

# Intelligent Facilitation for Teams of the Future via Longitudinal Sensing in Context

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**Participants: 30 Teams, size 2-5, N=103, in complex information work professions participated in a 10-week study (6 all-women, 7 all-men, 17 mixed-gender teams)**

**Research Procedures:**



**+ Proximity Beacon + Initial Battery + Daily Surveys + Exit Interview**

## Study 1: Team Diversity (n=53)

Method: Grounded Theory

Data: 53 semi-structured interviews, initial battery

Main Finding: Work-from-home (WFH) creates new contexts for team diversity that team members traverse and negotiate together.

**Latent Team Diversity**  
(inconspicuous in the office)



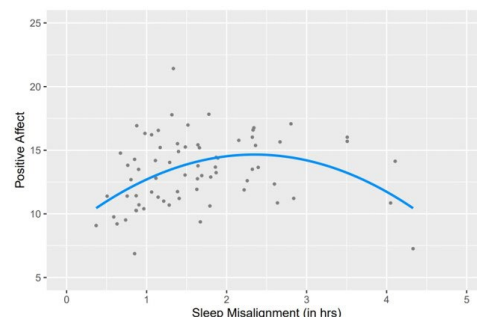
**Home-Life Situation**      **Individ'l Work Rhythms**  
(became prominent in a WFH context)

## Study 2: Sleep Alignment in Teams (n=71)

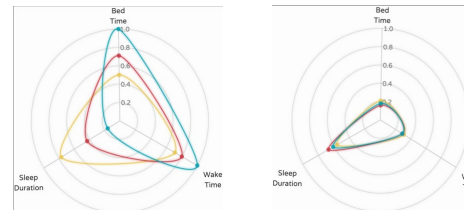
Method: Linear Mixed-Effects models

Data: Objectively measured sleep from wearable, daily surveys, initial battery

Main Finding: Sleep misalignment in a team was associated with higher positive mood (Fig 1).



**Fig. 1: intra-team sleep misalignment and pos. affect**



**Comparing sleep alignment for two 3-person teams**

## Work in Progress:

- Work location (private and shared workspace at home & office) as predictor of individual perceptions of remote teamwork

- Emotional contagion patterns in remote teamwork between team members