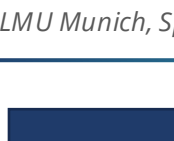


Dear readers,

As we approach the end of the year and the festive season draws near, we are delighted to welcome you to our final DISELMA Newsletter of 2025. In this edition, we look back at some of the highlights of the past months and share a few updates from across the project.

We are pleased to introduce Michaela Sládečková, who joined us in November from Brno for a research visit with DISELMA and reflects on her work during her stay in Munich. In this issue, we share brief reports from our recent conference presentations in Bayreuth and Braga. Looking ahead, we are pleased to highlight the Call for Papers for the 11th Annual Conference of the DGPUK Health Communication Division, which will be held in Chemnitz in November 2026 and jointly organized by Veronika Karnowski and her team together with DISELMA. You will also find an announcement of our upcoming January Research Colloquium with Taoyi Yang. As the year comes to a close, we warmly extend our Christmas greetings and wish you a restful and joyful holiday season. Thank you for staying connected. We are glad to have you with us.

Warm regards,



Constanze Rossmann

LMU Munich, Spokesperson of the DISELMA Research Unit



# 2025

## Conference Contributions

- IP3 “Healthcare” presented results on physicians’ views of digital self-management and the physician–patient relationship at the ICA 2025 Preconference (Denver) and the European Conference on Health Communication (Braga).
- IP4 “Peers” presented first results from a qualitative ego-centered network analysis on support networks for digital chronic-disease self-management at the 10th DGNNet Congress (Bayreuth).
- A highlight was a Best Paper Award for IP2 “Effects” for their systematic review and meta-analysis on mHealth in the self-management of chronic diseases.

## Research Activities

- IP1 „Use” completed two systematic reviews on mHealth use in diabetes and asthma/COPD and advanced mixed-methods in-situ studies on real-world app use.
- IP2 „Effects” completed a systematic review and meta-analysis on the effectiveness of mobile self-management and launched four-wave longitudinal panel surveys on long-term effects.
- IP5 „Organizations” built a comprehensive database of key digital health actors and analyzed organizational communication, networks, and value orientations.
- IP6 „Reporting” conducted a automated media analyses and advanced manual analyses on portrayals of digital chronic-disease self-management.

## Network and Outreach

- ICA Preconference in Denver
  - DISELMA hosted the preconference, “Boon or Bane? The Role of Digital Media in Disease Prevention and Management” bringing together scholars from the Health Communication, Communication & Technology, and Mobile Communication divisions for intensive exchange and new scholarly connections.
- LMU CAS Showcase
  - At the event “An App a Day Keeps the Doctor Away!”, we presented the unit’s structure and first empirical findings, discussed methodological approaches, and engaged with an interdisciplinary academic audience. Curious to learn more? Watch the full CAS presentation [HERE!](#)

## RECAP

### of our latest conference contributions

#### Network conference in Bayreuth



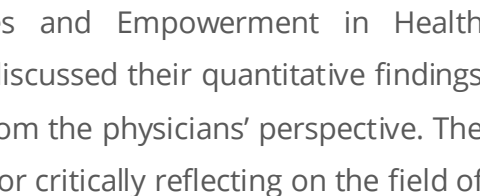
At the network conference in Bayreuth, DISELMA had the opportunity to present the first results from various subprojects. First, the Concept Group “Network”, represented by Claudia Riesmeyer, introduced the DISELMA research group with a view to the entire network under the title “More than just the individual: The relevance of networks for the digital self-management of patients with chronic illnesses.” The presentation focused primarily on the structures of the research group and thus on considering the overall network of digital self-management of chronic diseases.

In addition, IP3 “Healthcare” and IP4 “Peers,” represented by Rebecca Kammerer, presented their methodological approach as part of the contribution “The role of formal and informal networks for the digital self-management of chronic diseases.” Complementing this, IP4 “Peers”, represented by Doreen Reifegerste, presented another contribution titled “A good piece of advice from friends? Personal support networks for the use of digital media in the self-management of chronic illnesses.”

The network approach was discussed intensively in all sessions. Above all, we were able to gain numerous valuable methodological insights for our further analyses.

#### European Conference on Health Communication

Claudia Riesmeyer and Rebecca Kammerer attended the European Conference on Health Communication in Braga, Portugal, from September 24 to 26.



Claudia Riesmeyer (right) with Rebecca Kammerer (middle) and Janine Brill (left) in Braga

Under the guiding theme “Literacies and Empowerment in Health Communication”, they presented and discussed their quantitative findings on the physician-patient relationship from the physicians’ perspective. The conference provided valuable insights for critically reflecting on the field of health communication in general as well as the physician-patient relationship in particular. It became especially clear how crucial it is to listen to the perspectives of patients and their relatives and to include them in research. A personal highlight was meeting Janine Brill, the new team member from IP1 “Use”. All in all, it was an enriching and highly successful conference.

## Spotlight

My name is Michaela Sladecková and I am a PhD student from the Czech Republic. Over the past year, I have been working on a research project focusing on adults living with multiple sclerosis. The project explored how a structured hybrid exercise program could support their physical abilities and encourage long-term engagement in movement. Our study included 45 participants and comprised two phases. The first phase consisted of a 12-week, center-based circuit training program delivered once a week for 60 minutes. During these supervised sessions, participants learnt a set of functional exercises tailored to their abilities and designed to improve strength balance and motor skills overall.

The second phase involved 12 weeks of telerehabilitation. Participants were given access to a library of exercise videos featuring exercises that they had already mastered during the in-person circuit training sessions. This enabled them to continue exercising independently at home while still benefiting from structured guidance. The study had three aims: to determine whether participants would improve more than a control group receiving no rehabilitation during the study period; to assess whether any gains achieved during supervised training would be maintained during the telerehabilitation phase; and to evaluate whether participants would develop stronger adherence to regular physical activity after completing the center-based program.

My involvement in the DISELMA project has transformed the way I think about digital health interventions. I was drawn to DISELMA because of its disciplinary approach, particularly its communication science perspective, which examines the psychological and social dynamics of digital media and chronic illness, an angle often missing in rehabilitation research when it is viewed solely from a healthcare standpoint. Through the project, I had the opportunity to explore the theoretical principles of social science research, learn about quantitative data analysis, and observe a research team applying these approaches in practice. This experience has broadened my understanding of how patients interact with digital tools, and of how these tools can be influenced not only by clinical objectives, but also by social contexts, motivations and everyday circumstances. I am grateful to DISELMA for enabling me to integrate these perspectives into my own research practice.



Michaela Sládečková  
Masaryk University

## UPCOMING

### for the next months



#### Join us for DISELMA's upcoming Scientific Research Colloquia

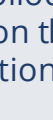
„Affective Treatment: Health, Feeling, and Self-Care in the Digital Age”



Friday, January 9, 2026



Language: English



10 am (CEST)



Digital via Zoom

Your research colloquium is just a click away.  
Click the Zoom link on the right to join us!  
No registration needed.

[JOIN](#)

#### 11. Jahrestagung der DGPUK-Fachgruppe Gesundheitskommunikation in Chemnitz

##### Gesundheit neu vernetzt:

Von A wie Algorithmen bis Z wie Zyklus-Tracking

Gesundheitskommunikation  
Fachgruppe der Deutschen Gesellschaft für Publizistik- und Kommunikationswissenschaft (DGPUK)



11.-13.

November  
2026



#### Submit your paper today!

We look forward to your contribution!



[Call for Papers](#)

30  
JAN

#### Online Advisory Board Meeting

We look forward to reconnecting with our Advisory Board at the upcoming digital meeting on January 30.

03 - 05  
MAR

#### Annual Meeting 2026

We are excited to bring the DISELMA team together in person for our next Annual Meeting, taking place from March 3–5 in Munich.

11 - 13  
NOV

#### DGPUK Health Communication Conference 2026

The 11th Annual Conference of the DGPUK Health Communication Division is coming to Chemnitz on November 11–13, 2026! This year’s event will be jointly hosted by Veronika Karnowski and her team in partnership with DISELMA.

[Call for Papers](#)

