

Monash University Study: Effects of Fitness Tracker to Increase Physical Activity in Adults with Autism

Researchers:

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Study aim/background:

This project intends to compare the effectiveness of using paper forms versus technology (specifically fitness trackers) in supporting self-management procedures to increase physical activity in adults with Autism Spectrum Disorder.

Who can participate:

- Individuals over 18 years of age
- On the autism spectrum
- Based in Metropolitan Melbourne, Victoria
- Able to participate in physical activity (e.g jog or walk)
- Able to read basic English
- No issues with wearing a fitness tracker on the wrist over six weeks

What is involved for participants:

- Meet with the researcher at the start and end of the study to discuss opinions and levels of physical activity.
- Be trained to use self-management strategies to increase physical activity (jog and walk).
- Wear a fitness tracker for six weeks.
- Use paper forms, a fitness tracker and its companion app on your smartphone for six weeks to set goals, and to record and monitor physical activity levels.
- Meet with the researcher five days per week (20 minutes per meeting) to review and discuss progress.

If you are interested in participating, have any questions or would like more information, please email the researcher below.

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