Good life despite computers!

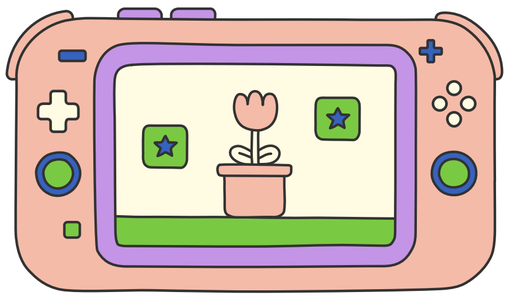
Lindqvist Lab

Five

effective ways to enhance your digital life.

1 Fluid Roles for Close-Knit Gaming - Households Playing Digital Games, CHIPLAY 2025

Households affords passive and active roles around gaming. Passive players engage as proactive watchers, cheering and guiding people holding the controller. Active players take the lead, accommodate and help. We identified a novel social role of the Gamer Host who sees to others enjoyment, accessibility, and comfort when it comes to gaming in households.



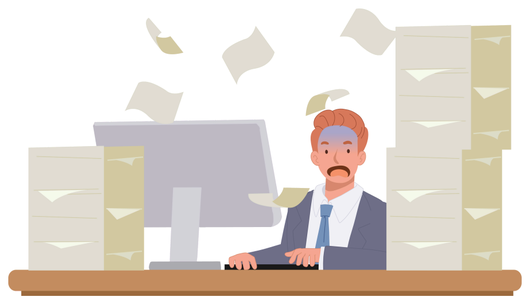
2 “Don’t You Dare Go Hollow”: How Dark Souls Helps Players Cope With Depression: A Thematic Analysis of Reddit Discussions, CHI 2024

The study offers insights into players’ experiences of mental health benefits with commercial videogames. Our findings show how videogames can transcend entertainment and foster players’ mental well-being, potentially informing the development of more effective and engaging digital mental health support.

3 Privacy Perceptions of Custom GPTs by Users and Creators, CHI 2025

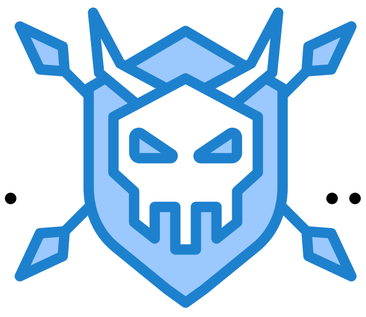
Millions of GPT apps are customized by individuals — no coding required. Yet this ease of creation raises growing privacy concerns. Through interviews with 23 users and creators, we found blurred boundaries between the two roles and widespread uncertainty about how data flows across the platform. For creator-users, privacy is linked to both expertise and a sense of responsibility. Our findings call for greater transparency and stronger regulations to protect creative freedom and user data.

scan me!



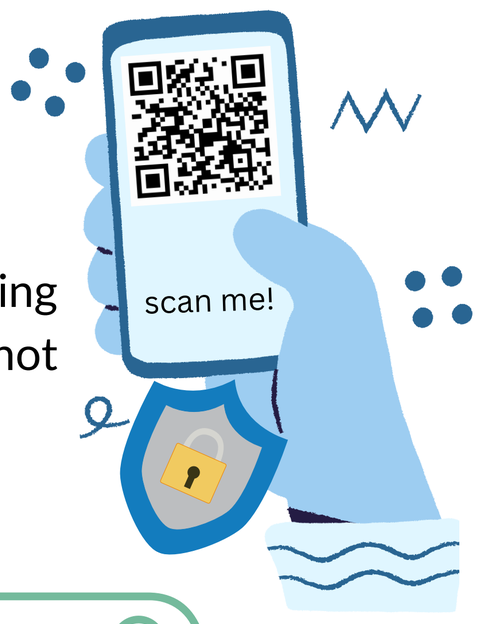
4 Feeling information overload? It might be how you use your device.

People commonly experience information overload in their everyday lives, yet the longitudinal patterns in the overload experiences and their interaction with everyday web behavior are not well understood. We tracked people’s web activities on desktop and mobile devices over seven-month period combined with surveys measuring information overload and identified that repetitive, short-duration use of devices best distinguishes highly overloaded individuals from low overloaded ones. The results inform interventions and designs targeted to reducing everyday information overload.



5 Privacy of Default Apps In Apple's Mobile Ecosystem, CHI 2024

Users need to configure default apps when they first start using their devices. The privacy configurations of these apps do not always match what users think they have initially enabled.



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