

(BL167/2025-IST-ID)

### Research Studentships (PhD students)

Applications are open for **1** Research Studentship(s), within the framework of project/R&D institution *eGamesLab/ITI*, 1801P.01233, financed by national funds through PRR (Plano de Recuperação e Resiliência, through IAPMEI – Agência para a Competitividade e Inovação, under the following conditions:

**Scientific Area:** Human-Computer Interaction

**Admission Requirements:** *To be enrolled at a PhD.*

**Workplan:** Stress relief is essential in today's fast-paced world as it helps maintain mental and physical health. Chronic stress can lead to various health issues, including heart disease, depression, and anxiety. Moreover, it can negatively impact productivity and social relationships.

In this work, the applicant will investigate whether digital games can be used to relieve stress and anxiety. The student will directly collaborate with a game company and evaluate one of their products. The applicant will design and conduct a controlled laboratory study to assess the efficiency of digital games and its features in reducing anxiety.

The candidate will engage in the following activities:

- Conduct the user study.
- Conduct data analysis.
- Provide design recommendations to the game company.

**Legislation and Regulations:** Statute of Scientific Research Fellow, approved by Law nr. 40/2004, of August 18, as worded by Decree-Law nr. 123/2019, of August 28; IST-ID Regulation of Scientific Research Fellowships, available on <https://ist-id.pt/recursos-humanos/bolseiros/#documentos-relacionados>.

**Workplace:** The work will be developed at Interactive Technologies Institute of IST-ID, under the scientific supervision of Professor Hugo Nicolau.

**Duration:** The research fellowship(s) will have the duration of 3 months. It's expected to begin in August 2025 and may be eventually renewed up to the maximum of 12 months, including the duration of the initial contract.

**Monthly maintenance allowance:** the amount of the monthly maintenance allowance is €1309.64, being the payment method of the Fellow by wire transfer.

**Selection methods:** The selection methods will be the following: Curriculum evaluation and an optional interview for the top three candidates with the respective weight of 50% to the curricular evaluation and 50% for the interview. The candidate must have experience in the field of Human-Computer Interaction and conducting/analyzing lab studies of stress evaluation during technology use.

**Composition of the selection Jury:** Daniel Simões Lopes (Assistant Professor, IST); Nuno Nunes (Full Professor, IST); Hugo Nicolau (Associate Professor, IST).

**Announcement/ notification of the results:** The final evaluation results will be communicated to all applicants by email.

**Deadlines and procedures of complaint and appeal.** A complaint may be lodged from the final decision, or an appeal to the Executive Board of IST-ID, within 15 working days counted from the respective notification.

**Application deadline and formalization:** The call is open from July 16 until July 29, 2025.

It is mandatory to formalize applications with the submission of the following documents: i) B1 Form – Fellowship application (<https://ist-id.pt/concursos/bolsas/> ); ii) *Curriculum Vitae*; iii) academic degree certificate, where applicable; iv) proof of enrollment at an academic degree course (PhD); v) motivation letter;

Applications must be submitted to the email: [hugo.nicolau@tecnico.ulisboa.pt](mailto:hugo.nicolau@tecnico.ulisboa.pt)