Approaching Personal Wellness
Information Model

Antto SEPPÄLÄ,1, Pirkko NYKÄNEN,2, Pekka RUOTSALAINEN
1University of Tampere, School of Information Sciences, eHealth Research
2National Institute for Health and Welfare, Helsinki, Finland

Abstract. Healthcare is moving towards more complete health and wellbeing of people. The concept wellness has been used to describe this holistic view. Wellness management and applications are becoming important in the ubiquitous health environment and semantic interoperability is a necessity for success. There is a need for personal wellness ontology to enable trusted sharing of wellness information and this study tries to create basis for the ontology work.

Keywords. Personal wellness, holistic healthcare, information model, focus group

1. Introduction

Wellness has been used to describe more complete approach for health and wellbeing and wellness informatics aims at helping citizens to collect data, reflect and support wellness and enable collaboration [1]. This study is part of a research project focusing on personal health and wellness information and we are creating a trusted context-aware information model for lifelong personal wellness record [4].

2. Methods

This study had two main methods:
1. A literature survey to find out how wellness is understood in the literature.
2. Two focus group sessions to see how people understand personal wellness.

3. Results

Wellness can be seen as a high level concept integrating multiple domains and it considers individuals’ functioning as a whole, noticing lifestyle, behavior, culture, beliefs and other issues affecting general life satisfaction [3; 4]. Based on the focus group work we created two mind maps. The first (Figure 1) describes inner wellness, things that can be affected, controlled, or influenced by the person herself. The second mind-map (Figure 2) focuses on external contexts affecting personal wellness.

---

1Corresponding Author: Antto Seppälä, Kanslerinrinne 1, 33014 Tampereen yliopisto, Finland; E-mail: antto.seppala@uta.fi
4. Discussion

Mind maps developed describe at a high-level how wellness and its contexts can be conceptualized. We can use these results as a basis for empirical research and can start to model the domain of wellness into a formal information model.

![Figure 1. Inner wellness mind map.](image1)

![Figure 2. External contexts affecting personal wellness.](image2)

Acknowledgements. We acknowledge the funding of this Trusted eHealth and eWelfare Space research project by the Finnish Academy of Sciences in the MOTIVE Research Programme.

References