



UiT Norges arktiske universitet

Nærhet på avstand

ph.d.-veiledning over internett

Silje C. Wangberg

prodekan forskerutdanning og praksis

det helsevitenskapelige fakultet



Videokonferanse til veiledning

- Tilgjengeliggjør kompetanse hvor som helst og når som helst
- Brukt Nord-Norge siden 90-tallet, spesielt innen psykiatri
- Hovedbruksområdet var undervisning og veiledning og folk syntes det fungerte bra
- Barrierer i starten var utstyret

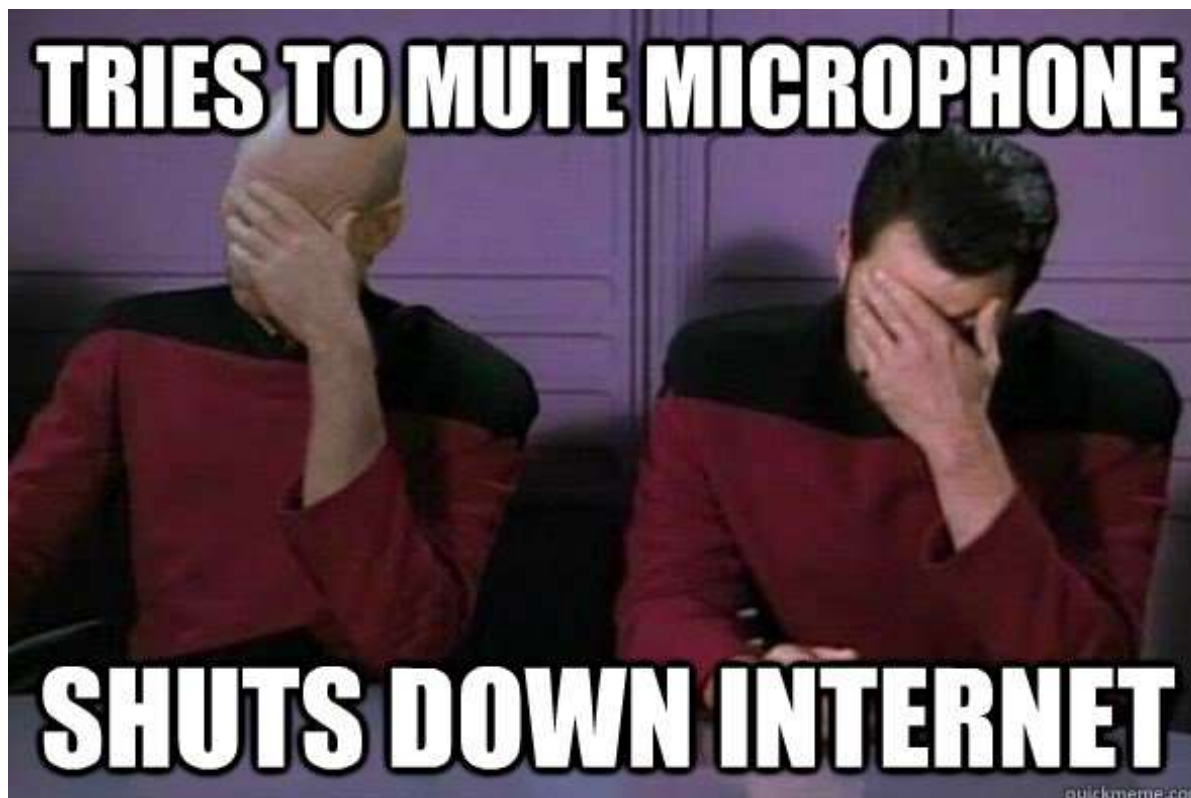
Gammon D, Bergvik S, Bergmo T, Pedersen S. Videoconferencing in psychiatry: a survey of use in northern Norway. *J Telemed Telecare*. 1996;2(4):192-8. doi: 10.1258/1357633961930068. PMID: 9375058.

Hanssen B, Wangberg SC, Gammon D. Use of videoconferencing in Norwegian psychiatry. *J Telemed Telecare*. 2007;13(3):130-5. doi: 10.1258/135763307780677587. PMID: 17519054.



Utstyret ble allemannseie, men...

- Brukerkompetansen er variabel, på begge sider
- Og pedagogikk er pedagogikk, online eller ei



Synkron kommunikasjon

RESEARCH

Original article

Journal of Telemedicine and Telecare Volume 13 Number 3 2007

► Use of videoconferencing in Norwegian psychiatry

Borghild Hanssen, Silje C Wangberg and Deede Gammon

Norwegian Centre for Telemedicine, University Hospital of North Norway, Tromsø, Norway

Summary

We conducted a national survey about access to and use of videoconferencing in Norwegian mental health care. A questionnaire was mailed to 300 institutions, with 113 returned (38%). Attitudes towards videoconferencing were positive. 58 of the respondents had access to videoconferencing equipment. 51 institutions had used videoconferencing in the previous year. Geographical and climatic factors and travel-related strain were predictors of access. Videoconferencing was mostly used for meetings, supervision and lectures, and to a lesser degree was used clinically, with the patient present. 90% of the institutions had experienced videoconferencing as useful. Lack of videoconferencing equipment in collaborating institutions was an inhibiting factor for use. There is a gap between the potential of videoconferencing and its actual utilization in Norway's mental health sector.



Kilde: thephdhub.com

Veiledningkvalitet - online



- Direkte sammenligninger finner liten forskjell mellom online og F2F-veiledning når det gjelder læringsutbytte og relasjon
- Non-verbal kommunikasjon
- Trygghet
- Slitsomhet
- Effektivitet
- Tilgjengelighet
- Ensomhet
- Motivasjon / energi

Asynkron kommunikasjon

JOURNAL OF HEALTH COMMUNICATION (2007) 8:102-110
DOI 10.1007/s10198-006-0014-5

ORIGINAL PAPER

Patients' willingness to pay for electronic communication with their general practitioner

Trine Strand Bergmo · Silje Camilla Wangberg

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© Springer-Verlag 2006

Abstract Despite the common use of electronic communication in other aspects of everyday life, the use of electronic communication between patients and health care providers has been slow to diffuse. Possible explanations are security issues and lack of payment mechanisms. This study investigated how patients value secure electronic access to their general practitioner (GP). Or

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In the Eyes of the Beholder: Exploring Psychologists' Attitudes towards and Use of e-Therapy in Norway

SILJE C. WANGBERG, Cand. Psychol., DEEDE GAMMON, Cand. Psychol.,
and KRISTIN SPITZNOGLE, Cand. Psychol.

ABSTRACT

Norwegian psychologists' use of and attitudes towards e-media such as email and mobile text messaging in interaction with clients (e-therapy) were explored. A two-dimensional scale for measuring attitudes towards e-therapy was developed. A total of 1040 (23%) members of the psychologist association responded to a questionnaire June 2003. Of these, 45% had used e-media in interaction with clients. The mean reported attitude towards e-therapy was neutral, with only 3% of the psychologists feeling that use of e-media between client and therapist is unacceptable. Having a psychodynamic theoretical stance was related to attitudes towards e-therapy. Positive attitude was related to clinical use of email and Short Messages Service (SMS). It appears likely that e-therapy will become more common, and that therapist's attitudes are related to such use.

▶ Diabetes education via mobile text messaging

Journal of Telemedicine and Telecare Volume 12 Supplement 1 2006

Silje C Wangberg, Eirik Årsand and Niklas Andersson

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demands on a family. We have tested the feasibility of using the mobile phone system with diabetes information. We also assessed user satisfaction and perceived barriers. Eleven parents of children with type 1 diabetes received messages for 11 weeks. Eleven parents of children with type 1 diabetes received messages for 11 weeks and said that they would like to continue to use it. The pop-up reminding system was noted as positive. Some parents experienced the messages as somewhat inconvenient times. The parents also noted the potential of the messages to facilitate diabetes management. The inability to store all of the messages or to print them out were seen as major barriers. The inability to store all of the messages or to print them out were seen as major barriers. The inability to store all of the messages or to print them out were seen as major barriers.

Refleksjon
Omformulering
Samskaping

Swapna Kumar & Melissa Johnson (2017) Mentoring doctoral students online: mentor strategies and challenges, *Mentoring & Tutoring: Partnership in Learning*, 25:2, 202-222, DOI: [10.1080/13611267.2017.1326693](https://doi.org/10.1080/13611267.2017.1326693)

- “the use of asynchronous feedback in the form of text comments followed by synchronous conversations in Skype or on the phone was termed a best practice by mentees”
- Provide structure
- Mentoring groups
- Veiledere bekymret over å gi feedback uten kroppsspråk, studenter synes ikke det er noe problem.

Language use in an internet support group for smoking cessation: development of sense of community

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Abstract

The use of the internet for health purposes is increasing, as is the number of sites and online communities aimed at helping people to stop smoking. Some of the effects of online communities may be mediated through a sense of community. By using the computer-program Linguistic Inquiry and Word Count with a Norwegian dictionary, we investigated whether there was a development of sense of community in a forum related to a Norwegian smoking cessation intervention, by examining the use of self-referencing vs. collective referencing words. Data from a 4-year period, including in total 5242 web pages, were included. There was a significant increase in the use of collective words over time and a significant decrease in the use of self-referencing words. The increase in the use of collective words suggests that there appears to be a development of a sense of community in the forum over time. More research is needed to study the importance of an online sense of community.



Innovations in Education and Teaching International

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Online research group supervision: Structure, support and community

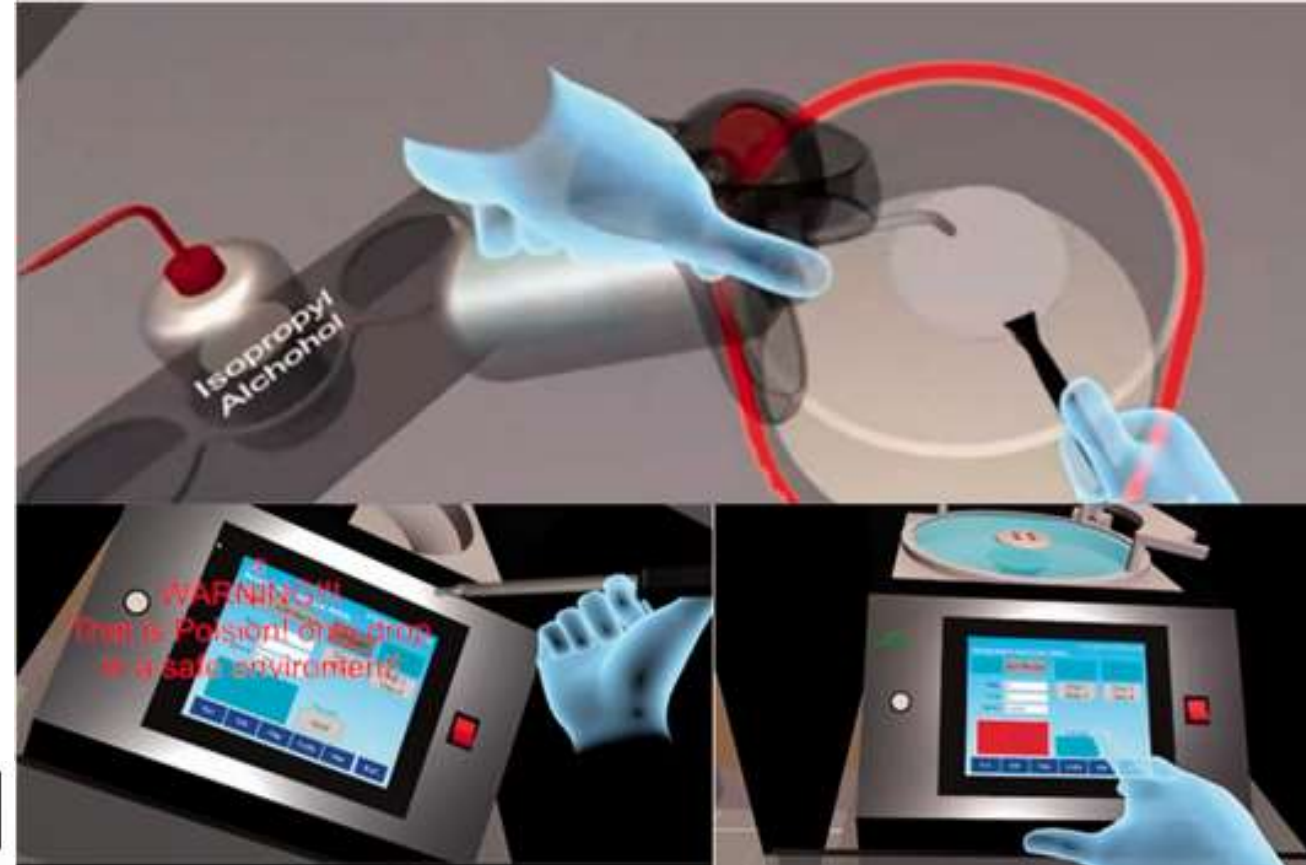
Swapna Kumar, Rhiannon Pollard, Melissa Johnson & Nihan Ağaçlı-Doğan

To cite this article: Swapna Kumar, Rhiannon Pollard, Melissa Johnson & Nihan Ağaçlı-Doğan (2021) Online research group supervision: Structure, support and community, Innovations in Education and Teaching International, 58:6, 647-658, DOI: [10.1080/14703297.2021.1991430](https://doi.org/10.1080/14703297.2021.1991430)

Fasilitering:

- Hente ut kunnskap og sosial støtte fra likemenn
- Skape fellesskap

VR og AR blir ganske lite brukt innen forskerutdanning til tross for at muligheten har vært der i over 20 år, og vi har mye forskning på at de kan gi god læringseffekt



1. Xu X, Wang F. Engineering Lab in Immersive VR—An Embodied Approach to Training Wafer Preparation. *Journal of Educational Computing Research*. 2022;60(2):455-480. doi:10.1177/07356331211036492

An Internet-based diabetes self-care intervention tailored to self-efficacy

Silje C. Wangberg 

Health Education Research, Volume 23, Issue 1, February 2008, Pages 170–17

<https://doi.org/10.1093/her/cym014>

Published: 05 April 2007 [Article history](#) ▼

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Abstract

The main objective of this study was to assess whether self-efficacy (SE) can function as a moderator of the effect of a tailored Internet-based intervention aimed at increasing self-reported diabetes self-care behaviours. In a two-group, 1-month interval pre-test–post-test randomized controlled trial, participants ($N = 64$) were assigned at random to either a group that received an intervention on the area of self-care (blood glucose monitoring, diet management or physical activity) for which the reported SE was lowest (LSE group) or to a group that received an intervention on area of self-care for which the reported SE was highest (HSE group). Improvements in self-care were observed for both groups, but the HSE group improved more. Self-care increased for those areas that the intervention did not target. Furthermore, SE levels decreased from baseline to follow-up. This study suggests that SE can function as a moderator in a behavioural intervention for diabetes self-care, and hence that initial level of SE provides relevant information for tailoring such interventions.

Abstract— Previous work within health communication has been concerned with how to tailor intervention content in a way that is most effective in supporting the individual in changing health behaviors such as smoking, physical activity or diet. This kind of tailoring is based on data gathered from the user through questionnaires with textual feedback adapted by algorithms pre-specified according to behavioral theory. The Internet opened up for a new generation of tailored interventions that were more sophisticated, more synchronous and more longitudinal. In the current paper I present the results of a scoping review to explore literature relevant to how the third generation of tailored interventions might look like, using sensors embedded in commonly available ICT such as PCs and smartphones and machine learning for tailoring these kinds of interventions in real time, thus becoming cognitive infocommunications (CogInfoCom) applications that enhance the human brain. The main aim of the paper is to inspire further multidisciplinary research and development on addressing the important topic of supporting the individual in changing and maintaining health behaviors.

Keywords—Health Behavior; Internet-Based Interventions; mHealth; Tailoring; Personalization; Attention; Eye-tracking; EDA; Machine Learning

CogInfoCom 2013 • 4th IEEE International Conference on Cognitive Infocommunications • December 2–5, 2013, Budapest, Hungary

Personalized Technology for Supporting Health Behaviors

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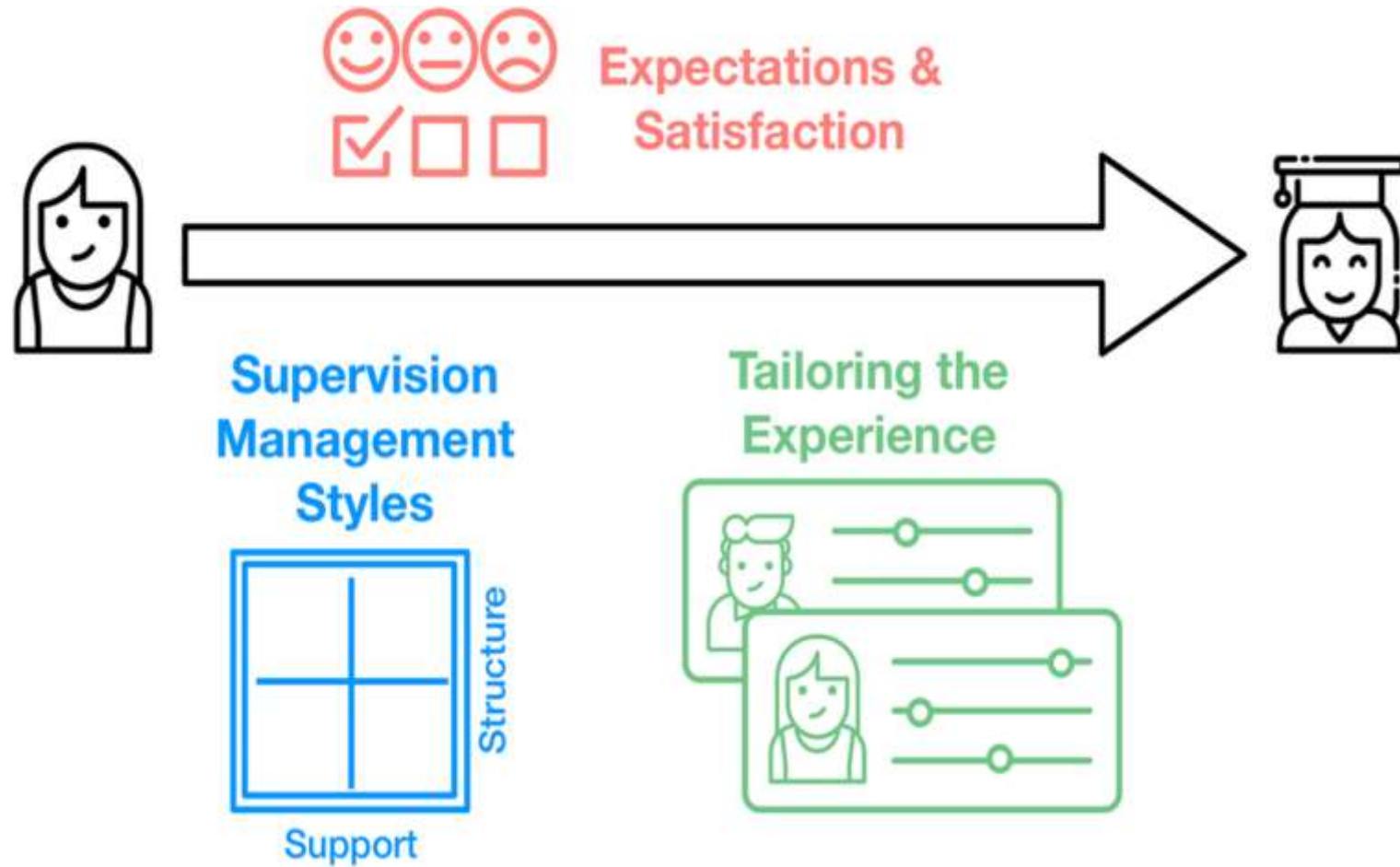
third generation of tailored health interventions - the CogInfoCom kind.

I will in this paper review the central cognitive aspects of tailored interventions, relevant existing applications, and sensors that might be used for this purpose. Finally, I will make some suggestions as to what the third generation of tailored interventions for supporting health behavior change might look like if they are CogInfoCom applications, with the aim of inspiring further research and development on this important topic.

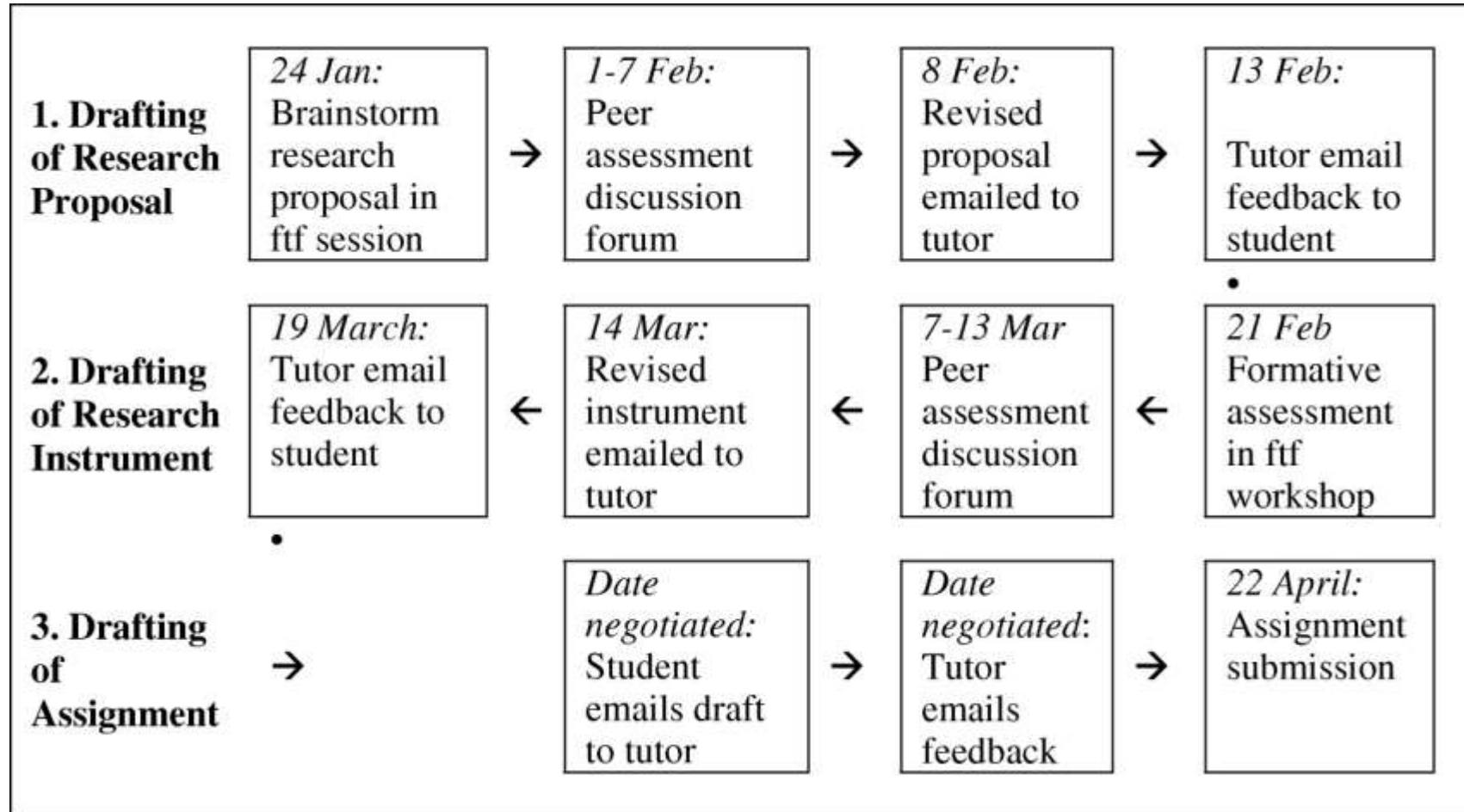
II. METHODS

As publications relevant for this paper's aim was expected to be found within a variety of fields, using concepts that the author might not have heard of, a scoping review seemed an appropriate method. Scoping reviews allows us to get a broad overview over relevant literature and develop more focused research questions and search strategies [2]. Google scholar was chosen in order to cover a wide spread of scientific disciplines at once, and was searched for 'tailored', 'personalis/zed', 'health behavio*', 'self-referent', 'sensor*',

Medium og veiledningsmetode må velges ut fra formål og student



Beste fra alle verdener – blended learning



Blande:

- Online og F2F
- Individuelt og gruppe
- Tekstlig og muntlig
- Teoretisk og praktisk
- Struktur og prosess
- Selvstendiggjøring og støtte
- Mentoring, sponsoring og coaching

[Barbara Crossouard](https://doi.org/10.1080/01580370701841549)

<https://doi.org/10.1080/01580370701841549>

Veiledning ved ph.d.-programmet i helsevitenskap ved UiT gjennom pandemien

- Mange av våre studenter kombinerer med klinisk jobb
- En del måtte reise pga lab-utfordringer
- Mange studiesteder over stort område
- Både studenter og veiledere fornøyde med veiledning over nett
- Men savnet å møte folk mer generelt
- Fordeler og ulemper
- Forutsigbarhet
- Forventninger om digitalt
- Unngå hybrid
- Individuelle forskjeller – preferanser
- Vi beholder fleksibiliteten

