An activity tracker and its accompanying app as a motivator for increased exercise and better sleeping habits for youths in need of social care: field study

# Details

## Year

2015

## Scope

Local

## Countries

Sweden

## Type

Empirical research – Mixed methods

## Methodologies

## Other Methodology

Field study

## Researched Groups

## Children Ages

Other

## Other Childrens Age Group

17-18 years old

## Funder

City of Helsingborg

## Funder Types

Other

## Other Funder Type

Municipality

## Informed Consent

Consent not mentioned

## Ethics

Ethical considerations and/or protocol mentioned in the research design

## URL

https://mhealth.jmir.org/2018/12/e193/

## Data Set Availability

Not mentioned

# Goals

"The study aimed to better understand how a specific wearable activity tracker and its accompanying app might influence the motivation of vulnerable youths to exercise more and to improve their sleeping habits in the context of agency-based social work." (Authors, in Introduction)