

Ada

a conversational coach that helps people prepare, overcome, and reflect on high stress situations

James Pai

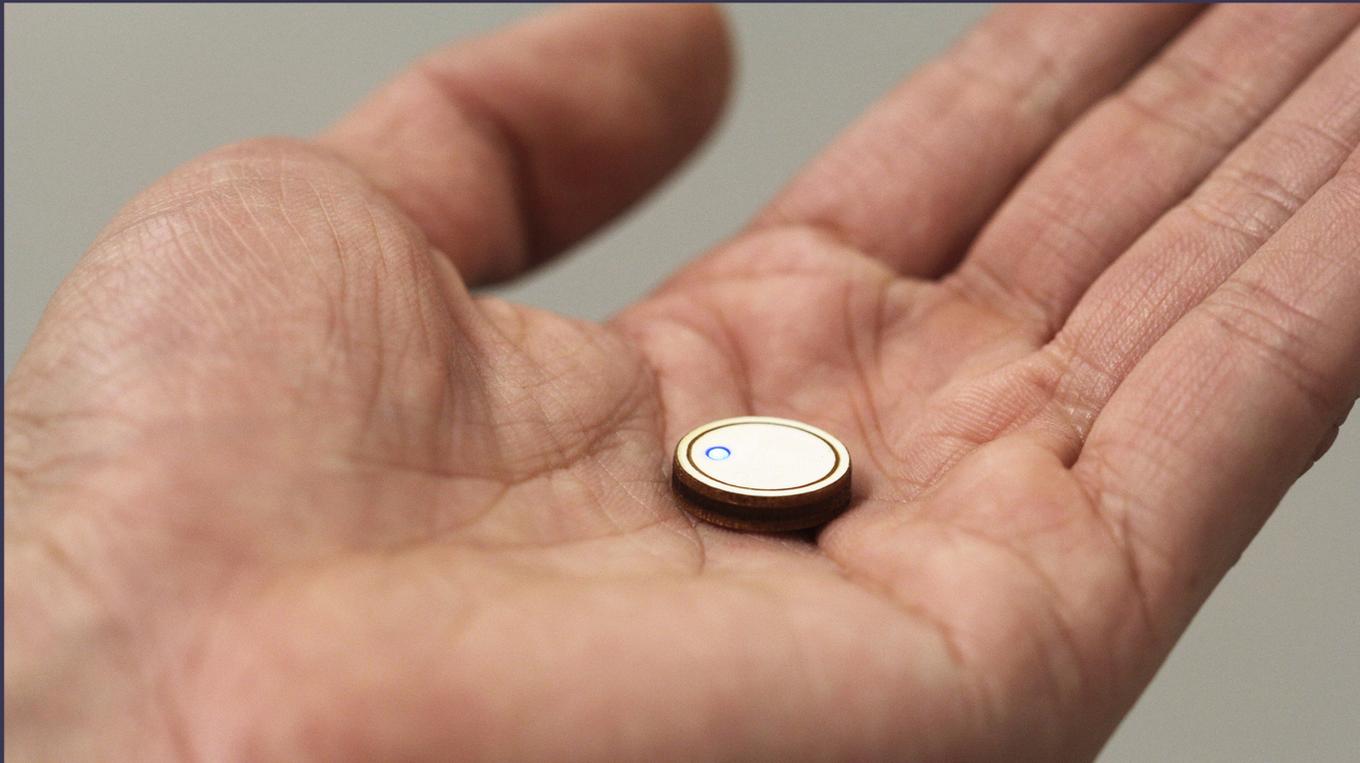
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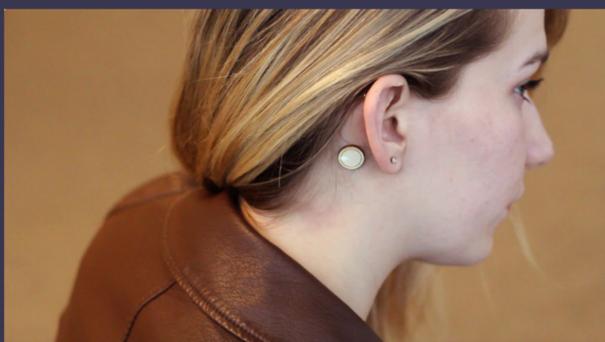
Emily Phan



Ada is a personalized CUI that sits discreetly behind the ear in order to provide emotional and motivational support through conversation. It is able to help people overcome stressful everyday situations, facilitate self-reflection and mindfulness, and provide reassurance and feedback.

Rooted in research on anxiety and mental health, Ada borrows techniques from psychotherapy in order to enhance the wearer's well-being by tackling difficult situations one step at a time. Unlike traditional outlets for stress and anxiety, Ada is always accessible - even in public spaces where privacy is a concern.

Design

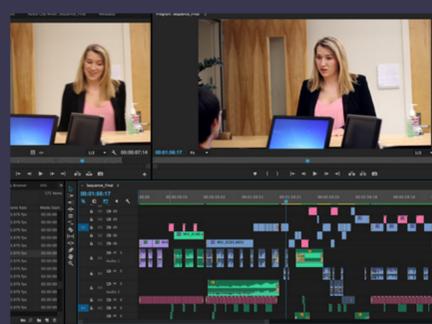
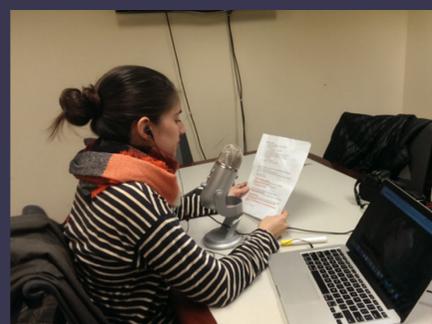


Ada's form is a low-profile earpiece that sits behind the ear and communicates through bone conduction. This allows for private conversation without blocking out external sounds. Ada also monitors biometrics such as skin conductance and heart rate in order to provide assistance when anxiety is detected.

Contextual awareness of the environment allows Ada to provide support through text in situations where spoken conversation is a concern. Combined with biometric sensors, Ada provides appropriate support at appropriate times.

After a relevant situation has passed, Ada provides feedback and encourages the wearer to verbalize their feelings while providing more positive perspectives. Research has shown that these methods can have a significant therapeutic effect on the brain and foster more adaptive coping through emotional regulation.

Process



Ada was a 10-week project that culminated in a ten-minute class presentation. The project involved brainstorming concepts, conducting research through interviews, storyboarding the interaction, designing a conversation, producing a video, prototyping the physical device, and creating presentation slides.

All team members were involved in all stages of the CUI design, from ideation to refinement. I was independently responsible for producing the video (including all filming, editing, motion graphics, compositing, audio recording & editing). Tingwei and I prototyped different versions of the physical device.