

Promotion of Wellbeing in Japanese Culture using Positive Computing

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Background

- Mental health stigma in Japanese context, tendency to avoid help-seeking
- Much of Human-Computer Interaction (HCI) and positive psychology research focusing on Western contexts & values
- Japanese living in Europe using technology designed with Western values

AIM: Design positive psychology intervention for users with Japanese background living in Europe to promote wellbeing

Methods

- **Narrative literature review** on mental health in Japanese culture, and positive psychology interventions
- **User research:** Five qualitative interviews with people with Japanese background living in Europe. In addition, explore motivation strategy using a chatbot to foster engagement.

Concept

- **24 design implications** based on literature review & interviews
- **High-fi prototype** concept implementing **gratitude & humour** interventions
- Include **chatbot** to provide companionship & engagement



Discussion & Conclusion

- Positive psychology intervention focusing on self-help, self-care, anonymous interventions
- First step to triangulate **collectivistic culture, positive psychology, and HCI research**
- Future work: Evaluation of prototype

Thank you!

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