

## EmoTrack - Interview Questions List

I propose designing a wearable device that can record users' real-time emotions and dynamically present them on digital platforms such as phones or laptops. This system would allow users to better track their emotional fluctuations and pay more attention to their mental health. My initial design idea is to use a dynamic screen effect, where the dominant mood is represented through theme colors. As different emotions emerge throughout the day, their corresponding colors are gradually added to the display, creating a flowing visual timeline of emotional changes. The display flows horizontally, with special visual effects applied at points where emotions change rapidly.

### Part 1: Get user background and habits

- What are your current experiences using wearable devices? (Such as the apple watch)
    - What features do you value most?
    - What do you like or dislike about the devices?
    - Do you use the devices to track or record anything?
    - How often do you use them to track health data (e.g., heart rate, stress, sleep)?
  - Do you ever feel the need to know or track your day to day emotions?
    - If so, what are the reasons why you would want to track the emotions?
    - If not, why not?
    - Do you think there is a huge benefit or advantage to tracking and knowing your emotions?
    - Who, if anyone, would you feel comfortable sharing your emotional data with?
    - Personally, how often do you think you undergo emotional shifts?
  - Have you ever used an emotion tracking device or app before?
    - If you did,
      - What did you like or dislike about them?
      - Did you find those apps useful or not?
      - What are some potential improvements on those apps?
    - If not, what was the main reason for not trying them?
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### Part 2: Gather detailed designing feedback on functionality

- How do you think to identify and assess your own emotions?
    - On a scale from 1 (very easy) to 5 (very difficult) how easy do you find it to do?
    - If ( $\geq 3$ ):
    - What makes it challenging? Is it a lack of vocabulary, the complexity of the feeling, or just not pausing to think about it?
  - What do you think about the device using some sort of color feedback such as showing a shape to try to shift a mood?
  - Would you prefer the device to proactively show you this color/shape feedback, or would you prefer it to only show the information when you actively check your phone/app?
  - Regarding the device form factor, which would you find more comfortable and unobtrusive: a watch, a necklace, or a clip-on? Why?
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### Part 3: Introduce our project and get feedback

- QuestionsDescribe our current idea in full.
  - The core of our idea is a system that presents your emotions back to you through a dynamic, flowing timeline of colors and shapes, without trying to change them. For example, a calm state might be a smooth blue wave, while frustration could be represented by a sharper, redder pattern.
  - Get feedback: What are your initial thoughts on this concept of a non-judgmental, visual emotional record?
- Do you think wearing a watch would be fine or would something like a neckpiece or clip-on? Is unobtrusive in your daily life?
- What else would you want this device to do for you?
- If this device were to be built, addressing your privacy concerns, would you be willing to try and wear it long-term? Why or why not?