Promoting Energy-Efficient Behavior by Depicting Social Norms in a Recommender Interface

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How can recommender interfaces help users to adopt new behaviors? In the behavioral change literature, social norms and other nudges are studied to understand how people can be convinced to take action (e.g., towel re-use is boosted when stating that '75% of hotel guests' do so), but most of these nudges are not personalized. In contrast, recommender systems know what to recommend in a personalized way, but not much HCI research has considered how personalized advice should be presented to help users to change their current habits.

We examine the value of depicting normative messages (e.g., '75% of users do X'), based on actual user data, in a personalized energy recommender interface called 'Saving Aid'. In a study among 207 smart thermostat owners, we compared three different normative explanations ('Global', 'Similar', and 'Experienced' norm rates) to a non-social baseline ('kWh savings'). Although none of the norms increased the total number of chosen measures directly, we show that depicting high peer adoption rates alongside energy-saving measures increased the likelihood that they would be chosen from a list of recommendations. In addition, we show that depicting social norms positively affects a user's evaluation of a recommender interface.

CCS Concepts: • Information systems \rightarrow Decision support systems; • Human-centered computing \rightarrow Human computer interaction (HCI); User models.

Additional Key Words and Phrases: Behavioral Change, Energy Conservation, Rasch Model, Recommender Systems, User Experience

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1 INTRODUCTION

Recommender interfaces seek to present content that fits user preferences [29]. In doing so, they can explain why certain items are presented [10, 58], for example by highlighting that other users have also bought a certain product. While recommenders in leisure domains (e.g., movies) are optimized to promote *any* item, some recommenders wish to promote *specific* items that support behavioral change [20, 54], for example, in domains such as healthy eating and

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energy conservation [23, 56, 59]. For obvious reasons, recommending something specific is less likely to be successful 53 54 and, therefore, social explanations of recommendations are often used to 'nudge' users (cf. [49, 57]), triggering social 55 comparison mechanisms that might help to convince users [21, 44]. For example, highlighting that 65% of other users 56 have bought a healthy product in an online supermarket, might persuade a user to also do so. 57

58 Studies in psychology have analyzed how social norms can effectively promote specific, one-size-fits-all environmental 59 behaviors (e.g., [4, 13, 44]). A good example is the work of Goldstein et al. [25], who persuaded tenants of hotel rooms 60 to re-use their towel by highlighting that '75% of others guests have done so', instead of emphasizing the environmental 61 benefits of doing so. Such descriptive social norms have yet to be tested for a larger set of energy-saving measures. In 62 63 fact, digital nudges are rarely used in personalized interactive systems [30], nor in recommender systems that support 64 behavioral change [20, 53, 56]. Trying to convince users of energy-saving measures through social comparisons in 65 energy recommender systems is challenging though, because energy-saving measures that yield high kWh savings are 66 quite 'unpopular' [56]. For example, solar PV has only been installed on top of 13% of Dutch households [19], and "13% 67 68 of users have solar PV installed" is not very convincing when presented as a normative message. For such messages to 69 work, one needs at least a majority percentage to convince others. Our aim is to analyze whether we can use social 70 comparisons to create a majority norm that can promote 'unpopular but useful' energy-saving measures [25, 44]. 71

A nudging message that uses a majority norm can be created even for unpopular energy-saving measures, by 72 73 highlighting the behavior of a specific group of peer users. For example, the adoption rate of Solar PV among more 74 experienced users is much higher than the average rate of 13% [19, 56], and possibly exceeds 50% among users with 75 a strong energy-saving attitude [56]. This would allow for a convincing, yet truthful majority norm message: "55% 76 of experienced users (like you) have solar PV installed". Adoption rates for different kinds of users can be obtained 77 78 by using the psychometric Rasch model [33], which has been used in work on energy recommender systems [54, 56]. 79 Rasch differentiates between users in terms of their attitudinal strength and between energy-saving measures in terms 80 of their frequency of use, so that both "users like you" and "energy-saving measures similar to this one" have actual 81 meaning. That is, we use the Rasch model to deliver personalized recommendations that use majority norm nudges to 82 83 convince users to take more energy-saving measures. In addition, depicting high norms scores might persuade users to 84 select specific measures, including relatively unpopular (i.e., low frequency of use), which tend to be energy-efficient 85 (i.e., high kWh savings), as well as to select those that are perceived as effortful (cf. [46, 53]). 86

1.1 Objectives

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89 This is the point of departure for this paper. We blend social norms and recommender systems to help users attain their 90 energy-saving goals, designing social explanations to signal a majority norm in a personalized advice context. We present 91 an energy recommender interface named 'Saving Aid', which generates a list of household energy-saving measures that 92 is tailored towards a user's energy-saving attitude through the psychometric Rasch model. In a between-subject web 93 94 study, we then use the Rasch model to craft and depict specific normative message alongside energy-saving measures 95 that highlight either the adoption rate of all users (Global Norms: '60% of users do this'), or that of peer users with specific attitudinal strengths (Similar norms: '60% of users similar to you do this'; Experienced norms: '60% of users 97 98 who perform more measures than you do this').

99 We posit the following research questions. We examine changes in choice behavior due to the depiction of social norms, 100 as well as explore whether other commonly used energy-saving attribute play role (e.g., kWh savings, perceived effort). 101 We differentiate between 'overall' changes in choice behavior (i.e., total number of chosen energy-saving measures, kWh 102 103 savings, and the difficulty of chosen measures), changes in what measure is chosen from a recommendation list due to 104 Manuscript submitted to ACM

presented content (i.e., whether users choose different energy-saving measures due to presented norm scores, while
 controlling for other measure attributes, such as perceived effort), and changes in how users evaluate a recommender
 interface (e.g., changes in user satisfaction):

- **RQ1:** Do social norms increase the number of chosen energy-saving measures or kWhs saved, and does this differ across different norms and different energy-saving attitudes?
- **RQ2:** Do social norms and other measure attributes affect which energy-saving measures are chosen from within a recommendation list?
- **RQ3:** To what extent do social norms affect a user's evaluation of an energy recommender interface?

2 LITERATURE REVIEW

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This review focuses on work in environmental psychology and nudging that involve descriptive, social norms. We discuss the mechanisms of descriptive norms in psychological literature, contextualize them in the HCI domain, and formulate expectations for our web study. In doing so, we explain how the psychometric Rasch model is used to personalize energy-saving advice, as well as to craft effective social norms for our user study.

2.1 Nudges in a Personalized Context

Changes in a decision environment (i.e., 'choice architecture') that lead to predictable behavior are 'nudges' [57]. 127 128 Notables examples include highlighting a default choice or using normative messages (e.g., 'most users do X') [25, 31]. 129 The use of nudges and persuasive messages is rather uncommon in personalized interactive systems. For example, 130 while recommender systems typically provide decision support by optimizing what to recommend [29, 40], nudges 131 focus on how such content should be presented. This way, nudges can shift user preferences, which is also illustrated 132 133 by studies on explanations in recommender interfaces [12, 58]. For example, if a recommender explains that a user's 134 peers have chosen specific items, this might steer a user's preferences towards these items, even if they have a worse fit 135 according to the recommender system [12]. 136

2.2 Descriptive Norms in Energy Conservation

To date, recommender systems and most HCI studies have examined conservation decisions [36, 54, 59], but only in a social vacuum [1, 44]. While a few studies have applied social eco-feedback [24, 45], in which users are compared to their peers (e.g., your neighbors consume 3000kWh annually [1, 4]), its effects on a user's behavior are often limited [6]. The majority of HCI studies have yet to adopt the theoretical and empirical evidence from environmental psychology that explaining behaviors in terms of relevant peer groups and descriptive norms can affect one's energy-saving behavior and decision-making [25, 27, 44, 51].

147 A convincing message that affects preferences is one that highlights a majority norm [14]. Showing that a rather large 148 proportion of peers performs a certain behavior [13, 27, 38], can trigger or promote socially-desirable behavior [12, 63]. 149 Two mechanisms underlie this effect: compliance (i.e., the propensity to act consistent with presented norms) and 150 151 conformity (i.e., adapting one's behavior to match an apparent majority) [14]. Compliance refers to one responding to a 152 direct request to act consistently with presented norms [14], while conformity describes how a behavior is adapted to 153 meet that of an apparent majority. Both compliance and conformity can fulfill one's need for accuracy or appropriateness 154 in behavior or decision-making, for it can alleviate uncertainty surrounding a certain behavior [13]. For instance, 155 156 Manuscript submitted to ACM

individuals may want to gain the approval of others when it comes to pro-social behaviors, such as engaging in recycling
 if many others do so too [47].

For the design of the current study, we highlight work from Goldstein et al. [25] on the use of social norms to promote environmental behavioral. They show that hotel guests are more inclined to re-use their towels when asked to do so using descriptive norms ('join your fellow guests in helping to save the environment'), compared to a general environmental message ('help to save the environment'). Such normative messages highlight a community aspect ('75% of guests participated'), and are more convincing if they include context-rich or 'local' aspects [13, 25]. For instance, they show that referring to '75% of hotel guests', rather than '75% of citizens' is more effective, for it highlights an uncommon characteristic with the decision-maker [22, 25, 28].

Instead of only boosting a specific behavior, descriptive norms can also be used to promote a wider range of sustainable behaviors [41]. For example, customers of web shops purchase more healthy and energy-saving products, if they are explained using social norms instead of their environmental impact [3, 15]. We expect that this also applies to personalized advice in a recommender interface, when depicting normative messages alongside energy-saving measures.

¹⁷⁴ **2.3 Rasch Model**

There is arguably a large range of norm percentages (probably anything below 50%), which will not trigger conformity [12–14]. Although it is hard to promote 'unpopular' measures such as 'Install Solar PV' [54], they typically yield relatively high kWh savings [53]. It might therefore pay off to somehow promote such measures, by making them stand out in the larger set of personalized user recommendations.

The dimensionality of energy conservation illustrates the large variety in adoption rates across measures [11, 33]. 181 182 Energy-saving measures can be mapped on a one-dimensional scale using the psychometric Rasch model, based on how 183 often these measures are performed [60]. In the context of attitude theory 'Campbell's Paradigm' [33]¹, this frequency 184 of use or adoption rate is operationalized as behavioral costs, which is defined to represent the execution difficulty of a 185 measure, comprising different types of costs, such as money, time, and cognition [61]. This approach postulates that 186 187 measures with smaller adoption rates face higher behavioral costs. For example, a study that fitted a Rasch scale of 79 188 energy-saving measures, shows that 92% of respondents lower the thermostat when leaving the house for a longer 189 period [56], which has a relatively low behavioral cost level, while only 7% of respondents uses an energy-efficient heat 190 pump, which has high behavioral costs. Moreover, while it is easy to make verbal statements about the importance of 191 saving energy (i.e., low behavioral costs), engaging in actual behavior is much harder and arguably more representative 192 193 for mapping a user's preferences in a recommender user model [53]. 194

The characteristics of the Rasch model can be used to craft convincing social norms. An HCI study on energy recommender systems by Starke et al. [54] shows how to form a latent factor model, by asking a group of persons whether they perform a set of energy-saving measures, or not [33, 60]. Besides ordering measures on their adoption rate this way, users are also ordered with respect to how many measures they perform, which is operationalized as a person's energy-saving attitude [33]. Hence, users with stronger attitudes are assumed to perform more measures.

The adoption rates of measures are what we label as 'Global' norms. These are statements about the general population that can be presented alongside energy-saving recommendations, analogous to the norms used by Goldstein et al. [25]. For example, "55% of other users have installed weather strips on doors" [53]. As discussed in the introduction, we

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¹The Rasch model is used in this study as a mathematical formalization of Campbell's Paradigm [33]. Other attitude theories tend to suffer from attitude-behavior gaps [16], for one's evaluative attitude might be at odds with one's actual behavior. For example, one can agree that environmental action is important (i.e., holding a favorable environmental attitude), but might not actually engage in any environmental behavior. Rasch accounts for this uncertainty by describing a stochastic relation between attitude and behavior, instead of a deterministic relation.

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expect normative messages such as "75% of participants use X" to signal that the majority of a population has already adopted a certain energy-saving measure, and are therefore expected to be more persuasive than minority norms, such as "30% of users do X".

2.4 Crafting Personalized Social Norms

Using the Rasch Model, we can craft personalized norms that go beyond 'Global' percentages. Instead of highlighting the frequency of use among all users, the behavior of specific groups can be highlighted. This is achieved through the Rasch model, for the probability that a measure is performed by a specific user is person-dependent. This is shown in Equation 1: the probability *p* that a measure *i* is performed depends on a measure's behavioral costs δ , as well as the attitudinal strength θ of an individual *n*, where δ and θ are expressed in logistic scale units (logits) [33, 60]:

Probability of n performing
$$i = \ln \frac{p_{ni}}{1 - p_{ni}} = \theta_n - \delta_i$$
 (1)

For any energy-saving measure, Rasch predicts the same adoption probability for all users with a specific attitudinal strength [34], along with increasing probabilities for users with stronger attitudes. Among the larger population, we consider this probability to an adoption rate that can be communicated to a user, such as '60% of users with attitude X do this'. Hence, we can craft personalized normative messages based on peer users with either similar or stronger attitudes. Not only could higher norm scores across an entire recommendation list persuade users to choose more energy-saving measures, it could also help to make 'unpopular' measures, which have a relatively low 'Global' adoption rate and high behavioral costs, more appealing. This could, in turn, persuade users to choose measures that have relatively high kWh savings (e.g., Solar PV, which has a low adoption rate), or to choose measures that are subject other unattractive attributes, such as perceived effort [46, 52].

How can peer users with 'similar or stronger attitudes' be translated to a convincing normative message? Literature on advice-taking highlights relevant 'advice sources' that can be used for this purpose. Mentioning a specific peer group is shown to affect choice and advice acceptance [8], suggesting two important advice source characteristics for our work. First, similarity in relevant attitudes can increase the extent to which advice is considered or liked [8, 50]. The Rasch scale allows the design of 'Similar' norms alongside recommendations, which can show higher adoption rates than global norms, especially for users with stronger attitudes. For example, users with a strong attitude might be presented the 'Global' norm "20% of users have installed radiator reflectors" [54], while the 'Similar' norm would be "60% of users like you have installed radiator reflectors".

A second characteristic is a peer user's perceived expertise [8, 32]. Expert advice is less likely to be ignored than suggestions from novices [7, 8, 32]. In this study, we assume peers to possess such higher expertise if they perform more measures ('Experienced' norms), thus having stronger attitudes and higher adoption rates. For example, where 'Similar' norms would report "55% of users like you do X", 'Experienced' norms at an attitude θ that is +1 logit stronger than the user report an adoption rate of 78%.

Combining different advice sources and adoption rates, we craft three different normative messages:

- Global norms: "X% of users perform this measure."
- Similar norms: "Y% of users who perform similar measures as you, perform this measure."
- Experienced norms: "Z% of users who perform more measures than you, perform this measure."

Table 1. Recommendation scenario to illustrate what norm percentages are presented for each norm, and how this depends on the user's attitudinal strength. We imagine that there are two users: User 1 has relatively weak energy-saving attitude, User 2 has a relatively strong attitude. If each user is presented a measure that tailored towards their attitude ($\delta = \theta$), then these are the presented norm percentage for each norm condition.

	Presented Norm	Percentages (for attit	sude-tailored advice: $\delta = \theta$)
	Global Norms	Similar Norms (= User θ)	Experienced Norms (= User θ + 1)
User 1: $\theta_1 = -1$	72%	50%	75%
User 2: $\theta_2 = +1$	30%	50%	75%

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2.5 Global vs Person-Dependent Norm Scores

The percentages for our normative messages are determined using the Rasch model. To show how they depend on a user's energy-saving attitude, we present a recommendation scenario in Table 1. Suppose there are two users and that User 1 has an attitude $\theta_1 = -1$, which is weaker than User 2 ($\theta_2 = +1$), which are each presented a measure with behavioral costs δ equal to their attitude θ (in line with [56]). As a result, User 1 is shown a measure with lower behavioral costs than User 2.

Table 1 shows that 'Global' norm percentages depend on the user's attitude. User 1 has a relatively weak attitude and is therefore presented a 'popular' measure with a high 'Global' adoption rate (i.e., 70%). User 2 has a stronger attitude and, therefore, her attitude-tailored measure has a lower 'Global' adoption rate of 30%, which is not very convincing. In contrast, the adoption rates of the personalized 'Similar' or 'Experienced' norms do not depend on the 'Global' adoption rate, but the user's attitudinal strength and the measure's behavioral costs. Therefore, they are identical for both users (resp. 50% and 75%), and thus lead to a more convincing norm for User 2, compared to 'Global' norms.

289 Table 1 shows what normative messages are most likely to be the most effect what types of users. Based on the 290 adoption rates, we expect users with stronger attitudes (i.e., User 2) to choose more measures when facing 'Similar' 291 norms, while users with weaker attitudes (i.e., User 1) do so for 'Global' norms. It is possible that the higher degree of 292 293 similarity signalled by a 'Similar' norm message could overcome differences in norm percentages with 'Global' norms 294 [25]. Nonetheless, another study by Yaniv et al. [62] argues that inexperienced users (i.e., with a weak attitude) are 295 more likely to rely on majority advice (i.e., a 'Global norm %') than similar advice, while experienced individuals (i.e., 296 with a strong attitude) rely on similar peers. 297

Table 1 also suggests the additional benefit of higher adoption rates for 'Experienced' norms, compared to 'Similar'. Although the persuasiveness of expertise (i.e., "others who perform more measures than you") may be mitigated because of the reduced similarity, we expect that the higher adoption rates for Experienced norms (75%) across an entire recommendation list will be more persuasive than similar norms (50%). This could particularly apply to the adoption of measures that face high levels of behavioral costs or perceived effort [62].

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2.6 Perception of Descriptive Norms

Besides evaluating behavior, it is also useful to understand how users perceive such a descriptive norm. Studies in
 environmental psychology teach us that how an individual evaluates environmental aspects can determine behavioral
 outcomes [2, 18]. For instance, social proof of others performing a particular behavior might lower the thresholds
 towards performing it [21].

Previous recommender studies have similarly highlighted the importance of perceptions in explaining the user experience [37], for they allow us to understand why a change in a particular system aspect increases the user experience. For example, Starke et al. [54] show that tailored recommendation lists with low levels of behavioral costs (δ) are more likely to be perceived as feasible and, in turn, show stronger perceived support, higher levels of user satisfaction, and more energy-efficient choices [54]. Likewise, we expect descriptive norms to lower the behavioral thresholds to choose and, eventually, adopt energy-saving measures, which is assessed through perceived feasibility, perceived support, and subsequent user satisfaction.

2.7 Research Expectations

Based on the discussed literature, we summarize the expectations for our user study per research question. First, we examine whether social norms affect the total number of chosen measures and kWhs saved, across users with different energy-saving attitudes (RQ1). In line with [25], we test three different interfaces that depict normative messages (i.e., 'Global', 'Similar', and 'Experienced' norms) alongside energy-saving measures in a recommender system, and compare their effectiveness to a non-social baseline (i.e., kWh Saving Score). We formulate the following expectations:

- Social norms increase the number of energy-saving measures chosen by users, across all attitudinal strengths.
- Users with a weak energy-saving attitude choose more measures if a 'Global' norm is depicted instead of a 'Similar' norm, and vice versa for users with a strong energy-saving attitude.
- Users choose more measures if they are explained with 'Experienced' norms rather than 'Similar' norms.
- Social norms increase the amount of kWh savings per chosen measure, as well as the average behavioral level, particularly for users with strong energy-saving attitudes.

Second, we investigate whether social norms and other measure attributes affect which energy-saving measures are chosen from within a recommendation list (RQ2). Based on the reviewed literature and the recommendation scenario in Table 1, we expect the following outcomes:

- The presented norm percentage increases the likelihood that a measure is chosen from a recommendation list.
- Measures with high levels of perceived effort are more likely to be chosen when accompanied by high norm
 percentages, such as majority norms.

Finally, we examine whether social norms affect a user's evaluation of our recommender interface (RQ3). Based on previous energy recommender research, we expect users to perceive and evaluate recommender interfaces that depict social norms more favorably, compared to those that emphasize the environmental impact.

3 METHOD

We investigated to what extent descriptive norms boosted the adoption of a heterogeneous set of tailored energy-saving measures. We first collected data in a pre-study to validate our one-dimensional construct, used to personalize both advice and norms. Thereafter, we designed our energy recommender interface called 'Saving Aid' and performed an online user study on our normative intervention.

3.1 Pre-study: Setting up a Rasch Scale for Personalized Norms

To generate recommendations based on the Rasch model, we designed a survey that was part of different study [53]. Participants were asked to disclose their current energy-saving behavior, indicating for 13 to 25 randomly sampled energy-saving measures (out of a database of 134) whether they performed them or not ('yes' or 'no').

We used dichotomous responses from 555 participants (50.6% male) with a mean age of 43.4 years (SD = 19.7) to fit a one-dimensional measurement scale of 134 energy-saving measures. An tabulation of the scale is reported in Appendix A, in Table 5. Each measure was assigned a distinct behavioral cost level, which formalized how likely a user would be to perform a particular measure [33]. In terms of adoption rates, the scale ranged from 94% to 1%.

Furthermore, Table 5 also shows how the estimated kWh savings of each measure are distributed across the scale. Although higher kWh savings seemed to be more prevalent 'higher up the scale' (i.e., for higher behavioral cost levels), it was possible to perform measures with moderately high kWh savings across the entire scale. This is also depicted in Figure 1, which shows a small increase in the average kWh savings for higher behavioral cost levels.



Fig. 1. kWh savings across the Rasch construct, averaged per behavioral cost level.

3.1.1 Fit Statistics. Table 5 also describes the scale's infit statistics (for mathematical details, see [9]). Overall, the scale's item parameters were determined reliably ($\alpha = .95$, M = .05, SD = 1.57), as all measures fitted the construct by meeting the prescribed 'infit' criteria [9]. Due to an item separation of 4.51, we could reliably discern 4 to 5 strata of behavioral costs.

3.1.2 Perceived Effort. The same pre-study also collected data on how effortful participants perceived measures to be [53]. Although a measure's perceived effort decreased the likelihood that a measure was chosen in previous studies [46], we expected that depicting high norm scores might help to increase that likelihood. A sub-sample of the participants (N = 304) was presented a 4-point scale alongside each measure, on which they could indicate whether executing a measure would require either 'very little effort', 'little effort', 'fairly some effort', or 'a lot of effort'. The mean response per measure (304 users, rating 25 measures each) is listed in the Appendix, Table 5. We observed a moderate to strong correlation between a measure's perceived effort and a its behavioral costs: r(134) = 0.59, p < 0.001.

3.2 'Saving Aid' Recommender Study

Following our pre-study, we set up an online user study in collaboration with a Dutch energy supplier (i.e., Eneco). We compared four different recommender interfaces, of which three depicted social norms alongside energy-saving advice and one the kWh savings values.

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Dear Sir / Madam [Last Name],

How do *you* deal with energy conservation? Eneco and [Dutch University] would like to learn about your current energy-saving habits and to lend you a hand. That's why we present the Saving Aid. Based on your current energy-saving behavior, we can send you a personalized list of follow-up measures - to save even more energy!

Start your Saving Aid

Fig. 2. Excerpt from the email template sent to customers of Dutch energy supplier Eneco who owned a smart thermostat.

3.2.1 Participants. Members of a consumer panel at Eneco were invited to use our 'Saving Aid' recommender system to find and select appropriate energy-saving measures to take in the households. Panel members, which were all smart thermostat owners, were sent a formal email invitation, of which an English translation is depicted in Figure 2. This panel was considered a good target group for our study, as they were able the improve energy efficiency in one's household beyond simple behavioral curtailment, as they were predominantly homeowners.

In total, 217 participants used our 'Saving Aid' and filled out the evaluation questionnaire. However, we excluded ten participants for either completing the study in less than three minutes, indicating to not trust the website, or showing no variation in the evaluation questionnaire. Eventually, we considered a sample of 207 participants (M = 53.5 years, SD = 14.0) that comprised predominantly males (87%). Among our participants, only 26.6% owned the home they lived in, while the majority lived in a town house (58.5%).

3.2.2 Procedure. To estimate each user's attitude, we randomly sampled 13 energy-saving measures from across the behavioral costs scale. These were presented sequentially to users, who indicated whether they performed them or not ('yes' or 'no'). Subsequently, we inquired on the user's housing situation to filter irrelevant measures from the recommendation list.

Afterwards, we presented each user a list of nine energy-saving recommendations, whose behavioral costs were tailored towards the user's estimated energy-saving attitude ($\theta \approx \delta$). In addition, the measures were ordered in terms of their estimated kWh savings. Figure 3 depicts the top-2 measures of such a list, presenting a measure's name, a short description, a score or percentage, and a (norm) explanation. Recommendations were sampled between the adoption probabilities of 18% to 75%, which ranged from -1.5 to +1 logit in terms of the attitude-behavioral costs difference. Manuscript submitted to ACM

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Fig. 3. Our 'Saving Aid' energy recommender interface (NL: 'Besparingshulp.nl'), translated to English. Depicted are the name and a short description of the top-2 recommendations in our interface (e.g., at the top: 'Install low-flow showerheads'), out of a total of nine recommendations. Users could select any number of measures they would like to perform, by clicking 'I will do this'. Measures are sorted from high to low kWh savings. On the left, users could hover a measure's image to inspect additional attributes: kWh savings (scaled from 1 to 5 light bulbs), the annual savings (in \in), investment costs (in \in), payback period (from 'less than a month' to 'never'), effort, and behavioral frequency. Depending on the condition, the numbers on the right either show a score or a norm percentage. Depicted here is a 'Similar' norm.

We asked users to select any number of recommended measures that they wished to perform. Users could hover for 'more info' to see other commonly used attributes of an energy-saving measure, such as its frequency and kWh savings. Figure 3 portrays this on the left-hand side of the top measure.

After interacting with our 'Saving Aid' interface, we inquired on the user's subjective evaluation of the system. To this end, users were presented statements on 7-point Likert scales. Finally, users could share demographic details and disclose their email address to receive information on chosen measures.

3.2.3 Research Design. The presented score and explanation depicted alongside each measure in the list is subject to four between-subject conditions. In line with Goldstein et al. [25], we compared three norm explanations to an environmental baseline:

(1) 'Savings' score (baseline): We presented a 'Saving Score' of 0 to 100, where 100 represented the highest kWh savings in the list.

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- (2) 'Global' norm: The adoption rate of measures on the scale, which ranged from 2% to 98%, explained as: "XX% of other customers do this."
- (3) 'Similar' norm: The user's adoption probability (between 18% and 75%), explained as: "XX% of other customers who perform the same measures as you, do this."
 - (4) 'Experienced' norm: The adoption probability for an attitude 1 logit above the current user, which fell between 37.8% and 88%. It was explained as: "XX% of customers who perform more measures than you, perform this measure."

3.3 Measures

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3.3.1 Choice Variables. We examined a user's choice behavior through two analyses. First, we considered the total number of chosen measures by a user per condition [RQ1], as well as the amount of chosen kWh savings per measure and the average behavioral cost level of chosen measures (i.e., attitude-cost difference). Second, we predicted the likelihood that a specific measure was chosen in each condition using on the presented norm scores [RQ2]. In the same model, we considered a measure's perceived effort, as well as explored possible interaction effects.

539 3.3.2 Attributes & Characteristics. To address our research questions, we dichotomized each user's energy-saving 540 attitude to discern between users with weak and strong attitudes. Figure 4 depicts the distribution of attitudinal strengths 541 in our sample, which were estimated at discrete levels. In previous studies that used a Rasch scale, a cut-off would be 542 543 placed at $\theta = 0$ [9], but this would lead to very uneven groups in the current study ($N_{weak} = 48$, vs $N_{strong} = 159$). 544 However, a median or mean split (Median = 0.42, M = 0.52, SD = 0.79) would neither lead to balanced groups², nor 545 would it properly differentiate between weak and strong attitudes. To balance representativeness both factors, we 546 instead placed the cut-off at $\theta \leq 0.25$ (see Figure 4), creating a group of 82 users with a weak attitude and a group of 547 548 125 users with a strong attitude. 549

Other attributes are presented in our 'Saving Aid' interface (cf. Figure 3). We used the presented score as a continuous 550 measure ('Savings Score' or norm %'s) to assess its impact on the probability that a measure was chosen (RQ2). Other 552 attributes could be inspected in the interface by hovering an energy-saving measure. From these, we included a measure's 553 perceived effort in our analyses, as we examined whether social norms could boost the adoption of effortul measures. 554

555 3.3.3 User Evaluation Aspects. To examine whether users evaluated recommender interfaces that depicted social norms 556 more positively than non-social one (RQ3), we inquired on different user evaluation aspects. After interacting with the 'Saving Aid', users were presented questionnaire items on a 7-point Likert scale about the Perceived Feasibility of the presented recommendations, their Perceived Support from the system, and the user's satisfaction with the chosen 560 measures (i.e., Choice Satisfaction). All items were based on earlier research of Knijnenburg and Willemsen [37], and were eventually submitted to a confirmatory factor analysis, as part of a Structural Equation Model. The results are 562 described in Table 4, and discussed in the results section. 563

We also included two user characteristics in our user evaluation analysis. Besides discerning between users with weak and strong energy-saving attitudes, we also inquired on a user's environmental concern, scoring all 15 items of the revised NEP scale [18] on a 7-point Likert scale. We found that the scale had an acceptable internal consistency ($\alpha = .78$). However the path model was built using only 6 items to optimize the fit of the Structural Equation Model.

 $^{^2}$ The group of users that was estimated to have an attitude heta of 0.42 was rather large: 25.6%. For obvious reasons, labeling this group as having a 'weak' or 'strong' attitude would lead to unbalanced groups either way.

573 4 RESULTS

We investigated to what extent social norms affected user choices and evaluation of an attitude-tailored list of energysaving measures, compared our kWh savings baseline. After presenting manipulation checks, we first examined the total number of choices, chosen kWh savings, and average chosen behavioral cost level across our normative conditions to the baseline (RQ1). Second, we predicted whether the likelihood that a measure was chosen from a recommendation list was affected by the presented norm score, compared to the effects in the baseline (RQ2). Third, we investigated whether the different normative messages affected a user's perception of the system (RQ3).

4.1 Manipulation Checks

4.1.1 Presented Norm Scores. We examined whether the presented scores and percentages were in line with our intended manipulations. As outlined in Table 1, we intended 'Global' norms to yield higher norm %'s for users with weak attitudes than in the 'Similar' condition, and vice versa for users with strong attitudes. Moreover, we intended 'Similar' norms to have a median score around 50%, while the median score for 'Experienced' norms was designed to fall around 75%, across all attitudinal strengths.

Figure 5 depicts the distribution of presented scores per condition, across weak (in blue) and strong (in red) attitudes. It shows that the Savings Score roughly captured all possible scores with a median score of 60, while the normative conditions had narrower distributions, which was expected. However, it shows only a minor difference in presented median scores between 'Global' norms (53%) and 'Similar' norms (49%) for users with weak attitudes, which was much



Fig. 4. Histogram depicting the distribution of energy-saving attitudes in our sample. It also depicts the cut-off between weak and strong energy-saving attitudes, placed at $\theta = 0.25$.

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Fig. 5. Box plot of the presented scores or norm %'s in our recommender interface, across conditions and attitudinal strength, presented as a manipulation check. Scores presented to users with weak attitudes are depicted in blue, scores presented to users with strong attitudes in red. As intended, the Savings condition included all scores, while the distributions were narrower and more selective in other conditions.

smaller than our intended manipulation (72% vs. 50%). This made it less likely for any effect to surface between 'Global' and 'Similar' norms for users with a weak attitude. In contrast, the difference in median scores for strong attitudes between 'Global' (39%) and 'Similar' (58%) was consistent with our intended manipulation (30% vs. 50%).

Furthermore, Figure 5 shows there were small differences in the presented median scores between weak and strong attitudes in the 'Similar' (*Weak* = 49% vs *Strong* = 58%) and 'Experienced' conditions (*Weak* = 70% vs *Strong* = 78%). Nonetheless, the difference between the median scores of 'Similar' (53%) and 'Experienced' (75%) was in line with our intended manipulation.

4.1.2 Validation of the used Rasch construct. To validate the representativeness of the Rasch scale used for this study (cf. Table 5), we inferred a new Rasch construct based on data collected in this study. Without reporting detailed fit statistics, we found the Rasch scale to have an adequate model fit (item reliability $\alpha = 0.85$; person reliability $\alpha = 0.69$). We compared the behavioral cost levels of the new construct to the one used in the current study, performing a pairwise correlation analysis. In spite of both research populations being rather different, it revealed a strong correlation: r(134) = 0.82, p < 0.001, which showed that the two constructs were comparable and had to a large extent a similar order. We only found that a few measures would significantly shift in terms of their behavioral cost level. For example, because all users in the current sample were smart thermostat owners, the measure 'install a centralized temperature system with zone controls & thermostats' changed from +3.33 to -2.95 logit.

4.2 Overall Choice Behavior (RQ1)

4.2.1 Total Number of Chosen Measures. We investigated whether the depiction of descriptive norms increased the number of energy-efficient choices, compared to our non-social baseline (RQ1). We first addressed this question through a multilevel logistic regression analysis to estimate whether the likelihood that a measure was chosen. Table 3, Model
 1 (reported in Section 4.3) examined whether a measure was more likely to be chosen in each normative condition, Manuscript submitted to ACM



Fig. 6. Total number of chosen measures, per condition and attitude strength. Error bars are 1 S.E.

compared to the the baseline. We found no differences between the normative conditions and the Saving Score baseline (all *p*-values > 0.05): not for 'Global' norms (OR = .83, S.E. = .33), neither for 'Similar' norms (OR = 1.17, S.E. = .46), and nor for 'Experienced' norms (OR = 1.02, S.E. = .39).

This result is illustrated in Figure 6. It depicts small, but non-significant differences in the number of chosen measures between the Savings baseline and each norm condition, indicating that social norms did not lead to changes between conditions. Based on the norm scores, we expected that users with a weak attitude would choose more measures when facing 'Global' norms compared to 'Similar' norms, and vice versa for users with a strong attitude. Although Figure 6 depicts a small difference between the two types, Kruskal-Wallis tests of ranks revealed that these were not significant: not between 'Global' and 'Similar' norms for users with a weak attitude: H(1, 36) = 0.267, p = 0.61, nor for users with a strong attitude: H(1, 65) = 0.45, p = 0.50. In addition, based on the norm scores, we expected that depicting 'Experienced' norms would lead to more choices than presenting 'Similar' norms, but we found no significant difference between the two: H(1, 105) = 0.028, p = 0.87.



Fig. 7. Box plot of the log transformed chosen kWh savings per measure, divided across conditions, as well as between weak (in blue) and strong (in red) attitudinal strength.

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4.2.2 Chosen kWh Savings per Measure. We further expected that social norms could boost the overall kWh savings chosen. We present our results in Figure 7 and compared differences in chosen kWh savings per measure, across conditions and attitudinal strengths. Kruskal-Wallis tests provided no evidence for differences in chosen kWh savings between the baseline (M = 401, SD = 843) and the normative conditions (M = 193, SD = 393); not for 'Global' norms: H(1, 100) = 2.21, p = 0.14; neither for 'Similar' norms: H(1, 97) = 0.65, p = 0.42; nor for 'Experienced' norms: H(1, 103) = 0.79, p = 0.37. As we neither found differences across different attitudinal strengths, this suggested that our normative condition did not increase overall kWhs saved, as indicated by a user's choice behavior.

4.2.3 Behavioral Costs. Finally, we examined whether the behavioral cost levels of chosen measures differed across conditions and attitudes (i.e., weak vs strong). We used the difference between a user's attitude and the behavioral costs of a chosen measure: the 'attitude-cost difference'. A positive difference would indicate that users had chosen relatively challenging measures for their attitude level, while a negative difference difference would suggest that users had selected relatively easy ones. We expected that social norms might be more effective to persuade users to select challenging measures, particularly for users with a strong energy-saving attitude, leading to a positive attitude-cost difference.

Table 2 presents two multilevel linear regression models, clustered at the user level. Model 1 examined whether this led to different choices in the norm conditions, compared to the Saving Score baseline. We found that both the 'Global' and 'Similar' norm conditions positively affected the chosen 'attitude - behavioral cost' difference of chosen measures, compared to choices in the baseline: $\beta = 0.29$, p < 0.01, for the Global norm condition; $\beta = 0.22$, p < 0.05, for Similar norms. This suggested that users in those conditions were more likely to choose measures with higher behavioral costs, which were located 'further up' the Rasch scale. In contrast, such an effect was not observed for the 'Experienced' condition.

Table 2. Multilevel linear regression models predicting the relative behavioral costs level (difference between attitude - behavioral costs) of chosen measures, clustered at the user level. Energy-saving attitude discerns between weak and strong, norm condition dummies are compared to the Saving Score baseline. β represents the regression coefficient. *** p < 0.001, ** p < 0.01, * p < 0.05.

	Model 1 β (S.E.)	Model 2 β (S.E.)
Global Condition	.29 (.10)**	.22 (.11)*
Similar Condition	.22 (.10)*	.071 (.10)
Experienced Condition	.17 (.099)	.14 (.092)
Energy-saving attitude Attitude X Global Attitude X Similar Attitude X Experienced	- 082 (0 72)	.25 (.12)* .0032 (.15) .071 (.14) 0068 (.14)
R^2 (overall)	082 (0.72) 029*	14 (.009) 12***
it (overall)	.027	.14

Table 2, Model 2 examines whether the effects of Model 1 were affected by a user's energy-saving attitude. We found that users with strong energy-saving attitudes were more likely to choose measures with relatively higher behavioral costs, across all conditions: $\beta = 0.25$, p < 0.05. The observed effects of the presented norms in Model 1 were reduced in Model 2, as only Global norms still positively affected the chosen behavioral cost level (p < 0.05). Moreover, we neither found interaction effects between attitude and the presented norm interface.



Fig. 8. Mean relative behavioral cost level of chosen measures (i.e., Attitude - Behavioral Costs), divided per condition and attitudinal strength.

To better understand the results reported in Table 2, please refer to Figure 8. It depicts how users with stronger energy-saving attitudes had also chosen measures with with behavioral costs above their own attitude, yielding a positive 'attitude-cost difference'. In contrast, users with weak attitude had chosen 'below' their own attitude in all conditions. Regarding specific conditions, the average behavioral cost level of chosen measures in the 'Global' (M = 0.24) and 'Similar' (M = 0.13) conditions was higher than in the baseline (M = -.075). In addition to the models reported in Table 2, we also examined whether demographical factors (i.e., age, income, etc.) and housing characteristics affected the current results, but we found no significant effects.

4.2.4 Conclusion. Overall, we found that the use of descriptive norms did not persuade users to choose more energysaving measures in total, compared to our kWh savings baseline. Nor did we observe a change in the overall kWh savings selected by users. It seemed that adding normative explanations to a personalized list of energy-saving recommendations did not boost the overall choice behavior in terms of sustainability. Instead of main effects, it seemed that more 'within list' effects had occurred (cf. Section 4.3).

We did find overall chosen in terms of the relative difficulty of chosen measures for some normative conditions, in particular 'Global' Norms. This suggested that normative explanations, or other social explanations for that matter, are more successful in persuading users to select 'challenging' measures, compared to a factual explanation (i.e. kWh savings). Moreover, we found a main effect of energy-saving attitude on the behavioral cost level of chosen measures, suggesting that more experienced users could be presented measures with relatively high behavioral costs compared to their attitudinal strength, while those with a weaker attitude should be presented relatively easy measures.

4.3 Choice Behavior for Individual Measures (RQ2)

We further investigated whether social norms affected choices for individual measures, compared to a non-social baseline (RQ2). The results of this analysis are reported in Table 3. Model 2 addresses whether measures with higher norm scores were more likely to be selected in our interface, which we expected. It examined whether the presented Manuscript submitted to ACM

Table 3. Three multilevel logistic regression analyses predicting the choice probability per measure, clustered at the user level. The Main Effects' examine whether *any* measure was more likely to be chosen in a norm condition, compared to the baseline, effectively comparing the total number of measures chosen (Model 1). The 'Within List' effects examined for each measure whether the likelihood it was chosen was affected by the presented norm score (Models 2+3) and its perceived effort (Model 3), also comparing the effect in each norm condition to the baseline. Reported are odds ratios (*OR* < 1 implies a negative effect, *OR* > 1 a positive effect) and standard errors (*S.E.*). *** p < 0.001, ** p < 0.05.

	Model 1	Model 2	Model 3
	OR (S.E.)	OR(S.E.)	OR (S.E.)
Main Effects (RQ1)			
Global Condition	0.83 (.33)	0.82 (.35)	0.71 (.29)
Similar Condition	1.17 (.46)	1.20 (.53)	1.02 (.42)
Experienced Condition	1.02 (.39)	1.06 (.63)	0.88 (.35)
Within list (RQ2)			
Interface score		0.78 (.32)	1.19 (.56)
Score X Global		3.80 (2.22)*	2.43 (1.58)
Score X Similar		2.26 (1.27)	1.19 (.75)
Score X Experienced		2.99 (1.66)*	1.46 (.90)
Perceived effort			0.68 (.21)
Effort X Global			1.42 (.56)
Effort X Similar			1.03 (.41)
Effort X Experienced			0.70 (.28)
Score X Effort			0.15 (.14)*
Score X Effort X Global			6.29 (7.59)
Score X Effort X Similar			6.46 (7.68)
Score X Effort X Experienced			12.52 (14.93)*
Constant	-1.58 (.28)***	0.20 (.059)***	0.23 (.068)***

norm score affected the likelihood that a measure was chosen, compared per norm condition (e.g., Score X Global) to the effect in the baseline. Second, in addition to the norm score, Table 3, Model 3 considers a measure's perceived effort ('Effort') and the interaction between the two ('Score X Effort') on the likelihood that a measure is chosen.

4.3.1 Norm Percentages. Table 3, Model 2 shows, for the baseline, that depicting higher Savings Scores did not affect the probability that a measure was chosen: OR = 0.78, p = 0.533. This pointed out that higher kWh savings did not persuade users to choose a measure. Figure 9 illustrates this as well, as the proportion of chosen measures (depicted in green) did not differ across kWh Savings scores.

In line with our expectations, Table 3, Model 2 provides evidence that showing higher norm scores increased the likelihood that a measure was chosen, compared to the effect of presenting high kWh savings. The effect of Score in the 'Global' (OR = 3.80, p = 0.022) and 'Experienced' conditions (OR = 2.99, p = 0.049) increased the likelihood that a measure was chosen, while no such effect was found for Score in the 'Similar' condition (OR = 2.26, p = 0.15), all compared to effect in the baseline. This suggested that high 'Global' and 'Experienced' norm percentages were more likely to persuade a user to choose measure, compared to presenting a measure's kWh savings. While we could not make such assertions for 'Similar' norms, the effect points in a similar direction.

We explored what norm percentage cohorts were more likely to persuade a user to choose a measure. Figure 10 shows two levels at which the proportion of chosen measures seemed to increase: around 20% (an increase from 0.07 to Manuscript submitted to ACM)

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Fig. 9. Depicted in green are the proportions of chosen measures in the baseline condition (among those presented), per Savings Score category.

Fig. 10. Proportion of chosen measures in the normative conditions, per norm percentage category. Data is averaged across all categories (Global, Similar, and Experienced).

0.23) and at 60% (an increase from 0.24 to 0.29). This suggested that normative messages below 20% discouraged users from choosing them, while measures that depicted norm percentages over 60% seemed the most likely to be chosen, which was most common among 'Experienced' norms.

4.3.2 Perceived Effort. To expand the results found in Table 3 Model 2, we also analyzed a model that included the presented norm score, a measure's perceived effort, and the interaction between the two. We expected that presenting high norm scores in our interface would overcome a measure's perceived effort level, increasing the likelihood that a measure was chosen.

Table 3, Model 3 reports the results. We observed no significant within-list effects for score, nor were significant 915 916 effects observed for perceived effort between the norm conditions and the baseline (p > 0.05 for all effects). Model 3 did 917 reveal interesting interaction effects. We found that an interaction between score and effort in the baseline negatively 918 affected the likelihood that a measure was chosen: OR = 0.15, p = 0.041. This suggested that measures with high kWh 919 savings were more likely to be chosen if they had low levels of effort, while this likelihood decreased if a measure had 920 high levels of perceived effort. The latter, high effort and high savings, was however far more common among the set of 921 922 energy-saving measures used in this study. 923

We examined further interaction effects between score and perceived effort for the normative conditions. Table 3, 924 Model 3 reveals a non-significant difference in choice likelihood between the baseline and both the 'Global' and 'Similar' 925 926 conditions ($OR \approx 6.3$, p > 0.05). Even though this showed that high norm scores did not significantly persuade users to 927 choose more effortful measures, the OR was comparable to that of the baseline, suggesting that the negative baseline 928 effect was reduced (i.e. users only choosing measures with high kWh savings if effort was low). Furthermore, we did 929 find a significant increase in the choice likelihood for the 'Experienced' condition: OR = 12.52, p = 0.034, suggesting 930 931 that high norm percentages, explained in terms of experienced peers, increased the probability that an effortful measure 932 was chosen, rather than those with low effort. The odds ratio of this positive effect was two times larger than the 933 negative effect in the baseline, showing that higher 'Experienced' norm scores could persuade users to choose effortful 934 measures. 935

Promoting Energy-Efficient Behavior by Depicting Social Norms

4.3.3 Conclusion. We examined whether depicting social norms in an energy recommender interface also what measures were chosen from a list of recommendations (RQ2). We found that recommendations were more likely to be chosen if they were presented alongside high norm scores or percentages, suggesting that they stand out from a list of tailored measures. In particular, it seemed that presenting 'Experienced' norms alongside effortful measures could increase the likelihood that they were chosen, while explaining measures in terms of their kWh savings led users to choose relatively low-effort measures. Although the previous section did not report any changes in the overall choice behavior, the current section showed that social norms in a personalized context were capable of promoting specific measures in a recommendation list.

948 4.4 User Evaluation of the Saving Aid (RQ3)

Finally, we examined whether perceptions of the recommender system differed between conditions, and whether this
 affected, in turn, choice behavior and satisfaction (RQ3). We organized the objective constructs, subjective constructs,
 and relevant interactions into a path model using Structural Equation Modeling in MPlus [37, 43]. To do so, we first
 performed a confirmatory factor analysis, after which we tested a fully saturated model and performed stepwise removal
 of non-significant relations.

4.4.1 Confirmatory Factor Analysis. We submitted all items in our evaluation questionnaire, described in Table 4, to a confirmatory factor analysis. We had to drop perceived support for our subsequent structural equation model (SEM) analysis, as it could not be reliably discerned from the choice satisfaction aspect, violating divergent validity [37]. Both the feasibility ($\alpha = .72$) and choice satisfaction aspects ($\alpha = .87$) had an acceptable internal consistency and met the standards for convergence validity (AVE > 0.5), as prescribed by [37].

4.4.2 Structural Equation Model. Figure 11 depicts the final path model of Structural Equation Model. It had excellent fit statistics, indicating there was little unexplained variance: $\chi^2(63) = 71.548$, p = 0.76, *CFI* = 1.000, *TLI* = 1.006, *RMSEA* = 0.000, 90%-*CI*: [0.000,0.028]. The final model met the prescribed guidelines for discriminant validity [37].

Table 4. Results of the confirmatory factor analysis on user experience. Items without loading were removed from the final model. Perceived Support was omitted due to high cross-loadings with Choice Satisfaction [37]. AVE denotes the average variance explained by an aspect, α represents Cronbach's Alpha.

Aspect	Item	Loading
Perceived Feasibility	The recommended measures are hard to perform.	808
	I do not have the possibility to perform the recommended measures.	566
AVE = .54	The recommended measures are applicable in my home environment.	
$\alpha = .72$	It takes little effort to perform the recommended measures.	.738
Perceived Support	I want to use the Saving Aid more often.	
	The Saving Aid was useless.	
	I make better choices using the Saving Aid.	
	The Saving Aid has made me more aware of my energy behavior.	
	I would recommend the Saving Aid to others.	
	The Saving Aid was useful to find appropriate measures.	
	I could easily choose measures with the Saving Aid.	
Choice Satisfaction	I like the measure I have chosen.	.690
	I think I chose the best measures from the list.	.659
AVE = .67	I would enjoy performing the chosen measures.	.746
$\alpha = .87$	The chose measures exactly fit my preferences.	.820



Fig. 11. Structural Equation Model (SEM). Numbers on the arrows represent the β -coefficients, standard errors are between brackets. Effects between subjective constructs are standardized and resemble correlations. ***p < 0.001, **p < 0.01, *p < 0.05.

4.4.3 Perceived Feasibility and Choice Behavior. We expected that the different social norm interfaces would be perceived as more feasible than the kWh savings baseline. Figure 4 partially confirms this, as both the 'Global' norm ($\beta = 1.04$) and 'Similar' norm conditions ($\beta = 0.693$) positively affected a recommendation list's perceived feasibility compared to the baseline. Moreover, the interaction between the user's energy-saving attitude and a 'Global' norm on a user's perceived feasibility ($\beta = 0.937$) matched our expectations that the user's attitudinal strength would determine how the 'Global' norms would be evaluated.

In contrast, no such effect on feasibility was observed for 'Experienced' norms ($\beta = -.286$, p = .310; not depicted in Figure 11). Although the results in Table 3 suggested that 'Experienced' norms convinced users to choose effortful measures, they did not increase the perceived feasibility of the presented measures altogether.

In turn, Figure 11 shows that perceived feasibility positively affected the number of measures chosen by a user. A bootstrapped test of indirect effects from the 'Global' condition towards the number of chosen measures was significant: β = 0.240, 95%-CI: [0.020, 0.460], p = 0.033, while the effect from the 'Similar' condition to the number of chosen measures was not significant: $\beta = 0.160, 95\%$ -CI: [-0.009, 0.329], p = 0.064.

4.4.4 Choice Satisfaction. The SEM model in Figure 11 shows two positive effects on choice satisfaction: perceived feasibility ($\beta = 0.330$) and the number of chosen measures ($\beta = 0.305$). This suggested that choosing feasible measures, as well as more measures positively affected how they were evaluated. In terms of indirect effects, the path from 'Global' Manuscript submitted to ACM

norms to choice satisfaction ($\beta = 0.417, 95\%$ -*CI*: [0.041, 0.793], p = 0.030), as well as the path from the 'Similar' norm condition ($\beta = 0.278, 95\%$ -*CI*: [0.034,0.521], p = 0.026) was significant, showing that the positive effects of these norms on satisfaction were mediated by feasibility.

Besides the interface effects, we found that the mean presented recommendation list score positively affected the list's feasibility perception ($\beta = 0.034$). This confirmed that higher scores, regardless of the source (i.e., kWh savings or norm), were related to higher levels of feasibility. Figure 11 also depicts that a user's environmental concern positively affected perceived feasibility ($\beta = 0.225$), showing that users who attributed greater concern towards their role in protecting the environment, indicated that the recommended measures were more feasible to perform.

4.4.5 Conclusion. We examined whether user perceptions of recommendations were affected by the depiction of
 social norms (RQ3). The path model showed that 'Global' and 'Similar' norms increased the perceived feasibility of
 recommendations, relative to the Savings baseline, while no such effect was found for 'Experienced'. This suggested
 that the effectiveness of descriptive norms did not simply boil down to high percentages, but that the advice source
 played a role, possibly through similarity rather than expertise.

Furthermore, our path model shows that higher levels of feasibility increased both the number of chosen measures, as well as choice satisfaction. Our tests of indirect effects confirmed that most of the paths from the 'Global' and 'Similar' norms to both the 'number of chosen measures' and choice satisfaction were mediated by feasibility. This indicated that explaining energy-saving recommendations in terms of normative messages affected how users perceived them (i.e. making them seem more feasible to perform) and, in turn, increased the number of measures that users had selected (i.e., a proxy for behavioral intention), as well as their choice satisfaction levels.

5 DISCUSSION

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We have investigated to what extent different social norm nudges affect choice behavior in an energy recommender system. We have translated the findings of a well-known social psychology study by Goldstein et al. [25], which used descriptive norms to promote towel re-use, to an HCI context. Specifically, we have investigated whether the merits of descriptive norms still apply in a choice environment where a more diverse, yet personalized set of energy-saving measures is presented.

Our results show that normative explanations affect user decision-making within lists of tailored recommendations, 1075 in the context of energy conservation. Although normative messages have not lead to more energy-efficient choices in 1076 1077 total, as investigated in [RQ1], we find that presenting normative explanations, as well as comparatively high norm 1078 scores can boost the adoption of specific energy-saving measures (RQ2). Moreover, the depiction of social norms also 1079 positively affects a user's evaluation of a recommender system (RO3), in terms of the perceived feasibility and choice 1080 satisfaction. These findings underline that social proof [21] and implied norms can act as persuasive nudges, both 1081 1082 through majority preferences (in this study: the presented norm percentages), as well as specific peers (in this study: 1083 the different norm sources) - even in the context of personalized advice. Such norms are found to be more effective 1084 than presenting additional information about key attributes of the recommended items (in this study: kWh savings). 1085 Moreover, social norms also affect what types of measures are chosen, in terms of relevant energy-saving attributes: a 1086 1087 measure's behavioral costs (i.e., execution difficulty) and its perceived effort.

More generally, we show that person-dependent nudges (in our case: social norms) are beneficial to contexts where the advice itself is also personalized. For nudging researchers (i.e., behavioral economists [57]), this implies that it could be fruitful to move beyond one-size-fits-all persuasion, for its effectiveness might be lost when the content of an Manuscript submitted to ACM intervention is aligned with a user's preferences [35, 54]. For recommender system scholars, the merit of our study lies
in the effectiveness of personalized nudges in recommender interfaces to shift user preferences. This is particularly
important to recommender domains where self-actualization and behavioral goals play a role [20], as users in those
domains often consider what their peers are doing [13, 39]. Earlier approaches in behavioral recommender domains (i.e.,
energy and health) show that is hard for users to seek behavioral change, as most algorithms reinforce their current
preferences [48, 53]. The use of nudges, such as social norms, could alleviate those issues.

¹¹⁰¹ 5.1 Influence of Study Design

We further discuss the study results in more detail, by first examining the influence of our study design. Contrasting with the findings in Goldstein et al. [25], the use of descriptive norms did not lead to an overall increase in the total number of chosen energy-saving measures, compared to a baseline that emphasized kWh savings (RQ1). We discuss a number of possible causes for this different outcome through our study design.

1108 For one, the decision contexts are different, in terms of the number of presented norms and measures. The observed 1109 behavior in Goldstein et al. [25] is rather straightforward, as it only promotes towel re-use by means of a door hanger 1110 in a hotel room. In contrast, our study comprises a set of attitude-tailored energy-saving measures in a web shop study, 1111 presenting multiple descriptive norms simultaneously. While the change from a hotel room to a web-based interface 1112 1113 might not have impacted the results, the fact that our recommender has simultaneously presented multiple measures 1114 with different norm percentages could have led users to make more comparative judgments. For example, users could 1115 have been influenced by the presented interface score rather than the norm source. This is supported by our findings 1116 that, in the 'Global' and 'Similar' norm conditions, measures were more likely to be chosen from recommendation lists 1117 1118 if they had a comparatively high score, while revealing no differences in the main effect between norm conditions.

1119 The results in our study clearly show that, contrary to what has been suggested in a meta-review [1], simply 1120 generalizing the effectiveness of descriptive norms for a simple, one-time behavior (e.g., towel re-use) to all types 1121 of measures is not a representative statement. Hence, potential adopters of a norm-based approach should seriously 1122 1123 consider the nature of the behavior that is being promoted, whether it is energy conservation or other behaviors in the 1124 recommender domain that involve effort, such as healthy eating [48, 56]. While the effects of descriptive norms have 1125 been rather consistent in both movie and social recommender systems [12, 26, 49], these are domains distinct from 1126 energy and health, as their behaviors (e.g., clicks) face few behavioral thresholds (e.g., no financial costs). 1127

Finally, we wish to emphasize that our study has used a strict baseline. By framing treatment energy-saving measures in terms of their energy-saving measures, we have attempted to reflect the study design of Goldstein et al. [25], rather than adhering to the more traditional social psychology study design that employs a no-treatment control group [1]. Hence, we have evaluated the effectiveness of our normative manipulations critically, which is consistent with recommender system research, where novel algorithms and interfaces are benchmarked against commercial applications or state-of-the-art technology [37].

¹¹³⁶ 5.2 Differences in Norms

Besides differences in choice behavior as a result of the presented norm percentages, we also discuss to what extent the type of descriptive norms played a role. Goldstein et al. [25] propose that 'provincial' norms (i.e. 'local' norms as 'Similar' and 'Experienced') are more effective in changing user behavior than the more 'Global' norms, for they share very specific and context-rich characteristics with the recipient of an environmental appeal. While each normative condition in this study leverages some similarity with the user, the 'Global' and 'Similar' norms are arguably the Manuscript submitted to ACM

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most 'provincial', as they specifically emphasize the similarities with the user. In contrast, the 'Experienced' norm also
 emphasizes a difference by pointing out that other customers 'performed more measures than [the user]'.

Nonetheless, our path model shows effects consistent with a context-rich, provincial norm explanation. The 'Global' and 'Similar' norm conditions produce higher levels of perceived feasibility compared to the Savings baseline, while no such effect is found for the 'Experienced' condition. That analysis suggests that the increase in feasibility can be attributed to the norm source rather than the score, as the 'Experienced' norm presented the highest percentages. This would suggest that users are influenced by the principle of 'similar others are doing it, therefore I can do this too', a more general heuristic for choice.

The relevance of this finding on feasibility lies in the indirect effects of 'Global' and 'Similar' norms on choice 1155 1156 satisfaction, which are mediated by feasibility. The use of such normative explanations has not only increased the 1157 perceived feasibility of the recommended measures, but has also led to higher levels of choice satisfaction, compared to 1158 users in the kWh Savings baseline. This increase in choice satisfaction might be important to ultimately spur behavioral 1159 1160 change, as it can, in turn, persuade users to re-use a recommender system at a later stage [37]. Moreover, previous 1161 studies have shown that higher levels of choice satisfaction lead to a higher likelihood that users actually implement 1162 chosen measures [54]. 1163

Although our 'Experienced' norms have not increased feasibility compared to the kWh savings baseline, our analysis on choice in recommendation lists (cf. Table 3) reveals that it can boost preferences for high-effort measures. Unlike in the baseline condition, where only low-effort measures are more likely to be chosen for high (kWh) Saving Scores, higher 'Experienced' norm percentages seem to boost the selection of high-effort measures. This finding nicely shows that *personalized* nudges rather than one-size-fits-all persuasion can improve the effectiveness of a recommender system, as the persuasiveness of the 'Experienced' norm is specific to effortful measures.

5.3 Limitations

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There might be some concerns about the use of self-reported behavior and choice as our behavioral indicators. Although we are aware that self-report can be an inaccurate measurement method, it should have not had a large impact on the study's results, for we have only examined differences in choice behavior between randomly assigned conditions.

Furthermore, it is possible that some users have also chosen measures that they already performed. Particularly for the so-called 'curtailment' measures (i.e., highly frequent behaviors [56] with no or little investment costs), users may have chosen a certain measure to indicate that they want to 'keep doing' something, such as turning off the lights after leaving a room. However, since we have mostly made comparison across condition, we expect the impact of this issue to be small. If any, the amount of chosen kWh savings per measure could even be larger, for curtailment measures tend to yield relatively low energy savings (cf. Table 5 and [17, 56]).

Finally, the used sample might not be representative for the broader population. The sample comprises energy 1185 1186 supplier customers with a smart thermostat, a group that happens to be composed of mostly males with relatively strong 1187 energy-saving attitudes. Although this might limit the extent to which our results could be generalized to the broader 1188 population, our randomly-assigned between-subject research design reduces the impact of using such a specific sample 1189 1190 population. Hence, we have examined the effectiveness of different personalized normative interfaces. Nonetheless, 1191 it would be useful to replicate this research among a more representative population, to check whether our findings 1192 on specific normative explanations still apply. Since the study has been conducted in the Netherlands, it is possible 1193 that some of the energy-saving determinants (e.g., a measure's perceived effort) show small variations across different 1194 1195 countries [56, 60]. 1196

¹¹⁹⁷ 5.4 Future Directions

5.4.1 Mitigating Climate Change. Our findings show how current approaches to household energy conversation promotion could be improved. Although some personalized campaigns are in place [56], relatively many are still one-size-fits-all. For example, whereas many government information pages describe best practices, they could also implement a tool similar to the 'Saving Aid' (cf. Figure 3), for which personalization brings forth relatively little costs in terms of time. Furthermore, other interventions only focus on the use of social norms for a single metric or behavior [25, 51, 55], for example by comparing the overall energy use of one household with its neighbors [4].

1206 We expect that a combination of personalization and social norm interventions is likely improve the overall effective-1207 ness of energy-saving promotion, in terms of actual behavioral change. However, beyond energy-efficient choices, it 1208 requires further research to understand to what extent it actually lowers the threshold of 'getting started'. For example, 1209 some people defer from making energy-saving choices, for they believe that they are the only engaging in it - the 1210 1211 so-called 'sucker effect' [27]. Follow-up research should make clear to what extent observing the behavior of others 1212 alongside personalized advice, also in a recommender interface such as ours, could help to lower the thresholds to actual 1213 energy-saving behavior. Previous research has provided evidence that users who evaluate a recommender interface 1214 positively, are also much more likely to implement chosen measures [54]. 1215

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5.4.2 Applications of Social Norms in Other Recommender Domains. The current paper has employed social norms 1218 1219 to support behavioral change for a user's 'better self' [20]. While such persuasion techniques may be somewhat 1220 paternalistic, it could be argued for the energy domain that the user ultimately benefits, due to a lower energy bill and a 1221 positive environmental impact. However, the implications of this study also reach beyond the energy domain, for it 1222 has been among the first to apply nudges in a personalized advice interface. For example, in food, most recommender 1223 1224 systems only focus on a user's current eating habits [23, 42], while a user might have certain eating goals that can be 1225 attained more easily by the use of social nudges [3, 52]. 1226

There are also domains in which norms can easily backfire or lead to arguably unethical situations. For instance, in the context of news recommender systems [5], normative explanations of news articles could reinforce partisan readership, if a user observes fellow democrats or conservatives consuming certain articles. Designers of recommender interfaces should always consider whether it could be harmful to a user if she 'follows the herd', and to what extent reinforcing such behavior through persuasive messaging exacerbates this.

Nonetheless, we wish to repeat that our study has focused on nudging within a personalized list of recommendations. Since the presented items already fit a user, this might mitigate possible 'herd behavior'. Moreover, the recommendation algorithm used in this paper (i.e., based on the Rasch model) is less biased towards popular items [52], for it focuses on the relation between the user and an item, based on its execution difficulty (i.e., behavioral costs) and novelty (i.e., execution probability) [56]. We think that this study can serve as a starting for various recommendation interfaces, in which social explanations are presented alongside personalized items.

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A APPENDIX: RASCH SCALE OF ENERGY-SAVING MEASURES

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Table 5. Tabulation of the Rasch scale of energy-saving measures *i*. Described are names, behavioral cost levels (θ_i), the infit statistics (MNSQ denotes Mean Square, ZSTD the standardized mean), kWh savings per year (i.e., 'kWh'), and perceived effort (i.e., 'EF').

			Infit statistics		Attributes	
i	Measure	θ_i	MNSQ	ZSTD	kWh	EF
1	Wash only full loads of laundry	-3.09	1.07	0.31	30	1.73
2	Cook with pots & pans the same size as the heating	-2.78	0.84	-0.44	5	1.33
	element					
3	Turn off or down heating/cooling system when going	-2.64	1.15	0.60	115	1.36
	away for several days					
4	Repair leaky faucets	-2.53	1.01	0.12	70	2.73
5	Cool hot food before putting it in the refrigerator	-2.46	1.04	0.24	2	1.45
6	Cover pots & pans when cooking	-2.4	1.01	0.13	5	1.25
7	Refrain from installing an air conditioner unless neces-	-2.38	0.85	-0.48	400	1.56
	sary for safety					
8	Do not leave your exhaust hood on when not in use	-2.22	1.08	0.41	18	1.13
9	Run a dishwasher only when full, but not overloaded	-2.17	0.92	-0.25	40	1.55
10	Take a shower instead of a bath	-2.13	1.07	0.38	400	1.54
11	Install double-pane windows	-2.00	0.90	-0.42	2500	3.44
12	Replace incandescent light bulbs with CFLs	-1.96	0.96	-0.13	140	2.13
13	Hang/air dry laundry	-1.94	1.21	1.11	290	2.22
14	Rake leaves with a garden rake instead of a leaf blower	-1.94	1.15	0.74	36	2.71
15	Switch off the coffee machine completely	-1.82	1.01	0.14	80	1.10
16	Install a laptop (instead of a desktop computer)	-1.80	1.19	1.11	40	2.21
17	Use natural light in the daytime	-1.75	0.87	-0.70	150	1.44
18	Decide what you want from the refrigerator before	-1.72	0.87	-0.86	40	1.50
	opening the door					
19	Refrain from using a screensaver	-1.71	0.99	0.00	20	1.13
20	Wash laundry at a low(er) temperature	-1.70	0.97	-0.10	105	1.30
21	Boil only as much water as you need	-1.64	0.93	-0.35	30	1.50
22	Refrain from using an electric blanket	-1.62	1.21	1.20	60	1.63
23	Use blankets (instead of a heater)	-1.61	1.07	0.49	1000	1.58
24	Replace all incandescents with CFLs or LEDs	-1.42	1.00	0.06	30	1.85
25	Turn off monitors when not in use	-1.38	0.93	-0.52	45	1.57
26	Open blinds/curtains/drapes/shades at night when cool-	-1.30	1.13	1.00	1000	1.92
	ing your home					
27	Thaw food in a refrigerator or sink	-1.28	1.00	0.05	10	1.71
28	Turn off bathroom exhaust fans 20 minutes after bathing	-1.28	0.95	-0.34	12	1.78
29	Dry only full loads of laundry	-1.23	1.20	1.45	50	1.89

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1457		Continuation of Table 5	θ_i	MNSQ	ZSTD	kWh	EF
1458	30	Switch off the dishwasher immediately after use	-1.08	0.97	-0.19	70	1.44
1459	31	Install a light switch at both ends of hallways	-1.03	1.07	0.59	17	2.67
1461	32	Air rooms for 20 minutes a day	-1.03	0.93	-0.52	250	1.64
1462	33	Turn off air conditioners in unoccupied rooms	-1.00	0.90	-0.73	100	1.67
1463	34	Towel/air dry hair instead of using electric hair dryer	-0.94	1.20	1.71	30	1.22
1464	35	Iron multiple garments in a row	-0.93	0.92	-0.61	2	1.38
1465	36	Set freezers to the warmest food-safe temperature (-	-0.91	1.18	1.58	50	1.27
1467		18°C)					
1468	37	Cook with a frypan (instead of an oven)	-0.85	1.09	0.76	250	2.07
1469	38	Set the thermostat to 14°C at night during heating sea-	-0.80	0.95	-0.43	1250	1.89
1470		son					
1472	39	Turn off computers when not in use	-0.75	1.01	0.09	100	1.89
1473	40	Set refrigerators to the warmest food-save temperature	-0.73	0.95	-0.37	50	1.00
1474 1475		(4°C)					
1476	41	Place refrigerator contents to allow for good air circula-	-0.69	0.93	-0.62	2	1.92
1477		tion					
1478	42	Install nylon brush seals or spring flaps on exterior door	-0.67	0.95	-0.41	25	2.22
1479 1480		keyholes					
1481	43	Set the thermostat 1°C lower when heating your home	-0.66	1.02	0.26	1100	1.50
1482	44	Turn off air conditioners when leaving the house	-0.66	1.17	1.62	50	1.80
1483	45	Refrain from using portable electric heaters to heat large	-0.65	1.21	1.67	800	1.33
1484		spaces					
1486	46	Use the dishwasher's eco-program	-0.62	0.95	-0.41	85	1.60
1487	47	Scrape food scraps off dishes prior to loading them into	-0.61	0.87	-1.29	2	1.64
1488		the dishwasher					
1489 1490	48	Install an energy efficient washing machine	-0.45	0.99	-0.06	200	2.62
1491	49	Stir-fry food	-0.44	1.02	0.23	20	1.60
1492	50	Install weather strips on windows	-0.43	1.00	-0.01	460	2.63
1493	51	Do maintenance on boiler or geyser	-0.41	0.88	-1.22	120	2.00
1494	52	Install thermal mixer taps	-0.40	0.97	-0.37	70	2.06
1496	53	Caulk & seal exterior walls	-0.37	0.90	-0.93	250	2.25
1497	54	Defrost fridge/freezer	-0.36	0.87	-1.69	50	2.61
1498	55	Make coffee without a hotplate	-0.35	0.90	-0.91	25	1.54
1499	56	Use rechargeable batteries	-0.33	1.06	0.75	0	2.09
1501	57	Buy an energy-efficient fridge-freezer	-0.30	0.99	-0.04	160	2.42
1502	58	Unplug devices, appliances, and chargers when not in	-0.25	0.95	-0.54	25	1.76
1503		use.					
1504	59	Install an energy efficient dishwasher	-0.20	0.92	-0.89	70	2.33

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	Continuation of Table 5	θ_i	MNSQ	ZSTD	kWh	EF
60	Trim bushes with garden shears instead of an electric	-0.15	0.96	-0.39	5	2.44
	trimmer					
61	Get rid of a second refrigerator	-0.13	1.07	0.73	240	2.22
62	Use an energy efficient TV	-0.09	0.93	-0.72	120	2.67
63	Insulate roofs	-0.08	0.94	-0.67	8000	3.71
64	Set the thermostat to $60^\circ\mathrm{C}$ to $65^\circ\mathrm{C}$ on hot water storage	-0.06	0.98	-0.16	900	1.54
	systems, and 50 $^{\circ}\mathrm{C}$ on instantaneous hot water systems					
65	Empty/replace vacuum cleaner filter bags regularly	-0.05	0.80	-2.39	5	2.07
66	Position refrigerators to allow for air circulation around	0.02	0.94	-0.64	25	2.88
	their coils					
67	Insulate cavity walls	0.03	0.90	-1.08	8000	3.40
68	Enable the power management features of computers	0.04	1.00	0.05	40	1.73
69	Descale coffee machines and electric kettles	0.04	1.04	0.48	10	2.05
70	Air clothes instead of washing them	0.06	0.93	-0.89	30	1.89
71	Take advantage of the night-time tariff	0.07	0.84	-1.97	0	2.22
72	Install weather strips on doors	0.08	0.94	-0.68	120	2.00
73	Switch off the computer with a power strip	0.11	1.00	0.01	175	2.17
74	Use renewable energy	0.13	1.13	1.32	0	2.25
75	Check the pressure in your boiler	0.17	0.81	-2.07	0	1.86
76	Insulate heat ducts	0.20	0.90	-1.10	100	2.92
77	Seal any holes in insulation with low-expansion spray	0.21	1.04	0.45	1000	3.00
	foam					
78	Reduce the duration of your showers	0.21	0.88	-1.38	185	2.33
79	Keep exhaust hood filters clean	0.24	0.78	-2.71	2	2.25
80	Replace dimmer switches	0.25	1.21	1.92	60	1.55
81	Install floor insulation	0.26	1.08	0.78	2450	3.60
82	Install an energy efficient freezer	0.26	0.95	-0.55	190	2.44
83	Install a drain waste water heat recovery system	0.26	1.14	1.60	750	2.38
84	Install energy efficient light fixtures	0.27	0.92	-1.03	50	2.31
85	Maintain clean, air-tight refrigerator door seals	0.31	1.01	0.13	25	2.29
86	Put rugs on the floor to contain heat	0.32	1.07	0.73	60	2.86
87	Install low-flow showerheads	0.36	1.03	0.38	400	2.20
88	Install smaller cisterns on toilets	0.38	0.80	-2.08	0	2.71
89	Clean floors with a broom (instead of a vacuum cleaner)	0.39	1.23	2.44	25	2.25
90	Install an energy efficient computer monitor	0.43	0.92	-0.74	20	1.79
91	Do the dishes manually	0.48	1.25	3.00	160	2.75
92	Plant deciduous trees around your home	0.50	1.06	0.59	1000	3.08
93	Insulate the attic, including the trap/access door	0.55	0.71	-3.11	6400	3.64

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1561		Continuation of Table 5	θ_i	MNSQ	ZSTD	kWh	EF
1562	94	Install underfloor heating (in a well-insulated house	0.68	1.03	0.32	640	3.87
1563		only)					
1565	95	Use the TV one hour less every day	0.71	1.13	1.34	75	2.00
1566	96	Switch off the washing machine completely	0.72	1.10	0.95	95	1.78
1567	97	Insulate ceilings	0.74	0.92	-0.78	7400	4.20
1568	98	Install an energy-efficient dryer	0.76	0.90	-0.86	210	2.43
1570	99	Install low-flow aerators in faucets	0.81	1.02	0.23	500	2.45
1571	100	Vent radiators regularly	0.84	0.89	-1.03	300	2.78
1572	101	Turn off the water while soaping up during showers	0.88	0.90	-0.84	400	2.58
1573 1574	102	Set your TV to energy efficient settings	0.89	0.96	-0.29	50	1.78
1575	103	Replace your water heater if it is more than 7 years old	0.89	0.98	-0.09	800	3.15
1576	104	Lower the boiler temperature	0.90	1.00	0.05	40	1.78
1577	105	Insulate hot water tank if it's warm to the touch	0.91	0.95	-0.38	130	2.70
1578	106	Tumble dry t-shirts briefly instead of ironing them	0.91	1.14	1.04	25	2.20
1580	107	Turn off the hot water heater system when going away	0.94	0.86	-1.09	20	2.50
1581		for a few days					
1582	108	Use a tablet instead of a laptop/desktop	1.01	0.88	-0.92	80	2.00
1583	109	Descale the washing machine	1.01	0.98	-0.19	10	2.08
1585	110	Install a motion sensor for indoor/outdoor lights	1.04	0.90	-0.81	25	2.64
1586	111	Switch off the computer screen when downloading	1.09	1.07	0.70	6	1.53
1587	112	Install exterior wall insulation (house wrap)	1.29	1.16	1.05	1700	4.19
1588	113	Switch off the refrigerator when on holiday	1.35	1.12	0.85	20	3.00
1590	114	Install solar powered garden lights	1.36	1.00	0.07	50	1.91
1591	115	Install solar panels	1.49	1.00	0.04	2000	3.33
1592	116	Install an induction stove instead of a natural gas	1.51	1.10	0.74	185	3.73
1593		stove/range					
1595	117	Turn off the oven 10 minutes early	1.55	0.79	-1.65	10	1.79
1596	118	Install door closers	1.72	1.14	0.86	220	2.67
1597	119	Install a remote controlled thermostat	1.76	0.98	-0.07	1000	2.88
1598	120	Use electric blankets (instead of a heater)	1.94	1.22	0.99	740	2.31
1600	121	Install heat-resistant radiator reflectors between exte-	2.03	1.05	0.35	900	2.47
1601		rior walls and radiators					
1602	122	Mow your lawn with a push reel mower rather than an	2.12	1.11	0.61	50	3.00
1603		electric mower					
1605	123	Install a timer on your boiler	2.24	0.98	-0.02	500	2.50
1606	124	Clean lights & light fittings regularly	2.40	0.83	-0.71	2	2.50
1607	125	Set timers on space heaters	2.74	1.08	0.34	50	1.93
1609	126	Use a pressure cooker	2.92	1.11	0.47	30	2.29

	Continuation of Table 5	θ_i	MNSQ	ZSTD	kWh	EF
127	Install a home energy usage feedback system to identify	2.97	0.99	0.08	750	2.75
	excess base-load					
128	Install a solar boiler	3.20	1.16	0.59	1850	3.17
129	Install a centralized temperature system with zone con-	3.33	1.05	0.26	3100	3.92
	trols & thermostats					
130	Install a heat pump system (when heating your home	3.56	1.07	0.30	1100	3.00
	using electricity)					
131	Clean refrigerator coils regularly	3.66	0.75	-0.58	15	3.6
132	Use a hot-fill washing machine	3.90	1.04	0.23	40	3.1
133	Install a shower water usage feedback system	3.93	0.90	-0.10	200	2.7
134	Frect a small wind turbine	6 48	1.00	0.00	1400	42
101	End of Table	0.10	1.00	0.00	1100	1.2

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