

IRGF Final Report

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Project Title: Mindful ICT Use: Design and Validation of a Framework for Future Research

1.1 Project Summary

This study examines the validity of a new framework for Mindful ICT use through qualitative interviews with two distinct demographic groups, working professionals and post-secondary students. The study first examined the current literature on mindful ICT use, and then using the qualitative data, examined how each dimension of the Mindful ICT Use framework is understood and applied across two demographic groups.

1.2 Student involvement

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1.3 Dissemination and Knowledge Mobilization

There has been multiple disseminations already, and few are in the development phase. 1. International Conference Presentations - A paper based on the project is accepted for presentation at the Administrative Sciences Association of Canada (ASAC) 2026, to be held in May 2026 with two student authors. 2. MRU research days 2026 - A poster presentation is submitted with two student authors. 3. A conceptual paper on the model was presented at the Digital Humanities Conference of the Congress 2025 - Toronto, Canada (Congress of the Humanities and Social Sciences is Canada's largest gathering of academics, and one of the largest in the world) 4. Practitioner presentation - Disrupt HR YYC, April 2025 Currently, further analysis is being conducted to submit a paper to a leading peer-reviewed publication. Additionally, PI intends to publish a book on the topic based on the research findings.

1.4 Project Outcomes and Impacts

This project has generated important scholarly, training, and community-facing outcomes, while advancing an emerging program of research on mindful ICT use and work-related well-being. It supported the development and refinement of a conceptual model that examines how individuals can engage with information and communication technologies in more intentional and sustainable ways. In doing so, the project has strengthened the foundation for future research on technology use, work-life experiences, and employee well-being. The project has already resulted in several dissemination outcomes across academic and practitioner communities. A conceptual paper based on the model was presented at the Digital Humanities Conference at Congress 2025 in Toronto. A second paper based on the project has been accepted for presentation at the Administrative Sciences Association of Canada (ASAC) 2026, with two student co-authors, and a poster has been submitted to MRU Research Days 2026, also with student co-authors. The

research was also shared with practitioner audiences through a presentation at DisruptHR YYC in April 2025, extending the project's reach beyond academia. With funding supplemented by a seed grant, the project also supported a scoping review on mindful ICT use. This has expanded the project's contribution by helping clarify the current state of knowledge in this emerging area and identifying directions for future research. A key impact of the project has been student training and mentorship. Four students were hired and trained in research methods, gaining hands-on experience in the research process and knowledge mobilization. Overall, the project has advanced this area of research, contributed to building research capacity, and created momentum for future scholarly outputs, including a peer-reviewed journal article and a planned book-length publication.