THESIS/INTERNSHIP PROPOSAL

Subject:	**Positive Intervention Smartphone Application using LLM**
Supervisors and Co-supervisors:	**Radoslaw Niewiadomski**
Field of research:	**UX Design, Positive Computing**
Motivations and general objectives:	Positive Computing (PC) is a rapidly emerging trend in HCI, aimed at designing and evaluating technologies that support psychological well-being, human flourishing, and positive user experiences. Several systems have recently been developed that are technology-enhanced versions of positive psychology interventions, most of them in the form of smartphone applications. The aim of this thesis is to build and evaluate a positive intervention program in the form of an Android application. One common Positive Psychology intervention is *daily journaling* or *keeping a gratitude diary*. People are encouraged to write down the events of the day, things they are grateful for, or moments that went well each day. The task of the student will be to design an app that provides an electronic version of such a diary. Additionally, the app will use LLM-based services to enable fluent and engaging interaction with the user. At the same time, the app must be designed according to best practices in UX design. Thus, its designing process would include stages such as defining the personas, user journey, low/hi fidelity prototypes. In the second part of the thesis, the created prototype will be evaluated. For this purpose, the student will recruit participants who will use the app for certain period (e.g., two weeks). Their experience will be systematically monitored using quantitative (appropriately designed questionnaires) and qualitative measures. The thesis will conclude with an analysis of the data collected and questionnaires. The expected outcome of the thesis is an analysis of the impact of the two-week intervention using the app on the participants. The student will have the opportunity to develop innovative solutions and contribute to scientific publications.
Required skills:	• Competence in creating Android apps • Programming skills

Work Plan:	The student is expected to carry out the following tasks: • conduct a literature survey on novel apps in positive computing. • perform a UX design study and develop the Android app. • carry out a longitudinal study with real participants. • collect and perform basic analyses of the collected data. • write the thesis report
References:	[1] Michael J Hoefer, Raegan Rychecky, Max Gong, and Stephen Voida. 2025. TellTime: An AI-Augmented Calendar with a Voice Interface for Collecting Time-Use Data. In Proceedings of the 30th International Conference on Intelligent User Interfaces (IUI '25). Association for Computing Machinery, New York, NY, USA, 1366–1380. https://doi.org/10.1145/3708359.3712116
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