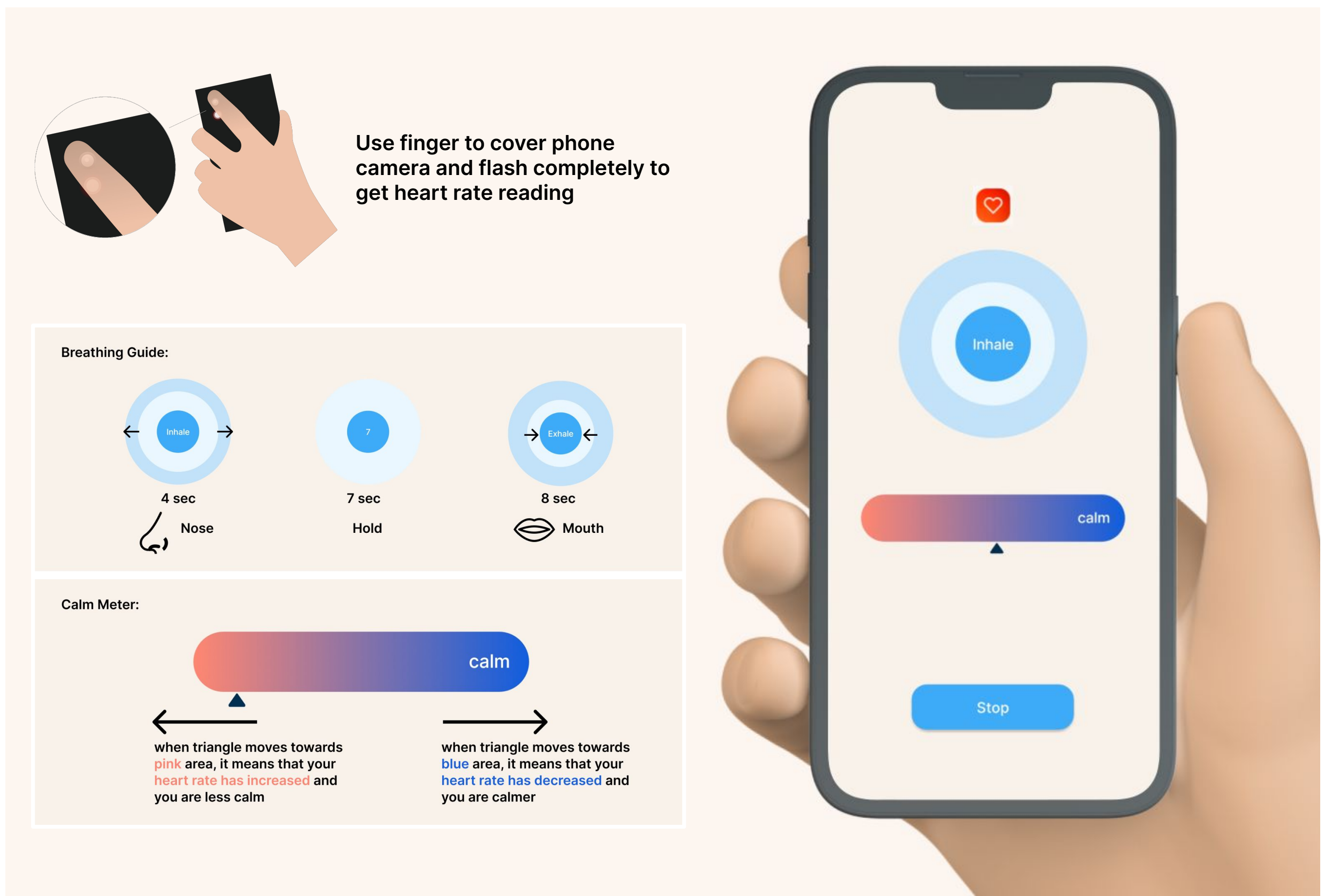


Deep Breathing with Biofeedback App

Mobile Phone-assisted Relaxation Techniques

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Project Objectives:

This project aims to explore the effectiveness of deep breathing exercises with biofeedback interaction. In this study, biofeedback is defined as the feedback on the heart rate during a deep breathing exercise. Zenwe, an Android mobile application with two different breathing exercises was developed: with biofeedback and without biofeedback. User studies were conducted to investigate how useful biofeedback visualisation using a novel calm meter is in helping users to attain calmness and to determine which breathing exercise users preferred.