Your Task

In the following week, please:

- use Moody to find as many pieces of music as possible (but at least 20 pieces) you deemed suitable for listening while ***studying*** or ***working*** and <u>add them to your playlist</u>.

- use Moody for as many sessions as possible (at least 1 session each day).

- don't forget to complete the survey before and after each session.

- remember to wear the Fitbit wristband every day, especially when you are conducting a session.

Popup Surveys

Surveys on Emotion

- **Valence:** The level of pleasure (how positive or negative your current emotion is)
- **Arousal:** The level of energy (how calming or exciting you currently are)

Music Rating

- ▷ **:** Play the track to remind yourself your feeling about this piece of music.
- ♡♡ **:** like / unlike
- ★★★★★ **:** Tap the nth star to rate the music piece as n stars (1 star = dislike very much, 5 stars = like very much)

Overview of App Features

Music Filtering

- **Energy:** How energetic a music piece is

- **Happiness:** How positive a music piece is

- **Instrumental:** Music without lyric

- **Vocal:** Music with lyric

- **Genre:** You can select multiple genres and let moody filter the music for you

Playlist

- ▶ **PLAY ALL** : Loop the whole playlist

- ▷ **:** Loop a single piece in your playlist

- ılıl **:** Navigate to the music player

- Please ***only*** use this playlist to collect the pieces you deemed suitable for listening while ***studying*** or ***working***

Tomato Timer

- Moody will prepare a 25-minutes timer for you the moment you start a session.

- Might as well take a break from your task and complete the post-survey when the timer rings.

Moody App

With Moody app, you can search music by multiple criteria **(Explore)**, listen to your favourite pieces (♡), and study with a tomato timer invoked (🍅).
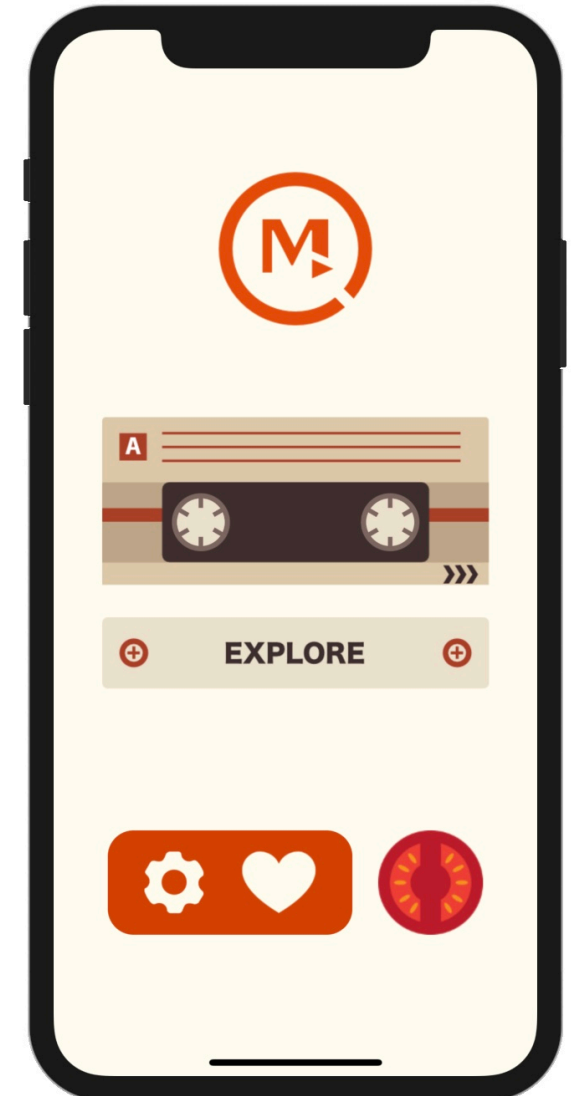
Tips & Tricks

Playlist Management

You can like a music by tapping:

- the ♡ button on the player panel
- the ♡ button on the music rating widget

which means:

- you can feel free to immerse yourself with music and learning task during the course of each session
- and start music collection at the end of each session via the music rating widget

You can unlike a music by tapping:

- the ♥ button on the player panel
- the ♥ button on the music rating widget
- Currently, this beta version of Moody does not support swipe to delete an item from playlist
- You can tap the play button to navigate to the music player and unlike the music via the like/unlike button (♥ ♡) on the player panel.

Fitbit Wristband

- Please wear the wristband in your daily life, including sleep (note that the Fitbit app got some interesting visualisation of sleep pattern).

- Please note that the wristband should be in contact with your skin (not too loose).

- Please do not delete the Fitbit App, otherwise the data cannot be sync to your Fitbit account.

- The wristband takes 1-2 hours to charge and can last for 4 days. Our recommendation is to charge the device everyday at your convenience.

Kind Reminders

- Please refer to your Moody login info paper clip (or your email) in case you accidentally logout your Moody account.

- Please feel free to contact Ms. Fanjie Li (fanjie@hku.hk; phone: 5441-3694) for your login info in case you misplace or forget your login and for any other enquiries.

- Please complete the post-survey before pressing home button and leaving Moody.