DiMo Next
Digital Motion in Sports, Fitness & Well-being

Monitoring mental fatigue using wearable sensors

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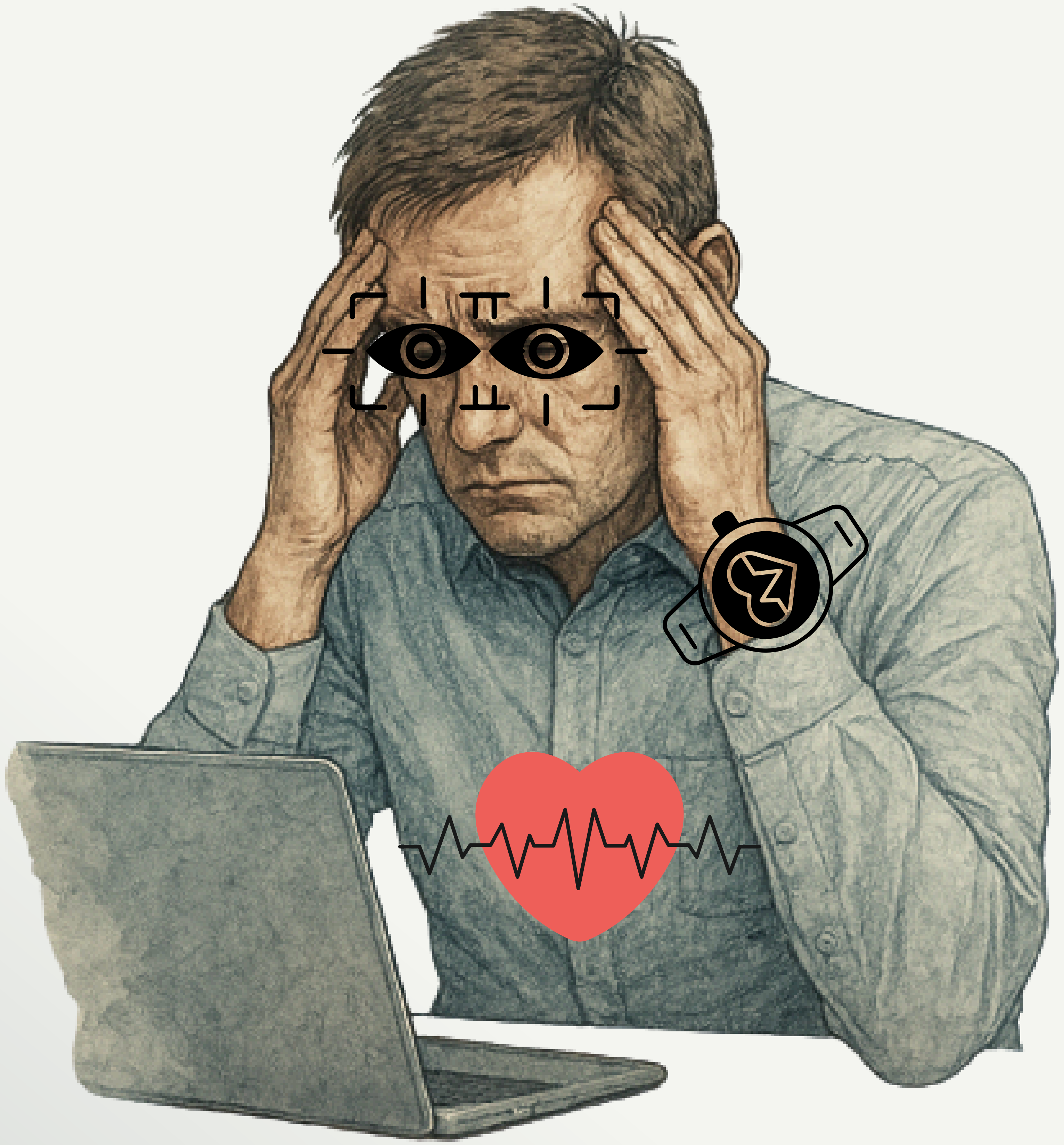

VUB MFYS HUMAN PHYSIOLOGY & SPORTS PHYSIOTHERAPY RESEARCH GROUP

1

Overview of MF monitoring approaches

A) Narrative review:

Current Practices for Mental Fatigue Quantification and Induction in Movement Science: Introducing the SPeCIFY Guidelines

[Full text paper]

B) Systematic review:

Monitoring Mental Fatigue using Wearable, Wireless Sensor Technology: A Systematic Review

2

Monitoring MF in the lab

How accurately can physiological data from wearable devices be used to continuously monitor someone's MF-state and to what extent do these physiological changes predict physical endurance performance under MF? Focussing on HRV, breathing and eye-tracking.

3

Monitoring MF in the field

Longitudinal monitoring study of MF with athletes in a field setting using wearable, wireless devices and subjective MF measures.

4

Countermeasure of MF

Investigating measures/interventions aimed at reducing MF and its negative effects on cognitive and physical performance and preventing associated injuries.