

“The Crowd Keeps Me in Shape”: Psychology and the Past, Present and Future of Health Social Machines

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ABSTRACT

Health social machines ...

1. INTRODUCTION

Fitness

- 1.1 Background: Gyms, Fitness Buddies, Personal Trainers and Motivation**
- 1.2 Present: Channel factors, access, convenience**
- 1.3 Present: Salience and reminders**
- 1.4 Futures: Personalised Activity Diaries**
- 1.5 Futures: Citizen-medicine**

2. ACKNOWLEDGMENTS

This work is supported under SOCIAM: The Theory and Practice of Social Machines. The SOCIAM Project is funded by the UK Engineering and Physical Sciences Research Council (EPSRC) under grant number EP/J017728/1 and comprises the Universities of Southampton, Oxford and Edinburgh.