

Realization of wellbeing by feedback based on psychological states evaluated by objective methods

Maximization of interventional ways for promoting health by improving fatigue debt dynamics

Project Leader : Kei MIZUNO
Senior Scientist, Center for Biosystems Dynamics Research, RIKEN



Summary :

In a survey of 2019, 47.3% of the Japanese population were chronically fatigued. Chronic fatigue is closely associated with overall health including mental health and physical health. However, the methods to evaluate fatigue debt dynamics on daily life is not still established. The aim of the present study is to develop the optimized interventional ways for promoting health by improving fatigue debt dynamics. We understand the fatigue debt dynamics based on the various psychophysiological data obtained by daily life and develop the methods to predict the extent of overall health by using this fatigue debt dynamics model. Finally, we will develop the intervention ways for providing a menu of lifestyle solutions optimized for each individual.

