

# A User Study of the Oura Ring Mobile App

---

Cole Pickens

# My UX background

Dr Fei Yu's User Experience Design class - Initial inspiration and eventual faculty advisor

Dr Javed Mostafa's Electronic Health Records class - Hands-on user study experience

# My practicum

Design, get approval for, and carry out a user study on the Oura ring

Write a research paper presenting my findings

# Literature review

Zambotti, et al (2017) was a technology validation study on Oura's sleep tracker

Piwek, Ellis, Andrews, and Joinson (2016) studied how older demographics could interact with health wearables

# Designing my study

Finding my niche

Writing the questions and tasks

Discovering the SUS

# IRB approval

All research involving human subjects must receive approval from an Institutional Review Board

Due to the low risk involved with my project, it qualified for an exemption

# The study

Conducted in three parts:

- Pre-task questionnaire

- Contextual inquiry

- Post-task questionnaire - the System Usability Scale

# Pre-task questionnaire

4 broad categories of questions

Some highlights from the responses



# Contextual inquiry

10 tasks

Participants were timed and asked to explain their thinking after each task

# The SUS

A standardized tool for measuring usability

68 is the average score

# Results and Conclusions

Participant	Adjusted score
1	45
2	50
3	55
4	40
5	45
6	42.5
7	47.5
8	37.5
9	25
10	45

Below average, according to everyone

Three themes from the contextual inquiry:

1. Lack of labels
2. The plus button
3. The hamburger menu

# Personal takeaways

Research is *hard*

Sharpening my writing skills

The value of a team

Closing

## Works cited

1. M. Zambotti, et al. (2017). The Sleep of the Ring: Comparison of the OURA Sleep Tracker Against Polysomnography. Behavioral Sleep Medicine.
2. Piwek, L., Ellis, D. A., Andrews, S., & Joinson, A. (2016). The rise of consumer health wearables: promises and barriers. PLoS Medicine, 13(2).
3. System Usability Scale (SUS). US General Services Administration.  
<https://www.usability.gov/how-to-and-tools/methods/system-usability-scale.html>