

Week 8 Bibliographies

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1 Abstract:

[1] This article from 2011 documents the details leading up to the rise of mobile applications. It describes the different mobile operating systems that were most commonly used at the time - and still are - Android and iOS. The article discusses the complications of learning a programming language by attempting to create working mobile apps when you are still fairly new to programming. It suggests that new programmers begin by learning the basics of programming first and working your way up to creating mobile apps, which I believe is still sound advice nearly ten years later.

2 Abstract:

[2] This article details the results of a study on weight-loss mobile applications. The main purpose of this study was to determine these apps' effectiveness, and to examine the behavioral changes the users experienced when using them. They specifically checked for apps that included one of the 20 behavioral strategies for weight-loss intervention outlined by the Diabetes Prevention Program, which have been thoroughly vetted for efficacy. The results showed that the apps did not include the aforementioned strategies as often as one might think - less than 20% of them were even used at all.

References

- [1] Robert Godwin-Jones. Mobile apps for language learning. *Language Learning & Technology*, 15(2):2–11, 2011.
- [2] Sherry Pagoto, Kristin Schneider, Mirjana Jojic, Michele DeBiasse, and Devin Mann. Evidence-based strategies in weight-loss mobile apps. *American journal of preventive medicine*, 45(5):576–582, 2013.