



**XVIII CURSO ALMA PARA DOCENTES UNIVERSITARIOS DE
GERIATRÍA - “GERONTOTECNOLOGÍA”**

**Tipos de usuarios y estrategias
de motivación**

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GRUPO 2

Review

Gerontechnology in perspective

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RESEARCH ARTICLE

Open Access

The use of technology in the context of frailty screening and management interventions: a study of stakeholders' perspectives



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Table 1 Factors of Older Adults' Technology Adoption ([32], p750)

Factor	Description
Value	Perception of usefulness and potential benefit
Usability	Perception of user friendliness and ease of learning
Affordability	Perception of potential cost savings
Accessibility	Knowledge of existence and availability in the market
Technical support	Availability and quality of professional assistance throughout use
Social support	Support from family, peers and community
Emotion	Perception of emotional and psychological benefits
Independence to others	Perception of social visibility or how a technology makes them look
Experience	Relevance with their prior experiences and interactions
Confidence	Empowerment without anxiety or intimidation



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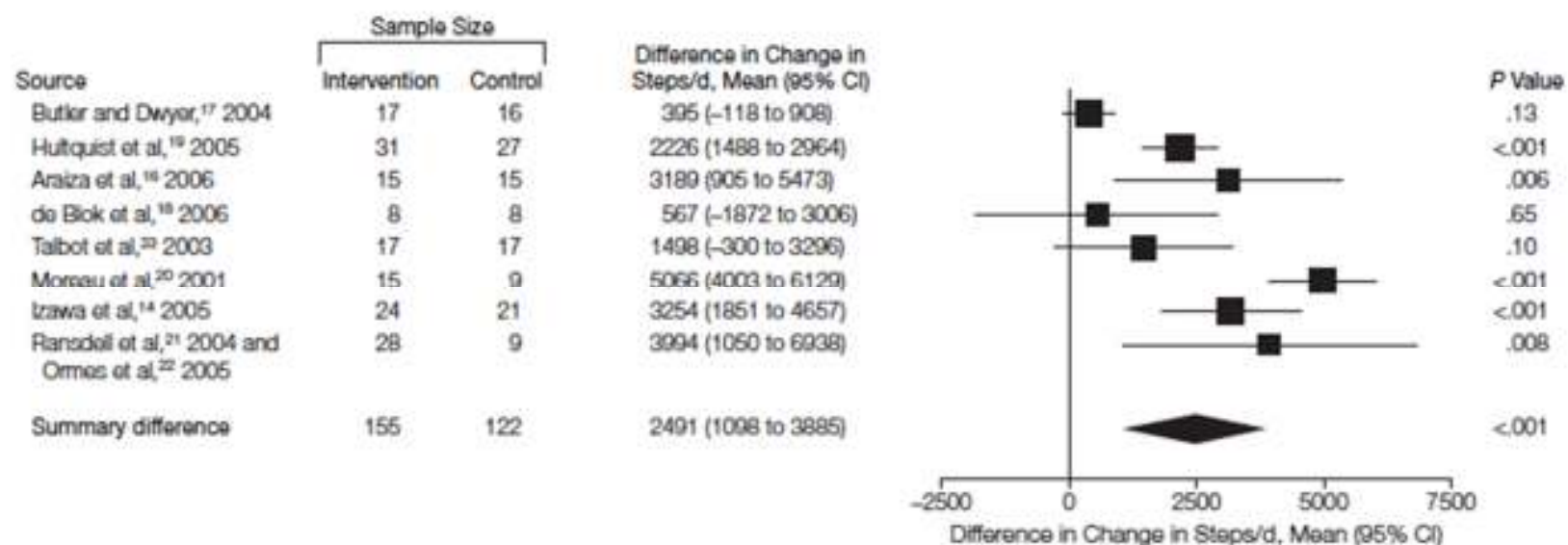


Using Pedometers to Increase Physical Activity and Improve Health

A Systematic Review

- A review of 2246 publications has demonstrated that quantified self-tools can motivate sedentary individuals to change their habits. Information and communication technologies, as visiophonic communication, could also be helpful for intervention implementation. Technologies may support intervention at home and prevent negative health-related outcomes by detecting early signs of deteriorating health.

Figure 2. Increase in Physical Activity Among Participants Randomly Assigned to Pedometer Interventions vs Control Participants



Presents the difference in the change in steps per day before and after the intervention between the participants in the experimental and control arms of the randomized controlled trials. The size of the data markers are proportional to the sample size, which represents the number of individuals who completed the trials.

