Which features are important for effectiveness of sport- and health-related apps?

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Introduction

Introduction

- Running, bicycling, walking (Dallinga et al., 2016)

- Potential support + encourage physical activity

- Value of app features?

Aim

Identify which features in sport- and health-related apps contribute to effectiveness of apps.

Method

- Expert meeting (focus groups)
  - Two subgroups

- Nominal group technique (Van de Ven, 1972)

→ Identify and rank app features relevant for effectiveness of apps

Nominal group technique

Round 1: Individually list all features that they found necessary for increasing effectiveness of apps.

All features were collected, explained and listed on a white board

Round 2: Individually rank the ten most important features

Rankings were discussed group wise

Round 3: Final ranking of the ten most important features. Score 0-100 importance.

Results

Feature	Mean score	Frequency	Weighing
Usability	86,3	7	603,8
Monitoring / statistics	92,5	5	462,5
Fun	79,4	5	396,9
Motivating feedback	91,3	4	365,0
Works good technically	87,5	4	350,0
Tailoring start level	85,0	4	340,0
Anticipating / context awareness	60,4	5	302,1
Tailoring always	85,0	3	255,0
Check on health	73,3	3	220,0
Social	72,5	3	217,5
Instructional feedback	95,0	2	190,0

Usability

"Does the app do what you expect from it and are certain functions working."

"That the app is easy to use. And that you can easily find all functions."

"Usability is really about if I can execute the task I want to do as good as possible."

Monitoring / statistics

"That you can monitor statistics, that you can see all activities you did and when."

"Insight and measuring of exercise behavior."

Conclusion

- Usability, monitor/ statistics, fun
- Smart and tailored app + provide feedback + anticipate on the environment
- Usability = premise
- Currently available exercise app rating scales could be revised

Next steps

- Preferences sport app users
- Preferences sportprofessionals
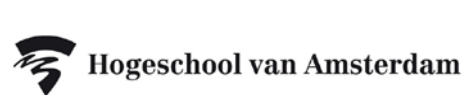
→ Develop decision tool for apps

Thank you!

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Discussion

Topics to discuss

- How to deal with innovations as health care professional?

- What are the best ways to create user engagement and adherence?

- Blended interventions: how to combine the best of both worlds?

- How to collect user data while guaranteeing privacy?