



BEYOND THE METRICS

The Psychological Impact of Fitness Technology on Self-Image and Social Anxiety

Asegul Hulus, Esat Hulus and Erman Doğan

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By Asegul Hulus and Esat Hulus and Erman Doğan

Pub Date: 13 January 2026

Binding: Paperback

Price: £20.99 / \$24.95

ISBN: 9781839997914

Extent: 100 pages

Size: 153 x 229 mm /
6 x 9 inches

BISAC CATEGORY: SPORTS & RECREATION

/ Bodybuilding & Weightlifting PSYCHOLOGY /

Psychopathology / Anxieties & Phobias,

COMPUTERS / User Interfaces

BISAC CODE: SPO006000

BIC CODE:

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Exclusive: WORLD

Explores how fitness technology affects mental health, self-image, and social anxiety, revealing its paradoxical effects through insights from sports science, psychology, UX, and gender studies

This interdisciplinary book explores how fitness technology affects self-image, anxiety, and social identity, connecting sports science, psychology, and digital culture.

Readership

Researchers, students, athletes, UX designers, and mental health professionals exploring the psychological impacts of fitness technology and digital self-tracking will find this book useful.

Key selling points

Unpacks how fitness technology affects mental health, self-image, and anxiety

Integrates academic research with lived experience in elite sport and human-computer interaction

Offers interdisciplinary analysis relevant to sports science, psychology, and tech ethics

Provides solutions and design insights for healthier digital fitness ecosystems

About the Author(s) / Editor(s)

Dr. Asegul “Ace” Hulus is an Assistant Professor in Computing and a global expert in AI, UX, and HCI. She is a prolific S.T.E.A.M. researcher and serves in leadership roles at ACM-W and other international bodies.

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