



Fondúireacht Eolaíochta Éireann
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Sharing as a motivation for lifelogging

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Background

“I’d like [my children] to see me not as their mother but as a person who was young like they are and who was going through all the things they went through”

Quote from interview – female age 61 years

People typically use artefacts and mementos to support reminiscence and to share their life experiences with others

Life review (Butler, 1963) - process that all individuals experience as they age or approach death

Life Review

This theory suggests that in the last years of a person's life they develop a need to construct their life story and to reminisce over experiences and unresolved conflicts.

Life review can be therapeutic for an individual but it also allows an older person to leave a legacy for their family to remember them by and to remember the generations before them.

Lifelogging could support the process of “life review” for older adults

Research Question

- **Does sharing influence lifelogging behaviour for older and younger people?**
 - The time spend wearing the lifelog device
 - The time spend browsing the lifelong images
 - The enjoyment viewing and sharing images

Study Procedure

- **Purpose of the Study**

- Explore whether sharing was a motivating factor for lifelogging

- **Two week study period**

- Week 1 – Sharing Week
- Week 2 – Non-sharing Week
- Order alternated for each family pair



- **Recorded Data**

- Participant interactions on browser using time and date stamps
- Number of images the participant collected
- Number of days the SenseCam was worn
- Questionnaire was completed at the end of each week

Questionnaire

- **A questionnaire was completed at the end of each week to compare the participants experience for sharing and non-sharing weeks**
- **Two sections**
 - Wearing the SenseCam
 - Viewing and sharing SenseCam images
- **Wearing the SenseCam**
 - 23 items covering the appearance, the usability, the comfort wearing it
- **Viewing and Sharing images**
 - 15 items covering the enjoyment viewing and sharing images

Results

Interaction Results

Days Worn

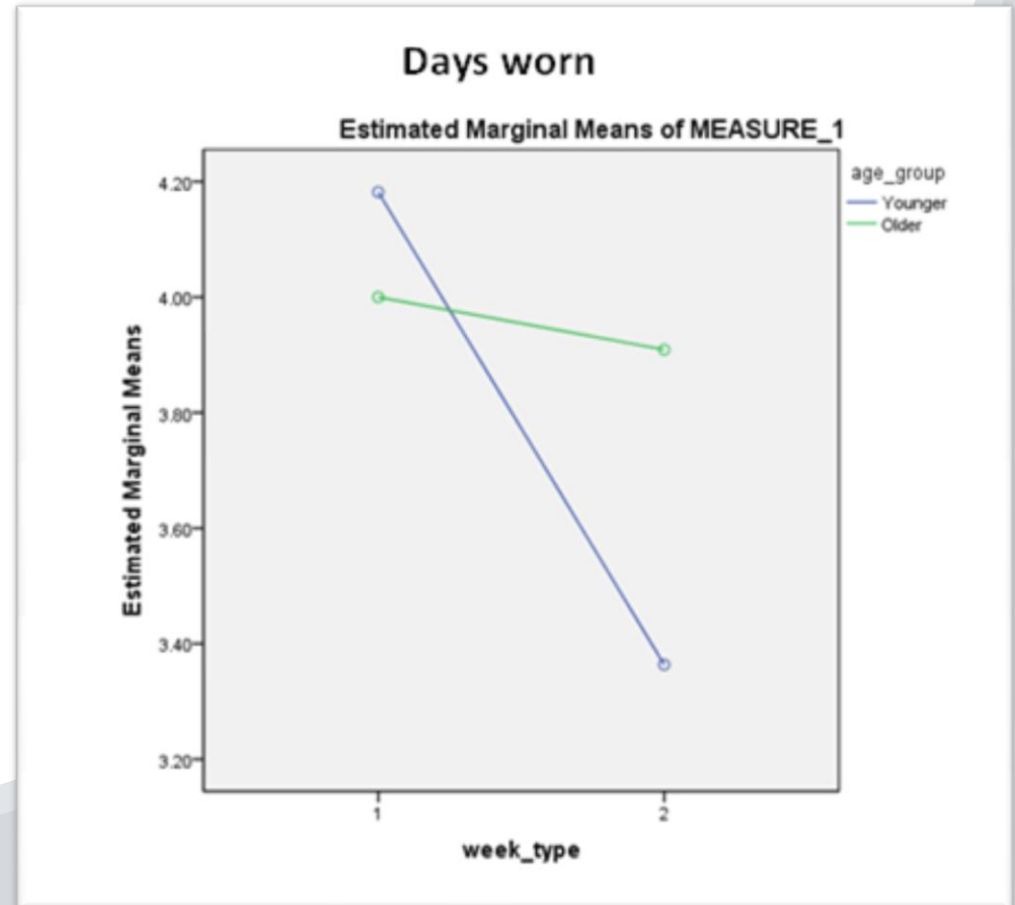
1. Sharing Week

1. Younger: 4.2
2. Older: 4

2. Non-Sharing Week

1. Younger: 3.4
2. Older: 3.9

- significant main effect for week type
- no statistically significant interaction effects between week type and age group



Interaction Results

Time Browsing

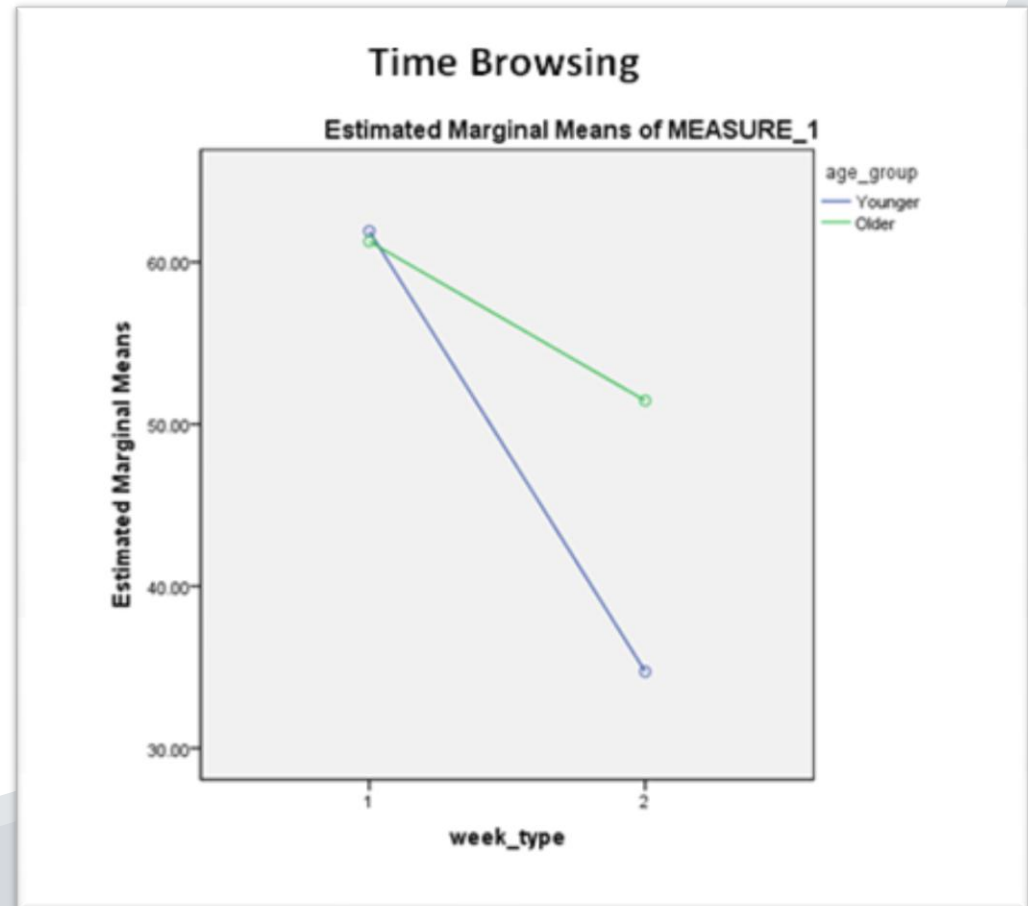
1. Sharing Week

1. Younger: *61.9 mins*
2. Older: *61.27 mins*

2. Non-Sharing Week

1. Younger: *34.72 mins*
2. Older: *51.45 mins*

- no statistically significant main effect for week type or interaction effects between week type and age group



Interaction Results

Images Captured

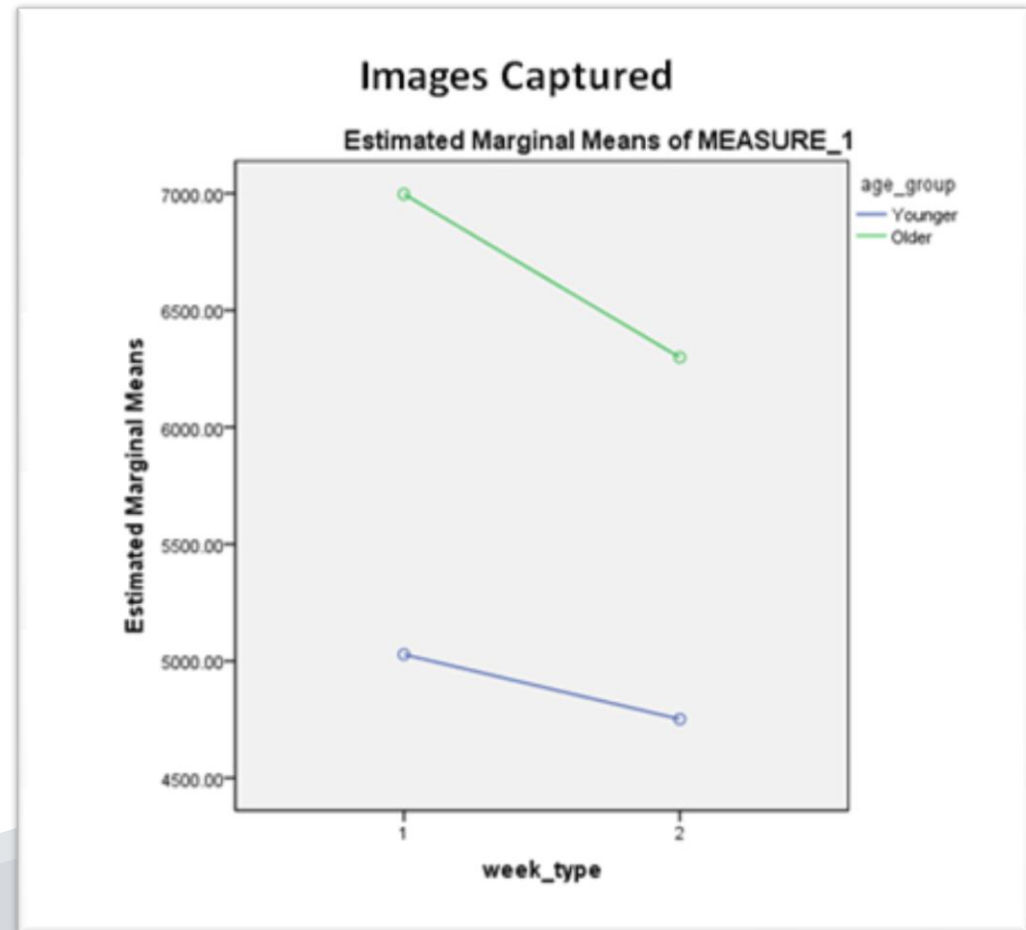
1. Sharing Week

1. Younger: 5028 images
2. Older: 6996 images

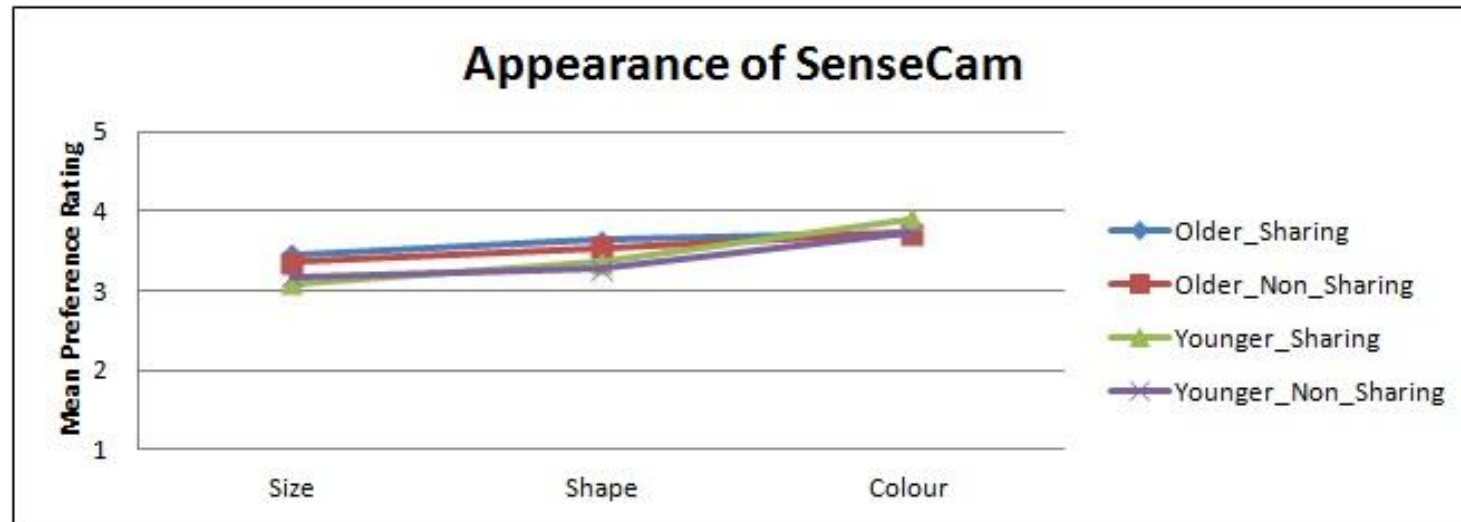
2. Non-Sharing Week

1. Younger: 4751 images
2. Older: 6298 images

- no statistically significant main effect for week type or interaction effects between week type and age group



Questionnaire - Appearance



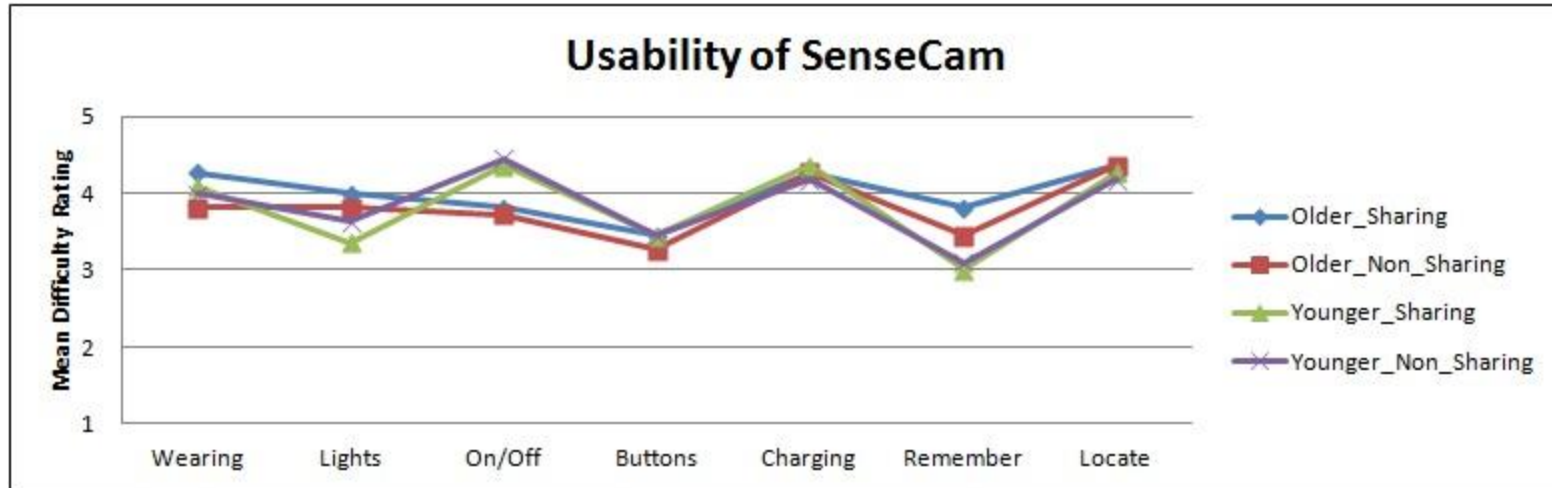
Positive *"I didn't feel conscious of it at all. I forgot it was on"* (female, 76)

Negative *"I wouldn't want to wear it all the time, I'd expect something slicker. Having young kids it kept bouncing when I was bending down to them so I'd have to hold it"* (female, 36)

Positive *"discrete"* (female, 35)

Negative *"large and clunky"* (female, 29)

Questionnaire - Usability

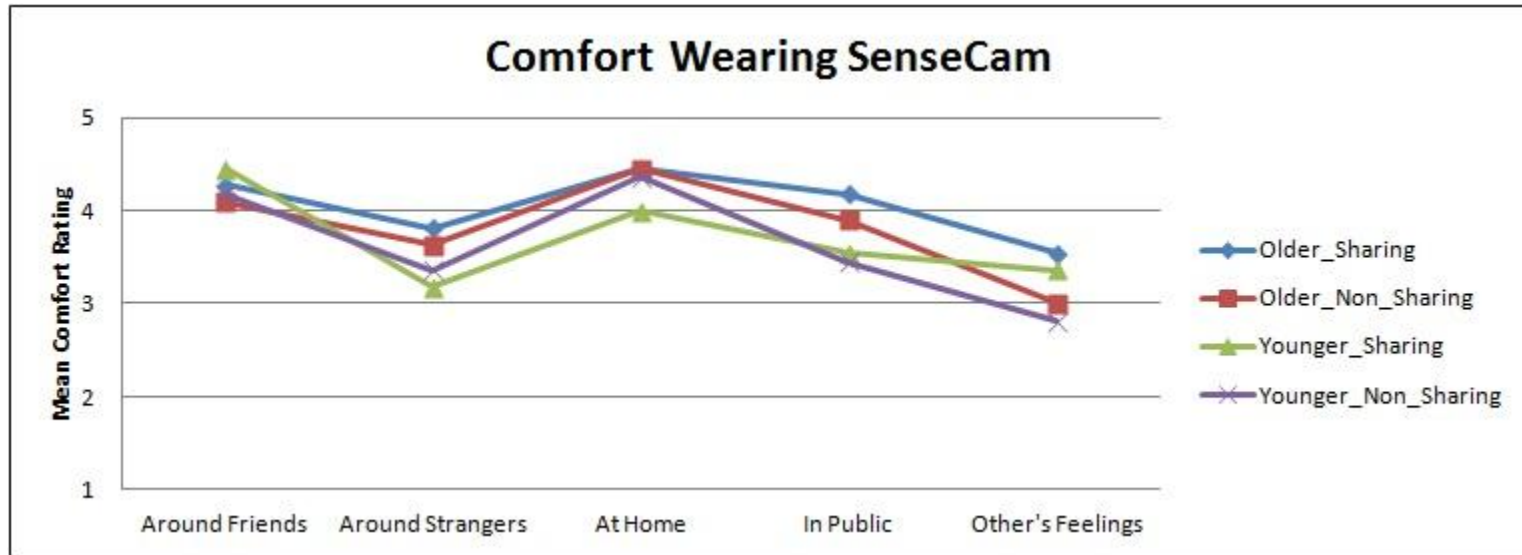


Positive *"I found it relatively easy to use, it was similar to a phone"*
(female, 36).

Negative *"The buttons on the side were too similar and are confusing when you try to remember them on the spot"* (female, 29).

"Using SenseCam was fine. Remembering to put it on after coming home from work was an issue for me so I missed out on lots of activities"
(female, 56)

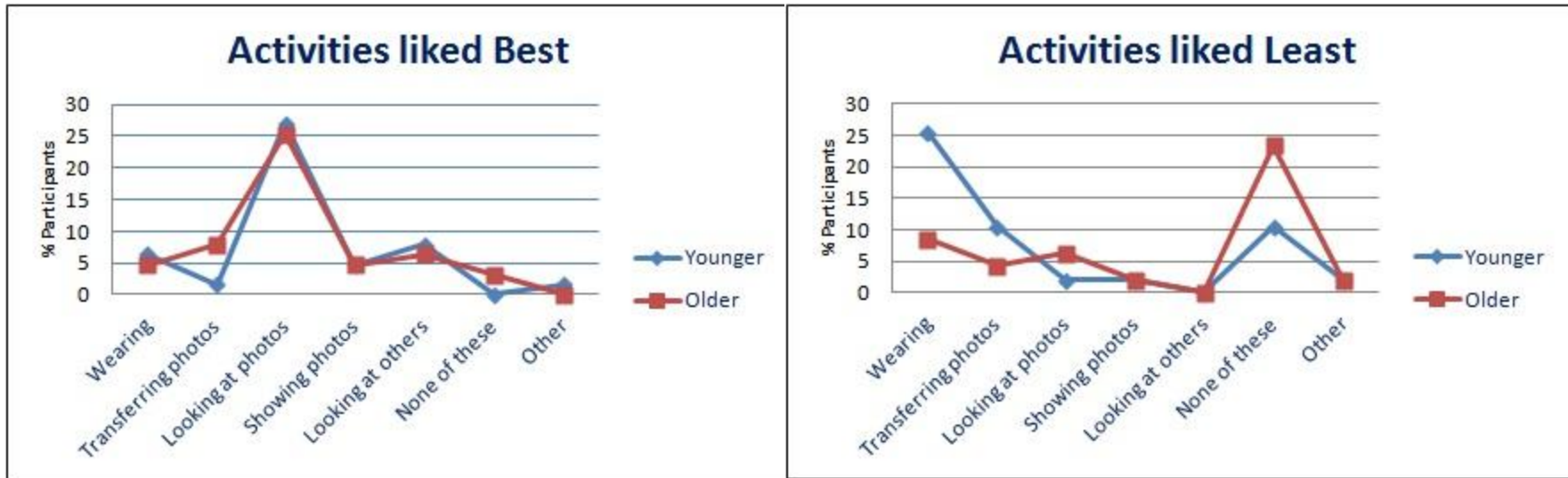
Questionnaire - Comfort



"I felt a little odd wearing it and I kept expecting people to ask about it. I was a bit concerned about invading people's privacy but no-one seemed to notice it" (female, 35)

"Some strangers felt anxious until offered an adequate explanation"
(male, 30)

Questionnaire - Enjoyment



- Participants rated *Viewing, Sharing* and *Looking* at other peoples SenseCam images as Enjoyable ($M = 4$ on 5-point Likert)
- Viewing own images was rated as most preferred
- Wearing the SenseCam was the least preferred

Factors for Sharing

- **Younger participants said they would have shared their lifelog images more if**
 - better photos (including content and image quality),
 - interested person present
 - share them through computer applications
- **Older participants said they would have shared their lifelog images more if**
 - better photos (including content and image quality),
 - interested person present
- **Both older and younger most likely to share with spouse or partner. Younger shared with a wider range of people inc. friends, siblings**

Summary of findings

- **Sharing motivates wearing lifelogging devices**
 - Participants wore the SenseCam more during the sharing week
 - More likely to view images during sharing week
- **Older participants captured more images compared to younger**
- **Not all participants shared their images ($n=5$)**
 - Increase sharing if better images, someone willing to look at them and able to send and share online