

ASSIGNMENT 4

Exploring Technology for Tracking and Facilitating Health-Related Goals (10 Points)

The purpose of this assignment is to give you an opportunity to explore commercially available mobile applications for tracking and achievement of health-related goals. You are asked to select one mobile application that you currently use or are curious about and use it for four weeks. The selection of the application should be governed by your personal health behavior goals (identified in previous assignments) as well as based on its features (these should relate to some of the behavior change techniques you identified in Assignment 3).

Specific Instructions:

1. Identify an existing mobile application that will allow you to monitor your selected health behaviors and work towards the achievement of your health behavior goals.. This may be an application that you already currently use or a new one that you will acquire (please note that MANY are available for free through both the iOS and Android platforms). When selecting the application, you should review its features and functions to ensure it will allow you to implement at least some of the behavior change techniques you identified in Assignment 3.
2. Use the application for at least four weeks to track and change your behavior(s). You should engage with the application sufficiently so you can evaluate all the available components/functions of the application. It is a good idea to also take some notes along the way so you can track ideas/issues as they come up and catch your attention.
3. Write a summary of your experience based on the following structure:
 - Introduce your application. Be sure to include:
 - Name of application
 - Platform (iOS, Android)
 - Paid versus Free
 - Why did you choose it? What are the components/functions of the application as they relate to the achievement of your health-related goals and behavior change techniques?
 - Describe your experience with the application:
 - How long have you been using the application?
 - What components/functions did you use and how often?
 - What components/functions did you like the most/the least? Why?
 - What have you learned about your behavior? **BE SURE TO INCORPORATE SOME DATA FROM YOUR APP – COPY OF GRAPH, DATA TABLE, ETC. to show proof of your use/tracking across the four weeks.**
 - What is the likelihood that you will keep using the application?
 - Evaluate your application from the perspective of a health psychologist or health professional / interventionist – you should refer to knowledge acquired in the class:
 - Who is the target population? What are the target behaviors?
 - Was a specific theoretical approach used in the development of the application and its functions? Can you identify any elements of health behavior theories we discussed? Can you identify any specific mediators of behavior change discussed in class that are targeted in the mobile app?
 - What specific intervention methods and strategies are used in the application to facilitate behavior change / promote physical activity?
 - What are the pros/cons of the application from the perspective of facilitating long-term maintenance?

Format: Reviews should be 3-5 pages double-spaced with 1 inch margins and 11 or 12 point font.

Due date: Written reviews must be submitted by midnight on May 10. Submit your assignment on IS.

Evaluation criteria:

Criteria	Weight
Scope—all elements answered in sufficient detail	3 points
Level of engagement with mobile application	4 points
Clarity and quality of writing	2 points
Grammar, spelling, format	1 point
Total	10 points

Grading Rubric:

Criteria	Assigned Point Value			
Scope	[3points] All elements answered in sufficient detail	[2 points] 1-2 elements missing or insufficient detail in some	[1 points] >2 element missing and insufficient detail provided	[0-1 points] Most elements missing; none or insufficient detail provided
Engagement with app	[4 points] Engaged with all functions of app and for required period of time (4 weeks); data included	[3 points] Engaged with all functions of app and for required period of time (4 weeks); data not included	[2 points] Engaged only with some functions for required period of time (4 weeks); data not included	[0-1 points] Engaged only with some functions and less time than required (< 4 weeks); data included or data not included
Clarity and quality of writing	[2 points] Thoughts are presented clearly; exemplary organization of ideas with cohesive flow	[0-1 points] Thoughts not clearly presented; disorganized ideas with poor flow		
Grammar, spelling, format	[1 point] No grammatical or spelling errors; Adheres to specified format and length	[0 points] Grammatical or spelling errors; does not adhere to specified format and length		
Total	10 points			