QUESTIONNAIRE

Project Title: Designing affective haptic stimuli
(UBC Ethics #H13-01646)
Principal Investigator: Karon MacLean, Professor, Dept. of Computer Science, 604-822-8169
Co-Investigators: Hasti Seifi, Ph.D. Student, Dept. of Computer Science, 778-989-1650
Oliver Schneider, Ph.D. Student, Dept. of Computer Science, 604-827-3982

1. **Consider the following scenario:**

You are planning to go for a workout (e.g., running, weight training etc.) and are using a cell phone application to track the timing and progress of your workout. The app can provide visual, auditory, or tactile (e.g., vibration) notifications for the following list of events. For each event in the following list, you must indicate two or more metaphors that you can associate with or find appropriate for a visual, auditory, or tactile notification.

In each case, you see a label for the event, followed by its definition in parenthesis. You must provide two or more metaphors in the textbox below each event. A metaphor is a word or phrase for one thing that is used to refer to another thing in order to show or suggest that they are similar. For example, in the sentence "The snow is a white blanket.", a white blanket is a metaphor for snow.

Here is an example of a notification event and two metaphors for it*:*
Pause/idle (Definition: You have paused your workout for some reason and the app is in an idle state)
- Metaphors: heartbeat, snoring

Here is the list of notification events:
1. Start (Definition: You start the workout and the app starts to collect data)
    - Metaphors:
2. Half way (Definition: You are halfway through your planned workout)
    - Metaphors:
3. Reach a milestone/record (Definition: You just reached a predefined milestone regarding time, calories etc. in your planned workout)
    - Metaphors:
4. Every x min/km/calories (Definition: The app notifies you after every x min/km/ calories/etc.)
    - Metaphors:
5. End of workout (Definition: You just reached the end of your planned workout)
    - Metaphors:
6. Pause/idle (Definition: You have paused your workout for some reason and the app is in an idle state)
    - Metaphors:
7. Resume (Definition: You resume your workout and the app resumes tracking of your workout)
    - Metaphors:
8. Speed up (Definition: You need to speed up to follow your planned workout)
    - Metaphors:

9. Slow down (Definition: You need to slow down to follow your planned workout)
   - Metaphors:
10. Warning/alarm (Definition: The app has registered a risky activity)
    - Metaphors:
11. Confirmation (Definition: The app has registered your input)
    - Metaphors:

2. **If there are any other workout events for which you would like to receive a notification (visual, auditory, or tactile) during your workout, please provide a label for it as well as a brief definition, and two or more metaphors for the event.**