Designing an E-Health Application in Collaboration with Obesity Patients

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Abstract. Maintaining healthy behavior among obesity patients is a challenge. This study aims to design an electronic health application for self-care management in collaboration with obesity patients and healthcare personnel.

Keywords. user-centred design, self-care management, obesity

Self-care management with self-monitoring is crucial for maintaining healthy behaviour among obesity patients after receiving weight loss treatment. However, self-care management is labour-intensive, and compliance among the obesity patients is a challenge [1]. Research shows that tailored mobile e-health behavioural interventions are the most efficient [2]. Involving obesity patients during development to tailor the e-health application according to their specific needs may influence their receptiveness towards the system. In this study we will develop an e-health application in collaboration with obesity patients and healthcare personnel. The aim is to enhance obesity patients’ ability for self-care management through electronic means.

We will use methods of user-centred design, and will conduct workshops with patients and healthcare personnel. The workshops will consist of interviews, design tasks and group discussions. The purpose is to articulate ideas about future solutions for enhanced self-care management through electronic appliances. Based on the results, a prototype e-health application will be developed and evaluated before it will be offered to the patient group.

We are currently conducting the workshops. Preliminary results will be available within 6 months time.

An e-health application that is patient tailored may influence the receptiveness of the system. The study may contribute to methodological aspects of involving patients and healthcare personnel during development of e-health systems.

This study will show if close collaboration with obesity patients and healthcare personnel during development of an e-health application will influence receptiveness of the system among obesity patients.


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