

## *Winner of the SIGCHI Finland thesis competition 2017*

Receiver: Marcus Grunewald, University of Tampere, School of Information Sciences,  
Degree programme in Computer Sciences

Title: Effect of auditory notification on sedentary behaviour in office workers

According to the author, the purpose of this study was to develop a device that could emit notification in order to avoid long sitting bouts. The idea for this new device was based on a previously developed cushion that could be placed on a chair to detect sitting time. The thesis reports a constructive work where the student has designed, built, and evaluated a smart sitting pad, which makes auditory interventions to prevent prolonged sitting periods. The work is based on solid literature review on the topic. The thesis provides a solid step-by-step report of the development process. Interesting topic, which fits well with the HCI interests, wellbeing technologies are on the increase currently. Grunewald's smart sitting pad for activating an office worker hits the nail on the head. We surely recommend to continue within this field. The research is an example of good design science research, including the well-justified choices of design solutions when constructing the device, and its preliminary evaluation. Fluently written, easy to follow and exceptionally assertive pro gradu shows the mature research skills of the author.

The assessments of the submitted theses and the selection of the winners were done by a panel of experts, including both researchers and practitioners in the HCI field. The competition was organised by SIGCHI Finland, sponsored by Qvantel, and coordinated by Tonja Molin-Juustila. The members of the panel were:

- Piia Alavesä (National Oilwell Varco, Norway)
- Sacha Helfenstein (Qvantel)
- Timo Jokela (Joticon Oy)
- Ilari Jounila (OP)
- Tuuli Keskinen (University of Tampere)
- Minna Pakanen (University of Oulu)
- Tiina Ritari (Epec Oy)