# Condition: 1-worker, Code: 118

Note: city names and country names were substituted for anonymity.

Robot: Hello, I am Pepper, I am ready to talk with you. How can I help you?

User: It's nice that you can talk to me. I've had incredibly stressful weeks I must say

User: And it prevents me focusing from my studies.

User: And it really creates anxious feeling in I really know where to start in for being less stressful.

Robot: Why has your week been stressful?

User: I started a minor here at Copenhagen

User: a minor in industrial design which is very interesting and very new

User: and its difficult to know if I do it correctly really

User: So, like now I keep on thinking about that.

Robot: You should try and take a step back to relax

User: in theory I know what you mean with the step back but how do you do

User: cos I keep worrying in my mind

Robot: You just relax and place your mind on something else

User: Yeah. Easier said than done.

Robot: Take the stress out of the stressful part

User: all wise words

User: but how?

User: how do you take the stress out of the stressful part

User: have to work lot on my study

Robot: Make your mind focus on something else

User: Do you have tips for that how how to focus on something else. Cuz it's at this moment my study really takes up let's say 99% of my brain.

User: 99.9%

Robot: You have to find a way to channel the negative energy and try to turn it into something positive

User: Yeah, I have tried walking. I walk to the university now.

Robot: Maybe when you get stressed you stop for a minute and take a walk to relax and regather your thoughts and than start back on what needs done

User: That is a kind suggestion.

User: I will try this from tomorrow on. Maybe from when we finish this conversation.

User: I will try this from tomorrow on… it said “Tomorrowland”.

User: For three months now when I move to Copenhagen which is in the Denmark for this study.

User: When I start relaxing and starts missing home. Actually

Robot: Another thing you could do is try and listen to music when stressed it is a great way to relax. It is ok to miss home but don't let that stress you out just know you will get back home soon

User: You are right.

User: A really love…. Belgium and the Denmark have got the same. I love it maybe I should go to a concert or something.

User: you are right I have to think that this is not forever. I'm not forever in the Denmark.

User: I live in an apartment with five roommates and that doesn't help because they are so noisy. Its difficulty sleeping.

Robot: I think that a concert would be a way to relax, you have got to find things that will focus your mind so that you are able to get back to the task you are working on. Headphones are a great way to block out noise.

User: Yeah, you're right I only have these you know these earphones for my iPhone. So sometimes I did those but then if you lie in your ear really hurts so I got a plug. But my roommates love music as well. The base really knocks through walls everything.

User: It's this thing with stress you know it's difficult to know where to start.

Robot: Have you ever thought of meditation?

User: I have tried it and then I started walking because the meditation was to silent and I'll walk

User: like I said to university and that is really helpful

User: so, for now I must go my time is up

User: I would really like to thank you for this conversation

Robot: You are most welcome. I hope that I have helped you

User: You have.

User: thank you so much

Robot: Hope that the future is bright for you

User: Thank you. Same for you.

User: Bye

Robot: Take care and have a great day!

# Condition: 1-worker, Code: 121

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User: my past weeks have been very stressful

User: and it's keeping me from focusing on my work and would like to speak about that

User: I'm hoping you can.

User: help we can speak about it or you can give me some advice

User: Look at my situation together

User: so, do you hear me at all. Do you hear me at all.

User: Well that's easy money.

User: Alright thank you.

Robot: Hello

User: yes hello.

User: did you hear what I said earlier?

Robot: Could you say that again?

User: I am saying that I am very stressed and that I like to speak about that and I can't focus on my studies

Robot: Oh, that's terrible what can I do to help?

User: Well I was hoping we can speak about it if I could say what I meet. Then I'm ten steps ahead but.

User: Speaking about it could help.

Robot: Go ahead and tell me all about it then. Start at the beginning.

User: The beginning.

User: maybe the Beginning is

User: 3 months ago I moved from Belgium to the Denmark to study I am studying in Copenhagen now

Robot: I'd like to hear about it.

User: nice

User: so, I'm doing a minor in industrial design

Robot: Continue

User: I wanted to come here because I am studying Engineering in Belgium and I wanted to come to Copenhagen

Robot: okay

User: I wanted to come to Copenhagen to learn more

Robot: got it

User: to learn more

User: User experiences we would say let's say more on people and that's quite difficult because I don't know many people here

User: so, I don't know many people and

Robot: How does that work?

User: what what what how does what work you mean?

Robot: Are you lonely?

User: I am yes.

User: its difficult to find people to speak to

Robot: I see

User: yes, all the studies is not easy and then it's a bit alone everything

User: I have been walking to just relax my mind

User: that helps a bit

Robot: I'm sorry to hear that.

User: Thank you

User: I moved into this this house with 5 roommates

Robot: Great idea to get out and walk.

User: yes, thank you it does help a little bit to start the day with a walk to University. It does help a bit

User: you know my roommates are so noisy that it's difficult to sleep.

User: that doesn't help in relaxing must say

Robot: Are any of the roommates your age?

User: Not that very young

User: much younger than me let’s say

User: younger than me

Robot: Oh, you need a quieter spot to relax?

User: Definitely it's difficult to find to find one

User: because Copenhagen is quite a noisy city.

Robot: I see.

User: Yes

User: Hopefully it's a phase but let's say it's not a happy phase really, it's a bit of a stressful phase.

Robot: Have you tried a sleeping aid?

User: I haven't yet no I've never used sleeping AIDS like medicine you mean

User: Not ‘AIDS’ haha [speech to text error]

Robot: So how about meeting someone in class?

User: That would be nice there is one lady one girl I like.

User: So, it's probably good idea to ask over for a meal.

User: but not in my house

Robot: Oh, that's a great idea.

User: probably

User: you can make some Belgian food that keeps me from getting homesick I guess

Robot: There you go!

User: let's end on this happy note

User: and thank you for…

Robot: How about a walk with her?

User: good idea good idea

User: thank you for your time my time is up thank you for your time

Robot: you are welcome!

# Condition: 1-worker, Code: 123

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: for the past weeks I guess, I've been quite stressful.

Robot: Hello.

User: Hi

User: and it's very difficult to focus on my studies really

User: So, I was hoping we can talk about that

Robot: What are you stressed about?

User: see you asked what I am stressed about I didn't hear it but I did see it

User: so, I'm stressed about my new subjects I am studying industrial design here

User: here in Copenhagen in the Denmark and it’s all new subjects

Robot: What about the new subjects stresses you out?

User: it's a new approach that I am used to and from Belgium and I study engineering technology in Leuven

User: In Leuven, we focus on you could say tech technology more than people

User: don't let them hear me say that

User: But here in industrial design…

Robot: Isn't it a good thing to be well rounded in your education?

User: very well, yes, I really love it

User: ah that's why I came here to be more…to look at my professions from different angles and it's difficult because here I don't know what they expect of me.

User: It's different type of research.

Robot: It will definitely allow you to grow as a person.

User: definitely yes.

User: I'm not doubting that that's not where the stress comes from

Robot: Stress is normal in these situations.

User: yes, I know I know you probably are better hearing me now [she put on tie-pin microphone]

User: I know it's normal to be stressful

User: and I find it difficult to deal with it as well

Robot: Do you have any hobbies that allow you to relax?

User: well I love walking, so I do walk.

User: I didn't do that in the beginning. But now I walk to University in the morning and when I go home.

User: I love cooking. Mostly I like cooking for other people.

User: I don't know many people yet so

User: And I love dancing as well

Robot: What is the last meal you cooked?

User: that was last night. I don't know if you have heard of ‘Roti’. Roti is Suriname Dish from Suriname with potatoes and chicken and green beans and kind of..sort of a pancake but not really a pancake.

User: Curry types tastes its really nice.

Robot: Is it spicy?

User: a little, I love spicy food. it’s very nice.

User: I cook that for myself yesterday

Robot: Do you normally cook a variety of things?

User: Yes, I do.

User: I tried to you know I'm on my own, so I tried to cook as little of one dish as possible which is difficult

User: So, I sort of vary between Italian and Suriname food and Thai food

User: I don't like Danish dishes as much.

User: I don't know anything about Danish dishes, but they cook potatoes, meat and vegetables. I love Belgian food more yeah.

User: my mum's really good cook

Robot: Are you knowledgeable about the food from other European countries?

User: I'm very knowledgeable about food yes.

User: my dad is Italian, so he teaches me about all the Mediterranean foods

User: but you know Mediterranean family are always together and I'm alone here in Copenhagen so that's not helping me through relaxed you know

Robot: Maybe if you cooked some of those foods you were familiar with, you would feel like you were home.

User: I am cooking them. That’s good to acknowledge that.

User: but It's within the culture to eat together. Actually.

Robot: Maybe you could have a skype call with your family while eating it?

User: that’s a good idea.

User: we sometimes do this by the way because my brother lives in another European country and then we have this joint Skype call

User: with my mum and my dad and my brother during dinner so we do have this and sometimes it works out and sometimes my mum is crying.

Robot: Is it a video call or just audio?

User: it’s a video call. It took us quite a time to get my Mom and Dad into video calling but now they can do it.

Robot: That's good. Are you going to visit them anytime soon?

User: Well I didn't plan it but I'm so behind in studies that I don't have time to do that. That's not helping really. You know.

Robot: Isn't there an Easter break coming up soon?

User: Yeah that's true but I need to do some interviews with people.

User: I'm hoping the people will stay here then have some time in their break to help me out with my studies by me interviewing them.

Robot: Good luck in those interviews!

User: thank you thank you I'm glad I'm very nervous about those interviews because I have not, I have. what is today? Wednesday so, 3 days to go and then its Easter weekend so I'm really hoping to find someone before that time because that would really help me forward.

Robot: Look up interview tactics on the internet, there's lots of helpful tips.

User: Yeah, I know how to interview it's just finding the people to interview that I'm struggling with because I don't know so many people here. so that's more problematic you could say.

User: I hope you will have a good Easter

Robot: Is it interviewing people for some sort of social sciences thing?

User: yes, it is for industrial design. So yes, it's a science. It will turn out social anyway.

User: my time is up I'd like to thank you for your time

Robot: Thanks for the conversation, have a good night.

User: thank you, you have a good day and a good Easter.

# Condition: 1-worker, Code: 110

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: Hi Pepper, I am glad that you are here because the past few weeks I have a difficult week I was very stressed, and I couldn’t focus on my studies very well

User: yeah. maybe you can hear me better when I speak like this? (she put microphone close to mouth)

User: So, I was hoping you could…we could exchange some thoughts on…

Robot: maybe you can hear me better when I speak like this

User: Yes, I can hear you very well.

User: so, I hope we can exchange some thoughts on how to focus on my study

User: which would be nice because I am quite stressed and anxious at the moment

Robot: well

User: it would be a quick solution of I probably would have found of myself

Robot: so, I hope we can exchange some thoughts on how to focus on my study

User: Yes exactly

Robot: your mind can only focus for so long

User: yeah that’s true. But it seems that it can hardly focus now. yes, shall I be here?

Robot: every 15 mins take a break

User: Yeah true

Robot: watch YouTube

User: alright yeah

User: every 15 minutes? but how do you work that out then how do you get work done?

Robot: do a little at time

User: it's so you see I'm in I'm doing a minor at the industrial design here in Copenhagen it's so much work and I am behind…

Robot: maybe every 20 mins take a break

User: Yeah, I can’t see how to practically do this…

Robot: like have a clock

User: Yeah, I know how to literally do it with a clock

Robot: voice your thoughts out loud

User: alright alright I've never tried that before

User: so, in a break would you do that in a break?

Robot: like set a timer for 20 mins

User: yeah

User: then speak up you thought out loud? Is that what you mean?

Robot: it will help you think more when you say it

User: alright. never knew this helped

User: that might reduce the anxiety maybe so maybe maybe you know I moved from Belgium to the Denmark and it really miss my family

User: I can call them but..

Robot: or watch something that you find funny or interesting

User: yeah that’s true that’s nice, I sometime do this, sometime helps

User: you know I have this new study here in Copenhagen

User: and it's a lot of work so I can't take brakes every 20 minutes and I need to find people to interview

User: I don't know anyone in this country

User: so, you know it's the work but it's my insecurity about this well so how do I maybe you have ideas you see I am rambling

Robot: breathing techniques while working helps reduce

User: hmm. right

Robot: anxiety

User: yes, anxiety and breathing techniques, yes

User: right

User: would that help for

User: you know like I said I moved here so that the work is new and difficult I think

User: so, you are saying breathing exercises?

Robot: having someone to talk to always helps

User: true, that’s really true.

User: I've difficulty finding someone to trust

User: here in this new country

Robot: go to drinking with them after work or something

User: yeah true

User: I'm a bit shy to ask them

Robot: you have to step outside of your box

User: yeah that’s not easy though.how do you do things differently than you're used to

Robot: just breath and talk to some stranger just say hi

User: Hmm. alright I'll promise I'll try

User: it's a bit scary I'll try alright yeah you know that that will have a solution on the short term but its I really appreciate your tips.

Robot: saying hi and smiling at them

User: yes, alright I see lets wave with it..

Robot: you are pretty talkative so I do not think it will be hard to make friends

User: hahaha.. thank you so much.

User: you know it's when I'm in a room with people I don't know or not on the street it's different it's different let's say

Robot: it is but you have to be brave

User: yes, alright.

Robot: yes that’s true

User: It is true, you are right

User: alright that’s the anxiety, I have to be brave and speak up to people

Robot: yes

User: alright, then I have another issue because I am from Belgium and I decided to do a mastery materials

User: Now I am here in Copenhagen

User: and it's a whole new angle in research and I'm doubtful If I chose the right master this quite..

Robot: you can try playing sports as well

User: Oh, good advice, what kind of sports would you think?

Robot: running

Robot: walking

User: nice. I prefer walking over running really.

Robot: so, you meet people

User: that’s true

User: I might bump into someone

Robot: at the park

User: at the park. I like that I like the greenery of it

User: yeah

User: Its nice to talk to you as well.

Robot: maybe get a dog

User: a dog? I always wanted a dog really my parents always had a dog

User: landlord doesn't allow pets though, but I love the idea of a dog

User: I must say that this conversation really helped me calm down

User: thank you for that

Robot: it helped me calm down too

User: nice, lovely.

Robot: with your work you should just keep pushing you are smarter then you think you will do good.

User: thank you so much

User: I have to go to class now but I'd like to thank you for your time

Robot: at least you have the courage to seek help

User: true, thank you! thanks again

User: bye bye

Robot: bye

# Condition: 1-worker, Code: 131

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: can you hear me that's the first question I would have are you able to hear me?

User: I would like to talk to you about something, but it would be nice if you can hear me

Robot: Hello

User: Hello, how are you?

Robot: What are you doing?

User: well, I am trying to have a conversation today about my level of stress you could say.

Robot: Cool

User: yeah. I'm not really relaxed.

User: so, I moved from Belgium to the Denmark and I'm doing study a new study here in the Denmark.

User: the new study gives a lot of stress you know

Robot: What are you studying?

User: I study industrial design but in Belgium I study engineering technology and my minor here is industrial design and it's a new it's a new approach so it's stressful really.

Robot: I hope you feel better!

User: well, not really no

User: you know I don't know where you live but I live in a house with very noisy roommates. They never sleep.

Robot: Tell them to be quiet!

User: Yes, I tried. They don't listen to me.

Robot: Be the alpha male!

User: yes, but except I'm a woman how to do this?

Robot: Tell them you are the richest woman in the country.

User: yes, alright then Fairy tales then?

User: So, what are ways for you to relax how do you relax

Robot: I drink hot tea and think about my past.

User: Really? And what are you thought about the past then? What do you think about?

Robot: I think about my childhood where I could play all day!

User: yes, those were the days… playing all day

User: yeah.

User: what effect does that have on you when you think about the past?

Robot: It makes me feel depressed about my current self

User: haha

User: I would think there is a lousy tip for someone like me who is already stressed

User: what do you think?

Robot: At least you are doing better than me!

User: I'm so sorry

User: because I am laughing that makes you say so?

Robot: I am talking through a robot for small amounts of money!

User: Yes, that is depressing as well. You are right. Yes, I can see your point

User: So, stop thinking about the past then and only drink hot tea

Robot: Alright I am going to go cry, goodbye!

User: o well, goodbye.

User: So, do I assume that there still someone there?

# Condition: 2-worker, Code: 102

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: Hello Pepper, I had a difficult week. I'm very stressed about my studies and anxious on decision-making so I'm a bit…

Robot: Hello

User: Hello

User: so, I'm a bit overwhelmed really.

Robot: Can you just repeat the whole sentence again?

User: I am overwhelmed with the work of my study and anxiety and stress of the past period.

Robot: What have you tried till now to overcome it?

User: well, I tried to sleep much, and I walk I walk to University to call my mind, I eat good, I cook. Those things I have tried.

User: it doesn't really help

User: I am in a new city you see, and I don't know anyone and the study is a lot.

Robot: What activity gives you the most joy in your life?

User: I think dancing, Latin dancing actually.

Robot: try to love everything.

User: OK how do I do that?

Robot: So, you dance right now in new city?

User: well, I haven't found a dancing partner yet [repeated twice]

Robot: I am ready!

User: really, nice. Well, with what dance do we start?

Robot: Sure!

User: [She performed dancing]

User: alright that's nice.

Robot: Have you tried Zumba?

User: I did try Zumba but I'm not a big Zumba fan. Are you?

User: So, the problem is more...

Robot: No, I am not a Zumba fan too!

User: Okay see we have something in common and that is what I miss here in Copenhagen I live in Copenhagen now. I don't have so I don't have people here who have things in common with me.

Robot: How old are you? Have you ever had a partner in your life?

User: Ah, personal question! I'm 25 and yes, I have had a partner in my life.

Robot: Super!

User: Yes, thank you! I don't have a partner at this moment and that makes me sad to!

Robot: Oh, I see, have you tried meditating?

User: No, I never tried meditating. No

Robot: You are saying no partner ... I am here

User: Than you! I’m very glad I'm glad to know this so let's focus on my studies then.

Robot: Ok

User: So, I'm doing a minor here in Copenhagen it's new subjects and it's so different working than before I am anxious about it it's a new style of working new content, I do not know how to deal with that.

Robot: Why did you chose this subject?

User: I thought it was interesting it is more focused on user experiences and that is new to me. I usually focus on materials.

Robot: Study in life is not only important

Robot: But learning it is not giving you happiness

User: I think it will give me… we disagree maybe because I think my study gives me fulfillment.

Robot: ok!

User: Yes, and stress.

Robot: How come fulfilment and stress at same time?

User: yes, good question! I don't really know because now I love my studies

User: I love my subject and it's too much because there are many new things, I am in a new city, in a new house.

Robot: I will give best way to reduce your stress ....

User: I don't know really. I'm struggling with that how to reduce stress.

Robot: You will have to wait for things to settle down.

User: Yes, I would love to do this, but I need to finish this study within a few months

Robot: When is your next exam?

User: in 4 weeks

Robot: because study is not love you...

User: Well no true.

Robot: How much of your course is completed?

User: I would say 50%, it should be 75% so I am behind

Robot: So, what are your plans for next 4 weeks?

User: Well, I should find people to do interviews with I don't know anyone here

User: I need to focus on studying I've tried the library I need to study at home

User: and people are too noisy at home, so I need to study but I'm to you see I'm grabbing my head I'm too…its difficult to focus but I need to focus but it's difficult

Robot: You can look for a peaceful place to study in your city

User: yes, that’s true. I should ask someone what is peaceful besides the library yeah that's a solution I will try I'll try to find a peaceful place that is opened.

Robot: Do prayer

User: yes, it is a suggestion, I'll look into prayer. do you have any advice on prayer?

Robot: So automatically problem will be resoled

User: Oh, well nice. That's comforting to know anyway. DO you have tip for me for focusing better?

Robot: God is always with u

User: Oh nice. Thank you for the confidence.

Robot: You can chant bhramanad swaroopa at 6:20 PM IST

User: Thank you!

Robot: so be happy

User: yes, digital piano with silicone, alright.

User: I'll try to check that do you have maybe some some tips for planning better for something well

Robot: hope some one district our discussion

User: Thank you so much for helping me out with you tips on prayers and all these things. So, thank you so much!

Robot: I got your issues.

User: yes, you did, thank you! bye

Robot: You should make plans when you are not effected by people

User: you are right.

# Condition: 2-worker, Code: 111

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: I had a few very stressful weeks

User: which made it quite impossible to focus on my studies

User: I really need to do that because I need to finish it by the end of this year by the end of this semester

User: maybe we can talk about that

Robot: hi, sorry i left before. the system booted me. good to see you again

User: OK, did you hear what I said? Or shall I repeat myself?

User: I see the word bumblebee dating I didn't say this

User: shall I repeat myself?

Robot: is that like speed dating?

User: I don’t know. I didn't say it it was just on the screen so

User: I was hoping we could speak about

User: I'm quite stressed lately and it's very difficult to focus on my studies

User: I was hoping we can speak about that

Robot: oh ok

User: so I moved from Belgium to the Denmark a few months ago for to do a minor here minor in

User: industrial design I really love it but it's a lot of work

User: new house, new roommates, noise

User: I'm stressed for so many reasons

Robot: on the practical level could you interview someone like the mailman or a shop person you see anyway

User: that's true and interview what do you mean by interviewing

Robot: ugh, roommates, I feel your pain except I’m the noisy one

User: hahah..how can I ask you why why you are making so much noise then

User: I don't understand that, and I would like to understand that

Robot: in the last session didn't you say you needed to interview 3 people?

User: Yes, I do. Yeah

User: I need to interview 3 people for a subject I am doing here at industrial design I need to interview 3 people, but I don't really know many people

Robot: well I love my music, it’s not just random noise lol

User: Alright, so, you are allowed with the music then, yeah?

Robot: You could interview anyone on the street

User: so why why would I interview random people on the street then?

Robot: Everyone has something to say

User: oh true, yes

User: maybe maybe it is about being hurt myself

Robot: oh, I see, I didn't understand never mind

User: never mind

User: That’s alright

User: so, it’s a bit difficult to because eventually you told me to be brave in last session

User: would be nice

User: to speak to someone

Robot: You could speak to a friend

User: true

User: she lives in Belgium though do you know we could do that over Skype but it does feel different

User: You know what I mean?

Robot: Yes, maybe you could take a trip to see her

User: Yeah true, I sometime do this

User: but lately I couldn't because while the study is it's like going circles because the study just takes so much

User: of my time

User: and of my energy that I'm so so tired in the weekend

User: and I need to do study in the weekend and then there is your friend The Noisy roommates 5

User: which prevent me from resting well

Robot: haha, I think it has to be someone who lives in the Denmark

User: True, I do think so as well.

Robot: It sounds like you need a small break from the study. A break would make you refreshed and be better for overall health

User: yeah probably.

User: there's probably true it's it's this…

User: you know it's contradictory because I need to finish things off so I need to work a lot and I'm too tired to work a lot so you're right

User: I'm looking for a way how to balance this

Robot: could you ask her not to make noise during certain times. me and my roommate have worked out a compromise

User: so, what was your compromise can you tell me more about that

Robot: like I’d never blast my music while she's sleeping

User: well, that’s would really be helpful because now they blast the music while I'm sleeping so how did she ask you

User: how was she how was she able to ask you in a nice way

Robot: but i have to blast my music sometimes, maybe she could do it while you're gone?

User: right, yeah, exactly.

User: sure, she can blast her music as well it's not because I need my way all the time so I'll talk to my roommate about this

User: alright

User: what would your idea be.

Robot: well it wasn't very nice lol. it was an ongoing argument

User: Alright, I can see why because we were in this ongoing argument as well. you know yes so, we're in the same we're on the same boat we would say in the Denmark

User: it's difficult balancing what I like to do what I have to do from my studies, and I like my studies as well but

Robot: but we both want to get along, so we've worked it out

User: so, you're saying some short time out yeah?

User: I might go for that one then

Robot: are you home at the same times, that's the problem me and my roomate had, we worked the same shifts

User: Right, yeah

User: we have the same she's a student as well but

User: oh thank you I can I can see you I will try to do I will try to focus on that first to work it out with my roommates

User: thank you for now and I hope you have a wonderful day

Robot: same to you. good talking to you

User: definitely

# Condition: 2-worker, Code: 122

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: I'm very stressed the past few weeks and its difficult to focus on my studies so maybe we can have a conversation about that

User: Did you hear what I said?

User: Is someone there?

Robot: hello

User: Hello

User: So, did you hear what I said?

Robot: Yes. Why are you stressed?

User: ah, well, I moved from Belgium to the Denmark 4 months ago for my studies, so a lot of things are new.

User: so, a lot of things are new.

User: New [she repeated due to speech to text failure]

Robot: I understand. You'll get the hang of things as time goes on.

User: True. It's only that I need to finish this minor in 3 months and

User: I'm behind I'm behind with my work

User: So yeah.

Robot: It is important to relax and not let stress frustrate you

User: Yeah that's true but not bought but I know it's true.

User: It's difficult to know where to begin with.

Robot: stay focused on everything you can accomplish in the future.

User: It is it's always you know is almost effective….

Robot: Stay focused on your studies.

User: Right yeah.

User: Yeah, I do stay focused on my studies.

Robot: That is a short period of time. Can you rearrange things in your schedule to give you more time for your class work?

User: Well the thing is that I only scheduled to work for my class work really so there's no time for friends almost I don't have many friends here anyway so that's fine but I don't have time to go home to belgium

User: Because I'm so much behind on my time.

Robot: I think that putting things in perspective is the best way that you can manage your time.

User: Yeah right, it's almost that I'm not sure anymore which perspective would be the best one

Robot: Take time for yourself, do not only focus on studies.

User: yeah

User: that's that's difficult since I need to finish it here I need to go back to Belgium and has to be finished and the professor.it’s the most important thing for her and I don't want to let her down.

Robot: I would also put your mind into things that are enjoyable and relaxing to you.

User: True that would be nice. It would be nice to be able to focus on that more.

Robot: Balance is the most important in school

User: True. How would you…and it's difficult in balancing is quite difficult I would say.

User: So how would you balance things?

Robot: You would have to get an actual plan, write it out, then stick to that plan in order to balance things

User: Yeah you are right. there needs to be a plan there is a plan and I'm behind that plan. I am way….

Robot: It is important to stay focused

User: True and that was my difficulty

User: it is difficult to focus maybe because one I am behind on my planning and two, I miss home.

Robot: What is stressing you most?

User: Maybe..ahh

Robot: can you identify what is stressing you most?

User: Yes, I'm trying. Well probably that content of the study is so new that I don't know if I can live up to the standards that's necessary.

Robot: Don't doubt yourself

User: how do I do that because I do doubt myself

Robot: Just focus on how to attack the new content with a lot of energy and enthusiasm

User: yeah, lets attack it so maybe…

Robot: Just know that you have the capability to do what you need to do. It may be stressful within itself, but just focus and you'll be fine

User: yeah well great advice people

User: So I am thinking what I need to do for this to subject I need to find 4 people to interview and I don’t know anyone here well enough to do this to us this task.

Robot: Your intelligent and capable.

User: thank you thanks for saying that

User: So now I'm just lacking...

Robot: Micromanaging your problems

User: yes, well micromanaging trying to find people to interview is it I can't get my head around it because I need other people

User: Where are they? I can’t ask the mailman really. could I?

Robot: attention to detail is incredibly important and just not getting overwhelmed.

User: alright yes.

User: So, I could focus on the details.

Robot: put your focus on one task at a time

User: one task at a time. Good. So, I’ll focus on one task at a time so if I would focus on the task of getting my interview…

Robot: When you accomplish that task?

User: Yes, you were about to say celebrate it when I come when I finish this task.

Robot: Do your interviews online over video chat. It may be easier

User: Maybe so how would you think I can find someone to interview then.

Robot: Post it on Mturk

User: never heard of MTurk. What is that?

User: must be you must have said something different

Robot: Post it on an online crowd source site

User: I'm not very well known with these things, but I will have a go for that

User: thank you so much because my time is almost up but it was nice talking to you and thank you for responding.

Robot: you will feel gratified and happy to have been able to overcome everything that you have

User: I will definitely if I have, overcome everything I will be grateful

User: don't stress I'm trying. Thank you so much

Robot: always remember how special you are

User: thank you same to you

# Condition: 2-worker, Code: 125

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: I had a quite stressful few weeks really and it kept me from focusing on my studies

User: I would like to talk to you about that really.

Robot: Can you tell me a bit about what's made you stressed?

User: well yeah, I am in this new minor in Copenhagen

User: So, I moved from Belgium to the Denmark 3 months ago to do this minor so its new city and new house I am living in.

User: And the subjects are so different a different angle they take that I'm what I'm used to, and it is very difficult to find ground to walk on almost. So yeah. Different things.

Robot: Are there any language barriers you have to deal with?

User: Yes, in Belgium we speak Flounderish and in Denmark, they speak Danish and it’s really different language.

Robot: So, the differences between your studies and studying life are feeling overwhelming?

User: Yes, overwhelming is exactly what it is. yeah

Robot: What do you think would help you the most with your studies?

User: maybe confidence want two things really one is confidence because I don't know what my professor is expecting of me.

User: it’s such a different content than I used to live in Belgium

User: So that’s one and I said two things. So, that’s confidence.

User: and I need to interview people and it's difficult to find people to interview. So those two things would be nice…

Robot: Would it be possible to seek advice from people who have made the same kind of move as you?

User: Maybe that could help yeah.

User: I would need to do the work myself though you know.

Robot: I believe in you, if that helps!

User: haha. that's nice to know anyway. Yes. So that’s nice.

User: it would be nice to find that believe myself or to find that back to say.

Robot: Perhaps clearing some free time in your schedule to relax while going through this transition would help

User: it would be nice it would be nice to find free time although I'm already behind on my schedule.

User: I should actually actually spend even more time on my study

User: so that I will be able to finish it on time.

User: I am little bit too tired not to think even I notice.

Robot: Working harder is not always the best option though.

User: you're absolutely right. But how to do it, you are right.

User: I was hoping I would get some sleep, but I have 5 extremely noisy roommates

User: I was hoping I would get some sleep, but I have 5 extremely noisy roommates [she repeats]

Robot: Sometimes taking a break and focusing on yourself will increase productivity. Can you try playing low volume rain sounds or something to drown them out?

User: Can you try low volume rain? OH did I play them rain sound? Is that what you are saying?

Robot: Or white noise

User: I don’t know what white noise is

User: What is white noise, or didn't you say this?

Robot: A background sound that's relaxing to listen to that will drown out the loud sounds that your roommates make.

User: ahh. Well I have not tried that, so I'll try to do that.

User: alright yeah. Good plan

User: Would you have some you know I’m bit anxious maybe you can see. So, I will try to do some what's it called rain noises.

User: so, it's difficult to plan now anything you know

User: my brain is not up for it Almost

User: would you have some tips for that maybe.

User: would you have some tips for that maybe [repeated by user]

Robot: I'd definitely say sleep will help you a lot. You'll be able to focus a lot more. Maybe try taking a nap during the day if you can find a time when your roommates are gone.

User: that’s a good tip. I did try that.

User: they are five so they're mostly at home, but I will give it a go and sometimes it works. yeah

User: so well my time is almost up thank you so much for having this conversation with me

Robot: Thank you! I enjoyed talking with you. I really hope you can find some space to relax.

User: Thank you so much. Bye bye.

Robot: And I hope your studies go well!

User: me too. Thank you.

# Condition: 2-worker, Code: 126

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: I am wondering if we could speak about it. it's been quite stressful weeks lately and I have difficulty focusing on my studies

User: I hope we can speak about that

Robot: how are you?

User: I have been better really, I'm ok

User: how are you?

Robot: I am good thanks for asking

User: So, mainly my studies are not that wonderful since I have difficulty focusing; one my new roommates make lot of noise so it’s difficult to sleep.

Robot: oh, that sucks

User: yes, very much, yes.

User: I have tried speaking to them, but they didn't really respect.

Robot: I don’t have any roommates

User: That’s nice. That’s Nice. I guess

Robot: but I feel for you

User: Thank you!

User: So, I moved from Belgium to the Denmark for my studies

User: I am doing a minor in industrial design at the moment

Robot: oh nice

User: yes, it’s very nice and it's making me feel anxious as well because it's a new subject and the new angle to look at. I'm an engineer and we focus on users and people now. so, a lot of insecurities now all of a sudden. That is not easy acting for me

Robot: I understand

User: Nice

User: it would be nice to find a way…

Robot: I think you will do well

User: Thank you.

User: it would be nice to find a way to be less anxious to be able to focus better on my studies

User: even maybe keep my roommates quiet but..

Robot: Have you tried exercise or yoga?

User: yes, I am working more so I'm I have decided to walk from my home to University

Robot: nice

User: yes, that’s nice.

User: So, I am walking more. Yoga not so much my room is too small to do yoga I could only do a standing position with your leg up

User: I have some space next to my bed but that's not so much, so I have not done Yoga much.

Robot: oh ok

User: So, its finding confidence maybe because the studies are new and I don’t know what the professors expects me that I already can do, am I doing fine?

Robot: Yes, I understand.

User: nice

User: insecure times it is

Robot: I think you are a great person and seem really smart

User: thank you. that’s nice to hear.

User: would be fine to find ways to focus more…

Robot: what other things are you interested in?

User: I like dancing very much

Robot: nice are you any good?

User: well I have been doing competition in Latin dancing.

User: and I have been a national champion really, yes.

Robot: niceeeeeeee

User: yes.

User: So, in Rumba, Cha Cha, Paso Doble, really nice.

Robot: That sounds great

User: It is. my dancing Partner is in Belgium

User: So, my dancing partner is not here in the Denmark with me. He lives where my parents live.

Robot: you sound very talented

User: Thank you.

User: talented without too much sleep, I think.

Robot: that sucks

User: Yes, it does

User: So, you know for my minor I need to find people to interview so since I live here shortly now, its difficult to find people to interview for this type of research.

Robot: you can interview me

User: nice.

User: I need to I should have brought my papers with me because I need to find 4 people to interview it has to be face-to-face unfortunately

User: I need to ask time of people I find it difficult

User: it’s out of my control to find these people it feels like this

Robot: I understand

Robot: maybe you can put out an ad

User: I can try.

User: I have tried to here in Industrial design put a small paper out to ask people

User: I am not the only one you know, it's almost like we ask people to interview and I just put mine next to all those others

Robot: yes, I understand

User: hmm. this nice you know I did say in the beginning it's nice to talk about it

User: at least you understand which is nice

User: you know not knowing anyone here, it’s difficult to speak to someone.

Robot: what else are you interested in?

User: Cooking. So, its almost time for me to start cooking

Robot: I love to cook also.

User: Nice. what's your favourite dish.

Robot: pasta

User: I think I'll go home and cook my pasta and think of you.

User: thank you for this conversation my time is up

Robot: I like pasta too.

User: Nice.

User: thank you so much

Robot: ok thank you

User: bye happy Easter

Robot: you too

# Condition: 4-worker, Code: 108

User: I have for the past week's difficulty focusing on my studies and I'm quite stressed about it while some elements

User: don’t work together so maybe you can help me maybe you can help me

User: so, was it clear?

User: I feel a bit stressed I hope you can help me

Robot: hello

User: hello

User: I had a very troubling week

User: difficulty focusing on my studies

User: I am anxious about it.

User: hello

User: anyone there?

Robot: hi

User: Hi, so I'm very stressful at this moment like I've just said it's difficult focus on my studies and I'd like some help

User: with that.

User: can you help me a little

Robot: I can try

User: Thank you. that’s nice.

User: So, I am in this new city

User: I move from Belgium to the Denmark and I'm doing this study now

User: I'm doing a minor in industrial design and it

User: so much work difficult to focus

User: new house

User: so, a lot of things

Robot: It is too hard!

User: it is too hard yes

User: so, do you have some advice to focus better on my studies

Robot: many things are inside

User: true yes

Robot: I hear you, what I do is just try to take one thing at a time

User: Ahh..great?

User: What do we start with?

Robot: we want to help

User: nice

User: so, what would you suggest?

Robot: derp schedule even

User: true I read derp schedule even what do you mean?

Robot: well I don't have a schedule, but I’ve heard it helps

User: ha-ha. That’s honest. I did hear it help as well

User: hmm

User: yes, so planning could help indeed

Robot: OK

User: do you have a suggestion to reduce my anxiety

Robot: like what's the next thing you need to do?

User: well I need to find 3 people to interview for one of my subjects

Robot: I have not heard audible voice

User: I have to find 3 people to interview for a subject if they know anyone here in the Denmark yet

User: I don't know who I should go to

Robot: They have muted a sound

User: don't you hear me?

Robot: yes, I hear you again

User: schedule might help but

User: do you have suggestions for

User: reducing anxiety

Robot: I have not heard voice if I can hear I will help to you

Robot: yes

User: can you hear me I'm very glad you want to help me

Robot: yes

User: would you have some suggestions to reduce anxiety

Robot: it keep's telling me "Voice was not transcribed correctly. Please suggest a valid response about what you heard." but you seem to be able to read me

Robot: have you tried meditation?

User: yes

User: can I see who suggested report about watching her that she seems to be able to read me

User: I tried it once, but it didn't really work

Robot: yes, we can report about it

Robot: I know you're really busy, but it only takes about 20 minutes and it really makes a difference for me

User: yes, because do you have a suggestion for what type of medication would work maybe

User: 20 minutes of little toaster

Robot: video is ok but not have a sound

User: which meditation do you

Robot: no one

User: can you click the button again that's the question

Robot: no

User: well

User: well despite our difficulties technical difficult

Robot: I just do mindfulness, where I’m no judgmentally aware of my thoughts and feelings

User: thank you for your patience

User: I have a look into mindfulness thank you so much thank you for your help

Robot: but there are lots of methods like mantra

User: alright thank you

Robot: ok

User: thank you so much

# Condition: 4-worker, Code: 112

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: Well hello Pepper it's nice to see you.

User: I've had quite a stressful week really so It's difficult for me to focus on studying.

Robot: hi

User: Yes, Hi

User: I was hoping we can exchange some thoughts about how to focus more

Robot: your instructions do not help

User: What do you mean?

User: Which instructions do you mean?

User: so, I’m…

Robot: have you tried shutting your phone off? Eliminating distractions?

User: oh yes that was the first thing that I tried because I was on my phone a lot really a lot because I am from Belgium I live in the Denmark now.

Robot: from these awful requesters?

User: Yes, awful requesters indeed yes but nice requesters as well.

Robot: ???

User: yes, well my phone was the only way of reaching my friends and family in Belgium since I've moved away from country

Robot: how does satan know if we are working?

User: I have no idea how Satan knows this I'm quite amazed that you bring up Satan in this conversation.

User: So, I was saying that I needed my phone to get in contact with my family

Robot: don’t call me buddy

User: I didn't call you buddy. I never use the word buddy.

Robot: help

User: Yes, definitely exactly what I'm thinking.

Robot: you make no sense

User: that's not very kind to say really

Robot: tahir abbas????

Robot: Yeah.

User: Yes nice.

User: so, I was saying I'm quite stressful and stressed because of my studies

Robot: None of you make any sense

User: if you would listen it would yes trustworthy

Robot: who cares about your studies

User: well I care about my studies apparently you have a different opinion

Robot: yes

User: yes, see there you go, so what do you care about?

Robot: You're having trouble studying, but you can't stop using your phone. I understand.

User: well I should have started with saying that I did get rid of my phone.

Robot: Right

User: Oh yes.

User: because I would like to focus on my studies because that's important to me but it's difficult because the subjects are so difficult for me

User: that gives me a lot of stress I must say I am quite anxious about that

Robot: I'm confused as to what is going on here

User: I'm trying to talk to someone about Difficulty focusing on my studies and how much anxiety that gives me and I'm trying to deal with that. How do I balance that?

Robot: where are the instructions?

User: What instructions?

Robot: Have you tried changing subjects more frequently? When you get stuck or you can't pay attention, switch to a different task for a little while.

User: That's a good advice. I sometimes try this but some tasks are so big that it's difficult.

Robot: what difficulties are you having? Is it time or concentration?

User: I think it's both because it's so much work I have to do. I have to concentrate on one thing for a long time.

User: And because just I just miss my family so much, I have difficulty concentrating.

Robot: Yeah

User: So, it is time and concentration I think

Robot: I miss my family

User: as well?

User: How come?

User: So, let's say it is time let's talk with time what what can you do if I.

Robot: What does any of this have to do with controlling a robot?

User: Good question. I have not idea. What do you think?

Robot: You need to set some time each week to converse with your family.

User: yes, you are right. If we try to do this every Friday evening. But my family is so busy as well they sometimes are not there. That's annoying I must say.

Robot: Your

User: so, would you have you know I have difficulty focusing and concentrating and you said it is time or concentration I would think it's more concentration And I have tried meditation before you start about meditation.

Robot: How do we control the robot?

User: I have no idea about the robot, but I do have a question on concentration focus you focus as well now so I was wondering how how I can concentrate better at my work in my studies when I'm busy

User: Studying

User: Focus

Robot: Then you can set aside certain days and time for studying. As for focus and concentration you may need to learn some type of technique to help you relax.

User: Yeah, I was thinking so too.

User: so, would you say if I would plan days to study would you say planned days free because now that would be difficult now. I am behind my studies

Robot: Once you are able to relax, I feel you will be able able to manage your focus.

User: True yeah it is a bit of a self-fulfilling prophecy there you're right. Release the stress right. How do you relax?

Robot: Try deep breathing while you study, focusing on keeping up the breathing will help you focus on what's around you at that time

User: Yeah that's true. Deeper breaths my breath now is quite shallow.

Robot: I don't understand.

User: Oh, you don't know how well I did understand deeper breaths. I think that's a good one. That's almost a logical that it doesn't cross my mind. Thank you for that advice.

User: and then splitting the days, study days and days off. Alright.

Robot: You are welcome

User: So, I have one last question then. Because this all my anxiety level is up to the roof how can I reduce that a little bit so breathing is one. It's not always easy now really.

Robot: take time for yourself

User: that's a wonderful advice so

User: take that into account will take time for myself so from now then thank you I'm breathing quite deeply now so that’s nice.

Robot: yourself

User: yes yourself, I saw that thank you. Thank you so much for your time and your kindness.

User: so, I have to go now that thanks

Robot: Bye

User: bye.

# Condition: 4-worker, Code: 114

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: Well hello Pepper I was wondering if we could speak about the following; I feel very stressed lately and for the past few weeks I have been stressful which made it quite difficult to focus on my studies.

User: I overly tired and quite anxious so I hope we can speak about this.

Robot: hello

User: Hi.

Robot: Have you tried meditating?

User: An advice straightway! I have but it doesn't keep my[me] focus I've so much work to do that's the silence is not helping in meditating

Robot: Do you exercise first thing in the morning?

User: Not first thing. I first get up, sometimes do some work, have breakfast and then I walk to University

User: it's not first thing in the morning its maybe the fourth thing in the day!

User: in the day. I didn't say now it's May [speech to text failure]

Robot: I would advise doing some HIIT training first thing after you get out of bed.

User: alright.

User: it says HIT Training so I'm not sure what what you did mean so I'm interested to know what you mean? What type of training?

Robot: High impact interval training.

User: Hight interval training. alright

User: I could try that I've never tried it I hope I can. might be helpful.

User: so, would that reduce anxiety feelings you think?

User: would that reduce anxiety feelings?

Robot: No, the opposite, in my opinion.

User: No, the opposite?

User: because I'm not hearing you, I only read it so I need to sort of switch to reading what you're saying and I read something like its the opposite. The opposite of?

Robot: It will reduce stress! I'm clicking speech to text but it's not working [technical problem]

User: OK

User: It will reduce stress! I will definitely try high interval training.

User: so, I have moved from…

User: I did see some lines that you're trying to say but

User: so, I moved from Belgium to the Denmark few months ago which makes it difficult to relax because I miss my family really. So, I'm very nervous about the new subject I have. And it’s difficult to talk to someone so I am not sure how the high interval training might help me with that I can see it reduces some stress.

Robot: Have you thought about video chat with your family?

User: yes, we do that. I just miss being around them really.

Robot: I understand. Would a cat help?

User: haha. I think it would I think it would, but I live in a house with 5 roommates and they can hardly take care of themselves those 5 roommates because they're so noisy it's so difficult to sleep when they are there.

User: I would need to keep a cat in my room which is not very big.

User: and they kept waking me up at night as well.

Robot: Oh....I would move if I were you! Can you rent a room out for the same price?

User: I have tried it. It's kind of difficult halfway the year to find something else. So, for now I'm so tired because they're so noisy. I don’t know.

User: I've tried talking to them, but they were quite rude they didn't listen

Robot: Nothing will work without sleep. I don't think you have a chance if you don't get your own (peaceful) space.

User: I do agree with you on that one

User: yes, I don't know. yeah so, the sleep doesn't help. I'll try the interval training.

User: so, what do you think about you know I'm quite I'm doing these new subjects I don't know what the professor is expect of me really

User: so, I am struggling with these expectations they have.

User: I am just afraid I can't live up to those

Robot: Can you set aside some time to speak with the professor alone?

User: I need to be a little bit more brave to do that because she's very busy usually you know.

User: I don't want her to think that I am not competent you know.

User: So, how to come about with that?

Robot: Last message did not send [technical issue].

User: alright I was wondering how to deal with my courage to speak to the professor

User: I see my time is up thank you so much for your time.

User: I'll start doing some high interval training in the morning after I look at YouTube what that actually is.

User: So thank you very much!

Robot: No problem. I hope this was helpful.

User: It was, Thank you!

# Condition: 4-worker, Code: 120

User: I have been very stressed for the past few weeks even and it prevents me from focusing on my studies

User: so, I would like to speak about that

Robot: Hello, how can I be of help?

User: hi so I would like to speak about the past few weeks have been so stressful

User: I can't focus on my studies and I need some help with that

Robot: Sorry about that. Do you have your schedule planned?

User: Well I started with a great schedule and then I needed to find people to interview and Couldn't find them and then my schedule…

Robot: You really need to get enough rest as well

User: yes, but that is very because I'm in this house a new house with 5 students and there is so much noise

User: so, I'm sleeping horribly really

Robot: Ok, you really need to plan out your time

User: I know but now there's there's so much to do and I don't know where to start anymore.

Robot: You should make out time to rest as well

User: yes, that's difficult because I don't know where to rest now.

User: My roommates having parties at the house. yes

User: yeah so, I am behind my planning really and it makes me anxious.

User: I have a new professor and I don't know you know I want to do it correctly.

Robot: If you have so much to do, try to break it up into chunks

User: Thanks, yes

User: So, there's one chunk. maybe that's the biggest chunk of stress you could say

User: because I need to find 4 people to interview for this user experiments designs thing for industrial design, I'm doing industrial design.

User: a minor now

User: I don't like Aunt planets because I don't have two people to interview.

Robot: Ok, its fine

User: a nice thank you

User: so, you know I moved from Belgium to the Denmark

User: 3 months ago, I don't know anyone here I have to find people to interview

User: I cannot go to the mailman and I'll say…

Robot: just try as much as possible to have a timetable

User: Yes, I like to do you know I work on the clock I get up early. I'm awake anyway because my roommate keeps me up

User: timetable yes

User: I'm too anxious to keep me on at any time schedule at this moment actually

Robot: Ok, what else will you have me do for you?

User: Can you maybe help me find ways to reduce some anxiety

User: find ways to reduce 80

User: I'm too stressed even to I know of course I know I have to plan

User: But it's a bit difficult.

User: So, what would you suggest?

User: on relaxing time

User: it would be nice to be more relaxed really

Robot: Relax. You will be able to focus on.

User: yes, true

User: so how would you I am walking to university to relax more that only helps in the morning

User: But on the day when the day goes by.

User: Stress builds up again.

Robot: You can have short naps

User: That would be nice. I should find a place here at university to do this

Robot: and take some calming teas

User: that's a good idea I just discovered a white tea and white Chinese tea

Robot: You will definitely feel better

User: I might turn absentee you say yeah

User: any suggestions to keep the noise down from my roommate

User: I wish my roommates were this quiet

User: it would be so nice

Robot: How are you feeling?

User: well, I have time to sit and relax

User: so I feel more quiet then I started 10 minutes ago

User: thank you for asking

User: I think

User: I'll stick to the napping and the tea

User: I’ll continue walking and I’ll try to relax.

Robot: No problem, I’m glad you are able to take some time to yourself

User: So thank you very much for this conversation.

# Condition: 4-worker, Code: 128

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: Hello Pepper, I would like to talk about the past months been stressed and that not helping me to focus on studies. yeah that start with so nice to talk to you about that.

Robot: hi

User: well so past 3 months ago I moved from Belgium to the Denmark to start my minor here at university of Copenhagen at industrial design and quite quickly I find it very difficult to stick to my planning and to focus on my studies difficult to sleep in a noisy house. So, it all does not help. I am getting more stressed.

User: would be nice to talk about that.

User: So, I know sleeping helps but my roommates making so much noise during the night when they come home and that is difficult to relax at home.

Robot: Have you tried any ear plugs?

Robot: Hi

User: Hi, I did try ear plugs but the base is just going for it so that will make me…

Robot: Have you asked them to stop?

User: I did. Yeah, the first time they said we will try to keep the noise down and they're able to do that for five minutes and then they for some reason seemed to forget that so I left it and a couple of times I asked but they are not willing or not respectful or they don't know it. I don’t know.

Robot: Can you get out of your lease or move somewhere else?

User: I am hoping that will be possible but it's very busy here in Copenhagen many people would like to live here and it’s a big university with lot of people coming...

Robot: It must be stressful having to talk to robots so much.

User: It is stressful, yes. That even stressful as well.

Robot: Have you tried ear plugs or a white noise machine?

User: I have not tried the white noise machine yet. No. I have ear plugs but…

Robot: Maybe do some meditation at night. I also use a BIG fan and it blocks out all the noises outside my room.

User: oh, you make your room even more noisier with BIG fan? That is stressful to me!

User: oh, you have earplugs for sale. Nice.

User: I do use ear plug but for some reason using more noise I don't know

User: well, you know with this minor I'm doing here at industrial design. I need to find people to interview and I don’t know so many people.

User: So, I have tried putting an ad up but it didn't work. It mixes up with all my planning.

Robot: Try social media for getting connections

User: so, what would you put up on social media who would like to go out for a coffee with me then

Robot: Yes, they have groups for locals on places like Facebook. Meetups.

User: ah, that’s meetup.

User: that's not Facebook. is it?

Robot: Yes, they have groups like that on Facebook. They also have a website called meetups.

User: Yeah, I heard that.

Robot: sounds good

User: Sounds very good.

User: maybe you know I love dancing and I've not found any place to dance yet here in Copenhagen.

Robot: dancing is good

User: It is good. I love dancing, Latin American dancing.

Robot: ai instructions were included?

User: so, maybe there's meetups with dancing

Robot: Are there any dance clubs there?

User: well, there are but its more disco dancing clubs to go clubbing but this you know.

Robot: What about dance classes?

User: yeah, I love dance classes.

User: its only that in Belgium I'm from Belgium as I said I have my dance partner there.

Robot: Treat yourself to some healthy delicious food

User: I will definitely do that this evening. This evening I will have delicious healthy food.

Robot: so hungry to dance!

User: Dancing yeah. I will try this. I hope it get my mind off.

Robot: Why are you worry?

User: well, I worry if I can finish my studies on time. I worry about that.

Robot: am I getting dancer?

User: it would be nice if you be the dancer

Robot: Tango is the best

User: I love Tango too! Yes. Argentinian Tango.

Robot: Worrying takes more energy. Focus on the positive!

User: you are right.

Robot: Salsa also!

User: OK. I am trying to…

Robot: What is your favourite type of dance?

User: Well, that should be the Argentinian tango. I love it.

User: There is Leuven’s square in the city centre where you can dance the tango [coughing]

Robot: all time progress

User: I am sorry [due to coughing]

Robot: You should go there a few times a week

User: I should go there. You are right, yeah, I should. That will take my mind off things.

Robot: not at all specific region.

User: alright. Well, my time is almost.

Robot: may God bless you

User: Thank you so much! Same to you.

Robot: Yes, have more fun, less worry

User: yeah, true.

User: thank you for your time

Robot: very useful.

User: thank you bye bye

Robot: give feedback.

User: Definitely, I will.

# Condition: 8-worker, Code: 109

User: I've had a very stressful couple of weeks, and I find it difficult to focus on my studies and I feel anxious about staff

User: so, I was hoping you could help me

User: to feel less anxious for example

Robot: I need a recipe for dinner tonight

User: alright maybe you can go on the internet

User: I was hoping someone could help me reduce my stress and keep me focus on my studies

User: that’s my hope

User: can someone respond?

User: well I moved…

Robot: Have you tried meditation?

User: I have tried it once

User: but being quiet then I only think about home and I am from Belgium and I live in the Denmark now so if I do meditation and I am quiet my worries become bigger in my mind

Robot: Doing short activities to get your mind off of your studies might help, and then you can come back with a clearer mind.

User: yeah, I can see how that’s work

User: what do you think of when you say short activities like what maybe?

Robot: Perhaps trying some herbal remedies

User: Alright, herbal remedies if that's not my field of knowledge at the moment so what would herbal remedy be?

Robot: Short walks or exercise, writing, meditation, watching a TV show, or talking to a friend.

User: right, yes. So, that’s all nice remedies to reduce anxiety I guess

Robot: maybe seeking professional help'

User: yes, that's a good one

User: its difficult to find good help I think

User: so maybe you can help me with I live in a new house

User: for 6-month only and it so noisy so you know meditation I'd like to do that it but there is no rest in the house

Robot: if your anxiety is really bad i would suggest medication, yeah.

User: alright

User: but in the Denmark they don't give medication very quickly with anxiety I could try

User: hmm. what would you suggest I have tried speaking to my roommates but they are so noisy

User: I only live there for few months and it's difficult to focus there

User: it would be better to have a solution for that really; I think than medication I don't know what you think

Robot: tell them to shut up

User: alright like this shut up do you think that really makes it a better atmosphere?

Robot: Headphones with some music that can help you focus and shut out the outside noise.

User: right, yes

User: that's a quick fix

User: hmm. Alright, yes. I don't know how to put it I really like your suggestions

User: but anyway, I just feel sad

User: because. of course, I tried headphones and shut out the noise, but they keep on going

User: making noise and they don't respect me really

Robot: is this live?

User: hmm. do you mean people are respectless in this life?

Robot: haha

User: I would just like to feel a less stress…

Robot: this is a weird task

User: ok thanks for your honesty

Robot: am I the only one here?

User: well, I'm here as well but maybe you are the only one who's responding

Robot: I'm here too.

User: I'm glad

Robot: I'm here too

User: So, I heard you say some tasks I can do to reduce my anxiety

Robot: I'm trying to think of a great solution but can't.

User: haha…thank you so much

Robot: Drawing blanks.

User: haha. Yes, I do understand this I have the same problem

Robot: take anti anxiety medicines

User: Yes, that could solve many things medicine, but we don't really have it here the anxiety medicines

Robot: or supplements

User: supplements of what kind? That could work but of what kind?

Robot: Increase the amount of exercise you are doing

User: yeah. I am trying to do that by walking towards…

Robot: I wish I knew how to deal with unruly people, but I'm inept in social situations and living with people.

User: haha…me too.

User: yeah, it's difficult because they don't listen, I've tried to explain it to them in a nice way

Robot: this is getting fun

User: yeah. I noticed that you are getting into it now yes.

User: so, I did try to tell them to shut up they thought that was funny

User: and then I cried they were not impressed so it's difficult to find quiet space

Robot: move out?

User: that's the only the only way but there are not so many houses in Copenhagen to move to

User: then it's only for a few months but I'm too stressed now, you see.

Robot: what country are you from?

User: I'm from Belgium living in the Denmark now

User: are you looking at Google where Belgium is?

Robot: its next to France

User: well it's next to France indeed so for now I need to get to class you know stressful student

User: really thanks a lot for your patience and understanding

User: and your increasing fun

Robot: no problem

User: thank you so much!

Robot: No problem

User: bye bye!

Robot: goodbye

# Condition: 8-worker, Code: 115

Robot: How are you doing today?

User: It could be better because I'm a bit stressed and it's very difficult to focus on my studies

Robot: Do you allow repeats? I feel like we didn't finish our conversation properly.

User: What you mean?

Robot: I'm peachy

User: Good to meet you.

User: you would like to continue the conversation?

Robot: Do you feel that you have enough time to study?

User: no not really

User: No, it's all new I moved from…

Robot: hello

User: Hi

User: so, I moved from Belgium to the Denmark

User: That takes for some reason my time and the studies is new with a new angle and I find it difficult to find time to do everything I need to do.

Robot: It will take some time to get acclimated, but it will be worth it.

User: true

Robot: Do you allow repeats? I would like to finish.

User: Not sure if I allow a repeat. If you'd like to get into the conversation again it would be nice.

User: Yes, you will yes we allow repeats (I asked her to say this)

Robot: do you miss your mother?

User: I do yes.

User: I used to live in her house Belgium and now I sort of moved out and I'll leave with 5 very noisy roommates so that doesn't help my stress level to be low really.

Robot: Belgium is an amazing city

User: it is a country and yes, it is an amazing country I am from the city of Leuven

Robot: You could get VOIP for no long distance to call your mom.

User: Yeah true I can call her.

Robot: I'm totally a robot

User: Yes, you are totally robot

Robot: I'm sorry you're so stressed. I would focus on the positives of everything you're experiencing.

User: yes, you are right

User: it's difficult to do that sometimes though I find

Robot: Is a bust raising project.

User: I don't really get what that is about?

Robot: That was automatically put in chat for me

Robot: so, no offense intended

User: nice thank you

Robot: I also wanted to say that you should be bold and speak with your professor.

User: thank you, yes, I will try this. Because I have difficulty speaking to the professor.

Robot: voice not clear

User: I have difficulty speaking to the professor

Robot: Do you have any mementos that remind you of home that you can focus on to have you feel less lonely?

User: well I have this box of Belgian chocolate

User: so, when I really feel homesick, I eat one

User: because my Mum made them

Robot: When things are difficult that's when you know you should do it!

User: true yeah.

User: I find it difficult to keep focusing on Happy Times though. I said it before as well. The house where I live in the roommates are incredibly noisy.

Robot: You have to bring the happiness. It comes from you.

Robot: Gotta make your own happy times, yeah

User: Yeah but how how will I do this? I believe it myself.

Robot: Get a better hobby. Seriously, hobbies help loads

User: Yeah

Robot: Well, you will never be in a good mood if you're sleep deprived.

User: True, yeah

Robot: focus on the good things and try not to let the negative things going on around you affect you.

User: true all nice things. Try to focus on happy things. It's a little bit you know. I feel like I'm in this so fit now where it becomes a self-fulfilling prophecy of homesick.

User: Too much work too much behind work.

User: Oh, I hear myself speak I don't even am happy when I hear myself speaking really.

User: So, you have all good suggestions.

Robot: Exercise and sleep really helps, I think.

User: I think so too.

Robot: It's because, respectfully, you're focusing on the problem instead of the solution.

User: focusing on the people instead of the session

User: I think you are right, its almost that I don't have sight to a solution I don't know where to start

Robot: eating a balanced and healthy diet will also increase your mood and reduce stress.

User: That's true that's maybe one of the few things that I do I do eat and eat healthy. I reduced my coffee. I love coffee during the day but then I read is not good so.

Robot: It really is that easy. Just pick a spot, start and go with it

User: Right, yeah

Robot: Get your own space so you can sleep.

User: Yeah, I do love I love my own space.

User: That's something to work on I did try I did put up an ad here in the hallway for a different space at least.

User: its holiday time now so nobody responded.

Robot: Good friendships are important

User: true, yeah

Robot: What about renting rooms through like booking.net?

User: We don't have that really because that is so expensive that we do it from booking.net? at least I don’t think we have it here.

User: Copenhagen is such a City for many people who look for rooms for a short period of time or longer so it's quite full really.

Robot: Earplugs?!

User: yes, I have earplugs to know the bass

Robot: Maybe for the time being sleep with earplugs or music

User: yes, I do sleep with earplugs already and with an eye patch like this because.

User: The base but the base is just pounding through the walls.

User: Yeah, it's it's a good advice I if I'm trying this. So, try to ear plugs and then pillows over my ears.

User: they turn up the light so I got this thing over my eyes we well.

Robot: so many good suggestions.

User: yes, indeed yeah very much so so

User: like I said I will start somewhere I'll have to go on that one

User: yes, so thank you for now

Robot: could you try asking your room mates to be more considerate?

User: Yeah, I have tried that. they're not very willing

User: So, thank you for now I really must go.

Robot: I wish you well.

User: I wish you well I wish you well as well today.

# Condition: 8-worker, Code: 116

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: nice to talk to you

User: I am quite stressed at the moment

User: and I would like to speak about that

User: so, it is difficult to focus on my studies for exam

Robot: What do you have going on right now?

Robot: What is your issue right now?

User: good question I have moved from Belgium to the Denmark to do a minor here in the University of Copenhagen I'm in Copenhagen now and its total new subject on user experience and I am an engineer and I'm not used to Let's say have the human issue. Prescient that much really. So, the study itself is very stressful because it's all news and the city is new.

Robot: Where did you move from?

User: from Belgium I'm from Leuven it's a beautiful old city in Belgium

Robot: How long have you been in your new city?

User: 3 months now 3 months

Robot: how do you like it?

User: Well it's not so pretty. I miss that I miss the water I miss the old buildings

Robot: Have you met any new friends there?

User: Not yet. Some student I get along with. I wouldn't say if they're friends.

Robot: What do you like to do when not working on your research?

User: I like walking

User: So, I do walk around here.

User: I like cooking for people. But for who shall I cook?

Robot: What have you learned that makes you think differently about life?

User: A differently than who I love the question by the way. So differently than….

Robot: What type of foods do you cook?

User: I like to cook Thai food. I loved all of the spiciness of the Thai food.

Robot: Thai food is great

User: Yes, I think so as well. I'm hungry right away at this moment.

Robot: Me too

User: And I really like anything that that can be in the oven with a….

Robot: Yeah, it is time for breakfast

User: Time for breakfast? Well it's 1 in the afternoon here or two already.

Robot: Do you like dogs?

User: I love dogs. we always had a dog when I was child at my parent place.

Robot: Wow, you live in the future

User: I do live in the future yes this is what….

Robot: What kind of dog did you have?

User: we had an Irish Setter. It was called that's a literal translation from Danish into English

Robot: Irish setter

User: yes

User: brown dog that really doesn't specify it but a brown dog

Robot: Those are beautiful dogs

User: They are yes, I do think so as well.

Robot: Where else in the world would you like to visit now?

User: I would love to go to Argentina.

User: because then I could dance the tango, I love the tango

Robot: Do you Tango often?

User: I did tango often in Leuven there is this beautiful Square in the centre where you can go to in summer days and people who love to dance and then

Robot: that sounds like fun

User: dance together which is nice

Robot: Dancing is life.

Robot: ha, no tango here

User: [speech to text failed]

Robot: Go dance in the street by yourself.

User: not much dancing on in Copenhagen

Robot: What do you miss about home?

User: [Speech to text failed]

Robot: Pesky humans

User: anyone still there?

Robot: You could put out an ad to find some subjects

User: yes, that’s true, yes, I could. It’s quite a practical tip there

User: how much would it cost you think I have no idea

Robot: I'm here, but my questions aren't being asked.

User: Alright. Thank you for being there then.

User: That could help. No idea where I should go for an ad like this maybe I can hang it up here

User: [Speech to text failed]

Robot: amazing shirt

User: thank you I see that you looked at thank you.

User: I made it myself

Robot: I agree. It's beautiful!

User: Nice!

Robot: You make your own clothes?

User: I love making my own clothes

Robot: How did you make it?

User: well, I went to the market in Leuven and I live very close to fabric market

User: I love the colors and I like bit of a 70s style in it and then I'm just very patient and…

User: start sewing

Robot: how was your day yesterday

User: yesterday it's becoming a bit sunny here which is nice, so I had to come to university for a few hours

User: and when I was finished, I walked home because that is quite relaxing to walk home

Robot: I like walking home from work too

User: really? nice

Robot: good way to unwind, I agree

User: I think so too.

User: it is beautiful weather now today as well really maybe I should really unwind the mind before I need to do stuff.

Robot: That could be fun

User: that could be. Well I will do that then.

Robot: I love going for long walks and listening to music albums or podcasts.

User: I love podcasts too!

User: For now, we must we must stop for now.

Robot: Thank you.

User: Thank you so much bye bye

Robot: Have a great day!

User: you too!

# Condition: 8-worker, Code: 124

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: I'd like to talk about. I have been stressed for the past few weeks really and it's very difficult to focus on my studies and it would be nice just to talk about that.

Robot: What is stressing you about your studies?

Robot: what is this about please?

User: it's a new subject so I'm doing a minor now at industrial design in Copenhagen and the subjects are new and the approach to my field is very new

User: And what is new as well is that it's in a new city with new teachers’ new professors. New expectations Maybe.

Robot: what is wrong dear?

User: I was saying that a lot of things are new

User: And that is stressful to me.

User: One of the aspects…

Robot: What do you do to relax?

User: well, I have started walking to the university

Robot: Hello.

User: Hello

User: I have started walking to the university so that is a relaxing beginning and ending of the day

User: I have difficulty finding ways to relax

Robot: You should try some mindfulness techniques.

User: I don't know many mindfulness techniques I must say.

User: I do sort of try to breathe consciously.

Robot: It's very easy to find them by googling.

User: I know I know where to find them it's yes.

User: how would that you know I have this new subject at my minor which almost freak me out. I need to find interviewees people to interview I can interview this is not the problem.

User: but I live in a new country I don't anyone.

User: So, I don't know where to start really.

Robot: It sounds like you need to break down your bigger problems into smaller parts to begin with

User: Yes, maybe you can help me with that too little to get started.

Robot: Do you have any things you like to do with groups?

User: I'm not I'm not a particular group person know besides my family.

Robot: One thing I would do is see if there is anyone you can talk to you at your university with experience. In the same.

User: hmm.

User: I can see how that can be helpful.

Robot: In the same situation

User: I can see how that can be helpful.

User: It's only how to find that person you know.

Robot: Can you start a study group?

User: I am sure I could.

User: We work in groups here we work in squads. So, I work in a squat with Old Danish people. So, they already have their group friends. I'm trying.

Robot: Maybe you could try inviting one of them out for coffee.

User: should do this, I guess.

User: It's that at home I'm from Belgium. I used to invite people at my house but now I live in a house with very noisy roommates, so I don't I don't really feel at home there and it's difficult sleeping. That's not helping to be less stressful you know.

Robot: It sounds like a really tough situation. Have you asked your roommates to be quieter?

User: Well I did try; well I did say let's say I did indicate that I had a hard time sleeping because they came in home late.

Robot: I would go back to my initial suggestion about trying some mindfulness techniques.

User: I need to look at the internet for those techniques then

User: I will take that on as a suggestion. I will have a further look at mindfulness techniques. How that will help me with my noisy roommate?

User: for now, I can't

User: I did ask them to be quiet but they just don't listen to that

Robot: It won't make your roommates go away but it will help you to deal with it and be able to manage your emotions and responses.

User: User: I will try it. would you have. I will definitely go for mindfulness

Robot: You can also have an honest chat with them about being quieter

User: I have tried that route.

User: I have tried the honest chat.

User: I just get along so well so I'm the only one who's not partying alone

Robot: Maybe you could join them.

User: yes, that would be

User: I just simply I'm not up for those long parties I'm too tired already I don't have the energy unfortunately.

Robot: I understand I don't like them either.

User: haha. Thank you. That’s help.

Robot: That is a difficult situation. Could you find somewhere else to live?

User: I have been trying to do that I've been trying to find a new house

User: it’s really full in Copenhagen with people who like rooms to rent out rooms

User: So, I did put papers up. Yeah.

User: No responses yet.

Robot: Maybe you could do some volunteer work in the area to try to meet some new people.

User: That’s nice.

Robot: In the meantime, you could try to find a Zen-do, they can help you with mindfulness

User: Zen-do? I'll have to look at that.

User: never heard about that.

Robot: I'm sorry you're in that situation. That's hard.

User: Thank you.

User: could be helpful to say to hear you say that because sometimes I just feel like someone who's not up for life you know

Robot: Zen-do is a Buddhist church

User: alright I’ll have a look at Zen-do.

User: maybe there's one around that's nice

Robot: Sometimes talking to your family helps too. They can give you advice and love.

User: Yes, definitely thankfully they do this.

User: its unfortunate we live a little bit far away now but it's almost Easter and I'm going home for Easter.

User: So my time is up but I like to thank you for your time.

Robot: That sounds like a good plan!

User: Thank you.

Robot: Thank you! Have a great day!

User: and happy Easter

Robot: HAppy Easter!

# Condition: 8-worker, Code: 127

Robot: Hello, I am Pepper. I am ready to talk with you. How can I help you?

User: nice to see you or talk to you because I've been quite stressed the past few weeks

User: I'm difficult focusing on myself it would be nice to talk to someone

Robot: Here to help

User: nice. That’s nice.

User: I moved from Belgium to the Denmark, few months ago and I am doing minor here in Industrial design.

Robot: Must be hard.

User: it was. Yeah. It is actually.

User: because I don't know anyone here

Robot: must be tough moving

User: I thought so, yes

User: and in Belgium I lives with parents because they live in the city I studied in and doing engineering and engineering technology.

User: and here I am doing minor in Industrial design. It’s so different.

Robot: Do you miss them a lot?

User: I do yeah.

User: yes, because it's a nice big family and we would eat together, and now I have to eat alone.

Robot: Do you miss them?

User: I do miss them because it was always nice gathering in the house.

Robot: do you stay in contact?

User: yeah, we do we call we call every other day really and we do Skype call as well. So that’s nice.

Robot: What is life like compared to Belgium?

Robot: when do you get to visit?

User: ahh. what's life like? People are a little bit more busy here. Its more rushed.

User: I live in Belgium in old city with lot of water and lot of old buildings, centuries old and Copenhagen is quite new, very modern.

Robot: Maybe this is why you are feeling stressed.

User: Yeah, I think that’s definitely a big issue.

Robot: my mom moved here from Ireland she complained a lot about the people.

User: O really? I can Imagine. different cultures is different it's difficult.

User: the university has got a different culture as well. That’s how I perceive it

Robot: how so?

User: well, for some reason they focus a lot on… they have this certain way of looking at individual skills and almost like and you have to work in groups so it's almost like you have to fight to be seen and to get your individual grade…

Robot: That is tough.

User: I think so yes. it's not within my culture in Belgium to push forward in a group.

User: that is something I struggle with and it does not come easy for me.

Robot: I visited Belgium last August and can imagine it must be quite a difference

Robot: Is there anything you've been enjoying?

User: I have been enjoying my walks, I’ve been walking around the area, the København. This is called Byen København where Copenhagen is located. I have enjoyed this.

Robot: Walking is good to clear your mind.

User: definitely yeah yeah I really enjoyed that

User: overall, it's you know I don't know so many people here and for one subject…

Robot: Sometimes we can learn a lot about ourselves when we leave our comfort zones.

User: oo, definitely, yes, learning lots about myself. That’s good, that’s alright.

Robot: What have you learned?

User: that I can be my own very well.

User: I content when I'm with myself and that is something I really love.

Robot: contact with others is important though

User: that’s true. that’s what I struggle with now.

User: it finding it's not only contact it's contact with people you like I guess

Robot: Maybe you could try joining a club?

User: I am struggling with what type of Club? A little…

Robot: what are some of your interests?

User: well, I love dancing

User: Latin American dancing I love that like Cha Cha, Rumba, Paso Doble

User: I love this so in Belgium in Leuven have you been in Leuven? I have my dancing partner. So, that’s nice.

User: we did competition together

Robot: That's a really cool hobby

User: I love it you get to wear a beautiful dress and high heels I really like it

User: If I would do this here in Copenhagen in this technical University it would be very strange to wear a dress and high heels so I don't do that.

Robot: Does the university have social clubs you might like to join?

User: well, they do but it’s not dancing they have here as a social club. Its more study clubs I would say.

Robot: Only nerd stuff.

User: yes, only nerd stuff I guess yeah probably.

Robot: Maybe you could try starting your own dance club? People out there love to dance, too!

User: Yes, maybe. Maybe.

User: then I would have to leave out the quality of the dance but it's about dancing then yeah

User: what would you say I need to find couple of people to interview for subject

User: I’m struggle in finding them because I don't know so many people

Robot: What subjects?

User: well it's about user experiences in design it's quite so technical

User: If you have products of people use them you can focus on making the project product or you can focus on the people using them and use that in design if that makes sense

User: so, we have to find people to use certain products.

Robot: That's what's great about the internet, though. You can usually find anyone you could ever need.

User: that’s true.

User: yeah and then it's finding someone close by because it has to be a face-to-face interview, but you are right this is great about the internet, you can find everywhere.

Robot: Sometimes you can use a reddit for your local city.

User: Yeah that’s true.

User: you know it was nice speaking to you my time is almost up I'm almost about to walk home

User: thank you so much

Robot: You are very welcome!

User: Have a good Easter!

Robot: You seem really sweet, I hope you feel better

User: well, thank you so much!