

Mindfulness Meditation Research
Methodology
Draft 01

Context:

Mindfulness Meditation Definition: (will be using the method of taxonomy)

1. Historical influence:
Comparison between eastern country and western country including the knowledge of Mindfulness Meditation, the characteristics, thoughts and spirit, the relationship between different regions, and the practical application.
2. Growing trend:
Define the role of Mindfulness Meditation in people's daily life, the propagation mode, the influence in the field of science and technology, and the way of integrate Mindfulness Meditation into people's life style.
3. Future prospect:
The popularization of Mindfulness Meditation practice as a service application, health reminder, people's behavior awareness, and life improving.

User Research:

Problems and target audience define: (will be using the method of interview, and questionnaire survey)

1. Listing problems:
 - Stress caused by study, family, social relationship, lack of sleep, and etc.
 - Anxiety disorder, depression, and autism.
 - Self-injury, and suicide.
 - Mental disorder, energy dissipated, and unable to concentrate.
2. User needs define:
The applicability Mindfulness Meditation methodology and practice, time and environment, habits and lifestyle, tracking and management, the function of the App.

App and Promotion:

App development and promotion design: (will be using the method of UI Design, Poster Design and Social Awareness Design)

APP Function:

Data Record and Analysis: (Function of establishing health awareness)

1. Mood tracker, and record daily mood change.
2. Study time and sleep time record.
3. Diet, and nutrition intake record.
4. Analyzing data and generate daily report of health condition.

Treatment and Practice:(Function of improving health conditions)

1. Mindfulness meditation will be the primary methodology for treating the problems after the analyzation of every aspect of data record.
2. Practice will be including sitting meditation, walking meditation, food meditation, and other specified meditating methodology would be considered.
3. Create a sense of health recognition through notifications and reminders, and initiative seeking treatment and help.