

Team Report:

User Interview 1:

1) To start off, would you consider yourself a goal driven person?

Answer: Yes. I use goals to see results, without goals you don't have any direction, you aren't able to track/measure/and evaluate performance. My goals are life, relational, monetary, career, and physical.

2) Do you organize your goals? If yes, how?

Answer: Yes, near term, mid term, long term, bhag(long over-reaching goals), Jim Taylor books are a great resource for organizing goals.

3) Have you ever been apart of teams or groups that have similar interests?

Answer: Yes, relating to my job. At work we have monetary goals, referral goals, and team goals.

4) Outside of work do you have any groups you are apart of that share similar interest?

Answer: Yes, we just bought a mustang to train in 364 days. And as you know on Facebook there is a large community of followers that serve as motivation.

5.) Who do you think would benefit from being in a group that is geared towards mutual support?

Answer: Anybody, everybody, lack of motivations, lack of self discipline, those who need secondary sources of positive reinforcement.

6) for people that have the above mentioned qualities? Have you noticed a strong attendance in mutual support groups?

Answer: Generally no, the most successful people typically have goals and the people that could use goals and groups to support them typically are the ones that don't bother to have goals or follow through with them; It comes down to laziness too, it takes effort to be apart of a mutual support group.

7) You mentioned effort of being apart of a mutual support group, Can you elaborate on this and other reasons you think people don't use mutual support groups?

Answer: scared of work, it usually requires extra effort, and the individuals don't want to put in the effort, also time conflict, with the internet you could get around that if you wanted to. If they aren't exposed to it or aren't aware of local resources it takes some effort to seek them out.

8.)what qualities of a support group make it effective in your opinion?

Answer: Accountability, when users of the group have similar interests and goals it is easy to stay motivated to reach and attain your goals.

Expert Interview 2:

Expert: A staff nurse who currently works at Santa Rosa Memorial Hospital. In the past, this individual has had to deal with confiscating items, such as cigarettes, from patients who are either addicted or not even supposed to have possession of these items.

Setting: In person interview in a relaxed setting after a 12 hour night shift.

Background:

"We are building an app and a product. This product would look similar to a box and would allow you to store an item in the box (i.e. a phone, cookies, cigarettes, etc). When you place items in the box you can use the designated app to allow you to set personal goals for yourself. For example, say you think you're becoming addicted to your phone and you want to set a personal goal to not use your phone for two hours every evening. You can set a goal on the app that alerts your friends/connections of your goal. It would also alert them and you if the box is opened. In a case of an addict or smoker it could serve as a social support group."

Questions:

1. Would something like this make an impact on your job/field?

Answer: As a Staff RN working in a hospital setting, I don't think it would have any use in my job, but it could have some potential in the healthcare field at large.

2. Can you think of an example in your job where this would be useful?

Answer: I wouldn't use this in my job because we have the ability to maintain some control over people's habits while in the hospital.

3. Would you personally use a product like this? (Includes answers for #3, 4, 5, 7, 8, 9, 10)

Answer: I probably wouldn't use it because I don't have anything that could be put in the box. As far as alerting friends about breaking habits, I feel as though the system is only as good as your willingness to be honest. Also, if friends are alerted, in many cases, other people would not care very much if you did break a habit, e.g. using a phone, eating cookies, because most people are not as invested in you improving your own life as you are. It could have use in more intimate relationships where members are more invested in each other, but it's only good when people are honest. It could be useful for addicts in certain situations, such as a support group, but it's only as good as people are willing to be honest, which many addicts are would not be. They would likely just get the substance from another source.

4. Would you purchase this for work or personal use? (See above)

5. Would you connect this app to allow your friends/connections to motivate you to reach your goal? (Social support group; similar to an Apple Watch or a FitBit) (See above)

6. Can you think of a specific use for this in a hospital/medical setting?

Answer: I'm not sure if the idea would work in a real world setting, but I think with a modification, it could be useful in healthcare. A large problem in healthcare is medication compliance. Patients often neglect to take their medications as prescribed. This could be failing to take psychiatric meds, not finishing a course of antibiotics (which can lead to drug-resistant organisms), or failing to take insulin or other diabetes medications.

7. Do you think this would be beneficial for addicts? Smokers? On the other end of the spectrum do you think this could be beneficial for an education setting in confiscating items like phones in the classroom? **(See above)**

8. Do you think having this in someone's life would give them a better opportunity for success? **(See above)**

9. Are there any other fields that you think could benefit as well? If so, what? **(See above)**

10. Can you think of a situation/goal/motivation where this could fit into your personal life? **(See above)**

11. Any further statements to add?

Answer: If the box contained medications and dispensed them, it could alert family or healthcare providers if a patient is not compliant. This could also be useful for patients who are more forgetful or cognitively impaired. It could be linked with other devices, such as a blood sugar monitor. For example, if a diabetic patient does not check their blood sugar, an alert would be sent out. Then, if the blood sugar is too high, they would need to take their insulin and another alert would be sent if they did not take it from the box.

Theme Research:

This research is based more on crafting tech:

http://delivery.acm.org/10.1145/2370000/2362369/a21-buechley.pdf?ip=130.157.117.148&id=2362369&acc=ACTIVE%20SERVICE&key=F26C2ADAC1542D74%2E861B64E2B17795FC%2E4D4702B0C3E38B35%2E4D4702B0C3E38B35&__acm__=1535398148_0ec336bbefae71fea8571fafe671bf08 (Links to an external site.)Links to an external site.

This research paper examines how electronics can be integrated with crafts, namely carving, sewing, and painting. I picked this paper as a source because they used case studies to study how electronics can be integrated with particular crafts. These case

studies I felt could help me understand some of the needs and how I can create technology that integrates with crafts.

<http://www.ijournalse.org/index.php/ESJ/article/view/5/3#> (Links to an external site.)[Links to an external site.](#)

This paper examines how to improve the basic human need of accommodation by combining 3D printing technology and construction; which is the basis for contour crafting. I chose this article as a source because not only does it examine a crafting technology, but examines it in a way that when crafting is combined with technology, the result can have extremely positive outcome that satisfies a basic human need. This paper opened my eyes to how crafting technology can be beneficial to large groups of people, or even society as a whole.

<https://ieeexplore.ieee.org/abstract/document/4136863/?part=1> (Links to an external site.)[Links to an external site.](#)

This paper introduces an idea and framework for creating a multiuser or multiplayer environment for art creation. I found this source to be particularly interesting because it combines several of the suggested themes into one idea. Having a framework described that can be used across several of our themes sparked some creative thinking and ideas about how a technology could be compatible and beneficial across several themes, such as crafting technology, 3D interactive games, and art.

<http://www.sciencemag.org/careers/2002/02/combining-science-technology-and-arts-career-well-rounded-or-confused> (Links to an external site.)[Links to an external site.](#)

This article is all about combining science, technology and the arts. Though, possibly not as academic as some of the previous sources; I felt that this article gave a great introduction into how a career can be made out of the relatively new field of technology and the arts. This article helped me understand that there is a current market for these themes.

<https://www.smithsonianmag.com/arts-culture/7-ways-technology-is-changing-how-art-is-made-180952472/> (Links to an external site.)[Links to an external site.](#)

This article gives 7 ways how technology is changing how art is made. This seems helpful in learning about our my themes by learning about what is popular right now and how people are bridging the divide between technology and crafts.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3650640/>

Really good article that literally references what we want to do. I put an paragraph quote in the Theme Research

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3092368/>

Another article reference technology based drug treatment and intervention. Also “New technologies appear to produce better or similar results in detecting, informing, and educating individuals with substance use disorders relative to traditional counselor-facilitated methods. New hypotheses and therapies for drug addiction have grown from using these technologies, offering further solutions for drug-dependent individuals, their families, and society.” Was in their conclusion

This research is based on tech and addiction treatment:

Leveraging Tech to Enhance Addiction Treatment and Recovery -

<https://www.tandfonline.com/doi/abs/10.1080/10550887.2012.69460>

This article is about what technology has to offer towards enhancing treatment and recovery for addiction. It can affect the assessment, prevention, and treatment and recovery from substance use disorders.

Exploring the Focus and Experiences of Smartphone Applications or Addiction Recovery -

<https://www.tandfonline.com/doi/full/10.1080/10550887.2013.824331?src=recsys>

This article provides information that I think would be helpful for us to use as we work on our project. I think that there are features that seem like they would be really good to add.

Results of Pilot Test of a Self-Administered Smartphone-Based Treatment System for Alcoholic Disorders: Usability and Early Outcomes -

<https://www.tandfonline.com/doi/full/10.1080/08897077.2013.821437?src=recsys>

The research done in this article shows that people who are seeking help and willing to get help do really well and drink less using the app than without it. I liked this article because the fact that they saw changes coming from an alcoholic doing it themselves, I could only imagine the benefit of them having support.

How Patients Recovering From Alcoholism Use a Smartphone Intervention -

<https://www.tandfonline.com/doi/full/10.1080/15504263.2012.723312?src=recsys>

This article is about a clinical trial that was conducted to determine if using a smartphone for a set amount of time after a patient has completed their rehab treatment to see if it would give them the support they need. Researchers were trying to determine if the use of the support app would help prevent a relapse. The results were that 94% of users used the app after the first week after

treatment, at week 16, 80% accessed the app. Researches also found that participants with alcohol and drug dependence showed higher level of use than those with only alcohol dependence. They also found that 70% of participants with mental health issues still accessed the app at week 16. The conclusion that researchers came to was that most users used the app for continual support to prevent a relapse.

Caron -

<https://www.caron.org/proven-treatment/technology-enabled-care>

This company uses technology throughout the treatment process as well as after to give patients the most support they can and to help keep them on track even after they are done with the treatment program. I thought this was really interesting because they are using technology throughout the entire process rather than only after treatment.

Addiction Rehab is Broken. Can Technology Fix it? -

<https://www.wired.com/story/addiction-rehab-is-broken-can-technology-fix-it/>

I really liked this article because it gives information from a former addict and his view on the treatments that were available to him and the treatments available now as well as the methods that were used. I think seeing things from his perspective was really helpful.