Designing And Evaluating A Persuasive Technology To Encourage Lifestyle Behavior Change

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Summary : Free designing and evaluating a persuasive technology to encourage lifestyle behavior change pdf download - this dissertation makes several contributions for example results reveal that the metrics that are traditionally used to evaluate activity inference systems do not sufficiently capture the user s perspective this dissertation describes the types of inference errors that users perceived and how those errors affected the system s credibility it also shows that allowing users to add to edit and delete inferred data helps to improve the system s credibility especially when inference errors are experienced based on the detailed activity logs that were collected during the two field studies this dissertation raises the question of what it means for physical activity behavior to be regular or consistent as participants weekly activity levels tended to be inconsistent when using a standard definition from the medical literature perhaps most exciting was that the personal mobile display was effective at helping individuals maintain their physical activity level even during the winter holiday season which is notorious for physical inactivity

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invisible computing designing for behavior change in ... - designing for behavior change in everyday life d ... and evaluating technologies that encourage one type of ... the success of an everyday behavior change technology.

reflecting human behavior to motivate desirable lifestyle - ... persuasive technology, behavior modification, intelligent smart objects, ... motivating change in behavior have been demonstrated, ... designing ambient lifestyle

from digital interventions to behavior change support ... - from digital interventions to behavior change ... the field of persuasive technology is ... of 57 studies evaluating health behavior interventions and ...

toward a systematic understanding of suggestion tactics in ... - toward a systematic understanding of suggestion tactics in persuasive ... people to change their behavior. ... encourage a healthy lifestyle. persuasive ...

preface to the international workshop on personalization ... - ... several persuasive technologies and behavior change support ... designing, and evaluating ppt targeted at various behavior domains, ... persuasive technology, ...

fit4life: the design of a persuasive technology promoting ... - ... the design of a persuasive technology promoting healthy behavior and ... promote behavior change, ... and exercise behavior. a persuasive technology ...

utilizing persuasive technology package to elevate dietary ... - utilizing persuasive technology package to ... awareness and behavior change to energy ... the process of designing and evaluating persuasive systems along ...

engaging families in lifestyle changes through social ... - psychology and persuasive technology literature ... the cues that result in behavior change ... our work is to include the entire family in lifestyle change.

using information to promote healthy behaviours - to promote healthy behaviours ... lifestyle behaviours, ... announced a £75 million marketing programme to encourage children to exercise and eat

how to encourage stretching and breaks at work - behaviour change support systems that encourage breaks and ... persuasive technology, ... and provided a foundation for designing and evaluating this kind of ...

developing and evaluating complex interventions - mrc - if you are evaluating a policy or a service change as it is being ... in a persuasive ... strategies to encourage implementation of evaluation findings should be ...

student guide spring 2015 - fthswiki - you were selected to be a part of this project because you have the ability to change ... and evaluating the best alternatives ... a short, persuasive oral ...

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health education, theoretical concepts, effective ... - health education: theoretical concepts, effective strategies ... encourage and enhance behaviour change. ... health education: theoretical concepts, effective ...