

PROPOSING BODY DOUBLING AS A CONTINUUM OF SPACE/TIME AND MUTUALITY: AN INVESTIGATION WITH NEURODIVERGENT PARTICIPANTS

- Body doubling involves using the presence of others to stay focused and complete tasks
- The term has emerged as a community-driven phenomenon employed by ND individuals
- Technologically-mediated services for body doubling have followed (e.g., Focusmate)
- No academic exploration exists on the topic

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OBJECTIVE

How do neurodivergent individuals define and use body doubling?

Goals:

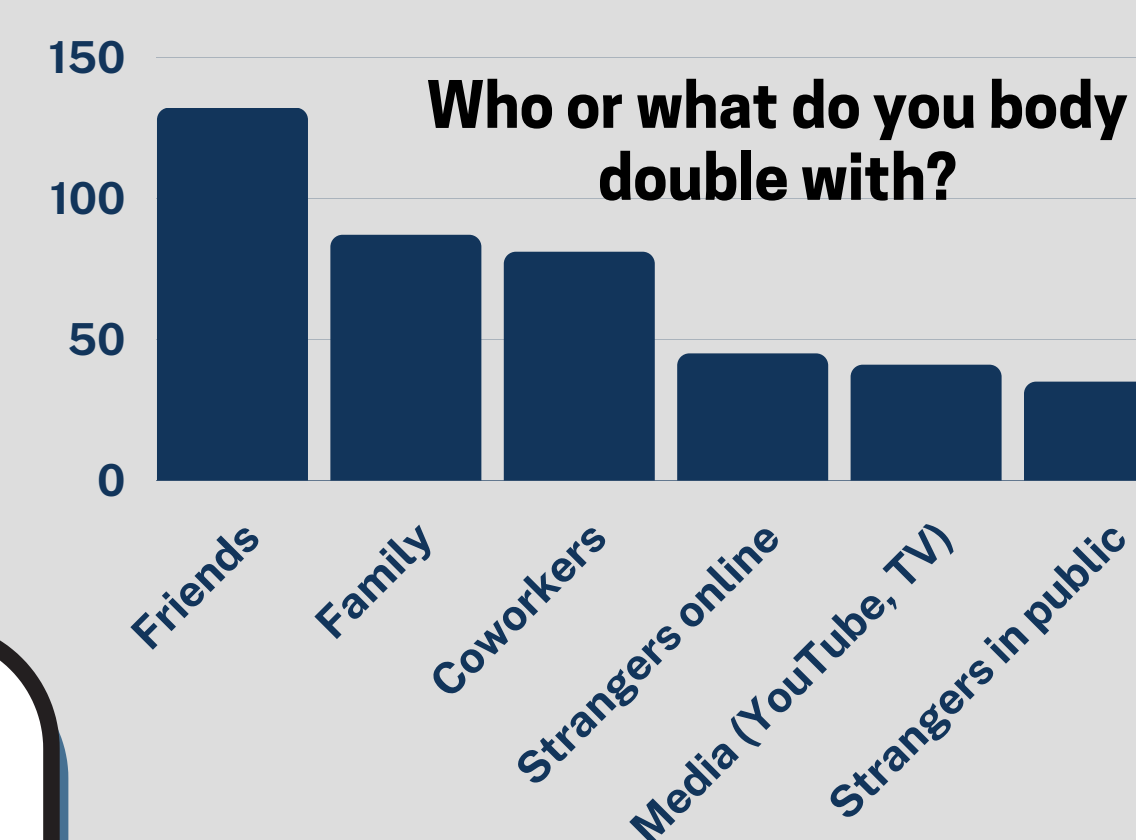
- Establishing body doubling as an adaptive strategy for task completion/initiation for ND individuals
- Get a standard, community-defined definition published in peer-reviewed research

FINDINGS

- Many people were unfamiliar with the term but had intuitively been using the strategy
- Body doubling helps participants complete tasks and get unstuck (75% utilize it!)
- Provides motivation and comfort for large, looming tasks or encouragement for tedious ones
 - Provides companionship, accountability, guilt, and serving as a visual reminder

"I use it when tasks are particularly unpleasant, difficult, or emotionally stressful" - P160 (ADHD, Autism)

Self-Ided Neurodivergence	Count
ADHD	139
Autism	82
Obsessive Compulsive Disorder	11
Dyscalculia	11
Generalized Anxiety Disorder	10
Sensory Processing Disorder	10



DEFINING BODY DOUBLING

- Having someone in the room (n = 127) or on a call/chat (n = 27)
- To accomplish a task (n = 65) / be productive (n = 38)
- Tasks may be different (n = 65) or similar (n = 13)
- Form of accountability (n = 23) and helps one stay on task (n = 21)

FUN FACT!

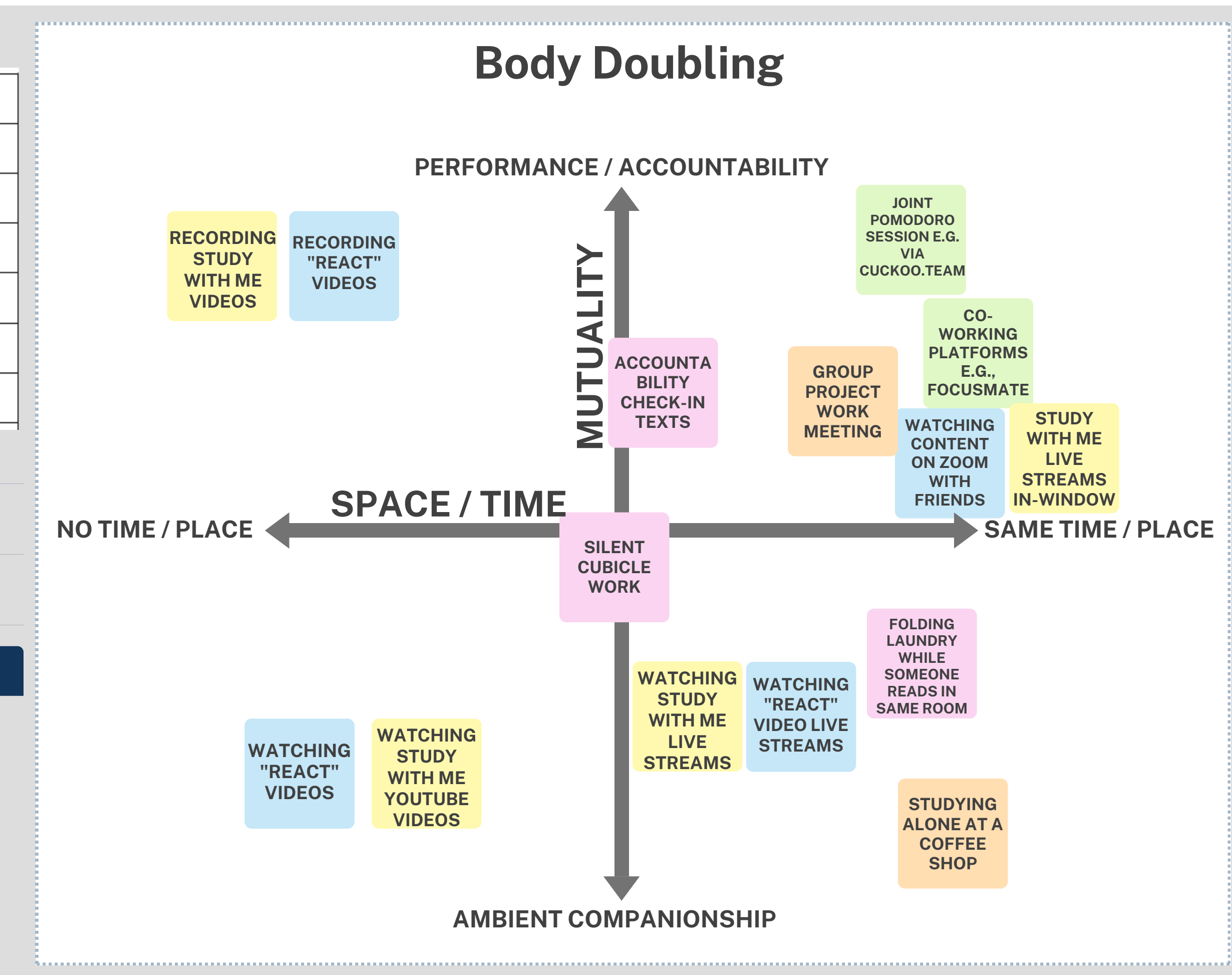
24% (n = 53) of responses indicated that participants learned about the term "body doubling" while taking our survey

REFERENCES

1. Patricia Quinn. 2022. Getting Stuff Done Is Easier with a Friend. ADDitude. <https://www.additudemag.com/getting-stuff-done-easier-with-a-friend-body-double/>
2. Kristen Rogers. 2023. The benefits of "body doubling" when you have ADHD, according to experts. CNN. <https://www.cnn.com/2023/02/13/health/adhd-body-doubling-productivity-benefits-wellness/index.html>
3. McKinley Valentine. 2022. Can't bring yourself to check your inbox? Maybe you need a body double. ABC Everyday.

METHODS

- Survey of 220 neurodivergent participants
- Recruited from neurodivergent subreddits and personal Twitter and TikTok accounts
- Explored themes around knowledge of, experiences with, and use of body doubling
- Average age = 34.2, range from 18 - 72



DESIGNING ALONG THE MODEL

- Almost all commercial technologies exist only within the map's upper right (high mutuality, high / space-time)
- Not everyone always benefits from that approach
- New technologies could exist along the less populated sections of the map to support more varied engagement and connection

