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Sommario/riassunto

In recent years, there has been an explosion of research focused on using technology in health care, including web- and mobile- health assessment and intervention tools, as well as smartphone sensors and smart environments for monitoring and promoting health behavior. This work has shown that technology-based therapeutic tools offer considerable promise for monitoring and responding to individuals' health behavior in real-time. They may also function as important "clinician-extend-ers" or stand-alone tools, may be cost-effective and may offer countless opportunities for tailoring behavioral
