

## Appendix

### Annex 1.

#### The user's journey to become participant

Figure 11: Step 1 - Downloading the app (available on Google Play, globally, for free) and going through Terms and Condition and Privacy Policy.

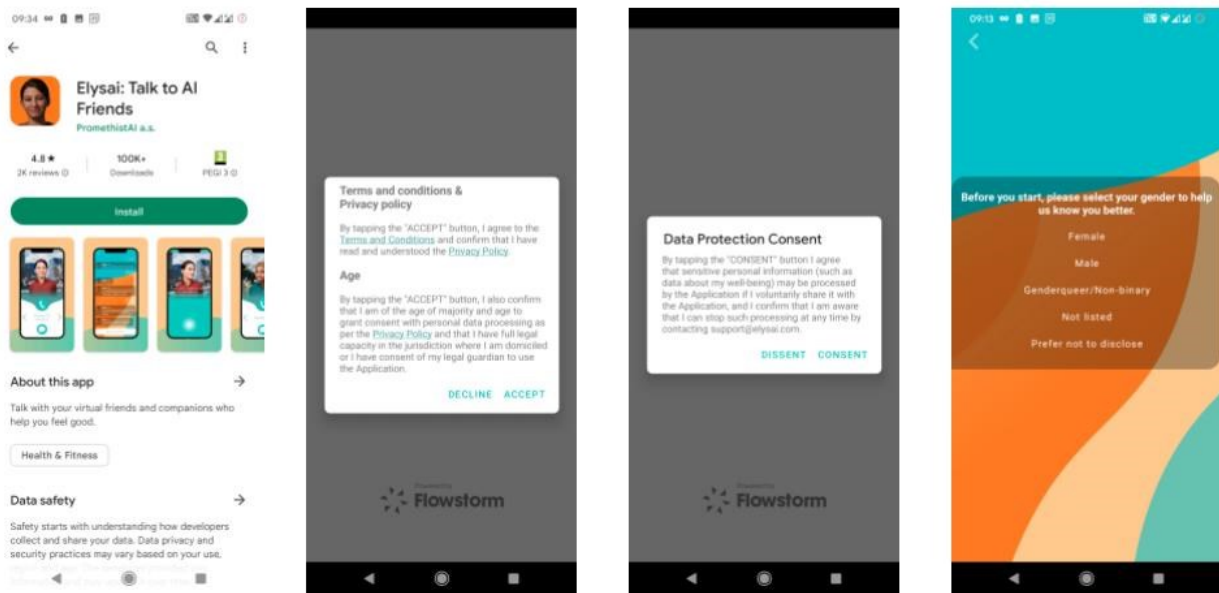


Figure 12: Step 2 - Providing demographics information (age, gender, education), (nick) name, stress questionnaire (PSS-10).

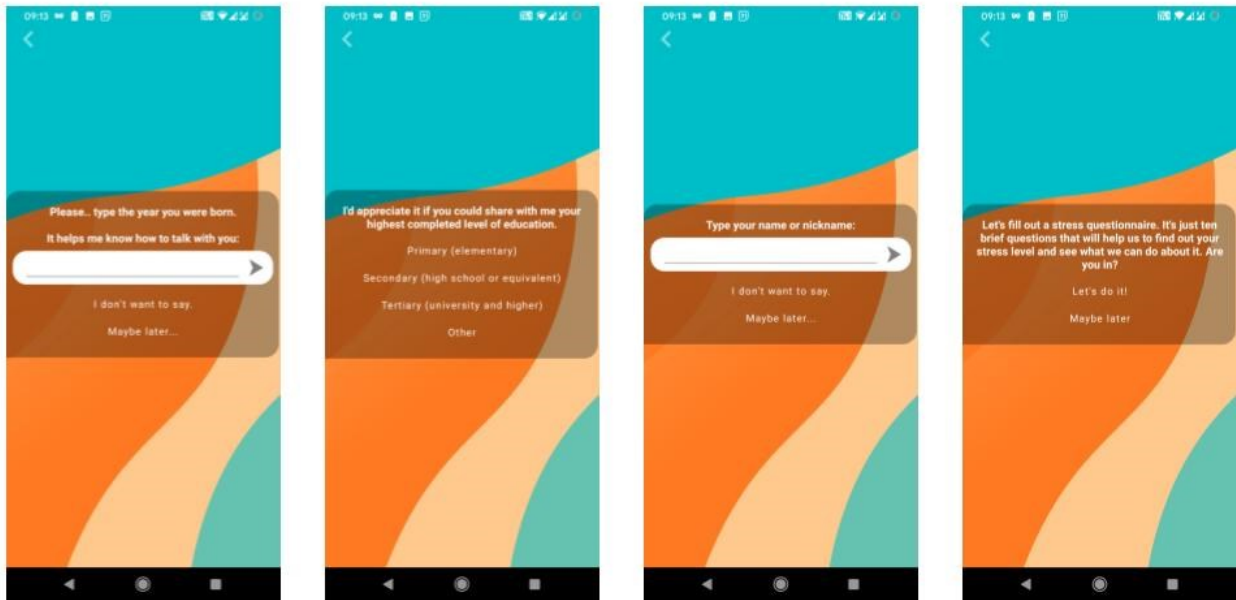


Figure 13: Step 3 - General introduction to the app provided by Digital Persona Poppy.

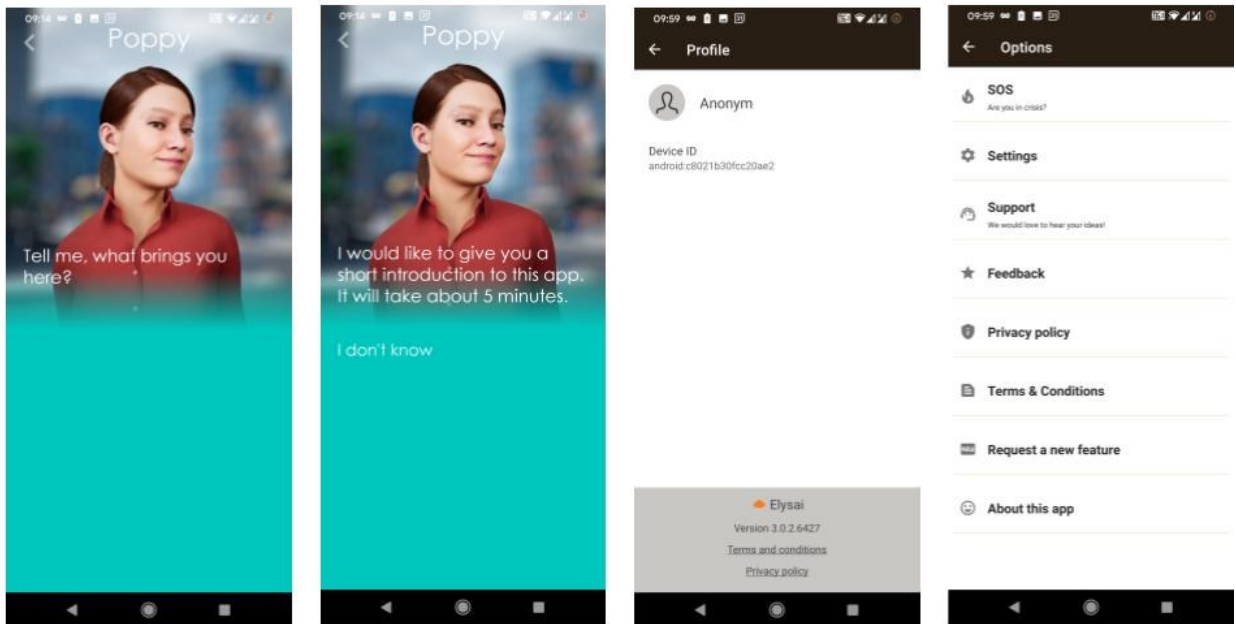
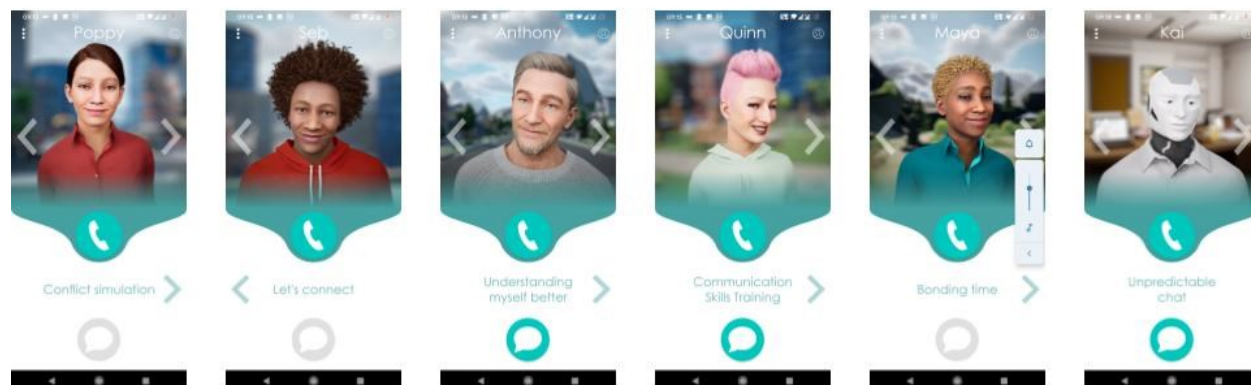


Figure 14: Step 4 - Main menu



*Note: In the main menu people can choose to talk to any of the 6 currently available Digital Personas. Each Persona offer several various experiences (so called “modules”). Modules are focused on a) personal growth (e.g., relationship skills training, emotional awareness), b) support (talk about worries), c) social chat/hang out space. The dialogue reported in this thesis is deployed under 5 human-like Digital Personas (Poppy, Seb, Anthony, Quinn, Maya). People find it under the name Let’s connect and Bonding (same experience, different names).*

Figure 15: Basic information about the Elysai app

**elysai**

Promethist

## B2C Well-Being Coach Pilot App

state as of May, 2023

- PromethistAI first **B2C pilot app** currently available for free on Android
- Showcasing the first outcomes of **our interdisciplinary Research & Development** (ConAI & Psychology/Behavioural Science)
- 240K downloads from Google Play
- 5+ million user inputs
- 1.3K of user reviews
- 4.5 stars review rating (*global avg.*)
- A place where you can get a glimpse of the future of human-computer interaction – a future where friendly Digital Personas talk to people on a daily basis to help them find peace and enjoy life

www.elysai.com

Note: The Figure 15 shows basic information of the Elysai app - the experimental tool via the data were collected.

## **Annex 2.**

Examples of dialogues with conversational strategies in each condition:

### **Confirmation-seeking strategy**

DP: Hi there, I'd like to learn more about you. And I don't wanna bore you, but let's just quickly go through the info about the purpose of our conversation.

*Asks for Consent.* (see Annex 3.)

DP: I'm still in the process of learning about humans, so I'm curious about how you spend your free time.

DP: Tell me, what do you like doing?

User: I like playing hockey.

DP: Did I understand correctly that you like hockey?

User: Yes, that is right.

DP: When did you start with it?

User: 7 years ago.

DP: Wow, that's quite a while!

DP: Do you consider yourself a professional or do you do hockey just for fun?

User: No, it's just for fun.

DP: That's nice that you have such a hobby!

DP: Anyways, I heard there are quite some differences in how much people sleep, what time they wake up and other sleep-related habits. I would like to know more about your personal sleep schedule.

DP: Can we talk about that for a bit?

User: For sure.

DP: Great.

DP: What time in the morning do you usually wake up?

User: Around 7:00 a.m.

DP: Did I understand correctly that you usually wake up early?

User: Yeah, I do.

DP: Would you consider yourself more of a morning person then?

User: I would say so.

DP: Uh huh, first work, then play, I get it.

DP: And how many hours a day do you usually sleep?

User: Around 7 hours a day.

DP: Do I get it right that you get quite enough sleep?

User: Yes, it is enough for me.

DP: It's great to hear that you get as much sleep as you need!

DP: Thank you for sticking with me! It's fun getting to know you.

### **Deep-slow strategy**

DP: Hi there, I'd like to learn more about you. And I don't wanna bore you, but let's just quickly go through the info about the purpose of our conversation.

*Asks for Consent.* (see Annex 3.)

DP: I'm still in the process of learning about humans, so I'm curious about how you spend your free time.

DP: Tell me, what is your hobby?

User: I like playing hockey.

DP: Oh, playing hockey, right?

User: Yes.

DP: When did you start with it?

User: Around 7 years ago.

DP: Wow, that's quite a while!

DP: Do you consider yourself a professional or do you do playing hockey just for fun?

User: It's just a fun activity.

DP: DP: That's nice that you have such a hobby!

DP: Anyways, I heard there are quite some differences in how much people sleep, what time they wake up and other sleep-related habits. I would like to know more about your personal sleep schedule.

DP: Can we talk about that for a bit?

User: Yeah, of course.

DP: Cool.

DP: What time in the morning do you usually wake up?

User: Around 7:00 a.m.

DP: Ah, so you're an early bird, right?

User: I would say so.

DP: Would you consider yourself more of a morning person then?

User: Yeah.

DP: Uh huh, first work, then play, I get it.

DP: And how many hours of sleep do you get daily?

User: Around 7.

DP: Sounds like you get quite enough sleep, right?

User: I would say so, yeah.

DP: Does it seem like enough to you?

User: Yes.

DP: It's great to hear that you get as much sleep as you need!

DP: Thank you for sticking with me! It's fun getting to know you.

### **Deep-fast strategy**

DP: Hi there, I'd like to learn more about you. And I don't wanna bore you, but let's just quickly go through the info about the purpose of our conversation.

*Asks for Consent. (see Annex 3.)*

DP: I'm still in the process of learning about humans, so I'm curious about how you spend your free time.

DP: Tell me, what is your hobby?

User: I like playing hockey.

DP: Oh, hockey! Sounds fun!

DP: When did you start with it?

User: 7 years ago.

DP: Wow, that's quite a while!



DP: Do you consider yourself a professional or do you do hockey just for fun?

User: Just for fun.

DP: That's nice that you have such a hobby!

DP: Anyways, I heard there are quite some differences in how much people sleep, what time they wake up and other sleep-related habits. I would like to know more about your personal sleep schedule.

DP: Can we talk about that for a bit?

User: Yes, we can.

DP: OK.

DP: What time in the morning do you usually wake up?

User: At 7:00 a.m.

DP: Ah, so you're an early bird!

DP: Would you consider yourself more of a morning person then?

User: Yeah, that suits me better.

DP: Uh huh, first work, then play, I get it.

DP: And how many hours a day do you usually sleep?

User: Around 7 hours.

DP: Okay, that sounds like you get quite enough sleep.

DP: Does it seem like enough to you?

User: Yes it works for me like that.

DP: It's great to hear that you get as much sleep as you need!

DP: Thank you for sticking with me! It's fun getting to know you.

### **Annex 3.**

#### **Wording of Consent**

Before we start, I must tell you that human researchers are helping me improve my skills and they would like to analyze our chat. Don't worry, all data are anonymized and you are free to end the conversation at any time. If you make it to the end of our chat (ca. 7 min.), you'll be contributing to scientific research and helping me be even more useful to people. By selecting the CONSENT option, you confirm that you are 16 years or older and voluntarily agree to participate in the research study described below. For more information, please select the MORE INFORMATION button.

Consent

Dissent

More information