

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:

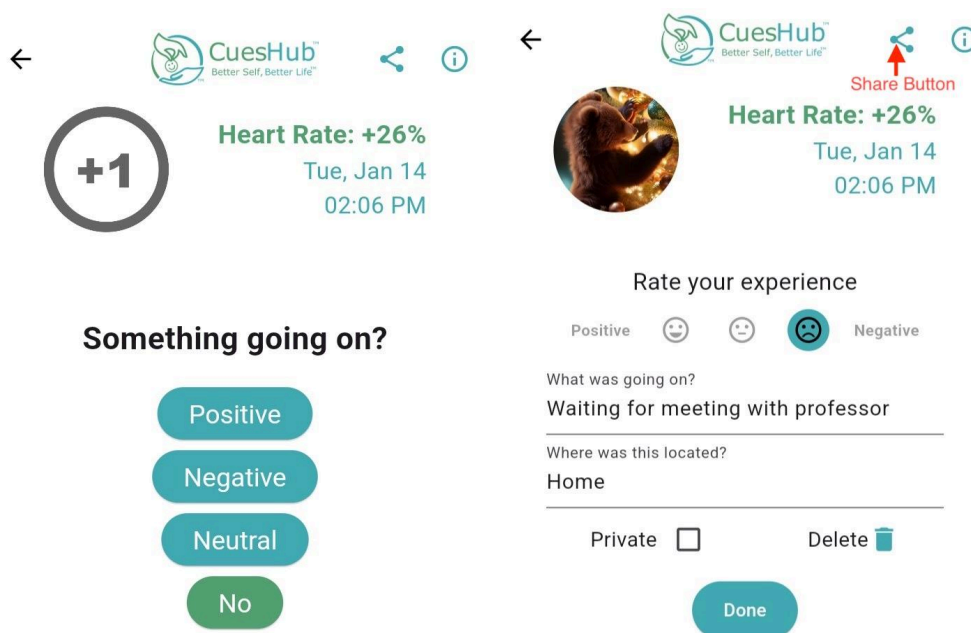
Compatible Devices and CuesHub App Installation

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. When recording stressors and locations, **please avoid including any identifiable or sensitive personal information**. 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.

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.

Weekly Surveys

1. Every Sunday morning, you will receive a weekly survey.
 - a. Note: These surveys are still under development, but your responses are crucial for refining the study.
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.

Regards

The RELIEF Study Team

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