



Hi [REDACTED]

Thank you so much for participating in the survey and the interview. As the next step in our study, we are conducting a diary study to understand the complex phenomena of loneliness through contextual data, in-situ data.

Being aware of the constraints of PhD. students, we have tried to make the study very minimalistic and simple.

Structure

Time: 1 Week **Medium:** This email thread + Google Form

A Take pictures or notes (atleast 1 per day) of surroundings, artifacts, persons or mobile-screenshots (or anything else) that affects your emotional state.. Write a bit about your thoughts and emotions in an Email or reply to our reminder and send it to us at any time of the day.
teamlarkhchim@gmail.com

(We will remove all personal identifiers)

B. Answer the following 4 questions through a Google Form that we will send to your every night at 9 PM:

- **How was work today?** (Prompts: stressful, relaxed, exciting, challenging, extensive, insignificant, planning, boring, active, unproductive)
- **How many people did you interact** (whatsapp, email, text, physical etc.) **with today?**
- **Describe an interaction that stood out to you.** (Prompts: a deep conversation, evocative, emotional, friendly, depressing, reflective, studious, sensitive, demanding, enjoyable gifs)
- **Can you give a quick description of other activities you did today?**
(A typical day? Refer to an earlier entry)

To make the activity fun, we will provide mints that we want you to take every time you record a picture or note through the day or when you fill in the diary at night. We will also provide handmade stickers which will act as in-situ reminders. We suggest you stick these to your mobile or laptop for a week.

We will send you a morning reminder once every day. If you prefer some other medium of reminder notification like SMS or Whatsapp, or have a different preference for time, you can tell us so. If you have any other concerns, please let us know.

We are excited to have you join our study. Thank you for taking the time.

Sincerely,
INST 711 HCIM Team

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