

Wearable Wisdom Experiment

Broad question: How does exposure to wisdom affect people's cognition, emotions, and behavior? Potential applications include motivation to exercise, happiness levels, and ethical decision-making.

Specific question: How does hearing inspirational quotes and wisdom affect people's wisdom levels?

Hypothesis: Hearing wisdom improves wisdom levels.

Alternative hypothesis: Hearing wisdom has no effect on wisdom levels.

Population: 20 Young adults (age range: 18-22 years) of any gender or race in the US.

Wisdom Measures:

<Berlin Wisdom Paradigm (BWP)>

Participants will think aloud about brief vignettes describing difficult fictitious life problems, such as how to advise a friend contemplating suicide.

The think-aloud response transcripts and written responses will be evaluated by two independent, trained raters per criterion based on five criteria below. Using a seven-point scale, the average across the five criteria is used as the wisdom score.

A wise response shows:

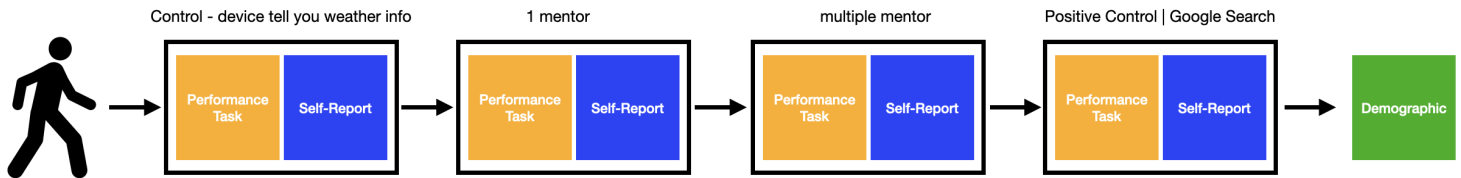
1. high levels of factual knowledge (e.g., knowledge about why people might want to commit suicide) and
2. procedural knowledge (e.g., knowledge about strategies to deal with the caller).
3. life-span contextualism (discussing how life phases, life situations, or historical and cultural settings can influence behavior),
4. value relativism (awareness and acceptance of different values, beliefs, and priorities),
5. recognition and management of uncertainty (awareness of and ability to deal with life's inherent unpredictability).

<12-Item Abbreviated Three-Dimensional Wisdom Scale (3D-WS-12)>

Based on Ardelt's original Three-Dimensional Wisdom Scale (3D-WS), the 3D-WS-12 is more concise yet similarly effective at measuring wisdom. Participants will take a 12-item self-report scale survey assessing their agreement to statements reflecting dimensions of wisdom.

Method: Participants undergo a within-subject experiment with randomized variations of tasks.

- Participants will be asked wisdom-measuring questions.
- Participants will first speak their responses to questions- they are encouraged to talk without pausing, for as long as they like, and to stop at will.
- Afterwards, participants will write a paragraph that describes their thoughts.
- A self-report survey of wisdom, 3D-WS-12, is completed after each task.
- Participants complete a post-survey about demographics (background, education levels) after the final task.



Task 1 (Control): *Device telling irrelevant information.*

Irrelevant information about weather, news, fictional story.

- Afterwards, complete 3D-WS-12.

Task 2 (Experimental): *Wisdom device limited to one mentor.*

Instructions: "You may ask any question(s) to the wearable wisdom device."

- Afterwards, complete 3D-WS-12.

Task 3 (Experimental): *Wisdom device featuring multiple mentors.*

Instructions: "You may ask any question(s) to the wearable wisdom device."

- Afterwards, complete 3D-WS-12.

Task 4 (Positive Control): *Without device and with online search.*

Participants may access Google Search (no device used).

- Afterwards, complete 3D-WS-12.

Sample task questions (control for complexity, word count and grade level):

- [A 14 year old girl wants to move out](#) of her house right away. What should be considered in this situation?
- A 15-year old girl wants to get married right away. What should one/she consider and do?
- Your best friend calls you in the middle of the night. The friend says that he cannot go on any more, and that he has decided to commit suicide. What could you consider and do in such a [situation?](#)
- People sometimes realize that they have not achieved what they had once planned to achieve. What should you do and consider in your case?
- (Work) You start working at a new company. Your supervisor is verbally abusive to you and you want to quit. What should be considered in this situation?

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- (Personal relationship) Your mother is upset that you “keep taking your father’s side” even though she is wrong. What should be considered in this situation?

Ratings: Participants’ responses are assessed individually by trained raters based on criteria from the Berlin Wisdom Paradigm (performance measure) and Ardel’s Three Dimensions of Wisdom (self-report).

Predicted results: Participants who use the wisdom device with multiple mentors will achieve the highest wisdom rating than other groups who do not.

Inferences: Exposure to wisdom can help people make wiser decisions.