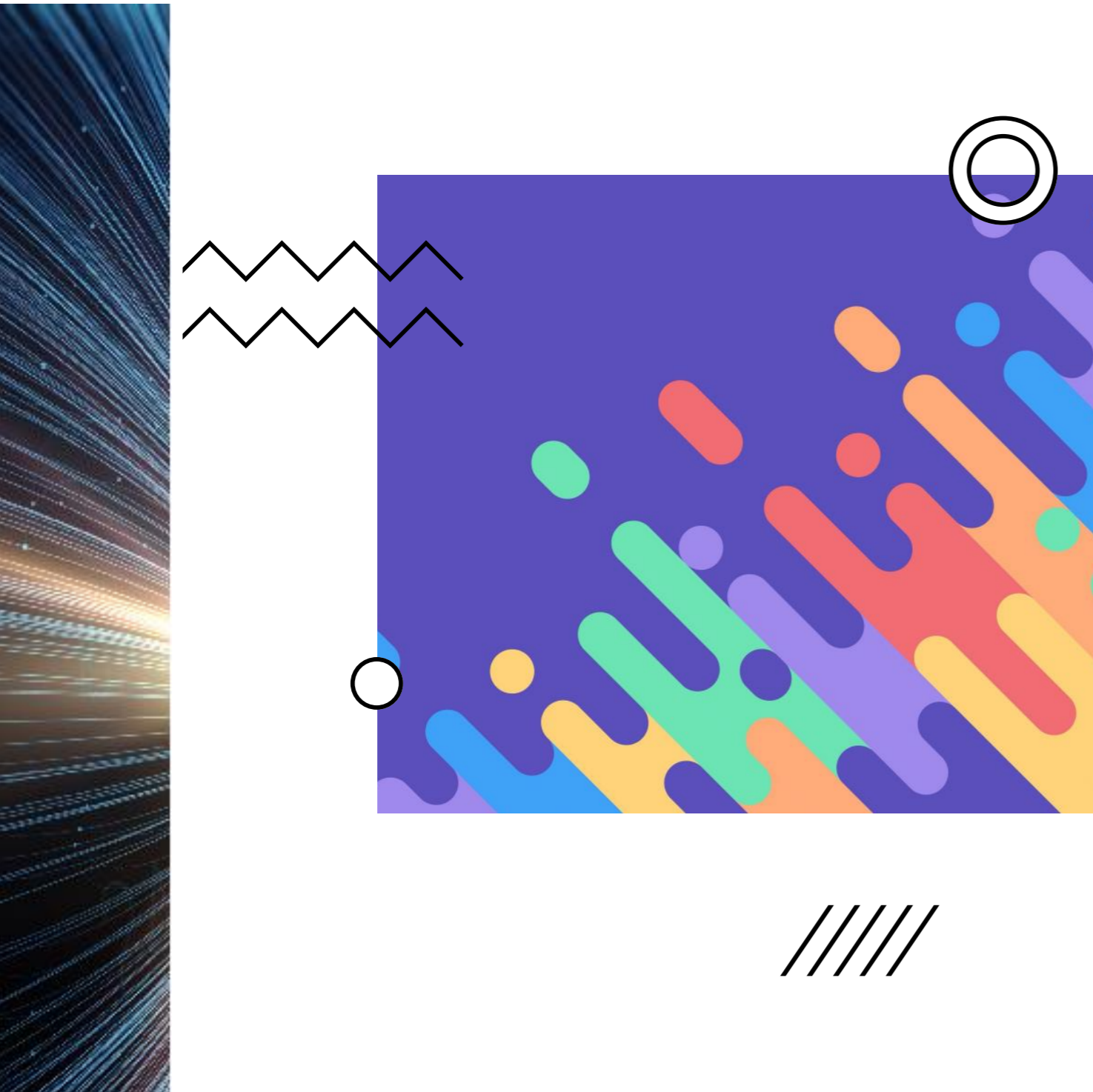




Hashil Al Hatmi

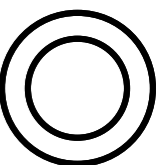
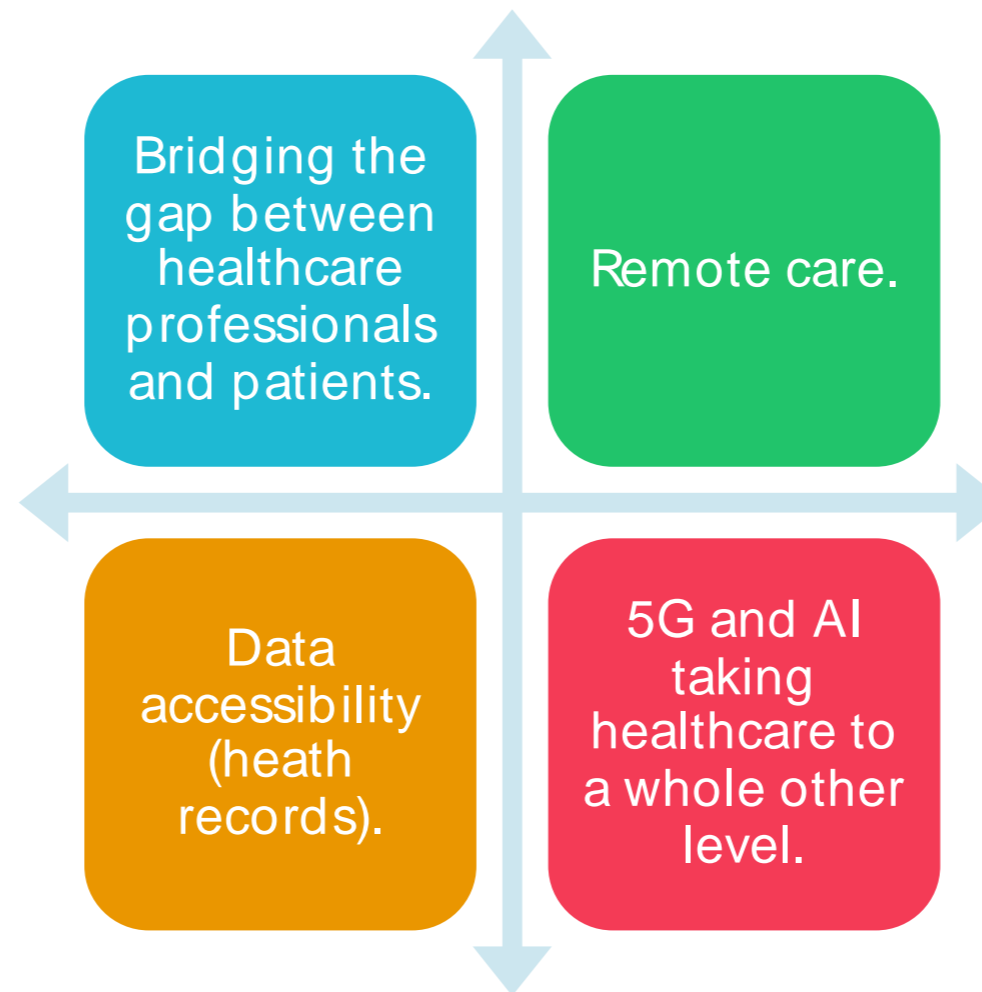
Health Psychologist,
Royal Hospital, Oman

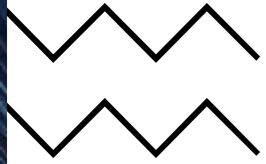


**D I G I T A L
H E A L T H
&
B E H A V I O U R
C H A N G E**

HASHIL AL HATMI
PSYCHOLOGY & WELLBEING
OMAN

The Future of Health





UN Sustainable Development Goals

Goal 3: Good Health and Wellbeing

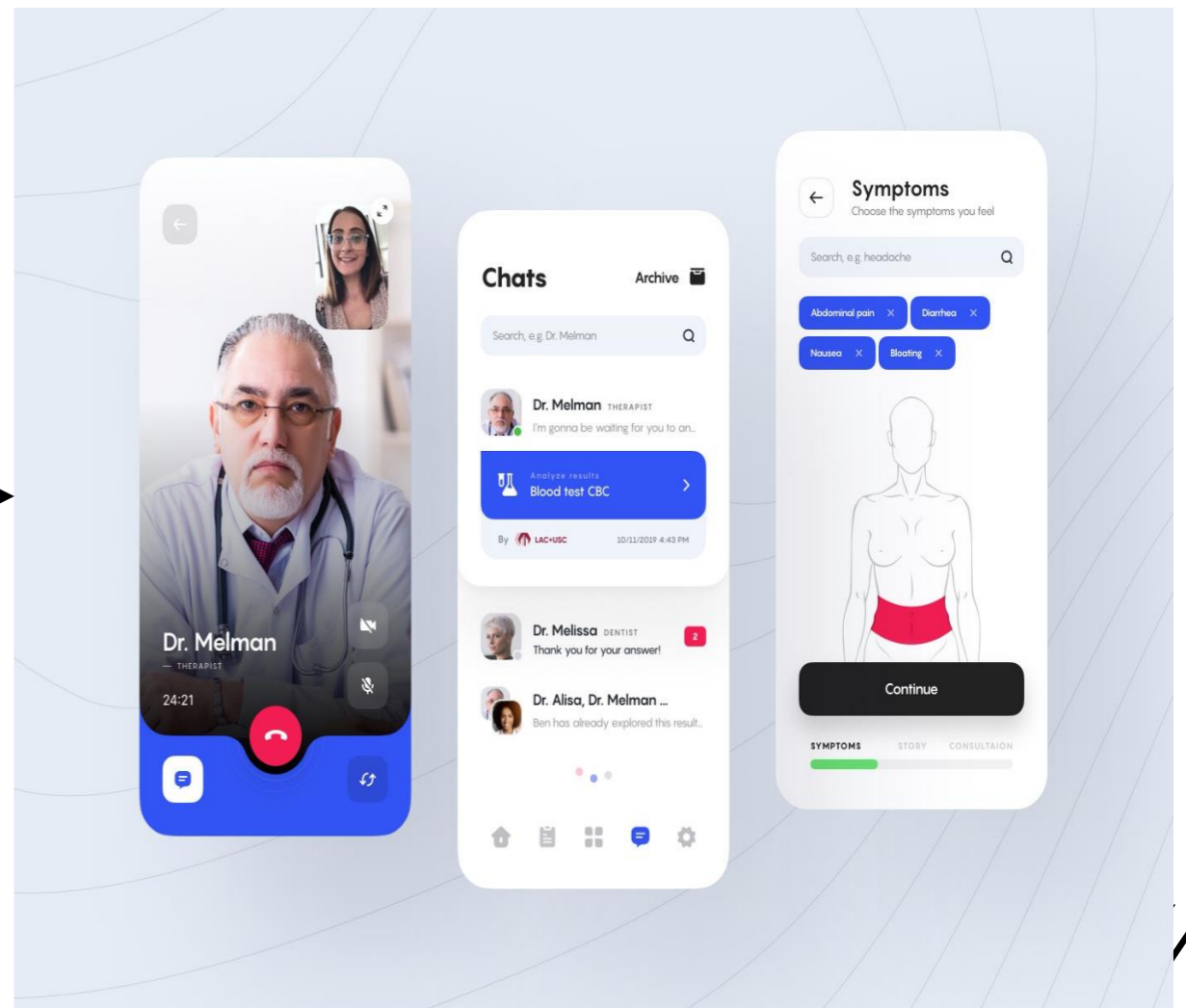
Smart Health

Telemedicine

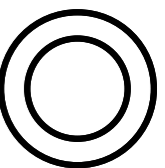
Wearables and Portable Devices:
Smartwatch/ Fitness Tracker, Libre
(Diabetes), Portable Blood Pressure
Monitor, etc



UX Design and Health



UX Design and Health





Health Behaviour Change

- Health promotion
- Illness prevention
- Stages of Change
- Goal Setting
- Planning
- Demotivated
- Lack of insight
- Motivational Interviewing
- Digital Health → Wearable Technology & Apps



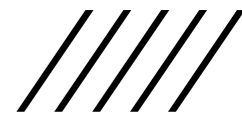


Udacity (Online Learning Platform)

User Experience (UX) Design Nanodegree

2020

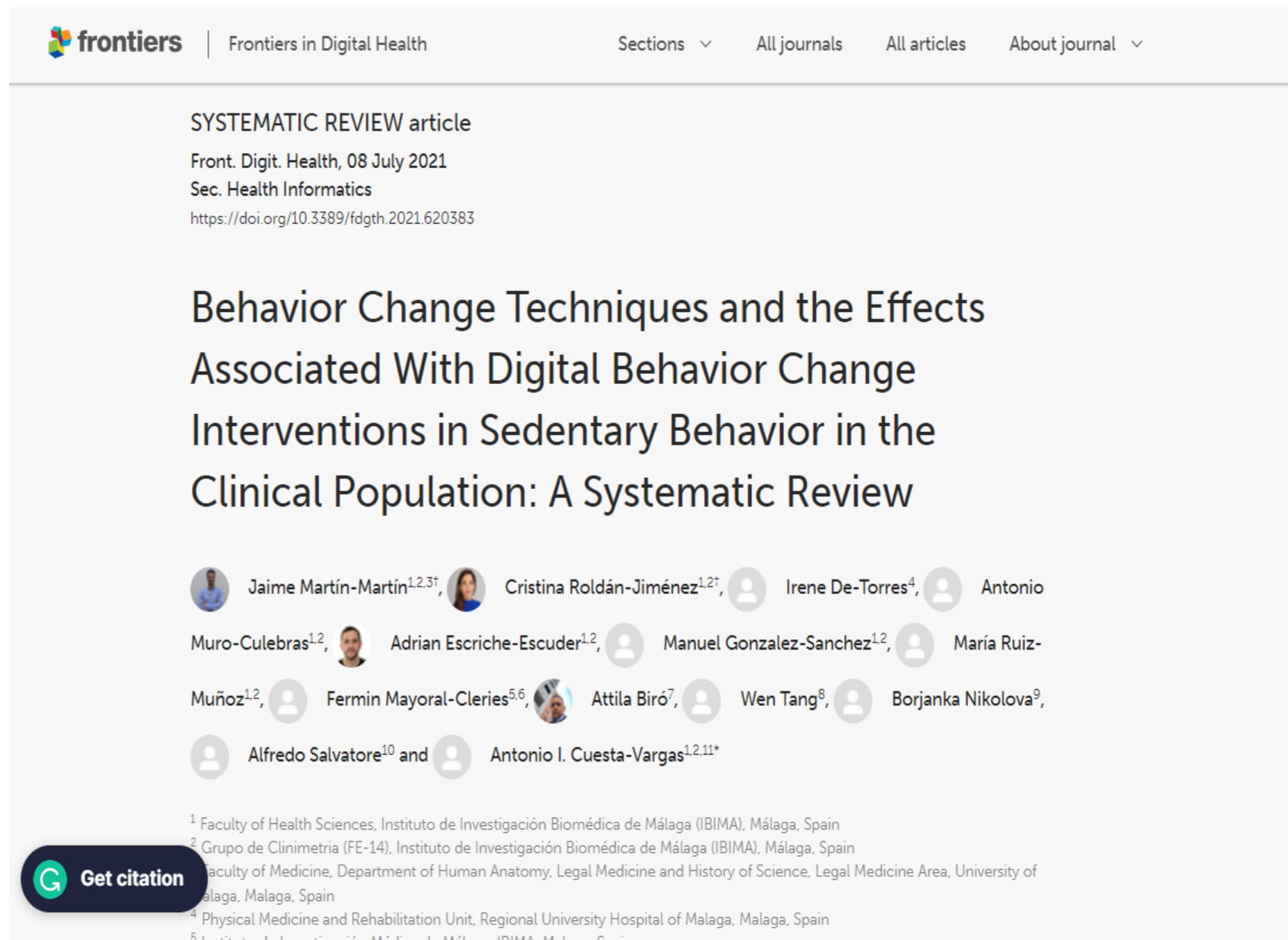
The Ideal Weight, Glucose Level and Mood - Health App





Behavior Change
Techniques and the Effects
Associated With Digital
Behavior Change
Interventions in Sedentary
Behavior in the Clinical
Population: A Systematic
Review














Frontiers in Digital Health.
2021



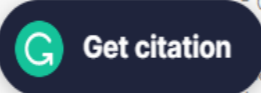
frontiers | Frontiers in Digital Health | Sections | All journals | All articles | About journal

SYSTEMATIC REVIEW article
Front. Digit. Health, 08 July 2021
Sec. Health Informatics
<https://doi.org/10.3389/fdgth.2021.620383>

Behavior Change Techniques and the Effects Associated With Digital Behavior Change Interventions in Sedentary Behavior in the Clinical Population: A Systematic Review

 Jaime Martín-Martín^{1,2,3†},
  Cristina Roldán-Jiménez^{1,2†},
  Irene De-Torres⁴,
  Antonio Muro-Culebras^{1,2},
  Adrian Escriche-Escuder^{1,2},
  Manuel Gonzalez-Sanchez^{1,2},
  María Ruiz-Muñoz^{1,2},
  Fermin Mayoral-Cleries^{5,6},
  Attila Biró⁷,
  Wen Tang⁸,
  Borjanka Nikolova⁹,
  Alfredo Salvatore¹⁰ and
  Antonio I. Cuesta-Vargas^{1,2,11*}

¹ Faculty of Health Sciences, Instituto de Investigación Biomédica de Málaga (IBIMA), Málaga, Spain
² Grupo de Clinimetría (FE-14), Instituto de Investigación Biomédica de Málaga (IBIMA), Málaga, Spain
³ Faculty of Medicine, Department of Human Anatomy, Legal Medicine and History of Science, Legal Medicine Area, University of Málaga, Málaga, Spain
⁴ Physical Medicine and Rehabilitation Unit, Regional University Hospital of Malaga, Malaga, Spain
⁵ Instituto de Investigación Médica de Málaga, IBIMA, Málaga, Spain

 Get citation