Daniel A. Epstein

Employment

2018-Present University of California, Irvine

Assistant Professor

Department of Informatics, Donald Bren School of Information & Computer Sciences

Courtesy appointment, Department of Computer Science

Areas: Human-Computer Interaction, Ubiquitous Computing, Social Computing, Health

Education

2012-2018 University of Washington

Ph.D., Computer Science & Engineering, 2018 Dissertation title: Everyday Personal Informatics

Advisors: James Fogarty, Sean Munson

Committee: James Fogarty, Sean Munson, David McDonald, Mira Dontcheva, Jessica Hullman

M.S., Computer Science & Engineering, 2014

2008-2012 University of Virginia

B.S., Computer Science with Highest Distinction, 2012

Advisors: Kevin Skadron, Aaron Bloomfield

Conference Publications

2024 C28 Analyzing Smart Product-Service Systems in Use: The Case of Children-Oriented Wearables

Isıl Oygür, <u>Daniel A. Epstein</u>, Yunan Chen

DRS 2024 [Acceptance Rate 46%]

C27 Understanding the Lived Experience of Collaborative Pregnancy Tracking

Xi Lu, Jacquelyn E. Powell, Elena Agapie, Yunan Chen, <u>Daniel A. Epstein</u> CHI 2024 [Acceptance Rate 26%]

C26 Understanding the Impact of Long-Term Memory on Self-Disclosure with Large Language Model-Driven Chatbots for Public Health

Eunkyung Jo, Yuin Jeong, SoHyun Park, <u>Daniel A. Epstein</u>, Young-Ho Kim CHI 2024 [Acceptance Rate 26%]

C25 Socioeconomic Class in Physical Activity Wearables Research and Design

Whitney-Jocelyn Kouaho, <u>Daniel A. Epstein</u> CHI 2024 [Acceptance Rate 26%]

C24 Co-Designing Situated Displays for Family Co-Regulation with ADHD Children

Lucas M. Silva, Franceli L. Cibrian, Clarisse Bonang, Arpita Bhattacharya, Aehong Min, Elissa M. Monteiro, Jesus Armando Beltran, Sabrina Schuck, Kimberley D. Lakes, Gillian R. Hayes, <u>Daniel A. Epstein</u>
CHI 2024 [Acceptance Rate 26%]

2023 C23 Unpacking the Lived Experiences of Smartwatch Mediated Self and Co-Regulation with ADHD Children

Lucas M. Silva, Franceli L. Cibrian, Elissa M. Monteiro, Arpita Bhattacharya, Jesus Armando Beltran, Clarisse Bonang, <u>Daniel A. Epstein</u>, Sabrina Schuck, Kimberley D. Lakes, Gillian R. Hayes CHI 2023 [Acceptance Rate 28%]

C22 Understanding the Benefits and Challenges of Deploying Conversational AI

Leveraging Large Language Models for Public Health Intervention Eunkyung Jo, <u>Daniel A. Epstein</u>, Hyunhoon Jung, Young-Ho Kim

CHI 2023 [Acceptance Rate 28%] Best Paper Award, Top 1% of Submissions

C21 This Watchface Fits with my Tattoos: Investigating Customisation Needs and Preferences in Personal Tracking

Rúben Gouveia, <u>Daniel A. Epstein</u> CHI 2023 [Acceptance Rate 28%]

2022 C20 Designing Flexible Longitudinal Regimens: Supporting Clinician Planning for Discontinuation of Psychiatric Drugs

Eunkyung Jo, Myeonghan Ryu, Georgia Kenderova, Samuel So, Bryan Shapiro, Alexandra Papoutsaki, <u>Daniel A. Epstein</u>
CHI 2022 [Acceptance Rate 25%]

C19 Unpacking Intention and Behavior: Explaining Contact Tracing App

Adoption and Hesitancy in the United States

Jack Jamieson, <u>Daniel A. Epstein</u>, Yunan Chen, Naomi Yamashita CHI 2022 [Acceptance Rate 25%] Best Paper Honorable Mention, Top 5% of Submissions

2021 C18 Investigating Preferred Food Description Practices in Digital Food Journaling

Lucas M. Silva, <u>Daniel A. Epstein</u>
DIS 2021 [Acceptance Rate 27%]

C17 How Cultural Norms Influence Persuasive Design: A Study on Chinese Food Journaling Apps

Xi Lu, Yunan Chen, <u>Daniel A. Epstein</u> DIS 2021 [Acceptance Rate 27%]

C16 Comparing Perspectives around Human and Technology Support for Contact Tracing

Xi Lu, Tera L. Reynolds, Eunkyung Jo, Hwajung Hong, Xinru Page, Yunan Chen, <u>Daniel A. Epstein</u> CHI 2021 [Acceptance Rate 26%]

C15 The Lived Experience of Child-Owned Wearables:

Comparing Children's and Parents' Perspectives on Activity Tracking

Isıl Oygur, Zhaoyuan Su, <u>Daniel A. Epstein</u>, Yunan Chen CHI 2021 [Acceptance Rate 26%]

2020 C14 Supporting Caring among Intergenerational Family Members through Family Fitness Tracking

Qingyang Li, Clara Caldeira, <u>Daniel A. Epstein</u>, Yunan Chen PervasiveHealth 2020 [Full Presentation; Acceptance Rate 33%]

C13 Yarn: Adding Meaning to Shared Personal Data through Structured Storytelling

<u>Daniel A. Epstein</u>, Mira Dontcheva, James Fogarty, Sean A. Munson GI 2020 [Acceptance Rate 52%]

2018 C12 Examining Self-Tracking by People with Migraine: Goals, Needs,

and Opportunities in a Chronic Health Condition

Jessica Schroeder, Chia-Fang Chung, <u>Daniel A. Epstein</u>, Ravi Karkar, Adele Parsons, Natalia Murinova, James Fogarty, Sean A. Munson DIS 2018 [Acceptance Rate 23%] Best Paper Honorable Mention, Top 5% of Submissions

2017 C11 Examining Menstrual Tracking to Inform the Design of Personal Informatics Tools

 $\overline{\mathbb{A}}$

<u>Daniel A. Epstein</u>, Nicole B. Lee, Jennifer H. Kang, Elena Agapie, Jessica Schroeder, Laura R. Pina, James Fogarty, Julie A. Kientz, Sean A. Munson CHI 2017 [Acceptance Rate 25%] Best Paper Award, Top 1% of Submissions

C10 TummyTrials: A Feasibility Study of Using Self-Experimentation to Detect Individualized Food Triggers

Ravi Karkar, Jessica Schroeder, <u>Daniel A. Epstein</u>, Laura R. Pina, Jeffrey Scofield, James Fogarty, Julie A. Kientz, Sean A. Munson, Roger Vilardaga, Jasmine Zia CHI 2017 [Acceptance Rate 25%] Best Paper Honorable Mention, Top 5% of Submissions

2016 C9 Reconsidering the Device in the Drawer: Lapses as a Design Opportunity in Personal Informatics

<u>Daniel A. Epstein</u>, Jennifer H. Kang, Laura R. Pina, James Fogarty, Sean A. Munson UbiComp 2016 [Acceptance Rate 24%]

C8 Taking 5: Work-Breaks, Productivity, and Opportunities for Personal Informatics for Knowledge Workers

<u>Daniel A. Epstein</u>, Daniel Avrahami, Jacob T. Biehl CHI 2016 [Acceptance Rate 23%]

C7 Crumbs: Lightweight Daily Food Challenges to Promote Engagement and Mindfulness

<u>Daniel A. Epstein</u>, Felicia Cordeiro, James Fogarty, Gary Hsieh, Sean A. Munson CHI 2016 [Acceptance Rate: 23%]

C6 Beyond Abandonment to Next Steps: Understanding and Designing for Life after Personal Informatics Tool Use

<u>Daniel A. Epstein</u>, Monica Caraway, Chuck Johnston, An Ping, James Fogarty, Sean A. Munson CHI 2016 [Acceptance Rate: 23%]

2015 C5 A Lived Informatics Model of Personal Informatics

<u>Daniel A. Epstein</u>, An Ping, James Fogarty, Sean A. Munson UbiComp 2015 [Acceptance Rate: 30%]

C4 Barriers and Negative Nudges: Exploring Challenges in Food Journaling

Felicia Cordeiro, <u>Daniel A. Epstein</u>, Edison Thomaz, Elizabeth Bales, Arvind K. Jagannathan, Gregory D. Abowd, James Fogarty

CHI 2015 [Acceptance Rate: 23%] Best Paper Honorable Mention, Top 5% of Submissions

C3 From "nobody cares" to "way to go!": A Design Framework for Social Sharing in Personal Informatics

<u>Daniel A. Epstein</u>, Bradley H. Jacobson, Elizabeth Bales, David W. McDonald, Sean A. Munson CSCW 2015 [Acceptance Rate: 28%]

2014 C2 Taming Data Complexity in Lifelogs: Exploring Visual Cuts of Personal Informatics Data

<u>Daniel A. Epstein</u>, Felicia Cordeiro, Elizabeth Bales, James Fogarty, Sean A. Munson DIS 2014 [Acceptance Rate: 26%]

2013 C1 Fine-Grained Sharing of Sensed Physical Activity: A Value Sensitive Approach

<u>Daniel A. Epstein</u>, Alan Borning, James Fogarty UbiComp 2013 [Acceptance Rate: 23%]

Journal Publications

2024 J23 Examining the Social Aspects of Pregnancy Tracking Applications

Xi Lu, Jacquelyn E. Powell, Elena Agapie, Yunan Chen, <u>Daniel A. Epstein</u>
Proceedings of the ACM: Human-Computer Interaction, Volume 8 Issue CSCW1

J22 Powered by AI: Examining how AI Descriptions Influence Perceptions of Fertility Tracking Applications

Mayara Costa Figueiredo, Elizabeth Ankrah, Jacquelyn E. Powell, <u>Daniel A. Epstein</u>, Yunan Chen Proceedings of the ACM: Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT), Volume 7 Issue 4

2023 J21 Exploring Opportunities for Multimodality and Multiple Devices in Food Journaling

Lucas M. Silva, Elizabeth Ankrah, Yuqi Huai, <u>Daniel A. Epstein</u>
Proceedings of the ACM: Human-Computer Interaction, Volume 7 Issue MHCI

J20 Exploring User Perspectives and Ethical Experiences of Teletherapy Apps: A Qualitative Analysis of User Reviews

Eunkyung Jo, Whitney-Jocelyn Kouaho, Stephen M. Schueller, <u>Daniel A. Epstein</u> JMIR Mental Health, Volume 10 Issue 1

2022 J19 SnapPI: Understanding Everyday Use of Personal Informatics Data Stickers on Ephemeral Social Media

Dennis Wang, Marawin Chheang, Siyun Ji, Ryan Mohta, <u>Daniel A. Epstein</u>
Proceedings of the ACM: Human-Computer Interaction, Volume 6 Issue CSCW2

J18 Revisiting Piggyback Prototyping: Examining Benefits and Tradeoffs in Extending Existing Social Computing Systems

<u>Daniel A. Epstein</u>, Fannie Liu, Andrés Monroy-Hernández, Dennis Wang Proceedings of the ACM: Human-Computer Interaction, Volume 6 Issue CSCW2

J17 Understanding Cultural Influence on Perspectives Around Contact Tracing Strategies

Xi Lu, Eunkyung Jo, Seora Park, Hwajung Hong, Yunan Chen, <u>Daniel A. Epstein</u>
Proceedings of the ACM: Human-Computer Interaction, Volume 6 Issue CSCW2

J16 Understanding People's Perceptions of Approaches to Semi-Automated Dietary Monitoring

Xi Lu, Edison Thomaz, Daniel A. Epstein

Proceedings of the ACM: Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT), Volume 6 Issue 3

J15 GeniAuti: Toward Data-Driven Interventions to Challenging Behaviors of Autistic Children through Caregivers' Tracking

Eunkyung Jo, Seora Park, Hyeonseok Bang, Youngeun Hong, Yeni Kim, Jungwon Choi, Bung Nyun Kim, <u>Daniel A. Epstein</u>, Hwajung Hong Proceedings of the ACM: Human-Computer Interaction, Volume 6 Issue CSCW1

J14 Adapting Multi-Device Deployments During a Pandemic: Lessons Learned from Two Studies

Lucas M. Silva, Franceli L. Cibrian, <u>Daniel A. Epstein</u>, Arpita Bhattacharya, Elizabeth A. Ankrah, Jesus A. Beltran, Sabrina E. Schuck, Kimberley D. Lakes, Gillian R. Hayes IEEE Pervasive Computing, Volume 21 Issue 1

2021 J13 Understanding and Supporting Self-Tracking App Selection

Jong Ho Lee, Jessica Schroeder, <u>Daniel A. Epstein</u>

Proceedings of the ACM: Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT), Volume 5 Issue 4

J12 A Model of Socially Sustained Self-Tracking for Food and Diet

Xi Lu, Yunan Chen, <u>Daniel A. Epstein</u>

Proceedings of the ACM: Human-Computer Interaction, Volume 5 Issue CSCW2

J11 Understanding Delivery of Collectively Built Protocols in an Online Health Community for Discontinuation of Psychiatric Drugs

Alexandra Papoutsaki, Samuel So, Georgia Kenderova, Bryan Shapiro, <u>Daniel A. Epstein</u> Proceedings of the ACM: Human-Computer Interaction, Volume 5 Issue CSCW2

J10 Deciding If and How to Use a COVID-19 Contact Tracing App: Influences of Social Factors on Individual Use in Japan

Jack Jamieson, Naomi Yamashita, <u>Daniel A. Epstein</u>, Yunan Chen

Proceedings of the ACM: Human-Computer Interaction, Volume 5 Issue CSCW2

J9 Understanding People's Use of and Perspectives on Mood Tracking Apps: An Interview Study

Stephen M. Schueller, Martha Neary, Jocelyn Lai, <u>Daniel A. Epstein</u>

JMIR Mental Health, Volume 8 Issue 8

J8 Goals, Life Events, and Transitions: Examining Fertility Apps for Holistic Health Tracking

Mayara Costa Figueiredo, Thu Huynh, Anna Takei, <u>Daniel A. Epstein</u>, Yunan Chen JAMIA Open, Volume 4 Issue 1

2020 J7 Mapping and Taking Stock of the Personal Informatics Literature

<u>Daniel A. Epstein</u>, Clara Caldeira, Mayara Costa Figueiredo, Xi Lu, Lucas M. Silva, Lucretia Williams, Jong Ho Lee, Qingyang Li, Simran Ahuja, Qiuer Chen, Payam Dowlatyari, Craig Hilby, Sazeda Sultana, Elizabeth V. Eikey, Yunan Chen Proceedings of the ACM: Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT), Volume 4 Issue 4

J6 Exploring Design Principles for Sharing of Personal Informatics Data on Ephemeral Social Media

<u>Daniel A. Epstein</u>, Siyun Ji, Danny Beltran, Griffin D'Haenens, Zhaomin Li, Tan Zhou Proceedings of the ACM: Human-Computer Interaction, Volume 4 Issue CSCW2

J5 Raising the Responsible Child: Collaborative Work in the Use of Activity Trackers for Children

Işıl Oygur, <u>Daniel A. Epstein</u>, Yunan Chen

Proceedings of the ACM: Human-Computer Interaction, Volume 4 Issue CSCW2

J4 A Life of Data - Characteristics and Challenges of Very Long-Term Self-Tracking for Health and Wellness

Jochen Meyer, Judy Kay, <u>Daniel A. Epstein</u>, Parisa Eslambolchilar, Lie Ming Tang ACM Transactions on Computing for Healthcare (HEALTH), Volume 1 Issue 2

2018 J3 Defining Adherence: Making Sense of Physical Activity Tracker Data

Lie Ming Tang, Jochen Meyer, <u>Daniel A. Epstein</u>, Kevin Bragg, Lina Engelen, Adrian Bauman, Judy Kay Proceedings of the ACM: Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT), Volume 2 Issue 1

2017 J2 Friends Don't Need Receipts: The Curious Case of Social Awareness Streams in the Mobile Payment App Venmo

Monica Caraway, <u>Daniel A. Epstein</u>, Sean A. Munson

Proceedings of the ACM: Human-Computer Interaction, Volume 1 Issue CSCW [Acceptance Rate 27%]

J1 Semi-automated tracking: A Balanced Approach for Self-Monitoring Applications

Eun Kyoung Choe, Saeed Abdullah, Mashfiqui Rabbi, Edison Thomaz, <u>Daniel A. Epstein</u>, Matthew Kay, Felicia Cordeiro, Gregory D. Abowd, Tanzeem Choudhury, James Fogarty, Bongshin Lee, Mark Matthews, Julie A. Kientz IEEE Pervasive Computing, Volume 16 Issue 1

Book Chapters

2021 B3 Challenges in Everyday Use of Mobile Visualizations

<u>Daniel A. Epstein</u>, Tanja Blascheck, Sheelagh Carpendale, Raimund Dachselt, Jo Vermeulen Chapter in Mobile Data Visualization, Chapman and Hall/CRC

B2 Opportunities and Challenges for Long-Term Tracking

<u>Daniel A. Epstein</u>, Parisa Eslambolchiar, Judy Kay, Jochen Meyer, Sean A. Munson Chapter in Advances in Longitudinal HCI Research, Springer Nature

2020 B1 Monitoring Menses: Design Based Investigations of Menstrual Tracking Applications

Sarah Fox, Daniel A. Epstein

Chapter in The Handbook of Critical Menstruation Studies, Palgrave MacMillan

Workshops Organized

2023 O6 Symposium: Workgroup on Interactive Systems in Healthcare (WISH)

<u>Daniel A. Epstein</u>, Aisling Ann O'Kane, Andrew D. Miller CHI 2023 Symposium

2022 O5 Grand Challenges for Personal Informatics and AI

Lena Mamykina, <u>Daniel A. Epstein</u>, Predrag Klasnja, Donna Spruijt-Metz, Jochen Meyer, Mary Czerwinski, Tim Althoff, Eun Kyoung Choe, Munmun De Choudhury, Brian Y. Lim CHI 2022 Workshop

2021 O4 The Future of Research on Online Health Communities:

Discussing Membership, Structure, and Support

Alexandra Papoutsaki, Jina Huh-Yoo, Haley MacLeod, Lena Mamykina, Andrew D. Miller, Svetlana Yarosh, <u>Daniel A. Epstein</u>
CSCW 2021 Workshop

2018 O3 A Short Workshop on Next Steps Toward Long Term Tracking

Jochen Meyer, <u>Daniel A. Epstein</u>, Parisa Eslambolchilar, Judy Kay, Lie Ming Tang CHI 2018 Workshop

2017 O2 New Frontiers of Quantified Self 3: Exploring Understudied Categories of Users

Amon Rapp, Federica Cena, Judy Kay, Bob Kummerfeld, Frank Hopfgartner, Till Plumbaum, Jakob Eg Larsen, <u>Daniel A. Epstein</u>, Rúben Gouveia UbiComp 2017 Workshop

2016 O1 New Frontiers of Quantified Self 2: Going Beyond Numbers

Amon Rapp, Federica Cena, Judy Kay, Bob Kummerfeld, Frank Hopfgartner, Till Plumbaum, Jakob Eg Larsen, <u>Daniel A. Epstein</u>, Rúben Gouveia UbiComp 2016 Workshop

Panels

2019 P1 Women's Health, Wellbeing, & Empowerment

Neha Kumar, <u>Daniel A. Epstein</u>, Catherine D'Ignazio, Amanda Lazar, Andrea Parker, Muge Haseki, Anupriya Tuli CSCW 2019 Panel

Demos

2022 D1 Mindful Garden: Supporting Reflection on Biosignals

in a Co-Located Augmented Reality Mindfulness Experience

Lika Liu, Xi Lu, Richard Martinez, Dennis Wang, Fannie Liu, Andrés Monroy-Hernández, <u>Daniel A. Epstein</u> CSCW 2022 Demo

Works-In-Progress and other Lightly Reviewed Works

2023 L2 Effects of Scaling Up Non-Personalized Aspects of Apprentice-Style Research: Perceptions from Mentors and Mentees

David Van Nugyen, <u>Daniel A. Epstein</u>, Shayan Doroudi L@S Works-In-Progress

L1 Co-Designing for the Co-Use of Child-Owned Wearables

Isıl Oygur, Yunan Chen, <u>Daniel A. Epstein</u> IDC 2023 Works-In-Progress

Workshop Publications

2023 W22 Planning for FamilyBloom: Helping ADHD Children and Family Co-Regulation through Tracking and Reflecting

Lucas M. Silva, Gillian R. Hayes, <u>Daniel A. Epstein</u>
MobileHCI 2023 Workshop (Future of Cognitive Personal Informatics)

2023 W21 GeniAuti: Toward Data-Driven Interventions to Challenging Behaviors of Autistic Children through Caregivers' Tracking

Eunkyung Jo, Seora Park, Hyeonseok Bang, Youngeun Hong, Yeni Kim, Jungwon Choi, Bung Nyun Kim, <u>Daniel A. Epstein</u>, Hwajung Hong CHI 2023 Symposium (Workgroup on Interactive Systems in Healthcare)

W20 Class in the Health and Personal Informatics Research and Design Space

Whitney-Jocelyn Kouaho, <u>Daniel A. Epstein</u>
CHI 2023 Symposium (Workgroup on Interactive Systems in Healthcare)

2022 W19 Examining the Role of Conversational AI in Personal Informatics Systems for Collaborative Health Work and Care

Eunkyung Jo, Young-Ho Kim, Yuin Jeong, Hyeri Kim, Hyun Jung Park, <u>Daniel A. Epstein</u> CHI 2022 Workshop (Grand Challenges in Personal Informatics and AI)

W18 Considering the Role of Personal Informatics Systems in Technology Ecosystems for Complex Health

Xi Lu, Daniel A. Epstein

CHI 2022 Workshop (Designing Ecosystems for Complex Health Needs)

2021 W17 Comparing Social Support Differences in Activity Data Sharing on Dedicated and Broad Online Communities

Dennis Wang, Jocelyn Eng, Nick Turpitka, <u>Daniel A. Epstein</u>

CSCW 2021 Workshop (The Future of Research on Online Health Communities)

W16 Methods for Co-Designing Conversational Interactions for Digital Food Journaling

Lucas M. Silva, David V. Nguyen, <u>Daniel A. Epstein</u>

CHI 2021 Workshop (Putting Conversational User Interface Design into Practice)

W15 Exploring Tradeoffs in the Design Space of Human-Centered Semi-Automated Food Journaling

Xi Lu, Sruthi Ramabadran, Edison Thomaz, <u>Daniel A. Epstein</u>

CHI 2021 Workshop (Future of Human-Food Interaction)

W14 Practical Challenges in Piggyback Prototyping Social Media Experiences

Dennis Wang, Marawin Chheang, Siyun Ji, Ryan Mohta, <u>Daniel A. Epstein</u>

CHI 2021 Workshop (Social Media as a Design and Research Site)

2020 W13 Exploring Voice Input Opportunities in Multimodal Food Journaling

Lucas M. Silva, Yuqi Huai, Daniel A. Epstein

CHI 2020 Workshop (Conversational Agents for Health and Wellbeing)

2019 W12 Designing to Provide Social Support to Job Seekers After Prison Release

Daniel A. Epstein, Naomi F. Sugie

CSCW 2019 Workshop (Life Transitions and Social Technologies)

W11 Examining Self-Tracking by People with Migraine: Goals, Needs, and Opportunities in a Chronic Health Condition

Jessica Schroeder, Chia-Fang Chung, <u>Daniel A. Epstein</u>, Ravi Karkar, Adele Parsons, Natalia Murinova, James Fogarty, Sean A. Munson

CHI 2019 Symposium (Workgroup on Interactive Systems in Healthcare)

2018 W10 Helping People Find Support through Data: Reflections from Four Projects

on Sharing Personal Informatics Data Online

<u>Daniel A. Epstein</u>

CSCW 2018 Workshop (Social Issues in Personal Informatics)

2017 W9 Exploring Opportunities for Storytelling with Everyday Personal Data

Daniel A. Epstein, James Fogarty, Sean A. Munson

CHI 2017 Workshop (Quantified Data & Social Relationships)

W8 Exploring New Design Directions for Menstrual Tracking Technology

Daniel A. Epstein, Nicole B. Lee, Jennifer H. Kang, Elena Agapie, Jessica Schroeder,

Laura R. Pina, James Fogarty, Julie A. Kientz, Sean A. Munson

CHI 2017 Workshop (Hacking Women's Health)

2015 W7 Personal Informatics in Everyday Life

Daniel A. Epstein

UbiComp/ISWC 2015 Doctoral School

W6 Wearables of 2025: Designing Personal Informatics at a Broader Audience

Daniel A. Epstein, Nicole B. Lee, Elizabeth Bales, James Fogarty, Sean A. Munson

CHI 2015 Workshop (Beyond Personal Informatics: Designing for Experiences with Data)

2014 W5 Failures in Sharing Personal Data on Social Networking Sites

Daniel A. Epstein, James Fogarty, Sean A. Munson

UbiComp 2014 Workshop (Disasters in Personal Informatics:

The Unpublished Stories of Failure and Lessons Learned)

W4 Design Considerations for Socially Sharing Quantified Self

Daniel A. Epstein, Elizabeth Bales and Sean A. Munson

CHI 2014 Workshop (Beyond Quantified Self: Data for Wellbeing)

2013 W3 Improving Personal Informatics Through Social Sharing

Daniel A. Epstein

UbiComp/ISWC 2013 Doctoral School (Junior Track)

W2 Examining Obstacles to Sharing Fine-Grained Personal Activity Data

<u>Daniel A. Epstein</u> and James Fogarty

CHI 2013 Workshop (Personal Informatics in the Wild: Hacking Habits for Health & Happiness)

2012 W1 Multi-Granularity Redundancy in Multi-Core SIMT

Daniel A. Epstein, Kevin Skadron, and Brett H. Meyer (2012).

DFM&Y 2012 (Workshop on Design for Manufacturability and Yield)

Mentorship and Advising

University of California, Irvine

2018-Present

Ph.D. Student Advising

Matthew Dressa | Informatics, Fall 2022-Present

Eunkyung Jo | C16, C20, C22, C26, J15, J17, J20, W19, W21 | Informatics, Fall 2020-Present

Google Ph.D. Fellowship Awardee, 2023-2025

Best Paper Award, CHI 2023 (for C22)

Completed Comprehensives Spring 2022, Advancement Spring 2023

Whitney-Jocelyn Kouaho | C25, J20, W20 | Informatics, Summer 2022-Present

Completed Comprehensives Fall 2022

Xi Lu | C16, C17, C27, J7, J12, J16, J17, J23, W14, W18, D1 | Informatics, Fall 2019-Present

ICS Steckler Family Endowed Fellowship Awardee, 2022-2023

Completed Comprehensives Winter 2022, Advancement Spring 2022, Dissertation Proposal Fall 2022

Lucas de Melo Silva | C18, C23, C24, J7, J14, J21, W13, W16, W22 | Informatics, Fall 2019-Present Co-Advised with Gillian Hayes

Fred M. Tonge Endowed Graduate Awardee, 2023

Completed Comprehensives Winter 2022, Advancement Summer 2022, Dissertation Proposal Winter 2023

Dennis Wang | J18, J19, W14, W17, D1 | Informatics, Fall 2020-Present

ARCS Foundation Scholar Awardee, 2023

Completed Comprehensives Spring 2022, Advancement Spring 2023

M.S. Research Mentorship

Jun Zhu | Informatics, Spring 2023-Present

Neeraj Dharmadhikari | Computer Science, Winter 2021-Spring 2021

Jong Ho Lee | J7, J13 | Computer Science, Winter 2020-Winter 2021

Tan Zhou | J6 | Informatics, Spring & Summer 2019

Undergraduate Honors Thesis Mentorship

Nick Turpitka $\left|W17\right|$ Business Information Management & Economics, Summer 2021-Spring 2022

Winner of UCI ICS Undergraduate Award for Outstanding Contribution to Research

Yuqi Huai | J20, W13 | Computer Science & Software Engineering, Winter 2019-Winter 2020

Winner of UCI ICS Undergraduate Award for Outstanding Contribution to Research

Griffin D'Haenens | J6 | Computer Science, Winter & Spring 2019

Zhaomin Li | J6 | Software Engineering, Winter & Spring 2019

Undergraduate Research Mentorship

Angel Martins | Psychological Science, Fall 2023-Present

Van Pham | Software Engineering, Fall 2023-Present

Kyle Hu | Computer Science, Spring 2023-Present

Di-Yun Cheng | Informatics, Spring 2023-Summer 2023

Jacquelyn Powell | C27, J22, J23 | Informatics, Spring 2022-Summer 2023

Winner of UCI ICS Undergraduate Award for Outstanding Contribution to Research

Tim Chen | Computer Science, Winter 2023-Spring 2023

Jocelyn Eng | W17 | Computer Science, Summer 2021-Summer 2022

Ileen Fan | Computer Science, Spring 2022

Qiran Wang | Informatics, Spring 2022

Allison Liu | Informatics & Music, Winter 2022

Georgia Kenderova | C20, J11 | remote from Pomona College, Spring 2020-Summer 2021

Ryan Mohta | J19, W14 | Computer Science, Summer 2020-Summer 2021

SURP Fellowship, Summer 2020

David Nguyen | W16 | Software Engineering, Fall 2020-Spring 2021

NSF GRFP Awardee, 2022

Samuel So | C20, J11 | remote from Pomona College, Winter 2020-Spring 2021

Sruthi Ramabadran | W15 | Psychology, Fall 2020-Spring 2021

Edward Wu | Computer Science, Winter 2021

Marawin Chheang | J19, W14 | Software Engineering, Winter 2020-Winter 2021

SURF-IOT Fellowship & SURP Fellowship (Honorary), Summer 2020

Siyun Ji | J6, J19, W14 | Informatics & Computer Science, Spring 2019-Summer 2020

Ryan Kato | Computer Science, Winter 2020-Spring 2020

Payam Dowlatyari | J7 | Software Engineering, Winter 2020-Spring 2020

Sazeda Sultana | J7 | Informatics, Winter 2020-Spring 2020

Simran Ahuja | J7 | Informatics, Winter 2020-Spring 2020

Julie Tran | Informatics, Fall 2019-Winter 2020

Dakyung Go | I-SURF program, visiting from Kyung Hee University, Summer & Fall 2019

Craig Hilby | J7 | visiting from University of Texas at Dallas, Summer 2019

Danny Beltran | J6 | Informatics, Winter & Spring 2019

Kimberly Flores | Informatics, Winter & Spring 2019

Liangze Yu | Computer Science, Winter 2019

Other Ph.D. Student Committees

Emani Dotch | Advanced Winter 2024

Richard Martinez | Comprehensives Spring 2022, Advanced Spring 2023, Proposed Winter 2024

Nick Su | Comprehensives Fall 2022, Advanced Winter 2023, Proposed Fall 2024

Lika Lu | Comprehensives Fall 2023

Lu He | Comprehensives Fall 2019, Defended Summer 2023

David Kutas | Advanced Winter 2021, Defended Spring 2022

Thomas Grace | Advanced Spring 2022 Tenzin Tselha | Advanced Fall 2021

Je Seok Lee | Defended Summer 2021

Fatema Akbar | Advanced Spring 2019, Defended Summer 2021

Mayara Costa Figueiredo | Comprehensives Fall 2018, Advanced Spring 2019, Defended Spring 2021

Ariel Han | Comprehensives Spring 2021

Chae Yoo | Advanced Winter 2021

Ali Rostami | Advanced Fall 2020

Ted Grover | Advanced Spring 2019

Mustafa Hussain | Advanced Spring 2019

M.S. Thesis Defenses

Colby Reyes | Fall 2021

Qingyang Li | Fall 2019

University of Washington

2013-2018 Directed Research Groups (HCDE 496/596)

With Sean Munson from 2013 to 2015. Mentored 19 masters and undergraduate students over 5 quarters.

Work from group resulted in C3, C5, C6, C13, W4, with student coauthors on C3, C5, C6.

Individual Students mentored outside Directed Research Groups

Monica Caraway | C6, J2 | HCDE M.S., Winter 2016-Spring 2017

Sol Choi | HCDE B.S., Fall 2016

Jennifer Kang | C9, C11, W8 | CSE & iSchool B.S., Winter 2016-Summer 2016

Tejas Bharadwaj | visiting from Bellevue High School, Summer 2015

King Xia | CSE B.S. honors thesis, Fall 2014-Spring 2015

Jennifer Kam | visiting from Wellsley College, Summer 2014

Fundraising

External Fundraising

\$616,819 NSF CAREER HCC #2237389

Advancing Personal Wellbeing through Everyday Meaningful Self-Tracking Experiences

Sole PI

\$20,000 Snap Research Creative Challenge

(2021-2022) Building Shared Spaces for Mindfulness with Data

PI (with Co-PI Kurt Squire)

\$15,000 NSF Diet Technology Workshop Seed Grant (subaward of #1851173)

(2021-2022) Exploring Trade-offs in the Design Space of Human-Centered Semi-Automated Food Journaling

PI (with Co-PI Edison Thomaz)

\$174,999 NSF CRII CHS #1850389

(2019-2022) Examining a Multimodal Approach to Lower the Burden of Food Journaling

Sole PI

Internal Fundraising

\$19,524 Interim COVID-19 Recovery Program

(2022-2023) Sole PI

\$15,000 Noyce Fellows
(2022) AI and Health Equity

Co-PI (with Co-PIs Elena Agapie, Yunan Chen, Sean Young, Kai Zheng)

\$25,000 ICTS Pilot Study Award

(2021-2022) A Feasibility Study of an Innovative Informatics Application that Facilitates Tapering

of Psychiatric Medications Through Patient-Reported Outcomes and Shared Decision-Making

PI (with Co-Is Bryan Shapiro, Alexandra Papoutsaki)

\$4,900 Academic Senate Council on Research, Computing, and Libraries (CORCL)

(2021) Evaluating a Mobile App for Creating Data-Driven Stickers for Ephemeral Social Media

Sole PI

\$4,920 Academic Senate Council on Research, Computing, and Libraries (CORCL)

(2020) Children's Introduction to Wearable Technologies:

Use of Activity Trackers and Smartwatches in Families for Health Tracking

Sole PI

\$75,000 ICS Research Award, Exploration Category

(2020-2021) Self-Tracking, Prediction, and Technology Design in Fertility Care

Co-PI (with PI Yunan Chen, External Collaborator H. Irene Su)

\$2,885 Academic Senate Council on Research, Computing, and Libraries (CORCL)

(2019) Designing Data-Driven Stickers for Support and Advice on Social Media

Sole PI

Teaching Experience

University of California, Irvine

2018-Present Instructor

Computer Supported Cooperative Work (IN4MATX 153): Spring 2024

Computer-Supported Cooperative Work (IN4MATX 251): Spring 2024

Research in Human-Centered Computing (IN4MATX 232): Winter 2022, Spring 2023, Winter 2024

Seminar Informatics (IN4MATX 209S): Fall/Winter/Spring 2020-2022

User Interaction Software (IN4MATX 133): Fall 2018, Fall 2019, Winter 2021, Winter 2022

Introduction to Ubiquitous Computing (IN4MATX 241/CS 248A): Winter 2019, Winter 2021

Moving Human Subjects Research Online (IN4MATX 299, with Stacy Branham): Spring 2020

Personal Informatics (IN4MATX 295): Winter 2020

User Interface Design & Evaluation (IN4MATX 231): Fall 2019

University of Washington

2014-2016 Teaching Assistant

Advanced Topics in HCI (CSE 510): Winter 2016

HCI Capstone (CSE 441): Spring 2015

Introduction to HCI (CSE 440): Autumn 2014

2013-2016 Tutor

Data Structures and Algorithms (CSE 373), Data Abstractions (CSE 332),

Software Design & Implementation (CSE 331), Database Systems Internals (CSE 444)

University of Virginia

2009-2012 Teaching Assistant

Introduction to Programming (CS 1110), Operating Systems (CS 4414),

Game Design (CS 4501), Algorithms (CS 4102), Program and Data Representation (CS 2150)

Professional Experience

Summer Adobe, Research Intern, Creative Intelligence Lab

2017 Mentor: Mira Dontcheva

Designing for telling stories of accomplishment with personal data, published in C13.

Summer FXPAL, Research Intern

2015 Mentors: Daniel Avrahami, Jacob Biehl

Understanding and designing for breaks taken by knowledge workers, published in C8.

2012-2018 University of Washington, Research Assistant, DUB Group

Advisors: James Fogarty, Sean Munson

Exploring how personal informatics can align with people's everyday experiences.

2010-2012 University of Virginia, Undergraduate Research Assistant, LAVA Lab

Advisors: Kevin Skadron, Brett Meyer

Increasing manufacturing reliability in single-instruction, multiple-data (SIMD) processors.

Summer Microsoft, Software Development Engineer in Test Intern, Xbox

2011, 2012 Wrote web service test framework for issuing game console commands

Service, Awards, and Honors

Program Committees

2017-Present IMWUT (2021-Present), CHI (2019-2021, SC 2024-2025), CSCW (2020-2021), PervasiveHealth (2017, 2019-

2020)

Regular program committees for workshops and symposia

Ad-Hoc Reviewing

2014-Present Regular conference and journal reviewing, including but not limited to: CHI, UbiComp/IMWUT, CSCW, DIS,

UIST, MobileHCI, TOCHI, TiiS, IJHCI, IEEE Pervasive, JMIR, JASIST, Nature Human Behavior, Human-Computer Interaction, and Foundations & Trends in Human Computer Interaction

28 special recognitions for a review for CHI, UbiComp/IMWUT, CSCW, UIST, or DIS

University and Departmental Service

University of California, Irvine

2021-Present ICS Executive Committee, Vice-Chair (2021-2022), Member (2022-Present)

2024 Graduate Admissions Committee

2024 Faculty Hiring Committee, Teaching in Human-Computer Interaction and Design

2020 Faculty Hiring Committee, Health Informatics

2019 Faculty Hiring Committee, Human-Computer Interaction and Design

2018-Present Informatics Bachelor's Curriculum Committee, Steering Committee Chair since 2022

2019-Present HCIC governing board

University of Washington

2016-2017 DUB Student Coordinator

2013-2017 UW ACM International Collegiate Programming Contest (ICPC) Coach

2013 DUB Food Coordinator

2013-2017	Student Volunteering UbiComp/ISWC 2017 Student Volunteer Chair UbiComp/ISWC 2013, 2014, 2016 UIST Program Committee Meeting CHI 2013
2023 2022 2019 2018 2017	Selected Awards Best Paper Award, CHI (for C22, top 1%) Best Paper Honorable Mention, CHI (for C19, top 5%) Schloss Dagstuhl Travel Grant (for Dagstuhl Seminar 19292, Mobile Data Visualization) Best Paper Honorable Mention, DIS (for C12, top 5%) Adobe Research Fellowship Finalist Best Paper Award, CHI (for C11, top 1%) Best Paper Honorable Mention, CHI (for C10, top 5%) Best Paper Honorable Mention, CHI (for C4, top 5%) UbiComp Travel Grant
2013 2012 2011	UbiComp Travel Grant UbiComp Travel Grant Louis T. Rader UVA CS Departmental award for excellence in service Louis T. Rader UVA CS Departmental award for excellence in teaching
2023	Invited Talks Towards More Meaningful Personal Tracking Informatics Seminar, University of California, Irvine, November 2023 Towards More Meaningful Personal Tracking in Health and Wellbeing Health Informatics Grand Rounds, University of Pittsburgh, July 2023
2022	Towards More Meaningful Personal Tracking GVU Seminar, Georgia Tech, November 2022 HCII Seminar, Carnegie Mellon University, November 2022 Design Lab, UC San Diego, October 2022 MISC Seminar, University of Michigan, October 2022 A Less Quantified Self: Proposing Number-Informed, Rather Than
	Number-Centered Personal Informatics for Health and Wellbeing Human-Computer Interaction Consortium, June 2022
2021	Menstruation is Everyone's Business. Period. Panelist, South Asia Center at the London School of Economics, March 2021

Snap Research, October 2020

Tracked Data and Women's Health

2020

With Mayara Costa Figueiredo and Yunan Chen

SURF-IoT Program, University of California, Irvine, August 2020

Sharing Self-Tracked Data on Ephemeral Social Platforms

Yarn: Adding Meaning to Shared Personal Data through Structured Storytelling DUB Seminar, University of Washington, May 2020

2019 Overcoming Barriers to Everyday Personal Tracking

HCI@KAIST Seminar, December 2019

2018 Everyday Personal Informatics

University of Illinois, Urbana-Champaign, April 2018

University of Minnesota, Twin Cities, March 2018

University of California, Irvine, March 2018

Indiana University, Bloomington, March 2018

University of Chicago, March 2018

University of Utah, February 2018

University of Rochester, February 2018

Pennsylvania State University, January 2018

FXPAL, January 2018

University of California, Santa Cruz, January 2018

2017 Personal Tracking in Everyday Life

Fitbit, July 2017

2016 Crumbs: Lightweight Daily Food Challenges to Promote Engagement and Mindfulness

Computer Science & Engineering Industrial Affiliates, University of Washington, October 2016

Using Personal Data in Everyday Life: Actionable Insights, Self-Representation, and Eliciting Support International Society for Research on Internet interventions (ISRII) Scientific Meeting, April 2016

2015 A Lived Informatics Model of Personal Informatics

Barriers and Negative Nudges: Exploring Challenges in Food Journaling

Computer Science & Engineering Industrial Affiliates, University of Washington, October 2015

A Lived Informatics Model of Personal Informatics

FXPAL, September 2015

Personal Informatics in Everyday Life

HCI Seminar, Stanford University, September 2015

Receiving Value and Social Support from Personal Informatics Data

University of Maryland, January 2015

2013 Fine-Grained Sharing of Sensed Physical Activity: A Value Sensitive Approach

Computer Science & Engineering Industrial Affiliates, University of Washington, October 2013

Guest Lectures

University of California, Irvine

2018-Present Health Self-Tracking Technologies

IN4MATX 171 (Introduction to Medical Informatics), February 2024

Health and the Quantified Self

IN4MATX 172 (Project in Medical Informatics), February 2022

Health Self-Tracking Technologies

IN4MATX 171 (Introduction to Medical Informatics), November 2021

Consumer Health Informatics

IN4MATX 171 (Introduction to Medical Informatics), November 2020

User's Experience with a Product Service System: an Analysis of Activity-Oriented Wearables for Children

With Işıl Oygur

IN4MATX 295 (Connected Learning), February 2020

Aligning Personal Tracking with Everyday Life

ICS 90 (New Student Seminar), December 2019

ICS H197 (Honors Seminar), October 2019

Field Deployments

IN4MATX 295 (Digital Methods), November 2019

Everyday Personal Informatics

ICS H197 (Honors Seminar), November 2018

University of Washington

2014-2017 Everyday Personal Informatics

HCDE 419 (Concepts in HCI), May 2017

Behavior Change and Personal Informatics

HCDE 419 (Concepts in HCI), April 2016

Experiment Design and Statistics

CSE 510 (Advanced Topics in HCI), January 2016

Task Analysis

CSE 440 (Introduction to HCI), October 2014

Other Universities

2014-Present Finding Support Through Personal Informatics Data

CS 124 (User Interfaces and User Experience), Pomona College, April 2019

More than Interaction Design: Exposing the Breadth of HCI

CS 3205 (HCI in Software Development), University of Virginia, October 2014

Selected Press

2022 The Future of Co-Located Social AR

Snap Blog (Rajan Vaish, May 2022)

 $\underline{https://www.snapcreativechallenge.com/takeaways2021/}$

2021 Venmo Can Reveal Too Much About You. People Like It Anyway

CNET (Laura Hautala, May 2021)

https://www.cnet.com/news/venmo-can-reveal-too-much-about-you-people-like-it-anyway/

2020 What your Period Tracker App Knows About You

Consumer Reports (Donna Rosato, January 2020)

 $\underline{https://www.consumerreports.org/health-privacy/what-your-period-tracker-app-knows-about-you/what-you/what-y$

2019 The Trouble with Period Trackers

Parentlology (Jenny Heitz, May 2019)

https://parentology.com/the-trouble-with-period-trackers/

2018 Period Tracking Apps Taught Me More About My Flow Than Sex Ed Ever Did

Mashable (Amanda Luz Herring Santiago, September 2018)

https://mashable.com/article/period-tracking-apps-sex-ed/

Drug Deals and Breakups: Venmo Social Feed Rankles Privacy Advocates

The Wall Street Journal (Peter Rudegeair, August 2018)

https://www.wsi.com/articles/drug-deals-and-breakups-venmo-social-feed-rankles-privacy-advocates-1533639600

The Race To Hack Your Period is On

Elle (Marina Khidekel, June 2018)

https://www.elle.com/beauty/health-fitness/a21272099/clue-period-app/

2017 Are You Making This Top Tracker Mistake? Here's How to Stop

Fitbit Blog (Danielle Kosecki, October 2017)

https://blog.fitbit.com/memory-techniques

Period Tracking Apps are Unreliable, But Here's Why We Should Still Use Them

Verily Magazine (Gabriella Patti, August 2017)

https://verilymag.com/2017/08/reliable-accurate-period-tracker-online-app

Chances Are Your Period App is B.S.

Cosmopolitan (Elizabeth Narins, May 2017)

http://www.cosmopolitan.com/health-fitness/a9598638/period-app-accuracy/

Do Period Tracking Apps Work? They Might Not be as Accurate as You Think

Bustle (Georgina Lawton, May 2017)

https://www.bustle.com/p/do-period-tracking-apps-work-they-might-not-be-as-accurate-as-you-think-55743

The Awful Pinkness of Period Apps

The Atlantic (Sarah Zhang, May 2017)

https://www.theatlantic.com/health/archive/2017/05/period-apps-pink/525207/

How to Choose a Period Tracking App that Actually Works for You

Health.com (Amanda MacMillan, May 2017)

http://www.health.com/sexual-health/period-tracker-app-complaints

Period tracking apps often 'disappoint'

Gynecology and Technology (May 2017)

http://www.figo.org/news/period-tracking-apps-often-'disappoint'-0015561

Period-Tracking Apps get Failing Grade: They're Not Accurate. And They're Way Too Pink.

STAT News (Usha Lee McFarling, May 2017)

https://www.statnews.com/2017/05/02/period-tracking-apps-flaws/

2016 From the Community: What Happens When You Take Off Your Fitness Tracker?

Chicago Tribune (Advocate Christ Medical Center, September 2016)

 $\frac{\text{http://www.chicagotribune.com/suburbs/daily-southtown/community/chi-ugc-article-what-happens-when-you-take-off-your-fitness-t-2016-09-16-story.html}{\text{http://www.chicagotribune.com/suburbs/daily-southtown/community/chi-ugc-article-what-happens-when-you-take-off-your-fitness-t-2016-09-16-story.html}{\text{http://www.chicagotribune.com/suburbs/daily-southtown/community/chi-ugc-article-what-happens-when-you-take-off-your-fitness-t-2016-09-16-story.html}{\text{http://www.chicagotribune.com/suburbs/daily-southtown/community/chi-ugc-article-what-happens-when-you-take-off-your-fitness-t-2016-09-16-story.html}{\text{http://www.chicagotribune.com/suburbs/daily-southtown/community/chi-ugc-article-what-happens-when-you-take-off-your-fitness-t-2016-09-16-story.html}{\text{http://www.chicagotribune.com/suburbs/daily-southtown/community/chi-ugc-article-what-happens-when-you-take-off-your-fitness-t-2016-09-16-story.html}{\text{http://www.chicagotribune.com/suburbs/daily-southtown/community/chi-ugc-article-what-happens-when-you-take-off-your-fitness-t-2016-09-16-story.html}{\text{http://www.chicagotribune.com/suburbs/daily-southtown/community/chi-ugc-article-what-happens-when-you-take-off-your-fitness-t-2016-09-16-story.html}{\text{http://www.chicagotribune.com/suburbs/daily-southtown/community/chi-ugc-article-what-happens-when-you-take-off-your-fitness-t-2016-09-16-story.html}{\text{http://www.chicagotribune.com/suburbs/daily-southtown/community/chi-ugc-article-what-happens-when-you-take-off-you-take-of$

This is What Happens When You Stop Using Your Fitness Tracker

Men's Fitness (Brittany Smith, September 2016)

 $\underline{http://www.mensfitness.com/life/gearandtech/what-happens-when-you-stop-using-your-fitness-tracker}$

From Guilt to Relief: The Emotional Impact of Giving Up Activity Tracking

Yahoo! News, Digital Trends (September 2016)

https://www.yahoo.com/news/guilt-relief-emotional-impact-giving-070948996.html

Why You Shouldn't Feel Guilty About Ditching Your Fitbit

Time.com (Amanda MacMillan, September 2016)

http://time.com/4500481/fitbit-fitness-tracker/

Feel Guilty About Ditching Your Fitbit? You're Not Alone

Health.com (Amanda MacMillan, September 2016)

http://www.health.com/fitness/fitbit-use-guilt

New Reasons Why You Should Keep a Food Journal

Wall Street Journal (Sumathi Reddy, May 2016)

http://www.wsj.com/articles/new-reasons-why-you-should-keep-a-food-journal-1463419285

2015 Food Journaling not as Easy or Effective as it Should Be: Study

Consumer Affairs (Christopher Maynard, April 2015)

https://www.consumeraffairs.com/news/food-journaling-not-as-easy-or-effective-as-it-should-be-study-041715.html

Why People Ditch Food Journal Apps

New York Magazine (Jesse Singal, April 2015)

http://nymag.com/scienceofus/2015/04/why-people-ditch-food-journal-apps.html

2014 UW Study Finds Pros and Cons of Fitness Gadgets

King 5 News (July 2014)