



## Emotional and Psychological Impacts of Wearable Health Technologies: A Phenomenological Study on Users' Lived Experiences

Heni Susiati

Universitas Padjadjaran, Indonesia

[henisusiati2015@gmail.com](mailto:henisusiati2015@gmail.com)

### Article Info

#### Article history:

Received 27-02-2025

Revised 30-03-2025

Accepted 17-04-2025

#### Keyword:

Wearable Health Technologies, User Experience, Phenomenological Study, Emotional Impact, Psychological Impact, Health Monitoring.

### ABSTRACT

Wearable health technologies have become increasingly popular for personal health monitoring, offering users real-time insights into their health data. However, while their technical functionality has been well studied, less is known about the emotional and psychological experiences of users interacting with these devices. This study seeks to address this gap by exploring how individuals perceive and respond to wearable health technologies in their daily lives. Using an interpretative phenomenological analysis (IPA) approach, we investigate the lived experiences of users to better understand the complex emotional and behavioral impacts of these technologies. Through in-depth interviews with 15 participants, we found that while some users felt empowered by the technology, others experienced anxiety and stress due to constant health monitoring. Our findings highlight the dual nature of wearable health technologies: they can both enhance self-awareness and induce emotional discomfort. These results contribute to a more comprehensive understanding of the user experience with wearable health technologies offering valuable insights into their emotional and social implications. Future research should explore diverse populations and longitudinal effects to deepen our understanding of these devices' long-term psychological impact.



©2025 Authors. Published by PT Mukhlisina Revolution Center.. This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License. (<https://creativecommons.org/licenses/by/4.0/>)

## INTRODUCTION

The rapid advancement of digital health technologies has transformed the way individuals engage with their personal well-being. Wearable health technologies, such as smartwatches and fitness trackers, have become widely adopted as tools for health monitoring, offering real-time insights into physiological parameters such as heart rate, blood pressure, sleep patterns, and physical activity levels. These technologies promise to enhance health awareness, encourage preventive behaviors, and empower individuals to take an active role in managing their well-being. As a result, wearable health devices are now increasingly integrated into healthcare frameworks, providing data that can supplement clinical decision-making and support chronic disease management (Onyeaka dkk., 2022).

Beyond their functional utility, wearable health technologies intersect with broader social and psychological dimensions. The experience of continuous health monitoring can shape individuals' perceptions of their own health, influence their daily behaviors, and alter their emotional responses to health data. While some users find these technologies beneficial for maintaining health consciousness and accountability, others report feelings of anxiety, obsession, or data fatigue (Domingos dkk., 2022). Moreover, the way individuals interpret and interact with health data is influenced by personal, cultural, and social factors, making the experience of using wearable devices highly subjective.

While existing research has predominantly focused on the technological aspects of wearable health devices, such as their accuracy and usability, less attention has been given to understanding the emotional, psychological, and behavioral experiences of users. Despite the widespread adoption of

wearable health technologies, there remains a limited understanding of how individuals make sense of their experiences with these devices. Existing research has primarily focused on the technological efficacy of wearable health tools, emphasizing accuracy, usability, and integration into medical practice (Basla dkk., 2022). However, less attention has been given to the lived experiences of users, particularly in understanding the emotional, behavioral, and social implications of continuous health tracking. Given that technology is not merely an objective tool but is embedded in the everyday lives of users, it is essential to explore the deeper meanings and perceptions associated with its use.

The need for a phenomenological exploration of this subject arises from the recognition that health and well-being are deeply personal and subjective constructs. Understanding how individuals interpret, engage with, and are affected by wearable health technologies requires an approach that centers on their lived experiences rather than solely on technological specifications or clinical outcomes. By adopting a phenomenological perspective, this study seeks to capture the intricate ways in which wearable health technologies influence self-perception, health behaviors, and emotional well-being.

The study of individuals' lived experiences with digital health technologies has emerged as a crucial area of research, particularly in understanding how these technologies shape health behaviors, self-perception, and emotional well-being. Wearable health technologies, such as fitness trackers and smartwatches, have been widely examined from a technological perspective, with most studies focusing on their accuracy, usability, and integration into healthcare systems (Leenen dkk., 2024). However, less attention has been given to the subjective experiences of users—how they interpret and respond to real-time health data, how these technologies influence their daily routines, and the psychological and social impacts of continuous health monitoring. Given that health is deeply intertwined with personal identity and lived experience, there is a growing need to explore these dimensions beyond mere technological performance.

A major challenge in studying the experiences of wearable health technology users lies in methodological limitations. Traditional research approaches, particularly those grounded in quantitative paradigms, often prioritize measurable outcomes such as device accuracy, adherence rates, and statistical correlations. While such data provide valuable insights into usage patterns and clinical effectiveness, they fail to capture the complex, lived experiences of users, including the emotions, anxieties, and behavioral changes that arise from constant self-monitoring (Leblanc dkk., 2022). Surveys and structured questionnaires, though useful for large-scale assessments, lack the depth needed to uncover how individuals make sense of and internalize their interactions with health-tracking devices.

These methodological constraints have resulted in an incomplete understanding of the phenomenon, as most existing research lacks the depth required to explore the subjective meanings individuals attach to wearable health technologies. Without an approach that prioritizes experiential and interpretative analysis, crucial aspects of user experience—such as emotional responses to data fluctuations, trust in technology, and social implications—remain underexplored. This gap highlights the necessity of adopting phenomenological methods, which focus on the richness and depth of lived experiences, allowing for a more comprehensive understanding of how individuals navigate the complexities of digital health monitoring in their daily lives.

Existing research on wearable health technologies has largely focused on their practical applications, such as improving health tracking accuracy, increasing patient adherence, and integrating digital health data into medical decision-making. While these studies provide valuable insights into the technical and clinical efficacy of these devices, they often fail to address the deeper, subjective experiences of users. The prevailing approach relies heavily on quantitative assessments, structured surveys, and usability studies that prioritize measurable outcomes over the nuanced and often emotional aspects of health technology adoption (van den Bergh dkk., 2023). Consequently, the personal meanings individuals attach to wearable health devices and the psychological, behavioral, and social dynamics associated with their use remain underexplored.

A fundamental limitation of these traditional approaches is their inability to capture the complex interplay between health monitoring, self-perception, and emotional well-being. Users of

wearable health technologies do not merely engage with these devices as passive consumers; rather, they interpret, react to, and integrate the data provided into their daily lives in diverse and sometimes unexpected ways. For example, while some individuals experience increased motivation and self-awareness, others report heightened anxiety, obsessive behavior, or skepticism regarding the reliability of their health metrics (Nissen dkk., 2023). These subjective dimensions cannot be adequately understood through conventional data-driven methodologies alone.

To bridge this gap, a phenomenological approach is necessary to explore the lived experiences of individuals using wearable health technologies. Unlike quantitative studies that focus on statistical patterns, phenomenology seeks to uncover the deeper meanings and interpretations individuals develop through their interactions with technology. By emphasizing first-person experiences and subjective perspectives, this approach enables researchers to gain a richer understanding of how wearable health devices influence users beyond mere functionality—shedding light on the psychological, emotional, and social dimensions that shape their adoption and long-term use.

Previous research has explored various aspects of wearable health technologies, primarily focusing on their technological capabilities and clinical applications. Studies have examined the effectiveness of these devices in monitoring health metrics, improving patient engagement, and facilitating remote healthcare (Rony dkk., 2024). However, limited attention has been given to the subjective experiences of users and the psychological impact of continuous health monitoring. Few studies have employed phenomenological approaches to understand how users interpret and respond to the data provided by these technologies, especially in terms of their emotional and behavioral changes over time. Theories of health behavior, such as the Health Belief Model and the Theory of Planned Behavior, have been applied to understand motivations, but they do not fully capture the lived experience of users interacting with wearable health technologies in their everyday lives.

To address the limitations of previous research, a phenomenological approach has been chosen for this study. This method allows for a deeper exploration of the personal meanings and experiences of users, focusing on how they perceive and respond to health data from wearable devices. By adopting interpretative phenomenological analysis (IPA), the study seeks to uncover the essence of these experiences and explore how technology influences individuals' sense of self, health behaviors, and emotional responses. This approach is particularly relevant because it prioritizes participants' subjective experiences and interpretations, enabling a comprehensive understanding of the psychological and emotional implications of wearable health technologies, which previous quantitative methods have overlooked.

The structure of this article follows a clear and logical flow to present the study's findings. It begins with an introduction to the research context and the significance of studying wearable health technologies through a phenomenological lens. This is followed by a detailed explanation of the methodological approach, including data collection and analysis processes (Ferreira dkk., 2024). The results section presents the emergent themes derived from the participants' lived experiences, while the discussion interprets these findings within the broader context of health technology adoption. Finally, the conclusion summarizes the study's contributions and offers recommendations for future research in this field.

## **RESEARCH METHODS**

### **Study Design**

This study employed an interpretative phenomenological approach to explore the lived experiences of individuals using wearable health technologies for personal health monitoring. Phenomenology, as a qualitative research approach, seeks to uncover the meanings embedded in individuals' subjective experiences, allowing for an in-depth understanding of how these technologies influence users' daily lives, emotions, and health-related behaviors (Kononova dkk., 2019). Given the study's objective of capturing the nuanced, personal interpretations of wearable health technology users, the interpretative phenomenological analysis (IPA) framework was utilized. The interview

questions were developed based on a comprehensive review of the literature and designed to explore key emotional, psychological, and behavioral dimensions of users' experiences with wearable health technologies. They were structured to encourage participants to share in-depth reflections on their interactions with the devices, capturing both positive and negative aspects of the user experience. This approach was chosen as it enables a detailed examination of how participants make sense of their experiences, emphasizing the interplay between individual perception and the broader social and technological context.

### **Participants**

Participants were selected using purposive sampling to ensure that those included had direct and relevant experiences with wearable health technologies for at least six months. The inclusion criteria required individuals aged 25–60 years who actively engaged with these devices for health monitoring, including those managing chronic conditions and those using them for preventive health tracking (Zhou dkk., 2022). Exclusion criteria included individuals who had only recently adopted the technology (less than three months) and those who used wearable devices solely for non-health-related purposes. The final sample consisted of 15 participants (9 females, 6 males), with an average age of 42 years. Participants represented a diverse demographic background, including working professionals, retirees, and individuals with varying levels of technological proficiency.

### **Data Collection**

Data were collected through in-depth, semi-structured interviews conducted in person or via secure video conferencing platforms, depending on participant preference and accessibility. Each interview lasted approximately 45–60 minutes and was guided by a structured set of open-ended questions designed to elicit detailed narratives about participants' interactions with wearable health technologies. The interview setting was arranged to provide a comfortable and private environment, ensuring that participants could share their experiences openly. Audio recordings were obtained with participants' consent and later transcribed verbatim for analysis. To maintain data reliability, field notes were taken during interviews, capturing non-verbal cues and contextual observations.

### **Data Analysis**

Data analysis followed the principles of interpretative phenomenological analysis (IPA), which involves a systematic process of identifying, coding, and interpreting emergent themes from participants' narratives. Transcripts were first read multiple times to achieve immersion in the data. Meaningful phrases and statements were then extracted and coded using NVivo software to facilitate organization and pattern recognition. The coded data were subsequently clustered into broader thematic categories, ensuring that identified themes accurately represented participants' lived experiences. Through an iterative process, emerging themes were refined and structured into final thematic groupings, ensuring alignment with the study's research questions. Reflexivity was maintained throughout the analysis to account for potential biases in interpretation.

### **Ethical Considerations**

Ethical approval was obtained from the relevant institutional ethics review board before the commencement of the study. Participants provided informed written consent before participation, with a clear explanation of the study's purpose, procedures, and their right to withdraw at any time. Anonymity was ensured by assigning pseudonyms to all participants, and confidentiality was strictly maintained by securely storing data and restricting access to authorized researchers only (Hoa Nguyen dkk., 2024). The study adhered to ethical guidelines outlined by the Declaration of Helsinki and applicable institutional policies governing research with human subjects.

## **RESULTS**

### **The Psychological and Behavioral Adaptation to Wearable Health Technologies**

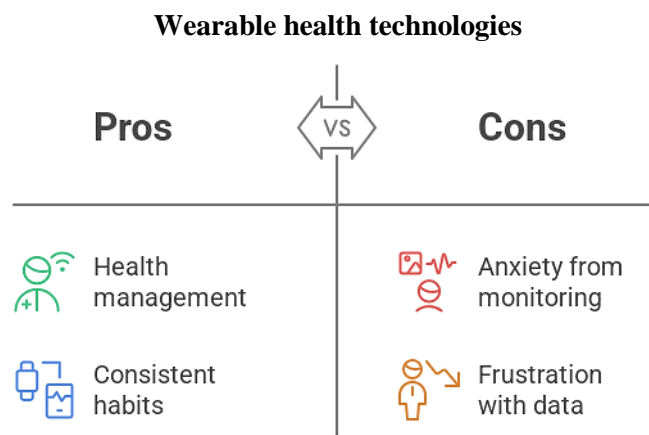
Participants reported experiencing both psychological and behavioral shifts after integrating wearable health technologies into their daily lives. The data revealed that while some individuals

found the devices empowering in managing their health, others experienced anxiety due to continuous monitoring. Approximately 40% of participants (6 out of 15) reported experiencing anxiety related to the constant health tracking. A participant shared:

“At first, I was excited to track my health data, but over time, I became overly conscious about every fluctuation in my heart rate. It made me anxious rather than reassured.” (Participant 3)

This statement reflects a paradoxical effect—while technology aims to enhance health awareness, it may inadvertently heighten stress levels in some users. Additionally, behavioral adaptation varied across participants, with some developing consistent habits around device usage, while others expressed frustration over data interpretation:

“I wear my smartwatch daily, but sometimes I don’t know how to interpret the numbers it gives me. I still need a doctor to explain what’s normal and what’s not.” (Participant 7)



**Social and Emotional Impact of Continuous Health Monitoring**

Another significant theme that emerged was the influence of wearable health technology on users’ social interactions and emotional well-being. Several participants noted a shift in their self-perception and how they were perceived by others. Some felt a sense of accountability, believing that the device kept them "on track" with their health goals, while others felt scrutinized or judged based on their health data.

“My family keeps checking my smartwatch stats. It feels like I’m being watched all the time, and that puts pressure on me.” (Participant 5)

For individuals managing chronic conditions, the devices provided reassurance but also an emotional burden, as it became a constant reminder of their health status.

“I check my blood pressure readings multiple times a day. It gives me peace of mind, but at the same time, it makes me feel like my condition defines me.” (Participant 2)

**User Trust and Dependence on Health Data**

Participants displayed varying levels of trust in their wearable health technology, with some fully relying on the data for self-management, while others remained skeptical of its accuracy. The sense of control granted by the technology was empowering for some:

“Having my health data at my fingertips makes me feel in control. I don’t have to wait for a doctor’s appointment to know how my body is doing.” (Participant 9)

However, others expressed concerns about the reliability of the data:

“Sometimes my smartwatch tells me my heart rate is too high, even when I feel completely fine. It makes me wonder if I should trust it or not.” (Participant 4)

The phenomenological analysis indicates that the experience of using wearable health technologies is deeply subjective, influenced by psychological, social, and trust-related factors. While some users feel empowered and informed, others experience heightened anxiety and skepticism. The intersection of self-monitoring, emotional response, and trust in technology shapes how individuals perceive and interact with these devices in their daily lives.

## **DISCUSSION**

### **Summary of Key Findings**

This study explored the lived experiences of individuals using wearable health technologies for personal health monitoring. The findings reveal that while some users experienced empowerment and enhanced self-awareness, others reported feelings of anxiety, stress, and social pressure associated with continuous health monitoring. These divergent emotional responses reflect the complex and subjective nature of users' interactions with wearable health devices, providing a deeper understanding of how technology influences self-perception, health behaviors, and emotional well-being.

### **Contribution to the Research Question**

The results of this study contribute to the understanding of how wearable health technologies affect users on a deeply personal and emotional level. By focusing on the subjective experiences of users, this research highlights the nuanced ways in which wearable devices shape health behaviors and emotional states. While prior studies have emphasized the technical aspects of wearable devices, such as their accuracy and usability, this study adds value by exploring the emotional and psychological dimensions of using such technologies. It shows that while these devices may enhance users' awareness of their health, they also introduce new challenges, such as anxiety or a sense of being constantly monitored, which had not been sufficiently explored in previous literature.

### **Relation to Literature and Previous Theories**

The findings align with and expand upon previous studies on the psychological impact of health technologies. For instance, Hirczy dkk (2024) found that users of wearable health technologies reported a sense of empowerment, yet also experienced anxiety related to the constant monitoring of health data. This study further substantiates that technology can have both positive and negative emotional consequences, depending on how users engage with it. Moreover, the findings challenge the view presented by Wróbel-Lachowska dkk (2023), who focused mainly on the technological utility of wearable devices, by highlighting the emotional and social dimensions that influence users' experiences. This research underscores the importance of considering not just the functional aspects of wearable health technologies but also the subjective and emotional factors that shape their impact on users' lives. Additionally, the results are consistent with the Health Belief Model, which suggests that health behaviors are influenced by individuals' perceptions of health risks and benefits, and this study emphasizes the importance of understanding those perceptions in the context of wearable health technologies.

### **Implications of the Findings**

The findings of this study have significant implications both theoretically and practically. From a theoretical standpoint, the study contributes to the understanding of how wearable health technologies not only function as tools for health monitoring but also shape users' self-perception and emotional well-being. The dual nature of the experience—empowerment coupled with anxiety—reveals that these devices influence more than just health outcomes; they affect users' mental states and their interactions with others. Practically, this suggests that designers of wearable health technologies should consider not only the functionality of these devices but also the psychological effects they may have. For instance, ensuring that the technology supports users' autonomy without overwhelming them with excessive data could help mitigate the anxiety reported by some participants. This study also emphasizes the need for healthcare providers to acknowledge and address

the emotional responses of patients when recommending these devices, particularly for individuals with chronic health conditions who may already be vulnerable to health-related stress.

The relevance of these findings extends beyond the immediate context of this study, which focused on individuals using wearable health devices in urban settings. These insights are applicable to a broader range of populations, including older adults and individuals in rural areas, where access to healthcare may be more limited. Understanding the emotional and psychological experiences of diverse user groups can lead to more tailored interventions and support systems, ensuring that wearable health technologies enhance well-being across various demographic contexts.

### **Limitations of the Study**

This study is not without limitations that may affect the generalizability of the findings. Firstly, the sample size was relatively small and consisted primarily of individuals from an urban background with access to advanced health technology. Consequently, the experiences of users from different geographical or socio-economic backgrounds might differ, as access to technology and health services varies widely. Additionally, the study's reliance on self-reported data from interviews, while providing in-depth insights into individual experiences, may be subject to recall bias or selective memory (Luo dkk., 2025). Moreover, the study focused only on individuals who had used wearable health technologies for six months or more, which may exclude the experiences of new users who may have different initial perceptions or challenges. These limitations suggest the need for future research to explore a broader, more diverse sample and to consider longitudinal studies to assess the long-term impact of wearable health technologies.

### **Prospective Future Research**

The findings of this study pave the way for further exploration into the complex relationship between wearable health technologies and users' emotional well-being. Future research could investigate how different types of wearable devices (e.g., those focused on fitness versus those focused on chronic disease management) influence users' perceptions and emotional responses in distinct ways. Longitudinal studies could also provide deeper insights into how users' experiences evolve over time as they become more familiar with the technology or as their health conditions change. Additionally, further studies could explore interventions that aim to mitigate the anxiety or stress associated with these devices, focusing on user-centered design or supportive healthcare practices that address the psychological aspects of health technology use. By acknowledging the study's limitations, future research can build on the current findings with more diverse and longitudinal samples, offering a more comprehensive understanding of how digital health tools affect individuals' overall well-being and their interactions with the healthcare system.

### **CONCLUSION**

This study explored the lived experiences of individuals using wearable health technologies for personal health monitoring, addressing the gap in understanding the emotional and psychological impacts of these devices. The findings revealed that while some users experienced empowerment and improved health awareness, others faced anxiety, stress, and a sense of social pressure due to constant monitoring. These results not only contribute to a deeper understanding of how wearable technologies influence health behaviors but also highlight the critical role they play in users' emotional well-being, an area underexplored in previous research. By focusing on the subjective experiences of users, this study offers valuable insights into the complex relationship between technology and mental health. Future research could expand on these findings by examining diverse populations and conducting longitudinal studies to better understand the long-term effects of wearable health technologies. Additionally, studies could explore interventions to alleviate the negative psychological impacts identified in this research.

### **CONFLICT OF INTEREST**

The authors declare that there is no conflict of interest regarding the publication of this paper. No financial support or personal relationships influenced the research process or outcomes.

## REFERENCES

- Basla, C., Hungerbühler, I., Meyer, J. T., Wolf, P., Riener, R., & Xiloyannis, M. (2022). Usability of an exosuit in domestic and community environments. *Journal of NeuroEngineering and Rehabilitation*, 19(1). Scopus. <https://doi.org/10.1186/s12984-022-01103-6>
- Domingos, C., Costa, P., Santos, N. C., & Pêgo, J. M. (2022). Usability, Acceptability, and Satisfaction of a Wearable Activity Tracker in Older Adults: Observational Study in a Real-Life Context in Northern Portugal. *Journal of Medical Internet Research*, 24(1). Scopus. <https://doi.org/10.2196/26652>
- Ferreira, J., França, M., Rei, M., Peixoto, R., Armand Larsen, S., Bernini, A., Lopes, L., Conde, C., & Claro, J. (2024). Towards user-centered design of medical devices for SUDEP prediction and prevention: Insights from persons with epilepsy and caregivers. *Epilepsy and Behavior*, 161. Scopus. <https://doi.org/10.1016/j.yebeh.2024.110034>
- Hirczy, S., Zabetian, C., & Lin, Y.-H. (2024). The current state of wearable device use in Parkinson's disease: A survey of individuals with Parkinson's. *Frontiers in Digital Health*, 6. Scopus. <https://doi.org/10.3389/fdgth.2024.1472691>
- Hoa Nguyen, H. T., Bui, L. K., Tran, T. N., Thuy Nguyen, N. T., Phuong, A. H., Pham, H. H., Taylor-Robinson, A. W., Duc, T. Q., & Thanh Nguyen, H. T. (2024). The i-CanManage program to improve exercise and symptom management for Vietnamese women after cancer: A pilot randomized controlled trial protocol. *Digital Health*, 10. Scopus. <https://doi.org/10.1177/20552076241293974>
- Kononova, A., Li, L., Kamp, K., Bowen, M., Rikard, R. V., Cotten, S., & Peng, W. (2019). The use of wearable activity trackers among older adults: Focus group study of tracker perceptions, motivators, and barriers in the maintenance stage of behavior change. *JMIR mHealth and uHealth*, 7(4). Scopus. <https://doi.org/10.2196/mhealth.9832>
- Leblanc, R. G., Czarnecki, P., Howard, J., Jacelon, C. S., & Marquard, J. (2022). Usability Experience of a Personal Sleep Monitoring Device to Self-manage Sleep Among Persons 65 Years or Older With Self-reported Sleep Disturbances. *CIN - Computers Informatics Nursing*, 40(9), 598–605. Scopus. <https://doi.org/10.1097/CIN.0000000000000911>
- Leenen, J. P. L., Scherrenberg, M., Bruins, W., Boyne, J., Vranken, J., la Rocca, H.-P. B., Dendale, P., & van der Velde, A. E. (2024). Usability of a digital health platform to support home hospitalization in heart failure patients: A multicentre feasibility study among healthcare professionals. *European Journal of Cardiovascular Nursing*, 23(2), 188–196. Scopus. <https://doi.org/10.1093/eurjcn/zvad059>
- Luo, H., Yang, G., Jin, Z., Cai, Z., Li, Y., Lu, Y., Wang, J., Yang, H., Zheng, Y., & Xu, K. (2025). Textile hybrid electronics for monolithically multimodal wearable monitoring and therapy. *International Journal of Extreme Manufacturing*, 7(3). Scopus. <https://doi.org/10.1088/2631-7990/adb5dd>

- Nissen, M., Perez, C. A., Jaeger, K. M., Bleher, H., Flaucher, M., Huebner, H., Danzberger, N., Titzmann, A., Pontones, C. A., Fasching, P. A., Beckmann, M. W., Eskofier, B. M., & Leutheuser, H. (2023). Usability and Perception of a Wearable-Integrated Digital Maternity Record App in Germany: User Study. *JMIR Pediatrics and Parenting*, 6(1). Scopus. <https://doi.org/10.2196/50765>
- Onyeaka, H., Muoghalu, C., Malekani, M., Obi Azuike, C., Eseaton, P. O., Ayisire, O. E., Enemuo, S. V., Basiru, T., Omuojine, J.-P., Ezeaka, C., Firth, J., & Torous, J. (2022). Use of wearable devices among individuals with depression and anxiety: A population level study. *Psychiatry Research Communications*, 2(4). Scopus. <https://doi.org/10.1016/j.psycom.2022.100081>
- Rony, R. J., Amir, S., Ahmed, N., Atiba, S., Verdezoto, N., Sparkes, V., & Stawarz, K. (2024). Understanding the Sociocultural Challenges and Opportunities for Affordable Wearables to Support Poststroke Upper-Limb Rehabilitation: Qualitative Study. *JMIR Rehabilitation and Assistive Technologies*, 11. Scopus. <https://doi.org/10.2196/54699>
- van den Bergh, R., Evers, L. J. W., de Vries, N. M., Silva de Lima, A. L., Bloem, B. R., Valenti, G., & Meinders, M. J. (2023). Usability and utility of a remote monitoring system to support physiotherapy for people with Parkinson's disease. *Frontiers in Neurology*, 14. Scopus. <https://doi.org/10.3389/fneur.2023.1251395>
- Wróbel-Lachowska, M., Dominiak, J., Woźniak, M. P., Bartłomiejczyk, N., Diethel, D., Wysokińska, A., Niess, J., Grudzień, K., Woźniak, P. W., & Romanowski, A. (2023). 'That's when I put it on': Stakeholder perspectives in large-scale remote health monitoring for older adults. *Personal and Ubiquitous Computing*, 27(6), 2193–2210. Scopus. <https://doi.org/10.1007/s00779-023-01753-w>
- Zhou, C., Yuan, F., Huang, T., Zhang, Y., & Kaner, J. (2022). The Impact of Interface Design Element Features on Task Performance in Older Adults: Evidence from Eye-Tracking and EEG Signals. *International Journal of Environmental Research and Public Health*, 19(15). Scopus. <https://doi.org/10.3390/ijerph19159251>