

The following tests were designed with the idea that they could each be run on one person concurrently, due to the fact that our testing audience is harder to recruit for, and because none of the assumptions conflict with each other. The whole test would take 2.5-3 hours total, with 2 hours of the test being asynchronous and the tester can complete it at their leisure.

Test 1

Asynchronous

This test requires 2 hours from the user, with an approximate 5-10 minutes to report back to us at the end of each session.

Session 1:

- Duration is one hour
- We tell the tester to keep track of the number of times they engage in skin-picking or hair-pulling activity for an entire hour.
- they report back to us (via email or text) the number of times.

Session 2:

- We tell them to repeat session one again, but this time we tell them that there is a \$1 penalty for each time they engage in the behavior.
- At the end, they report back to us the number of times.

At the end of test 1, we will meet with the interviewee (either in-person or over video) to wrap up the results of test 1 and conduct tests 2 and 3. This call should take no more than 30 minutes.

Test 2

This test requires 10-20 minutes for a verbal survey. The purpose of this test is to determine whether physical barriers are a highly effective intervention for those with body-focused repetitive behaviors (BFRBs).

We will determine this by asking the interviewee:

- whether they use physical barriers as a preventative intervention,
- how effective they feel it is or isn't,
- and what the drawbacks or difficulties are for using physical barriers.

Test 3

This tests requires 5-10 minutes for a verbal survey. The purpose of this test is to determine whether our audience prefers a customizable intervention.

We will determine this by presenting the interviewee with 2 intervention options and asking which they prefer and why.

The two options are:

- 1) An app which reminds them 1x per day to log their BFRBs, their feelings about the behaviors, and provide potential interventions for the next day.
- 2) An app which requires more user set-up, but allows them to have notifications for logging and timely interventions scheduled throughout the day at their choosing.