

Interview Outline

Your Task:

1. At least one **effective** interview.
(Effective: The interview should provide useful keywords extracted from the respondent's answers.)
(Priority: Interview people of different nationalities, with preference for those with meditation experience.)
2. The interview must be **recorded**, either close-up or half-body. (just interviewee)
3. Submit the interview summary (including the original responses and your analysis) to Xinyi by **Saturday 6PM**.
Send the full interview transcript and video to Can.

Key Points to Note:

1. **Follow-up on incomplete answers** – If the interviewee does not provide detailed responses, prompt them to elaborate. Ask **why** and encourage descriptions.
2. **Examples serve as guidance** – They indicate the desired direction of responses **for the interviewer's reference only** and must **not** be revealed to the interviewee.
3. **Clarify the purpose** – Before starting, explain the purpose of the interview and inform the interviewee that their responses will be used for our research.
4. **Flexible questioning** – If an interviewee has already answered later questions while responding to earlier ones, there is no need to repeat those questions.

Intro:

Hi, thank you for taking the time to participate in this interview! We're working on a project that explores how breathing can be visualized and experienced through interactive art. Our goal is to create an installation that helps people become more aware of their breathing and encourages a sense of relaxation and balance.

This interview will take about five minutes, and there are no right or wrong answers—we're simply interested in your personal experiences and thoughts. Feel free to express yourself in any way that feels natural.

Shall we begin?

9 Questions:

1. Has your awareness of breathing changed before and after the pandemic?

(If there is no change, ask whether they were always aware or never paid attention.)

2. When are you most likely to notice your breathing? *(e.g., during exercise, moments of tension, meditation, relaxation, etc.)*

3. How do you think steady breathing and rapid breathing feel different emotionally? *(e.g., calm vs. anxious)*

4. How do you think deep breathing and shallow breathing feel different physically?
(e.g., heart rate, chest expansion, muscle tension, etc.)

5. If you were to visualize your breathing, what would it look like? *(e.g., flowing substances like water, clouds, smoke, etc.)*

6. Have you ever noticed your breathing becoming more steady in certain situations? What do you think causes this? *(Encourage detailed descriptions.)*

7. What colors make you feel relaxed? What colors make you feel tense or anxious?

8. Do you think sound affects your breathing? Have you ever felt your breathing become more stable after hearing certain sounds? *(e.g., low-frequency resonance, ambient sounds, rhythmic beats, etc.)*

9. If your breath could "produce a sound," what would it be like? *(e.g., rustling leaves in the wind, echoing bells, etc.)*