

{Questions}

Do sound clips help reduce sudden stress
while driving?

What's up?

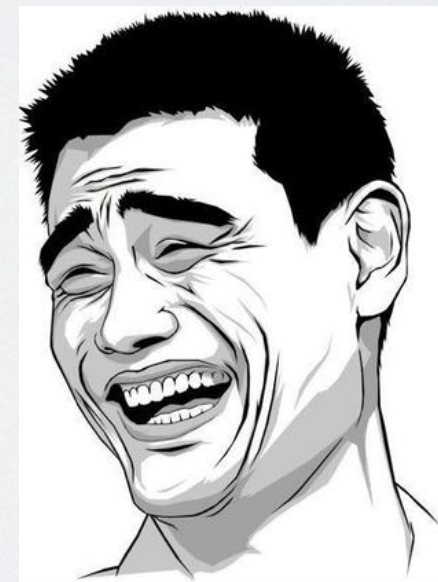
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{Hypothesis}

Immediate stress can be dissociated by distraction;

A sound clip is the appropriate distraction.

{What does it look like?}



{Trial Result}

Immediate stress can be dissociated by distraction

“It really helped my mood”

“I kept pressing it until I got the one I liked”

“I forget what happened when I follow the beat of Gangnam style”

A sound clip is the appropriate distraction

“The sound clips clashed with currently playing music”

“A sound clip with speech would help distract me from the moment rather than music, like a joke or motivational comment”

“Maybe it can play my favorite song instead”

User tried not to use phone while driving

Customization is key

Expression seemed to be more important than distraction

{Next step}

Focus on Expression

Make the gesture bigger

