iOS App Development Project: Mindful Eating

Context:
Within the context of a neuropsychological study currently being conducted in Klinikum rechts der Isar’s department of neuroradiology, the neural correlates of stress-related overeating behavior in addition to the effectiveness of a mindful-eating course are being investigated.

In a 31-day mindful-eating course established by Dr. Britta Hölzel and Alyssa Torske, the course utilizes key aspects that are implemented in mindfulness practices to promote a healthier relationship with food. The course not only allows individuals to become more aware of feelings of satiety but it also promotes an increase in awareness of the food choices made in daily life, all while helping to regulate an individual’s reactivity to stressful situations, which can oftentimes lead to stress-related overeating behaviors.

Given the overwhelmingly positive feedback we have received from those who have already partaken in the study, we wish to make the course more easily accessible to the general German-speaking public.

This IDP therefore constitutes an iOS app development project in which we would like to transform the established 31-day mindful-eating course into an interactive app. The relevance and the importance of this course and the app development project has become increasingly more evident in the global fight against the COVID-19 pandemic. Recent investigations seem to suggest that during this time, many individuals are not only experiencing increased feelings of uncertainty and stress, it has additionally been reported that stress-eating tendencies and engaging in unhealthy eating behaviors have also increased. Moreover, other relevant findings have demonstrated that obesity and its comorbidities can be a major risk factor in experiencing severe to critical covid-19 symptoms.

We are therefore looking for one or two motivated master’s students to help us with the iOS app development project and are interested in making a difference and helping to positively contribute to society especially (but not only) during these difficult times.

Tasks:

- Research methods and best practices for eLearning apps
- Transform an existing 31-day mindful eating course into a user-friendly mobile experience
- Develop an app that is user-friendly and aesthetically pleasing and which guides users through the 31-day course
- Conduct a (small) usability evaluation of the developed prototype
Requirements:

- Fluent in German or English
- Knowledge in iOS app development (Swift)
- Basic knowledge in server-backend development
- Basic knowledge in UI development
- Interest in the topics: app development, design thinking, eLearning, nutrition, and neuroscience

Further Information:

If you are interested and would like some more details on the project, the time frame, etc., please feel free to contact alyssa.torske@tum.de from or martin.lurz@tum.de

Please send your application including your CV, grade report and application form to application.winfo@tum.de.