

Abstract

The global average screen time on smartphones reaches up to 4 hours, revealed App Annie. In recent years, there have also been increasing concerns about the problematic use of smartphones and its impact on public health, such as sleep hygiene, cognitive capacity, and mental health.

According to Tristan Harris, a former Design Ethicist at Google, enabling grayscale is a possible way to reduce screen time, because it makes the smartphone less attractive.

Therefore, the aim of this thesis is to perform an experiment to confirm or reject the functionality of this recommendation and at the same time, through in-depth interviews with its participants, to describe how they perceive it and how it affects them.