Alberto Monge Roffarello

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Research Statement

My research focuses on digital wellbeing and AI-driven design patterns that compromise users' attention, agency, and mental health. I investigate the risks of persuasive and deceptive interfaces and develop tools, frameworks, and interventions to promote ethical and transparent design. My work spans HCI, mental health, and AI ethics and has been featured in top-tier venues, including ACM CHI and ACM TOCHI. I also teach courses on digital wellbeing in my university and actively collaborate with international partners and policy bodies.

Education and Employment

- **Assistant Professor (in tenure track)** JULY 2023 - PRESENT
  Politecnico di Torino, Italy, Department of Control and Computer Engineering. Lead of the Digital Wellbeing area in the e-Lite Research Group.
- **Assistant Professor (not in tenure track)** APRIL 2022 - JULY 2023
  Politecnico di Torino, Italy, Department of Control and Computer Engineering. Lead of the Digital Wellbeing area in the e-Lite Research Group.
- **Postdoctoral Researcher** NOVEMBER 2019 - MARCH 2022
  Politecnico di Torino, Italy, Department of Control and Computer Engineering.
- **Ph.D. in Computer and Control Engineering** NOVEMBER 2016 - OCTOBER 2019
  Politecnico di Torino, Italy, Department of Control and Computer Engineering, e-Lite Research Group.

Recent Projects

- **WELLBEING IN DIGITAL EDUCATION /** European Tender JULY 2023 - PRESENT
  Senior expert on Digital Wellbeing. Call: JRC/SVQ/2023/MVP/0388 Grant Agreement Number: 945051. Co-created a framework for conceptualising Wellbeing in Digital Education and contributing to the knowledge base across the European Union (EU).
  Allocated Budget: € 10,000
- **DIGI-TEENS /** National Project OCTOBER 2023 - PRESENT
  Leader of the "Proof of concept" work package. Grant Agreement Number: 20225WY8B5. Designed, developed, and tested a gamified platform to teach Digital Wellbeing in high schools.
  Allocated Budget: € 142,667.60
- **SIFIS HOME /** European Project OCTOBER 2020 - JUNE 2023
  Leader of the "Analytics for policy enforcement" task. Call: H2020-SU-02-ICT-2018-2020 (RIA) Grant Agreement Number: 952652. Designed and developed a tool to enforce privacy policies in smart homes.
  Allocated Budget: € 26,000

International Collaborations

- **YouthDMH** / European Cost Action DECEMBER 2024 - PRESENT
  Member of the Digital Mental Health for Young People COST Action. Call: CA23153. Accepted to be part of the core group of Working Group 4 - Theory, Design and Implementation.
- **EUD4DWB** / Research Collaboration MAY 2023 - PRESENT
  Collaboration with the Center for Advanced Internet Studies (CAIS, Bochum, Germany) exploring the intersection of End User Development and Digital Self-Control Tools. This collaboration resulted in the publication of two different papers (IEEE Pervasive, IS-EUD).
- **ACDPs** / Research Collaboration MAY 2022 - APRIL 2025
  Collaboration with Santa Clara University aimed at exploring the field of Attention-Capture Damaging patterns Patterns, i.e., design patterns deliberately used in digital interfaces to "capture" users' attention and increase profits from advertising. This collaboration resulted in two high-impact publications in premier venues (ACM CHI, ACM TOCHI) co-authored with professor Kai Lukoff.

- **TIME SIDEKICK** / Research Collaboration JANUARY 2021 - DECEMBER 2022
  Collaboration with the University of Virginia (Charlottesville, USA) on the development of low-risk digital self-control tools. This collaboration resulted in a high-impact publication at ACM CHI, and an international workshop at AVI 2022 attended by renowned experts in HCI.

Invited Talks

- Keynote speaker in the 3rd workshop of the Master Degree in Language Technology and Digital Humanities, Università di Torino, Italy (2025)

Academic Service

- **Publications Chair** for CHITALY 2025, Biannual Conference of the Italian SIGCHI Chapter
- **Notes Chairs** for ECSCW 2024, European Conference on Computer-Supported Cooperative Work
- **Demo & Poster Chairs** for CHITALY 2023, Biannual Conference of the Italian SIGCHI Chapter
- **Chair and organizer** of the DIGI-Teens 2024 international workshop (ACM AVI 2024)
- **Chair and organizer** of the Design4DWB 2022 international workshop (ACM AVI 2022)
- **Associate Chair** in for ACM CHI, ACM IUI, and IS-EUD conferences
- **Guest Editor** for the International Journal of Human-Computer Studies (IJHCS)
- **Reviewer** for several international conferences and journals, including CHI, IUI, MobileHCI, CSCW, INTERACT, TOCHI, EICS, IJHCS, and IMWUT.

Grants and Awards

- **ScuDo Quality Research Award (2019, 2020)**, for outstanding doctoral contributions to HCI and digital wellbeing, Doctoral School of Politecnico di Torino (ScuDo), Politecnico di Torino, Italy
- **Special Mention at the Perotto-Zucca Italian ICT Innovation Award (2016)**, AICA, Fondazione ASPHI, CDI Torino, CTI Liguria, Italy

Main Relevant Publications *The full publication list is available at: https://iris.polito.it/cris/rp/rp29216*

- [C1] **Monge Roffarello A**., Lukoff K., De Russis L., "Defining and Identifying Attention Capture Deceptive Designs in Digital Interfaces", in *Proceedings of the 2023 CHI Conference on Human Factors in Computing Systems (CHI '23),* 2023, 19 pages.
- [C2] **Monge Roffarello A.**, De Russis L., "Coping with Digital Wellbeing in a Multi-Device World", in *Proceedings of the 2021 CHI Conference on Human Factors in Computing Systems (CHI '21),* 2021, 14 pages.
- [C3] **Monge Roffarello A.**, De Russis L., "The Race Towards Digital Wellbeing: Issues and Opportunities", in *Proceedings of the 2019 CHI Conference on Human Factors in Computing Systems (CHI '19)*, 2019, 14 pages.
- [C4] **Monge Roffarello A.**, Calò T., Scibetta L., De Russis L., "Investigating How Computer Science Researchers Design Their Co-Writing Experiences With AI", in *Proceedings of the 2025 CHI Conference on Human Factors in Computing Systems (CHI '25)*, 2025, 17 pages.
- [J1] **Monge Roffarello A.**, De Russis L., Lukoff K., "The Digital Attention Heuristics: Supporting the User's Attention by Design", *ACM Transactions on Computer-Human Interaction (TOCHI)*, 2025, 42 pages.
- [J2] **Monge Roffarello A.**, De Russis L., "Achieving Digital Wellbeing Through Digital Self-Control Tools: A Systematic Review and Meta-Analysis", *ACM Transactions on Computer-Human Interaction (TOCHI)*, 2023, 62 pages.
- [J3] **Monge Roffarello A.**, De Russis L., "Understanding, Discovering, and Mitigating Habitual Smartphone Use in Young Adults", *ACM Transactions on Interactive Intelligent Systems*, 2021, 34 pages.
- [J4] **Monge Roffarello A.**, De Russis L., "Teaching and Learning 'Digital Wellbeing'", *Future Generation Computer Systems*, 2023, 14 pages.