

Realization of wellbeing by feedback based on psychological states evaluated by objective methods

R&D Project Title : Augmenting shared dining experiences with heartfulness practice and QOL measurements

Project Leader : Yuichi Nakamura, Professor, Academic Center for Computing and Media Studies, Kyoto University

R&D Team : Doshisha Women's College of Liberal Arts, Kansai Medical University, Kagawa University, Osaka Institute of Technology



Summary :

The aim of the project is to establish a framework for QOL (Quality Of Life) improvement with the changes of awareness and behaviors stimulated by sharing dining experiences and feedbacks. The framework consists of “augmented shared dining”, “QOL measurement”, and “positive feedback”, each of which is designed and implemented as the followings.

- Collaborating work of research institutes and industries realizes “Augmented Shared Dining”, in which people share the experiences of cooking, eating, and relating activities in physically the same place or through the network.
- QOL measurements are realized based on accumulated evidence by physiological measurements, self QOL monitoring, and behavior measurements of facial expressions, motions, voice, etc.
- Feedback methods for inducing metacognition of QOL improvements are designed based on QOL measurements, and devices that support the feedback are designed and implemented.

