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Propositions accompanying the dissertation
Mood-Focused Design: An Integrative Exploration

by Zhuochao Peng

1. Every human-centered design effort engages mood, intentionally or not (this proposition pertains to this dissertation).
2. Designing to improve mood can inadvertently deny people the right to feel bad (this proposition pertains to this dissertation).
3. Staying up late on Sunday until midnight helps combat the “Sunday Blues” (this proposition pertains to this dissertation).
4. Researching emotional experiences makes the researcher more empathetic—yet also more vulnerable.
5. In design research, “good” design unsettles rather than pleases.
6. Qualitative research echoes Heraclitus: just as you cannot step into the same river twice, you never interpret data the same way twice.
7. Acculturation stress remains an underacknowledged threat to well-being in the international academic community, also at TU Delft.
8. A human-centered design course without mood is like Hunan cuisine without chili.
9. Daydreaming: the most affordable and reliable mood-regulation strategy for PhD candidates.
10. Having a partner who is also a PhD candidate is bittersweet: double the support, double the stress.

These propositions are regarded as opposable and defensible, and have been approved as such by the promotor Prof.dr.ir. P.M.A. Desmet, the copromotor Dr. L.A.G. Laurens, and the external adviser Prof.dr. H. Xue.