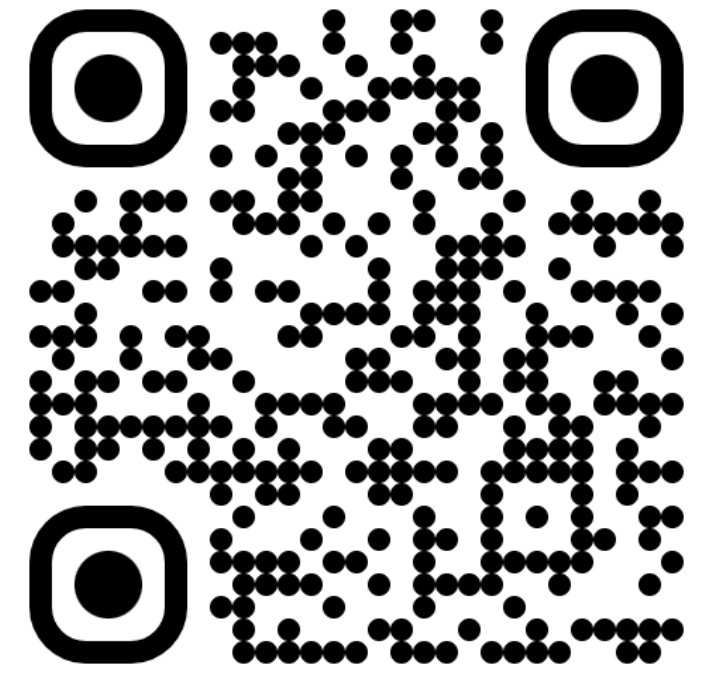


# Aalto Good Life Lab

Aalto Good Life Lab strives to help people to live their lives consistent with their chosen values. In today's world it is easy to spend our time on things that bring short-term joy yet distance us from long-term meaningfulness. The Good Life Lab seeks scientific knowledge that allow people to fight back as individuals and collectively. We are an interdisciplinary group connecting disciplines such as computer science, psychology, cognitive science, and game studies.



Scan to read more about us!

## Recent publications

### 1 "An Experience That Could Not be Found Anywhere Else": Resonance as an Explanatory Concept for Player Experience Research and Game Design

In CHI '26: Proceedings of the 2026 CHI Conference on Human Factors in Computing Systems. ACM, Barcelona, Spain

**How:** We surveyed 110 participants about video game experiences that had resonated with them.

**What:** Our findings outline resonance as an interactive and relational experience where players form personal connections with a game.

**Why:** We draw on theories from psychology and information science to inform our understanding of resonance in games.

Figure: Four qualities of resonating game experiences

Emotional impact  
Personal connection  
Uniquely interactive  
Being affected beyond play

### 2 Stop Fiddling With Your Phone and Go Offline: People Experiencing High Information Overload Have Sparse Online Sessions

In CHI '26: Proceedings of the 2026 CHI Conference on Human Factors in Computing Systems. ACM, Barcelona, Spain

**How:** We tracked 277 participants' web activities on desktop and mobile devices for seven months combined with surveys measuring information overload.

**What:** We identified that repetitive, short-duration device use (i.e., high session sparseness) best distinguishes highly overloaded individuals.

**Why:** The findings inform design of digital wellbeing tools on detecting and mitigating information overload.

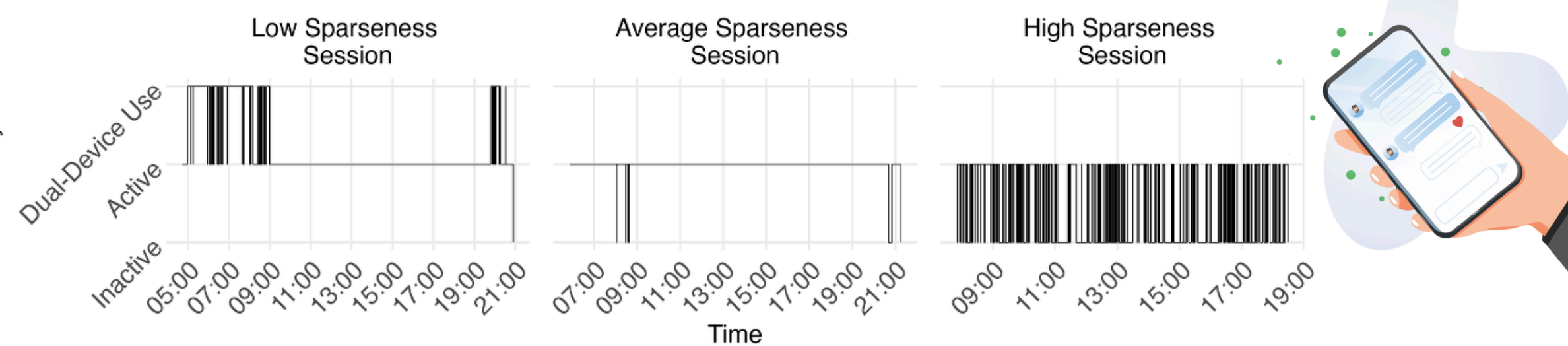


Figure: Illustrative examples of device use activity based on session sparseness metric

### 3 Personal Information Practices and Technologies Predict Information Overload Indirectly Through Affects

In ACM Transactions on Computer-Human Interaction (TOCHI)

**How:** We surveyed 1011 participants on their personal information management (PIM) practices, affects, information overload and technologies.

**What:** Using many PIM technologies account for information overload (IO) through keeping practices and feeling of desperation, and through organizing and feeling of efficacy, but not directly.

**Why:** The study distinguishes different roles that technologies, practices, and affects have in PIM and offers methodological insights into measuring PIM and IO.

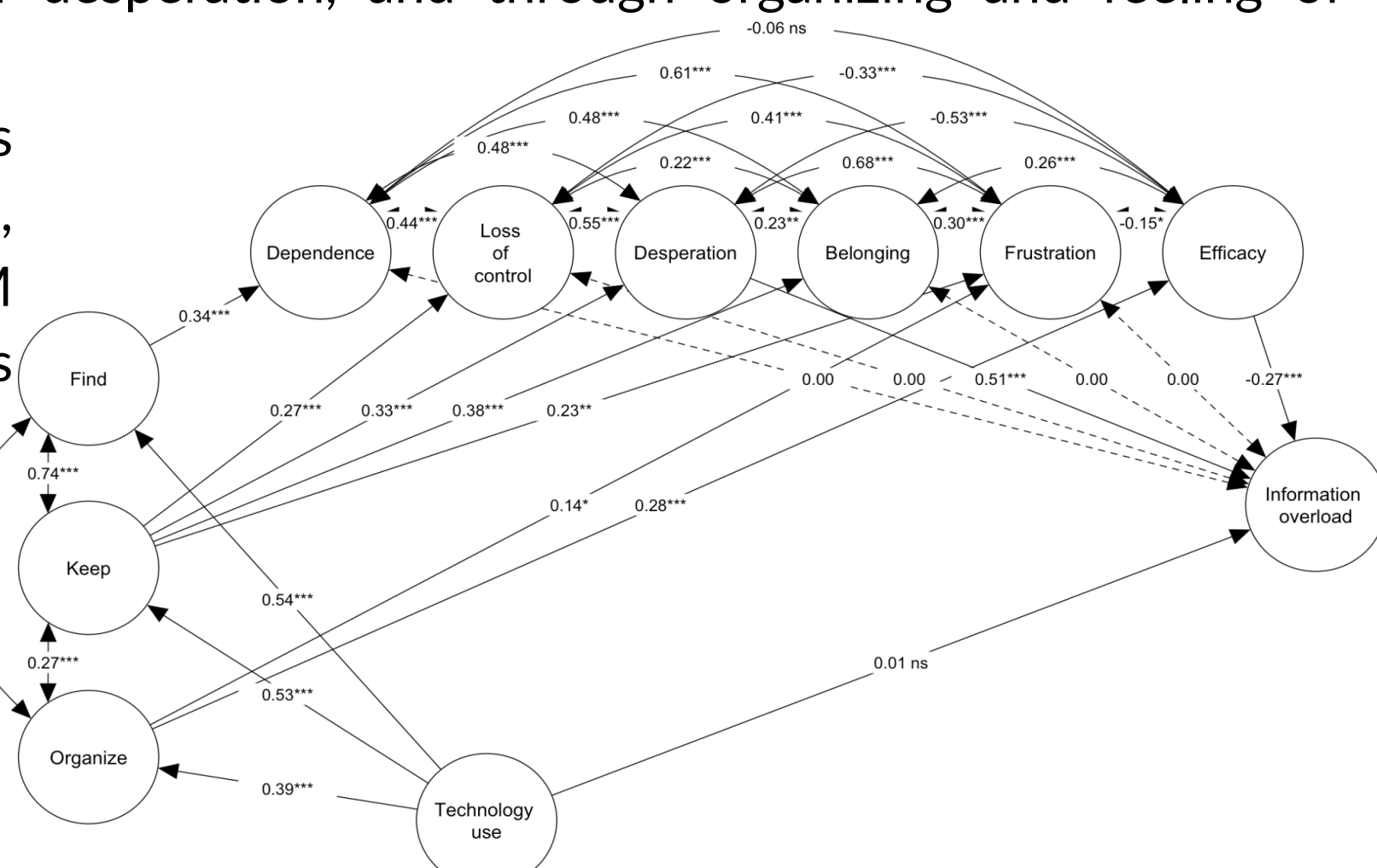


Figure: Structural equation model of PIM technologies, practices, affects, and information overload

### 4 The CHI Null Ritual: A Systematic Literature Review of NHST use at CHI and Argument for a Broader Statistical Toolkit

Submitted to ACM Transactions on Computer-Human Interaction (TOCHI)

**How:** We assessed why and how Null Hypothesis Significance Testing (NHST) is used in HCI.

**Why:** NHST is both widely used and widely criticized. We propose that HCI researchers use NHST badly and primarily to get papers accepted, not to find robust results.

**What:** We argue why and how the HCI community could move towards goal-oriented analyses in order to create better and more informative research.



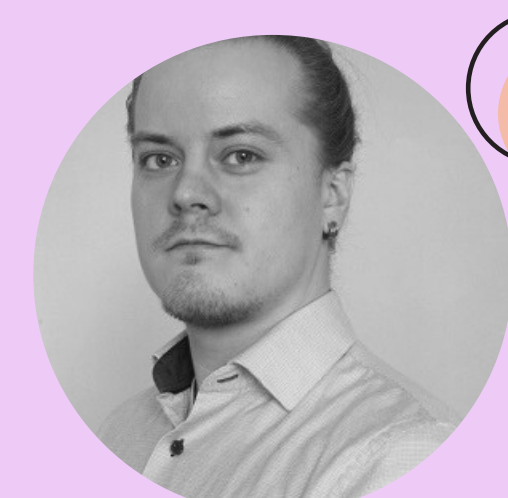
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Aalto University School of Science

Jaakko Väkevä  
Doctoral Researcher



1



Henrik Lassila,  
Doctoral Researcher

2

3

Jan B. Vornhagen  
Postdoctoral Researcher



1

4



Janne Lindqvist,  
Associate Professor