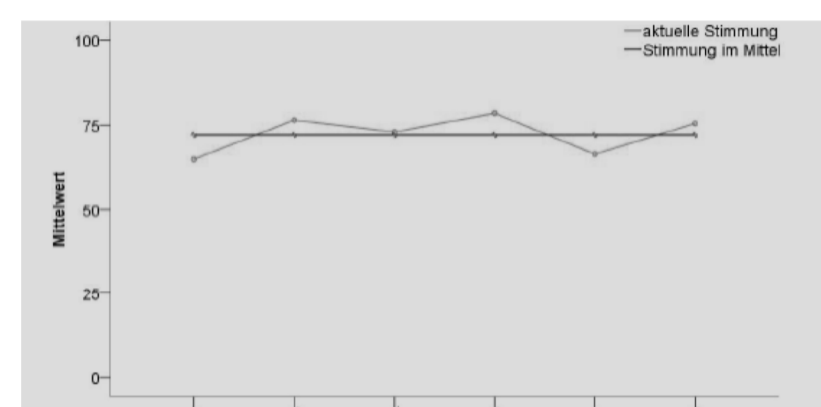


Smartphone Survey and Coaching: Testing of Occupational Participation

The Methodology (Bolger, Davis, & Rafaeli, 2003; Dudenredaktion, 2007; Fahrenberg, Myrtek, Pawlik, & Perrez, 2007; Hamaker, 2012; Kuntsche & Labhart, 2013; Warschburger, 2009)



Longer-term
smartphone
survey, so-called
Ambulatory
Monitoring



Monitoring
analysis



Face-to-face
coaching in an
individual setting

Real-time data,
inter & intra-
individual
differences

Identification of
intervention
topics

Special needs of
the target group,
relationship
building 

→ Contribution to participation in coaching and
occupation

The Goals

Testing the methodology regarding:

- intensity of use/compliance
- satisfaction with the implementation
- subjectively experienced usefulness
- effectiveness

Testing of two measures of occupational participation:

- job coaching for the unemployed
- apprenticeship in German Rehabilitative Boarding Schools for young people

Derivation of information about:

- application of the methodology
- potential of the methodology
- opportunities and difficulties in the implementation

The sub-project on self-efficacy coaching for young people in rehabilitation

Theoretical background

(Bal et al., 2016; Bandura, 1977, 1997; Vukman, Lorger, & Schmidt, 2018)

- self-efficacy (SE): extent of belief in own ability to achieve goals
- relevance of SE for occupational context
- indications of low SE in the target group
- sources of SE as initial reasons for coaching
- importance of promoting SE

Methods of the main study

- 84 adolescents and young adults of a German Rehabilitative Boarding School ($M = 20.35$ years; 1/3 female)
- pre/post follow-up design with control groups
- SE coaching based on information collected during monitoring about situations of success and failure relevant to self-efficacy and situation-specific well-being

The Discussion

- innovative concept for smartphone survey (Ambulatory Monitoring) as monitoring tool (measurement tool) and basis (intervention measure) of traditional coaching
- indications of fundamental acceptance of the instrument by participants and satisfaction with its implementation
- effectiveness is not objectively verifiable but perceived in a subjectively mixed way → subject of the follow-up study

Selected results of the main study

- ✓ compliance: e.g. 43% in the monitoring
- ✓ satisfaction with the design of the methodology
- ✗ ✓ subjectively experienced usefulness:
 - of the monitoring for 25% of 51 participants
 - of the coaching for 46% of 25 participants
- ✗ effectiveness: no significant interaction effect of group and time of measurement ($F(24, 96) = 1.26, p > .05$)

Conception and methods of the follow-up study

- interest in subjective participant assessments of usefulness
- interest in coaching success factors
- 27 adolescents and young adults from a German Rehabilitative Boarding School ($M = 20.70$ years; 56% female)
- qualitative data analysis in progress

