Methods

To understand how social media and everyday adolescent fitness might interact, we have employed iterative design & evaluation, in-the-wild deployments, and a participatory design approach, working with students as informants throughout.

Measures:

- Social support & physical fitness attitudes survey (pre/post)
- System log data analysis (qualitative & quantitative)
- Physical activity analysis
- Interviews & focus groups
- Design exercises

Findings

StepStream users improved their attitudes about fitness and increased their sense of social support for fitness. The least-active students also increased their daily activity. Our school-based social fitness approach to everyday adolescent health shows the potential for social computing systems to positively influence offline health behaviors in real-world settings.

Publications:


Miller, A.D., Pater, J.A., Mynatt, E.D. Design Strategies for Youth-Focused Pervasive Social Health Games, 7th International Conference on Pervasive Computing Technologies for Healthcare (PervasiveHealth 2013), 5-8 May 2013