

## Article

# Adolescents' Assessment of Several Step Tracker Mobile Applications Based on Their Previous Level of Physical Activity

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**Abstract:** **Background:** Adolescents' use of step tracker mobile applications (apps) could be influenced by their assessment of the mobile app used. **Objectives:** To analyze differences in the dropout rate, app assessment, and problematic mobile phone use based on prior physical activity levels and the app used. **Methods:** A study with a quasi-experimental design was carried out with the participation of 240 adolescents, who were further categorized as either active or inactive. The adolescents carried out a 10-week intervention promoted as a part of the physical education curriculum, three days a week, in which they randomly used the Pokémon Go, MapMyWalk, Pacer, or Strava mobile apps after school for cardiorespiratory training. **Results:** The results showed a higher dropout rate from Pokémon Go in the group of inactive adolescents ( $p = 0.012$ ). No differences were found in the assessment of apps based on the level of activity of the adolescents, neither overall nor when analyzing this question based on the app used ( $p > 0.05$ ). As for problematic mobile phone use, only previously inactive adolescents assigned to the Pacer group significantly increased their final score after the intervention ( $p = 0.044$ ), with no changes being identified in the other groups or apps ( $p > 0.05$ ). Furthermore, the active adolescents showed a positive relationship between the volume of training and problematic mobile phone use ( $p = 0.023$ ), specifically with the conflicting use of this device ( $p = 0.017$ ). **Conclusions:** The inactive adolescents had a higher dropout rate when using Pokémon Go. There were no differences in app assessment between the active and the inactive participants. However, the active adolescents showed a link between their training volume and problematic mobile phone use.

**Keywords:** adolescents; dropout rate; mobile applications; mobile phone; problematic use



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## 1. Introduction

Adolescence is a decisive stage for the establishment of healthy lifestyle habits [1] and for the prevention of chronic diseases [2,3]. Among the most important healthy habits, the practice of physical activity is considered fundamental for the maintenance of physical fitness [4], for the improvement of body composition [5], and for a healthier psychological state [6]. However, recent studies show that the abandonment of physical activity is increasing among adolescents, with up to 81% of adolescents not meeting the minimum physical activity recommendations established by the World Health Organization (WHO) [7].

# Adolescents Out Of Step

**Jolene Oppawsky**



## **Adolescents Out Of Step:**

*Adolescents Out of Step* Peter G.S. Beckett ,1965      **Adolescents Out of Step** Peter G. S. Beckett,1968      The Handbook of Child and Adolescent Clinical Psychology Alan Carr,2015-12-24 The third edition of the hugely successful Handbook of Child and Adolescent Clinical Psychology incorporates important advances in the field to provide a reliable and accessible resource for clinical psychologists Beginning with a set of general conceptual frameworks for practice the book gives specific guidance on the management of problems commonly encountered in clinical work with children and adolescents drawing on the best practice in the fields of clinical psychology and family therapy In six sections thorough and comprehensive coverage of the following areas is provided Frameworks for practice Problems of infancy and early childhood Problems of middle childhood Problems of adolescence Child abuse Adjustment to major life transitions Thoroughly updated throughout each chapter dealing with specific clinical problems includes cases examples and detailed discussion of diagnosis classification epidemiology and clinical features New material includes the latest advances in child and adolescent clinical psychology developmental psychology and developmental psychopathology assessment and treatment programmes This book is invaluable as both a reference work for experienced practitioners and as an up to date evidence based practice manual for clinical psychologists in training The Handbook of Child and Adolescent Clinical Psychology is one of a set of 3 books published by Routledge which includes The Handbook of Adult Clinical Psychology An Evidence Based Practice Approach Second Edition Edited by Carr McNulty and The Handbook of Intellectual Disability and Clinical Psychology Practice Edited by Alan Carr Christine Linehan Gary O Reilly Patricia Noonan Walsh and John McEvoy      **Preparing for Adolescence Group Guide** James Dobson,2005-12-08 What do you say to an adolescent who s getting ready to enter those turbulent teenage years Dr James Dobson one of America s leading family psychologists knows how to speak directly and sincerely to today s adolescents about the topics that trouble them most Topics include avoiding feelings of inferiority handling peer pressure drug abuse puberty sexual development menstruation masturbation romantic love overcoming discouragement sound decision making and handling independence      **Sexual Abuse** Jolene Oppawsky,2011-10-26 DR OPPAWSKY provides in this book on sexual abuse treatment for children and adolescents authentic theory based clinical activities to be used with children and teens in group or individual therapy The connections to models and theory are for use by those clinicians and educators that want to deepen their understanding of what drives the treatment Each chapter is focused around sensitive case vignettes which tell the stories of the children and adolescents Moreover Dr Oppawsky demonstrates in the vignettes the application of the activities and techniques used when treating these clients      Adolescent Development Elizabeth Bergner Hurlock,1967      Funding Youth Violence Programs United States. Congress. Senate. Committee on the Judiciary. Subcommittee on Youth Violence,1997 This hearing discussed proposed legislation authorizing funds for programs of the Juvenile Justice and Delinquency Prevention Act Opening statements by senators Fred Thompson Joseph R Biden Herbert

Kohl Orrin G Hatch Charles E Grassley and Alan K Simpson introduced the issue Presentations involved two panels The first consisted of Steve A Carson Chief of Police LaFollette TN Byron Oedekoven Sheriff Campbell County WY Ray Luick Administrative Officer Wisconsin Office of Justice Assistance Madison WI and William R Woodward Director Colorado Division of Criminal Justice Colorado Department of Public Safety Denver CO The second included S Camille Anthony Executive Director Utah Commission on Criminal and Juvenile Justice Salt Lake City UT Jerry Regier Director Oklahoma Department of Juvenile Justice Oklahoma City OK Patricia West Director Virginia Department of Youth and Family Services Richmond VA Marion Kelly Virginia Department of Criminal Justice Services and Robert G Schwartz Chairman Juvenile Justice Committee American Bar Association Philadelphia PA An appendix presents questions to witnesses on both panels from the Committee on the Judiciary and responses from the panelists Additional submissions include letters to Senator Thompson from the Office of Juvenile Justice and Delinquency Prevention Department of Justice and from the Division of Criminal Justice Colorado Department of Public Safety a biography of Jerry Paul Regier and prepared statements from Gary B Melton for the American Psychological Association Lavonda Taylor for the Coalition for Juvenile Justice and Barry Krisbert President National Council on Crime and Delinquency SM

**Psychological Disturbance in Adolescence** Irving B. Weiner, 1970 Updated with new chapters on borderline disorder and substance abuse as well as new sections on bipolar and obsessive compulsive disorders First it covers theoretical issues in adolescent psychology normality and abnormality in adolescence and patterns of adolescent psychopathology Contains separate chapters with common dysfunctions such as schizophrenia depression and suicide school phobia delinquent behavior etc

Handbook of Resilience in Children Sam Goldstein, Robert B. Brooks, 2023-03-09 The third edition of this handbook addresses not only the concept of resilience in children who overcome adversity but it also explores the development of children not considered at risk addressing recent challenges as a consequence of the COVID 19 pandemic The new edition reviews the scientific literature that supports findings that stress hardiness and resilience in all children leads to happier and healthier lives as well as improved functionality across the lifespan In this edition expert contributors examine resilience in relation to environmental stressors as phenomena in child and adolescent disorders and as a means toward positive adaptation into adulthood The significantly expanded third edition includes new and significantly revised chapters that explore strategies for developing resilience in families clinical practice and educational settings as well as its nurturance in caregivers and teachers Key areas of coverage include Exploration of the four waves of resilience research Resilience in gene environment transactions Resilience in boys and girls Resilience in family processes Asset building as an essential component of intervention Assessment of social and emotional competencies related to resilience Building resilience through school bullying prevention Resilience in positive youth development Enhancing resilience through effective thinking The Handbook of Resilience in Children Third Edition is an essential reference for researchers clinicians and allied practitioners and graduate students across such interrelated

disciplines as child and school psychology social work public health as well as developmental psychology special and general education child and adolescent psychiatry family studies and pediatrics      **Childhood and Adolescence** Lawrence Joseph Stone, Joseph Church, 1973      **The Church School Journal** ,1916      *The Youth's Companion* Nathaniel Willis, Daniel Sharp Ford, 1883 Includes music      **Youth Challenges** Clarence Budington Kelland, 1920      **Evangelism of Youth** Albert Henry Gage, 1922      Purple, Green and Gold ,1930      **A Raw Youth** Fyodor Dostoyevsky, 1916      Youth's Companion ,1928  
**The Star** ,1929      **The Young Step-mother** Charlotte Mary Yonge, 1891      **Titles in Series** Eleanora A. Baer, 1978

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