

研究業績 英文表記

和文	
表題	地域在住の高齢者におけるスマートフォン活用能力の特徴の検討: 人口ベースの横断研究
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英文	
Title	Exploring the characteristics of smartphone proficiency among community-dwelling older adults: A population-based cross-sectional study
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Abstract	Smartphones are essential for older adults' independence and social engagement. However, limited research has systematically examined the specific characteristics and factors associated with levels of smartphone proficiency among older adults. This population-based cross-sectional study assessed smartphone proficiency in 324 community-dwelling older adults (median age: 73 years, 59.9% female) in Japan using the short version of the mobile device proficiency questionnaire. Hierarchical clustering (Ward's method) identified four proficiency levels: low (24%), basic operations-focused (41%), limited advanced function use (28%), and high (6%). Higher proficiency was associated with greater education, cognitive function, and diverse app usage, while lower proficiency correlated with limited app use and higher frailty risk. Differences in proficiency reflected sociodemographic, cognitive, and functional factors. Tailored education and support are crucial to addressing the digital divide and enhancing quality of life. Future research should investigate the longitudinal effects of smartphone proficiency on cognitive and functional well-being.
keyword	

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