

YogaRelief- UX Survey Research Summary

Overview

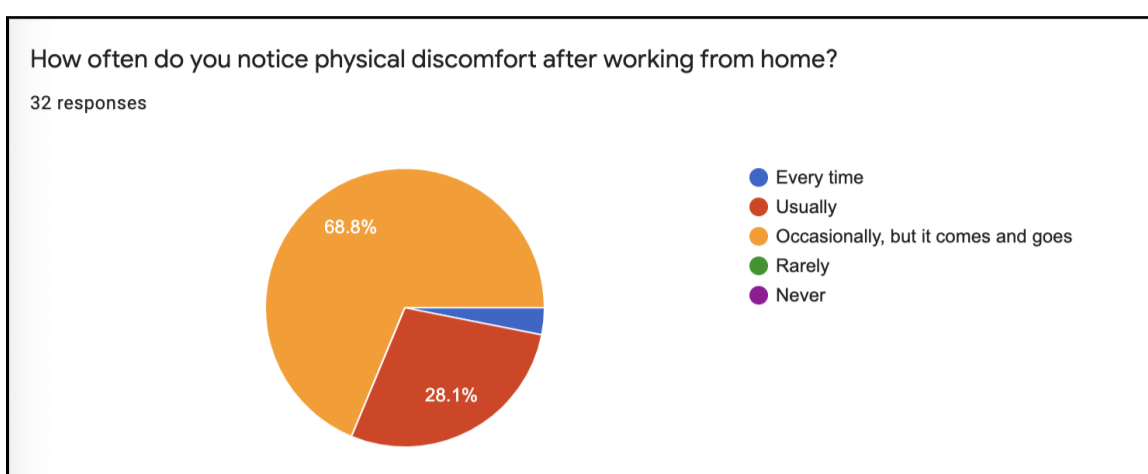
A user experience survey was completed by **32 users who experience discomfort while working from home in a seated position**. This survey was conducted using Google Forms, and included four screening questions to qualify users as survey participants.

The goal of this survey was to understand patterns of physical discomfort associated with working virtually from home in a seated position. Furthermore, the survey inquired about what motivates users to seek options for relief for this discomfort, and what methods they use to find relief.

Findings

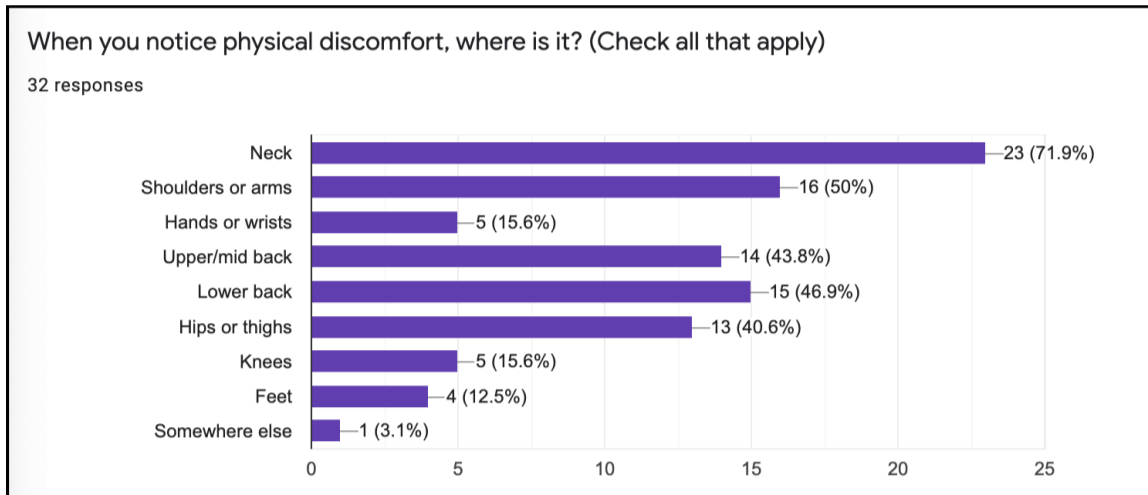
Half of survey respondents work from home in a seated position for 31 hours or more each week, with half of that group (25%) working 40+ hours

Nearly 70% of users “Occasionally” experience discomfort that comes and goes, while 28% “Usually” experience discomfort, and the remaining 2% “Always” had discomfort (1.1)



1.1 Frequency of physical discomfort.

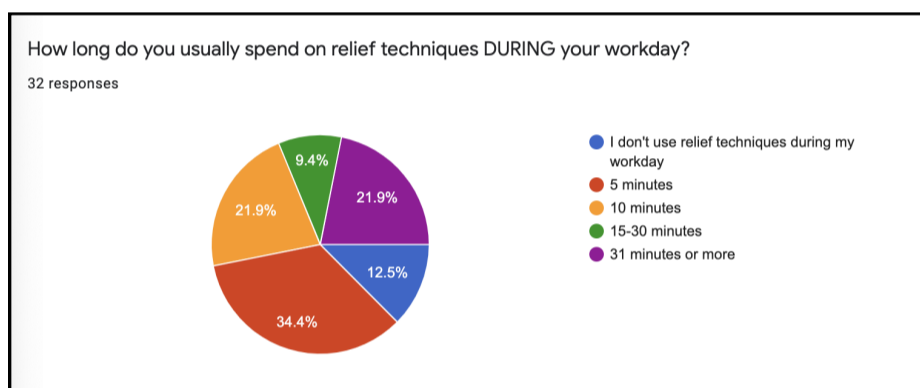
Users most often noticed pain in the Neck (72%), Shoulders or arms (50%), Lower Back (47%), Upper or mid back (44%), and Hips or thighs (41%) (1.2)



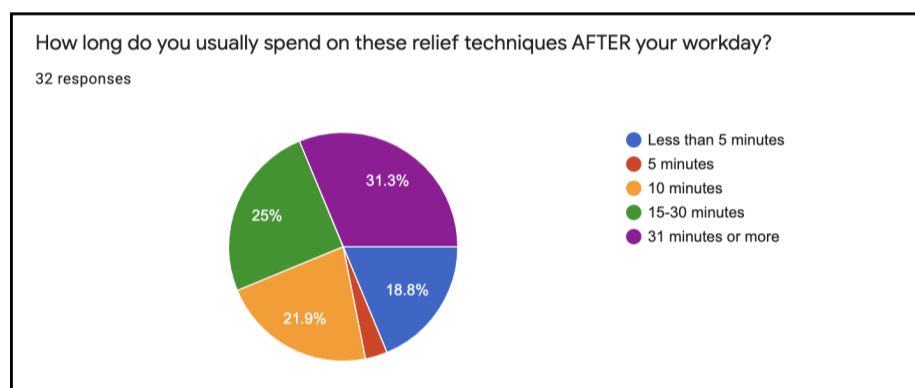
1.2 Location of physical discomfort.

During the workday **56% of users use relief techniques for 5-10 minutes**, **22% of respondents use relief techniques for 30 or more minutes** during the workday, and **12% do not use any relief techniques** during the workday. (1.3)

After the workday, **31% of users use relief techniques for 30 minutes or more**, **25% for 15-30 minutes**, **22% for 10 minutes**, and the remainder of users (20%) reported 5 minutes or less. (1.4)

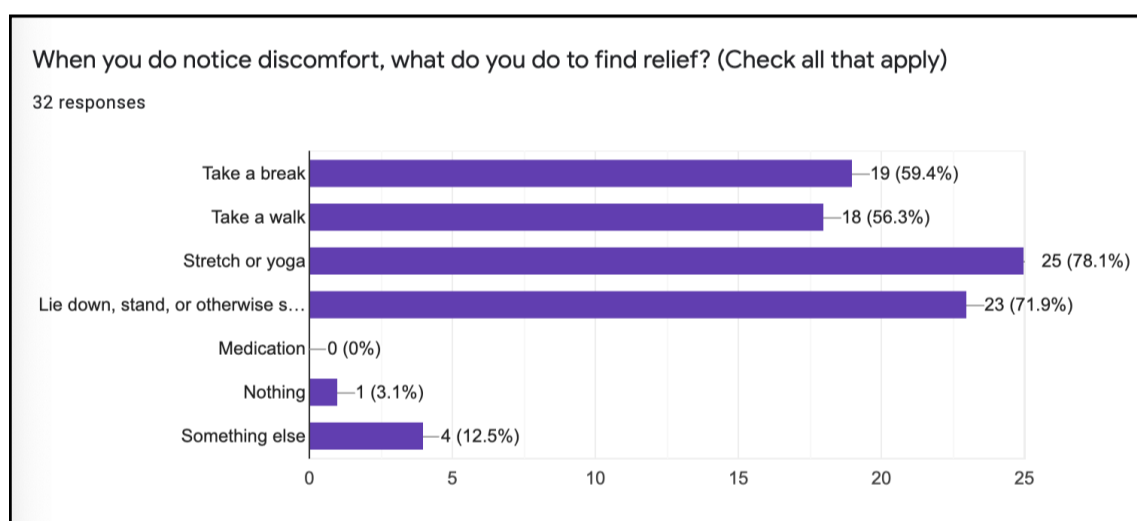


1.3 Duration of relief techniques DURING the workday.



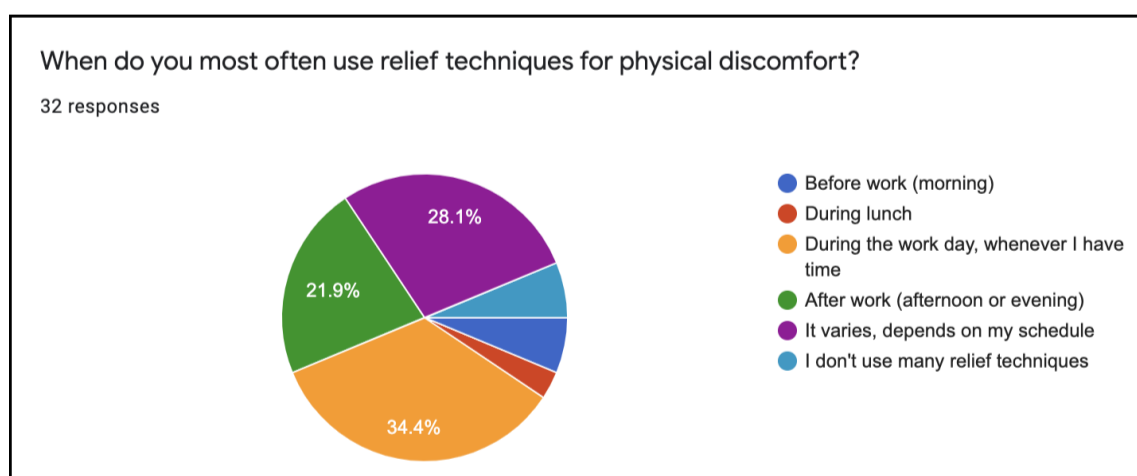
1.4 Duration of relief techniques AFTER the workday.

Users had a variety of methods they used to relieve discomfort, with most using more than one method. **Stretches or yoga was the most often used relief method, with 78% of users reporting this approach**. 72% reported shifting positions to find relief, and 56% take a walk. (1.5)



1.5 Methods of finding relief from discomfort.

Over a third of users (34%) reported using relief techniques during the work day, whenever they had time. **28% vary** the time of day, and **22% use their relief techniques after their workday**. Fewer users reported using relief techniques in the morning or during lunch.



1.6 When relief techniques are used.

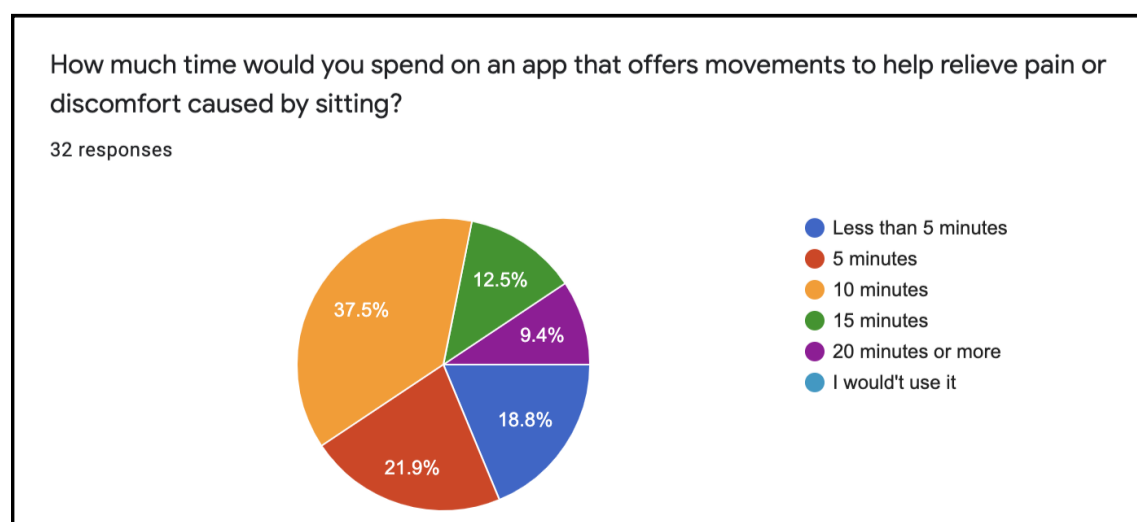
Experience with Movement Apps

22% of users reported currently using movement apps. These apps had a variety of functions, the most common functions being **offering challenges to complete, tracking movement/distance, offering workouts or movement sequences, and keeping track of movement streaks (days in a row)**.

All (100%) of those who currently experience work-related discomfort AND use movement apps reported that the movement apps motivated them to move more, with 71% of these users motivated to move more almost every day, and the rest (29%) occasionally motivated to move more.

Conclusions

Most users already use a variety of techniques to address their work-related discomfort. With **78% of users already using stretches or yoga to relieve discomfort, there is evidence of yoga being used as a self-guided relief technique**. Thus, there is proof of need for development of a yoga-therapy based app for relief of discomfort. Most of those who work from home have some flexibility in when and for how long they use their preferred techniques throughout the day.



1.7 Projected time spent on relief app.

Most users expressed interest in an app that offers movements to relieve pain or discomfort caused by sitting. **About 38% of users who expressed interest would use the app for 10 minutes**, **22% for 5 minutes**, **13% for 15 minutes**, and **9% for 20 minutes or longer**. 19% of users would use it for 5 minutes or less (1.7)

This suggests that the app should have a variety of movement sequence lengths for the most common areas of discomfort to best meet user need. Furthermore, **features that celebrate user accomplishments seem to encourage users to move more often**.