

CSED Group 11 Semester 2 Report

Computing as a Science and Engineering Discipline (CM10251)

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| Allington, Mathew mma82@bath.ac.uk | Draper, Tom td544@bath.ac.uk | Foot, Aethan ajf75@bath.ac.uk |
| Ito-Low, Alexander ail24@bath.ac.uk | Millischer, Christophe cm2307@bath.ac.uk | Mortensen, Soren snm48@bath.ac.uk |
| Mortimer, Lloyd lm2062@bath.ac.uk | Sogbesan, Samuel ss3222@bath.ac.uk | Songthammakul, Ravit rs2347@bath.ac.uk |

Abstract

Supervised by:

Hyde, Jo
cssjkh@bath.ac.uk

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1 Introduction

1.1 Overview of Domain

Personal informatics is a term used to refer to devices and software that help people gather information about themselves, so they can reflect upon it and gain motivation to make changes to their lifestyle and habits to improve their overall wellbeing. Personal informatics is used for effectively motivating people to gain self-knowledge, change behaviours.

The area of personal informatics has started to explode in popularity in recent years mainly due to the increased availability and usability of affordable hardware. Consumer products such as the FitBit and Apple Watch allow users to collect data on a wide variety of metrics including heart rate, blood pressure, motion and many others. Products such as the Neuroon, a wearable EEG eye mask, and Zeo Sleep Manager Pro, an EEG headband, allow the user to collect information on brain waves for the purpose of sleep tracking.

Another factor that has contributed to the growth of personal informatics is the ubiquity of smartphones, meaning that users have an ever-present device that allows them to collect and collate data from their personal informatics hardware. Many personal informatics apps also add an element of socially driven competition and gamification, driving users' motivation to continue to use them and push their friends to also begin using this technology. In addition, there is a larger social force pushing people to take steps to improve themselves.

1.2 Challenges

Privacy and Security of Data

Health Risks?