Interview Results

Chih-Yun Tsai
Ridho Laksono
Ashish Mudaliar
Shekoufeh Gorgi Zadeh

Our Idea

Covers various Health issues at work

- Based on air quality may advise users to open doors or windows
- Keep a check of coffee intake and after a certain amount, suggest other activities
- Keep a check on user inactivity for long periods of time and suggest exercises to users

Interview

- A total of **16 users** who work in offices were interviewed
- Our interviewees were almost evenly spread over both genders with 9 out of the 16 being male
- Most of the users were in the **age group of 20-30** with only 5 being above 30 years of age
- Our questions covered the day to day activities of users in their offices
- Questions ranged from the average number of hours they spend behind their desk at work to the average number of coffee cups they consume in a day
- Most of our users had 35-40 hour weeks
- Some users worked less than 30 hrs/week

Coffee related questions

- Number of cups of coffee
  - Most of the interviewees only drink 1 cup of coffee daily (60%) (We don't know how'd they live :P)
  - Only 20% drink 2 - 3 cups of coffee
  - and 20% drink more than 3

- 70% of the interviewees didn't like to be checked how many cups of coffee they have daily

Coffee related questions

- 85% like other activities instead of drinking coffee to avoid sleepiness
- 85% would like to do refreshing activities instead of having another cup of coffee
- Only 15% of people have a schedule on when they are going to drink their coffee
- 85% didn't like to be reminded on a certain time that they schedule to be reminded to drink their coffee

Kinect related questions

- On an average users spend 5-7 hrs/day sitting behind their desk
- 75% of interviewed users said they generally do not perform any kind of exercise while they are at work
- Approximately 80% of the users said they would not mind their activities around their office being monitored
- Most users shared their office with other people but they said they would mind performing some exercises if it helped them and did not take much time
- People were keen on the competition aspect of the system

Air quality related questions

- Half of the interviewees are able to "measure" the air quality by feelings
- Being informed about the bad air quality in the office, about 60% interviewees would open the window despite the weather condition; 40% would do so depending on the weather
- 70% would like the room temperature adjusted automatically based on their preference
- 70% would like a suggestion to open the door instead of the window, when it's cold outside but the air is bad in the office

To sum up

The application that we are going to develop involve tracking the user coffee intake, suggesting some short physical activities, and in addition to that, an application that can recommend the user to do action to improve air quality in their office