

## **Personal Information**

**Email:** hkuru@metu.edu.tr

**Web:** <https://avesis.metu.edu.tr/hkuru>

## **International Researcher IDs**

ORCID: 0000-0002-6477-1782

Publons / Web Of Science ResearcherID: B-9446-2017

ScopusID: 57191166873

Yoksis Researcher ID: 224069

## **Education Information**

Doctorate, Middle East Technical University, Graduate School of Social Sciences, Beden Eğitimi Ve Spor (Dr), Turkey  
2014 - 2022

Postgraduate, Middle East Technical University, Graduate School of Social Sciences, Beden Eğitimi Ve Spor (YI) (Tezli),  
Turkey 2012 - 2018

Undergraduate, Middle East Technical University, Faculty of Engineering, Department of Food Engineering, Turkey 2001  
- 2012

## **Foreign Languages**

English, C1 Advanced

## **Dissertations**

Doctorate, Designing and Evaluating a Need-Based Employee Wellness Program, Middle East Technical University,  
Faculty of Education, Department of Physical Education and Sports, 2022

Postgraduate, Examining technology based health coaching needs of college graduate employees, Middle East Technical  
University, Graduate School of Social Sciences, Beden Eğitimi Ve Spor (YI) (Tezli), 2014

## **Academic Titles / Tasks**

Lecturer PhD, Middle East Technical University, Faculty of Education, Department of Physical Education and Sports, 2022  
- Continues

Research Assistant, Middle East Technical University, Faculty of Education, Department of Physical Education and Sports,  
2015 - 2021

## **Courses**

Intermediate Swimming, Undergraduate, 2022 - 2023

## **Published Journal Articles Indexed by SCI, SSCI, and AHCI**

- I. **Identifying Behavior Change Techniques in an Artificial Intelligence-Based Fitness App: A Content Analysis**  
KURU H.  
Health Education and Behavior, 2023 (SSCI)

## **Articles Published in Other Journals**

- I. **Health-Related Work Loss: Wellness Profiles of Information Technology Employees**  
Kuru H., Sakmar E., Aydin Son Y., Ince M. L.  
Pamukkale Spor Bilimleri Dergisi, vol.14, no.3, pp.258-278, 2023 (Scopus)
- II. **Adaptation of health and work performance questionnaire into Turkish: validity and reliability analysis**  
Kuru H.  
JOURNAL OF EKONOMI, vol.5, no.9, pp.5-9, 2020 (Peer-Reviewed Journal)
- III. **Health promotion needs and ICT supported health coaching expectations of whitecollars by exercise stages, sex and daily time slots**  
KURU H., İNCE M. L.  
Pamukkale Spor Bilimleri Dergisi, vol.8, pp.41-57, 2017 (Peer-Reviewed Journal)

## **Books & Book Chapters**

- I. **Behavior Change Techniques Used in Mobile Applications Targeting Physical Activity: A Systematic Review**  
Kuru H.  
in: Current and Emerging mHealth Technologies , Emre Sezgin,Soner Yıldırım,Sevgi Özkan-Yildirim,Evren Sumuer, Editor, Springer, London/Berlin , Munich, pp.23-35, 2018

## **Refereed Congress / Symposium Publications in Proceedings**

- I. **The Health Promoting Behaviors for Married Couples**  
Sakmar-Balkan E., Kuru H.  
International Psychological Applications Conference and Trends, Zagreb, Croatia, 4 - 06 May 2019, pp.202-206
- II. **Teknokent Çalışanlarında Fiziksel Aktivite Düzeyi, Genel Yaşam Kalitesi ve İş Performansı İlişkisi**  
KURU H., İNCE M. L.  
15th Sport Sciences Congress, Antalya, Turkey, 15 - 18 November 2017, pp.288
- III. **Fiziksel Aktivite Odaklı Akıllı Telefon Uygulamalarında Kullanılan Davranış Değiştirme Teknikleri ve Sağlık Davranışı Teorilerinin İncelenmesi**  
KURU H., İNCE M. L.  
10. Spor Bilimleri Öğrenci Kongresi, Kırıkkale, Turkey, 10 - 12 May 2017
- IV. **Identifying the health promotion needs of white collars to support by information and communication technologies**  
KURU H., İNCE M. L.  
20th Annual Congress of the European College of Sport Science, Malmö, Sweden, 24 - 27 June 2015, pp.251
- V. **Exploring Possibilities of Designing Virtual Personal Health Coach in Relation to Gender Differences**  
KURU H., KURU A.  
3rd International Conference on Design, User Experience, and Usability (DUXU), Heraklion, Greece, 22 - 27 June 2014, vol.8519, pp.63-71

## **Metrics**

Publication: 11

Citation (WoS): 1

H-Index (WoS): 1

## **Awards**

Kuru H., Ders Performans Ödülü, Orta Doğu Teknik Üniversitesi, June 2013