

Interactive Digital Narrative (IDN) as a tool to design meaningful & extended mindfulness experiences

Research Question: How the use of IDNs (Interactive Digital Narratives) can be used to design meaningful mindfulness experiences within XR Environments?

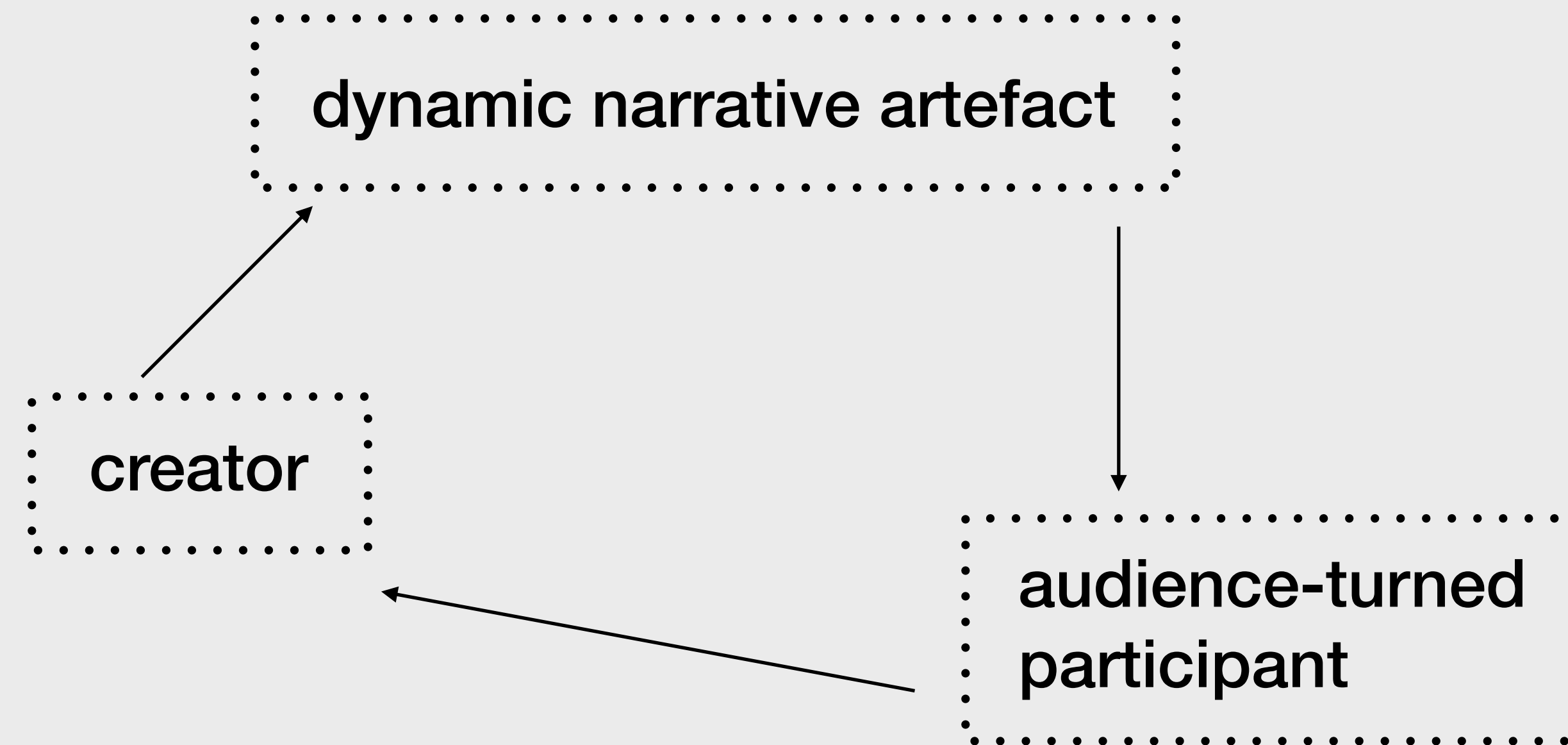
- Hamlet on the Holodeck (Janet H.Murray)
- Understanding Interactive Digital Narrative (Hartmut Koenitz)
- Interactive Digital Narrative (Hartmut Koenitz, Gabriele Ferri, Mads Haahr, Diğdem Sezen, Tonguç İbrahim Sezen)
- Interactive Digital Narrative (Hartmut Koenitz)
- Chris Crawford on Interactive Storytelling (Chris Crawford)
- Narrative as Virtual Reality: Immersion and Interactivity in Literature and Electronic Media (Marie-Laure Ryan)
- The Art of Immersion : How the Digital Generation is Remaking Hollywood, Madison Avenue, and the way we tell stories (Frank Rose)
- Toward a Ludic Architecture (The Space of Play and Games)
- Cybertext: Perspectives on Ergodic literature (Espen J. Aarseth)
- Façade (video game, Michael Mateas/ Andrew Stern)

What is Interactive Digital Narrative:

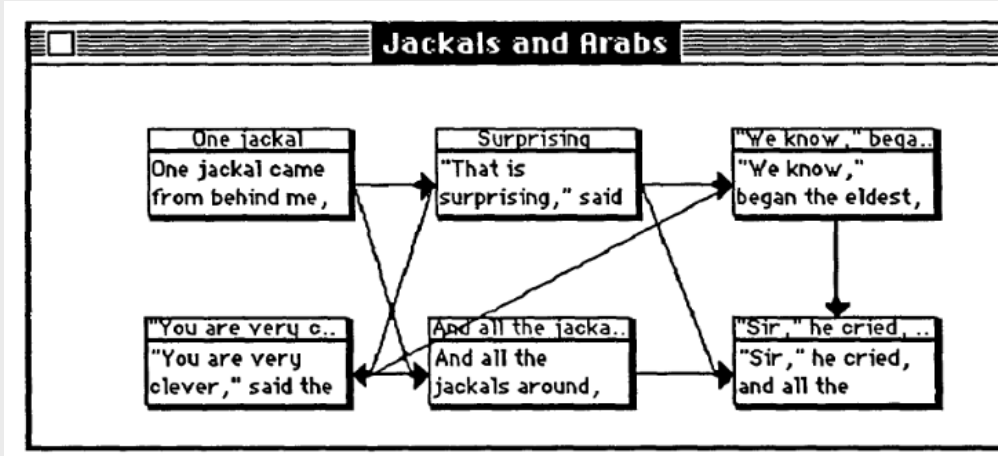
“Narrative in digital media that changes according to user input”

“It covers the power relationship between audience and author enabled by interactivity”





Quest for equilibrium between agency + coherent satisfying experience



hypertext fiction

Laserdisc



Interactive cinema



Videogames



Murray identifies four essential properties of computers as a narrative medium—**procedural, participatory, spatial and encyclopaedic**

IDN + well-being

current

MyndPlay has produced several short branching-narrative films aimed at entertainment or personal well-being that are controlled by input from commercially available EEG brainwave headsets.



present

Headspace and Meta has launched Headspace XR, a mixed and virtual reality experience built primarily for Gen Z users to “strengthen their mind-body connection”.



IDN + well-being

“How are you?” Is such an important question that we dodge in our lives



Sarah Cohen
Content at Headspace



Play is also a part of mindfulness, we release dopamine and happy chemicals

Headspace XR is both a single-user and multi-user experience

There isn't just one way to meditate/to be mindful



Emily Short

Interactive Fiction Writer

Interactive narratives are particularly good for what is called “sociological storytelling”, for writing about (and writing within) systems; good at presenting the player with not just a single instance of how a system works, but a responsive, explorable case study.

After you get past the novelty value of “say anything” and you get down to actually playing the game, you often find you’re doing a lot of work for nothing

A key issue here is that natural language offers the player nearly unlimited affordances, and the vast majority are completely irrelevant to the game they’re playing.

generated emotionality is still often lacking.

Any given work has particular goals, which may be served by particular choices. I’ve played some excellent pieces where the whole value of them lay in the sense of player agency, and others in which the point of the piece was the way it denied player agency.



Simon de Diesbach

VR Cinematographer

Triggering changes in virtual worlds by analog interactions is something I'm interested in

I'm using VR because there is a real purpose behind it. The technology needs to fit the narrative.

My approach is about putting the environment as a subject not as an object.

Linear cinema will evolve with AI and they will evolve in experiences

We are living in an era in which we are investing more in digitalisation than in preserving nature

VR allows embodying different types of views. This is unique to this medium.

Insights:

- Generated emotionality is lacking
- Empathy starts from real check-ins
- Play is also a part of mindfulness, since happy chemicals are released
- Contemplation and embodiment of multiple views are unique to the virtual medium
- Particular goals may be served by particular choices