

May 27, 2008

Reading:

- (Intro) Phillip King, Jason Tester. The landscape of persuasive technologies. CACM, May 1999. Presenter: Ted
- Jin-Ling Lo, Tung-Yun Lin, Hao-Hua Chu, Hsi-Chin Chou, Jen-Hao Chen, Jane Yung-Jen Hsu, Polly Huang. Playful tray: adopting UbiComp and persuasive techniques into play-based occupational therapy for reducing poor eating behavior in young children. UbiComp 2007.;
- Lars Hallnas, Johan Redstrom. Slow technology: designing for reflection. PUC 2001.; Presenter: Sigma

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Group discussion

From the book "behavior modifications" by Martin and Pear, the general procedure for "behavior modification" has the following steps:

1. Identify the behavior to be modified.
2. Measure its baseline frequency, and identify the reinforcers (e.g., rewards or punishments) that keep it going.
3. Consider possible behavior modification techniques and choose the one most appropriate to the behavior in question.
4. Begin behavior modification procedure.
5. Continue recording frequency.
6. Evaluate progress after three weeks. If none, examine reasons why and discuss possible change in procedure.

For each person in your discussion group: think of a desirable behavior (e.g., exercise at least 30 minutes a day) you want to have, or an undesirable behavior (e.g., staying up late) you want to get rid of? Come up with a plan for a behavior modification procedure using computing technology as a part of your behavior reinforcer.

Using your proposed behavior modification as examples, what are the possible roles computing technology can play in the behavior modification? For example, in the playful tray case, computing technology (the game) is used as "media" in the positive reinforcement.