

Abstract

# Integrating Psychosocial Aspects in Digital Solutions

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## Abstract

**Background:** The design and development of digital health platforms do not routinely incorporate psychosocial aspects and theory that may increase engagement and motivation for using the digital solution. However, emerging evidence suggests that when integrating both theory and psychosocial aspects in the design process, the resulting digital health platforms may be superior in engaging and motivating patients to use them.

**Objective:** The objective of our study was to give an overview of how and why integrating psychosocial aspects in digital solutions may be essential to engaging and motivating patients to use digital solutions.

**Methods:** We conducted a brief narrative review of studies integrating psychosocial aspects and theory in the design and development of digital solutions for telerehabilitation.

**Results:** In the studies identified, self-determination theory, incorporating the patient's perspective, and using behavioral or psychological interventions on digital platforms are among some of the theoretical and psychosocial aspects that have already been used to design and develop digital solutions for telerehabilitation.

**Conclusions:** Based on the literature, it is argued that integrating psychosocial aspects and theory in the design and development of digital solutions for telerehabilitation may result in platforms of increased value to both health providers and patients.

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**KEYWORDS**

digital health; psychology; psychosocial; digital solutions

**Conflicts of Interest**

None declared.

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