Talk title: Automated evaluation methods for physical activity apps

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Abstract: Many smartphone applications (apps) and wearables have been designed to improve physical activity. Yet, health researchers face challenges when evaluating whether these technologies change behaviour. The rapid rate at which apps and wearables evolve mean that 'gold standard' methodologies (such as randomised controlled trials) can be too slow and unwieldy. Furthermore, highly controlled lab-based studies provide limited insight into whether these complex technologies, when used by various individuals in real-world settings, are effective, engaging and acceptable. In this talk I will discuss how my interdisciplinary PhD research aims to tackle this evaluation problem, using methods borrowed from computing science and human computer interaction (including sensors, user logs and App store approaches). I discuss my experiences in automating behaviour change trials, conducting interdisciplinary literature reviews and collaborating with multidisciplinary researchers and developers.