

Q.0. Participant ID (ask experimenter):

Q1.1. What is your age?

- ☐ 18-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55 or older
- ☐ Prefer not to answer

Q1.2. What is your gender?

- ☐ Female
- ☐ Male
- ☐ Transgender Female
- ☐ Transgender Male
- ☐ Gender Variant/Non-Conforming
- ☐ Not listed (please specify)

- ☐ Prefer not to answer

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Q2.1. How are you currently feeling? [if you prefer not answering to this question, write “NA”]

Q2.2. Any particular reason why you are feeling like this that you would like to share? [if you prefer not answering to this question, write “NA”]

Q2.3. Rate your current level of relaxation on a scale from 1 to 7, with 1 being “Not relaxed at all” and 7 being “totally relaxed”.

1 2 3 4 5 6 7

Perceived relaxation





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Q2.4. On a scale from 1 to 4, with 1 being “Not at all”, 2 “Somewhat”, 3 “Moderately So” and 4 “Very much so”; rate how you feel **right now, that is, at this moment.**

	not at all	somewhat	moderately so	very much so
I feel calm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel secure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am tense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am strained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel at ease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am presently worrying over possible misfortunes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	not at all	somewhat	moderately so	very much so
I feel satisfied	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel frightened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel self-confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am jittery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel indecisive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	not at all	somewhat	moderately so	very much so
I am relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel content	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am worried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel confused

not at all

somewhat

moderately so

very much so

I feel steady

☐☐☐☐

I feel pleasant

☐☐☐☐

Q3.1. Sleep depth

Light Sleep
0

Deep Sleep
100

My sleep last night was:



Q3.2. Sleep latency

Just never could fall asleep
0

Fell asleep almost immediately
100

Last night, the first time I got to sleep, I:



Q3.3. Awakenings from sleep

Awake all night long
0

Awake very little
100

Last night I was:



Q3.4. Ability to return to sleep

Couldn't get back to sleep
0

Got back to sleep immediately
100

Last night, when I woke up or was awakened, I:



Q3.5. Sleep quality

A bad night's sleep
0

A good night's sleep
100

I would describe my sleep last night as:



Q3.6. Noise Item

Very noisy
0

Very quiet
100

I would describe the noise level last night as:



Q3.7. On the following scale: 0 = would never doze, 1 = slight chance of dozing, 2= moderate chance of dozing, 3 = high chance of dozing.

	would never doze	slight chance of dozing	moderate chance of dozing	high chance of dozing
Sitting and reading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watching TV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting, inactive in a public space	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
As a passenger in a car for an hour without a break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lying down to rest in the afternoon when circumstances permit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting and talking to someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting quietly after a lunch without alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a car, while stopped for a few minutes in the traffic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q4.0. Please try to form the images described below and rate each mental image on the following scale: 0 (no image at all) to 10 (image as clear and vivid as real life).

Q4.1. Imagine the appearance of:

no image at all image as clear and vivid as real life
0 1 2 3 4 5 6 7 8 9 10

a friend you know well



a cat climbing a tree



a sunset



the front door of your house



a bonfire



Q4.2. Imagine the smell of:

no image at all

0 1 2 3 4 5 6 7 8 9 10

image as clear and vivid as real life

a stuffy room



a rose



fresh paint



newly cut grass



burning wood



Q4.3. Imagine the taste of:

no image at all
0 1

2

3

4

5

6

7

image as clear and vivid as real life
8 9 10

mustard



toothpaste



lemon



sea water



black pepper



Q4.4. Imagine touching:

no image at all

0 1 2 3 4 5 6 7 8 9 10

image as clear and vivid as real life

a warm sand



a soft towel



the point of a pin



icy water



fur



Q4.5. Imagine the bodily sensation of:

no image at all

0 1 2 3 4 5 6 7 8 9 10

image as clear and vivid as real life

relaxing in a warm bath



having a sore throat



threading a needle



jumping into a swimming pool



walking briskly in the cold



Q4.6. Imagine feeling:

no image at all 0 1 2 3 4 5 6 7 image as clear and vivid as real life 8 9 10

excited



relieved



furious



in love



scared



Q4.7. If you could teleport to another location or a memory from your past that could help you relax and unwind, what would you pick? [if you prefer not answering to this question, write “NA”]

Q4.8. What sounds are in this scenery?

Q4.9. What odors?

Q.4.10. Can you describe any other sensations?

Q.0. Group A or B? (This question needs to be answered by the experimenter)

- ☒ **A: Control Condition (simply rest, did not test Almagery)**
- ☐ B: Almagery Condition (sleeping mask and headphones)

Q1.1. Rate your current level of relaxation on a scale from 1 to 7, with 1 being “Not relaxed at all” and 7 being “totally relaxed”.

1 2 3 4 5 6 7

Perceived relaxation



Q1.2. On a scale from 1 to 4, with 1 being “Not at all”, 2 “Somewhat”, 3 “Moderately So” and 4 “Very much so”; rate how you feel **right now, that is, at this moment.**

	not at all	somewhat	moderately so	very much so
I feel calm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel secure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am tense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am strained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel at ease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am presently worrying over possible misfortunes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	not at all	somewhat	moderately so	very much so
I feel satisfied	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel frightened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel self-confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am jittery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel indecisive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	not at all	somewhat	moderately so	very much so
I am relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel content	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am worried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel confused

not at all

somewhat

moderately so

very much so

I feel steady

☐☐☐☐

I feel pleasant

☐☐☐☐

Q2.1. In your own words, describe the experience you just had.

Q2.2. Did you use any particular technique that helped you relax?

Q2.3. Please answer each question on a scale of 1 to 5, with 1 means strongly disagree and 5 means strongly agree.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I enjoyed the experience.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt immersed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt more relaxed after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I felt more calm after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt more refreshed after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I felt more sleepy after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt my mood was better after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt more rested after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel positive after using the experience.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would prefer it if the guided imagery*** was narrated by someone/something (see description below if you don't know what guided imagery is).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I would prefer it if an AI narrated the guided imagery.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would prefer it if a pre-recording of a human narrated the guided imagery.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would prefer it if a human narrated the guided imagery in real-time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't mind if an AI or a human narrates the story.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree

Guided imagery. *** **detailed description of what guided imagery is:**

*** Guided imagery is a type of focused relaxation or meditation. It is a therapeutic approach that has been used in the past to help lower stress and anxiety levels. To do guided imagery, you need to focus on something that makes you feel calm and happy. You might close your eyes and imagine a beautiful place or a positive situation. This might help you to be more aware and relaxed. Your thoughts affect how your body feels. For instance, when you worry about something, you might feel nervous and tense. Your heart might beat faster, and you might have trouble concentrating. But when you think about something nice, you tend to feel more relaxed and peaceful. Your muscles might loosen up, and your mind might clear up. This can help you deal with different kinds of stress better.

Q2.4_. What are the main advantages or disadvantages that you can envision of using AI to drive guided imagery experiences (e.g., audio-based narrations with preferred scenery) compared to other methods or sources that do not use AI?



Q2.5. What are the main reasons or goals that you would be using AI-driven experiences for? (select all that apply)

- ☐ Relaxation
- ☐ Sleep
- ☐ Focus
- ☐ Retrieve past experiences
- ☐ Stress management
- ☐ Pain relief
- ☐ Emotional regulation
- ☐ Self-care
- ☐ Creativity
- ☐ Learning
- ☐ Memory enhancement
- ☐ Other (please describe)

- ☐ None of the above

Q2.6. From 1 to 5, with 1 means “Never”, and 5 "Very often". How often would you use an AI to help improve your well-being and self-care (e.g, increase relaxation, help you sleep, etc.)

Never 1 2 3 4 5 Very often

Frequency



Q2.7. Any other comments or suggestions?

Thank you so much for your time, participation and feedback!

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Q.0. Group A or B? (This question needs to be answered by the experimenter)

- ☐ A: Control Condition (simply rest, did not test Almagery)
- ☒ B: Almagery Condition (sleeping mask and headphones)

Q1.1. Rate your current level of relaxation on a scale from 1 to 7, with 1 being “Not relaxed at all” and 7 being “totally relaxed”.

1 2 3 4 5 6 7

Perceived relaxation



Q1.2. On a scale from 1 to 4, with 1 being “Not at all”, 2 “Somewhat”, 3 “Moderately So” and 4 “Very much so”; rate how you feel **right now, that is, at this moment.**

	not at all	somewhat	moderately so	very much so
I feel calm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel secure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am tense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am strained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel at ease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am presently worrying over possible misfortunes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	not at all	somewhat	moderately so	very much so
I feel satisfied	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel frightened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel self-confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am jittery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel indecisive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	not at all	somewhat	moderately so	very much so
I am relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel content	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am worried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel confused

not at all

somewhat

moderately so

very much so

I feel steady

☐☐☐☐

I feel pleasant

☐☐☐☐

Q2.1B. Please answer each question on a scale of 1 to 5, with 1 means strongly disagree and 5 means strongly agree.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I felt comfortable using AI as a guided imagery tool.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt it was important that the AI personalized the story based on my preferred scenery.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt it was important that the AI personalized the story based on my current mood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt it was important that the AI personalized the story based on my current heart rate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt it was important to hear my heart rate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I found the voice pleasant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found the sound of my heart beating pleasant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found the rest of the sounds pleasant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found the scent pleasant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found that the system perceived/recognized how I was feeling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I found that the system adjusted/responded to how I was	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

adjusted/responded to how I was feeling.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I found that the system was empathic (ability to sense your emotions and share your feelings).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found that the system was compassionate (ability to feel for and not feeling with the other).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
system was compassionate (ability to feel for and not feeling with the other).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would use this at home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree

Q2.2B. I found that the way the system adjusted/responded based on my **preferred scenery** was important for me to:

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Enjoy the experience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel immersed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unwind/Disconnect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<div></div>					

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
None of the above	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q2.3B. I found that the way the system adjusted/responded based on my **heart rate** was important for me to:

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Enjoy the experience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel immersed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unwind/Disconnect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<div></div>					
None of the above	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q2.4B. I found that the way the system adjusted/responded based on my current **mood** was important for me to:

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Enjoy the experience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Feel immersed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unwind/Disconnect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other					
<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
None of the above	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q2.5B. I found that the system responses were: (select all that apply):

- ☐ Empathic (ability to sense your emotions and share your feelings)
- ☐ Compassionate (ability to feel for and not feeling with the other)
- ☐ Designed/Developed to be empathic
- ☐ Designed/Developed to be compassionate
- ☐ Don't know
- ☐ None of the above (please specify)

Q2.6B. How can the AI experience be improved to better suit your needs and expectations?

Q2.1. In your own words, describe the experience you just had.

Q2.2. Did you use any particular technique that helped you relax?

Q2.3. Please answer each question on a scale of 1 to 5, with 1 means strongly disagree and 5 means strongly agree.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I enjoyed the experience.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt immersed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt more relaxed after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I felt more calm after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt more refreshed after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I felt more sleepy after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt my mood was better after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt more rested after the experience than before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel positive after using the experience.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would prefer it if the guided imagery*** was narrated by someone/something (see description below if you don't know what guided imagery is).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I would prefer it if an AI narrated the guided imagery.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would prefer it if a pre-recording of a human narrated the guided imagery.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would prefer it if a human narrated the guided imagery in real-time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't mind if an AI or a human narrates the story.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree

Guided imagery. *** **detailed description of what guided imagery is:**

*** Guided imagery is a type of focused relaxation or meditation. It is a therapeutic approach that has been used in the past to help lower stress and anxiety levels. To do guided imagery, you need to focus on something that makes you feel calm and happy. You might close your eyes and imagine a beautiful place or a positive situation. This might help you to be more aware and relaxed. Your thoughts affect how your body feels. For instance, when you worry about something, you might feel nervous and tense. Your heart might beat faster, and you might have trouble concentrating. But when you think about something nice, you tend to feel more relaxed and peaceful. Your muscles might loosen up, and your mind might clear up. This can help you deal with different kinds of stress better.

Q2.4_. What are the main advantages or disadvantages that you can envision of using AI to drive guided imagery experiences (e.g., audio-based narrations with preferred scenery) compared to other methods or sources that do not use AI?



Q2.5. What are the main reasons or goals that you would be using AI-driven experiences for? (select all that apply)

- ☐ Relaxation
- ☐ Sleep
- ☐ Focus
- ☐ Retrieve past experiences
- ☐ Stress management
- ☐ Pain relief
- ☐ Emotional regulation
- ☐ Self-care
- ☐ Creativity
- ☐ Learning
- ☐ Memory enhancement
- ☐ Other (please describe)

- ☐ None of the above

Q2.6. From 1 to 5, with 1 means “Never”, and 5 "Very often". How often would you use an AI to help improve your well-being and self-care (e.g, increase relaxation, help you sleep, etc.)

Never 1 2 3 4 5 Very often

Frequency



Q2.7. Any other comments or suggestions?

Thank you so much for your time, participation and feedback!

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