Interactive digital technologies for wellbeing and/or mental health

Supervision team
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Research project
I am particularly keen to supervise projects where students are looking to design, develop and evaluate interactive technologies for mental health or wellbeing, in particular amongst young people. These technologies might be either novel apps or interactive installations (in the environment) and they might look to integrate different kinds of data from wearable sensors, environmental monitors, or more qualitative wellbeing data and logging tools, like diaries and journals. I am keen to consider the role of AI in innovations in this space – this could include novel AI-driven wellbeing services, or AI-supported mental health tools. Projects within this area which explore connections to the natural environment and outside/green spaces are also welcome. Projects in my lab normally include significant amounts of user-centred research, collaborating with stakeholders and can either focus more on user research, design, or tech development and evaluation, many projects will incorporate elements of all of these.

Applicant skills/background
Projects in this space require students who have an interest in Human-Computer Interaction (HCI). Students without training in HCI at the Masters level should either bring solid user-centred research skills (backgrounds in psychology, anthropology, social sciences, health sciences); design (e.g. industrial, product, interactive media, or architecture); or computer science (ideally with knowledge of, or ability to quickly develop skills in, either app development or physical computing – e.g. Arduino, Raspberry Pi, sensor kits etc.).

References
Some useful background material:

Al-Mansoori, Reem S., Al-Thani, Dena, Ali, Raian, Designing for Digital Wellbeing: From Theory to Practice a Scoping Review, *Human Behavior and Emerging Technologies*, 2023, 9924029, 24 pages, 2023. https://doi.org/10.1155/2023/9924029