E-Health for Reduction of Injury, Violence and Risk Behaviors

1st Annual University of Michigan Injury Center Research Symposium

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2014-15 Ann Arbor Wolves .... coming soon!

2003 Wolves Calendar

26  Belle Tire Back To School Tournament (vs Grand Rapids Blades)
4:00pm - 5:00pm (EDT)  Dearborn Ice Skating Center
14900 Ford Rd
Dearborn, MI 48126

http://www.bellietirehockeyclub.com/teamscentered.html
Today’s Talk

Tailoring

Beyond Fear and Facts

E-health

Apps, SMS, and Sensors

Where possible, apply to Injury, Violence, and Risk-Behavior
## Evolution of Tailoring

<table>
<thead>
<tr>
<th>Generation</th>
<th>Personalization</th>
<th>Feedback</th>
<th>Fear</th>
<th>Barriers</th>
<th>Information</th>
<th>Controlled Motivation</th>
<th>Autonomous Motivation</th>
<th>Meaning</th>
<th>Personality</th>
<th>Non-linear Change</th>
<th>HBM, SCT</th>
<th>TTM, TPB</th>
<th>SDT, MI</th>
<th>CHAOS, SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First Generation</strong></td>
<td>Personalization</td>
<td>Feedback</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Second Generation</strong></td>
<td>Personalization</td>
<td>Feedback</td>
<td>Fear</td>
<td>Barriers</td>
<td>Information</td>
<td>Controlled Motivation</td>
<td></td>
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<td>TTM, TPB</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Third Generation</strong></td>
<td>Personalization</td>
<td>Feedback</td>
<td></td>
<td></td>
<td></td>
<td>Autonomous Motivation</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>
About quitting

Please rank the following four statements from first to last, with 1 being the most important factor influencing your decision to quit and 4 the least important. Please be sure to rank each item and use each number only once.

1. Personal health
2. Desire to gain control over my life
3. Financial concerns
4. Pressure or influence from family or friends
Your health history

Please rate how much your health currently limits you in the following activities.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Not Limited</th>
<th>Somewhat Limited</th>
<th>Very Limited</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate-intensity activities, such as tennis, bicycling, swimming, or fast walking</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low-intensity activities, such as casual walking, home maintenance, or gardening</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Climbing several flights of stairs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Climbing one flight of stairs</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Have you ever been diagnosed with any of the following? Select all that apply.

- [ ] High blood pressure
- [ ] Heart attack
- [ ] Angina
- [ ] Coronary heart disease
- [ ] Congestive heart failure
- [ ] Stroke
- [ ] TIA (mini-stroke lasting less than 24 hrs)
- [ ] Peripheral vascular disease
- [x] High cholesterol
- [x] Diabetes
- [ ] Obesity
- [ ] Emphysema
- [ ] Chronic bronchitis
- [ ] Asthma
- [ ] Osteoarthritis
- [ ] Depression
People with diabetes have a very high risk of heart disease. High cholesterol is a major factor in coronary risk. Quitting smoking may be one of the best things you can do to lower your risk.

People decide to quit smoking for a variety of reasons. You told us that the most important reason for you is your health.

Knowledge, Fear, Outcome Expectancy

People with diabetes have a very high risk of heart disease. High cholesterol is a major factor in coronary risk. Quitting smoking may be one of the best things you can do to lower your risk.
<table>
<thead>
<tr>
<th>Generation</th>
<th>Topics</th>
<th>Theories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First Generation</strong></td>
<td>Personalization, Feedback</td>
<td></td>
</tr>
<tr>
<td><strong>Second Generation</strong></td>
<td>Personalization, Feedback, Fear, Barriers, Information, Controlled Motivation</td>
<td>HBM, SCT, TTM, TPB</td>
</tr>
<tr>
<td><strong>Third Generation</strong></td>
<td>Personalization, Feedback, Autonomous Motivation, Meaning, Personality, Non Linear Change</td>
<td>SDT, MI, SAT</td>
</tr>
</tbody>
</table>
Third Generation Tailoring

Incorporating MI AND SDT
MI AND SDT: Opportunities for Tailoring

- **Style/Structure**
  - Autonomy Supportive Style
    - Pull vs. Push
  - Reflective Tailoring

- **Content/Strategy**
  - Building Autonomous Motivation/Change talk
    - 0-10 Importance
    - 0-10 Confidence
    - Strengths/Values
  - Choice
MI AND SDT: Opportunities for Tailoring

❖ Style/Structure
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❖ Content/Strategy
  • Building Autonomous Motivation/Change talk
    • 0-10 Importance
    • 0-10 Confidence
    • Strengths/Values
  • Choice
<table>
<thead>
<tr>
<th>Push (controlling)</th>
<th>Pull (autonomous)</th>
</tr>
</thead>
<tbody>
<tr>
<td>It’s important that you…</td>
<td>In what ways is this important?</td>
</tr>
<tr>
<td>You have to change xxx…</td>
<td>Changing xxx might help you feel…..</td>
</tr>
<tr>
<td>You need to change</td>
<td>Whether or not you change is up to you</td>
</tr>
<tr>
<td>We have the answer</td>
<td>You have the answer</td>
</tr>
<tr>
<td>Here is why you should change</td>
<td>Let us help you find</td>
</tr>
<tr>
<td>You should because</td>
<td>Why might you consider?</td>
</tr>
<tr>
<td>Here’s how to change</td>
<td>How might you possibly go about it?</td>
</tr>
<tr>
<td>This will solve your problem</td>
<td>This might help you… it has helped others… Although different things work for different people</td>
</tr>
<tr>
<td>PUSH</td>
<td>PULL</td>
</tr>
<tr>
<td>---------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Show some respect. Your second-hand smoke harms friends &amp; family.</td>
<td></td>
</tr>
<tr>
<td>Respect them. Protect their health and quit. Join our free online</td>
<td></td>
</tr>
<tr>
<td>program today.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoking causes wrinkles. If you notice the effects of smoking on</td>
<td></td>
</tr>
<tr>
<td>your appearance, so does everyone else. Quitting will improve your</td>
<td></td>
</tr>
<tr>
<td>confidence. Quit to improve your look. Join our free online</td>
<td></td>
</tr>
<tr>
<td>program today.</td>
<td></td>
</tr>
</tbody>
</table>
### PUSH – PULL VIOLENCE & INJURY

<table>
<thead>
<tr>
<th>PUSH</th>
<th>PULL</th>
</tr>
</thead>
<tbody>
<tr>
<td>You need to wear a helmet every time you ride. Be responsible. Stop being such a baby. Who are you fooling? Society shouldn’t pay for your mistakes.</td>
<td></td>
</tr>
<tr>
<td>Be a real man and stop hitting your partner. Only creeps hit women. That is not the man you want to be. Real men control their emotions. It’s not like you play for the NFL.</td>
<td></td>
</tr>
<tr>
<td>Stop drinking and driving. Get control of your life. Stop wasting your life away.</td>
<td></td>
</tr>
<tr>
<td>Keep texting and driving and you will end of either dead or in jail. Everything thinks THEY can multitask. But they can’t. You are no different.</td>
<td></td>
</tr>
</tbody>
</table>
Acknowledgements

Detroit Public Schools

School-based Clinics

Henry Ford Health System

Department of Biostatistics & Research Epidemiology

University of Michigan

Center for Health Communications Research

Medical College of Georgia

Institute for Social Research

National Heart, Lung and Blood Institute
Puff City: Tailoring to Rebel

- RebelRisks: Compared with others my age, I take risks
- RebelBother: like to do things that bother my teachers
- RebelShouldnt: I enjoy doing things that people say I should not do
- RebelFun: It is worth getting into trouble if I have fun

- Strongly disagree=1 Disagree=2 Neutral=3 Agree=4 Strongly Agree=5

SCORING ALGORITHM

- Rebellion score average of RebelRisks, RebelBother, RebelShouldnt, and RebelFun.
- Rebellious text/animations fire if rebellion score is > 2.75
- Non-Rebellious text/animals fire if rebellion score is <2.75
Handling the Rebel: Roll with Resistance
MI AND SDT: Opportunities for Tailoring

- **Style/Structure**
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- **Content/Strategy**
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    - 0-10 Importance
    - 0-10 Confidence
    - Strengths/Values
    - Choice
Tailoring Assessment: Losing Weight

- Rate 0-10 how much each is true for you

<table>
<thead>
<tr>
<th>0 1 2 3 4 5 6 7 8 9 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
</tr>
</tbody>
</table>

- I Love Sweets  8
- I Hate Vegetables  2
- I Binge if I deprive myself  7
- I Hate Exercise  7
- When I diet I crave my fav foods  9
- I have failed before, I will fail again  9
Reflective Tailoring: Rolling with Resistance

- Giving up your favorite foods, like sweets, and having to deprive yourself is not easy.
- All or nothing dieting doesn’t seem to work for you. It creates cravings and sometimes even binging.
- Exercise is hard for you. It’s not your thing.
- Because you’ve struggled in the past, your confidence to lose weight is low.
Reflective Tailoring: Action Type

- Having sweets once in a while, rather than trying to eliminate them entirely, might be helpful.
Reflective Tailoring: Reducing Substance Use

Rate 0-10 ....

1. I’ve become too dependent on xxx 9
2. I worry about cravings when I stop 9
3. I worry about being moody when I stop 5
4. I have failed before, I will fail again 9
5. I feel pressure from others about my xxx use 2
6. I can’t quite entirely, but I might be willing to reduce 8

0 1 2 3 4 5 6 7 8 9 10
Not at all True Very True
Reflective Tailoring:

- You are dreading the craving and are worried that you since you have failed in the past you may not succeed now. These things are making it harder for you to think about quitting.

- On the other hand, you are starting to worry that you have become dependent on xxx, but right now you would rather cut down than quit entirely.

- If you are going to reduce or quit, you are going to do it for yourself not because others have pressured you.
Reflective Tailoring: Action Type

- Finding ways to reduce craving before you quit might be particularly helpful for you
MI AND SDT: Opportunities for Tailoring

**Style/Structure**
- Autonomy Supportive Style
  - Pull vs. Push
- Reflective Tailoring

**Content/Strategy**
- Building Autonomous Motivation/Change talk
  - 0-10 Importance
  - 0-10 Confidence
  - Autonomous Motivation
  - Strengths/Values
- Choice
BUILDING AUTONOMOUS MOTIVATION: Importance and Confidence
## Importance

On a scale of 0 to 10, with 10 being very important, how important is it for you to exercise more?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Very</td>
</tr>
</tbody>
</table>

## Confidence

On a scale of 0 to 10, with 10 being very confident, assuming you decided to begin exercising how confident are you that you could succeed?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Very</td>
</tr>
</tbody>
</table>
Here we have an activity to help build your motivation for eating fruit and vegetables. Over the phone you told us your level of importance and confidence for eating more fruit and vegetables. Look over the scale below and see where you fell on the scale from 1-10.

Your level of importance/confidence

1  2  3  4  5  6  7  8  9  10

Let’s start with looking at how important you think it is to increase your fruit and vegetable intake. You rated your level of importance as a 4. Now, what would it take you to go from a level 4 of importance to a higher number such as a 6 or 7?

________________________________________________________

You rated your confidence in eating more fruit and vegetables as a 6. Why was your confidence a 6 and not lower? Write down your answer in the space below.

________________________________________________________

What would it take you to go from a 6 to a higher number such as a 6 or 7 in building your confidence to eat more fruits and vegetables?

________________________________________________________
### Motivational Matrix

<table>
<thead>
<tr>
<th>Can but doesn’t want to</th>
<th>Can and wants to</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can’t and doesn’t want to</td>
<td>Can’t but wants to</td>
</tr>
</tbody>
</table>

**Self-efficacy**

**Importance**

**Importance**

**Self-efficacy**
Reflection

- High Importance/Low Efficacy
  - You seem like you really want to change XX, but you are struggling to find the confidence to do it

<table>
<thead>
<tr>
<th>Can but doesn’t want to</th>
<th>Can and wants to</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can’t and doesn’t want to</td>
<td>Can’t but wants to</td>
</tr>
</tbody>
</table>
Reflection

- **Low Importance/High Efficacy**

  - You feel like you can XXXX, but you are not that totally convinced you really need to

<table>
<thead>
<tr>
<th>Can but doesn’t want to</th>
<th>Can and wants to</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can’t and doesn’t want to</td>
<td>Can’t but wants to</td>
</tr>
</tbody>
</table>
Building confidence for healthy eating

We asked you how important you felt it was to eat more fruit and vegetables as well as how confident you felt about being able to eat more produce. Look over the scales below and see where you rated yourself on each from 0-10.

**Your level of importance:**

- 0: not at all important
- 1: extremely important

0 1 2 3 4 5 6 7 8 9 10

**Your level of confidence:**

- 0: not at all confident
- 1: extremely confident

0 1 2 3 4 5 6 7 8 9 10

Let's start with looking at the importance you placed on increasing your fruit and vegetable intake. You rated your level of importance as 7. What would it take for you to go from a level 7 of importance to a higher number such as 8 or 9?

To answer this question, it may help to think about how your personal health ranks among your life priorities. For example, people often say that it would be important for them to eat more fruit and vegetables if they were diagnosed with a medical problem such as heart disease or diabetes.

What would increase your motivation? Think for a minute about your life. What if you lost your health, your independence, your vitality? Right now you are doing okay, but this is a great time to start planning for a healthier future.
MI AND SDT: Opportunities for Tailoring

- **Style/Structure**
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- **Content/Strategy**
  - Building Autonomous Motivation/Change Talk
    - 0-10 Motivation
    - 0-10 Confidence
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  - Choice
BUILDING AUTONOMOUS MOTIVATION
MI AND SDT: Opportunities for Tailoring

- **Style/Structure**
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  - Choice
Values and Strengths

Role and Goals
Importance vs. Confidence
Values vs. Strengths

Low IMPORTANCE → VALUES

Low CONFIDENCE → STRENGTHS
For all the right reasons

The role your values play

Since your motivation comes mostly from within yourself, the exercise below can only strengthen your focus on being quit for good. Values are filters we use to evaluate ourselves and the world around us. These values sort our perceptions into good and bad, worthwhile and worthless, and so on.

Look at the list below. **Check three or four items you value most in life.**
If you think of something not listed, write it in the blank space. **I value being:**

- respected at work
- athletic
- a good community member
- strong
- on top of things
- competent
- spiritual
- successful
- healthy
- attractive
- disciplined
- responsible
- in control
- honest
- energetic
- considerate
- youthful
- independent
- creative
- dependable
- caring
- helpful
- accepting

Other: [  ]
Thinking about the important roles in your life may help inspire you to make healthy lifestyle changes. Based on your responses over the phone, you told us that the following roles are important to you:

A. Being a good parent  
B. Being in control  
C. Being creative

Which, if any, of the above roles and values could motivate you to consider eating more fruit and vegetables? People often find that making this connection helps motivate them to eat a healthier diet. Here’s an example of how some people make the connection between their roles, values, and eating better:

A. Being a good parent makes me a role model for my children. When I eat healthy I’m able to set a good example for my kids.

B.

C.

What connections can you make between the roles you value in your life and fruit and vegetables? You can use the spaces above to write down a few ways in which eating fruit and vegetables may affect one of the above roles that are important in your life.
What are you good at?
(What is something difficult you have achieved?)

- SPORTS
- MUSIC
- ART
- COOKING
- MY JOB
- MATH
- SCIENCE
- LANGUAGES
- WRITING
- DISCIPLINE
- STRONG
- FIXING THINGS
- TRUSTWORTHY
- PARENTING
- BEING CREATIVE
- STAYING POSITIVE
- LEARNING NEW THINGS
- STAYING COOL UNDER PRESSURE
- BEING PATIENT
- HELPING OTHERS
- FORGIVING
- APPRECIATING/BEING THANKFUL
- RESEARCHING THINGS
- LISTENING TO OTHERS
- CARING
- BEING SPONTANEOUS
Linking Strengths

- Your confidence to do XX is low.

- Think for a minute about some of the other things you are good at, like sports, being a father, and meeting challenges at work.

- How might your success in these areas help you find the confidence you need to change XX?
Crowd-sourced Tailored Messages for Physical Activity: Proof of Concept

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Mark Newman, PhD
School of Information  University of Michigan

Pedja Klasnja, PhD
School of Information  University of Michigan

Ken Resnicow, PhD
School of Public Health
Mechanical Turk is a marketplace for work.
We give businesses and developers access to an on-demand, scalable workforce. Workers select from thousands of tasks and work whenever it’s convenient.

164,210 HITs available. View them now.

Make Money by working on HITs
HITs - Human Intelligence Tasks - are individual tasks that you work on. Find HITs now.

As a Mechanical Turk Worker you:
- Can work from home
- Choose your own work hours
- Get paid for doing good work

Get Results from Mechanical Turk Workers
Ask workers to complete HITs - Human Intelligence Tasks - and get results using Mechanical Turk. Get Started.

As a Mechanical Turk Requester you:
- Have access to a global, on-demand, 24 x 7 workforce
- Get thousands of HITs completed in minutes
- Pay only when you’re satisfied with the results

Find an interesting task
Find HITs Now

Find an interesting task

Learn more about being a Worker
FAQ > Overview

General Questions

What is Amazon Mechanical Turk?
Amazon Mechanical Turk is a marketplace for work that requires human intelligence. The Mechanical Turk service gives businesses access to a diverse, on-demand, scalable workforce and gives Workers a selection of thousands of tasks to complete whenever it’s convenient.

Amazon Mechanical Turk is based on the idea that there are still many things that human beings can do much more effectively than computers, such as identifying objects in a photo or video, performing data de-duplication, transcribing audio recordings, or researching data details. Traditionally, tasks like this have been accomplished by hiring a large temporary workforce (which is time consuming, expensive, and difficult to scale) or have gone undone.

What is a HIT?
A Human Intelligence Task, or HIT, is a question that needs an answer. A HIT represents a single, self-contained task that a Worker can work on, submit an answer, and collect a reward for completing.

How do I get started as a Requester?
Visit the Requester web site at requester.mturk.com and explore the User Guide. Within a few minutes, you will be able to use Mechanical Turk.

How do I get started as a Worker?
Visit the Worker web site at www.mturk.com.
Generate Messages

Come up with 3 messages that can be sent to Charles's phone that would help him walk more in this situation.

Make sure the message is actionable in the given situation. Something that gets Charles to really walk more.

Each message is limited to 140 characters. Copy-pasted or duplicate messages from other HITS will be rejected.

Meet Charles,

- He is 45 years old
- He occasionally goes for walks with his wife in nearby parks. He likes to watch football with his family.
- He wants to feel more energetic.
- He feels he doesn't have much time for exercise.
- Works in the marketing department of a mid-size company in the downtown, which gives him some flexibility in his hours.

Recently, Charles realized that he is not active enough and has decided to increase his physical activity by walking more.
Message writing tips

Our health experts have condensed their knowledge into tips that you can use while writing messages:

1. Pose a question with a challenge

Here is one good example of this:

"This is far too nice a day to be inside. The weather is gorgeous. How about taking 1000 steps outside in the fresh open air?".

2. Being subtle instead of being too pushy

Bad: "Its very important that you walk more tonight. You need to walk more"
Good: "How might you feel if you walk more tonight?"

Bad: "You have 45 min lunch break, why arent you walking?"
Good: "You have 45 min lunch break. If you took a walk, how might you feel the rest of the day?"

3. Don't oversell it

Bad: "You have 45 min lunch break. If you took a walk, you will feel better."
Here is the situation Charles is in:

"Its morning, and Charles is planning to go to work. He has more than enough time to get to work but its raining outside."

Message to help Charles walk more:

"Why not go to work a little early and walk around the building inside a few times?"

Imagine this message was sent to Charles.

If you have any comments, please leave them here:

Likely: Please rate the message on how likely it would help him to walk more in this situation

Please rate

Previous  Next
Rate the final set

Here is the situation Charles is in:

"It's afternoon and Charles is at work. The weather looks bad outside."

A set of messages that will be sent in the given situation to help Charles walk more:

"Why not take your lunch hour, and walk to your favorite lunch spot before it rains outside?"

"Why not have a stroll around the office? It'll boost your creativity and re-energize you."

"Taking the stairs at lunch and after work will ensure that you feel great when you are home for the evening."

"Hopefully the weather clears up outside when you get out of work, then you could take a nice walk to the park with your wife, wouldn't that be nice?"

"Since the weather doesn't look great, why don't you step on the treadmill during the football game tonight?"

Imagine that when Charles is in the given situation situation, one of these messages are picked and sent to him. The messages are picked in the order shown above.

Will Charles like this message set? Please rate it below:
Current HIT rate for this Task

- $0.25 per message for generation
- $0.02 per message for voting
- $0.02 per message voting on sets
Example Situation: Morning, Home, Nice Weather

Messages Generated:

- Have you even seen a more beautiful morning? I bet you'll get to see some more beautiful sights if you go for a short walk before work.

- Get ready for your work day with a nice 10 minute walk before you leave, you'll feel invigorated and ready to face the day!

- Perhaps you could walk to the cafe to get a coffee first

- Nice job Charles, you have some extra time this morning, a nice walk would help clear your mind and put a spring in your step

- Looks like you have some extra time this morning before you head to work, how about squeezing in a quick 10 minute walk before you leave?
Message and ratings

More messages can be found [here](#)

<table>
<thead>
<tr>
<th>Message</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ah, a beautiful evening, indeed. Wouldn't this be a great night for a walk?</td>
<td>4.8</td>
</tr>
<tr>
<td>Still groggy from waking up? Why not let the rain awaken your mind while you burn some calories.</td>
<td>4.75</td>
</tr>
<tr>
<td>Do your legs feel tired? Wouldn't you love to take a walk right now while it is so beautiful outside?</td>
<td>4.75</td>
</tr>
<tr>
<td>How about you get a walk in before the football games start? Bet you can just beat the rain if you start now!</td>
<td>4.75</td>
</tr>
<tr>
<td>Hey Charles, I am outside right now and it is brilliant. Great walking weather, you will love taking a walk today.</td>
<td>4.75</td>
</tr>
<tr>
<td>Since the weather doesn't look great, why don't you step on the treadmill during the football game tonight?</td>
<td>4.75</td>
</tr>
<tr>
<td>It's a beautiful evening Charles. Why not take advantage of it and go for a stroll?</td>
<td>4.66666667</td>
</tr>
<tr>
<td>Wouldn't it feel great to have a stroll around the neighborhood on a night like this?</td>
<td>4.6666667</td>
</tr>
<tr>
<td>What's better on a Sunday evening with nice weather than taking a walk around the neighborhood?</td>
<td>4.6666667</td>
</tr>
<tr>
<td>Wouldn't today be a great day to get out and enjoy the nice weather? Wouldn't a walk in the park with your wife be nice?</td>
<td>4.6</td>
</tr>
<tr>
<td>It's a beautiful day outside. How about taking 15 minutes for a brisk walk before heading to work to rev up your body for the day?</td>
<td>4.6</td>
</tr>
<tr>
<td>It's a beautiful evening Charles. Why not take advantage of it and go for a stroll?</td>
<td>4.6</td>
</tr>
</tbody>
</table>
mHealth Technology: The Use of Smartphone Apps in Health Promotion and Disease Prevention (and coming soon violence and injury)

Special thanks to:

Frank A. Treiber, PhD, Medical University of South Carolina, Charleston, SC
David Mohr, PhD, Northwestern University, Chicago, IL
Corby K. Martin, PhD, Pennington Biomedical Research Center, Baton Rouge, LA
John McGillicuddy, MD, Medical University of South Carolina, Charleston, SC
# Sensors for m-Health: Isn’t there an App for that?

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<tr>
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<td><strong>Wireless</strong></td>
<td>Almost limitless, examples include EHR/Patient Portals, Rx Alerts, Weight (Martin)</td>
</tr>
</tbody>
</table>

**Feedback/Tailored Messaging**: Any of the above
<table>
<thead>
<tr>
<th>Rank</th>
<th>Features</th>
<th>#1</th>
<th>#2</th>
<th>#3</th>
<th>#4</th>
<th>#5</th>
<th>#6</th>
<th>#7</th>
<th>#8</th>
<th>#9</th>
<th>#10</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-9</td>
<td>Excellent</td>
<td>Nokia Lumia 1520</td>
<td>Nokia Lumia 1020</td>
<td>Nokia Lumia 928</td>
<td>Nokia Lumia 925</td>
<td>Nokia Lumia 920</td>
<td>HTC 8X</td>
<td>HTC 8X</td>
<td>Samsung ATIV S Neo</td>
<td>Samsung ATIV Odyssey</td>
<td>Nokia Lumia 821</td>
</tr>
<tr>
<td>8-6</td>
<td>Good</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>5-4</td>
<td>Average</td>
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<td></td>
<td></td>
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<tr>
<td>3-2</td>
<td>Poor</td>
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<tr>
<td>1-0</td>
<td>Bad</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Features**

- **Bluetooth Version**
  - 4.0
  - 4.0
  - 3.0
  - 3.0
  - 3.0
  - 3.0
  - 4.0
  - 4.0
  - 3.1
  - 4.0
  - 3.1
  - 3.0

- **4G LTE**
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔

- **Tethering / Wi-Fi Hotspot**
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔

- **Gyroscope**
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔

- **Compass**
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔

- **Accelerometer**
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔

- **Near Field Communication**
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔

- **FM Radio**
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔
  - ✔

- **Carriers**
  - Verizon Wireless
    - ✔
  - AT&T
    - ✔
  - T-Mobile
    - ✔
  - Sprint
    - ✔

**Top Ten**

- **#1**: Nokia Lumia 1520
- **#2**: Nokia Lumia 1020
- **#3**: Nokia Lumia 928
- **#4**: Nokia Lumia 925
- **#5**: Nokia Lumia 920
- **#6**: HTC 8X
- **#7**: HTC 8X
- **#8**: Samsung ATIV S Neo
- **#9**: Samsung ATIV Odyssey
- **#10**: Nokia Lumia 821
Texting while driving
  - Detect speed change shut off SMS
## Sensors for m-Health: Isn’t there an App for that?

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GPS Injury/Violence Application

- Detect Speed Change for TEXTING and safe driving Apps
- Pin High Risk Locations
  - Alert Support Network
  - Alert User when approaching location
Sensors for m-Health: Isn’t there an App for that?

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<td>In vivo, timed assessment</td>
</tr>
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APP, SMS, or e-mail “tickle” user to report psychologic or behavioral states.

- Behavior Mapping
  - Exercise, Diet, Mental Health
- Psychologic STATE vs. TRAIT measures
  - Mood, Craving, Stress
EMA for Violence and ATOD

- Rate Anger, Frustration, Violent Impulses, Craving
- Feeling Threatened, Recent Conflicts
- Identify Possible High Risk Situations/Events such as Party
  - (possibly in conjunction with GPS)
Notification Apps

User, EMA, or GPS link to support network

- Violence
- Substance Use
- Compulsive behavior
- Diet
Violence Prevention

PREVENTING VIOLENCE AGAINST WOMEN THROUGH MOBILE APPS


In the age of the "information society", information and communication technologies (ICTs) and the Internet play a big role in the battle against sexual abuse and violence against women, both as tools to curb such violence, but at times also as new spaces for harassment and abuse. While ICTs and Internet can pose a risk to women and girls, they can also offer new, innovative ways to battle violence against women and to provide women and girls with more protection, more security and more independence.

The “Circle of 6” app is an example of an innovative use of technology to provide women with tools to protect themselves from sexual assault and rape. Circle of 6, released in March 2012, allows users to program six friends into a “circle”, and has pre-programmed SMS messages, such as “call and pretend you need me. I need an interruption” or “come and get me.”
Violence Prevention

Winner of the White House / HHS Apps Against Abuse Technology Challenge
Winner of the Institute of Medicine / Avon Foundation for Women End Violence @Home Challenge

University Customization

Circle of 6 U can customize its signature app for your students, and help campuses stay in compliance with the Campus Sexual Violence Elimination (SaVE) Act.

Adding your logo to the template, the app immediately becomes part of a first year student’s tool kit.

Circle of 6 U can include hotline and emergency numbers specific to your student body.

We will work closely with administrators to choose other pre-programmed emergency numbers for students.

The GPS function works internationally, so it’s available for students studying abroad.

Resources embedded into the app direct students to online platforms already available on the web, now on their phone.

Circle of 6 U can offer a customized push notification platform and analytics service to help you reach your students quickly and better serve their needs.

> Download more information here

> Contact us directly for more info: circleof6app@gmail.com

Basic Package
- License for iOS Code
- 1 year + 1 year maintenance
- License for Android Code
- 1 year + 1 year maintenance
- Design Implementation
- Code Implementation

Add Datapackage
- Customized push notification platform
- 1 year + 1 year backend
- Customized data analytics and annual report

Study Abroad Program
We can customize the app so your students can be safe and connected no matter where they are.
<table>
<thead>
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</tbody>
</table>
$1.99
Category: Health & Fitness
Updated: Jan 29, 2014
Version: 3.1.0
Size: 18.6 MB
Languages: English, French, Slovenian
Seller: AZUMIO, inovacije v elektroniki in informacijskih tehnologijah d.o.o.
© Azumi Inc.
Rated 4+

Compatibility: Requires iOS 5.0 or later. Compatible with iPhone, iPad 2 Wi-Fi, iPad 2 Wi-Fi + 3G, iPad Wi-Fi (3rd generation), iPad Wi-Fi + Cellular (3rd generation), iPad Wi-Fi (4th generation), iPad Wi-Fi + Cellular (4th generation), iPad mini Wi-Fi, iPad mini Wi-Fi + Cellular, iPad Air, iPad Air Wi-Fi + Cellular, iPad mini with Retina display, iPad mini with Retina display Wi-Fi + Cellular, iPod touch (4th generation), and iPod touch (5th generation). This app is optimized for iPhone 5.

Customer Ratings
Current Version:
★★★★★ 603 Ratings
All Versions:
★★★★★ 5763 Ratings

Top In-App Purchases
School-based Breathing Awareness Meditation (BAM) improves BP and overnight sodium excretion (Reduced SNS drive) Gregoski, M. et al. (2010) J Adolesc Health


Camera for Violence and ATOD

- Stress Reduction
- Mood Management
- Photovoice
- Telemedicine counseling
Sensors for m-Health: Isn’t there an App for that?

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<tr>
<td></td>
<td>Higher Speed/Bandwidth</td>
</tr>
</tbody>
</table>
OneTouch® Verio®Sync System

Item Number: 02239601

$29.99  In Stock  Ships within 1 business day

Where applicable, discounts will be applied at checkout.

- Sends blood sugar results wirelessly to an iPhone®, iPad®, or iPod touch® using the OneTouch® Reveal™ mobile app
- Simple 14-day snapshot shows you how often you are in range
- Share your results easily via email or text message
- Automatically creates a logbook out of testing results
- The OneTouch® Reveal™ mobile app can be downloaded for free from the App Store

See More Below

Quantity: 1  Add to cart
Bluetooth for Violence and ATOD

- Open gun safe; notify app
- Open drug bottle; notify app
- ATOD blood tests

Device uses Bluetooth or Wifi Direct to communicate with phone/APP (Web independent). Phone uploads via Web (Wifi or 4G).
Texting while driving

- Voluntary shut off
- Speed sensing shut off
- Text to voice messaging
Five Apps that Help Prevent Texting While Driving

Mary Kay | May 20, 2013 | Comments (0)

In the wake of Savannah Naud’s tragic death, it’s important that more parents become more aware of the solutions that are available to help prevent texting while driving.

It’s no secret, most people on the road are too distracted by their phones, but for young teens who essentially live their lives through their smartphone, the distraction can be life-threatening. Savannah Naud, for example, was sending a lengthy text, and was so distracted by her phone that she pulled out in front of a semi on Highway 7 and died instantly. This horrific story highlights why it’s so important that parents take just a few minutes out of their day to download an app that could potentially save their child’s life. Below are five options.

**TextLocate ($29.99 one-time charge)**
This app cuts off texting ability if the device is moving faster than 10 MPH. Any attempt to send a text message at more than 10mph brings up a window that simply says “you are moving too fast to use this application”. If a pedestrian is using the device, or he or she may request an override. That request must be allowed by a TextLocate “administrator” such as a parent. The passenger is then notified by text that the request is pending. If the user tries to remove TextLocate, the administrator also gets a heads-up. The only caveat with TextLocate is when your teen’s car slows down or stops for a traffic light, the texting functionality comes back on, creating an open window for pending messages to come through.

Available on Android only.

**OneProtect ($6.95 per month, or $76.45 per year)**
OneProtect provides even more control for parents. Once the app is installed on a teen’s phone the parent can turn the app on remotely, making it impossible for a teen to turn the app off without the parents finding out. The way it works is, when your phone passes the threshold speed (typically 15 mph), OneProtect asks whether you’re a passenger or the driver. If you’re the driver, the phone’s manual calling and texting features are disabled making it so the driver can only send and receive hands-free calls, texts, and emails. However, APPS...

---

Search

About Mary Kay Hoal

Mary Kay is a nationally-recognized internet safety expert and the founder of Yoursphere.com.

You can learn more about her work at marykayhoal.com.

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Enter your email address below to receive updates each time we publish new content.

Privacy guaranteed. We’ll never share your info.

Popular Categories Archives Tags
2. DriveSafe.ly

Instead of completely blocking your incoming messages, DriveSafe.ly actually reads your text messages, calls or emails aloud. By reading to you, the app eliminates that urge to grab your phone and take your eyes off the road for a split second. Best of all, it automatically responds to recipients for you (with a pre-set response) or allows you to respond by voice, totally hands-free.

3. Textecution

For those who really don’t want to mess around, Textecution uses GPS to determine speed at which your car is moving. If you are traveling more than 10 mph, the application will disable texting, so you cannot receive or respond to texts. You will be able to unlock messages when going less than 10 mph. Lets say you were a passenger, though, or on a train; the app allows you to ask for permission from the admin, who will be able to override the settings.

4. DriveScribe

It's about time we were rewarded for safe driving. DriveScribe's app measures and evaluates your driving performance by giving you points, based on how well you stay within the speed limit and obey traffic signals. Users can redeem points for gift cards and discounts at certain stores. If you are interested in your driving patterns as well, the app tracks distance driven, average speed, maps of routes driven and descriptions of your violations (if any).

5. Text-STAR

Part auto-text responder, part digital personal assistant, Text-STAR aims to get you where you need to go without any distractions. Able to sense motion, the app disables texting when you
Apps that block texting while driving

Live2Txt

Live2Txt is an Android™ app that allows you to block incoming texts and calls while driving. Turn the app 'on' when you get behind the wheel, and you'll silence your smartphone from incoming notifications, texts and calls. When you receive a message, the app will alert the sender with a customized message that you're unable to respond at the moment. You also have the option to block incoming calls and texts, only texts or only calls. Live2Txt also comes in handy during other times you may need to minimize interruptions, such as during an important meeting, your next massage or your child's school play.

DriveOFF

Available on Android devices, DriveOFF alleviates distractions for drivers. Once you hit 10mph, the app displays a static screensaver and turns off all notifications on your phone, minimizing distractions for the driver. Use the default screensaver or customize it to one of your choice.

DriveScribe

DriveScribe, available for Android and iOS, blocks phone calls, emails and text messages. It will automatically send a response to text messages, alerting your contacts that you're unreachable at the moment. DriveScribe goes the extra mile—it tracks speed and driving behavior, offering tips for improvement. Plus, the safer you drive, the more rewards points you earn. The best part? These points are redeemable for gift cards at select retail stores.

Canary

Canary is a great option for concerned parents, as it offers instant feedback on your child's behavior while behind the wheel. When you download the app (available for Android and iOS) to your child's phone, it alerts you when your children are driving faster than 12mph or over the posted speed limit, traveling outside of predefined safe areas, and violating curfew.

No matter the reason you're downloading an app to block texting while driving, it's important to educate yourself and young drivers about driving safely. Learn more about distracted driving and safe practices on the road.
The Best Alcoholism iPhone & Android Apps of the Year

Written by Kimberly Holcomb. Winners selected by Tracy Rosecrans.
Medically Reviewed on May 21, 2014 by Kenneth R. Hirsch, MD

Twenty-Four Hours a Day

iPhone – 5 stars with 1,052 reviews – $4.99

Android – 4.5 stars with 75 reviews – $4.99

This app coordinates with the book “Twenty-Four Hours a Day,” a meditation and prayer book based on Hazelden Meditations. Now you can take the collection of prayers and meditations with you anywhere. When you’re facing a particularly challenging situation, pull out your phone, read your daily meditation, and find comfort once again in the choice you made to quit.

After all, as anyone who has battled addiction knows, staying sober requires around-the-clock work. The struggles to quit and stay quit require daily commitment and dedication. It’s good to have as much help as you can.
Elements of Addiction Apps

(1) enhance motivation to change through assessment and feedback;
(2) provide coping techniques for managing high-risk locations, and craving;
(3) provide immediate access to supportive others;
(4) identify/schedule pro-social activities;
(5) provide modular psych-educational information; and;
(6) monitor and provide regular feedback on continued use, triggers, and means of coping.

Challenges

- Quality of the Exploding App population
  - Use/Misuse of Theory
  - Evidence of Effectiveness (RCT)
  - Profit Motive

- Most messages are data driven; can become overly reliant on cues, information, fear, and feedback as drivers of change. Quality of motivational feedback often poor.

- Managing the sheer number of Apps

- 5-year RO1 cycle. Technology outdated

- M-Health component part of “kitchen sink”, hard to evaluate
Future Apps

- Linking (Bi-Directional) Sensor Data with EHR
- Linking purchasing behavior with Sensor Data
- Self-banning
- AI counseling; language and gesture processing
For all the right reasons

Introduction

John, we hope that as you head towards October 2, you have maintained your strong overall desire to be free from smoking... The bar chart on the right highlights where most of your motivation to quit comes from. For you, it comes in great supply, mostly from meaningful, internal reasons (the tall white bar). It's great that you are motivated by so many things you find of personal value -- especially your health. Let's take a closer look at what you told us is important to you as you prepare to quit.

Characteristics that cause text/images to appear (based on participant survey responses):

Name, Quit Date
Intrinsic/Extrinsic motivation to quit
Specific motivations within overall reason to quit
Financial Loss (cigarette amount x cost)

Overall motivation to quit
Self-rated reason to quit
Personal Health History
Framing of Feedback
- (Loss for this sample)
FOR YOUR HEALTH
When you shared with us that you are very interested in quitting because you have been diagnosed with a smoking-related illness, you showed us that you are ready to make a change, no matter what the situation. Let's briefly look at what you told us about your current health picture:

- **Cardiovascular disease** - smoking increases blood pressure, decreases exercise tolerance and increases the tendency for blood to clot.
- **High blood pressure** - smoking increases the risk of vascular complications (for example, heart disease and stroke) in people who already have hypertension.

FOR YOURSELF
One of the reasons you want to quit smoking is because you are tired of feeling disappointed in yourself. You aren't alone…

FOR YOUR BANK ACCOUNT
We're glad to hear that you are tired of spending your money on cigarettes. Let's do some quick math. You've been spending over $144 each month to smoke. That's over $1757 in just one year!

Characteristics that cause text/images to appear (based on participant survey responses):

<table>
<thead>
<tr>
<th>Name, Quit Date</th>
<th>Overall motivation to quit</th>
</tr>
</thead>
<tbody>
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