Exploring Visual Analytics for Personal Wellbeing Management

Currently Recruiting

Study Purpose

Digital health tools such as mobile health apps and smart wearable trackers are providing new options for managing personal health. Our research is to know how these data integrate with individual’s perceived well being such as how they feel, what activities they do and their social interactions especially when managing chronic conditions like hypertension and to present these data in a meaningful charts.

Estimated Commitment

Recruitment Questionnaire: 15 mins
Participant data logging: 10 mins each day for 4 weeks
Interview (online): 1 hour

What’s Involved

Participants (especially those who track blood pressure) will be required to self-log their health data for a period of 3-4 weeks in an application called “HealthyMe” developed by the study team (10 mins each day). Participants need either a PC or Tablet with internet connection and a blood pressure tracker.
At the end of 4 week period, participants will be interviewed by the study team to understand their experiences with the application.

Procedures Required

No

Eligibility Requirements

Inclusion Criteria

Be willing to track your blood pressure with your own blood pressure monitor for about 4 weeks.
Be willing to self-log your emotional, physical and social health for about 4 weeks.

Primary Contacts

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Study Location

Online / remote