ISEA2017

23rd INTERNATIONAL SYMPOSIUM ON ELECTRONIC ART

XVI INTERNATIONAL IMAGE FESTIVAL

CREATIVE CALL

1. Title

Visualizing Anxiety

2. Organizers and presenters' names and affiliations

Sophie Maquiling – University of California, Davis; Design and Computer Science Undergraduate

3. URL of the demo website or video

sopmaq.github.io/des157
Please view links under "Project" heading.

4. Abstract (ready for diffusion). 200 words maximum.

Though anxiety originates in the mind, it is often the physical symptoms of anxiety that interfere with daily life. Common techniques that those experiencing anxiety are counseled to use are controlled breathing and meditation, breathing exercises that involve changing fast-paced, shallow breathing to deeper, slower breaths that help reduce heart rate and other physical symptoms. In "Visualizing Anxiety," I target the power of the user to take control of the physical symptoms of their anxiety in a way similar to controlled breathing and meditation by allowing them to first notice and realize the physical symptoms of their anxiety through visualization, then encouraging them to positively change these symptoms through an interactive component.

5. General description of the Project

Controlled breathing, meditation, and other exercises are physical experiences that allows people to take control of their mental experiences. My project is made up of two parts: a visualization, with the goal of having users *recognize* symptoms of anxiety, and an interactive component, with the goal of having users *take action* to relieve symptoms of anxiety.

6. From glenda: I'm not sure what they will be asking in this field, but I imagine they will want to see how you

I chose to respond to the theme of "Bio-Creation and Data" by creating an experience that allows users to interact with their own biological data: in this case, the physical symptoms of anxiety (fast heartbeat, shallow breathing, etc.). By collecting personal data and portraying it in a tactile and manageable way, I aim to make the user feel empowered and in control of their anxiety.

7. Biographies of the Author(s).

Sophie Maquiling is a third year studying Design and Computer Science at the University of California, Davis.