

## NEWSLETTER

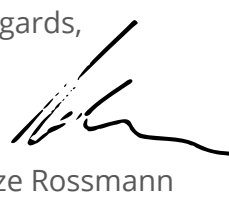
DIGITAL MEDIA IN CHRONIC DISEASE SELF-MANAGEMENT

Dear Readers,

As we wrap up an eventful year, I am delighted to present the fourth and final newsletter of 2024. This edition offers a recap of our first exciting year as a research unit, highlighting key achievements, inspiring talks, and memorable presentations. You will also find a preview of upcoming events that promise to make 2025 just as impactful. On behalf of our team, I wish you a joyful holiday season and a successful start to the new year.

Thank you for being an integral part of our journey!

Warm regards,



Constanze Rossmann

LMU Munich, Spokesperson of the DISELMA Research Unit

in

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2024  
In Numbers861 apps persisted through  
app monitoring16.092 papers screened for  
meta-analyses and scoping  
reviews2.808 physicians contacted  
for survey3.027 news articles analyzed  
using structural topic  
modeling2024  
Key Accomplishments

## Selected Conference Contributions

- Workshop on „Mobile Media Ecosystem“
  - Organized at the ICA Mobile Communication Preconference in Australia, emphasizing innovative approaches to mobile media research
- Systematic Meta-Analytical Review Results
  - Presented at the DGPs/ÖGP Congress in Vienna, showcasing how mHealth affects self-management outcomes for type 1 diabetes
  - Preliminary Findings: Studies mainly focus on outcomes related to self-care behaviors and health status, neglecting behavioral determinants

## Research Activities

- Germany-Wide Survey of Physicians
  - Investigated digital infrastructure, professional media use, and challenges faced by physicians in recommending digital self-management tools
- In-Situ Studies
  - Highlighted real-time use of mobile media for chronic disease management at the “Gesundheit gemeinsam” conference

## Networking and Outreach

- Global Health Day Participation
  - DISELMA showcased its research on digital media at LMU's Global Health Day, networking within an interdisciplinary setting
- Open Window at the 69th Annual Conference of DGPUK
  - The research unit introduced itself to the scientific community at the Annual Conference of the DGPUK 2024 in Erfurt

## Leadership and Recognition

- Key Appointments
  - Prof. Dr. Veronika Karnowski was inducted as an ICA Fellow, one of the highest honors in communication and media studies
  - Prof. Dr. Constanze Rossmann was appointed to the German Federal Ministry of Health's Permanent Vaccination Commission (STIKO), reflecting her influence in public health and digital self-management research

Recap  
OF OUR LATEST  
CONFERENCE DISTRIBUTIONS

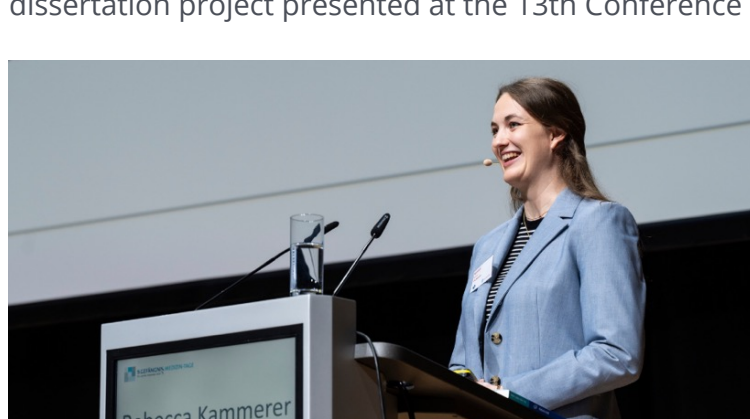
Rebecca Kammerer at the 9th Prison Medicine Days in Darmstadt

and late October. The survey revealed that physicians most frequently use non-medical internet platforms in their daily work, followed by public organization websites and scientific databases, primarily for informational rather than communication purposes. AI tools were found to be the least utilized. Physicians rarely recommend digital media for managing chronic

diseases, citing barriers such as patients' lack of digital skills and limited resources in medical practices. When recommendations are made, they tend to favor public organization websites or self-tracking tools, with the goal of improving therapy efficiency and monitoring health data more effectively. The presenters expressed curiosity about how digital media might become more integrated into physicians' routines in the future and look forward to exploring the barriers and motivations further in upcoming qualitative studies.

## 13th European Conference on Health Promotion in Prison &amp; 9th Prison Medicine Days in Darmstadt

As part of IP3 “Healthcare”, Rebecca Kammerer is writing her dissertation, which focuses on the concept of (digital) self-management and the doctor-patient relationship, comparing freedom and prison. A preliminary study on “intrarole conflicts and the identity construction of prison doctors” and her dissertation project presented at the 13th Conference on Health Promotion in Prison in Vienna and the 9th



Prison Medicine Days in Darmstadt. Rebecca Kammerer placed great value on personal exchanges with practicing (prison) doctors and ended 2024 with new insights and interesting discussions.

## Upcoming For 2025

Julia Metag and France Singh will present initial results from IP6 at the 2025 German Communication Association (DGPUK) conference in Berlin.



© Image by DGPUK

Their contribution focuses on the journalistic media coverage of chronic diseases (Diabetes, Asthma, and COPD) in Germany. Utilizing Digital Structural Topic Modeling of 3,027 news articles, the researchers identified eight main themes, with “Digitalization and Privacy” emerging as a separate topic. A subsequent manual content analysis delved deeper into how digital health technologies are portrayed in print media.

DISELMA's Preconference ahead of the ICA 2025 in Denver:

## Boon or bane?

The role of digital media in disease prevention and management

With the divisions: Health Communication, Communication and Technology, Mobile Communication

CALL FOR  
ABSTRACTSJUNE  
12,  
2025Keynote by  
Dr. Anne-Linda  
Camerini

© Image by W. Haerterfuerst on Unplash

18 - 20  
FEB

## DISELMA hosts Annual Meeting in Munich

All members of the research unit and the advisory board will meet to review progress and plan upcoming research initiatives

19 - 21  
MAR

## DISELMA at DGPUK

Mark your calendars and join us for a day full of discussions!

12  
JUNE

## DISELMA hosts ICA Preconference in Denver

Mark your calendars and don't forget to submit your abstract until **December 30th, 12:00 (EDT)** - find the Call for Abstracts [here!](#)

> [Conference details](#)