00:00:00,079 --> 00:00:27,680[00:00:00,079 --> 00:00:27,680] - [speaker_0]
(tapping) Very busy. How are you?I'm good. I'm good. I'm- I think I'm recovering, still recovering from a cold. I don't have a cold, but I think my body has a cold.(laughs)But, yeah.How's your work? Everything fine?Busy, but-Busy?Yeah.That's-It's okay. Can't complain. (laughs)... nice to hear that.Yeah, good to see you. Maybe I'll see you around more. Yeah. Bye-bye. (door closing) So what program are you on?

00:00:27,680 --> 00:00:30,779[00:00:27,680 --> 00:00:30,779] - [speaker_1]
I'm on the business, uh, MEng program.

00:00:30,779 --> 00:00:31,260[00:00:30,779 --> 00:00:31,260] - [speaker_0]
Oh, okay.

00:00:31,260 --> 00:00:34,619[00:00:31,260 --> 00:00:34,619] - [speaker_1]
So I'm here for now, so just doing my master's.

00:00:34,619 --> 00:00:36,700[00:00:34,619 --> 00:00:36,700] - [speaker_0]
So that's three years of undergrad?

00:00:36,700 --> 00:00:39,200[00:00:36,700 --> 00:00:39,200] - [speaker_1]
Three years of undergrad and this is the fourth year for me now.

00:00:39,200 --> 00:00:40,700[00:00:39,200 --> 00:00:40,700] - [speaker_0]
And you don't do a placement?

00:00:40,700 --> 00:00:42,959[00:00:40,700 --> 00:00:42,959] - [speaker_1]
We do six month placement in third year.

00:00:42,959 --> 00:00:43,579[00:00:42,959 --> 00:00:43,579] - [speaker_0]
Right.

00:00:43,579 --> 00:00:46,219[00:00:43,579 --> 00:00:46,219] - [speaker_1]
So that, I was doing in India, so I was there.

00:00:46,219 --> 00:00:47,419[00:00:46,219 --> 00:00:47,419] - [speaker_0]
Oh, where in India?

00:00:47,419 --> 00:00:49,899[00:00:47,419 --> 00:00:49,899] - [speaker_1]
Uh, in New Delhi. So that's where I'm from as well.

00:00:49,899 --> 00:00:51,139[00:00:49,899 --> 00:00:51,139] - [speaker_0]
Okay. I'm from Mysore.

00:00:51,139 --> 00:00:52,619[00:00:51,139 --> 00:00:52,619] - [speaker_1]
Oh, wow. (laughs) Okay.

00:00:52,619 --> 00:00:54,520[00:00:52,619 --> 00:00:54,520] - [speaker_0]
Yeah. (wind blowing)

00:00:54,520 --> 00:00:57,079[00:00:54,520 --> 00:00:57,079] - [speaker_1]
Wait, wait, so you just grew up there? Or did you-

00:00:57,079 --> 00:00:59,239[00:00:57,079 --> 00:00:59,239] - [speaker_0]
Yeah, I moved to the UK for my master's.

00:00:59,239 --> 00:01:00,079[00:00:59,239 --> 00:01:00,079] - [speaker_1]
Oh, okay.

00:01:00,079 --> 00:01:03,179[00:01:00,079 --> 00:01:03,179] - [speaker_0]
Do you guys know where's the main entrance on the Exhibition Road?

00:01:03,179 --> 00:01:04,559[00:01:03,179 --> 00:01:04,559] - [speaker_1]
For the Science Museum?

00:01:04,559 --> 00:01:05,619[00:01:04,559 --> 00:01:05,619] - [speaker_0]
No, for the-

00:01:05,619 --> 00:01:05,979[00:01:05,619 --> 00:01:05,979] - [speaker_1]
Imperial College?

00:01:05,979 --> 00:01:06,899[00:01:05,979 --> 00:01:06,899] - [speaker_0]
Imperial College.

00:01:06,899 --> 00:01:09,239[00:01:06,899 --> 00:01:09,239] - [speaker_1]
It's from there, just this building there. Yeah.

00:01:09,239 --> 00:01:11,579[00:01:09,239 --> 00:01:11,579] - [speaker_0]
Thank you, thank you. And that's Exhibition Road there?

00:01:11,579 --> 00:01:13,039[00:01:11,579 --> 00:01:13,039] - [speaker_1]
Yeah, yeah.

00:01:13,039 --> 00:01:14,259[00:01:13,039 --> 00:01:14,259] - [speaker_0]
Yeah, that was me a while ago.

00:01:14,259 --> 00:01:14,259[00:01:14,259 --> 00:01:14,259] - [speaker_1]
(laughs)

00:01:14,259 --> 00:01:17,659[00:01:14,259 --> 00:01:17,659] - [speaker_0]
I, I only joined Imperial five years ago.

00:01:17,659 --> 00:01:18,719[00:01:17,659 --> 00:01:18,719] - [speaker_1]
Oh, wow.

00:01:18,719 --> 00:01:22,059[00:01:18,719 --> 00:01:22,059] - [speaker_0]
So like, I couldn't tell you where. Where did I say we met? You know the food room?

00:01:22,059 --> 00:01:22,779[00:01:22,059 --> 00:01:22,779] - [speaker_1]
Oh, yeah. I've seen the food room.

00:01:22,779 --> 00:01:23,699[00:01:22,779 --> 00:01:23,699] - [speaker_0]
I don't know where that is. (laughs)

00:01:23,699 --> 00:01:24,079[00:01:23,699 --> 00:01:24,079] - [speaker_1]
(laughs)

00:01:24,079 --> 00:01:25,639[00:01:24,079 --> 00:01:25,639] - [speaker_0]
I would've gone and figured that out.

00:01:25,639 --> 00:01:27,319[00:01:25,639 --> 00:01:27,319] - [speaker_1]
Yeah.

00:01:27,319 --> 00:01:38,819[00:01:27,319 --> 00:01:38,819] - [speaker_0]
But no, yeah, I moved, uh, for my master's. Um... Yeah, but I grew up in Mysore.

00:01:38,819 --> 00:01:38,839[00:01:38,819 --> 00:01:38,839] - [speaker_1]
Mm-hmm.

00:01:38,839 --> 00:01:41,439[00:01:38,839 --> 00:01:41,439] - [speaker_0]
I did my undergrad there in architecture.

00:01:41,439 --> 00:01:42,599[00:01:41,439 --> 00:01:42,599] - [speaker_1]
Oh. (laughs)

00:01:42,599 --> 00:01:47,239[00:01:42,599 --> 00:01:47,239] - [speaker_0]
And I moved here to do psychology. Um-

00:01:47,239 --> 00:01:48,839[00:01:47,239 --> 00:01:48,839] - [speaker_1]
That's a big difference.

00:01:48,839 --> 00:01:49,339[00:01:48,839 --> 00:01:49,339] - [speaker_0]
Yeah. It is.

00:01:49,339 --> 00:01:50,919[00:01:49,339 --> 00:01:50,919] - [speaker_1]
... whole world together. (laughs) Yeah.

00:01:50,919 --> 00:01:50,919[00:01:50,919 --> 00:01:50,919] - [speaker_0]
It is.

00:01:50,919 --> 00:01:52,499[00:01:50,919 --> 00:01:52,499] - [speaker_1]
How come you chose that?

00:01:52,499 --> 00:02:07,019[00:01:52,499 --> 00:02:07,019] - [speaker_0]
Because I was practicing... I started practicing as an architect also throughout my education at Imperial, um, architecture undergrad, which is so long. It's like five years. Um, I sort of realized we don't really design for people-

00:02:07,019 --> 00:02:07,019[00:02:07,019 --> 00:02:07,019] - [speaker_1]
Yeah.

00:02:07,019 --> 00:02:23,519[00:02:07,019 --> 00:02:23,519] - [speaker_0]
... or keeping in mind people's, um, views, perceptions, behaviors, all of that. And then naturally, I started looking at the more... the user side of things and psychology. So there's a very specific sort of subfield within psychology called environmental psychology.

00:02:23,519 --> 00:02:24,059[00:02:23,519 --> 00:02:24,059] - [speaker_1]
Yeah.

00:02:24,059 --> 00:02:25,119[00:02:24,059 --> 00:02:25,119] - [speaker_0]
Do you know of it?

00:02:25,119 --> 00:02:29,979[00:02:25,119 --> 00:02:29,979] - [speaker_1]

I mean, uh, the... I can sort of make out with some of the words, but yeah. (laughs)

00:02:29,979 --> 00:02:34,059[00:02:29,979 --> 00:02:34,059] - [speaker_0]
Yeah, it's, it's just... environment can be both natural and built and so on.

00:02:34,059 --> 00:02:34,119[00:02:34,059 --> 00:02:34,119] - [speaker_1]
Yeah.

00:02:34,119 --> 00:02:45,119[00:02:34,119 --> 00:02:45,119] - [speaker_0]
So how people interact with it and that interrelationship, so... Uh, I could just find one university in the entire world that offered a one-year master's course in it.

00:02:45,119 --> 00:02:45,659[00:02:45,119 --> 00:02:45,659] - [speaker_1]
Oh. (laughs)

00:02:45,659 --> 00:02:46,979[00:02:45,659 --> 00:02:46,979] - [speaker_0]
It happened to be in the UK.

00:02:46,979 --> 00:02:47,339[00:02:46,979 --> 00:02:47,339] - [speaker_1]
Yeah.

00:02:47,339 --> 00:02:51,519[00:02:47,339 --> 00:02:51,519] - [speaker_0]
At the University of Surrey. So I was like, "Okay, I guess I'm moving."

00:02:51,519 --> 00:02:51,619[00:02:51,519 --> 00:02:51,619] - [speaker_1]
(laughs)

00:02:51,619 --> 00:03:02,519[00:02:51,619 --> 00:03:02,519] - [speaker_0]
Um, so yeah, did my master's and then went to get a bit of funding and then did my PhD in the same place. Yeah. That's amazing.

00:03:02,519 --> 00:03:03,839[00:03:02,519 --> 00:03:03,839] - [speaker_1]
That's, that's amazing.

00:03:03,839 --> 00:03:04,219[00:03:03,839 --> 00:03:04,219] - [speaker_0]
Whatever.

00:03:04,219 --> 00:03:07,099[00:03:04,219 --> 00:03:07,099] - [speaker_1]
I actually started off with a similar architecture degree.

00:03:07,099 --> 00:03:07,199[00:03:07,099 --> 00:03:07,199] - [speaker_0]
Yeah, I read about it.

00:03:07,199 --> 00:03:10,399[00:03:07,199 --> 00:03:10,399] - [speaker_1]
I was at the Bartlett for a year in 2020, so-

00:03:10,399 --> 00:03:11,199[00:03:10,399 --> 00:03:11,199] - [speaker_0]
Which engineering?

00:03:11,199 --> 00:03:12,679[00:03:11,199 --> 00:03:12,679] - [speaker_1]
... engineering and architectural design.

00:03:12,679 --> 00:03:13,379[00:03:12,679 --> 00:03:13,379] - [speaker_0]

Oh, okay.

00:03:13,379 --> 00:03:13,779[00:03:13,379 --> 00:03:13,779] - [speaker_1]
So-

00:03:13,779 --> 00:03:14,319[00:03:13,779 --> 00:03:14,319] - [speaker_0]
That's interesting.

00:03:14,319 --> 00:03:17,439[00:03:14,319 --> 00:03:17,439] - [speaker_1]
And then I switched to design engineering after that. (laughs) Yeah.

00:03:17,439 --> 00:03:18,179[00:03:17,439 --> 00:03:18,179] - [speaker_0]
Yeah.

00:03:18,179 --> 00:03:20,839[00:03:18,179 --> 00:03:20,839] - [speaker_1]
Trying to stick with them, but-

00:03:20,839 --> 00:03:21,399[00:03:20,839 --> 00:03:21,399] - [speaker_0]
Oh, that's really cool. Yeah.

00:03:21,399 --> 00:03:22,459[00:03:21,399 --> 00:03:22,459] - [speaker_1]
Oh, that's really interesting.

00:03:22,459 --> 00:03:24,819[00:03:22,459 --> 00:03:24,819] - [speaker_0]
Yeah. How did you know of my work?

00:03:24,819 --> 00:03:29,659[00:03:24,819 --> 00:03:29,659] - [speaker_1]
Um, so, um, I... my, uh, supervisor is Dr. David Wood.

00:03:29,659 --> 00:03:30,199[00:03:29,659 --> 00:03:30,199] - [speaker_0]
Okay.

00:03:30,199 --> 00:03:36,039[00:03:30,199 --> 00:03:36,039] - [speaker_1]
And I think sort of Pelin sort of sent an email about you and your work and things like that.

00:03:36,039 --> 00:03:36,059[00:03:36,039 --> 00:03:36,059] - [speaker_0]
Yeah.

00:03:36,059 --> 00:03:40,559[00:03:36,059 --> 00:03:40,559] - [speaker_1]
And then this... while discussing my project, he sort of related your work as well-

00:03:40,559 --> 00:03:41,179[00:03:40,559 --> 00:03:41,179] - [speaker_0]
Ah, okay.

00:03:41,179 --> 00:03:46,819[00:03:41,179 --> 00:03:46,819] - [speaker_1]
... in a similar way. And then he was like, uh, he... "It would be really useful if we could get your insight too."

00:03:46,819 --> 00:03:47,959[00:03:46,819 --> 00:03:47,959] - [speaker_0]
Oh, that's amazing. Yeah.

00:03:47,959 --> 00:03:48,279[00:03:47,959 --> 00:03:48,279] - [speaker_1]
Yeah. (laughs)

00:03:48,279 --> 00:03:54,439[00:03:48,279 --> 00:03:54,439] - [speaker_0]

I'm happy to talk to you, of course. I, I'm, I'm sorry, but I don't think I have met David Wood. Oh, okay.

00:03:54,439 --> 00:03:54,439[00:03:54,439 --> 00:03:54,439] - [speaker_1]
Oh.

00:03:54,439 --> 00:03:55,719[00:03:54,439 --> 00:03:55,719] - [speaker_0]
Have I? No. I don't think so.

00:03:55,719 --> 00:04:00,119[00:03:55,719 --> 00:04:00,119] - [speaker_1]
I mean, he's more on the technical side for IOT systems and engineering stuff.

00:04:00,119 --> 00:04:01,039[00:04:00,119 --> 00:04:01,039] - [speaker_0]
Hmm.

00:04:01,039 --> 00:04:03,759[00:04:01,039 --> 00:04:03,759] - [speaker_1]
Maybe it's kind of different to like psychology and all that.

00:04:03,759 --> 00:04:06,899[00:04:03,759 --> 00:04:06,899] - [speaker_0]
But, uh, I've heard... I mean, the name rings a bell.

00:04:06,899 --> 00:04:07,199[00:04:06,899 --> 00:04:07,199] - [speaker_1]
Yeah. (laughs)

00:04:07,199 --> 00:04:12,319[00:04:07,199 --> 00:04:12,319] - [speaker_0]
Like, um, yeah. It does, right?

00:04:12,319 --> 00:04:13,799[00:04:12,319 --> 00:04:13,799] - [speaker_1]
Yeah, yeah. (laughs)

00:04:13,799 --> 00:04:16,279[00:04:13,799 --> 00:04:16,279] - [speaker_0]
Do you go there often?

00:04:16,279 --> 00:04:22,019[00:04:16,279 --> 00:04:22,019] - [speaker_1]
Uh-huh. I mean, I've known campus quite a bit. Like, I've been here for three years and it's, uh, exploding-

00:04:22,019 --> 00:04:22,419[00:04:22,019 --> 00:04:22,419] - [speaker_0]
Oh, okay.

00:04:22,419 --> 00:04:23,179[00:04:22,419 --> 00:04:23,179] - [speaker_1]
... quite a bit.

00:04:23,179 --> 00:04:26,079[00:04:23,179 --> 00:04:26,079] - [speaker_0]
This is... this is a lot of change.

00:04:26,079 --> 00:04:29,839[00:04:26,079 --> 00:04:29,839] - [speaker_1]
Not, not that much actually. This is new actually. This all is new.

00:04:29,839 --> 00:04:30,679[00:04:29,839 --> 00:04:30,679] - [speaker_0]
Oh, yeah?

00:04:30,679 --> 00:04:43,099[00:04:30,679 --> 00:04:43,099] - [speaker_1]
Relatively new. But mostly the food places changed, but apart from that, I don't think so. Is this your first day in London?

00:04:43,099 --> 00:04:47,079[00:04:43,099 --> 00:04:47,079] - [speaker_0]
Um, so I only... actually when I started, I was doing like community engagement.

00:04:47,079 --> 00:04:47,079[00:04:47,079 --> 00:04:47,079] - [speaker_1]
Oh, okay.

00:04:47,079 --> 00:04:56,359[00:04:47,079 --> 00:04:56,359] - [speaker_0]
I was doing community engagement when I first came. So it's my first time-

00:04:56,359 --> 00:04:56,519[00:04:56,359 --> 00:04:56,519] - [speaker_1]
Oh, okay.

00:04:56,519 --> 00:05:00,939[00:04:56,519 --> 00:05:00,939] - [speaker_0]
... working in London university. Yes.

00:05:00,939 --> 00:05:05,499[00:05:00,939 --> 00:05:05,499] - [speaker_1]
Yeah. Uh, what, what will you have? Would you like something?

00:05:05,499 --> 00:05:06,919[00:05:05,499 --> 00:05:06,919] - [speaker_0]
No, I'll get you something.

00:05:06,919 --> 00:05:06,959[00:05:06,919 --> 00:05:06,959] - [speaker_1]
No. (laughs)

00:05:06,959 --> 00:05:15,359[00:05:06,959 --> 00:05:15,359] - [speaker_0]
You're the student. Um, I might... yeah, I might just grab a little bite to go with my green juice.

00:05:15,359 --> 00:05:15,379[00:05:15,359 --> 00:05:15,379] - [speaker_1]
Oh, that's okay.

00:05:15,379 --> 00:05:16,359[00:05:15,379 --> 00:05:16,359] - [speaker_0]
But I'll get you a coffee.

00:05:16,359 --> 00:05:17,919[00:05:16,359 --> 00:05:17,919] - [speaker_1]
No, no. It's fine. I have... I have water.

00:05:17,919 --> 00:05:18,299[00:05:17,919 --> 00:05:18,299] - [speaker_0]
It's okay.

00:05:18,299 --> 00:05:19,319[00:05:18,299 --> 00:05:19,319] - [speaker_1]
No. It's actually fine.

00:05:19,319 --> 00:05:19,939[00:05:19,319 --> 00:05:19,939] - [speaker_0]
You don't want anything?

00:05:19,939 --> 00:05:20,859[00:05:19,939 --> 00:05:20,859] - [speaker_1]
No, it's fine. Yeah.

00:05:20,859 --> 00:05:26,419[00:05:20,859 --> 00:05:26,419] - [speaker_0]
Oh. Um, I'm gonna have to... Do you trust me?

00:05:26,419 --> 00:05:30,139[00:05:26,419 --> 00:05:30,139] - [speaker_1]
Yeah, it's fine.

00:05:30,139 --> 00:06:15,479[00:05:30,139 --> 00:06:15,479] - [speaker_0]
Do you have a dark cup, please? I'll give it a try. I'm trying to, um... They had like so many lights. Get as much natural light as I can get.

00:06:15,479 --> 00:06:28,639[00:06:15,479 --> 00:06:28,639] - [speaker_1]
(laughs) It's a bit hard in this, in this space. Yesterday it was actually quite sunny, so that was nice. Um, maybe...

00:06:28,639 --> 00:06:30,559[00:06:28,639 --> 00:06:30,559] - [speaker_0]
Is that okay?

00:06:30,559 --> 00:06:33,779[00:06:30,559 --> 00:06:33,779] - [speaker_1]
Yeah. Of course.

00:06:33,779 --> 00:06:39,519[00:06:33,779 --> 00:06:39,519] - [speaker_0]
Great. So this... so you're working on your, um, thesis?

00:06:39,519 --> 00:06:43,119[00:06:39,519 --> 00:06:43,119] - [speaker_1]
Yes.

00:06:43,119 --> 00:06:49,139[00:06:43,119 --> 00:06:49,139] - [speaker_0]
You said it was, um, smart home or AI?

00:06:49,139 --> 00:07:44,119[00:06:49,139 --> 00:07:44,119] - [speaker_1]
Yes. So, what I'm actually interested in is... while researching for it, like, technology really, like, fascinated me. But, like, actually making an impact in people's lives. Then I sort of went to the route in smart home technology, and then I sort of started exploring what can smart homes sort of help with. Is there a gap in the technology anywhere? And then I sort of realized, when organizing your room, that has a significant impact on your life, right? Because your room's sort of like a reflection of your personality and, like, that, that has quite a bit of impact. But there's no sort of smart home technology to actually augment that, because there's only ways you can sort of augment your routine, like lighting or, like, temperature control. But actually, the organization and placement of items on your... in your room has a big impact. But there's no sort of technology to help, help with that based on what you, what you like. So that's what-

00:07:44,119 --> 00:07:45,559[00:07:44,119 --> 00:07:45,559] - [speaker_0]
Um, okay.

00:07:45,559 --> 00:07:47,439[00:07:45,559 --> 00:07:47,439] - [speaker_1]
... I'm trying to look at. (laughs) But I think that-

00:07:47,439 --> 00:07:48,839[00:07:47,439 --> 00:07:48,839] - [speaker_0]
Do you know what that looks like?

00:07:48,839 --> 00:07:50,199[00:07:48,839 --> 00:07:50,199] - [speaker_1]
Uh, what do you mean?

00:07:50,199 --> 00:07:57,339[00:07:50,199 --> 00:07:57,339] - [speaker_0]
Do you know what this... uh, when you say something to, um... I'm hearing optimize your...

00:07:57,339 --> 00:07:58,099[00:07:57,339 --> 00:07:58,099] - [speaker_1]
Yeah. Exactly.

00:07:58,099 --> 00:07:59,119[00:07:58,099 --> 00:07:59,119] - [speaker_0]

I want to say positioning of things.

00:07:59,119 --> 00:07:59,119[00:07:59,119 --> 00:07:59,119] - [speaker_1]
Exactly.

00:07:59,119 --> 00:08:03,219[00:07:59,119 --> 00:08:03,219] - [speaker_0]
Like, how would that... how would technology-

00:08:03,219 --> 00:08:07,200[00:08:03,219 --> 00:08:07,200] - [speaker_2]
What would the technology look like? Is it something that you control through your app or you can just-

00:08:07,200 --> 00:08:19,019[00:08:07,200 --> 00:08:19,019] - [speaker_3]
So, um, initially what I, what I had in mind was maybe some sort of a system that sort of tracks the habits that you do in your room, or like track the placement of objects in your room.

00:08:19,019 --> 00:08:19,859[00:08:19,019 --> 00:08:19,859] - [speaker_2]
Oh, okay.

00:08:19,859 --> 00:08:25,380[00:08:19,859 --> 00:08:25,380] - [speaker_3]
And then based on that, um, you sort of input the desired habit that you want.

00:08:25,380 --> 00:08:25,419[00:08:25,380 --> 00:08:25,419] - [speaker_2]
Mm-hmm.

00:08:25,419 --> 00:08:29,919[00:08:25,419 --> 00:08:29,919] - [speaker_3]
And then it can suggest to you things that you can change in a room, or like suggest a placement-

00:08:29,919 --> 00:08:30,339[00:08:29,919 --> 00:08:30,339] - [speaker_2]
Yeah.

00:08:30,339 --> 00:08:39,959[00:08:30,339 --> 00:08:39,959] - [speaker_3]
... where you can place a certain thing or, like, add another cube. So that'll help you sort of keep that in mind and then build a better habit. So...

00:08:39,959 --> 00:08:40,319[00:08:39,959 --> 00:08:40,319] - [speaker_2]
Yeah. That sounds-

00:08:40,319 --> 00:08:40,900[00:08:40,319 --> 00:08:40,900] - [speaker_3]
That's, that's-

00:08:40,900 --> 00:08:42,019[00:08:40,900 --> 00:08:42,019] - [speaker_2]
... that sounds good. Yeah.

00:08:42,019 --> 00:08:50,839[00:08:42,019 --> 00:08:50,839] - [speaker_3]
That's what I had in mind. So, I mean, going by your research as well, I was tr- I thought that was quite really interesting with like the flexible homes and wellbeing as well.

00:08:50,839 --> 00:08:50,900[00:08:50,839 --> 00:08:50,900] - [speaker_2]
Yeah.

00:08:50,900 --> 00:08:54,479[00:08:50,900 --> 00:08:54,479] - [speaker_3]
So I thought that was quite a bit of overlap. So I just wanted to get your-

00:08:54,479 --> 00:08:54,639[00:08:54,479 --> 00:08:54,639] - [speaker_2]

Yeah.

00:08:54,639 --> 00:08:55,299[00:08:54,639 --> 00:08:55,299] - [speaker_3]
... views on that.

00:08:55,299 --> 00:08:58,200[00:08:55,299 --> 00:08:58,200] - [speaker_2]
Of course. I mean, because my work has not been digital, it's more analog.

00:08:58,200 --> 00:08:58,839[00:08:58,200 --> 00:08:58,839] - [speaker_3]
Yeah.

00:08:58,839 --> 00:09:25,159[00:08:58,839 --> 00:09:25,159] - [speaker_2]
It's about actually how (wind blowing) (static) moving things around. (static) Ideally, your home is such a personal space that also increasingly becoming a very significant place for not just your personal life, but work and your wellbeing and all of that. Um, that you want to make sure that you don't think about it. Like when you're in a good house-

00:09:25,159 --> 00:09:25,499[00:09:25,159 --> 00:09:25,499] - [speaker_3]
Yeah. Exactly.

00:09:25,499 --> 00:09:28,879[00:09:25,499 --> 00:09:28,879] - [speaker_2]
... you're not thinking about, "Oh my God. I, this is not great. Oh my God."

00:09:28,879 --> 00:09:28,919[00:09:28,879 --> 00:09:28,919] - [speaker_3]
Sure.

00:09:28,919 --> 00:09:42,999[00:09:28,919 --> 00:09:42,999] - [speaker_2]
If something's great, sure. But usually it shouldn't come in your way, if that makes sense. And my work's more, yeah, about how people themselves can behaviorally change stuff. But yeah, the tech is cool. (laughs)

00:09:42,999 --> 00:09:43,919[00:09:42,999 --> 00:09:43,919] - [speaker_3]
(laughs)

00:09:43,919 --> 00:09:45,459[00:09:43,919 --> 00:09:45,459] - [speaker_2]
Should make use of tech. Yeah.

00:09:45,459 --> 00:09:52,839[00:09:45,459 --> 00:09:52,839] - [speaker_3]
So I'm sort of, sort of combining both aspects to it. There's one, of course, the psychological aspect, and I'm then again designing the technical system as well.

00:09:52,839 --> 00:09:53,319[00:09:52,839 --> 00:09:53,319] - [speaker_2]
Yeah.

00:09:53,319 --> 00:09:59,819[00:09:53,319 --> 00:09:59,819] - [speaker_3]
So I'm currently figuring out what the system should look like and what, what should it do and how can it actually make a significant impact.

00:09:59,819 --> 00:09:59,919[00:09:59,819 --> 00:09:59,919] - [speaker_2]
Oh.

00:09:59,919 --> 00:10:03,419[00:09:59,919 --> 00:10:03,419] - [speaker_3]
So that's what I'm exploring into, and like I just... Yeah.

00:10:03,419 --> 00:10:03,559[00:10:03,419 --> 00:10:03,559] - [speaker_2]
Yeah.

00:10:03,559 --> 00:10:03,699[00:10:03,559 --> 00:10:03,699] - [speaker_3]
I want to create-

00:10:03,699 --> 00:10:05,699[00:10:03,699 --> 00:10:05,699] - [speaker_2]
What about the psychological side? Like can you imagine that?

00:10:05,699 --> 00:10:10,979[00:10:05,699 --> 00:10:10,979] - [speaker_3]
Yeah. So, I mean, I've, I don't know if you t- uh, know Shafina?

00:10:10,979 --> 00:10:11,439[00:10:10,979 --> 00:10:11,439] - [speaker_2]
No.

00:10:11,439 --> 00:10:15,499[00:10:11,439 --> 00:10:15,499] - [speaker_3]
Um, so she's, she did design psychology at UCTAN module last year.

00:10:15,499 --> 00:10:16,139[00:10:15,499 --> 00:10:16,139] - [speaker_2]
Who sorry? Sorry.

00:10:16,139 --> 00:10:17,419[00:10:16,139 --> 00:10:17,419] - [speaker_3]
Uh, Shafina.

00:10:17,419 --> 00:10:17,939[00:10:17,419 --> 00:10:17,939] - [speaker_2]
Shafina.

00:10:17,939 --> 00:10:19,659[00:10:17,939 --> 00:10:19,659] - [speaker_3]
Maybe.

00:10:19,659 --> 00:10:22,679[00:10:19,659 --> 00:10:22,679] - [speaker_2]
Yes. Shafina. Uh, te- she does teaching. Yeah.

00:10:22,679 --> 00:10:22,799[00:10:22,679 --> 00:10:22,799] - [speaker_3]
Yeah.

00:10:22,799 --> 00:10:23,399[00:10:22,799 --> 00:10:23,399] - [speaker_2]
Lego stuff. Yeah, yeah.

00:10:23,399 --> 00:10:24,519[00:10:23,399 --> 00:10:24,519] - [speaker_3]
Exactly. Exactly.

00:10:24,519 --> 00:10:24,519[00:10:24,519 --> 00:10:24,519] - [speaker_2]
Yeah, yeah.

00:10:24,519 --> 00:10:25,439[00:10:24,519 --> 00:10:25,439] - [speaker_3]
Exactly her.

00:10:25,439 --> 00:10:26,059[00:10:25,439 --> 00:10:26,059] - [speaker_2]
Of course it is. Yeah.

00:10:26,059 --> 00:11:05,079[00:10:26,059 --> 00:11:05,079] - [speaker_3]
So I was talking to her and I had a chat with her last week about, about my project as well. So based on that,

we were just discussing how it's quite, uh, personalized. Like everyone's sort of routine and everyone's aspects of their home, they're really personalized to them. Because some people might, um, go by the functionality of objects that they, that they have in their home. Some people might go by the aesthetic. Some people might just have cost as their biggest concern. Some people might have another concern or like color, things like that. And then we were just thinking before even creating a system for them, we need to create that like profile for them that, that we can sort of use to like characterize like habits and stuff.

00:11:05,079 --> 00:11:06,459[00:11:05,079 --> 00:11:06,459] - [speaker_2]
The reason I asked about psychology-

00:11:06,459 --> 00:11:06,999[00:11:06,459 --> 00:11:06,999] - [speaker_3]
Yeah.

00:11:06,999 --> 00:11:11,679[00:11:06,999 --> 00:11:11,679] - [speaker_2]
... is I see it within my work as something that actually drives the design of that system.

00:11:11,679 --> 00:11:12,279[00:11:11,679 --> 00:11:12,279] - [speaker_3]
Exactly.

00:11:12,279 --> 00:11:16,479[00:11:12,279 --> 00:11:16,479] - [speaker_2]
Because if you design it, then psychology is basically happy for behavior.

00:11:16,479 --> 00:11:16,939[00:11:16,479 --> 00:11:16,939] - [speaker_3]
Exactly.

00:11:16,939 --> 00:11:25,839[00:11:16,939 --> 00:11:25,839] - [speaker_2]
More of an art, right? And you're right. Peop- because it's very individualistic and people are very different, often it can be a challenge to identify outcomes.

00:11:25,839 --> 00:11:26,299[00:11:25,839 --> 00:11:26,299] - [speaker_3]
Exactly.

00:11:26,299 --> 00:11:37,219[00:11:26,299 --> 00:11:37,219] - [speaker_2]
You know, like what are the... But what helps is looking at some of the things that people do need in their homes and what are these key behaviors, key outcomes. Like list a few of them-

00:11:37,219 --> 00:11:37,419[00:11:37,219 --> 00:11:37,419] - [speaker_3]
Yeah.

00:11:37,419 --> 00:11:41,859[00:11:37,419 --> 00:11:41,859] - [speaker_2]
... and then use that as a basis for your system design, because that'll help you guide yourself.

00:11:41,859 --> 00:11:42,179[00:11:41,859 --> 00:11:42,179] - [speaker_3]
Exactly.

00:11:42,179 --> 00:11:42,919[00:11:42,179 --> 00:11:42,919] - [speaker_2]
And I'm sure-

00:11:42,919 --> 00:11:43,199[00:11:42,919 --> 00:11:43,199] - [speaker_3]
Yeah.

00:11:43,199 --> 00:11:43,879[00:11:43,199 --> 00:11:43,879] - [speaker_2]
... you have sort of done this.

00:11:43,879 --> 00:11:46,159[00:11:43,879 --> 00:11:46,159] - [speaker_3]
So based on, uh, my talk with Shafina as well-

00:11:46,159 --> 00:11:46,159[00:11:46,159 --> 00:11:46,159] - [speaker_2]
Mm-hmm.

00:11:46,159 --> 00:11:54,339[00:11:46,159 --> 00:11:54,339] - [speaker_3]
... we sort of, um, summarized like the main habits that would actually lead to wellbeing, which were diet, activity and sleep.

00:11:54,339 --> 00:11:54,819[00:11:54,339 --> 00:11:54,819] - [speaker_2]
Mm-hmm.

00:11:54,819 --> 00:12:08,679[00:11:54,819 --> 00:12:08,679] - [speaker_3]
Um, she was like, "These are the three main aspects. If you sort of get those in line, these are the most impactful towards wellbeing." So I was thinking about how I can make environmental changes in the living space that will support these three things.

00:12:08,679 --> 00:12:09,879[00:12:08,679 --> 00:12:09,879] - [speaker_2]
Diet, sleep, and what was the other one?

00:12:09,879 --> 00:12:11,219[00:12:09,879 --> 00:12:11,219] - [speaker_3]
Uh, diet, sleep and activity.

00:12:11,219 --> 00:12:12,459[00:12:11,219 --> 00:12:12,459] - [speaker_2]
What kind of activity?

00:12:12,459 --> 00:12:14,599[00:12:12,459 --> 00:12:14,599] - [speaker_3]
Just, um, like maybe working out or like-

00:12:14,599 --> 00:12:14,619[00:12:14,599 --> 00:12:14,619] - [speaker_2]
Like walking.

00:12:14,619 --> 00:12:17,159[00:12:14,619 --> 00:12:17,159] - [speaker_3]
... physical activity. Yeah.

00:12:17,159 --> 00:12:22,059[00:12:17,159 --> 00:12:22,059] - [speaker_2]
And that's the... Yeah. Okay. And that can be anything personal. Like, it can vary from morning to evening.

00:12:22,059 --> 00:12:24,379[00:12:22,059 --> 00:12:24,379] - [speaker_3]
Yeah. It can vary. Maybe like yoga or things like that.

00:12:24,379 --> 00:12:24,519[00:12:24,379 --> 00:12:24,519] - [speaker_2]
Or exercise at home.

00:12:24,519 --> 00:12:25,839[00:12:24,519 --> 00:12:25,839] - [speaker_3]
Or like just going to the gym.

00:12:25,839 --> 00:12:26,259[00:12:25,839 --> 00:12:26,259] - [speaker_2]
Going for a walk.

00:12:26,259 --> 00:12:26,699[00:12:26,259 --> 00:12:26,699] - [speaker_3]
Going for a walk.

00:12:26,699 --> 00:12:27,179[00:12:26,699 --> 00:12:27,179] - [speaker_2]
Cooking.

00:12:27,179 --> 00:12:27,879[00:12:27,179 --> 00:12:27,879] - [speaker_3]
Yeah. (laughs)

00:12:27,879 --> 00:12:33,899[00:12:27,879 --> 00:12:33,899] - [speaker_2]
Watching TV. Okay. Yeah. So, so that's basically all of the activities that's not-

00:12:33,899 --> 00:12:33,899[00:12:33,899 --> 00:12:33,899] - [speaker_3]
Yeah.

00:12:33,899 --> 00:12:36,779[00:12:33,899 --> 00:12:36,779] - [speaker_2]
... diet and sleep?

00:12:36,779 --> 00:12:37,819[00:12:36,779 --> 00:12:37,819] - [speaker_3]
Uh, what do you mean?

00:12:37,819 --> 00:12:37,859[00:12:37,819 --> 00:12:37,859] - [speaker_2]
Like-

00:12:37,859 --> 00:12:39,539[00:12:37,859 --> 00:12:39,539] - [speaker_3]
Yeah. Yeah. Kind of.

00:12:39,539 --> 00:12:44,359[00:12:39,539 --> 00:12:44,359] - [speaker_2]
So when you say sleep, you mean your actual sleep, like you're measuring sleep?

00:12:44,359 --> 00:13:01,699[00:12:44,359 --> 00:13:01,699] - [speaker_3]
Yes. And she also mentioned how like that deep sleep is really important based on, uh, the circadian rhythm. So, um, if you sort of don't end up sleeping on time with the circadian rhythm, you don't end up actually going into deep sleep, and that's where all the recovery and like the functioning happens.

00:13:01,699 --> 00:13:02,879[00:13:01,699 --> 00:13:02,879] - [speaker_2]
Physically, physical rec-

00:13:02,879 --> 00:13:02,959[00:13:02,879 --> 00:13:02,959] - [speaker_3]
Yeah.

00:13:02,959 --> 00:13:05,339[00:13:02,959 --> 00:13:05,339] - [speaker_2]
I think mental recovery is REM sleep-

00:13:05,339 --> 00:13:05,519[00:13:05,339 --> 00:13:05,519] - [speaker_3]
Yeah. Okay.

00:13:05,519 --> 00:13:06,839[00:13:05,519 --> 00:13:06,839] - [speaker_2]
... which you also need, I think.

00:13:06,839 --> 00:13:06,839[00:13:06,839 --> 00:13:06,839] - [speaker_3]
Yeah.

00:13:06,839 --> 00:13:08,179[00:13:06,839 --> 00:13:08,179] - [speaker_2]
I don't know a lot about this area.

00:13:08,179 --> 00:13:08,199[00:13:08,179 --> 00:13:08,199] - [speaker_3]

Okay.

00:13:08,199 --> 00:13:09,039[00:13:08,199 --> 00:13:09,039] - [speaker_2]
She probably knows more.

00:13:09,039 --> 00:13:09,059[00:13:09,039 --> 00:13:09,059] - [speaker_3]
Yeah.

00:13:09,059 --> 00:13:11,859[00:13:09,059 --> 00:13:11,859] - [speaker_2]
But yeah. Okay. So there's sleep. Okay.

00:13:11,859 --> 00:13:11,879[00:13:11,859 --> 00:13:11,879] - [speaker_3]
Yeah.

00:13:11,879 --> 00:13:12,939[00:13:11,879 --> 00:13:12,939] - [speaker_2]
Sleep, activity, and-

00:13:12,939 --> 00:13:20,979[00:13:12,939 --> 00:13:20,979] - [speaker_3]
So that, that's what she was trying to do. And maybe we were thinking maybe, uh, aligning people's habits in a way that they actually end up sleeping on time-

00:13:20,979 --> 00:13:21,039[00:13:20,979 --> 00:13:21,039] - [speaker_2]
Mm-hmm.

00:13:21,039 --> 00:13:25,859[00:13:21,039 --> 00:13:25,859] - [speaker_3]
... so that they actually get the recovery and then therefore have the wellbeing increase and things like that.

00:13:25,859 --> 00:13:27,399[00:13:25,859 --> 00:13:27,399] - [speaker_2]
I see. Yeah. That's good.

00:13:27,399 --> 00:13:32,059[00:13:27,399 --> 00:13:32,059] - [speaker_3]
So, uh, one thing I was sort of wanted to ask you was measuring wellbeing.

00:13:32,059 --> 00:13:32,059[00:13:32,059 --> 00:13:32,059] - [speaker_2]
Mm-hmm.

00:13:32,059 --> 00:13:37,479[00:13:32,059 --> 00:13:37,479] - [speaker_3]
So I saw like in your paper you sort of had like two different way- uh, types of wellbeing.

00:13:37,479 --> 00:13:37,499[00:13:37,479 --> 00:13:37,499] - [speaker_2]
Yeah. There's... Mm-hmm.

00:13:37,499 --> 00:13:40,259[00:13:37,499 --> 00:13:40,259] - [speaker_3]
I was still a bit confused between the differences between them too.

00:13:40,259 --> 00:13:40,899[00:13:40,259 --> 00:13:40,899] - [speaker_2]
(laughs)

00:13:40,899 --> 00:13:42,859[00:13:40,899 --> 00:13:42,859] - [speaker_3]
But I just wanted to get your-

00:13:42,859 --> 00:14:06,239[00:13:42,859 --> 00:14:06,239] - [speaker_2]
Yeah. So in... So s- that's actually subjective wellbeing. There, there's so many types of wellbeing. But often

there's a theory, if I go into theory, it talks about subjective wellbeing, that is how you think, how happy you think you are. Like your subjective assessments of your wellbeing. And it's usually split into two: um, feelings-

00:14:06,239 --> 00:14:06,579[00:14:06,239 --> 00:14:06,579] - [speaker_3]
Okay.

00:14:06,579 --> 00:14:13,899[00:14:06,579 --> 00:14:13,899] - [speaker_2]
... and cognition or more thinking and evaluative. So the feelings or the more, the term used is affective-

00:14:13,899 --> 00:14:14,079[00:14:13,899 --> 00:14:14,079] - [speaker_3]
Okay.

00:14:14,079 --> 00:14:28,819[00:14:14,079 --> 00:14:28,819] - [speaker_2]
... is about how happy you are, how sad you are. Like, how do you feel? And then it's usually measured as high positive affect, like happiness, excitement, cheerfulness. And then lower levels of unhappiness, stress-

00:14:28,819 --> 00:14:28,999[00:14:28,819 --> 00:14:28,999] - [speaker_3]
Right.

00:14:28,999 --> 00:14:48,599[00:14:28,999 --> 00:14:48,599] - [speaker_2]
... or boredom. So negative feelings. Um, so that's how you feel. But another big psychological element of feeling and wellbeing is the cognitive side of it. That is your, your more thinking and evaluative side of things, where you assess things, where you like assess your life, assess your things and say, "Okay, am I satisfied with this?"

00:14:48,599 --> 00:14:48,979[00:14:48,599 --> 00:14:48,979] - [speaker_3]
Right.

00:14:48,979 --> 00:15:07,759[00:14:48,979 --> 00:15:07,759] - [speaker_2]
So that's usually to do with, um, do you think you are satisfied with the life? Do you think you are? So there are scales that actually measure it, like satisfaction of life, and then there is... Um, the ones I looked at were a bit more sort of basic psychological sort of needs.

00:15:07,759 --> 00:15:08,339[00:15:07,759 --> 00:15:08,339] - [speaker_3]
Right.

00:15:08,339 --> 00:15:11,079[00:15:08,339 --> 00:15:11,079] - [speaker_2]
As in there is another theory that explains how the-

00:15:11,079 --> 00:15:12,519[00:15:11,079 --> 00:15:12,519] - [speaker_3]
Common, common needs.

00:15:12,519 --> 00:15:13,979[00:15:12,519 --> 00:15:13,979] - [speaker_2]
No, self-determination theory.

00:15:13,979 --> 00:15:14,519[00:15:13,979 --> 00:15:14,519] - [speaker_3]
Self-determination. Yes, of course.

00:15:14,519 --> 00:15:26,679[00:15:14,519 --> 00:15:26,679] - [speaker_2]
Talks about how those three needs, they're important for self-determining a lot of your behavior. But also they say when you satisfy those three needs, your sense of sort of psychological wellbeing is sort of satisfied.

00:15:26,679 --> 00:15:27,279[00:15:26,679 --> 00:15:27,279] - [speaker_3]

Okay.

00:15:27,279 --> 00:15:32,239[00:15:27,279 --> 00:15:32,239] - [speaker_2]
Um, so that is sense of autonomy, that is how in control you are. Again, this is a more evaluative thing-

00:15:32,239 --> 00:15:32,239[00:15:32,239 --> 00:15:32,239] - [speaker_3]
Right.

00:15:32,239 --> 00:15:51,799[00:15:32,239 --> 00:15:51,799] - [speaker_2]
... because you're, you're making assu- you're making evaluations. Like sat in this desk in this room or this whatever, do I feel like I can... Do I feel in control? Do I feel like I am in charge sort of a thing? Like if I wanted to get up and leave, can I get a- do I have that sense of, um, autonomy, volition or agency basically?

00:15:51,799 --> 00:15:52,379[00:15:51,799 --> 00:15:52,379] - [speaker_3]
Yeah.

00:15:52,379 --> 00:15:56,659[00:15:52,379 --> 00:15:56,659] - [speaker_2]
And then relatedness, uh, is social connectedness. Like do you feel socially connected?

00:15:56,659 --> 00:15:56,759[00:15:56,659 --> 00:15:56,759] - [speaker_3]
Mm-hmm.

00:15:56,759 --> 00:16:02,959[00:15:56,759 --> 00:16:02,959] - [speaker_2]
Because we are social beings. Um, does your significant o- other, like people, not just anyone-

00:16:02,959 --> 00:16:02,959[00:16:02,959 --> 00:16:02,959] - [speaker_3]
Mm-hmm.

00:16:02,959 --> 00:16:06,679[00:16:02,959 --> 00:16:06,679] - [speaker_2]
... but people who are important to you. That could be anyone.

00:16:06,679 --> 00:16:14,820[00:16:06,679 --> 00:16:14,820] - [speaker_4]
... at home, it's usually people you live with. Sometimes you might not even consider them because you don't, you probably just co-... You're sharing and you don't even like them.

00:16:14,820 --> 00:16:29,360[00:16:14,820 --> 00:16:29,360] - [speaker_3]
Yeah. Yeah, I mean - Like if you're home, even if you're living with somebody you don't like, are you still able to connect with the people you do like? And then there's competence. That is, to what extent can you do what you want to do properly? Like, do you have the ability?Okay.

00:16:29,360 --> 00:16:37,600[00:16:29,360 --> 00:16:37,600] - [speaker_4]
So, do I feel like sat here, is this a good... Environmentally, this, is this a good place for me to do my work effectively?

00:16:37,600 --> 00:16:37,699[00:16:37,600 --> 00:16:37,699] - [speaker_3]
Yeah.

00:16:37,699 --> 00:16:42,960[00:16:37,699 --> 00:16:42,960] - [speaker_4]
For example, do I feel competent? Sometimes it happens that if you sit in a dark room, you can't get stuff done.

00:16:42,960 --> 00:16:44,019[00:16:42,960 --> 00:16:44,019] - [speaker_3]
Exactly, yeah.

00:16:44,019 --> 00:16:53,339[00:16:44,019 --> 00:16:53,339] - [speaker_4]
Um, so I use those three to evaluate the, to evaluate the more eudaimonic or evaluative or cognitive side of wellbeing.

00:16:53,339 --> 00:16:53,539[00:16:53,339 --> 00:16:53,539] - [speaker_3]
Okay.

00:16:53,539 --> 00:17:09,459[00:16:53,539 --> 00:17:09,459] - [speaker_4]
So, that... There are different ways to look at wellbeing, but that's usually the more accepted one and it was also an appropriate way for me to measure that within home environments because I was looking at flexibility of the house.

00:17:09,459 --> 00:17:09,639[00:17:09,459 --> 00:17:09,639] - [speaker_3]
Yeah.

00:17:09,639 --> 00:17:21,979[00:17:09,639 --> 00:17:21,979] - [speaker_4]
Um, and how that sort of ties to these things. Um, but again, your, the way you measure wellbeing, wellbeing can be many things. Like-

00:17:21,979 --> 00:17:22,239[00:17:21,979 --> 00:17:22,239] - [speaker_3]
Exactly.

00:17:22,239 --> 00:17:25,019[00:17:22,239 --> 00:17:25,019] - [speaker_4]
... I know you said activities is like sleep-

00:17:25,019 --> 00:17:25,179[00:17:25,019 --> 00:17:25,179] - [speaker_3]
Yeah.

00:17:25,179 --> 00:17:27,779[00:17:25,179 --> 00:17:27,779] - [speaker_4]
... diet, and... Activity, sleep and-

00:17:27,779 --> 00:17:28,559[00:17:27,779 --> 00:17:28,559] - [speaker_3]
And diet.

00:17:28,559 --> 00:17:33,719[00:17:28,559 --> 00:17:33,719] - [speaker_4]
... diet. But I would say there's so many other things that I would further break them, them down-

00:17:33,719 --> 00:17:33,719[00:17:33,719 --> 00:17:33,719] - [speaker_3]
Right.

00:17:33,719 --> 00:17:59,299[00:17:33,719 --> 00:17:59,299] - [speaker_4]
... into psychological processes that drive them or support them, that's important for wellbeing. Like, again, the sense of autonomy, sense of, um, ability, com- competency, sense of, um, especially home environments like, um, your, your ability to, um, navigate interpersonal relationships, like privacy, uh, in spaces.

00:17:59,299 --> 00:17:59,879[00:17:59,299 --> 00:17:59,879] - [speaker_3]
Yeah.

00:17:59,879 --> 00:18:06,379[00:17:59,879 --> 00:18:06,379] - [speaker_4]
How attached you feel and then there's another important concept to explore is your sense of identity.

00:18:06,379 --> 00:18:06,519[00:18:06,379 --> 00:18:06,519] - [speaker_3]
Yeah.

00:18:06,519 --> 00:18:07,939[00:18:06,519 --> 00:18:07,939] - [speaker_4]
That is, what you said earlier about-

00:18:07,939 --> 00:18:07,959[00:18:07,939 --> 00:18:07,959] - [speaker_3]
Yeah.

00:18:07,959 --> 00:18:12,339[00:18:07,959 --> 00:18:12,339] - [speaker_4]
... expressing your, your pers-... You personalize your room because it's a part of you.

00:18:12,339 --> 00:18:12,359[00:18:12,339 --> 00:18:12,359] - [speaker_3]
Exactly.

00:18:12,359 --> 00:18:17,639[00:18:12,359 --> 00:18:17,639] - [speaker_4]
Like, to what extent can you... And then, that then feeds into these different things, you know.

00:18:17,639 --> 00:18:17,639[00:18:17,639 --> 00:18:17,639] - [speaker_3]
Oh, yeah.

00:18:17,639 --> 00:18:24,159[00:18:17,639 --> 00:18:24,159] - [speaker_4]
Like, the activities that you can do in your house, is it allowing you to feel that sense of yourself?

00:18:24,159 --> 00:18:24,419[00:18:24,159 --> 00:18:24,419] - [speaker_3]
Yeah.

00:18:24,419 --> 00:18:33,859[00:18:24,419 --> 00:18:33,859] - [speaker_4]
So, just as an example, you know. There are so many psychological processes that are important at homes, and there are so many different ways that you can measure wellbeing.

00:18:33,859 --> 00:18:34,079[00:18:33,859 --> 00:18:34,079] - [speaker_3]
Uh-huh.

00:18:34,079 --> 00:18:39,479[00:18:34,079 --> 00:18:39,479] - [speaker_4]
So, what would be, I think... I don't know how far you've come with that process of identifying how you want to measure it-

00:18:39,479 --> 00:18:39,479[00:18:39,479 --> 00:18:39,479] - [speaker_3]
Mm-hmm.

00:18:39,479 --> 00:18:45,519[00:18:39,479 --> 00:18:45,519] - [speaker_4]
... but one of the things that will help is to understand what it is that your, your outcome is.

00:18:45,519 --> 00:18:45,539[00:18:45,519 --> 00:18:45,539] - [speaker_3]
Yeah.

00:18:45,539 --> 00:18:50,899[00:18:45,539 --> 00:18:50,899] - [speaker_4]
Like what is the few key things that you're trying to achieve through your system, right?

00:18:50,899 --> 00:19:02,199[00:18:50,899 --> 00:19:02,199] - [speaker_3]
So, uh, I saw that you sort of had that, um, scale in your, in your report at the end where you sort of... That's the service that you, you did with the RE&SS? Yeah?

00:19:02,199 --> 00:19:03,659[00:19:02,199 --> 00:19:03,659] - [speaker_4]
Mm-hmm. Mm-hmm.

00:19:03,659 --> 00:19:04,399[00:19:03,659 --> 00:19:04,399] - [speaker_3]
So, uh-

00:19:04,399 --> 00:19:06,179[00:19:04,399 --> 00:19:06,179] - [speaker_4]
Yeah, that's the one I made. Yeah (laughs).

00:19:06,179 --> 00:19:10,399[00:19:06,179 --> 00:19:10,399] - [speaker_3]
Yeah (laughs). So I was thinking, does... Would that be applicable in my context as well, where-

00:19:10,399 --> 00:19:11,299[00:19:10,399 --> 00:19:11,299] - [speaker_4]
It could be, yes.

00:19:11,299 --> 00:19:15,519[00:19:11,299 --> 00:19:15,519] - [speaker_3]
Was that very centric to just flexible homes or would that apply to-

00:19:15,519 --> 00:19:27,559[00:19:15,519 --> 00:19:27,559] - [speaker_4]
No, no, no. No, I think... No, I developed that to... I developed that not to measure flexible homes, but that was to measure the evaluative side of people's wellbeing.

00:19:27,559 --> 00:19:27,799[00:19:27,559 --> 00:19:27,799] - [speaker_3]
Exactly.

00:19:27,799 --> 00:19:38,119[00:19:27,799 --> 00:19:38,119] - [speaker_4]
Like, using the economy competence-related - Okay.... measures, I think. And that, those, that scale, that kind of scale is used in many different settings like workplaces.

00:19:38,119 --> 00:19:38,279[00:19:38,119 --> 00:19:38,279] - [speaker_3]
Yeah.

00:19:38,279 --> 00:19:55,199[00:19:38,279 --> 00:19:55,199] - [speaker_4]
Like, people use that scale to ask, "When I'm at home, I feel comp-... Uh, when I'm at work, I feel competent. I feel, um, I, I have the freedom of doing work, choosing what to do at work," so on. And it's been used in different domains, but i- there wasn't one in housing, so I created one for housing.

00:19:55,199 --> 00:19:55,299[00:19:55,199 --> 00:19:55,299] - [speaker_3]
Okay.

00:19:55,299 --> 00:19:57,819[00:19:55,299 --> 00:19:57,819] - [speaker_4]
Adapted it. So it should be applicable-

00:19:57,819 --> 00:19:57,999[00:19:57,819 --> 00:19:57,999] - [speaker_3]
Yeah.

00:19:57,999 --> 00:20:02,739[00:19:57,999 --> 00:20:02,739] - [speaker_4]
... in any housing setting, provided that's what you want to measure. So you are-

00:20:02,739 --> 00:20:03,139[00:20:02,739 --> 00:20:03,139] - [speaker_3]
Right.

00:20:03,139 --> 00:20:05,539[00:20:03,139 --> 00:20:05,539] - [speaker_4]
If you want to use that, you're, you're more than welcome to use that.

00:20:05,539 --> 00:20:05,559[00:20:05,539 --> 00:20:05,559] - [speaker_3]

Okay.

00:20:05,559 --> 00:20:06,419[00:20:05,559 --> 00:20:06,419] - [speaker_4]
Like, it would-

00:20:06,419 --> 00:20:06,999[00:20:06,419 --> 00:20:06,999] - [speaker_3]
Yeah, definitely.

00:20:06,999 --> 00:20:08,279[00:20:06,999 --> 00:20:08,279] - [speaker_4]
... fit. Yeah.

00:20:08,279 --> 00:20:08,919[00:20:08,279 --> 00:20:08,919] - [speaker_3]
Definitely.

00:20:08,919 --> 00:20:15,719[00:20:08,919 --> 00:20:15,719] - [speaker_4]
So you are trying to, um, see if the system that you're putting in place will help them achieve that.

00:20:15,719 --> 00:20:15,979[00:20:15,719 --> 00:20:15,979] - [speaker_3]
Exactly.

00:20:15,979 --> 00:20:18,219[00:20:15,979 --> 00:20:18,219] - [speaker_4]
That'll be fantastic because I'd be curious to know-

00:20:18,219 --> 00:20:18,299[00:20:18,219 --> 00:20:18,299] - [speaker_3]
Yeah (laughs).

00:20:18,299 --> 00:20:30,679[00:20:18,299 --> 00:20:30,679] - [speaker_4]
Because a lot of what you're suggesting is also, um... Yeah, it links to, like you said, flexible... Not f- not just flexible house, but people optimizing their spaces, right?

00:20:30,679 --> 00:20:31,319[00:20:30,679 --> 00:20:31,319] - [speaker_3]
Exactly.

00:20:31,319 --> 00:20:38,119[00:20:31,319 --> 00:20:38,119] - [speaker_4]
And yeah, you could quite easily... I, I would love to see how that then satisfies people's-

00:20:38,119 --> 00:20:38,299[00:20:38,119 --> 00:20:38,299] - [speaker_3]
Okay.

00:20:38,299 --> 00:20:40,679[00:20:38,299 --> 00:20:40,679] - [speaker_4]
... needs as well, and I think it'll be useful.

00:20:40,679 --> 00:20:50,479[00:20:40,679 --> 00:20:50,479] - [speaker_3]
So, while, while, while doing your research, did you ever come across, like, this sort of topic where, like, the placement of things in, in the home or was it mostly just...

00:20:50,479 --> 00:20:57,179[00:20:50,479 --> 00:20:57,179] - [speaker_4]
Placement. Um... I looked at a lot of objects and furniture.

00:20:57,179 --> 00:20:57,419[00:20:57,179 --> 00:20:57,419] - [speaker_3]
Yeah.

00:20:57,419 --> 00:21:14,559[00:20:57,419 --> 00:21:14,559] - [speaker_4]

And I didn't go into the depth of it because that was not the focus, but I did look at furniture arrangement, but only at a level to be able to say that having that control over furniture arrangement is important for these needs.

00:21:14,559 --> 00:21:15,319[00:21:14,559 --> 00:21:15,319] - [speaker_3]
Right.

00:21:15,319 --> 00:21:28,379[00:21:15,319 --> 00:21:28,379] - [speaker_4]
But, um... But you are trying to... So, if I understand this correctly, you're trying to see how you can suggest or dictate possible arrangements-

00:21:28,379 --> 00:21:28,499[00:21:28,379 --> 00:21:28,499] - [speaker_3]
Yes.

00:21:28,499 --> 00:21:33,059[00:21:28,499 --> 00:21:33,059] - [speaker_4]
... as options or choices for people based on their behaviors.

00:21:33,059 --> 00:21:37,359[00:21:33,059 --> 00:21:37,359] - [speaker_3]
Yes. That's what, that's what it is in its current state right now. We -The concept.... know -yeah, yeah, yeah.

00:21:37,359 --> 00:21:47,599[00:21:37,359 --> 00:21:47,599] - [speaker_4]
Yeah. Um, the, the problem with research in this field is it's quite... It's a new field, so there's not a lot you'll find out there if, if you-

00:21:47,599 --> 00:21:48,439[00:21:47,599 --> 00:21:48,439] - [speaker_3]
Exactly, yeah, yeah.

00:21:48,439 --> 00:22:02,839[00:21:48,439 --> 00:22:02,839] - [speaker_4]
... look about these very specific, um, sort of mechanisms of how these objects and furnitures actually help wellbeing. Like, where are they placed? What do they look like? What features should they have?

00:22:02,839 --> 00:22:03,139[00:22:02,839 --> 00:22:03,139] - [speaker_3]
Exactly.

00:22:03,139 --> 00:22:11,259[00:22:03,139 --> 00:22:11,259] - [speaker_4]
There's not that much detail in the research, um, in the, um, in literature. So, you'll have to make an informed assumption.

00:22:11,259 --> 00:22:11,779[00:22:11,259 --> 00:22:11,779] - [speaker_3]
Yeah.

00:22:11,779 --> 00:22:11,899[00:22:11,779 --> 00:22:11,899] - [speaker_4]
And, yeah.

00:22:11,899 --> 00:22:17,859[00:22:11,899 --> 00:22:17,859] - [speaker_3]
That, that's, that's something that I was struggling with and another thing that I was really curious about was, like, clutter.

00:22:17,859 --> 00:22:18,479[00:22:17,859 --> 00:22:18,479] - [speaker_4]
Mm-hmm.

00:22:18,479 --> 00:22:42,099[00:22:18,479 --> 00:22:42,099] - [speaker_3]
So, while sort of doing this research, I realized that just having clutter has a big impact on mental wellbeing

within the, within living space as well. And like, I also reflected on myself and then I was like, if I'm studying for an exam and I can't think straight, the first thing I do is actually organize my room and then get everything set in place and then that's when I realize that I can actually think better.

00:22:42,099 --> 00:22:42,379[00:22:42,099 --> 00:22:42,379] - [speaker_4]
Yeah.

00:22:42,379 --> 00:22:53,019[00:22:42,379 --> 00:22:53,019] - [speaker_3]
And then I was like, that, that's curious, and then that's how I sort of dove into that, and then I realized that there is an impact. Um, I don't know if you've heard about the KonMari method?

00:22:53,019 --> 00:22:53,699[00:22:53,019 --> 00:22:53,699] - [speaker_4]
Yeah. Uh-

00:22:53,699 --> 00:22:54,039[00:22:53,699 --> 00:22:54,039] - [speaker_3]
Yeah.

00:22:54,039 --> 00:22:55,639[00:22:54,039 --> 00:22:55,639] - [speaker_4]
... Marie Kondo?

00:22:55,639 --> 00:22:56,279[00:22:55,639 --> 00:22:56,279] - [speaker_3]
Yeah, yeah, exactly.

00:22:56,279 --> 00:22:58,079[00:22:56,279 --> 00:22:58,079] - [speaker_4]
Yeah, where you just...

00:22:58,079 --> 00:22:59,259[00:22:58,079 --> 00:22:59,259] - [speaker_3]
Exactly, yeah, yeah (laughs). That.

00:22:59,259 --> 00:22:59,919[00:22:59,259 --> 00:22:59,919] - [speaker_4]
Yeah (laughs).

00:22:59,919 --> 00:23:06,699[00:22:59,919 --> 00:23:06,699] - [speaker_3]
So, I was curious about that as well, and then I found this survey where that sort of really helped wellbeing in, in people and things like that.

00:23:06,699 --> 00:23:08,639[00:23:06,699 --> 00:23:08,639] - [speaker_4]
I think what that boils down to-

00:23:08,639 --> 00:23:08,859[00:23:08,639 --> 00:23:08,859] - [speaker_3]
Yeah.

00:23:08,859 --> 00:23:13,259[00:23:08,859 --> 00:23:13,259] - [speaker_4]
... this cleaning, cleaning department before you get into work, I think that's a very procrastination thing.

00:23:13,259 --> 00:23:13,299[00:23:13,259 --> 00:23:13,299] - [speaker_3]
Yeah (laughs).

00:23:13,299 --> 00:23:32,619[00:23:13,299 --> 00:23:32,619] - [speaker_4]
I do that all the time. But it comes... It, it sort of boils down to the fact that if your en- environment is not conducive for a certain activity, then, well, there are... There, there's theories in environmental psychology that suggests this, that if you can, you would try and control it and change your environment-

00:23:32,619 --> 00:23:32,639[00:23:32,619 --> 00:23:32,639] - [speaker_3]
Right.

00:23:32,639 --> 00:23:35,459[00:23:32,639 --> 00:23:35,459] - [speaker_4]
... to make it fit you a bit more, so you can-

00:23:35,459 --> 00:23:35,459[00:23:35,459 --> 00:23:35,459] - [speaker_3]
Okay.

00:23:35,459 --> 00:23:37,299[00:23:35,459 --> 00:23:37,299] - [speaker_4]
... go ahead and do what you want to do.

00:23:37,299 --> 00:23:37,439[00:23:37,299 --> 00:23:37,439] - [speaker_3]
Well, that's very interesting, yeah.

00:23:37,439 --> 00:23:39,639[00:23:37,439 --> 00:23:39,639] - [speaker_4]
Right? Like that's, that's exactly what you're doing.

00:23:39,639 --> 00:23:40,299[00:23:39,639 --> 00:23:40,299] - [speaker_3]
Yeah.

00:23:40,299 --> 00:23:41,919[00:23:40,299 --> 00:23:41,919] - [speaker_4]
You, you evaluate your environment-

00:23:41,919 --> 00:23:41,939[00:23:41,919 --> 00:23:41,939] - [speaker_3]
Uh-huh.

00:23:41,939 --> 00:23:47,719[00:23:41,939 --> 00:23:47,719] - [speaker_4]
... and you think, "Oh, this is not necessarily..." You know, "It's not where I need it to be," and then you fix it.

00:23:47,719 --> 00:23:48,379[00:23:47,719 --> 00:23:48,379] - [speaker_3]
Yeah.

00:23:48,379 --> 00:23:51,759[00:23:48,379 --> 00:23:51,759] - [speaker_4]
Imagine if you lived in a house of clutter and you're not allowed to move anything.

00:23:51,759 --> 00:23:51,899[00:23:51,759 --> 00:23:51,899] - [speaker_3]
Yeah (laughs).

00:23:51,899 --> 00:23:53,759[00:23:51,899 --> 00:23:53,759] - [speaker_4]
What would you do? You would probably leave, right?

00:23:53,759 --> 00:23:54,659[00:23:53,759 --> 00:23:54,659] - [speaker_3]
(laughs)

00:23:54,659 --> 00:24:07,819[00:23:54,659 --> 00:24:07,819] - [speaker_4]
Or you would just sit there feeling helpless. Like, these are basically the theories that explain how people respond to their environments. So essentially what that's doing is, it's, it's boiling down to the fact that you want to make... And that's reminded me of another theory that might be, uh, interesting to you.

00:24:07,819 --> 00:24:14,279[00:24:07,819 --> 00:24:14,279] - [speaker_2]
... um, making the environment, um, fit you. So there's a concept called is person-environment fit.

00:24:14,279 --> 00:24:15,479[00:24:14,279 --> 00:24:15,479] - [speaker_0]

Person-environment fit. I've heard of that one.

00:24:15,479 --> 00:24:25,939[00:24:15,479 --> 00:24:25,939] - [speaker_2]
Yeah. Look it up because my, I looked at it during my MSE and I also developed a scale then, which you can have a look. Uh, I can send it to you. Um-

00:24:25,939 --> 00:24:27,759[00:24:25,939 --> 00:24:27,759] - [speaker_0]
Yep, that would be really helpful. Yeah.

00:24:27,759 --> 00:24:33,599[00:24:27,759 --> 00:24:33,599] - [speaker_2]
Because there, I actually as- uh, evaluated people's, um, fit with their environment.

00:24:33,599 --> 00:24:34,139[00:24:33,599 --> 00:24:34,139] - [speaker_0]
Okay.

00:24:34,139 --> 00:24:58,419[00:24:34,139 --> 00:24:58,419] - [speaker_2]
So I asked them, but based on their personality. Like I me- I compared people's personality to their, um, environment characteristics. So I asked them. So my scale literally was, uh, saying, "I am, based on the personality factors, I am calm, my environment's calm, my home is calm. I am tidy, my home is tidy."

00:24:58,419 --> 00:24:58,419[00:24:58,419 --> 00:24:58,419] - [speaker_0]
Okay.

00:24:58,419 --> 00:25:03,979[00:24:58,419 --> 00:25:03,979] - [speaker_2]
"I am traditional, my house is traditional." And then it sort of measures the discrepancy-

00:25:03,979 --> 00:25:03,979[00:25:03,979 --> 00:25:03,979] - [speaker_0]
The discrepancy. Yeah.

00:25:03,979 --> 00:25:08,440[00:25:03,979 --> 00:25:08,440] - [speaker_2]
... between them. And the lower the discrepancy... And then I also measured some of the wellbeing, like-

00:25:08,440 --> 00:25:08,440[00:25:08,440 --> 00:25:08,440] - [speaker_0]
Okay.

00:25:08,440 --> 00:25:11,479[00:25:08,440 --> 00:25:11,479] - [speaker_2]
... affective and satisfaction with home and so on.

00:25:11,479 --> 00:25:14,220[00:25:11,479 --> 00:25:14,220] - [speaker_0]
And this was like, they were self-reflecting on their environment, the Yoga?

00:25:14,220 --> 00:25:15,479[00:25:14,220 --> 00:25:15,479] - [speaker_2]
Yeah, this was self, yeah.

00:25:15,479 --> 00:25:15,999[00:25:15,479 --> 00:25:15,999] - [speaker_0]
Okay. Okay.

00:25:15,999 --> 00:25:18,179[00:25:15,999 --> 00:25:18,179] - [speaker_2]
It w- it was self-reported measures, like-

00:25:18,179 --> 00:25:18,420[00:25:18,179 --> 00:25:18,420] - [speaker_0]
Okay.

00:25:18,420 --> 00:25:21,859[00:25:18,420 --> 00:25:21,859] - [speaker_2]

... their questionnaires and scales. So you could... I'll send that to you. You can have a-

00:25:21,859 --> 00:25:22,300[00:25:21,859 --> 00:25:22,300] - [speaker_0]
Yeah, I would love that. Yeah.

00:25:22,300 --> 00:25:25,519[00:25:22,300 --> 00:25:25,519] - [speaker_2]
... think where that would fit as well. But, um-

00:25:25,519 --> 00:25:26,380[00:25:25,519 --> 00:25:26,380] - [speaker_0]
I would love that.

00:25:26,380 --> 00:25:33,319[00:25:26,380 --> 00:25:33,319] - [speaker_2]
Yeah. So you're, at the moment, trying to assess if... You're trying to find out what ways you can measure-

00:25:33,319 --> 00:25:33,380[00:25:33,319 --> 00:25:33,380] - [speaker_0]
Exactly.

00:25:33,380 --> 00:25:38,500[00:25:33,380 --> 00:25:38,500] - [speaker_2]
... isn't it? How are you going to measure your environment? Like-

00:25:38,500 --> 00:25:40,879[00:25:38,500 --> 00:25:40,879] - [speaker_0]
That is something I'm struggling with as well.

00:25:40,879 --> 00:25:41,439[00:25:40,879 --> 00:25:41,439] - [speaker_2]
(laughs)

00:25:41,439 --> 00:26:01,140[00:25:41,439 --> 00:26:01,140] - [speaker_0]
So, uh, initial ideas were definitely with like some object detection systems with, with like cameras. But then again, that raises a lot of privacy concerns. But maybe a way around that is, like, not relaying the information from the camera or, like, maybe just having it locally set up for in homes or where it's, like-

00:26:01,140 --> 00:26:01,819[00:26:01,140 --> 00:26:01,819] - [speaker_2]
Mm-hmm.

00:26:01,819 --> 00:26:08,159[00:26:01,819 --> 00:26:08,159] - [speaker_0]
... with consent and stuff. But that's my initial idea. But I'm not really sure about that.

00:26:08,159 --> 00:26:08,419[00:26:08,159 --> 00:26:08,419] - [speaker_2]
Mm-hmm.

00:26:08,419 --> 00:26:13,119[00:26:08,419 --> 00:26:13,119] - [speaker_0]
Because I'll have to, like, be on all the time tracking objects, things like that. It's like-

00:26:13,119 --> 00:26:20,999[00:26:13,119 --> 00:26:20,999] - [speaker_2]
Yeah. And also, it'll be, you'll be quite restricted if you're testing this in somebody's house as opposed to a lab.

00:26:20,999 --> 00:26:21,719[00:26:20,999 --> 00:26:21,719] - [speaker_0]
Exactly. Exactly.

00:26:21,719 --> 00:26:26,519[00:26:21,719 --> 00:26:26,519] - [speaker_2]
Right? Because, I mean, I know o- o- one of the projects I worked on, I didn't get involved with this.

00:26:26,519 --> 00:26:26,659[00:26:26,519 --> 00:26:26,659] - [speaker_0]

Yeah.

00:26:26,659 --> 00:26:35,979[00:26:26,659 --> 00:26:35,979] - [speaker_2]
But they had sensors in the house which was picking up on environmental factors like air or whatever, whatever, lighting and so on, but also people's movements and behaviors.

00:26:35,979 --> 00:26:36,379[00:26:35,979 --> 00:26:36,379] - [speaker_0]
Right.

00:26:36,379 --> 00:26:43,819[00:26:36,379 --> 00:26:43,819] - [speaker_2]
But the good thing about that was it didn't actually... It only picked up very, like, basic data. Like there's-

00:26:43,819 --> 00:26:45,539[00:26:43,819 --> 00:26:45,539] - [speaker_0]
Okay.

00:26:45,539 --> 00:26:50,039[00:26:45,539 --> 00:26:50,039] - [speaker_2]
If you looked at it, I don't think you could've said, for example, what activity this person was doing.

00:26:50,039 --> 00:26:50,159[00:26:50,039 --> 00:26:50,159] - [speaker_0]
Yeah.

00:26:50,159 --> 00:26:56,339[00:26:50,159 --> 00:26:56,339] - [speaker_2]
So it didn't actually violate their privacy. I don't know how that worked, but, but you want to know where objects are placed-

00:26:56,339 --> 00:26:56,719[00:26:56,339 --> 00:26:56,719] - [speaker_0]
Yeah. Yeah, exactly.

00:26:56,719 --> 00:27:07,519[00:26:56,719 --> 00:27:07,519] - [speaker_2]
... for activities. A sort of, um, long-winded way of doing this would be asking people to keep a journal, but I think that'll be too, that won't be like-

00:27:07,519 --> 00:27:14,739[00:27:07,519 --> 00:27:14,739] - [speaker_0]
That's actually quite, quite, uh, helpful. Maybe, maybe like a simplified journal where it's like they could just sort of press a button if they've done it or something like that.

00:27:14,739 --> 00:27:18,179[00:27:14,739 --> 00:27:18,179] - [speaker_2]
Yes. What you can do is... Do you, do you use CAD or...

00:27:18,179 --> 00:27:19,619[00:27:18,179 --> 00:27:19,619] - [speaker_0]
Yeah, of course, of course.

00:27:19,619 --> 00:27:24,199[00:27:19,619 --> 00:27:24,199] - [speaker_2]
I mean, I don't know how you're gonna develop this interface, but, um, I'm guessing you are.

00:27:24,199 --> 00:27:25,679[00:27:24,199 --> 00:27:25,679] - [speaker_0]
No, I'd love to get your insights on that.

00:27:25,679 --> 00:27:43,239[00:27:25,679 --> 00:27:43,239] - [speaker_2]
(laughs) I don't know, I'm not into that, the designs, uh, designing interface and all of that. Uh, but I remember doing this study, this observational study for an architectural firm that basically put the plan of the house on an app, and then they had put some functions on the app to say, "You can select few things."

00:27:43,239 --> 00:27:43,259[00:27:43,239 --> 00:27:43,259] - [speaker_0]
Okay.

00:27:43,259 --> 00:27:56,519[00:27:43,259 --> 00:27:56,519] - [speaker_2]
Like, um, so basically what we went around doing was every half an hour, we saw... It was an office space. We saw where people were sat. So if they were sat at the desk, we'd put a point.

00:27:56,519 --> 00:27:57,759[00:27:56,519 --> 00:27:57,759] - [speaker_0]
Point, okay.

00:27:57,759 --> 00:27:59,899[00:27:57,759 --> 00:27:59,899] - [speaker_2]
And if they were stood at a desk, for example-

00:27:59,899 --> 00:28:00,059[00:27:59,899 --> 00:28:00,059] - [speaker_0]
Yeah.

00:28:00,059 --> 00:28:04,659[00:28:00,059 --> 00:28:04,659] - [speaker_2]
That was not an option, but just an example. You double-tap it and it changes to a star-

00:28:04,659 --> 00:28:04,659[00:28:04,659 --> 00:28:04,659] - [speaker_0]
Star.

00:28:04,659 --> 00:28:13,839[00:28:04,659 --> 00:28:13,839] - [speaker_2]
... or something. And then if they had left and gone somewhere else, but just left their stuff, marking the territory in a hot desk space-

00:28:13,839 --> 00:28:14,179[00:28:13,839 --> 00:28:14,179] - [speaker_0]
Yeah.

00:28:14,179 --> 00:28:19,339[00:28:14,179 --> 00:28:19,339] - [speaker_2]
... then you triple-tap it and then it's a different symbol. So it's like, so there were four levels of data.

00:28:19,339 --> 00:28:19,779[00:28:19,339 --> 00:28:19,779] - [speaker_0]
Okay.

00:28:19,779 --> 00:28:26,039[00:28:19,779 --> 00:28:26,039] - [speaker_2]
So either they were at the desk, they were on a call, they had left. I think those were the three op-, sorry, three options.

00:28:26,039 --> 00:28:26,399[00:28:26,039 --> 00:28:26,399] - [speaker_0]
Okay.

00:28:26,399 --> 00:28:43,419[00:28:26,399 --> 00:28:43,419] - [speaker_2]
So what happened is we went around and we sort of tapped people in. So it situated their behaviors in an environment. So what you could sort of think of doing is have a journal, but it's more on an app or more digital journal-

00:28:43,419 --> 00:28:43,439[00:28:43,419 --> 00:28:43,439] - [speaker_0]
Yeah, yeah, exactly. Yeah.

00:28:43,439 --> 00:28:51,099[00:28:43,439 --> 00:28:51,099] - [speaker_2]
... where you set up this, like, create a 3D space of the environment. If not, floor plans, because people tend to-

00:28:51,099 --> 00:28:51,539[00:28:51,099 --> 00:28:51,539] - [speaker_0]
Yeah.

00:28:51,539 --> 00:28:59,719[00:28:51,539 --> 00:28:59,719] - [speaker_2]
... understand 3D better. And every hour or so, or every time they do an activity, have, make them-

00:28:59,719 --> 00:28:59,719[00:28:59,719 --> 00:28:59,719] - [speaker_0]
Right.

00:28:59,719 --> 00:29:04,879[00:28:59,719 --> 00:29:04,879] - [speaker_2]
... position or place the things. Or even move things around, if that makes sense.

00:29:04,879 --> 00:29:05,899[00:29:04,879 --> 00:29:05,899] - [speaker_0]
Okay, yeah. That would, that would be quite interesting.

00:29:05,899 --> 00:29:09,459[00:29:05,899 --> 00:29:09,459] - [speaker_2]
Like if... I'm just thinking about my room. I've very limited space-

00:29:09,459 --> 00:29:09,459[00:29:09,459 --> 00:29:09,459] - [speaker_0]
Yeah.

00:29:09,459 --> 00:29:22,779[00:29:09,459 --> 00:29:22,779] - [speaker_2]
... and I love doing yoga. So I, when I put my mat out, I have to move some stuff around. So if I had, for example, that scene on my screen, um, and I do move things, I keep optimizing it.

00:29:22,779 --> 00:29:22,799[00:29:22,779 --> 00:29:22,799] - [speaker_0]
Yeah, yeah, exactly.

00:29:22,799 --> 00:29:37,999[00:29:22,799 --> 00:29:37,999] - [speaker_2]
I'm like, "Oh, this is the best for this position." So if I had these common items I have in my area, in that area, and I was gonna do an activity, maybe I did the activity and then you say, "Okay, today's activity, you did that." Yeah.

00:29:37,999 --> 00:29:37,999[00:29:37,999 --> 00:29:37,999] - [speaker_0]
Mm-hmm.

00:29:37,999 --> 00:29:43,159[00:29:37,999 --> 00:29:43,159] - [speaker_2]
"Can you confirm that, based on your previous activity, this is where the objects were?"

00:29:43,159 --> 00:29:43,479[00:29:43,159 --> 00:29:43,479] - [speaker_0]
Okay.

00:29:43,479 --> 00:29:49,979[00:29:43,479 --> 00:29:49,979] - [speaker_2]
"If not, move them." So what you're doing is you're getting a sense of where these objects are placed, for example.

00:29:49,979 --> 00:29:49,999[00:29:49,979 --> 00:29:49,999] - [speaker_0]
Right.

00:29:49,999 --> 00:29:56,239[00:29:49,999 --> 00:29:56,239] - [speaker_2]
And when I'm saying objects, I mean like objects that, could be objects that support the activities, maybe some dumbbells.

00:29:56,239 --> 00:29:57,859[00:29:56,239 --> 00:29:57,859] - [speaker_0]

Yeah, exactly.

00:29:57,859 --> 00:30:01,779[00:29:57,859 --> 00:30:01,779] - [speaker_2]
But objects that are around the activities which might get in the way, like a nightstand.

00:30:01,779 --> 00:30:02,599[00:30:01,779 --> 00:30:02,599] - [speaker_0]
Yeah.

00:30:02,599 --> 00:30:18,999[00:30:02,599 --> 00:30:18,999] - [speaker_2]
Uh, or, or a candle on a nightstand that I move away, for example. This is just an example. So you can always make it digital enough, but needing people's own input, if you can't, you know, like do surveillance kind of-

00:30:18,999 --> 00:30:19,159[00:30:18,999 --> 00:30:19,159] - [speaker_0]
Yeah, yeah.

00:30:19,159 --> 00:30:21,039[00:30:19,159 --> 00:30:21,039] - [speaker_2]
So that's an option. So thi- so think about that.

00:30:21,039 --> 00:30:22,859[00:30:21,039 --> 00:30:22,859] - [speaker_0]
Just manually, manually making them-

00:30:22,859 --> 00:30:22,859[00:30:22,859 --> 00:30:22,859] - [speaker_2]
That would be interesting.

00:30:22,859 --> 00:30:25,519[00:30:22,859 --> 00:30:25,519] - [speaker_0]
... mark that somehow.

00:30:25,519 --> 00:30:25,539[00:30:25,519 --> 00:30:25,539] - [speaker_2]
Yeah.

00:30:25,539 --> 00:30:25,619[00:30:25,539 --> 00:30:25,619] - [speaker_0]
Yeah.

00:30:25,619 --> 00:30:27,279[00:30:25,619 --> 00:30:27,279] - [speaker_2]
Think about it. See how feasible it is.

00:30:27,279 --> 00:30:27,339[00:30:27,279 --> 00:30:27,339] - [speaker_0]
Yeah, yeah. Definitely.

00:30:27,339 --> 00:30:31,119[00:30:27,339 --> 00:30:31,119] - [speaker_2]
Or I think it's interesting, and I think that it would be really cool then to say-

00:30:31,119 --> 00:30:31,339[00:30:31,119 --> 00:30:31,339] - [speaker_0]
Yeah.

00:30:31,339 --> 00:31:02,619[00:30:31,339 --> 00:31:02,619] - [speaker_2]
... um, to what extent they've, for this sleep, diet, whatever activities, to what extent they've been able to, uh, optimize their environments. Um, and what you could do is once they've entered like ten data ten times, then maybe the app can suggest that this is the optimum arrangement of things for you, based on your habits. And then you do an evaluation of-

00:31:02,619 --> 00:31:02,999[00:31:02,619 --> 00:31:02,999] - [speaker_0]

Yeah.

00:31:02,999 --> 00:31:11,199[00:31:02,999 --> 00:31:11,199] - [speaker_2]
... you know, has that made any difference to how competent they feel, in control they feel when they do this activity, for example.

00:31:11,199 --> 00:31:11,219[00:31:11,199 --> 00:31:11,219] - [speaker_0]
Yeah.

00:31:11,219 --> 00:31:11,719[00:31:11,219 --> 00:31:11,719] - [speaker_2]
Does that make sense?

00:31:11,719 --> 00:31:22,979[00:31:11,719 --> 00:31:22,979] - [speaker_0]
Um, yeah, yeah. And, uh, coming to that, like how often do you think I should have them, like evaluate themselves about their wellbeing? Is it like before an activity, once a day, at the end of the day? Um...

00:31:22,979 --> 00:31:28,739[00:31:22,979 --> 00:31:28,739] - [speaker_2]
It depends, because, uh, like I said, if, if your app takes a bit of time to learn-

00:31:28,739 --> 00:31:29,019[00:31:28,739 --> 00:31:29,019] - [speaker_0]
Yeah.

00:31:29,019 --> 00:31:42,639[00:31:29,019 --> 00:31:42,639] - [speaker_2]
... people's behaviors, then... Ideally, I think, ideally I think every time they do it.

00:31:42,639 --> 00:31:43,919[00:31:42,639 --> 00:31:43,919] - [speaker_0]
Every time they do the activity?

00:31:43,919 --> 00:31:44,459[00:31:43,919 --> 00:31:44,459] - [speaker_2]
Activity.

00:31:44,459 --> 00:31:44,559[00:31:44,459 --> 00:31:44,559] - [speaker_0]
Okay.

00:31:44,559 --> 00:31:47,799[00:31:44,559 --> 00:31:47,799] - [speaker_2]
But, uh, I think it can be quite, like, in- intensive. Like-

00:31:47,799 --> 00:31:49,619[00:31:47,799 --> 00:31:49,619] - [speaker_0]
Yeah, if there's a lot of pressure. Yeah.

00:31:49,619 --> 00:32:23,639[00:31:49,619 --> 00:32:23,639] - [speaker_2]
But at least if... But what you could do is you get them to do this, your s- surveys and stuff once, and then you get them to, say... This is just an example again. Say, ten times you ask them to do this behavior and log it. And randomly there, once in the middle, like five times, so, and once at the end, ten times, just make them do the survey again, just so you know there's consistency. And then your actual, you intervening is your app presenting that ideal setup-

00:32:23,639 --> 00:32:35,079[00:32:23,639 --> 00:32:35,079] - [speaker_4]
... and then you ask them to set it up that way and then do the activity again. And that's when you want to get them to measure their self-rate on the measures again-

00:32:35,079 --> 00:32:35,100[00:32:35,079 --> 00:32:35,100] - [speaker_3]
Right.

00:32:35,100 --> 00:32:39,100[00:32:35,100 --> 00:32:39,100] - [speaker_4]
... so that you can compare that with the ones they've used before.

00:32:39,100 --> 00:32:39,279[00:32:39,100 --> 00:32:39,279] - [speaker_3]
Yeah.

00:32:39,279 --> 00:32:39,459[00:32:39,279 --> 00:32:39,459] - [speaker_4]
Does that make sense?

00:32:39,459 --> 00:32:42,100[00:32:39,459 --> 00:32:42,100] - [speaker_3]
So like a control and then, and then the intervention-

00:32:42,100 --> 00:32:42,100[00:32:42,100 --> 00:32:42,100] - [speaker_4]
Yeah.

00:32:42,100 --> 00:32:42,600[00:32:42,100 --> 00:32:42,600] - [speaker_3]
... and then yeah.

00:32:42,600 --> 00:32:46,579[00:32:42,600 --> 00:32:46,579] - [speaker_4]
Yeah. It won't be control per se because it's the same person and it's like-

00:32:46,579 --> 00:32:49,219[00:32:46,579 --> 00:32:49,219] - [speaker_3]
It's, before intervention and intervention, I guess.

00:32:49,219 --> 00:32:57,379[00:32:49,219 --> 00:32:57,379] - [speaker_4]
But, but also, if you're suggesting something, the wha- the thing that you end up suggesting is already existing here.

00:32:57,379 --> 00:32:57,399[00:32:57,379 --> 00:32:57,399] - [speaker_3]
Mm-hmm.

00:32:57,399 --> 00:33:00,079[00:32:57,399 --> 00:33:00,079] - [speaker_4]
It's like one of the options that's already here.

00:33:00,079 --> 00:33:00,980[00:33:00,079 --> 00:33:00,980] - [speaker_3]
Yeah, true. Yeah.

00:33:00,980 --> 00:33:04,300[00:33:00,980 --> 00:33:04,300] - [speaker_4]
Then there's no point measuring before and after-

00:33:04,300 --> 00:33:04,300[00:33:04,300 --> 00:33:04,300] - [speaker_3]
Okay.

00:33:04,300 --> 00:33:07,280[00:33:04,300 --> 00:33:07,280] - [speaker_4]
... because they may have experienced that kind of wellbeing already.

00:33:07,280 --> 00:33:07,659[00:33:07,280 --> 00:33:07,659] - [speaker_3]
Already, yeah.

00:33:07,659 --> 00:33:32,079[00:33:07,659 --> 00:33:32,079] - [speaker_4]
So what you want to be measuring is something different. It's like to what extent does providing that kind of a detailed input based on your habits and behaviors to optimize your space allows you to, um, do the activity? Or what extent was... Like, I think do you understand that you're evaluating something slightly different?

00:33:32,079 --> 00:33:32,119[00:33:32,079 --> 00:33:32,119] - [speaker_3]
Uh, mm-hmm.

00:33:32,119 --> 00:33:36,679[00:33:32,119 --> 00:33:36,679] - [speaker_4]
You're evaluating the effects of the help that the app provides-

00:33:36,679 --> 00:33:36,899[00:33:36,679 --> 00:33:36,899] - [speaker_3]
Right.

00:33:36,899 --> 00:33:40,139[00:33:36,899 --> 00:33:40,139] - [speaker_4]
... on your wellbeing rather than just your wellbeing in that point.

00:33:40,139 --> 00:33:41,219[00:33:40,139 --> 00:33:41,219] - [speaker_3]
Okay. Yeah.

00:33:41,219 --> 00:33:41,439[00:33:41,219 --> 00:33:41,439] - [speaker_4]
Yeah.

00:33:41,439 --> 00:33:50,279[00:33:41,439 --> 00:33:50,279] - [speaker_3]
I think that makes sense. So just from my understanding, it's like you get the, you get to, like, technically measure what they're doing-

00:33:50,279 --> 00:33:50,559[00:33:50,279 --> 00:33:50,559] - [speaker_4]
Mm-hmm.

00:33:50,559 --> 00:33:56,939[00:33:50,559 --> 00:33:56,939] - [speaker_3]
... already and then based on that information, you create that sort of preference or like ideal-

00:33:56,939 --> 00:33:56,979[00:33:56,939 --> 00:33:56,979] - [speaker_4]
Yeah.

00:33:56,979 --> 00:33:59,019[00:33:56,979 --> 00:33:59,019] - [speaker_3]
... ideal optimized situation.

00:33:59,019 --> 00:33:59,039[00:33:59,019 --> 00:33:59,039] - [speaker_4]
Yeah.

00:33:59,039 --> 00:34:01,279[00:33:59,039 --> 00:34:01,279] - [speaker_3]
And then you suggest that and then you measure it again.

00:34:01,279 --> 00:34:09,079[00:34:01,279 --> 00:34:09,079] - [speaker_4]
Yeah. Um, but again, what I'm saying is, what you might measure, like, might not actually be different and that might-

00:34:09,079 --> 00:34:09,299[00:34:09,079 --> 00:34:09,299] - [speaker_3]
Right.

00:34:09,299 --> 00:34:12,139[00:34:09,299 --> 00:34:12,139] - [speaker_4]
... because they would have experienced that pattern before.

00:34:12,139 --> 00:34:12,419[00:34:12,139 --> 00:34:12,419] - [speaker_3]
Yeah.

00:34:12,419 --> 00:34:23,459[00:34:12,419 --> 00:34:23,459] - [speaker_4]

But what you should really be looking for is, um, evaluating how well the app has helped you achieve that wellbeing.

00:34:23,459 --> 00:34:24,179[00:34:23,459 --> 00:34:24,179] - [speaker_3]
Okay.

00:34:24,179 --> 00:34:38,679[00:34:24,179 --> 00:34:38,679] - [speaker_4]
So you mea- w- measure wellbeing, but also ask them, "Can you rate the extent to which this, you think the app was helpful in helping you optimize your space as opposed to..." So you can do a bit of both just to cross-check.

00:34:38,679 --> 00:34:38,739[00:34:38,679 --> 00:34:38,739] - [speaker_3]
Right.

00:34:38,739 --> 00:34:44,099[00:34:38,739 --> 00:34:44,099] - [speaker_4]
But, but again, this, this whole thing, this, this example I gave you, just an example.

00:34:44,099 --> 00:34:44,239[00:34:44,099 --> 00:34:44,239] - [speaker_3]
No, of course, of course.

00:34:44,239 --> 00:34:46,299[00:34:44,239 --> 00:34:46,299] - [speaker_4]
You don't have to... If you can come up with something-

00:34:46,299 --> 00:34:46,299[00:34:46,299 --> 00:34:46,299] - [speaker_3]
Yeah.

00:34:46,299 --> 00:34:47,719[00:34:46,299 --> 00:34:47,719] - [speaker_4]
... but, yeah, much better. Yeah.

00:34:47,719 --> 00:34:52,099[00:34:47,719 --> 00:34:52,099] - [speaker_3]
No, I was thinking maybe like if there's an activity that they don't already do-

00:34:52,099 --> 00:34:52,359[00:34:52,099 --> 00:34:52,359] - [speaker_4]
Yeah.

00:34:52,359 --> 00:34:59,239[00:34:52,359 --> 00:34:59,239] - [speaker_3]
... and then suggesting like a cue, maybe just like adding that to their, uh, room and visually adding that-

00:34:59,239 --> 00:34:59,259[00:34:59,239 --> 00:34:59,259] - [speaker_4]
Yeah.

00:34:59,259 --> 00:35:00,779[00:34:59,259 --> 00:35:00,779] - [speaker_3]
... that will sort of might help-

00:35:00,779 --> 00:35:01,159[00:35:00,779 --> 00:35:01,159] - [speaker_4]
Yeah.

00:35:01,159 --> 00:35:01,979[00:35:01,159 --> 00:35:01,979] - [speaker_3]
... uh, add that in. It, it could be just-

00:35:01,979 --> 00:35:02,859[00:35:01,979 --> 00:35:02,859] - [speaker_4]
That'll be amazing-

00:35:02,859 --> 00:35:02,859[00:35:02,859 --> 00:35:02,859] - [speaker_3]

Yeah.

00:35:02,859 --> 00:35:11,699[00:35:02,859 --> 00:35:11,699] - [speaker_4]
... because it means that all they have to do is enter this, maybe sleep, diet, activity, things-

00:35:11,699 --> 00:35:12,339[00:35:11,699 --> 00:35:12,339] - [speaker_3]
Yeah. Whatever their activity level-

00:35:12,339 --> 00:35:19,839[00:35:12,339 --> 00:35:19,839] - [speaker_4]
... three of them over time and based on that, you're able to give them recommendations on a completely different activities that they haven't logged.

00:35:19,839 --> 00:35:19,839[00:35:19,839 --> 00:35:19,839] - [speaker_3]
Yeah.

00:35:19,839 --> 00:35:29,339[00:35:19,839 --> 00:35:29,339] - [speaker_4]
I don't know how you do it, but you know, there are... the good thing about environment is, it is compared to human, it is quite stable. Like, it doesn't change too much. Like so-

00:35:29,339 --> 00:35:29,339[00:35:29,339 --> 00:35:29,339] - [speaker_3]
Exactly.

00:35:29,339 --> 00:35:35,559[00:35:29,339 --> 00:35:35,559] - [speaker_4]
... there are predictions you can make, especially home, especially in the UK. You can't change things around too much.

00:35:35,559 --> 00:35:36,099[00:35:35,559 --> 00:35:36,099] - [speaker_3]
Yeah.

00:35:36,099 --> 00:35:42,139[00:35:36,099 --> 00:35:42,139] - [speaker_4]
So you must be able to make some sort of, um, suggestions based on human activity.

00:35:42,139 --> 00:35:47,419[00:35:42,139 --> 00:35:47,419] - [speaker_3]
It could even be like showing the app like the object that you want to sort of use more-

00:35:47,419 --> 00:35:47,739[00:35:47,419 --> 00:35:47,739] - [speaker_4]
Yeah.

00:35:47,739 --> 00:35:50,279[00:35:47,739 --> 00:35:50,279] - [speaker_3]
... and then it could just optimize the placement of that so you-

00:35:50,279 --> 00:35:50,439[00:35:50,279 --> 00:35:50,439] - [speaker_4]
Yeah.

00:35:50,439 --> 00:35:52,899[00:35:50,439 --> 00:35:52,899] - [speaker_3]
... end up actually using it more based on its context.

00:35:52,899 --> 00:35:53,939[00:35:52,899 --> 00:35:53,939] - [speaker_4]
Yeah. Yeah. Like this-

00:35:53,939 --> 00:35:54,919[00:35:53,939 --> 00:35:54,919] - [speaker_3]
It could just be something like that as presentation.

00:35:54,919 --> 00:36:02,539[00:35:54,919 --> 00:36:02,539] - [speaker_4]

Yeah. It's like maybe from their journal you found that a f- a water jug is associated with-

00:36:02,539 --> 00:36:02,859[00:36:02,539 --> 00:36:02,859] - [speaker_3]
Drinking.

00:36:02,859 --> 00:36:08,919[00:36:02,859 --> 00:36:08,919] - [speaker_4]
... sleep and exercise. Then the next time they're do- trying to do an activity similar, it says-

00:36:08,919 --> 00:36:09,819[00:36:08,919 --> 00:36:09,819] - [speaker_3]
That you suggest. Yeah.

00:36:09,819 --> 00:36:11,539[00:36:09,819 --> 00:36:11,539] - [speaker_4]
Yeah. Place it within reach-

00:36:11,539 --> 00:36:11,699[00:36:11,539 --> 00:36:11,699] - [speaker_3]
Exactly.

00:36:11,699 --> 00:36:15,399[00:36:11,699 --> 00:36:15,399] - [speaker_4]
... or place it away from you or, you know, stuff like that. That'd be pre- that'd be really cool.

00:36:15,399 --> 00:36:18,719[00:36:15,399 --> 00:36:18,719] - [speaker_3]
So yeah, I think that, that sounds quite promising. (laughs)

00:36:18,719 --> 00:36:21,079[00:36:18,719 --> 00:36:21,079] - [speaker_4]
Yeah, it sounds very interesting. Yeah, I'd be-

00:36:21,079 --> 00:36:23,659[00:36:21,079 --> 00:36:23,659] - [speaker_3]
It'll just be a challenge to execute, but... (laughs)

00:36:23,659 --> 00:36:25,079[00:36:23,659 --> 00:36:25,079] - [speaker_4]
(laughs) Challenge, but worth-

00:36:25,079 --> 00:36:25,299[00:36:25,079 --> 00:36:25,299] - [speaker_3]
Um, yeah. (laughs)

00:36:25,299 --> 00:36:26,399[00:36:25,299 --> 00:36:26,399] - [speaker_4]
... worthwhile, right?

00:36:26,399 --> 00:36:37,479[00:36:26,399 --> 00:36:37,479] - [speaker_3]
Uh, one thing I wanted to ask you was, um, so of course wellbeing, I can measure that within the home, but a lot of the times wellbeing also is affected by external factors outside the home.

00:36:37,479 --> 00:36:38,019[00:36:37,479 --> 00:36:38,019] - [speaker_4]
Mm-hmm.

00:36:38,019 --> 00:36:43,699[00:36:38,019 --> 00:36:43,699] - [speaker_3]
That's also something I'm like, would that mess up the data? Like, how do I, how do I sort of...

00:36:43,699 --> 00:36:51,399[00:36:43,699 --> 00:36:51,399] - [speaker_4]
Um, it, I think it's just about being open and aware and honest about the extent or scope of your study.

00:36:51,399 --> 00:36:51,419[00:36:51,399 --> 00:36:51,419] - [speaker_3]
Right.

00:36:51,419 --> 00:38:00,279[00:36:51,419 --> 00:38:00,279] - [speaker_4]
Like you, you're looking at home environments and you're only assessing activities specifically done, like entirely done at home and, um, so you're not... Like, you exercising by yourself probably doesn't have an impact on, uh, your social life. I don't know. May or may not have an impact. So there will always be impacts and I don't think you have to report them or measure them, but what you could do if you're concerned about that is you can have like a more general scale that talks about, that measures the state of, um... I don't know if stress or anxiety is a good measure. Satisfaction is usually a good measure. So for example, if you just ask them to eva- reflect on their current state of anxiety or current state of stress or current state of satisfaction, these very subjective, uh, concepts are assumed to be, you know, affected by external and many different factors.

00:38:00,279 --> 00:38:01,359[00:38:00,279 --> 00:38:01,359] - [speaker_3]
Exactly.

00:38:01,359 --> 00:38:10,839[00:38:01,359 --> 00:38:10,839] - [speaker_4]
So if you can say, if you ha- introduce a scale that says outside of my home, my life, I would say, "I'm pretty happy with my life." I'm, every day, "I'm stressed." Okay.

00:38:10,839 --> 00:38:12,559[00:38:10,839 --> 00:38:12,559] - [speaker_3]
Okay, you have that outside of home section.

00:38:12,559 --> 00:38:12,919[00:38:12,559 --> 00:38:12,919] - [speaker_4]
Yeah.

00:38:12,919 --> 00:38:12,919[00:38:12,919 --> 00:38:12,919] - [speaker_3]
Yeah.

00:38:12,919 --> 00:38:35,639[00:38:12,919 --> 00:38:35,639] - [speaker_4]
So you can always present your data and then you can always present this external scale more descriptively to say that although this was the results, uh, in line with the results, you felt that people were not that stressed or not that experienced, didn't experience a life that differently stressed when they were... You know what I mean? Like, so you can always have that extra information.

00:38:35,639 --> 00:38:36,599[00:38:35,639 --> 00:38:36,599] - [speaker_3]
Right. Yeah, yeah.

00:38:36,599 --> 00:38:36,619[00:38:36,599 --> 00:38:36,619] - [speaker_4]
Yeah.

00:38:36,619 --> 00:38:38,439[00:38:36,619 --> 00:38:38,439] - [speaker_3]
I think that makes sense, actually.

00:38:38,439 --> 00:38:41,799[00:38:38,439 --> 00:38:41,799] - [speaker_4]
Because you can't measure everything.

00:38:41,799 --> 00:38:42,599[00:38:41,799 --> 00:38:42,599] - [speaker_3]
Control everything. Yeah.

00:38:42,599 --> 00:38:42,779[00:38:42,599 --> 00:38:42,779] - [speaker_4]
(laughs)

00:38:42,779 --> 00:38:43,679[00:38:42,779 --> 00:38:43,679] - [speaker_3]
You can't control everything.

00:38:43,679 --> 00:38:45,539[00:38:43,679 --> 00:38:45,539] - [speaker_4]
No, and also you have to start somewhere, so-

00:38:45,539 --> 00:38:46,239[00:38:45,539 --> 00:38:46,239] - [speaker_3]
Yeah, exactly.

00:38:46,239 --> 00:38:46,519[00:38:46,239 --> 00:38:46,519] - [speaker_4]
Yeah. So-

00:38:46,519 --> 00:38:47,539[00:38:46,519 --> 00:38:47,539] - [speaker_3]
I think that, that might be a good starting point.

00:38:47,539 --> 00:38:56,779[00:38:47,539 --> 00:38:56,779] - [speaker_4]
... it's being mindful of it. When you're designing stuff, think about these things and see if it is like getting in the way somewhere. If it does, then there will be a meaningful way to introduce it-

00:38:56,779 --> 00:38:57,039[00:38:56,779 --> 00:38:57,039] - [speaker_3]
Mm-hmm.

00:38:57,039 --> 00:38:59,959[00:38:57,039 --> 00:38:59,959] - [speaker_4]
... into your study design, you know? Um, yeah.

00:38:59,959 --> 00:39:09,839[00:38:59,959 --> 00:39:09,839] - [speaker_3]
And, um, in your experience, how long of a period da- would you think a significant impact would be made within? Like, how long should I sort of have that-

00:39:09,839 --> 00:39:10,479[00:39:09,839 --> 00:39:10,479] - [speaker_4]
Mm-hmm.

00:39:10,479 --> 00:39:11,979[00:39:10,479 --> 00:39:11,979] - [speaker_3]
... test for before actually-

00:39:11,979 --> 00:39:12,099[00:39:11,979 --> 00:39:12,099] - [speaker_4]
I think it depends.

00:39:12,099 --> 00:39:14,379[00:39:12,099 --> 00:39:14,379] - [speaker_3]
... being able to see any, any results?

00:39:14,379 --> 00:39:17,999[00:39:14,379 --> 00:39:17,999] - [speaker_4]
I think it really depends on how frequently people engage in that behavior.

00:39:17,999 --> 00:39:18,259[00:39:17,999 --> 00:39:18,259] - [speaker_3]
Okay.

00:39:18,259 --> 00:39:20,239[00:39:18,259 --> 00:39:20,239] - [speaker_4]
Like if it's cooking and they cook every day-

00:39:20,239 --> 00:39:20,499[00:39:20,239 --> 00:39:20,499] - [speaker_3]
Yeah.

00:39:20,499 --> 00:39:29,199[00:39:20,499 --> 00:39:29,199] - [speaker_4]
... I don't know. I mean, if they're cooking once every day, a month would be a very good amount of-

00:39:29,199 --> 00:39:29,279[00:39:29,199 --> 00:39:29,279] - [speaker_3]

Yeah.

00:39:29,279 --> 00:39:34,259[00:39:29,279 --> 00:39:34,259] - [speaker_4]
... data. But I don't know what your time scales are looking like. Uh, I don't know how much time you have on the project.

00:39:34,259 --> 00:39:36,419[00:39:34,259 --> 00:39:36,419] - [speaker_3]
I mean, I have to submit in June, so.

00:39:36,419 --> 00:39:41,139[00:39:36,419 --> 00:39:41,139] - [speaker_4]
Um, but if you're looking at a, an activity they do three times a day-

00:39:41,139 --> 00:39:41,319[00:39:41,139 --> 00:39:41,319] - [speaker_3]
Yeah.

00:39:41,319 --> 00:39:43,439[00:39:41,319 --> 00:39:43,439] - [speaker_4]
... then couple of weeks you might be able to do that, right?

00:39:43,439 --> 00:39:46,259[00:39:43,439 --> 00:39:46,259] - [speaker_3]
Yeah. Okay, yeah. I'll try to figure out more frequent activities also.

00:39:46,259 --> 00:39:49,219[00:39:46,259 --> 00:39:49,219] - [speaker_4]
Also bear in mind your timeline and see-

00:39:49,219 --> 00:39:49,239[00:39:49,219 --> 00:39:49,239] - [speaker_3]
Yeah.

00:39:49,239 --> 00:39:52,239[00:39:49,239 --> 00:39:52,239] - [speaker_4]
... if, if you have limited time, then yeah.

00:39:52,239 --> 00:39:53,139[00:39:52,239 --> 00:39:53,139] - [speaker_3]
Maybe I might scale-

00:39:53,139 --> 00:39:53,859[00:39:53,139 --> 00:39:53,859] - [speaker_4]
Try to-

00:39:53,859 --> 00:39:54,279[00:39:53,859 --> 00:39:54,279] - [speaker_3]
Yeah.

00:39:54,279 --> 00:39:57,159[00:39:54,279 --> 00:39:57,159] - [speaker_4]
... probably picking activities that are more frequent. That might help. Yeah.

00:39:57,159 --> 00:39:58,179[00:39:57,159 --> 00:39:58,179] - [speaker_3]
I think that makes sense.

00:39:58,179 --> 00:39:58,739[00:39:58,179 --> 00:39:58,739] - [speaker_4]
Mm-hmm.

00:39:58,739 --> 00:40:08,799[00:39:58,739 --> 00:40:08,799] - [speaker_3]
And, um, uh, I also wanted to understand this sort of plot that you had. (laughs) Um, I was super confused (laughs) by this. I don't know.

00:40:08,799 --> 00:40:10,899[00:40:08,799 --> 00:40:10,899] - [speaker_4]

So it's just a statistical thing.

00:40:10,899 --> 00:40:11,459[00:40:10,899 --> 00:40:11,459] - [speaker_3]
Okay.

00:40:11,459 --> 00:40:20,779[00:40:11,459 --> 00:40:20,779] - [speaker_4]
So when you... So these, this is basically, this, it's... Actually, this is one of the external measures that I... You know how we just spoke about external-

00:40:20,779 --> 00:40:21,679[00:40:20,779 --> 00:40:21,679] - [speaker_3]
Yeah, external measures. Yeah.

00:40:21,679 --> 00:40:24,479[00:40:21,679 --> 00:40:24,479] - [speaker_4]
So, these two here are basically-

00:40:24,479 --> 00:40:25,019[00:40:24,479 --> 00:40:25,019] - [speaker_3]
Okay.

00:40:25,019 --> 00:40:28,240[00:40:25,019 --> 00:40:28,240] - [speaker_4]
... well-being, hedonic and eudemonic well-being we just spoke about.

00:40:28,240 --> 00:40:28,439[00:40:28,240 --> 00:40:28,439] - [speaker_0]
Okay.

00:40:28,439 --> 00:40:41,760[00:40:28,439 --> 00:40:41,760] - [speaker_4]
So those are the meas- variables I measured. And the way you measured it- i- it is this pos- positive and negative feelings. I asked people how happy, excited, whatever they are. So each of these boxes are basically items on the questionnaire.

00:40:41,760 --> 00:40:45,100[00:40:41,760 --> 00:40:45,100] - [speaker_0]
And... Okay, these are all based on the questionnaire that you Yeah.... did. Okay.

00:40:45,100 --> 00:40:48,279[00:40:45,100 --> 00:40:48,279] - [speaker_4]
Yeah. So it's, it's just a very complicated-looking graph-

00:40:48,279 --> 00:40:48,279[00:40:48,279 --> 00:40:48,279] - [speaker_0]
Yeah.

00:40:48,279 --> 00:40:56,559[00:40:48,279 --> 00:40:56,559] - [speaker_4]
... for no reason. But I needed to put it because of the public- whatever. So it's basically every single thing here is an item on the questionnaire.

00:40:56,559 --> 00:40:56,679[00:40:56,559 --> 00:40:56,679] - [speaker_0]
Okay.

00:40:56,679 --> 00:41:29,299[00:40:56,679 --> 00:41:29,299] - [speaker_4]
So what this is doing... Because I used measures that were not standardized, as in, like... I m- I made up my own measures. I didn't use something that somebody else had created and tested for years and years. So I had to test how reliable they were, and this was one way to do it. So that's each item, which is, um, positive effect, negative effect, and this is autonomy-competence relatedness. So when I'm at home, the, the scale that you've seen, when I'm at home, I feel in control. When I'm at home, I feel like I can effectively... It's not written that. I'm just-

00:41:29,299 --> 00:41:30,179[00:41:29,299 --> 00:41:30,179] - [speaker_0]
Yeah.

00:41:30,179 --> 00:41:38,799[00:41:30,179 --> 00:41:38,799] - [speaker_4]
... saying that. So it basically, these arrows are telling how strongly each of these item is measuring each of these components. And-

00:41:38,799 --> 00:41:39,999[00:41:38,799 --> 00:41:39,999] - [speaker_0]
Oh, okay.

00:41:39,999 --> 00:41:48,619[00:41:39,999 --> 00:41:48,619] - [speaker_4]
So these were well- these were well-being components and these were flex- home flexibility components. The arrows basically... I was testing if they have any effects on it.

00:41:48,619 --> 00:41:49,299[00:41:48,619 --> 00:41:49,299] - [speaker_0]
Okay.

00:41:49,299 --> 00:42:04,299[00:41:49,299 --> 00:42:04,299] - [speaker_4]
So that's how I tested mine. So I asked people to evaluate the flexibility of the house, which is these two variables, and then I asked them about their well-being, and then I checked how strongly they were associated with it. And that's one... That's a way to tell if-

00:42:04,299 --> 00:42:04,679[00:42:04,299 --> 00:42:04,679] - [speaker_0]
Oh, okay.

00:42:04,679 --> 00:42:07,259[00:42:04,679 --> 00:42:07,259] - [speaker_4]
That's, that's how you run statistical analysis.

00:42:07,259 --> 00:42:11,099[00:42:07,259 --> 00:42:11,099] - [speaker_0]
So, so these, these connection points are like the difference between how you measure-

00:42:11,099 --> 00:42:17,959[00:42:11,099 --> 00:42:17,959] - [speaker_4]
It's more like, it's more like there are s- hmm. I don't know how to explain this without teaching you statistics. (laughs)

00:42:17,959 --> 00:42:17,999[00:42:17,959 --> 00:42:17,999] - [speaker_0]
(laughs)

00:42:17,999 --> 00:42:23,499[00:42:17,999 --> 00:42:23,499] - [speaker_4]
Or it's like people have scored something for this, under this, like eight or 10 or whatever.

00:42:23,499 --> 00:42:23,759[00:42:23,499 --> 00:42:23,759] - [speaker_0]
Yeah.

00:42:23,759 --> 00:42:51,259[00:42:23,759 --> 00:42:51,259] - [speaker_4]
And they feel s- e- 80% happy or whatever. And they feel like the house is so and so flexible. So the way it works with statistics is it tells you how much part of people feeling that happiness links to how flexible the house is, but not directly. It's like saying that if the data varies here, does the data vary here? And that's how you know there is an association.

00:42:51,259 --> 00:42:51,859[00:42:51,259 --> 00:42:51,859] - [speaker_0]
Yeah.

00:42:51,859 --> 00:43:03,379[00:42:51,859 --> 00:43:03,379] - [speaker_4]
So basically, it's just checking if what the scores of peop- what people have scored here is in any way related to people... what people have scored here. And if the-

00:43:03,379 --> 00:43:03,379[00:43:03,379 --> 00:43:03,379] - [speaker_0]
Okay.

00:43:03,379 --> 00:43:06,619[00:43:03,379 --> 00:43:06,619] - [speaker_4]
... scores here go up, does the score here also go up?

00:43:06,619 --> 00:43:07,139[00:43:06,619 --> 00:43:07,139] - [speaker_0]
Okay, so it's-

00:43:07,139 --> 00:43:07,299[00:43:07,139 --> 00:43:07,299] - [speaker_4]
And at what percentage.

00:43:07,299 --> 00:43:09,159[00:43:07,299 --> 00:43:09,159] - [speaker_0]
... checking the proportionality and ... things like that.

00:43:09,159 --> 00:43:13,899[00:43:09,159 --> 00:43:13,899] - [speaker_4]
Yeah. So that's the way to tell if liv- living in a flexible house-

00:43:13,899 --> 00:43:13,899[00:43:13,899 --> 00:43:13,899] - [speaker_0]
Right.

00:43:13,899 --> 00:43:20,059[00:43:13,899 --> 00:43:20,059] - [speaker_4]
... is important for your well-being, and if you lived in more flexible house, does that mean that it could potentially, if not-

00:43:20,059 --> 00:43:20,059[00:43:20,059 --> 00:43:20,059] - [speaker_0]
Right.

00:43:20,059 --> 00:43:25,559[00:43:20,059 --> 00:43:25,559] - [speaker_4]
... always causal, also help with or is associated with higher-

00:43:25,559 --> 00:43:25,879[00:43:25,559 --> 00:43:25,879] - [speaker_0]
Mm-hmm.

00:43:25,879 --> 00:43:32,879[00:43:25,879 --> 00:43:32,879] - [speaker_4]
... well-being? So that's what this is doing. This one was I, uh... Because these scales were the ones I made up, I used a-

00:43:32,879 --> 00:43:32,879[00:43:32,879 --> 00:43:32,879] - [speaker_0]
Yeah.

00:43:32,879 --> 00:43:36,519[00:43:32,879 --> 00:43:36,519] - [speaker_4]
... standardized scale, uh, and I just tested if-

00:43:36,519 --> 00:43:39,039[00:43:36,519 --> 00:43:39,039] - [speaker_0]
What scale was this again? Uh...

00:43:39,039 --> 00:43:48,899[00:43:39,039 --> 00:43:48,899] - [speaker_4]
Uh, for, for feelings I used one called SPAIN, which is the Scale of Positive And Negative Experiences.

00:43:48,899 --> 00:43:49,819[00:43:48,899 --> 00:43:49,819] - [speaker_0]
Okay.

00:43:49,819 --> 00:44:03,399[00:43:49,819 --> 00:44:03,399] - [speaker_4]
Again, it's a list of, "I'm happy," sad, excited, whatever. And this was five-item Satisfaction With Life Scale. I think, again, it is five items that very subjectively evaluates, "I think I'm satisfied with life and-"

00:44:03,399 --> 00:44:04,119[00:44:03,399 --> 00:44:04,119] - [speaker_0]
This one, right?

00:44:04,119 --> 00:44:04,379[00:44:04,119 --> 00:44:04,379] - [speaker_4]
"... whatever." Yeah.

00:44:04,379 --> 00:44:05,039[00:44:04,379 --> 00:44:05,039] - [speaker_0]
Yeah. Okay.

00:44:05,039 --> 00:44:05,719[00:44:05,039 --> 00:44:05,719] - [speaker_4]
So again, I-

00:44:05,719 --> 00:44:07,299[00:44:05,719 --> 00:44:07,299] - [speaker_0]
Is that, is that called something? Or is it-

00:44:07,299 --> 00:44:08,059[00:44:07,299 --> 00:44:08,059] - [speaker_4]
Satisfaction With Life.

00:44:08,059 --> 00:44:08,939[00:44:08,059 --> 00:44:08,939] - [speaker_0]
Just Satisfaction With-

00:44:08,939 --> 00:44:09,239[00:44:08,939 --> 00:44:09,239] - [speaker_4]
Yeah.

00:44:09,239 --> 00:44:09,799[00:44:09,239 --> 00:44:09,799] - [speaker_0]
Okay. (laughs)

00:44:09,799 --> 00:44:17,939[00:44:09,799 --> 00:44:17,939] - [speaker_4]
I think if you... Did I, have I present... Have I... I think in the paper, maybe the-

00:44:17,939 --> 00:44:26,079[00:44:17,939 --> 00:44:26,079] - [speaker_0]
Yeah, I have the paper here. Oh, I didn't even...

00:44:26,079 --> 00:44:34,059[00:44:26,079 --> 00:44:34,059] - [speaker_4]
Let me... I think it'll be... Yeah, Standardized Measures, so I used-

00:44:34,059 --> 00:44:34,459[00:44:34,059 --> 00:44:34,459] - [speaker_0]
Yeah, SPAIN. Yeah.

00:44:34,459 --> 00:44:43,379[00:44:34,459 --> 00:44:43,379] - [speaker_4]
... SPAIN and then I used Satisfaction With Life Scale, so if you follow those you'll find... So basically, that's the model. I tested if-

00:44:43,379 --> 00:44:43,419[00:44:43,379 --> 00:44:43,419] - [speaker_0]
Okay.

00:44:43,419 --> 00:44:52,879[00:44:43,419 --> 00:44:52,879] - [speaker_4]

... flexibility in the building, um, makes people engage in the behavior more and then test it (inaudible)

00:44:52,879 --> 00:44:57,439[00:44:52,879 --> 00:44:57,439] - [speaker_0]
So I was a bit confused with, like, the architectural flexibility and behavioral flexibility as well. Like-

00:44:57,439 --> 00:44:59,859[00:44:57,439 --> 00:44:59,859] - [speaker_4]
So it's just the way I define flexibility.

00:44:59,859 --> 00:44:59,879[00:44:59,859 --> 00:44:59,879] - [speaker_0]
Okay.

00:44:59,879 --> 00:45:05,839[00:44:59,879 --> 00:45:05,839] - [speaker_4]
I was a bit annoyed with how flexible houses are designed, because they just put moving features and stuff-

00:45:05,839 --> 00:45:06,279[00:45:05,839 --> 00:45:06,279] - [speaker_0]
Exactly, yeah.

00:45:06,279 --> 00:45:20,119[00:45:06,279 --> 00:45:20,119] - [speaker_4]
... without any considerations of its impact on people. So the way I define flexibility was that, um, it's not enough to have these flexible features, but they... it should be looked at in relation to can people actually change it, move it or whatever.

00:45:20,119 --> 00:45:20,779[00:45:20,119 --> 00:45:20,779] - [speaker_0]
Yeah.

00:45:20,779 --> 00:45:26,419[00:45:20,779 --> 00:45:26,419] - [speaker_4]
So it's just... I didn't need to call it that, but I was thinking... I was trying to make a point where-

00:45:26,419 --> 00:45:26,419[00:45:26,419 --> 00:45:26,419] - [speaker_0]
Yeah.

00:45:26,419 --> 00:45:31,259[00:45:26,419 --> 00:45:31,259] - [speaker_4]
... it just evaluates people's behaviors of modifying their homes, so I actually asked-

00:45:31,259 --> 00:45:31,259[00:45:31,259 --> 00:45:31,259] - [speaker_0]
Okay.

00:45:31,259 --> 00:45:47,639[00:45:31,259 --> 00:45:47,639] - [speaker_4]
... them, "To what extent can you make this, this kind of changes to your house?" Um, and, and then trying to say that both of them are an integral component of a flexible building, that it's not enough to just do it through building. You also need to do-

00:45:47,639 --> 00:45:47,839[00:45:47,639 --> 00:45:47,839] - [speaker_0]
Yeah.

00:45:47,839 --> 00:45:51,719[00:45:47,839 --> 00:45:51,719] - [speaker_4]
... like... A flexible building will make you move-

00:45:51,719 --> 00:45:52,299[00:45:51,719 --> 00:45:52,299] - [speaker_0]
Okay.

00:45:52,299 --> 00:45:52,559[00:45:52,299 --> 00:45:52,559] - [speaker_4]
... and change.

00:45:52,559 --> 00:45:56,959[00:45:52,559 --> 00:45:56,959] - [speaker_0]
And both of these do... you evaluated u- using these, these scales?

00:45:56,959 --> 00:46:02,239[00:45:56,959 --> 00:46:02,239] - [speaker_4]
Um, uh, I measured all of them. Like, everything you measure will be its own scale or-

00:46:02,239 --> 00:46:02,499[00:46:02,239 --> 00:46:02,499] - [speaker_0]
Okay.

00:46:02,499 --> 00:46:40,239[00:46:02,499 --> 00:46:40,239] - [speaker_4]
... right? Like, um, there'll be something that's helping you measure them, either it is a questionnaire or maybe you just did an observation and made some counts and said, "Oh, for each person, I'm gonna give them like eight counts based on how much they changed the house," for example. So it... Measured in any way, but they all have a count, so these are the scales I came up with. For architecture and behavioral flexibility, ah. I've explained it here a bit more because I think I, I, um, did it a bit more in detail. I don't know if you need to look at it in so much depth, but...

00:46:40,239 --> 00:46:45,619[00:46:40,239 --> 00:46:45,619] - [speaker_0]
No, because it... I think using these scales for my project as well, I think, will be quite, quite helpful.

00:46:45,619 --> 00:46:46,359[00:46:45,619 --> 00:46:46,359] - [speaker_4]
Yeah?

00:46:46,359 --> 00:46:50,279[00:46:46,359 --> 00:46:50,279] - [speaker_0]
Because I need, like, a measure. You know what I mean? Like, I need something...

00:46:50,279 --> 00:47:34,519[00:46:50,279 --> 00:47:34,519] - [speaker_4]
The way I did flexibility is quite... Like, behavioral was quite easy because I just... In, uh, one of the previous studies, I'd asked people to, um, tell me where in the house they usually make the changes and what, what parts of the house they would usually want to make changes to, if they're not. So I just used that list or that different types of changes as a proxy. So I asked people, um... There were four types of changes that came up in my first study which I used, so I used that as a proxy, like to what extent can you move furniture, decorate and personalize your house, do structural modifications, and improve your home utilities and do maintenance?

00:47:34,519 --> 00:47:34,559[00:47:34,519 --> 00:47:34,559] - [speaker_0]
Yeah.

00:47:34,559 --> 00:47:43,039[00:47:34,559 --> 00:47:43,039] - [speaker_4]
Um, and then the more people could do more of these changes, the more behaviorally flexible their house was. That's how I measured it.

00:47:43,039 --> 00:47:43,759[00:47:43,039 --> 00:47:43,759] - [speaker_0]
Okay.

00:47:43,759 --> 00:48:08,999[00:47:43,759 --> 00:48:08,999] - [speaker_4]
This one, um, I looked at three concepts, again from previous studies' qualitative data. I'd asked people if they made any changes to their house or what parts of house they use more and blah, blah, blah. And then also from looking at the literature, there were three things that I looked at. One is multi-functionality. Um, one is actual modifiability. Can you move things easily?

00:48:08,999 --> 00:48:09,539[00:48:08,999 --> 00:48:09,539] - [speaker_0]
Mm-hmm.

00:48:09,539 --> 00:48:14,559[00:48:09,539 --> 00:48:14,559] - [speaker_4]
And the other one is simply, simply the presence of things.

00:48:14,559 --> 00:48:14,639[00:48:14,559 --> 00:48:14,639] - [speaker_0]
Okay.

00:48:14,639 --> 00:48:18,719[00:48:14,639 --> 00:48:18,719] - [speaker_4]
Because that itself... There's some literature that suggests that-

00:48:18,719 --> 00:48:18,739[00:48:18,719 --> 00:48:18,739] - [speaker_0]
Yeah.

00:48:18,739 --> 00:48:21,999[00:48:18,739 --> 00:48:21,999] - [speaker_4]
... having enough space itself in the house is a measure of-

00:48:21,999 --> 00:48:21,999[00:48:21,999 --> 00:48:21,999] - [speaker_0]
That's interesting.

00:48:21,999 --> 00:48:28,079[00:48:21,999 --> 00:48:28,079] - [speaker_4]
... how flexible it is because it means you can then do other stuff with it and so on. So I just-

00:48:28,079 --> 00:48:29,559[00:48:28,079 --> 00:48:29,559] - [speaker_0]
No, that, that's quite interesting. Yeah.

00:48:29,559 --> 00:48:29,939[00:48:29,559 --> 00:48:29,939] - [speaker_4]
Hmm?

00:48:29,939 --> 00:48:33,259[00:48:29,939 --> 00:48:33,259] - [speaker_0]
I just thought about it. Yeah. I think that is really interesting, right? It's just like-

00:48:33,259 --> 00:48:33,959[00:48:33,259 --> 00:48:33,959] - [speaker_4]
Yeah.

00:48:33,959 --> 00:48:35,479[00:48:33,959 --> 00:48:35,479] - [speaker_0]
... blank canvas sort of a thing. (laughs) Like, uh-

00:48:35,479 --> 00:48:46,599[00:48:35,479 --> 00:48:46,599] - [speaker_2]
Yeah. Because it's inter- And also with flexibility, it's an interesting thing because arguably when you don't have a lot of space in your house, you want it to be flexible so you can do more things.

00:48:46,599 --> 00:48:47,499[00:48:46,599 --> 00:48:47,499] - [speaker_0]
Exactly.

00:48:47,499 --> 00:48:51,679[00:48:47,499 --> 00:48:51,679] - [speaker_2]
So when you have more space you never really think about wanting it to be flexible.

00:48:51,679 --> 00:48:51,699[00:48:51,679 --> 00:48:51,699] - [speaker_0]
Exactly.

00:48:51,699 --> 00:48:53,639[00:48:51,699 --> 00:48:53,639] - [speaker_2]
So, it can, it can be both ways.

00:48:53,639 --> 00:48:53,900[00:48:53,639 --> 00:48:53,900] - [speaker_0]

Yeah.

00:48:53,900 --> 00:49:14,240[00:48:53,900 --> 00:49:14,240] - [speaker_2]
But, so I was really curious to evaluate that. Um, again, I listed few commonly available spaces in their homes, like, spare room, bedroom, living room, kitchen, dining, and asked them, "To what extent do you think..." No, I asked them to rate it, how multifunc- to what extent you use them for different purposes, like living room, can you use?

00:49:14,240 --> 00:49:17,619[00:49:14,240 --> 00:49:17,619] - [speaker_0]
Do you still happen to have the survey that you, you sent?

00:49:17,619 --> 00:49:19,740[00:49:17,619 --> 00:49:19,740] - [speaker_2]
No, no, because my university locked me out of the thing.

00:49:19,740 --> 00:49:20,199[00:49:19,740 --> 00:49:20,199] - [speaker_0]
No. (laughs)

00:49:20,199 --> 00:49:24,080[00:49:20,199 --> 00:49:24,080] - [speaker_2]
So I only have the, um, but I u- I did it on Qualtrics.

00:49:24,080 --> 00:49:24,479[00:49:24,080 --> 00:49:24,479] - [speaker_0]
Okay.

00:49:24,479 --> 00:49:25,760[00:49:24,479 --> 00:49:25,760] - [speaker_2]
Do you have Qualtrics account?

00:49:25,760 --> 00:49:27,039[00:49:25,760 --> 00:49:27,039] - [speaker_0]
I've heard of it, yeah.

00:49:27,039 --> 00:49:32,659[00:49:27,039 --> 00:49:32,659] - [speaker_2]
Um, it's, it's quite easy to do it on Qualtrics. They have, like, on the sides you have, like, list of-

00:49:32,659 --> 00:49:32,900[00:49:32,659 --> 00:49:32,900] - [speaker_0]
Right.

00:49:32,900 --> 00:49:37,139[00:49:32,900 --> 00:49:37,139] - [speaker_2]
... question options. So you can just select one that says slider. Just n-

00:49:37,139 --> 00:49:38,459[00:49:37,139 --> 00:49:38,459] - [speaker_0]
Okay. Yeah, yeah, exactly, um, similar.

00:49:38,459 --> 00:49:40,559[00:49:38,459 --> 00:49:40,559] - [speaker_2]
And you can... I'm sure you'll find out the survey.

00:49:40,559 --> 00:49:42,079[00:49:40,559 --> 00:49:42,079] - [speaker_0]
Yeah, yeah.

00:49:42,079 --> 00:49:56,419[00:49:42,079 --> 00:49:56,419] - [speaker_2]
Um, I, I measured them very differently across the three studies. You know, I was very much, like, ex- experimenting at this point, because in the final study I used a different model altogether. I used combi model-

00:49:56,419 --> 00:49:56,419[00:49:56,419 --> 00:49:56,419] - [speaker_0]

Yeah.

00:49:56,419 --> 00:50:09,499[00:49:56,419 --> 00:50:09,499] - [speaker_2]
... to just look at things a bit more in depth. Um, because I had looked at environment and I looked at behavior before, and then I just added capability and motivation elements to it.

00:50:09,499 --> 00:50:10,539[00:50:09,499 --> 00:50:10,539] - [speaker_0]
Okay.

00:50:10,539 --> 00:50:46,239[00:50:10,539 --> 00:50:46,239] - [speaker_2]
So when I asked people for multifunctional spaces and then I, yeah, and I separated the availability, multifunctionality, modifiability just to look at it a bit more in depth. So for the modif- multifunctionality model, for example, I asked people for the commonly available rooms in their homes, "Do you think they're multifunctional?" Motivation is, "Do you want them to use for multiple, multiple purposes? Do you feel capable to use them for multiple purposes? Do you actually use them for multiple purposes?" And then evaluate, rate your wellbeing.

00:50:46,239 --> 00:50:46,419[00:50:46,239 --> 00:50:46,419] - [speaker_0]
Okay.

00:50:46,419 --> 00:50:54,879[00:50:46,419 --> 00:50:54,879] - [speaker_2]
So then to see if... Yeah. So, I, I don't know if that'll be relevant. Again, I don't know if any, any of these scales will be directly-

00:50:54,879 --> 00:50:54,899[00:50:54,879 --> 00:50:54,899] - [speaker_0]
No, I don't think-

00:50:54,899 --> 00:51:03,619[00:50:54,899 --> 00:51:03,619] - [speaker_2]
... applicable to your... But you're welcome to, um, look at them or use them, and if you want any help with it let me know. I'll-

00:51:03,619 --> 00:51:14,039[00:51:03,619 --> 00:51:14,039] - [speaker_0]
No, definitely. I think I will, I will have to use it. I just wanted to make sure that... So, at the end of this paper we have the RENSS.

00:51:14,039 --> 00:51:14,559[00:51:14,039 --> 00:51:14,559] - [speaker_2]
Yes.

00:51:14,559 --> 00:51:18,119[00:51:14,559 --> 00:51:18,119] - [speaker_0]
But the RHNSS, is that a different thing?

00:51:18,119 --> 00:51:22,659[00:51:18,119 --> 00:51:22,659] - [speaker_2]
Yeah, I mean, I just called it that in these studies.

00:51:22,659 --> 00:51:22,679[00:51:22,659 --> 00:51:22,679] - [speaker_0]
Yeah.

00:51:22,679 --> 00:51:27,219[00:51:22,679 --> 00:51:27,219] - [speaker_2]
But that, that scale is no different from an existing scale-

00:51:27,219 --> 00:51:27,479[00:51:27,219 --> 00:51:27,479] - [speaker_0]
Okay.

00:51:27,479 --> 00:51:35,139[00:51:27,479 --> 00:51:35,139] - [speaker_2]
... which I modified. So it didn't, it di- it would a- it was also not as strong as the other one, so I didn't really develop it further-

00:51:35,139 --> 00:51:35,179[00:51:35,139 --> 00:51:35,179] - [speaker_0]
Okay.

00:51:35,179 --> 00:51:41,199[00:51:35,179 --> 00:51:41,199] - [speaker_2]
... or pursue it, so I've just left it. Um, but you could use any positive affect scale, like-

00:51:41,199 --> 00:51:41,539[00:51:41,199 --> 00:51:41,539] - [speaker_0]
Okay.

00:51:41,539 --> 00:51:44,599[00:51:41,539 --> 00:51:44,599] - [speaker_2]
... Spain, w- which you could use that. Um-

00:51:44,599 --> 00:51:50,479[00:51:44,599 --> 00:51:50,479] - [speaker_0]
I found, uh, there was this, like, WHO-5, uh, wellbeing guidelines as well.

00:51:50,479 --> 00:51:51,619[00:51:50,479 --> 00:51:51,619] - [speaker_2]
Oh, yeah. Yeah, yeah, yeah, I think I know-

00:51:51,619 --> 00:51:51,619[00:51:51,619 --> 00:51:51,619] - [speaker_0]
Yeah.

00:51:51,619 --> 00:51:54,619[00:51:51,619 --> 00:51:54,619] - [speaker_2]
... which one you mean. Mm-hmm. Right, yeah, you can use that.

00:51:54,619 --> 00:51:55,479[00:51:54,619 --> 00:51:55,479] - [speaker_0]
Okay.

00:51:55,479 --> 00:52:00,259[00:51:55,479 --> 00:52:00,259] - [speaker_2]
There's also another one called PANAS, pa- uh, Positive and Negative Affect Scale-

00:52:00,259 --> 00:52:00,479[00:52:00,259 --> 00:52:00,479] - [speaker_0]
Okay.

00:52:00,479 --> 00:52:07,219[00:52:00,479 --> 00:52:07,219] - [speaker_2]
P-A-N-A-S. Um, yeah, there's, there, they're quite, quite a few, so you can use any of those.

00:52:07,219 --> 00:52:14,259[00:52:07,219 --> 00:52:14,259] - [speaker_0]
Is there any, like, hierarchy where this one's sort of, like, the best one, or, like, these ones are s- more specific-

00:52:14,259 --> 00:52:14,259[00:52:14,259 --> 00:52:14,259] - [speaker_2]
Mm-hmm.

00:52:14,259 --> 00:52:16,679[00:52:14,259 --> 00:52:16,679] - [speaker_0]
... or, like, less...

00:52:16,679 --> 00:52:39,499[00:52:16,679 --> 00:52:39,499] - [speaker_2]
I think it depends. Like, I don't know if it's that important or s-... it's not that, that important for your study, but for example, SPAIN is about po- positive and negative experiences, so if you look at the items on the list it

talks more about general experiences, like, um, that can apply anywhere.

00:52:39,499 --> 00:52:44,539[00:52:39,499 --> 00:52:44,539] - [speaker_0]
Okay.

00:52:44,539 --> 00:52:52,299[00:52:44,539 --> 00:52:52,299] - [speaker_2]
So this one say- this one's quite general, so it says, "Positive: good, pleasant, happy, joyful, content." And negative: bad, unpleasant-

00:52:52,299 --> 00:52:52,359[00:52:52,299 --> 00:52:52,359] - [speaker_0]
Oh, sorry.

00:52:52,359 --> 00:52:55,099[00:52:52,359 --> 00:52:55,099] - [speaker_2]
... sad, afraid, angry. So these are very, like...

00:52:55,099 --> 00:52:58,079[00:52:55,099 --> 00:52:58,079] - [speaker_0]
So this is type of, like, the graph that you made for that as well, right? Yeah.

00:52:58,079 --> 00:53:03,299[00:52:58,079 --> 00:53:03,299] - [speaker_2]
Yeah, they are testing the, they're testing the, uh, strength of each item, like-

00:53:03,299 --> 00:53:03,519[00:53:03,299 --> 00:53:03,519] - [speaker_0]
Ah, makes sense.

00:53:03,519 --> 00:53:07,979[00:53:03,519 --> 00:53:07,979] - [speaker_2]
... those are the loadings. They're testing how well these items measure this concept.

00:53:07,979 --> 00:53:10,279[00:53:07,979 --> 00:53:10,279] - [speaker_0]
Makes sense. And s- p- and N is positive, negative.

00:53:10,279 --> 00:53:10,439[00:53:10,279 --> 00:53:10,439] - [speaker_2]
Positive, negative.

00:53:10,439 --> 00:53:11,359[00:53:10,439 --> 00:53:11,359] - [speaker_0]
Yeah, yeah.

00:53:11,359 --> 00:53:23,819[00:53:11,359 --> 00:53:23,819] - [speaker_2]
But if you look at PANAS... just look at the kind of emotions it measures. It's a bit more-

00:53:23,819 --> 00:53:24,459[00:53:23,819 --> 00:53:24,459] - [speaker_0]
Okay.

00:53:24,459 --> 00:53:25,779[00:53:24,459 --> 00:53:25,779] - [speaker_2]
... less g- generic.

00:53:25,779 --> 00:53:25,799[00:53:25,779 --> 00:53:25,799] - [speaker_0]
Yeah, yeah.

00:53:25,799 --> 00:53:41,119[00:53:25,799 --> 00:53:41,119] - [speaker_2]
It goes into scared, hostile, upset, strong, excited. So depending on what environment or what situation you're using it in, you can keep it quite general or you can keep it... And that's the reason why I evaluated this anyway. Like, that's the reason I made these two scales-

00:53:41,119 --> 00:53:41,119[00:53:41,119 --> 00:53:41,119] - [speaker_0]

Yeah.

00:53:41,119 --> 00:53:48,359[00:53:41,119 --> 00:53:48,359] - [speaker_2]
... because I'm like, I didn't want to get into some of these things, like, I think there was something about safety-

00:53:48,359 --> 00:53:49,799[00:53:48,359 --> 00:53:49,799] - [speaker_0]
Like, guilty, I guess, or something like that, yeah.

00:53:49,799 --> 00:53:57,659[00:53:49,799 --> 00:53:57,659] - [speaker_2]
Yeah. Especially there was one about safety, and when you talk about safety in home environments people immediately think of their neighborhood.

00:53:57,659 --> 00:53:58,179[00:53:57,659 --> 00:53:58,179] - [speaker_0]
Yeah.

00:53:58,179 --> 00:54:03,339[00:53:58,179 --> 00:54:03,339] - [speaker_2]
And neighborhood safety, and there's loads of research on it as well, but I wanted to focus just with inside.

00:54:03,339 --> 00:54:04,439[00:54:03,339 --> 00:54:04,439] - [speaker_0]
Within the home, yeah.

00:54:04,439 --> 00:54:10,199[00:54:04,439 --> 00:54:10,199] - [speaker_2]
So I'm like, I thought this would be a bit too detailed and confusing, so I went for the more, um, generic ones.

00:54:10,199 --> 00:54:10,279[00:54:10,199 --> 00:54:10,279] - [speaker_0]
Okay.

00:54:10,279 --> 00:54:14,199[00:54:10,279 --> 00:54:14,199] - [speaker_2]
So it depends. Just have a look at some of them and see which makes the most sense-

00:54:14,199 --> 00:54:14,419[00:54:14,199 --> 00:54:14,419] - [speaker_0]
Yeah.

00:54:14,419 --> 00:54:19,019[00:54:14,419 --> 00:54:19,019] - [speaker_2]
... I think. Um, but, but just pick one of them, you should be able to use that.

00:54:19,019 --> 00:54:31,099[00:54:19,019 --> 00:54:31,099] - [speaker_0]
So, um, when you were developing these scales what did you do, did you just, like, think about it as, like, a combination of these in a different context basically? Is that your, like, thought process about developing these scales, or just wanted to, like, understand-

00:54:31,099 --> 00:54:32,359[00:54:31,099 --> 00:54:32,359] - [speaker_2]
Scale development is a, is a-

00:54:32,359 --> 00:54:33,119[00:54:32,359 --> 00:54:33,119] - [speaker_0]
Yeah, is a different-

00:54:33,119 --> 00:54:34,279[00:54:33,119 --> 00:54:34,279] - [speaker_2]
... is a whole thing-

00:54:34,279 --> 00:54:34,379[00:54:34,279 --> 00:54:34,379] - [speaker_0]
Okay.

00:54:34,379 --> 00:55:26,639[00:54:34,379 --> 00:55:26,639] - [speaker_2]
... in the sense that the reason I was able to develop this quite easily was because it was based off, off a very well tested model, which, like, basic psychological needs, satisfaction, uh, need. So this scale... Basic cyclo-logical needs and sat-... This basically scale has been developed and... If you go to selfdeterminationtheory.org and look at the measures, like, these scales exist for, like I said earlier, the context of work, sports, general leisure, so on.

00:55:26,639 --> 00:55:27,319[00:55:26,639 --> 00:55:27,319] - [speaker_0]
Yeah.

00:55:27,319 --> 00:55:47,419[00:55:27,319 --> 00:55:47,419] - [speaker_2]
And they're not very different, they're quite... they're only slightly different because they change some words. Like, inst- instead of saying, "When I'm... In my life, I feel like I can competently achieve anything I set out to do," they, for work domain they change it to, "When I'm at work I can competently do the task I set out to do."

00:55:47,419 --> 00:55:47,419[00:55:47,419 --> 00:55:47,419] - [speaker_0]
Yeah.

00:55:47,419 --> 00:55:49,339[00:55:47,419 --> 00:55:49,339] - [speaker_2]
So it's usually the same-

00:55:49,339 --> 00:55:49,339[00:55:49,339 --> 00:55:49,339] - [speaker_0]
Okay.

00:55:49,339 --> 00:55:51,039[00:55:49,339 --> 00:55:51,039] - [speaker_2]
... but just adapted.

00:55:51,039 --> 00:55:51,879[00:55:51,039 --> 00:55:51,879] - [speaker_0]
Just context has- Yeah.

00:55:51,879 --> 00:56:02,859[00:55:51,879 --> 00:56:02,859] - [speaker_2]
So I did the same for residential. So... And in the process of doing that... Actually, if you, if you want to see how I did it, it, it's in my thesis which is on ResearchGate.

00:56:02,859 --> 00:56:02,939[00:56:02,859 --> 00:56:02,939] - [speaker_0]
Okay.

00:56:02,939 --> 00:56:06,979[00:56:02,939 --> 00:56:06,979] - [speaker_2]
Like, there is a whole chapter on how I developed that scale.

00:56:06,979 --> 00:56:08,119[00:56:06,979 --> 00:56:08,119] - [speaker_0]
Okay, I'll have a look at that.

00:56:08,119 --> 00:56:15,279[00:56:08,119 --> 00:56:15,279] - [speaker_2]
Um, but yeah, don't spend too much time on that because you don't want to be developing new scale if you don't have the time.

00:56:15,279 --> 00:56:15,639[00:56:15,279 --> 00:56:15,639] - [speaker_0]
No, of course.

00:56:15,639 --> 00:56:21,759[00:56:15,639 --> 00:56:21,759] - [speaker_2]
But if you want, if you're curious and you want to see how that's done, that's, that's on there. You can see chapter four or something.

00:56:21,759 --> 00:56:22,339[00:56:21,759 --> 00:56:22,339] - [speaker_0]
Okay, yeah, I'll have a-

00:56:22,339 --> 00:56:22,659[00:56:22,339 --> 00:56:22,659] - [speaker_2]
Or chapter three.

00:56:22,659 --> 00:56:24,279[00:56:22,659 --> 00:56:24,279] - [speaker_0]
I'll have a look at that, for sure.

00:56:24,279 --> 00:56:31,299[00:56:24,279 --> 00:56:31,299] - [speaker_2]
Um, but, um, yeah, so I could just... I removed items that I didn't think was relevant-

00:56:31,299 --> 00:56:31,299[00:56:31,299 --> 00:56:31,299] - [speaker_0]
Okay.

00:56:31,299 --> 00:56:46,679[00:56:31,299 --> 00:56:46,679] - [speaker_2]
... again, informed by research and blah, blah, blah. Um, and then I changed some words and then I tested it across the three studies, and I was confident with that scale, which is why I put it at the end. So you can, you can, you can pretty much use that the way it is.

00:56:46,679 --> 00:56:46,859[00:56:46,679 --> 00:56:46,859] - [speaker_0]
Yeah. Yeah.

00:56:46,859 --> 00:56:48,719[00:56:46,859 --> 00:56:48,719] - [speaker_2]
But I wouldn't suggest you use that.

00:56:48,719 --> 00:56:51,539[00:56:48,719 --> 00:56:51,539] - [speaker_0]
Okay. (laughs)That was a bit, yeah.

00:56:51,539 --> 00:56:58,759[00:56:51,539 --> 00:56:58,759] - [speaker_3]
Um, no, I think that, that really makes sense. Um, is there anything else?

00:56:58,759 --> 00:57:00,280[00:56:58,759 --> 00:57:00,280] - [speaker_0]
Sorry, don't mind me, I'm gonna get my chocolate.

00:57:00,280 --> 00:57:01,479[00:57:00,280 --> 00:57:01,479] - [speaker_3]
No, of course, of course.

00:57:01,479 --> 00:57:06,959[00:57:01,479 --> 00:57:06,959] - [speaker_0]
I'm gonna go in a couple of minutes if that's okay with you and someone else.

00:57:06,959 --> 00:57:07,420[00:57:06,959 --> 00:57:07,420] - [speaker_3]
Yeah, yeah, of course.

00:57:07,420 --> 00:57:07,759[00:57:07,420 --> 00:57:07,759] - [speaker_0]
Uh, but-

00:57:07,759 --> 00:57:09,039[00:57:07,759 --> 00:57:09,039] - [speaker_3]
Back to Dyson?

00:57:09,039 --> 00:57:12,719[00:57:09,039 --> 00:57:12,719] - [speaker_0]
Um, no, actually I'm going to the college café.

00:57:12,719 --> 00:57:14,240[00:57:12,719 --> 00:57:14,240] - [speaker_3]

Okay. Do you know where that is? Uh-

00:57:14,240 --> 00:57:17,939[00:57:14,240 --> 00:57:17,939] - [speaker_0]
Uh, I would know if I go, uh, this way. I wouldn't know from this, but-

00:57:17,939 --> 00:57:20,079[00:57:17,939 --> 00:57:20,079] - [speaker_3]
Oh, I can, I can, I can take you there if you, if you don't-

00:57:20,079 --> 00:57:20,479[00:57:20,079 --> 00:57:20,479] - [speaker_0]
The college?

00:57:20,479 --> 00:57:21,699[00:57:20,479 --> 00:57:21,699] - [speaker_3]
... want to go here, it's just-

00:57:21,699 --> 00:57:23,280[00:57:21,699 --> 00:57:23,280] - [speaker_0]
Oh, it's down that way?

00:57:23,280 --> 00:57:24,280[00:57:23,280 --> 00:57:24,280] - [speaker_3]
Yeah, uh, uh, we can.

00:57:24,280 --> 00:57:24,280[00:57:24,280 --> 00:57:24,280] - [speaker_0]
Thanks.

00:57:24,280 --> 00:57:25,420[00:57:24,280 --> 00:57:25,420] - [speaker_3]
Here is fine.

00:57:25,420 --> 00:57:26,260[00:57:25,420 --> 00:57:26,260] - [speaker_0]
Uh, thank you.

00:57:26,260 --> 00:57:26,959[00:57:26,260 --> 00:57:26,959] - [speaker_3]
Um,

00:57:26,959 --> 00:57:30,799[00:57:26,959 --> 00:57:30,799] - [speaker_0]
(laughs) Nice.But yeah.

00:57:30,799 --> 00:57:31,440[00:57:30,799 --> 00:57:31,440] - [speaker_3]
Yeah.

00:57:31,440 --> 00:57:36,859[00:57:31,440 --> 00:57:36,859] - [speaker_0]
Um, have a think. I feel like I might have given you way too much information, but-

00:57:36,859 --> 00:57:40,580[00:57:36,859 --> 00:57:40,580] - [speaker_3]
No, but I think that's useful because then, like, I have a lot to think about it instead of you-

00:57:40,580 --> 00:57:44,119[00:57:40,580 --> 00:57:44,119] - [speaker_0]
Filter it out. Mm-hmm. And if you wanna chat again-

00:57:44,119 --> 00:57:44,580[00:57:44,119 --> 00:57:44,580] - [speaker_3]
Or at least something makes sense.

00:57:44,580 --> 00:57:48,219[00:57:44,580 --> 00:57:48,219] - [speaker_0]
Or if you've, if you want to sense check something once you've-

00:57:48,219 --> 00:57:48,639[00:57:48,219 --> 00:57:48,639] - [speaker_3]

Yeah, um-

00:57:48,639 --> 00:57:50,119[00:57:48,639 --> 00:57:50,119] - [speaker_0]
... arrived somewhere, happy to meet again.

00:57:50,119 --> 00:57:50,659[00:57:50,119 --> 00:57:50,659] - [speaker_3]
Okay, yeah, I'll be around, yeah.

00:57:50,659 --> 00:57:52,580[00:57:50,659 --> 00:57:52,580] - [speaker_0]
Yeah, it's really exciting stuff.

00:57:52,580 --> 00:57:52,619[00:57:52,580 --> 00:57:52,619] - [speaker_3]
(laughs)

00:57:52,619 --> 00:57:53,000[00:57:52,619 --> 00:57:53,000] - [speaker_0]
Good luck.

00:57:53,000 --> 00:58:07,659[00:57:53,000 --> 00:58:07,659] - [speaker_3]
You too. Like, last time with the, with Dr. David Boyle I had the, uh, sensing an, an IoT module. For that I basically made, like, this attachment that you can attach to any water bottle. And that automatically tracks how much you drink-

00:58:07,659 --> 00:58:08,100[00:58:07,659 --> 00:58:08,100] - [speaker_0]
Mm-hmm.

00:58:08,100 --> 00:58:10,739[00:58:08,100 --> 00:58:10,739] - [speaker_3]
... based on the weight of the water, uh, water in it. (laughs)

00:58:10,739 --> 00:58:11,119[00:58:10,739 --> 00:58:11,119] - [speaker_0]
Mm-hmm.

00:58:11,119 --> 00:58:16,819[00:58:11,119 --> 00:58:16,819] - [speaker_3]
So that was quite interesting, and that's, that's sort of, like, it's kind of related but yeah, not really, so.

00:58:16,819 --> 00:58:20,620[00:58:16,819 --> 00:58:20,620] - [speaker_0]
Did you... Was that prototyping or did you actually develop?

00:58:20,620 --> 00:58:23,659[00:58:20,620 --> 00:58:23,659] - [speaker_3]
Yeah, yeah. I actually developed like the app and the device itself.

00:58:23,659 --> 00:58:24,580[00:58:23,659 --> 00:58:24,580] - [speaker_0]
You have the device, right?

00:58:24,580 --> 00:58:27,299[00:58:24,580 --> 00:58:27,299] - [speaker_3]
Yeah, yeah. I can show you video if you'd like.

00:58:27,299 --> 00:58:28,019[00:58:27,299 --> 00:58:28,019] - [speaker_0]
Mm-hmm.

00:58:28,019 --> 00:58:29,559[00:58:28,019 --> 00:58:29,559] - [speaker_3]
Uh...

00:58:29,559 --> 00:58:36,719[00:58:29,559 --> 00:58:36,719] - [speaker_0]

(tapping)That's really cool.(background chatter)

00:58:36,719 --> 00:58:43,339[00:58:36,719 --> 00:58:43,339] - [speaker_3]
So it was something like this, where it was just like a device here.

00:58:43,339 --> 00:58:44,159[00:58:43,339 --> 00:58:44,159] - [speaker_0]
Like a base.

00:58:44,159 --> 00:58:55,339[00:58:44,159 --> 00:58:55,339] - [speaker_3]
And that measures, like, the movement and the weight. And that's, like, the app that I, app that I made. And then I will just forward it a bit when I fill the bottle. Like, right now it's empty.

00:58:55,339 --> 00:58:56,719[00:58:55,339 --> 00:58:56,719] - [speaker_0]
Ah, it's very much just-

00:58:56,719 --> 00:59:01,239[00:58:56,719 --> 00:59:01,239] - [speaker_3]
And then it sort of fills up.

00:59:01,239 --> 00:59:02,399[00:59:01,239 --> 00:59:02,399] - [speaker_0]
Mm-hmm.

00:59:02,399 --> 00:59:08,299[00:59:02,399 --> 00:59:08,299] - [speaker_3]
And then I think I just, like, pour out some water.

00:59:08,299 --> 00:59:10,059[00:59:08,299 --> 00:59:10,059] - [speaker_0]
So it's pretty much based on-

00:59:10,059 --> 00:59:20,879[00:59:10,059 --> 00:59:20,879] - [speaker_3]
Yeah. So this is just emulating, like you're taking a sip. So it's not, it's that, and then you sort of keep it down. And then that sort of decreases-

00:59:20,879 --> 00:59:21,599[00:59:20,879 --> 00:59:21,599] - [speaker_0]
Come back up.

00:59:21,599 --> 00:59:22,559[00:59:21,599 --> 00:59:22,559] - [speaker_3]
... and then increases if it's half.

00:59:22,559 --> 00:59:27,939[00:59:22,559 --> 00:59:27,939] - [speaker_0]
So is that predominantly based on weight or do- does it also take in account the volume and the flow and-

00:59:27,939 --> 00:59:29,899[00:59:27,939 --> 00:59:29,899] - [speaker_3]
So predominantly weight.

00:59:29,899 --> 00:59:29,939[00:59:29,899 --> 00:59:29,939] - [speaker_0]
Okay.

00:59:29,939 --> 00:59:35,239[00:59:29,939 --> 00:59:35,239] - [speaker_3]
But because, uh, it's really easy to measure the volume based on water weight, right, because you are-

00:59:35,239 --> 00:59:35,799[00:59:35,239 --> 00:59:35,799] - [speaker_0]
Yeah, yeah, water's easy, yeah.

00:59:35,799 --> 00:59:37,559[00:59:35,799 --> 00:59:37,559] - [speaker_3]

So water's really easy for that.

00:59:37,559 --> 00:59:37,839[00:59:37,559 --> 00:59:37,839] - [speaker_0]
Yeah.

00:59:37,839 --> 00:59:38,939[00:59:37,839 --> 00:59:38,939] - [speaker_3]
And the movement.

00:59:38,939 --> 00:59:39,139[00:59:38,939 --> 00:59:39,139] - [speaker_0]
Yeah.

00:59:39,139 --> 00:59:42,879[00:59:39,139 --> 00:59:42,879] - [speaker_3]
So it has to be upright and it has to be stable before it actually-

00:59:42,879 --> 00:59:46,779[00:59:42,879 --> 00:59:46,779] - [speaker_0]
Because you're, you're assuming based that on gravitation force, right? Yeah.

00:59:46,779 --> 00:59:52,439[00:59:46,779 --> 00:59:52,439] - [speaker_3]
Exactly so. It has to be upright and stable. Otherwise, earlier, my hand force was also adding onto that.

00:59:52,439 --> 00:59:52,479[00:59:52,439 --> 00:59:52,479] - [speaker_0]
Ah.

00:59:52,479 --> 00:59:53,679[00:59:52,479 --> 00:59:53,679] - [speaker_3]
So it has to have a component.

00:59:53,679 --> 00:59:56,039[00:59:53,679 --> 00:59:56,039] - [speaker_0]
No, that's really cool. That's still pretty cool.

00:59:56,039 --> 00:59:56,479[00:59:56,039 --> 00:59:56,479] - [speaker_3]
So.

00:59:56,479 --> 00:59:58,419[00:59:56,479 --> 00:59:58,419] - [speaker_0]
What are you trying to do with that?

00:59:58,419 --> 00:59:59,619[00:59:58,419 --> 00:59:59,619] - [speaker_3]
Right now, nothing. (laughs)

00:59:59,619 --> 01:00:00,919[00:59:59,619 --> 01:00:00,919] - [speaker_0]
(laughs)

01:00:00,919 --> 01:00:05,659[01:00:00,919 --> 01:00:05,659] - [speaker_3]
I actually left it back home, uh, so... But it was really fun to work on.

01:00:05,659 --> 01:00:15,439[01:00:05,659 --> 01:00:15,439] - [speaker_0]
My friends are like, "Please, can I have, um, a copy?" But yeah. No, but that's really cool. I am, I'm curious to see where... (fabric rustling)

01:00:15,439 --> 01:00:15,459[01:00:15,439 --> 01:00:15,459] - [speaker_3]
(laughs)

01:00:15,459 --> 01:00:19,059[01:00:15,459 --> 01:00:19,059] - [speaker_0]
(laughs) That's actually a good place to be, you know.

01:00:19,059 --> 01:00:19,199[01:00:19,059 --> 01:00:19,199] - [speaker_3]
Uh.

01:00:19,199 --> 01:00:21,039[01:00:19,199 --> 01:00:21,039] - [speaker_0]
Like, sometimes you just want to know.

01:00:21,039 --> 01:00:24,239[01:00:21,039 --> 01:00:24,239] - [speaker_3]
It's exciting but I just don't know what will, will happen, you know.

01:00:24,239 --> 01:00:26,499[01:00:24,239 --> 01:00:26,499] - [speaker_0]
Yeah, it's always the case with, uh...

01:00:26,499 --> 01:00:34,979[01:00:26,499 --> 01:00:34,979] - [speaker_5]
I didn't get, like, a feedback at all. That's why I'm considering...