

## Report on a Research Paper

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This semester, I have read the paper called *"Personalization Revisited: A Reflective Approach Helps People Better Personalize Health Services and Motivates Them To Increase Physical Activity"* published in ACM Ubicomp 2015. After reading this paper, I have further developed an idea to explore the usage of a social robot to improve physical activity.

This paper describes a two-week between subject field experiment to explore the effect of reflective strategy for setting a goal of physical activity and increasing physical activity (by 2,425 steps). For this study, researchers first conducted interviews with personal service providers, who work to improve clients' physical and mental wellbeing. As service providers help clients to understand and realize their goals and motivations, this work proposes the usage of a reflective approach for personalization. For the experiment, researchers chose the domain of a personal health service, in which personalization is seen as a transformative factor. Then, they have built a website that enables Fitbit users to set a goal of daily steps and track their progresses. The reflective strategy was applied during an initial goal setting with the website. According to the 2x2 field experiment (reflective vs non-reflective strategy and user-driven vs system-driven personalization), researchers found that having the reflective strategy improved user motivation to participate in their physical activities and increase their daily steps by 2,425 steps.

I found the usage and effectiveness of the reflective strategy for personalization is a very interesting perspective. At the same time, this study has the limitation of providing the lack of interaction to adjust a goal after reflection. Thus, I come up with another experimental design where a user can reflect on and adjust a goal with an agent. I plan to also conduct a two-week within-subject field experiment to explore the effect of reflecting and adjusting a goal with an agent.