

1. Record Nr.	UNINA9910903792203321
Autore	Schäfer Adrienne
Titolo	Maintaining a Healthy Lifestyle : Psychological Interventions for the Prevention of Chronic Diseases and the Role of the Health Ecosystem
Pubbl/distr/stampa	Berlin, Heidelberg : , : Springer Berlin / Heidelberg, , 2024 ©2024
ISBN	9783662694602 3662694603
Edizione	[1st ed.]
Descrizione fisica	1 online resource (162 pages)
Altri autori (Persone)	SchaffnerDorothea von dem BergeKarina StuderNora van der HeidenNico ZimmermannAnja
Disciplina	613
Soggetti	Psicologia positiva Malalties cròniques Ciències de la salut Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Acknowledgments -- Contents -- About the Authors -- Part I Introduction and Basics -- 1 Challenges of a Sustainable Lifestyle Change -- Abstract -- 1.1 Non-communicable Diseases-An Increasing Burden on Humanity and the Health System -- 1.2 Psychological Perspective: The Challenge of Maintaining a Healthy Lifestyle -- 1.3 Transformative Service Research: Implementing the Service Orientation -- 1.4 Research Questions and Approach -- References -- 2 Psychological Foundations and Insights from Research on Effectiveness -- Abstract -- 2.1 Models of Behavior Change -- 2.1.1 Stage Models of Behavioral Change -- 2.1.2 COM-B Model of Behavior Change -- 2.2 Definition and Classification of Behavior Change Techniques -- 2.2.1 Definition of Key Terms -- 2.2.2 Classification of Behavior Change Techniques -- 2.3 Effectiveness of Behavior Change Techniques in the

Prevention of Overweight and Diabetes -- 2.4 Motivation and Self-Management -- 2.4.1 Motivation -- 2.4.2 Self-Management --  
References -- 3 Basics and Insights from Service Management and Health Economics -- Abstract -- 3.1 Classification of the project in the Transformative Service Research (TSR) -- 3.2 The Customer Journey: A Tool for Visualizing the Maintenance Stage from the Perspective of Those Affected -- 3.2.1 Elements of a Customer Journey and the Customer Experience -- 3.2.2 Levels of a Customer Journey -- 3.3 Ecosystems: An Overview -- 3.3.1 Characteristics of Ecosystems -- 3.3.2 Roles in Ecosystems -- 3.4 Health Economics and Interprofessionalism -- 3.5 Conclusion and Relevance for the Present Research Project -- References -- Part II Empirical Studies -- 4 Practical Measures for a Sustainable Lifestyle Change -- Abstract -- 4.1 Determination of Sustainable Measures -- 4.2 Sub-study 1: Identification of Successful Behavior Change Techniques from the Perspective of Service Providers.  
4.2.1 Survey of Experts from the Health Sector -- 4.2.2 Central Findings from the Perspective of Experts -- 4.3 Sub-study 2: Identification of Successful Behavior Change Techniques from the Perspective of Those Affected -- 4.3.1 Survey of Affected Individuals in the Maintenance Stage -- 4.3.2 Successful Measures from the Perspective of Those Affected -- 4.3.3 Frequently Used Behavior Change Techniques by Those Affected in the Maintenance Phase -- 4.4 Sub-study 3: Development of need-oriented Measures for a Sustainable Lifestyle Change -- 4.4.1 Design Thinking Workshop with representatives of the health ecosystem -- 4.4.2 Development of Prototype Need-Based Measures -- 4.5 Conclusion -- References -- 5 Acceptance of Motivation-Oriented Behavior Change Techniques and Relevance of the Actors in the Ecosystem -- Abstract -- 5.1 Basics and Research Questions -- 5.1.1 Effectiveness of Digital Measures -- 5.1.2 Influence of the Design of Measures on Acceptance -- 5.1.3 Significance of Autonomous Motivation for the Maintenance of Behavioral Changes -- 5.1.4 Insights into the Relevance of Actors in the Ecosystem -- 5.2 Procedures and Methods of the Survey -- 5.2.1 Participants with a Desire for Lifestyle Change for Health Reasons -- 5.2.2 Digital Measures with Autonomous and Controlled Motivation Orientation -- 5.2.3 Assessment of Acceptance and Intention to Use Digital Measures -- 5.2.4 Assessment of the Relevance of Actors in the Ecosystem -- 5.3 Results -- 5.3.1 Intended Use of Digital Measures for Lifestyle Change -- 5.3.2 Intention to use Digital Measures with Autonomous and Controlled Motivation Orientation -- 5.3.3 Factors Influencing the Intention to use Digital Measures with Motivation-oriented Design -- 5.3.4 Relevance of the Actors in the Ecosystem from the Perspective of the Target Groups -- 5.4 Conclusion and Answering of the Research Questions.  
5.4.1 Digital Measures Leading to Higher Acceptance -- 5.4.2 Acceptance of Autonomy Oriented Digital Measures -- 5.4.3 Factors Influencing Willingness to Use and Acceptance -- 5.4.4 Relevant Actors in the Ecosystem for Maintaining a Healthy Lifestyle -- References -- 6 Effectiveness of the Use of Digital Measures -- Abstract -- 6.1 Initial Situation and Questions -- 6.2 Procedure for Measuring the Effectiveness of Digital Measures -- 6.2.1 Data Extraction and Data Basis -- 6.2.2 Sample -- 6.2.3 Analysis -- 6.3 Results -- 6.3.1 Usage Frequencies -- 6.3.2 Correlations between the Frequency of use and Physical Activity -- 6.3.3 Correlations between the Frequency of use of Measures and the Medical Parameters Weight, Blood Pressure, and Blood Sugar -- 6.4 Conclusion -- References -- 7 Analysis of the Customer Journey in the Health Ecosystem -- Abstract -- 7.1

Procedure and Methodology -- 7.2 Consumer Journey and Customer Journeys of the Maintenance Stage -- 7.2.1 Activities in the Consumer Journey of the Maintenance Stage and in the Customer Journeys Exercise and Nutrition -- 7.2.2 Emotions During the Consumer Journey -- 7.2.3 Use of Communication Channels During the Consumer Journey -- 7.3 Relevance of Partners from the Health Ecosystem -- 7.4 The Role of Self-Management in the Maintenance Stage -- 7.5 Conclusion -- References -- 8 The Role of Pharmacies within the Health Ecosystem -- Abstract -- 8.1 Analysis of the Positioning of Pharmacies in Switzerland -- 8.1.1 Opportunities and Challenges for the Swiss Pharmacy and Drugstore Market -- 8.1.2 Methodological Approach for the Survey of Experts -- 8.2 Practical Experiences from Swiss Pharmacies and Drugstores -- 8.2.1 The Current Range of Services Offered by Pharmacies -- 8.2.2 Success Factors and Challenges for Customer Consultation in Pharmacies -- 8.2.3 Collaboration within the Health System. 8.3 Conclusion -- References -- Part III Recommendations and Toolbox -- 9 Conclusion -- Abstract -- 9.1 Effective Measures for a Sustainable Lifestyle Change -- 9.2 The Role of Motivation Orientation for Sustainable Lifestyle Change -- 9.3 The Consumer Journey and the Customer Journeys in the Maintenance Phase -- 9.4 The Healthcare Ecosystem: The Role of Those Affected and Their Partners in Maintaining a Healthy Lifestyle -- 9.5 Conclusion -- References -- 10 Toolbox for Maintaining a Healthy Lifestyle -- Abstract -- 10.1 Tool 1: Customer Journey -- 10.2 Tools for the Health Care Ecosystem -- 10.2.1 Tool 2: Health Care Ecosystem Map -- 10.2.2 Tool 3: Collaboration and Interprofessionalism in the Health Care Ecosystem -- 10.3 Tools for Developing Measures -- 10.3.1 Tool 4: Effective and Practical Behavior Change Techniques -- 10.3.2 Tool 5: Guide to Autonomy-Oriented Design of Measures -- 10.3.3 Tool 6: Individual Goal Setting -- 10.3.4 Tool 7: Short Questionnaire on the Acceptance of Measures and Motivation Orientation -- 10.3.5 Tool 8: Guide to Defining Appropriate Rewards -- References.

---