

{POV}

commuters

need

an outlet to **immediately express** visceral  
emotion when they encounter a stressful  
driving situation

because

releasing small stresses can prevent  
accumulation and eventual aggression.

**What's up?**

**B**otao Hu (CS)

[botaohu@stanford.edu](mailto:botaohu@stanford.edu)

Ian Macartney (CS)

[ianmac@stanford.edu](mailto:ianmac@stanford.edu)

**M**egha Makam (neuro/music)

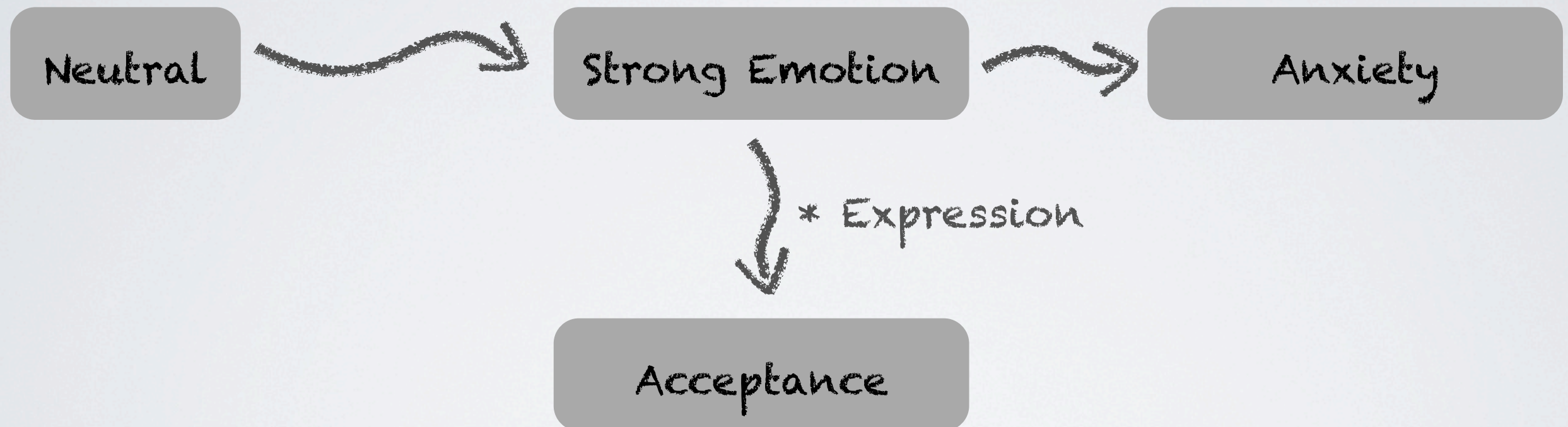
[makam@stanford.edu](mailto:makam@stanford.edu)



# {Stress Model}

\* External stressor  
(bad driver)

\* Fixation / rumination





{Landscape}

new LED sign



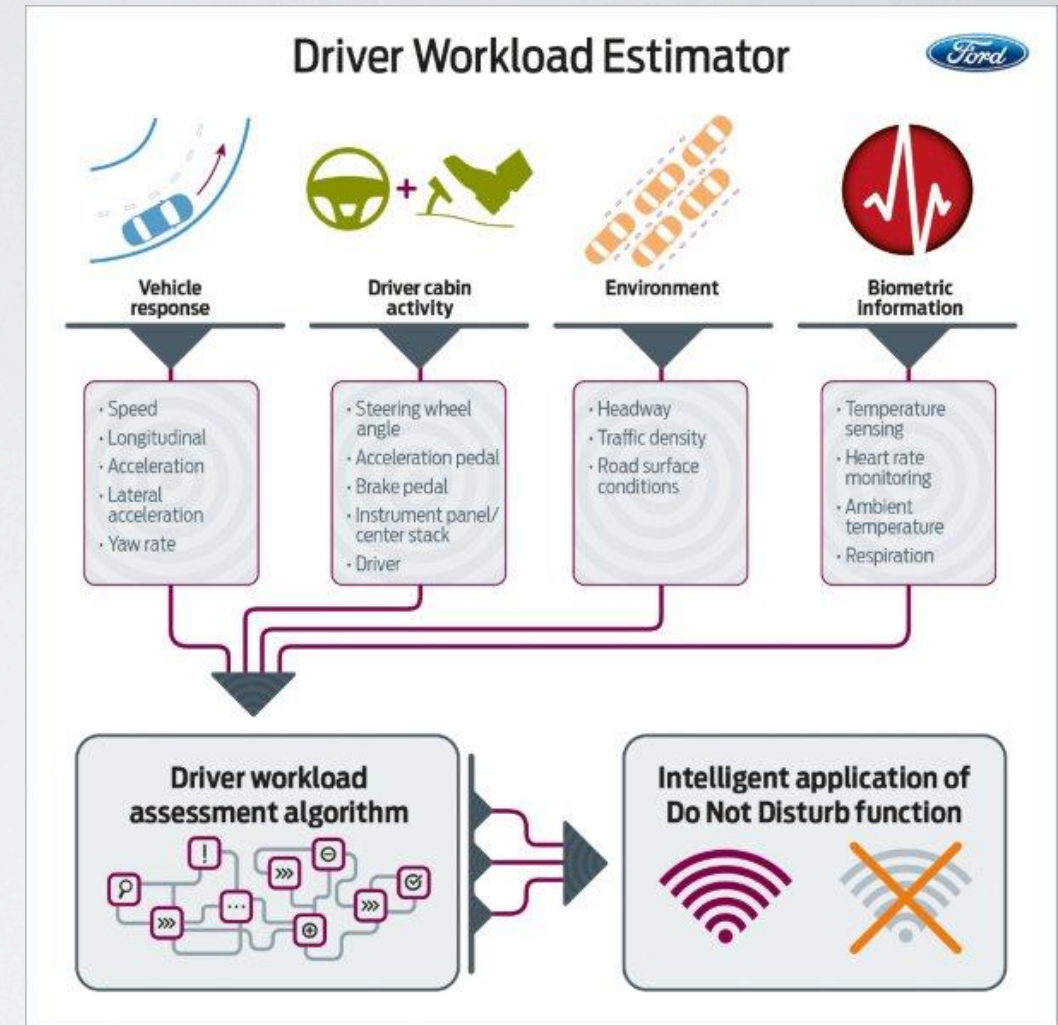
Talking to Yourself May  
Actually Be A Good Idea

<http://goo.gl/SQTqZ>

Car technology  
that monitors  
vitals, stress levels

<http://goo.gl/V67V7>

sophisticated estimator



Advances in Human-Computer Interaction  
Volume 2010 (2010), Article ID 263593, 17 pages  
doi:10.1155/2010/263593

**Review Article**

**Emotion on the Road—Necessity, Acceptance, and Feasibility of Affective Computing in the Car**

Florian Eyben,<sup>1</sup> Martin Wöllmer,<sup>1</sup> Tony Poitschke,<sup>1</sup> Björn Schuller,<sup>1</sup> Christoph Blaschke,<sup>2</sup> Berthold Färber,<sup>2</sup> and Nhu Nguyen-Thien<sup>3</sup>



## {Trends}

It seems that the car companies are "in charge" of developing technologies for the car.

There are probably regulations on what can be used in cars to interact with drivers.

They seem pretty technologically sophisticated - biometric sensors and cameras.

## {NOI}

Talking to yourself is helpful

People feel the need to communicate emotion with other drivers

Externalizing emotions is helpful in acceptance of them



# {Questions}

How might we relieve small stresses of driving through small cathartic actions?

How might we give people the experience of sharing emotions without in-person interaction?

Are drivers actually able to process and reduce stress that they experience, not just track it?

There could be a faster and cheaper approach to mediating stress response in drivers by giving them an outlet to express their emotions.