

# Relevance and Effectiveness of LLM-Generated Interventions for Everyday Field Stressors (RELIEF) Study



Applications User Manual

**RELIEF (*Relevance and Effectiveness of LLM-Generated Interventions for Everyday Field Stressors*)** Study integrates physiology-triggered prompts with ChatGPT-powered targeted stress interventions. Below are detailed instructions:

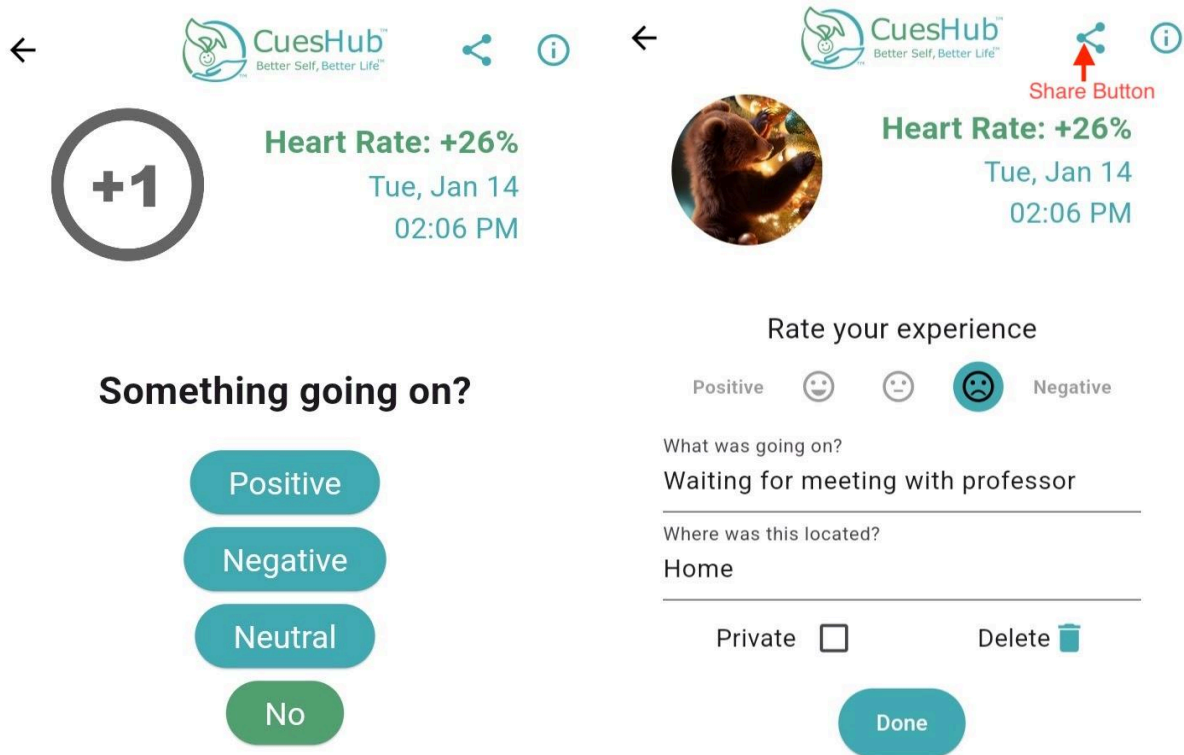
### **Compatible Devices and CuesHub App Installation**

Participants will need one of the following device pairs to test the *biometric AI-triggered prompts*:

- **iPhone with Apple Watch (Series 7 or higher), or**
- **Android smartphone with Samsung Galaxy Watch (Version 4 or higher)**

OR, those without a compatible smartwatch can use the *random prompt* version.

1. Please download the **CuesHub app** from the App Store (iOS) or the Play Store (Android).
2. Visit this [CuesHub](#) link for detailed app installation information.



Screenshot of Record your valence and Record your stressor location

## Logging Events and Sharing Stressors

1. You will receive prompts on your smartphone and smartwatch (if applicable) throughout the day.
2. When using the CuesHub app, you'll receive prompts to rate events based on your experiences. Here's how to approach rating an event:
  - **Positive:** Select this rating if the event made you feel good or had a beneficial impact.
  - **Neutral:** Choose this when the event didn't significantly affect your mood or well-being.
  - **Negative:** This is the appropriate rating if the event caused discomfort or had a detrimental effect.
  - **No:** If the event was not applicable or you prefer not to provide a rating, select this option.
3. If you rate events other than **No**, you will be asked to record your stressor and location.

4. **Please avoid including any identifiable or sensitive personal information when recording stressors and locations.** For locations, use general terms like “home,” “school”, “work,” or “gym” instead of precise addresses. Additionally, refrain from using personal names in stressor descriptions; instead, use generic terms like “son” or “friend” to maintain privacy.
5. For events where you want to receive an intervention, click the **second icon** at the top right (shown in the red arrow in the picture above) of the app screen and share the event details to the study email: [reliefmdot@gmail.com](mailto:reliefmdot@gmail.com).

**Note:**

- **For each stressor you record in the CuesHub app, you will receive one credit point within the app. That will count toward study completion metrics.**
- **When sharing your stressors through the Cueshub app, we recommend using Gmail for the best experience.**
- **If you use an email provider other than Gmail, the app may prompt you to reduce the message size by scaling the image. In such cases, please select the ‘Actual Size’ option to ensure the proper submission of your stressor details.**

## **Receiving Interventions and Providing Feedback**

1. You will receive interventions via email within a few hours of sharing your stressor events.
2. Each intervention email will include a **Qualtrics link** to rate the intervention you received.
3. Please review the interventions carefully and complete the feedback survey using the provided link.

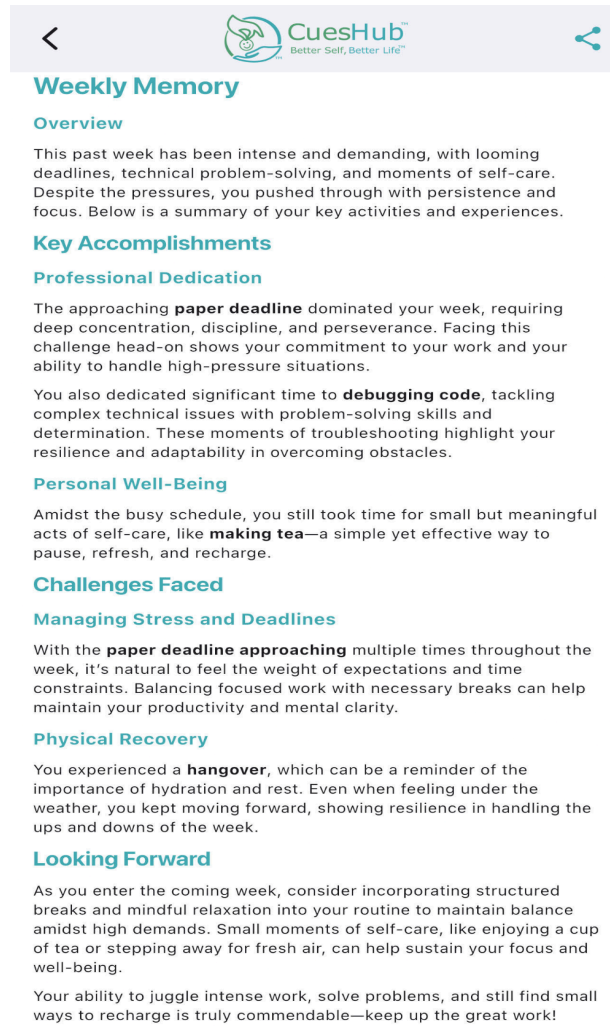
**Note:**

**\*Please add reliefmdot@gmail.com to your “safe sender” list via the email account you are using for the RELIEF study. This will help to ensure that all study emails will reach your inbox (and are not marked as “junk”, “promotions”, or “spam”) for you to see. Gmail users may need to check their “Promotions” folder to ensure all study emails are routed to your inbox.\***

## **Weekly Surveys**

1. Every Sunday morning, you will receive a weekly survey.
2. Please complete the survey.
3. After completing the survey, you will receive an email with **visuals of your weekly data** within a few hours.

**You will earn \$1 for each weekly survey you complete.**



Screenshot of weekly memory

## Weekly Memory Sharing

It will provide us with a comprehensive view of all your events in the week and assess what proportion of these events you chose to receive an intervention for.

**You will earn \$1 for each weekly memory you share.**

## Exit Interview

Close to the end of the study, we will reach out to you for an additional one-on-one feedback session. This opportunity will allow you to share any feedback you had about your participation and allow us to ask you any clarifying questions.

## **Study Completion Requirements**

We ask you to participate for at least 100 days. After 100 days, we ask that you have completed the following:

- At least 100 credits earned in the app from logging events.
- Complete at least 10 weekly surveys.
- Share at least 10 weekly memories.