

Peliminary Call for Papers
Workshop on Coaching and Behavioural Change: Methods and Systems
(CoachingSystems 2008, www.CoachingSystems.org)

Many chronic diseases originate from well-known lifestyle risks, such as lack of physical activity, imbalanced diet, mental stress or low quality of sleep. The epidemic growth rates of related cardiovascular diseases, obesity and many others illnesses in the last few decades have lead to various technical monitoring approaches. However, besides the monitoring, concise solutions for user coaching are required, to provide feedback and motivate the individuals to achieve their designated health goals. While coaching systems can target various user groups, ranging from “health-at-risk” to the chronically ill, most health benefits are expected from preventive measures. For the individual, preventive lifestyle modification is hard to achieve, since its benefits are often difficult to communicate and to maintain for the behaviour change to become effective. Consequently, once the monitoring and health status information is available, *the challenge is to support the individual in the personal lifestyle management with the best possible coaching help.* Automatic group-wise coaching is often applied to maintain cost level. The realisation of appropriates coaching solutions requires close collaboration of many areas, including psychology, user interface design, as well as computer and electrical engineering.

The goal of this workshop is to bring together researchers from various backgrounds to discuss and evaluate different methods and realised systems for automatic or semi-automatic user lifestyle coaching based on monitoring information. An emphasis will be given to disease preventive coaching systems developed for “health-at-risk” user groups. *All contributions shall address the technical solution of the coaching system (information representation/visualisation) and the psychological aspects of the approach (motivation concept).*

Specifically, the following topics will be considered:

- **Progress in realisations and concepts for disease preventive lifestyle coaching with different foci, including age groups (e.g. the elderly), specific diseases (e.g. sleep insomnia), motivation concept (e.g. gaming).**
- **Information representation and handling for automatic user coaching interactions (inference, rule management). Design considerations for automatic and semi-automatic coaching concepts.**
- **Clinical and ambulatory validation procedures for coaching systems, including epidemiologic studies. Best practises and success stories achieved with the help of coaching systems.**
- **New directions for disease prevention and lifestyle coaching involving technical systems, including approaches to integrate economic models, e.g. to address health insurances.**

The workshop will be formed by a number of invited talks and paper presentations. Papers (max. 4000 to 5000 words, PDF format using the Pervasive Health Conference template) are invited, that should indicate the implemented solution or developed concept, including pictures/visualisations/screens of systems and the user interface. Papers will be reviewed by a panel of engineers, psychologists and physicians and accepted as presentations, based on their relevance for the workshop's topic. All accepted contributions will be published in the IEEE online digital library.