

Press release

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Basic information

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Title of dissertation:

Using a self-monitoring app in eating disorder treatment: Patient and clinician experiences and patient app use over time

Date for defence: Friday, March 29 at (time of day): 14.00 - 16.00 Place: Auditorium J116-113 at Aarhus University Hospital, Palle-Juul Jensens Boulevard 175, entrance J, DK-8200 Aarhus N.

Press release (Danish)

Hvordan påvirker brugen af en selvmonitorerings-app behandlingen af spiseforstyrrelser?

Brugen af digitale behandlingsredskaber, herunder smartphoneapplikationer (apps), er udbredt i sundhedsmæssige sammenhænge, selvom deres effektivitet og anvendelighed endnu er ukendt. Et eksempel på et digitalt behandlingsredskab er selvmonitoreringsappen Recovery Record, der er udviklet til personer med en spiseforstyrrelse. Modsat den traditionelt anvendte papirkostdagbog, indeholder Recovery Record interaktive funktioner såsom måltidspåmindelser og deling af patientens app-data med behandler, der på den måde kontinuerligt kan monitorere patientens logs. Baseret på feltarbejde, interviews og patienters app-data blev patienter og behandleres oplevelser med appen samt patienters app-brug over tid udforsket i et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af Pil Lindgreen, der forsvare sin afhandling d. 29/3.

Ph.d.-projektet fandt forskellige fordele og ulemper ved at bruge appen i behandlingen. Ud over fordelene af at kunne forberede behandlingssessionerne, var behandlerne optagede af udfordringerne ved at bruge Recovery Record, blandt andet en øget arbejdsbyrde og bekymring for at skade samarbejdsrelationen med patienten. Patienters oplevelser med appen afgang af deres individuelle kontekst, behandlingsbehov, præferencer og ressourcer. Derfor oplevede nogle patienter primært Recovery Record som støttende i forhold til deres hverdagsliv og behandling, mens andre overvejende fandt appen og dens funktioner forstyrrende. Patienters app-brug målt som antal registrerede logs varierede meget. Endvidere faldt patienters app-aktivitet hurtigt over de første uger, og flere logtyper blev slet ikke anvendt. Højere alder og fravær af tidligere spiseforstyrrelsesbehandling hang sammen med øget app-aktivitet. På baggrund af projektets fund, udstikker afhandlingen anbefalinger for fremtidig klinisk praksis og forskning.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 29/3 kl. 14.00 i auditorium J116-113, Aarhus Universitetshospital, Palle Juul-Jensens Boulevard 175, indgang J, Aarhus N.

Titlen på projektet er "Using a self-monitoring app in eating disorder treatment: Patient and clinician experiences and patient app use over time".

Yderligere oplysninger: Ph.d.-studerende Pil Lindgreen, e-mail: pillin@rm.dk, tlf. 2151 1756.

Bedømmelsesudvalg:

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Press release (English)

How does the usage of a self-monitoring app affect eating disorder treatment?

The use of digital treatment tools, including smartphone applications (apps), is widespread in health care settings, although their effectiveness and feasibility remain uncertain. An example of a digital treatment tool is the self-monitoring app, Recovery Record, developed for individuals with an eating disorder. Unlike traditionally applied paper meal diaries, the app encompasses interactive features, such as meal reminders and in-app patient-clinician linking, the latter enabling clinicians to continuously access and monitor patient app data. Based on field work, interviews, and patient app data, the PhD project explored patient and clinician experiences with Recovery Record and described patient app usage over time. The project was carried out by Pil Lindgreen, who is defending her dissertation on March 29.

The PhD project found several advantages and disadvantages of using the app Recovery Record in treatment. Besides the benefit of being able to prepare treatment sessions using patient app data, clinicians were preoccupied with the challenges associated with using Recovery Record, for instance the added workload and the potential risk of harming the patient-clinician collaboration. As for the patients, their experiences with the app depended on their individual context, treatment needs, preferences, and resources. Thus, some patients primarily experienced Recovery Record as supportive of their everyday life and treatment, while others predominantly experienced the app and certain of its features as obstructive. Patient app usage measured as number of in-app logs varied greatly. Furthermore, patients' app activity declined rapidly over time and several log types were not at all used by patients. Older age and no previous eating disorder treatment were associated with increased app activity. Based on the findings of the project, the dissertation outlines recommendations for clinical practice and future research.

The defence is public and takes place on Friday, March 29 at 14.00 in auditorium J116-113, Aarhus University Hospital, Palle-Juul Jensens Boulevard 175, entrance J, Aarhus.

The title of the project is Using a self-monitoring app in eating disorder treatment: Patient and clinician experiences and patient app use over time.

For more information, please contact PhD student Pil Lindgreen, email: pillin@rm.dk, Phone +45 2151 1756.

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