

DAN THWAITES

CO-FOUNDER,

CAPUCHIN BEHAVIOURAL SCIENCE



Practically apply psychology and data for hard, commercial results



## FOR EXAMPLE, BEHAVIOURAL SCIENCE TELLS US YOU COULD GET...



8% higher spend levels if you remove the £ signs from your pricing



50% higher conversion if you use personality-targeting - extraverts prefer bright colours but disagreeable people don't like conformity and social proof



Double the number of acceptances if you ending your request with "...but it's up to you"

This is because consumers are subconsciously influenced by mental shortcuts known as heuristics. Understand these heuristics – and particularly how they differ between different customer groups – and you can tap into psychology for sales success.



### APPLY PSYCHOLOGY AND DATA

This is a typical message.



Recycle all your plastic before it's too late.



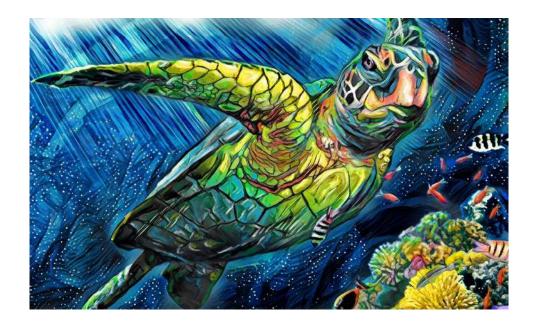
This is a behaviourally optimised message.



Recycle just one plastic thing a day to protect turtles like Ronnie.



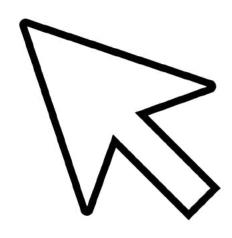
This is a behaviourally optimised message targeted to liberals.



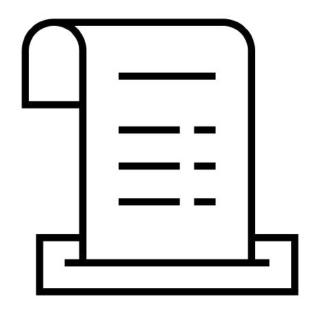
Can you recycle just one plastic item each day to care for turtles like Ronnie?



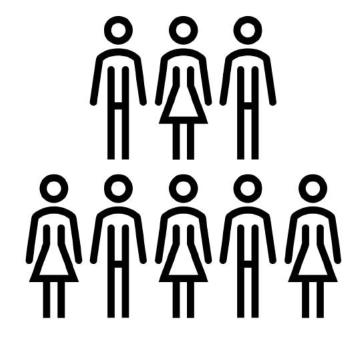
### GET HARD COMMERCIAL RESULTS







Get more conversions, sales, profit



Get more customers, shift their behaviours



#### DOES IT WORK?

39%

lower cost per acquisition for a financial services brand

**x2** 

double the conversion rate for a multichannel marketer

+7

percentage point improvement in downloads for an international client

4,000

new customers
signed up in a week
for a challenger
brand



## SCIENTIFIC THINKING FOR IRRATIONAL MINDS



Make a more direct, scientific link between minds and money.

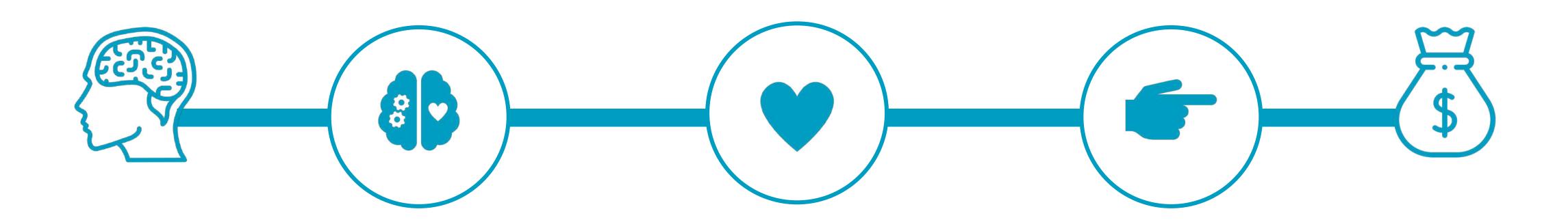


To find opportunities that might otherwise be missed.

And show how to address them.



### APPLY PSYCHOLOGY AND DATA TO GET HARD COMMERCIAL RESULTS



Reveal the hidden psychology of how your audiences really think Be more persuasive, based on how their mental processes work

Develop nudges based their psychological traits to shift behaviour





How do you apply the psychology of online ordering to persuade different groups of people?



How do you prime and persuade purchase across channels, moods and modes?



How do you get people to adopt new ways of payment and other new behaviours?



How do use price psychology to increase conversion and maintain premium pricing?



How do you sell more of a "Christmas" product at a new time of year?



What is the psychology of your home, its value and making improvements?



How do you apply behavioural nudges to improve mobile app downloads?



What are the different psychological drivers for health products and how do you practically apply them?



How can you persuade senior financial services decision-makers to take on a security product to sell to their customers



### CAPUCHIN.CC /BLOG



Practical Behavioural Nudges



The Science of Attention



Psychological Profiles



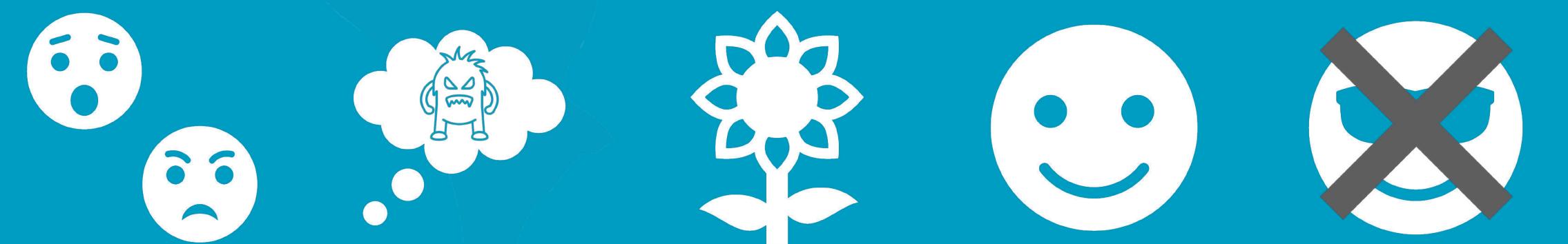
The Psychology of Money



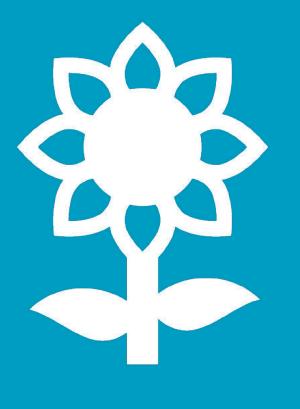
### PSYCHOLOGY AND TOUGH TIMES



















FEAR OR

ANGER?





## FEAR OR ANGER?

LOOKING AT THE EMOTIONAL IMPACT OF THE LAST RECESSION IN 2008

A study looked at fear vs anger as a response to the 2008 recession, and found:

- our perception of whether someone is responsible for a threat is a key determinant of whether we react to that threat with fear or anger
- anger is the more likely emotional reaction if the threat has an identifiable external cause.
- anger is more likely than fear among individuals who believe that the actor responsible should be under their control and should care about their welfare

These create very different mindsets as a result.

Wagner, M. Fear and Anger in Great Britain: Blame Assignment and Emotional Reactions to the Financial Crisis. Polit Behav 36, 683–703 (2014). <a href="https://doi.org/10.1007/s11109-013-9241-5">https://doi.org/10.1007/s11109-013-9241-5</a>

(van Zomeren et al. 2004; Leach et al. 2006; Smith et al. 2008).



## FEAR OR ANGER?

THE EMOTIONAL IMPACT OF THE LAST RECESSION IN 2008

#### Fear vs Anger Response

- Fear makes us more risk-averse and vigilant (avoidance/surveillance systems)
- Anger increases our readiness to address the threat directly while relying on previously learned routines (approach/disposition systems).

e.g. some studies show that it is anger rather than fear that leads citizens to engage in protest behaviour by taking part in demonstrations or in other forms of political mobilization

Wagner, M. Fear and Anger in Great Britain: Blame Assignment and Emotional Reactions to the Financial Crisis. Polit Behav 36, 683–703 (2014). <a href="https://doi.org/10.1007/s11109-013-9241-5">https://doi.org/10.1007/s11109-013-9241-5</a>

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FEAR IN THE

THEATER OF

THE MIND





# FEAR IN THE THEATER OF THE MIND

DIFFERENTIAL FEAR CONDITIONING WITH IMAGINED STIMULI

From fears of monsters in the closet to the internal replay of traumatic events of our past, mental imagery plays an important role in how people acquire and generalize fear responses.

In other words, when fear acquired from one stimulus transfers to another stimulus.

Real as well as imagined images engage learning processes in similar ways.

Lauryn Burleigh, Xinrui Jiang, and Steven G. Greening



# FEAR IN THE THEATER OF THE MIND

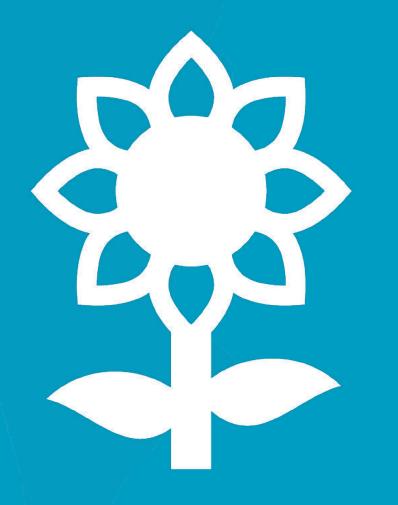
DIFFERENTIAL FEAR CONDITIONING WITH IMAGINED STIMULI

In the study participants acquired fear conditioning to both viewed and imagined objects, as measured via self-reported fear responses and skin conductance.

After acquiring fear for either visual or imagined objects, people's fear responses generalized to the corresponding imagined or visual objects, respectively.

In other words, people become conditioned to respond with real fear to imagined stimuli.

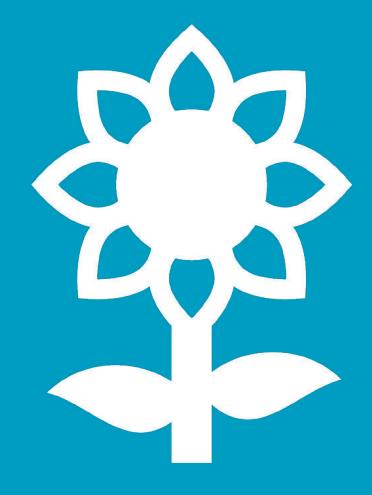
Lauryn Burleigh, Xinrui Jiang, and Steven G. Greening



### SEEDS OF

OPTIMISM





## SEEDS OF OPTIMISM

MILLENNIALS' CAREER PERSPECTIVE AND EXPECTATIONS

During times of recession

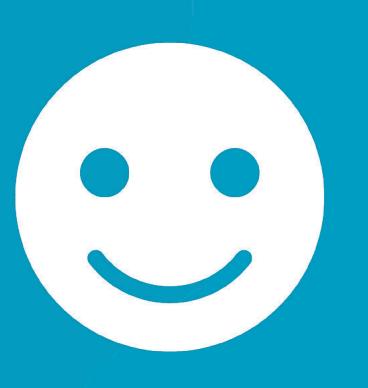
Millennials lower their expectations regarding the work-life balance and social atmosphere.

However, their expectations regarding job content, training, career development, and financial rewards remain high, suggesting that these expectations are largely embedded within the generation

Perhaps indicative of a "heads down" and work response to recessionary pressures and concerns. Approach, rather than avoidance

Millennials' Career Perspective and Psychological Contract Expectations: Does the Recession Lead to Lowered Expectations?

Sara De Hauw & Ans De Vos



OPTIMISM

IS GOOD

FOR YOU





# OPTIMISM IS GOOD FOR YOU

Previous studies reported that more optimistic individuals are less likely to suffer from chronic diseases and die prematurely.

One study further suggests that optimism is specifically related to 11 to 15% longer life span, on average, and to greater odds of achieving "exceptional longevity," that is, living to the age of 85 or beyond.

These relations were independent of socioeconomic status, health conditions, depression, social integration, and health behaviors (e.g., smoking, diet, and alcohol use).

Lewina O. Lee lewina@bu.edu, Peter James, Emily S. Zevon, +4, Eric S. Kim, Claudia Trudel-Fitzgerald, Avron Spiro III, Francine Grodstein, and Laura D. Kubzansky-4



BUT NOT

TOO MUCH

OPTIMISM!





# BUT NOT TOO MUCH OPTIMISM!

Optimism is related to numerous work/life choices:

More optimistic people work harder, expect to retire later, are more likely to remarry, invest more in individual stocks, and save more.

Interestingly, however, moderate optimists display reasonable financial behavior, whereas extreme optimists display financial habits and behavior that are generally not considered prudent.

Moderate optimists work significantly harder.

Extreme optimists, on the other hand, work significantly fewer hours.

Lewina O. Lee lewina@bu.edu, Peter James, Emily S. Zevon, +4, Eric S. Kim, Claudia Trudel-Fitzgerald, Avron Spiro III, Francine Grodstein, and Laura D. Kubzansky-4

https://www.pnas.org/doi/full/10.1073/pnas.1900712116

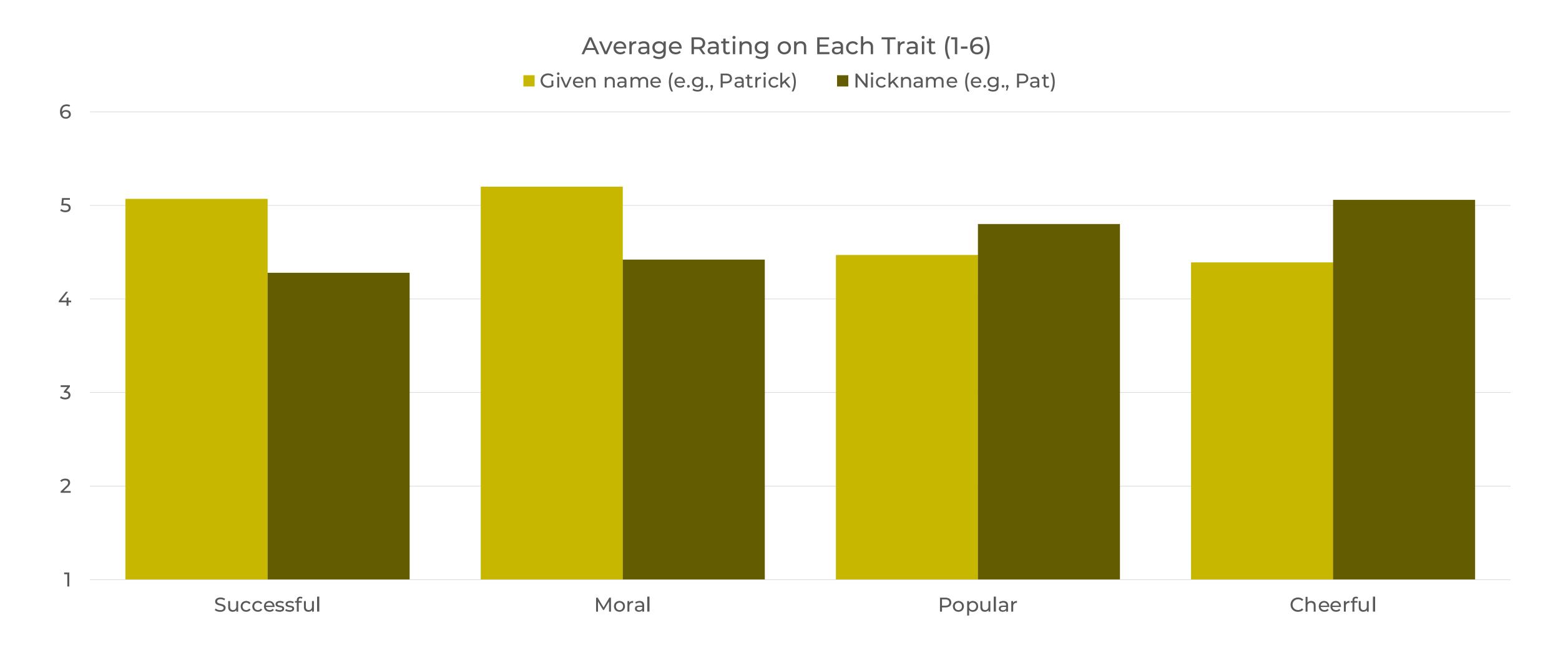
PATRICK FAGAN

CO-FOUNDER,

CAPUCHIN BEHAVIOURAL SCIENCE



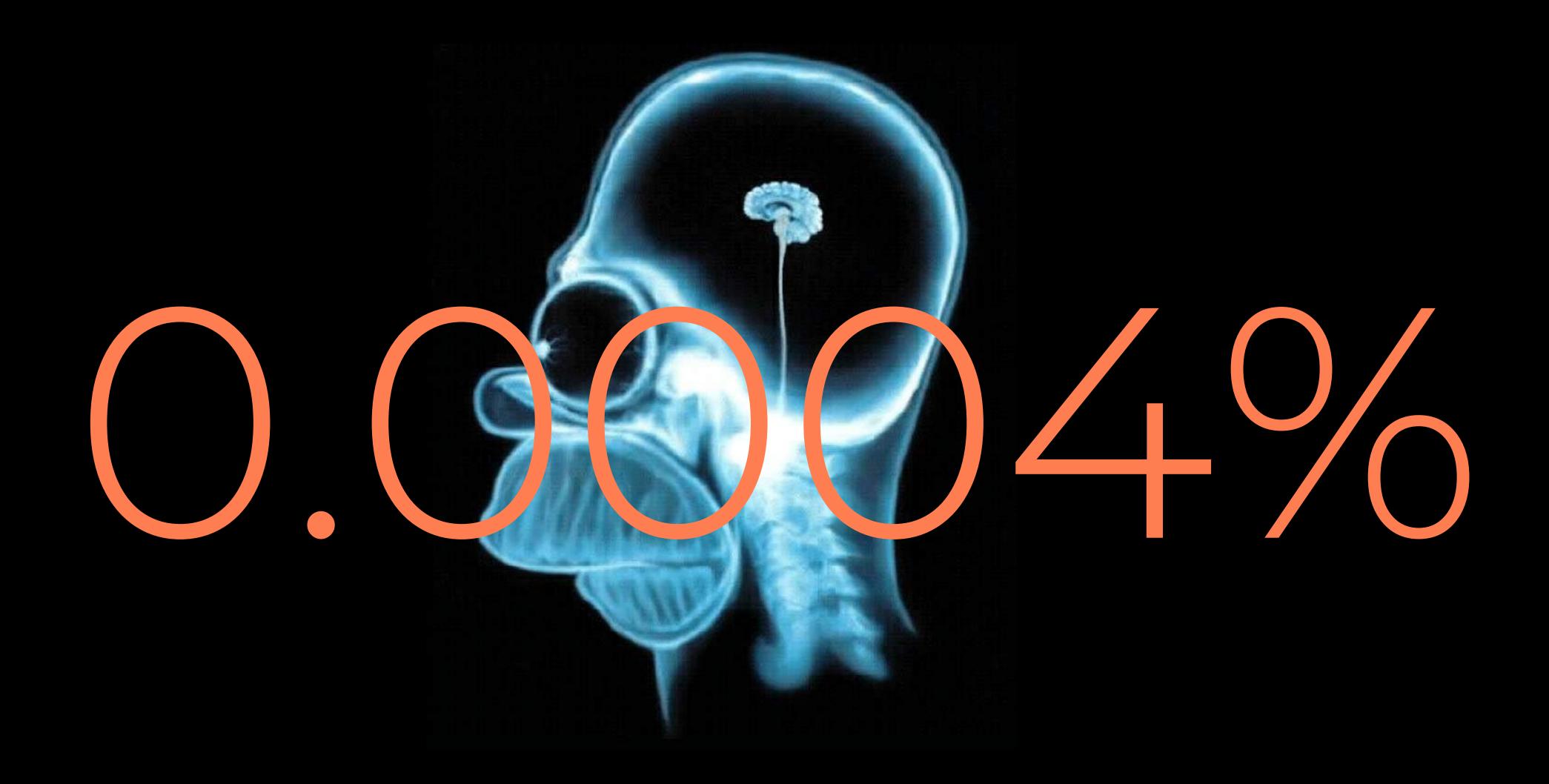
### HELLO!



### THE POWER OF BEHAVIOURAL SCIENCE









#### LIMITED CONSCIOUS MINDS





**Chose Cake** 

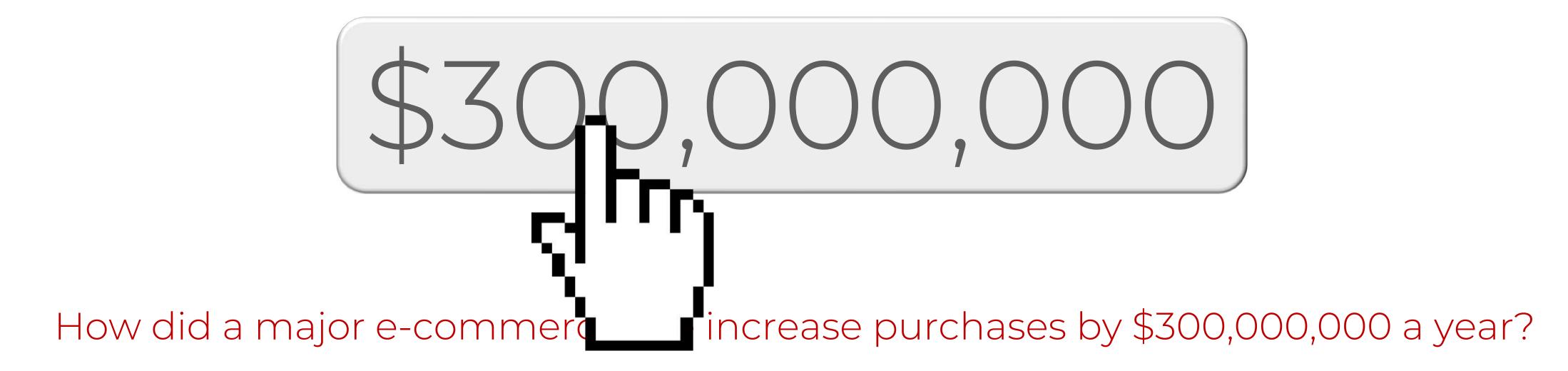


2-digit no. (e.g. 62)

7-digit no. (e.g. 4811505)



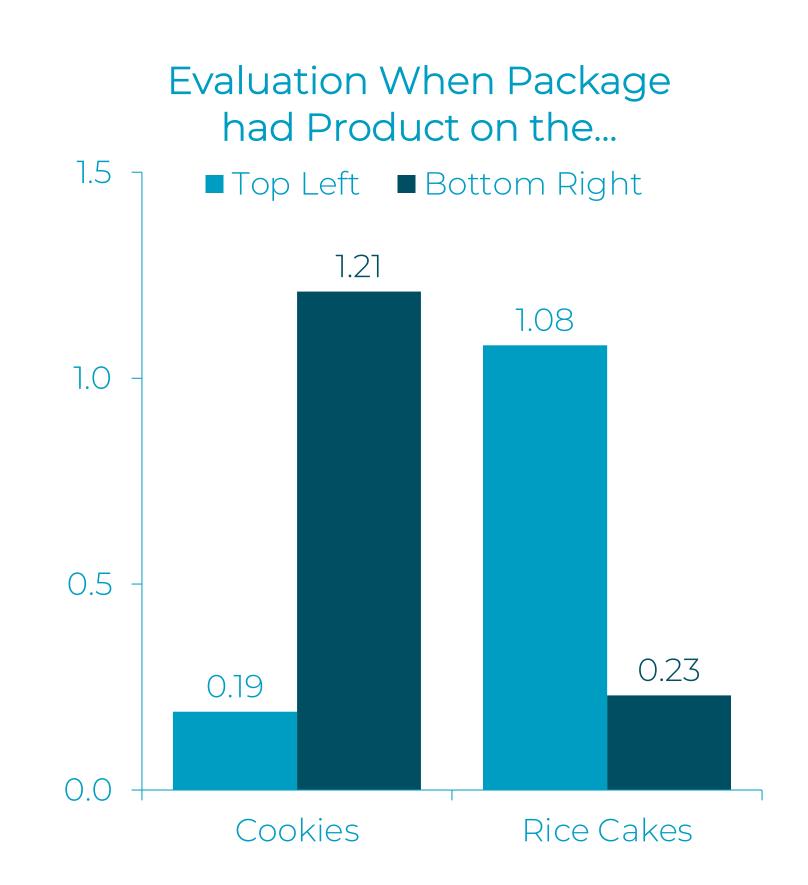
### THE \$300M BUTTON



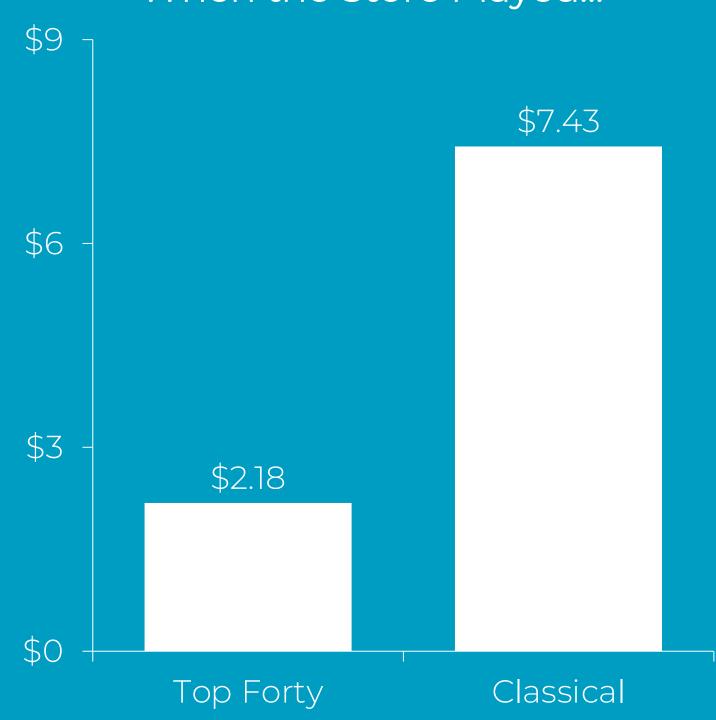
The site used to ask people to register in order to continue with their purchase (presumably in an attempt to increase loyalty). By simply changing "register" to "continue" and removing the barrier to purchase, sales went up phenomenally. One shopper told the UX team, "I'm not here to enter into a relationship. I just want to buy something."

What People Would Pay for a Beer in...

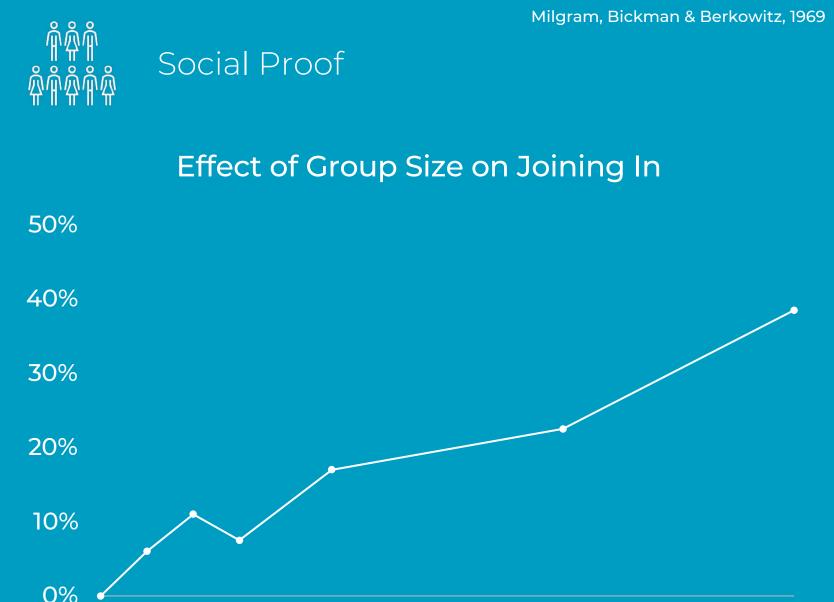






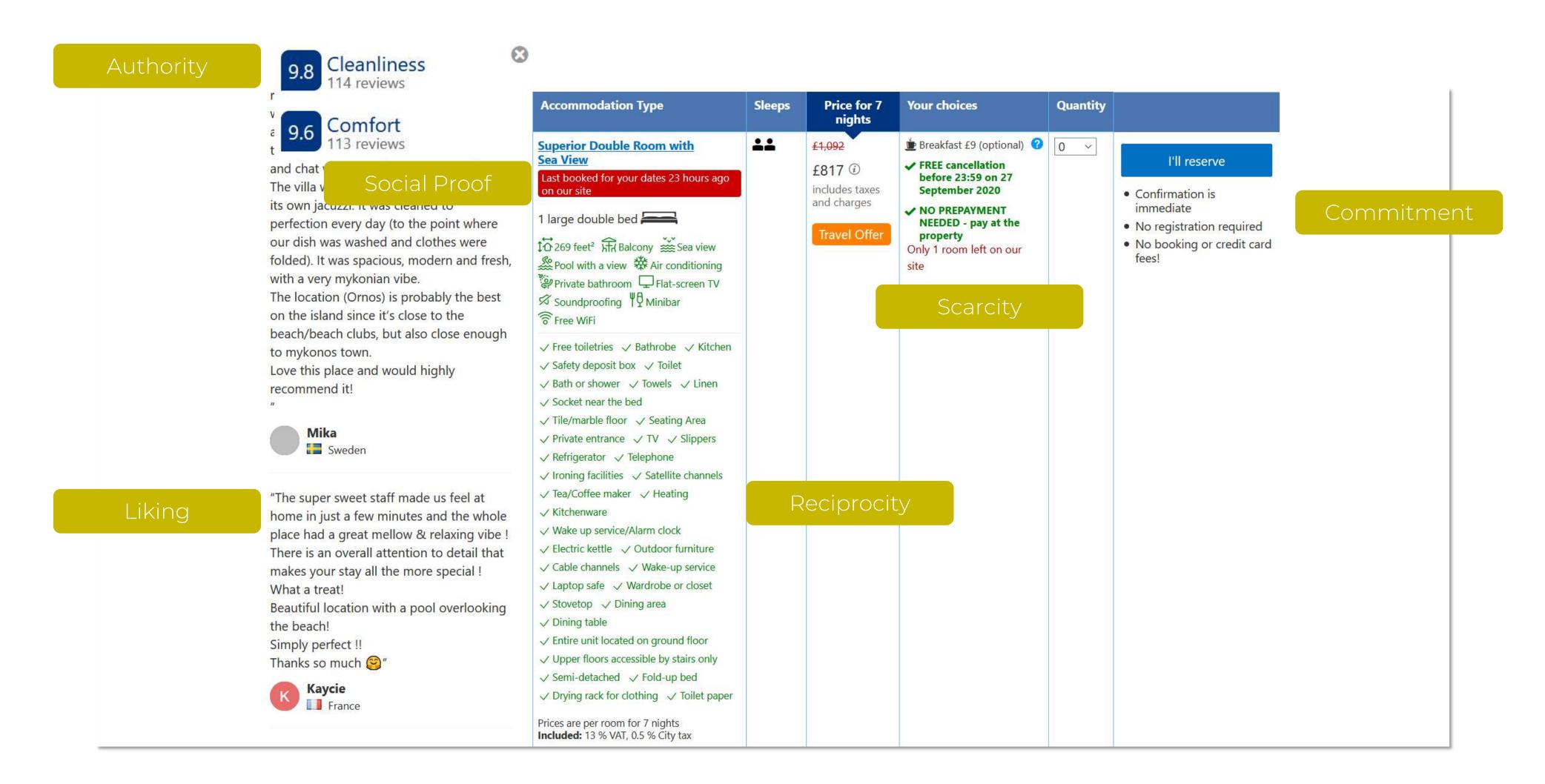






0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

#### HEURISTICS IN ACTION



#### HEURISTICS IN ACTION

Present Bias
If you put it off,
you're less likely
to actually do it





Distraction
This button is
designed to look
like the main one

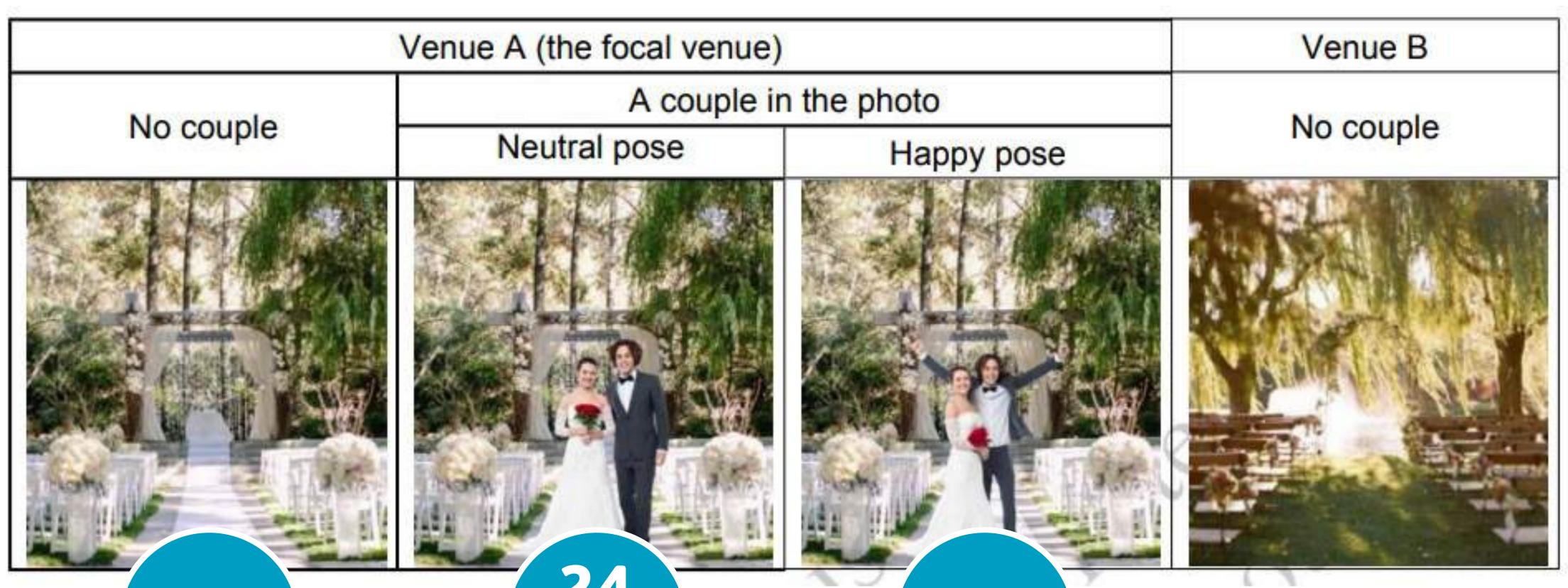
Decoy Effect
More buttons
make 'cancel' less
likely

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#### THERE ARE MANY WAYS TO NUDGE



#### THERE ARE MANY WAYS TO NUDGE



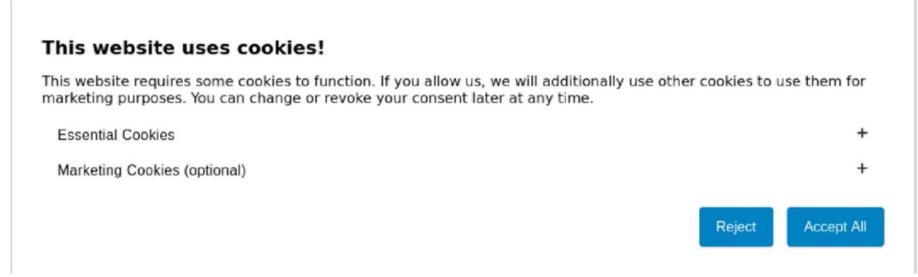
53%

%

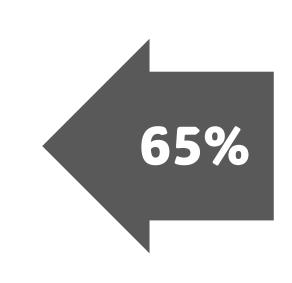
29%

#### THERE ARE MANY WAYS TO NUDGE





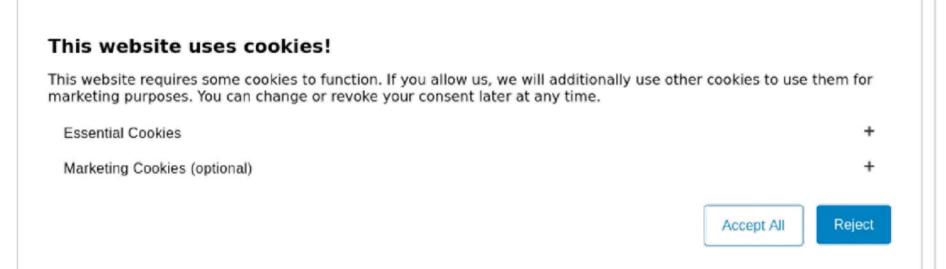
# This website uses cookies! This website requires some cookies to function. If you allow us, we will additionally use other cookies to use them for marketing purposes. You can change or revoke your consent later at any time. Essential Cookies + Marketing Cookies (optional) Reject Accept All

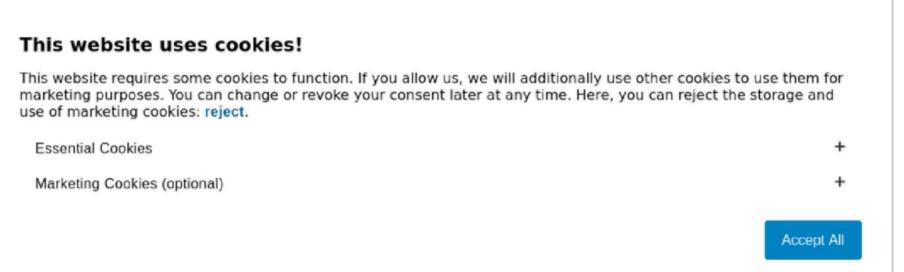


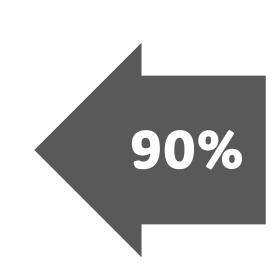
(a) Button-Same

ne (b) Button-Highlight-Accept



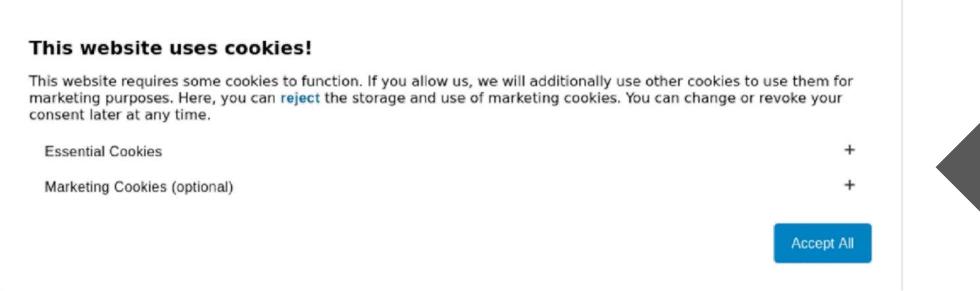






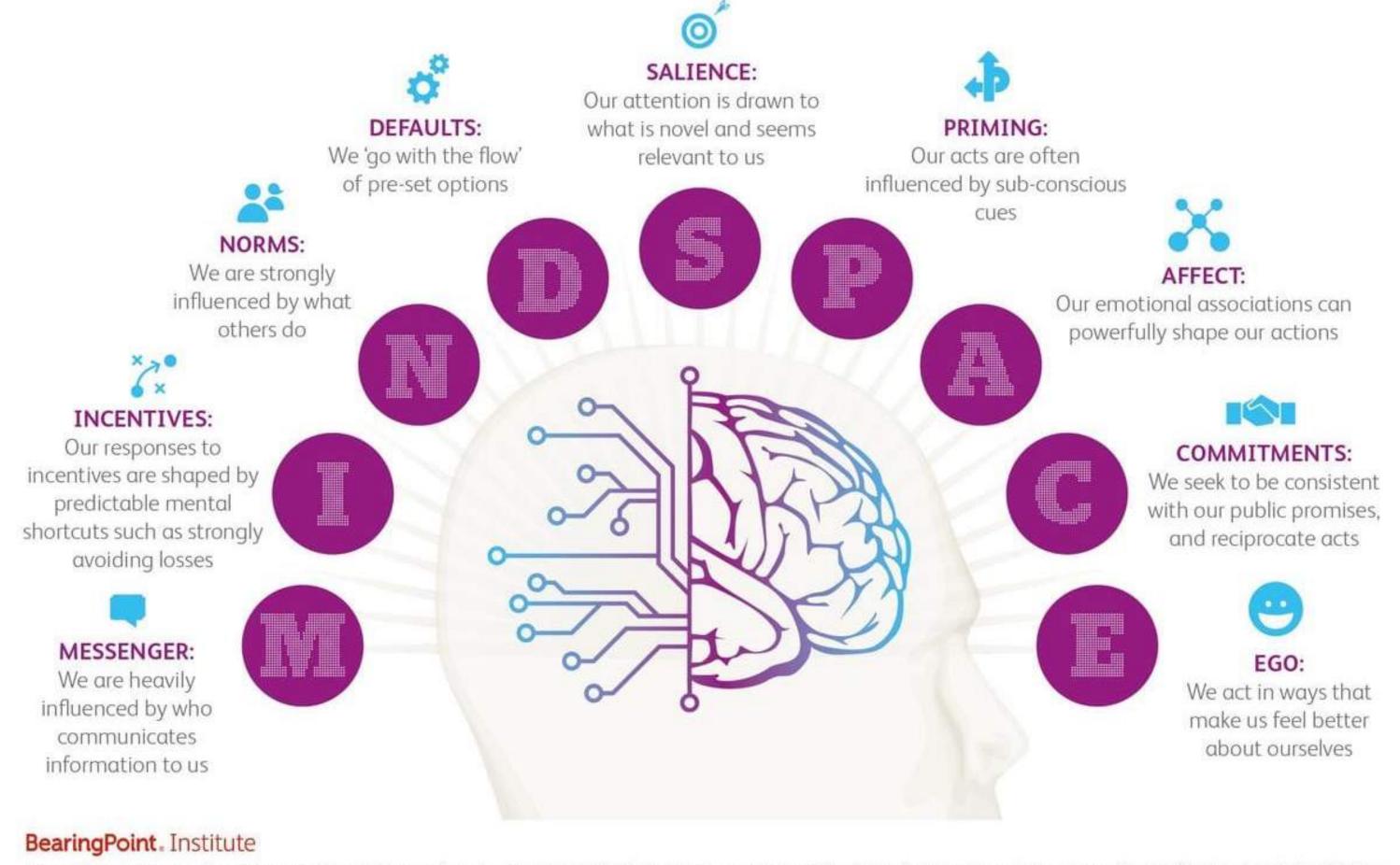
(c) Button-Highlight-Reject

(d) Link-End



90%

#### MINDSPACE



Source: 'Influencing behaviour: The mindspace way', Journal of Economic Psychology, New York, NY, USA, P Dolan, M Hallsworth, D Halpern, D King, R Metcalfe, I Vlaev. Volume 31, Issue 1, pages 264-277, 02/12 http://bit.ly/JOEP\_MINDSPACE

#### EVEN WHEN YOU THINK WE'D BE RATIONAL...

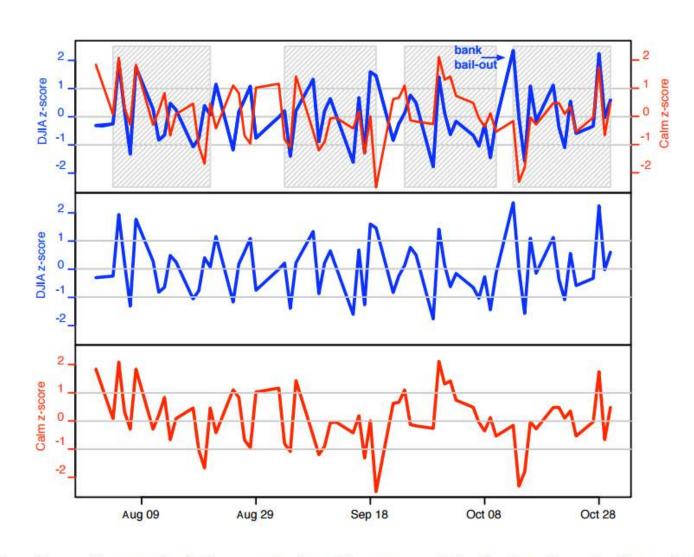


Fig. 3. A panel of three graphs. The top graph shows the overlap of the day-to-day difference of DJIA values (blue:  $\mathbb{Z}_{D_t}$ ) with the GPOMS' Calm time series (red:  $\mathbb{Z}_{X_t}$ ) that has been lagged by 3 days. Where the two graphs overlap the Calm time series predict changes in the DJIA closing values that occur 3 days later. Areas of significant congruence are marked by gray areas. The middle and bottom graphs show the separate DJIA and GPOMS' Calm time series.

#### Standardized Residual Index Level and Log-Ins

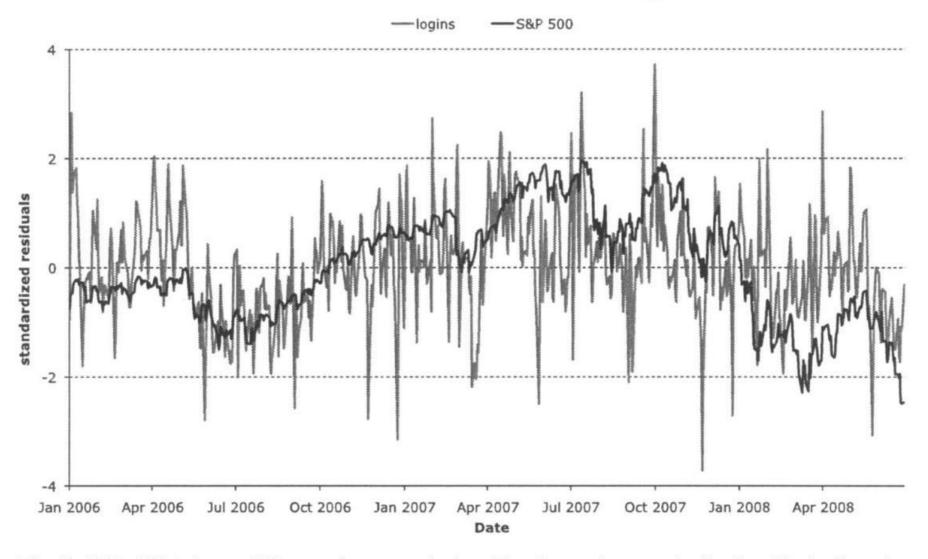
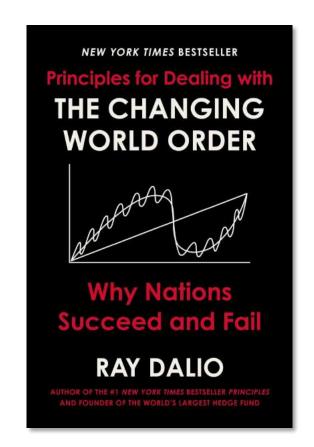
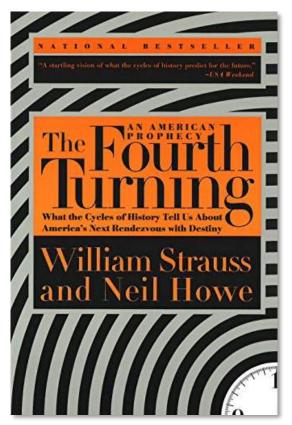
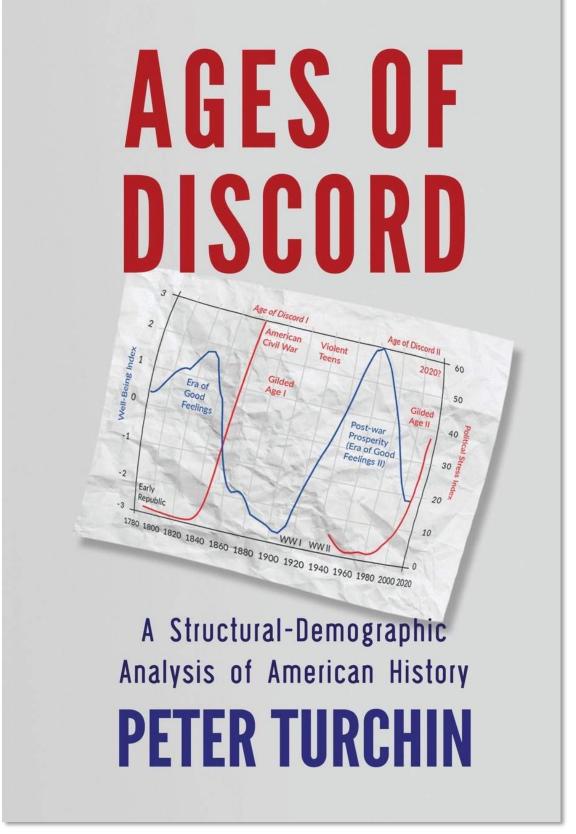


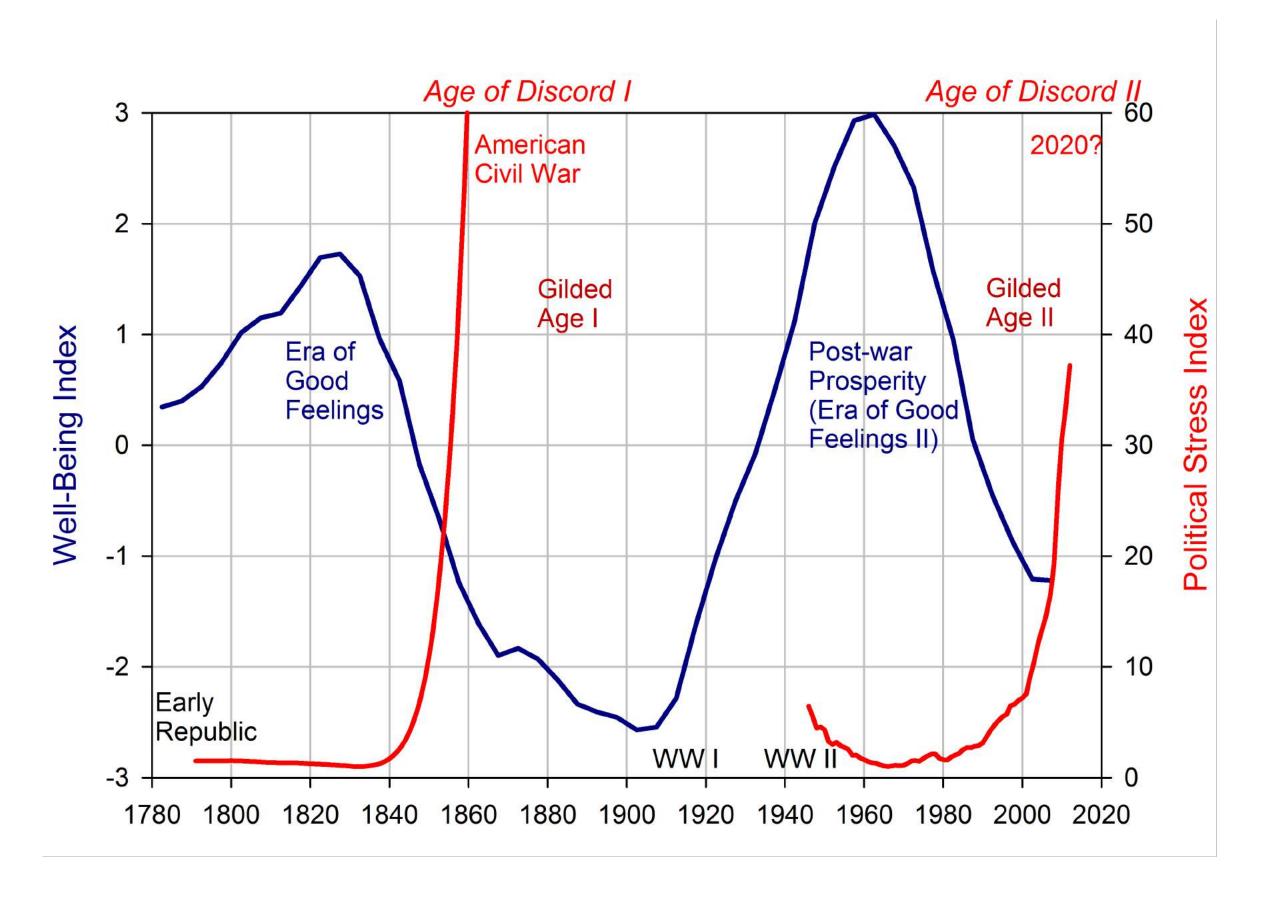
Fig. 3 S&P 500 index and Vanguard account logins. The figure plots standardized residuals from the following two regressions:  $LOGINS_t = \alpha_0 + \sum_{i=TWRF} \alpha_{1,i} DAY_{i,t} + \alpha_2 TREND_t + \alpha_3 VOLUME_t + e_t$  and  $INDEX_t = b_0 + \sum_{i=TWRF} b_{1,i} DAY_{i,t} + b_2 TREND_t + e_t$  where  $LOGINS_t$  is the daily number of Vanguard investor account logins,  $DAY_{i,t}$  are day-of-the-week dummy variables,  $TREND_t$  is a linear time trend,  $VOLUME_t$  is the S&P 500 trading volume, and  $INDEX_t$  is the level of the S&P 500 stock index. The sample period is January 2, 2006 to June 30, 2008

#### WE'VE BEEN HERE BEFORE!

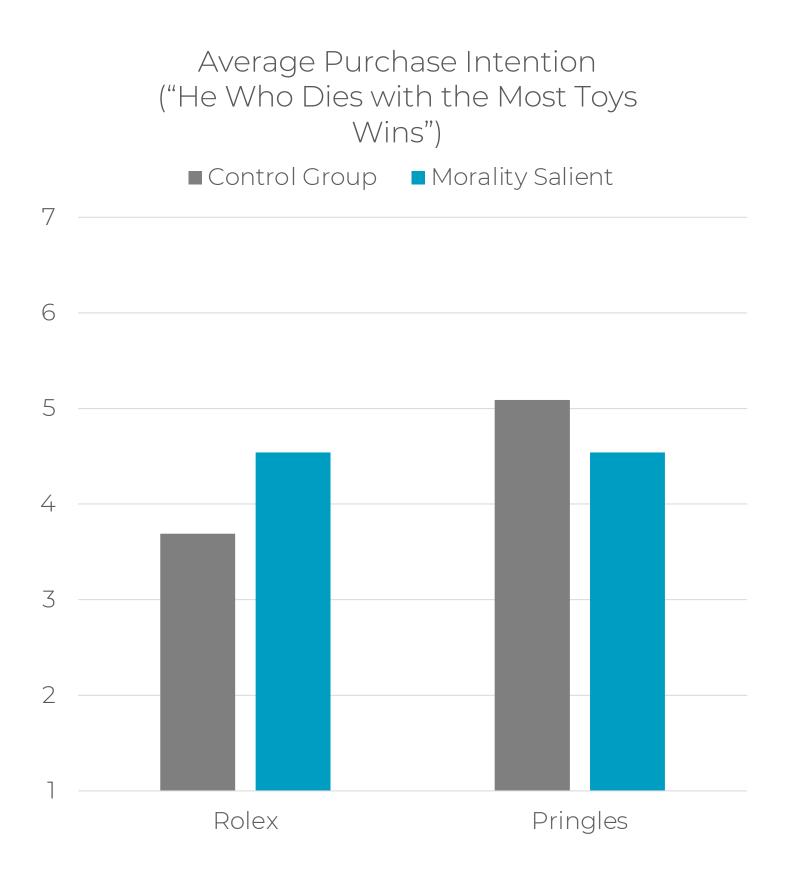




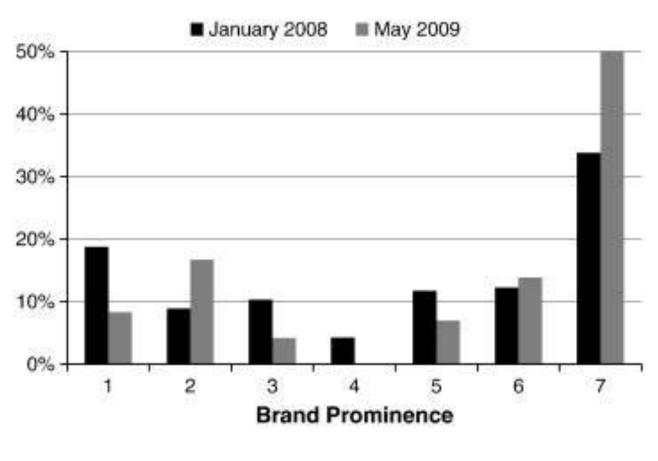






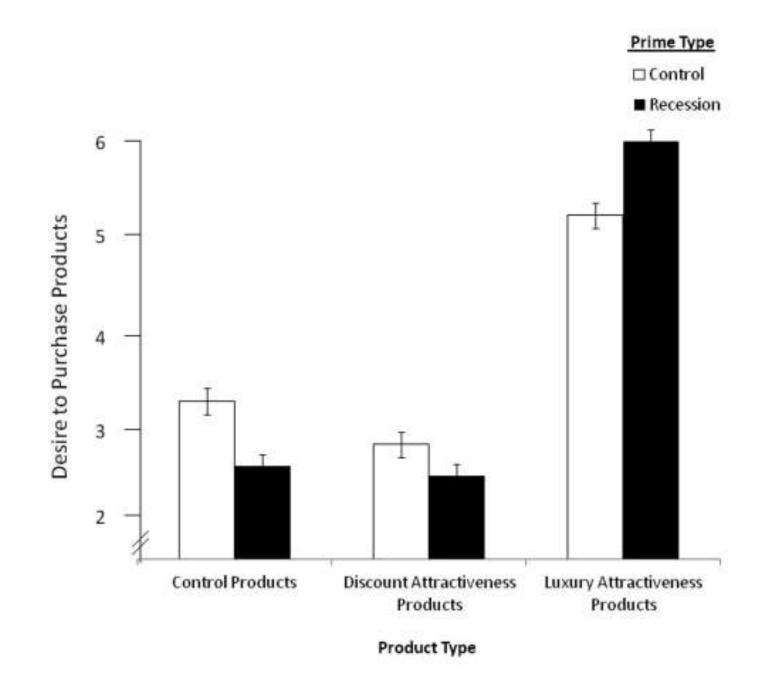


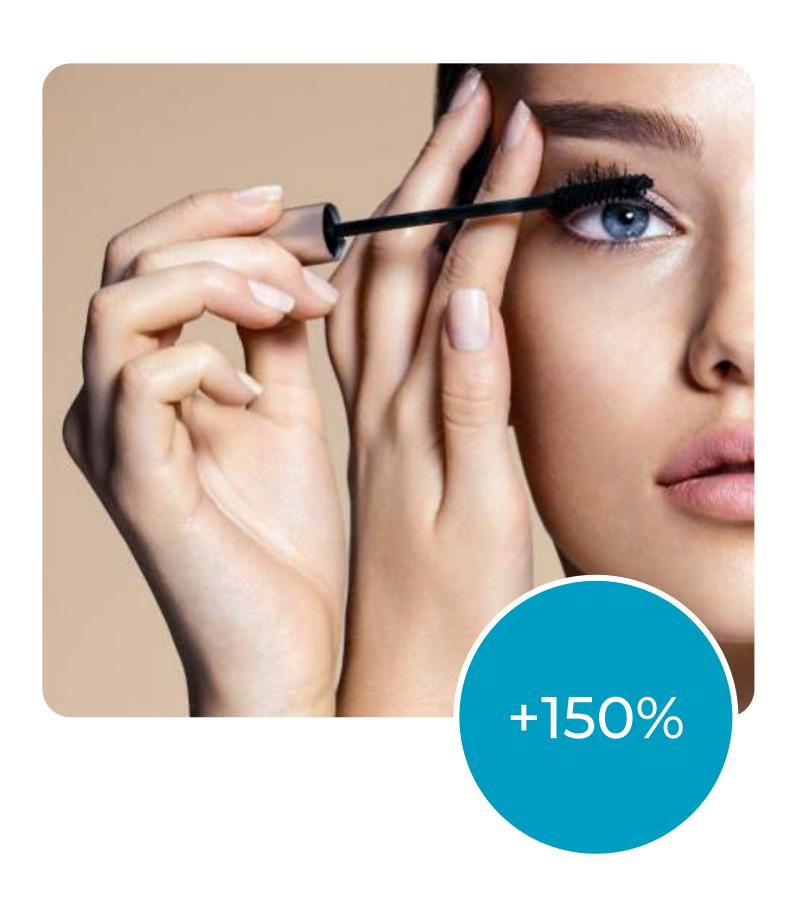
"Individuals may avoid experiencing existential anxiety by making an enduring mark on the world, for example, through acquisition of items that symbolize high value within their culture."



GUCCI

# LIPSTICK







### LUXURY

# Watches of Switzerland sales surge as luxury demand 'remains robust'

By Luke Tugby | 16 August 2022

# THE HAVES AND THE HAVE-YACHTS

Luxury ships attract outrage and political scrutiny. The ultra-rich are buying them in record numbers.

By Evan Osnos July 18, 2022



The Rhett Butler Effect



# STOCK-PILING



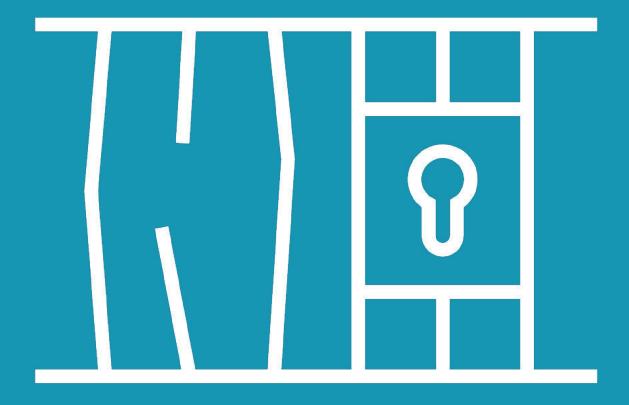
A study of COVID-19 behaviour found that people stockpiled, on average, approximately 6 items, and toilet paper was the item most commonly procured. Approximately 25% of the sample acquired a gun or other weapon in response to the pandemic and approximately 20% of participants stockpiled gold or other precious metals.



Gold is a proven hedge against inflation – although note that gold jewellery is purchased more for hedonic and symbolic purposes, while coins and bars are purchased for utilitarian investment goals.

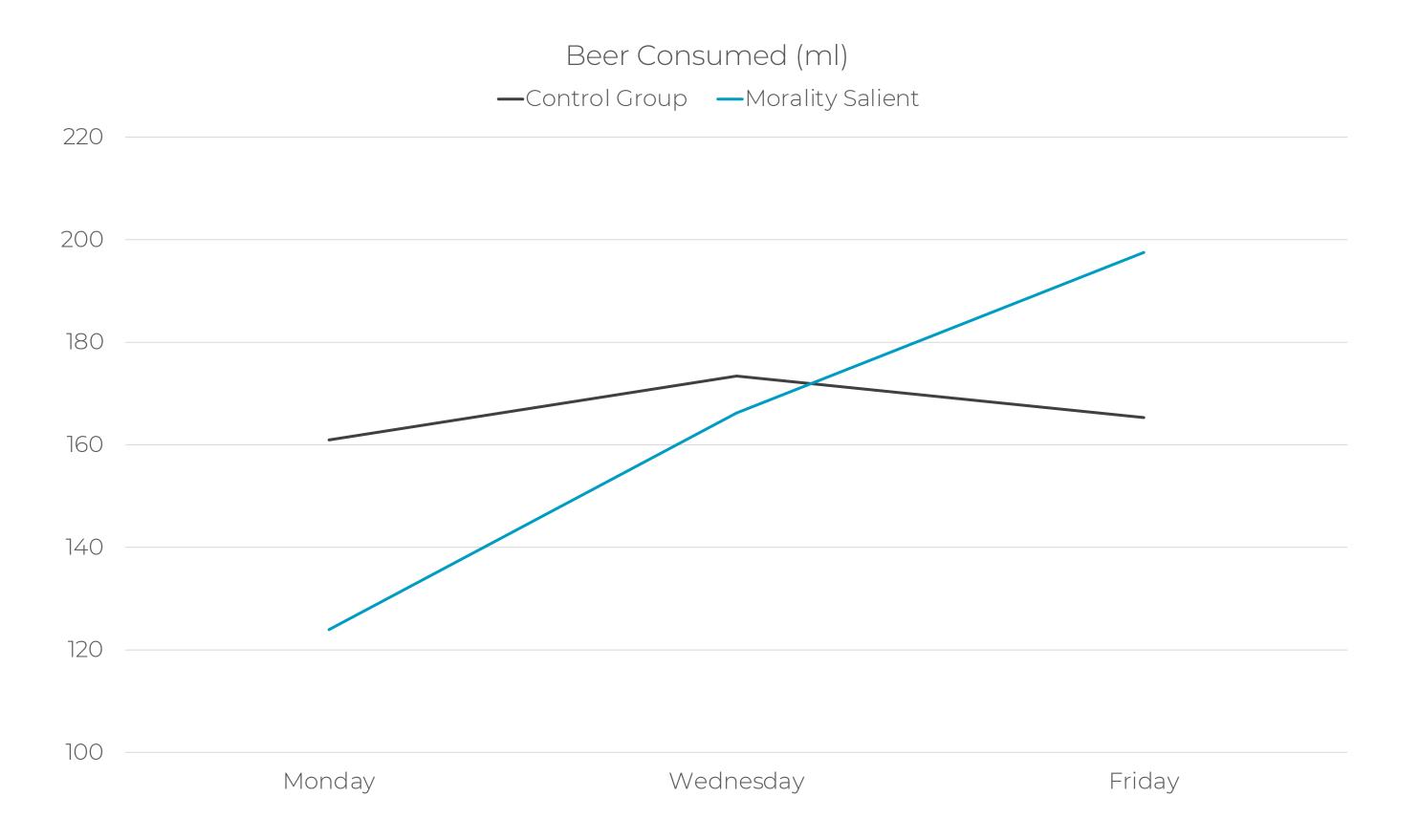


There is empirical evidence for an intertemporal substitution effect, where people spend more money today because they expect goods to be more expensive tomorrow. Other studies have also shown that expenditure increases during inflation, perhaps since people 'feel' they have more money to spend.

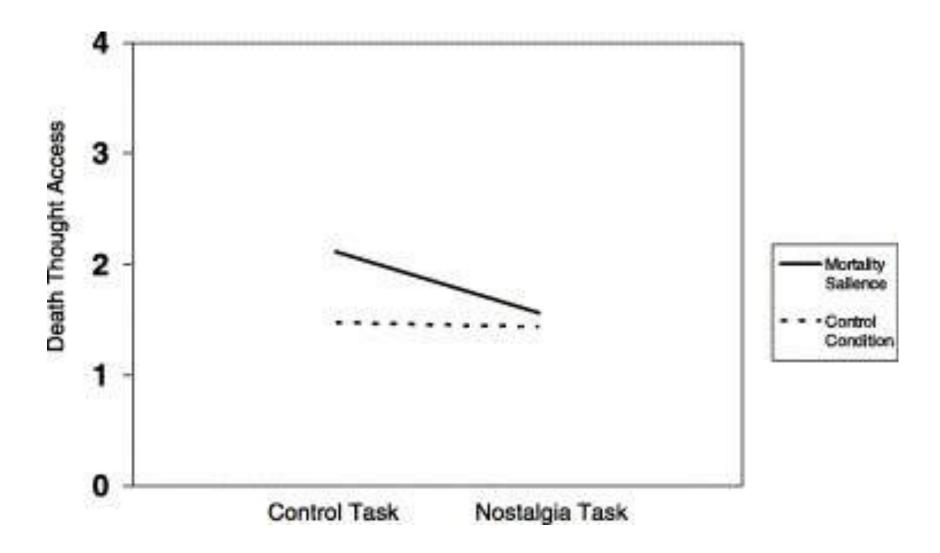


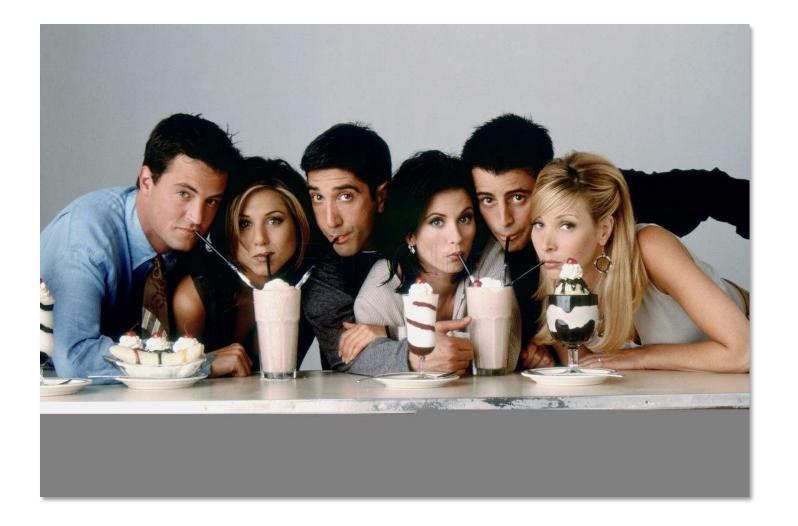
#### ESCAPE

# "LET US EAT AND DRINK, FOR TOMORROW WE DIE."









"In the past year a more unpredictable and unstable world is shaping the future, leading people to seek refuge in a more comfortable past. Zoomers are fascinated by the pre-internet world, we have seen that with the Y2K revival and the 80's revival before that, both of which are still popular thanks to TikTok trends (focused on music and fashion) and popular shows."

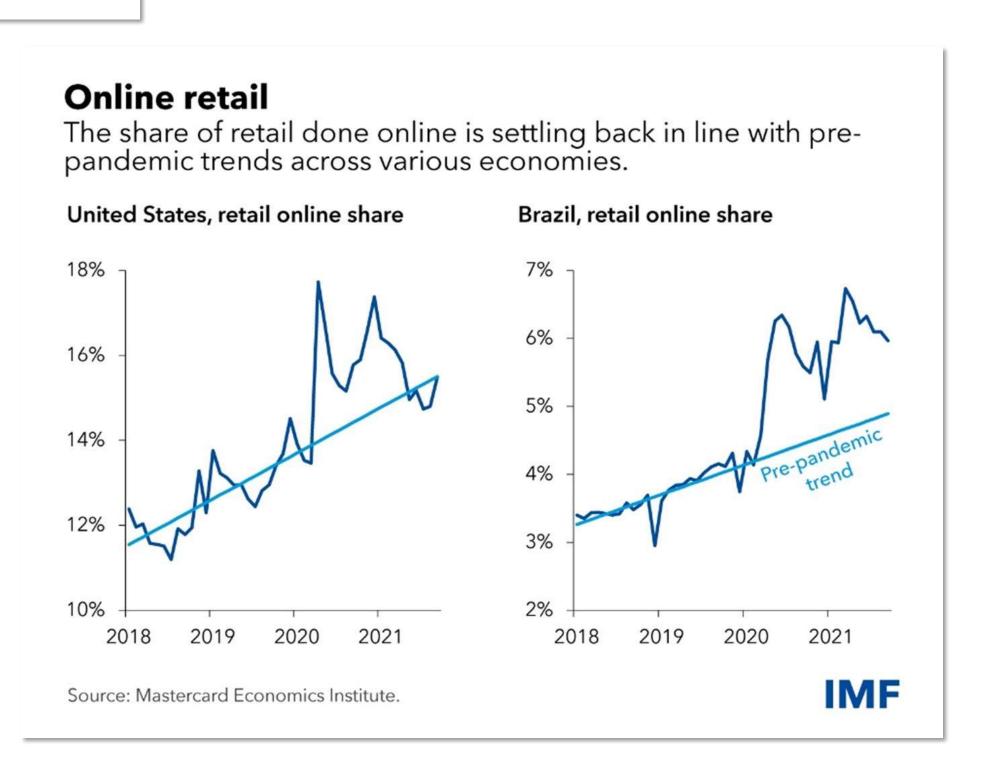
#### OF COURSE, THERE IS MORE ONLINE SHOPPING

#### Amazon reports biggest prime day in history

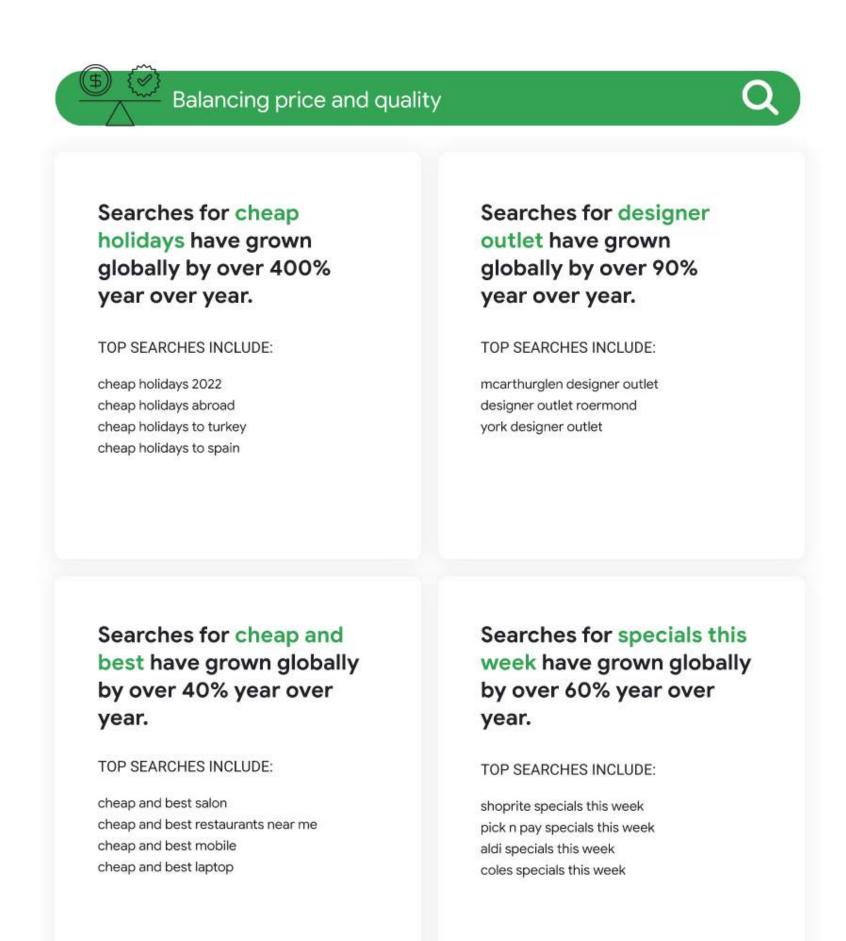
15 July, 2022 | by Natalie Fresen

Amazon shoppers bought more than 300 million items during this year's Prime Day sale, up from roughly 250 million in 2021, making it the biggest Prime Day event in Amazon's history, the company announced Thursday.

#### **Closely related** Online sales closely tracked mobility trends during the pandemic. (deviation from trends) Time at home, Google Mobility Online sales share of total 30% 3% 20% 2% 10% 1% Aug-20 Feb-21 Aug-20 Feb-20 Feb-21 **IMF** Source: Google Community Mobility Reports and Mastercard Economics Institute.



#### ...AND MORE PRICE-CONSCIOUSNESS

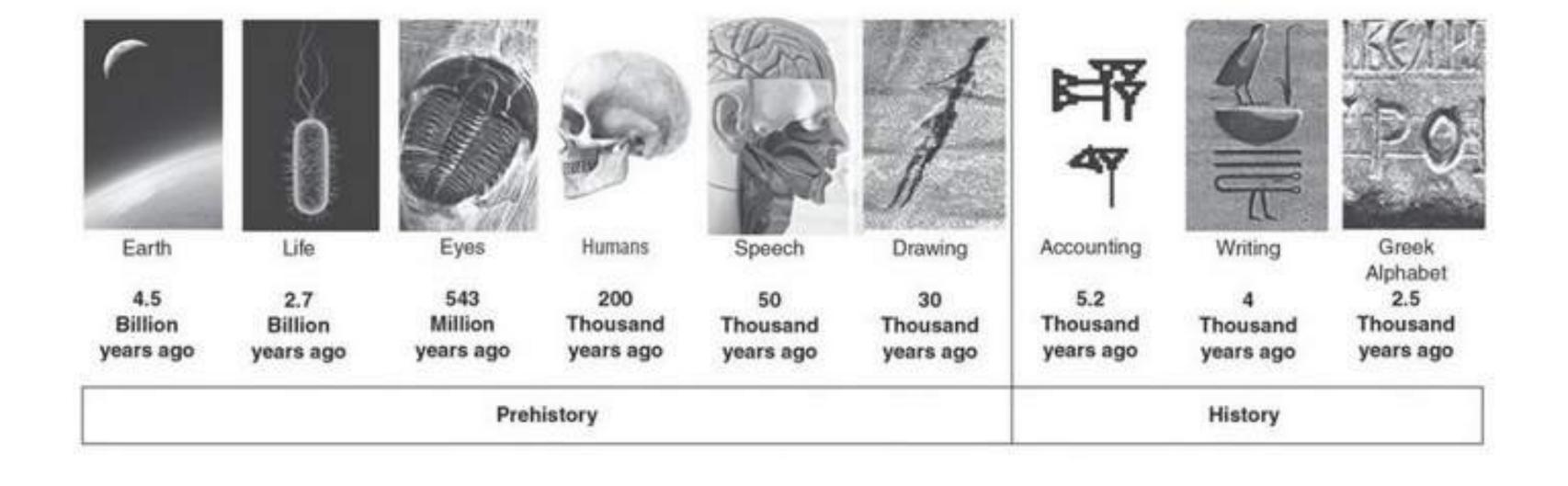


#### Walmart Jumps Most Since 2020 After Tempering Gloom Over Profit

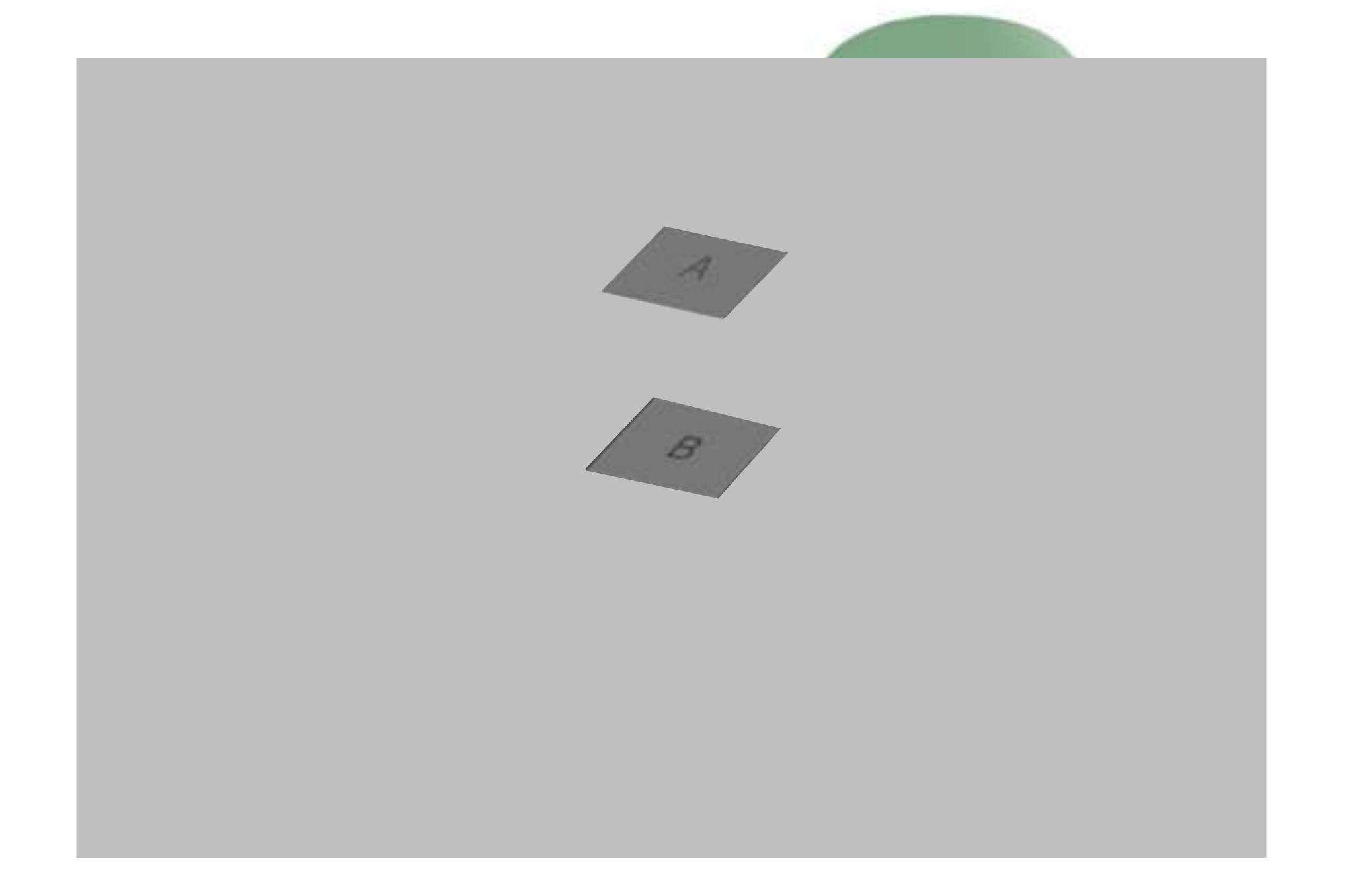
- Company sees progress on inventory bloat, supply-chain costs
- CEO touts boost from wealthier customers, falling fuel prices
- During times of economic crises, consumers do tend to be more cautious and reflective on average, for example doing more research and price-comparison (see Puelles, Diaz-Bustamante & Carcelen, 2016).
- Einarsdottir (2016) summarised that economic result in more brand switching, more label private disloyalty, more retailer purchases, price more consciousness, more importance on and durability, fewer purchases in general, more postponing of purchases and hanging on to current goods, less impulsive buying, and more simplicity-seeking (including growing your own food, cooking at home, and focusing on health and fitness).

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#### NUMBERS ARE FAIRLY NEW TO US









#### THE SAME APPLIES TO PRICES

£4		£4	

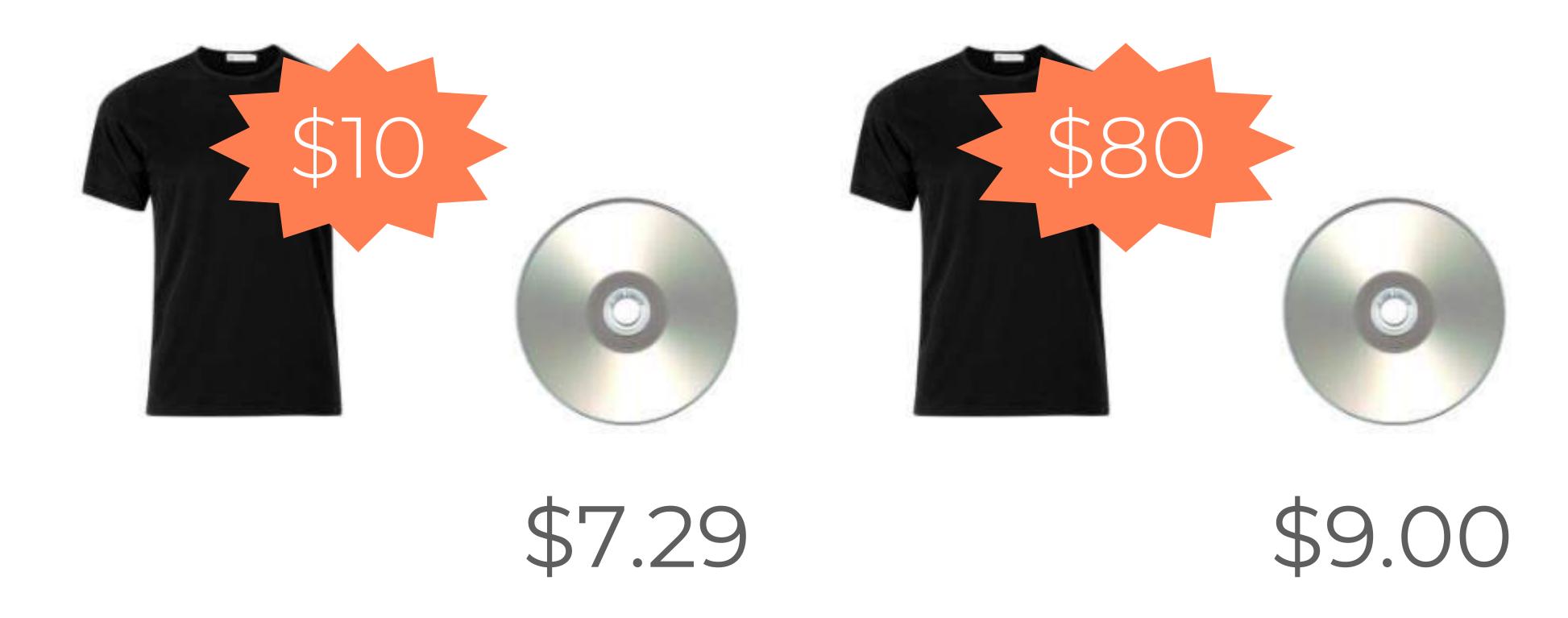


In 1994, Stella Liebeck asked for \$2.9m. She got \$640k - well above the norm. The skin graft cost \$11. Malouff and Schutte (1989) found the amount awarded in a case is often anchored towards the lawyer's demands.



#### ANCHORING IN ACTION

A stall in California sold CDs next to t-shirts; customers could pay whatever they wanted for the CDs.



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#### THE DECOY EFFECT



# How can 'reference prices' be improved?



#### CONGRUENCE EFFECT



#### NUMERICAL COGNITION

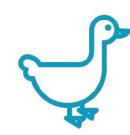


\$3,500,000



\$3,617,265

#### INCREASING PRICE TO -99 CAN INCREASE SALES!



Representativeness: We associate prices ending in -99s with discounts, so when we see a -99 ending, we assume it must be a promotion.



Anchoring: We anchor to the first digit we see on the left, and fail to fully adjust for those on the right (so £3.99 'feels' less than £4.00).



Obfuscation: When the digits on the right are printed in a smaller font (e.g., £3.99), the right-digit bias is exacerbated.

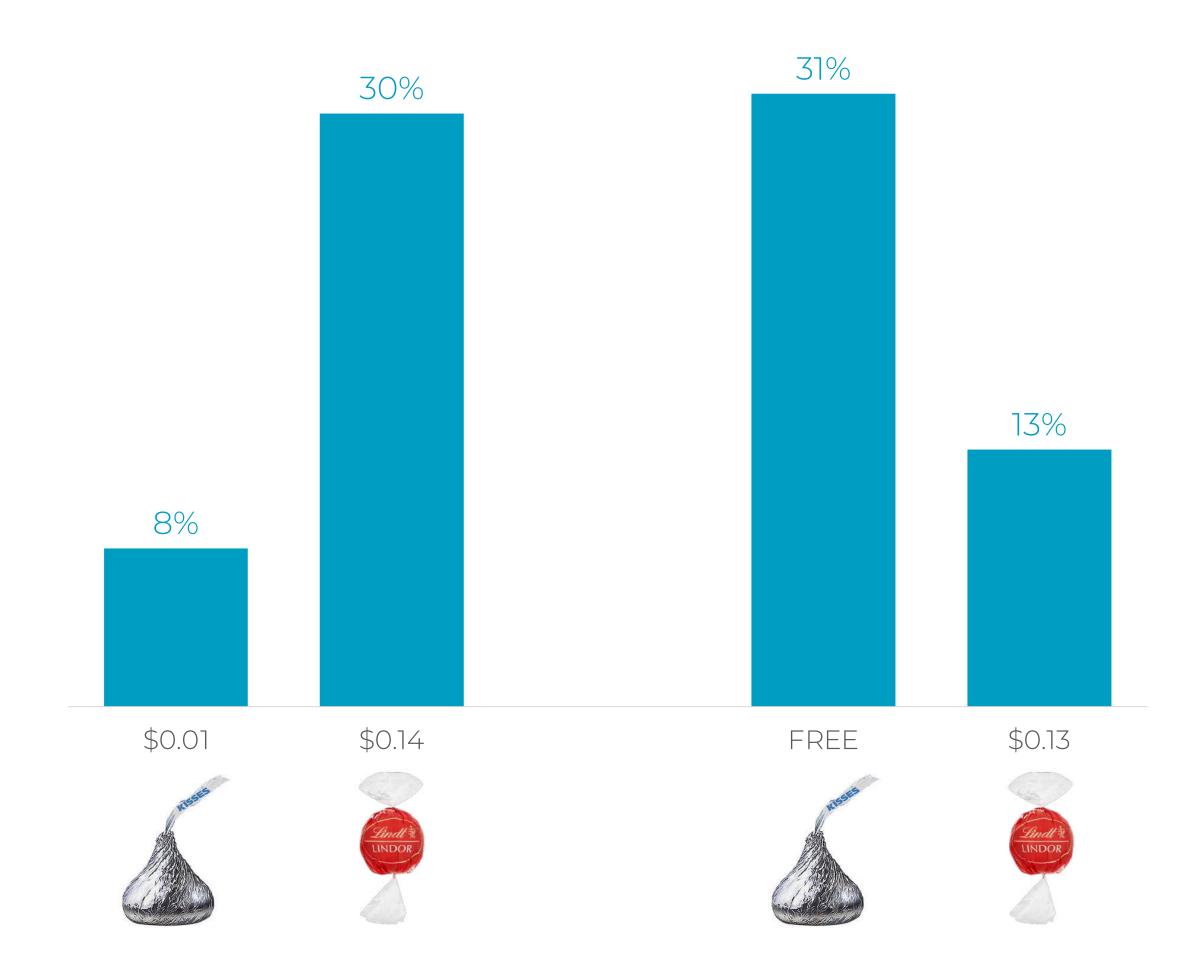


Phonemes: The lighter, higher sounds in ninety-nine (like "teeny tiny") are associated with smallness.

# We assume yellow is a discount, even when it isn't



#### THE VALUE OF 'FREE'

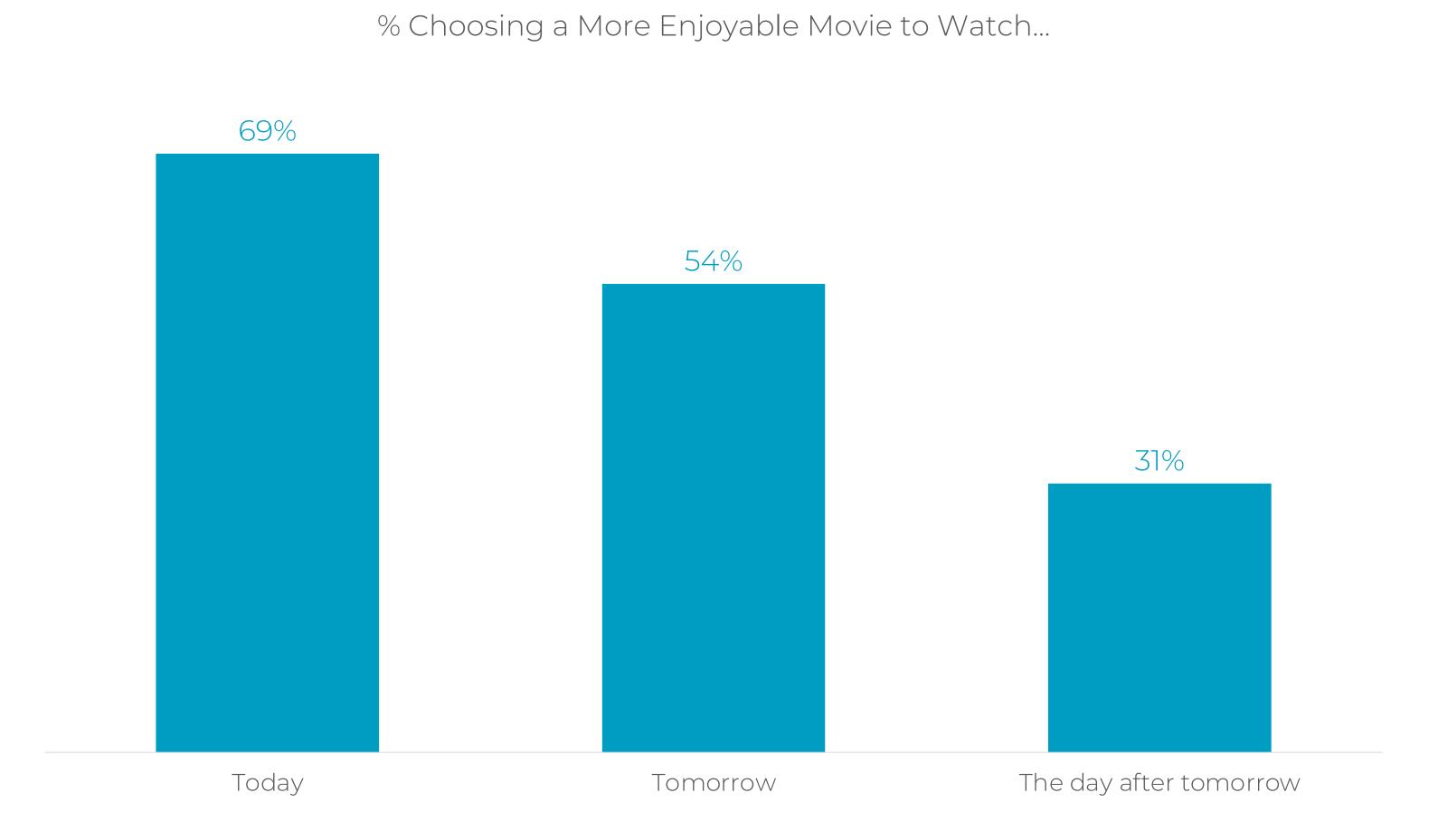




Raghubir (2004) showed that once a "free" product has been bundled together with another product and offered for one price, consumers are willing to pay less for the free product when it is sold alone.

Kamins, Folkes, and Fedorikhin (2009) found that describing one of the products in a bundle as free decreased the price consumers were willing to pay for each product when these were sold individually.

#### TIME DISCOUNTING





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#### PRICE FAIRNESS



#### PRICE FAIRNESS

- If people feel they have been unjustly treated, they may shop elsewhere, even if they end up paying higher prices (Bechwati & Morrin, 2003).
- When a price goes up, consumers automatically assume unfair motives, such as profits (Bolton et al., 2003).
- A price rise is seen as fair when covering necessary costs, but not when it increases profits (Kahneman et al., 1986).
- When rising a price, estimates of profits can be reduced by explicitly mentioning labour costs the more detail the better (Bolton et al., 2003).
- Describing costs which are beyond one's control (e.g. climate) make for a more acceptable price increase (Vaidyanathan & Aggarwal, 2003).
- As does the price increase benefitting poor agents (e.g. Fair Trade; Gielissen et al., 2008).

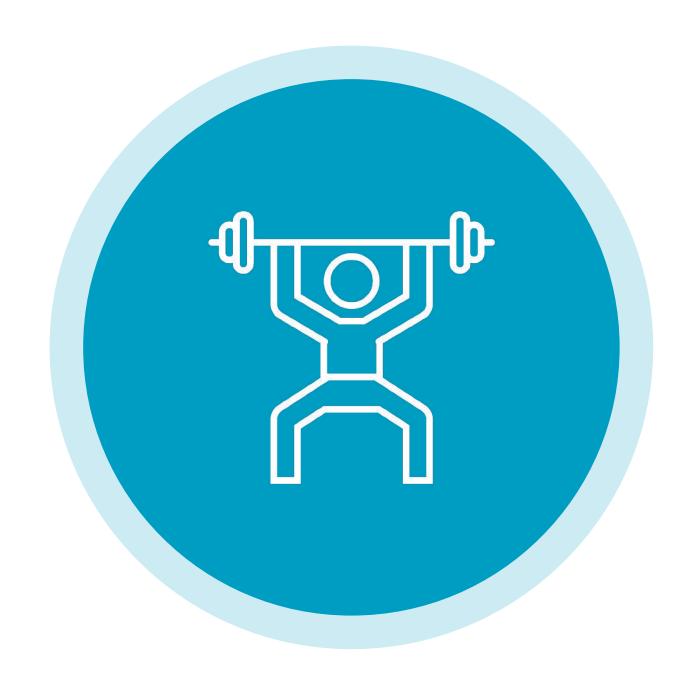
#### THE IMPORTANCE OF ATTENTION



"Occasionally we attach signs marked 'Everyday Low Price' in front of two randomly selected brands in several product categories throughout our store, leaving their prices unchanged... sales typically double for those brands..."

Manager of the H.E.B. Grocery Co. (From Inman et al., 1990)

#### SO...



Provide a Route to Status and Control



Provide Certainty and Escape



Nudge Perceptions of Good Value

#### IT'S NOT ONE-SIZE-FITS-ALL

# the trusted way to borrow cash

25 September 2003



#### A low rate for you.

Congratulations! You are now eligible for a special interest rate on a cash loan from 

7. This is a limited time offer, so please come in by 31 October 2003

You can use this cash to pay off a more expensive debt, or for anything else you want.

: Enjoy low monthly repayments with this offer! For example:

Interest Rate	Loan Amount	Loan Term	Monthly Repayment
3.99%	R500	4 Months	R144.95
3.99%	R1000	4 Months	R289.90
3.99%	R2000	4 Months	R579.80
3.99%	R4000	4 Months	R1159.60

Loans available in other amounts. There are no hidden costs.

What you see is what you pay.

If you borrow from us you will pay R840.40 less in total on a R1000.00, 4 month loan.

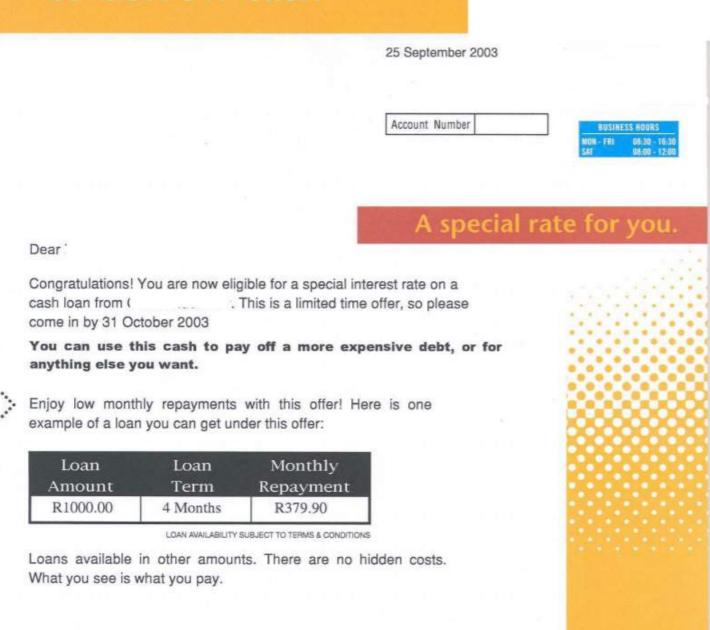
#### How to apply:

Bring your ID book and latest payslip to your usual branch, by 31 October 2003 and ask for I

#### Customer Consultant

P.S. Unfortunately, if you have already taken a loan since the date this letter was issued, you do not quality for this offer. Comparison based on a competitor's interest rate of 25%.

#### the trusted way to borrow cash



#### How to apply:

Bring your ID book and latest payslip to your usual branch, by 31 October 2003 and ask for '

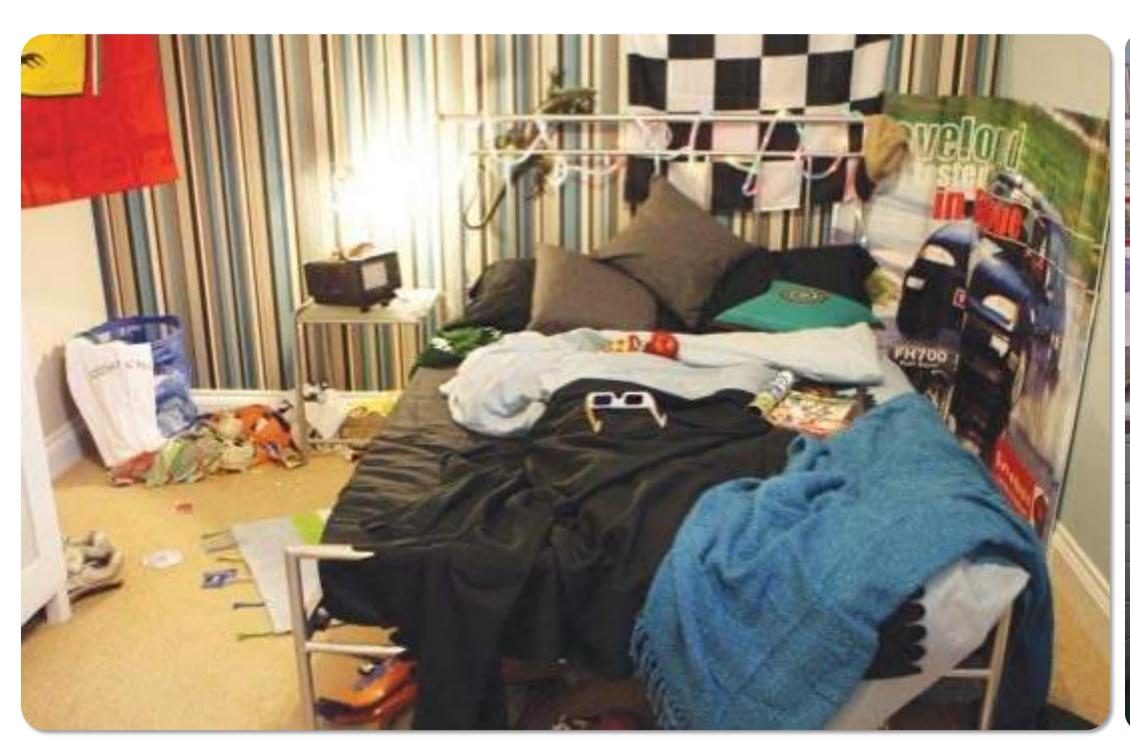
#### Customer Consultant

P.S. Unfortunately, if you have already taken a loan since the date this letter was issued, you do not qualify for this offer.



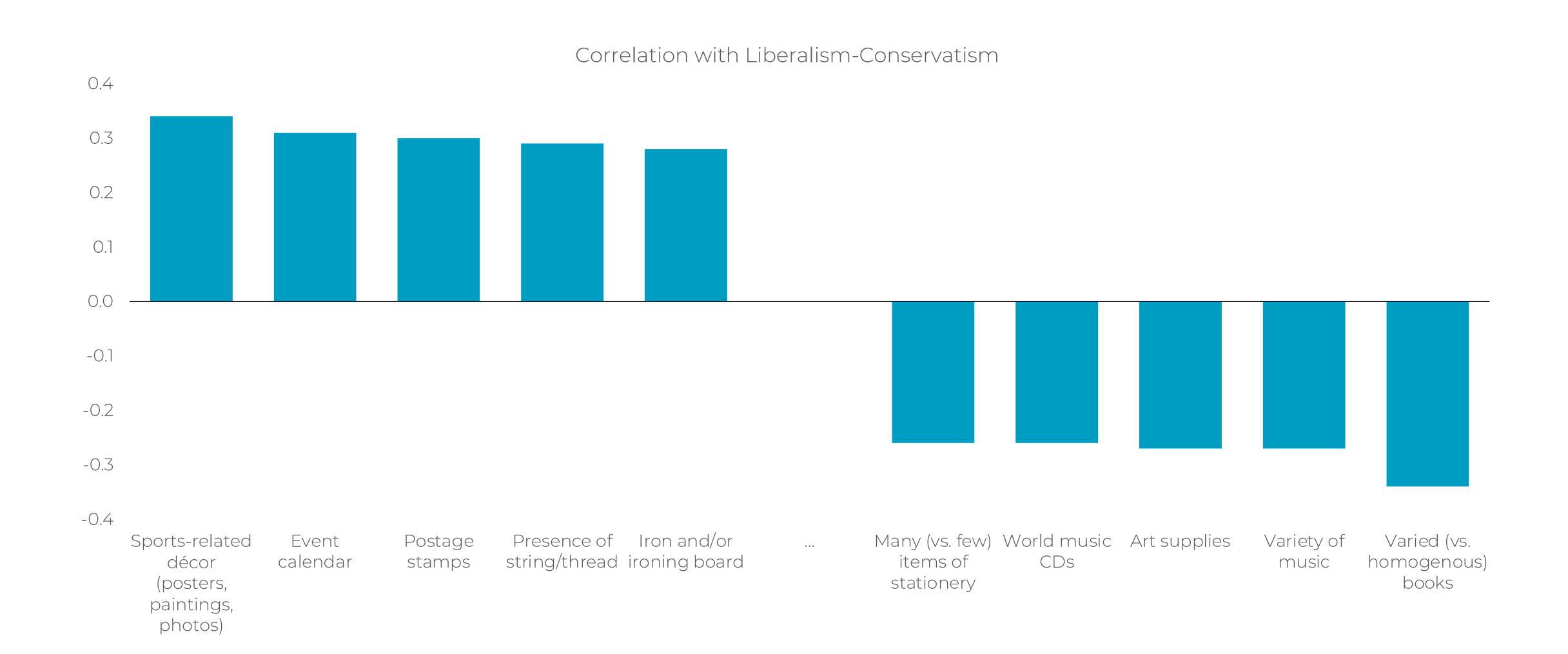
#### DIFFERENT PSYCHOLOGICAL TYPES EXIST

What type of person lives in this bedroom...?



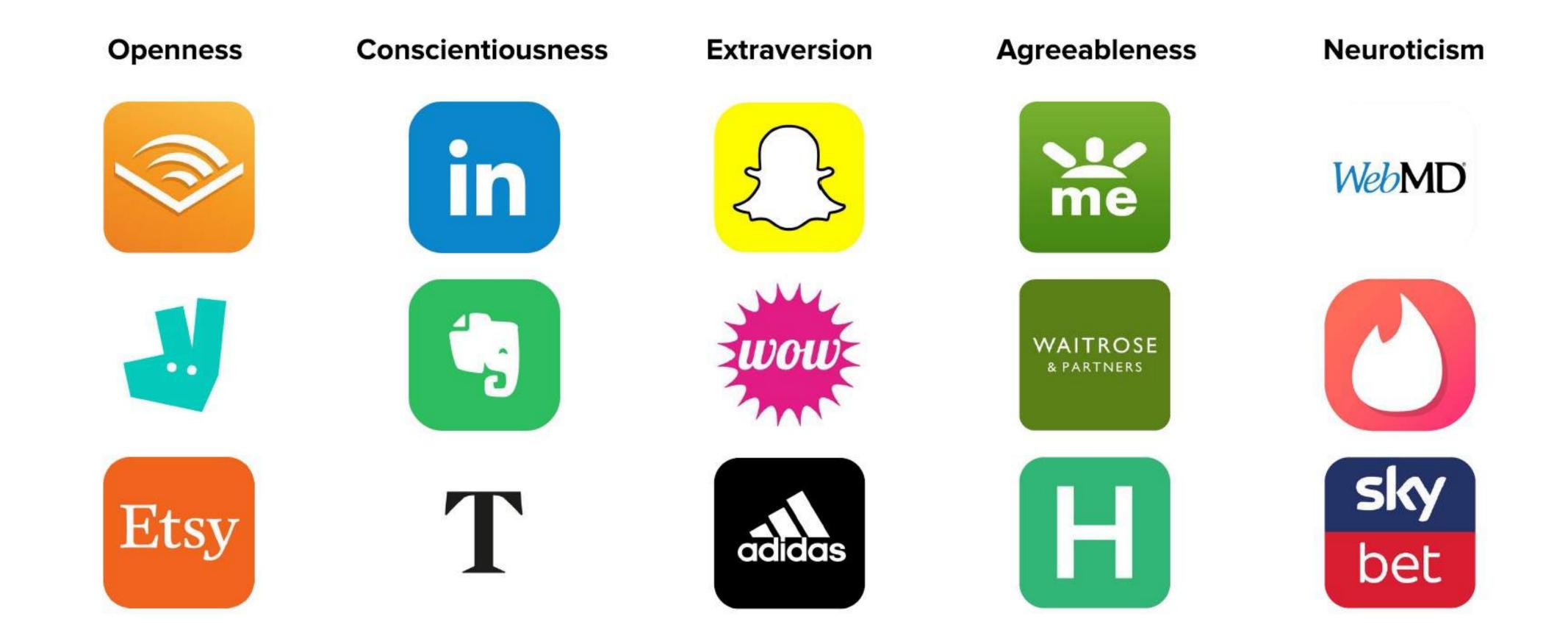


#### PERSONALITY IS OBSERVABLE THROUGH CUES

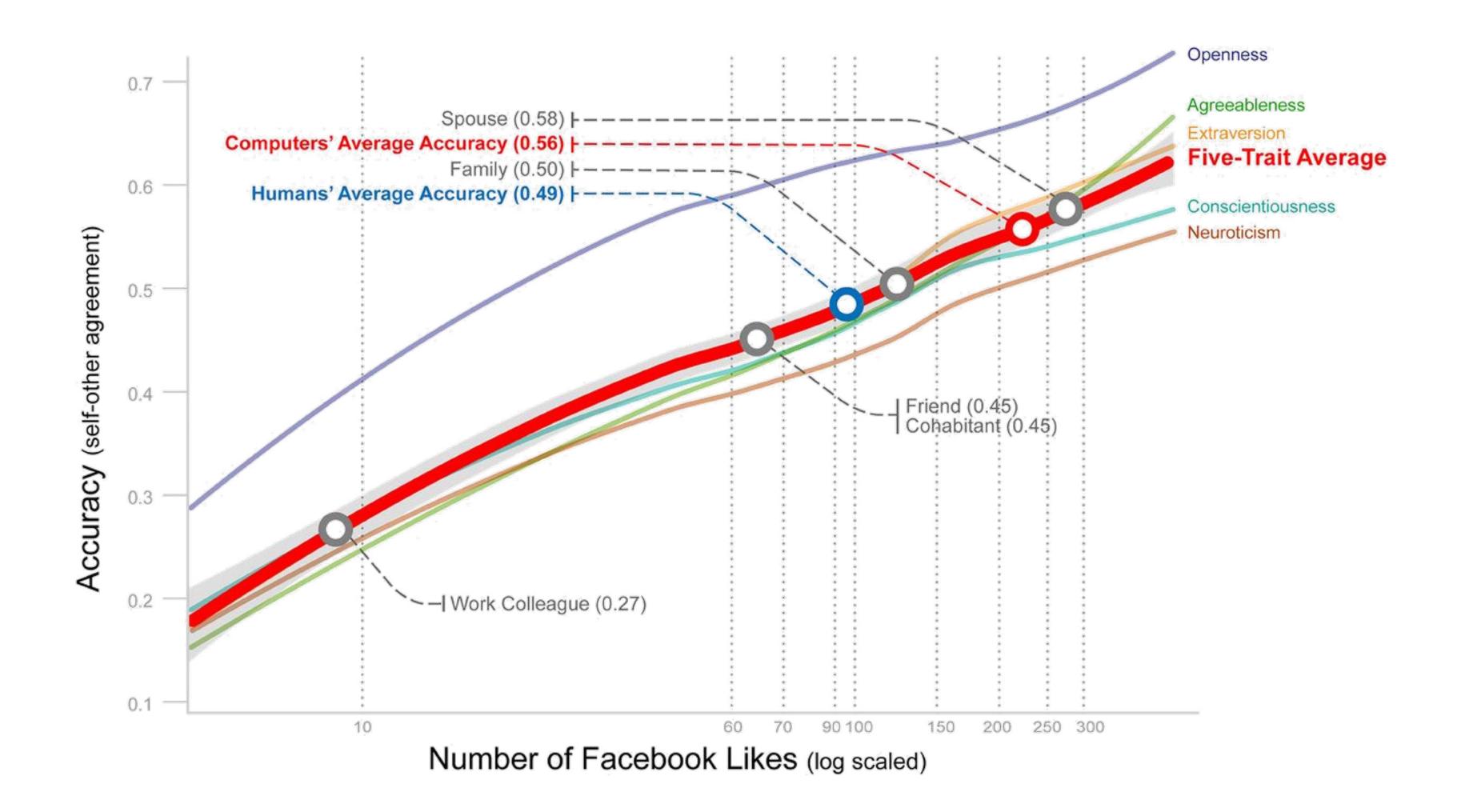




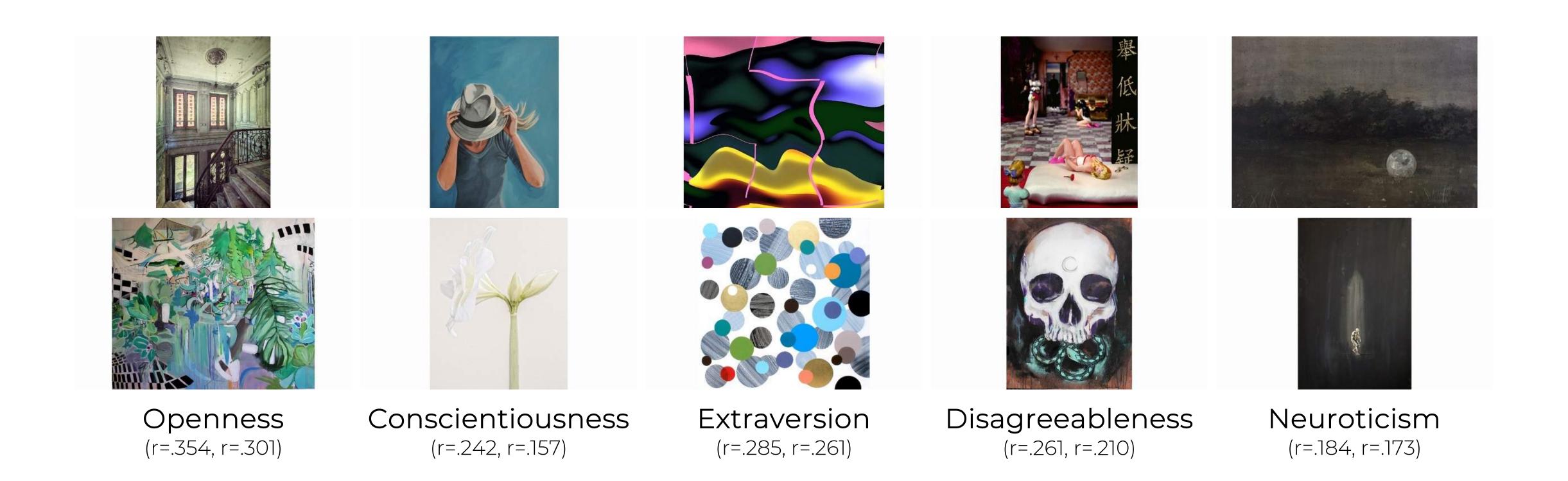
## DIGITAL FOOTPRINTS



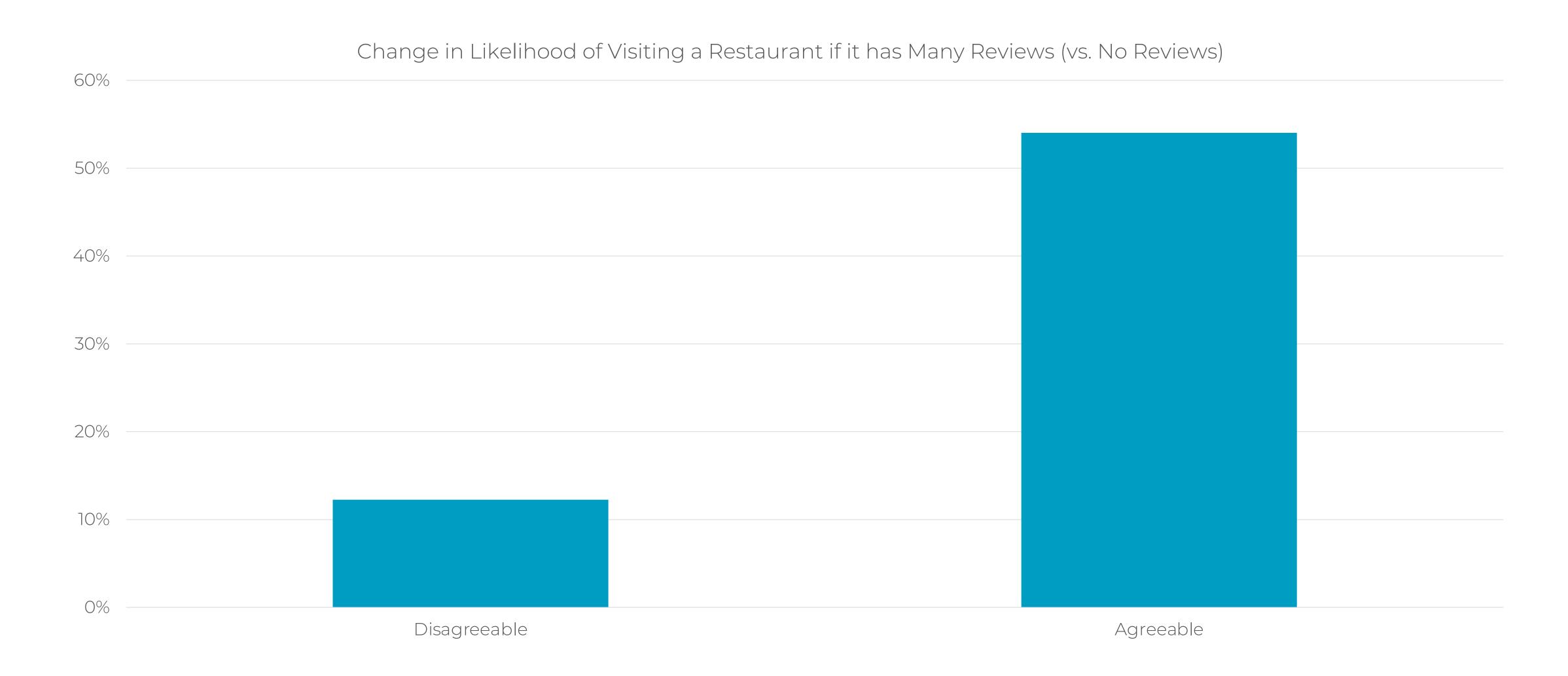
## THEY CAN BE QUITE ACCURATE



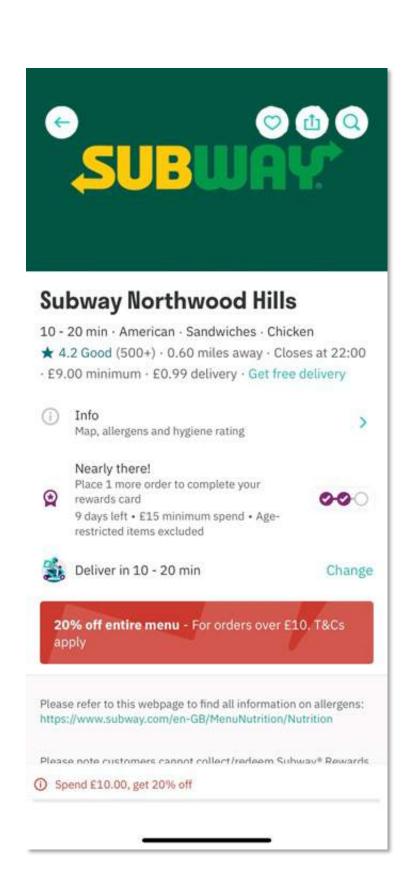
### RESONANT AESTHETICS

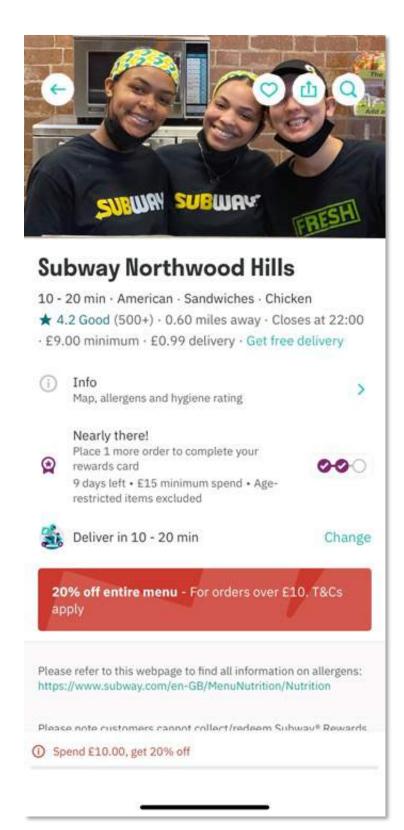


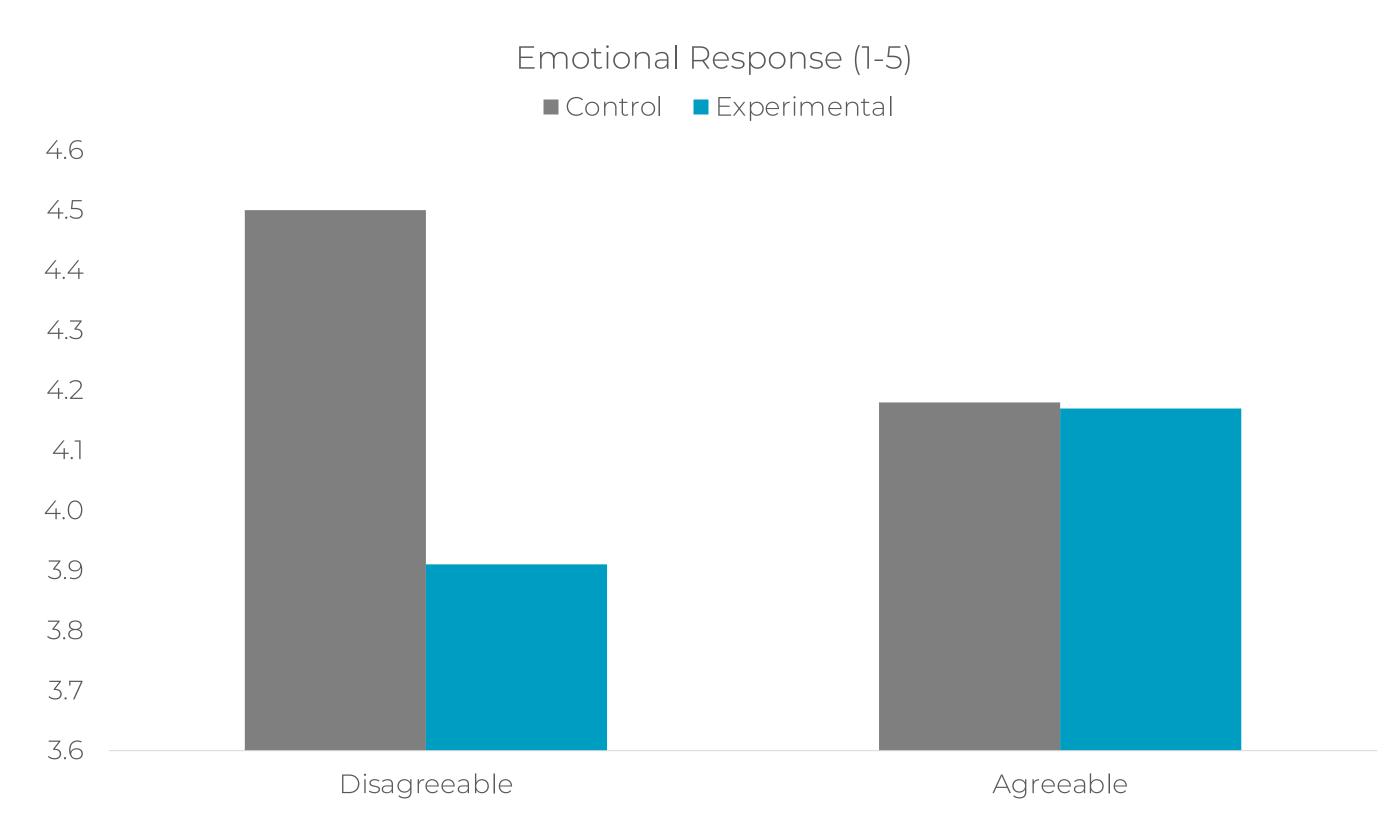
## RESONANT NUDGES



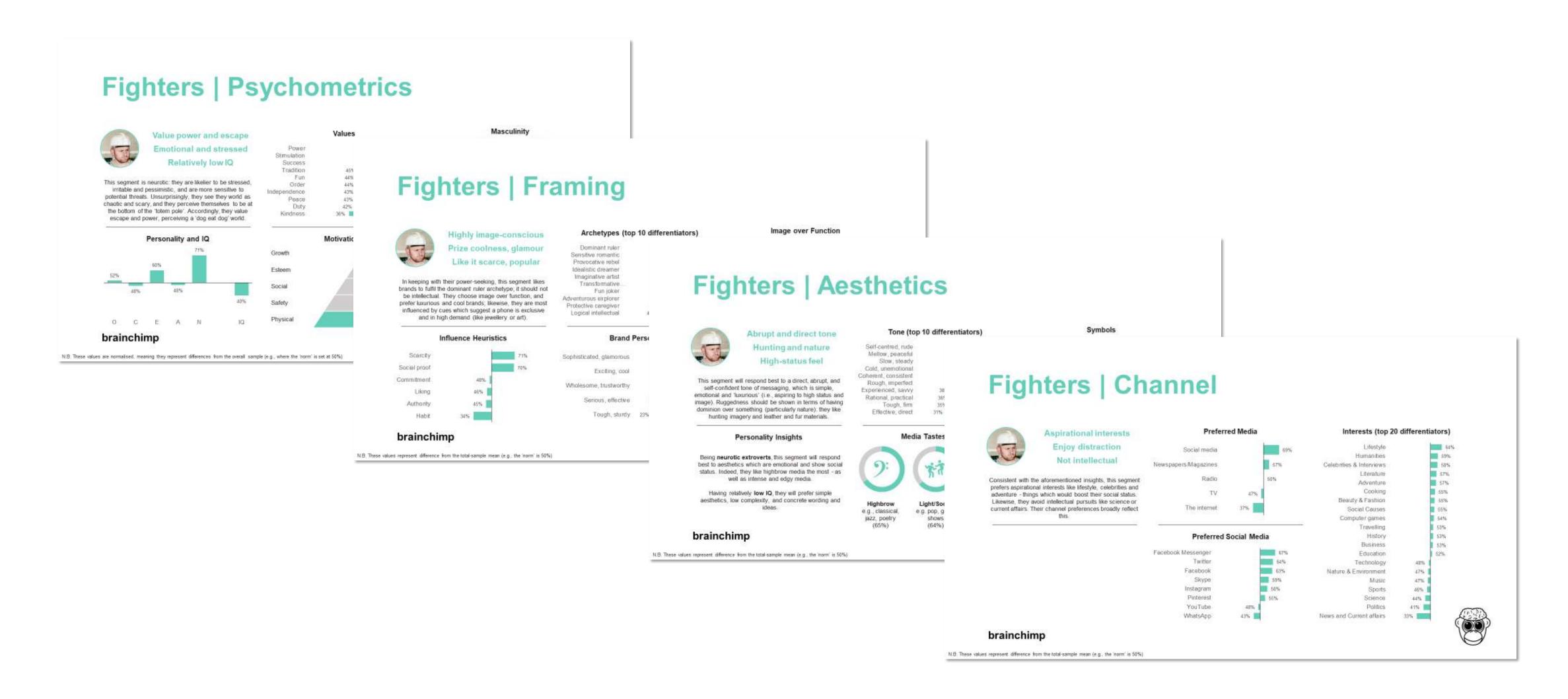
#### RESONANT NUDGES



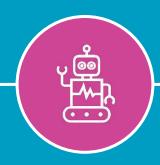




#### PSYCHOMETRIC SEGMENTATION



## STARBUCKS FOR EXTRAVERTS



## STARBUCKS FOR INTROVERTS





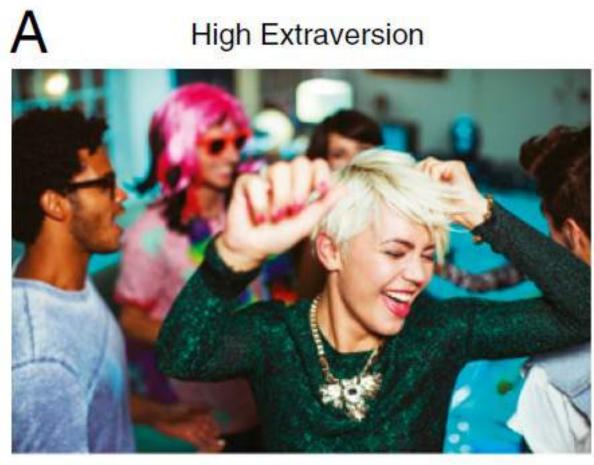


Come vibe with us at Starbucks – where the fun and coffee are always brewing!

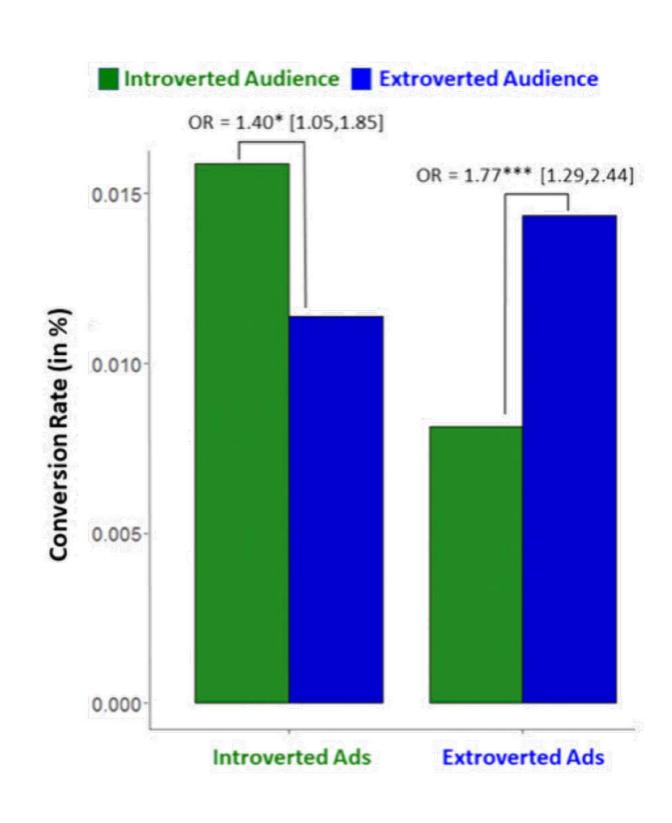


Find your peaceful oasis at Starbucks – the perfect spot for a quiet coffee break.

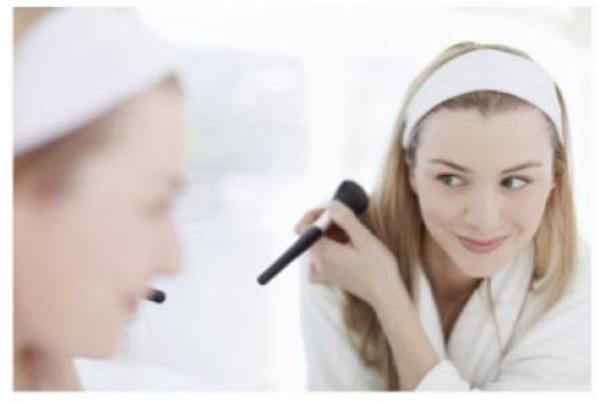
### THE ULTIMATE OUTCOME...



Dance like no one's watching (but they totally are)

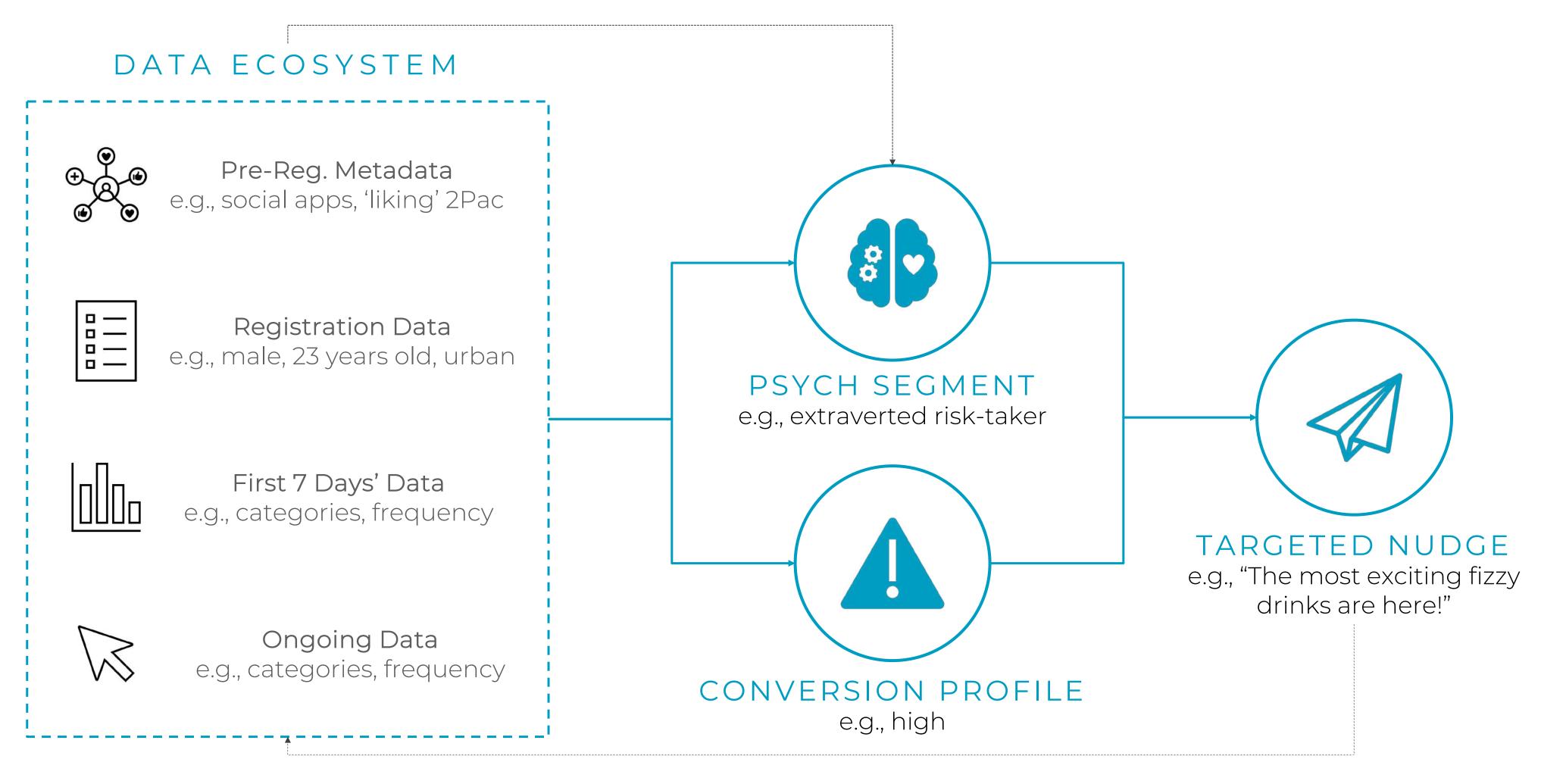


Low Extraversion



Beauty doesn't have to shout

# PREDICTIVE MODEL BUILT VIA PSYCHOGRAPHIC SURVEY



BEHAVIOURAL RESPONSE TO NUDGE IMPROVES MACHINE LEARNING ALGORITHM







# IRRATIONALITY





