

## **Insight into the inside. Exploring psychophysiological states in daily life.**

Human affect is a fascinating and intricate tapestry of feelings, experiences, and physiological responses. While traditional research on affect has focused on controlled lab settings, we propose a groundbreaking approach that delves into the complexities of affect in the real world. Utilizing cutting-edge artificial intelligence (AI) tools, we aim to unravel the intricate relationship between physiological signals and our affective experiences.

Our research plan involves a comprehensive data collection effort, involving 300 participants equipped with wearable devices. This vast trove of physiological data will be analyzed using advanced machine learning techniques, allowing us to construct a detailed map of the psychophysiological landscape of affect in daily life.

In contrast to traditional methods that rely on subjective self-reports, our AI-powered approach harnesses the objective power of physiological signals to provide a deeper understanding of how affect manifest in real-world settings. By transcending the limitations of predefined emotion categories, we aim to uncover the rich diversity and fluidity of our affective experiences across individuals and contexts.

Our findings hold the potential to revolutionize our understanding of emotions, paving the way for the development of innovative tools and applications in various fields, including psychology, medicine, and human-computer interaction. These discoveries could lead to more personalized diagnostic tools, improved treatment strategies, and user-centered design approaches that truly resonate with our emotional complexities.