Mobile Sensed Data for Mental Health Tracking

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TEAM
Technology Enabled Mental Health

cachet | Copenhagen Center for Health Technology

Digital Stress on Students

Social Media Stressors

- ❑ seeking approval
- ❑ fearing judgment
- ❑ compulsive checking
- ❑ escalated conflicts
- ❑ fake social identity
- ❑ feelings of missing out

location
position
sound
screen time

sleep changes
stationary
no concentration
no conversations

DATA

BEHAVIOUR

- Great tool for stress/anxiety assessment: pervasive, easily available, technically feasible

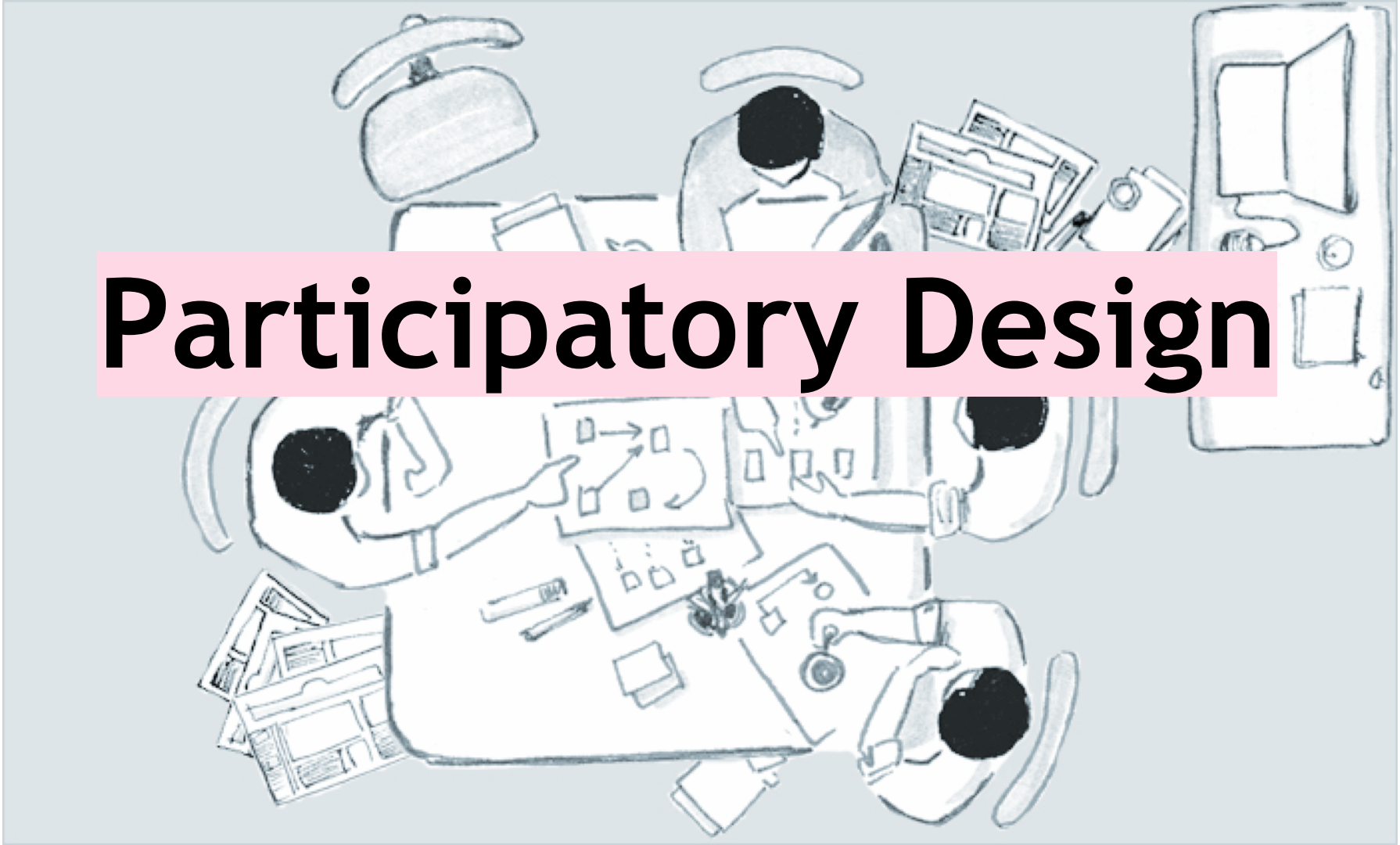
- **However**, there are issues with user acceptance, privacy concerns and negative experiences

RESEARCH QUESTION (1)

How to design a continuous sensing platform that addresses users privacy concerns?

RESEARCH QUESTION (2)

How can mobile sensing be used to investigate stress related to social media?


Participatory Design

mobile sensing
high privacy
easy to understand

DESIGN

ethnography
focus on experience
recruited users

DEPLOY

impact on users
design implications
identify stressors

ANALYSE

Planned Contributions

methodological

design

empirical

THANK YOU