# EmotiCal

UX Methods Used

- Recruiting Participants
- User Interviews
- Report Writing

Research

While current personal informatics systems provide rich records of our pasts, they typically do not convert these records into actionable future plans. To address this, we designed EmotiCal, an emotion forecasting system, to improve users' everyday moods and promote well-being. Motivated by initial surveys and user interviews, EmotiCal analyzes logs of users' past moods and mood triggers to generate a 2-day forecast predicting users' potential future moods. EmotiCal encourages users to change these predictions by recommending enjoyable activities that are personally-tailored to the user and connect to higher mood ratings. A one-month field study with 91 users evaluated the effectiveness of EmotiCal against a mood-monitoring only intervention. Engaging in activities as prompted by EmotiCal improved well-being, but benefits depended on the number of activities planned and initial emotional profile. We present design implications for both emotion regulation systems and general tools for actionable personal informatics that support behavior change. As users completed entries, we checked in with them regarding the design of the application. As we got user feedback from them we continued to improve the design of both the mobile app and web app. These are images of what the web application looks like.

EmotiCal
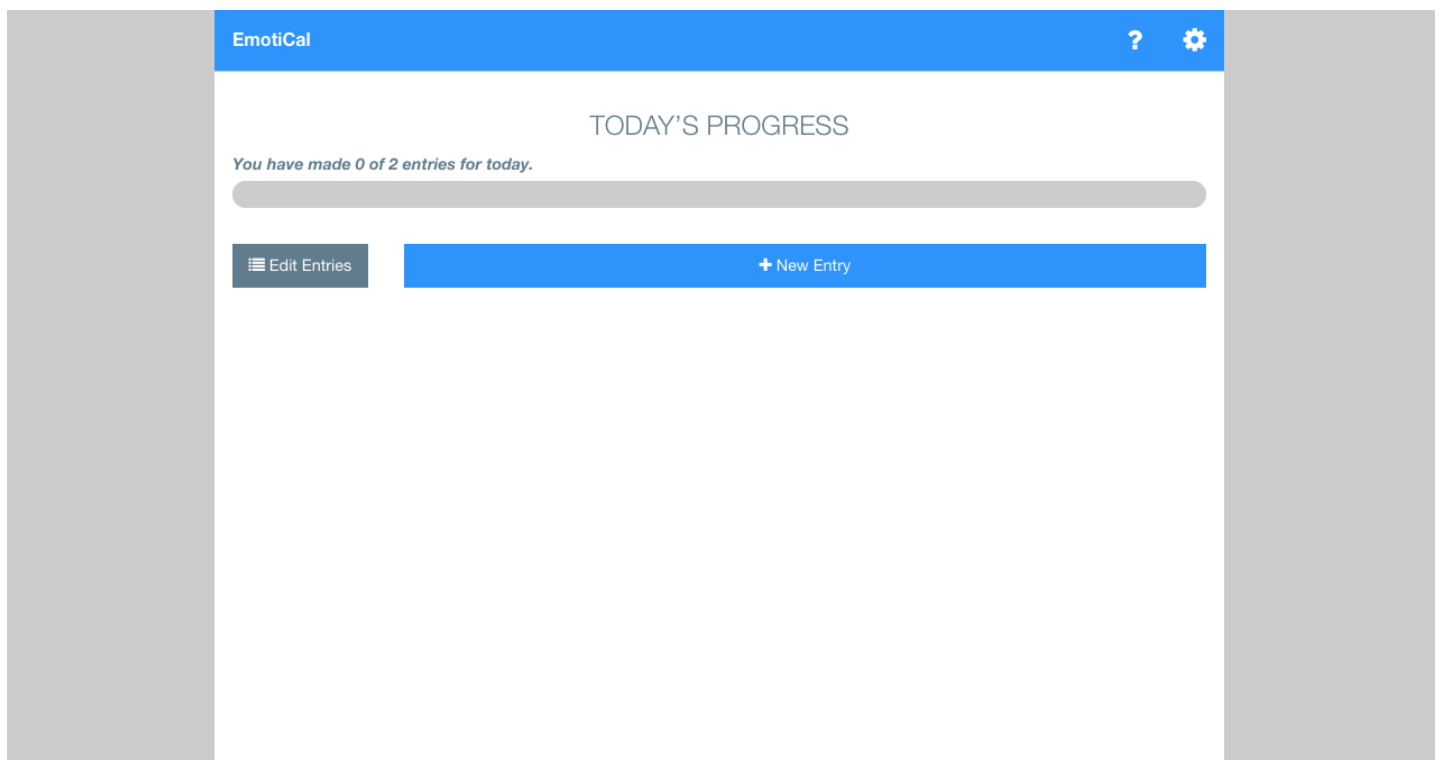
How do you feel?

Mood   **[3]**

Negative   Positive

Energy   **[0]**

Low   High

Time

12/21/2015, 11:34:02.298 AM

Location

Work ▼

< Back

Next >

Food   **[+1]**

Negative Impact   Positive Impact

Sleep

Exercise

Work 1

Work 2

Leisure 1

Leisure 2

Leisure 3

Social Company 1

Social Company 2

Social Company 3

Social Activity

Custom 1

Custom 2

EmotiCal

Step: 3 of 5

Tell us more

Factors

• Food: +1

How did these factors affect your mood?
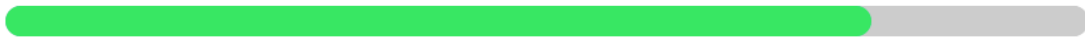
I felt energetic and happy|

❮ Back   Next ❯

Step: 4 of 5

Review and confirm your entry

Date
Dec 21, 2015 11:34:02 AM

Location
Work

Mood
3

Energy
0

Factors

• Food: +1

Notes
I felt energetic and happy

❮ Back   Confirm Entry ❯