

# A Tool to Measure Meditation

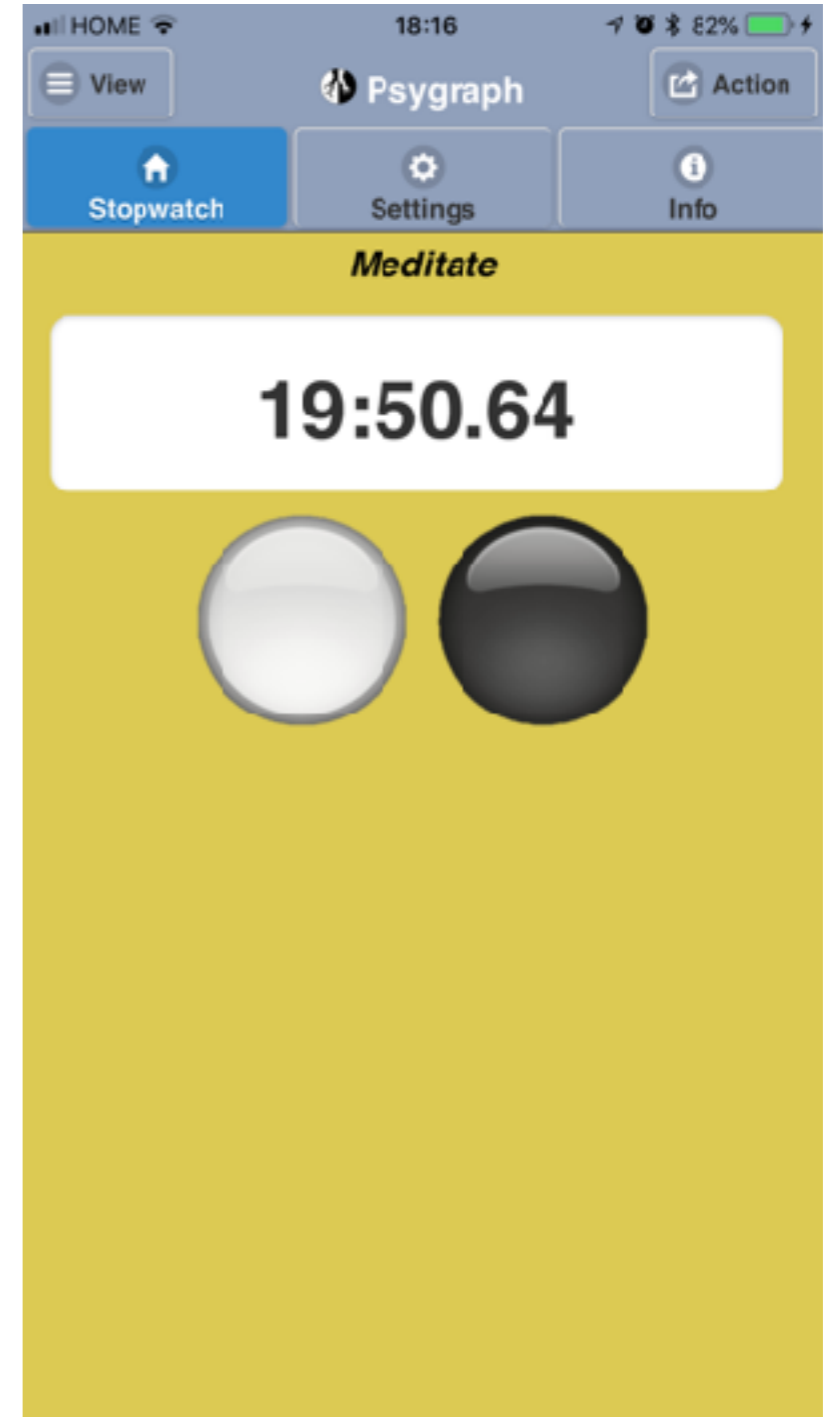
Alec Rogers  
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# Introduction

- I am a software engineer with a background in psychology and philosophy.
- I am interested in education, meditation, and ethics.
- This talk describes the evolution of an app that I wrote and use to quantify my meditation practice, which consists of four tools.

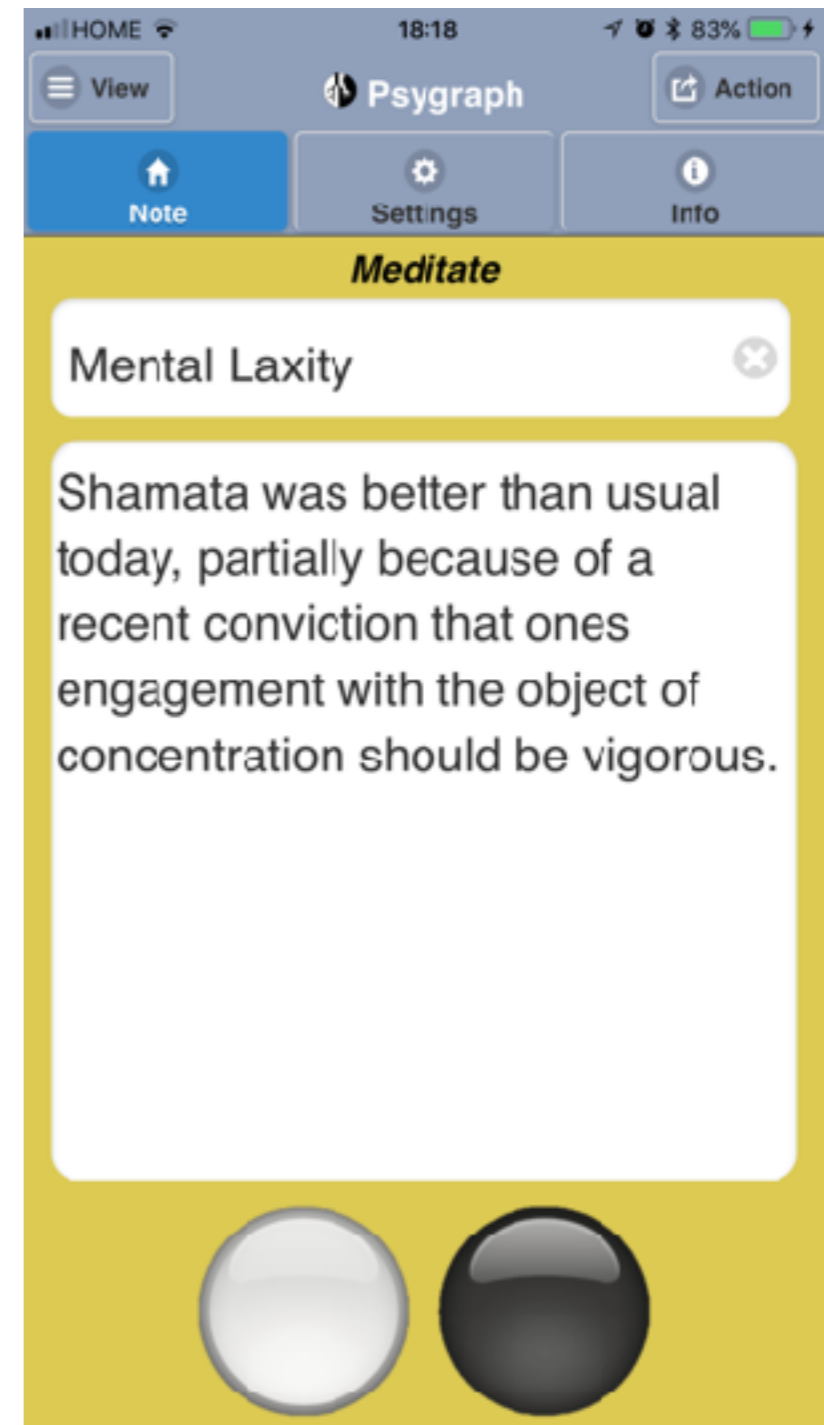
# Tool 1: A Stopwatch for Meditation

- To quantify the amount of time spent in meditation, a stopwatch tool logs the time spent in various categories to a Wordpress server.



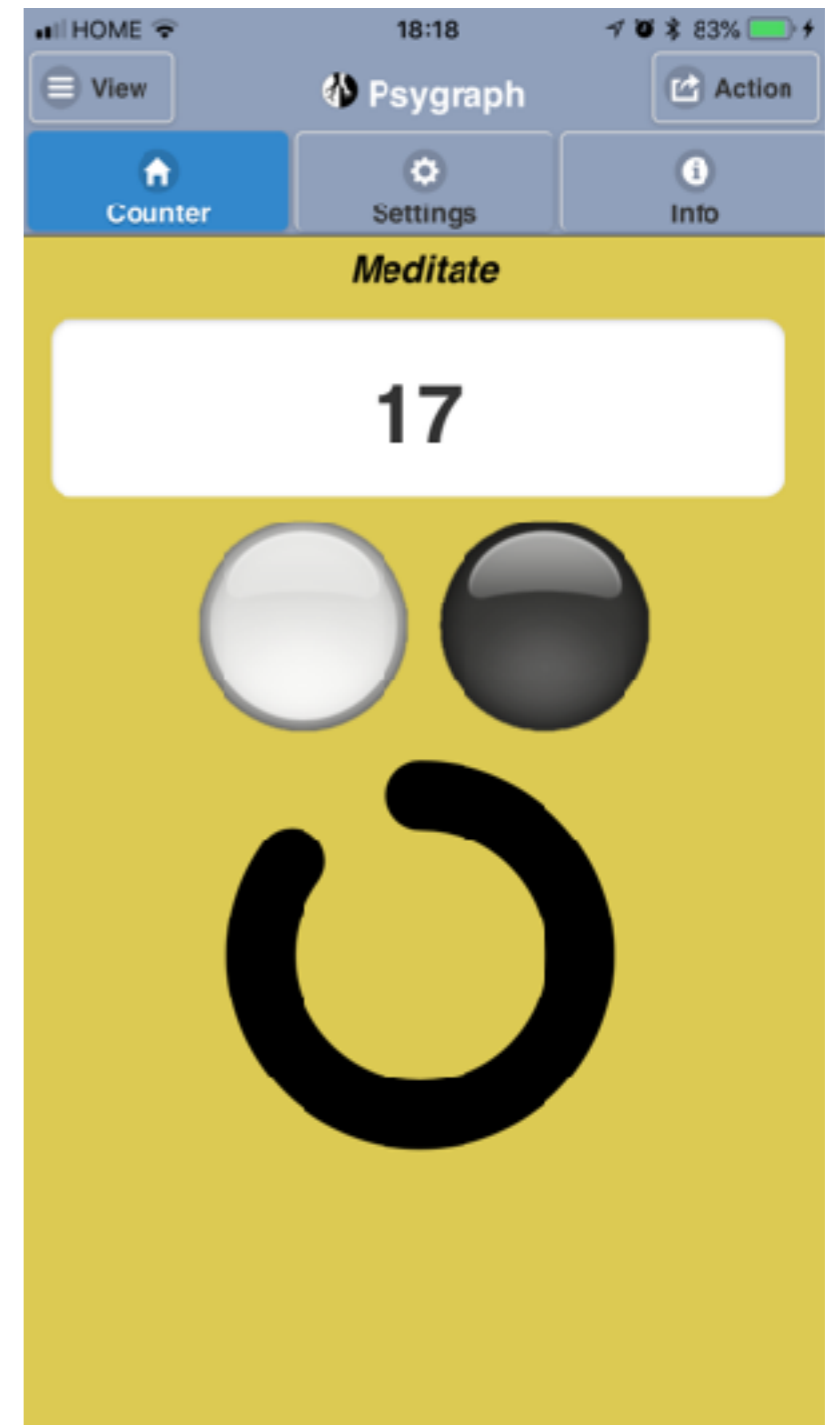
# Tool 2: Verbal Notes

- To capture notes during meditation, a note taking tool was added.
- It allows text and recorded audio notes.



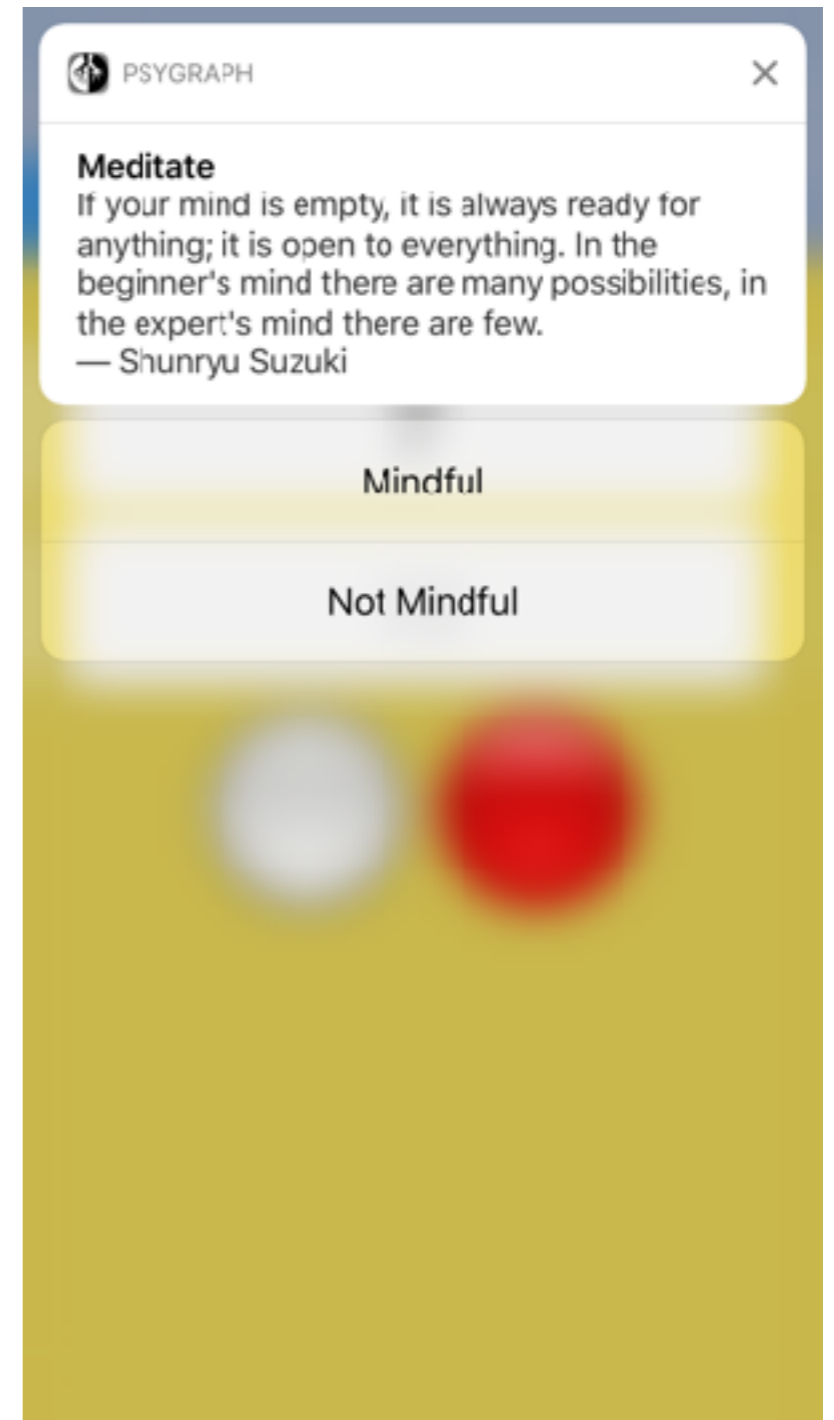
# Tool 3: Breath Counting to Measure Mindfulness

- To address if meditation is improving mindfulness, a breath counting tool was added (an idea of Richard Davidson).
- If you cannot count accurately, your mind must be wandering.



# Tool 4: A Random Timer for Non-Meditation

- A repeating countdown timer was created to deliver alerts at random intervals during the day.
- When the timer elapses, you are prompted to indicate if you are mindful at that moment.

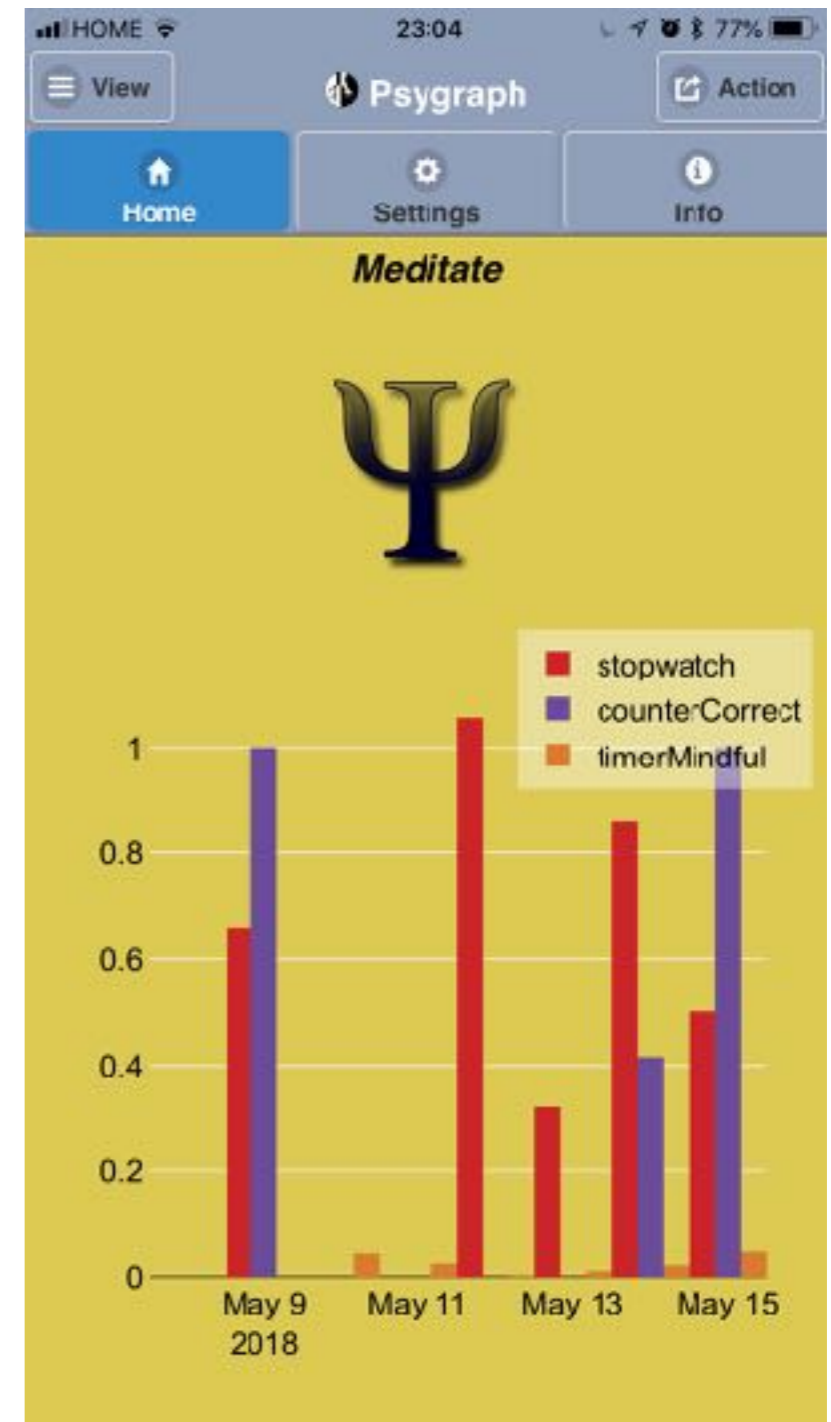


# Results: Qualitative

- Initially, I was bad at the counting exercise, and that improved. Currently, my hit rate is “pretty good” at a count of 20.
- My breath counting is typically inaccurate when I first sit down, and improves over the course of the meditation session.
- Measuring mindfulness during non-meditation with a random timer indicates that I am almost always thinking about something.

# Results: Quantitative

- Quantitative data in the form of a list of events and a graph of recent activity can be displayed within the app.
- The data is also used to generate daily/weekly email reminders.





# Outro

- Me: Alec Rogers
  - [alec@arborrhythms.com](mailto:alec@arborrhythms.com)
- App: Psygraph (for IOS and Android)
  - <http://psygraph.com>