ADHD Stephan Interview Transcript

Hi, thank you for agreeing to do this interview. Firstly, do you consent to the recording of this interview?

Yes

Great! Would you like to give an introduction about yourself?

I'm Stephan, I'm 21 years old and I go to Saxion University. That's it basically.

Right, and I just want to confirm; you do have ADHD, right?

Yes, diagnosed and completely…like with papers and everything.

And do you suffer from any other mental disorders that you know of?

Not that I know of, no.

Ok cool, so I'm interviewing you on behalf of my design team Studio Myo. We're working on a project about digital accessibility with a focus on people with ADHD. Our goal with this interview is to gauge what shortcomings or pitfalls people with ADHD might face and address them.

Okay.

Right, so I'll just ask you a few questions and then based on your answers I might ask you a few more to branch off of that. It should take 10 to 15 minutes.

Okay.

So first I'd like to ask, ==when working, do you prefer using pen and paper? Or digital devices?==

Pen and paper.

Really? How come?

Uhh, it's like writing it down makes it more real compared to just…I guess typing it out. It just feels more real and I'll remember what I'm writing better.

Okay okay. ==When you use a website or app, do you prefer content that is available all at once? Or content that reveals itself based on what you need?==

Uhh, reveals itself based on what I need.

Yeah? Is that something that you've actually thought about?

Yeah usually like uhh, thinking about it right now yeah…Umm…it kind of game-ifies it in a way where it's kinda like, oh you get to see the content popping up after you like ask it to show you. I wouldn't want to have to find the information myself.

Right.

Like, for the information to be given to me at my like, will? immediate will…it's way easier. And like f I already know this, I don't want to scour pages of things I already know. I'd rather just like, "Oh this is one thing I don't know! Let me look at that." Like that makes it easier.

Right, I get what you mean. Whenever you're learning or researching new information, do you prefer watching a video, listening to an audio or reading text and why?

Uhh, watching a video. It's usually easier because I feel like it could give you more than one thing… It's like a visual lecture right there. Much more simple.

Skipped question about distracting site elements.

How valuable would you find the ability to hide non-essential elements on a webpage?

It could be helpful but it's kinda like, okay…it's also personal you know? It's based on what different people think is valuable.

Right okay. Do you have any apps or browser extensions that help aid your ADHD?

(laughs) No.

(laughs) Okay. How do you typically respond to auditory or visual notifications?

Uhh I don't think I really respond…

What do you mean? Do you just ignore it?

Yeah like, usually when a notification pops up sometimes I don't really acknowledge it that much. It's like okay I'll read it, but I don't clock it that well.

Really?

It depends where the pop-up is. If it's like the average pop up on the corner of my screen I'll like, skim read. If it's a pop-up like in the middle of my screen like, I'll definitely read that.

Okay. Do you ever make use of intermittent breaks whenever you're doing something productive or working?

Mmm, not really. Sometimes I would say I'll go on a break, then just stop working.

Yeah, okay. <mark>Last question, do you fidget a lot with digital or physical things?</mark>

Physical stuff.

Like what for example? Just stuff lying around?

Like, sometimes nail clippings or… plastic. Anything I can just like fidget around with in my hands, like maybe candle wax. Things like that.

Okay that was all. Is there anything you'd like to add to the questions, or is there anything you think could be improved on?

Not really honestly, I think all the questions are pretty fine.

Alright, thank you for your participation. Would you be okay with me coming back to you in the future for more insight on your answers?

Yes that's fine.

Would you like to remain anonymous?

(laughs) Uhh I don't care.

Okay, thank you Stephan.