

Special Issue

AI-Driven Health and Wellbeing: Self-Monitoring, Early Detection, and Multi-Criteria Personalized Decision Support

Message from the Guest Editor

This Special Issue examines how artificial intelligence can support health by integrating self-monitoring data, self-testing insights, predictive modeling, and personalized lifestyle guidance and healthcare. We invite research regarding the use of AI techniques in trend analysis, risk prediction, and data analysis for self-testing and self-monitoring, as well as regarding adaptations to guidance over time. Further, we highlight how MCDM frameworks help ensure that suggestions are clear, sensitive to context, and aligned with people's priorities and everyday situations.

- AI-based interpretation of self-monitoring and self-testing data;
- Predictive and early risk detection models;
- Data selection and feature engineering in personalized health systems;
- AI and MCDM decision support for lifestyle recommendations;
- Wearable and movement analytics in daily settings;
- Personalized guidance for exercise, nutrition, recovery, and stress management;
- Ethical and practical issues in implementing AI-supported wellbeing.

Guest Editor

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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Editor-in-Chief

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