

Researchers at Arizona State University use Fitbits and Fitabase to explore novel Just In Time Adaptive Intervention techniques.

Dr. Eric Hekler has been developing exciting new intervention strategies that take advantage of the new advances in wearable activity trackers and access to remote data collection with the goal of creating interventions that are highly personalized and adapt rapidly to a person's ever evolving needs.



Dr. Hekler and his colleagues at Arizona State University are pioneering Agile Science¹ principles and have used Fitabase and Fitbit devices to rapidly prototype, test, and evaluate personalized interventions that seek to impact the health behaviors of overweight and inactive adults.

Fitabase provided the participant monitoring features we needed in order to achieve sustained engagement across our study.

- Eric Hekler, Ph.D.

This work, based on control systems engineering principles, depends on resilient methods to gather continuous data about important outcomes. Wearables, like Fitbit devices, are a great way to gather data that is also easy to use and engaging for participants.

Dr. Hekler's research involving wearable devices has been published in numerous health research journals and presented at many multi-disciplinary conferences.^{2,3}

About Fitabase

Fitabase is a comprehensive data management platform designed to support innovative research projects using wearable and internet-connected devices. Learn more at fitabase.com.

¹ www.agilescience.org

² Huberty JL, Buman MP, Leiferman JA, Bushar J, Hekler EB, Adams MA. Dose and timing of text messages for increasing physical activity among pregnant women: a randomized controlled trial. *Transl Behav Med*. October 2016;1-12. doi:10.1007/s13142-016-0445-1.

³ Freigoun MT, Martin CA, Magann AB, et al. System identification of Just Walk: A behavioral mHealth intervention for promoting physical activity. In: *2017 American Control Conference (ACC)*. IEEE; 2017:116-121. doi:10.23919/ACC.2017.7962940.