

Mobile Mindfulness

Amber van Anen (2071056)
ambervananen@gmail.com



Original paper:

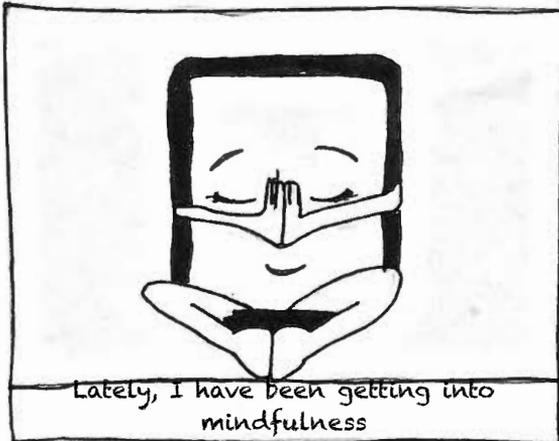
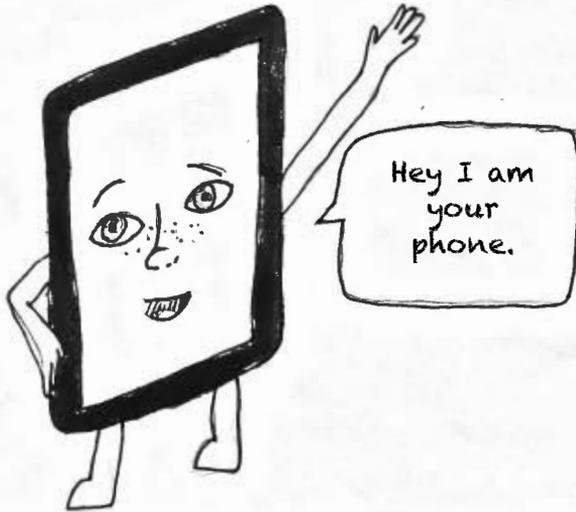
Flett, J.A.M., Hayne, H., Riordan, B.C., Thompson, L.M., & Conner, T.S. (2018). Mobile Mindfulness Meditation: a Randomized Controlled Trial of the Effect of Two Popular Apps on Mental Health, *Mindfulness*, 10, 863-876. doi: 10.1007/s1267-018-1050-9

https://www.researchgate.net/publication/328635736_Mobile_Mindfulness_Meditation_a_Randomised_Controlled_Trial_of_the_Effect_of_Two_Popular_Apps_on_Mental_Health

Project created for the class:
Visual Thinking and Composition, Winter 2020
Tilburg University, Department of Communication and Cognition

Instructor: Neil Cohn, neilcohn@visuallanguagelab.com, www.visuallanguagelab.com

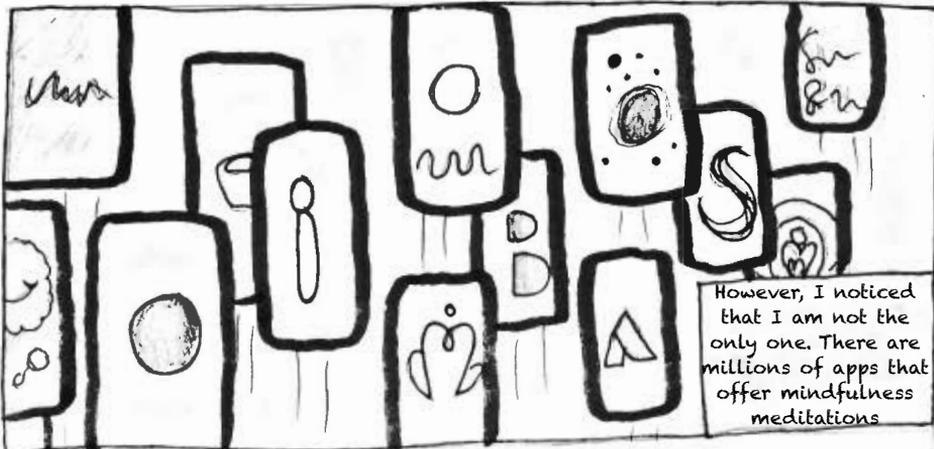
mobile mindfulness



Lately, I have been getting into mindfulness



to escape the busy life of endless notifications and bingewatching

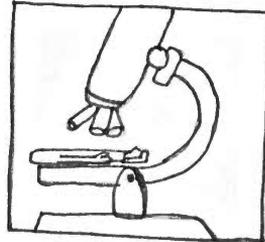
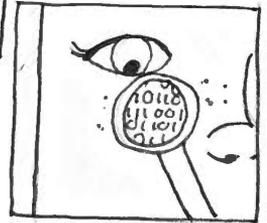
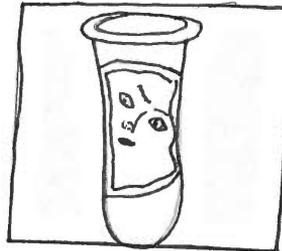


However, I noticed that I am not the only one. There are millions of apps that offer mindfulness meditations

A lot of new apps and the high turnover rate that goes with these apps, made me wonder "Do these actually work?"

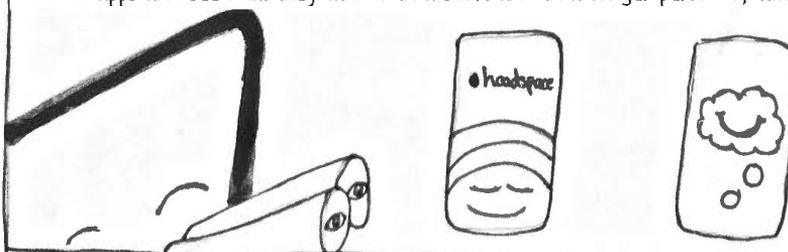


Well, it actually made scientist wonder about the effectivity of these apps



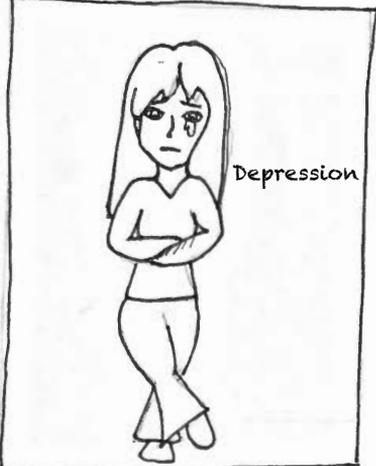
I have been thoroughly researched on different apps and different effects

Based on previous research, we are now going to look at two very popular mindfulness apps and see what they can do in a short and in a longer period of time!

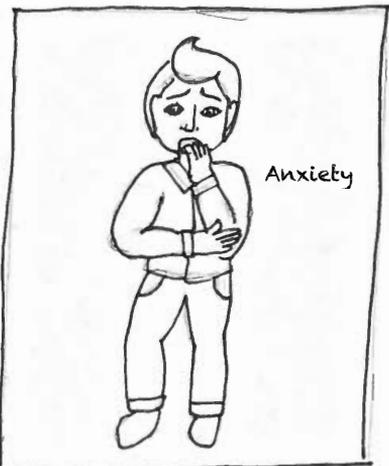




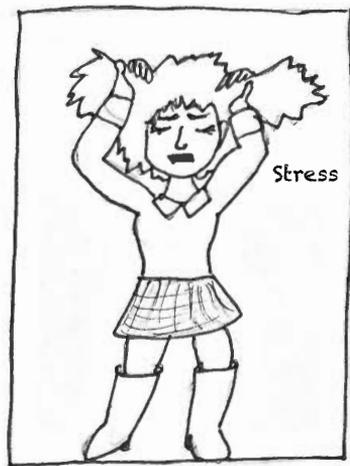
To do this I want to introduce you to my friends



Depression



Anxiety



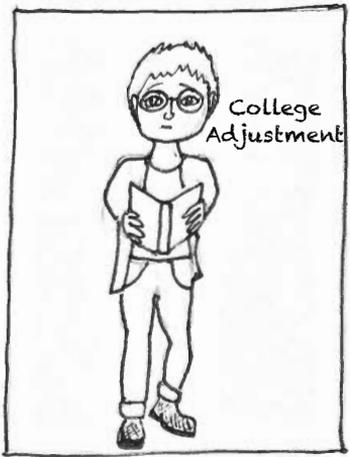
Stress



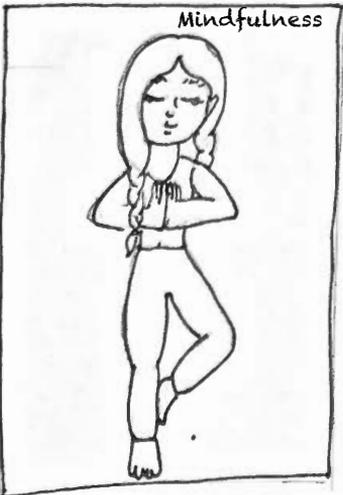
Resilience



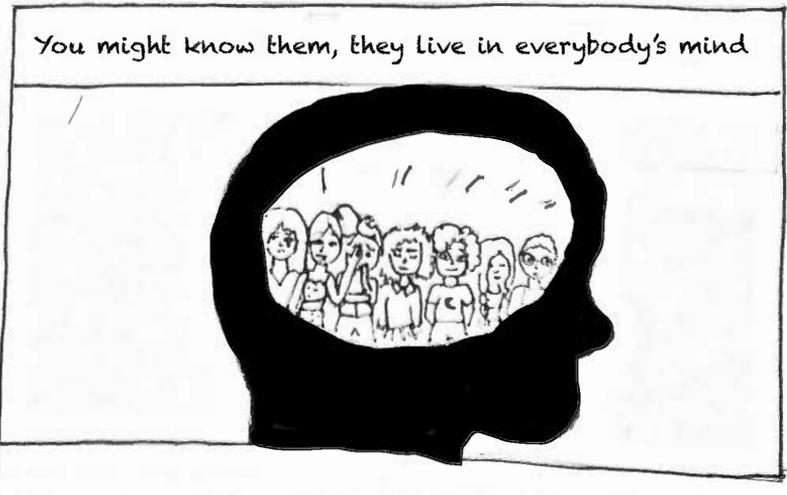
Flourishing

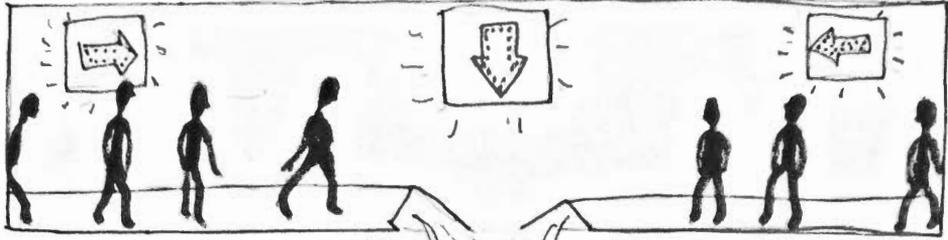


College Adjustment



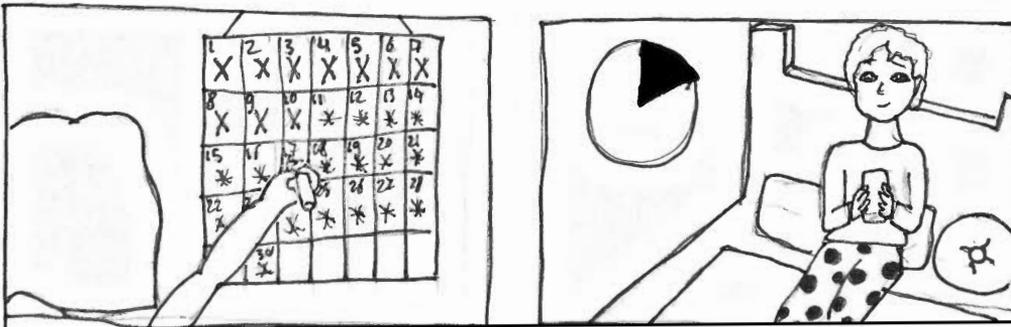
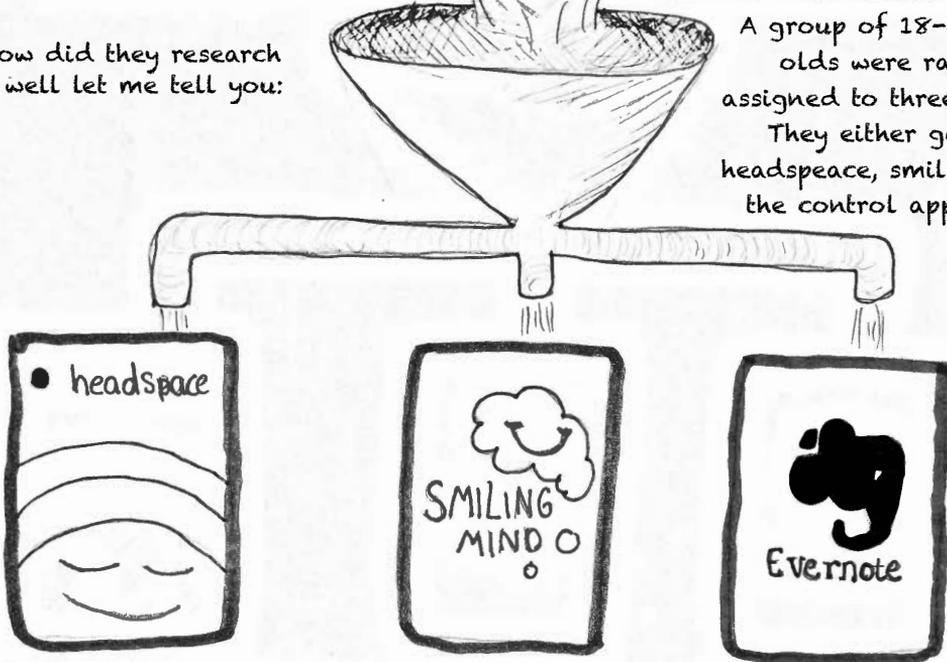
Mindfulness



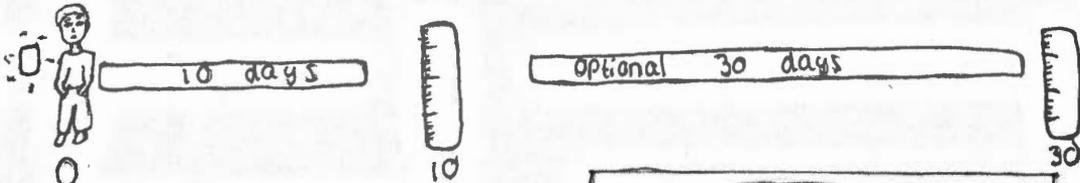


So how did they research this, well let me tell you:

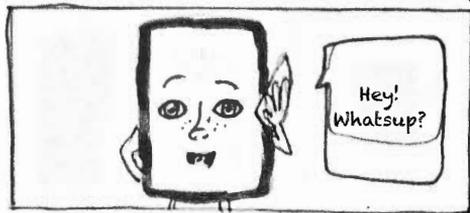
A group of 18-to-49-year olds were randomly assigned to three categories. They either got to use headspace, smiling mind or the control app evernote.

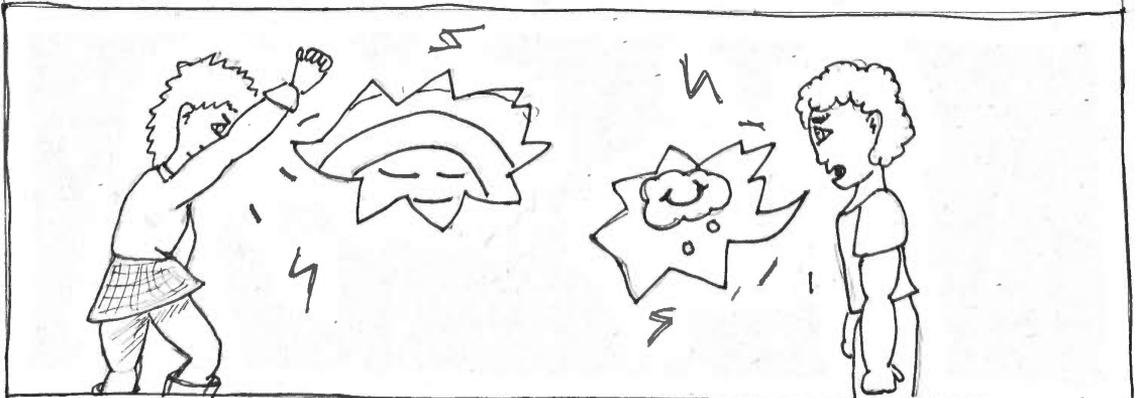
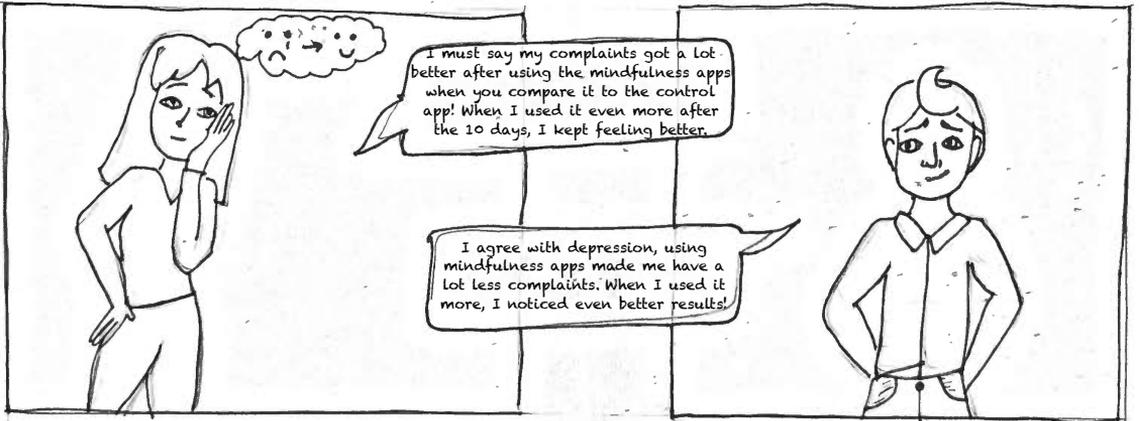
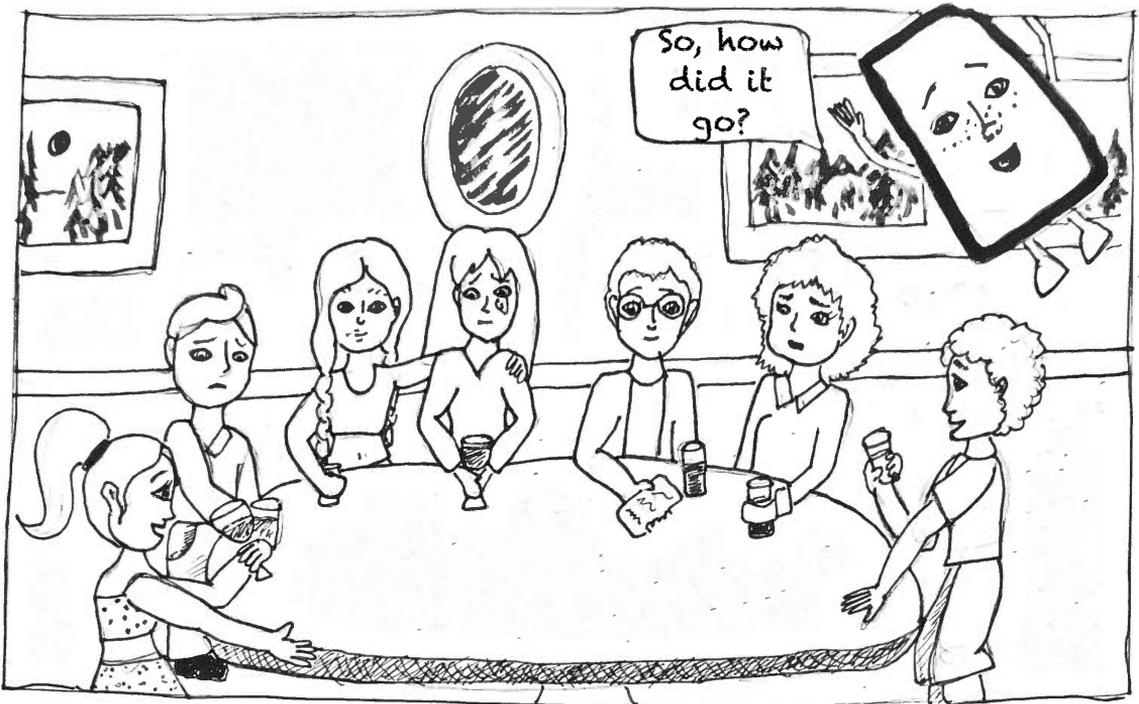


These people used their app for 10 days and were encouraged to use it for 10 minutes a day. After these 10 days there was an option to use it 30 more days, app usage was not measured in this period.



On these measuring moments they contacted our friends to take stock how it's going

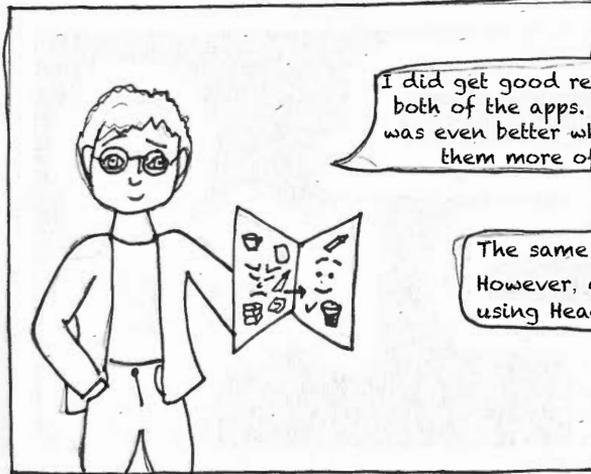




Stress and resilience had a little disagreement: Stress only felt better after using Headspace, while Resilience only noticed results after using Smiling Mind.



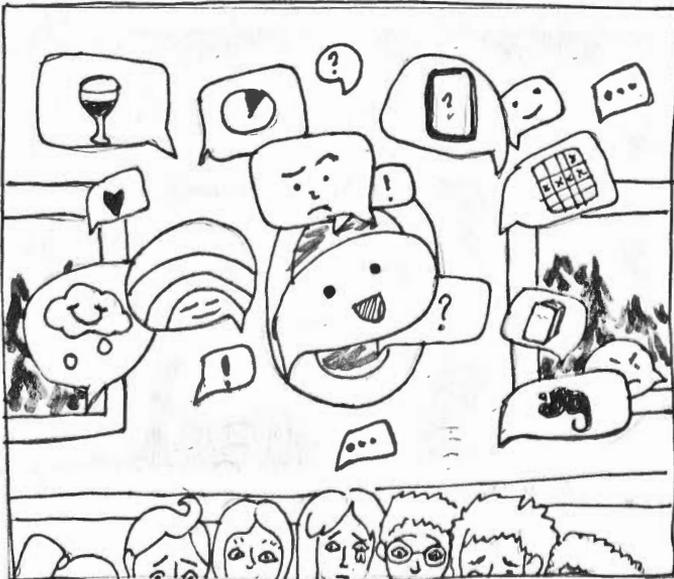
Well guys, at least you felt better. I did not really do anything for me. None of the apps. I might be a tough one to change!



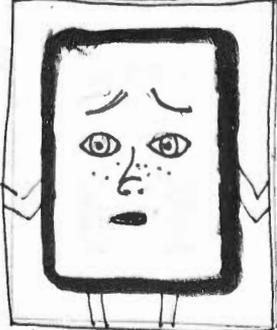
I did get good results with both of the apps. And this was even better when using them more often.



The same for me! However, only when using Headspace.



Okay guys, that will be enough. Thank you!



This research shows that practicing mindfulness indeed has benefits. It can improve some aspects of negative mental health. Also, practicing online mindfulness can strengthen positive mental health.



Even though this evidence is only based on short term effects. I still would like to invite you to not only use me to watch an entire season on Netflix in one day, but also use me to help improve your mental health.

