# Table of Contents

Chapter 1: Introduction 8  
## Introduction 13  
### Habitual Behaviour 13  
### Disrupting And Changing Habitual Behaviour By Self-Monitoring And Feedback 14  
### Feedback On Behaviour Through Digital Technology 15  
### How Feedback Works: Mechanisms Underlying Feedback Efficacy 16  
### Factors Moderating Feedback Efficacy 17  
### Reviewing The Effects Of Feedback Delivered By Digital Technology 20  
## Method 21  
## Results And Discussion 22  
### Methodological Issues 23  
#### The Effect Of Feedback Through Digital Technology On Disrupting Habitual Behaviour 24  
#### The Effect Of Feedback Through Digital Technology On Durable Habit Change 25  
#### The Effect Of Interpersonal And Intrapersonal Differences 26  
#### The Effect Of Feedback Technology And Properties 28  
### Other Insights 31  
## Conclusion 33  
## Further Research 35  

Chapter 3: Determinants For Sustained Use Of An Activity Tracker: An Observational Study 38  
## Introduction 39  
### The Effect Of Activity Tracker Usage On Physical Activity 39  
### Potential Determinants Of Tracker Use 40  
### Sample Size And Duration In Previous Research On Activity Trackers 42  
## Methods 42  
### Study Design 42  
### Activity Tracker 43  
### Participants 43  
### Measures 44  
### Statistical Analysis 47  
## Results 49  
### Fitbit Use 49  
### Reasons For No Longer Using The Tracker 51  
### Factors Associated With Usage 52  
## Discussion 61  
### Principal Findings 61  
### Reasons To Quit Tracking 61  
### Relative Importance Of Predictors For Self-Tracking 62  
### Limiting Factors 64  
## Conclusions 66