



The Resilience Network

A Free Tool for SNA and (Health) Intervention Research

Daniel Meier¹ Jürgen Lerner²

¹Swiss Re Institute, Zurich, Switzerland

²University of Konstanz, Germany

Sunbelt, 28 June 2025

What is ResNet?

ResNet is a holistic health & wellness app that supports you and 7 of your close friends – your personal Resilience Network – to improve your 7 life categories



How the core of the app works



How the core of the app works

You

Your friends

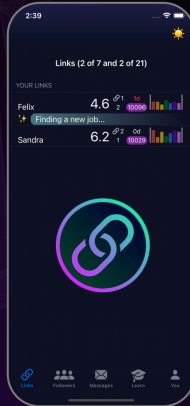
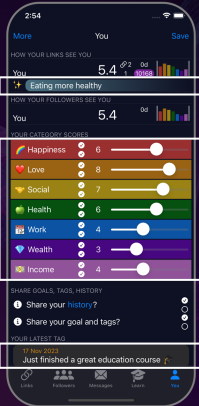
Goal

7 life categories

Help
your
friends

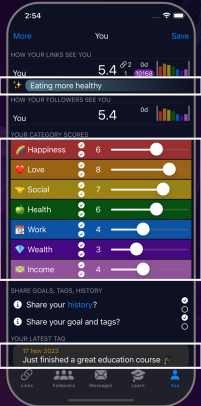
Receive
Care
Points
for your
help

Diary

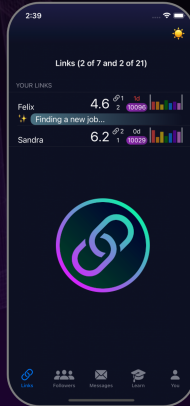


How the core of the app works

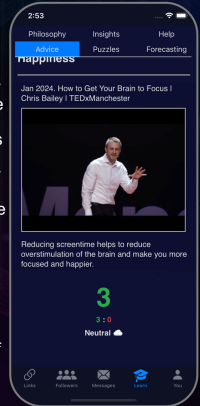
You



Your friends



Learn & coach



Help
your
friends

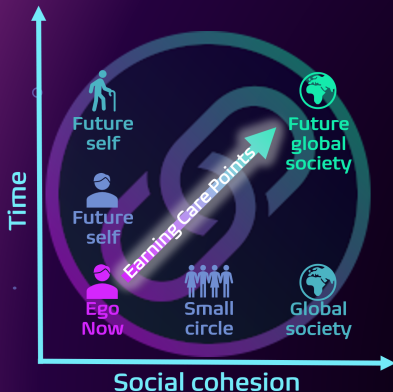
Receive
Care
Points
for your
help

Learn how
to improve
your 7 life
categories

Learn how
to prevent
or mitigate
crises

Many
incentives
to help
others –
and your
future self

Philosophy behind ResNet



Ego/Now: Just caring about yourself, not caring about the future, instant gratification, ego, ...

Small circle: Caring about a well-defined small circle of people, e.g., friends & family, country, ...

Future self: Caring about physical/mental health, education, work, financial safety, retirement, ...

Global society: Caring about global society independent of ethnicity, religion, origin, ...

Future global society: Caring about a sustainable future global society – climate change, fairness, technological progress, ...

How to move from **lower left** to **upper right** and eventually create societal impact with ResNet?

Care Points 🌱, education and fun as incentives to use and spread the app *peer-to-peer* (1 to $1 + \epsilon$).

Features of the app

Philosophy **Insights** Help
Advice Puzzles Forecasting

Personality Type

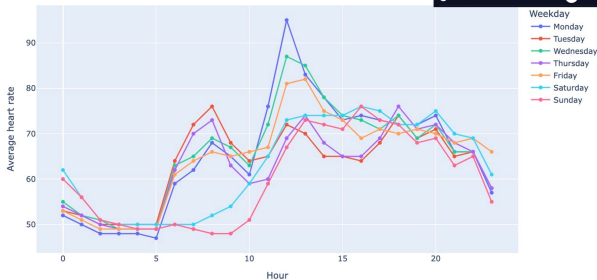
Based on your responses and characteristics, we've inferred that your MBTI type might be INFP (Mediator). You possess a strong sense of individuality and are driven by your values and beliefs. You are highly creative and introspective, always striving for personal growth and understanding.

Personalized insights

Based on your responses and behaviors, an AI model will provide you with personalized insights: strengths, weaknesses, tips, etc.

Based on questionnaire and all user data.

- Q1) How much are you maintaining strong social relationships?
✓ 7.0
- Q2) How much would you prefer having more spare time (10) or having more money (10)?
✓ 2.0
- Q3) How much do you physically exercise, e.g. running, cycling, swimming, hiking?
✓ 7.0
- Q4) How much are you helping out others, e.g. acts of kindness, volunteering?
✓ 5.0
- Q5) How much are you living in the moment, e.g. meditation, mindfulness, slow-down, enjoyment?
✓ 5.0
- Q6) How much would you prefer spending money on events/experiences (10) or on material things like a new mobile phone, a new car (10)?
✓ 2.0
- Q7) How much are you taking care about healthy nutrition?
✓ 7.0



Features of the app

ResNet  surveys

Title of the survey



Survey image URL (optional)

Check URL

In case you would like to use your own images, use for example imgbb.com.

Email to receive survey links (optional)

☐ Subscribe to ResNet app newsletter.

In case you do not provide an email address make sure to bookmark or save the [admin link](#) and the [participants link](#).

Introduction text shown before starting the survey...

Text shown after submitting the survey...

OverviewNextDownload

resnet.me/surveys

Co-evolution of communication and category changes

Research questions

1. Do users react (by sending messages) if their contacts' life categories drop?
2. Do such supporting messages (if any) have any effect on their contacts' life categories?

Analysis methods

1. Relational event models (REM; Butts 2008) explaining the message rate for any pair (i, j) of tied users.
 - ▶ Explanatory variables include: recent alerts sent from j to i ; recent category changes of j .
2. OLS explaining the sign/size of category changes.
 - ▶ Explanatory variables include:
messages received $\times$ recent category changes.

Selected findings: explaining communication events

308 message events on 137 users

Network effects:

- ▶ Tendency to repeat and reciprocate messages; triadic closure.
- ▶ Users with more ties (links and followers) typically communicate more: suggests higher degree of involvement.

Communication dependent on category values and changes:

- ▶ Users have a tendency to send messages to users from which they received an alert.
- ▶ Additionally: the more the category value of user j dropped, the more likely i sends a message to j (all categories except work).
- ▶ We found no evidence for homophily wrt. category levels, nor for dependence of message rate on category levels.

Selected findings: explaining category changes

number of changes: 322 (happiness); 166 (love); 229 (social); 331 (health); 233 (work); 118 (wealth); 125 (income)

Dependent on past category values and changes:

- ▶ Tendency to decrease/increase if past values were high/low
- ▶ Tendency to decrease/increase if past change went up/down
→ suggests a “return to mean” behavior

Dependent on ties and communication network:

- ▶ Only for love: tendency to adapt to mean value of neighbors (“social influence”).
- ▶ Only for happiness: tendency to increase value if having received messages following drop in happiness.

Anecdotal findings - still too low sample sizes

- ▶ Higher volatility of life categories' scores at younger ages
- ▶ Males open up more than females
- ▶ Users report raised self-awareness
- ▶ Social reminders:
 - ▶ Physical activity - physical health issues, and burnout
 - ▶ To meet your friends
 - ▶ Acts of kindness and appreciation in relationships
- ▶ Those favoring experiences over material goods are happier
- ▶ Those being conscientious (Big 5) are healthier
- ▶ Those being more egoistic perceive the world as egoistic

Reach out to us to collaborate...

Thank you

daniel.meier@resnet.me

juergen.lerner@resnet.me



resnet.me

ResNet – The Resilience Network