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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](http://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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- MURRAY, E. et al. (2005). Interactive Health Communication Applications for People with Chronic Disease. *Cochrane Database of Systematic Reviews* 4.
- 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 DGpuK 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  
DGpuK-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 DGpuK 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*