Emotional Assistant
Overview

- Initial idea
- Problems / Questions
- Expert interview
- Technical Progress
  - User Interaction Prototype
  - Use Case Scenarios
Initial idea

- **Goal:**

  Assist people who have recently experienced *Burnout* in reintegrating into their workplace
Initial idea

- **Goal:** Assist the user in reintegrating into workplace after burnout
- **TEK Model**
  (Training Emotionaler Kompetenzen nach Berking)
Initial idea

- **Goal**: Assist the user in reintegrating into workplace after burnout
- **TEK Model**
- **Character**:
  - React to user’s mood via mimicry
  - “Kindchenschema”: soothing appearance, and convey artificial agent’s limited capabilities
- **Animal assisted therapy (AAT)**
Problems / Questions

- How should the pet behave?
- What behaviours might be counterproductive towards helping the patient?
- What kind of feedback should the character give?
- How does therapy with a burnout patient really look like?
- How does an actual therapist view our idea?
Expert interview

- **Goal**: Assist the user during time between inpatient and outpatient treatment (therapy)
- Support in psychoeducation and emotion regulation
- Integration of knowledge into everyday life
- Activate the patient
- **Character**
  - cute vs. cartoony
  - mimicking or not mimicking
Incorporation of Interview suggestions

● More engaging interaction design: continuous presence of virtual character to improve engagement and relationship with character

● New feature: suggest small activities and give encouraging feedback
  ○ Leave emotionally sensitive topics to actual therapist
  ○ Give user the feeling of not being alone when time between real-life session increases

● Keep muscle and breathing relaxation sessions

● Increase focus on psychoeducation
Technical Progress

- Emotion detection through voice characteristics
  - Using EmoVoice (implemented in SSI)
  - Not very accurate yet → Improve
- 3D avatar displayed through jMonkeyEngine, embedded in VSM
  - Possible to display characters and control through VSM
- Storyboards and prototypes for User Interaction
Storyboards
Alexandra, is upset, she's not in her A game.

Alexandra is aware that the virtual pet app comes with exercises options & wants to try them.

Upon choosing exercises, Alexandra is presented with few exercises options.

The breathing exercise did help, I feel a little better, maybe I should try more.

Alexandra feels relaxed & wants to try more. Getting rewards also makes her feel better.
Alexandra, has a stressful and unproductive day, feels low and miserable.

Alexandra wants to talk to someone, anyone, someone who doesn’t judge her situation, she turns towards the Virtual Pet App.

Okay, it seems like I can choose a pet, there are some exercises...

I’m not sure if I want to try the exercises, let me talk...

Alexandra: Open the desktop App, Virtual Pet, and find the options the App offers, which is talk to the pet or try few exercises.

Alexandra: Played her pet & talk to the pet.

Tom: Hi Tom.

Alexandra: Talks about basic emotions, like attentive care, stropping tail, purr.

Alexandra, like the talking session & would like to do it often & maybe try the exercises.
Lo-Fi Prototype
Ema

Here to help you

Tip of the Day

PfR exercises help muscles to relax

Welcome to

talking session

Talking session

Information
2b(i)

HOW WAS YOUR DAY

2b(ii)

ACTIVITIES DONE

WALKING □
JOGGING □
RUNNING □
SWIMMING □
BIKING □
ADD YOUR ACTIVITY
NOTHING TODAY □
SELECT EXERCISE

2b(iii)

WELLDONE ON YOUR ACTIVITY

DISTANCE:

DURATION:

well, try this again tomorrow

2b(iv)

HERE ARE FEW SUGGESTIONS

BIKING
JOGGING
RUNNING
SWIMMING

SELECT EXERCISE
Use Case Scenarios

1: Muscle Relaxation

Primary Actor: User

Goal: User completes the muscle relaxation exercise.

Preconditions:
- The system is running properly.
- User has done with introduction part.

Scenario:
1. The user opens the Emma application on his system.
2. The user selects the Muscle Relaxation mode.
3. The user follows application timer and instructions.

Exceptions:
EX 1.1. The system is not running properly.

Priority: High priority
Frequency: High
Use Case Scenarios

2: Breath Relaxation

Primary Actor: User

Goal: User completes the breath relaxation exercise.

Preconditions:
- The system is running properly.
- User has done with introduction part.

Scenario:
1. The user opens the Emma application on his system.
2. The user selects the Breath Relaxation mode.
3. The user follows application timer and instructions.

Exceptions:
EX 1.1. The system is not running properly.

Priority: High priority

Frequency: High
Use Case Scenarios

3: Track Positive Activities

Primary Actor: User

Goal: Track the user’s activities.

Preconditions:

- The system is running properly.

Scenario:

1. The user opens the EmmA Application
2. Chooses the activities which the user has done for the day

Exceptions:

EX 1.1. The system is not running properly.

Priority: High priority

Frequency: High
Thank you for listening