

# **Week 7 COMS30029 HCI Theory lab**

## **Wellbeing & Disability**

### **Activity 1: Behaviour change and persuasive technology**

SDT and Flow are theories of motivation. As such, both offer ways of supporting behaviour change .

**Fogg** describes behaviour change as: the idea that "**Using technology deliberately influence[s] a user to make a voluntary, lasting change to their attitudes and behaviour.**"

Think back over the work on SDT and flow.

#### **Exercise**

1. Have an open discussion about your thoughts on how these notions and concepts can be used to inform wellbeing technology design.
2. Design a fictional persuasive technology

Work in your groups to design your own fictional persuasive technology that can improve people's wellbeing using Flow and /or SDT principles. (You can sketch it using pen and paper, or draw it on a PowerPoint slide)

Try not to be derivative - go for big, ambitious blue-sky or unusual ideas. Consider:

- How would persuade your end user (or group of users).

- What parts of SDT and Flow could you use to implement your idea? Are both equally useful?
- What behaviour is this going to change?
- How will it impact society?

**Post your design on the unit's General Teams channel with a short comment about your design rationale**

## **Activity 2: Disability Studies**

In the lectures we introduced and contrasted two models of disability, a medical model and a social model. A medical model of disability focuses on the physical and functional limitations a person might experience – as identified through a medical diagnosis. Technology designed following this model often attempts to “fix” an impairment that a person might have.

In contrast, a social model of disability considers that barriers experienced by a disabled person are a result of the way we design the world, in ways that exacerbate physical impairments. Removing those barriers through the design of technology here entails, among other things, fixing attitudes, taking into consideration broader social dynamics that influence the use of technology/environment/etc.

### **Exercise**

Consider the technology you designed in the previous exercise.

1. Reflect together on who, particularly amongst people with disability(ies), your technology would exclude, and why?
  - a. E.g. consider people with sensory, cognitive, or motor impairments

2. How might you redesign your tool so that it is more inclusive of those people?
3. In your re-design, consider whether you are following a medical model or a social model of disability
4. Depending on which model you thought you follow, consider how you might again modify your technology to move more towards the other model of disability, i.e. if you designed your tech to follow a medical model of disability, consider modifying it to account for the social model, and vice versa.

**Post your technology re-design on the unit's General Teams channel  
with a short comment about your re-design rationale**