Questions	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5	Participant 6	Participant 7	Participant 8	Participant 9
Name	Bryan R.	Kelly M.	Monica Z.	Joy H.	Casper G.	Fred. L	Travis W.	Molly. L	Melody. W
Age	31	29	30	26	28	34	29	28	28
Gender	Male	Female	Female	Female	Male	Male	Male	Female	Female
Occupation	Designer	UX Designer	Architect	UX Designer	Investment consultant	Software Engineer	Software Engineer	Designer	Accountant
Career challenges									
How often do you feel stress and anxiety from work?	it varies, when having a heavy workload for example	Can be quite frequent when we got a big project due or when I feel stuck, both in short/long term speaking	It depends, common to feel the stress under several circumstances	depends on workload and deadline	all the time	I think I'm basically a very calm person, but still feel stress from time to time	Depend on deadline	It depends on the work, feeling it's happening all the time	It depends
What are the biggest sources of stress and anxiety in your career?	Career prospect and development, work-life balance, skills not meeting expectations, these all cause stress and sometimes make me feel anxiety	Sometimes I feel upset that my skills didn't meet my expectation and worried about the future of my career, how would I advance	working environment, social relationship can be exhausting besides work	I get worried about the career development, the constant deadline of course, and the workplace environment can be an issue as well	deadline, work-life balance, social factors, feeling stuck, financially	Career prospect, meeting deadline, feel stuck about my skills	dealines just come non-stop, it's very exhausting physically and mentally	Career prospect, I can be super anxious every time I think about it, feel like I'm wasting time	Career prospect and development, I'm not sure if I'm on the right upgoing track
Have you experienced any specific challenges or obstacles in advancing your career?	When I don't feel that I'm keeping the same pace with other teammates	I don't feel that comfortable improving software skills in a fast, deadline - pushed environment	Exhausting clients, keep changing and keep pushing	I have procrastination, and I'm so struggling about that, I really don't want to hit the deadline in the last minute	The complex process leads to a significant amount of time being spent on routine tasks; the counterpart in other departments is uncooperative when collaborating.	I sometimes can't focus on my main goal and do some overengineering stuff, causing the project overdue.	Meeting dealine in a short period of time.	Teammates keep messing up, so exhausting to wrap things up for them	It's hard to make some ideas practical.
How do you typically cope with stress and anxiety related to your career?	I prefer talking to my wife and my friends, do some exercise. In other aspects, I would say lack of skills is the source of the negative emotions, I'd better work on that.	cry out loud... talk to my friends and see how they cope with similar situations. And most importantly, I want to improve myself to solve the issue at its root.	I like to talk to people, my husband, my best friend, it really takes the load off	talk to people definitely, or listen to music to alleviate the negative feelings. I think the best way to reduce the stress is to improve myself.	I like to talk to others, do exercise, listen to music to relax. On the other hand, improve myself.	I like to do exercise, like yoga, mediation to relax. On the other hand, improve myself.	find a good friend and listen to my complaints lol. Besides, do exercise.	I like to do exercise, like yoga, mediation to relax. About twice a week , I will attend some yoga and meditation class with my husband, that really helps	Yoga, mediation are always my preference when I want to relax.
App preferences									
What do you feel is more important for career development stress management? To allieviate stress or to help advance yourself?	Advance myself.	I want to improve myself to solve the issue at its root.	Use music or meditation to allieviate stress	advance myself by starting building up a clear goal, that will help with my procrastination	set goals and improve myself	both are important	both are important	set goals and improve myself	both are important
What features or functionalities would you find most helpful in an app designed to support career development and reduce stress?	get insight from others, some forums sharing similar experience, help me to set the goals	browsing other's similar experience, maybe have some counselling sessions with experienced ones. I want to have a goal clearly made to alleviate my stress.	finding me a mentor and forum for experience sharing	it would be great to find me a professional mentor who would understand what I'm going through and offer me guidance, help me set goals for career advancement	self assessment, forum with experience sharing and goal setting	mentoring maybe, I want to set a clear goal to help me advance. And some time management features to help me ' get things done'. On the other hand, music and meditation help me a lot.	music and meditation	mentorship, self assessment, forum and goal setting	forum for experience sharing so I can learn from other's detour, and I also want to get help to set goals

Feedback on existing resources

Have you ever used an app for career development stress and anxiety?	not yet, but I'd like to try	never, any good one?	nope	nope	No, hope there is one.	nope, I want to try one.	nope	nope	nope
Have you ever participated in career coaching, counseling, or other forms of professional development support?	I use website resources to prepare for my tests every day now.	I used LinkedIn learning to learn new skills as needed, It is easy to search for tutorials or resources	I used professional tracking app every half a year to record my professional hours.	LinkedIn and some UX lectures, that can be of some help	yes, professional lecture can help alleviate some stress and anxiety	Yes, it's super helpful talk to a manager.	nope	Yes, it's helpful for future career change.	nope
What has been your experience with existing resources or services (apps, classes, etc.) for managing stress and anxiety?	haven't tried one yet	downloaded some, but didn't really use them	never tried one yet	I used an emotion tracking app called Mooda, but I didn't feel motivated to use that	haven't tried one yet	haven't tried one yet	haven't tried one yet	I use Classpass to book yoga and meditation classes, 2 to 3 times a week.	nope

Preferred Communication Channels

How do you prefer to receive information and support related to your career development (e.g., articles, videos, podcasts, one-on-one coaching)?	1v1 mentorship - forum - articles - videos -podcast	forum- articles - 1v1 mentorship - videos - podcast	1v1 mentorship - forum - videos - articles -podcast	podcast - 1v1 mentorship - videos - articles - forum	videos - articles - forum - podcast	videos - articles - forum - 1v1 mentorship	podcast - 1v1 mentorship - videos - articles - forum	1v1 mentorship - forum - articles - videos -podcast	forum- articles - videos - podcast - 1v1 mentorship
Would you be interested in features such as community forums or peer support groups within the app?	Yes	Yes, I usually feel get comforted seeing people going through the same.	Yes	Yes, but I think this this type of forum can also cause stress to some extent, but it varies to different people	Yes	Yes	Not exactly	Yes	Yes
Are there any specific areas of career development (e. g., goal setting, networking, skill-building) where you feel you need additional support or resources?	I want to improve my skills.	I want to improve my skills.	Improve sofeskills at workplace like social, collaborate with others efficiently, also get some psychological help to solve the issues	I want to set a clear goal and improve myself. And I want to know more about how to alleviate the stress and anxiety	improve my skills.	I want to know what the market needs, then I set my goal accordingly and make plans to improve myself.	Goal setting	Knowledge about bussiness and management; guidance for interview and resume, freelance opportunities	improve myself

Additional

Is there anything you would like to add or ask? Or any other ideas?					Great idea for the app, hope it can launch soon!	How to recogize the stress and anxiety in time?		I'd like to know what are promising careers, and how to make career change	