



Do Not Disturb Challenge

Method

Notifications are increasingly used to draw attention to new online content– but what effect do this have on us?

Do Not Disturb Challenge

Deprivation-Study Approach: notifications disabled for 24 hours on all devices

Pilot Study

12 participants (6 female, 6 male) aged 22-36
Pre-Study questionnaire
Post-Hoc Interviews

I am afraid to be considered 'rude' if I do not reply timely

nobody noticed that I was less responsive

I thought of saying 'no' to take part because I thought it would be horrible and I was worrying to miss calls from work

I had a lunch out [and] told the person that I might not receive texts or calls.

Later, I stopped checking, felt more productive

Usually, I feel stressed, but in fact, today, I feel less stressed

I would not like to turn all notifications off, but I am more conscious, and I would like to have control over my notifications

Being without WhatsApp notifications was relieving. In particular, not having group notifications - the silly stuff

I want to have more time for myself, not for whenever people want my attention

A Day Without Notifications

Lessons

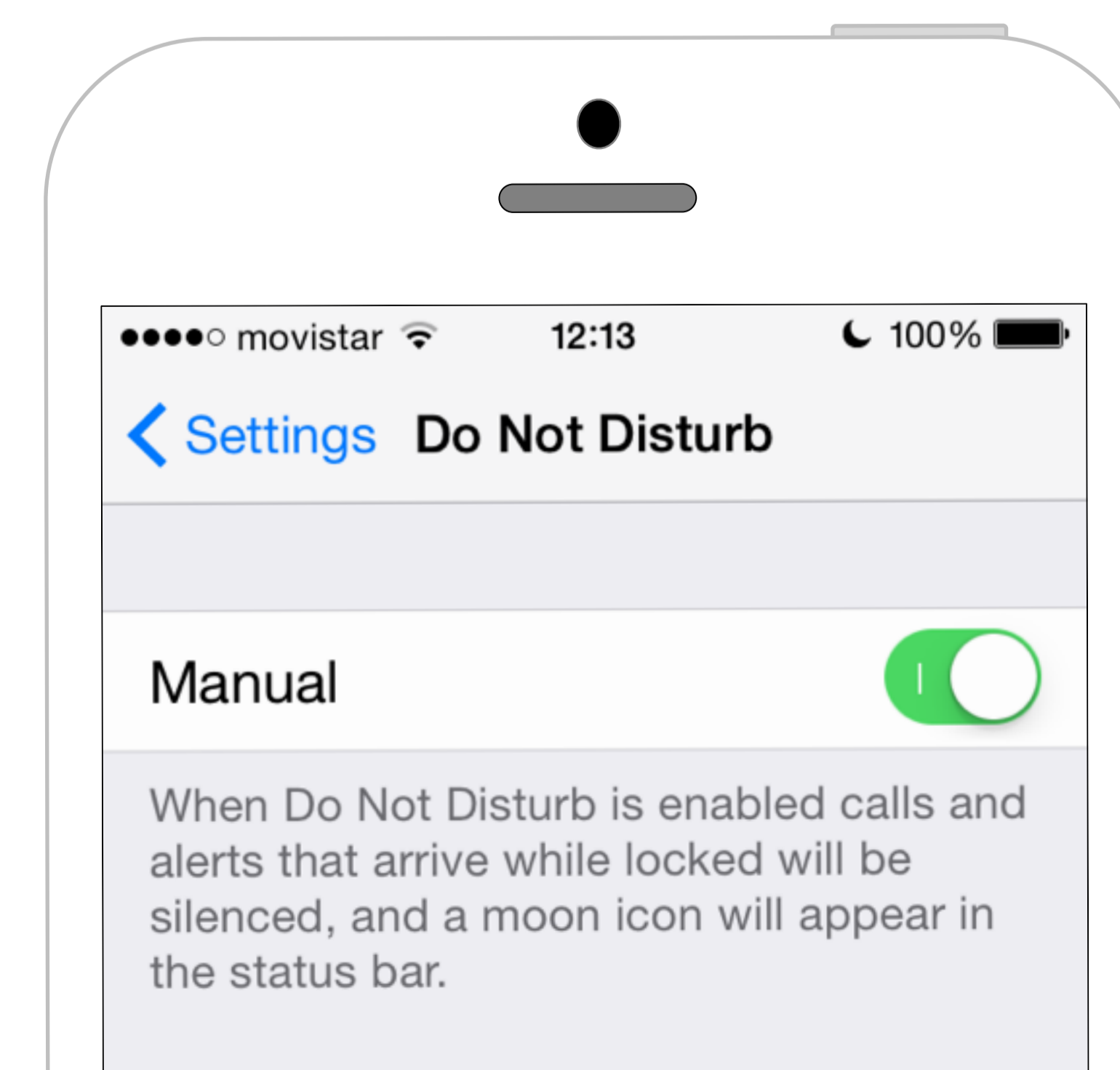
Very **strong** and **polarized** opinions

Notifications: **Can't live with them, can't live without them**

No notifications can have **positive effects** on **stress, distraction**, ability to **concentrate**
.. but can also create stress due to **anxiety** of missing important information

The norm is to be **online all the time** - not always being online equates to being an 'outlier'
Notifications are essential to meet these **expectations**.

The *Do Not Disturb* Challenge created **awareness**: not all notifications are the same
Some participants **disabled notifications** in WhatsApp groups, Outlook, and Skype.



I am an outlier: people do not expect me to respond timely

I gave my phone number as contact for an online order. Thus, I was anxious to miss a call or a text.

I got aware how much [group notifications] are stressing me

A friend of mine got angry, saying that 'we had a conversation and you forgot about it'.

I missed a WhatsApp group discussion, where my group decided to meet to sign a birthday postcard

Because of the reaction of my friend, I was the whole afternoon with phone in hand

I do not see the point of a phone without notifications