Promotion of Wellbeing in Japanese Culture using Positive Computing

Isabel Schwaninger
Digital Medicine Group, LCSB, Université du Luxembourg
isabel.schwaninger@uni.lu

Sissi Zhan
Human-Computer Interaction Group, Faculty of Informatics, TU Wien
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!

isabel.schwaninger@uni.lu