

What happens when a notification interrupts an interaction?

Technoference examines how connected devices enter an ongoing exchange. The interruption and the return to the interaction matter alongside total screen time.

01 Ongoing exchange

Observe attention, timing, gestures and turn-taking.

02 Interruption

A glance, alert or response redirects attention to the device.

03 Return

Examine how the person resumes the exchange and what was missed.

04 Study the pattern

Compare interruptions, context and interaction quality without assuming causality.

This diagram describes a mechanism to examine, not an individual diagnosis. Association, a proposed mechanism and causal evidence must remain distinct.

Full explanations and sources on voce.life

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OI

Ongoing exchange

Observe attention, timing, gestures and turn-taking.

What happens when a notification interrupts an interaction?

O2

Interruption

A glance, alert or response redirects attention to the device.

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03

Return

Examine how the person resumes the exchange and what was missed.

What happens when a notification interrupts an interaction?

O4

Study the pattern

Compare interruptions, context and interaction quality without assuming causality.

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