

Clinical trial on measuring stress and recovery with a smart ring

University of Jyväskylä, Vigofere Oy and Pihlajalinna are launching a clinical trial to study measurement of stress and recovery with the Moodmetric smart ring.

The Moodmetric smart ring is developed by a Finnish startup company Vigofere Oy. The smart ring measures electrodermal activity (EDA), which tells about the autonomous nervous system activation. Person in charge of the trial is Dr. Minna Tervo from Faculty of Sport and Health Sciences, University of Jyväskylä.

- It's good that there are new objective measurement devices on the market that can help people to understand their load better. In this research we study what the stress index produced by Moodmetric smart ring tell about the stress and recovery of a knowledge worker, Tervo says.

An index to describe individual stress

The measurement of electrodermal activity has been applied in psychophysiological research for over 100 years, but mainly in laboratory settings. The Moodmetric smart ring allows measuring EDA in real life context and in long term.

The Moodmetric index is calculated by an algorithm developed by Vigofere Oy. It describes arousal of a person on a scale of 1 to 100. High arousal can be positive enthusiasm or e.g. negative anxiety. Then the sympathetic nervous system is very active. When the index numbers are low, the parasympathetic nervous system works and enhances recovery.

- The Moodmetric index daily average number is an indicator of the balance of the autonomous nervous system. This balance is important when the target is to prevent chronic stress. Emotional and cognitive stress is difficult to recognize. People around us often can't see it and the levels might be surprising even to ourselves, says Henna Salonius, the COO of Vigofere Oy.

Tools for preventive healthcare

It has been estimated that even 60-80 % of the visits to primary care have a stress related component. – Every fourth person in Finland suffers from severe work related stress during their work life. Stress often gets chronic and can lead to burnout. The cost for the employers and insurance companies is big, says the leading occupational health physician Mervi Viljamaa from Pihlajalinna.

Pihlajalinna is actively developing services for preventive healthcare. – We tested the Moodmetric ring for a few months and were impressed by the data. Now we will get clinical evaluation for what the smart ring tells about the stress and recovery of an individual and how the Moodmetric technology can be used in preventive healthcare, Viljamaa continues.

In this study stress is assessed with different measures during six weeks. There will be three groups of participants out of which one group gets coaching and equipment that track wellbeing, one gets only the tracking equipment. The third control group participates only in testing in the beginning and at the end of the research period.

University of Jyväskylä is responsible for the research design and conducting the research, Vigofere Oy supplies the Moodmetric smart rings and the participants for the study are customers of Pihlajalinna occupational health services. The research has been initiated in mid-May 2018 and preliminary results are expected in fall 2018.

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The Unit of Sports Technology of University of Jyväskylä offers education and research to understand connection between people and technology, in the area of sports and wellbeing. www.jyu.fi/sport/en

Vigofere

Vigofere Oy is a Finnish health tech startup behind the Moodmetric products and services. Vigofere Oy aims the Moodmetric smart ring measurement to preventive stress management at occupational health. The company vision is to prevent physical and mental illnesses due to chronic stress. www.moodmetric.com

Pihlajalinna

Pihlajalinna is one of the leading social and healthcare services providers in Finland. Pihlajalinna provides social, health and well-being services for private individuals, businesses, insurance companies and public sector entities, such as municipalities and joint municipal authorities. Pihlajalinna develops services that focus on keeping people healthy. <http://investors.pihlajalinna.fi>



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