



European Space Agency

Recap Event

March 22, 2024



University Hospitals of Leicester

NHS Trust



UNIVERSITY OF
LEICESTER



Welcome!



Agenda

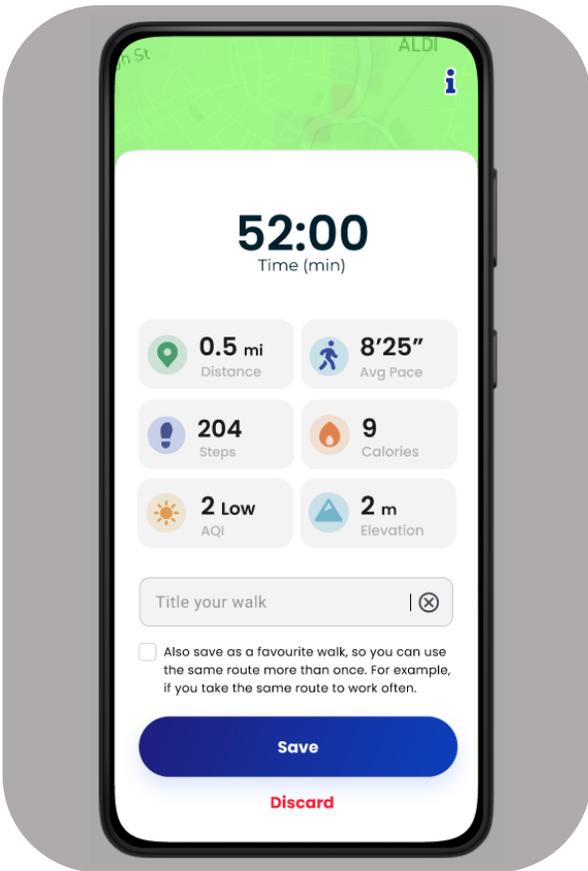


- 1. Introductions**
- 2. Pilot Study Outputs**
- 3. App Recap**
- 4. App Preferences**

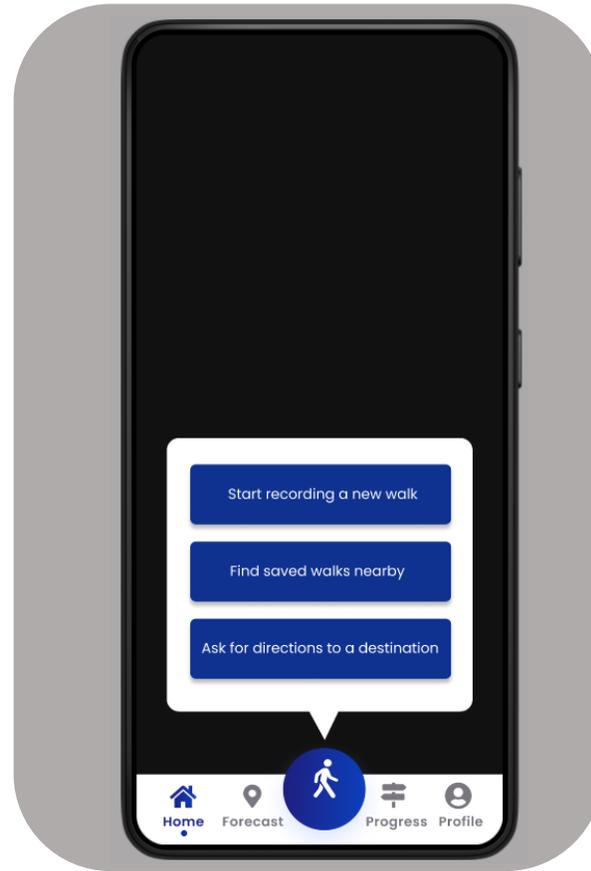
Lunch Break

- 5. Open Discussion**
- 6. Next Steps and Final Notes**

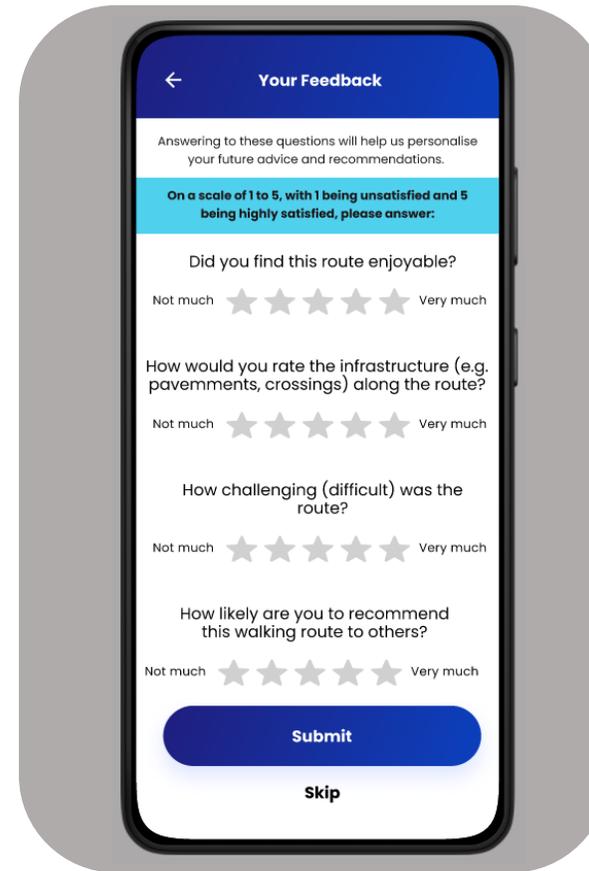
4. App Preferences



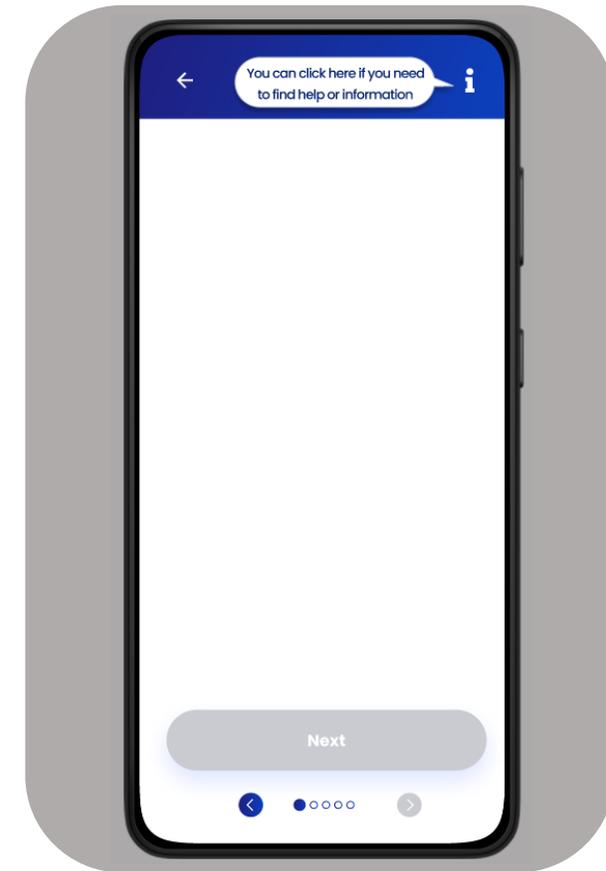
Recording Time



Quick Start



Walking Feedback



Information



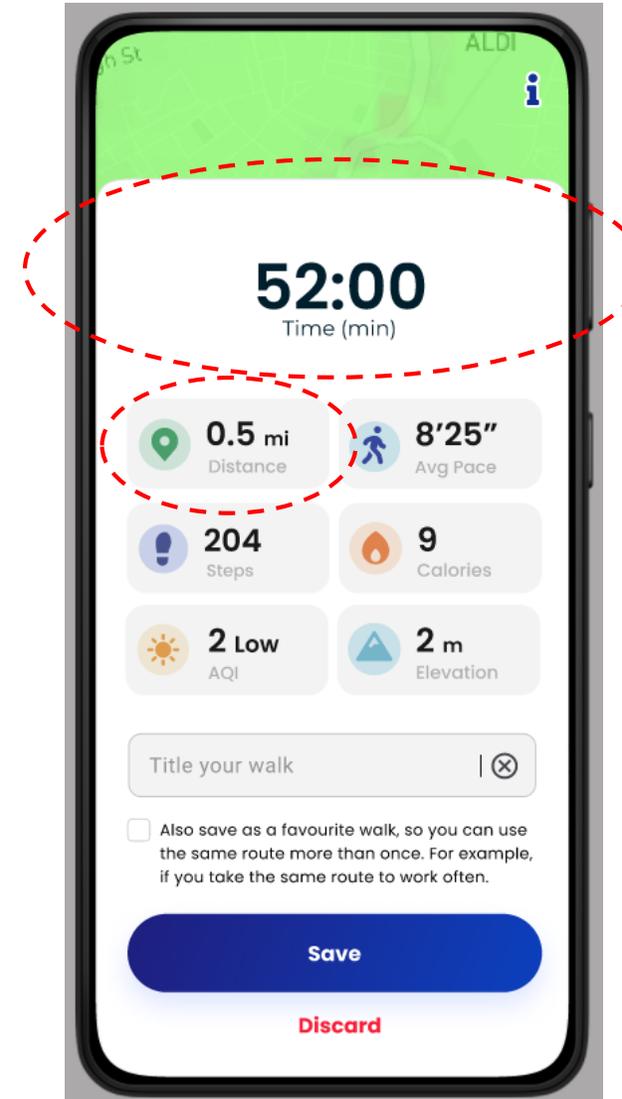
4.1. Recording time

Recording Walking Time



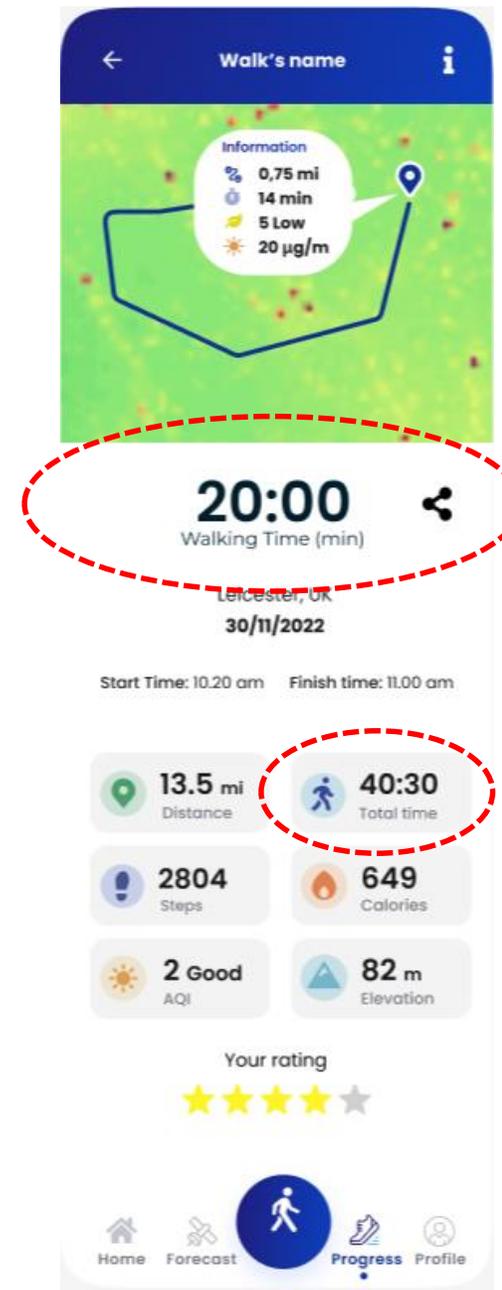
Feedback from users identified:

- Inaccurate walking times due to users forgetting to stop a walk, or because there was a break during a walk

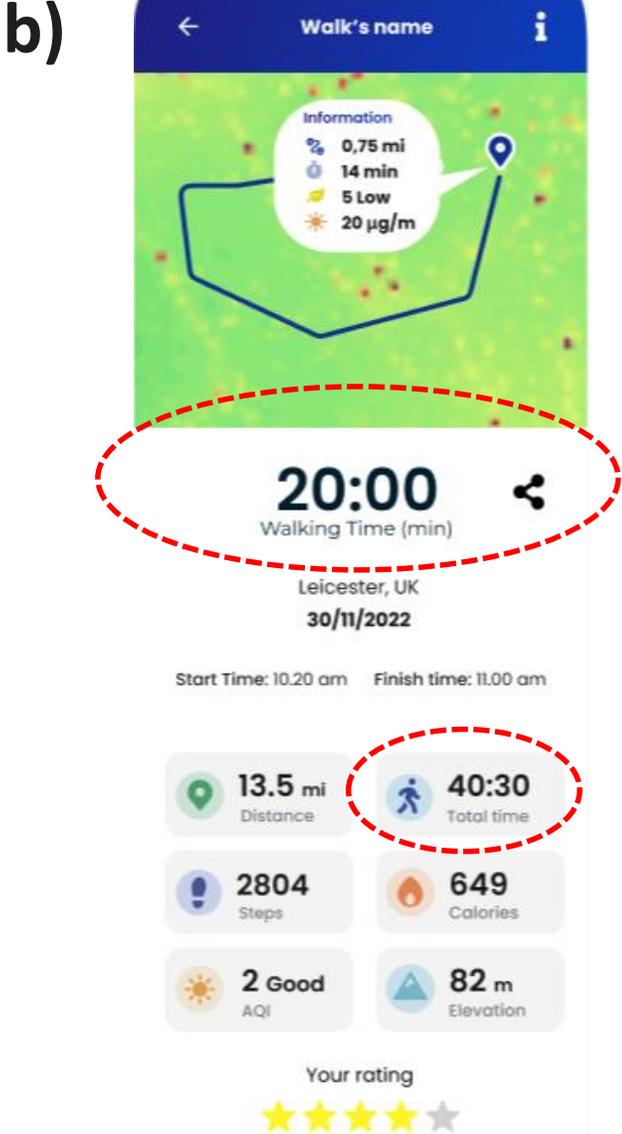
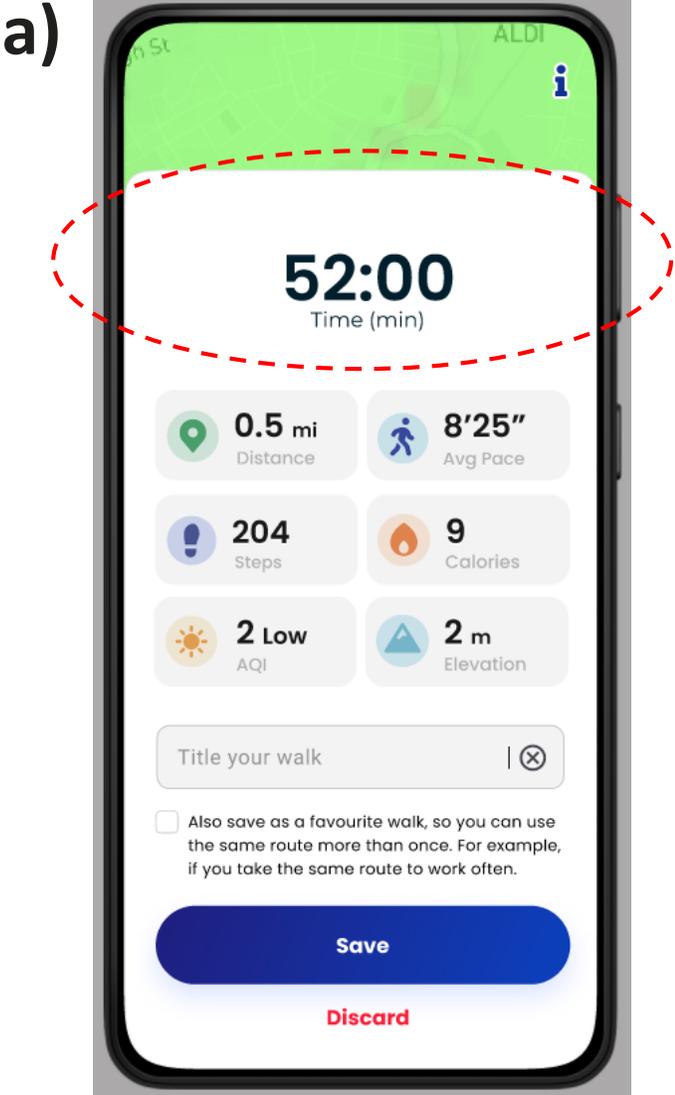


Potential Solution

Differentiating between walking time and elapsed time (meaning that the app would automatically detect when you are not moving and won't add those minutes to your walking time)



Which is your preferred option?





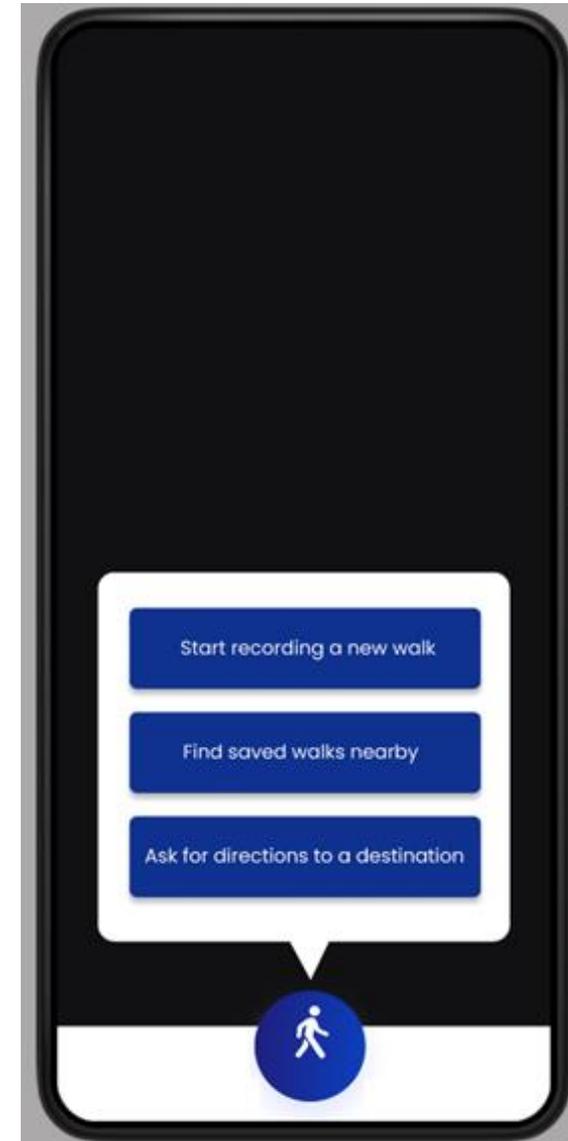
4.2. Quick Start Button

Quick Start Button



Feedback from users identified:

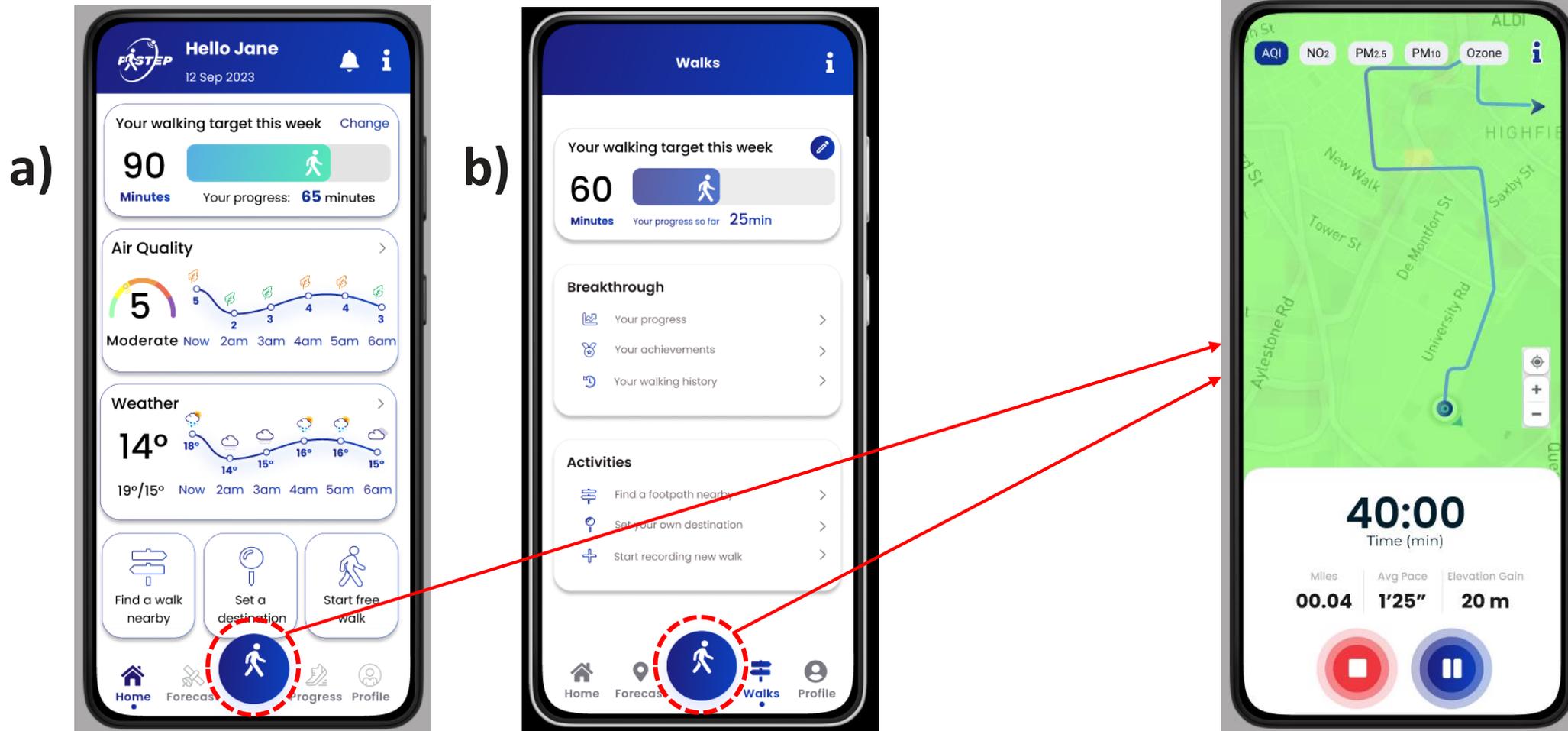
- Too many taps to start a walk
- Missed recordings of a walk due to single tapping



Potential Solution



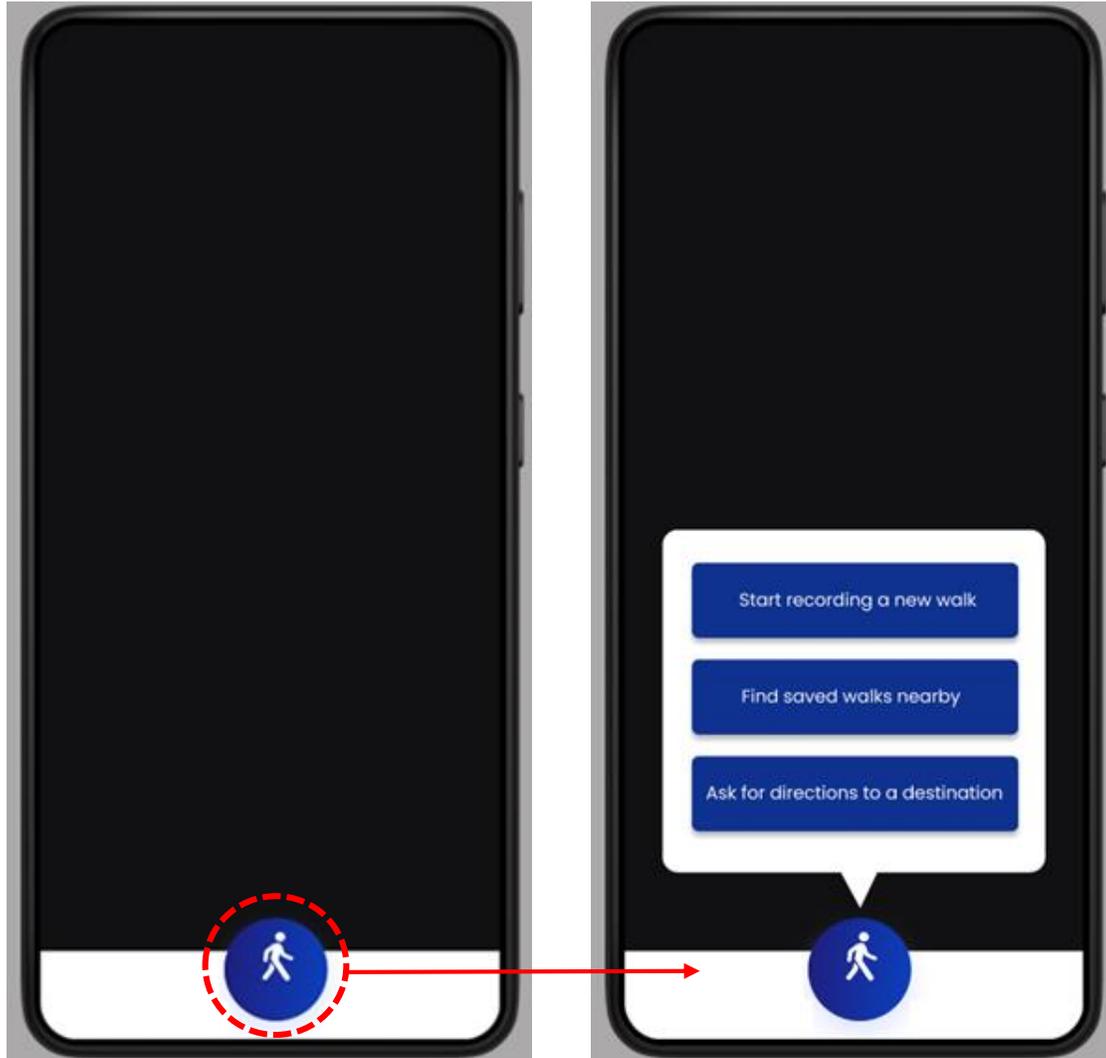
A single tap on the Quick Start button to start recording a new free walk



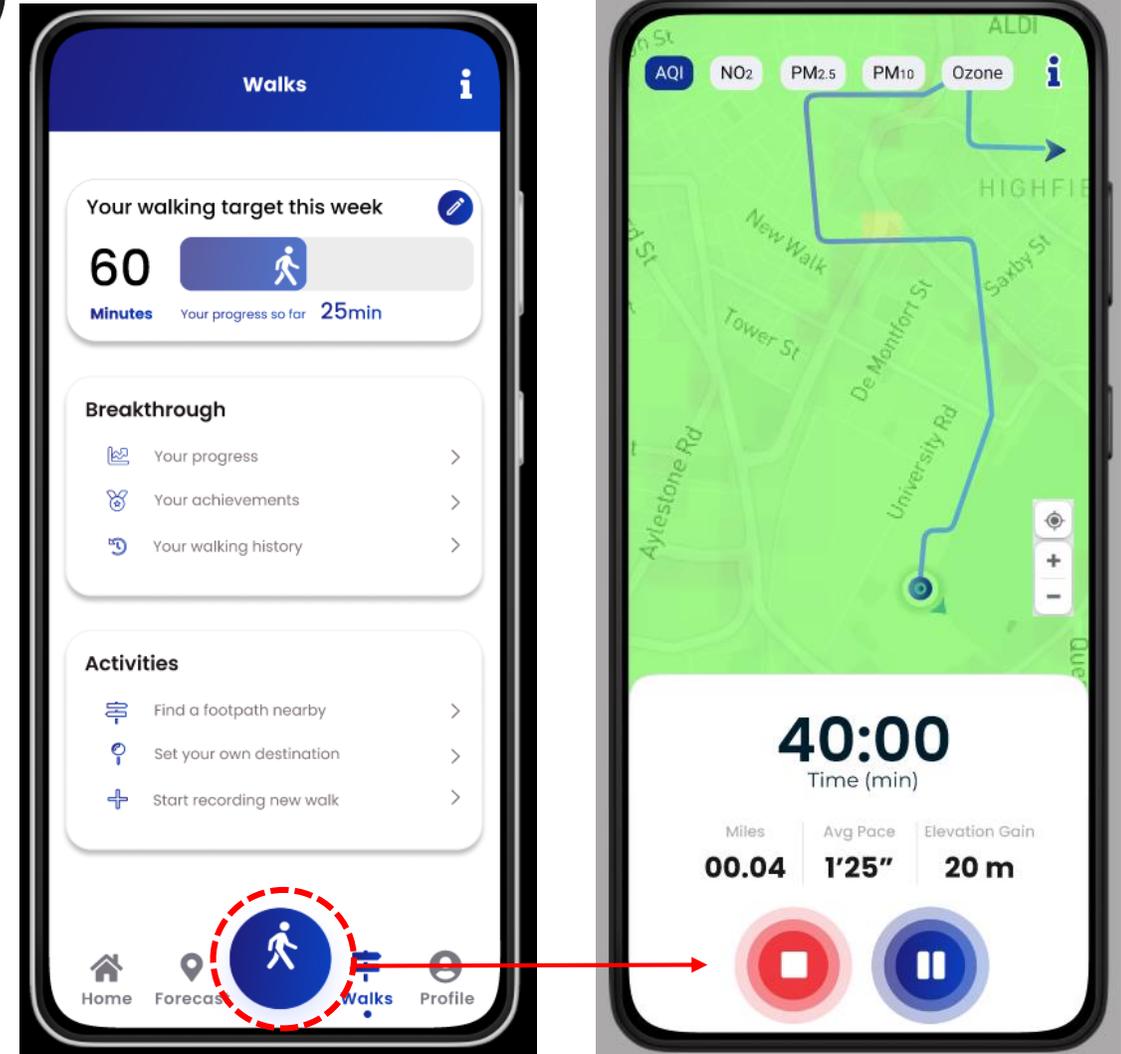
Which is your preferred option?



a)

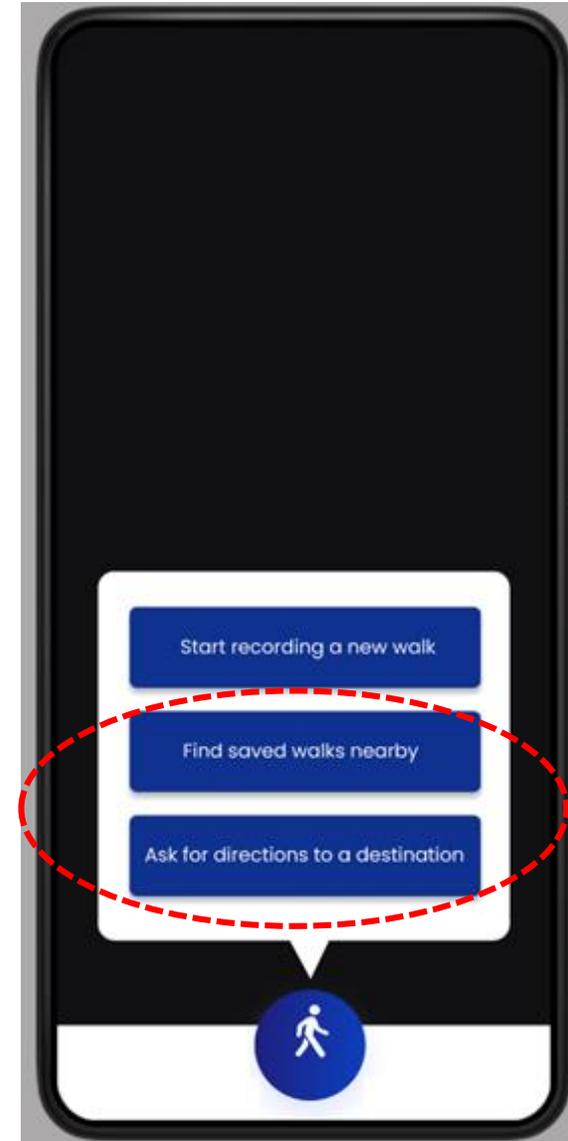


b)



Issues with this solution

Other walking types need to be moved somewhere else



Option A



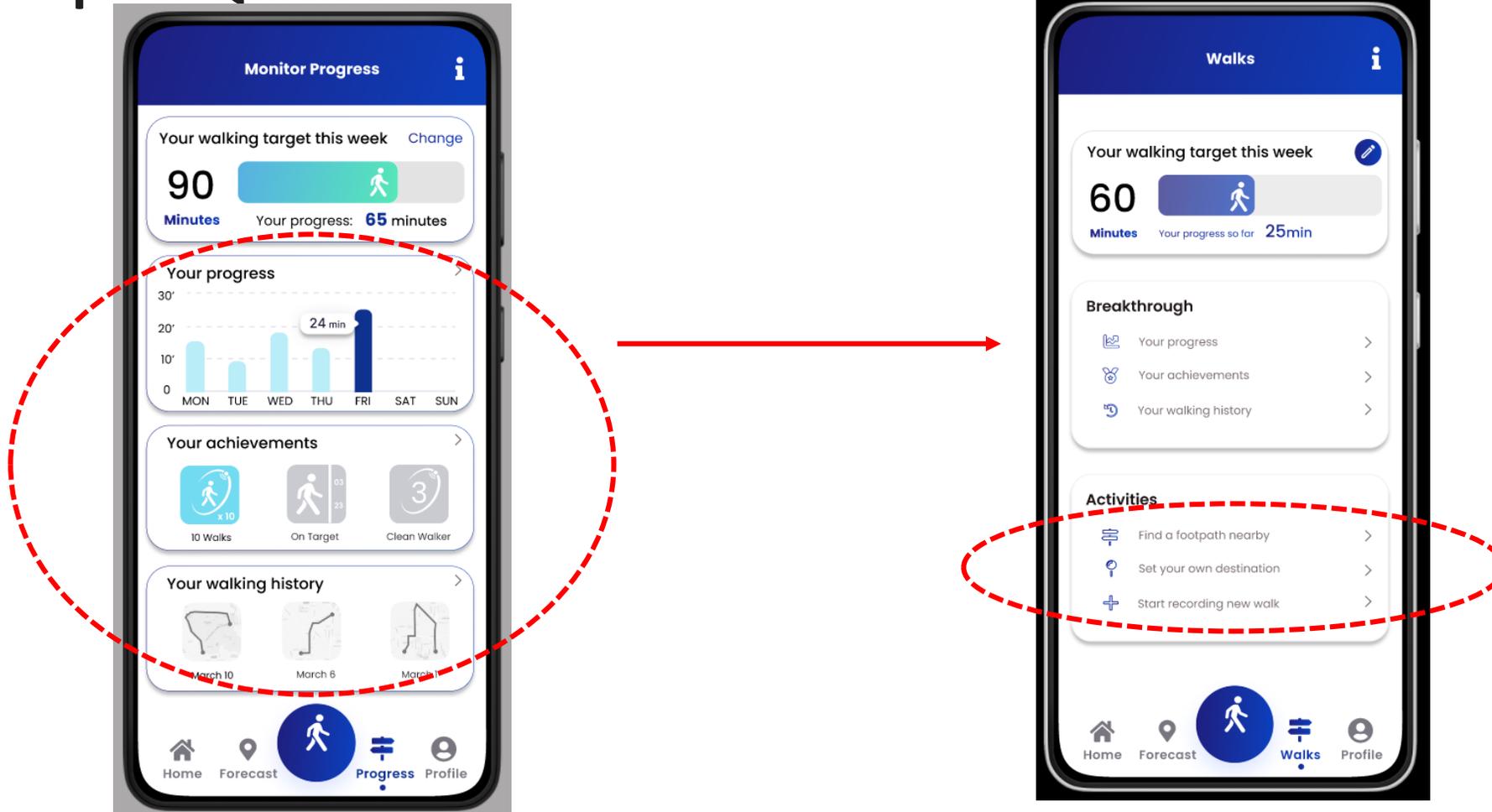
Moving other options to the “Home Screen” and start recording free walk with one tap on Quick Start button



Option B



Moving other options to the “Progress” screen and start recording free walk with one tap on Quick Start button



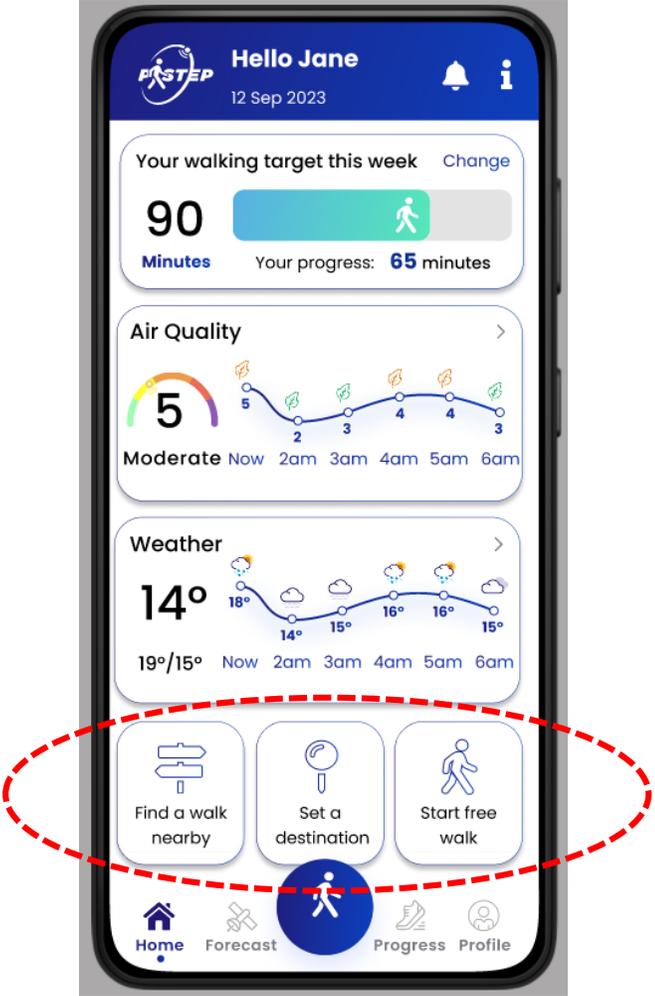
Option C



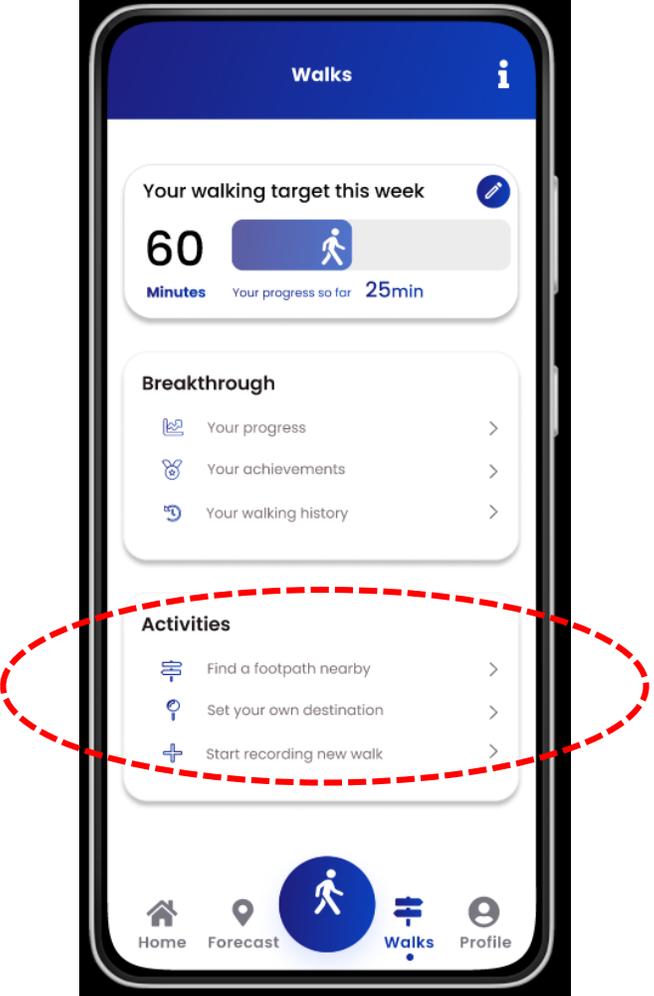
Moving other walking options to a different screen



Which is your preferred option?



a)



b)



c)



4.3. Feedback After Walks

Feedback After Walks



Feedback from users identified:

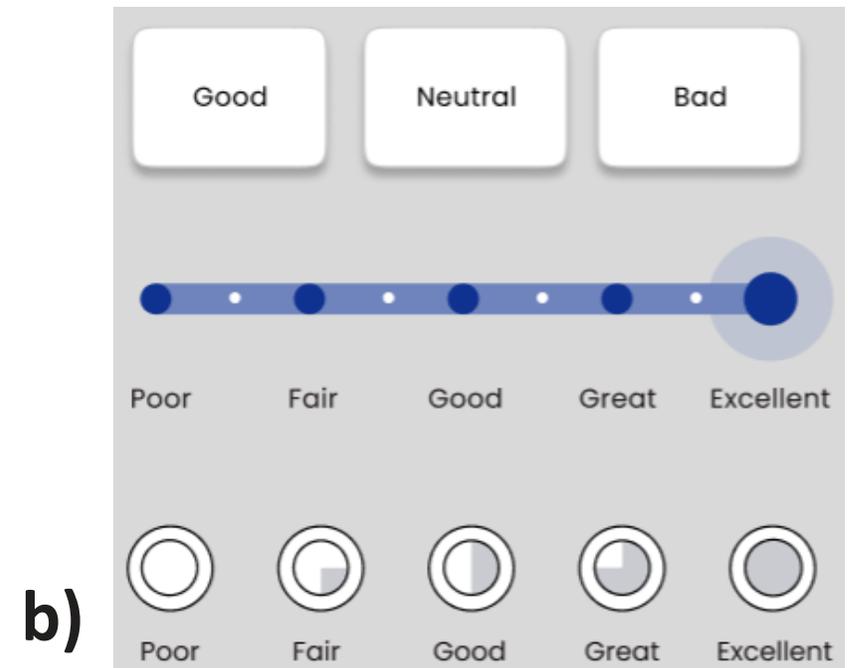
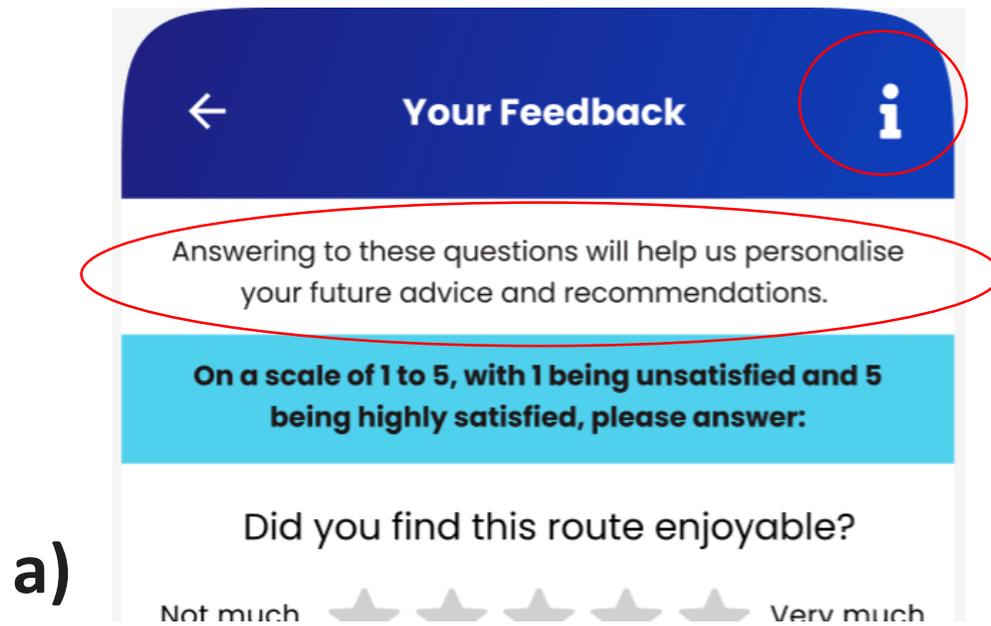
- Unclear objective of the feedback form
- Ineffective star system
- Problematic question phrasing

The screenshot shows a mobile application interface for a feedback form titled "Your Feedback". At the top, there is a blue header with a back arrow and the title. Below the header, a white box contains the text: "Answering to these questions will help us personalise your future advice and recommendations." A light blue banner below this states: "On a scale of 1 to 5, with 1 being unsatisfied and 5 being highly satisfied, please answer:". The form contains four questions, each followed by a 5-star rating scale. The questions are: "Did you find this route enjoyable?", "How would you rate the infrastructure (e.g. pavements, crossings) along the route?", "How challenging (difficult) was the route?", and "How likely are you to recommend this walking route to others?". At the bottom, there are two buttons: a blue "Submit" button and a white "Skip" button.

Potential Solutions



- a) Adding information button or edit text in the form
- b) Changing the rating system
- c) Changing the questions
- d) None/other





4.4. Information

Information



About the app? About its features? About how to use it? About Air Quality?

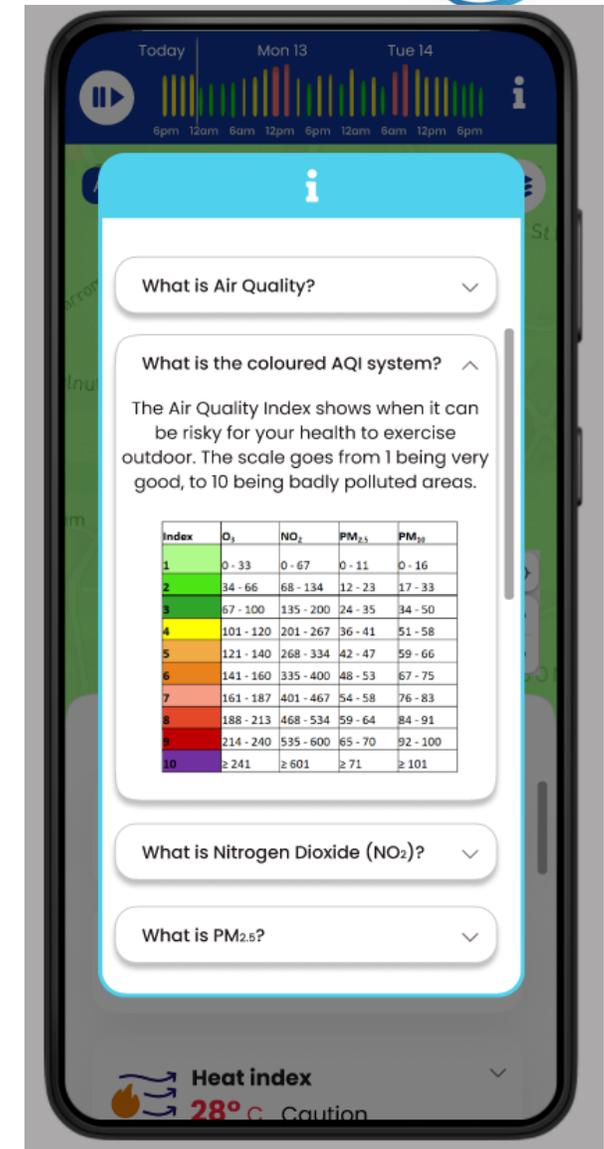
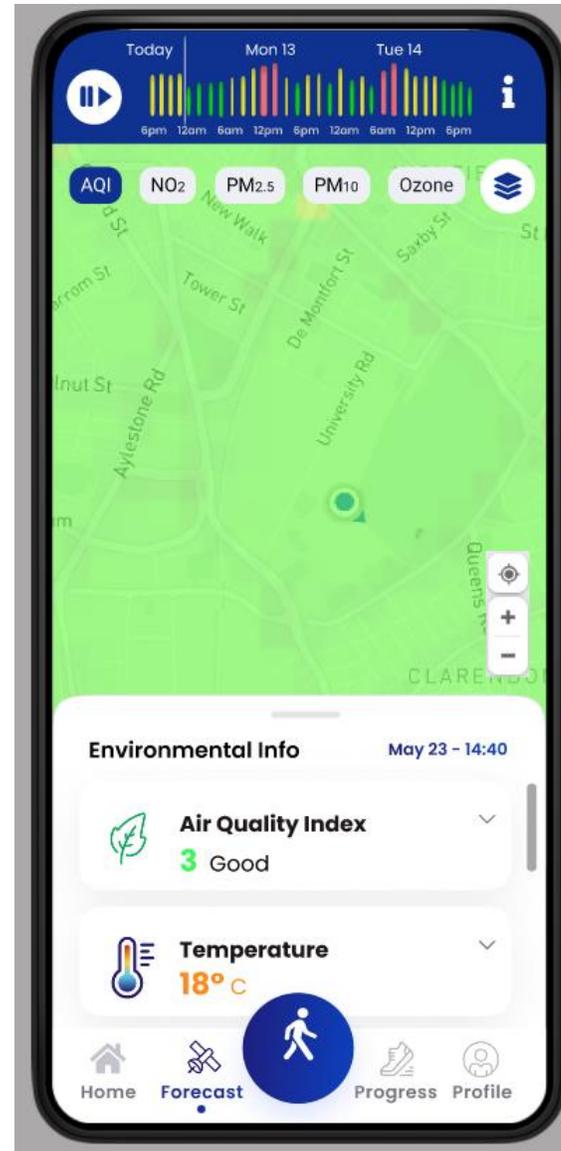
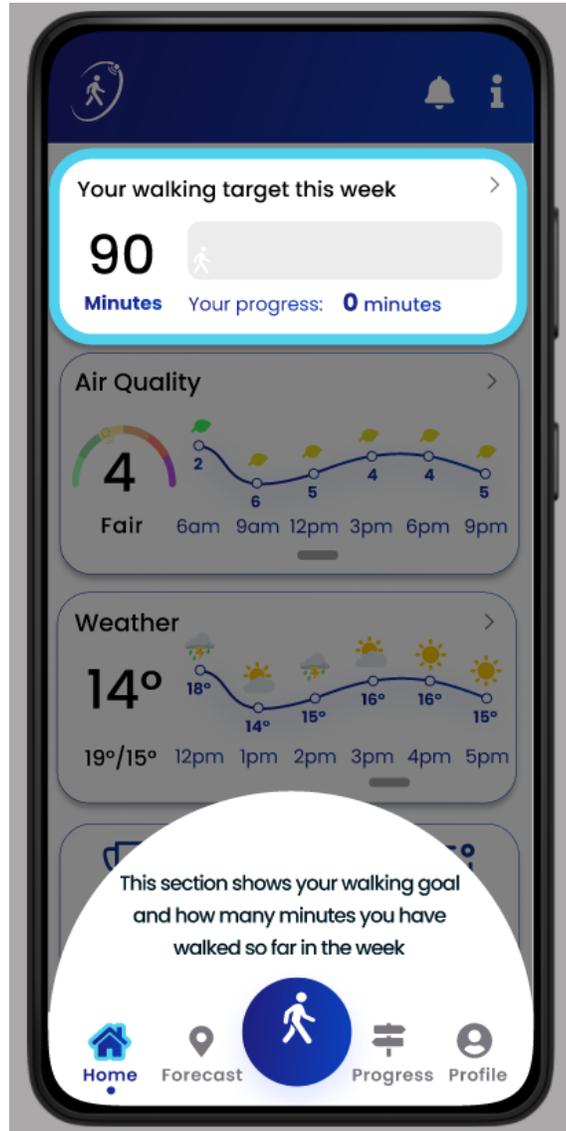


Information: How to help?



Tutorials

Information buttons



Information: Help with features



The image displays three screenshots from a mobile application, each with a blue header bar and a white callout bubble containing an information icon (i) and a left-pointing arrow.

- First Screenshot:** The callout bubble says "Don't forget to click here if you need help or information". Below the header, the text reads "Please pick all long-term conditions that apply to you." There are two buttons: "Asthma" and "Lung Fibrosis".
- Second Screenshot:** The callout bubble says "Do you need help calculating your pace?". Below the header, the text reads "How many days per week do you undertake purposeful walking for pleasure?". There is a grey input field and a blue edit icon (pencil).
- Third Screenshot:** The header shows a bar chart for "Today", "Mon 13", and "Tue 14" with time slots (6pm, 12am, 6am, 12pm). Below the header, there are buttons for "AQI", "NO2", "PM2.5", "PM10", and "Ozone". A callout bubble says "Select here which pollutant to show on the map".

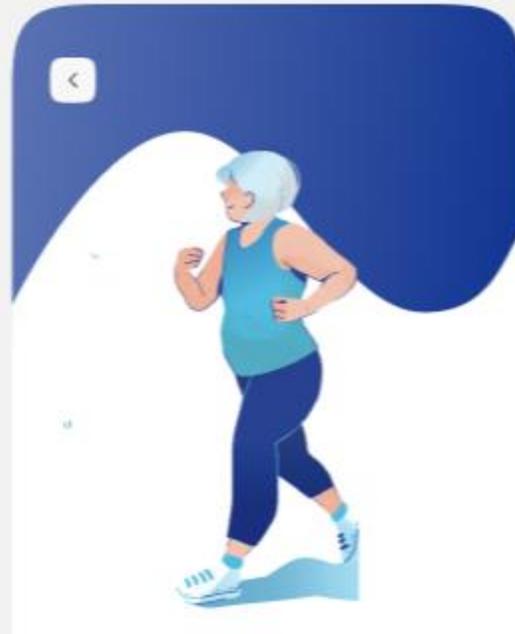
Information: About the app



Improving your health with P-STEP

Follow our professional healthcare advice and monitor your progress using the 'Home' section of the P-STEP app.

Skip

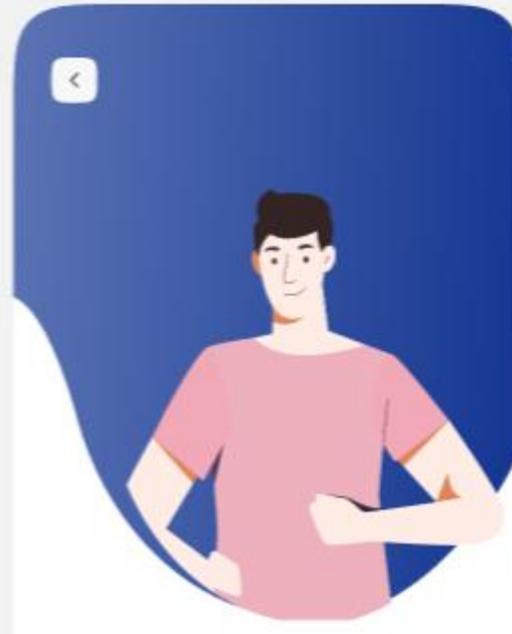


Record your outdoor activities

Use the 'Walks' section of the app to find information about your past walks.

Record new walks to reach your targets each week and earn badges.

Skip

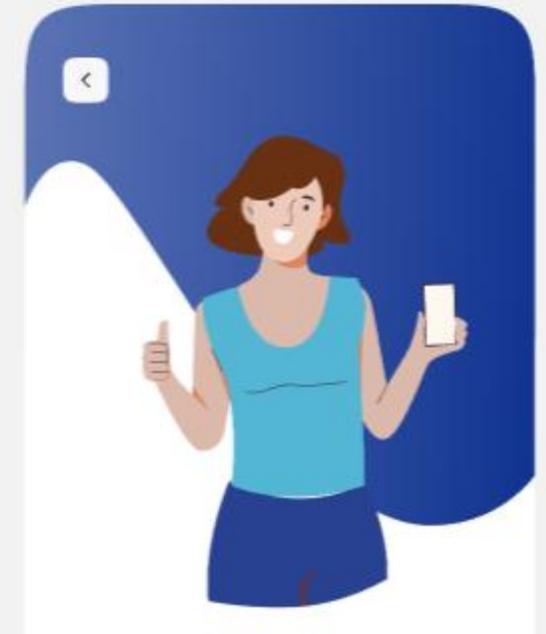


Find clean areas to walk

Check the 'Forecast' before going for a walk, so you can avoid polluted areas.

Use the 'Walks' section to find clean areas near you to go for healthy walks.

Skip



Get the right programme for you

In order to maximise your results, we need to ask you some questions about yourself and your health.

You can edit this information later on your 'Profile'.

Let's get started!



4.5. Other Suggestions?

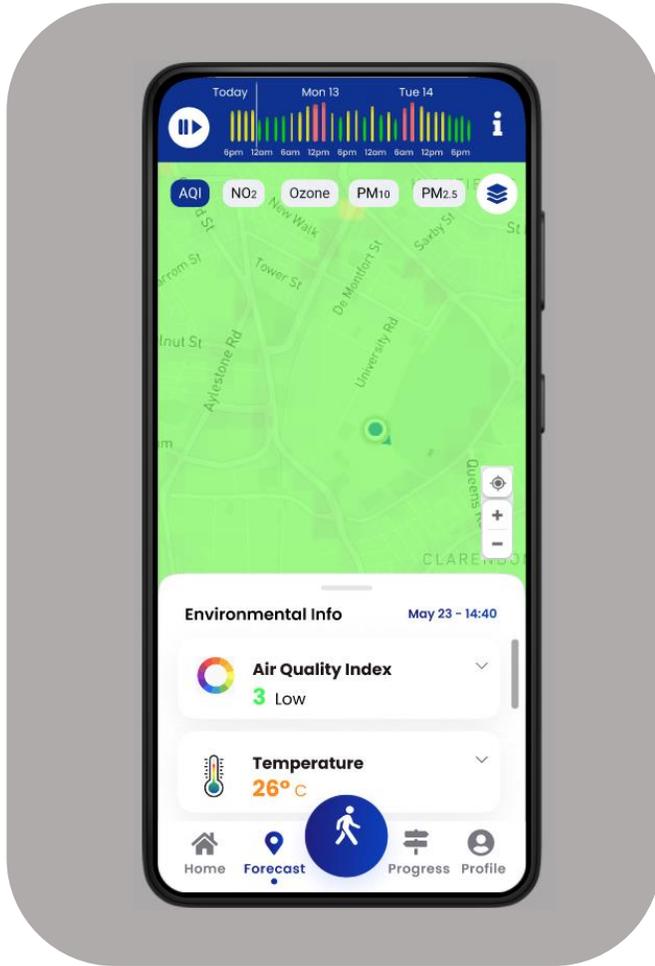


Lunch Break

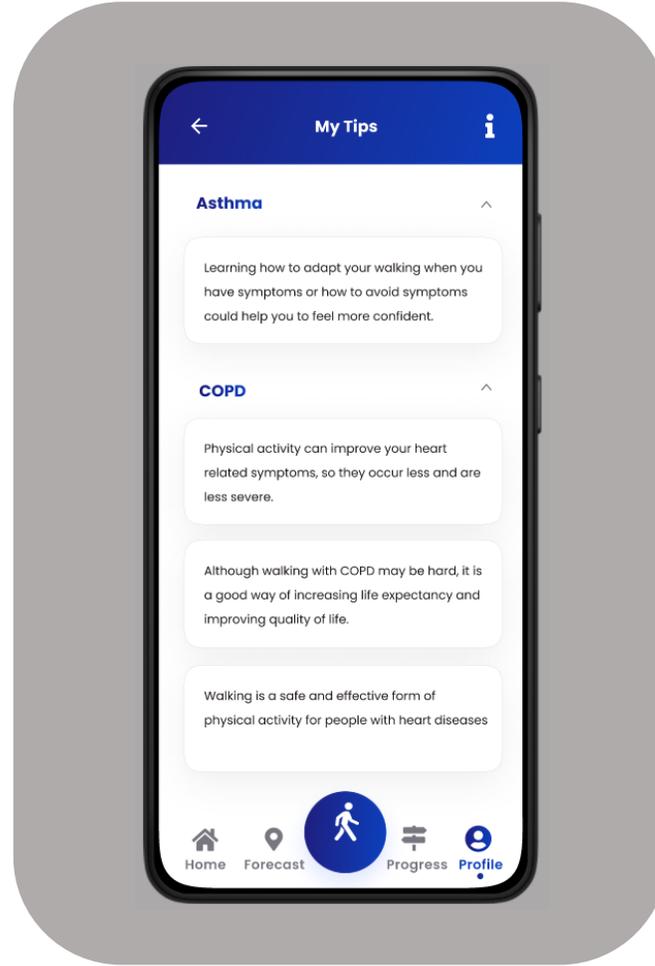


Welcome back!

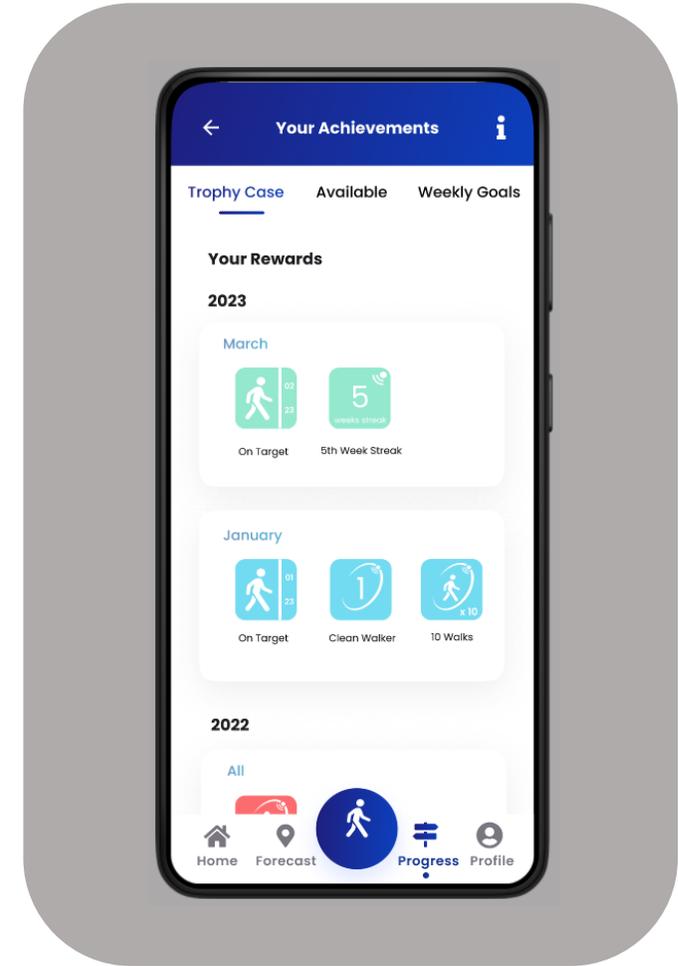
5. Open Discussion



Air Quality



Health Advice

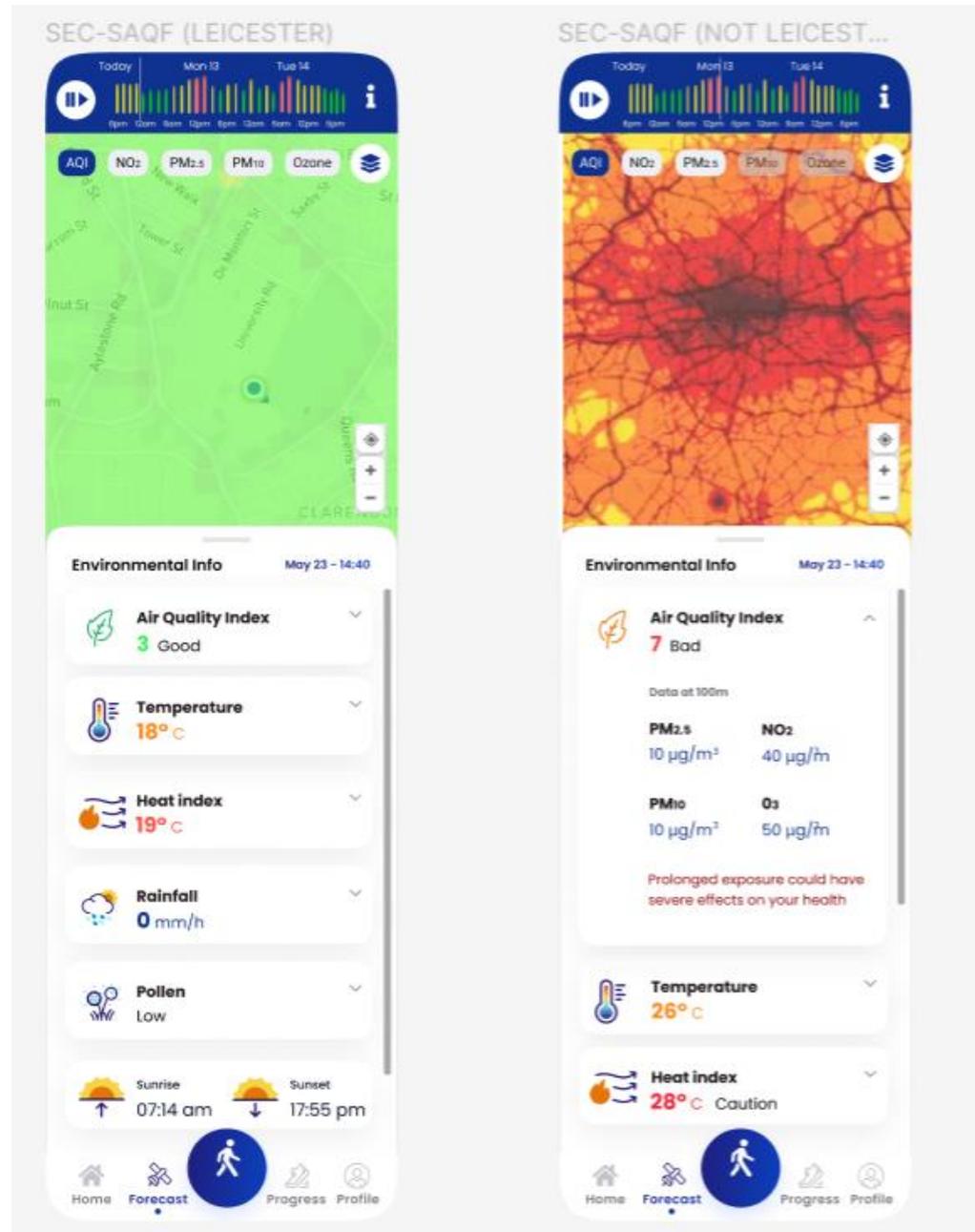


Other Features

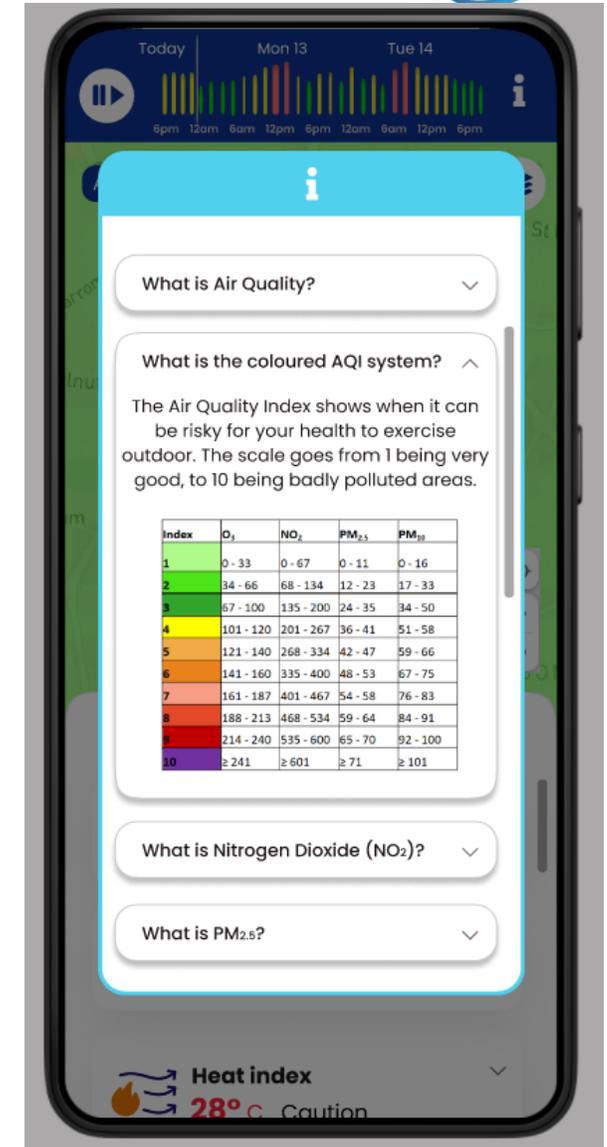
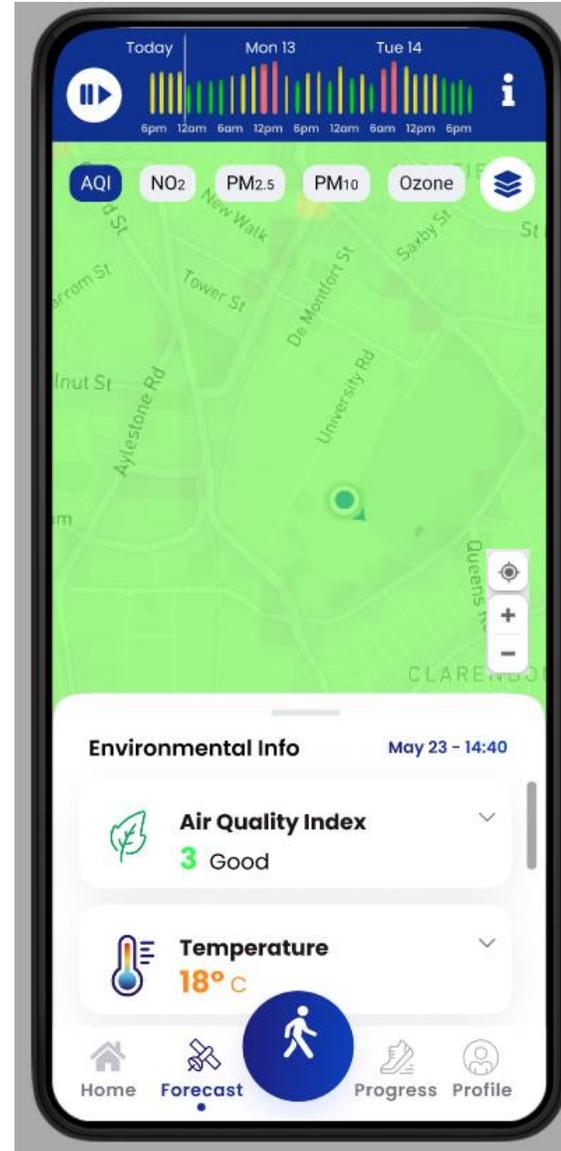
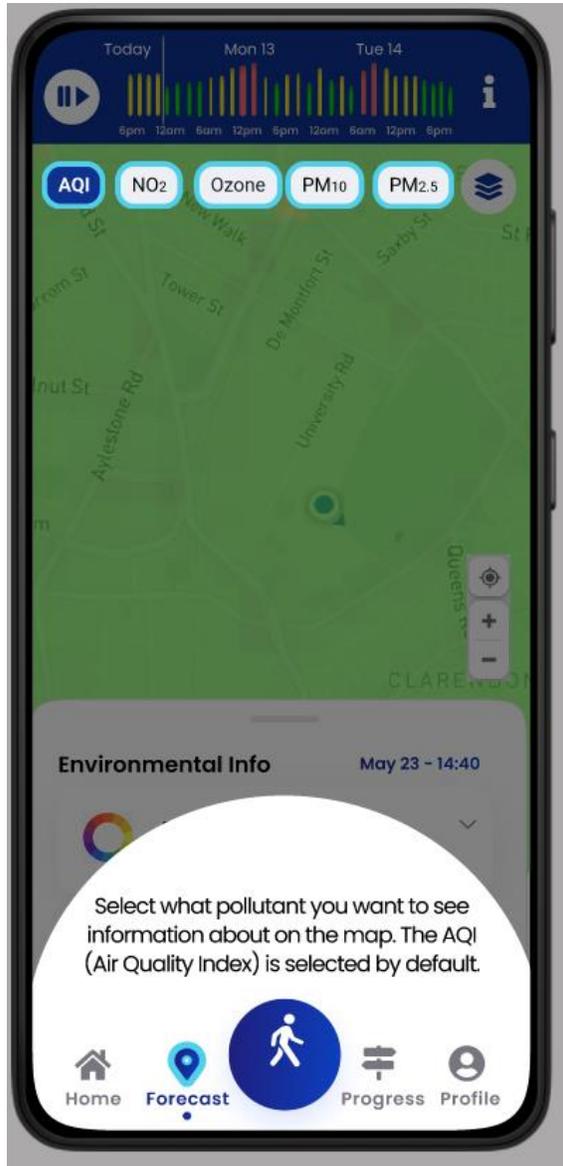


5.1. Air Quality

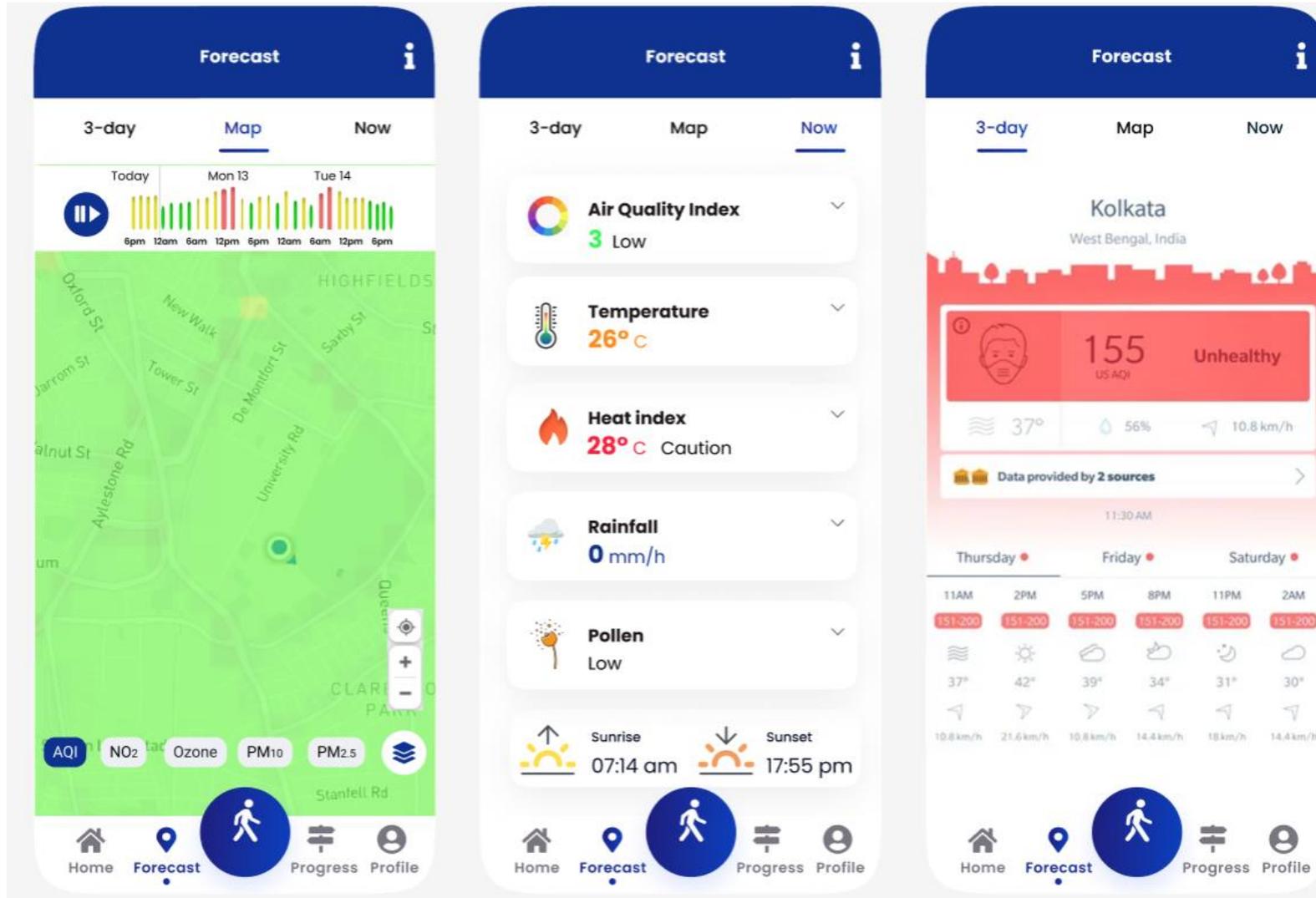
Air Quality



Air Quality Information



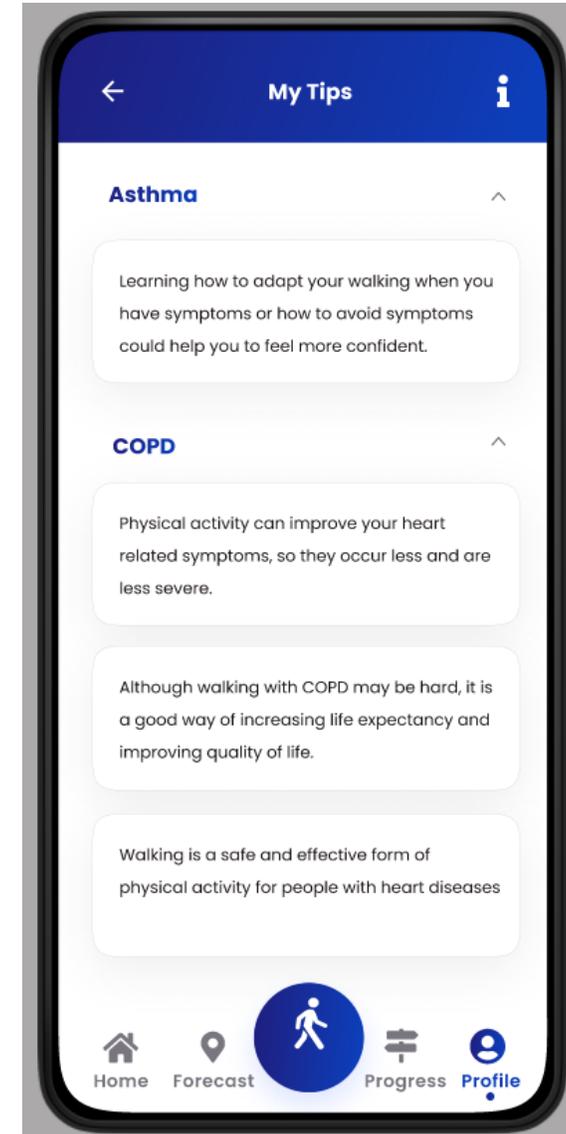
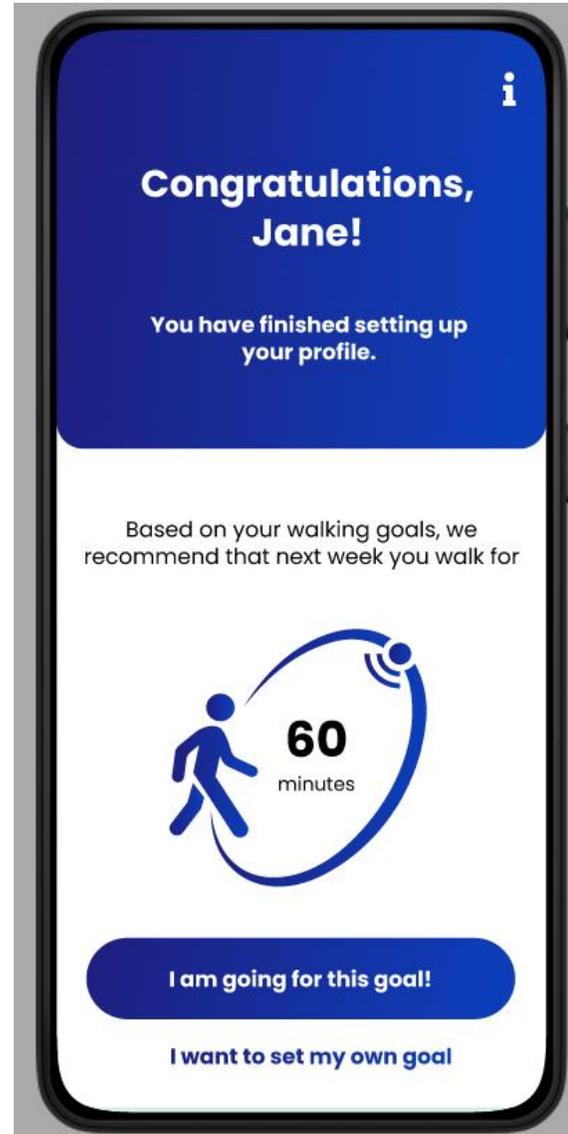
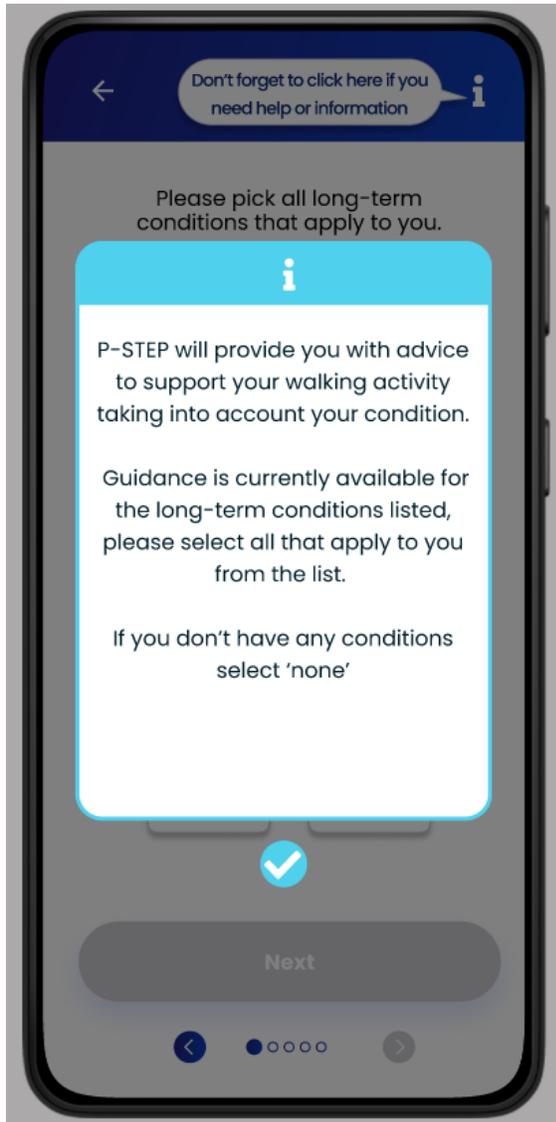
Other Design Ideas for Air Quality





5.2. Health Advice

Health Advice



Health Profile



The image displays four sequential screens of a mobile application for a health profile assessment. Each screen has a blue header with a back arrow and an information icon.

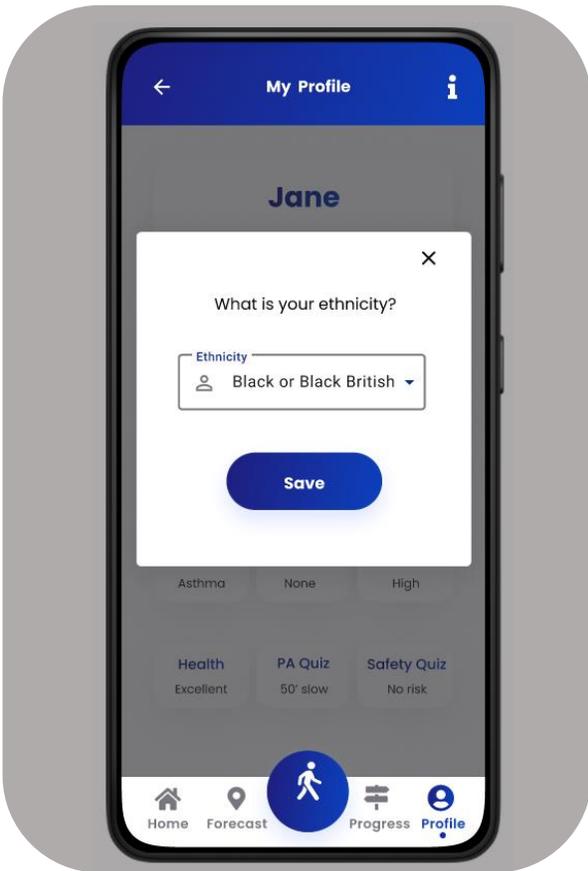
- Screen 1:** Greeting "Hello there! Jane". Question: "Before starting, are you normally able to walk for 5 minutes without stopping?". Options: Yes, No. Question: "Do you experience any of the following symptoms at rest?". Options: Chest pain, Shortness of breath, Light-headedness, Unusually very tired, Irregular heartbeats, None. A "Next" button is at the bottom.
- Screen 2:** Question: "Please pick all long-term conditions that apply to you.". Options: Asthma, Lung Fibrosis, Coronary Heart Disease, Chronic Heart Failure, Obstructive Pulmonary Disease, Type 2 Diabetes, All of the above, None. A "Next" button is at the bottom.
- Screen 3:** Question: "Do you have any problems walking?". Options: None, Some, Severe. Question: "How would you describe your physical activity level?". Options: Low, Moderate, High. Question: "How is your general health?". A dropdown menu with "Select an option" is shown. A "Next" button is at the bottom.
- Screen 4:** Question: "How many days per week do you undertake purposeful walking for pleasure?". A slider input field with a pencil icon. Question: "How many minutes do you complete on average per walk?". A slider input field with a pencil icon. Question: "How would you describe your walking pace on these walks?". Options: Slow, Steady, Brisk. A "Next" button is at the bottom.

At the bottom of each screen is a navigation bar with a back arrow, a progress indicator (a row of five dots, with the first dot filled), and a forward arrow.

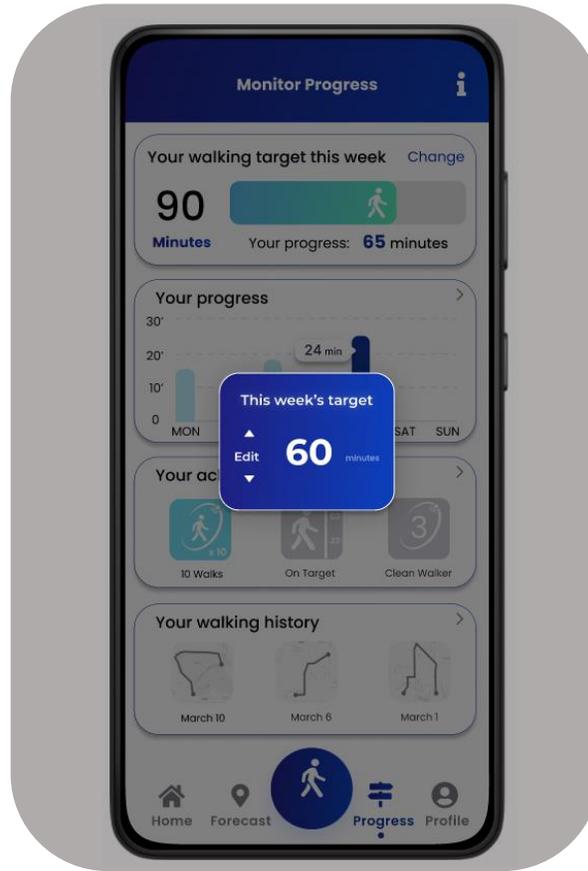


5.3. Other Features

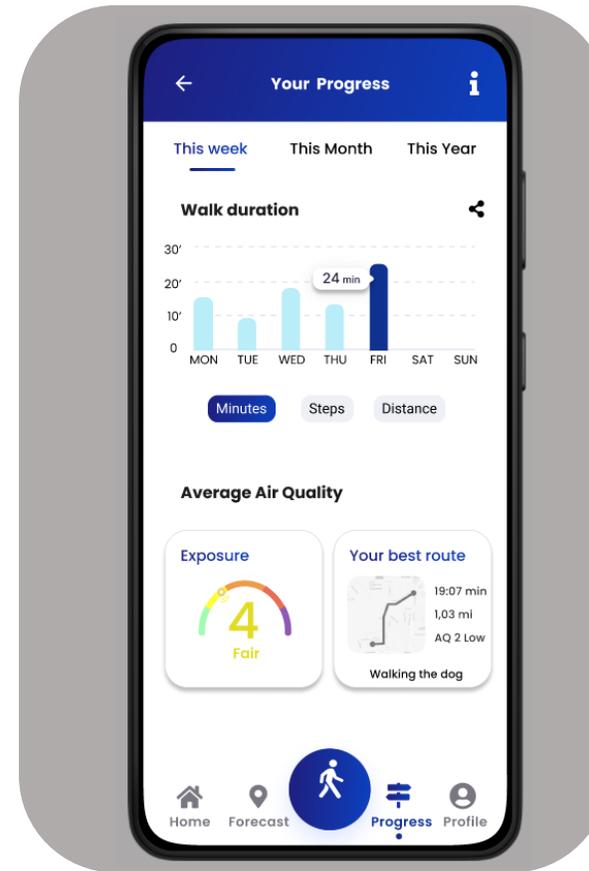
Other Features



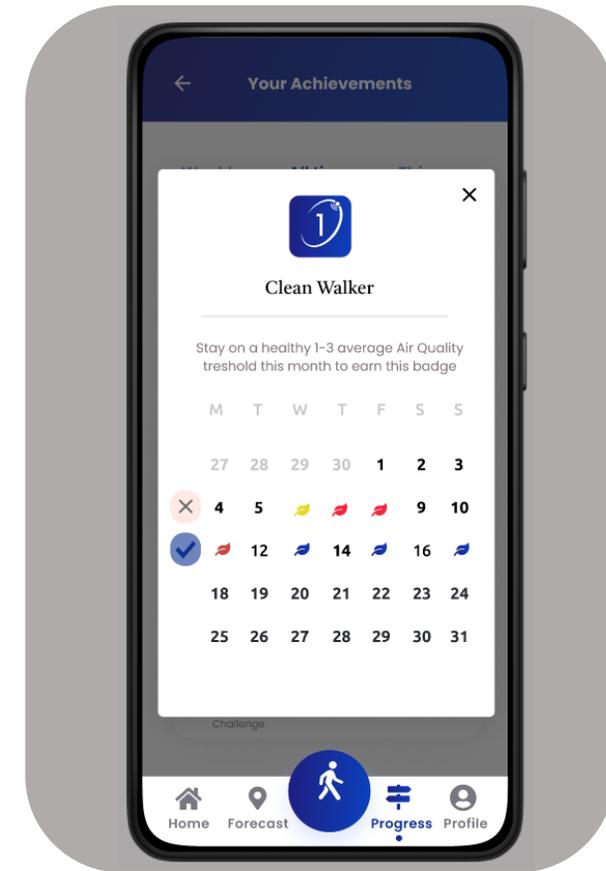
Editing Health Profile



Editing Walking Goals

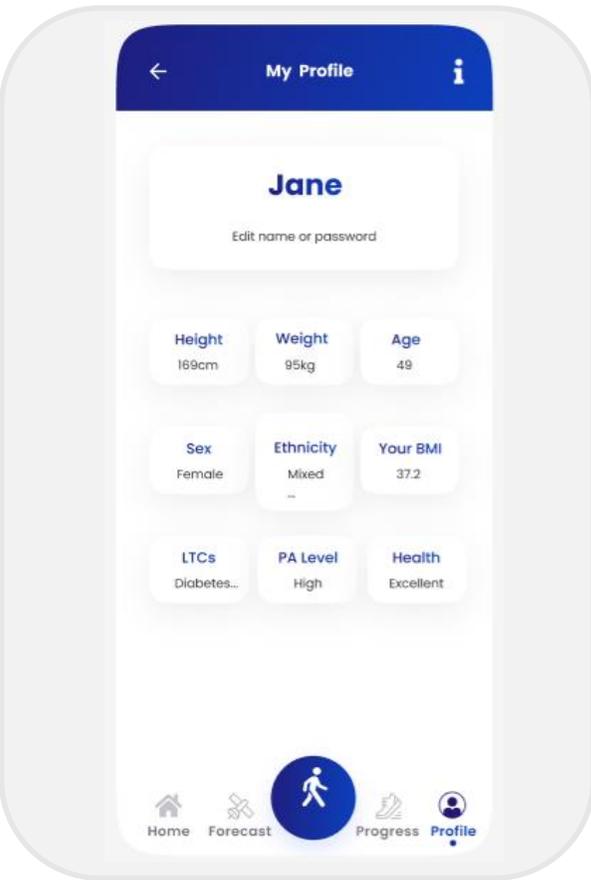


Monitoring Progress

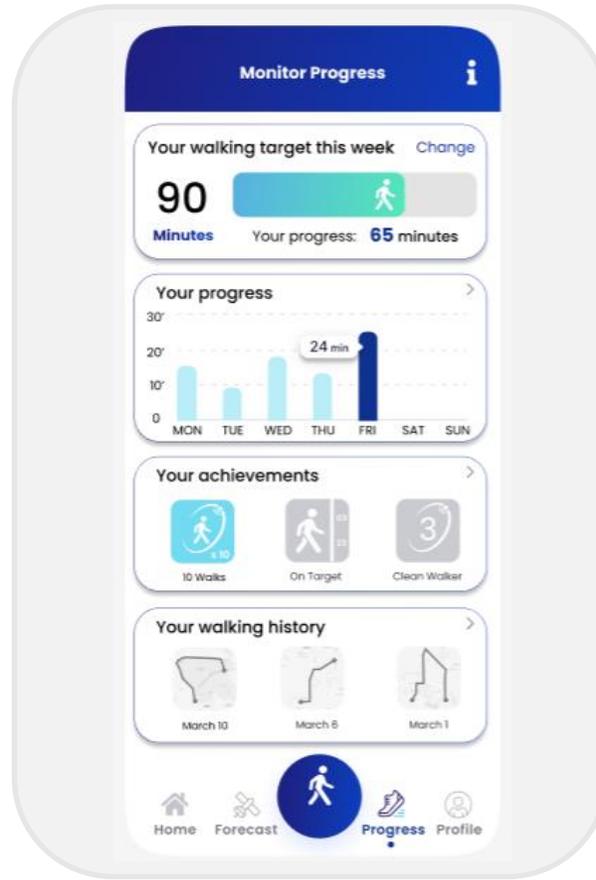


Receiving Rewards

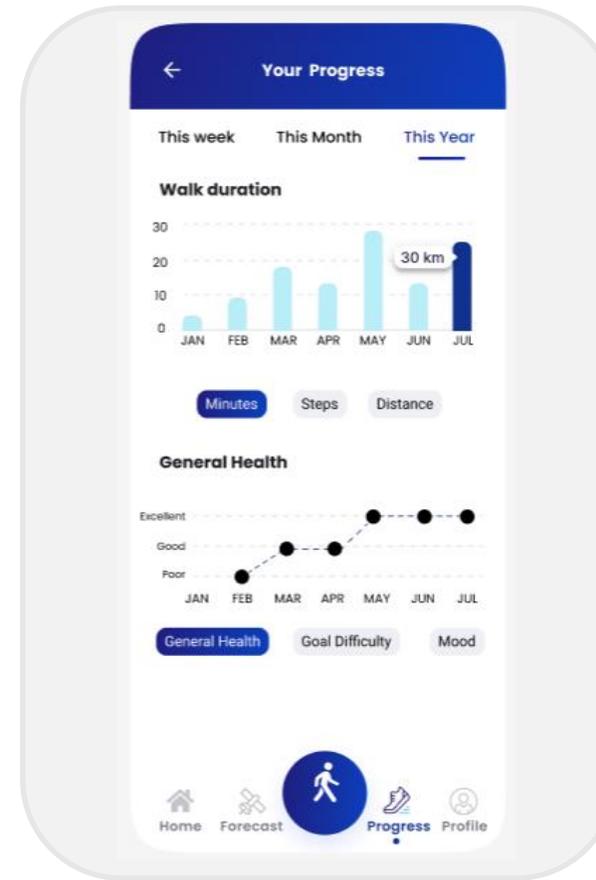
Other Features



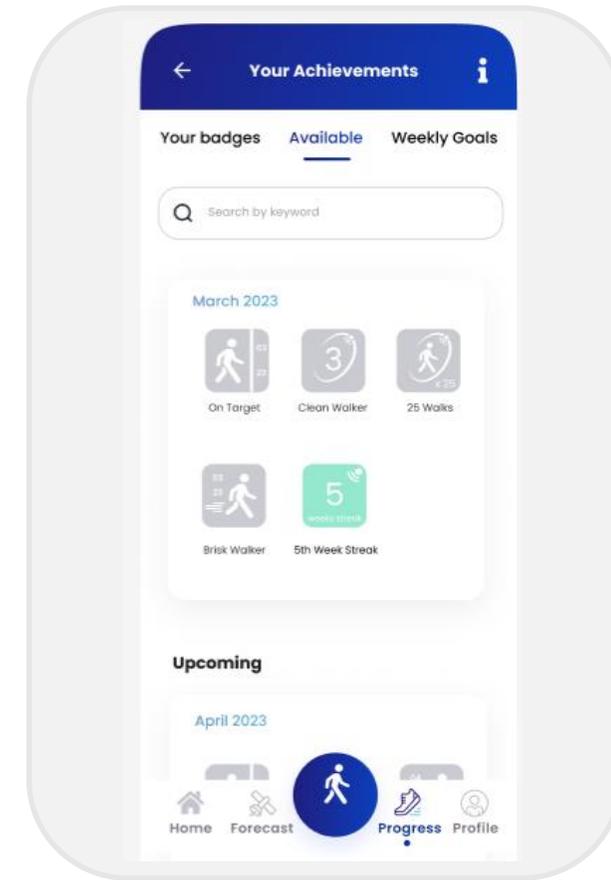
Editing Health Profile



Editing Walking Goals



Monitoring Progress



Receiving Rewards

6. Next Steps and Final Notes



- Further development respiratory long-term conditions such as COPD and Asthma
- Continuation of input from relevant experts to further develop the app.



Thank you!

