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

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

