

Crowdsourcing for adolescent health:

development and evaluation of a tool to collect data on the state and determinants of adolescent physical health and wellbeing

Doctors, scientists and people in government would like to understand how to make sure you grow up as healthily and happily as you can. To do this we would like to collect detailed information about how people like you feel, how you spend your time, what experiences you have, what you eat, how you sleep, what exercise you do and we want to know what you think affects all of these. Getting information like this is difficult – it means finding a way to communicate with young people regularly.

We believe that a well-designed phone app is the way to collect this information. Our team, made up of scientists, medical researchers and designers, knows that the app will be best if young people help us design it. We hope that young people will want to collect their health and behaviour information if they can use the information they've shared and find it useful. We know that young people want their data to be secure and confidential. So, we need to work with young people to answer questions like these:

How do we get accurate and useful daily information from young people?

How can we be sure people will enjoy using the app and share it with their friends?

How do we help people using the app to know that their data are secure and confidential?

How can we reassure people that our project is important and give them confidence to be part of it?

1. APP DESIGN

We want to work with people like you in two areas:

What is needed?

We think we need to make an app for young people to share information with us and each other. This app should collect data like 'how many hours sleep did you get?' – or the answer to 'why didn't you play football last night?' Data could be pictures, movies or sketches that you could do within the app.

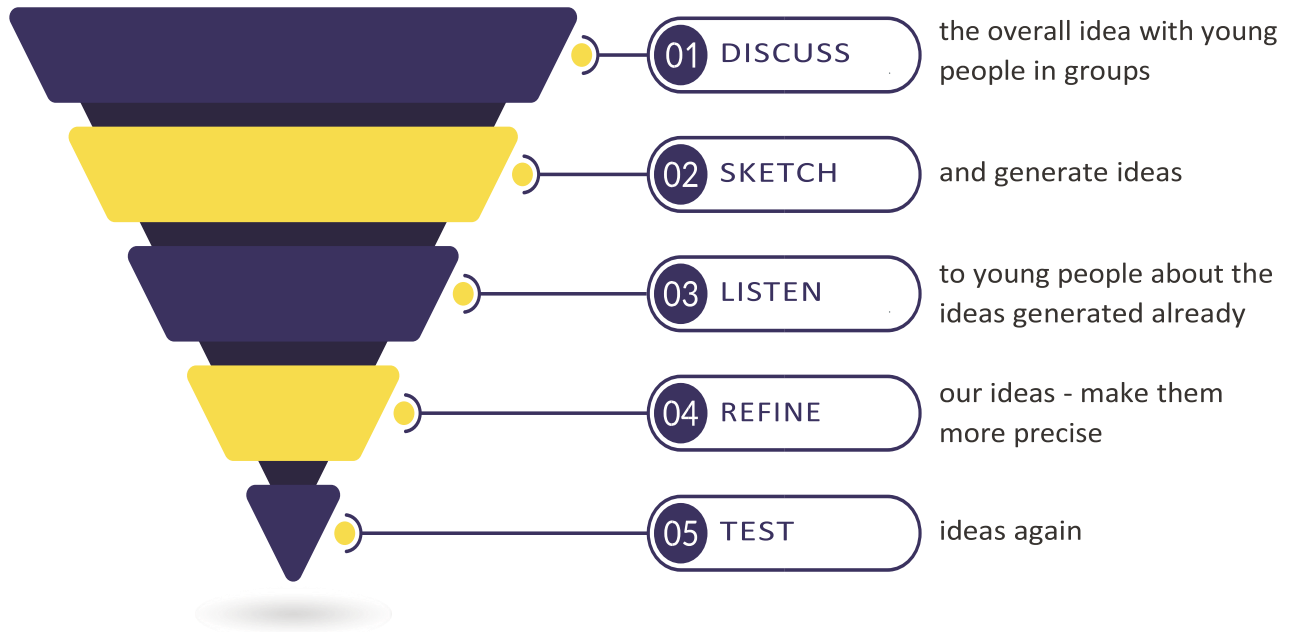
Designing things for people

The most important people in this project are people like you. Young people need to feel happy using this app and sharing their thoughts from a young age until they leave school – it's quite a challenge designing one app which is interesting for an 8 year old and an 18 year old!

Why is it hard?

Many apps used just a few times before being deleted. It's important people want to use our app regularly. Parents and children must trust the app and be happy to share accurate information. The app must ask the right questions to get the right answers.

Stages of the design process



2. USING THE APP AND IMPROVING LIVES

Once people start using the app we need to make sense of the data. We want to gather data from a large number of young people like you and hope that being able to analyse your own data and share your experiences will encourage you to use the app. If there is someone else in a similar situation to you – what would ask them and how could this help you?

Could you and your friends be healthier by learning about how other people live?

Are there a group of you who would like to play a sport but can't for the same reason ?

Could you get together through the app and write to your local politician for help?

'Citizen Science' is a term which scientists use for a scientific project where scientists work with the public to gather information. This is what we want to do with this project, by sourcing ideas and experience from all the app users.

We think this topic is important. We want to be part of a project to help make it easier for young people to feel and stay healthy.

People like you are ideally placed to help teams like us make something valuable. The overall goal of this project is to make life better for young people, to allow people to be healthier, fitter and to enjoy life.

To do this, we have to get the right information and understand it and we think young people are the ideal partners to work with our team every step of the way.