Posture Awareness Training
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INTRODUCTION

- Due to the onset of Covid-19, individuals have been pushed out of the office and in front of their laptops and cell phones to communicate with others inside and outside of work
- As we look to our cell phones and laptops to communicate, we tend to gaze downwards and slouch. This creates tension and stress on our neck and shoulders
- Chronic slouching may hinder our ability to attend to and productively participate in important tasks
- Poor posture can lead to fatigue, stress headaches, negative mood, low self-esteem, lack of motivation, neck and shoulder pain, poor circulation, and may increase risk for heart disease and breathing problems

PURPOSE

- Explore the relationship between the use of a posture feedback device and posture awareness
- Monitor subjective ratings of mood and energy
- Gain a deeper understanding of the relationship between posture, mood, and productivity

METHOD

Participants recorded what events they believed led to their collapsed posture

Participants recorded events believed to lead to collapsed posture

RESULTS

- Over a three-week period, we observed a decrease in the average rate of inward slouching while sitting or standing
- UPRIGHT Go users reported higher rates of posture awareness across the entire mood spectrum as compared to non-users
- UPRIGHT Go users also reported changing their posture more often as compared to non-users

FINDINGS AT FOLLOW-UP

In this study we found that upright users were on average more aware of their posture than nonusers. This relationship held true across a variety of mood measures. In other words, UPRIGHT Go users were not only more aware of their posture when they were happy or excited, but also when they were sad, mad, nervous or stressed. This awareness can promote posture shifts and therefore may help ameliorate depressed physiological tendencies and mindsets.

DISCUSSION

The Center for Disease Prevention (CDC) notes that anxiety and depression have increased considerably in the United States during the COVID-19 pandemic (Leeb et al., 2020) Social isolation, stay-at-home orders, and the stress of a pandemic are affecting mental health, especially among minority and ethnic youth. Teaching posture mindfulness supports students in their ability to stay focused and learn.

In my personal experience, I have come to an agreement with myself that this app is essential for working from home and has wired me to unconsciously be more aware of my posture. I really enjoyed using the UPRIGHT Go. Having immediate feedback on my posture helped me to be more aware of my body and helped me to link my posture to my emotions. Before using the tracker, doing this was very difficult for me. It not only helped my posture but my awareness of my mental state as well.”

REFERENCES


