SnApp Workshops Report

Oct 2016

This document reports on the two workshops marking the end of the CLASP project. The workshops took place on the 6th and 12th of October 2016 and each lasted for three hours and a half. In total, twelve people took part in addition to the members of the Clasp team running the workshops. The first event had a mental health focus and was attended by people working in mental health in the National Health Service, while the second had academics from a variety of fields including environmental sciences, computer science, design, management and psychology. The objectives of the workshops were to gather some feedback on SnApp data platform and device system and generate ideas for further research and future projects.

The workshops started with lunch, an opportunity for participants to network. This was followed by a short introduction and then a presentation and demonstration of how SnApp worked. Next, participants were asked to take part in a group activity based on a SWOT analysis to discuss their views on SnApp. They were asked to list positive and negative aspects and to point out opportunities and risks when using SnApp. After a coffee break, a brainstorming activity was used to generate ideas for future research projects. Prompt sheets and project planner grid was used to capture those ideas.

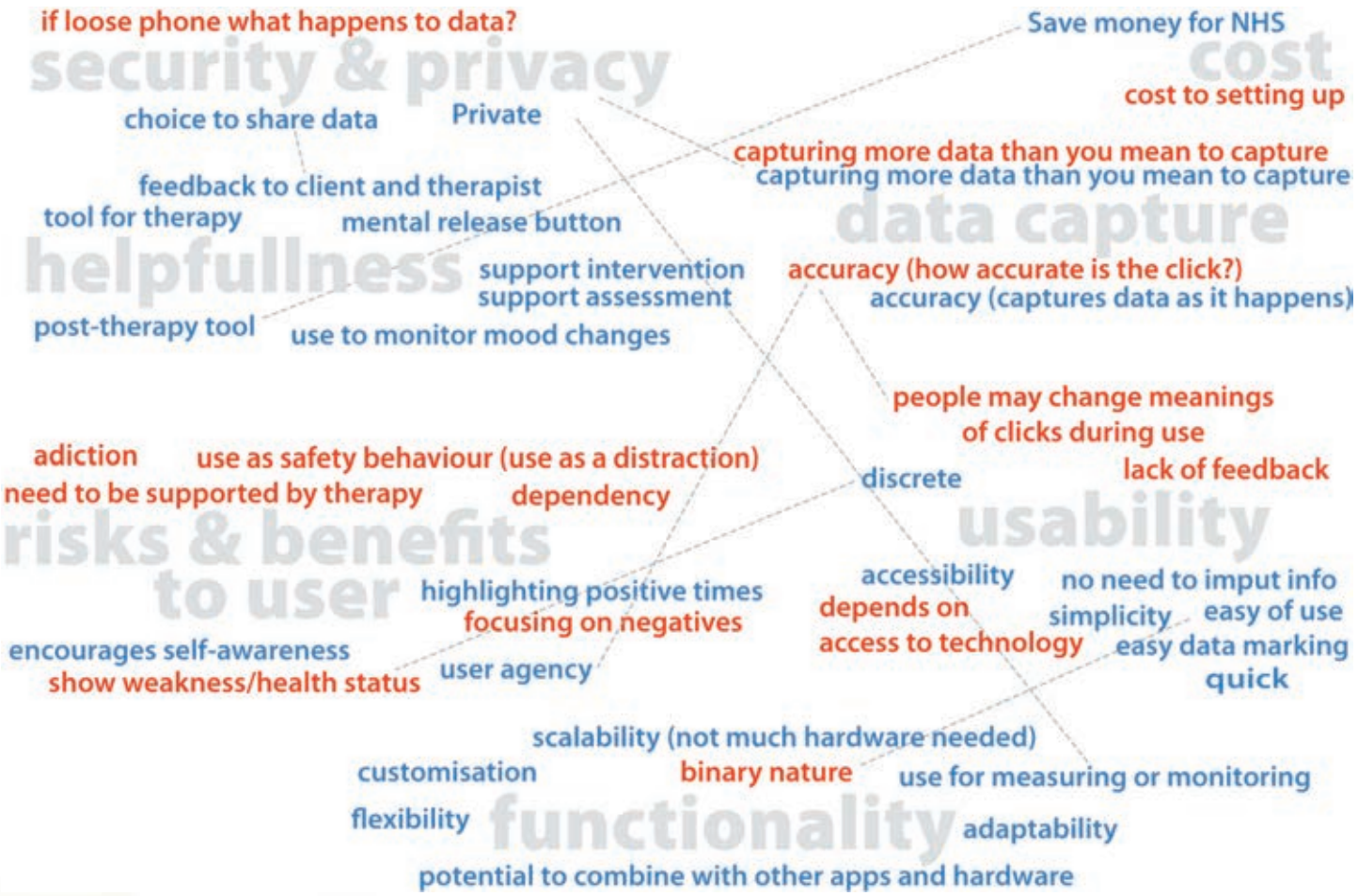
FEEDBACK ON SNAPP

The results of the SWOT analysis activities from each of the workshops were combined and a series of themes emerged from the analysis.

The great majority of comments were positive, focusing on the simplicity of data capture through SnApp and how easy to use it seemed. During the mental health focused workshop on the 6th October, many opportunities were discussed involving further use of SnApp as an aid to therapy. It was suggested that button presses could trigger interventions, for example, prompting the client to carry out an activity to diminish their anxiety or informing staff that support was required. There was also suggestion that it could be used for timing anxiety episodes. Button presses could mark

the start and finish of episodes of anxiety and overtime the visualisations of the data platform could show the user's progress. SnApp was thought to be useful as tool used in cognitive behavioural therapy (CBT) treatments. In CBT treatments, clients often asked to carry out activities between therapy sessions, such as keeping a mood diary, but compliance is an issue. Participants thought that SnApp could simplify the process of recording information and events.

The image below shows the themes that emerged.

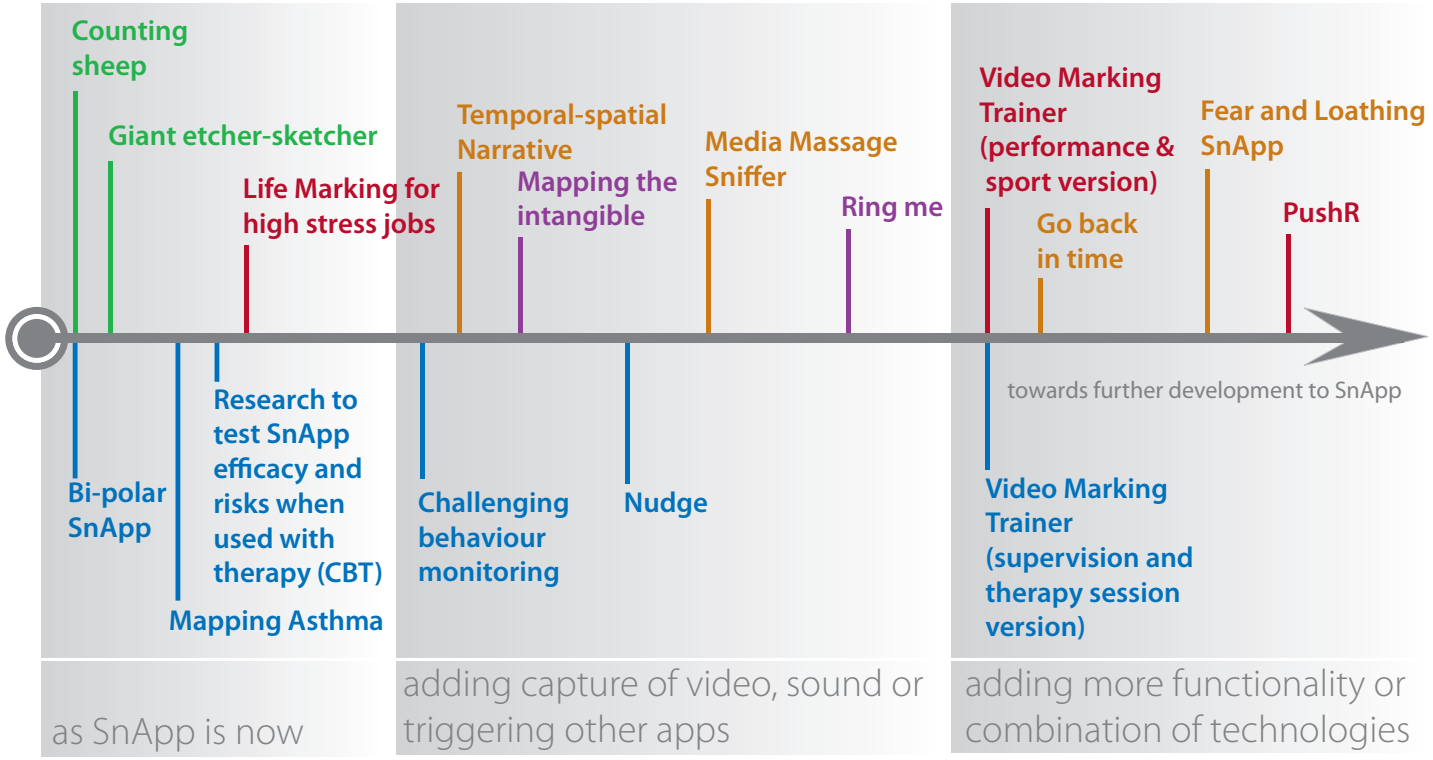


IDEA GENERATION RESULTS

The second part of the workshop focused on developing ideas for further research. There were three main types of use SnApp could be applied based on the ideas generated on the workshops. Firstly, it could be used as a tool for mapping, using the GPS location of the clicks and the visualization of the data. Secondly, to annotate or mark data, using different number of presses of the button to signify different states. Lastly, as a trigger to other call other applications to capture sound and images and to contact others.

Some of the ideas generated could be developed into research projects without much alteration to the current state of SnApp, such as testing SnApp within a therapy (CBT) setting to better understand its benefits and risks or using SnApp to map the soil erosion and animals in fields. However, some of the other ideas created focused on the use of SnApp as a product, such as a button to trigger a phone call when someone feels unsafe during walks. Although those ideas didn't describe research project, there was potential for SnApp to be used as a tool for research by the way it allow data to be captured and visualised.

The graphic below indicates how close those ideas could be from implementation based on where SnApp development is at present. Health related ideas are marked in blue, environment and sustainability related ideas in green, life style in red, art and media in orange and urban and city planning in purple.



In total, seventeen ideas were annotated during both workshops. These ideas generated on the two workshops were collated and a brief description of each can be found below.

IDEAS FOR FURTHER RESEARCH

Counting sheep

In this project, people such as rambler and farmers use SnApp when they are walking in the country side and they press once for when they spot sheep and twice for when they identify any soil erosion. The data collected would be used to map soil erosion against the presence of animals and bring light into how these two factors are related.

Giant etcher-sketcher

This is a mapping activity through citizen science. People would take SnApp on walks and press the button at relevant places in their routes. Afterwards the data captured could be superimposed on aerial images or maps. The visualisation of the data could create images. This could be an art project to virtually 'draw' on the landscape or could be used in urban or environmental science to visualise features, problem areas or routes in a landscape.

Temporal-spatial narrative

Whenever SnApp button is used it captures data from the environment, such as audio and video. Afterwards those moments captured can be played back together and create stories. It could also be used to record important moments in events such as trip and festivals or in the workplace, for example, during meetings.

Mapping asthma

SnApp could be used to mark when someone had an asthma attack or even just felt unwell. This information could later be correlated with geographic maps that, for example, showed air quality. Data from different users could be donated to the project to identify places with larger incidence of the condition or more likely to trigger an attack.

Bi-polar SnApp

It is hard to predict when someone diagnosed with Bi-polar disorder might have a 'high' or 'low' incidents. SnApp could be used to help develop early warning system. With SnApp user could communicate their states at different times and the data collected could help them, with the help of therapists, identify patterns and predict changes.

PushR (You Push my Button)

This idea is based on a network of buttons aware of each other for match-making in a physical space rather than virtual. People press the button when they see someone they like. PushR could be used at festivals or bars, and it could also map the locations with the most button presses.

Go back in time

This idea combines SnApp with a camera that is constantly recording videos. Once the button is pressed, the last 100 milliseconds (the time of a blink) is saved. Those are saved moments that can be kept by the user or given away.

Nudge

Use SnApp to reinforce positive behaviour. Because the flexibility of the SnApp platform, the user could pick

their own nudge strategy to improve a certain aspect of their lives, for example doing more exercise, eating more fruit or giving up smoking. Every time they had a positive action, for example being nice to other people or resisted the urge to smoke they would press the button. This could be explored with a Random Control Trial to investigate how effective this could be and it might have applications in the NHS to encourage healthy behaviour.

Ring me

Whenever feeling unsafe, the user could push the button to record date, feeling and location. This would also to trigger a fake phone call or a real one to someone for help. This project could connect with research on urban planning or urban design. Authorities could use the aggregated data from different users to improve the safety of certain locations.

Mapping the intangible

The button is pressed when the user has intangible/ inexplicable feelings. These feeling can be positive and negative and the number of presses of the button could capture that information. The data from different users could be uploaded to a site creating heat maps of temporal spatial relationships. This information could be correlated with other data, for example, crime maps. This could be used by local authorities in city planning or urban design.

Media massage sniffer

The idea is to use SnApp to gather evidence from the world around the user in their day-to-day life. The objective is to 'alert' or create public awareness how media is normalising a 'new' cultural frame. Snapp is used to capture images and sounds to show cultural framing (eg poster, programmes, quotes).

Fear and loathing SnApp

This idea was inspired in a trend of people dressing up as clowns to scare others, but it also relates to a rise in discrimination, abuse and hate crime in society. A large part of communication happens through body language – emotions, gestures and micro aggressions – but these are difficult to evidence as if they didn't exist. This project would investigate how might the clown phenomena be explained in relation to fear, race and the failure to act on micro aggressions. It would use combined methods, for example, in a movie theatre performance participants had to click when scared, followed by panel debates. Participants in this project would also use SnApp to map their feelings in everyday life.

Tech Based CBT Model

This idea was to use SnApp as a digital tool in CBT treatment. This research would investigate if SnApp could facilitate CBT, helping identify potential risks and benefits and which group of clients it would be best suit

to. The participants suggested a therapy model involving 8-12 sessions using SnApp for different interventions and assessments. This research could be linked with clinical trials so this combination of therapy and technology could be implemented in the National Health Service.

Video marking trainer

This is an idea for an application of SnApp in training sessions. Activities are video recorded and the user can press a button whenever they feel is a relevant moment, leaving markers on the recording. Later the marked footage can be analysed by the user and/or a tutor or supervisor. Participants thought it could have applications in sports, such as, improving performance in golf or in training professionals, for example, in learning new therapy techniques or to perform surgery.

Life-Marking for high stress jobs

SnApp could be used to record moments in high stress situations, such as air traffic control or the military. It allows recording of data without cognitive interruption.

Challenging behaviour and monitoring

SnApp was thought to be a discrete and non-threatening way to collect information and mark events. In this idea, SnApp would be used by mental health staff to record and monitor client's challenging behaviour and violent events. It could also be used as an alert system to call for help in emergencies.

Instant Feedback

SnApp to be used by audience or classroom of students to give feedback on a talk or lecture as it happens. The speaker could then make adjustments to the content or delivery of their presentation, for example explaining a point further if many members of the audience indicated that they were not following what was being said.

For more information on this project visit myclasp.org or to enquire about reserach collaborations please contact (email for Clasp).

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