Subject: RE: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?

Date: Monday, 8 June 2015 4:52:34 am Singapore Standard Time

From: William TOV

To: YEO Cheng Fu, Jochen REB

CC: Benjamin Peter CHIA Sim Sen, LOW Wei Ting, HENG Kok Chin, CHAN Jing Vin, Gareth Shaun NG Wei Long

Dear Team

Thanks for the detailed email, I appreciate the thoughtfulness and level of organization. My replies are below after the ">>". I will let you know once I hear back from Livelabs regarding server hosting.
Will

With your last e-mail, can we confirm that we are solely looking at the development of an Android application on mobile phone and smart watch?

Action to be taken by Sponsor

1. Supporting devices

>> Yes, let's focus on the Android application.

<u>iOS Application</u>
Unfortunately, it cannot be directly translated into the language which is used by iOS (which is Objective C and Swift) from Android (in Java). However, the iOS developer can still model the iOS version of it after the framework and concept of the current Android application we are building.

>> Thank you for clarifying. This helps me understand how much work to expect if we wish to translate to iOS in the future.

<u>Smart Watch aka Android Wear</u>
Based on our preliminary research, here are a list of Android smart watches at <u>http://www.android.com/wear</u>/. We are still researching on its individual popularity, price, usability and support from its manufacturer. Preliminarily, the smart watches listed cost around USD200-500 each.

>> Ok. If possible, can we try to find one that is no more than $350? I'm not opposed to paying more if a watch has important features we should consider, but highly expensive watches may not be so widely used.

<u>Subject Pool System (SPS)</u>
As for SPS, we believe you might need to liaise with Office of Research and IITS to seek their permission to integrate with the Android application which we are currently building. As soon as the SPS team express an interest to be part of this project, we can then integrate it in a way that on the same screen it can has SMU Student and Public login. With the integration, we can pull put out student's details from our school database rather than having them to go through the trouble of account creation, etc. Unfortunately, for general public they will have to go through the process of account creation in order for us to capture their details.

Action to be taken by Sponsor:

1. Liaise with Office of Research and IITS

>> The more I think about it, the more I think integration with SPS will complicate things. If student accounts are used for participation in the study, then we have their responses associated with their identity. In practice, I generally create an account for each student on my website and I have either (a) a paper list that links their identity with their study login, or (b) an online file that links their identity to an id number that identifies their responses. In both cases, there is a layer of separation that I can control (e.g., by destroying the paper list or online file after the study concludes, thus preserving anonymity of participants).

Is the SPS integration needed to ensure that your project is sufficiently advanced? If so, perhaps we can think of other aspects of the project that could be included to enhance project difficulty.

Data Capture
Yes, we can attempt to capture most information possible and needed by the researcher. However, you might want to provide us with a potential list of particulars (eg. gender, age, occupation, survey attempts, etc.) you wish to capture. In addition, you might also want to have a Terms and Conditions write up before the user proceed on to using the application, explaining how one's data will be anonymous collected for research purposes, etc.

Action to be taken by Sponsor:

1. Terms and Conditions (for Participants)
2. List of data to be collected

>> Great suggestions.
>> 1. I will look into drafting T&C
>> 2. I think it would be helpful to actually have an initial survey that users complete before commencing the programme (to collect demographic and perhaps some personality variables). Other variables that will be helpful to collect: date/time they play a podcast, volume level, whether audio jack is plugged in, whether the podcast is playing/paused/stopped, whether podcast has been played to the end without interruption. If they wear a smartwatch—then the list of variables will depend on the capabilities of the device. I would rely on the team to inform me of the variables that can be collected—I think the most basic would simply be heart rate.

Prompting of Survey
Sure, we can keep a record of database on whether the participant has attempted or submitted the survey for each individual session and prompt them accordingly. However, I suggest that once past a certain time frame (eg. 3 days), we will stop prompting for that particular session as the participant might have progressed to the next session or inaccurately remembers how he/she felt after the last session.

As for the random survey, I suggest that we do it before the participant starts a session. Hence, we can compare the before and after session results.

>> For the post-session survey, I am in favor of prompting no more than twice: (i) immediately after the podcast has ended; and (ii) if the survey has not been completed yet, then 30 minutes after the podcast has ended. Continual prompting I think would impose a burden on the user. Also unless they complete the survey soon after the podcast, their responses will not be very useful.

>> Random survey: It should be done randomly, "largely independent" of when participants complete the survey. This of course means that sometimes we will miss them before they begin a session. However, the random sampling is important for preventing sampling bias (e.g., some users may only meditate when they feel

stressed; if we only survey them right before they meditate, we will get a biased estimate of how stressed they are before meditating). I say "largely independent" because I do think we need to consider one condition: if they have just completed a post-session survey, then they should not be prompted to complete a random survey until at least one hour has passed.

All of this makes me think that it will be helpful if we have a feature whereby users indicate when they usually wake up and when they go to sleep, to help optimize the random alerts.

Android Support and Distribution Chart
As reflected on https://developer.android.com/about/dashboards/index.html?utm_source=suzunone, the platform where most Android users are on are Jelly Bean, Kit Kat and Lollipop to come. We are wondering if you want us to support any of them platforms before Jelly Bean?

Action to be taken by Sponsor

1. Platform to support

>> No, if most users are on Jelly Bean and above, then I think it is not necessary to support earlier platforms.

Other Enquires

1. Do we have any updates on where the hosting server will be?

>> I will check with Livelabs to see if they are open to this. Alternatively, would a Netfirms account suffice? I use it myself and am able to run scripts on my site (www.netfirms.com).

2. Can we have a sample podcast so we can dedicate the necessarily resource on the smart devices?

>> Yes! I have placed an mp3 file on my dropbox—hopefully you can download it from this link:
https://www.dropbox.com/s/mdg59pt429pzcbn/10%20min%20Sitting%20Meditation.mp3?dl=0
>> I think the file size is a bit big—so I wonder if the team can re-encode the file at a lower quality to save space.

3. Are we able to have a Skype meeting or sort every week until you are back in town?

>> I sincerely apologize for not being able to commit to a weekly meeting given that my schedule is quite irregular while traveling. (Traveling with a 9-month-old baby does not make it easier ;) I will return on June 29. Until then, I hope email communication will suffice. I will try to do better with responding.

*****
William Tov
Assistant Professor of Psychology
School of Social Sciences
Singapore Management University
90 Stamford Road, Level 4
Singapore 178903

Office: 6828 1904

From: YEO Cheng Fu [chengfu.yeo.2013@sis.smu.edu.sg]
Sent: Wednesday, June 03, 2015 10:12 AM
To: William TOV; Jochen REB
Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN Jing Vin; Gareth Shaun NG Wei Long
Subject: Re: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?

Dear Prof Will

API Centric Principles
Sure, we will follow the API Centric Principles and provide the documents at the end of this project. In fact, it is the standard to do so in the industry so you can further expand the application in the future even with different group of developers.

With your last e-mail, can we confirm that we are solely looking at the development of an Android application on mobile phone and smart watch?

Action to be taken by Sponsor

1. Supporting devices

<u>iOS Application</u>
Unfortunately, it cannot be directly translated into the language which is used by iOS (which is Objective C and Swift) from Android (in Java). However, the iOS developer can still model the iOS version of it after the framework and concept of the current Android application we are building.

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Action to be taken by Sponsor:

1. Liaise with Office of Research and IITS

<u>Data Capture</u>
Yes, we can attempt to capture most information possible and needed by the researcher. However, you might want to provide us with a potential list of particulars (eg. gender, age, occupation, survey attempts, etc.) you wish to capture. In addition, you might also want to have a Terms and Conditions write up before the user proceed on to using the application, explaining how one's data will be anonymous collected for research purposes, etc.

Action to be taken by Sponsor:

1. Terms and Conditions (for Participants)
2. List of data to be collected

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Sure, we can keep a record of database on whether the participant has attempted or submitted the survey for each individual session and prompt them accordingly. However, I suggest that once past a certain time frame (eg. 3 days), we will stop prompting for that particular session as the participant might have progressed to the next session or inaccurately remembers how he/she felt after the last session.

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Action to be taken by Sponsor

1. Platform to support

Other Enquires

1. Do we have any updates on where the hosting server will be?
2. Can we have a sample podcast so we can dedicate the necessarily resource on the smart devices?
3. Are we able to have a Skype meeting or sort every week until you are back in town?

Thank you.

Regards

YEO Cheng Fu
School of Information Systems
Singapore Management University

From: William TOV
Date: Wednesday, 3 June 2015 1:58 am
To: Cheng Fu, Jochen REB
Cc: Benjamin Peter CHIA Sim Sen, LOW Wei Ting, HENG Kok Chin, CHAN Jing Vin, Gareth Shaun NG Wei Long
Subject: RE: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?

Hi Cheng Fu and all

I think it will be fine to develop the API from the start of this project following the API Centric principles. Let's not worry about the previous work done on the Researcher Portal, since that is not completed yet. For now a stand-alone, functioning app would be the main priority.

I wonder though--is there a way, for example, to code the app in a way that will make it easier to translate into IOS, if we ever have the funds to pursue this? I don't know if this is possible specifically. But basically--my main hope is that the app can be coded in a way that facilitates integration with other apps.

Thanks for researching the smart band devices. I am okay with the SPS integration as long as the app can function with non-SMU users. Let me know if you are able to integrate with the SPS or if you will require specific permissions (from IITS for example) to proceed. This component makes me realize that it will be

important to have some sort of interface whereby the researcher can see a list of participants along with a record of how many sessions/surveys they have completed. It would be helpful for the researcher to download a csv file so that he/she can determine whether they have participated enough to receive credit/payment.

If you remember, users would take a post-session survey (after they meditate)--which is in the slides. But what may not be clear from the slides is that there is another type of survey (I call beeper surveys). The user would be randomly alerted to complete these surveys, say 3 times per day with certain restrictions (e.g., randomly in the morning, randomly in the afternoon, randomly in the evening). Can this be done as well? (We need to know how users are feeling in general, and not just after they meditate).

Thanks so much to the team for your hard work!
Will

*****

William Tov
Assistant Professor of Psychology
School of Social Sciences
Singapore Management University
90 Stamford Road, Level 4
Singapore 178903

Office: 6828 1904

Hi Prof Will

Yeah, we are exploring the idea of integrating with the Subject Pool System (SPS) as we hope the application can target both SMU community and the general public. I believe some day (or it already is) such research can be used in academic form where students can earn research credit, etc. In addition, we can also further breakdown in statistic on how many SMU students were actually involved vs. general public since SMU community generally involves younger age group which I believe is able to provide more insights for your research.

As for the API centric application, we can either develop it starting from this project or we can build on on whatever was used in the previous web application that you informed us were near completion. However, if we were to build on, there need to be a proper documentation from the previous project. Else, it will pose a challenge and possible delay in our current project.

As of now, we believe the Subject Pool System (SPS) can be listed as an additional function, but liaising with the related department/office needs to begin so by the time we complete your required basic function we can right away start on it and the smart band function.

Meanwhile, we are also conducting research on smart band that runs on Android OS, affordable price range and commonly used by general public, eg. Mi band. Once we are done with our market and technical research, we will propose a list of devices for your selection and approval.

Thank you.

Regards

YEO Cheng Fu
School of Information Systems
Singapore Management University

From: William TOV
Date: Friday, 22 May 2015 4:52 pm
To: Cheng Fu, Jochen REB
Cc: Benjamin Peter CHIA Sim Sen, LOW Wei Ting, HENG Kok Chin, CHAN Jing Vin, Gareth Shaun NG Wei Long
Subject: RE: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?

Sorry--hit the send button before I could complete might email.

On the API-centric application--I am wondering if the team is familiar with this and if it is possible to program the app in a way that is API centric. It seems it would enhance the functionality of the app--but I don't know how much work this would entail. Is creating an API centric app feasible?

Thanks and sorry for the double email!
Will

*****
William Tov
Assistant Professor of Psychology
School of Social Sciences
Singapore Management University
90 Stamford Road, Level 4
Singapore 178903

Office: 6828 1904

From: William TOV
Sent: Friday, May 22, 2015 4:49 PM
To: YEO Cheng Fu; Jochen REB
Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN Jing Vin; Gareth Shaun NG Wei Long
Subject: RE: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?

Hi Cheng Fu and all

I had thought we might recruit paid participants to pilot test the app. The paid participants may or may not be from SMU. Recruiting SMU participants for research credits is an interesting idea--but I wonder how would the crediting work? Would the app some how communicate with the SMU Subject Pool System (SPS)?

Or would it generate a list (for the researcher) to identify SMU students who completed the study? (In that case, the researcher would have to log in to the SPS to credit the participants based on the list).

If research crediting can be automated that would be nice--although it seems we would need the assistance of IITS. There is also the ethical issue of preserving confidentiality. If users can sign up through their SMU account, it would be good if we could ensure that their data are stored such that no identifying information is included.

On a different note, I recently learned (roughly) the concept of creating an "API centric" web application
http://code.tutsplus.com/tutorials/creating-an-api-centric-web-application--net-23417

Please let me know if you'd like me to clarify--thanks!

*****
William Tov
Assistant Professor of Psychology
School of Social Sciences
Singapore Management University
90 Stamford Road, Level 4
Singapore 178903

Office: 6828 1904

From: YEO Cheng Fu [chengfu.yeo.2013@sis.smu.edu.sg]
Sent: Thursday, May 21, 2015 10:34 AM
To: William TOV; Jochen REB
Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN Jing Vin; Gareth Shaun NG Wei Long
Subject: Re: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?

Hi Prof Will and Prof Jochen

Just wondering if you all have thought of targeting SMU students as participants? For example, a SMU participant can login using their SMU account instead and gain the research credit needed. If not SMU participant, they can then proceed to create or login using the standard app account.

If SMU participants are included we could possibly save them the time from travelling to the research venue and possibly increase the participant rate since it's gonna be OTOT within a certain time frame, let's say a week for example.

Regards

YEO Cheng Fu
School of Information Systems
Singapore Management University

From: William TOV <williamtov@smu.edu.sg>
Sent: Wednesday, May 20, 2015 2:26 PM
To: YEO Cheng Fu; Jochen REB
Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN Jing Vin; Gareth Shaun NG Wei Long
Subject: RE: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?

Hi Cheng Fu

Apologies! Attached is a mock-up of the app.

Please let me know if you have any questions,
Will

*****
William Tov
Assistant Professor of Psychology
School of Social Sciences
Singapore Management University
90 Stamford Road, Level 4
Singapore 178903

Office: 6828 1904

From: YEO Cheng Fu [chengfu.yeo.2013@sis.smu.edu.sg]
Sent: Wednesday, May 20, 2015 10:19 AM
To: William TOV; Jochen REB
Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN Jing Vin; Gareth Shaun NG Wei Long
Subject: Re: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?

Hi Prof Will

I believe you have missed the attachment.

Regards

YEO Cheng Fu
School of Information Systems
Singapore Management University

From: William TOV <williamtov@smu.edu.sg>
Sent: Monday, May 18, 2015 5:54 PM
To: YEO Cheng Fu; Jochen REB
Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN Jing Vin; Gareth Shaun NG Wei Long
Subject: RE: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?

Hi all,

I am in agreement with most of the functions you propose, however, I have some revisions that I hope are acceptable

1. The reports for the Researcher are nice to have but not crucial. As long as the researcher can download the data via csv, s/he can conduct the analyses of interest. I would make this a fairly low priority feature.

2. A much higher priority feature would be to randomly survey the participant throughout the day (i) a specified number of times and (ii) within a specified periods of time. In the attached slides, these are referred to as Beeper Surveys. They would enable us to evaluate the user's mood outside of meditating. Would this be possible?

3. I am happy to purchase the devices for assessing heart rate. My only request is the device is widely used and not too expensive. This would maximize the possible of users being able to make use of this function.

Looking forward to your thoughts!
Will

*****
William Tov
Assistant Professor of Psychology
School of Social Sciences
Singapore Management University
90 Stamford Road, Level 4
Singapore 178903

Office: 6828 1904

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Hi Prof Will and Prof Jochen

Based on our initial meeting in April, following are the functions we are proposing as part of your application. As mentioned during our meeting, a simple create/read/update/delete application will not be able to fulfil IS480's requirements, functions with * are advanced function which will make it more complex as to fulfil the requirements.

However, the smart band/watch idea which we discussed will require the device to be purchased or borrowed (at least 2 units). Also, if we choose to go ahead with the smart band/watch idea, it means we will also be developing a smart watch application for your project. Other ideas to make the application more helpful to you and challenging enough to fulfil the requirements are also welcomed as we are still at the starting stage.

Admin/Researcher
- Create/Update account (if there's more than 1 researcher)
- Create/Delete programme
- Create/Delete sessions (inclusive of session objective and description)
- Upload/Delete podcast
- Create/Update/Delete survey
- Generate report (inclusive of statistics and graphs by conditions (eg. age, gender, etc.)
- Export/Email report generated in a certain format (eg. .csv)

Participant
- Create/Update account (exploring the possibility of signing in using Facebook)
- View programmes
- View/Select sessions
- Download/Delete podcast (session by session in advance)
- Start session
- View session history (date, time, duration, which session/podcast)
- Generate simplified report and graphs (not as extensive as the one admin would see)
- Create/Update/Delete session schedule (with alarm reminder)
- Submit survey

*Pair with smart band/watch via bluetooth
*Monitor heart rate and other health vitals via the smart band/watch
*Send the records from smart band/watch to mobile app via bluetooth

Note: All these will be developed on Android platform (for both smart phone and band/watch)

We can leave the technically issue aside for now and focus on the functions needed :)

Thank you.

Regards

YEO Cheng Fu
School of Information Systems
Singapore Management University

On 8/5/15 4:33 pm, "William TOV" <williamtov@smu.edu.sg> wrote:

>Thanks Cheng Fu and all!
>
> Also - I will be away from May 15 to the end of June. However, I should have email access. Perhaps it will be best to communicate by email until July.
>
>-----Original Message-----
>From: YEO Cheng Fu [mailto:chengfu.yeo.2013@sis.smu.edu.sg]
>Sent: Thursday, 7 May, 2015 11:24 PM
>To: Jochen REB; William TOV
>Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN Jing Vin; Gareth Shaun NG Wei Long
>Subject: Re: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?
>
>Dear Prof Will and Jochen
>
>Thank you for your confirmation, we will inform our course coordinator and CC you all in the e-mail.
>
>In addition, we will also like to inform that all our team members will be on internship this summer while preparing for the IS480 project. We foresee that this will affect our biweekly or monthly meeting during this period, which is the gathering and confirming of business requirements stage. It will limit our meeting options to only weekday evenings or weekend.
>
>Meanwhile, we will find out more on what to prepare and how much to prepare for the acceptance in Aug before we start our meeting proper and develop a timeline accordingly.
>
>Regards
>
>YEO Cheng Fu
>School of Information Systems
>Singapore Management University
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>
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>
>On 4/5/15 6:34 am, "Jochen REB" <jreb@smu.edu.sg> wrote:
>
>>Hi all,
>>
>>Exciting news! I look forward to helping this project as much as I can.
>>
>>
>>Best,
>>Jochen

>>
>>
>>
>>-----Original Message-----
>>From: William TOV
>>Sent: Sunday, 3 May, 2015 11:12 PM
>>To: YEO Cheng Fu
>>Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN Jing
>>Vin; Gareth Shaun NG Wei Long; Jochen REB
>>Subject: RE: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?
>>
>>Hi Cheng Fu and all
>>
>>This is wonderful news!
>>
>>Yes the project is still open for development. I look forward to hearing what other functions you have in mind--I understand this is part of the requirement for your project. We are definitely open to any ideas that you have to improve the app.
>>
>>Please let me know if you need any additional information or support--I'll do my best to see what I provide.
>>I am cc'ing Prof Jochen Reb to update him on the project.
>>
>>Thanks all!
>>Will
>>
>>*****
>>William Tov
>>Assistant Professor of Psychology
>>School of Social Sciences
>>Singapore Management University
>>90 Stamford Road, Level 4
>>Singapore 178903
>>
>>Office: 6828 1904
>>
>>_____
>>From: YEO Cheng Fu [chengfu.yeo.2013@sis.smu.edu.sg]
>>Sent: Friday, May 01, 2015 2:11 PM
>>To: William TOV
>>Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN Jing
>>Vin; Gareth Shaun NG Wei Long
>>Subject: Re: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?
>>
>>Hi Prof
>>
>>Thank you for meeting us before our finals a few weeks ago, and our team have decided to take on your project as part of our IS480 (FYP) if it is still available.
>>
>>In order to fulfil our course requirements, we will also be proposing functions that will further enhance the mobile application.
>>
>>Kindly let us know if the project is still available before we proceed into the proposal stage and further discussion for the project.
>>
>>We look forward to hear from you soon and have a great weekend.
>>
>>Regards
>>
>>YEO Cheng Fu
>>School of Information Systems
>>Singapore Management University

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\>>On 10/4/15 11:45 am, "William TOV" <williamtov@smu.edu.sg> wrote:
\>>
\>>>Hi Cheng Fu
\>>>
\>>>The meeting place is still the same location--the meeting room in SOSS Level 4, near the admin office (behind the glass door).
\>>>
\>>>See you soon!
\>>>Will
\>>>
\>>>-----Original Message-----
\>>>From: YEO Cheng Fu [mailto:chengfu.yeo.2013@sis.smu.edu.sg]
\>>>Sent: Friday, 10 April, 2015 10:03 AM
\>>>To: William TOV; Jochen REB; Samantha SIM Su Hsien
\>>>Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN
\>>>Jing Vin; Gareth Shaun NG Wei Long
\>>>Subject: Re: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?
\>>>
\>>>Hi Prof
\>>>
\>>>No problem, may we enquire where is the meeting venue?
\>>>
\>>>Regards
\>>>
\>>>YEO Cheng Fu
\>>>School of Information Systems
\>>>Singapore Management University
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\>>>On 9/4/15 5:47 pm, "William TOV" <williamtov@smu.edu.sg> wrote:
\>>>
\>>>>Thanks Cheng Fu -- apologies to all for the inconvenience!
\>>>>
\>>>>*****
\>>>>William Tov
\>>>>Assistant Professor of Psychology
\>>>>School of Social Sciences
\>>>>Singapore Management University
\>>>>90 Stamford Road, Level 4
\>>>>Singapore 178903
\>>>>
\>>>>Office: 6828 1904
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\>>>>_____
\>>>>From: YEO Cheng Fu [chengfu.yeo.2013@sis.smu.edu.sg]
\>>>>Sent: Thursday, April 09, 2015 1:26 PM

>>>>To: William TOV; Jochen REB; Samantha SIM Su Hsien
>>>>Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN
>>>>Jing Vin; Gareth Shaun NG Wei Long
>>>>Subject: Re: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?
>>>>
>>>>Hi Prof
>>>>
>>>>Tomorrow 12 noon sounds good for the team :)
>>>>
>>>>Regards
>>>>
>>>>YEO Cheng Fu
>>>>School of Information Systems
>>>>Singapore Management University
>>>>
>>>>From: William TOV
>>>>Date: Thursday, 9 April 2015 10:23 am
>>>>To: Cheng Fu, Jochen REB, Samantha SIM Su Hsien
>>>>Cc: Benjamin Peter CHIA Sim Sen, LOW Wei Ting, HENG Kok Chin, CHAN
>>>>Jing Vin, Gareth Shaun NG Wei Long
>>>>Subject: RE: SMU Mindfulness Initiative ReFokus Meditation App / Meeting Time Change?
>>>>
>>>>Hi Cheng Fu
>>>>
>>>>So sorry—but it appears that our meeting rooms are booked extensively due to admissions interviews.
>>>>
>>>>I was able to book the room from 12pm-2pm. Would the group members be able to meet at 12pm instead of 11am? Any one hour block during 12pm-2pm is also fine.
>>>>
>>>>Apologies for the late notice and inconvenience!
>>>>Will
>>>>
>>>>From: YEO Cheng Fu [mailto:chengfu.yeo.2013@sis.smu.edu.sg]
>>>>Sent: Friday, 3 April, 2015 5:23 PM
>>>>To: William TOV; Jochen REB
>>>>Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN
>>>>Jing Vin; Gareth Shaun NG Wei Long
>>>>Subject: Re: SMU Mindfulness Initiative ReFokus Meditation App
>>>>
>>>>Hi Prof
>>>>
>>>>We believe Fri, 10-Apr, 11am is good for all of us :) Do you have a venue in mind?
>>>>
>>>>Regards
>>>>
>>>>YEO Cheng Fu
>>>>School of Information Systems
>>>>Singapore Management University
>>>>
>>>>From: William TOV
>>>>Date: Friday, 3 April 2015 1:07 pm
>>>>To: Cheng Fu, Jochen REB
>>>>Cc: Benjamin Peter CHIA Sim Sen, LOW Wei Ting, HENG Kok Chin, CHAN
>>>>Jing Vin, Gareth Shaun NG Wei Long
>>>>Subject: RE: SMU Mindfulness Initiative ReFokus Meditation App
>>>>
>>>>Hi Cheng Fu
>>>>
>>>>Thanks for your email and interest! I'd be happy to meet with you all to discuss more about the project. We would definitely be open to collecting heart rate data, that is a wonderful suggestion. In terms of resources, we may be able to get some assistance from LiveLabs. But what would probably help is if we meet and discuss what sort of things you might

need (based on what we are looking for)--and we can check with LiveLabs to see if they are willing to provide this support.
>>>>
>>>>Would you all happen to be free on April 10--perhaps at 11am?
>>>>Will
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>>>>*****
>>>>William Tov
>>>>Assistant Professor of Psychology
>>>>School of Social Sciences
>>>>Singapore Management University
>>>>90 Stamford Road, Level 4
>>>>Singapore 178903
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>>>>Office: 6828 1904
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>>>>From: YEO Cheng Fu
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>>>>>]
>>>>Sent: Thursday, April 02, 2015 2:02 AM
>>>>To: William TOV; Jochen REB
>>>>Cc: Benjamin Peter CHIA Sim Sen; LOW Wei Ting; HENG Kok Chin; CHAN
>>>>Jing Vin; Gareth Shaun NG Wei Long
>>>>Subject: SMU Mindfulness Initiative ReFokus Meditation App Dear
>>>>Professors
>>>>
>>>>My team and I have read the proposed IS480 project by you in the project wiki webpage. We would like to find out more on the project requirements, expectations and resources given to the team if selected.
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>>>>In addition, we are wondering if you all are open to suggestions such as having the practitioner submitting their heart rate or health related details using a smart band/watch after starting meditation to further back up the research work.
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>>>>It will be great if you can provide us with more details on the project via e-mail/project write up/meet up appointment.
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>>>>Thank you for your time and we look forward to hear from you soon.
>>>>
>>>>Regards
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>>>>YEO Cheng Fu
>>>>School of Information Systems
>>>>Singapore Management University
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