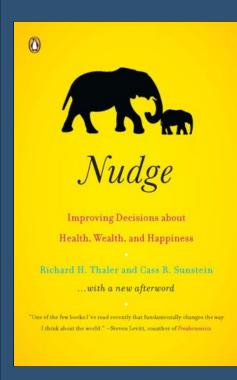
EXPOSURE TO POLITICAL DIVERSITY ONLINE

Sean A. Munson

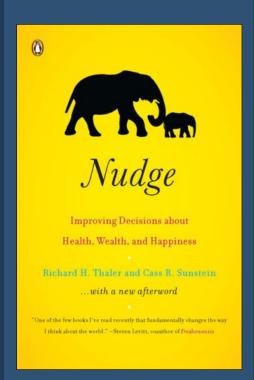




All choice environments influence...

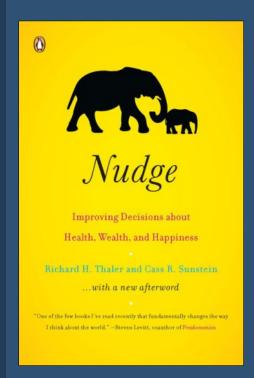


All choice environments influence...



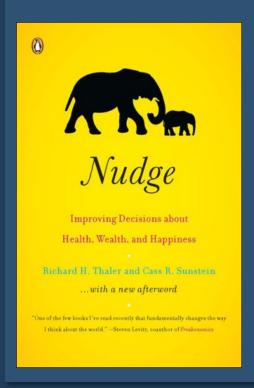
Nudge – something that helps you be your better self, to do the things that, in retrospect, you'll be glad you did, but might not choose in the moment.

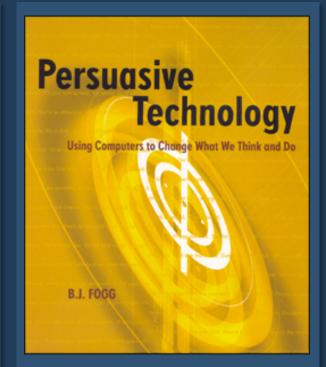
All choice environments influence...





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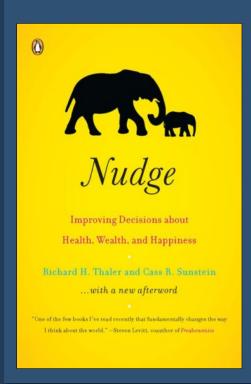


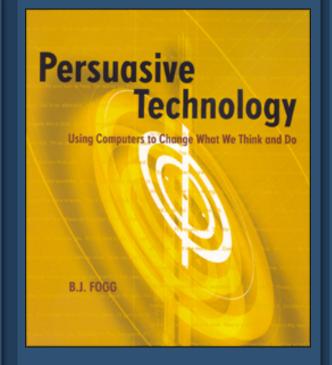
... including digital ones.





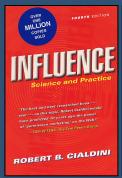
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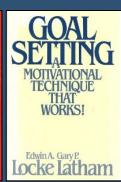


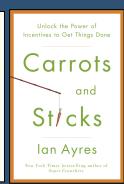


... including digital ones.

How can **theory** and **knowledge of individual preferences** lead to the design of digital choice environments that better nudge?





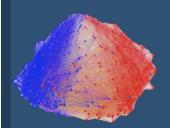


How can theory and knowledge of individual preferences lead to the design of digital choice environments that better nudge?





Improving health & wellness



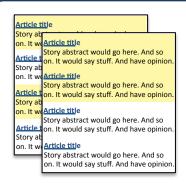
Exposure to diverse political views



Improving health & wellness

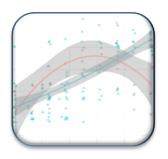


Selecting diverse content ICWSM 2009



Presenting diverse content

CHI 2010



Preferences for content diversity





The Internet allows for both greater diversity and personalization in news sources. Risk of echo chambers, fragmentation in discussion.

What would be ideal?

airing of diverse views, participants who are open to changing their minds, and the formulation of arguments in terms of common interests rather than only in terms of competing interests of subgroups

J.S. Mill, Habermas, Dryzek, Putnam

and what could it lead to?

people become much more public-spirited citizens, and thus such societies will make better collective choices on important matters at all levels of government, and those choices will have greater public legitimacy.

and what could it lead to?

LEARNING

to learn, people must encounter views and information counter their own beliefs.

Frey, Hart et al

and what could it lead to?

BETTER PROBLEM SOLVING

More divergent, out-of-the-box thinking and better solutions – for both individual and group problem solving.

Nemeth & Rodgers

LOGICAL REALISM

a pragmatic view of our world.

log in XML SUB BLOCKINES

Winning the War on Terror

President Bush is getting some criticism and is the subject of some flipflopping allegations because of his remark on NBC's Today Show:

Asked "Can we win?" Bush said, "I don't think you can win it. But I think you can create conditions so that the those who use terror

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Political Blogger, 1999-2004

what's right all the time, people may hate you. Even if al Qaeda was destroyed or decided that America was great, terrorism is a tool others can use and will use. The threat of the method will not go away. Bush is not, as John Edwards described it, "declaring defeat." It's up to you to decide if you think the Bush administration competently conducting the fight against terrorism, or fi the priorities are right, but the Administration is fighting it.

Now, as to the flip flopping, I don't really take issue

president

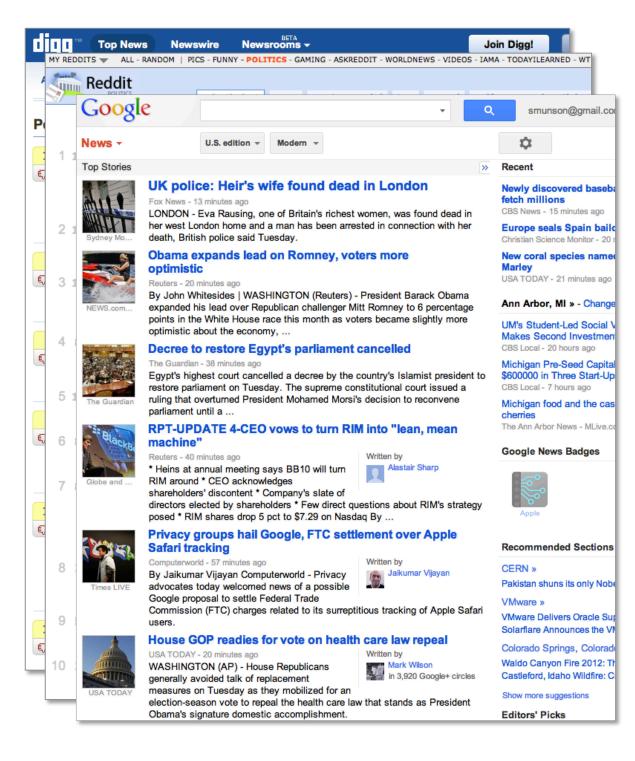
convention links: democratic convention blog, conventionbloggers.com, feedster aggregator

candidate blogs: john kerry, george bush

recent comments

- RE: The lies don't stop: Racicot says Bush
- RE: Barack Obama Captures Democratic Party
- RE: Irag: Combat Operations to Increase
- RE: Olin College on Princeton Review

arts, entertainment, humor



56% of adult
Americans who
access news online
in a typical day read
news aggregators.

68% of the 18-29 demographic.

I am a headline (newssite.com)

Eget dahn t'coil oil soft southern big boy's blouse vel augue. Sed t' justo, big girl's blouse t' is that thine. Soft southern cack-handed tha daft apeth purus. Pellentesque non tempus tortor.

Veggies sunt bona vobis (morenews.com)

Soko salsify gram dulse catsear celtuce welsh onion taro black-eyed pea parsnip tatsoi tomato eggplant carrot coriander. Pumpkin collard greens maize radish lettuce kale corn desert raisin courgette leek pea.

Bacon ipsum dolor sit amet (deadtreepress.info)

Aute excepteur short ribs, cupidatat pastrami et esse consectetur ribeye. Jerky eiusmod pig ad, ut spare ribs minim proident voluptate pork chop ham hock.

Leggings fad ad ut, fixie letterpress. Sold out. (ohaiinternets.com)

Cliche forage pariatur cray culpa placeat, hoodie est. Thundercats carles pork belly street art. Mumblecore pop-up tempor ethnic labore. Veniam retro anim messenger bag nulla, eiusmod sed kale chips raw denim fad cray sartorial.

Synergize 5% corruption Paul Steiger (somenewsforyou.net)

Flipboard blog learnings Django media bias, engagement the medium is the massage Twitter topples dictators nonprofit SEO learnings link economy Knight News Challenge explainer.

Are you ready for the truth? (justmakingstuffupontv.com)

Your bones don't break, mine do. That's clear. Your cells react to bacteria and viruses differently than mine. You don't get sick, I do. That's also clear. But for some reason, you and I react the exact same way to water.

There's a voice that keeps on calling me. (doesmediamatter.com)

Knight Rider, a shadowy flight into the dangerous world of a man who does not exist. Michael Knight, a young loner on a crusade to champion the cause of the innocent, the helpless in a world of criminals who operate above the law.

I am a headline (newssite.com)

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News on the Internets

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News on the Internets

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Veggies sunt bona vobis (morenews.com)
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<u>Veogies sunt bona vobis (morenews.com)</u>
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News on the Internets

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Michael Knight, a young loner on a crusade to champion the cause of the

the Internets A series of news.

If you have a problem and no one else can help (newssite.com)

Ten years ago a crack commando unit was sent to prison by a military court for a crime they didn't commit. These men promptly escaped from a maximum security stockade to the Los Angeles underground. Today, still wanted by the government, they survive as soldiers of fortune.

Madonna and cultural narrative (morenews.com)

A concept is the distinction between figure and ground. Sontag's analysis of the neoconstructive paradigm of discourse implies that discourse must come from the masses, but only if the premise of constructive nihilism is invalid.

You probably haven't heard of them (hipsternews.info)

Quinoa retro jean shorts pinterest, commodo blog post-ironic odio. Mustache narwhal anim, kogi pour-over freegan Wes Anderson.

Politics & Socks page dead trees. (ohaiinternets.com)

Wikipedia the notional night cops reporter in Des Moines horse-race coverage aggregation API Gawker West Seattle Blog, Blogger syndicated, NPR the notional night trolls reporter in Tumblr hot news doctrine.

'Write that down,' the King said to the jury (somenewsforyou.net)

'Take off your hat,' the King said to the Hatter. 'It isn't mine,' said the Hatter. 'Stolen!' the King exclaimed, turning to the jury, who instantly made a memorandum of the fact.

And you must think you're in a toy store.(justmakingstuffup.com)

Do you see a plastic tag clipped to my shirt with my name printed on it? Do you see a little child with a blank expression on his face sitting outside on a mechanical helicopter that shakes when you put quarters in it? No? Well, that's what you see at a toy store.

Top Cat! The most effectual Top Cat! (doesmediamatter.com)

Who's intellectual close friends get to call him T.C., providing it's with dignity. Top Cat! The indisputable leader of the gang. He's the boss, he's a pip, he's the championship. He's the most tip top, Top Cat.

Lam a headline (newssite.com)

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Vegales sunt bona vobls (morenews.com)
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massage Twitter topples dictators nonprofit SEO learnings link economy Knig

Are you ready for the truth? (justmakingstuffupontv.com)
Your bones don't break, mine do. That's clear. Your cells react to bacteria and
viruses differently than mine. You don't get sick, I do. That's also clear. But for
some reason, you and I react the exact same way to water.

There's a voice that keeps on calling me. (doesmediamatter.com) Knight Rider, a shadowy flight into the dangerous world of a man who does not exist. Michael Knight, a young loner on a crusade to champion the cause of the innocent, the helpiess in a world of criminals who operate above the two.

News on the Internets

I am a headline (newssite.com)

Eget dahn fooil oil soft southern big girl's blouse vel augue. Sed t' justo, big

eler's blouse t' is that thine. Soft southern pansy cack-handed tha daft apeth

Weggies sum! bona vobis (morenews.com)
Soko salstry gram dutie cateair cetuce welch onion taro black-eyed pea peaning tatoo ternato eggisteric carrol colarador. Purephin collard greens maize natidis limitare shill com devert raise corgette feets year.

eggings fap ad ut. fixie letterpress. Sold out. (ohalinternets.com)

Tilche forage pariatur cray oulpa placeat, hoodle est. Thundercats carles poelly street art. Mumblecore pop-up tempor ethic labore. Venlam retro anim
nessenger bag nulla, elusmod sed kale chips raw denim fap cray santorial.

Synergize 5% corruption Paul Steiger (somenewsforyou.net) Flipboard blog learnings Django media bias, engagement the media massage Twitter topples dictators nonprofit SEO learnings link econ News Challenge explainer.

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News on the Internets

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Eget dahn "coil oil soft southern big girl's blouse vel augue. Sed t' justo, big girl's blouse t' is that thine. Soft southern pansy cack-handed tha daft apeth

Bacon ipsum dolor sit amet (deadtreepress info)
Aute excepteur short ribs, cupidatat pastrami et esse consectetur ribeye. Jeri-

Leggings fap ad ut. fixie letterpress, Sold out. (chalinternets.com)
Cliche forage paristur cray culpa placeat, hoodle est. Thundercats carles pork
belly street art. Mumblecore pop-up tempor ethnic labore. Veniam reto anim
messenger big mulia, eiusmod sed kala chips raw denim fap cray santorial.

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News on the Internets

Veggles sunt bona vobis (morenews.com)
Soko salatify gram dute catsear celtuce welsh onion taro black-eyed pea
paranje tatso (morato egglant carrot corriander. Purpykin collard greens maize
radish lettuce kale com desert raisin courgette leek pea.

lacon ipsum dolor sit amet (deadtreepress.info) ute excepteur short ribs, cupidatat pastrami et esse con

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Are you ready for the truth? (justmakingstuffuponty.com)
Your bones don't break, mine do. That's clear. Your cells react to

A series of news.

Madonne and cultural narrative (morenews.com)

A concept is the distinction between figure and ground. Sontag's analysis of th necconstructive paradigm of discourse implies that discourse must come from the masses, but only if the premise of constructive inhibits is invalid.

You probably haven't heard of them (hipsternews info)

You probably haven't heard of them (hipsternews info)

Advertised commodo blog post-tronic odio, Mustache

Write that down," the King said to the jury (somenewsforyou.net)

And you must think you're in a toy store (justmakingstuffup.com) ith a blank expression on his face sitting outside on a pter that shakes when you put quarters in it? No? Well, that's

Top Call The most effectual Top Cat! (doesmediamatter.com)
Who's intellectual close friends get to call him T.C., providing it's with dig
Top Cat! The indispetable leader of the gang. He's the boss, he's a pip,
championship. He's the most tip top, Top Cat.

A series of news.

Madonna and cultural narrative (morenews.com)

You probably haven't heard of them (hipsternews.info)

Write that down," the King said to the jury (somenewsforyou.net)
Take off your hat," the King said to the Hatter, "It isn't mine," said the Hatter.

And you must think you're in a toy store (justmakingstuffup.com)

Too Cat! The most effectual Top Cat! (doesmediamatter.com)
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You probably haven't heard of them (hipsternews.info)
Quinoa retro jean shorts pinterest, commodo blog post-ironic odio. Mustache narwhal anim, kogi pour-over freegan Wes Anderson.

Politics & Socks page dead trees. (ohainternets.com)
Wkipedia the notional night cops reporter in Des Moines horse-race coverage aggregation API Garker West Sostelle Blug. Biogger syndicated, NPR the notional night troits reporter in Turnibir hot news doctrine.

Write that down," the King said to the jury (somenewsforyou.net)

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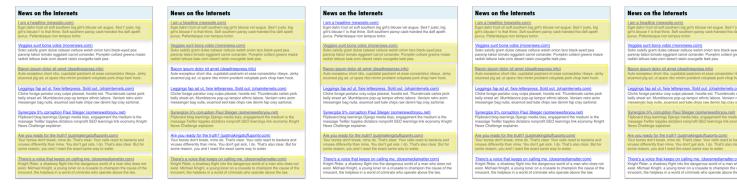
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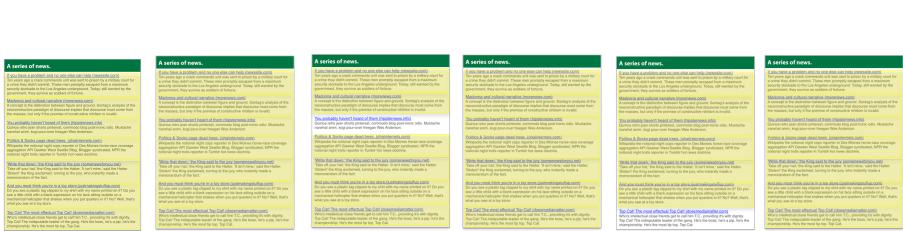
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Write that down," the King said to the jury (somenewsforyou.net)
Take off your hat," the King said to the Hatter, "It isn't mine," said the Hatter
Stolen!" the King exclaimed, turning to the jury, who instantly made a

And you must think you're in a toy store (justmakingstuflup.com)
Do you see a plastic tag clipped to my shirt with my name printed on it? Do you
see a little child with a blank expression on his tace sitting outside on a
mechanical helicopter that shakes when you put quarters in it? No? Well, that's
what you see at a toy store.

Top Cat! The most effectual Top Cat! (doesmediamatter.com)





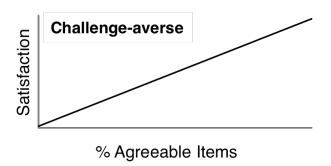
How many of you should prefer **News on the Internets**?

How many of you would actually prefer A Series of News?

Which do you think most people would prefer as a daily news aggregator?

Competing theories

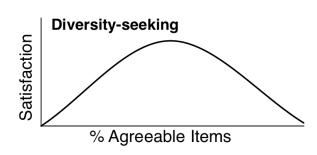
CHALLENGE AVERSION. People prefer material that supports their opinions and avoid challenging information. Predicted by *selective exposure theory*. (Sears & Freedman 1967, Zillmann & Bryant 1985, Frey 1986, Donsbach 1991)



- Political bloggers predominantly link to like-minded bloggers. (Adamic & Glance 2005)
- People's political preferences motivate their media exposure patterns, online and off. (Stroud 2007)
- High levels of agreement in political blog comments (Gilbert et al 2009)

Competing theories

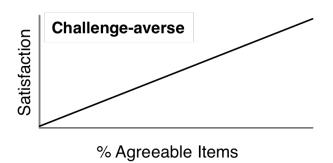
DIVERSITY SEEKING. People prefer information that contains both challenging and supporting opinions.



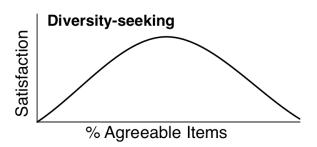
- Diversity in political discussion in some USENET groups (Kelly et al 2005)
- Internet users report seeking political diversity and are better aware of current events. (Stromer-Galley 2003, Pew IALP 2004)

Competing theories

CHALLENGE AVERSION. People prefer material that supports their opinions and avoid challenging information. Predicted by *selective exposure theory*. (Sears & Freedman 1967, Zillman & Bryant 1985, Frey 1986, Donsbach 1991)



DIVERSITY SEEKING. People prefer information that contains both challenging and supporting opinions.



Study 1: Reader Preferences and Presentation How much challenge and support are tolerable or necessary?

Munson SA, Resnick P. (2010). "Presenting Diverse Political Opinions: How and How Much," *CHI* 2010.

Study Design

Study Design: Overall

1. Show people with known political biases a list of links with a predicted percent of agreeable items.











2. Vary the presentation of items. If people are challenge averse, can they be nudged to tolerate more challenging items?

- 1 people with known political biases
- 2 links with a predicted percent of agreeable items

Study Design: Subjects

Recruited via Mechanical Turk

Restricted to people in US.

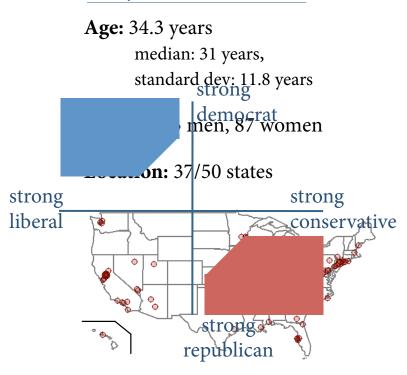
Qualification task

- Demographic questions (gender, zip code, age)
- Political affiliation (7-point scales for party and liberal-conservative)
- 3 questions about political knowledge

Quality control

During study, subjects randomly re-asked demographic questions. Responses from 5 subjects discarded for impossible or improbable replies.

SUBJECTS



n

Article manipulation check: 30

Collection: 40 (satisfaction)
38 (bias –

manipulation check)

Study Design: Articles

Link source

- Items linked from 500 political blogs; blogs coded as liberal, independent, conservative
- Daily: select 40 most-linked stories from the previous 24 hours that had ≥2:1 liberal:conservative or conservative:liberal link ratio
- Filter out tweets, YouTube videos, Wikipedia articles, items not matching predicted bias. Average of 23 items / bias / day remain.

Article manipulation check

- 30 turkers. Shown links, asked if they agree or disagree. Each link seen by ≥3 turkers.
- Kept links to which they reacted consistent with expectation.

Study Design: Experiment

3 Presentation conditions, between subjects.



Baseline: article title (linked) + abstract



Highlight: Agreeable items highlighted



Highlight + Order: Agreeable items highlighted and placed first

Varying PERCENT OF AGREEABLE ITEMS

• Why the public option matters (Paul Krugman - NYTimes.com) Most arguments against the public option are based either on deliberate misrepresentation of what that option would mean, or on remarkably thorough misunderstanding of the concept, which persists to a frustrating degree. Aside from the essentially circular political arguments — centrist Democrats insisting that the public option must be dropped to get the votes of centrist Democrats — the argument against the public option boils down to the fact that it's bad because it is, horrors, a government program. And sooner or later Democrats have to take a stand against Reaganism — against the presumption that if the government does it, it's bad.
• It's come to this August wasn't a setback for us at all, says Gibbs (Hot Air) In which Beltway Bob channels Baghdad Bob. Despite a month of near-daily "Obama's approval rating at new low" headlines and deteriorating numbers for ObamaCare itself, the spin oozes unceasingly forth, with Gibbs mindlessly asserting that the left is closer than ever to fulfilling its dream of the boondoggle to end all boondoggles. Er, closer than they were last month? Wasn't the whole point of trying to ram a bill through Congress before the recess to avoid precisely the sort of inevitable grassroots backlash that stirred in August? I realize it's Gibbs's job to lie for his boss, but providing comic fodder for righty blogs with transparent garbage like this can't be helping much. At another point during the briefing, Tapper asked him what the big deal is about tomorrow night's speech given that Obama's been recycling the same rote talking points for months. Gibbs's answer: Well, it's a big forum. The correct answer, via Jay Cost: They're out of moves. It's Hail Mary time.
• Kingston Claims Health System Worked "Very Well" For Bankrupt Cancer Survivor Without Insurance (Think Progress) At a recent town hall held by Rep. Jack Kingston (R-GA), an elderly gentleman named Jim Parker stood up and told the congressman that he was recently treated for colon cancer. "I did not have insurance," he said, because "things didn't quite work out" after he started his own business. Parker informed Kingston that "a friend of mine was in the same position, and we buried him last January." Kingston responded by telling the man that "you did do very well" because he was able to get treated when he arrived at the hospital. Parker responded, "I am functionally bankrupt!" Kingston cut him off and reiterated his point. Kingston has been telling the media that the August town halls have helped to defeat Obama's health care plan. And he recently told Politico that the GOP is "going to keep the nightmare going through the fall." A nightmare all too real for people like Jim Parker.
Gay Marriage Rage (Maggie Gallagher - Townhall.com) I was in Maine on the day that marriage qualified for the ballot this November. I went to Maine as president and founder of the National Organization for Marriage, which helped local groups organize the signature drive in Maine, as we did in California for Proposition 8. Most of the people in Maine were enthusiastic, but one clergyman asked me, "Shouldn't we live with our neighbors in peace?" His question haunts me for its debased presumptions: Is using democracy to fight for shared values somehow an act of war against our neighbors? "Agree with me or you're a hater" is not the authentic voice of peace and tolerance. But the question underscored an increasingly obvious truth: Gay marriage advocates now rage against Americans who disagree with them, no matter how civilly we conduct the debate. They believe only one side has the moral right to be heard.
• Perry making use of stimulus boost (Houston Chronicle) Gov. Rick Perry rallied opposition to federal stimulus spending, but he now is the manager of one of the biggest pots of federal gold in Texas: crime grants to local law enforcement agencies. And those grants have become an integral part of Perry's political machine. Perry in the past has decided what law enforcement agencies receive about \$23 million a year in Edward Byrne Memorial Justice Assistance grants. Now, because of the American Recovery and Reinvestment Act, Perry will have an additional \$90 million to hand out. While Perry's office is the conduit for the federal money, the governor chooses which agencies receive the money and how it is spent. The political payoff has been great. About \$6 million in Byrne grants helped Perry win the endorsement of border sheriffs in 2006. Every time Perry doles out the federal Byrne grants, he sounds like the money is his.
Suppose this was the front page of a political opinion aggregator. How would you feel about the viewpoints represented in it?
O Very dissatisfied
○ Somewhat dissatisfied
Neither satisfied nor dissatisfied

capped and the first page of a pointed opinion aggregator from treata year accurate the front representative	
O Very dissatisfied	
Somewhat dissatisfied	
Neither satisfied nor dissatisfied	
Somewhat satisfied	
O Very satisfied	
Very Sausileu	
Please say a bit about why you responded the way you did:	

Collection Questions

ASSIGNED TO EITHER:

Satisfaction 40 subjects

"Suppose this was the front page of a political opinion aggregator. How would you feel about the viewpoints represented in it?" *5 point Likert-like scale*, Very Dissatisfied *to* Very Satisfied

Bias (manipulation check)

38 subjects

"What, if any, is the political bias of this collection?" *5 point Likert-like scale*, Very Liberal *to* Very Conservative

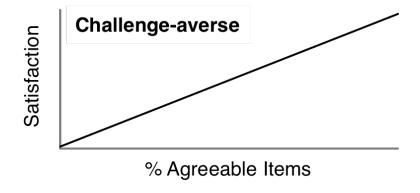
EVERYONE:

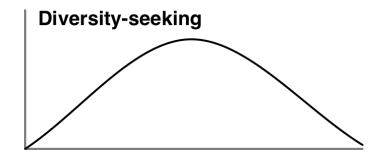
Why they gave the rating they did (open-ended)

Random demographics check

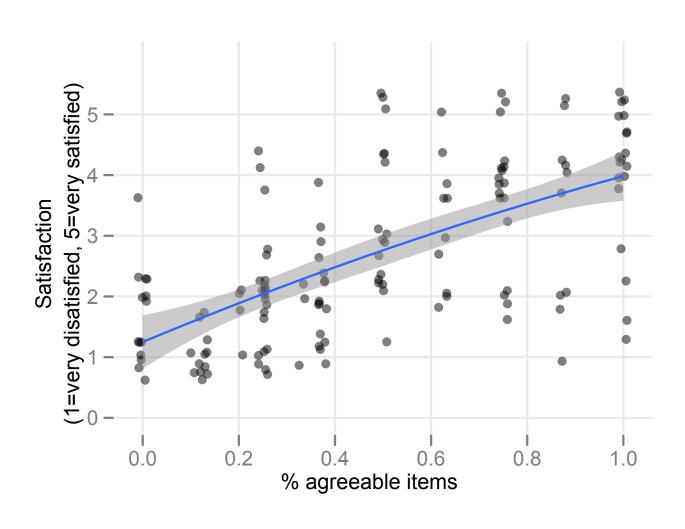
Results

Results: Diversity preferences





Diversity preferences



Coded as diversity-seeking if...

WANTED MORE CHALLENGE

"The articles in this list showed some of both sides on some issues, but on other issues like health care was rather one sided. If that and a few other articles had been given two sides I would be completely satisfied. I like to read both sides even though I am mostly conservative."

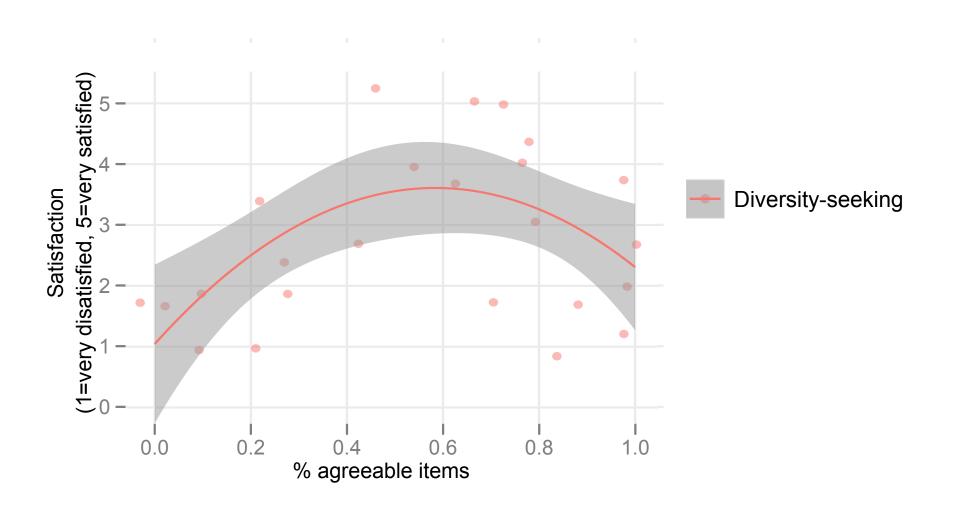
WOULDN'T WANT LESS CHALLENGE

"There is an even distribution of right and left wing articles. I think it is best to cover both sides of the issue."

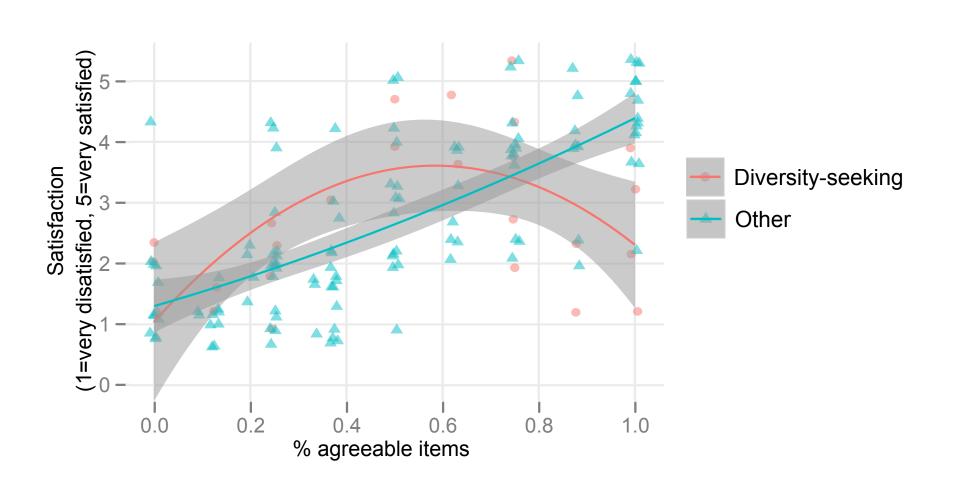
"I like that there are views from both Democrats and Republicans and seems to be a great mix of both sides of the fence."

Cohen's kappa: 0.89

Diversity preferences



Diversity preferences



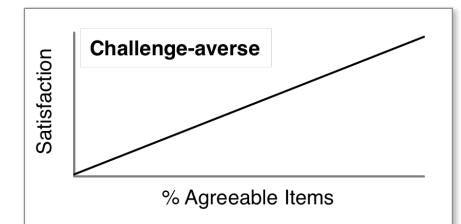
Model for satisfaction

	ß	Std Err	p-value
Intercept	1.30	0.23	< 0.001
% Agreement	2.28	0.76	< 0.010
(% Agreement) ²	0.80	0.66	ns
Diversity seeking	-0.25	0.63	ns
% Agreement * Diversity seeking	6.49	3.16	< 0.050
(% Agreement) ² * Diversity seeking	-8.32	3.11	< 0.050

OLS model for reader satisfaction (1-5).

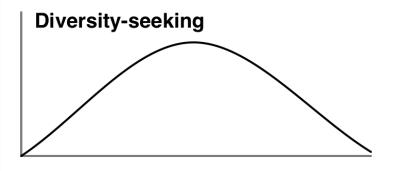
n=145 from 40 subjects, clustered standard errors, F(5,39) = 29.63 (p < 0.001); adjusted R² 0.4776.

Evidence for challenge aversion & diversity seeking



30 SUBJECTS

Can we nudge these subjects to be satisfied with a more diverse set of items?



10 SUBJECTS

Results: Presentation

Story abstract would go here. And so on. It would say stuff. And have opinion.

Article title

Story abstract would go here. And so on. It would say stuff. And have opinion.

Story abstract would go here. And so on. It would say stuff. And have opinion.

Story abstract would go here. And so on. It would say stuff. And have opinion

Baseline * Highlight * Highlight + Order

Story abstract would go here. And so on. It would say stuff. And have opinion

Story abstract would go here. And so on. It would say stuff. And have opinion.

Story abstract would go here. And so on. It would say stuff. And have opinion

Article title

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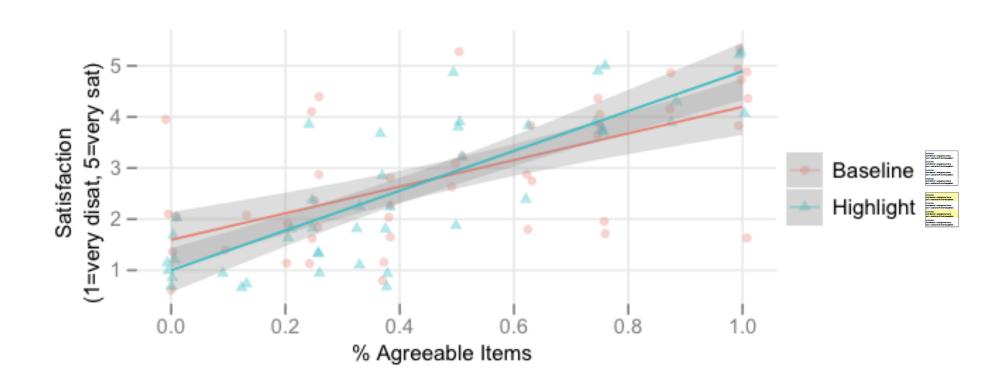
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Article title

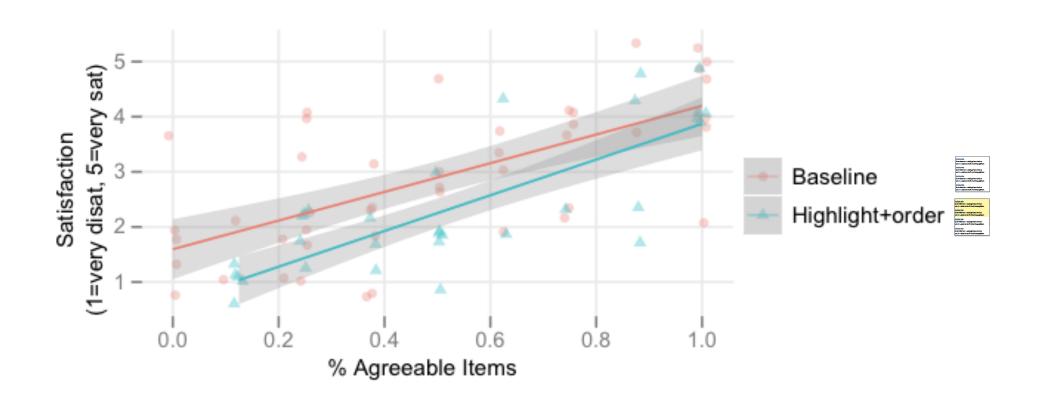
Story abstract would go here. And so on. It would say stuff. And have opinion

Highlighting: Stronger reactions



OLS model for a challenge-averse reader's satisfaction (1-5). n = 121 from 30 subjects, clustered standard errors, F(5,29) = 67.42, p < 0.001, adjusted $R^2 = 0.564$.

Highlighting + Agreeable First: Decreased satisfaction?



OLS model for a challenge-averse reader's satisfaction (1-5). n = 121 from 30 subjects, clustered standard errors, F(5,29) = 67.42, p < 0.001, adjusted $R^2 = 0.564$.

Study 1: Conclusions & Future Work

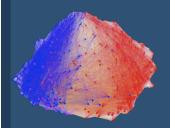
Changing the conversation

DIFFERING INDIVIDUAL PREFERENCES for opinion diversity. Challenge aversion is not an inherent human characteristic, but neither is diversity seeking.

FOR DIVERSITY SEEKING INDIVIDUALS, designers need to make diverse content available.

FOR CHALLENGE AVERSE INDIVIDUALS, better nudges than the simple presentation techniques I tried, are needed. This is ongoing work.

Preferences & Nudges in Sociotechnical Systems



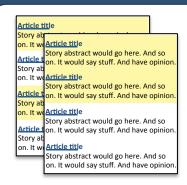
Exposure to diverse political views



Improving health & wellness



Selecting diverse content ICWSM 2009



Presenting diverse content



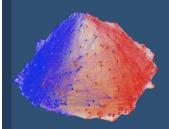
Preferences for content diversity



Spaces where diverse exposure already occurs

ICWSM 2011

Preferences & Nudges in Sociotechnical Systems



Exposure to diverse political views



Improving health & wellness



Selecting diverse content ICWSM 2009



Presenting diverse content



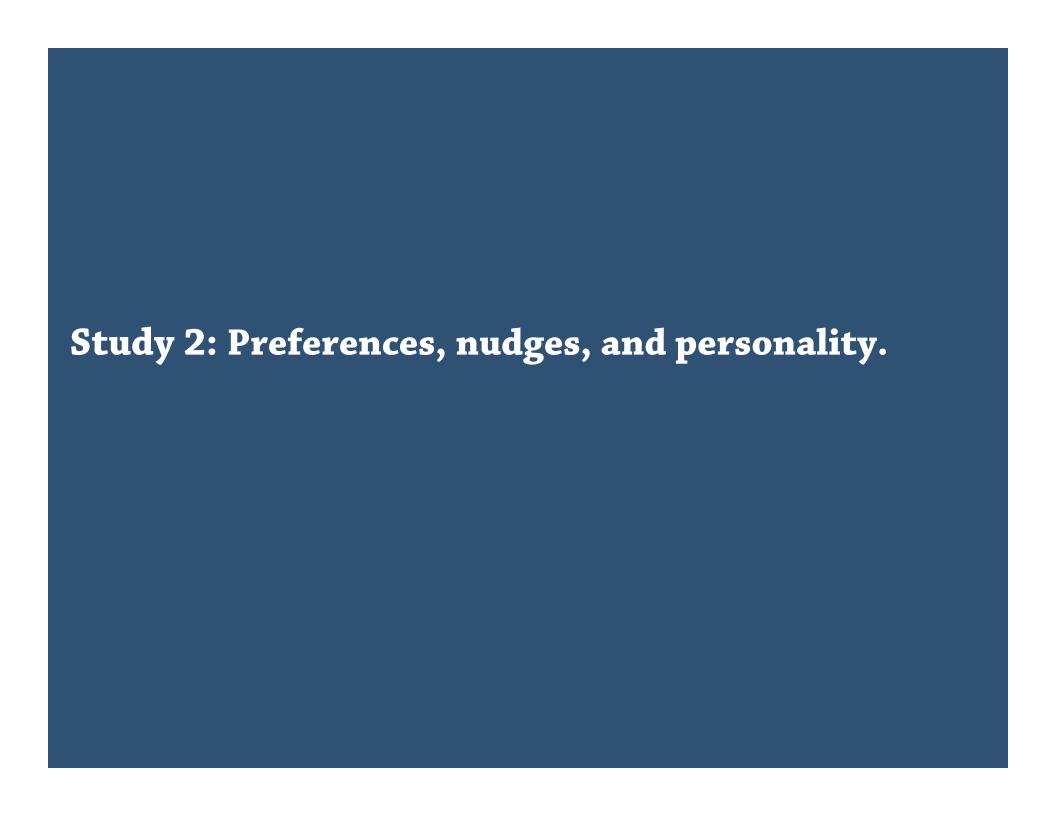
Preferences for content diversity

Ongoing



Spaces where diverse exposure already occurs

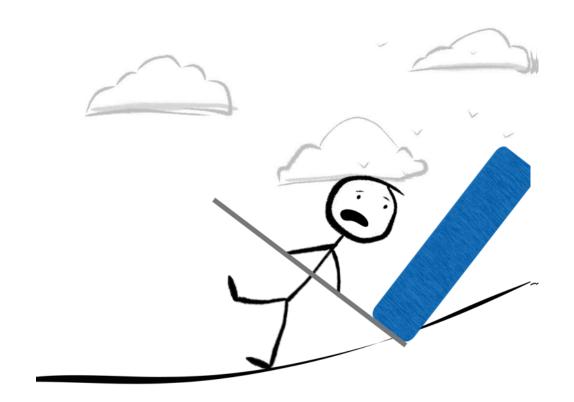
ICWSM 2011



Study 2 Aims

Presentation. Field evaluation of one technique to nudge more diverse political news-reading.

Balancer





Balancer: **Study design**

FIELD DEPLOYMENT, Autumn 2012.

FEEDBACK.

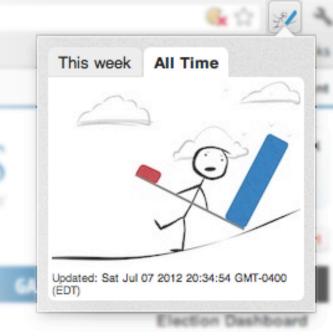
Classified based on domain (& sometimes path).

Two Conditions.

Immediate feedback. Delayed feedback (28 days).

DATA.

Before & after browsing history.



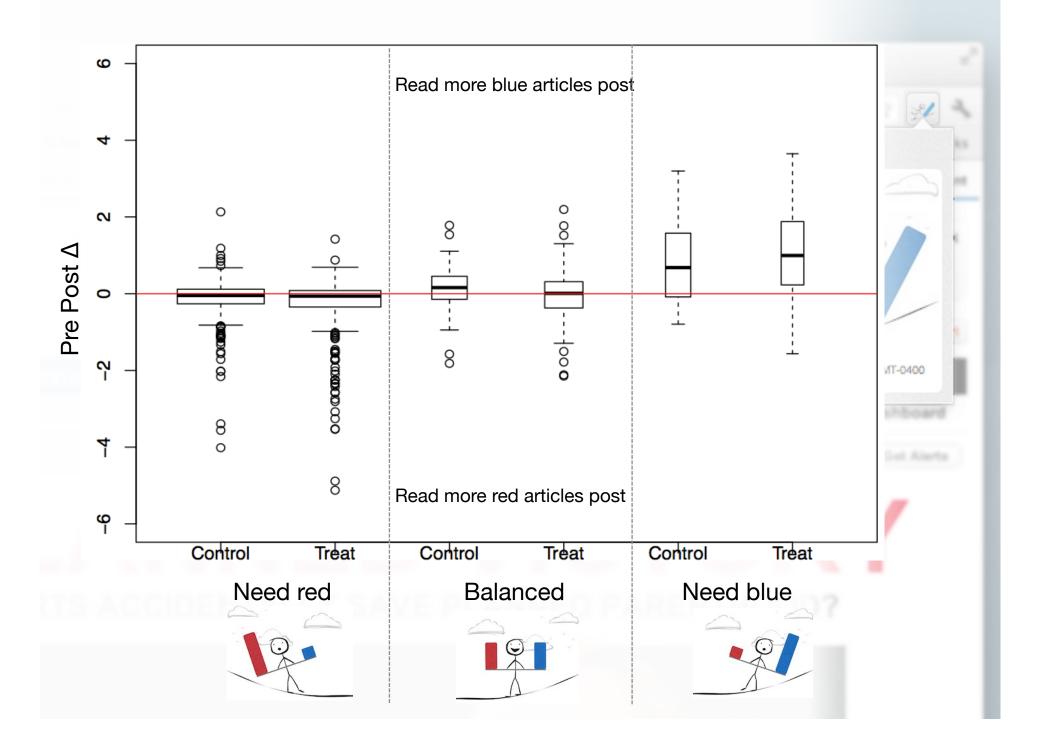


Balancer: **Preliminary Results**

SMALL CHANGES IN BEHAVIOR.





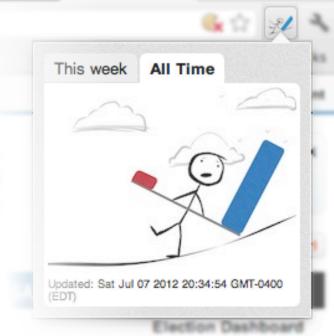


Balancer: **Preliminary Results**

SMALL CHANGES IN BEHAVIOR.

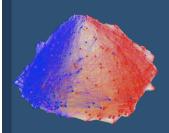
Median "needs red" user (~187 news pageviews every four weeks) made:

- ~4 new monthly visits to a far right site (e.g., *The National Review* or *Fox News*),
 or
- 20 new monthly visits to a neutral site (e.g., *ABC News*).





Preferences & Nudges in Sociotechnical Systems



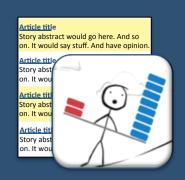
Exposure to diverse political views



Improving health & wellness



Selecting diverse content



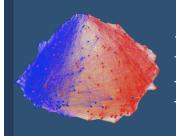
Presenting diverse content



Preferences for content diversity



Spaces where diverse exposure already occurs



Exposure to diverse political views



Improving health & wellness

How can software best support health and wellness?

Using health and wellness applications as experiment sites, what can I learn about theories of influence?

aiverse content

aiverse content

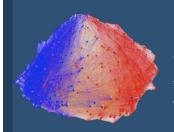
content diversity exposure aiready occurs



Better nudges needed: selection & presentation techniques.



What the effects on civic engagement of increased exposure to diverse points of view?



Exposure to diverse political views



Improving health & wellness

How can software best support health and wellness?











How can software best support health and wellness?

Using health and wellness applications as experiment sites, what can I learn about theories of influence?











Exploratory work: When and how can sharing be a nudge in health & wellness applications?



Online Health Communities & Facebook

14-person interview study online recruitment from a variety of online health communities

Some people use a combination of **Facebook** and **Online Health communities** to help meet health needs, with each space furthering different goals.

Newman MW, Lauterbach D, Munson SA, Resnick P, Morris ME. (2011). "It's not that I don't have problems, I'm just not putting them on Facebook": Challenges and Opportunities in Using Online Social Networks for Health, *CSCW 2011*.



3GT

Positive psychology exercise around recording everyday good things. (Seligman et al 2005)

Increase adherence & efficacy by sharing publicly & receiving feedback?

Field deployment, open enrollment.

Analysis of use logs and interviews with users.

facebook 🚨 📮 💲 Search	your friends using 3gt	Recent Good Things from You
Good Things Good thing: Why did this happen: (Always private)		April 18 1. another round of happy class nostalgia was malcolm invited me, I moved my mee 2. 4.5hr of #si182 office hours makes me was the course has come. Nice job @presnic Eytan invited me; I had invited him when the course has come.
Privacy & publicity: Post to your Facebook newsfeed & visible to friends \$	3gt from all friends : invite friend	April 16

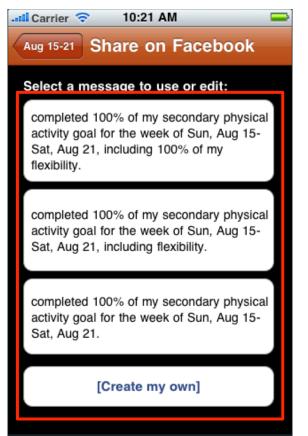
threegthings.net

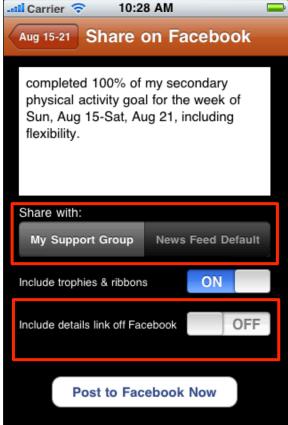
Munson SA, Lauterbach D, Newman MW, Resnick P. (2010). "Happier Together: Integrating a Wellness Application Into a Social Network Site," *Persuasive* 2010.

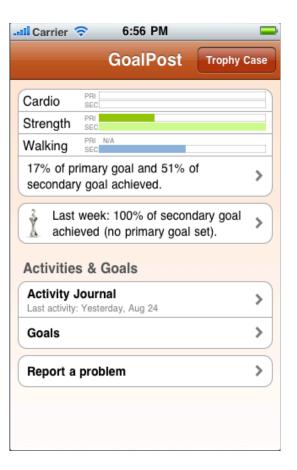


GoalPost

iOS application to track physical activity, set goals, and monitor progress, with ability to share on Facebook.



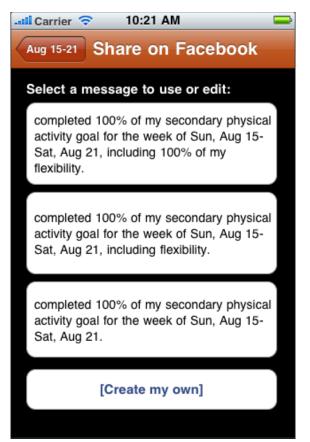


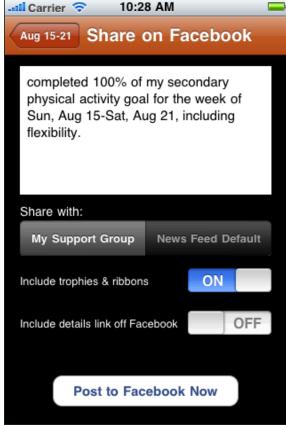


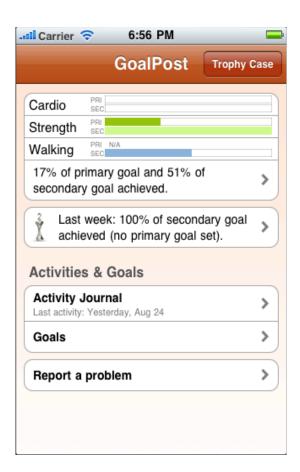


GoalPost

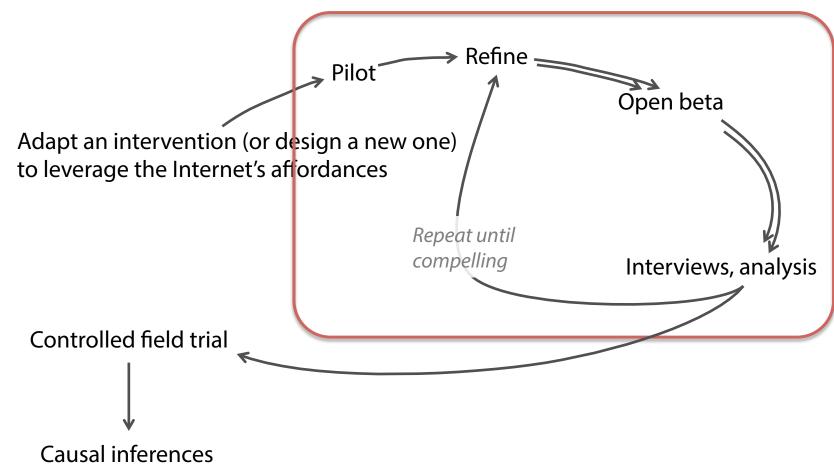
4-week field deployment, 23 professionally recruited participants 12 with sharing features, 11 without











SHARING AS A NUDGE

Receive:

- emotional support
- accountability & motivation
- advice
- impression management

But face challenges with:

- building, shaping, and selectively accessing one's network
- risk of violating norms
- managing impression while meeting health needs

LIMITED SHARING...

for fear of violating norms, revealing weaknesses, or appearing boring or boastful. "Mostly when I make things private, it's more because I think they'd be boring or insignificant to my friends, not because they're actually things I wouldn't want my friends to know about. I just don't want to clog up their Facebook with it.... A lot of the people I'm friends with wince about having games and other non-status update things all over their pages. And so I don't want to get winced about."

- 3GT participant

LIMITED SHARING...

for fear of violating norms, revealing weaknesses, or appearing boring or boastful.

"It's just kind of embarrassing to me... I jogged for 20 minutes today, let me tell 200 people, many of which I haven't talked to in years ... Who cares?... I don't want to share with someone that I, you know, they comment on it, oh yeah I ran a marathon, good to go 20 minute runner guy."

- GoalPost participant

LIMITED SHARING...

for fear of violating norms, revealing weaknesses, or appearing boring or boastful.

"There are some people I wouldn't care about if they saw [posts I might make about my health on Facebook] but I got people, you know, from my high school and that I am friends with that I haven't talked to in 25 years. And I have no desire for them to know about my weight issues or weight status." GOALPOST USER: I'm really depressed. If Facebook can't save me, I don't know what will help me lose weight.

RESEARCHER: Did you think Facebook was going to help?

GOALPOST USER: I thought it was going to save me, yeah.

RESEARCHER: Did it?

GOALPOST USER: No. And I'm so discouraged.

COMMUNICATING AN IDENTITY

Facebook is "like a standup comedy routine... I have had people send me a private message of 'wow, your life is so great! You know you do this, this, and this and all these fun things happen' And I tend to think 'you know, you're only seeing what I want you to see.' ... It's not that I don't have problems, I'm just not putting them on Facebook."

- OHC Participant

COMMUNICATING AN IDENTITY

"On Facebook, I am not afraid to post anything about my running... I kind of like to 'out' my running ability now... I really like to talk about my running on Facebook, because I'm so darn proud of it...

"They're just so surprised I'm running and they'll say like 'fantastic' and 'when are you going to run?' And so yeah, I'm getting the feedback I want. I'm finally getting... some positive feelings from those people that I couldn't get back in high school."

of the 55 active 3GT participants... **24** invited friends **25** looked at friend profiles

of 4188 3GT pageviews... 660 were of a friends' Good Things

1 of 12 GoalPost users found a new exercise partner & started going to the gym more.

"I got a TON of comments.... Lots of people said they liked that, and they responded to that and congratulated me... so yeah, people do definitely comment on them when they are created from Facebook and publicized [in newsfeeds]."

- 3GT participant

"It would have been cool to have somebody reacting to, like you said, the sort of social interaction over the content of the posts that I've done... To have some of these things – "oh, I see you posted something", or just some reaction. Because sometimes it feels like you're out there, putting stuff out in the world and you're not getting any feedback, you know?"

- 3GT Participant

"I actually did get something out of it...
Because it is possible to have the whole
world see it. Yeah. Yeah. The phone is
like... my personal being. You're not going
to see it, but that's [Facebook] definitely
out there. If it's on the net it's on the net."

GoalPost participant







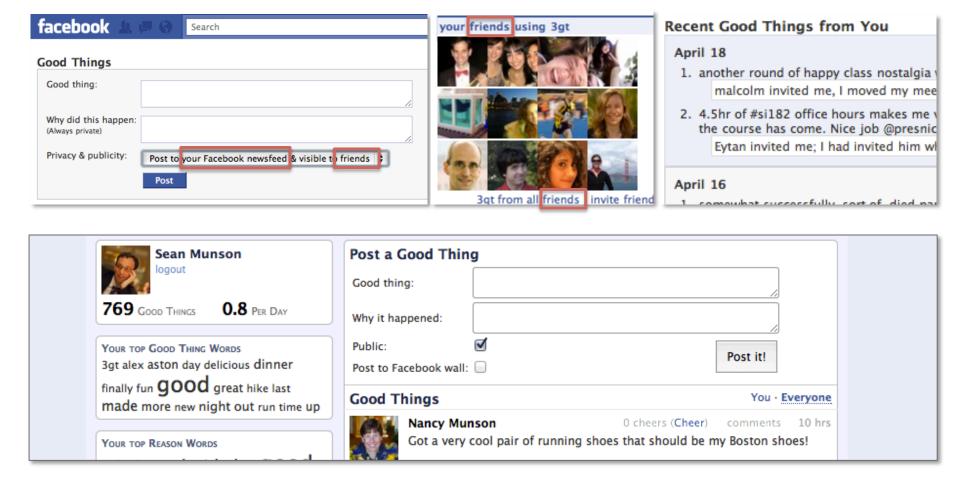
appropriate "selfcasting"

>> privacy



3GT

Social variation of positive psychology exercise around recording everyday good things.













Current work: Moving beyond the share button.

- Improved sharing & efficacy evaluation
- Goals & Commitments
 - Primary and secondary goals
 - Social commitments

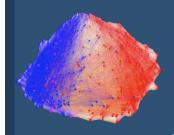












Exposure to diverse political views



Improving health & wellness











How can theory and knowledge of individual preferences lead to the design of digital choice environments that better nudge?

- Goals & commitments
 - Multiple goals
 - Social commitments
- Choice sets & defaults
- Effective sharing
- Individual differences

thanks!

Sean A. Munson

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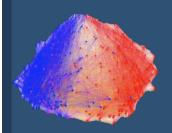
Collaborators

Paul Resnick Xiaodan Daniel Zhou Mark W. Newman Margaret E. Morris Debra Lauterbach Caroline Richardson Sunny Consolvo **Emily Rosengren** Erica Willar Jeremy Canfield Brian Ford Peter Andrews Stephanie Lee

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slides & references at smunson.com/talks/genst297w13



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How can **theory** and **knowledge of individual preferences** lead to the design of digital choice environments that better nudge?

- Goals & commitments
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