

ThoughtfuList

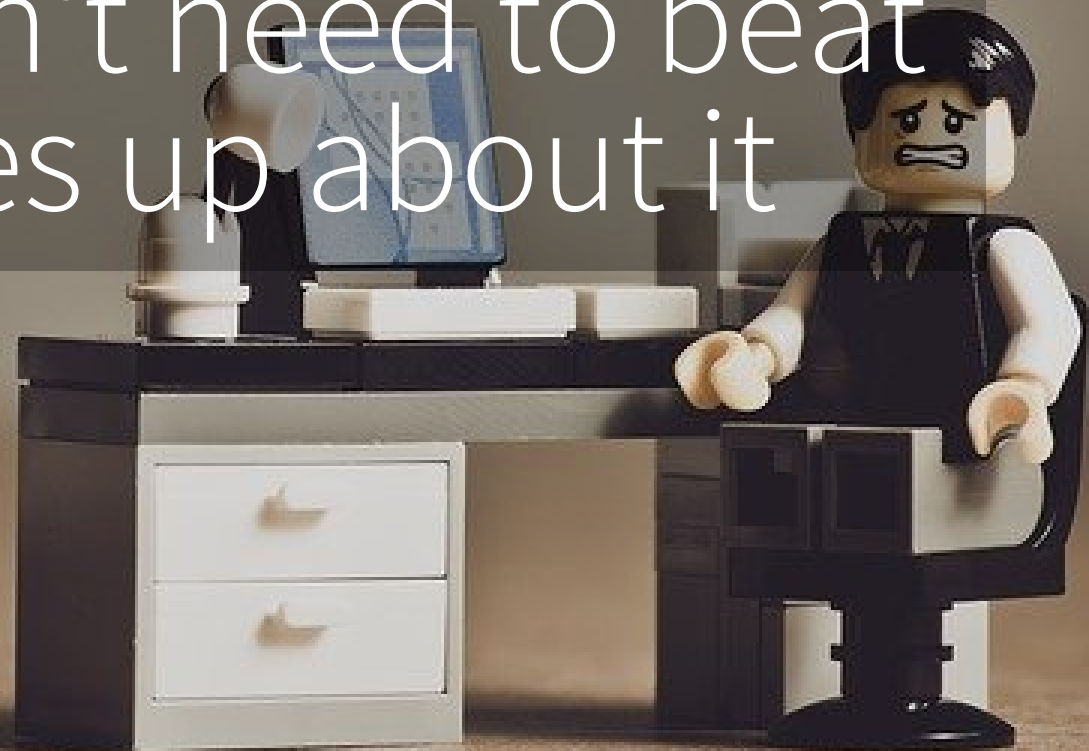
rehack 2019

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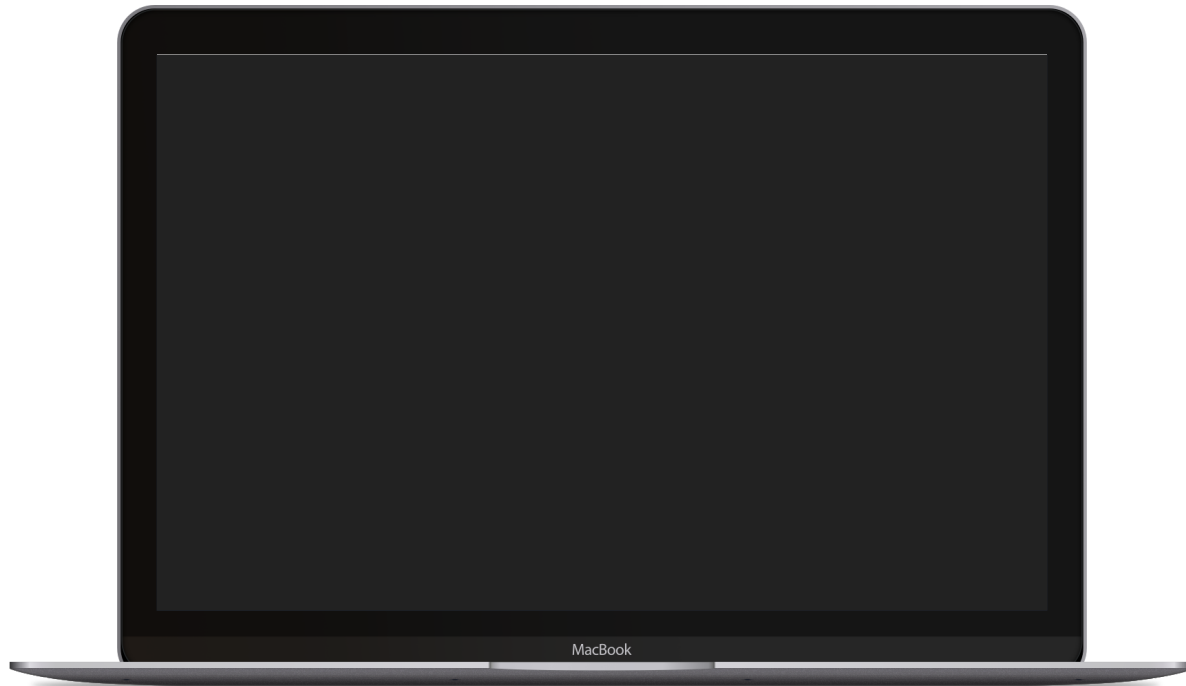
It's easy to get distracted

But we don't need to beat
ourselves up about it



Introducing **ThoughtfuList** for Positive Productivity

ThoughtfuList is a Chrome Extension that promotes deliberate and thoughtful browsing by allowing users to pre-specify browsing times on certain sites and using pop-ups to let them know when that time has passed. By providing users with gentle reminders of their goals before they started scrolling, we can help users be more mindful in their browsing habits, promoting healthier relationships between people and technology.



- **You** set limits at navigation time

This places users in control and makes them accountable to themselves --- the extension isn't the enforcer

- **Positive** vibes only

We're not your mom, reprimanding you for wasting time. We're just reminding and notifying you of how long you elected to spend on a site

How It Works



Demo

Core Features



Flag Sites



Manage Sites



Set Time



Allow Snooze



Option to Extend Time



Built-In Timer

We're glad you're using ThoughtfuList

How much time would you
like to spend on Facebook?
00 minutes

An aerial photograph of a lush forest with vibrant autumn foliage in shades of orange, yellow, and green. A wooden boardwalk winds through the trees, with several people walking along it. In the background, a large waterfall cascades into a pool of water, and another smaller waterfall is visible on the right side of the image. The water is a deep, clear blue-green color.

It's been fifteen minutes


What's next?

I'm done


I'm Finishing Up (+ 30 sec)


I'm Staying

Limit your time, gamble responsibly: setting a time limit (via pop-up message) on an electronic gaming machine reduces time on device

Hyoun S. Kim, Michael J. A. Wohl , Melissa J. Stewart, Travis Sztainert & Sally M. Gainsbury

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 <https://doi.org/10.1080/14459795.2014.910244>



 Full Article

 Figures & data

 References

 Citations

 Metrics

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 PDF

Abstract

In the current study, we assessed whether undergraduate electronic gaming machine (EGM) gamblers would be more apt to set a time limit and spend less time gambling when asked to consider setting an explicit time limit prior to their gambling session. To this end, participants ($N = 43$) were randomly assigned to a time limit pop-up condition or control condition, both of which involved gambling on an EGM in a virtual reality (VR) casino. In the time limit pop-up condition, participants were asked (via pop-up message) to consider setting a time limit on play and entering that limit in an available text box prior to commencing play. In the no time limit pop-up condition, participants engaged in play immediately upon accessing the EGM in the VR casino (i.e. they were not exposed to a time limit pop-up message). As predicted, participants who were explicitly asked to consider setting a time limit on their EGM play were significantly more likely to do so and spent less time gambling than those who were not given such instructions. The results provide preliminary support for the contention that setting a time limit on EGM play is an effective responsible gambling strategy.

People also read

Review article

Responsible gambling: a synthesis of the empirical evidence >

Robert Ladouceur et al.

Addiction Research & Theory
Volume 25, 2017 - Issue 3

Published online: 14 Dec 2016



MADE WITH

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Our Team

We're a team of **Princeton CS students** whose mission is to empower users to make deliberate decisions about their browsing and have positive productivity experiences.



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A person is working at a wooden desk. In the foreground, there is a white cup of coffee with latte art. To the left, a spiral-bound notebook with a 'BLACK DROPP' sticker is open. A hand holding a green pen is writing in the notebook. In the background, a laptop is open, displaying a colorful image. The scene is softly lit, creating a warm and focused atmosphere.

Don't be **Thoughtless**
about how you work best



Use ThoughtfulList

How it works

1 Step 1

Download the ThoughtList Chrome Extension

2 Step 2

Create your blue list + add and remove sites as you browse

3 Step 3

Prompted by ThoughtList whenever you visit a flagged/bluelist site

4 Step 4

Reminded of the time + choose to quit, snooze, or extend