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# Emotion Tracking for Health, Memory, and Well-Being

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**EMOTION TRACKING FOR HEALTH, MEMORY, AND WELL-BEING**

Mary Czerwinski

Microsoft Research

**Toyota Distinguished Keynote Lecture**

In this talk I will describe novel systems that allow users to reflect upon their moods and learn positive coping strategies for dealing with stress and depression. I will also describe systems and applications that perform mood detection in real time using mobile and wearable technology. We are exploring novel user interface applications to help users reflect upon and manage their affective experiences. Many questions remain from our work, in terms of how useful a system like this would be over the long term and how valuable a personalized, mobile, awareness system is. Finally, we feel that there is a huge opportunity in the remote familial space, or in a close social network, where knowing about the emotional health of separated loved ones or close friends comes in to play. These new research areas are also tightly coupled with privacy issues. A few examples of applications in these new areas will be presented.

*Dr. Mary Czerwinski's research focuses primarily on emotion tracking, information worker task management, multitasking and awareness systems for individuals and groups. Her background is in visual attention and multitasking. She holds a Ph.D. in Cognitive Psychology from Indiana University in Bloomington. Dr. Czerwinski was awarded the ACM SIGCHI Lifetime Service Award, was inducted into the CHI Academy, and became an ACM Distinguished Scientist in 2010. She received the Distinguished Alumni award from Indiana University's Brain and Psychological Sciences department in 2013.*