

MindFull: A Digital Wellbeing and Productivity Management System

¹Syed Afnan, ²Mahjabeen, ³Mohammad Zulfee Qhar, ⁴Syed Rayan, ⁵Dr Ranjeet Kumar

¹²³⁴Don Bosco Institute of Technology, Visvesvaraya Technological University, Bengaluru, India.

⁵Associate Professor, Computer Science and Engineering, Don Bosco Institute of Technology, Bengaluru, India.

Abstract: Digital devices have become a significant part of people's lives for both studying and working. Notifications, social networks, entertainment and changing apps may take plenty of time. In general, the majority of digital wellbeing solutions aim at solving this problem through measuring screen time and imposing restrictions. Nevertheless, the solutions provided by developers do not estimate the efficiency of spending time this way.

Therefore, this paper presents MindFull, a solution developed to address the problem stated above. First of all, unlike other applications, MindFull is designed not to estimate all types of screen time usage equally. It means that digital activities will be related to the tasks and goals of users. In particular, it includes such functions as measuring permitted application usage, activity classification, task planning, focus session creation and summarising usage in daily and weekly reports. Furthermore, it may suggest recommendations for app use based on recognised patterns. It should be highlighted that the purpose of MindFull is not to reduce time spent on using technology. This solution was created to learn how to spend it in a more controlled way. In this case, the application is created as a selfmanagement system. Its efficiency may be measured in terms of productive time, distracting time, task and focus session completion.

Keywords: Digital Wellness, Productivity Management, Screen Time, Digital Behaviour, Focus Management, Behavioural Analysis, Task Management, Personalised Recommendations, HumanComputer Interaction, Artificial Intelligence

I. INTRODUCTION

The modern era is marked by the tight connection of digital technology with learning, working and communicating. A student can use a laptop to participate in lectures, to perform a search, to write assignments, and to contact other students, while entertaining himself with the same device. The overlapping of these activities creates difficulty in identifying useful digital activity from distractions. Digital wellbeing has recently gained attention due to this reason. What matters is not the technology itself but the relationship between people and digital technology. Current scientific studies show that the context of digital use is crucial.

An analysis by OECD concluded that there is a complex relationship between screen time and wellbeing and that such factors as sleep, physical activity, and socioeconomic status have to be taken into account [1].

The problem of digital wellbeing is especially topical for university students. Recently, a systematic review that involved more than 71,000 university students established some correlations between high levels of screen time and poor academic performance [2].

The current proposal suggests developing MindFull that will combine digital activity tracking and task management, focus session creation, goal setting, behaviour tracking, and feedback.

The key idea is very simple – digital wellbeing should teach people how to make decisions in the sphere of technology use instead of calculating the number of hours spent on it.

Objectives: allow activity monitoring; help identify productive and distracting patterns; assist with tasks and goal setting; offer focus sessions; provide behaviour summaries; offer personalised feedback; and let the user stay in control of their data.

II. LITERATURE SURVEY

Almoallim and Sas reviewed programs to reduce phone use and found that some don't really cut it. They advise us to do more research to ensure the tools we use are actually effective. They compare these programs to restricting phone use instead of treating an addiction.[1]

Ferrari, Sun, Penna, and El-Haddad conducted a meta-analysis of digital support for college students' mental wellbeing. The results showed modest gains in some areas. However, the data used were too small to be of much use.[2]

Goldberg's meta-review on the subject is even more helpful. He found mobile technologies to be very important for improving mental wellbeing, explaining this with their potential for multitasking.[3]

Like Conley et al., Gui et al. wanted to know how we could stop ourselves from using our phones so much. They propose one obvious solution: educating ourselves on proper phone management.[4]

Gui and colleagues examined a mobile-media education program aimed at helping students cut down on problematic smartphone use. Their findings suggest that education and mindful management of mobile habits can make a real difference.[5]

When it comes to digital connectivity at work, the picture is mixed. A systematic review showed that digital tools can boost efficiency and offer more flexibility, but excessive connectivity can lead to heavier workloads, mental fatigue, and stress.[6]

On the other hand, research into digital leisure activities indicates that not every non-work digital activity should be automatically seen as harmful. Some studies found links between digital leisure, recovery, and better workplace outcomes, but only in certain contexts.[7]

Recently, human-centred AI research suggests that digital wellbeing systems should focus on individual circumstances, personal autonomy, and meaningful results. Success shouldn't be measured by screen time alone.[8]

Table 1: Comparative Analysis of Existing Digital Wellbeing and Productivity Management Systems.

Sl.No	Research Paper	Main Approach Used	Digital Activity Monitoring	Productivity /Task Management	Personalization	Wellbeing /Focus	Overall Score
1	What Makes Good Digital Time? (2026) [1]	Productivity and user-control approach to digital wellbeing	High	Very High	High	High	10
2	<i>Y.Shin -Towards human-centred AI for wellbeing.</i> (2025) [2]	Human-centred AI and personalized digital wellbeing	High	High	Very High	Very High	10
3	G.Bondanini <i>et al.</i> (2025) [3]	Digital connectivity workplace wellbeing	Medium	High	Medium	High	9
4	M.Gui S. <i>et al.</i> (2023) [4]	Mobile-media education and smartphone use management	High	Medium	Medium	High	8
5	C.S.Conley <i>et al.</i> (2022) [5]	Mobile technology Interventions for youth wellbeing	Medium	Low	Medium	High	9
6	<i>S.B.Goldberg et al.</i> (2022) [6]	Mobile-phonebased digital intervention	Medium	Medium	Medium	Very High	8
7	M.Ferrari <i>et al.</i> (2022) [7]	Digital interventions for university students.	Medium	Low	Medium	Very High	8

8	<i>S.Almoallim and C.Sasl (2022)[8]</i>	Review of digital wellbeing application	High	Medium	Medium	High	9
---	---	---	------	--------	--------	------	---

III. FINDINGS

If you are just looking at the screen time, it doesn't give you the full picture. We have to consider context and goals. So much more.

Let's be honest. Digital tools, which they call interventions in this paper, can definitely improve wellbeing and help people to manage themselves better. But if we want them to be effective, we need to put solid design and thorough evaluation into it [4], [7]. Connectivity can be a double-edged sword. It is fantastic for productivity, but it also makes us distracted and burned out [8].

We have to acknowledge that not all leisure time online is negative. It depends on your context and experience [9]. For intelligent systems, this means considering individual needs, giving users control, and making sure these interventions work in the long term [10].

IV. RESEARCH GAP

Screen-time tools focus on showing users how long they've been on a device, while task-management tools aim to tell them what they should do next. Focus tools help users work within a specific time frame. MindFull combines these ideas so that digital activity can be understood in relation to the user's own tasks and goals.

The gap in current research is clear: most existing methods measure usage without enough context, and productivity tools tend to overlook broader digital behaviours. MindFull suggests a unified framework that links activity awareness, task management, focus support, and personalised feedback. Importantly, it allows users to control how their activity is classified and what goals they set.

V. PROPOSED MINDFULL SYSTEM

Mindfull is the kind of app that tracks what you're doing on your phone. It shows your apps, when you use them, and for how long (It also asks if it's ok for it to gather that information). That's what users of the app actually want: to take a look at their own digital behaviour. They want the option to flag apps as productive, neutral or distracting. And that's fine. Things might be productive to me but distracting to someone else, depending on what exactly we're trying to get done.

You set tasks, put deadlines on them, and decide what the goals are for the day or week. Once you pick something to do, you can fire up a focus session, and the system will tell you if you actually got it finished, and what apps you used to do it.

You see how much of your time you spent productively as opposed to distracted, how often you switched apps, and when you tended to be more productive or not. (Patterns do show up.) And if the system sees that you keep getting sidetracked at certain times, it will suggest moving your serious work to a quieter slot or even just setting up another focus session then. A dashboard shows all these daily and weekly trends.

VI. PRODUCTIVITY MEASUREMENT

The app uses a ratio to track productivity over time. If you had four productive hours out of six active ones, the app would show 66.67%.

Please remember that this is just a number the app uses for its own feedback. It's not a grand universal definition of human productivity.

The score will be better if you combine it with actual task completion, focus-session streaks, hitting goals, and your personal assessment of how in control you feel.

even just setting up another focus session then. A dashboard shows all these daily and weekly trends.

VII. SECURITY AND PRIVACY

Privacy is a core principle of MindFull. Personal habits are private things, and all those digital traces can reveal things about people you'd rather keep to yourself.

So, MindFull needs to ask your permission before any spying takes place. And it should only collect data that it needs to function.

Once you have sent in a message, it should be properly protected and you should have control over who gets to see it. Or, at least you should know exactly how many people can see it. You shouldn't take our word for it.

VIII. EVALUATION PLAN

A small user study can evaluate the prototype. Participants can first record digital behaviour for a baseline period and then use MindFull for a defined period. The study can compare time-distracting time, task completion, focus-session completion, application switching and perceived control before and after use.

User experience can also be measured through questions covering usefulness, ease of use, clarity of feedback and willingness to continue using the system. Actual sample size, procedure, statistical method and results should be reported after the study is conducted.

User feedback can be used to identify areas that need improvement in the prototype. Actual sample size, study procedure, evaluation metrics, statistical method, and results should be reported after the study is conducted.

IX. FUTURE SCOPE

Future work can look into watching devices together, adding calendars, giving suggestions that change over time using machine learning right on the device, talking to the device to add tasks using these tools for learning and looking at data in a way that keeps privacy.

A good area to study would be to see if giving advice leads to better results in finishing tasks and feeling more in control of digital life over a few weeks or even months.

X. CONCLUSION

I think MindFull offers a framework that brings digital wellbeing and productivity management together. Digital technology is essential for education, work and everyday communication. Therefore, the solution to distraction cannot simply be to avoid screens.

Users need tools that help them understand their habits and decide how technology should fit into their goals. The proposed system addresses this need through activity monitoring user-defined classification, task and goal management focus sessions, behavioural summaries and personalized feedback.

The design keeps the user involved in decisions about what counts as productive and what recommendations are appropriate. The next important step is evaluation.

A working prototype should be tested with users. Results should be reported using measures such as task completion, focus behaviour, digital activity patterns and perceived control.

MindFull could then provide a foundation for digital wellbeing systems that are more contextual, personalised and human-centred. In short, the goal is not to use technology at any cost. The goal is to use it intentionally and in ways that support what matters to the user.

XI. REFERENCES

- [1] What Makes Good Digital Time? Striking the Right Balance Between Productivity and Control,” Computers in Human Behavior Reports, vol. 23, Aug. 2026, Art. no. 101219.
- [2] Y. Shin, “Towards Human-Centered Artificial Intelligence for Users’ Digital Well-being: A Systematic Review, Synthesis, and Future Directions,” JMIR Human Factors, vol. 12, e69533, 2025, doi: 10.2196/69533.
- [3] G. Bondanini, C. Giovanelli, N. Mucci, and G. Giorgi, “The Double Edge of Digital Connectivity: Balancing Productivity and Well-being in the Modern Workplace,” International Journal of Environmental Research and Public Health, vol. 22, no. 6, 845, 2025.

- [4] M. Gui, T. Gerosa, G. Argentin, and L. Losi, “Mobile Media Education as a Means to Decrease Problematic Smartphone Use: Findings of a Randomised Impact Evaluation,” *Computers & Education*, vol. 194, 104705, 2023.
- [5] C. S. Conley et al., “The Effects of Mobile Technology-Delivered Interventions on Youth Well-being: Systematic Review and 3-Level Meta-analysis,” 2022.
- [6] S. B. Goldberg et al., “Mobile Phone-Based Interventions for Mental Health: A Systematic Meta-review of 14 Meta-Analyses of Randomized Controlled Trials,” *PLOS Digital Health*, 2022.
- [7] M. Ferrari et al., “Digital Interventions for Psychological Well-being of University Students: Systematic Review and Meta-analysis,” *Journal of Medical Internet Research*, vol. 24, no. 9, e39686, 2022.
- [8] S. Almoallim and C. Sas, “Towards Research-informed Design Implication for Interventions Limiting Smartphone Use: Functionalities Review of Digital Well-Being Apps,” *JMIR Formative Research*, vol.6, no.4, e31730,2022



Copyright & License:

© Authors keep the copyright of this article. This work is released under the Creative Commons Attribution 4.0 International License (CC BY 4.0), which allows you to use, share and copy this content in any way you like as long as you give proper credit to the source.