

A Framework for Interactive Mindfulness Meditation Using Attention-Regulation Process

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ABSTRACT

We are often overwhelmed by everyday stressors. Mindfulness meditation can help slow things down and bring one's attention into the present moment. Given the prevalence of smartphones, mindfulness-based mobile applications (MBMAs) have received much attention. Current MBMAs mainly use the guided meditation method which may not be always effective, e.g., users may not be able to follow the pace of instructions and they need a private environment. This paper presents a framework for interactive MBMAs which allows users to self-regulate their attention according to their abilities and conditions. The framework is described by an *Attention-Regulation Process* and has two components: (1) *Relaxation Response* and (2) *Attention Restoration Theory*. The framework is validated by our experiment. It also informs future development for interactive meditation and has broad implications for designing mindfulness and well-being.

ACM Classification Keywords

H.5.m. Information Interfaces and Presentation (e.g. HCI): Miscellaneous.

Author Keywords

Framework; mindfulness; meditation; interactivity; attention-regulation process; mobile applications; relaxation response; attention restoration theory.

INTRODUCTION

As our world becomes increasingly fast-paced, we occasionally need to disconnect and refresh ourselves. Mindfulness meditation is a helpful technique which can bring one's attention back to the present moment [19]. Mindfulness practice [47] is defined as a “family of self-regulation practices that focus on training attention in order to bring mental processes



Figure 1. Technology-mediated attention-regulation process [15, 16]. Technology detects the current state of the user's attention and provides real-time feedback to support self-regulation. Our work provides a framework which shows how technology can detect human attention without the use of dedicated sensors, and what kind of feedback can effectively support attention-regulation process.

under greater voluntary control and thereby foster general mental well-being and development and/or specific capacities such as calm, clarity and concentration.” The benefits of mindfulness practice have been confirmed as enhancement of human well-being [28], increased attention span [18], stress reduction [38], and improved cognitive abilities [7]. On the more qualitative side, literature shows its effectiveness on empathy, compassion, altruism [25], enlightenment [34], and spiritual health [46]. Given the prevalence of smartphones [9], there are a lot of opportunities for mindfulness-based mobile applications (MBMAs).

However, current MBMAs mainly use the *guided meditation* method [31, 49] which follows the tradition of users following instructions from a meditation teacher. Nevertheless, this technique may not always be effective considering that users should be able to follow the pace of instructions. Furthermore, participation requires a dedicated private environment [37, 48]. Given these limitations, researchers have been exploring *attention-regulation process* [15, 16] which describes a cycle of self-regulation supported by technology-mediated detection and feedback mechanisms (see Figure 1). However, this approach also suffers from the need of dedicated accessories (e.g., respiration sensors, EEG).

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Exploring the Neurocognitive Foundations of Mindful Education within the Framework of the National Education Policy 2020 Archers st. gregorious teacher's training college, **Handbook of Research on Clinical Applications of Meditation and Mindfulness-Based Interventions in Mental Health** Gupta, Sanjeev Kumar, 2021-08-27 Mental health has been a growing concern in society but recently has further come to light due to the COVID 19 pandemic and its effects on societal well being With mental health issues such as depression on the rise professionals need to implement new techniques that are effective in reducing psychological problems and enhancing psychological well being The integration of meditation and mindfulness techniques presents new methods for providing psychological intervention to alleviate psychological distress Clinical Applications of Meditation and Mindfulness Based Interventions in Mental Health presents mindfulness based interventions in clinical and non clinical conditions This book disseminates evidence based practices in the area of meditation and mindfulness to mental health professionals for the advancement of the mental health discipline and the benefit of students and trainees Covering topics including mindful parenting mediation trauma informed work and psychological trauma recovery this book is essential for mental health practitioners therapists psychologists counselors meditation specialists professionals students researchers and academicians *A Theoretical Framework for the Use of Mindfulness Meditation in the Practice of Pastoral Counselling from the Perspectives of Transpersonal Psychology and Process Theology* Louise Ann Graves, 1999 Author explores the usefulness of mindfulness meditation in pastoral counseling **Work in Progress** Dr. Abbie Maroño, 2024-07-09 In Work in Progress Dr Abbie Maro o debunks the pervasive myth that shame is the antithesis of empowerment revealing how if understood and embraced it can guide us towards our most authentic selves Popular media often offers individuals empty promises of empowerment urging them to become bulletproof It also portrays shame as the antithesis of empowerment Yet in reality shame signals when one s actions don t align with their ideal self By dismissing this signal they hinder their journey to becoming their best selves True empowerment arises when one cultivates a healthy relationship with shame Work in Progress delves into the science of shame and empowerment equipping people to navigate their feelings of shame and transition into a state of empowerment While many books on empowerment are well intentioned they often overlook or misinterpret the science behind individuals experiences of shame how they reconcile their self perception with their surroundings and how they achieve empowerment amidst its elusive definition This work challenges the idea that empowerment is exclusively a feminist concept reserved for women It underscores that empowerment is universal accessible to all no matter who they are **Mindfulness and the Arts Therapies** Laury Rappaport, 2013-10-21 This ground breaking book explores the theoretical clinical and training application of integrating mindfulness with all of the arts therapies and includes cutting edge contributions from neuroscience with 6 sections that examine mindfulness and the arts therapies from different perspectives written by pioneers and leaders in their fields

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