

Relevance and Effectiveness of LLM-Generated Interventions for Everyday Field Stressors (RELIEF) Study



Applications User Manual

RELIEF (*Relevance and Effectiveness of LLM-Generated Interventions for Everyday Field Stressors*) Study integrates physiology-triggered prompts with ChatGPT-powered targeted stress interventions. Below are detailed instructions:

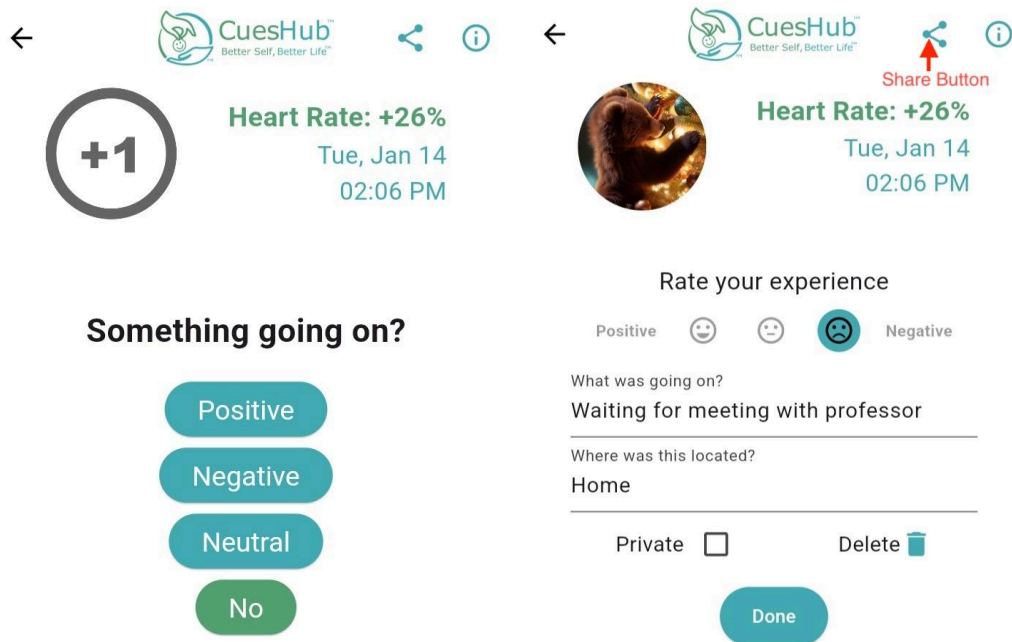
Compatible Devices and CuesHub App Installation

Participants will need one of the following device pairs to test the *biometric AI-triggered prompts*:

- **iPhone with Apple Watch (Series 7 or higher), or**
- **Android smartphone with Samsung Galaxy Watch (Version 4 or higher)**

OR, those without a compatible smartwatch can use the *random prompt* version.

1. Please download the **CuesHub app** from the App Store (iOS) or the Play Store (Android).
2. Visit this [CuesHub](#) link for detailed app installation information.



Screenshot of Record your valence and Record your stressor location

Logging Events and Sharing Stressors

1. You will receive prompts on your smartphone and smartwatch (if applicable) throughout the day.
2. Use the CuesHub app on your smartphone to **log and rate your events**.
3. **Please avoid including any identifiable or sensitive personal information when recording stressors and locations.** For locations, use general terms like “home,” “school”, “work,” or “gym” instead of precise addresses. Additionally, refrain from using personal names in stressor descriptions; instead, use generic terms like “son” or “friend” to maintain privacy.
4. For events where you want to receive an intervention, click the **second icon** at the top right (shown in the red arrow in the picture above) of the app screen and share the event details to the study email: reliefmdot@gmail.com.

Note:

- When sharing your stressors through the Cueshub app, we recommend using Gmail for the best experience.

- If you use an email provider other than Gmail, the app may prompt you to reduce the message size by scaling the image. In such cases, please select the ‘Actual Size’ option to ensure the proper submission of your stressor details.”

Receiving Interventions and Providing Feedback

1. You will receive interventions via email within a few hours of sharing your stressor events.
2. Each intervention email will include a **Qualtrics link** to rate the intervention you received.
3. Please review the interventions carefully and complete the feedback survey using the provided link.

Note:

Please add reliefmdot@gmail.com to your “safe sender” list via the email account you are using for the RELIEF study. This will help to ensure that all study emails will reach your inbox (and are not marked as “junk”, “promotions”, or “spam”) for you to see. Gmail users may need to check their “Promotions” folder to ensure all study emails are routed to your inbox.

Weekly Surveys

1. Every Sunday morning, you will receive a weekly survey.
2. Please complete the survey.
3. After completing the survey, you will receive an email with **visuals of your weekly data** within a few hours.



Weekly Memory

Overview

This past week encompassed moments of preparation, responsibility, and recovery. Through professional commitments, daily routines, and personal challenges, you showed persistence and adaptability. Below is a summary of your key activities and experiences.

Key Accomplishments

Professional Dedication

You spent time **waiting for meetings** on multiple occasions, highlighting your readiness and commitment to staying prepared for professional engagements. Additionally, you attended a **meeting with your professor**, showing dedication to advancing your goals and building professional relationships.

Routine and Self-Care

You made time for simple, grounding activities like **making tea** twice this week. These small rituals often provide a sense of calm amidst busy schedules, helping you stay focused and present.

Screenshot of weekly memory

Weekly Memory Sharing

You will also receive a **weekly memory prompt** in the CuesHub app on Monday that summarizes your events in a personal story. Share this memory with the study email: reliefmdot@gmail.com. It will provide us with a comprehensive view of all your events in the week and assess what proportion of these events you chose to receive an intervention for.

Exit Interview

Close to the end of the study, we will reach out to you for an additional one-on-one feedback session. This opportunity will allow you to share any feedback you had about your participation and allow us to ask you any clarifying questions.

Study Completion Requirements

We ask you to participate for at least 100 days. After 100 days, we ask that you have completed the following:

- At least 100 credits earned in the app from logging events.
- Complete at least 10 weekly surveys.
- Share at least 10 weekly memories.

If you are using a smartwatch, this means wearing the smartwatch for all waking hours (i.e., at least 12 hours) every day, and responding to the survey prompts.