
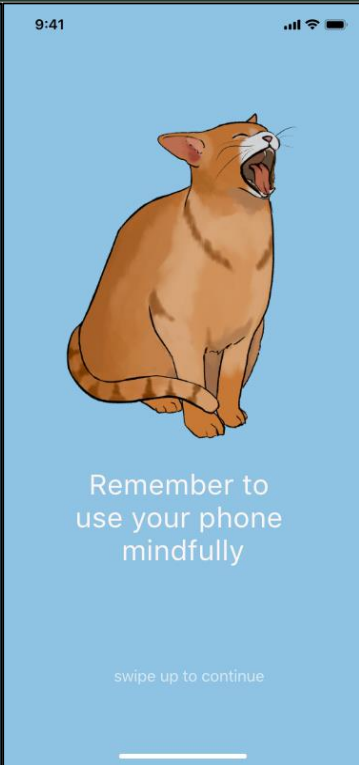
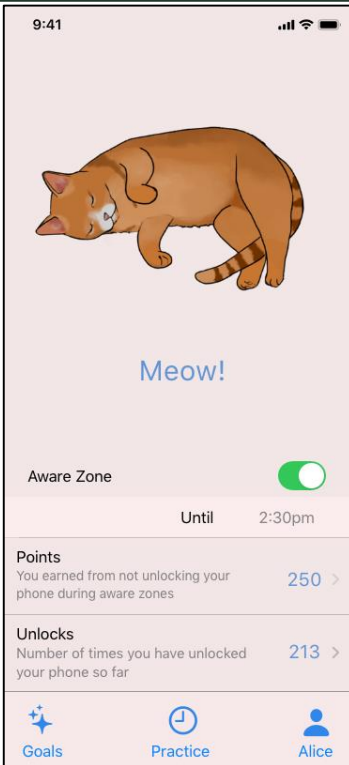


ScreenSnooze: Managing Smartphone Usage through Mindfulness Practices

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Problem Statement	ScreenSnooze Design			
How can we help smartphone users manage their screen time without causing mental health burden?			<p>“Aware zones” denote times when a user considers their phone use to be problematic. Users can manually set their aware zones. The cat serves as an entity that the user can relate to – we want the user to care about the well being of this entity, so they can choose a being they care about (e.g., a dog, plant).</p> <p>Screen 1: Unlock screen, displays a sleeping cat, to remind you that you are in an “aware zone”.</p> <p>Screen 2: User gets a reminder when unlocking phone during “aware zones”.</p> <p>Screen 3: The main screen of ScreenSnooze allows users to change their aware zone, view points they have earned and view the number of times they have unlocked their phones during aware zones.</p>	
Background				
<p>Our solution relies on mindfulness practices to reduce the stress of managing screen time.</p> <p>Mindfulness is defined as the conscious attention to our moment-to-moment experience [1].</p> <p>Prior research show mindfulness may help reduce anxiety caused by problematic smartphone use [2].</p>				
Design Goals				
<p>1. Usability. It should be easy for the user to define times when they do not want to use their phone, or if they do, be aware of how they use the phone.</p> <p>2. Long-term engagement. Users will be rewarded for not using their phones during aware zones. They can save points and redeem them to “buy” gifts for the cat.</p> <p>3. Feedback: The users can still view their unlocks so if their goal is to reduce this number, they have the data to do so, but the app will not tell users to do so.</p>				

References:

[1] Shapiro, Shauna L., et al. “Mechanisms of Mindfulness.” *Journal of Clinical Psychology*, vol. 62, no. 3, Mar. 2006, pp. 373–386., doi:10.1002/jclp.20237.

[2] Elhaj, Jon D., et al. “Distress tolerance and mindfulness mediate relations between depression and anxiety sensitivity with problematic smartphone use”. *Computers in Human Behavior*, vol 84. 2018. 477-484.