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### Mindful Technology Interaction: A Habitual Use Perspective

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## Mindful Technology Interaction

### A Habitual Use Perspective

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The ubiquity of contemporary information systems (IS) is increasingly raising concerns due to problematic use habits (e.g., phubbing, nomophobia) that it may induce. In that respect mindfulness, defined as “the state of being attentive to and aware of what is taking place in the present” (Brown & Ryan, 2003, p. 822), has emerged as a coping mechanism and intervention strategy (Oeldorf-Hirsch & Chen, 2022). Mindfulness can improve the ability to stay undistracted in current experience (Mrazek et al. 2012) and may foster behavioral regulation by inhibiting habitual and automatic behavior (Ryan & Deci, 2000). Considering the ongoing habit-forming or addictive design of contemporary IS (e.g., notifications, reward and infotainment mechanisms in the forms of likes, snaps and statuses) (Oremus, 2017), it is necessary to understand the relation between mindful technology interaction and habitual technology use from the perspective of dispositional mindfulness (i.e., eastern perspective). Such a perspective can also complement previous IS research that has mainly taken the western perspective on mindfulness (Weick & Putnam, 2006) and focused on alertness and reflectiveness in technology use (e.g., Klase et al., 2022; Thatcher et al., 2018).

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