Recent and Ongoing Research

This multi-disciplinary research team seeks to address the issue of patient self-management of chronic disease, which is crucial to reducing risk of negative health outcomes. The research team is convinced that the integration of theory, current practical methods, and technology will enable sustainable behavior change and adherence in chronic disease patients. The technologies we are developing and researching will be for chronic disease patients, along with their social support network, and will be used by patients to improve their health.

Research Team Goals:

- Increasing Treatment Adherence and Self-Management in Metabolic Syndrome Patients
- Technological advancement and application for Metabolic Syndrome patients

Funded:

- Texas State University Multidisciplinary Internal Research Grant: "Increasing Treatment Adherence and Self-Management in Metabolic Syndrome Patients" (2016-2017)

Sample Publications:


Future Directions:

- In future projects, we hope to incorporate a suite of mHealth (mobile health) tools for self-management for adults with metabolic syndrome and other chronic illnesses. Individuals will use an internet “dashboard” and other tools such as wearable devices, “smart” pillboxes, or voice response technology. This approach will use mHealth technology to address multiple behavior change and medication-taking issues for those with chronic illness. It will bring in valuable elements of goal-setting, social support, monitoring of medications and physical activity, and reminders.

Under review:

- NHI R55 research grant “Improving Self-Management in Patients with Metabolic Syndrome: The Development and Testing of the MetaManage Mobile App”

This proposed project will focus on the development of a social support network-based mobile-app uniquely designed for middle and older adult metabolic syndrome patients. Upon pilot testing the app in patients (45+ years old) with metabolic syndrome, we will determine the feasibility of using a mobile-app in a health intervention for metabolic syndrome patients, as well as test the hypothesis that those patients who use the mobile app will exhibit health behavior changes and improved self-management and quality of life.

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50% of U.S. adults struggle with treatment adherence

Is it possible to marry technology & the IMS model (Information-Motivation-Strategy) to help them?

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