



Are you interested in taking part in the research project “Design of Technology for WorkLife Balance”?

Purpose of the project

You are invited to participate in a research project where the main purpose is to investigate, through a combination of conceptual and empirical research, how people can use digital technologies to negotiate worklife boundaries, so to achieve some balance between work and life matters. In so doing, it aims at advancing knowledge in the design of technology for work-life balance.

This project will be guided by three research questions.

- How, if in any ways, are higher education professionals currently using digital technologies to negotiate work-life boundaries?
- To what extent are those technology succeeding in supporting them in accomplishing work-life balance?
- What design opportunities are there for new technologies or technological improvements to support with work-life boundary negotiation for better work-life balance?

This is a doctoral thesis research towards the attainment of Doctor of Philosophy in Informatics – Design of Information Systems. Data collected will be used for the purpose of this project only and no other purposes.

Which institution is responsible for the research project?

University of Oslo, Faculty of Mathematics and Natural science, Department of Informatics is responsible for the project (data controller).

Why are you being asked to participate?

You are being selected because you qualify as a member of the participant group: professors at all levels, postdoctoral researchers, PHD research fellows or independent researcher. These groups of professionals are constantly involved in research, teaching, or administrative tasks and due to the flexible nature of their work (travelling for conference, remote work, lecturing, etc.) they make use of technologies that enable them integrate work and life matters from any location or environment. A maximum of 20 participants will be recruited for this project.

What does participation involve for you?

Overall, there are three (3) studies involved in this project. **This is the third study**, and it is known as the artefact design phase. At this phase of the study, the researcher will work collaboratively with you in the design of an artefact using participatory design approach. Your contribution into how technologies can be designed to effectively negotiate work life balance will immensely be beneficial to this field of study.



This process will involve a series of three (3) workshops at a location within IFI, where low fidelity prototype can be brainstormed and designed (paper drawings, use of materials, etc.). Pictures will be taken of progress made on the design. Care will be taken that your face is not captured. You will be allowed to review the data afterward. You can suggest changes or request for data to be deleted.

The workshops are structured into three phases—initial exploration, redesign, and finalization—with each session lasting up to two (2) hours. Participation in all three phases is not required; however, attending at least two (2) sessions is recommended.

No design or technical background is required—only a willingness to share, imagine, and build ideas collaboratively.

Workshop Theme: Designing Technologies for Boundary Negotiation in Academic WorkLife Balance

The workshops will be grounded in a model of boundary-as-intent (BAI), which understands worklife balance as an ongoing, dynamic process shaped by workload, work rhythms, and digital technologies. Rather than treating balance as a static outcome, the workshops will explore how technologies can actively support the negotiation, protection, and stabilization of boundaries across everyday academic practices.

Participants will collaborate to envision future socio-technical systems that respond to real challenges such as *interruptions, scheduling complexity, workload fluctuations, and constant digital connectivity*.

This workshop will bring together three interconnected dimensions of boundary negotiation into a unified design activity:

Communication – Negotiating Interruptions and Boundary Protection

Participants will explore how communication technologies (e.g., email, messaging, etc.) can be redesigned to:

- Manage interruptions and disruptions more effectively
- Support intentional responsiveness instead of constant availability
- Enable boundary protection mechanisms (e.g., signaling availability, delaying engagement)

Scheduling – Negotiating Workload and Temporal Rhythms

Participants will examine how scheduling tools (e.g., calendars, planners) can better support:

- Workload fluctuations (“workload waves”)
- Dynamic and adaptive planning
- Alignment between professional demands and personal time



- Recognition of capacity limits and overload

Awareness – Negotiating Attention and Integration

Participants will reflect on how awareness systems (e.g., notifications, integrations, etc.) can:

- Reduce notification overload and attention fragmentation
- Provide meaningful, context-sensitive awareness
- Support reflection on worklife patterns and balance
- Integrate communication and scheduling into a coherent boundary-support system

A Unified Design Perspective

Rather than treating these areas separately, the workshop emphasizes boundary negotiation as a holistic, socio-technical process. Participants will co-design technologies that:

- Support continuous negotiation across communication, scheduling, and awareness
- Enable protection and reinforcement of boundaries
- Foster long-term stabilization of worklife balance

Workshop Format

The workshop will include:

- A brief introduction to the BAI model and study context
- Collaborative design activities (e.g., concept sketching using paper or digital tools such as Miro, etc.)
- Group discussions and synthesis of ideas
- The planned dates for the workshops are:
 - Initial exploration – Wednesday 20th May from 9:30 – 11:30am
 - Redesign – Wednesday 27th May from 9:30 – 11:30am
 - Finalization – Tuesday 2nd June from 9:30 – 11:30am

The session will be designed to be interactive, reflective, and creative.

Why Participate?

By participating, you will:

- Contribute to designing future technologies for academic worklife balance negotiations
- Reflect on your own work practices and boundary strategies
- Engage in collaborative, interdisciplinary discussions
- Help shape novel socio-technical concepts grounded in real academic experiences



Data collection

The expected data collection output will take the form of sketches, diagrams, mockups, storyboards, pot-its, whiteboard notes, pictures of the sessions (no participant can be identified from this image), audio recording of group discussion, and reflections. Below is the timeline for this phase of data collection:

- Artefact design data collection 1 month (May 2026)

Participation is voluntary

Participation in the project is voluntary. If you chose to participate, you can withdraw your consent at any time without giving a reason. All information about you will then be made anonymous. There will be no negative consequences for you if you chose not to participate or later decide to withdraw.

Your personal privacy – how we will store and use your personal data

We will only use your personal data for the purpose(s) specified here and we will process your personal data in accordance with data protection legislation (the GDPR).

- *Only the researcher and the supervisor will have access to the data, no one else will be given access to the data.*
- *To ensure that the above is met, UiO approved devices (microphone, camera, and laptop) will be used for data collection. In addition, UiO Service for Sensitive Data (TSD) will be the only data service for collecting (UiO Nettskema - survey), storage, access, securing, and analysis of data. The TSD ensures that no unauthorised person gets access to the data.*
- *In addition to the TSD, strategies such as coding of personally identifiable data, separation of related data, encryption, etc. will be adopted for further security.*
- *No participant will be recognizable in any publication made from this study. Pseudonyms or generalize information will be used where necessary.*

What will happen to your personal data at the end of the research project?

The planned end date of the project is December 2027. All personal data if any will be extracted, separated, and deleted (removed) from the dataset. The rest of the data will be anonymised and the guideline of the national strategy on access to and sharing of research data and the research council's policy for open access to research data will be applied.

Your rights

So long as you can be identified in the collected data, you have the right to:

- access the personal data that is being processed about you
- request that your personal data is deleted
- request that incorrect personal data about you is corrected/rectified
- object to the processing of your personal data, and
- send a complaint to the Norwegian Data Protection Authority regarding the processing of your personal data



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What gives us the right to process your personal data?

We will process your personal data because the project has been assessed to be in the public interest.

Based on an agreement with The University of Oslo, The Data Protection Services of Sikt – Norwegian Agency for Shared Services in Education and Research has assessed that the processing of personal data in this project meets requirements in data protection legislation.

Where can I find out more?

If you have questions about the project, or want to exercise your rights, contact:

- University of Oslo, Faculty of Mathematics and Natural science, Department of Informatics via David Sampah (PHD Research Fellow) - daviasam@uio.no
- Supervised by Dr. Aparecido Fabiano Pinatti de Carvalho - fabiano.pinatti@ifi.uio.no
- Supervised by Professor Tone Bratteteig - tone@ifi.uio.no
- Our Data Protection Officer: Roger Markgraf-Bye - personvernombud@uio.no

If you have questions about how data protection has been assessed in this project by Sikt, contact:

- email: (personverntjenester@sikt.no) or by telephone: +47 73 98 40 40.

Yours sincerely,

A handwritten signature in black ink, appearing to be "E. J. S.", written over a horizontal line.

Project Leader
(Researcher/supervisor)