

# “I’m only fit when my smartwatch says so”: When does the use of health tracking technologies lead to bodily empowerment or bodily alienation?

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON21405

### Source

Nationaal Trial Register

### Brief title

STRAVA app

### Health condition

n.a.

## Sponsors and support

**Primary sponsor:** Tilburg University

**Source(s) of monetary or material Support:** Tilburg School of Humanities and Digital Sciences, Tilburg University

## Intervention

## Outcome measures

### Primary outcome

Self-determination and enjoyment

## **Secondary outcome**

Body alienation

## **Study description**

### **Background summary**

People increasingly use technological tools for health and activity monitoring (Carroll et al., 2017; Anastasiadou et al. 2019; Kay, Santos, & Takane, 2011; Stragier et al., 2016). These activity tracking apps and wearables are considered self-empowering because they may help users make better-informed lifestyle decisions based on their data (Sharon, 2017). Recent research, however, suggests that self-tracking technology use may lead to bodily alienation rather than empowerment, because it could encourage users to trust technology more than what their own body tells them (Duus, Cooray and Page, 2018). To date, however, there is no empirical research examining the mechanisms leading to either bodily empowerment or alienation. This project uses a combination of experimental and ethnographic methods to investigate under which conditions the use of a self-tracking app (Strava) fosters bodily empowerment or bodily alienation.

### **Study objective**

We expect that STRAVA users who will stop with using the self-tracker will experience body empowerment, while people who are using no self-tracker and will start using STRAVA will experience body alienation.

### **Study design**

4: both primary and secondary outcomes will be assessed with questionnaires at all time points

## **Contacts**

### **Public**

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### **Scientific**

## Eligibility criteria

### Inclusion criteria

Using a tracker or not

### Exclusion criteria

n.a.

## Study design

### Design

Study type:	Interventional
Intervention model:	Factorial
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	23-04-2021
Enrollment:	120
Type:	Anticipated

### IPD sharing statement

**Plan to share IPD:** Undecided

## Ethics review

Not applicable

Application type:

Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
NTR-new	NL9402
Other	Tilburg University : REDC 2020.198

## Study results