Abstract

Using physicians' experiences and expectations, this bachelor thesis explored the impact of mHealth technologies on the physician-patient relationship. Debate in the literature suggests that mHealth technologies, such as smart watches and mobile apps, have the potential to transform the traditional healthcare model by allowing patients to monitor their health data in real time and actively engage in their health care. Semi-structured interviews with physicians revealed that these technologies can improve communication and enable more accurate and personalized treatment plans. However, wider use of mHealth technologies is limited by factors such as sensor unreliability, device costs, and patient technological proficiency. Personal contact is also an important aspect of physicians' perception of their position, which physicians consider an indispensable pillar of their work. Despite the diminishing information asymmetry between doctors and patients, doctors note a persistent knowledge asymmetry that stems from their medical training and professional experience. Physicians expressed a willingness to support patient involvement in their health care, but preferred to maintain their leadership position. For successful implementation of mHealth technologies, it is not only the technological and educational challenges that need to be addressed. It is also necessary that the preferences of all healthcare stakeholders, including physicians, are taken into account when developing potential strategies.