



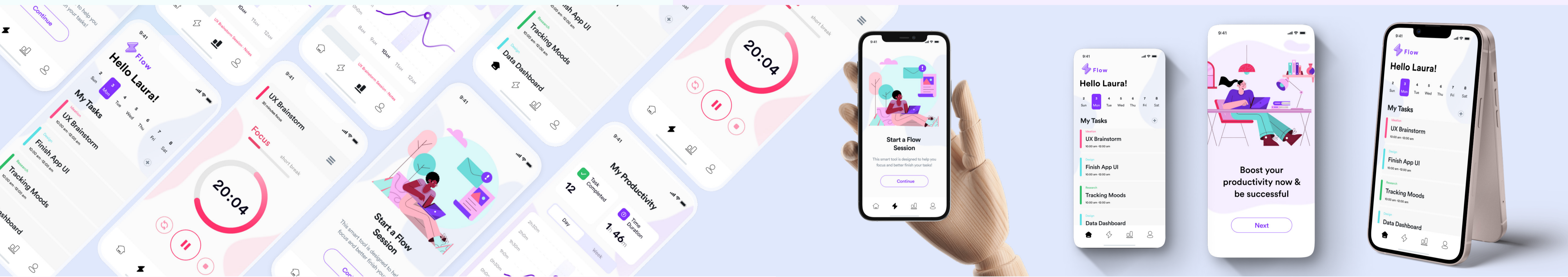
Flow: An exploration of how technology can assist people in entering and maintaining focus while working

Abstracts

The following project explores what is a flow state and how technology can assist individuals in entering and maintaining focus while working, as well as how this can be properly measured. The scope of this research is to understand what activities and factors can help achieve flow and what role technology can play in developing a solution that can enrapture it.

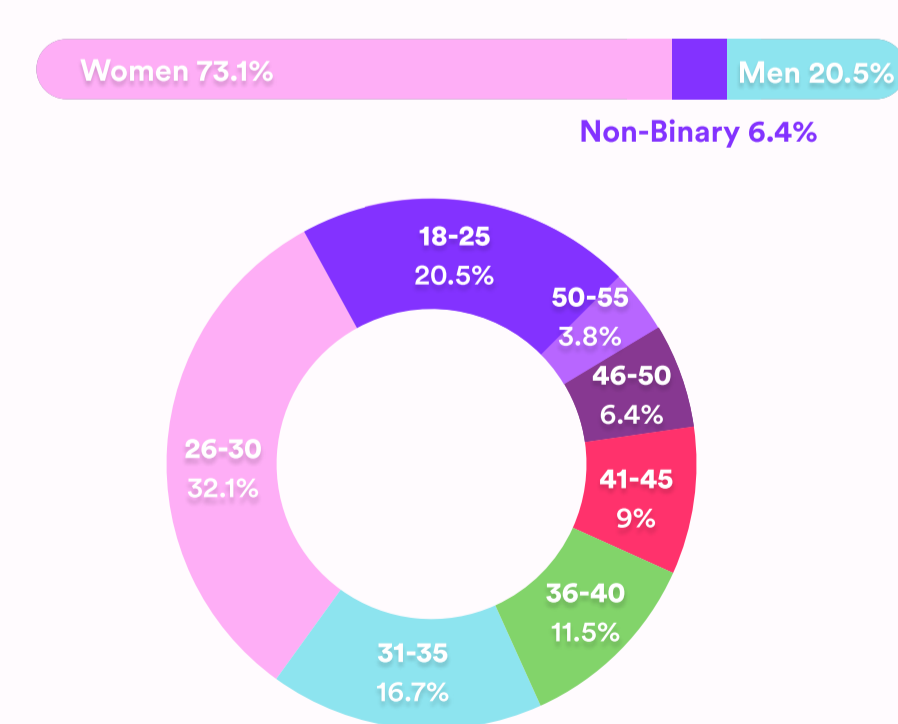
Introduction & Background

The majority of employers have difficulty focusing and concentrating at work, which reduces performance and productivity. Since the year 2000, the average attention span has dropped by 33%. This is caused mainly by the environment in which people work. Therefore understanding what are the external and Internal distractions that trigger us is fundamental to understanding flow. Flow gives the users a service to guide them through achieving

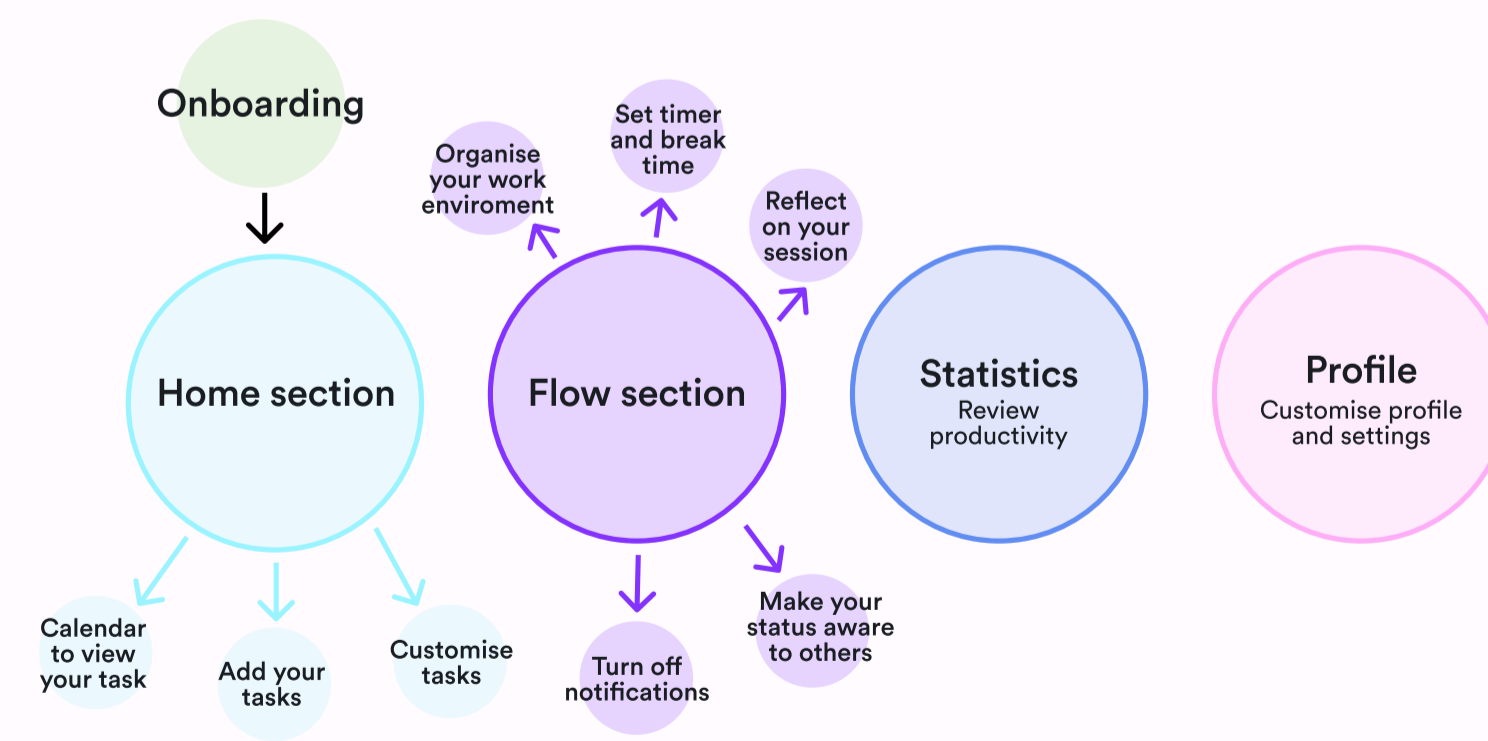


Study Methodology

I conducted a survey (78 participants) to validate my research and confirm people struggles with focusing as well as understanding the main distractions they experience. The findings allowed me to map out the content of the service.

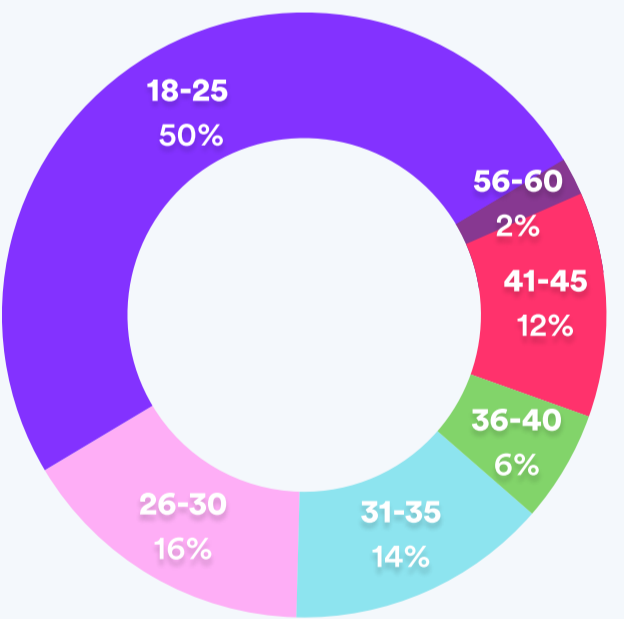


- ### UX ISSUES
- Using personal phone
 - Notifications
 - Emails (reading/checking/responding)
 - Not knowing how to organise/prioritise tasks
 - Not taking breaks
 - Trying to stay focused for too long
 - Unorganised working environment

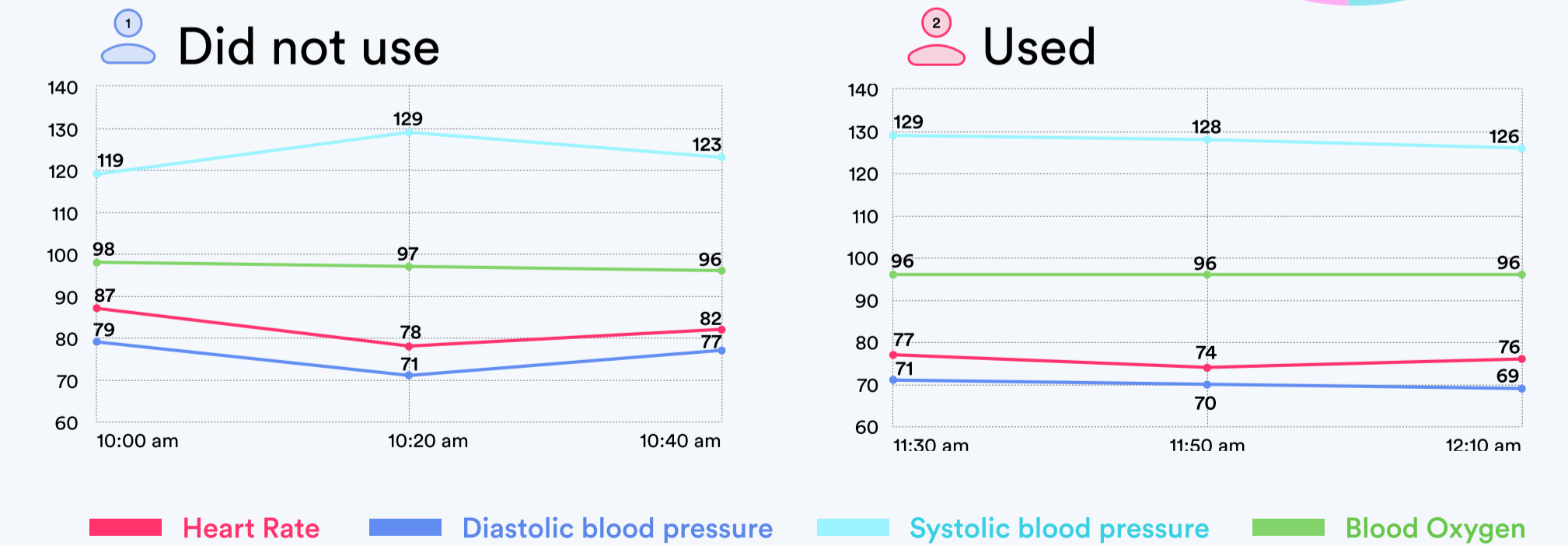


Testing & Evaluation

A user testing was conducted with Maze (50 participants) to evaluate usability, design and concept. Overall the study obtained a Maze usability score of 71, showing high interest in the service from the users as well as areas of improvement.



A cardiovascular study with a smart watch was also conducted. Participant that used the service was more stable.



Conclusion & Future work

Following the study conducted on Maze, I have found various usability and design points to improve the prototype. Therefore the next step would be to implement them. There are also various sections in the prototype that are not working at the moment, and the study showed user interest in developing those, therefore expanding the prototype would also be one of the next steps. The cardiovascular study showed some very interesting data consequently it would be beneficial to run the study again with the updated version of the prototype and with a larger number of participants.