

Get moving! Self-management support using mobile technology : a monitoring and feedback tool embedded in a counselling protocol to increase physical activity of patients with COPD or type 2 diabetes in primary care: the It's LiFe! study

Citation for published version (APA):

van der Weegen, S. (2015). Get moving! Self-management support using mobile technology : a monitoring and feedback tool embedded in a counselling protocol to increase physical activity of patients with COPD or type 2 diabetes in primary care: the It's LiFe! study. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20150916sw>

Document status and date:

Published: 01/01/2015

DOI:

[10.26481/dis.20150916sw](https://doi.org/10.26481/dis.20150916sw)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Download date: 19 Sep. 2024

Get moving!

Self-management support using mobile technology

A monitoring and feedback tool embedded in a counselling protocol to increase physical activity of patients with COPD or type 2 diabetes in primary care: the *It's LiFe!* study

Sanne van der Weegen, 16 september 2015

1. Door de *It's LiFe!* interventie gaan mensen met COPD of diabetes type 2 meer bewegen. *(dit proefschrift)*
2. Voor het stimuleren van meer bewegen zijn extra consulten met de praktijkondersteuner niet toereikend. *(dit proefschrift)*
3. Voor een volledige bruikbaarheidstest is het essentieel om in een laboratoriumsetting én in het dagelijks leven te testen. *(dit proefschrift)*
4. Het betrekken van eindgebruikers bij de ontwikkeling van zorgtechnologie vergroot het gebruiksgemak en voorkomt dat onnodige functionaliteiten worden toegevoegd. *(dit proefschrift)*
5. Supporting people in their self-management is more than giving advice, it is building on what they are already doing. *(A. de longh)*
6. Forget big change, start with a tiny habit. *(B.J. Fogg)*
7. Veel artsen zijn terughoudend met het delen van medische gegevens met patiënten. *(Robert Pearl)*
8. Om optimaal te kunnen profiteren van technologische ontwikkelingen binnen de zorg, moeten eerst een aantal privacy en interoperabiliteitissues worden opgelost. *(dit proefschrift)*
9. De communicatie tussen apparaten is net zo gecompliceerd als de communicatie tussen mensen. *(C. van der Weegen)*
10. Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed. *(B. T. Washington)*
11. If you want to go fast, go alone. If you want to go far, go together. *(Afrikaans spreekwoord)*

