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Nota di contenuto	Intro -- Acknowledgements -- Contents -- Part I: Introduction -- Chapter 1: Unfolding the Quantification of Quality of Life -- Introduction -- The WHOQOL Instrument -- Learning from the 'Quantified-Self' Community -- The Quantified-Self Movement -- The Quantified-Self Community -- Methods -- Results -- One-Dimensional Presentation of Data and Findings -- Two-Dimensional Presentation of Data and Findings -- Discussion -- Limitations -- Concluding Remarks on Self-Tracking and Quality of Life -- Future Outlook: Importance of Improving Quality of Life Quantification -- Appendices -- Appendix 1 -- Appendix 2 -- References -- Part II: Physical Health -- Chapter 2: Assessing Activity of Daily Living through Technology-Enabled Tools: Mobility and Nutrition Assessment: MiranaBot: A Nutrition Assessment Use Case -- Introduction -- State of the Art -- Activities of Daily Living (ADLs) -- Validated Scales for ADLs -- Technology-Enabled Tools to Assess Indoor-Outdoor Mobility -- Activity Recognition -- Wireless Indoor-Outdoor Positioning

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Behavioral Impairments.

Sommario/riassunto

Describes technological methods and tools for objective and quantitative assessment of QoL Appraises technology-enabled methods for incorporating QoL measurements in medicine Highlights the success factors for adoption and scaling of technology-enabled methods This open access book presents the rise of technology-enabled methods and tools for objective, quantitative assessment of Quality of Life (QoL), while following the WHOQOL model. It is an in-depth resource describing and examining state-of-the-art, minimally obtrusive, ubiquitous technologies. Highlighting the required factors for adoption and scaling of technology-enabled methods and tools for QoL assessment, it also describes how these technologies can be leveraged for behavior change, disease prevention, health management and long-term QoL enhancement in populations at large. Quantifying Quality of Life: Incorporating Daily Life into Medicine fills a gap in the field of QoL by providing assessment methods, techniques and tools. These assessments differ from the current methods that are now mostly infrequent, subjective, qualitative, memory-based, context-poor and sparse. Therefore, it is an ideal resource for physicians, physicians in training, software and hardware developers, computer scientists, data scientists, behavioural scientists, entrepreneurs, healthcare leaders and administrators who are seeking an up-to-date resource on this subject.