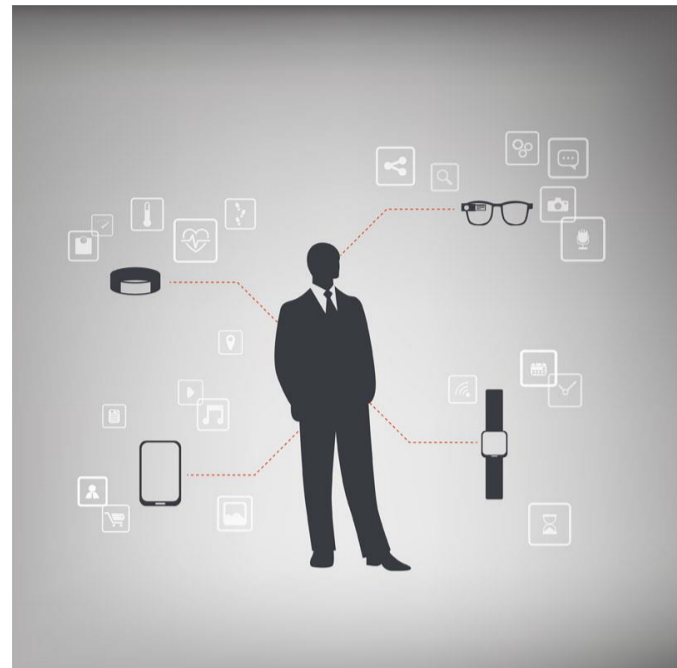




Quantified Self @Work

How can a combination of self-tracking and persuasive eCoaching positively influence employees' healthy lifestyle resulting in an enhanced labor force participation?

PhD-candidate: Aniek Lentferink



Problem

Ageing population → people aged 60 years and over from 11.7% in 2013 to 21,1% in 2050 of the total world population → rising costs for society → **Higher pressure on working-population**

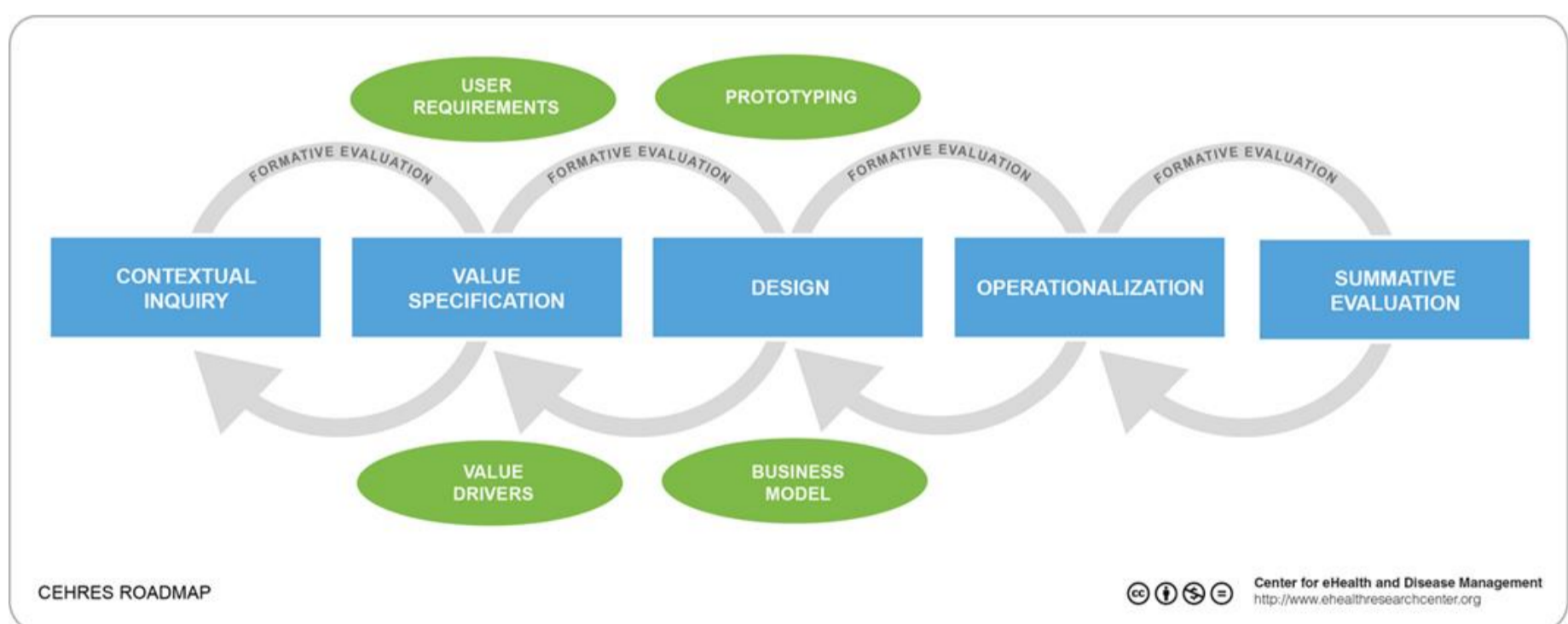
Enhance **labor force participation** by a **workplace health promotion intervention**

Output

Results will contribute to the understanding of:

1. **Needs, barriers and opportunities** from a stakeholder perspective
2. **Usability**
3. **Effectiveness** of persuasive technologies in combination with self-tracking devices on **healthy lifestyle/labor force participation**

Method



Project 1: Scoping review & Needs assessment

Project 2: Prototype testing & Formative and Summative evaluation