

From knowledge to practice in self-monitoring: beyond narratives of responsabilisation and democratisation.

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ESA 2015

Czech Technical University, Prague, 25-28 August 2015

A sociology of self-monitoring?

- Self-monitoring as obligation (Lupton 2012)
- Political economy (Till 2014; Lupton, 2014)
- Creative tracking and participatory medicine (Nafus and Sherman 2014; Panzar and Ruckenstein, 2014; Prainsack 2011,2014)

FOCUS ON DIGITAL, NUMBERS, KNOWLEDGE,
DATA FLOWS, INTERVENING.

blood pressure monitor.
£20
£10

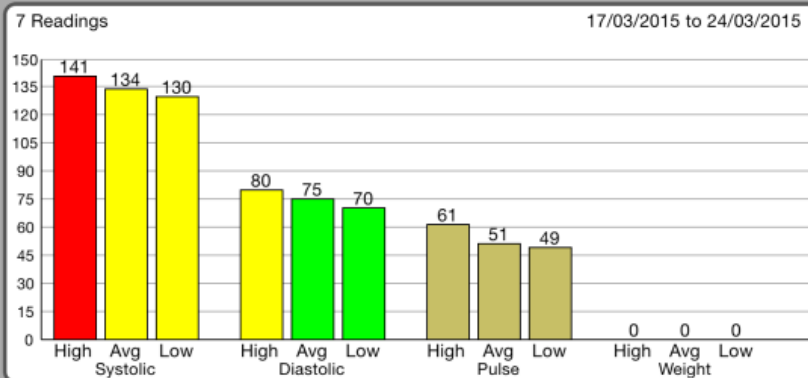




iBP



	141 80	24/03/2015 15:24
	61 Pulse	
	130 75	23/03/2015 22:34
	51 Pulse	
	132 75	23/03/2015 22:31
	50 Pulse	
	139 79	23/03/2015 22:29
	52 Pulse	
	132 70	22/03/2015 22:07
	49 Pulse	
	132 73	22/03/2015 22:04
	49 Pulse	
	133 79	22/03/2015 22:02
	50 Pulse	
	106 55	13/03/2015 22:19
	51 Pulse	
	109 54	13/03/2015 22:17
	51 Pulse	
	112 56	13/03/2015 22:15
	51 Pulse	
	110 58	06/02/2015 21:46
	49 Pulse	
	110 57	06/02/2015 21:43
	48 Pulse	



Total Readings: 251 User: Primary

1d 1w 2w 1m 3m 6m 1y All am pm



Do you ever measure your own blood pressure?

Do you own a blood pressure monitor?

Have you ever downloaded a blood pressure app?

I am looking for people who measure and keep track of their own blood pressure or who do this for someone else close to them. If you do this now or have done in the past, would you be willing to take part in an interview?

I am a researcher in the Department of Sociological Studies. I would like to know more about why and how people measure their own blood pressure and how people come to start (or stop) measuring.

Alice and Mark

Mark: Now what's probably happened with me is I've gone to the doctors for something, been quite anxious about the issue I've gone with and then I get this white coat syndrome and then they will take it, it will be high and then I'll start to worry. What I'll do is monitor it with my own for a few days in a more relaxed environment and if I'm quite happy with the readings I'll then not bother to do any more.

Alice: So I think it confirms that yes I'm stressed. With the children arriving and then, and particularly before I stopped work, because I'm stressed at work and I was coming and checking my blood pressure. **So I think it's about confirmation that actually yes I am stressed and maybe I need a camomile tea.** I think it's that confirmation, or not wanting it to be dangerously high so just keeping an eye on it

Nora

So I was a bit moany about this and **so actually my partner brought the blood pressure monitor for me. Because I was also moaning because I sometimes think that my high blood pressure wasn't really real** so, particularly as a teenager I think I had white coat syndrome...so I think part of it and the **partner knows that I felt that it was a little bit unnecessary and it was really interfering with my work and my life** in general and so he bought it for me. **And actually my blood pressure was high and then I agreed to take the higher dosage...**So I did use it frequently for the last 3 or 4 weeks of my pregnancy. And then it's been in a drawer since.

“He told me to download an app”

Nora: I was a bit surprised because this is obviously a big change since 3 years ago, when they wouldn't trust my readings at all [...]

Kate: do you think he assumed you were taking your own blood pressure?

Nora: I don't know, **I don't think so, I wouldn't have told him that I have one.** He wouldn't have assumed that I take my own blood pressure because there's no reason for him to know that I would have one **and I certainly didn't wouldn't have offered. So no I think he just means the GP.**

Kate: You said 'I certainly wouldn't have offered' in a very definite kind of way

Nora: **Well yeah it's just not very interesting**

Beyond responsabilisation and democratisation

- Responsibility?
- Democratisation?
- Affect
- Relationality – care and collaboration
- Quiet resistance and non-use