Hi, I'm Michael!

M.S. Computer Science student (AI Track)
Where Would You Rather Work?
What features of indoor built environments are most strongly correlated with human wellbeing?
The Project

Stage 1:
Design hypotheses about what makes indoor environments support human wellbeing. Validate in small-scale lab study.

Stage 2:
Validate hypotheses in longitudinal office study.

Stage 3:
Based on findings develop digital interventions to support human wellbeing in indoor built spaces.

(This is where this app fits in!)
The Project

Given an environment (to which we can add/remove features), and participants...

- Track biometric signals
- States of emotional wellness
- Movement throughout environment
Need Statement

**Problem:** there exists limited understanding of which features of built environments correlate most strongly with occupant wellbeing.

**Population:** group of ~50 participating office workers at a corporate partner's office.

**Outcome:** research-backed insights into indoor built space design to support occupant wellbeing.
Informed Consent

• The study has yet to begin; we have not finished participant recruitment.
• Internal testing will be performed by people in the Stanford HCI lab before deployment.
• Participants will provide informed consent through the app as they are onboarded to the study.
Informed Consent - Deception

• "Digital Professional Development" – a new mobile-based series of professional development exercises.
Surveys

• Short ESM (experience sampling method) surveys to capture emotional wellbeing.
Feedback from Testers

**Stars:**
- "Consent flow is smooth and unambiguous."
- "The main menu presents me with all the information I need."
- "Surveys are simple, quick, straightforward."

**Wishes:**
- "Integrate the tasks with the schedule menu to streamline the UX."
- "Wish I could better understand what data you're collecting from me and have more control over it – I can't see my data being collected/streamed in real time. What happens when the workday ends?"
The Road Ahead – Next Steps!

• Finish **UX Overhaul** based on tester feedback.
• Add visualization of HealthKit and survey data to be more transparent with users.
• Add **indoor location tracking** via Bluetooth beacons.
Live Demo!