

DESIGN GOAL

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



no control
hard on body
isolation
family stress

WHAT TEENS WANT

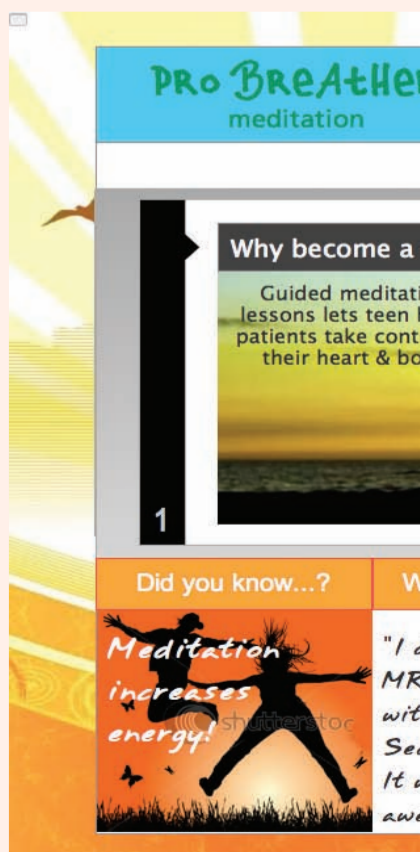
self-identity
exploration
support
control
social relatedness



MRI & HEART PROBLEM



online gu



PRO BREATHER MEDITATION

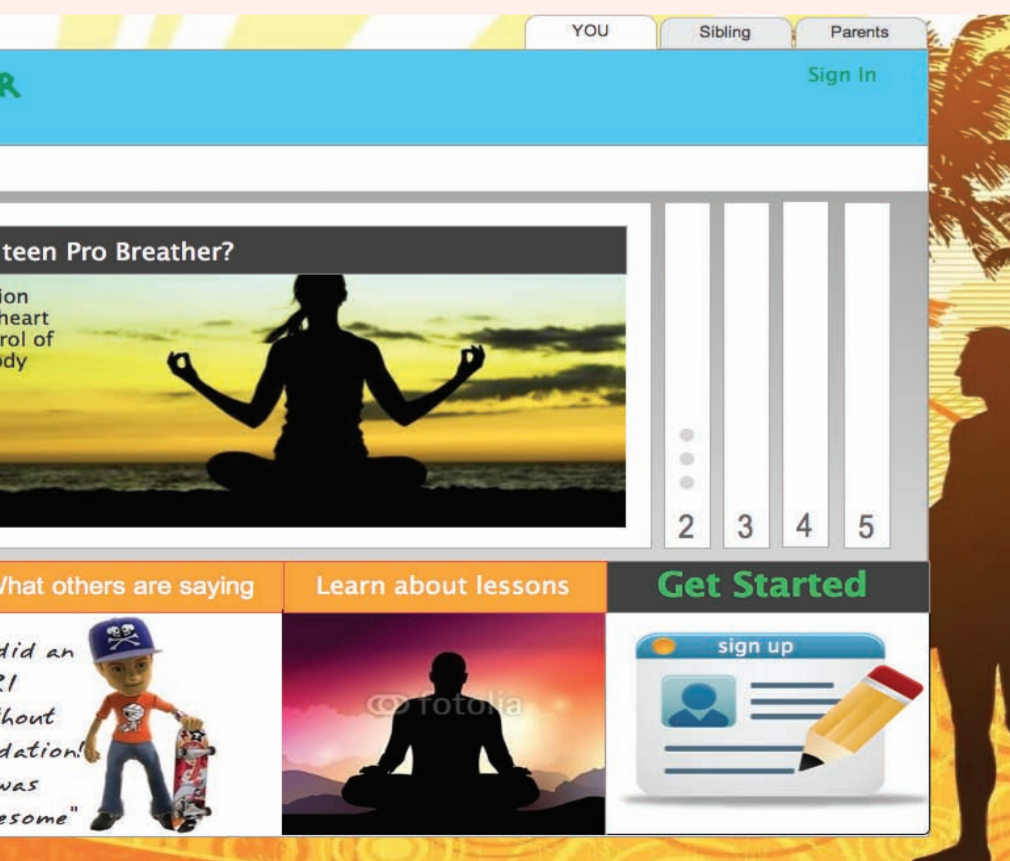
Social, Control, Fantasy



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

SOLUTION

guided meditation lessons



BENEFITS

social networking
(w/ teenage heart patients)

bond & feel normal
Invite friends & Family to lessons



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 personal, but not sure if necessary”

RESULTS



Able to enter fantasy



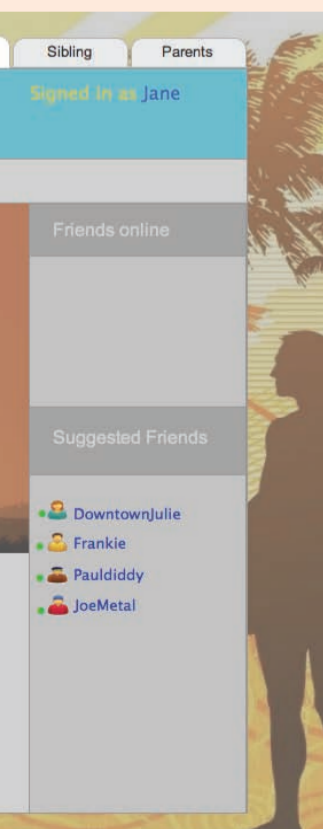
Felt connected & supported by others



Felt in control of body & personal experience

EVALUATIVE STUDY

Group meditation lesson via skype call



3 adults, ages 24-54
1 meditate instructor



“warm ups & group discussion helped me connect. - Pat

“it was successful! But wish I didn't wear jeans”- Kathy

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

FUTURE DEVELOPMENT



Define avater lesson interaction



Add lesson visuals



Add environmental set-up instructions, e.g. lighting, clothing external sounds



Develop Parent & Sibling sites