

News & events

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News & Events

ONESELF.CH

*An Informative and Interactive
Online Platform for Self-management
in Chronic Rheumatic Diseases*

ONESELF (www.oneself.ch) is an interactive website which has been designed to enhance self-management in users affected by rheumatic conditions. It was created in 2004 by the University of Lugano (USI) in collaboration with Lega Ticinese per la Lotta Contro il Reumatismo (LTCR), as part of a project funded by the Swiss National Science Foundation.

In its early stage, the website was entirely dedicated to the issue of chronic low-back pain (cLBP). In June 2008, a new thematic area was created for the fibromyalgia syndrome (FMS) and a new version of the website has been deployed.

So far, more than 1870 people registered an account on the website (1120 of them joined after the last version of the website had been released) and from January to September 2009 the website had an average of 90 visits per day.

The new version of ONESELF has been recently presented to the media in Tessin and to the annual Congress of Associazione Italiana Sindrome Fibromialgica (AISF) in Milan.

A research project is currently ongoing to evaluate the impact of the

website's usage throughout a quantitative randomized trial.

FMS is a condition characterized by widespread pain usually associated with sleep disorders and fatigue. It is currently treated with both pharmacological and non pharmacological interventions. Considering the non pharmacological option, it is particularly important for individuals to learn how to manage fibromyalgia.

The internet is praised in literature for its potential to enhance users' abilities to cope with their conditions. Yet, online websites are mainly informative; they provide generic advice that often does not spark users' interest and does not meet their needs. There exists an "information gap" between general knowledge about LBP and FMS and the application of this knowledge to ameliorate the individual's condition.

We derived the rationale of ONESELF by reflecting on what constitutes and stimulates people's ability to make appropriate "informed" decisions about their health, that is their "health literacy." It is one of our theoretical assumptions that, although a high level of health literacy does not necessarily entail behaviour consistent with knowledge, engaging in self-management requires literacy to make appropriate and competent choices and act accordingly. Individuals who want to have an active role in the management of a condition

such as cLBP or FMS need to acquire specific knowledge and skills and they require a specific support. ONESELF has been created to meet the range of informational needs of users precisely in this dimension.

References

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- SCHULZ, P.J. & NAKAMOTO, K. (2005). Emerging Themes in Health Literacy [editorial]. *SComS. Special Issue on Health Literacy* 5: 1–10.

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SELECTED EVENTS

January 2010:

Media, Communication, Policy and Practice

Media, Communication and Cultural Studies Association (MeCCSA)

6–8 January 2010

London, England

Talking Tongues, Speaking Gestures

International Conference on Orality & Performance

12–14 January 2010

Kolkata, India

International Conference on Computing, Communications and Information Technology Applications (CCITA-2010)

21–23 January 2010

Coimbatore, Tamilnadu, India

PR & Media 2010 Congress

26–27 January 2010

Singapore, Singapore

Rezeption und Wirkung in zeitlicher Perspektive

18. Tagung der Fachgruppe

Rezeptions- und Wirkungsforschung in der DGPK

29–30 January 2010

Berlin, Germany

February 2010:

The Changing Ecology of the Media

European Media Management Association's 2010 Conference

(EMMA)

5–6 February 2010

London, England

**Medien und internationale
Beziehungen**

Gemeinsame Jahrestagung der
Fachgruppe «Kommunikation und
Politik» der DGPK und des
Arbeitskreises «Politik und Kommu-
nikation» der DVPW

11–13 February 2010

Mannheim, Germany

**National Conference on Computing,
Communication and Information
Systems (NCCCIS 2010)**

12–13 February 2010

Coimbatore, Tamil Nadu, India

Bild – Sprache – Multimodalität

Gemeinsame Tagung der
DGPK-Fachgruppen Visuelle Kom-
munikation und Mediensprache und
Mediendiskurse sowie der Sektion
Medienkommunikation der Gesell-
schaft für angewandte Linguistik

18–20 February 2010

Mainz, Germany

**Ethik der Kommunikationsberufe:
Journalismus, PR und Werbung**

Jahrestagung der Fachgruppe
Kommunikations- und Medienethik
(gemeinsam mit dem Netzwerk
Medienethik)

18–19 February 2010

München, Germany

**Katholische Publizistik und
Kulturgeschichte im 20. Jahrhun-
dert: Positionen, Probleme, Profile**

25–26 February 2010

Eichstätt, Germany

March 2010:

**5th Global Conference: Cybercul-
tures – Exploring Critical Issues**

12–14 March 2010

Salzburg, Austria

**Ungleichheit aus kommunika-
tions- und mediensoziologischer
Perspektive**

Gemeinsame Tagung der DGS-Sek-
tion Medien- und Kommunikations-
soziologie mit der DGPK Fachgruppe
Soziologie der Medienkommunikation

18–19 March 2010

Frankfurt, Germany

**Online-Kommunikation: Aktuelle
Tendenzen und Dynamiken**

Jahrestagung der Schweizerischen
Gesellschaft für Kommunikations-
und Medienwissenschaft (SGKM)

26–27 March 2010

Luzern, Switzerland

April 2010:

**8th Annual (ITERA) Conference
on Telecommunications &
Information Technology**

10–11 April 2010

Nashville, TN, United States

**Information Technology:
New Generations**

12–14 April 2010

Las Vegas, Nevada, United States

**NMIC 2010 – 2nd International
Conference on New Media
and Interactivity**

28–30 April 2010

Istanbul, Turkey

May 2010:

**International Conference on
Computer and Communication
(ICCCE 2010)**

11 May 2010

Kuala Lumpur, Malaysia

**Medieninnovationen. Wie Medien-
entwicklungen die Kommunikation
in der Gesellschaft verändern**

55. Jahrestagung der Deutschen
Gesellschaft für Publizistik und Kom-
munikationswissenschaft (DGPuK)

12–14 May 2010

Ilmenau, Germany

**The 2nd International Conference
on Future Computer and
Communication (ICFCC 2010)**

21–24 May 2010

Wuhan, Hubei, China

**8th International Symposium
Communication in the Millennium**

23–26 May 2010

Eskisehir, Turkey

**General Online Research
(GOR) 2010**

12. International Conference

26–28 May 2010

Pforzheim, Germany

June 2010:

**2010 Hawaii International
Conference on Social Sciences**

2–5 June 2010

Honolulu, Hawaii, United States

**User Generated Content. Historical
Perspectives on the Participation of**

**Audiences in Social Communication
International Workshop and**

**Founding Conference of the ECREA
Section Communication History**

03–05 June 2010

Potsdam/Berlin, Germany

**ICCSE 2010 : International
Conference on Communication
Science and Engineering**

14 June 2010

Bali, Indonesia

**International Conference on
Communication and Media 2010
(i-COME'10)**

18–20 June 2010

Malacca, Malaysia

**International Communication As-
sociation (ICA) Annual Conference**

22–26 June 2010

Singapore, Singapore

Sabina Misoch