INTERACTIVE SYSTEMS & FOSTERING HEALTHIER

LIFESTYLES

Connor Jarvis | Jiyao Qiu | David Deist | Joe Mikiska | Mentor: Chen Liang

I399 Fall 2012 Team 7 - Indiana University

Research Topic

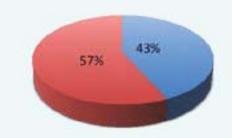
Our topic was to research the design of health related mobile applications & the impact of interactive systems on users' daily behavior to foster a healthier lifestyle.

Research Goals

- How successful people are in using interactive systems to help foster a healthier lifestyle
- Study how many people actually use mobile applications
- See if it actually makes a difference in people's lives

Research Results

Have you ever downloaded a mobile application on your phone to help with weight loss, exercise, or athletic training?



When we asked this question, 57% of people said no and 43% said yes.

Research Methods

- Academic Research
- Self-experiences
- In-person Interviews
- Surveys
- Sample size: 44 people
- 6 In-person Interviews

How many times a week do you use mobile application on your phone to help with weight loss, exercise, or athletic training?



Calorie Counter & Diet Tracker

Daty Waldy Benedy	Geal Fact Earche Net Netarring 2310 681 0 681 1525
(THURSDAY / Dec 18, 2010)	E THURSDAY / Dec 16, 2010
That Sets Surrowy	Broadiet 128 cal 🗙
2310	Create mady-to-est, KRAFT, PG cot 0
Day Test Derite M	Mile-Lawfal, TS milital 12 0
2310 +0 -0 0	Super-Granited Justiced III 0
Reas Fred	Coffee-Brewell hart greater 2 0
The brief of the pounds since her	Lost 152 cd
Mast weigh-en She's lost 28 pounds so far.	Bread - Whole-sheat 110 0
el-sainte mile has logad it for 10 days in	OSCAR MAYOR, Tarkey Breat (b - C O

<u>Conclusion</u>

The apps would be and are beneficial, but majority of people don't use them because:

- Too complicated
- Too much work
- Lack of interest
- Lack of knowledge

The less work for the user, the more likely they are to use the app.