# Rúben Gouveia

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My work has focused on **designing**, **developing** and **evaluating** tools that support health and wellbeing. I have been particularly interested in investigating how these tools are used in people's everyday lives and how, in turn, they shape individuals' behaviors.

## EDUCATION

**2013-2019** — **PhD, Computer Science and Engineering (specialization in Human-Computer Interaction)**, University of Madeira (under the Carnegie Mellon University | Portugal partnership)

Areas: HCI, Ubicomp, Persuasive Computing, Health Informatics

Advisor: Ass. Prof. Evangelos Karapanos

PhD thesis: Tracking in the wild: Understanding User Engagement with Physical Activity Trackers

**2009-2011** — **MS, Computer Science and Engineering,** University of Madeira (under the Carnegie Mellon University | Portugal partnership)

Areas: HCI, e-Learning.

MS Thesis: eGuided: Sharing Media in Academic and Social Networks Based on Peer Assisted Learning e-Portfolios

**2006-2009** — **BS, Computer Science and Engineering,** University of Madeira

## GRANTS

**2015** — Visiting Researcher Grant, University of Washington. Grant awarded by the Portuguese Foundation for Science and Technology (FCT), ~€5,000

**2013** — National PhD studentship awarded by the Portuguese Foundation for Science and Technology (FCT), ~€60,000 [Acceptance Rate: 25% (1100/4400)].
Grant number: SFRH/BD/89796/2012

## AWARDS

**2018** — Finalist - [UbiComp Gaetano Borriello Outstanding Student Award](#)

Award given to a student who has made outstanding research contributions and leadership to the field of Ubiquitous and Pervasive Computing.

**2015** — Ubicomp2015 Best Paper Honorable Mention for: How do we engage with activity trackers?: a longitudinal study of Habito

## PROFESSIONAL EXPERIENCE

**Fall 2019-present** — **Assistant Professor,** University of Twente.

Promotion from U*niversitair docent* rank 2 to rank 1, November, 2021

Department of Design, Production and Management.

**2018-2019** — **Senior researcher**, Offenburg University of Applied Science

under the scope of *SUITCEYES*, a European funded H2020 project, aimed at developing assistive technology for individuals with deaf blindness.

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| Fall 2017-2018 | **Research Visitor**, Cyprus University of Technology |
| Summer 2015 | **Research Visitor**, University of Washington |
| 2012-2013 | **Research Assistant**, Madeira Interactive Technologies Institute |

**CONFERENCE PUBLICATIONS**

**2020** **Tactile Navigation with Checkpoints as Progress Indicators? Only when Walking Longer Straight Paths**

Oliver Korn, James Gay, Rúben Gouveia, Lea Buchweitz, Annika Sabrina Schulz, Moritz Umfahrer

*PETRA 2020* [Acceptance Rate: 26% (27/104)]

**2019** **Gamifying Onboarding: How to Increase Both Engagement and Integration of New Employees**

Louisa Heimburger, Lea Buchweitz, Rúben Gouveia, Oliver Korn

*AHFE 2020*

**2018** **Activity Tracking in vivo**

Rúben Gouveia, Evangelos Karapanos, Marc Hassenzahl

*CHI 2018* [Acceptance Rate: 23% (666/2590)]

**Branded Gamification in Technical Education**

Annika Sabrina Schulz, Franziska Schulz, Rúben Gouveia, Oliver Korn

*VS-GAMES 2018* [Acceptance Rate: 65% (43/66)]

**2016** **Exploring the design space of glanceable feedback for physical activity trackers**

Rúben Gouveia, Fabio Pereira, Evangelos Karapanos, Sean Munson, Marc Hassenzahl

*Ubicomp 2016* [Acceptance Rate: 26% (101/389)]

**2015** **How do we engage with activity trackers?: a longitudinal study of Habito**

Rúben Gouveia, Evangelos Karapano, March Hassenzahl.

*Ubicomp 2015* [Acceptance Rate: 26% (101/394)] **Best Paper Honorable Mention (top 5%)**

**2014** **Beyond gamification: sociometric technologies that encourage reflection before behavior change**

Vítor Belim, Olga Lyra, Pedro Teixeira, Ana Caraban, Maria Ferreira, Rúben Gouveia, Andrés Lucero, Evangelos Karapanos

*ACE 2014* [Acceptance Rate: 40% (196/368)]

**2013** **Footprint tracker: supporting diary studies with lifelogging**

Rúben Gouveia, Evangelos Karapanos.

*CHI 2013* [Acceptance Rate: 20% (392/1963)]

**Towards persuasive sociometric technologies for inclusive educational settings**

Olga Lyra, Evangelos Karapanos, Rúben Gouveia, Mary Barreto, Valentina Nisi, Nuno Nunes, John Zimmerman, Jodi Forlizzi.

*CHItaly 2013* [Acceptance Rate: 49% (29/59)]

**Engaging children in longitudinal behavioral studies through playful technologies**

Olga Lyra, Evangelos Karapanos, Rúben Gouveia, Valentina Nisi, Nuno Nunes.

*IDC 2013* [Acceptance Rate: 33% (28/86)]

## JOURNAL PUBLICATIONS

**2021**    **How Are Sports-Trackers Used by Runners? Running-Related Data, Personal Goals, and Self-Tracking in Running**

Armağan Karahanoğlu, Rúben Gouveia, Jasper Reenalda, Geke Ludden

*Sensors*

**2020**    **Understanding Cultural Preferences for Social Robots: A Study in German and Arab Communities**

Oliver Korn, Neziha Akalin, Rúben Gouveia

*Transactions on Human-Robot Interaction*

**2016**    **Wellbeing in the Making: Peoples' Experiences with Wearable Activity Trackers**

Evangelos Karapanos, Rúben Gouveia, Marc Hassenzahl, Jodi Forlizzi.

*Psychology of Well-Being*

**Need fulfillment and experiences on social media: A case on Facebook and WhatsApp**

Evangelos Karapanos, Pedro Teixeira, Rúben Gouveia.

*Computers in Human Behavior* [Impact Factor (Oct, 2020): 5.0]

**2010**    **Blended Peer-Assisted Learning Platform: Improving Learning Outcomes with a Collaborative Environment**

Paulo Sampaio, João Teixeira, Marlene Camacho, Rúben Gouveia.

*Journal of Educational Technology Systems*

## WORKSHOPS ORGANIZED

**2020**    **Behavior Change Technologies in the Everyday Life**

Rúben Gouveia, Bas de Boer, Roelof de Vries

*PHTR 2020*

**2017**    **New Frontiers of Quantified Self 3: Exploring Understudied Categories of Users**

Amon Rapp, Federica Cena, Judy Kay, Bob Kummerfeld, Frank Hopfgartner, Till Plumbaum, Jakob Eg Larsen, Daniel A. Epstein, Rúben Gouveia

*UbiComp 2017*

**2016**    **New Frontiers of Quantified Self 2: GOING Beyond Numbers**

Amon Rapp, Federica Cena, Judy Kay, Bob Kummerfeld, Frank Hopfgartner, Till Plumbaum, Jakob Eg Larsen, Daniel A. Epstein, Rúben Gouveia

*UbiComp 2016*

## WORKSHOP PUBLICATIONS, EXTENDED ABSTRACTS

**2016**    **Motivating Healthy Water Intake through Prompting, Historical Information, and Implicit Feedback**

Davide Neves, Donovan Costa, Marcio Oliveira, Ruben Jardim, Rúben Gouveia, Evangelos Karapanos

*Persuasive 2016*

2015 **You have 5 seconds: designing glanceable feedback for physical activity trackers**

<u>Rúben Gouveia</u>, Fábio Pereira, Ana Caraban, Sean A Munson, Evangelos Karapanos

*Ubicomp 2015*

**CrowdWalk: leveraging the wisdom of the crowd to inspire walking activities**

Tiago Ornelas, Ana Caraban, <u>Rúben Gouveia</u>, Evangelos Karapanos

*Ubicomp 2015*

**Social toothbrush: fostering family nudging around tooth brushing habits**

Ana Caraban, Maria José Ferreira, <u>Rúben Gouveia</u>, Evangelos Karapanos

*Ubicomp 2015*

2014 **Understanding users' disengagement with wearable activity trackers**

<u>Rúben Gouveia</u>, Sergio Barros, Evangelos Karapanos

*ACE 2014*

2013 **Look what i found!: augmenting phone calls with memories of the past**

Élton Gouveia, Francisco Azevedo, Luís Ferreira, Paulo Caldeira, Vítor Almeida, <u>Rúben Gouveia</u>, Evangelos Karapanos

*CHI 2013*

2012 **Footprint Tracker: reviewing lifelogs and reconstructing daily experiences**

<u>Rúben Gouveia</u>, Evangelos Niforatos, Evangelos Karapanos

*DIS 2012*

**Sense me: Supporting awareness in parent-child relationships through mobile sensing**

José Rodrigues, <u>Rúben Gouveia</u>, Olga Lyra, Evangelos Karapanos

*DIS 2012*

## INVITED TALKS & PANELS

Invited Talks "Moving towards lived experiences and evaluations of health and wellbeing systems"

*Colloquium at the University of Oldenburg*, Department of Informatics. 2 March 2020

"Pride & Prejudice: Chronic Disease Prevention through real-life monitoring and context-aware intervention design"

*SPRINT Symposium on Personalized technologies*, University of Twente. 13 February 2020.

Panels <u>"Designing tools that help people feel proud about taking the first steps to making changes in their livestyles</u>".

*Design research panel on health.* Design Research & Innovation Festival (DRIVE), Dutch Design Week. 23 October 2020.

<u>Chronic disease prevention through real-life monitoring and context-aware intervention design.</u>

*Talkshow on the ecology of design.* Design United – Up Close and Personal, Dutch Design Week. 20 October 2020.

Technology and User Interaction: Net-Zero Emissions Challenge
*Moderator parallel brainstorm sessions* for the Congress on Responsible Societies. 3 June 2021.

## SELECTED PRESS

**2020** *Pride and Prejudice: Chronic disease prevention through monitoring and intervention*
Up Close and Personal Magazine (Design United)
https://2020.design-united.nl/day-2-eco-logica/pride-and-prejudice-chronic-disease-prevention-through-monitoring-and-intervention/

**2016** *Is Your Fitness Tracker Making You Miserable?*
Live Happy (Paula Felps)
https://www.livehappy.com/self/fitness/your-fitness-tracker-making-you-miserable

*The Nihilistic Angst of Quitting Your Fitbit*
New York, The Cut (Cari Romm)
https://www.thecut.com/2016/08/i-quit-fitbit-and-fell-into-nihilistic-despair.html

## PROFESSIONAL ACTIVITIES/ SERVICES

**Conference Committees**
*Provocations and Work in Progress Chair.* Designing Interactive Systems (DIS 2020).

*Poster and Demonstration Chair.* International Conference on Healthcare Informatics (ICHI 2020).

*Program Committee.* Pervasive Health 2020.

*Program Committee.* International Conference on Healthcare Informatics (ICHI 2019).

**Reviewer**
CHI'15,'16,'17,'18,'19,'20

Digital Health Journal '21

Interacting with Computers '21

Ubicomp '16,'17

**Student Volunteer**
ACE'14

**Workshop Organization**
New frontiers of quantified self 3: Exploring understudied categories of users. *Ubicomp 2017*.

New frontiers of quantified self 2: going beyond numbers. *Ubicomp 2016*.

**Advisory Board**
*Data Health Advisory Board*, Healthtech Ventures GmbH (2020,2021)

**University Services**
Examination Board Committee Member, Faculty of Electrical Engineering, Mathematics and Computer Science, University of Twente (2022-2024)

Academic Senate Member, Representative of PhD candidates. University of Madeira (2013-2016)

Board Member Student Association, University of Madeira (2013-2017)

## TEACHING EXPERIENCE

### University of Twente

**Instructor**
Designing for Experience (course code: 201900266): Spring 2022

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| | Designing and Behavior Change (course code: 201700008): Spring 2022 |
| | Designing for Experience (course code: 201900266): Spring 2021 |
| | Designing and Behavior Change (course code: 201700008): Spring 2021 |
| | Designing for Experience (course code: 201900266): Spring 2020 |
| | Designing and Behavior Change (course code: 201700008): Spring 2020 |
| Tutor | Design for Specific Users (course code: 201900031). Spring 2022 |
| | Scientific Challenges (course code: 201500005). Winter 2022 |
| | Human Product Relations (course code: 202000197). Fall 2021 |
| | Design for Specific Users (course code: 201900031). Spring 2021 |
| | From Idea to Prototype (course code: 201800439). Fall 2020 |
| | Human Product Relations (course code: 202000197). Fall 2020 |
| | Design for Specific Users (course code: 201900031). Spring 2020 |
| | Product Ideation (course code: 201400409). Fall 2019 |
| | Human Product Relations (course code: 202000197). Fall 2019 |
| Guest Lecturer | "Evaluating the effectiveness of persuasive technologies" |
| | Biomedical Product Design, University of Twente. Lecture on Persuasive Technologies with Geke Ludden. September 2020 |
| | "Designing and evaluating tools for behavior change" |
| | Biomedical Product Design, University of Twente. Lecture on Persuasive Technologies with Geke Ludden. September 2019 |

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| *University of Madeira* | |
| Teaching Assistant | Data and Algorithm Structures: Spring 2015, Spring 2016. |
| | Bachelor's in computer science. University of Madeira |

## STUDENT ADVISING AND MENTORSHIP

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| *University of Twente* | |
| *PhD Supervision* | Tina Ekhtiar, 2021 - |
| | Goal-directed tracking across the lifespan |
| | Role: Daily supervisor. |
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| | Lara Siering, 2021 – |
| | MOCIA: MOCIA - Maintaining Optimal Cognitive function In Ageing. Co-designing a lifestyle intervention with and for older adults |
| | Role: Co-supervisor. Under NWO-funded project [Mocia]() |
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| *MSc Thesis Supervision* | "I Keep ComingBack to My Phone": An Ambient, Reflective and Tangible Approach Towards Digital Wellbeing. |

**Suhaib Aslam**. MSc Interaction Technology (**cum-laude** & recipient of the talent award at GoodThingsFest)

Role: Co-supervisor. Shared supervision with Edwin Dertien and Jelle Van Dijk

A value-based approach for patient-data sharing

**Pleun Meurs**. MSc Industrial Design and Engineering, Human Technology Relations track

Role: Supervisor. In collaboration with Radbound University Medical Center, under project R4Heal

Gamified Goal Setting for Encouraging Physical Activity in Children.

**Wojtek Jarosinski**. MSc Interaction Technology

Role: Co-supervisor. Shared supervision with Randy Klaassen. In collaboration with 8D-Games

What role does self-identification play in engagements with health data?

**Maxim Vnoutchkov.** MSc Health Science
Role: Co-supervisor. Shared supervision with Saskia Kelders and Nadine Kohle

*BS Thesis Supervision*

Creating safe spaces for women in online health communities

**Kirolos Boutros**. BS Creative Technology

Role: Supervisor. In collaboration with Healthcare Ventures GmbH

Development of a power-assisted wheelchair

**Rob Van Santen**. BS Industrial Design and Engineering

Role: Supervisor. In collaboration with Ideaal Medical Services

Designing the environment for a healthy lifestyle: reflection or change?

**Shifra Barneveld**. BS Creative Technology

Role: Co-supervisor. Shared supervision with Bas de Boer and Roelof de Vries

Changing the Environment for Sustainable Living: Reflect or Change?

**Lefika Otisitswe**. BS Creative Technology

Role: Co-supervisor. Shared supervision with Bas de Boer and Roelof de Vries

*University of Madeira*

*MSc Thesis Supervision*

2017   **Context-aware goal-setting for physical activity trackers**

*Fábio Pereira*. MSc Computer Science

Role: Supporting supervision. Main supervisor: Evangelos Karapanos

**Playful nudging mechanisms for increasing physical activity levels of adults**

*Vitor Teixeira*. MSc Computer Science

Role: Supporting supervision. Main supervisor: Evangelos Karapanos

**Leveraging the wisdom of the crowd in the creation of location-aware physical activity goals**

*Tiago Ornelas*. MSc Computer Science

Role: Supporting supervision. Main supervisor: Evangelos Karapanos

**A uses and gratifications study of physical activity trackers**

*Marco Leão*. MSc Computer Science

Role: Supporting supervision. Main supervisor: Evangelos Karapanos

2016 **Walk 'n Ride: Motivating the use of public transport through just-in-time recommendations**

*Sérgio Barros.* MSc Computer Science

2015 Role: Supporting supervision. Main supervisor: Evangelos Karapanos

**Need Fulfillment and Experiences on Social Media: A case on Facebook and WhatsApp**

*Pedro Teixeira*. MSc Computer Science

Role: Supporting supervision. Main supervisor: Evangelos Karapanos

**SenseMe: Supporting awareness in parent-child relationships through mobile sensing**

*José Rodrigues.* MSc Computer Science

Role: Supporting supervision. Main supervisor: Evangelos Karapanos