

COGNITIVE WALKTHROUGH BENCHMARKS

Scenario 1 Tasks

Benchmarks for Tasks		
Task 1: Find out your levels of anxiety for the past 6 weeks		
Steps	Correct Action	Benchmark
Step 1: Open the app.	Tap the TherapyLink icon	X
Step 2: Find the graphs feature.	Tap the Graphs icon	X
Step 3: Find the anxiety checkup graph.	Tap the Anxiety Checkup History link	X
Step 4: Report your most recent level of anxiety recorded in the graph (severity and date).	Find and report anxiety severity for February 12	X
Taps to Complete Task:		3
Time to Complete Task (MM:SS):		0:13
Task 2: Find information on how to manage anxiety		
Steps	Correct Action	Benchmark
Step 1: Find the information feature.	Use the menu to navigate back to the information feature by tapping the hamburger icon or slide right to show menu	X
	Tap the Back button in the menu	X
	Tap the Information link in the menu	X
Step 2: Find the anxiety information.	Tap the Anxiety Info button	X
Step 3: Find the information on how to manage anxiety.	Tap the Managing Anxiety tab	X
Step 4: Report the first tip on managing anxiety.	Tap the Tips link and report the first tip	X
Taps to Complete Task:		6
Time to Complete Task (MM:SS):		0:25

Benchmarks for Tasks		
Task 3: Add a new entry to your journal		
Steps	Correct Action	Benchmark
Step 1: Find the journal feature.	Use the menu to navigate back to the information feature by taping the hamburger icon or slide right to show menu	X
	Tap the Back button in the menu	X
	Tap the Journal link in the menu	X
Step 2: Create a new journal entry.	Tap the (+) button to add a new entry	X
	Tap in the Title field and enter "Today was a lot"	X
	Tap in the Thoughts field and manually or use the voice-to-text feature to enter, "Today my AP told me that I will be teaching one more section of Algebra in the Spring. I am already overwhelmed with the sections that I have now. I don't know how to tell him that it is going to be too much to manage."	X
	Tap the Next button	X
Step 3: Report your feelings.	Tap Pick Items to open the dropdown list of feelings	X
	Tap "anxious" and "overwhelmed" as your options to report your feelings	X
	Tap the Save button	X
Step 4: Indicate that there is something you can do to make the situation better, or avoid it from happening in the future.	Tap the Yes button to answer the question, "Is there anything you can do to make the situation better, or avoid it from happening in the future?"	X
Step 5: Report on what you think can be done to make the situation better.	Tap in the field to write out your thoughts and manually or use the voice-to-text feature to enter, "I can email the AP to schedule a meeting to discuss my concerns, and propose that other tasks be taken off my plate if I am going to teach one more class."	X
	Tap the Next button	X
Step 6: Save the journal entry.	Review the Journal Entry Summary and tap the Save button	X
Taps to Complete Task:		15
Time to Complete Task (MM:SS):		3:10

Benchmarks for Tasks		
Task 4: Locate a therapist to schedule an appointment		
Steps	Correct Action	Benchmark
Step 1: Find the resources feature	Use the menu to navigate back to the information feature by taping the hamburger icon or slide right to show menu	X
	Tap the Back button in the menu	X
	Tap the Resources link in the menu	X
Step 2: Find a therapist in your area from the Therapy for Black Girls Therapist Directory	Tap the Find A Therapist button	X
	Tap the Therapy for Black Girls Therapist Directory button	X
	Tap in the Your Location field and enter zip code “33015”	X
	Tap the Search button	X
	Scroll down the screen to find “Nakita Charles” and tap the profile	X
	Scroll down the screen and report whether she is accepting new clients	X
Taps to Complete Task:		8
Time to Complete Task (MM:SS):		0:56

Scenario 2 Tasks

Benchmarks for Tasks		
Task 1: Find out your levels of depression for the past 6 weeks		
Steps	Correct Action	Benchmark
Step 1: Open the app.	Tap the TherapyLink icon	X
Step 2: Find the graphs feature.	Tap the Graphs icon	X
Step 3: Find the depression checkup graph.	Tap the Depression Checkup History link	X
Step 4: Report your most recent level of depression recorded in the graph (severity and date).	Find and report depression severity for February 12	X
Taps to Complete Task:		3
Time to Complete Task (MM:SS):		0:14
Task 2: Find information on how to overcome depression		
Steps	Correct Action	Benchmark
Step 1: Find the information feature.	Use the menu to navigate back to the information feature by tapping the hamburger icon or slide right to show menu	X
	Tap the Back button in the menu	X
	Tap the Information link in the menu	X
Step 2: Find the depression information.	Tap the Depression Info button	X
Step 3: Find the information on how to overcome depression.	Tap the Overcome Depression tab	X
Step 4: Report the first tip on overcoming depression.	Tap the Tips link and report the first tip	X
Taps to Complete Task:		6
Time to Complete Task (MM:SS):		0:20

Benchmarks for Tasks		
Task 3: Create a self-care plan		
Steps	Correct Action	Benchmark
Step 1: Find the self-care plan feature.	Use the menu to navigate back to the information feature by taping the hamburger icon or slide right to show menu	X
	Tap the Back button in the menu	X
	Tap the Home link in the menu	X
	Tap the Self-Care icon	X
Step 2: Create a new self-care plan	Tap the Create Plan button	X
	Tap the Start Date button	X
	Select "March 23, 2020" from the calendar	X
	Tap OK	X
	Tap the End Date button	X
	Select "March 29, 2020" from the calendar	X
	Tap OK	X
	Tap in the first text entry field and enter "Go to yoga class"	X
	Tap in the second text entry field and enter "Have lunch with Ashley"	X
	Tap in the third text entry field and enter "Read one chapter of the new book I purchased"	X
Step 3: Save the self-care plan.	Tap the Save button	X
Taps to Complete Task:		15
Time to Complete Task (MM:SS):		1:17
Task 4: Locate a therapist to schedule an appointment		
Steps	Correct Action	Benchmark
Step 1: Find the resources feature	Use the menu to navigate back to the information feature by taping the hamburger icon or slide right to show menu	X
	Tap the Back button in the menu	X
	Tap the Resources link in the menu	X
Step 2: Find a therapist in your area from the Therapy for Black Girls Therapist Directory	Tap the Find A Therapist button	X
	Tap the Therapy for Black Grils Therapist Directory button	X
	Tap in the Your Location field and enter zipcode "28202"	X
	Tap the Search button	X
	Scroll down the screen to find "Montina Myers-Galloway" and tap the profile	X
	Scroll down the screen and report whether she is accepting new clients	X
Taps to Complete Task:		8
Time to Complete Task (MM:SS):		0:49