# DESIGN GOAL

Create a holistic experience, includes family, for teen-heart-patients that can reduce anxiety and the need for sedation during the MRI

### WHAT TEENS WANT

self-identity exploration support control social relatedness







no control hard on body issolation family stress

### MRI & HEART PROBLEM



### online gu

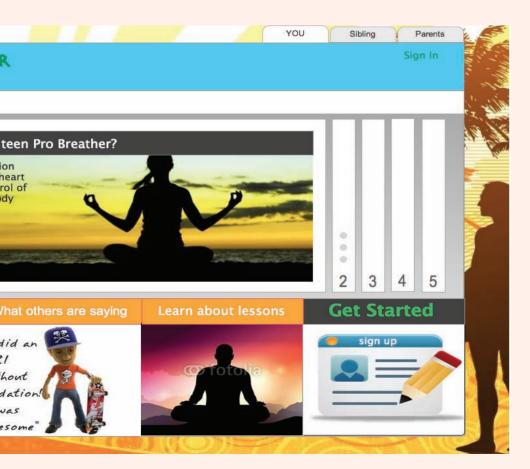


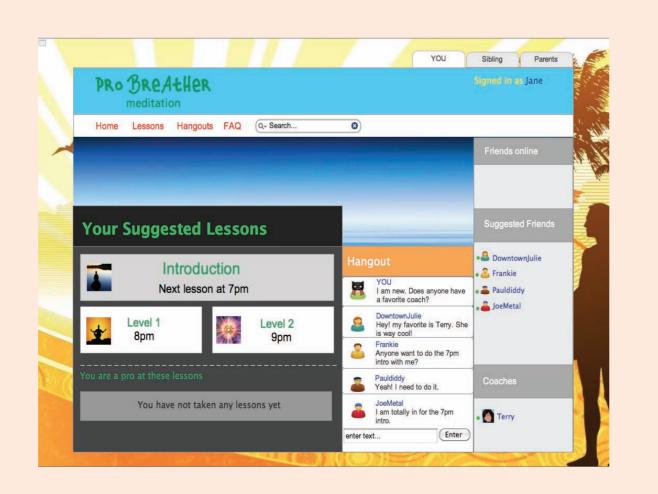
# PRO BREAther Meditation Social, Control, Fantasy



### SOLUTION

#### ided meditation lessons





learn to control heart rhythm for MRI & life live coach group discussions

## BENEFITS

social networking (w/ teenage heart patients)

**bond & feel normal** Invite friends & Family to lessons

	PRO	Invite Friends & Fam	ily to lesson & Confir	m Time
~	Home	You are invit	ting	- 1
		🗆 I am not invi		
		About lesson		Confirm Select Lesson Time
		About lesson In the intro lesson you will learn about meditation tips &	Cancel Send & About the coaches Terry loves using sounds during meditation. In her	
		About lesson you will learn about meditation tips & tricks (sitting, sounds, etc), practice meditation for 10 min. and find	Cancel Send & About the coaches Sounds during meditation. In her spare time she has a band. <u>Couce</u> 12	Select Lesson Time
		About lesson In the intro lesson you will learn about meditation tips & tricks (sitting, sounds, etc), practice meditation	Cancel Send & About the coaches Sounds during meditation. In her spare time she has a band.	Select Lesson Time Search & Schedule

#### EVALUATIVE STUDY In person application test



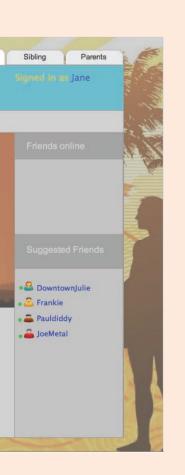
4 teens, ages 16-17

"the lesson is peaceful & serene"

"you don't feel like you are separate from others"

"the avatar makes it more persor but not sure if necessary"

#### **EVALUATIVE STUDY** Group meditation lesson via skype call





3 adults, ages 24-54 1 meditate instructor

"warm ups & group discussion help me connect. - Pat

"it was successful! But wish I didn't jeans"- Kathy

"it was quite nice, but.. I didn't know was doing the poses right - Maria"

	RESULTS			
	Able to enter fantasy			
te	Felt connected & supported by others			
nal,	Felt in control of body & personal experience			
	FUTURE DEVELOPMENT			
ped	Define avater lesson interaction			
wear	Add lesson visuals			
ow if I	Add environmental set-up instructions, e.g. lighting, clothing external sounds			
	Develop Parent & Sibling sites			