Quantified Self @Work

How can a combination of self-tracking and persuasive eCoaching positively influence employees' stress management and resilience?

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Problem

1/3 of work-related absenteeism is caused by stress

Enhance stress management and resilience by an eHealth workplace intervention

Promising approach: Self-tracking and persuasive eCoaching.

Because:
- Measurements of stress can increase awareness
- Scalability: most people own a device which is applicable for eHealth interventions
- Maintenance by persuasive technology

But:
- Relatively new field of research
- Challenges in trust, privacy and ethics
- User-centered design important

Output

Results will contribute to the understanding of:
1. Needs, barriers and opportunities from a stakeholder perspective
2. Usability and persuasiveness of the design
3. The components of persuasive eCoaching and self-tracking that contribute to effective stress management and resilience training

Design in short:
Focus on creating awareness by collecting heart rate data (physiological reaction to emotional arousal) and self-reported measurements of emotional arousal (using the Sense-IT app, Y. Derks and R. Klaassen). Coaching by reflecting on stress and resilience data and provision of personalized suggestions.

Interested in your level of resilience and stress? Join our usability study!

Method

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