Codebook: User behaviors per positive activity.

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| User Behavior | Design Type | | | | Description |
| **Practice Gratitude** | | | | | |
| Gratefully reflect | | | Proactive | Reflecting on or writing down what one is grateful for | |
| Express gratitude | | | Proactive | Express gratitude directly to others | |
| **Avoid Overthinking** | | | | | |
| Reduce doom-scrolling | | | Protective | Reducing excessively seeking out negative content | |
| **Avoid Social Comparison** | | | | | |
| Reduce negative comparison | | | Protective | Alleviating body dissatisfaction and fear of missing out | |
| Authentic self-presentation | | | Proactive | Aligning self-presentation with one’s true identity and values | |
| Diverse beauty standards | | | Proactive | Representing a broad diversity of appearances | |
| **Practice Acts of Kindness** | | | | | |
| Prosocial behavior | | | Proactive | Engaging in actions intended to benefit others | |
| Support others | | | Proactive | Offering emotional, informational, or practical support | |
| Respectful interactions | | | Proactive | Engaging with others in a polite and considerate manner | |
| Reduce toxic interactions | | | Protective | Minimizing cyberbullying and hate speech | |
| **Nurture Social Relationships** | | | | | |
| Direct exchange | | | Proactive | Directly interacting with other people | |
| Connect with others | | | Proactive | Keeping in touch with others, finding like-minded people | |
| Stay up to date | | | Proactive | Getting updates from family and friends | |
| Collaborative use | | | Proactive | Engaging in shared activities with others through technology | |
| Self-disclosure | | | Proactive | Expressing one’s thoughts and feelings, confiding in others. | |
| **Develop Strategies for Coping** | | | | | |
| Distract from problems | | | Proactive | Directing attention away from stressful situations | |
| Emotion regulation | | | Proactive | Using technology to (up)regulate positive emotions | |
| **Savoring** | | | | | |
| Reflect on experiences | | Proactive | | Sharing positive experiences for personal or social reflection | |
| Reminisce past experiences | | | Proactive | Recording and reflecting on past experiences | |
| **Commit to Goals** | | | | | |
| Set personal goals | | | Proactive | Defining meaningful goals to work toward | |
| Focus on personal goals | | | Proactive | Directing attention and effort toward achieving goals | |
| **Take Care of Mind** | | | | | |
| Promote mental health | | | Proactive | Adopt positive mental health behaviors | |
| Reduce mental health threats | | | Protective | Mitigating direct risks to mental health, e.g., self-harm | |
| Reduce harmful content | | | Protective | Reducing exposure to harmful content | |
| Reduce excessive use | | | Protective | Reducing time spent on a platform | |