

# User Study Guide

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## Participant Profile

The pool of ideal participants is segmented into three groups. We will recruit 10 overall participants from the University of Washington and through Facebook, surveys, and LGBT communities.

### Group A – Monogamous Couple (10 participants)

/ Lone participants that consider themselves to be in a monogamous relationship / Participants are within the ages of 21-30

### Group B – Relationship Counselor (2 participants)

/ Current relationship counselor at the UW Medical Center

## Session Breakdown

### Individual Session Outline (Group A)

Total time: 45 minutes per session

#### / Before Session

Allow plenty of time to set up for interview (review checklist). Set up video and audio recording equipment and take any establishing shots.

#### / 5 Minutes

Greet participant and make introductions. Review the consent form with the participant and remind them that their participation is voluntary.

#### / 25 Minutes

User Interview (see Individual Session for more information)

#### / 15 Minutes

Directed Storytelling (see Individual Session for more information)

#### / Finish

Wrap up interview and thank participant. Release gratuity and have participant sign gratuity release form before leaving.

#### / After Session

Team will regroup to debrief, compare notes, review photographs, and evaluate process.

### Individual Session Outline (Group B)

Total time: 30 minutes per session

#### / Before Session

Allow plenty of time to set up for interview (review checklist). Set up video and audio recording equipment and take any establishing shots.

#### / 5 Minutes

Greet participant and make introductions. Review the consent form with the participant and remind them that their participation is voluntary.

#### / 25 Minutes

Semi-Structured Interview (see Individual Session)

## Materials Checklist

/ Phone - For audio recording

/ Notebook - For note taking

/ Comfortable Interview Environment

/ Interview Partner

## Introduction

Hi, my name is [ ], and this is [ ] who will be taking notes and recording the session today. Thank you so much for agreeing to share your thoughts about and experiences with relationships in the modern day. For the next 40-50 minutes, we will be asking some general questions. Just as a reminder, we will video and audio record this session. Here's a consent form, which outlines that everything we talk about here will be kept anonymous and that we are permitted to record the interview. Are you willing to sign it before we begin?

[Provide consent form]

Thank you! Is there anything you need before we get started?

[Start Recording]

## Individual Session Outline (Group A)

Total time: 50 minutes per session

### Introduction Questions

Total time: 5 minutes

- / How old are you?
- / Where did you grow up?
- / What kind of education did you have?
- / Do you currently own a smartphone? If so, what kind?
- / What applications do you currently use the most?
- / Would you mind sharing with us what your religion is? If you do not feel comfortable sharing, we understand.

### Interview Questions

Total time: 25 minutes

- / What was your first impression of your partner?

\_\_\_\_\_

- / What smartphone do you have?
- / Do you and your partner text? How often?
- / Do you and your partner FaceTime? How often?
- / What social media do you use?
- / IF dating apps are brought up:
  - What about a profile makes you swipe right?
  - Reason you used one dating app over another?
  - Have you met someone by using the app?
  - How long were you chatting before deciding to meet?

\_\_\_\_\_

/ When was the last time you and your partner watched netflix?

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/ How often do you make dinner?

/ Do you go out for dinner?

/ How do you decide on dinner plans?

/ How do you select where to go for dinner? Are there any services you use?

/ Why do you use that service?

/ How do you guys typically make decisions together?

/ Do you leave your cell phones on the table while eating together?

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/ How often do you make big purchases? If so how do you both decide on the purchase?

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/ How often is your relationship the most interesting part of your day?

/ Do you often imagine your relationship far out in the future (>1 month)?

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/ Does your partner attend concerts with you?

/ Do you and your partner often operate as a unit when out with friends?

/ Do you and your partner project your relationship status in public or with friends?

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/ Do you consider yourself physically active?

/ Why do you workout/ why don't you?

—

/ Have you stopped doing anything, big or small, since you started dating?

Have you picked up any new activities since you started dating?

/ Any lifestyle changes you made, big or small, when you started dating?

If you went back \_\_\_ years, anything you stopped or began doing?

Do you use social media as much as you did before dating?

/ Are you Facebook official (FBO) / At what point in your relationship did that happen?

/ Do you and your partner regularly say "I love you?" /When and how did that begin?

/ Do you feel any differences in how socially accepted you are when telling people you're in a relationship versus saying you're single?

—

/ Do you have any friends who have experienced commitment anxiety? Can you tell me their reasoning/why they felt that way?

—

/ How often do you feel happy?

—

/ What are your thoughts on marriage?

/ What are your thoughts on "soulmates"?

/ What is your take on modern love?

## Storytelling Prompts

Total time: 15 minutes

/ How did you and your partner meet?

- What brought you there/What brought them there?
- Who introduced you?
- Did you have any idea that you would end up dating them? Do you think they had any idea?
- If friends before dating: Do you think you would have considered dating them after meeting only once?
- What were the circumstances that lead to your second encounter? Third?
- What part of your early relationship do you have the most vivid recollection of?

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/ Tell me a story about the last time you joined a club or social group.

- How did you hear about the group?
- What motivated you to seek it out?
- Did you know anybody involved beforehand? Did you join with anybody you knew?
- What were you expecting? / Were those expectations met?
- Did you stay? Why?

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/ Tell me a story about the last time you went to a wedding.

- How did you know the bride/groom/partner?
- Did anybody else you know come with you?
- Were you caught off guard by the event?
- What did you expect going in?
- Were those expectations met?
- What did the guests do and say amongst themselves?

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/ Tell me a story about the last time you had a fight with your partner over a phone.

- On a scale of wrong to dead wrong, how wrong were they?

## Conclusion

/ Is there anything else you'd like to tell us?

/ Thank you so much for spending time with us. This has been very enjoyable and helpful for us. Again, thank you for your time. Here is our contact information if you have any questions.

/ **END**

# Individual Session Outline (Group B: Experts)

Total time: 30 minutes per session

## Introduction Questions

Total time: 5 minutes

- / How old are you?
- / Where did you grow up?
- / What kind of education did you have?
- / Do you currently own a smartphone? If so, what kind?
- / What applications do you currently use the most?

## Interview Questions

Total time: 25 minutes

- / How long have you been in counseling?
- / In couples counseling?
- / Are you currently in a relationship?
- / What kind of phone do you have?
- / Do you use social media? What platforms?
- / What are the most common relationship issues that come up?  
What are common solutions?
- / What is a common relationship issue that comes up regarding smartphones/  
technology?
- / During your professional career, how has innovation changed the way  
relationships work?
- / Do you think young adults use smartphones in intelligent ways?
- / Do you see a counselor yourself? /Relationship counselor?

## Conclusion

- / Is there anything else you'd like to tell us?
- / Thank you so much for spending time with us. This has been very enjoyable  
and helpful for us. Again, thank you for your time. Here is our contact  
information if you have any questions.

**/ END**

# Consent Form

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I volunteer to participate in a research project conducted by representatives from the University of Washington.

My participation in the study activities are voluntary.

I may withdraw and discontinue participation at any time without penalty. If I feel uncomfortable in any way during the study session, I have the right to decline to participate fully in any activity or to leave the study session, knowing that my compensation will not be reduced in such an event. Participation involves answering questions asked by the researchers, and showing the researchers communications between me and the parents of my students.

Photos will be taken during both activities, and I give my consent to be photographed and for the communications to be photographed. I understand that the researchers will do their best to respect any sensitive information in the communications. An audio recording of the interview will be captured, and I give my consent to be recorded. Notes will be written about me during the interview.

I understand that the researcher will not identify me by name in any reports using information obtained from this interview, and that my confidentiality as a participant in this study will remain secure. Subsequent uses of records and data will be subject to standard data use policies which protect the anonymity of individuals and institutions.

I have read and understand the explanation provided to me. I have had all my questions answered to my satisfaction, and I voluntarily agree to participate in this study.

**NAME**\_\_\_\_\_

**SIGNATURE**\_\_\_\_\_

**DATE**\_\_\_\_\_