

Andre researches on e- & mHealth related to physical activity and sedentary behavior. During his PhD in Malaysia, he developed and evaluated an mHealth exercise intervention. At the University of Southampton, UK, he co-developed digital behavior-health interventions and gained qualitative research skills. Currently, Andre works at the School of Public Health, National University of Singapore.

Here, he investigates the determinants of physical activity and sedentary behaviour in Asian populations to inform the development of e- & mHealth interventions. Due to his strong collaborative ties with colleagues from various regions, he supports the development of respective research initiatives in LMICs.