

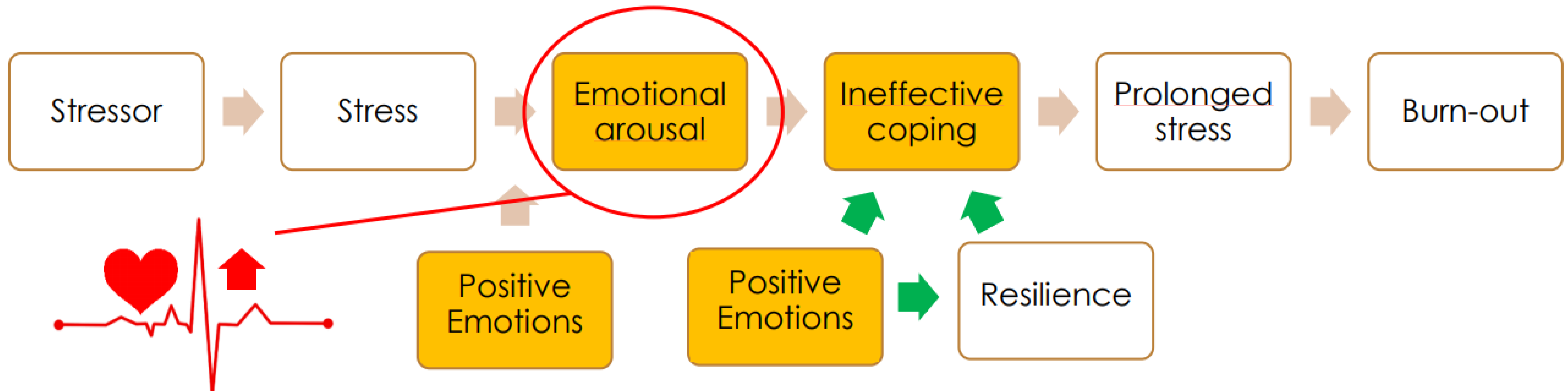
Resilience Navigator app



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Background:

- 1/3 of the employees are suffering from stress.
- Preventive approach is necessary → Via self-management with eHealth
- Two important components for self-management: self-tracking and eCoaching

Development approach and research:

Following the CeHRes Roadmap (Van Gemert et al., 2011)

1. Contextual inquiry (Research: Literature review & online survey for the identification of key stakeholders)
2. Value specification (Research: Interviews & focusgroups with key stakeholders using the Value Proposition Design Canvas as a framework)
3. Design (Research: Testing a working prototype. Focus project 1: timing of messages and added value of collected data. Focus project 2: reflective eCoaching).
4. Operationalization
5. Summative evaluation

→ Possibilities for collaboration

Stress route (see figure above):

A cause of stress arises (a **stressor**) → a **stress response** is set in motion → **Emotional arousal** occurs (increased heart rate, breathing ect.) → Awareness is necessary before you decide upon a **copng strategy** → Is the strategy effective? Stress decreases. Ineffective? **Stress remains** and might eventually result in a **burn-out**. **Positive emotions** are a buffer in the experience and coping of stress.

(The yellow boxes represent possibilities for the Resilience Navigator app to intervene).

Design Resilience Navigator app

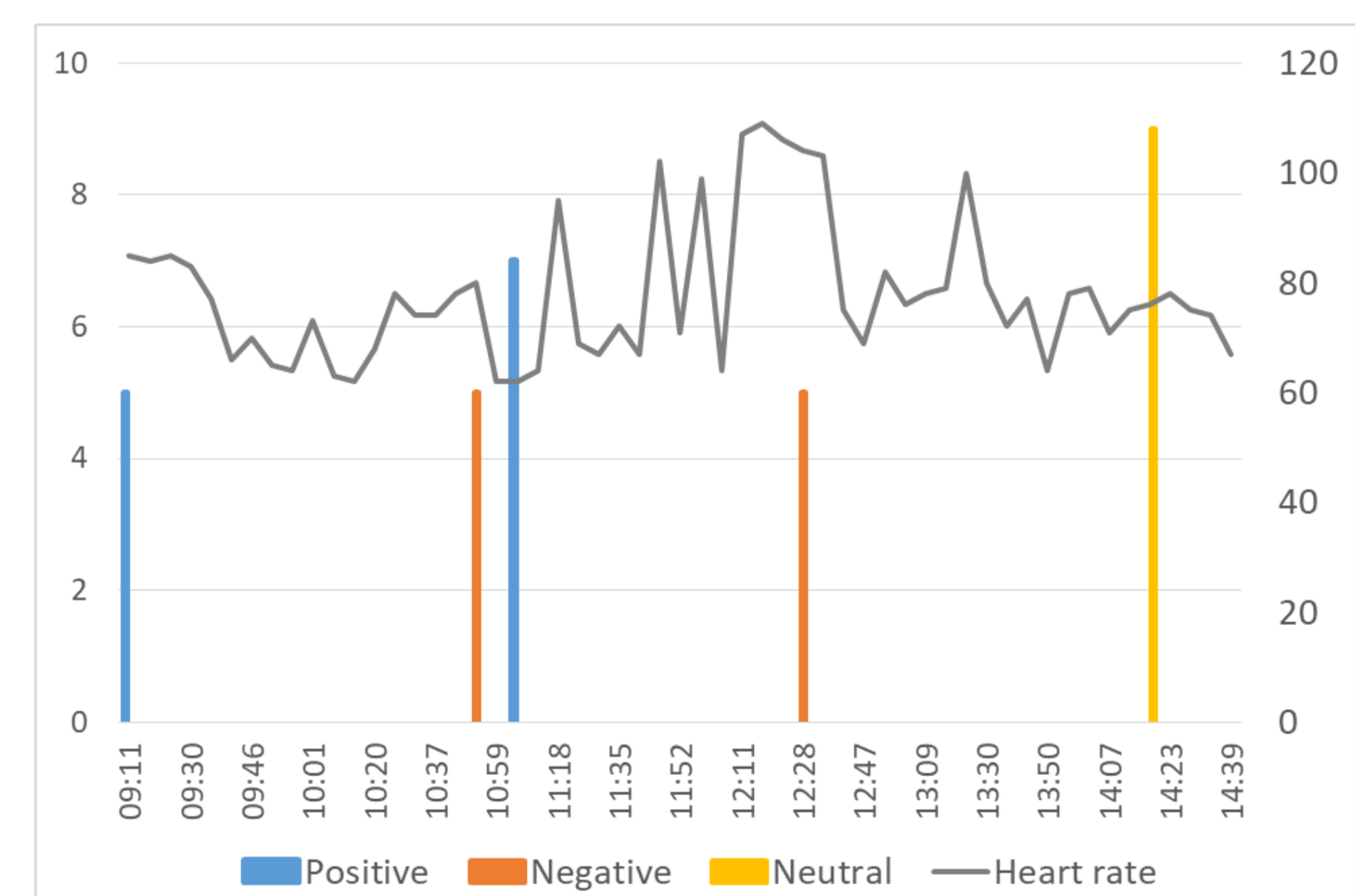


SenselT
(product of the UT, Scelta/GGNet, VUmc, Arkin, and Pluryn)



EMA via app:

1. Positive, negative or neutral emotion?
2. Strength of the emotion (Russell et al., 1980)?
1. Cause of the emotion?



eCoaching:

- Guidance in reflection on data to:
 - Obtain a deeper understanding about situation
 - Learn for improvement and choose a strategy

Self-experimentation with strategies