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New IT Tools and Methods Improving Lifestyle of Young People

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Abstract

Internet addictions, stress, different types of dependencies and poor diets have generated detrimental effects on the educational, relationship and work-related characteristics of young generation. The aim of this study was to develop a multidimensional **cloud-based application** which combines different aspects of lifestyle. This tool is used by students from two universities from Romania, University of Medicine and Pharmacy Victor Babes Timisoara and University Politehnica Timisoara. The student answer to questions regarding age, gender, ethnicity, location, height, weight, dependency of Internet, level of stress, consumption of alcohol, cigarettes, coffee and energy drinks, sleep schedule, daily diet, and mealtimes. The answers of students will be saved in a cloud database and the application will calculate useful lifestyle parameters. The data is anonymized and secured and the HL7 standard ensures high connectivity to other medical applications. Using **emotion-oriented computing** and**lifestyle questions,** the application can monitor and limit different addiction habits, improving lifestyle.

Keywords

User-computer interface Cloud-computing lifestyle internet addiction

emotion computing

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