

Mindfulness Meditation Research
Justification Statement
Final

The purpose of this project is to examine mindfulness meditation methodology, and develop a delivery system in the form of an app to effectively improve the mental and physical problems caused by stress amongst college students. Many students feel they cannot get effective treatment and help when they experience problems. Therefore, a health management app, that is convenient, and uses the latest techniques and methodology in recording and analyzing daily physical activity, mindfulness meditation, and psychological changes can help manage daily life and well-being.