

YASAMAN S. SEFIDGAR

[🏠 homes.cs.washington.edu/~einsian](https://homes.cs.washington.edu/~einsian)

I am a Human-Computer Interaction researcher working on improving systems that help people collect and use data. I am especially interested in personal data tools for health. I build systems, design interaction techniques, and develop computational algorithms that allow individuals to control data and AI systems and align these systems to their evolving needs.

EDUCATION



- 2020–2025 **University of Washington, Seattle, WA, USA**
Ph.D. in Computer Science and Engineering
Thesis: Goal-Centered Personal Informatics Tools
Committee: James Fogarty, Sean Munson, Jina Suh, Jeff Heer, Andrea Hartzler
- 2017–2019 **University of Washington, Seattle, WA, USA**
M.Sc. in Computer Science and Engineering
Area: End-User Programming of Robots & Ubiquitous Computing for Diversity
Advisors: Maya Cakmak, Jen Mankoff
- 2013–2014 **Simon Fraser University, Burnaby, BC, Canada**
M.Sc. in Computer Science
Area: Computer Vision & Machine Learning
Advisor: Greg Mori
- 2010–2012 **University of British Columbia, Vancouver, BC, Canada**
M.Sc. in Computer Science
Area: Human-Computer Interaction & Haptics
Advisor: Karon MacLean
- 2005–2009 **Sharif University of Technology, Tehran, Iran**
B.Sc. in Computer Engineering
Area: Computer Hardware Engineering

AWARDS & HONORS

- 2024 **Schmidt Science Fellowship Nominee** (University of Washington; advanced to global finals)
Best Paper Award of CHI 2024 for P17 (ACM CHI, top 1%)
Dissertation Fellowship Finalist (American Association for University Women, \$25,000)
- 2023 **Distinguished Paper Award of IMWUT 2023 for P15** (ACM UbiComp, top 1%)
- 2021–2023 **Meta PhD Fellowship** (Meta, tuition & fees + \$42,000 annually)
- 2019 **IBM Fellowship Nominee** (Allen School)
- 2017 **Honorable Mention Award of HRI 2017 for P3** (ACM HRI, top 5%)
- 2015 **Health Systems Management Award** (Ontario Health, CAD \$1,000)
- 2012 **Haptics Symposium Best Demo Honorable Mention** (IEEE HS)
- 2009 **Merit Scholarship** (University of British Columbia, top 8% of Computer Science)
- 2008 **Exceptional Talent Award** (Sharif University of Technology, top 5% of Computer Engineering)
- 2005 **Top 0.01% of Math and Engineering Undergraduate Students Nation-wide** (Iran)

PUBLICATIONS

REFEREED JOURNAL AND CONFERENCE PAPERS

- 2024 P19 **GLOBEM: Cross-Dataset Generalization of Longitudinal Human Behavior Modeling**
Xu X., Liu X., Zhang H., Wang W., Nepal S., **Sefidgar, Y.S.**, Seo W., Kuehn K.S., Huckins J.F., Morris M.E., Nurius P.S., Riskin E., Patel S., Althoff T., Campbell A.T., Dey A.K., Mankoff J.
GetMobile: Mobile Computation and Communication [DOI]
- P18 **College Students' Daily Mind Wandering Is Related to Lower Social Well-Being**
Beloborodova P., Dutcher J.M., Villalba D.K., Tumminia M.J., Doryab A., Creswell K., Cohen S., **Sefidgar Y.S.**, Seo W., Mankoff J., Dey A.K., Creswell D., Brown K.W.
Journal of American College Health [DOI]
- P17 **MigraineTracker: Examining Patient Experiences with Goal-Directed Self-Tracking for a Chronic Health Condition**
 **Sefidgar Y.S.**, Castillo C.L., Chopra S., Jiang L., Jones T., Mittal A., Ryu H., Schroeder J., Cole A., Marinova N., Munson S., Fogarty J.
CHI'24 Conference on Human Factors in Computing Systems [DOI]
Best Paper Award
- P16 **Improving Work-Nonwork Balance with Data-Driven Implementation Intention with Mental Contrasting**
Sefidgar Y.S., Jörke M., Suh J., Saha K., Iqbal S., Ramos G., Czervinski M.
CSCW'24 ACM Conference on Computer-Supported Cooperative Work [DOI]
- 2023 P15 **GLOBEM: Cross-Dataset Generalization of Longitudinal Human Behavior Modeling**
 Xu X., Liu X., Zhang H., Wang W., Nepal S., **Sefidgar Y.S.**, Seo W., Kuehn K.S., Huckins J.F., Morris M.E., Nurius P.S., Riskin E., Patel S., Althoff T., Campbell A.T., Dey A.K., Mankoff J.
IMWUT'23 ACM Interactive, Mobile, Wearable & Ubiquitous Technologies Proceedings [DOI]
Distinguished Paper Award
- P14 **Pearl: A Technology Probe for Machine-Assisted Reflection on Personal Data**
Jörke M., **Sefidgar Y.S.**, Massachi T., Suh J., Ramos G.
IUI'23 Conference on Intelligence User Interfaces [DOI]
- P13 **Nightly Sleep Duration Predicts Grade Point Average in the First Year of College**
Creswell D., Tumminia M.J., Price S., **Sefidgar Y.S.**, Cohen S., Ren Y., Brown J., Dey A.K., Dutcher J.M., Villalba D., Mankoff J., Xu X., Creswell K., Doryab A., Mattingly S., Striegel A., Hachen D., Martinez G., Lovett M.C.
PNAS'23 Proceedings of the National Academy of Sciences of the USA [DOI]
- 2022 P12 **GLOBEM Dataset: Multi-Year Datasets for Longitudinal Human Behavior Modeling Generalization**
Xu X., Zhang H., **Sefidgar Y.S.**, Ren Y., Liu X., Seo W., Brown J., Kuehn K.S., Merrill M., Nurius P.S., Patel S., Althoff T., Morris M.E., Riskin E., Mankoff J., Dey A.K.
NeurIPS'23 Advances in Neural Information Processing Systems [Link]
- P11 **Lack of Belonging Predicts Depressive Symptomatology in College Students**
Dutcher J.M., Lederman J., Jain M., Price S., Kumar A., Villalba D.K., Tumminia M.J., Doryab A., Creswell K., Riskin E., **Sefidgar Y.S.**, Seo W., Mankoff J., Cohen S., Dey A.K., Creswell D.
Psychological Science [DOI]
- P10 **Impact of Online Learning in the Context of COVID-19 on Undergraduates with Disabilities and Mental Health Concerns**
Zhang H., Morris, M.E., Nurius P.S., Mack K., Brown J., Kuehn K.S., **Sefidgar Y.S.**, Xu X.,

- Riskin E., Dey A.K., Mankoff J.
ACM Transactions on Accessible Computing [DOI]
- 2021 P9 **College from Home during COVID-19: a Mixed-methods Study of Heterogeneous Experiences**
 Morris M.E., Kuehn K.S., Brown J., Nurius P.S., **Sefidgar Y.S.**, Riskin E., Dey A.K., Xu X.,
 Consolvo S., Mankoff J.
PloS one [DOI]
- P8 **Distress Among Undergraduates: Marginality, Stressors and Resilience Resources**
 Nurius P., **Sefidgar Y.S.**, Kuehn K.S., Jung J., Zhang H., Figueira O., Dey A.K., Riskin E.,
 Mankoff J.
Journal of American College Health [DOI]
- P7 **Leveraging Collaborative-Filtering for Personalized Behavior Modeling: a Case Study of
 Depression Detection among College Students**
 Xu X., Chikersal P., Dutcher J.M., Sefidgar Y.S., Seo W., Tumminia M.J., Villalba D.K., Cohen
 S., Creswell K., Creswell D., Doryab A., Nurius P.S., Riskin E., Dey A.K., Mankoff J.
IMWUT'21 ACM Interactive, Mobile, Wearable & Ubiquitous Technologies Proceedings [DOI]
- 2019 P6 **Passively Sensed Behavioral Correlates of Discrimination Events in College Students**
Sefidgar Y.S., Seo W., Kuehn K.S., Althoff T., Browning A., Riskin E., Nurius P., Dey A.K.,
 Mankoff J.
CSCW'19 ACM Conference on Computer-Supported Cooperative Work [DOI] [Press]
- P5 **Using Passive Data Monitoring and Machine Learning Algorithms to Examine Negative
 Affect and Coping Behaviors Among College Students Experiencing Suicidal Ideation**
 Kuehn K.S., **Sefidgar Y.S.**, Nurius P., Browning A., Riskin E., Dey A.K., Mankoff J.
IASR/AFSP International Summit on Suicide Research Link
- 2018 P4 **RobotIST: Interactive Situated Tangible Robot Programming**
Sefidgar Y.S., Weng T., Harvey H., Elliott S., Cakmak M.
SUP'18 ACM Symposium on Spatial User Interaction [DOI]
- 2017 P3 **Situated Tangible Robot Programming**
 **Sefidgar Y.S.**, Agarwal P., Cakmak M.
HRI'17 International Conference on Human-Robot Interaction [DOI]
 Best Paper Honorable Mention
- 2016 P2 **Design and Evaluation of a Touch-Centered Calming Interaction with a Social Robot**
Sefidgar Y.S., MacLean K.E., Yohanan S., Van der Loos M., Croft E.A., Garland E.J.
IEEE Transactions on Affective Computing [DOI]
- 2015 P1 **Discriminative Key-Component Models for Interaction Detection and Recognition**
Sefidgar Y.S., Vahdat A., Se S., Mori G.
Computer Vision and Image Understanding [DOI]

UPCOMING MANUSCRIPTS IN PREPARATION OR SUBMISSION

- U4 **Analyticons: an Architecture for End-user Interactive Analysis of Personal Data**
Sefidgar Y.S., Suh J., Munson S., Heer J., Fogarty J.
- U3 **Submodular Behavior Summarization**
Sefidgar Y.S., Sharma A., Riskin E., Nurius P.S., Dey A.K., Mankoff J., Fogarty J., Althoff T.
- U2 **Examining Needs and Opportunities for Supporting Students Who Experience Discrimination**
Sefidgar Y.S., Nurius P.S., Baughan A., Elkin L., Dey A.K., Riskin E., Mankoff J., Morris M.

- U1 **Examining Information Goals in Self-Tracking for Chronic Condition Management: Case Study of Migraine**
Sefidgar Y.S., Castillo C.L., Chopra S., Ryu H., Munson S., Fogarty J.
CHI'25 Conference on Human Factors in Computing Systems Case Studies

DOCTORAL SYMPOSIUMS

- 2024 DS3 **Supporting Control and Alignment in Personal Informatics Tools**
Sefidgar Y.S.
UIST'24 Adjunct ACM Symposium on User Interface Software and Technology [DOI]
- 2023 DS2 **Tools to Support Health and Well-being with Personal Data**
Sefidgar Y.S.
CSCW'23 Companion Publication of ACM Conference on Computer Supported Cooperative Work and Social Computing [DOI]
- 2018 DS1 **End-User Programming of Manipulator Robots in Situated Tangible Programming Paradigm**
Sefidgar Y.S., Cakmak M.
HRI-Pioneers'18 Human-Robot Interaction Pioneers Workshop [DOI]

CASE STUDIES, WORKSHOPS, POSTERS, AND WORKS-IN-PROGRESS

- 2023 CS1 **Lessons Learned for Data-Driven Implementation Intentions with Mental Contrasting**
Sefidgar Y.S., Jörke M., Suh J., Saha K., Iqbal S., Ramos G., Czervinski M.
CHI'23 Conference on Human Factors in Computing Systems Case Studies [DOI]
- 2017 W2 **Programming Robot Manipulators with Tangible Blocks**
Sefidgar Y.S., Cakmak M.
Workshop on Evaluation and Usability of Programming Languages and Tools [Link]
- W1 **A System for Situated Tangible Programming of Robot Skills**
Sefidgar Y.S., Elliott S., Cakmak M.
Workshop on Learning for Collaborative Robotics: Enabling Flexible, Redeployable and Agile Industrial Applications [Link]
- 2012 PS1 **Emotional Communication and Implicit Communication through Touch**
MacLean K.E., Yohanan S., Sefidgar Y.S., Pan M.K.X.J., Croft E.A., McGrenere J.
Affective Haptics Workshop – Haptics Symposium [Link]
- 2011 WP1 **TAMER: Touch-guided Anxiety Management via Engagement with a Robotic pet**
Sefidgar Y.S., MacLean K.E., Croft E.A., Van der Loos M., Garland E.J., Yohanan S.
Work In Progress - Graphics, Animation, and New Media

PROFESSIONAL APPOINTMENTS

- 2020–2025 **University of Washington, Seattle, WA, USA**
Student Researcher in Design, Use, & Build Group
Mentors: James Fogarty, Sean Munson, Jeff Heer
Examining frameworks, interaction techniques, and architectures for personal data tools
[P17, U1, U4]

- 2022 **Microsoft Research, Redmond, WA, USA**
Research Intern in Human Empathy & Understanding Group
 Mentors: Jina Suh, Mary Czervinski
 Designing and evaluating scaffolding techniques for behavior change
 [CS1, P14, P16]
- 2018–2020 **University of Washington, Seattle, WA, USA**
Student Researcher in Make4All Lab
 Mentors: Paula Nurius, Jen Mankoff
 Developing computational infrastructure and algorithms to quantify social adversities
 [P5, P6, P7, P8, P9, P10, P11, P12, P13, P15, P18, P19, U2, U3]
- 2016–2018 **University of Washington, Seattle, WA, USA**
Research Associate in Human-Centered Robotics Lab
 Mentor: Maya Cakmak
 Designing and evaluating end-user robot programming tools
 [W1, W2, P3, P4]
- 2014–2015 **Jonah Consulting Inc, Toronto, ON, Canada**
Technical Developer
 Mentor: Mathew Solo
 Developing solutions for clients in healthcare and financial sectors
- 2012–2014 **Simon Fraser University, Burnaby, BC, Canada**
Student Researcher in Vision & Media Lab
 Mentors: Greg Mori
 Developing human-object interaction models
 [P1]
- 2010–2012 **University of British Columbia, Vancouver, BC, Canada**
Student Researcher in Sensory Perception & Interaction Lab
 Mentors: Karon MacLean
 Designing affective haptic robot behaviors
 [WP1, PS1, P2]

TALKS

- 2024 **University of Michigan, Department of Computer Science & Engineering**
 Designing for Control and Alignment in Personal Informatics Tools
- UIST'24 Doctoral Symposium**
 Supporting Control and Alignment in Personal Informatics Tools
- Allen School Industry Affiliates' Day 2024**
CHI'24 Chronic Conditions A
 MigraineTracker: Examining Patient Experiences with Goal-Directed Self-Tracking for a Chronic Health Condition
- 2023 **CSCW'23 Doctoral Consortium**
 Tools to Support Health and Well-being with Personal Data
- DUB'23 Doctoral Consortium**
 Tools to Support Health and Well-being with Personal Data

CHI'23 Case Studies

Lessons Learned for Data-Driven Implementation Intentions with Mental Contrasting

2022

Microsoft Research, Applied Research Invited Talk Series

WoNoB: Improving Work-Nonwork Balance with Personal Data

Microsoft Research, HCI Seminar

WoNoB: Improving Work-Nonwork Balance with Personal Data

2019

CSCW'19 Language & Expressivity II

Passively Sensed Behavioral Correlates of Discrimination Events in College Students

2018

SUP'18 Robotics & Wearables

RobotIST: Interactive Situated Tangible Robot Programming

2017

PLETEAU'17 Language, DSL, & Feature Design

Programming Robot Manipulators with Tangible Blocks

HRI'17 Teaching Robots

Situated Tangible Robot Programming

RESEARCH MENTORING EXPERIENCE

PROJECT-FOCUSED GRADUATE PEER MENTORING

2020-2023

Carla Castillo, Human-Centered Design & Engineering, University of Washington

2019-2020

Han Zhang, Computer Science & Engineering, University of Washington

UNDERGRADUATE MENTORING

2018-2020

Bowen Xu, Computer Science & Engineering, University of Washington

2019-2020

Jake Jung, Computer Science & Engineering, University of Washington

2018-2019

Ying Wang, Computer Science & Engineering, University of Washington

2018-2019

Estelle Jiang, Computer Science & Engineering, University of Washington

2020

Jyoti Lama, Computer Science & Engineering, University of Washington

Jonathan Zhao, Computer Science & Engineering, University of Washington

2019

Sean Keever, Computer Science & Engineering, University of Washington

Zongyuan Checn, Computer Science & Engineering, University of Washington

Olivia Figueira, Computer Science & Engineering, Santa Clara University (DREU internship)

2018

Geovani Castro, Computer Science & Engineering, University of Washington

Mayki Hu, Computer Science & Engineering, University of Washington

Nicole Riley, Computer Science & Engineering, University of Washington

Shohbit Jain, Computer Science & Engineering, University of Washington

2017

Heather Harvey, Computer Science & Engineering, University of Washington

2016-2017

Prerna Agarwal, Computer Science & Engineering, University of Washington

TEACHING EXPERIENCE

2024'Winter

Human-Computer Interaction, Computer Science & Engineering, University of Washington
Graduate teaching assistant; duties: lab sections and grading (64 undergraduates)

2017'Spring

Human-Computer Interaction, Computer Science & Engineering, University of Washington
Lead graduate teaching assistant; duties: lab sections and grading (29 professionals)

- 2013'Spring **Data Structures and Algorithms**, Computer Science, Simon Fraser University
Teaching assistant; duties: lab sections and grading (100 undergraduates)
- 2013'Spring **Scientific Computer Programming**, Computer Science, Simon Fraser University
Graduate teaching assistant; duties: lab sections and grading (40 non-majors)
- 2010'Spring **Introduction to Computing in Engineering**, Computer Science, University of British Columbia
Graduate teaching assistant; duties: lab sections and grading (250+ undergraduates)
- 2009'Fall **Introduction to Computing in Engineering**, Computer Science, University of British Columbia
Graduate teaching assistant; duties: lab sections and grading (250+ undergraduates)
- 2009'Spring **Signals & Systems**, Computer Engineering, Sharif University of Technology
Undergraduate teaching assistant; duties tutorials (80+ undergraduates)
- 2008'Fall **Signals & Systems**, Computer Engineering, Sharif University of Technology
Undergraduate teaching assistant; tutorials (80+ undergraduates)
- 2008'Fall **Linear Control Systems**, Computer Engineering, Sharif University of Technology
Undergraduate teaching assistant; held tutorials (20 undergraduates)

SERVICE

STUDENT EMPOWERMENT

- 2020-2022 Computer Science & Engineering, University of Washington
Member of Graduate Student Council
- 2020-2022 Computer Science & Engineering, University of Washington
Member of Diversity, Equity and Inclusion Committee
- 2012-2013 Computer Science, Simon Fraser University
Member of Women in Computing
- 2011 Computer Science, University of British Columbia
Peer mentor in Tri-Mentoring Program

ORGANIZER

- 2018 Computer Science & Engineering, University of Washington
HCI Seminar Skill Share
- 2014 Pacific North West Celebration of Women in Computing Conference
Poster Competition
- 2011 Computer Science, University of British Columbia
HCI Grad Research Forum

REVIEWER

- 2024 ACM CHI
ACM CSCW
ACM IMWUT (Interactive, Mobile, Wearable & Ubiquitous Technologies)
- 2023 ACM CHI
ACM ToCHI (Transactions on Computer-Human Interaction)

- 2022 ACM CHI
- 2021 ACM CSCW
ACM CHI
- 2020 ACM CSCW (Conference on Computer-Supported Cooperative Work)
ACM CHI
- 2017 Robotics and Computer Integrated Manufacturing
ACM CHI (Conference on Human Factors in Computing Systems)
- 2016 IEEE RO-MAN (International Symposium on Robot and Human Interactive Communications)
ACM HRI (International Conference on Human-Robot Interaction)
- 2015 International Journal of Human-Computer Studies

SELECTED MEDIA COVERAGE

- 2019 [Discrimination Influences Student Activity and Mood](#)
Inside Higher Ed, Nov 06, 2019

EXTRACURRICULAR RECOGNITION

PUBLIC OUTREACH

- 2016 Industry Affiliates Day, Allen School
People's Choice Award for P3

VOLUNTEERING

- 2012 Student Service Award, University of British Columbia
For exceptional volunteering efforts

ATHLETIC

- 2006, 2007 Badminton Competitions, Sharif University of Technology
Champion

REFERENCES

James Fogarty

Professor, Computer Science & Engineering, University of Washington
jfogarty@cs.washington.edu

Sean Munson

Professor, Human Centered Design & Engineering, University of Washington
smunson@uw.edu

Tim Althoff

Associate Professor, Computer Science & Engineering, University of Washington
althoff@cs.washington.edu

Jina Suh

Principal Researcher, Microsoft Research
jinsuh@microsoft.com

Paula S. Nurius

Professor, School of Social Work, University of Washington
nurius@uw.edu