

## ISPW Workshop: Literature Research Practices HS24

### Excercises

#### 1. Finding search terms

- a) Brainstorm a list of search terms for your own research topic or the sample topic. Identify the main aspects of the topic and organize the search terms accordingly.
- b) Extend your list of search terms by
  - looking at the keywords/subject headings of a relevant publication for your research topic that you already know;
  - performing exploratory searches in SportDiscus, PsycInfo (Basic or Advanced Search), PubMed and looking at a relevant title
  - asking an GenAI-tool to provide you with further search terms.

Topic aspects	digital intervention*	physical activity	health promotion
Search terms	<ul style="list-style-type: none"> <li>• mobile app*</li> <li>• physical fitness</li> <li>• mobile apps</li> <li>• smartphones</li> <li>• mobile health device</li> <li>• web applications</li> <li>• digital technolog*</li> <li>• digital games</li> <li>• video games</li> <li>• wearable technology</li> <li>• digital application</li> <li>• wearable devices</li> <li>• intervention</li> <li>• mobile health</li> <li>• social media</li> <li>• digital health intervention</li> <li>• e-health</li> <li>• gamification</li> <li>• mobile phone</li> <li>• mHealth</li> <li>• fitness apps</li> <li>• digital health tools</li> <li>• online interventions</li> <li>• mobile technology</li> </ul>	<ul style="list-style-type: none"> <li>• exercise</li> <li>• physical fitness</li> <li>• sedentary behavio?r</li> <li>• fitness</li> </ul>	<ul style="list-style-type: none"> <li>• health behavio?r</li> <li>• motivation</li> <li>• behavio?r change</li> <li>• behavio?r modification</li> <li>• treatment effectiveness</li> <li>• healthy lifestyle</li> <li>• behavio?ral change techniques</li> <li>• activity level</li> </ul>

## 2. Formulating a search string

- Consider if/to what extent the PICO(S/T) model is helpful to formulate a complex logical search string for your research topic.  
=>SOLUTION: see slides
- Use Boolean operators and possibly wildcards/phrases/truncation to formulate a logical search string out of your list of search terms.  
=>SOLUTION: see slides
- Try out your search string in 2-3 (or more) of the following databases: SportDiscus, Web of Science (search mode "Topic"), Scopus, PsycInfo (Advanced Search), PubMed (no truncation/phrases/wildcards), SURF (search in German).

The screenshot shows the SPORTDiscus search interface. The search bar contains the query: ("digital intervention" OR mobile app\* OR smartphc. Below the search bar, there are options to refine results, including a "Refine Results" sidebar on the left. The search results list two articles:

- Monitoring physical activity using wearable technology in people with Achilles tendinopathy undergoing physiotherapy treatment: A feasibility prospective cohort study.**  
By: Oskouei, Sanam Tavakkoli; Malliaras, Peter; Hill, Keith D.; Clark, Ross; Perraton, Luke. Physiotherapy, Sep2023, Vol. 120, p38-46. DOI: 10.1016/j.physio.2023.04.001.  
Subjects: ACHILLES tendinitis; PHYSICAL therapy; PHYSICAL activity; PATIENT monitoring; TREATMENT effectiveness; PHYSIOLOGICAL effects of acceleration; BIOMECHANICS; PAIN management; PILOT projects; WEARABLE technology; SEVERITY of illness index; DESCRIPTIVE statistics; LONGITUDINAL method
- A Self-Guided Online Cognitive Behavioural Therapy to Reduce Fear of Falling in Older People: a Randomised Controlled Trial.**  
By: Lim, Mei Ling; Tran, Mymy; van Schooten, Kimberley S.; Radford, Kylie A.; O'Dea, Bridianne; Baldwin, Peter; Debaere, Kim. International Journal of Behavioral Medicine, Jun2023, Vol. 30 Issue 3, p455-462. DOI: 10.1007/s12529-022-10105-6.  
Subjects: HEALTH education; POSTURAL balance; FEAR; MEDICAL care costs; MENTAL health; TREATMENT effectiveness; PHYSICAL activity; SELF-efficacy; ACCIDENTAL falls; EXERCISE; COGNITIVE therapy; SOCIAL support; BEHAVIOR therapy; DISEASE incidence; HUMAN services programs; RANDOMIZED controlled trials; AVOIDANCE (Psychology); HEALTH literacy; INDEPENDENT living; DESCRIPTIVE statistics; RESEARCH funding; STATISTICAL sampling; ECONOMICS; OLD age

The screenshot shows the Web of Science search interface. The search bar contains the query: ("digital intervention" OR mobile app\* OR smartphones OR mhealth OR "wearable technology") AND (physical activity OR exercise OR "p...". The search results show 3,136 results from the Web of Science Core Collection. The top result is:

- The effects of a physical activity intervention based on a fitness and fitness smartphone app for University students**  
Muntaner-Mas, A; Sanchez-Azanza, VA; (...); Palou, P  
Jan 2021 | HEALTH INFORMATICS JOURNAL | 27 (1)  
7 Citations  
46 References

Welcome to a more intuitive and efficient search experience. [See what is new](#)

Advanced query

Search within: Article title, Abstract, Keywords

Search documents \*: ("digital intervention" OR mobile AND app\* OR smartphones OR mhealth OR wear

Save search Set search alert + Add search field

Documents Preprints Patents Secondary documents Research data

190 documents found [Analyze results](#)

Refine search

Search within results

Filters

Year

Range Individual

Subject area

Document title	Authors	Source	Year	Citations
1 <b>A holistic lifestyle mobile health intervention for the prevention of type 2 diabetes and common mental disorders in Asian women with a history of gestational diabetes: a randomised control trial with 3-year follow-up protocol</b>	<a href="#">Salamanca-Sanabria, A.</a> , <a href="#">Liew, S.J.</a> , <a href="#">Mair, J.</a> , ... <a href="#">Tay, V.</a> , <a href="#">Eriksson, J.G.</a>	<a href="#">Trials</a> , 25(1), 443	2024	0
2 <b>Real-world nudging, pricing, and mobile physical activity coaching was insufficient to improve lifestyle behaviours and cardiometabolic health: the Supreme Nudge parallel cluster-randomised controlled supermarket trial</b>	<a href="#">Stuber, J.M.</a> , <a href="#">Mackenbach, J.D.</a> , <a href="#">de Bruijn, G.-J.</a> , ... <a href="#">Lakerveld, J.</a> , <a href="#">Beulens, J.W.J.</a>	<a href="#">BMC Medicine</a> , 22(1), 52	2024	6

Search Journals Books Multimedia My Workspace What's New

Search History (1)

# Searches

1 ("digital intervention" or mobile app\* or smartphones or mhealth or "wearable technology") and (physical activity or exercise or "physical fitness" or fitness or sedentary behavior?) and (promotion or behavior? change or treatment effectiveness or health behavior? or activity level).mp. [mp=title, abstract, heading word, table of contents, key concepts, original title, tests & measures, mesh word]

Results: 492 Type: Advanced Actions: Display Results More Annotations

Save Remove Combine with: AND OR

Save All Edit Create RSS Create Auto-Alert View Saved [Share Search History](#)

Basic Search Advanced Search Multi-Field Search Search Fields Find Citation Search Tools

1 resource selected Hide Change

APA PsycInfo 1806 to October 2024 Week 3

Keyword Author Title Journal

Enter keyword or phrase (\* or \$ for truncation)

Search Term Finder

Include Multimedia Map Term to Subject Heading

Limits

Show

Range: Ex: 1-4,7 Clear View: Results per page: 10 Go to result: 1 Go

1. **MINISTOP 2.0: A smartphone app integrated in primary child health care to promote healthy diet and physical activity behaviors and prevent obesity in preschool-aged children.**

Alexandrou, Christina.  
Dissertation Abstracts International: Section B: The Sciences and Engineering. Vol.85,(10-B), 2024, pp. No Pagination Specified.  
[Dissertation Abstract]  
Year of Publication: 2024

Abstract Reference Complete Reference Find Similar Find Citing Articles

Abstract Cite My Projects Annotate

NIH National Library of Medicine National Center for Biotechnology Information Log in

PubMed® (digital intervention OR mobile apps OR smartphones OR mhealth OR weara) X Search

Advanced Create alert Create RSS User Guide

Save Email Send to Sort by: Best match Display options

MY NCBI FILTERS 10,452 results Page 1 of 1,046

RESULTS BY YEAR

TEXT AVAILABILITY

- Abstract
- Free full text
- Full text

ARTICLE ATTRIBUTE

- Associated data

ARTICLE TYPE

- Books and Documents
- Clinical Trial
- Meta-Analysis
- Randomized Controlled Trial

Did you mean (digital intervention OR mobile apps OR smartphones OR health OR wearable technology) AND (physical activity OR exercise OR physical fitness OR fitness OR sedentary behavior) AND (promotion OR behavior change OR treatment effectiveness OR health behavior OR activity level)? (193,504 results)?

Evaluating mobile phone applications for health behaviour change: A systematic review.

1 McKay FH, Cheng C, Wright A, Shill J, Stephens H, Uccellini M. J Telemed Telecare. 2018 Jan;24(1):22-30. doi: 10.1177/1357633X16673538. Epub 2016 Oct 18. PMID: 27760883 Review.

Mobile health interventions have previously relied on voice or text-based short message services (SMS), however, the increasing availability and ease of use of apps has allowed for significant growth of smartphone apps that can be used for ...

Mobile Apps for Health Behavior Change in Physical Activity, Diet, Drug and Alcohol Use, and Mental Health: Systematic Review.

2 Milne-Ives M, Lam C, De Cock C, Van Velthoven MH, Meinert E. JMIR Mhealth Uhealth. 2020 Mar 18;8(3):e17046. doi: 10.2196/17046. PMID: 32186518 Free PMC article.

OBJECTIVE: This systematic review aimed to assess the effectiveness of mobile apps in improving health behaviors and outcomes and to examine the inclusion and effectiveness of behavior change techniques (BCTs) in mobile h ...

Mobile App-Based Health Promotion Programs: A Systematic Review of the

Bundesinstitut für Sportwissenschaft SPORT UND RECHERCHE IM FOKUS Das Sportinformationsportal SURF

BISp-Datenbanken Weitere Datenquellen BISp-Webseiten

"körperliche Aktivität" digi Alle Felder Q Suchen Erweitert

Startseite / Suche: "körperliche Aktivität" digitale intervention gesundheitsförderung

Treffer 1 - 18 von 18 für Suche "körperliche Aktivität" digitale intervention gesundheitsförderung. Suchdauer: 0.11s

Treffer pro Seite 20 Sortieren Relevanz

Suchwerkzeuge: RSS-Feed erhalten Suchergebnis exportieren Suche visualisieren (NEU) Suche als E-Mail versenden Suche speichern

Alles auswählen | Auswahl: E-Mail Export Drucken Speichern In die Zwischenablage

1 **Digitale Interventionen zur Förderung körperlicher Aktivität** von Fiedler, Janis (Autor), Wunsch, Kathrin (Autor), Bezold, Jelena (Autor), Woll, Alexander (Autor) Erschienen in Handbuch Bewegungsbezogene Gesundheitsförderung, Schorndorf: Hofmann (Verlag), 2023, S. 456-463, Lit. Schlagworte: "... Gesundheitsförderung ..." Verfügbarkeit

2 **Konzeption einer mediengestützten Intervention zur Steigerung der körperlichen Aktivität von Kindern im Grundschulalter : ein Intervention-Mapping-Protokoll** von Mackenbrock, Juliane (Autor), Streicher, Heike (Autor), Wulff, Hagen (Autor) Erschienen in Leipziger sportwissenschaftliche Beiträge, 63 (2022), 1, S. 113-131, Lit. Schlagworte: "... Gesundheitsförderung ..." Verfügbarkeit

Suche einschränken

- kostenfreier Volltext
- Format
  - Literatur (SPOLIT) 14 x
  - Projekt (SPOFOR) 4 x
- Person
  - Woll, Alexander 3 x
  - Bezold, Jelena 2 x
  - Fiedler, Janis 2 x
  - Wunsch, Kathrin 2 x
  - Baader, Tobias 1 x
  - Baldus, Angelika 1 x
- Institution

d) Look at the filter options (limiters) in the different databases and how they help you refine your search results in view of your inclusion/exclusion criteria (for example: publication years, method, study type, population, citations, ...) =>SOLUTION: depends on databases

### 3. Finding subject headings in subject indexes

- a) Find subject headings corresponding to your search terms in the PsycInfo thesaurus by using Advanced Search and ticking the box “Map Term to Subject Heading”. Note that there might not be a subject heading for every keyword.

Basic Search **Advanced Search** Multi-Field Search Search Fields Find Citation Search Tools

1 resource selected Hide Change

APA PsycInfo 1806 to October 2024 Week 3

Keyword  Author  Title  Journal

physical activity Search

Include Multimedia  Map Term to Subject Heading

- b) Select the appropriate subject heading(s) and perform a search by clicking on continue.

**Your term mapped to the following Subject Headings:**  
Click on a subject heading to view more general and more specific terms within the thesaurus.

Any term you select will automatically be exploded to include all narrower terms. To select a term without exploding, clear the Explode checkbox for that term.

Term is a thesaurus term

Combine with:  Continue

Select	Subject Heading	Auto Explode	Focus	Scope
<input checked="" type="checkbox"/>	Physical Activity	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="text" value=""/>
	physical activity,mp. search as Keyword			

**Hints:**

- Trigger a Subject Heading link to view its thesaurus - related terms that are more general and more specific.
- Select the Explode box if you wish to retrieve results using the selected term and all of its more specific terms.
- Select the Focus box if you wish to limit your search to those documents in which your subject heading is considered the major point of the article.
- If your search did not map to a desirable subject heading, select the box Search as Keyword.
- If you select more than one term, you can combine them using a boolean operator (AND or OR).

- c) Make a copy of your previous search string and add the subject headings to it as they appear in the search history. (The / after the term indicates that the term will be searched as a subject heading and not as a keyword. Do not delete keywords that are identical to subject headings.)

Search History (1) ^

#	Searches	Results
1	exp Physical Activity/	58415

- d) Try out your adapted search string in PsycInfo.  
=>SOLUTION: see slides

- e) Find subject headings corresponding to your search terms in the MeSH database by selecting “Explore MeSH Database” on PubMed and then entering the keyword in the search box.

PubMed®

Search

Advanced

PubMed® comprises more than 37 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full text content from PubMed Central and publisher web sites.

 <b>Learn</b> <a href="#">About PubMed</a> <a href="#">FAQs &amp; User Guide</a> <a href="#">Finding Full Text</a>	 <b>Find</b> <a href="#">Advanced Search</a> <a href="#">Clinical Queries</a> <a href="#">Single Citation Matcher</a>	 <b>Download</b> <a href="#">E-utilities API</a> <a href="#">FTP</a> <a href="#">Batch Citation Matcher</a>	 <b>Explore</b> <a href="#">MeSH Database</a> <a href="#">Journals</a>
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- f) Select and add the subject heading(s) to the search builder (on the right) connecting them with the appropriate Boolean operators and perform a search in PubMed.

The screenshot shows the MeSH search interface. The search term is "physical activity". On the right, the "PubMed Search Builder" contains the term "Exercise"[Mesh]. A red arrow points from the search results to the search builder. Below the search results, the "Exercise" term is selected, and its definition is shown: "Physical activity which is usually regular and done with the intention of improving or maintaining PHYSICAL FITNESS or HEALTH. Contrast with PHYSICAL EXERTION which is concerned largely with the physiologic and metabolic response to energy expenditure. Year introduced: 1989".

The screenshot shows the MeSH search interface. The search term is "health promotion". On the right, the "PubMed Search Builder" contains the search string: "((("Exercise"[Mesh]) AND "Mobile Applications"[Mesh]) AND "Health Promotion"[Mesh])". The "Add to search builder" and "Search PubMed" buttons are circled in red. Below the search results, the "Health Promotion" term is selected, and its definition is shown: "Encouraging consumer behaviors most likely to optimize health potentials (physical and psychosocial) through health information, preventive programs, and access to medical care. Year introduced: 1980".

- g) Make a second copy of your search string and add the MeSH terms to it.  
=>SOLUTION: see slides

- h) Try out your adapted search string in PubMed and consult the search history under "Advanced".

The screenshot shows the PubMed search results page. The search string is "(digital intervention OR mobile apps OR smartphones OR mhealth OR weara)". The search results are sorted by "Best match". The first result is "Digital Health Promotion and Prevention in Settings: Scoping Review." by Stark AL, Geukes C, Dockweiler C. The abstract is visible: "We identified a huge diversity of literature regarding digital setting-based health promotion and prevention. The variety of technology types extends from computer- and web-based programs to mobile devices (eg, smartphone apps ...".

Search	Actions	Details	Query	Results	Time
#5	...	▼	<p>Search: <b>(digital intervention OR mobile apps OR smartphones OR mhealth OR wearable technology OR "Mobile Applications"[Mesh]) AND (physical activity OR exercise OR physical fitness OR fitness OR sedentary behavior OR "Exercise"[Mesh]) AND (promotion OR behavior change OR treatment effectiveness OR health behavior OR activity level OR "Health Promotion"[MeSH Terms])</b></p> <p>((("digitalisation"[All Fields] OR "digitalised"[All Fields] OR "digitalization"[All Fields] OR "digitalize"[All Fields] OR "digitalized"[All Fields] OR "digitalizer"[All Fields] OR "digitalizing"[All Fields] OR "digitally"[All Fields] OR "digitals"[All Fields] OR "digitization"[All Fields] OR "digitizations"[All Fields] OR "digitize"[All Fields] OR "digitized"[All Fields] OR "digitizer"[All Fields] OR "digitizers"[All Fields] OR "digitizes"[All Fields] OR "digitizing"[All Fields] OR "radiographic image enhancement"[MeSH Terms] OR ("radiographic"[All Fields] AND "image"[All Fields] AND "enhancement"[All Fields]) OR "radiographic image enhancement"[All Fields] OR "digital"[All Fields]) AND ("intervention s"[All Fields] OR "interventions"[All Fields] OR "interventive"[All Fields] OR "methods"[MeSH Terms] OR "methods"[All Fields] OR "intervention"[All Fields] OR "interventional"[All Fields])) OR ("Mobile Applications"[MeSH Terms] OR ("mobile"[All Fields] AND "applications"[All Fields]) OR "Mobile Applications"[All Fields] OR ("mobile"[All Fields] AND "apps"[All Fields]) OR "mobile apps"[All Fields]) OR ("smartphone"[MeSH Terms] OR "smartphone"[All Fields] OR "smartphones"[All Fields] OR "smartphone s"[All Fields]) OR ("mhealth s"[All Fields] OR "telemedicine"[MeSH Terms] OR "telemedicine"[All Fields]</p>	10,480	09:48:49

#### 4. Experimenting with search strings, search fields, limiters


Experiment further with your search strings in the databases of your choice: search over specific fields, try different search modes and limiters, compare the size and quality of the results.

Propositions for specific databases:

##### *SportDiscus*

- Use the thesaurus to find subject headings for your search terms and add them to the search.

New Search
Publications
Thesaurus
Cited References
Images
More ▾


Searching: **SPORTDiscus with Full Text** | [Choose Databases](#)

[Basic Search](#)
[Advanced Search](#)
[Search History](#)

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**Subjects**

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**Browsing: Sports Thesaurus**

Term Begins With
  Term Contains
  Relevancy Ranked

Page: [Previous](#) [Next ▶](#)

Select term, then add to search using:

(Click term to display details.)

[PHYSICAL activity](#)

- Try searching over specific search fields (Abstract, Title, All Text).

Searching: [SPORTDiscus with Full Text](#) | [Choose Databases](#)

The screenshot shows a search interface with a search bar containing the query: ("digital intervention" OR mobile app\* OR smartpho. A dropdown menu is open, showing options for "Select a Field (optional)": TX All Text, AU Author, CN Conference, TI Title, SU Subject Terms, AB Abstract or Author-Supplied Abstract, KW Author-Supplied Keywords, GE Geographic Terms, PE People, CO Company Entity, IS ISSN (No Dashes), IB ISBN, SO Publication Name, SB Subset, and AN Accession Number. Below the search bar, there are two "AND" buttons and a "Basic Search" link. The search results section shows "Search Results: 1 - 30 of 689" and a top result titled "1. Monitoring physical activity u cohort study." by Oskouei, Sanam Tavakkoli; M. The subjects listed are ACHILLES tendinitis; P technology; SEVERITY of illness.

## Web of Science

- Use the limiters to select “Highly Cited Papers” or sort results by most cited papers.
- Look at the “Citations” and “References” of a highly cited paper.

The screenshot shows the Web of Science search results page. The search query is: ("digital intervention" OR mobile app\* OR smartphones OR mhe...). The results are sorted by Relevance. The "Refine results" sidebar is visible, with "Quick Filters" including: Highly Cited Papers (27), Review Article (4), Early Access (2), Open Access (2,136), Enriched Cited References (78), and Open publisher-invited reviews (6). The first result is: "The effects of a physical activity intervention based on a fatness and fitness smartphone app for University students" by Muntaner-Mas, A; Sanchez-Azanza, VA; L.; Palou, P. It has 7 Citations and 46 References. The "Relevance" dropdown and the citation/reference counts are circled in red.

- Look at the advanced search options and the search history. Try out the options to build a search and to combine previous searches.

The screenshot shows a button labeled "View your search history" with a circular arrow icon. A hand cursor is pointing at the button, and a tooltip also displays the text "View your search history".



# Search History

Interested in more search options?  
Manage or rerun your saved searches on the Alerts page. To combine searches, go to Advanced search.

### Filter by date range

YYYY-MM-DD to YYYY-MM-DD Reset Apply

[Customize display settings](#) To combine searches, go to [Advanced search](#).

[Clear all history](#) Delete

Type	Search Query and Results	Database	Results	Actions
Current session	<a href="#">Export</a>			
<input type="checkbox"/> Search	<pre>("digital intervention" OR mobile app* OR smartphones OR mhealth OR "wearable technology") AND (physical activity OR exercise OR "physical fitness" OR fitness OR sedentary behavio?) AND (promotion OR behavio?r change OR treatment effectiveness OR health behavio?r OR activity level) (Topic)</pre> <p>2:02 PM</p>	Web of Science Core Collection	3,136	<a href="#">Show editions</a> <a href="#">Link</a> <a href="#">Edit</a> <a href="#">Alert</a>

### Add terms to the query preview

All Fields ▼  Add to query

### More options ▼

#### Query Preview

Enter or edit your query here. You can also combine previous searches e.g. #5 AND #2

[+ Add date range](#)

✕ Clear

Search ▼

Booleans : AND, OR, NOT

Field Tags : Sort by Default ▼

- TS=Topic
- TI=Title
- AB=Abstract
- AU=[Author]
- AI=Author Identifiers
- AK=Author Keywords
- GP=[Group Author]
- ED=Editor
- KP=Keyword Plus®
- SO=[Publication Titles]
- DO=DOI
- PY=Year Published
- CF=Conference
- AD=Address
- OG=[Affiliation]
- OO=Organization
- SG=Suborganization
- SA=Street Address
- CI=City
- PS=Province/State
- CU=Country/Region
- ZP=Zip/Postal Code
- FO=Funding Agency
- FG=Grant Number
- FD=Funding Details
- FT=Funding Text
- SU=Research Area
- WC=Web of Science Categories
- IS=ISSN/ISBN
- UT=Accession Number
- PMID=PubMed ID
- DOP=Publication Date
- LD=Index Date
- PUBL=Publisher
- ALL=All Fields
- FPY=Final publication year
- EAY=Early Access Year
- SDG=Sustainable Development Goals
- TMAC=Macro Level Citation Topic
- TMSO=Meso Level Citation Topic
- TMIC=Micro Level Citation Topic

[Search Help](#)

### Session Queries

Build a new query based on your searches in this session.

0/1 Combine Sets ▼ Export ▼

Clear History

<input type="checkbox"/> 1	<pre>("digital intervention" OR mobile app* OR smartphones OR mhealth OR "wearable technology") AND (physical activity OR exercise OR "physical fitness" OR fitness OR sedentary behavio?) AND (promotion OR behavio?r change OR treatment effectiveness OR health behavio?r OR activity level) (Topic)</pre>	3,136	<a href="#">Add to query</a> <a href="#">Link</a> <a href="#">Edit</a> <a href="#">Alert</a>
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## Scopus

- Try editing your search string with “Edit in advanced search”

Welcome to a more intuitive and efficient search experience. [See what is new](#)

Advanced query

```
TITLE-ABS-KEY (( "digital intervention" OR mobile AND app* OR smartphones OR mhealth OR "wearable technology" ) AND ( physical AND activity OR exercise OR "physical fitness" OR fitness OR sedentary AND behavi?r ) AND ( promotion OR behavi?r AND change OR treatment AND effectiveness OR health AND behavi?r OR activity AND level ))
```

Show less

[Edit in advanced search](#)

Documents **Beta** Preprints Patents Secondary documents Research data ↗

- Try the advanced query options.

## Advanced search

< Basic Search **Advanced** Search tips ⓘ

Enter query string

```
TITLE-ABS-KEY(("digital intervention" OR mobile app* OR smartphones OR mhealth OR "wearable technology") AND (physical activity OR exercise OR "physical fitness" OR fitness OR sedentary behavi?r) AND (promotion OR behavi?r change OR treatment effectiveness OR health behavi?r OR activity level))
```

Outline query Add Author name / Affiliation Clear form **Search Q**

ALL("Cognitive architectures") AND AUTHOR-NAME(smith)  
TITLE-ABS-KEY(\*somatic complaint wom?n) AND PUBYEAR AFT 1993  
SRCTITLE(\*field ornith\*) AND VOLUME(75) AND ISSUE(1) AND PAGES(53-66)

Operators

- AND +
- OR +
- AND NOT +
- PRE/ +
- W/ +

Field codes ⓘ

- Textual Content
- Affiliations
- Authors
- Biological Entities
- Chemical Entities
- Conferences
- Document
- Editors
- Funding
- Keywords
- Publication
- References
- Subject Areas
- Health Sciences
- Life Sciences
- Physical Sciences
- Social Sciences

- Look at the preprint and data tab.

**u**  
Scopus

Search Lists Sources SciVal ⓘ ⓘ ⓘ Create account Sign in

Welcome to a more intuitive and efficient search experience. [See what is new](#)

Advanced query

Search within: Article title, Abstract, Keywords

Search documents \*: ("digital intervention" OR mobile AND app\* OR smartphones OR mhealth OR wear

Documents **Beta** Preprints Patents Secondary documents Research data ↗

190 documents found Analyze results ⓘ

Refine search

Search within results

Filters

Document title	Authors	Source	Year	Citations
1 A holistic lifestyle mobile health intervention for the prevention of type 2 diabetes and common mental disorders in Asian women with a history of gestational diabetes: a randomised	Salamanca-Sanabria, A., Liew, S.J., Mair, J., ... Tay, V., Eriksson, J.G.	Trials, 25(1), 443	2024	0

## 5. AI research tools

Try out different types of tools to find literature for your research topic. If possible use a personal Wifi access when trying out tools with limited functionalities per user.

- Try a citation-based tool based on articles you have already found and compare the search results to the results you have found in the databases.
- Try a tool based on semantics by entering a short description of your research topic and compare the results you find. Do the results change if you formulate your research query differently (for example reformulated with a GenAI-tool)?

=>SOLUTIONS: varies depending on tools

## 6. Citationchaser

Try the tool [citationchaser](#) to find references and citations for a corpus of literature on the basis of identifiers like DOI, PMID, etc.

Test the tool based on a single publication of interest or insert a list of identifiers (for example exported from a citation reference management software via a .csv-file).

The screenshot shows the CitationChaser website interface. The navigation bar includes 'Home', 'Article input', 'References', 'Citations', 'Analysis', and 'Network'. The 'References' and 'Citations' tabs are highlighted with red circles. Below the navigation bar, there is a text input area for entering article identifiers, with a red circle around the 'References' tab. The input area contains several fields for different identifier types: Digital Object Identifiers (DOIs), PubMed Identifiers (PMIDs), PubMedCentral Identifiers (PMIDs), Microsoft Academic identifiers (MAGIDs), CORE Identifiers (COREIDs), and Lens.org identifiers (LENSIDs). A 'Load my input articles' button is also highlighted with a red circle. Below the input area, the 'Your input articles' section shows a table with one entry: '10.1186/s12966-019-0792-7' with type 'doi' and found 'found'. Below this, there is a 'Download an RIS file of your articles (including abstracts)' button. The bottom section shows a table of search results with columns: authors, year, title, source\_title, publisher, volume, issue, start\_page, doi, Lens\_refs, and Lens\_cited. The first entry is: Hardeman, Wendy; Houghton, Julie; Lane, Kathleen; Lytine, Jones; Andrew; Naughton, Felix, 2019, A systematic review of just-in-time adaptive interventions (JITAIs) to promote physical activity, The international journal of behavioral nutrition and physical activity, Springer Science and Business Media LLC, 16, 1, 31, 10.1186/s12966-019-0792-7, 47, 225.

authors	year	title	source_title	publisher	volume	issue	start_page	doi	Lens_refs	Lens_cited
Hardeman, Wendy; Houghton, Julie; Lane, Kathleen; Lytine, Jones; Andrew; Naughton, Felix	2019	A systematic review of just-in-time adaptive interventions (JITAIs) to promote physical activity	The international journal of behavioral nutrition and physical activity	Springer Science and Business Media LLC	16	1	31	10.1186/s12966-019-0792-7	47	225

### References from your articles (backward citation chasing)

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Your input articles contained a total of 47 references. Your RIS file is ready for download and contains 47 records exported from Lens.org.

authors	year	title	source_title	volume	issue	start_page	end_page	doi
Gouveia, Rûben; Karapanos, Evangelos; Hassenzahl, Marc	2015	UbiComp - How do we engage with activity trackers?: a longitudinal study of Habito	Proceedings of the 2015 ACM International Joint Conference on Pervasive and Ubiquitous Computing			1305	1316	10.1145/2750858.2804290
Rabbi, Mashfiq; Aung, M.S.H.; Zhang, Mi; Choudhury, Tanzeem	2015	UbiComp - MyBehavior: automatic personalized health feedback from user behaviors and preferences using smartphones	Proceedings of the 2015 ACM International Joint Conference on Pervasive and Ubiquitous Computing			707	718	10.1145/2750858.2805840
Godino, Job G.; Watkinson, Clare; Corder, Kirsten; Marteau, Theresa M.; Sutton, Stephen; Sharp, Stephen J.; Griffin, Simon J.; van Sluijs, Esther M. F.	2013	Impact of personalised feedback about physical activity on change in objectively measured physical activity (the FAB study): a randomised controlled trial.	PLoS one	8	9	e75398		10.1371/journal.pone.0075398
Collins, Linda M.; Nahum-Shani, Inbal; Almirall, Daniel	2014	Optimization of behavioral dynamic treatment regimens based on the sequential, multiple assignment, randomized trial (SMART).	Clinical trials (London, England)	11	4	426	434	10.1177/1740774514536795
Hardeman, Wendy; Houghton, Julie; Lane, Kathleen Lynne; Jones, Andrew; Naughton, Felix	2019	A systematic review of just-in-time adaptive interventions (JITAs) to promote physical activity	The international journal of behavioral nutrition and physical activity	16	1	31		10.1186/s12966-019-0792-7
Schembre, Susan M.; Liao, Yue; Robertson, Michael C; Dunton, Genevieve F.; Kerr, Jacqueline; Halfey, Meghan E; Burnett, Taylor; Basen-Engquist, Karen M; Hicklen, Rachel S	2018	Just-in-Time Feedback in Diet and Physical Activity Interventions: Systematic Review and Practical Design Framework.	Journal of medical internet research	20	3	e106		10.2196/jmir.8701
Thomas, J. Graham; Bond, Dale S.	2015	Behavioral response to a just-in-time adaptive intervention (JITAI) to reduce sedentary behavior in obese adults: Implications for JITAI optimization.	Health psychology : official journal of the Division of Health Psychology, American Psychological Association	34	Suppl	1261	1267	10.1037/hea0000304

### Citations of your articles (forward citation chasing)

Once you have loaded your input articles, you can search for all articles that cite them.

Your input articles were cited a total of 225 times. This corresponds to 225 unique article IDs. Your RIS file is ready for download and contains 225 records exported from Lens.org.

authors	year	title	source_title	volume	issue	start_page	end_page	doi
Zhang, Jingwen; Oh, Yoo Jung; Lange, Patrick; Yu, Zhou; Fukuoka, Yoshimi	2020	Artificial Intelligence Chatbot Behavior Change Model for Designing Artificial Intelligence Chatbots to Promote Physical Activity and a Healthy Diet: Viewpoint	Journal of medical Internet research	22	9	e22845		10.2196/22845
Seixas, Azizi; Olaye, Iredia M.; Wall, Stephen P.; Dunn, Patrick	2021	Optimizing Healthcare Through Digital Health and Wellness Solutions to Meet the Needs of Patients With Chronic Disease During the COVID-19 Era.	Frontiers in public health	9		667654	667654	10.3389/fpubh.2021.667654
Hasselman, Fred	2023	Understanding the complexity of individual developmental pathways: A primer on metaphors, models, and methods to study resilience in development.	Development and psychopathology	35	5	2186	2198	10.1017/s0954579423001281
Muench, Frederick; Madden, Sean P.; Oommen, Sherry; Forthal, Sarah; Srinagesh, Aradhana; Stadler, Gertraud; Kuerbis, Alexis; Leeman, Robert F.; Suffoletto, Brian; Basmet, Amit; Haslip, Cameron; Vadhan, Nehal P.; Morgenstern, Jon	2023	Automated, tailored adaptive mobile messaging to reduce alcohol consumption in help-seeking adults: A randomized controlled trial.	Addiction (Abingdon, England)	119	3	530	543	10.1111/add.16391
Zhou, Shuo; Levinson, Arnold H.; Zhang, Xuhong; Poritz, Jennifer Dickman; Moore, Susan L.; Gore, M. Odette; Ford, Kelsey Lynett; Li, Qing; Bull, Sheana	2020	A Pilot Study and Ecological Model of Smoking Cues to Inform Mobile Health Strategies for Quitting Among Low-Income Smokers	Health promotion practice	22	6	1524839920942214	1524839920942214	10.1177/1524839920942214
Novak, Jan; Jurkova, Katerina; Lojkaskova, Anna; Jaklova, Andrea; Kuhnova, Jilka; Pfeiferova, Marketa; Kral, Norbert; Janek, Michael; Omcar, Dan; Malisova, Katerina; Maes, Iris; Dyck, Dethen Van; Wahnich, Charlotte; Ussher, Michael; Elavsky, Steriani; Cimler, Richard; Pelcova, Jana; Tufano, James J.; Steff, Michal; Seifert, Bohumil; Yates, Tom; Harris, Tess; Vetrovsky, Tomas	2024	Participatory development of an mHealth intervention delivered in general practice to increase physical activity and reduce sedentary behaviour of patients with prediabetes and type 2 diabetes (ENERGISED).	BMC public health	24	1	927		10.1186/s12889-024-18384-2
Lentferink, Aniek; Noordzij, Matthijs L.; Burgler, Anouk; Klaassen, Randy; Derks, Youri; Oldenhuis, Hilbrand; Velthuisen, Hugo; van Gemert-Pijnen, Lisette	2021	On the receptivity of employees to just-in-time self-tracking and eCoaching for stress management: a mixed-methods approach	Behaviour & Information Technology	41	7	1398	1424	10.1080/0144929x.2021.1876764

## 7. Bibliometric indications

Finde the following article in Scopus, Web of Science, Dimensions (if you have registered for Dimensions) and on Springer Link (via the DOI):

Figueroa, C. A., Gomez-Pathak, L., Khan, I., Williams, J. J., Lyles, C. R., & Aguilera, A. (2024). Ratings and experiences in using a mobile application to increase physical activity among university students: Implications for future design. *Universal Access in the Information Society*, 23(2), 821–830. Scopus. <https://doi.org/10.1007/s10209-022-00962-z>

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Figueroa, Caroline A. a, d; Gomez-Pathak, Laura a; Khan, Imran a; Williams, Joseph Jay b, d; Lyles, Courtney R. c; Aguilera, Adrian a, c
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a School of Social Welfare, University of California, 102 Haviland Hall, Berkeley, 94720-7400, CA, United States
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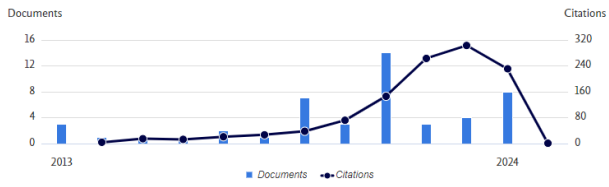
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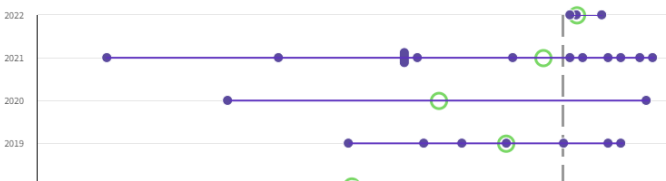
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## Ratings and experiences in using a mobile application to increase physical activity among university students: implications for future design

Universal Access in the Information Society, 23(2), 821-830 - January 2023  
<https://doi.org/10.1007/s10209-022-00962-z>

### Authors

Caroline A. Figueroa - University of California, Berkeley, Delft University of Technology  
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 Laura Gomez-Pathak - University of California, Berkeley  
 Imran Khan - University of California, Berkeley  
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### Summary

TLDR Key highlights Top keywords

The study explores university students' experiences with a mobile app designed to increase physical activity, revealing that while some participants felt encouraged by motivational messages, others found them misaligned with their personal motivations and daily contexts. The research highlights the importance of personalizing digital interventions to better support students' physical and mental health needs. Recommendations for future app design are provided based on qualitative feedback from participants.

### Abstract

University students have low levels of physical activity and are at risk of mental health disorders. Mobile apps to encourage physical activity can help students, who are frequent smartphone-users, to improve their physical and mental health. Here we report students' qualitative feedback on a physical activity smartphone app with motivational text messaging. We provide recommendations for the design of future apps. 103 students used the app for 6 weeks in the context of a clinical trial (NCT04440553) and answered open-ended questions before the start of the study and at follow-up. A subsample (n = 39) provided additional feedback via text message, and a phone interview (n = 8). Questions focused on the perceived encouragement and support by the app, text messaging content, and recommendations for future applications. We analyzed all transcripts for emerging themes using qualitative coding in Dedoose. The majority of participants were female (69.9%), Asian or Pacific

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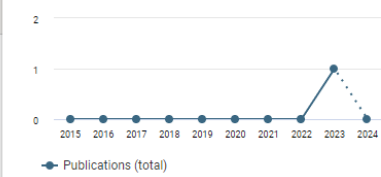
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