

# Interview Thematic Analysis ADHD Helper App

## Transcripts:

[Jasmine Chinn's Individual Thematic Analysis](#)

[Victor Granados' Individual Thematic Analysis](#)

[Brandon Cabrera's Thematic Analysis](#)

[Link to Terry's thematic analysis](#)

## Table of Codes

Original codes by individual team members			
Jasmine	Terry	Victor	Brandon
Music/Media	Music/Media	Music/Media	Media Consumption
Procrastination	Procrastination	Time/Location	Procrastination
Reminders/AI	Time management	AI/Resources	Reminders
Environment	location	Attentiveness/Accountability	Environment
Incentives	Rewards	Incentive	Rewards

## Themes

- MUSIC/MEDIA:** For people with ADHD, integrating music or media into daily routines can transform mundane tasks into engaging activities, providing both a motivational boost and a calming focus that aids in maintaining concentration and productivity.

- Music/ Media
- Music/ Media

- Music/Media
- Media Consumption

- Quote from Victor's Interview
  - "Sometimes I'll listen to music on YouTube or on Apple Music, um or sometimes I'll watch YouTube videos as I'm doing work just kind of as background sound."
- Quote from Jasmine's Interview:
  - "I try to have background music playing in the background to keep my mind occupied to make it more entertaining or more enjoyable. Sometimes I'll listen to music on YouTube or on Apple Music, um or sometimes I'll watch YouTube videos as I'm doing work just kind of as background sound."
  - "I would say Spotify... I use it to make me focus because it is where I can listen to music in the background."
  - "But having like a slight white noise. So if I like have my headphones in and like I'm playing music, I'm not playing like lo fi. I'm playing full on music with lyrics. Because that makes soothes me more versus like something was like without."
  - "YouTube Premium because one, I get it for free, and two, I'm too broke to afford."
- Quote from Terry's Interview:
  - "When I put on music or background noise with my noise-canceling headphones, I also tend to tune everyone around me out to focus."
  - "Yes, I use YouTube music, movies, YouTube in general, or Spotify. Depends on my mood."
- Quote from Brandon's Interview
  - "Lowkey I'd say like a strong 8. I know it's something I need to work on and I am I am, but my phone's a huge distraction. Lots of media apps yeah– TikTok and Youtube, like when I work I'd turn on a video essay, something meaningless like why JJK is peak fiction like totally useless info, but its background noise you know?"
  - "I'd play some background stuff, mainly Youtube. Just hearing someone talk like, in the background helps yeah."

**2. FOCUS/DRIVE: For individuals with ADHD, cultivating focus and drive can help manage procrastination and can help reduce stress, enhance focus, and improve task completion, ultimately fostering a sense of achievement and self-discipline.**

- Procrastination
- Procrastination
- Attentiveness and accountability
- Procrastination

- Quote from Victor's Interview
  - "I always finish it towards the end I have a hard time like um finishing tasks if they do like in two weeks, I normally wait into last minute because I can't really get myself to do things until I have like the adrenaline and rush of like oh this is going to be due like two hours. I have to finish it."

- Quote from Jasmine's Interview:
  - “I like doing my work in between because it gives me time to look at the assignments and their due dates and get them done in time...If I wait towards the end I feel like I am rushing through the assignments too late and feel like I have to handle so many things at once.”
  - “I always make sure to finish a task around the middle because I do not like waiting until the last minute or else I feel more pressured and more stressed.”
  - “So let’s say I have homework or something. I just have to immediately remember you’re gonna fail, you’re gonna lose your health, your parents are gonna get mad at you. You have to do it.”
  - “Always the end. I’m a protag. I’m a protagonist. Procrastinator. I’m a procrastinator. I’m a procrastinator to the max. Only if, like, only during certain circumstances will I ever get it done earlier. Most of the time I will always procrastinate to the last minute. But I’ll time out how much time I need before I need to turn it in.”
- Quote from Terry’s Interview:
  - "6.5, it depends on the type of work because if it's easy I'll essentially doom scroll but if it's a lot of hard work I'll do my best to ignore my phone."
- Quote from Brandon’s Interview
  - “Usually towards the end, cause you know that one saying, ‘diamonds are made under pressure’ or something like that, yeah. It’s more an excuse for procrastinating, but if it comes out good it’s good ya know?”
  - “I guess cause it’s like, torturous. Is that a good answer? Hold up hold up... Like, because when I’m given a lot of time, I’m all ‘oh yeah nothing to worry about’ but with little time I’m all ‘shit shit my whole life is gonna turn if I don’t get this done like, yesterday!’ So it’s definitely a pressure thing.”

**3. INCENTIVES/ REWARDS: For individuals with ADHD, incentivizing task completion by setting clear rewards and celebrating small achievements can turn overwhelming duties into manageable and motivating activities, fostering a sense of progress and satisfaction.**

- Incentives
- rewards
- Incentive
- Rewards

- Quote from Victor’s Interview
  - “Yes, I reward myself by allowing myself to just be on my phone for an hour.”
- Quote from Jasmine's Interview:
  - “I think rewarding myself is very good for me because it encourages me to work...For example getting food or hitting up friends or hanging out with them or watching a TV show..”
  - “The way I would do it is give myself a reward system or, not allow myself to move.”
  - “My reward is mostly downtime or I don’t really reward myself as much because if I’m more like the type that if I get it done by the deadline, then I can relax and

chill. But a lot of the time I also just relax and chill while I'm doing the work. I don't really reward myself. I would say the only way I would reward myself is ice cream or by making myself food before I do a project that I know is going to take maybe three hours minimum. So for the long processes, that's when I might give myself a reward, but I know for. Due to just how my life I am a lot of them don't take that long. And if they do take that long, it's because I kept delaying it."

- Quote from Terry's Interview:
  - "Yes... a bit of both, I reward myself with breaks and then at the end with a snack and video games."
- Quote from Brandon's Interview
  - "Oh yeah big time! Rewards are a big motivator for me. Like if I do something like, positive, like cook, clean, go to the gym or something like that, then yeah I'd dedicate about 2 hours to watch stuff at the end of the day."

**4. ENVIRONMENT: For individuals with ADHD, their ability to focus can be greatly influenced by their surroundings, so changing their environment to one with fewer distractions can often reduce anxiety, alleviate stress, and improve focus and productivity.**

- Environment
- location
- Time/Location
- Environment

- Quote from Victor's Interview
  - "if I'm in a busier, more confined area with like a lot of bodies, I have a harder time focusing. um but if I'm in an inquired environment, I work better"
- Quote from Jasmine's interview
  - "I guess a dream study work environment for me would be a nice clean space, with food and snacks that I can eat. I also like a comfortable chair to sit on when I am working, for example in a cafe. Yes, sometimes I like to get out of the house to go out with friends or by myself to go to a restaurant or cafe to study... Staying in the room feels suffocating to me and I feel like I get distracted more..."
  - "Yes, because I'm also a big fan of white noise. So sometimes sitting in a bustling area, but in my own little, like quiet corner. So like, I still have all that bustling noise around me, but I'm still in my own individual space helps me."
  - "Probably like the OSU. Yeah. Versus the third floor of the library. If I really, really need to focus like to the point where I cannot get distracted by anything, I will probably go to the third floor."
- Quote from Terry's interview
  - "I can't be in a crowded room with people I know because I won't get stuff done but at the same time I can't be alone because I would get too bored so it's a 50/50."
- Quote from Brandon's interview
  - "I mean like, if it's not quiet enough then sure, but not really either. Don't get me wrong, a good environment yeah it helps but it's not like a mainstay for me. I feel environment does factor, but not by much."

**5. TOOLS: For individuals with ADHD, they often rely on various tools to help manage their time, set reminders, and even use AI to help their understanding of things or spark ideas when having a mental block.**

- Reminders/AI
  - Time management
  - AI/Resources
  - Reminders
- 
- Quote from Victor's Interview
    - “Normally I'll use chat GPT because I use it sometimes to like simplify um readings that I don't understand. Um Or I will use I'll go like on Instagram sometimes while I'm working, but that's about it.”
  - Quote from Jasmine's interview
    - “A creative way I remind myself is putting down what I do in my life in my journal. A lot of times I like using Google Calendar, email, and the reminder pops up on my phone because I have the online calendar app, so it helps tell me when to have to get something done. Or a few times writing stuff down on notes or something else... I usually use ChatGPT to help me sometimes to come up with more ideas on how to approach the assignment better. Sometimes Grammarly helps me check my grammar when working on assignments.”
    - “It's the alarm system. Because Grad Fest is coming up soon. So to remind me of that, I set up an alarm that's going to just go on the day of and tell me multiple different times. I don't just set one alarm because I know I;m gonna ignore the first one. Including the second one. The third and fourth are ones that have to wake me up.”
  - Quote from Terry's interview
    - Middle to the end and no I just like to give myself an adequate amount of time.
  - Quote from Brandon's interview
    - “Oh I tried this rubber band thing where I'd wrap colored bands around my hand, different colors for different tasks, and it helped but \*laughs\* I kinda felt like a dumbass doing it.”
    - “Sorta a mix of digital and physical reminders, the band thing I mentioned if I like remember it then it helps somewhat. Some apps like the notes app I'd randomly check it cause I'd remember to write something down.”