Teaching and researching mHealth

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Welcome to the META project.

As a lecturer and teacher, you can find plenty of material here that can inspire your classes in which you discuss various aspects of health apps.

As a researcher you can find inspirational material here for further discussions and research on ethical, legal and social aspects of mHealth/health apps.

a. Stories – these are fictional stories that we wrote. Some of them are based on real events and people and all of them relate to existing technologies and related ethical issues. The stories and their brief discussions are supposed to help you gain a deeper understanding of the different ethical challenges regarding mHealth.

b. Sociological knowledge – mHealth is situated in and shaped by societal structures, cultures and social environments, with particular histories and dominant social inequalities. In this section we offer introductions to sociological perspectives on mHealth.

c. Technological knowledge – In order to understand the ethical (normative), legal and social implications of mHealth, it is also crucial to have a basic idea of the underlying technical aspects. In this section we give a brief overview of the technological features of mHealth.

d. Glossary – the basic terms used in the mHealth field that help one better understand and participate in debates on the ethical, legal, techonlogical and societal aspects of these technologies.

e. Reading List – our suggested reading list, which was last updated in 2024. This is a selection of books and papers we used in our own research. Some of them are not primarily related to digital health, but nevertheless think that they provide good background knowledge.

f. Timeline – mHealth is a constantly evolving field. In this section we present a timeline of selected development of mHealth and some of

the broader ethical, legal and social research steps we undertook.