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Nota di contenuto	Cover; Acknowledgments; Contents; List of Tables and Figures; Notes on Contributors; 1 mHealthy Behaviors: Engaging Researchers and Practitioners in a Facilitated Dialogue on Mobile-mediated Health Behavior Change; Introduction; The mHealthy behaviors sessions; mHealthy behavioral themes; Designing for patients is different from designing for caregivers; Technology-supported behavior change and support requires a multidisciplinary team; Calibrate for the low end versus the high end of the technical landscape; Organizations matter. Ensure buy-in and openness Start with scale in mind. Decide if failure is an optionLocal context matters; Link theory to practice via behavior change models; The elusive art of measuring change; Conclusion; Notes; References; 2 State of Behavior Change Initiatives and How Mobile Phones are Transforming It; Introduction; Snapshot of mHealth behavior change interventions; What kinds of mHealth behavior change projects exist in LMICs?; How do social, cultural, and political contexts play a role?; What can mobile phones provide?; How are mobile phones utilized to change

behavior?

How do these projects begin and to whom do they target? Health promotion and disease prevention; Disease management, treatment compliance, and appointment reminders; Theory in mHealth behavior change initiatives; Reflection on what 'Mobile' brings to the behavior change world - reach, access, and mobility; There is more to understand on what 'Mobile' can bring to behavior change; Closing; Bibliography; 3 mHealthy Behavior Studies: Lessons from a Systematic Review; Background; Conducting the systematic review; Lessons learned for mHealth research; So where should we go from here? Scenario 1: Patient-level mHealth Intervention Scenario 2: Provider-level mHealth intervention; Scenario 3: Population-level mHealth Intervention; Conclusion; References; 4 Developing and Adapting a Text Messaging Intervention for Smoking Cessation from New Zealand for the United Kingdom; Background; Development; Modifying the existing text messages; Generating new messages; Psychological theories of health behavior and behavior change; Social cognition models; Dynamic theories of behavior; Salience of attitudes and spontaneous processing models Techniques and approaches used in existing behavior change interventions Contextual evidence; Theory regarding doctor-patient relationships and interactions; Fine tuning new messages; Feasibility and piloting; The process evaluation for the pilot trial; Development; Evaluation; Summary; References; 5 mHealth Hope or Hype: Experiences from Cell-Life; Introduction; Cell-Life beginnings; Cellphones for HIV; mHealth grows up; Great - so what?; What's different about mobile?; References 6 Tele-self-management Support for Type 2 Diabetes Care: Working Through Public Primary Care Centers in Santiago, Chile

Sommario/riassunto

There has recently been an explosion of interest around the application of mobile communication technologies to support health initiatives in developing countries (mHealth). As a result, there is a need to promote and share rigorous research for better informed policy, programming, and investment. There are, however, few platforms for the exchange of information and proven practice between practitioners and researchers. The subtopic of prevention, well-being, and health promotion within mHealth is particularly ripe for deeper exploration. While many reports tout the potential of mobiles to inf