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PhD student
Digital Media doctoral program (UT Austin | Portugal doctoral program)

Background

My academic background is in Computer Engineering (BSc, MSc) and Usability and Human-Computer Interaction (PG). After graduating, I worked at an Interaction Design and Usability company until I decided to go back fully to academia. I am now a 5th-year Digital Media PhD student (I have one more year left) at the UT Austin | Portugal doctoral program, where I am investigating ways to improve the engagement with mood tracking applications. During my PhD I have also co-organized a digital arts festival ([PLUNC](#)), [monthly student meetups](#), and I will be coordinating a new research group at my university very soon – HIT (Human Interface Technologies research group). I have also been a student volunteer at NordiCHI18 and will be an SV at CHI19 as well.

Current Research

Dynamic fluctuations of emotional states are the main characteristic of many mental health disorders. Because of this, clinicians often ask their patients to monitor their emotional responding during psychiatric and psychological treatments through a technique called mood tracking. Traditionally paper-based, mood tracking can now benefit from the continuous technological advancements. Notifications that remind patients to track consistently and at the right moment, pertinent data acquisition (e.g., heart rate variability, location), and improved user interfaces that make the self-report of emotions more engaging, easy and accurate, can considerably improve the collected data quality and subsequent outcomes. The amount of mood tracking consumer apps and interventions has been rising in the past years, but the majority presents low rates of adherence, which in turn can affect the effectiveness of the intervention. The focus of my research is to find ways to improve digital mood tracking, focusing on the design of the self-report interface, and on exploring how creative expression techniques, such as painting and photography, can contribute to improving adherence to mood tracking.

Published Work

- Carla Nave, Nuno Correia, and Teresa Romão. 2016. **Exploring Emotions through Painting, Photography and Expressive Writing: an Early Experimental User Study**. In Proceedings of the 13th International Conference on Advances in Computer Entertainment Technology (ACE '16). ACM, New York, NY, USA, Article 19, 8 pages. DOI: <https://doi.org/10.1145/3001773.3001790>
- **(Best Student Paper Award)** Carla Nave. 2017. **Designing self-monitoring technologies for emotional self-awareness and wellbeing**. In Proceedings of the 31st International BCS Human Computer Interaction Conference (HCI 2017) University of Sunderland, St Peter's campus, Sunderland, UK, 3 - 6 July 2017. 1–6. DOI: <http://dx.doi.org/10.14236/ewic/HCI2017.104>
- Carla Nave, Teresa Romão, and Nuno Correia. 2018. **Self-Tracking Emotional States through Social Media Mobile Photography**. In Proceedings of the 32nd International BCS Human Computer Interaction Conference (HCI 2018) Belfast, UK, 4 - 6 July 2018. 1–6. <http://dx.doi.org/10.14236/ewic/HCI2018.146>
- Carla Nave, Teresa Romão, Nuno Correia. **Art-Based User Research: Combining Art-Based Research and User Research to Inform the Design of a Technology to Improve Emotional Wellbeing**. ArtsIT 2018/DLI 2018, LNICST 265, pp. 80–90, 2019. https://doi.org/10.1007/978-3-030-06134-0_9