Health Assistant and Emotion Regulator

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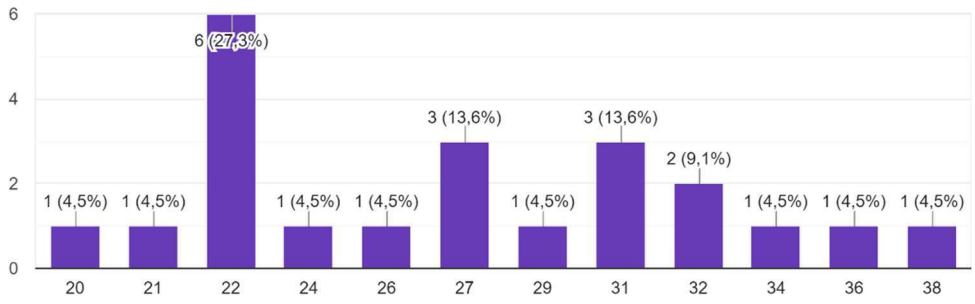
Introduction

Health assistant and emotion regulator technology is more and more popular (e.g. apps for counting steps, smartwatches with software encouraging for more activity throughout day or portable heart rate monitor). Great number of people currently use such devices and presumably there will be more of them in future.
As each technology its bring a lot of new possibilities but also some dangers.

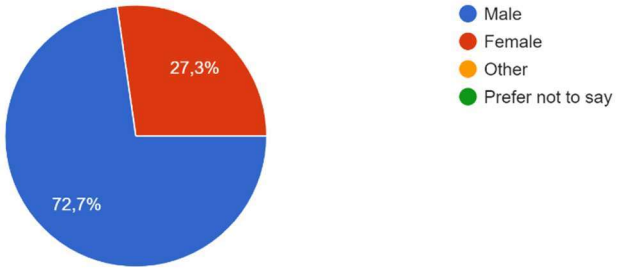
During our survey we collect opinions from 22 students about their hopes and concerns related to this devices.
All questions can be grouped in following parts:
- demographic information,
- technology usage,
- health and emotional wellbeing,
- health assistant and emotion regulator (focused only on this technology).

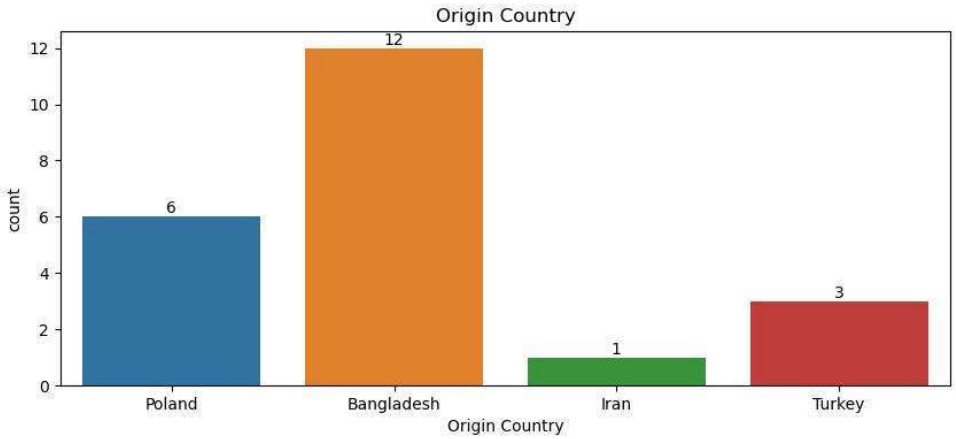
Section 1: Demographic information

Age

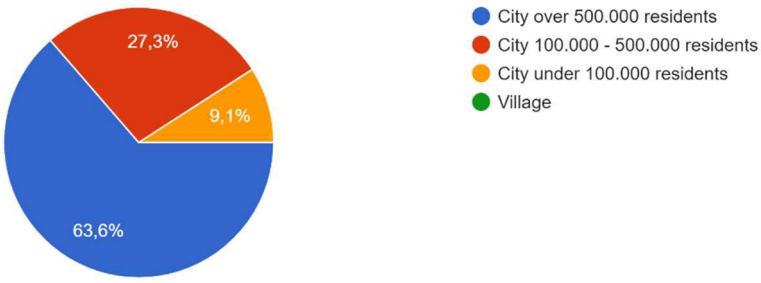


Gender



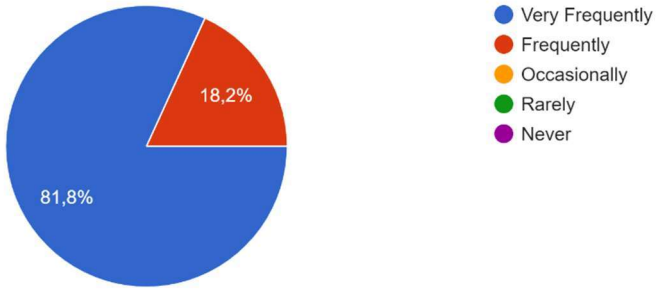


type of area you currently reside in?



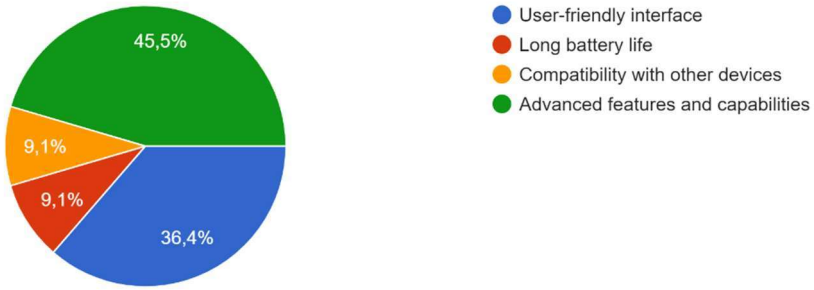
Section 2: Technology usage

How frequently do you use technology devices (smartphones, smartwatches, etc.) in your daily life?



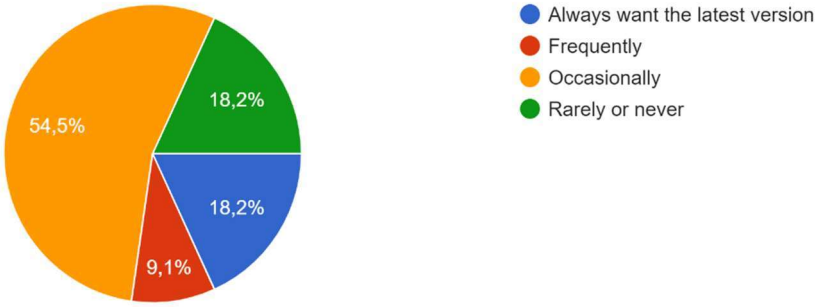
Every respondent use technology device frequently, almost all of them use them very frequently.

What type of features do you prioritize in a technology device?



Almost half of respondents prioritize advanced features and around 1/3 choose user-friendly interface. Other characteristics aren't chosen so often.

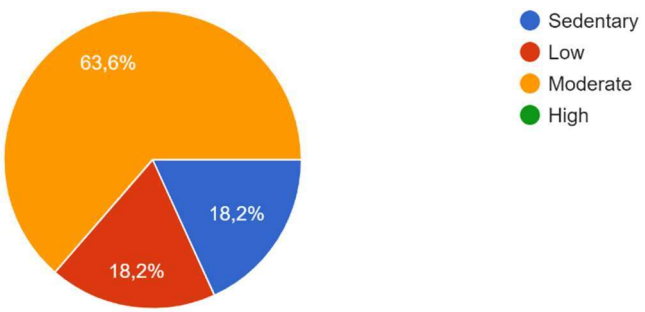
How often do you update your technology devices to newer models?



Majority of respondents don't update their technology very often.

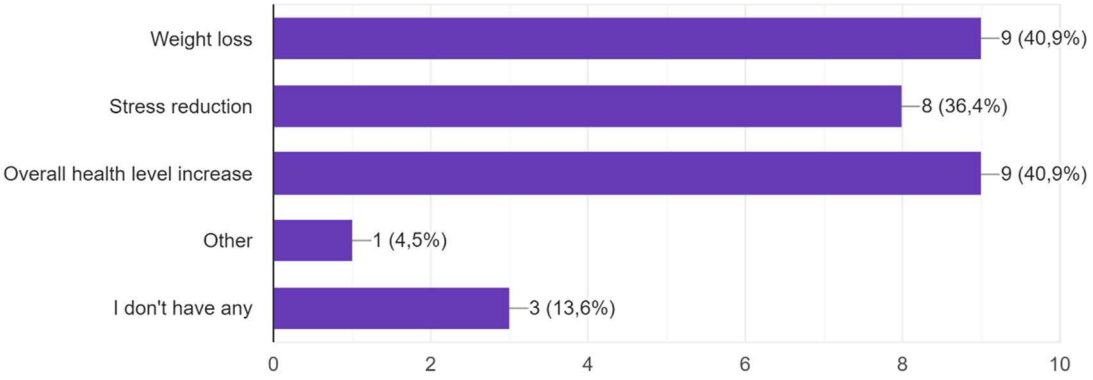
Section 3: Health and emotional wellbeing

How would you rate your current level of physical activity?



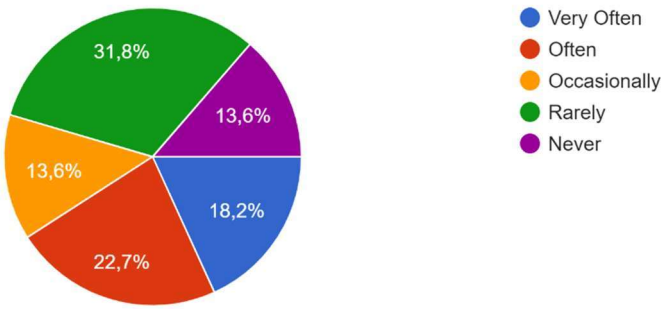
Around 2/3 respondents have moderate level of physical activity and other have low or sedentary level. Unfortunately there are no respondents with high activity level.

Do you have any specific health goals or concerns?



Almost all of respondents have some specific goals and even few of them have 2 (4 people) or 3 (2 people) goals. All of these goals are approximately equally popular.

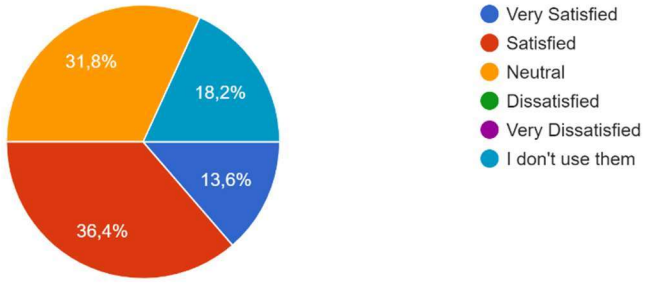
How often do you actively monitor or manage your emotional state?



There are no noticeable trends associated with monitoring emotional states.

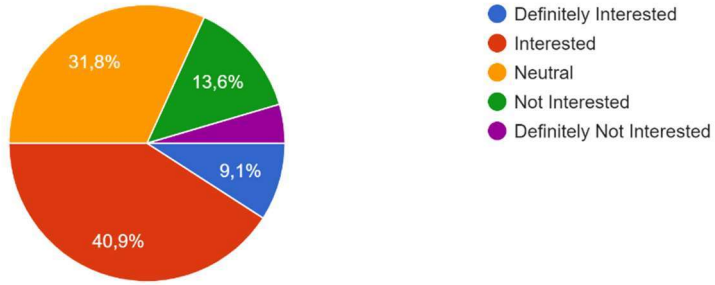
Section 4: Health Assistant and Emotion Regulator

How satisfied are you with the current health or wellness apps/devices you use?



81,8% respondent use health or wellness apps and over than half of them have positive opinion and rest of them are neutral.

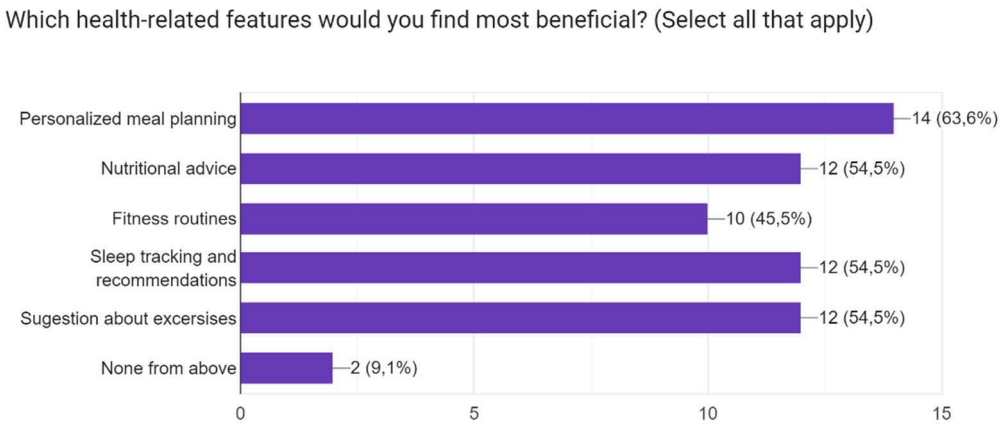
Would you be interested in a device that can identify and measure your emotional states?



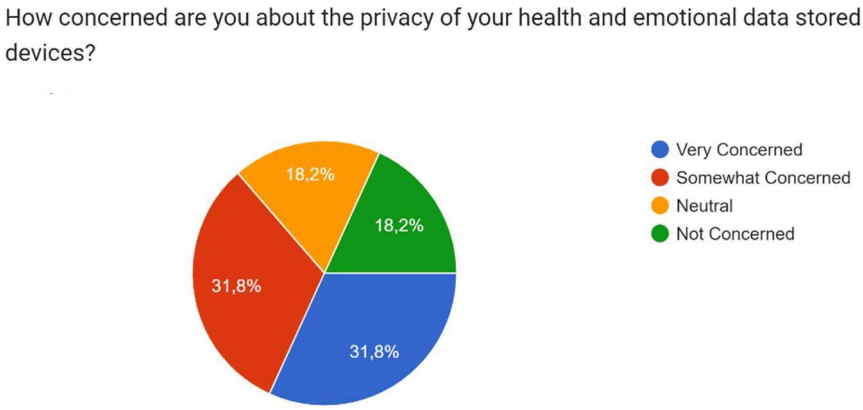
Exactly half of respondents are interested of such device and around 1/3 have neutral feelings about it.

What features related to emotional wellbeing would you find most beneficial in a Health Assistant and Emotion Regulator?

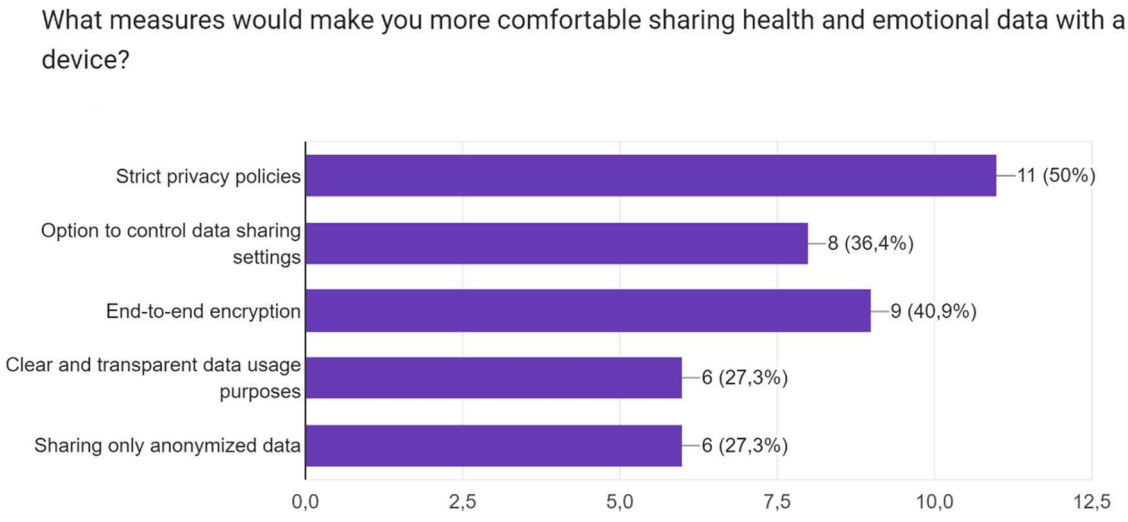
Most of the users are interested in stress level monitoring and less of them find guided exercises most beneficial for them.
Although almost 1/4 of the users don't think any of proposed features are interesting for them which suggest demand of more debates concerned of this topic



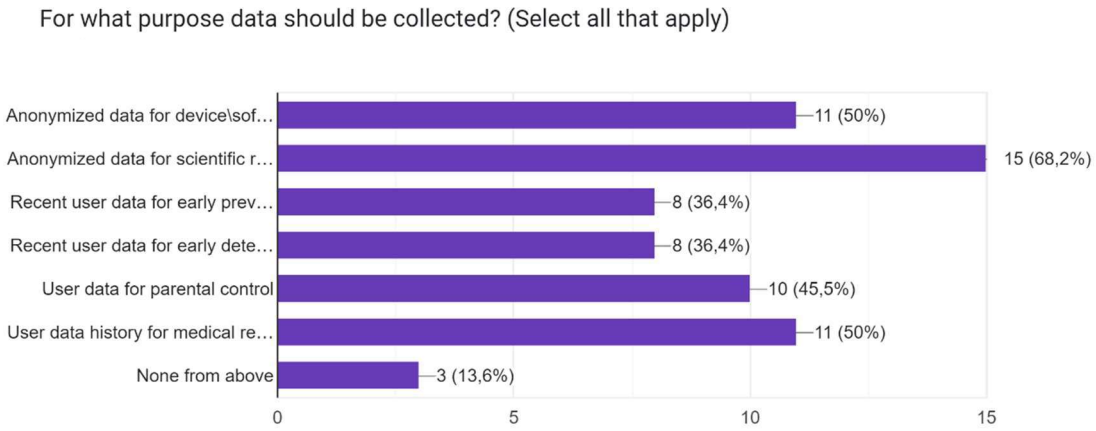
All of proposition are comparatively attractive for respondents.
Only two of them don't pick any, while some respondent choose even 4 (5 people) or all of them (4 people).



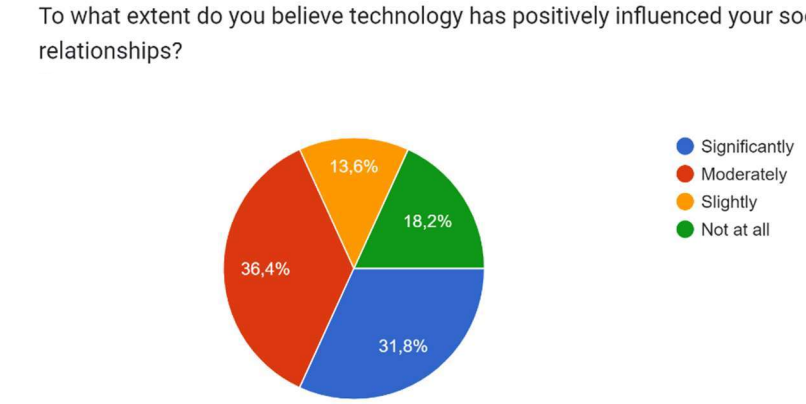
Around 2/3 of respondents are concerned about privacy of their data which surely indicates that companies developing such technology have to take care of safety of this information.



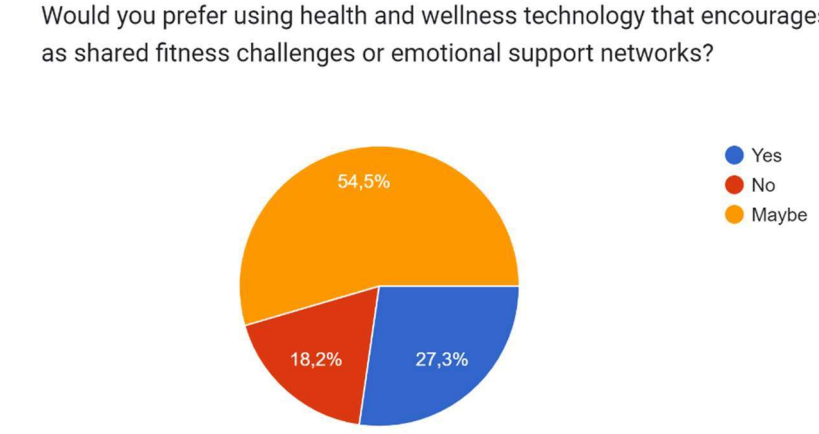
Measures most important for respondents are strictly connected to security and possibility of control data collected by device. This assumption is associated with answers for previous question.



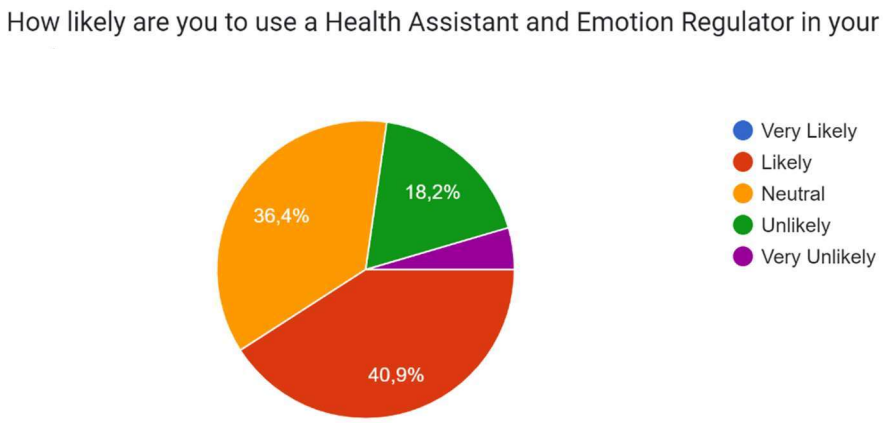
A lot of users would like sharing anonymized data from their device.
 Most of respondents would allow collecting data in scientific research. Other popular purposes are device development and usage for medical reasons.
Only few respondents don't find in these propositions valid purpose to collecting such information.



Most of respondents positively evaluate social impact on interactions.



Most of respondents don't have strong opinion about shared features of such technology.



There are slightly more respondents likely to use this technology and great number of people don't have opinion if they use it.

Conclusions

Summing up:

- There are no clear dependencies between demographic factors (age, origin, gender) and responders answers.
- Privacy and data security are essential in view of most respondents.
- Because current propositions of characteristics don't satisfy some respondents needs it is worth considering other useful features of such technology.
- The positive reception suggests that there is potential for such technology to be widely used.

Peer Review

Strength of analysis

- Participants of survey come from different demographics, so we may expect that their preferences are not always aligned and will give more insight.
- Clear diagrams with some comments from creators of survey. Questions are both single and multiple answers.
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Area of growth

Despite having people coming from different countries and groups, survey lacks diagram showing differences between different groups. Small size of data might be problem while separating observations, nevertheless dividing participants into 2-3 groups, based on e.g. age, may show some differences between younger and older persons.

Final conclusions:

After checking the dependencies between data, proposed in peer review, we did not find any noticeable correlations. Therefore, we are leaving the report unchanged in its current form.