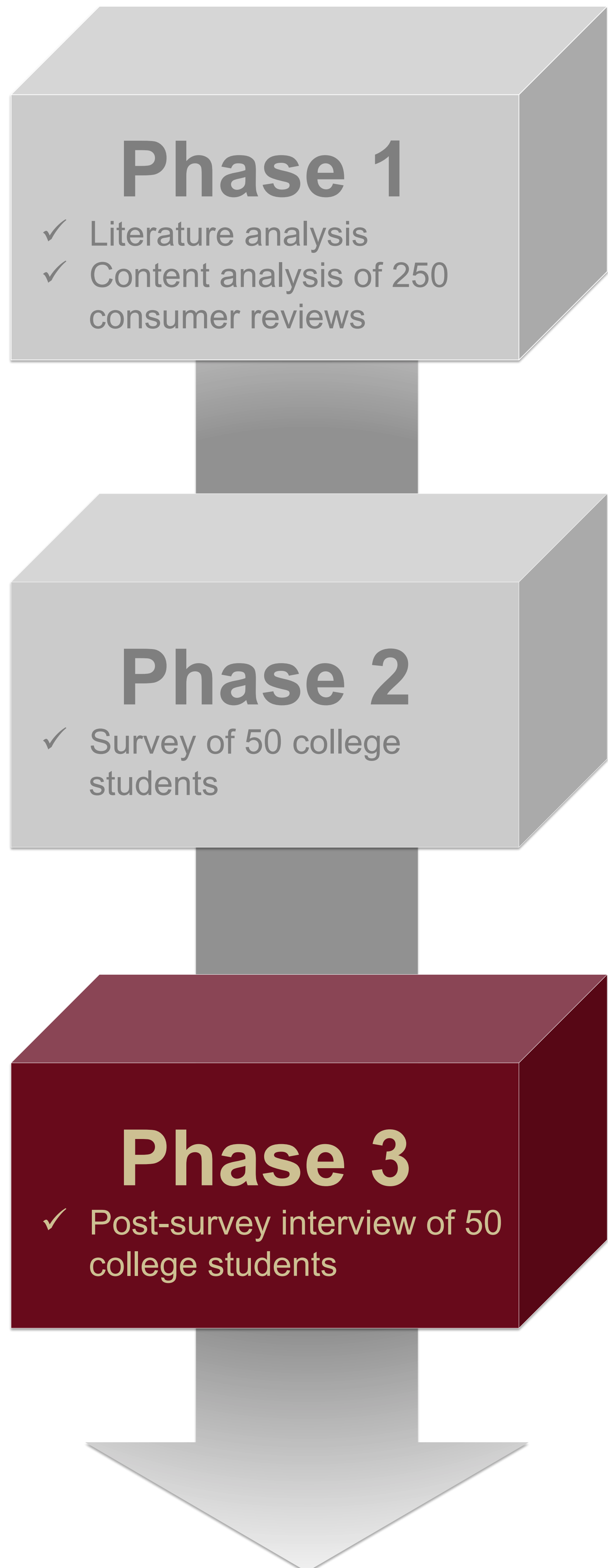




How Do College Students Choose Mobile Health/Wellness Applications?



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RESEARCH QUESTIONS

- RQ1:** What mobile health/wellness applications do students use, and what are the purposes of using those applications?
- RQ2:** How do students select mobile health/wellness applications?

METHODS

- 50 subjects were recruited through the Facebook page of the University's student fitness/wellness center and two undergraduate classes.
- Each participant completed a **survey** and a **follow-up interview** in one-on-one, face-to-face meetings.

FINDINGS

Demographics

- Female: 52%; Male: 48%
- White Caucasians: 74%; Hispanic or Latino: 10%; African Americans: 6%; Asians: 4%; multiracial: 6%
- Undergraduates: 92%; Graduate students: 4%; Non-degree certificate program: 4%

Choosing Mobile Applications

- Prior user comments/reviews
- Free of charge
- Design/Usability
- Listed on the top in the search results page
- Maker's credibility

Application Types by Main Uses (see Table 1)

Apps type (%)	Apps used (%)	Reported use
Calorie & daily activity counters (54%)	MyFitnessPal (30%), Lose It! (12%), S-Health (6%), Fitbit (4%), Calorie Counter (2%), Fooducate (2%), MyPlate Calorie Tracker (2%), Weight Watchers (2%)	<ul style="list-style-type: none">Setting a goal weightCounting daily calorie intake and consumptionTracking daily activities and exercisesChecking nutrition facts
Running trackers (42%)	Nike+ Running (18%), MapMyRun (14%), Couch C5K & C25K (6%), Run Keeper (6%), Runtastic Pro (4%), Charity Miles (2%)	<ul style="list-style-type: none">Setting a goal distance and/or lap timeRecording running pace, distance, and speedPlanning and tracking running routes using GPS
Exercise / workout trackers (16%)	Fitness Buddy (4%), 7 Minute Workout (2%), AB Workouts (2%), Alpha Trainer (2%), Record My Swim (2%), Virtual Gym (2%), Workout Trainer (2%)	<ul style="list-style-type: none">Setting-up and track fitness plansRecording exercises (e.g., biking, swimming, workout)Having instructions for exercises (e.g., how to workout specific muscle groups, etc.)
Health information databases (8%)	WebMD (6%), Nutrition Fact (2%)	<ul style="list-style-type: none">Consulting health information regarding symptoms of disease, medicine, nutrition facts, etc.
Sleep pattern trackers (4%)	Sleep Cycle (4%), Sleep Bot (2%), Sleep Maker (2%)	<ul style="list-style-type: none">Recording the total sleeping timeMonitoring the sleep quality, such as proportions of deep sleep versus light sleep over the night
Women's health (4%)	Menstruation/Ovulation Calendar (2%), Period Tracker (2%)	<ul style="list-style-type: none">Keeping track of menstruation and ovulationRecording the period dates
Miscellaneous (4%)	Heart Rate (2%), Quit Start (2%)	<ul style="list-style-type: none">Monitoring heart ratePlanning and recording the plan for quitting smoking

Table 1. Mobile application types by reported use