

## **Mobile Health Software: Impact and User Perceptions (mHealthImpact)**

With the increasing prevalence of mobile technology in daily life, mobile phone health software has emerged as a valuable tool for individuals to manage their health. The software offers users data management tools for collecting, storing, analyzing, and sharing their daily physical activities, as well as assisting users in understanding their health. It is crucial to effectively transform health data and knowledge into behavior. However, it is still uncertain whether the perception of information provided by such software can effectively motivate users to develop and sustain health awareness and behaviors, despite the considerable potential of mobile health software. The objective of this workshop is to examine the factors and effects of mobile health software information perception on the transformation of health behaviors and to provide a scientific basis for improving the user experience and health promotion effects of mobile health software.

This workshop aims to provide a platform for discussing the pivotal perception factors driving user health behaviors through mobile health software. By integrating ubiquitous computing with human-computer interaction, and optimizing data management experiences and functionality design, the workshop seeks to effectively promote user awareness of health issues and encourage positive behavioral changes. Possible topics include but are not limited to:

- Mobile health software user behavior analysis
- Identification and analysis of perceived factors of mobile phone health software
- Research on the influence of perceived factors on health behavior
- User acceptance and adoption model of mobile health technology
- Behavior Change Techniques (BCTs) in health software
- Assessment of mobile phone health software effects
- User experience of mobile phone health software

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