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How can contemplative practices help the social well-being?

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We are developing a protocol that defines how wearable and sensing technologies can be used in detecting a subject's mental state and how smart phone and social media can be used to develop applications that use contemplative practices to solve psychological and mental health issues. We have used electroencephalography (EEG) data to build brain state models that can identify characteristics of mental states. Then, we design an inductive system that can guide the meditator into the meditating state. We will design the system with the EEG sensors tracking the attention status, and virtual 3D images of natural sceneries or images. With this system built up, we will implement a stress reduction system that helps people reduce the mental stress. Broadened study on this method will help build useful protocols for other contemplative practices and their uses in developing healthcare applications to address various psychological and mental problems.

Biography

Hong Lin pursued his PhD in Computer Science (1997) from the University of Science and Technology of China, P R China. He worked as a Postdoctoral Research Associate at Purdue University, USA; an Assistant Research Officer at the National Research Council, Canada, and a Software Engineer at Nokia Inc. Currently, he is a Professor in Computer Science and an Assistant Chair in the Department of Computer Science and Engineering Technology at University of Houston-Downtown. His research interests include human-centered computing, cognitive intelligence, data analytics and parallel/distributed computing. He is also the Supervisor of the Grid Computing Lab at University of Houston-Downtown(UHD). He is also a Senior Member of the Association for Computing Machinery (ACM), USA.

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