A SURVEY ON ADOPTION AND USE OF AN M-HEALTH SERVICE IN OLDER PEOPLE

長者使用健康應用程式(MHEALTH)的習慣：問卷調查

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The speed of ageing in Hong Kong has increased rapidly since 2000, and 65 and older population is set to double over the next 25 years. The senior adults are more susceptible to health problems caused by ageing process. Responding to this, many health–related mobile apps have been developed rapidly to meet health service demands. Health apps are application programmes that access health information or monitor health conditions/vital signs in the person's home, using smartphones, tablets, and other communication devices, rather than the person having to travel to a hospital or clinic.

Recent evidence suggests that mHealth (mobile health application) has the potential to improve both the healthcare sector and healthcare outcomes for older patients with chronic conditions. Current research shows that mHealth services are being adopted in many countries; however, the adoption rate of these services is very low, especially among the older population.

The aim of this survey is to determine key factors that influence the adoption and use of mobile health-related applications (mHealth apps) services among community-dwelling senior adults in Australia, Bangladesh, China and Hong Kong. This research will develop a theoretical model to determine the behavioral intention of older people to use mHealth across the four countries.

本港人口老化的速度自2000年起急劇加快， 65歲及以上長者的人口推算在未來25年將增加一倍。隨着年紀漸長，高齡人士需面對老化或疾病所帶來的挑戰。近年健康應用程式（mHealth App）愈來愈普及，用家能安在家中利用智能手機、平版電腦、電腦或其他通訊軟件輕鬆方便地追蹤健康與保健資料，比起親自前往醫院或診所更省時方便。

近期有證據顯示，健康應用程式服務有潛力並可改善醫護質素及患長期疾病者的醫護成效。近年多個國家已採用健康應用程式服務。然而，這些服務的使用率偏低，特別是長者的使用率。

這項研究旨在調查影響長者接受及使用健康應用程式服務的關鍵因素。參與研究的地區包括澳洲、孟加拉、中國和香港。本研究將制定理論模型以確定上述四個國家/地方的長者使用健康應用程式的行為意圖。

If you are 65 or above, with experience in using mobile applications, complete this simple survey to find out your m-health literacy.

	Yes	No
1. Are you a smartphone / computer user?	☐	☐
2. Have you ever heard of mHealth (or Telehealth) service?	☐	☐
3. I have the knowledge necessary to use a mHealth service.	☐	☐
4. mHealth services can improve the effectiveness of health services.	☐	☐
5. I intend to use a mHealth service in the future.	☐	☐

If you answer **YES** to any two or more questions, you are the target participants of our study! The study will involve completing a questionnaire, which will take you no longer than 20 minutes.

如果你年滿65歲或以上，並有使用智能應用程式的經驗，請立即完成以下的小測試，看看你對長者樂齡科技的接受程度！

	是	否
1. 你是否有使用智能手機或電腦？	☐	☐
2. 你是否曾聽說過健康應用程式(mHealth)或遠程健康程式(Telehealth) 服務？	☐	☐
3. 我具備使用健康應用程式(mHealth) 的知識。	☐	☐
4. 我認為健康應用程式(mHealth)有助提升醫療服務的效率。	☐	☐
5. 我打算未來會使用健康應用程式(mHealth)。	☐	☐

如果你在上述任何2項或以上回答「是」，你正是我們這次問卷調查的對象！你只需完成一份需時不多於20分鐘的問卷，便可為本地健康應用程式的發展提供寶貴的意見。

Scan the below QR code or enter https://goo.gl/evwz89 to complete our survey.

掃描此QR code或登上 https://goo.gl/evwz89 完成問卷。

The findings of this study will provide insight into the experiences of older people regarding mHealth services. These findings may guide the mHealth service providers, policy makers, researchers and governments to understand the challenges/issues in regard to the design and implementation of successful mHealth services, especially for older people.

本研究的結果將就長者對健康應用程式服務的經驗提供深入見解，特別是對於長者使用服務時所面對的問題。 研究結果可以引領健康應用程式服務提供商、政策制定者、研究人員及政府去了解應如何配合長者的需要，設計和開發一個成功的健康應用程式。

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