

Pablo E. Paredes

Instructor (Faculty-level Researcher)
Radiology Department
Psychiatry & Behavioral Sciences Department
Precision Health and Integrated Diagnostics Center (PHIND)
Center for Population Health Sciences
Stanford University School of Medicine

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Pervasive Wellbeing Technology Lab
<http://med.stanford.edu/pervasivewellbeingtech/>

Researcher and educator focused on establishing a new science to study health “in the wild”, defined not as the absence of disease, but as the maximization of wellbeing. Leverage interdisciplinary skills in human-computer interaction (HCI), artificial intelligence (AI), digital signal processing (DSP), psychophysiology, affective computing, and biomechanics. Focus on design and scientific evaluation of ubiquitous passive sensing, and subtle intervention systems. Broad experience performing human-centered exploratory, controlled, and longitudinal experiments.

EDUCATION AND TRAINING

- | | | |
|-------------|---|------------------------|
| | Stanford University | Stanford, CA |
| 02/16-02/18 | <i>Postdoctoral Fellow</i>
Computer Science - Human-Computer Interaction (Advisor: Prof. James A. Landay)
Mechanical Engineering - Center for Design Research (Co-advisor: Wendy Ju, Ph.D.) | |
| | University of California – Berkeley | Berkeley, CA |
| 08/10-12/15 | <i>Ph.D., Computer Science</i> (EECS Department)
Thesis: Pervasive Wellbeing Technology (Advisor: Prof. John F. Canny)
Major: Human-Computer Interaction.
Minors: Machine Learning and Social Psychology | |
| | Georgia Institute of Technology | Atlanta, GA |
| 08/03 | <i>Master of Science in Electrical and Computer Engineering</i> (MSc) | |
| 05/04 | <i>Master of Business Administration</i> (MBA) | |
| | Universidad Politécnica Salesiana – Summa Cum Laude | Cuenca, Ecuador |
| 04/01 | Electronics and Electro-mechanical Engineer (Rank: 1st. in class & best thesis award)
Thesis: Reconocimiento Invariante de Patrones Ópticos con Redes Neuronales Artificiales | |
| | Instituto Técnico Superior Salesiano – Valedictorian | Cuenca, Ecuador |
| 07/92 | Electronics and electro-mechanics concentration | |

HONORS & AWARDS

- Invited to be a speaker at **TEDx** BeaconStreet, JFK Memorial Library, Boston, MA
- Member of 3 winning teams, Stanford Engineering Catalyst for Change, Stanford University, 2018
- CHI 2017 – Excellent Reviewer
- Berkeley Institute Data Science fellowship winner, UC Berkeley, 2015
- Best Project Award, HCI Fall 2010 class (Prof. Bjoern Hartmann), UC Berkeley, 2010
- MBA Minority Outstanding Student Awards, Georgia Institute of Technology, 2004
- Master of Science Minority Outstanding Student Awards, Georgia Institute of Technology, 2003
- Fulbright Scholarship**, Comisión Fulbright del Ecuador, 2001
- Best Thesis Award**, Universidad Politécnica Salesiana, 2000

RESEARCH EXPERIENCE

Stanford University

Stanford, CA

02/18-Present *Instructor* – Radiology Department, Psychiatry & Behavioral Sciences Department
Founder and director, *Pervasive Wellbeing Technology Lab*^{*}
Precision Health & Integrated Diagnostics Center (PHIND)[†]
Mentors: Prof. Sanjiv (Sam) Gambhir, Prof. Mark Cullen

02/16-02/18 *Post-Doctoral Fellow* – Human-Computer Interaction
Wellbeing technology for work-life balance and vehicle (manual and autonomous) commuters.

University of California - Berkeley

Berkeley, CA

01/15-12/16 *Research Team Lead* – Berkeley Institute of Data Science
Inquire project – Use semantic NLP for wellbeing qualitative research & conversational agents.

01/15-02/16 *Graduate Student Researcher* – Social Apps Lab (Prof. Greg Niemeyer)
Urban.IO project - Internet of Things (IoT) wellbeing urban light solutions.

09/10-12/15 *Graduate Student Researcher* – Berkeley Institute of Design (Prof. John Canny)
Developed wellbeing, behavior change and mental health technology.

Microsoft Research

Redmond, WA

05/13-10/14 *Research Intern and Contractor* - VIBE Group (Manager: Mary Czerwinski, Ph.D.)
Stress micro-intervention recommendation system. Stress detection with PC peripherals.

Google Inc.

Mountain View, CA

05/12-08/12 *User Experience Research Intern* - Cyber Security Group (Manager: Sunny Consolvo, Ph.D.)
Conceptualized and designed usable security tools for two-step verification.

Georgia Institute of Technology (Georgia Tech)

Atlanta, GA

08/03-05/04 *Graduate Research Assistant*
Defined the IT governance program for the Office of Information Technology.
Defined the user's satisfaction strategy for Georgia Tech's web portal.

Universidad Politécnica Salesiana

Cuenca, Ecuador

10/99-01/01 *Principal Investigator and Founder* – *Digital Signal Processing (DSP) Lab*
Raised funds and recruited 7 students to research topics on applied DSP and AI.

TEACHING EXPERIENCE

Stanford University

Stanford, CA

10/16/18 *Guest Lecture* – *Computer Science Department*
CS 376 *Human-Computer Interaction Research* (Prof. Michael Bernstein): proactive health and wellbeing research in HCI.

03/18-06/18 *Lecturer* - *Mechanical Engineering Department*
ME 116M *Introduction to the Design of Smart Products* (Prof. Sean Follmer): tangible products for proactive health and wellbeing.

03/15-06/15 *Instructor* – *d.School*
d.Compress – *Designing Calm* (co-instructor: Neema Moraveji, Ph.D.): calming and work-life balance technology including breathing regulation, movement, and cognitive behavioral therapy.

Universidad de Cuenca

Cuenca, Ecuador

09/17 *Workshop Instructor*
Designing technology for mental health.

^{*} <http://med.stanford.edu/pervasivewellbeingtech/>

[†] <http://med.stanford.edu/phind/>

- University of California - Berkeley** **Berkeley, CA**
 08/14-12/14 *Graduate Student Instructor*
INFO290 Sensors, Humans, Data, Apps (Prof. John Chuang): biosensors, and machine learning.
ARCH294 Sensing Cityscapes (Prof. Greg Niemeyer and Prof. Ronald Rael): Arduino + 3D printing labs and installations in San Leandro, CA.
- 08/12-12/12 *Graduate Student Instructor*
CS160 – Introduction to Human-Computer Interaction (Prof. John Canny)
- 09/11-05/12 *Instructor and course designer (Supervised by Prof. John Canny)*
CS194 Gaming and Narrative Technologies for Health: gaming and narrative tech for health.
CS194 Technologies for Behavior Change: design tech for behavior change in health.
- Universidad San Francisco de Quito (USFQ)** **Quito, Ecuador**
 08/07-05/08 *Professor (Instructor-level)*
Artificial Neural Networks: perceptron, MLP backpropagation, self-organizing maps.
- Georgia Institute of Technology (Georgia Tech)** **Atlanta, GA**
 05/02-08/03 *Graduate Teaching Assistant*
ECE2026 Introduction to Digital Signal Processing (Prof. James McClellan)
ECE6110 CAD for Computer Networks (Prof. George Riley)
- Universidad Politécnica Salesiana** **Cuenca, Ecuador**
 12/16 *Workshop Instructor*
Introduction to Rapid Prototyping.
- 10/99-01/01 *Professor (Lecturer-level)*
Artificial Neural Networks, Digital Signal Processing, Intro to Electronics, and Numerical Methods.
- 10/97-10/99 *Seminar Instructor*
Introduction to MATLAB, and Introduction to Autodesk CAD.

WORK EXPERIENCE

Entrepreneurial

- Habits** **Mexico City, Mexico**
 12/16-02/18 *Super Advisor*
Interventions for positive habit formation in organizations with focus in Latin American markets.
- Psyched by MG** **Palo Alto, CA**
 12/16-6/17 *Advisor*
Product design and development for a therapeutic chatbot for couple's therapies.
- Consulmatrix** **Cuenca, Ecuador**
 01/00-10/10 *Founding Partner and Associate Consultant*
Product and marketing strategy in mobile, broadband and Internet value added services.
- CPtronics** **Cuenca, Ecuador**
 10/97-10/00 *Co-founder & Chief Executive Officer (CEO)*
Bootstrapped company using all my personal assets and co-founder equivalent investment.
10x YoY growth (2 to 12 employees) in 3 years amidst worst economic recession in Ecuador.
- Arkana Musical Band** **Cuenca, Ecuador**
 10/94-10/97 *Composer, Keyboard and Bass player*
Recorded and toured "Rock Nativo" CD together with other three leading local Latin rock bands.

Industry

- Intel** **Sao Paulo, Brazil**
08/08-09/10 *Latin American Market Development (Strategic) Manager (Regional Director Level)*
Drove Intel's vision on wireless broadband in Latin America negotiating investments above \$500M. Developed a product and service ecosystem of original equipment/device manufacturers (OEM/ODMs), central and local governments, regulators, and service providers across the region.
- Telefónica** **Quito, Ecuador**
02/06-08/08 *Data Solutions Division Head and Lead Product Manager*
Led a team of 4 product managers with a \$15M budget (300% YoY growth). Created the Data Products and Solutions Division: created operations, sales, and presales teams to manage an ecosystem of OEM/ODMs, software integrators, regulators, and internet service providers (ISPs).
- Avaya (Lucent Spin-off)** **Basking Ridge, NJ & Miami, FL**
04/05-12/05 *MBA Leadership Rotational Manager: Latin American Services Offer Manager / IT Global Manager*
Led a group of 10 service offer managers who designed, developed and launched new services for small, medium and large businesses across the region, both through direct and indirect channels.
- Gesellschaft für Technische Zusammenarbeit (GTZ)** **Cuenca, Ecuador**
10/95-01/98 *Technical Editor and Translator (English to Spanish)*
Translated and edited Electronics Engineering books from the GTZ electronics collection.

FUNDING

Active

- 2018 Stephanie Balters' postdoctoral fellowship, Center for Automotive Research at Stanford (CARS), **Principal Investigator**. \$130,000
- Detection and prevention of autism through artificial intelligence (PI: Prof. Dennis Wall), Precision Health and Integrated Diagnostics, School of Medicine, Stanford University. \$300,000 (\$25,000)
- Effective, Scalable, and Affordable Strategies for Mental Health (PI: Prof. Zhenan Bao), Catalyst for Collaborative Solutions, Stanford University. \$2,250,000 (\$240,000)
- Motivating Mobility and Health (PI: Scott Delp), Catalyst for Collaborative Solutions, Stanford University. \$2,400,000 (\$180,000)
- Hybrid Spaces for Enhanced Wellbeing (PIs: Prof. Sarah Billington & Prof. James A. Landay), Catalyst for Collaborative Solutions, Stanford University. \$1,000,000 (\$100,000)

Completed

- 2017 Commute Technology, Renault/Nissan Research Gift, **Co-Principal Investigator**. \$175,000
- 2016 Human Behaviors and Interactions for In-Car Experiences (PIs: Prof. Michael Bernstein, Prof. James A. Landay, and Prof. Maneesh Agrawala), Toyota Research. \$900,000 (\$180,000)
- Wellbeing Technology Interventions + Azure Grant, Microsoft Research Gift. \$35,000
- Urban Lights for Pedestrian Wellbeing (Co-PI: Prof. Greg Niemeyer), Our Town - National Endowment for the Arts (NEA), **Co-PI**. \$50,000

Pending

- 2018 In-car Immersive Interventions for Wellbeing, Brose, **Principal Investigator**. ~\$750,000
- Multisensorial Therapy, Faurecia Research, **Principal Investigator**. ~\$150,000
- Stress and Cognitive Performance, Samsung, **Principal Investigator**. ~\$300,000

PUBLICATIONS

Journal Articles

- 1 **Paredes, P. E.**, Balters, S., Qian, K., Ordoñez, F., Murnane, E., Ju, W., and Landay, J., Driving with the Fishes: Towards Calming and Mindful Virtual Reality Experiences for the Car. *Journal of Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT)*, 2018. <http://dx.doi.org/10.1145/3287062> (N=8, N=15)
- 2 **Paredes, P. E.**, Zhou, Y., Hamdan, N., Balters, S., Murnane, E., Ju, W., and Landay, J., Just Breath - Just Breathe: In-Car Interventions for Guided Slow Breathing, *Journal of Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT)*. 2018. <http://dx.doi.org/10.1145/3191760>, (N=24)
- 3 **Paredes, P. E.**, Hamdan, N., Cai, C., Clark, D., Ju, W., and Landay, J., Evaluating In-Car Movements in the Design of Mindful Commute Interventions: Exploratory Study, *Journal of Medical Internet Research (JMIR)*. 2017. <http://dx.doi.org/10.2196/jmir.6983>, (N=8, N=12)

Conference Proceedings - Peer Reviewed Full Papers[‡]

- 4 Balters, S., Murnane, E., Landay, J., **Paredes, P. E.**[§], Breath Boost: Exploring Fast-paced Breathing Interventions to Enhance Driver Vigilance in the Car, *12th EAI International Conference on Pervasive Computing for Healthcare (Pervasive Health)*, New York, USA, 2018. <http://dx.doi.org/10.1145/3240925.3240939>
Peer reviewed, Full Article. Average acceptance rate: 24%, (N=19, N=8)
- 5 **Paredes, P. E.**, Ordoñez, F., Ju, W., Landay, J., Fast And Furious – Detecting Stress with a Car Steering Wheel, *ACM Conference on Human Factors in Computing Systems (CHI 2018)*, Montreal, Canada, 2018. <https://doi.org/10.1145/3173574.3174239>
Peer reviewed, Full Article. Average acceptance rate: 25.8%, (N=25)
- 6 **Paredes, P. E.**, Rufino Ferreira, A., Schillaci, C., Yoo, G., Karashchuk, P., Xing, D., Cheshire, C., Canny, J., Inquire: Large-Scale Early Insight Discovery for Qualitative Research. *ACM Conference on Computer-Supported Cooperative Work and Social Computing (CSCW 2017)*, Portland, Oregon, 2017. <https://doi.org/10.1145/2998181.2998363>
Peer reviewed, Full Article. Acceptance rate: 34%., (N=9, N>1M)
- 7 **Paredes, P. E.**, Ko, R., Calle, E., Canny, J., Hartmann, B., Niemeyer, G., Fiat Lux: Interactive Urban Lights for Combining Positive Emotion and Efficiency, *ACM Conference on Design of Interactive Systems (DIS 2016)*, Brisbane, Australia, 2016. <https://doi.org/10.1145/2901790.2901832>
Peer reviewed, Full Article. Acceptance rate: 26%, (N=36, N=40, N=28)
- 8 **Paredes, P. E.**, Ko, R., Babler, L., Aghaseyedjavadi, A., Chuang, J., Canny, J., Synestouch: Haptic + Audio Affective Design for Wearable Devices, *6th International Conference on Affective Computing and Intelligent Interfaces (ACII 2015)*, Xi'an, China, 2015. <https://doi.org/10.1109/ACII.2015.7344630>
Peer reviewed, Full Article. Acceptance rate: 28%, (N=40)
- 9 **Paredes, P. E.**, Gilad-Bachrach, R., Roseway, A., Rowan, K., Czerwinski, M., PopTherapy: Coping with Stress through Pop Culture. *8th EAI International Conference on Pervasive, Computing for Healthcare (PervasiveHealth 2014)*, Oldenburg, Germany, 2014. <https://doi.org/10.4108/icst.pervasivehealth.2014.255070>
Peer reviewed, Full Article. Acceptance rate: 30%, (N=95)

[‡] In Human-Computer Interaction (HCI), full peer-reviewed conference papers are preferred over journal publications because they allow for more rapid publication of results and offer oral presentations in addition to the paper. Top HCI conferences such as ACM CHI, CSCW, UIST, and top health conferences such as EAI Pervasive Health have average acceptance rates of 20-25%. The top journals are ACM TOCHI and IMWUT, which are becoming more relevant again as authors of accepted articles there are now given the option to present a talk at one of three major conferences.

[§] First paper as Principal Investigator (PI)

- 10 Hernandez, J., **Paredes, P. E.**, Roseway, A., Czerwinski, M., Under Pressure: Sensing Stress of Computer Users. *ACM Conference on Human Factors in Computing Systems (CHI 2014)*, Toronto, Canada, 2014.
<https://doi.org/10.1145/2556288.2557165>
Peer reviewed, Full Article. Acceptance rate: 23%, (N=24)
- 11 Sun, D., **Paredes, P. E.**, Canny, J., MouStress: Detecting Stress with Mouse Motion. *ACM Conference on Human Factors in Computing Systems (CHI 2014)*, Toronto, Canada, 2014.
<https://doi.org/10.1145/2556288.2557243>
Peer reviewed, Full Article. Acceptance rate: 23%, (N=49)

MANUSCRIPTS IN PREPARATION

Editorial Review

- 12 **Paredes, P. E.**, Hernandez, J., Chan, M., Hartmann, B., Canny, J., UnDosTress – Design of Daily Stress Mitigation Micro-Interventions. *Journal of Medical Internet Research (JMIR)*. 2017. (internal review), **(N=20)**

Internal Review

- 13 Balters, S., Landay, J., **Paredes, P. E.**, Stress regulation while driving through slow breathing, *Journal of Medical Internet Research (JMIR)*, 2018. (internal review), **(N=40)**
- 14 Balters, S., Steinert, M., **Paredes, P. E.**, Are you a superhero?: Re-appraisal theory under extreme stress conditions, *Journal of Affective Computing*, 2018. (internal review), **(N=40)**
- 15 **Paredes, P. E.**, Lutchyn, Y., Gilad-Bachrach, R., Czerwinski, M. Stress Management Micro Intervention Design – *Proceedings of the Academy of Sciences (PNAS)*. (internal review), **(N=95)**
- 16 Spyropoulos, A., Uttmark, M., Landay, J., **Paredes, P. E.**, Haunted Desk – Envisioning Opt Out Smart Sit-Stand Desks, *Journal of Medical Internet Research (JMIR)*. 2018. (internal review), **(N=24)**
- 17 Washington, P., **Paredes, P. E.**, Mood Display – Pre-attentive mood regulation through computer displays, *Journal of Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT)*, 2018. (internal review), **(N=24)**
- 18 **Paredes, P. E.**, Nambikrishnan, V., Tantivasadakarn, N., Ding, V., Wu, S., Landay, J., Pop Bots – Envisioning Stress Management Conversational Agents, *Journal of Medical Internet Research*. 2018. (internal review), **(N=14, N=20)**
- 19 Balters, S., **Paredes, P. E.**, Ju, W., Steinert, M., Mayday, Mayday, Mayday: Measuring stress in critical incident training using salivary cortisol, heart rate (variability), and self-reports, *Journal of Design Engineering*, 2018. (internal review), **(N=18)**

PATENTS

Filed

- 1 Gilad-Bachrach, R., **Paredes, P. E.**, Czerwinski, M., Johns, P., Kapoor, A., Pina, L., Roseway, A., Rowan, K., Providing Interventions by Leveraging Popular Computer Resources, Microsoft Corporation, Nov. 2013. (submitted). **US201550140527A1**
- 2 Hernandez, J., Roseway, A., Czerwinski, M., **Paredes, P. E.**, Choi, D., User Stress Detection and Mitigation. Microsoft Corporation, April 2014. (submitted). **US20150297140A1**

Internal review

- 3 **Paredes, P. E.**, Ju, W., Landay, J., Detecting mental stress from a car steering wheel, Stanford University & Toyota Corporation (internal review)

- 4 **Paredes, P. E., Spyropoulos, A., Landay, J.,** Robotic Sitting Standing Desks to maximize mobility and mood regulation, Stanford University (internal review)

REFEREED PUBLICATIONS

Short Papers

- 1 **Paredes, P. E., Chan, M.,** CalmMeNow – An Exploratory Study and Design of Stress Mitigating Mobile Interventions. In *Extended Abstracts of CHI 2011: ACM Conference on Human Factors in Computing Systems (CHI 2011)*, Vancouver, Canada, May 2011. <http://doi.org/10.1145/1979742.1979831> (N=20)
- 2 **Paredes, P. E., Ju, W., Landay, J.** The Mindful Commute. Poster in *1st Computing and Mental Health Symposium – ACM Conference on Human Factors in Computing Systems (CHI 2016)*, San Jose, CA, 2016.
- 3 **Paredes, P. E., Tewari, A.,** Deus-Ex, Interactive Machinima Movies for Cognitive Behavioral Therapy. Poster in *13th International Conference on Intelligent and Virtual Agents (IVA 2013)*, Edinburgh, UK, 2013.
- 4 **Paredes, P. E., Schueller, S.,** Deus-Ex, Machinima for Behavior Change. Poster in *Association for Behavioral and Cognitive Therapies*, National Harbor, MD, 2012.
- 5 **Paredes, P. E., Schueller, S., Canny, J.,** Get Movie-ing – Machinima for Behavior Change. Poster in *Workshop on Interactive Systems in Health Care (WISH 2011)*, Washington DC, 2011.

Demo Papers

- 6 **Paredes, P. E., Oikonomou, V., Guerrero, R., Yang, T., Karashchuk, P., Jiang, B., Landay, J., Cheshire, C., Canny, J.** INQUIRE Tool: Early Insight Discovery for Qualitative Research. *ACM Conference on Computer-Supported Cooperative Work and Social Computing*, Portland, OR, 2017. <https://doi.org/10.1145/3022198.3023272>

Workshop Papers

- 7 **Paredes, P. E., Dowling, P., Oikonomou, V., Jiang, B., Cheshire, C., Canny, J., Landay, L.** Qualitative Exploration & Early-discovery of Prior Knowledge for Causal Inference. *Workshop on Observational Studies through Social Media (OSSM17). 11th International AAAI Conference on Web and Social Media (ICWSM17)*, Montreal, 2017.
- 8 **Paredes, P. E., Tewari, A., and Canny, J.** Design Principles for the Conceptualization of Games for Health Behavior Change. *Gamification Workshop – ACM Conference on Human Factors in Computing Systems (CHI 2013)*, Paris, 2013.
- 9 **Paredes, P. E., Sun, D., and Canny, J.** Sensor-less Sensing for Affective Computing and Stress Management Technology. *Affective Sensing Workshop – 7th IEEE International Conference on Pervasive Computing Technologies for Healthcare (PervasiveHealth)*, Oldenburgh, Germany, 2013. <https://doi.org/10.4108/icst.pervasivehealth.2013.252380>

UNREFEREED PUBLICATIONS

Posters

- 1 **Paredes, P. E., Ju, W., Landay, J.** Pervasive Wellbeing Technology. Poster in *Computing & Mental Health Symposium – ACM Conference on Human Factors in Computing Systems (CHI 2017)*, Denver, CO, 2017.
- 2 **Paredes, P. E., Ju, W., Landay, J.** Pervasive Wellbeing Technology and Design. Poster in *Human-Computer Interaction Consortium Workshop*, Pajaro Dunes, CA, 2017.

- 3 Paredes, P. E., Ju, W., Landay, J. The Mindful Commute. Poster in *AAAI Spring Symposium on Wellbeing AI: From Machine Learning to Subjectivity Oriented Computing*. Stanford, CA. 2017.
- 4 Paredes, P. E., Ju, W., Landay, J. The Mindful Commute – Cars as Intervention Machines. Poster in *Human-Computer Interaction Consortium Workshop*, Pajaro Dunes, CA, 2016.

Teaching Material

- 5 Paredes, P. E. & Kavadias, S. IASEB: Evaluating New IT Services. College of Management (COM). Georgia Institute of Technology. Atlanta, Georgia, 2004. **Case Study**

Thesis

- 6 Paredes, P. E., *Pervasive Wellbeing Technology*. UC Berkeley, Berkeley, CA, 2015.
- 7 Paredes, P. E., *Reconocimiento Invariante de Patrones Ópticos con Redes Neuronales Artificiales*. Universidad Politécnica Salesiana. Cuenca, Ecuador, 2000.

INVITED TALKS

- 2019 *The Mindful Commute*
5th. Car HMI USA Conference, Detroit, MI

The Mindful Commute
UC Berkeley College of Environmental Design (Prof. Marta Gonzalez), Berkeley, CA
Stress Management IoT “in the wild”
Berkeley Institute of Design Lunch (Prof. Bjoern Hartmann), Berkeley, CA
- 2018 *The Mindful Commute IoT “in the wild”*
Mercedes Benz / Daimler-Chrysler, Sunnyvale, CA
Non-obtrusive Computational Stress Models “in the wild”
Multisensory Perception Lab (Prof. Ladan Shams), UCLA, Los Angeles, CA
Designing IoT for Stress Management “in the wild” – in press
TEDx Baker Street, JFK Library, Boston, MA
<https://tedxbeaconstreet.com/speakers/pablo-paredes/>
Stress Management Technology “in the wild”
Affecting Computing Lab (Prof. Rosalind Picard), MIT, Cambridge, MA
Life Hacking Stress Management “in the wild”
TRANSTECH - Transformative Technology Conference, Palo Alto, CA
<https://www.youtube.com/watch?v=iNxf6vzjSGk>
Pervasive Wellbeing Technology Lab
Stanford Neurodevelopment, Affect, and Psychopathology Lab (Prof. Ian Gotlib), Psychology Department, Stanford University, Stanford, CA
Pervasive Wellbeing Technology Lab
Psychophysiology Lab (Prof. James Gross), Psychology Dept., Stanford University, Stanford, CA
Stress Management for Commuters
Center for Automotive Research (CARS) Symposium, Stanford University, Stanford, CA
Stress Management for Winding Down
Prof. Rachel Manber’s Lab (Sleep Health and Insomnia Program - SHIP), Psychiatry & Behavioral Sciences Department, Stanford University, Stanford, CA
Stress Management in the Wild
MediaX visiting series, Stanford University, Stanford, CA
Stress Management in the Wild

Brainmind Symposium (Prof. Laura Roberts), Stanford University, Stanford, CA

Pervasive Wellbeing Technology – Lab

NAVY visiting scholars, Stanford University, Stanford, CA

Pervasive Wellbeing Technology – Lab Introduction

Neuromuscular Biomechanics Lab (Prof. Scott Delp), Bioengineering Department, Stanford University, Stanford, CA

Pervasive Wellbeing Technology – Everyday Stress Management Sensors and Interventions.

Precision Health and Integrated Diagnostics (PHIND) Seminar. Stanford University, Stanford, CA

Pervasive Wellbeing Technology – Humanistic Commute Interventions.

Center for Automotive Research (CARS) Webinar Series. Stanford University, Stanford, CA

https://www.youtube.com/watch?v=ANprHI_Va1I&feature=youtu.be

2017 *Tecnología y Diseño para el Bienestar Generalizado. Keynote*

1^{er} Simposio de Interacción Humana con la Inteligencia Artificial, la Realidad Virtual y el Medio Ambiente. Engineering + Psychology. Universidad de Cuenca, Ecuador

El Futuro de la Psiquiatría Digital. Keynote

6^{to} Congreso Internacional de Adicciones. Centro de Reposo y Adicciones (CRA), Cuenca, Ecuador

The Mindful Commute

Center for Automotive Research at Stanford (CARS), Stanford, CA

<https://vimeo.com/222278731>

Affective Wearable Interventions.

eWEAR Symposium (Prof. Zhenan Bao). Chemical Engineering. Stanford University, Stanford, CA

Pervasive Wellbeing Technology & Design.

PanLab: Precision Psychiatry & Translational Neuroscience (Prof. Leanne Williams). Psychiatry & Behavioral Sciences Department. Stanford University, Stanford, CA

Pervasive Wellbeing Technology – Towards Preventing Mental Disorders.

Postdoc Retreat - Chemistry, Engineering & Medicine for Human Health. Stanford University, Stanford, CA

Pervasive Wellbeing Technology Ideation.

Human-Computer Interaction Lunch. Computer Science. Stanford University, Stanford, CA

2016 *Pervasive Wellbeing Technology: Leveraging AI and HCI to Prevent Mental-Health Disorders.*

Global Depression Prevention Consortium (Prof. Ricardo Muñoz). Stanford University, Stanford, CA

The Mindful Commute: Wellbeing Technology Interventions for Commuters.

Biometrics and Virtual Reality Lab (Prof. John Chuang, Prof. Coye Cheshire). Information School. UC Berkeley, Berkeley, CA

Pervasive Wellbeing Technology.

Mind & Body Lab (Prof. Alia Crum). Psychology Department. Stanford University. Stanford, CA

2015 *Pervasive Wellbeing Technology – Interventions and Privacy.*

Data and Policy Workshop. Berkeley Institute of Data Science. UC Berkeley. Berkeley, CA

Pervasive Wellbeing Technology.

Sensors, Humans, Data, Apps Class (Prof. John Chuang). Information School. UC Berkeley, Berkeley, CA

2014 *Mobile Personalized Mental Health Interventions.*

Sensors, Humans, Data, Apps Class (Prof. John Chuang). Information School. UC Berkeley, Berkeley, CA

Stress Management and Human Potential Technology for the Masses.

Internet World Health Research Center (Prof. Ricardo Muñoz). Medicine/Psychiatry. UCSF, San Francisco, CA

Stress Management and Human Potential Technology for the Masses.

Behavior Measurement and Change Seminar. College of Engineering. UC Berkeley, Berkeley, CA

2013 *Stress Management Technology.*

Center for Behavioral Interventions Technology (Prof. David Mohr). Medicine. Northwestern University, Chicago, IL

Stress Management and Human Potential Technology.

Berkeley Institute of Design. College of Engineering. UC Berkeley. Berkeley, CA

<https://www.youtube.com/watch?v=KuIZ3vqx0fY>

Mobile Stress Management Recommendation System.

MSR Intern Series (Dr. Mary Czerwinski). Microsoft Research. Redmond, WA

2012 *Tecnología para Salud Mental y Adicciones.*

4^{to} Congreso Latinoamericano de Adicciones – Centro de Reposo y Adicciones (CRA) (Dr. Saúl Pacurucu), Cuenca, Ecuador

Calming Tech – Explorations on Interactive Technology Design for Stress and Emotional.

Microsoft Research Talks (Mary Czerwinski, Ph.D.) - Microsoft Research, Redmond, WA

<http://research.microsoft.com/apps/video/default.aspx?id=197610>

2011 *Machinima for Mental Health.*

Global Technology Leaders Conference, Mountain View, CA

2006-2010 Various product management conferences: *Convergent networks; Machine to Machine; Wireless Broadband.*

Various Business Conferences in Ecuador and Latin America

IN THE MEDIA

2018 *The Happy Commute: New technology could make your drive therapy time* - Stanford School of Medicine Magazine, Stanford, CA

<http://stanmed.stanford.edu/2018fall/digital-tools-commute-drive-therapy-well-being.html>

Driving Us Sane- Stanford School of Medicine Magazine, Stanford, CA

<http://stanmed.stanford.edu/2018fall/mindful-commute-robots-stress-reduction-test-drive.html>

Using technology to make commuters not-so-fast and not-so-furious

SCOPE Blog – Stanford School of Medicine, Stanford, CA

<https://scopeblog.stanford.edu/2018/11/28/using-technology-to-make-commuters-not-so-fast-and-not-so-furious/>

Life-hacking Stress in the Wild –in press - Simulationseries.com youtube channel, San Francisco, CA

Autopiloto - RadioEE, Montalvo Center for the Arts, Saratoga, CA

<https://blog.montalvoarts.org/autopiloto.html>

2016 *No, You're not Tripping. It's the Lights* - Sanleandronext.com, San Leandro, CA

<http://sanleandronext.com/no-youre-not-tripping-its-the-lights-san-leandrouc-berkeley-featured-in-sf-magazines-smart-city-awards/>

2014 *San Leandro Pedestrians Walk in the Light* - San Francisco Magazine, San Francisco, CA

<https://www.modernluxury.com/san-francisco/story/san-leandro-pedestrians-walk-the-light>

MENTORSHIP

Current Students - Stanford University

Postdoctoral Stephanie Balters, Ph.D.

Graduate Peter Y. Washington, Hiroshi Mendoza, M.Sc., Sonia García, Benoit Pit-Claudel

Undergraduate Victoria Ding, Amanda Spyropoulos, Nick Tantivasadakarn, Tabitha (Tabi) Bandy-Vizcaino, Alejandrina González Reyes

Former Students

Stanford Shannon Wu, Julia Alison, Manan Rai, Yutong (Coco) Sun, Madeline Bernstein, Jade Thornton, Cameron Cruz, Michael Uttmark, Johnathan Burkle, Kaan Donbekci, Honghao Wei, Yijun Zhou, Varun Nambikrishnan, Pascal Odek, Chris Salguero, David Lim, Jack Jin, David Mallick, Miknkyu Kim, Kyle Qian

Berkeley Rocio Guerrero, Pierre Karaushchuk, Ryuka Ko, Vasilis Oikonomou, Melody Valdez, Terrie Yang, Ana Rufino Ferreira, Cory Schillaci, Amrita Kulkarni, Gautam Jain

Europe Phillip Dowling, M.Sc., Nur Al-huda Hamdan, Linda Bäbler

South America Eduardo Calle, M.Sc., Francisco Ordóñez, Daniela Pardo, Gabriela Pacheco, Cristian Idrovo, Ivan Tinoco, Maria Gabriela Vega, Xavier Andrango, and students from the original DSP lab at UPS

SERVICE

Program Committees

2018-2019 Associate Chair (AC), Health subcommittee, *ACM Conference on Human Factors in Computing Systems (CHI 2019)*. Glasgow, UK

2017-2018 Associate Chair (AC), Understanding People: Theory, Concepts, Methods subcommittee, *ACM Conference on Human Factors in Computing Systems (CHI 2018)*. Montreal, Canada

2017 Program Committee (PC) - Affective Computing and Intelligent Interfaces (ACII). San Antonio, TX

Thesis Committees

2018 EE Ph.D. thesis committee on EEG analysis, Escuela Politécnica Nacional (EPN). Quito, Ecuador

Reviewer

2016 – 2017 Journal of Medical Internet Research (JMIR)

2017 Journal of Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT)

2013, 2016-17 ACM Conference on Human Factors and Computing Systems (CHI) 2013, 2016, 2017

2017 ACM Conference on Computer-Supported Cooperative Work and Social Computing (CSCW)

2017 Journal of Positive Psychology

2017 ACII Tools and Algorithms for Mental Health and Wellbeing, Pain, and Distress Workshop

2016 IEEE Transactions of Affective Computing Journal

2011, 2013-16 ACM CHI Work in Progress/Late Break 2011, 2013, 2014, 2015, 2016

2016 ACM CHI Computing and Mental Health Workshop

2016 ACM Design of Interactive Systems (DIS)

2015 ACM Symposium on User Interface Software and Technology (UIST)

Academic Jury

- 2018 *CS 147: Introduction to Human Computer Interaction Design*, Prof. James Landay, Stanford University
- 2017 *ME 116M: Introduction to Smart Product Design*, Prof. Sean Follmer, Stanford University

Outreach & Volunteer Work

- 2018 Scientific advisor for Ecuadortech (Ecuadorians in Technology of Silicon Valley) group
- 2018 Best Paper Award Selection Committee, *ACM CHI 2018*
- 2017 Computer Science Undergraduate Research Internship (CURIS) Mentor, Stanford University
- 2013-2014 Coordinated a multidisciplinary research group on behavior science technology, UC Berkeley
- 2006-2008 Mentored the EPN IEEE Communications Society student chapter, Quito, Ecuador
- 2004 Built houses for low-income residents with Habitat for Humanity, Atlanta, GA
- 2003 Volunteered as a caregiver for senior citizens, Atlanta, GA
- 1999 Vice-president of Student Body at Universidad Politécnica Salesiana, Cuenca, Ecuador

SKILLS & TOOLS

Programming Languages/AI/Statistics: Matlab, R, Python, Javascript, HTML

Embedded OS: Arduino, Android ADK

Rapid Prototyping: Paper, Junk, Video, Digital Storytelling, Wizard of Oz, Wire-framing, Arduino.

Crowdsourcing: Amazon Mechanical Turk.

Business models: Wearable Computing, Mobile Broadband, IoT/M2M.

Management: Product Management, Strategic Marketing & Sales, Market Development

CERTIFICATIONS

Berkeley Center for New Media Certificate, UC Berkeley, Berkeley, CA, 2015

Digital Storytelling Workshop, Center for Digital Storytelling, UC Berkeley, Berkeley CA, 2011

Entrepreneurship Certificate, Georgia Institute of Technology, Atlanta, GA, 2004

E-commerce Certificate, Georgia Institute of Technology, Atlanta, GA, 2004

Management of Technology Certificate, Georgia Institute of Technology, Atlanta, GA, 2004

AFFILIATIONS

Institute of Electrical and Electronics Engineers (IEEE)

Association for Computing Machinery (ACM)

Association of Behavioral and Cognitive Therapies (ABCT)

European Alliance for Innovation (EAI)

ACTIVITIES

Raising Twins!

Music composer for a short film for the 2018 San Jose 48 hour film project (honorable mention)

Learning to play entry-level tango songs on the bandoneon.

Played bass guitar, drums, and keyboard with the Berkeley EECS band "The Positive Eigenvalues".

Semi-professional musician:

- Composed, recorded and toured with my own rock band "ARKANA"

- Studied theory, practice, harmony, and composition at Cuenca's Conservatory for 8 years.

- Played bass guitar in several theatrical professional plays.

High School Ping-pong and Athletics (triple-jump) teams

Lived in 10 cities of the Americas:

US: Palo Alto, CA, San Leandro, CA, Berkeley, CA, Basking Ridge, NJ, Miami, FL, Atlanta, GA,
and Ocean Springs, MS

Brazil: Sao Paulo

Ecuador: Quito and Cuenca

LANGUAGES

Fluent in Spanish, Portuguese, and English

Currently learning Italian