



The Effects of Robot Encouragement on Exercise



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- Part-time barista with a love for cooking



Context:

Mind the machines:
applying implicit measures
of mind perception to social
robotics:

- Creation of the MP-IAT
- Testing human implicit bias towards robots on “Agency” (the capacity to plan and act) and “Experience” (the capacity to sense and feel)
- N= 51

How Does Encouragement
in Human-Robot Interaction
Affect People’s Pro-Social
Behavior? An Experimental
Study on Human-Robot
Interactions

- NAO robot encouraging people through simple exercises
- Participant left in a room with a charity box (told to be distinct from the experiment)
- Encouragement group donated more than control
- Bachelor’s thesis, n = 16

“Is this all you can do? Harder!”: The
Effects of (Im)Polite Robot
Encouragement on Exercise Effort

- Robot encouraging person to do more squats
- Polite and impolite encouragement effective
- Impolite (“Is this all you can do”?) encouragement = more effort and less satisfaction
- Polite (“Nice! You can do this!”) = friendly; sometimes unconvincing and disingenuous
- N = 24

Our Study:

RQ1: How does the type of encourager effect physical effort?

Variables:

- MP-IAT (agency and experience)
- Squats (physical effort)
- Encouragement agent
- Robot attributions
- Demographics

Occupation	
Engineer	Nurse
OR	OR
Female	Male



Example Encouragement Phrases:

- “You got this!”
- “I believe you can do this!”
- “You’re doing great!”
- Nice! Halfway there!”
- “Just a few more seconds!”



UNIVERSITY OF LEIDEN COGNITIVE
PSYCHOLOGY DEPARTMENT

EXERCISE & ROBOTS?

Interested in participating? Click the link below or scan the QR code for more information our application form!

[Recruitment information](#)



WHEN?

April 15th - June 30th

Only one session per participant!

Each session is expected to take thirty minutes

WHERE?

Sylvius, room 2.5.08

[Sylviusweg 72, 2333 BE Leiden](#)

Walk into the building and wait by the entrance; a researcher will escort you to the room.

MORE INFO:

What you will be doing:

- Minor exercise
- A simple assessment on a computer

Compensation:

- €5 per thirty minutes of participation, paid automatically or 1 course credit
- Small snacks and refreshments

PARTICIPANT CRITERIA:

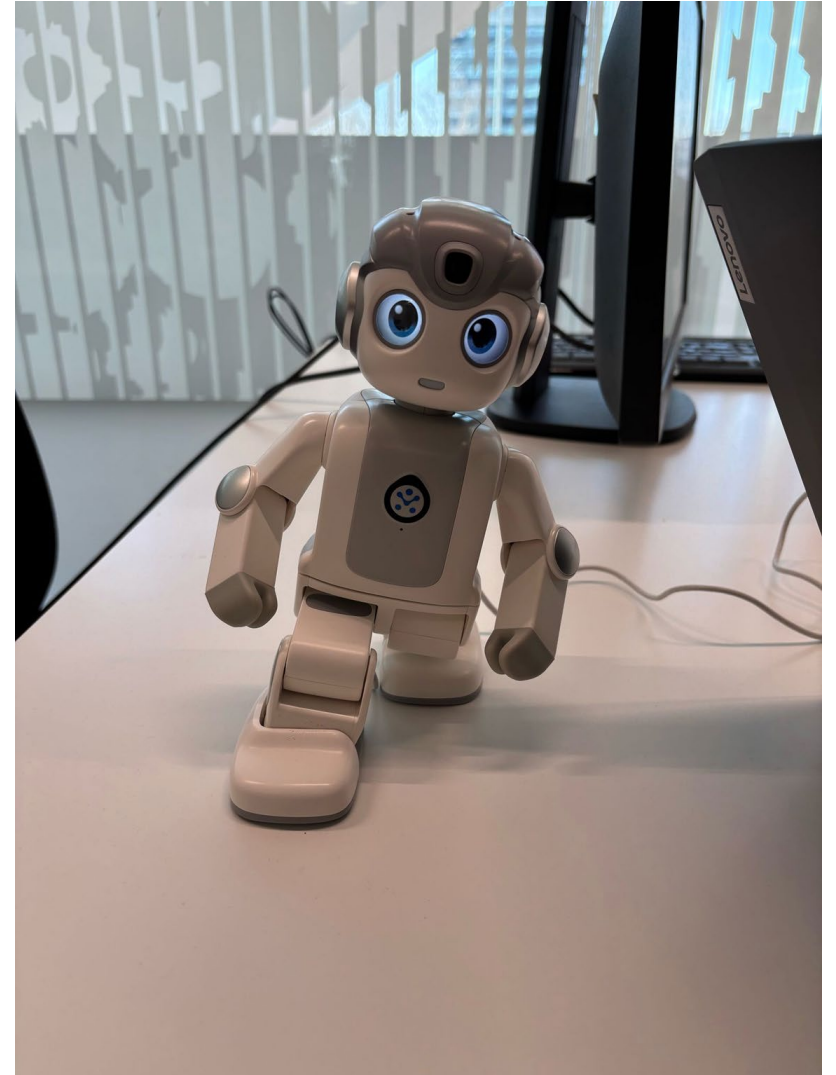
- Healthy individuals capable of completing at least one minute of light exercise
- Dutch native speakers preferred



Scan to sign up!



VS



Questions?



Thank



you



**~ Elio, Matthew, Tome,
& Anastasia**