



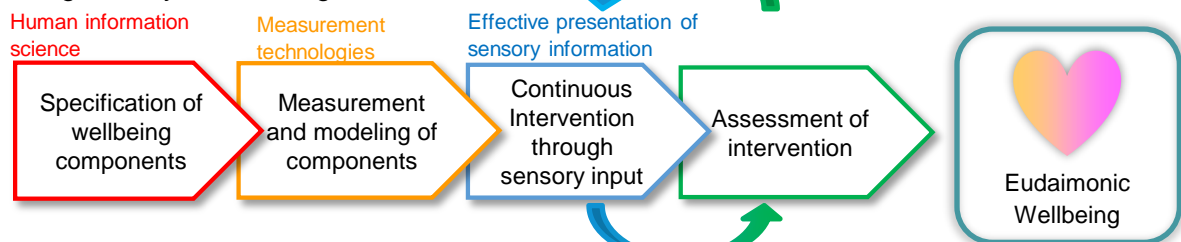
Abstract

We propose an **evidence-based design theory** to reach an state of **wellbeing**, the state in which one finds meaning in life and fulfills one's greatest potential. Components of wellbeing can be identified not only at the individual level, but also in all sorts of human relations. Families, friends, organizations, and even society. The components also fluctuate depending of one's life-stage. Together with traditional subjective reports, **objective approaches** such as behavioral analysis and biometric measurements **are mandatory to achieve a comprehensive understanding of the components**. By integrating various research methods, technologies, and findings, we set up a 4-step process – specification of components, measurement and modeling, intervention, and assessment – to create wellbeing indices, which will contribute to **empower our eudaimonic wellbeing**.

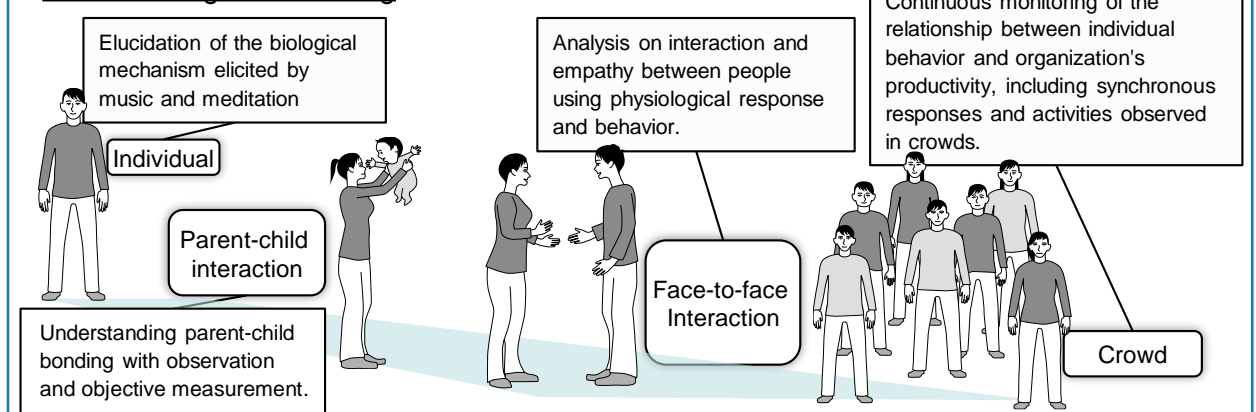
How information technology can support the richness of the mind? Our evidence-based research on **human information science**, technologies for **mental state measurement** and those for **presentation of sensory information** will contribute to empower wellbeing*.

* Wellbeing: The state in which one finds meaning in life and fulfills one's greatest potential. It is quantified d by multidimensional measurements of subjectivity, behavior and physiology. it will also fluctuate depending on one's life stage, interpersonal relationship, organization and so on.

Design theory of wellbeing



Research target of wellbeing



References

- [1] R. Calvo & D. Peters, "Positive computing," MIT Press, 2014.
- [2] H. Ando, J. Watanabe, H. Long, D. Chen, & K. Sakakura, Development of Information Technology Guidelines for Promoting Wellbeing in Japanese Culture:, In Proc. the 2nd Symposium on Computing and Mental Health (CHI 2017)

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