

QUANTIFYING THE QUANTIFIED SELF: A STUDY ON THE MOTIVATION OF PATIENTS TO TRACK THEIR OWN HEALTH

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Abstract: A new generation of patient-driven healthcare information systems (HIS) is emerging to advance traditional healthcare services and empower patient self-responsibility. Professional approaches to develop or improve HIS exist alongside evolving individual and community-shared approaches where patients take responsibility for their health data and health. Health Social Networks and the Quantified Self community are examples for such patient-driven initiatives. They inherently focus on empowering self-determination and responsibility. The success of future HIS relies – at least partially – on their engineers’ and developers’ capability to understand and use impulses from their respective target groups. The present study on self-tracking motivations aims to shed light on what drives people to track themselves. To this end, we conducted an exploratory survey with 150 self-trackers and developed a Five-Factor-Framework of Self-Tracking Motivations. The framework includes an inventory of five factors and a psychometrical scale of 19 items to measure individual drivers for self-tracking.

Keywords: healthcare information systems, health informatics, medical information systems, psychology, survey research, service science, service engineering

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Supplements: 1) Raw data from the survey as .csv file
2) Codebook for the data file
3) Script to analyze the data with the statistical software R

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Supplements as zip archive:
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