COINs 2017 Workshop:
Analyzing Your Happiness at COINs with the Happimeter

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Workshop Overview
In this two-hour workshop we will introduce a novel device, the happimeter, a smartwatch-based device, to instantaneously measure your happiness.

At the workshop participants will get a happimeter, which we will help set up for each user. Participants can also do a standardized personality test (Neo-FFI) to learn about their personality characteristics, and further increase the accuracy of the Happimeter. Participants will then wear the happimeter during the entire COINs conference, to measure which events had the most positive (or negative) influence on their mood, and what and who made them happy (or unhappy).

You will learn in this workshop:
- how the happimeter works, and how happiness is measured
- you will get a happimeter to wear for the rest of the conference
- you will learn about what and who makes you happy during the conference
- you will learn about how happy the audience will be with your presentation
  (you can opt-in for sharing this analysis in real-time)

Happimeter Description
We are using commercially available smartwatches to create a body sensing system that can measure individual mood states and interactions between people. It consists of a Pebble smartwatch, and a Pebble app, a smartphone app, and a Web site. The smartwatch also accesses the smartphone’s location sensing and data transmission capacity, as well as its processing power. The smartwatches provide data on the body movement through accelerometer, lighting level and heart rate.
Unlike sociometric badges, which we have used in earlier experiments, the watches are designed to be worn constantly, naturally and non-intrusively, and their rechargeable batteries have robust charge length. Their displays also enable easy two-way communication to give status updates to wearers and collect their input at random times through experience-based sampling. With the hoppimeter users are able to track how they feel and how happy they are, for instance during an event such as a meeting, or a conference. Through machine learning algorithms, they get regular reports with insights about their happiness as well as the factors that influenced the happiness. We use this sensing system to track work group mood/interactions to increase team collaboration.

The picture below illustrates how the user can train the system with her current happiness, entering it on the smartwatch.

The Pebble hoppimeter app is extended with a smartphone hoppimeter app for iPhone and Android, which provides additional information on individual and group mood states.
You will also get individual insights on what and who makes you happy. The screen below shows the individual insights screen available on the happimeter.org Web site.
The screen below shows the aggregated happiness and activation levels of a team of 5 members over time accessible through the happimeter.org Web site.
Our final hypothesis is that knowing about our own happiness, and what and who makes us happy, will increase our own happiness.

**Workshop organizers:**
*Pascal Budner* is a graduate student in information systems at the faculty of management, economics, and social sciences at the University of Cologne, where he also obtained his undergraduate degree.
*Joscha Eirich* is a graduate student in business administration and IT with emphasis on statistics at the University of Bamberg, where he also obtained his undergraduate degree.
*Peter Gloor* is a research scientist at the MIT Center for Collective Intelligence, where he leads a project on Collaborative Innovation Networks (COINs) as well as Chief Creative Officer of software company galaxyadvisors.

*Maximum number of participants: 40*

*Workshop length: 2 hours*