

# Quantified Self @Work

*How can a combination of self-tracking and persuasive eCoaching positively influence employees' stress management and resilience?*

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## Problem

1/3 of work-related absenteeism is caused by stress

Enhance **stress management** and **resilience** by an eHealth workplace intervention

Promising approach: **Self-tracking** and **persuasive eCoaching**.

Because:

- Measurements of stress can increase **awareness**
- **Scalability**: most people own a device which is applicable for eHealth interventions
- **Maintenance** by persuasive technology

But:

- Relatively **new** field of research
- Challenges in **trust, privacy** and **ethics**
- **User-centered design** important



## Output

Results will contribute to the understanding of:

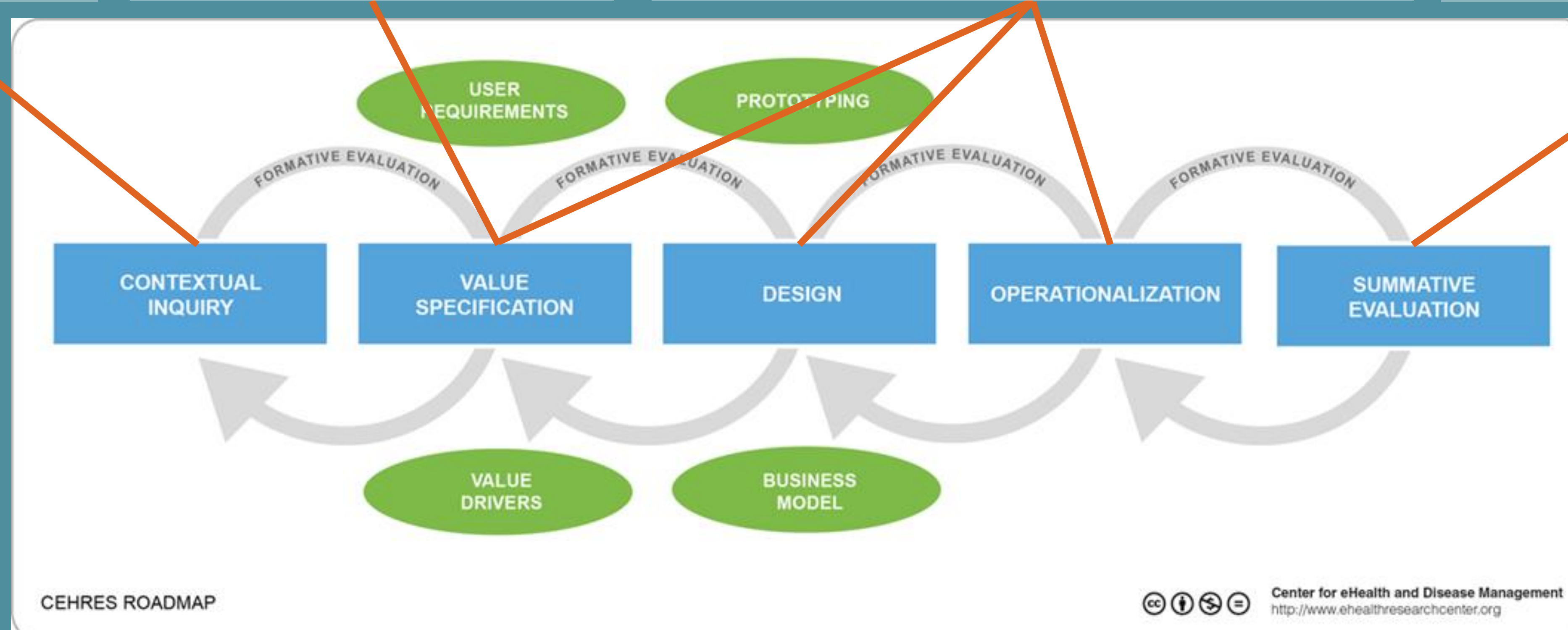
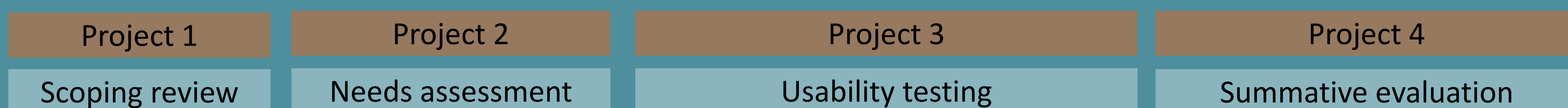
1. **Needs, barriers and opportunities** from a stakeholder perspective
2. **Usability** and **persuasiveness** of the design
3. The **components** of persuasive eCoaching and self-tracking that contribute to effective **stress management** and **resilience training**

**Design in short:**

Focus on creating **awareness** by collecting **heart rate data** (physiological reaction to emotional arousal) and **self-reported measurements** of emotional arousal (using the Sense-IT app, Y. Derks and R. Klaassen). Coaching by **reflecting** on stress and resilience data and provision of personalized **suggestions**.

**Interested in your level of resilience and stress? Join our usability study!**

## Method



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