

Interview Schedule

Conversation starter

- . Did you learn something new by participating in this study?
- . Do you find this approach adequate (*humorous, fun, easy, accessible*) to learn with?

BACK TO

-RELATES TO PRE-QUESTIONNAIRE-

Pelvic Fitness

- . Were you familiar with pelvic floor muscle exercises/fitness before?
- . If yes, how (and when) did you hear about it?

Is it (*pelvic exercise*) part of your intimate care routine? *If so, examples when you do it (ex: at home, or fitness class, etc)*

What was the first emotion/sensation/feeling when you first realized what was happening (study, first mobile/wearable interaction)?

Was it intuitive?

You were holding your mobile device quite near one of the most intimate parts of your body. How did that make you feel? Why?

Do you think that mobile technology can potentially support the delivery of information – or better, promote engagement with intimate care? What are your thoughts? Suggestions

Does learning by embodiment ('wearing' the technology) give a better perspective/understanding of where in and on the body this intimate care takes place?

What is your personal relationship with digital technology, such as mobile phones? On-body technology?

Do you use any (technology) for learning? Or for the matter, any of the 'quantify self' family to keep up (in whatever health activity). Thoughts.

What are your thoughts on using (digital) technology for creating engaging/embodied/ meaningful/fun/humorous experiences and learn about the body – towards preventive care. Wishes and desires.

How can the use of (such) technology make accessible this reality of intimate care that is laden with stigma and taboo?

Do you think humour/technology can contribute to promote self-awareness and preventative, intimate care practices. – How? Suggestions

Did this study contribute to enhance your body knowledge in any way, and did you find the technology engaging/or not? Why and how.

RESEARCH QUESTIONS

1.

PAMPERING ROUTINE TAG

BACKGROUND Our ethnography shows that women have little awareness of their bodies (quote from physiotherapist) and our previous exploratory study/design workshop (design kit) supports that too (it indicates that most women participants aged 15-52 had no or little knowledge of pelvic floor or pelvic floor fitness).

Daily rituals of intimate care, such as pelvic care/fitness, remain - for the most – a mystery: either based on *misinformation* (not knowing how to or what part of the body that attends to), *misconceptions* (ex: only women who've delivered should do it/take care of it) or *stigma/taboo* nature of the topic (involves sex-related parts of the body).

Non-expert participants:

KNOWLEDGE OF THE BODY Did you learn something new? Do you find this approach adequate (humorous, fun, easy, accessible) to learn with? Suggestions

KNOWLEDGE OF PELVIC FITNESS Are you familiar with pelvic floor muscle exercise/fitness? If yes, how (and when) did you hear about it? (situation)

ROUTINE Is it (pelvic exercise) part of your intimate care routine? If so, examples when you do it (ex: at home, or fitness class, etc)

Background of study and relation to prior knowledge of each participant: understanding differences and similarities between experts and non-experts in terms of knowledge of the body and practice of pelvic fitness (how it is incorporated into their daily lives/routine).

2.

SOMETIMES I LAUGH SO HARD _ TAG:

OVERALL EXPERIENCE This study asks you to look at yourself in what might be an unusual way. And looking at a part of your body that you may or may not have looked at before. However, what you see here is an augmented image of what you really have down there (not the actual part), as it is mediated by a piece of underwear and a mobile phone. What was the first emotion/sensation/feeling when you first realized what was happening? (*might relate to it's ok to peek campaign; 70s looking with a mirror*)

Was it – easy to understand and relate to from then on (intuitive)

Was it – easy and/or interesting/compelling enough to proceed throughout

EXPERIENCE WITH MOBILE PHONE You were holding your mobile phone quite near/close to one of the most intimate parts of your body. How did that make you feel? Why?

MOBILE PHONE (relate to previous question, whatever answers) Do you think that mobile technology can potentially support the delivery of information – or better, promote engagement with intimate care? What are your thoughts? Suggestions

WEARABLE Traditionally, we learn about this part of our bodies by browsing books, the web, in school. If in a doctor's consultation that learning will happen via anatomical models (cross-section, pelvis/pelvic muscle structure). Those models do the job, but may still be abstract and not easy to grasp. Does learning by embodiment ('wearing' the technology) give a better perspective/understanding of where in and on the body this intimate care takes place?

Overall experience and thoughts on this study; thoughts on mobile technology: use of mobile device, AR as technology to deliver humorous viewpoint; (under)wearable embodiment and learning to make friendly/approachable and fun/make delight.

3.

MAKING ACCESSIBLE TAG

This study intends to make familiar an intimate part of the body that is considered a sensitive, troublesome topic (explain). On the other hand, it is also a part of the body that is extremely important to our health and wellbeing, as its health/good condition/maintenance is essential for core stability, continence, and key/vital for sex health/pleasure.

So it is important to talk and know about it, and to take good care of it. Our study gives you a first hand on experiment in which we're combining wearable and mobile technologies/exploring digital technologies to make it easy/accessible for every women to learn about it: away from medical terms but still using a mix of colloquium and biological terms, and step-by-step empowering you, as a user of that technology, to take action and care for your body: the technology is there to help you (it gives you an overview and 'shows' you how and what to do, even tries to look at you (can't really 'control' you because of the nature of that exercise (invisible) and also because it's not tracking your exercise in any way other than a subtle, brief timing (working 'together' while having a 'conversation')).

So our technology intends to promote body knowledge, and speculates whether you've 'learned' with it, afterwards guessing that you did and are empowered to do it on your own from then on (your choice, of course). It does this rather than quantifying what you know, what and how you are doing it.

CONFORTABLE WITH USING TECHNOLOGY What is your personal relationship with digital technology, such as mobile phones? On-body technology?

Do you use any for learning?

Or for the matter, any of the 'quantify self' family to keep up (in whatever health activity).

Thoughts.

TECHNOLOGY TO MAKE PLAYFUL/HUMOROUS What are your thoughts on using (digital) technology for creating engaging/embodyed/ meaningful/fun/humorous experiences and learn about the body – towards preventive care. Wishes and desires.

HUMOROUS TECHNOLOGY TO MAKE (TABOO) ACCESSIBLE How can the use of (such) technology make accessible this reality of intimate care/intimate parts of the body that is laden with stigma and taboo?

HUMOROUS TECHNOLOGY FOR INTIMATE CARE Do you think humour/technology can contribute to promote self-awareness and preventative, intimate care practices. – How? Suggestions

Did this study contribute to enhance your body knowledge in any way, and did you find the technology engaging/or not? Why and how.

Back to experience with mobile phone and body-worn approach to further understand relationships of and with technology; assess these in relation to humour in technology and relational knowledge/experiences; Identify possible next steps/point out to possible developments and designs for the follow-up study.

Exploring Intimate Wearables for Self-Care and Care of Others

Project information sheet

Teresa Almeida is a PhD Student at Open Lab, Newcastle University, working on human-computer interaction (HCI) with a focus on designing technologies for health and wellbeing. This study is part of her PhD project.

Study Designed for Couples

We have developed a materials kit that aims to support self-knowledge and knowledge of the other: by doing this, we aim to contribute to promote learning between couples regarding the female anatomy and explore female pelvic fitness* in relation to biological (i.e. reproductive system), medical and personal health (i.e. incontinence), positive health and wellbeing (i.e. sexual pleasure). We are asking you if you would like to work with us to help us to evaluate this new tool of wearable and digital technology that will support new perspectives and new ways of thinking about our intimate bodies in a way that will be fun and playful to learn with.

* Although this study design addresses female pelvic fitness only, awareness of pelvic fitness and pelvic health is equally important in both sexes. Nonetheless, our aim with this work is to explore the impact of knowledge (of the self and the other) in practices of intimate care that entail esteem and reliance on the self and each other.

What will I have to do?

We will deliver a materials kit to you. This materials kit will contain the following items: a wearable item (a pair of bespoke female underwear), a recordable voice pad, and a series of clothes tags that will include simple instructions and provide a space for you to write some thoughts. You will also be asked to download a piece of software (application) to your mobile device (iPhone).

This materials kit will be delivered to you by hand or by post. You will then keep it for the duration of a week. During this time, it is up to you when to proceed with the study and according to the instructions included. After that, we invite you to take part in a semi-structured interview. The interview can be held at your workplace, at a place of mutual convenience and suitability, via phone, or via Skype.

We will not ask you difficult questions or ask you to discuss personal issues. We are creating a design kit that we would like to make available to all women, and we will have conversations with you and your partner around how and what you think about it in order to help us develop it further.

What are the benefits of taking part?

You will be directly involved in the first trial of our design of a wearable and digital technology, which we wish to implement for all women. You will be able to test the technology, tell us exactly what you think of it and how well it works. You will help us with making the design better so that in the future women, and women and their partners, will also learn about female anatomy and physiology through playing with this technology. We think that the experience of taking part in the study will be enjoyable and interesting.

Open Lab, Newcastle University, Floor 3, 89 Sandyford Road, Newcastle Upon Tyne NE1 8HW

What information will you collect about me?

We would like to make some photographs and sound recordings of the part of the study you will be doing on your own time. Sound will be recorded when you first use the wearable item with the mobile phone, and later on in the same study you will be asked to take a photograph. It is up to you to share this with the researcher, and you will be given the option to do so or not. We do this so that we can go back over your response to the humour in the design and technology, which will help us make this work more meaningful and engaging later on.

What will happen to information you collect about me?

Only the people directly involved in the study will see the information we collect. We will use a code instead of your name on all of the information we take for the study. This will help keep your information safe. We will store the recordings we make for the study and the information we collect at Newcastle University. The recordings and information we collect will not be used for any other reason apart from the study.

Do I have to take part?

No. You do not have to take part in this study. If you currently have any health conditions which might be made worse by participating in this research then you may not wish to participate in the study. Even if you agree to join in at the start, you can change your mind throughout the duration of the study. Should it happen, you do not need to give a reason for it. Should you want to withdraw afterwards (by September 2015), you can also do so by informing the researcher. The researcher contact details are provided with this information sheet. This will not affect you in any way now or in the future.

Thank you very much for reading this information.

If you have any questions please feel free to contact:

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This research project has been approved by the Faculty of Science, Agriculture and Engineering Research Ethics Committee, Newcastle University.

Consent Form for PARTICIPANTS

I agree to participate in the study: “**Exploring Intimate Wearables for Self-Care and Care of Others**” being carried out by Teresa Almeida, PhD Student at Open Lab, Newcastle University.

- I have read and understood the information sheet about taking part. ☐
- The researcher has answered any questions that I had/ I have no further questions. ☐
- I understand that I will be audio recorded and photographed at specific times during the study. I will choose whether or not to share the audio file and/or the photograph with the researcher. ☐
- I understand that information about how I engage with the wearable and digital technology will only be made accessible to the research team. ☐
- I understand that the data collected for this study will be stored in a secure location in Open Lab at Newcastle University. ☐
- I understand that the data collected for this study will be used only for research purposes. ☐
- I understand that my name will not be used on any documents or in any presentations about the research. ☐
- I understand that I can leave the study at any time without needing to say why. ☐

Signature of participant I

Name (in capitals) Date.....

Signature of participant II

Name (in capitals) Date.....

Signature of researcher.....

Name (in capitals)Date.....

Please feel free to contact the researcher with any questions:

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