

Body Up AR Filter Mirror

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About Project

The project aims to use **multimedia technology** and **positive psychology** to design a personalised interaction (e-therapy) to **improve the user's appreciation of body functions and body image satisfaction.**

This will prevent "recovered eating disorder patients" from relapsing into eating disorders due to body image dissatisfaction.

“All bodies are good bodies.”

Study Methodology

Inspiration

Literature Research
Competitive Analysis
User Interview

Ideation

Questionnaires
User Flow
Low-Fi Prototyping
Usability Testing

Implementation

Results
Prototype

Conclusions

After small-scale testing, the AR filter's Interactive Functions were shown to be effective in increasing users' appreciation of body functions and body satisfaction.

Future Work

Design iterations

Dairy research to track user behaviour, identify issues in use, effectiveness, dropout rates.

Develop implementation in AR filter development platform.

Multi-platform vision

Full body interactive screens that can be used in public spaces. Functional filters can also be developed for localised body parts to be used on mobile devices.

Background

Reason

- Media pressure
- Experiences childhood
- Social pressure
- Social media

People in Negative Body Image

-  Social anxiety
-  Depressive
-  Unhealthy diets
-  Low self-esteem

The Facts

70 Millions people in ED

1:10 Man : Women

35-40%
Of those who recover will relapse.
Many people have struggled with this all their lives.

Design

AR Interaction Full-Body Filter

■ Muscle Up

“Every piece of me is important ! ”

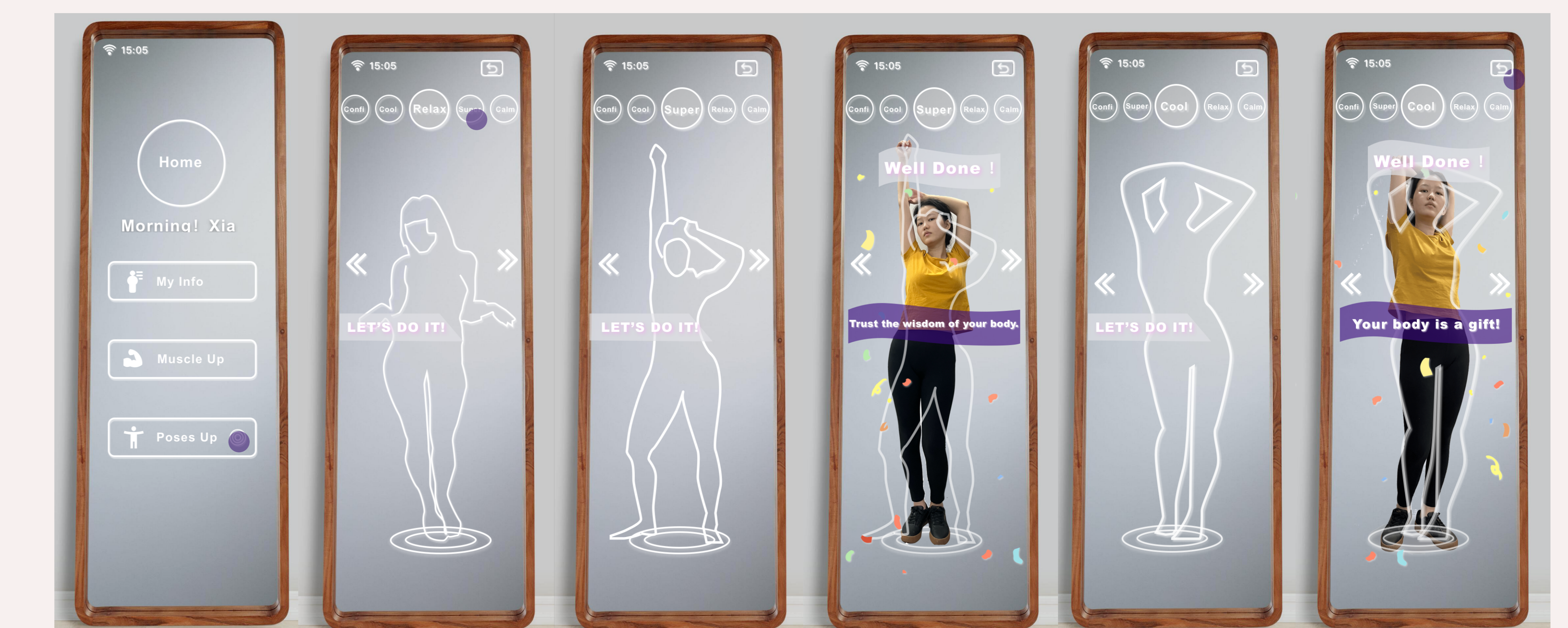
■ Poses Up

“Feel my body and find that it is always Good ! ”



Touch Yourself

Move Yourself



Body Function Appreciation

Observe the force of the muscles in action, the muscle force state is red, the others are blue.
& Show the action of the body muscles

Body Positive Affirmations

The presence of the Affirmations allows you to complete positive thinking invisibly

Positive Body Image

Never judge your body, feel it.

Testing

After Task 1&2&3

- 1、 ASQ (After-scenario Questionnaire)
UMUX (Usability Metric for User Experience)

Before & After Testing

- 2、 Body Image Satisfaction Scale/Function Appreciation Scale
Eye-gazing Glasses for people look themselves/User interview

Results Analysis

Comparing the total satisfaction scores of the users comparing each of the three Tasks resulted in the highest satisfaction with 3 and the lowest satisfaction with 1. The post-test interviews concluded that the highest liking was for 2 and the lowest for 1.

Five participants decreased the amount of time they spent looking at their unsatisfactory body parts and increased the amount of time they spent looking at their satisfactory parts after the test. Five participants increased their satisfaction with body function, three of whom increased significantly.