



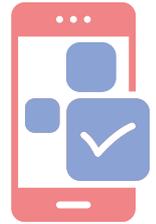
NEW PUBLICATIONS IN MHEALTH

Tailoring mobile health apps for lifestyle management: a discrete choice experiment

Consortium partners from the DigiCare4You project [published a new article](#) in the journal *mHealth* (January, 2026) investigating user preferences for the design and features of digital health apps used to support the self-management of chronic conditions and healthy lifestyles.

BACKGROUND & METHODS

The growing use of mobile health apps and remote monitoring offers new opportunities to support healthy behaviours and chronic disease management. However, even the most advanced digital tools will only be effective if people are willing and able to use them. **Understanding users' preferences is therefore essential, as acceptance, usability and sustained engagement are closely linked to whether digital tools can deliver real health benefits.**



The study involved 389 participants from Albania, Bulgaria, Greece, and Spain who completed an online survey. **The survey explored participants' health status, use of digital technology, and preferences for mobile health apps.** It included a **discrete choice experiment**, a research method where participants compare different app feature combinations, to identify which designs users would be most likely to adopt for lifestyle and chronic condition management.

The findings show that the ideal app configuration is as follows:

Monitoring perceptions:	Physical health rather than emotional health
Frequency of notifications:	Once a week rather than once a day or more
Frequency of uploading body measures:	Once a week rather than daily or monthly
Additional wellness content:	No preference between workout routines, food recipes and new scientific evidence
Follow-up visits with your doctor:	No preference between in person or remote
Responsibility for setting goals:	Shared between doctor and individual rather than the doctor alone or the individual alone
Encouragement on goals:	Notification for goals rather than challenging other users

The results suggest that **mHealth apps should support shared goal-setting with healthcare professionals, limit notification and data entry burden, and focus on physical health monitoring.** Differences in preferences across user groups highlight the importance of personalised app design to support long-term engagement and effective self-management of chronic conditions.

