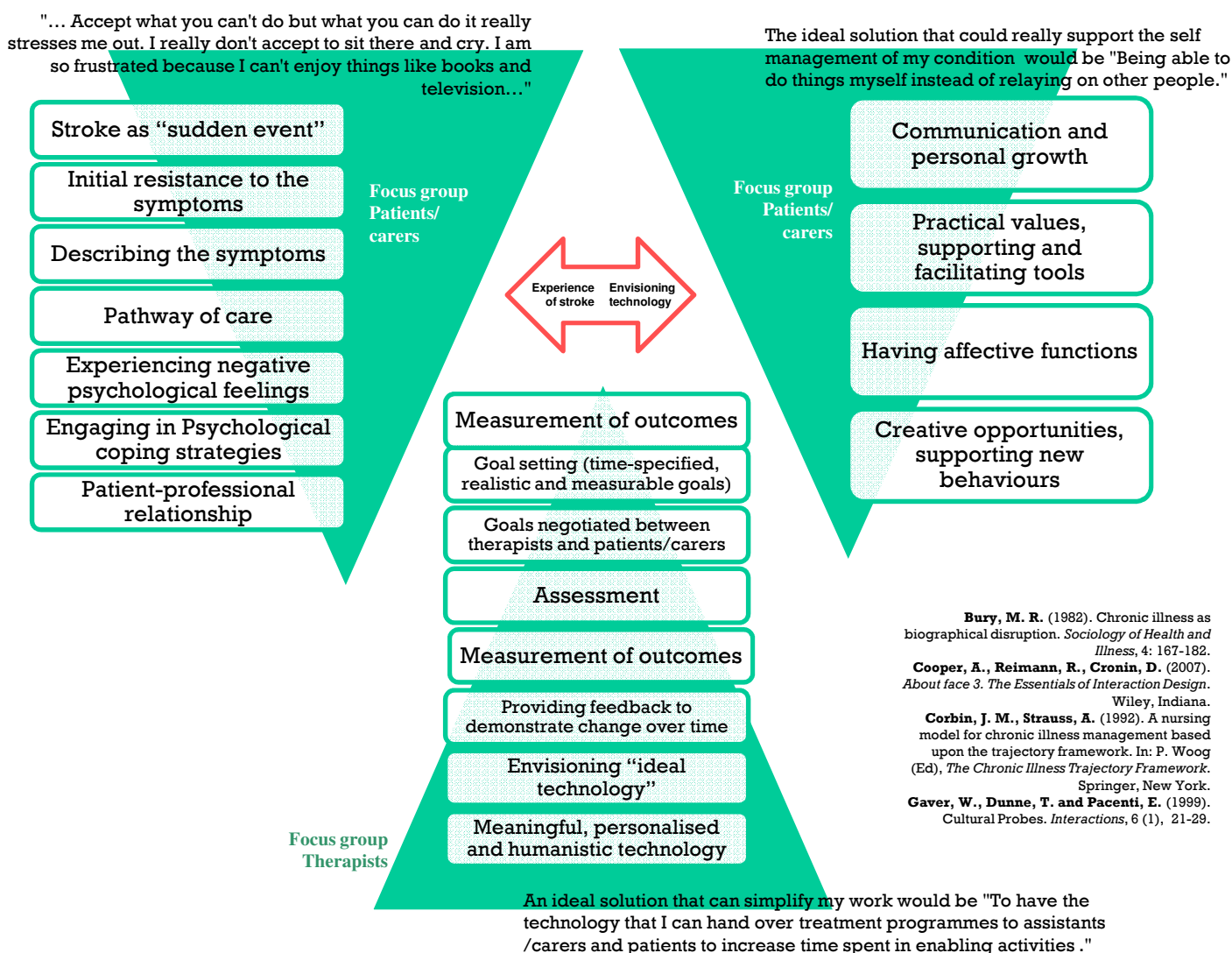


An interdisciplinary research into the self management of stroke: a mixed-methods design

N. Nasr S. Torsi S. Mawson P. Wright G. Mountain

Aim: The project is developing a personalised self management system (PSMS) to examine the impact of stroke on activity and how the PSMS can be used to monitor activity and to provide feedback on changes of activity during the process of self management leading to improved behaviour change.

Methods: The project uses an interdisciplinary approach driven by mixed-methods design. Health and Social Sciences research methods together with User-Centred design methods are used to provide qualitative data on users perspectives of stroke rehabilitation and self management. Data has been collected through focus groups, in-depth interviews, non-participant observations and cultural probes (Gaver, et al. 1999). The following diagrams explains some results to date.



Discussion and future plan

Participants expressed different feelings, thoughts and attitudes towards technology and showed a heterogeneity of skills, habits and expectations. By taking into consideration the experiences of stroke patients, their carers and families and within the sociology of chronic illness models (Corbin & Strauss, 1992, Bury 1982), the project is customizing a design process to respond to the users' needs and preferences. As a result, a series of personas and scenarios are being created to address the design requirements and the following iterative prototyping (Cooper, et al. 2007).