

# Empowering Vocational Inclusion: Smartphone-Based Daily Diaries and Coaching for People with Disabilities

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**Background and Aims:** Individuals with disabilities often face significant challenges during the transition from sheltered institutions into the open labor market, including reduced social support. This study investigates the use of smartphone-based daily diaries and coaching to support the vocational inclusion of people with disabilities during this transition.

**Methods:** N = 10 participants, aged 18 to 43, completed daily questionnaires on smartphones over an average period of 3.4 weeks. The data collected included mood, supervisor support, and ease of work, which were analyzed using multilevel models to identify patterns and relationships. The results were also used in a monitoring and coaching process to identify acute intervention needs. Coaching sessions were conducted on an event-related basis: 1) the diary entries indicate discomfort or problems, 2) the client did not reply for three consecutive days, 3) participants felt the need for support.

**Results:** The evaluation indicates that both supervisor support and ease of work are positively associated with improved mood. Additionally, U-shaped adaptation curves for mood, supervisor support, and ease of work were observed, indicating initial declines followed by recovery over time. Qualitative feedback from participants and coaches highlighted the high feasibility and benefits of the approach, with participants expressing satisfaction and continued use of the app post-study. Coaches noted the tool's potential for empowerment, resource activation, and self-determination.

**Conclusion:** The study concludes that smartphone-based monitoring and coaching can provide effective, low-threshold support, enhancing self-reflection and social inclusion for people with disabilities in vocational settings. This innovative approach offers a promising avenue for fostering sustainable vocational inclusion through digitalization, addressing the need for ongoing support during critical transition periods.

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