**Challenge**

Stress is an expensive problem: $300 billion/year (just in the US)
Technology is transforming the future of mental health care
Skin wearables allow us to monitor stress levels early and frequently

**Research**

Social Acceptability
Perceived Risks and Benefits
Recommendations for Enhanced Design

**Method**

Pre-Exposure Interview → Concept Intro → Body Loc Preferences → Apply Lo-Fi Prototype → On-Site Interview → Long Wear

**Findings**

Privacy
Social Perception
User Interface

**User Perception Before and After Long Wear**

- Physically Restrictive: 32 → 25
- Awkward or Embarrassing: 50 → 37 → 62
- Positive Reflection on Wearer: 25 → 37 → 43