A Project On

Email Alerts On Whatsapp

Submitted in partial fulfillment requirement

for the award of the degree of

Bachelor's of Technology in Computer Science Engineering



(Established under Galgotias University Uttar Pradesh Act No. 14 of 2011)

Under The Supervision of Dr. B. Balamurugan

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DECEMBER, 2021

CANDIDATE'S DECLARATION

We hereby certify that the work which is being presented in the project, entitled "EMAIL ALERTS ON WHATSAPP" in partial

fulfillment of the requirements for the award of the Bachelors of Technology submitted in the School of Computing Science and Engineering of Galgotias University, Greater Noida, is an original work carried out during the period of August 2021 to December 2021, under the supervision of Name "Dr. B. Balamurugan" Professor, Department of Computer Science and Engineering, of School of Computing Science and Engineering, Galgotias University, Greater Noida.

The matter presented in the project has not been submitted by us for the award of any other degree of this or any other places.

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This is to certify that the above statement made by the candidates is correct to the best of my knowledge.

Dr. B. BALAMURUGAN

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CERTIFICATE

The Final Thesis/Project/ Diss	sertation Viva-Voce examination of
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Date: December, 2021

Place: Greater Noida

ACKNOWLEDGEMENT

Apart from the efforts of our, the success of any project depends largely on the encouragement and guidelines of many others. We take this opportunity to express our gratitude to the people who have been instrumental in the successful completion of this project.

We would like to show my greatest appreciation to "Dr. B. BALAMURUGAN" and also our dean "Dr. Munish Sabarwal". We can't say thank you enough for his tremendous support and help. We feel motivated and encouraged every time, We attend his meeting. Without his encouragement and guidance this project would not have materialized.

The guidance and support received from all the members who contributed and who are contributing to this project, was vital for the success of the project. We are grateful for their constant support and help.

ABSTRACT

Emails have become one of the most used digital communication mediums. But, the sad truth, that since they are so aggressively used, it's quite difficult to keep up with them. Moreover, people keep on subscribing to new newsletters every now and then, which also adds to this cause. Between sending emails and chatting in a messenger, it can be hard to remember which app or email account you used to send information or even to whom.

So, in order to make our life a little bit easier, we can build a tool which will fetch us the various details from our mail box on query. It's easier to open files colleagues send you that have a lot of information or graphics inside.

It's easier to open files colleagues send you that have a lot of information or graphics inside. Twilio is an efficient platform which provides us with the features needed to accomplish this. It's a message, email, call and notification automation tool/platform. We'll be utilizing some of it's features through this project.

Today's cell telecellsmartphone customers face a large quantity of notifications on social media, from new fans on Twitter and emails to messages acquired on WhatsApp and Facebook. These virtual signals constantly interrupt sports with immediately requires attention. This paper examines cautiously how ordinary customers engage with notifications and their effect on customers' feelings.

User telephones have amassed heaps of public and gadget signals and coronary heart-to-coronary heart information amassed thru a Positive and Negative Affect

agenda check that they record 3 instances a day. The consequences confirmed a clean correlation among coronary heart-to-coronary heart movement and keyboard functions. When huge numbers of posts and notifications occur, a corresponding growth in terrible outcomes is detected.

Our predictive version finished a excessive degree of accuracy the use of 3 "wild" elegance separators (F-degree 74% –78% inside the look at version, 72% –76% worldwide version). Our findings propose that it's far feasible to are expecting robotically whilst human beings enjoy positive, neutral, or terrible conditions primarily based totally on interplay notices. We additionally display how our findings open the door to many specific applications on emotional attention on social media and cell.

<u>Index Terms</u>—Email, Twilio, WhatsApp, automation, Mobile sensing, mobile computing, social media.

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CHAPTER-1

Introduction

1.1 Introduction:

The intention of this project is to build an automation tool using python for reading and writing mails from WhatsApp. We will be creating a workflow in Twilio which queries the requested email data, according to a given search criteria, and sends their details to WhatsApp. Twilio is an efficient platform which provides us with the features needed to accomplish this. It's a message, email, call and notification automation tool/platform. We'll be utilizing some of its features. The purpose of this project is to design an automation bot using WhatsApp where we can view our mails and also can send mails consisting of text. Reading mails in WhatsApp is much easier because we spend most of the time on WA and not switching to another app can save us time and it also facilitates user flexibility. Twilio WhatsApp sandbox is used to configure the incoming messages from the bot and we will deploy our code on the web server and it send the calls to the sandbox with proper replies.

A notification is normally described as a view indicator, a listening to signal, or a haptic alert generated with the aid of using an utility or provider to seize consumer attention. At the moment, all principal phone platforms (i.e iOS and Android) provide a consumer-described interface for receiving notifications, showing all notifications withinside the notification bar positioned on the pinnacle of the screen.

Given the proliferation of cell apps (apps) on smartphones, notifications are ubiquitous, presenting a extensive variety of information, from system (e.g., app updates) to social information (e.g., a message from a friend). Specifically, notifications on smartphones tell customers approximately diverse events, along with the appearance of textual content messages or emails, incoming calls, new remarks on one in every of their social community posts, game-associated repute updates, app repute or app replace availability. Notifications as a consequence offer a manner for app publishers and advertisers to have interaction with customers. Within the HCI and Ubicomp studies communities, there was a developing hobby in getting to know how customers reply to notifications, with the goal of designing higher notification shipping systems, which lessen distractions.

For example, it's been discovered that now no longer all notifications are handled the identical via way of means of customers. In reaction to notifications, customers may also take on the spot movement or forget about notifications relying at the cost of the notification and the modern-day consumer context. It is essential to recognize how customers reply to notifications withinside the context of smartphones. Unlike notifications on computing device computers, notifications on smartphones are much less probably to be brought while customers engage with the tool: no matter the quantity of time customers spend with their smartphones, the tool commonly does now no longer paintings while notifications arrive. Therefore, with smartphones, notifications have positive capabilities that want to be considered:

- i) they're brought in a widespread way,
- ii) they tell many special events, from social media to gadget events, and
- iii) they're ubiquitous because of the ever present nature of smartphones, they usually have customers.

Although mobileular telephones and cellular notifications regularly enhance our lives, being overly worried approximately them will have a damaging impact on our intellectual and bodily health. This effect continues to be being investigated and researchers have began searching at special techniques to recognize and examine hassle mobileular telecellsmartphone use and mobileular telecellsmartphone addiction. In this paper, we gift our concept which goals to:

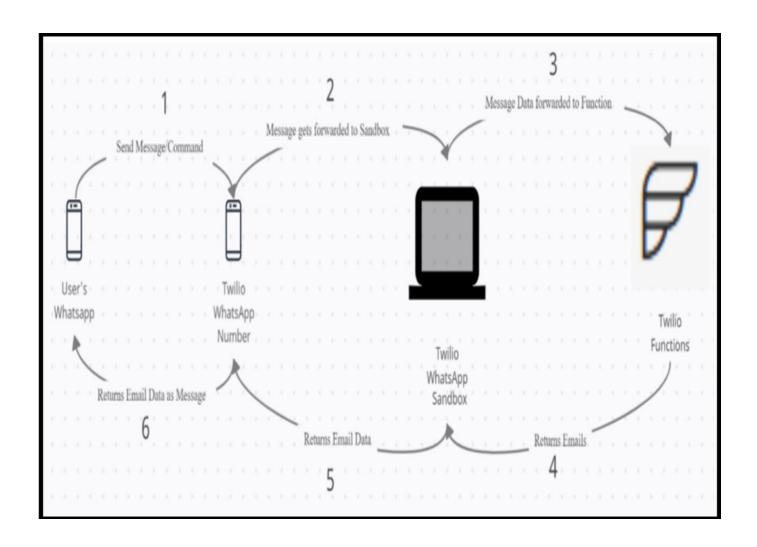
- 1. Monitor cellular notifications and accumulate transparency transaction records primarily based totally at the quantity of notifications obtained and the notification transport sample for cellular telephones.
- 2. A version of consumer interplay and reaction to cellular notifications and their effect on affected conditions primarily based totally on gadget gaining knowledge of.
- 3. Examine consumer interplay styles and cellular telecellsmartphone notifications, repute and display capabilities and your dating to consumer-associated conditions. Our technique is primarily based totally on the use of gadget gaining knowledge of to become aware of conditions that have an effect on telecellsmartphone customers to evaluate customers' emotional state. We set up "wild" consumer lessons (not like lab-primarily based totally courses) and accumulated loads of notification records on participants 'smartphones. This records become accumulated the use of a custom app, which collects a extensive variety of social and interest alerts, including display events (e.g. ScreenOn and Screen Unlock), Time / Date, ringtone volume. The essential motive of the look at become to visualise the nice and terrible emotions of character telecellsmartphone customers, in addition to their dating to the sort and frequency of notifications obtained on their smartphones.

1.2 PROBLEM FORMULATION

Emails have emerge as one of the maximum extensively used virtual approach of communication. But, unhappy to say, the extra misused they are, the more difficult it's miles to maintain up with them. In addition, humans are continuously subscribing to new newsletters, which provides to the cause. So, to make our lives easier, we will create a device with the intention to fetch diverse information from our mailbox in question. Opening some other app and checking emails has emerge as a totally painful headache through the years due to the fact we spend a whole lot of time on social networking apps like WhatsApp and we in no way desire to open some other app and take a look at emails. Therefore, for you to keep time that will increase the productiveness of our time we will use WhatsApp and look for emails in our WhatsApp account.

1.3 PROPOSED SYSTEM

We can be growing a workflow for Twilio inquiring approximately the asked e mail data, concern to sure seek terms, and sending their info to WhatsApp. Twilio is an powerful platform that gives the functions had to gain this. It is a message, e mail, name and notification tool / forum. We will use a number of its functions for this project. The Twilio sandbox for WhatsApp is a pre-configured place to be had thru the Twilio Console in which you may create a prototype for outgoing messages, respond to incoming messages, and connect such things as reposting a message. IMAP is an e mail retrieval protocol that doesn't down load emails. He simply reads them and exposes them. This is specially useful in low bandwidth situations. The Python consumer subsequent to the library referred to as maplib is used to get entry to emails through the imap protocol. Finally, we consist of the IMAP feature in Twilio Functions.



CHAPTER-2

Literature Survey

Literature Survey WhatsApp Messenger is a proprietary, immediately messaging platform provider for smartphones and decided on function telephones that use the Internet to communicate. The net has grow to be a 2nd domestic for the whole planet. For many humans, it has grow to be the centre in their lives. They behavior business, keep for groceries, and that they even socialize with own circle of relatives and friends. All with using virtual answers like social media and video chats.

Shirazi et al. carried out a complete survey of cell notifications and observed that individuals rated notifications from messaging packages because the maximum essential, out of 4.forty three out of five (five being the maximum essential). Notifications from the opposite 3 verbal exchange classes and the calendar additionally acquired excessive scores with scores of among 3.sixty six and 3.45. Notifications from the device reputedly acquired a completely low rating (1.6). Extensive studies concludes that essential notifications are approximately humans and events, mainly once they tell via way of means of contacting different users, informing them of different users' actions, or approximately real-existence events. Another component that makes notifications much less essential is the frequency with which they're created, in addition to offering facts approximately the phone's inner processes.

Phielot et al. investigates person reaction time for numerous styles of notifications and located huge variation. Specifically, the common reaction time ranged from 3.five mins on messengers on weekends to 27.7 mins in line with electronic mail on weekends. Very brief notification responses have been supplied to delegates

(6.6 and 3.five mins) in addition to social networking apps (3.eight and 7.zero min / weekdays and weekends, respectively). It changed into additionally located that a part of the notices have been regarded inside mins, and that maximum have been looked after inside an hour. When the notices arrived, the display screen changed into locked in 69.2% of cases. The pace at which humans get admission to notifications suggests that notifications regularly cause telecellsmartphone contact.

Additionally, given the significance of various classes of applications, many customers might not need to disable notifications. However, this relies upon at the notification, such as:

- **1. Frequency:** different apps (e.g Social media) have the capacity to ship a big quantity of immediate notifications consistent with minute: chats, new posts and tagged photos, etc. the content material of the notices won't be very essential in a scenario in which a big quantity of interruptions arise in a quick length of time.
- **2. Content:** Many cell packages use notifications as not anything aside from advertising cars to remind customers to apply the ones suitable apps. These may be interruptions which can arise if they're now no longer closed.
- **3. Importance:** In the case of a big quantity of packages that ship notifications to the consumer, the consumer can also additionally start to prioritize this withinside the order of the maximum essential immediately. For example, notices that have been formerly taken into consideration essential can be re-evaluated with the creation of recent notices that could make a formerly taken into consideration essential assertion much less relevant.
- **4. Category / Source:** Some notifications appeal to the eye of customers extra than others absolutely through the supply of the utility that generated the notification: e.g. email, WhatsApp, Facebook, Udacity, etc.

CHAPTER 3: BACKGROUND

A. APPRISING

WhatsApp and e-mail play a completely vital element in our each day life. Notifications are a characteristic on smartphones and different gadgets to hold customers knowledgeable and engaged. Notifications can alert customers to facts approximately loads of topics, such as incoming messages, interplay with their social media posts, and availability of WIFI networks or app updates, close by places consistent with their vicinity and preview e-mail content, and are commonly published at the notices panel over the screen. Figure 1 suggests the forms of cellular notifications and their major categories.

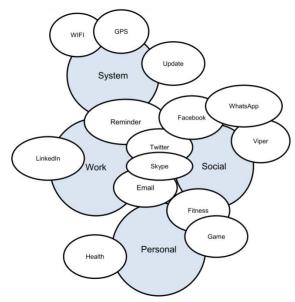


FIGURE 1. Types of Notifications.

On computing device and cell environments, notifications are considered as a manner to offer attention whilst customers are acting a simple task. These indicators come withinside the shape of quick textual content and caution sounds. Notification Types. (whilst extent is grew to become on) or vibrate (on smartphones and clever watches) to seize the eye of give up customers. The time it takes for customers to procedure such notifications regularly relies upon on how

vital the context of the notifications (e.g., own circle of relatives emergency may also require a faster reaction than paintings email), and what conditions customers discover themselves in once they get hold of an email. notification (e.g., customers are much more likely to pay attention to the notification if they may be now no longer but engaged in every other activity).

The primary feature of notifications is to permit customers to replace among paintings-associated packages and social media. Such adjustments are regularly pushed via way of means of the user's want for statistics as wished withinside the present day paintings, or after similarly warnings approximately the advent of latest statistics. Previous paintings has proven that despite the fact that customers are privy to the disruptive results of notifications, they regularly admire the notice given via way of means of notifications. Especially withinside the context of the smartphone, customers are keen to get hold of notifications as they continuously take a look at their smartphones. The degree of cost of notifications varies relying on the types of packages that inform. In addition, a few customers of the cell community do now no longer display in any respect how they feel; consequently their pals can't listen or reply to their emotional states properly. This might be due to the fact they may be now no longer acquainted with emotional expressions or are ignorant of their emotions. A viable method to this hassle is to apply the emotional intelligence generation studied via way of means of the affected laptop studies network to seize the emotions of customers.

CHAPTER 4: THE DRAWBACK OF ALERTING

Since we use whatsapp and e-mail very frequently, like every time a notification pops up, we without delay switch on our gadgets to test what the notification is for due to the fact its an urge to understand matters with out a patience. Although notifications serve a giant cause for telecellsmartphone customers, the quantity of packages that compete for person interest the use of notifications has grown drastically over the years. Originally designed for statistics awareness, it's been argued that notices are actually extra common (Iqbal and Horvitz 2010; Shirazi, Henze et al. 2014), and can make contributions to depression.

Extensive studies has been performed to research the disruption of notification team of workers via way of means of notifications withinside the laptop context. Studies have proven that personnel regularly discard their cutting-edge process so as to test notifications, and it's far hard for them to go back to their preceding jobs. Indeed, a first-rate topic of labor at HCI is asking at the damaging results of virtual disruption[8]. Examination in a managed laboratory webweb page exhibits that periodic notices are very disruptive (Horvitz 2001; Baethge & Rigotti 2013). In subject tests, virtual interruptions at work (e.g e-mail indicators) are related to emotions of frustration, stress, and tension.

As cited earlier, human beings generally tend to move faster, if now no longer faster, to notifications on their smartphones, which are available from time to time, making smartphones very disruptive. In addition, because of the ever-present presence of smartphones, customers are continuously distracted anyplace they are, as they will be wearing their telephones. Even aleven though their telephones are set to vibrate, research have proven that human beings are receiving immediate notifications with out a few type of warning.

Kushlev et al. supplied a few proof that disruption because of notices ought to bring about negligence and overwork withinside the preferred population. It has been observed that once human beings switch on notifications and maintain their telephones in an without difficulty available place, they revel in excessive tiers of forget about and frustration.

They observed that notices draw customers' interest farfar from different ongoing activities, making human beings extra at risk of distractions, which will increase the weight of understanding, that could cause human beings experiencing apathy and frustration. Even if customers select to disable notifications, studies has counseled that for a few human beings, disabling indicators may also reason tension approximately lacking out. Such tension can cause common interruptions for customers.

In one study, statistics people disabled their e-mail notifications for one week; it changed into observed that a few personnel take a look at their emails even extra to keep away from dropping vital emails. Therefore, virtually turning off notifications won't be the answer to the disruptive surroundings of telecellsmartphone notifications. This may also lead customers to obligatory take a look at notifications, as an instance from social networking apps because of social stress and worry of lacking out (FOMO).

Aside from distractions and stress, a few research have counseled that immoderate use of smartphones can cause telecellsmartphone dependancy. In one study, researchers observed that their individuals monitored their smartphones 34 instances an afternoon and monitored the conduct of younger human beings the use of smartphones. It changed into observed that they acquired a median of four hundred notifications consistent with day. It is stated that the sample of smartphones utilized by younger human beings is associated with dependancy.

However, studies at the quantity to which cellular notifications attain this factor is limited. In addition, traditional treatment plans primarily based totally on a chain of questionnaires and interviews usually utilized in mobileular telecellsmartphone dependancy studies are limited: fitness experts are not able to automatically examine and interfere of their clients, and compliance checking out may be problematic.

CHAPTER 5: RECOGNITION AND EMOTIONAL IMPACT OF NOTIFICATIONS

Although gadget getting to know is used to perceive the consumer notification-primarily based totally telephone interaction, there was a touch preceding studies the use of gadget getting to know to expect the direct emotional effect of those notices in addition to distractions. Most of the computer systems concerned with HCI researchers advise specific methods of listening to and seeing human emotions. Existing sensory processing era may be divided into specific categories, relying on what kinds of records are analyzed to perceive human emotions: existence alerts, facial expressions, textual content or voice.

Emotional focus of existence suggests applicable overall performance however there are a few vast weaknesses that save you enormous use: they're unreasonable for customers and require unique gadget or gadgets (including pores and skin conductance sensor, blood stress monitor, or electrocardiography (ECG)).

These gadgets now no longer handiest confuse customers, however consist of extra costs. Similarly, emotional reputation is implemented to the face. Speeches or speeches limition their use due to the fact the tool wishes to be located in the front of the consumer's face and wishes constantly taking note of the consumer's voice or recording the consumer's voice face. This now no longer handiest applies to cell

context, however increases numerous problems concerning consumer acceptance. While emotional reputation makes use of existence alerts and face / voice reputation has been very well researched, some research have checked out emotional responses in telephone notifications. Numerous research have located that notices are intently connected to bad emotions.

Phielot et al. Quality evaluation exhibits that use of emails and social media have been related to emotions of frustration, depression, frustration and irritability. In addition, after they acquired extra emails, the individuals have been additionally numerous, probable to record the enjoy wherein the notifications have been saved in doing some thing else or after they sense careworn reply quicker than they could. On the opposite hand, public notices, notwithstanding their similarly excessive volume, as soon as social networking webweb sites to a few extent, triggering high-quality emotions. For example, it's been located that receiving a couple of social messages is intently associated with extra emotions of reference to others. It is viable that that is associated with the private nature of the messages applications. Therefore, it could appear that the form of notifications (paintings in comparison to social) on this context has a cost notifications can also additionally have an effect on customers' emotional states, and this may be examined withinside the present day study.

CHAPTER 6. IMPACT ON CONCEPTUAL ACTIVITY AND VISCERAL STATES

Nomophobia is described as the worry of now no longer having a mobileular telecellsmartphone, which ends up in melancholy, tension and melancholy, and is notion to be covered withinside the trendy 5th Diagnostic and Statistical Manual for Mental Disorders (DSM-5). Psychiatrists propose rational behavioral psychotherapy mixed with scientific interventions withinside the remedy of this capacity disorder.

Recent studies findings additionally suggest that younger individuals who are closely concerned in mobileular telephones and computer systems are at more hazard for sleep problems, melancholy, and signs and symptoms of intellectual illness. Thomée carried out 4 research analyzing how using computer systems and mobileular telephones impacts the intellectual fitness of older adults. Their findings have highlighted the want for stability withinside the use of those technological devices. Their studies additionally discovered that immoderate use of mobileular telephones and computer systems may be related to stress, sleep problems, and depressive signs and symptoms.

They additionally observed that ordinary use of the pc or the telecellsmartphone with out breaks will increase the hazard of melancholy, sleep problems and signs and symptoms of melancholy in women, even as guys are much more likely to apply computer systems for extra sleep troubles. According to the intellectual fitness corporation Young Minds (2016), the troubles highlighted with the aid of using cell telecellsmartphone use encompass the following: addiction, lack of ability to pay interest, interest and / or absence, melancholy, tension and stress, sleep disturbances and insomnia, in addition to bodily inactivity, suggesting

exercise. immoderate mobileular telecellsmartphone use can be related to a bunch of troubles.

CHAPTER 7: DISCUSSION

The important attention of this paintings turned into to have a look at whether or not notifications and display interplay records launched on smartphones can be a great predictor of conditions affecting customers. We have taken a scientific method to demonstrating the reliance on cellular notifications and display interplay styles and customers' feelings. We have proven that our version can are expecting person enjoy with exact performance, as proven withinside the preceding section. Our findings display that customers sense higher whilst they have interaction at once with different humans the use of social media apps.

Another feasible reason for this locating is that humans are extra inclined to proportion their advantageous emotional states, even as individuals who enjoy terrible feelings are reluctant to unfold their emotions or proportion records extra frequently. We mentioned those effects with different individuals after sharing our findings, and our information turned into verified. On the opposite hand, personal messaging notifications (e.g., WIFI detection and gadget updates) have a totally terrible effect on customers. Users are frequently annoyed once they get hold of an unsolicited notification.

Positive conditions also are related to notifications of more than one messages (e.g., five messages from WhatsApp) that don't mirror the identification of the senders at once, however create a experience of belonging and a experience of being very connected. As expected, job-associated notices had a terrible effect at the affected environment, specifically once they arrived in massive numbers. The

presence of Emojis in notification messages has had an effect at the emotional cost of the message and is consequently related to the advantageous consequences of the customers who obtained it. This isn't always sudden as we've got lately determined an crucial courting among some of Emoji and a great stage of contact on a applicable project. Emoji characters might also additionally appear small to local fans, however they're turning into the quickest developing language withinside the global of all styles of communication, textual content messaging, social media posts, chat apps and emails.

This can be because of the wealthy set of facial expressions as compared to the textual content alone, which might also additionally result in an stepped forward reader's expertise of the emotional message content, and visible illustration of animals, food, activities, etc.

CHAPTER 8: EXISTING PROBLEM

Emails have emerge as one of the maximum extensively used virtual approach of communication. But, unhappy to say, the extra misused they are, the more difficult it's miles to maintain up with them. In addition, humans are continuously subscribing to new newsletters, which provides to the cause. So, to make our lives easier, we will create a device with the intention to fetch diverse information from our mailbox in question. Opening some other app and checking emails has emerge as a totally painful headache through the years due to the fact we spend a whole lot of time on social networking apps like WhatsApp and we in no way desire to open some other app and take a look at emails. Therefore, for you to keep time that will

increase the productiveness of our time we will use WhatsApp and look for emails in our WhatsApp account.

CHAPTER 9: PROPOSED SYSTEM

We can be growing a workflow for Twilio inquiring approximately the asked e mail data, concern to sure seek terms, and sending their info to WhatsApp. Twilio is an powerful platform that gives the functions had to gain this. It is a message, e mail, name and notification tool / forum. We will use a number of its functions for this project. The Twilio sandbox for WhatsApp is a pre-configured place to be had thru the Twilio Console in which you may create a prototype for outgoing messages, respond to incoming messages, and connect such things as reposting a message. IMAP is an e mail retrieval protocol that doesn't down load emails. He simply reads them and exposes them. This is specially useful in low bandwidth situations. The Python consumer subsequent to the library referred to as maplib is used to get entry to emails through the imap protocol. Finally, we consist of the IMAP feature in Twilio Functions.

CHAPTER 10: FUNCTIONALITIES

Primary goals

- Create a serverless REST API the usage of Twilio Functions.
- Configure Twilio WhatsApp Sandbox.
- Keep trying out and debugging the usage of Twilio Functions Debugger.

Literature Survey WhatsApp Messenger is a proprietary, immediately messaging platform provider for smartphones and decided on characteristic telephones that use the Internet to communicate. In addition to sending messages, customers can ship messages, photos, video and audio media and their location. The intention of this venture is to create an automatic device the usage of python to study and write emails from WhatsApp.

We will create a workflow for Twilio inquiring for the asked e-mail information, primarily based totally at the seek phrases provided, and ship its information to WhatsApp. Twilio is an effective platform that offers the functions had to reap this. It is a message, e-mail, telecellsmartphone and speaker / forum. We will use a number of its functions. The intention of this venture is to layout a default bot the usage of WhatsApp wherein we are able to view our emails and ship emails containing text. Reading emails on WhatsApp could be very smooth due to the fact maximum of the time is spent in WA and now no longer switching to any other app may be time ingesting and useful for consumer flexibility. The Twilio WhatsApp sandbox is used to dam incoming messages from the bot and we can follow our code to the net server and ship calls to the sandbox with suitable responses.

The Application Requirements The following are the Operating Requirements for our machine: 1. Initially Twilio is needed for WhatsApp to have e-mail notifications automatically. 2. By the usage of IMAP and SMTP protocols we are able to hook up with the consumer's e-mail account to ship and acquire messages respectively. 3. We offer solutions from net packages set up at the server with customers' down load and sending emails. Non-Operating Requirements For machine engineering and engineering necessities A useful requirement is a demand that specifies a technique that may be used to decide machine overall performance

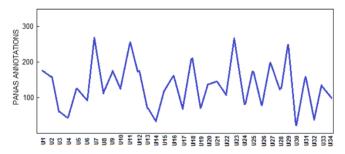
as opposed to precise conduct. The non-operational necessities of the venture encompass the following: Availability of Flexible Usability Functionality.

CHAPTER 11. EMBRYONIC APPLICATIONS

In short, the present day studies opens the muse for destiny research that examine predicting feelings primarily based totally on cellphone customers' responses to notifications and activities. Over time, studies on this manner can have a profound impact, as mentioned withinside the following:

- 1. Social Impact: Emotions can assist increase behavioral guesses. For example, those who talk risky and violent actions, however seem glad and emotionally stable, can be much less of a hazard to society or to themselves than those who do now no longer talk those subjects of their messages, however all their poor feelings might also additionally motive similarly concern. This contributes to country wide protection and cyber protection.
- **2. Interference:** The impact of our predictive version may be visible in person profiles (e.gSocial media apps, including WhatsApp and Facebook) which could cause advantageous interventions, including some machine indicators and further messages from near pals whilst the person. She feels depressed. This might also additionally practice in particular to more youthful customers who can be too busy with their messages.
- **3. Fun functions at the phone:** Information approximately conditions affecting customers may be summed up in a ornamental character (i.e. Emoji fashion agent) that may be displayed on their phone. Displaying the person's emotional nation might also additionally permit the person to publish this emotion in messages or

social media posts. In comparing those ability applications, we want to remember the consequences of moral ideas for tracking human hobby of smartphones as this will be visible as a breach of privacy. While this kind of tracking is much less disruptive than bodily symptoms (i.e., they do now no longer require customers to put on unique equipment), human beings might also additionally fear that their personal textual content messages are "read" through the machine, and as a end result might not be inclined to apply them notwithstanding the ability benefits.



CHAPTER 12: LIMITATIONS

Our take a look at effects display promising repute of associate conditions primarily based totally on message processing and notification, no matter audio labels and person enter variables. Our destiny paintings wishes extra take a terrific examine our fashions withinside the large databases. We set limits on our paintings later and destiny paintings can cope with this.

1) INSPIRED COMMUNITY SEARCH

Currently we and our participation software were capable of entice a completely excessive degree person engagement (in particular from inside college contexts). Although we to begin with hired 50 customers, most effective 34 customers

information furnished PANAS labels. Future paintings will look in enhancing person engagement and growing numerous customers overall performance and overall performance functions to permit a solid, non-stop and seamless series phase.

2) IT'S STRONG TO REPORT

The closing undertaking in education information from sensory structures is a group of correct labels from customers. Similarly, applicable descriptive responses can be wrong, as customers might also additionally vary while expressing their feelings, consequently setting them in another way at the scales.

3) ADDITIONAL INDICATORS

With the improvement of off-the-shelf wearable gadgets we will screen fitness and bodily changes, we will without difficulty integrate our method with the latest paintings of others exploring different reassets of information for intellectual fitness guidance, inclusive of sensor information. This might also additionally cause similarly joint ventures variables that can have an effect on temper and temper swings. Finally, we can examine new methods to extract functions with limitless window size. Instead, we can discover the electricity of dynamic information sharing and rising networks that's one of the fundamentals of inintensity studying which permits us to mix conditions and examine transient electricity of consecutive information over a protracted duration of time.

PARTICIPANT RECRUITMENT OF THE PARTICIPANTS

The study was launched in April 2016 over a five-week period. The call for participation was advertised at Nottingham Trent University and the University of Kent's mailing lists, as well as on Twitter and other social media. They also received an instruction manual and email address in order to get in touch in case of any difficulties. The instruction manual pointed to where the log file was stored on the participant's Android phone (in our case it is a Sqlite file in .db format). Our application triggered three silent alerts a day with popup notifications to remind the users of taking the PANAS test and to check that is working as intended. Those who successfully completed the study were presented with a voucher as incentive for volunteering their time. Fifty participants took part in the study (30 male and 20 female). All were existing Android users with an average age of 25. The study was approved by Nottingham Trent University's Ethics Committee. During the data collection process, 832,776 notifications were collected. Many users stopped responding to the questionnaires after a few days and some did not respond at all. Therefore, we selected a subset of the data for the analysis and included data of 34 users who completed the data collection task. If no PANAS test score was recorded over 10 hours, then the data for this period were dismissed. Therefore, our final dataset comprises 534,346 notifications, and 3328 unique PANAS entries. C. RESPONSE RATE We first calculated the response rate of the overall PANAS affective measure input, confirming the reliability of user input into our system. Although we asked users to report their mood at least three times a day, we expected some absence of self-report entry due to the extensive nature of our study.

We calculated the daily response rate of our users and found that on average, 70% of users had three or more entries, which demonstrates the effectiveness of our self-report application. The affect distributions were fairly consistent during

different times, seemingly unaffected by whether the entry was during work mornings, afternoons or evenings. The response rate, affect persistence, and distribution of the entered moods show efficacy in collecting a wide variety of data from the users, and provide insight into the design.

DATA PREPARATION A. BASIC DEFINITIONS AND ATTRIBUTES

The app generates five attributes, which are described. Due to the unstructured nature of these data, a considerable amount of cleaning, removing redundant data and reformatting was required. This step was followed by a feature extraction step (from Event-Name, and Event-Message columns). Similar to prior work, we have derived a specific categorisation scheme based on messages and the applications they originated from. These new categories were then discussed with the users and finalised through further team discussion.

CHAPTER 13: ABOUT BASICS

Email is still among the most widely used communication tools in the workplace today. However, while email is still the go-to medium for a lot of people, companies find that its disadvantages overtakes its advantages if they don't take steps for improving email communication.

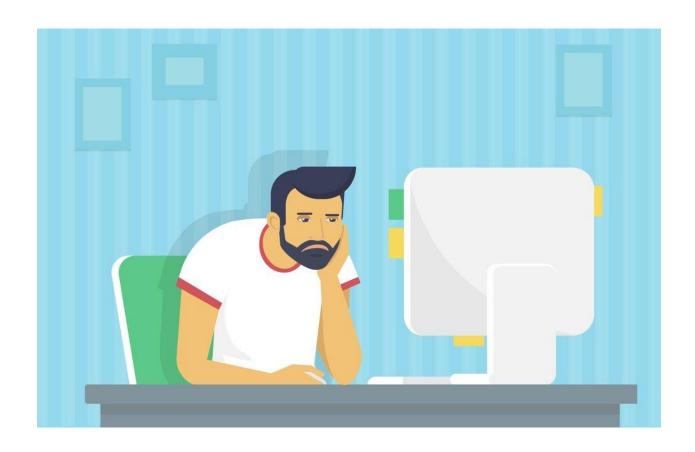


The Advantages of Email for Internal Communications

- 1. Email is a free tool. Once you are online, there is no further expense that you need to spend on in order to send and receive messages.
- 2. Email is quick. Once you have finished composing a message, sending it is as simple as clicking a button. Email, especially if an email system is integrated into the network, is sent, delivered and read almost immediately.
- 3. Email is simple. It is easy to use. Once your account is set up, composing, sending and receiving messages is simple. Also, email allows for the easy and quick access of information and contacts.
- 4. Email allows for easy referencing. Messages that have been sent and received can stored, and searched through safely and easily. It is a lot easier to go through old email messages rather than old notes written on paper.

- 5. Email is accessible from anywhere as long as you have an internet connection. Whether or not you are in the office or on the field, or even overseas, you can access your inbox and go through your messages.
- 6. Email is paperless, and therefore, beneficial for the planet. Not only can you reduce the costs of paper, you are actually reducing the damage paper usage does to the environment.
- 7. Email allows for mass sending of messages. An effective medium to utilize to get your message out there, you can send one particular message to several recipients all at once.
- 8. Email allows for instant access of information and files. You can opt to send yourself files and keep messages so that you have a paper trail of conversations and interactions you have online just in case you may need them in the future.

On the other hand, while <u>internal email</u> certainly has its advantages, it can also have disadvantages especially if an email alert system is not available in the workplace.



The Disadvantages of Email for Internal Communications

- 1. Email could potentially cause <u>information overload</u>. Some messages may be dismissed or left unread, especially if there are a lot coming in and the network has not integrated some sort of email alert system into the computers at work.
- 2. Email lacks a personal touch. While some things are better off sent as written and typed messages, some things should be verbally relayed or written by hand in a note or letter.
- 3. Email can be disruptive. Going through each email can be disruptive to work as it does require a bit of time. This disruption is decreased through the utilization of an email alert system.

- 4. Email cannot be ignored for a long time. The thing with email is that it needs constant maintenance. If you ignore it, more and more messages will enter your inbox until it gets to the point that your inbox is no longer manageable.
- 5. Email can cause misunderstandings. Because email does not include nonverbal communication, recipients may misinterpret the sender's message. This is particularly true of senders fail to go through their messages before they send them.
- 6. Email messages can contain viruses. It's best to be aware of this possibility so that you are careful when opening messages from people you don't know, or when downloading attachments.
- 7. Email should be kept short and brief. This is especially difficult if you are one to send messages that are too long.
- 8. Email requires timely responses. While some people tend to disregard messages, those that require responses should be replied to as soon as they are received and read. If not, urgent and important messages may be left untended.



Improving email communication in an organization

Love it or hate it, email is probably here to stay for a long time to come. It doesn't have to be the bane of corporate life if you take steps to make it work more effectively for your organization, recognizing both it's strengths an limitations and including it alongside other internal communications tools and channels. Actively improving email communication will make it a much more valuable internal communications tool.

Effective email communication in the workplace is achievable if you set clear guidelines for employees about appropriate email use.

This includes:

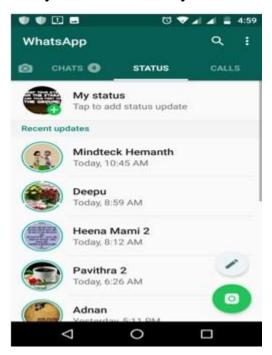
- Minimizing the use of email when there is an email substitute that is a more effective option, such as having a face-to-face conversation with a colleague, using instant messenger, sharing ideas on a project platform etc.
- Employees should be discouraged from hitting "reply all" or responding with unnecessary one-word emails like "ok" or "thanks".
- Emails should only be sent to relevant employees.
- Restricting access to those who are able to send emails to the entire organization.
- Encouraging employees to adopt "inbox zero" or similar programs to cut down on their emails.
- Using clear subject lines that people can look at and instantly know what the topic of the email is going to be about.
- Email communication should be clear, concise and easy to understand.
- Insisting on a standard of professionally written, proof-read emails.
- Encourage employees to delete unnecessary emails and to set up good archival systems to hold on to important emails they may need in the future.

For urgent communications and in situations where it is critical that you have to ensure everyone sees the message you are sending, you can overcome the disadvantages of email in business communication by using an alerting system, such as DeskAlerts, to bypass email and send messages straight to computers.

Whatsapp

Introduction:

- Whatsapp is a freeware application which can be installed on mobile phones, tablets and other computing devices.
- It works on VOIP (Voice Over Internet Protocol).
- It can be used to send text messages, images, documents, user location, audio/video and other media files etc.
- Whatsapp can be used to make voice calls and video calls to other phones. Both the phones (e.g. caller and called) require whatsapp installation before making calls.
- Whatsapp support variety of operating systems (OSs) such as iOS, android, windows, symbian, blackberry etc.



The figure-1 depicts three modes of whataspp application viz. CHATS, STATUS and CALLS. Using "CHATS" tab, people can chat with one another. Using "CALLS" tab, people can make voice/video calls. STATUS tab allows one to

check status of others and update their own status. WhatsApp Status allows people to share text, images, videos and animated images which disappear after duration of 24 Hours.

Benefits or advantages of Whatsapp

Following are the benefits or **advantages of Whatsapp**:

- →Messages are sent without any charges to any part of the world provided internet is available on mobile devices.
- →No advertisements on the screen to annoy the user.
- →All the tools are very easy to use.
- → The whatsapp imports all the contacts of the phone automatically and provide information about who all in your contacts are using whatsapp application.
- →Location, images, status can be shared with friends. Friends can chat with friends without spending any money using whatsapp on internet enabled devices.

Drawbacks or disadvantages of Whatsapp

Following are the drawbacks or **disadvantages of Whatsapp**:

- → There is no option to hide from particular users.
- →It is not possible to send messages into normal inbox of the mobile phone.
- → There is a risk of anyone reading the message meant for you only. This often creates problem in the happy home.
- →There was limit of 256 persons in a group which can be changed now to 3000 with few settings.
- →Someone can get annoyed due to reception of constant messages.
- →Profile picture is visible to every person having your contact number in which

you are using whatsapp.

- →Whatsapp is addictive. Once you get addicted to it, it is very difficult to get over whatsapp addiction. This is often found in school children.
- →You need to share the number with people with whom you would like to communicate.

Conclusion: Though there are few disadvantages of whatsapp, there are immense advantages of whatsapp. The drawbacks can be overcome by careful attention and proper usage of the whatsapp application. Few suggestions are allow children to use for fixed set duration, keep internet off when you want no disturbance, read the private message & delete it if you want nobody else to read the same, keep the profile very generic, do not share your number with strangers etc.

Visual Studio Code is a source-code editor made by Microsoft for Windows, Linux and macOS Features include support for debugging, syntax highlighting, intelligent code completion, snippets, code refactoring, and embedded Git. Users can change the theme, keyboard shortcuts, preferences, and install extensions that add additional functionality. Visual Studio Code was first announced on April 29, 2015, by Microsoft at the 2015 Build conference.

Visual Studio Code is a source-code editor that can be used with a variety of programming languages, including Java, JavaScript, Go, Node.js, Python and C++.It is based on the Electron framework, which is used to develop Node.js Web applications that run on the Blink layout engine. Visual Studio Code employs the same editor component (codenamed "Monaco") used in

Azure DevOps (formerly called Visual Studio Online and Visual Studio Team Services). Instead of a project system, it allows users to open one or more directories, which can then be saved in workspaces for future reuse. This allows it to operate as a language-agnostic code editor for any language. It supports a number of programming languages and a set of features that differs per language. Unwanted files and folders can be excluded from the project tree via the settings. Many Visual Studio Code features are not exposed through menus or the user interface but can be accessed via the command palette. Visual Studio Code can be extended via extensions, available through a central repository. This includes additions to the editor and language support. A notable feature is the ability to create extensions that add support for new languages, themes, and debuggers, perform static code analysis, and add code linters using the Language Server Protocol.

Visual Studio Code includes multiple extensions for FTP, allowing the software to be used as a free alternative for web development. Code can be synced between the editor and the server, without downloading any extra software.

There are many web languages available, however we're just going to look at three of them. They are HTML, CSS and JavaScript and they are considered to be the backbone of the web. When it comes to web development there is front-end web development and back end-web development. These three languages are for front-end web development and are responsible for what you can see and do on a website. They are referred to as client side languages as they run in the browser (Google Chrome,

Firefox etc.) of your computer. The browser translates these languages and the result of this translation is the visual web page.

It's important to note HTML and CSS are not considered to be programming languages. HTML is a markup language and CSS is a styling language. JavaScript, however, is a programming language. Hence, they are all web languages, but they perform different jobs.

HTML

- The Body
- HyperText Markup Language (HTML)
- Content and basic structure
- Describes and defines
- Made up of tags
- Tells the browser what to display

Hyper Text Markup Language (HTML) can be broken down into Hyper Text, which is what grants access to other texts through links, and Markup which outlines the basic structure and appearance of raw text. What this means is that HTML describes and defines the content and basic structure of the website. It does this through a means of special tags or codes which tell the browser what to do. HTML is the bare basics of a website.

HTML or Hyper Text Markup Language is the main markup language for creating web pages and other information that can be displayed in a web browser.

HTML is written in the form of HTML elements consisting of tags enclosed in angle brackets (like <html>), within the web page content.

HTML tags most commonly come in pairs like <h1> and </h1>, although some tags represent empty elements and so are unpaired, for example . The first tag in a pair is the start tag, and the second tag is the end tag (they are also called opening tags and closing tags). In between these tags web designers can add text, further tags, comments and other types of text-based content.

The purpose of a web browser is to read HTML documents and compose them into visible or audible web pages. The browser does not display the HTML tags, but uses the tags to interpret the content of the page.

HTML elements form the building blocks of all websites. HTML allows images and objects to be embedded and can be used to create interactive forms. It provides a means to create structured documents by denoting structural semantics for text such as headings, paragraphs, lists, links, quotes and other items. It can embed scripts written in languages such as JavaScript which affect the behavior of HTML web pages.

An HTML only website can be compared to a functioning human body.

Note, I didn't say fully-functional. An HTML only website has all of its
body parts, although it doesn't offer much to look at because it doesn't have

any accessories or personal style. At this stage, it's also a body which is not

capable of moving or speaking. A website which consists of only HTML

would probably look a little like this:

This is where CSS comes in.

CSS

CSS stands for Cascading Style Sheets. It is the language for describing the

presentation of Web pages, including colors, layout, and fonts, thus making

our web pages presentable to the users.

CSS is designed to make style sheets for the web. It is independent of

HTML and can be used with any XML-based markup language. Now let's

try to break the acronym:

• Cascading: Falling of Styles

• Style: Adding designs/Styling our HTML tags

• Sheets: Writing our style in different documents

CSS is easy to learn and understand but it provides powerful control over the

presentation of an HTML document. Most commonly, CSS is combined with

the markup languages HTML or XHTML

- The Accessories
- Cascading Style Sheet (CSS)
- Gives style and structure to the content
- Link the CSS file to the HTML
- Tells the browser how to display

A Cascading Style Sheet is the website's accessories. It's responsible for outlining the colors, font and positioning of the content on a website. It adds some style and structure to the content. In order to make use of the CSS capabilities it needs to be linked within the HTML content so that style can be added to the website. CSS will tell the browser how to display the existing HTML.

CSS can be compared to adding personal style to the body. When you link CSS to HTML, it's like dressing up the body. For example, you can choose a specific color shirt and match it with a specific color pair of trousers. On a website, you can choose the color of the background or the font size of a heading and much more. It's important to note that CSS cannot live without HTML as there would be nothing to style. Just like clothes or shoes would be pointless without someone to wear them.

So by now you should have an understanding of how structure and style are constructed on a website. A website that consists of HTML and CSS might looks like this:

However, you can't help but notice that something is missing. The web page is lacking certain functions like a search box or options to comment. Right now the body, with all its accessories, looks more like a mannequin in a store window than a real human being.

That's where JavaScript comes in.

JavaScript

JavaScript (often shortened to JS) is a lightweight, interpreted, object-oriented language with first-class functions, and is best known as the scripting language for Web pages, but it's used in many non-browser environments as well. It is a prototype-based, multi-paradigm scripting language that is dynamic, and supports object-oriented, imperative, and functional programming styles.

JavaScript runs on the client side of the web, which can be used to design / program how the web pages behave on the occurrence of an event.

JavaScript is an easy to learn and also powerful scripting language, widely used for controlling web page behavior.

Contrary to popular misconception, JavaScript is not "Interpreted Java". In a nutshell, JavaScript is a dynamic scripting language supporting prototype based object construction. The basic syntax is intentionally similar to both Java and C++ to reduce the number of new concepts required to learn the language. Language constructs, such as if statements, for and while loops,

and switch and try ... catch blocks function the same as in these languages (or nearly so).

- The body's ability to perform actions
- JavaScript is not Java
- Behaviour of the website
- Used for interactive functionality
- Allows for the user to interact with the browser

JavaScript controls the behaviour of the website. It's important to note that JavaScript and Java are two different things. JavaScript was designed to manipulate web pages and it is used to create interactive functionality. Without JavaScript a website will still be functional, but in a limited way. JavaScript is what animates HTML and CSS, and it's what brings your website to life.

JavaScript can be compared to the body's ability to perform actions such as walking or talking. So when you add JavaScript to HTML and CSS, it transforms the body from being a beautifully dressed mannequin into a real-life walking talking human being. It animates the body, giving it lifelike qualities. JavaScript can also be compared to a fully functional body that has the ability to interact. As we all know, having an interactive website is critical, otherwise its just a boring page filled with information. Here we see a website which consists of HTML, CSS and JavaScript:

If you look at this example of twitter, JavaScript allows you to expand the tweet to see re-tweets, to set a tweet as a favourite and more. A popular JavaScript App is Google Maps.

CHAPTER 14. CONCLUSION

The Twilio Sandbox for WhatsApp is a pre-configured platform through the Twilio Console wherein you could create a prototype for outgoing messages, respond to incoming messages, and fasten such things as reposting a message. Twilio isn't a loose forum, it's far a paid provider / forum. Therefore, if you want to make the maximum of it we want to buy a subscription.

In this paper, we've got evolved a way for spotting invisible feelings that use telecellsmartphone notifications as a sensor for affected conditions. The cell app became evolved, which incorporates samples and samples for each cell notification capabilities and steps that have an effect on PANAS. Additionally, we've got counseled system mastering to routinely take into account user-associated conditions from gathered cell data: cell notification and display screen interaction (e.g., keyboard exit, Send and Remove), notification style (e.g., task, fitness or community) and message context (e.g., period of message, presence of Emojis or images). In the User Survey, we gathered 534,346 notices forming the premise of our schooling database comprising 9 of the 20 decided on components. We constructed 3 sections of the sections and confirmed top overall performance of the types in opposition to the 3 categories: top, impartial and bad.

We have recognized an instantaneous dating among the one of a kind factors of notification interactions and customers' feelings. We have additionally showed a few preceding mental research which have counseled that cell telecellsmartphone use and ongoing notifications and interruptions can have an effect on customers' intellectual fitness. Proposed technology can make a contribution to developing effective feelings in customers through routinely spotting and sharing their feelings. Suggestions for destiny studies encompass enhancing class accuracy thru the usage of many capabilities related to customers' feelings. For example, we can study touchy message content. In addition, we intention to paintings on real-time emotional evaluation and a guessing app that serves as a historical past provider to hold customers knowledgeable in their contemporary attitudes. This will assist customers to keep away from useless interference with their cell telephones and disruptive packages through turning off useless notifications. The ensuing motivational clues may be marked on social media profiles that can permit customers to realize the coronary heart circumstance and fitness of contemporary friends.

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