



ReFokus: Mindfulness Meditation App

Pilot Study - November 11, 2015

What is Mindfulness Meditation?

} Mindfulness

- } Refers to a state in which we are aware of ourselves and our surroundings (“in the present moment”), in a non-judgmental way
- } Greater mindful awareness *tends* to be associated with less stress and greater well-being

} Meditation

- } Various kinds of exercises designed to train the mind to focus on a particular object (e.g., one’s breath, one’s body, etc.)
 - } Being able to focus the mind may be one way to improve awareness (vs mind-wandering / distraction)
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Purpose of Study

- } ReFokus is an Android app designed to teach and evaluate the effects of mindfulness meditation
- } The goal of this study is to detect bugs in the app and collect user feedback
- } The study involves listening to a 13-minute podcast each day for **5** days and filling up short surveys
- } Must have Android version 4.4 Kitkat or higher
- } Must have Internet connection to download podcast and submit survey responses



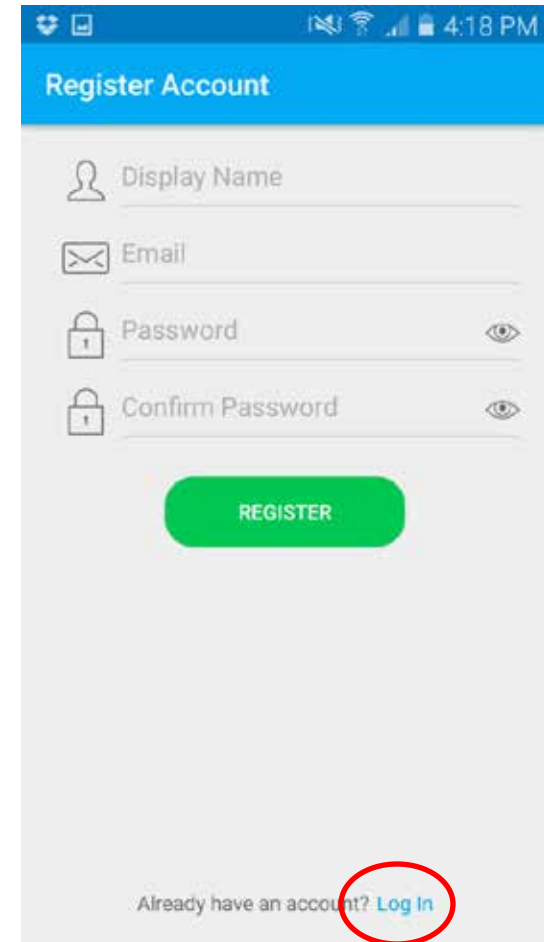
Outline

- } Installation and Registration
 - } Podcasts and post-session survey
 - } Random beeper survey
 - } Personal Results
 - } User Feedback
 - } Study Schedule & Payment
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Installation and Registration

- } Install app on phone (link to be provided later)
- } **Create an account**
 - } **Please write down your password**
- } Complete demographic survey



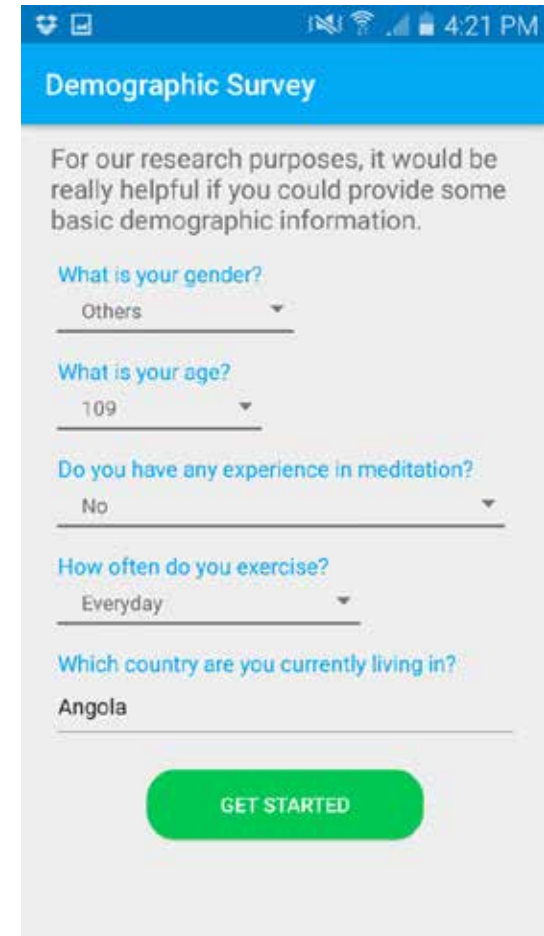
The screenshot shows a mobile application interface for account registration. At the top, there is a blue header with the text "Register Account". Below the header, there are four input fields: "Display Name" (with a person icon), "Email" (with an envelope icon), "Password" (with a lock icon and an eye icon for visibility), and "Confirm Password" (with a lock icon and an eye icon for visibility). A green "REGISTER" button is positioned below the input fields. At the bottom of the screen, there is a link that says "Already have an account? Log In", which is circled in red. The status bar at the top of the phone shows the time as 4:18 PM and various system icons.



Installation and Registration

- } Install app on phone (link to be provided later)
- } Create an account
 - } Please write down your password
- } Complete demographic survey

Earn \$1



The screenshot shows a mobile app interface for a "Demographic Survey". The title bar is blue with the text "Demographic Survey". Below the title bar, there is a light gray background with the following text: "For our research purposes, it would be really helpful if you could provide some basic demographic information." The survey consists of five questions, each with a dropdown menu:

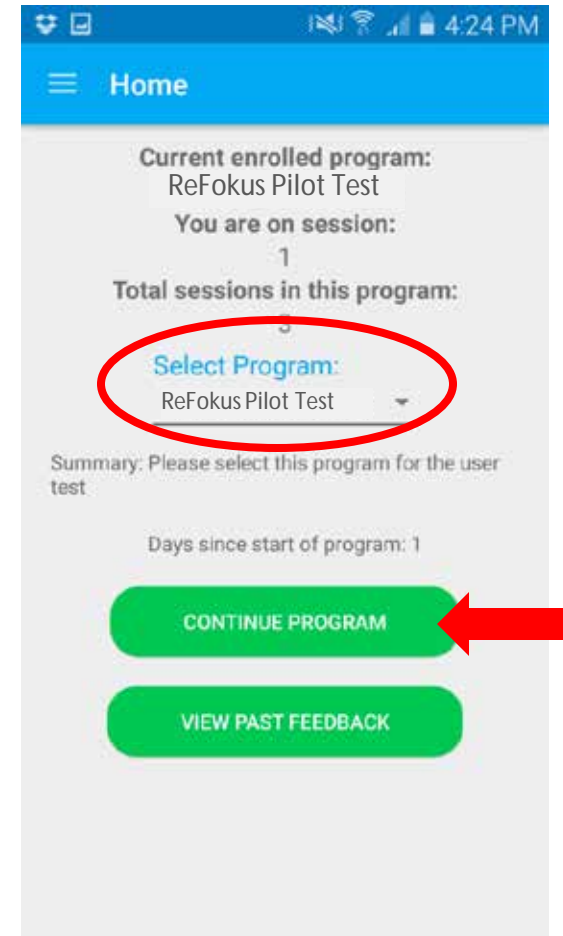
- Question: "What is your gender?" Answer: "Others"
- Question: "What is your age?" Answer: "109"
- Question: "Do you have any experience in meditation?" Answer: "No"
- Question: "How often do you exercise?" Answer: "Everyday"
- Question: "Which country are you currently living in?" Answer: "Angola"

At the bottom of the form, there is a green rounded rectangular button with the text "GET STARTED".



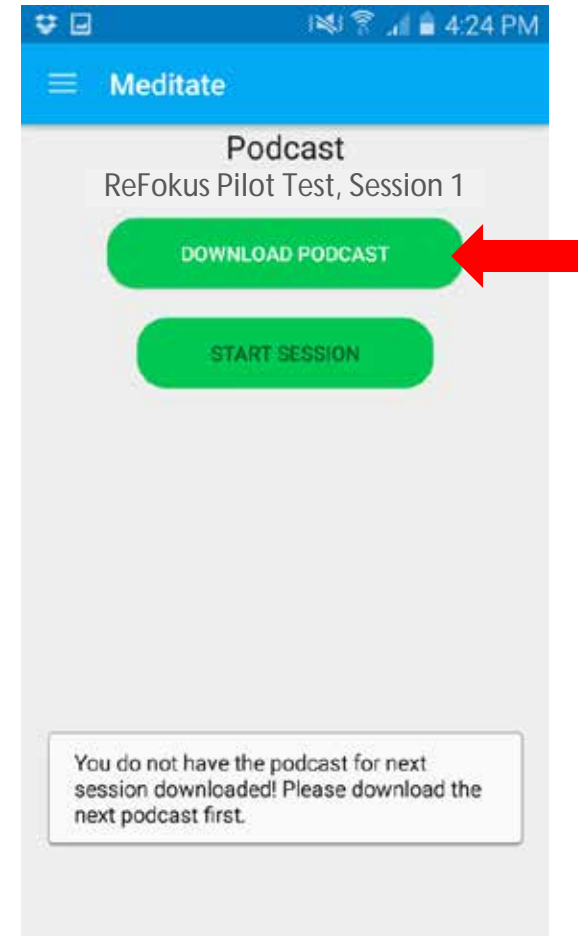
Podcasts and Post-Session Surveys

- } **Select Program: ReFokus Pilot Test**
- } Download today's podcast
 - } No smartwatch? Start Session
- } Listen to podcast (13 minutes long)
 - } Please try to follow the guided meditation instructions
- } After the podcast, you will be asked to complete a Post-Session Survey



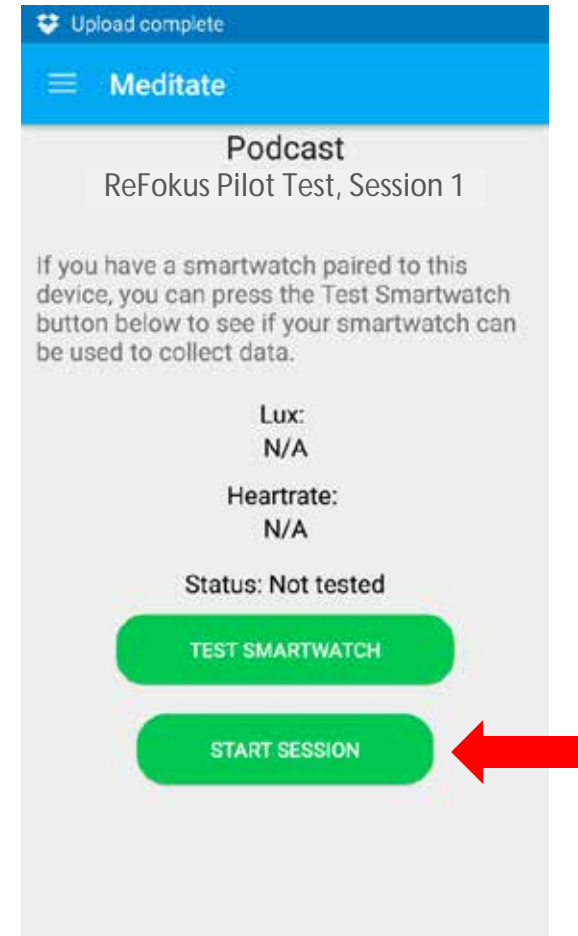
Podcasts and Post-Session Surveys

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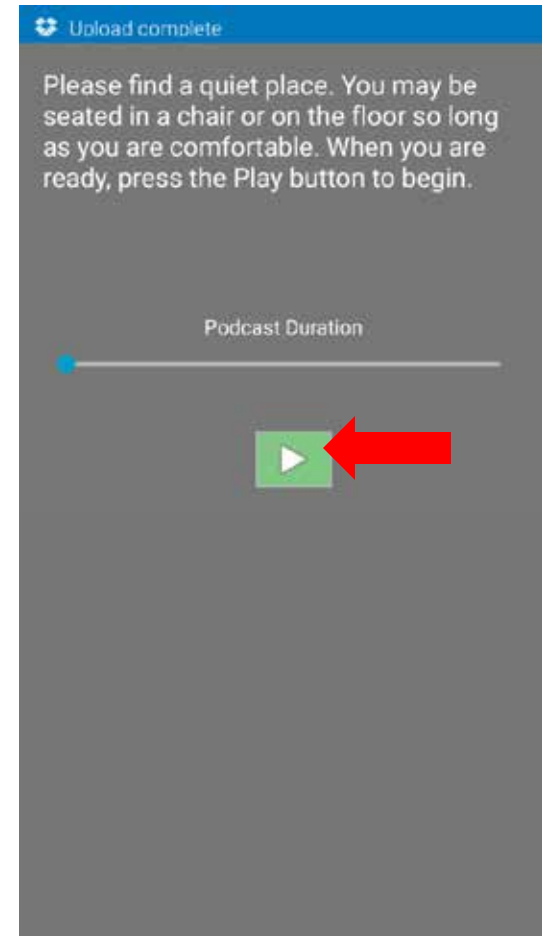
Podcasts and Post-Session Surveys

- } Select Program: ReFokus Pilot Test
- } Download today's podcast
 - } **No smartwatch? Start Session**
- } Listen to podcast (13 minutes long)
 - } Please try to follow the guided meditation instructions
- } After the podcast, you will be asked to complete a Post-Session Survey



Podcasts and Post-Session Surveys

- } Select Program: ReFokus Pilot Test
- } Download today's podcast
 - } No smartwatch? Start Session
- } Listen to podcast (13 minutes long)
 - } Please try to follow the guided meditation instructions
- } After the podcast, you will be asked to complete a Post-Session Survey



Podcasts and Post-Session Surveys

- } Select Program: ReFokus Pilot Test
- } Download today's podcast
 - } No smartwatch? Start Session
- } Listen to podcast (13 minutes long)
 - } Please try to follow the guided meditation instructions
- } **After the podcast, you will be asked to complete a Post-Session Survey**

Post Survey

Thank you for completing the podcast, please help us by completing this short survey.

During the session, I found it difficult to stay focused on what was happening.

Not at all Somewhat Very Much

During the session, I went through the exercise without paying attention.

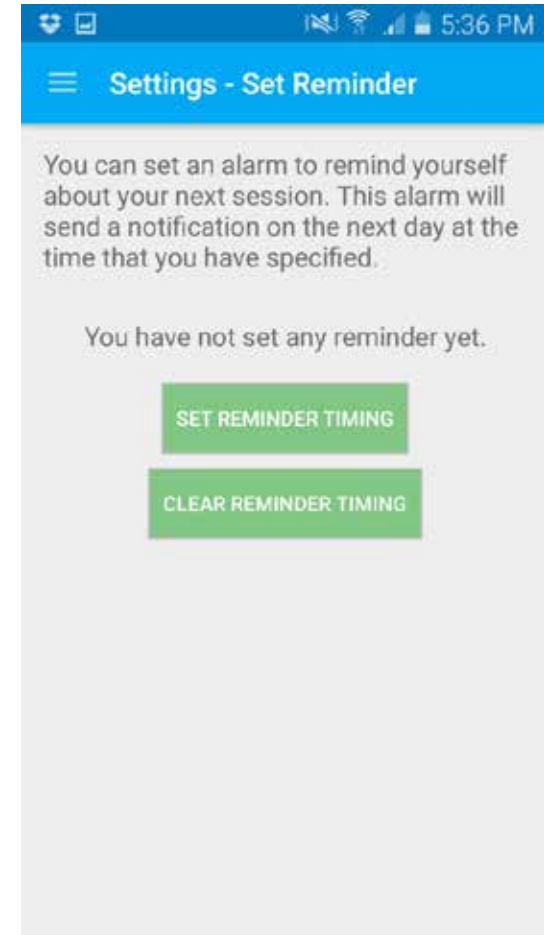
Not at all Somewhat Very Much

During the session, I was preoccupied with the future or the past.



Podcasts and Post-Session Surveys

- } Set Reminder (Optional)
 - } Sends a reminder for your next session
 - } Must be set prior to each session.



Podcasts and Post-Session Surveys

- } Complete one podcast and post survey per day for **5** days
- } Starting today...

**Earn \$2 for each
Post Survey
completed**

Post Survey

Thank you for completing the podcast, please help us by completing this short survey.

During the session, I found it difficult to stay focused on what was happening.

Not at all Somewhat Very Much

During the session, I went through the exercise without paying attention.

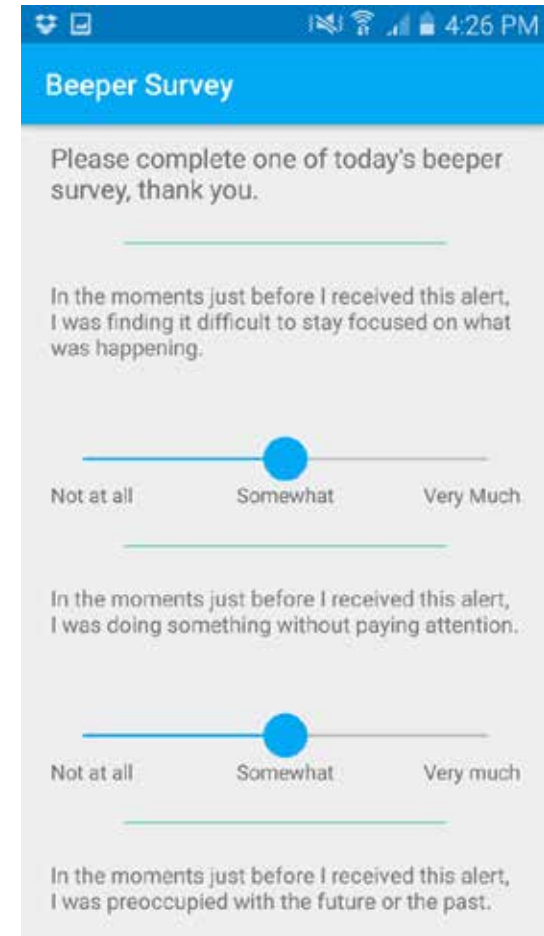
Not at all Somewhat Very much

During the session, I was preoccupied with the future or the past.

Random Beeper Survey

- } You will also be randomly alerted to complete “beeper surveys”
- } You will receive up to 3 beeper survey requests per day
 - } Maximum of 15 over 5 days

**Earn \$0.20 for each
Beeper Survey
completed**



The screenshot shows a mobile application interface for a 'Beeper Survey'. At the top, there is a blue header with the title 'Beeper Survey'. Below the header, the text reads: 'Please complete one of today's beeper survey, thank you.' The survey consists of three Likert scale questions, each with a horizontal line and a blue circle indicating the selected response. The first question is: 'In the moments just before I received this alert, I was finding it difficult to stay focused on what was happening.' The second question is: 'In the moments just before I received this alert, I was doing something without paying attention.' The third question is: 'In the moments just before I received this alert, I was preoccupied with the future or the past.' The response options for each question are 'Not at all', 'Somewhat', and 'Very Much'. The top status bar shows the time as 4:26 PM and various icons for connectivity and battery.

Random Beeper Survey

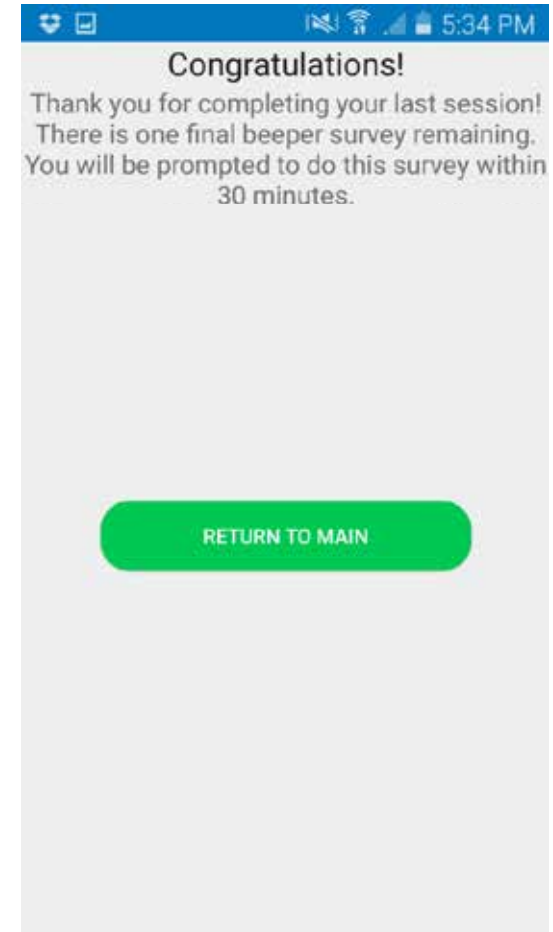
- } Beeper survey alerts will only be sent during your normal waking hours
- } Set **Beeper Timing** during registration
 - } Indicate your usual Wake Time
 - } Indicate your usual Sleep Time

The screenshot shows a mobile application interface for setting beeper timing. At the top, a blue header bar contains the text 'Upload complete' with a checkmark icon. Below this is a blue bar with the title 'Set Beeper Timing'. The main content area is light gray and contains the following text: 'As part of our research, you will be randomly beeped (notified) 3 times per day to assess your mood and level of focus.' followed by 'In order to not interrupt your sleep, please select the time when you usually wake up and sleep. The awake time should be at least eight hours long. Thank you.' There are two input fields: 'I usually wake up at...' with the value '07:00' and a green 'SET WAKE TIME' button; and 'I usually sleep at...' with the value '00:00' and a green 'SET SLEEP TIME' button. At the bottom center is a large green rounded button labeled 'DONE'.



Personal Results

- } After completing the fifth podcast and post survey... you will complete one final beeper survey
- } After the final beeper survey, you will be shown your personal results



Personal Results

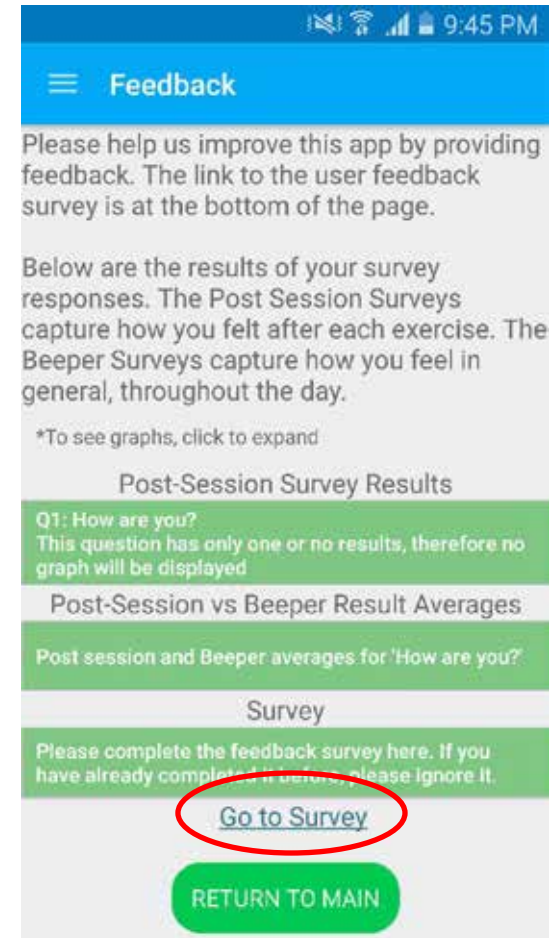
- } After completing the fifth podcast and post survey... you will complete one final beeper survey
- } After the final beeper survey, you will be shown your personal results



User Feedback Survey

- } On the bottom Results Page, you will see a link to the User Feedback Survey
- } Please complete this survey and let us know...
 - } Any bugs you experienced
 - } Any suggestions for improving the app

**Earn \$2 for completing
User Feedback**



Study Schedule

- } Day 1 (Nov 11 – today!)
 - } Complete first podcast and post survey
 - } Complete 1-3 beeper surveys
- } Days 2 – 4 (Nov 12 – 14)
 - } Continue doing one podcast and post survey per day
 - } Complete up to 3 beeper surveys per day
- } Day 5 (Nov 15)
 - } Complete 5th podcast and post survey
 - } Complete one last beeper survey
 - } Review personal results*
 - } Complete User Feedback Survey*

* Only available after (i) 5th podcast/post survey and (ii) completing final beeper survey



Payment Scheme

- } \$1.00 for completing Demographic Survey
- } \$2.00 for each Post Survey (max 5 x \$2 = \$10)
- } \$0.20 for each Beeper Survey (max 15 x \$0.20 = \$3)
- } \$2.00 for completing User Feedback Survey

- } Maximum earning: $\$1 + \$10 + \$3 + \$2 = \$16$

- } Payments must be collected in person at SMU
 - } Nov 18-19
 - } Location TBD



Installation

<http://tinyurl.com/refokus-test>

- } 1. Select "Become a Tester"
 - } 2. Click on the link "[download it on Google Play](#)"
 - } 3. Download and install app
 - } 4. Create account
 - } 5. Complete demographic survey
 - } 6. Set beeper timing
 - } 7. Select Program: "ReFokus Pilot Test"
 - } 8. Provide contact details on SIGN OUT SHEET
 - } 9. Dismissed.
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CONTACT

} Any questions or comments, please email Assistant Professor Will Tov (williamtov@smu.edu.sg)

