focus duration, we considered integrating features that help minimize distractions, such as noise cancellation or alerts that gently remind users to stay focused when their attention wavers.
- User Interface and Experience Improvements
  - Implication
    - The varied responses indicate that user experience can greatly differ based on individual preferences and physiological differences. This highlights the importance of designing for a diverse user base and considering a range of user experiences in the design process.

- Improvement
  - We will ensure that the app's interface is intuitive and user-friendly. Streamlining navigation and making the app's features more accessible can enhance user satisfaction.
- Stress Reduction Features
  - Implication
    - The stress reduction observed was minimal. This suggests that while the prototype has some effect, it may not be as significant as desired. Incorporating additional stress-reducing features or techniques could be beneficial.
  - Improvement
    - Although the stress levels showed some decrease, integrating more stress-reducing features in the VR experience, like guided meditation or even more calming visuals based on users could be beneficial.