**Introduction**
This project aims to explore the area of self-transcendence and see if we could design to help better understand self-transcendence in solo travelers. Self-transcendence is a topic closely related to spirituality and it is a topic that is rather unexplored by the HCI community [1]. This is an ongoing work and we are continuing recruiting participants to examine our concept.

**Background**
Definition of Self-Transcendence (ST): “Seeks to further a cause beyond the self and to experience a communion beyond the boundaries of the self through peak experience.” [5].

Research has shown that ST is “associated with multiple indicators of well-being”, [9]. The positive effect of ST on one’s mental and physical well-being [11], relationship with others and quality of life [4] has been well-supported. The concept of ST is widely studied in the field of healthcare [10] and can be readily found in religious and spiritual practices [8; p30] as well as across the lifespan of human in different cultures [10].

Although there are a large amount of studies existing for ST, most of them relies on in-person methodologies such as interviews and questionnaire. Thus, in this era of technology advancement, we wonder if HCI could be applied into the understanding of ST. Specifically, we ask if we could design a platform that would allow a large number of users to self-input data that is related to ST experiences.

**Target Subject**
Solo travelers were chosen to be the target subject because we discovered that 1. Solo travelers had a reliance on technology such as mobile phone 2. They had a need to think, reflect and act outside of their own boundary 3. Solo traveling allowed them to reflect much more easily compared to traveling with others. 4. Despite the increasing popularity of solo travel [6], there is not much technology designed for solo travelers 5. They are underrepresented in the design research communities

**Related Work**
While research on ST in the HCI community is scarce, a substantial amount of work can be found in the healthcare community. In the study, The impact of nurse-patient interaction on the ST of nursing house patients [5], researchers investigated the impact of nurse-patient interaction on nursing house patients’ ST. From the study, we can see how the use of STS could help investigate the effect of certain activity on one’s ST. Therefore, we aim to design a platform that would support similar approach and help understand ST among solo travelers.

**Design Process**

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<td>Collect</td>
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**Design Pattern**

1. Collect qualitative data of activities & daily STS
2. Filter the data & find the change in ST
3. Analyze

**Pilot Study**

**Participant criteria**
- Going on a solo trip for a minimum of 3 days before January 2017
- Have internet access during their trip in order to access our prototype platform

**Participant profile**
- Caucasian female
- 22 years old
- Studying in the University of Washington, Seattle

**Study Procedures**

<table>
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<th>Pre-travel</th>
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<td>1. Short briefing about the study 2. Pre-travel interview 3. Providing link &amp; instruction to the prototype</td>
<td>1. Examining STS data &amp; journal entries 2. Post-travel interview: Travel itinerary &amp; occurrence Reflection during the trip Experience on using the prototype</td>
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**Result and Discussion**

A deeper understanding of the STS is needed
- The language used in the STS can be vague
- Misunderstanding of the term ‘spiritual’
- The time of day might influence the STS

Integrating techniques on encouraging users to reflect with our design
- Photos might help adding details to the journal entries
- Reflection through talking

More clearly defined Questions on journal entry questionnaire
- “What did you learn today?” encompasses two layers of meaning: physical and mental

**Novelty and Contribution**
The main contribution of this project to the HCI field would be the knowledge gained investigating a previously unexplored area. During the process, methodologies from healthcare and psychology field were extracted and investigated from a HCI standpoint. Moreover, designing to promote ST was explored and found to be particularly difficult because of its complexity. This could be helpful to future designers who wish to design for topics related to ST.

**Acknowledgement**
Special thanks to Mania Orand’s advice on this research and her interview data. Also special thanks to Runyuan Chen, Japjet Narang and Samantha West for their previous work on this project. This project is a continuation of the previous work.

**Reference**