

# Design and Usability of a Digital Mental Health Tool:

Help us investigate the usability of a mobile app for people with anxiety!

## What is this research about?

We want to learn about the usability of a conversational mobile application for individuals with anxiety. We are only evaluating usability and will not provide mental health services.

## Who is eligible for this study?

Individuals 18-years-old or older with anxiety or concern for having anxiety disorder. Must be able to read, write, and speak English. Must have no history of psychosis or suicide attempts.

## What does participation in this study involve?

You will be asked to complete questionnaires and interact with the application. There will be an app design researcher guiding the session and asking questions. We will store any data you provide on secure servers.

## Do I have to travel anywhere to be in this study?

Yes, the study session will take place at the UMass Chan Medical School University campus.

## How long will this take?

All study-related activities should take about 2 hours to complete.

## What else do I get if I participate?

You will receive a \$100 gift card if you arrive to the scheduled appointment and complete the study-related activities.

## How do I get more information and participate?

For any further questions regarding the study, please email [pdm.ieso@umassmed.edu](mailto:pdm.ieso@umassmed.edu). If you're interested in joining the study, scan the QR code; you will be directed to a form where you can fill out your contact information. A study coordinator will contact you to discuss the study, check your eligibility, and enroll you.

