Motivation in self-monitoring processes: Evaluation of Ecological Momentary Storytelling

By Lisbeth Kappelgaard and Katja Lund
Experiences of stress – where, when, why?
Ambition

1. Subject level: absorbed in the situation unable to reflect upon self.

2. Noticing: Noticing and formulating in words or images for oneself or for others.

3. Interpreting/evaluating: Consciously evaluating the element; forming opinions and assigning values in relation to it.

4. Transforming: Intentionally dealing with the element, in order to achieve some kind of transformation of the element, or changing the role the element has in consciousness.

Jordan, 2001
Ecological Momentary Storytelling

Smartphone app (Antonovsky 1979, 2001)

Dialogue (Rogers 1951)

HRV measurements (Kristiansen et al. 2009, McCraty et al. 2009)
Memory anchors

• Take a photo
• Record audio
• Map location
Research questions

Through which norms and interpretative frameworks do the participants understand the monitoring and its output?

How is this interpretation related to either staying motivated or developing reluctance?
EVALUATION – the motivational factors

- Mirroring a ‘real me’
- Create connections between mind and body
- Memory bias reduction
- Document reactions

- The gadget effect
- Flow

- Meta perspective on everyday life
- Feeling of empowerment
- Develop new solutions for managing energy and resources

Process of data collection

User interpretations

Data as an Indicator for here and now experiences

Assistive perspectives
EVALUATION – hindrances for motivation

- Lack of understanding of categories and questions posed on the mobile device
- Technological breakdowns
- Frustrations connected to handling technology
- Monitoring incompatible with everyday life
- Increasing negative health concerns - pathologizing
Motivation in self-monitoring processes is not solely connected to individual coping and sense of coherence.
Methodological approach

What do you wish somebody would do something about?

What do you think ought to be changed in the world in which you regularly live?

What gets you upset when you see the news or hear what is going on in your city or country or the world?

(Scollon og Scollon 2004: 154)
What is going on in your city?

New hospital in Aalborg

The number of beds reduced

New ambulatory methods for treatment – self-monitoring is one of them
"What is going on in your country?"

- Increased patient involvement is one of eight national goals of the national health care system (agreement between the Ministry of Health, the Danish Regions and the Danish Union of Municipalities)

- 300 mio. kr. earmarked to increased patient involvement in the National Budget
Questions raised regarding self-monitoring and patient involvement

• How do we ensure that self-treatment takes into account complex life situations and varying individual resources?

• Moreover, how do we ensure that the individuals offered this form of treatment are those who can profit from it?

• What should the criteria for inclusion be and who should decide this?

• Freedom of choice?
THANK YOU!