

25 UNDERGRADUATE RESEARCH CRITIQUE

Research Critique on “How Diet and Nutrition-Related Mobile Apps Influence Behavior”

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ABSTRACT

Introduction: Obesity has become a severe public health concern in the United States in recent years. Although there are a variety of tactics being used to prevent obesity, the usage of mobile applications is a relatively new discovery that could be effective in assisting people in developing good eating habits. Studies have demonstrated that utilizing health-related applications can successfully lead to weight reduction or weight management behavior change. A number of apps have been developed to assist people in tracking their food intake using calorie counting or food diary methods. The goal of this study is to find out which behavior change factors are linked to the usage of diet and nutrition-related health apps, as well as if using these apps leads to changes in health behavior.

Objective/ Purpose: The purpose of this study was to find out which behavior change processes are related to the use of diet and nutrition-related health applications, and whether the use of these applications will lead to changes in health behaviors.

Methods: For the study, participants answered questions based on their demographic, their use of nutrition apps, and their diet behavior. For this study, they used a sample of 217 individuals out of 239 participants that met all requirements and completed all their questions. The survey they used made sure that the individuals were at least 18 years of age, lived in the United States, and were able to read English. Questions were based on the three health behavior theories, The health belief model (HBM), theory of planned behavior (TPB), and social cognitive theory (SCT) are three major health behavior change theories for nutrition education.

Results: Overall majority of study participants agreed or strongly agreed with statements about app use enhancing motivation to eat a healthy diet, improving self-efficacy, and increasing willingness to create and achieve healthy diet goals. Furthermore, the majority of participants strongly agreed that using nutritional apps appears to result in changes in their behavior, including increases in actual goal setting to eat a healthy diet (58.5 %, 127/217), constant increase of eating healthy (57.6 %, 125/217),

and major increase consistency of eating healthy foods (54.4 %, 118/217).

Conclusion: Diet and nutrition-related mobile apps have been shown to be effective instruments for promoting good health habit change. The findings of this study show that using diet/nutrition apps is linked to changes in diet-related behavior. Apps that improve motivation, desire, self-efficacy, attitudes, knowledge, and goal planning, for example, may be highly helpful and beneficial. Theories and constructs known to aid health behavior change, such as those of SCT, TPB, and HBM, should continue to be integrated into health app design and execution to guarantee that mobile apps are effective health behavior change agents.

Critique: According to previous studies, using diet-related apps can lead to better diet and nutrition health behavior modification. Planning, executing, and evaluating treatments are more effective when elements from recognized health behavior change theories are included. Most of the information that was stated is true most apps do help people live a healthier lifestyle. Keeping the sample size small would have been more beneficial, an idea was to compare and contrast if the older generation enjoys more remote fitness apps than the younger generation. Another beneficial idea was to have women and men decide if they enjoy more app diets and develop good health behaviors. This article was well written and strongly agreed with the statement that using diet/nutrition apps increased their motivation to eat a healthy diet. This article has many different research ideas that they can come up with. Most of the participants in this study stated that the use of the Apps boosted their motivation, desire, and ability to modify their nutritional intake. That is a good conclusion that came out of this article because we are always searching for new ideas to try to live a healthier lifestyle. It is shown that health Apps were seen in studies to successfully lead to favorable weight management modifications.

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