

## **Reply to a letter to the editor referencing “Breast cancer survivors’ perspectives on a home-based physical activity intervention utilizing wearable technology”**

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### **Abstract:**

We would like to thank Kajiwara and colleagues [1] for their letter to the editor, which continues the discussion on breast cancer survivors’ use of wearable technology in home-based settings to promote physical activity behavior change.

**Keywords:** letter to the editor | breast cancer | activity tracker | physical activity

### **Article:**

We would like to thank Kajiwara and colleagues [1] for their letter to the editor, which continues the discussion on breast cancer survivors’ use of wearable technology in home-based settings to promote physical activity behavior change.

Kajiwara et al. [1] highlight the importance of assessing participant acceptance of wearable technology. In the Breast Cancer and Physical Activity Level (BC-PAL) pilot trial, acceptance or wear time of the activity tracker was not directly assessed [2]. However, the participants’ perspectives of wearable technology were expressed in the semi-structured interviews, as presented by Kokts-Porietis et al. [3]. Similar to Puri et al. [4], equipment characteristics such as appearance of the device and ease of use played an important role in the participants’ acceptance of the activity trackers. For instance, the *pink* activity trackers acted as a reminder of breast cancer for some of the participants, which reduced their interest in wearing the device [3]. Moreover, when participants felt that the results from the activity tracker did not truly reflect their physical activity participation, their acceptance and confidence in the device were also diminished [3].

We agree with Kajiwara et al. [1] that future studies should utilize wearable activity trackers to collect objective physical activity data and monitor adherence to a particular exercise prescription. That said, it is important to recognize that the presence of a potential feeling of “disconnect” between self and technology, as well as reduced feelings of confidence in the data provided by the activity tracker, may act as barriers for the long-term acceptance of these devices. Further understanding of features that facilitate long-term acceptance of wearable technology as an intervention tool that promotes self-awareness and reinforces physical activity behavior change is needed, especially given the increasing availability and rapid technological advancements of these devices.

## References

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