

# Conceptual design of a mobile-based user interface for eye workouts

## Graduate



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**Objective:** The objective of this thesis is to develop a mobile application that aims to make eye workouts more accessible to a wider audience, specifically targeting individuals suffering from headaches or migraines. The study focuses on investigating the research questions surrounding the development of the user interface and employs a user-centered approach to effectively address the challenge. By developing a mobile app that guides users through the process of specific eye exercises, the objective is to provide a convenient and accessible solution that can be practiced independently.

**Approach:** The study follows a conceptual design process that includes a literature study, competitor analysis, requirement identification, user-centered interface design, technology evaluation, prototype implementation, and final evaluation. Research questions addressed in this study are:

**Target Group:** Identify the target audience to tailor the app experience to their preferences and needs.

**Feedback Mechanisms:** Explore reliable feedback methods to ensure correct execution of workouts.

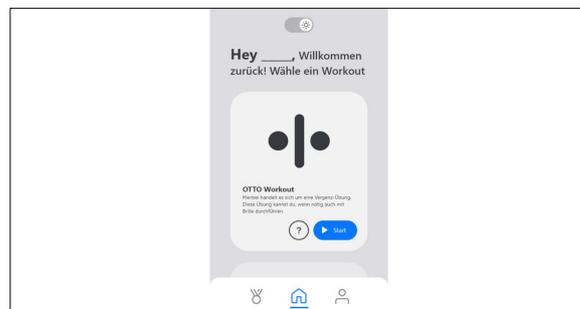
**User Retention:** Develop strategies to encourage regular app usage for long-term benefits.

**Conclusion:** A functional prototype, an angular web app, was created based on an extensive conceptualization. The implementation highlighted the importance of customization options to optimize eye workouts for different users. The study provides valuable insights for further development, focusing on enhancing personalization, adherence to usability principles, and improving user engagement. The recommendations and evaluation findings serve as a

foundation for future iterations and improvements of the application.

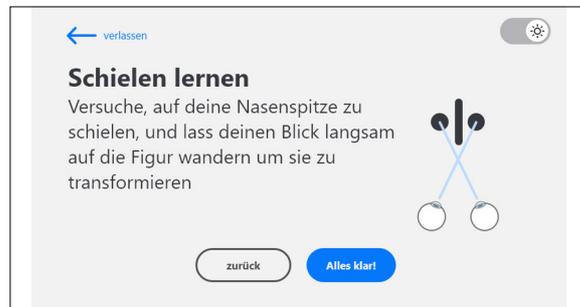
## Mockup Entry Point

Own presentment



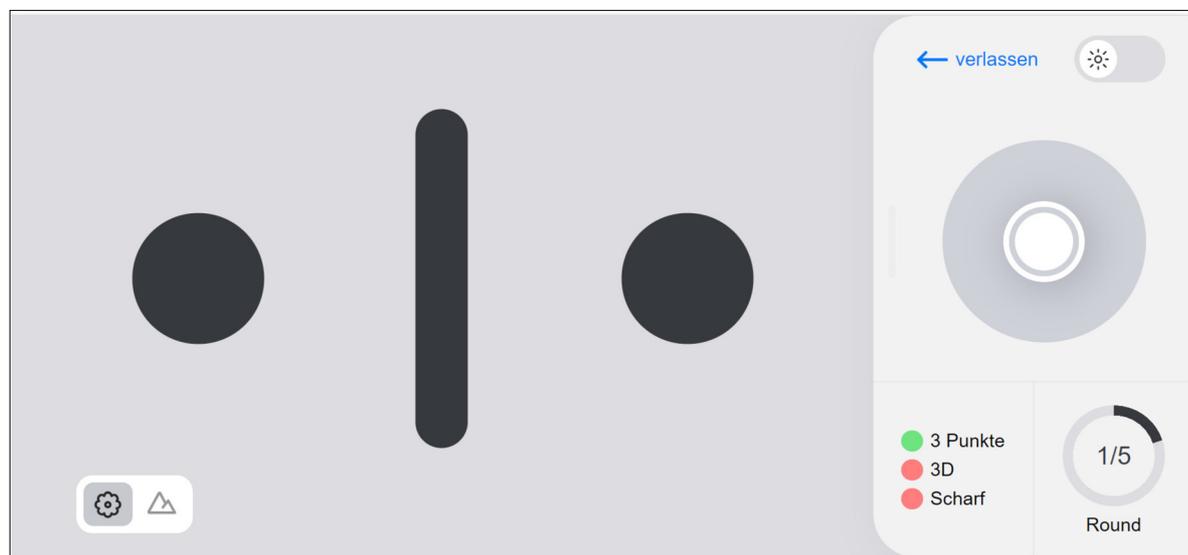
## Mockup Workout Tutorial

Own presentment



## Screenshot Workout

Own presentment



## Advisor

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## Co-Examiner

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## Subject Area

Application Design,  
Software

## Project Partner

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