**Prevalent Elements of Consumer Wellbeing in Wearable Technology Use: An Interdisciplinary Systematic Review and Future Research Agenda**

**Abstract**

There is a growing acceptance of wearable technology (WT) in multiple domains including workplaces, leisure, and in medical practice. As WT becomes ubiquitous, there is a need to better understand its impact on wellbeing amongst users, especially as consumers are under increasing pressure to manage their individual wellbeing. In recent years, there has been a surge in research on wearable technology and wellbeing, but this stream of research remains fragmented. This conceptual paper aims to consolidate literature on prevalent elements of consumer wellbeing in WT use through an interdisciplinary systematic review of research from psychology, information technology and business literature, 23 empirical journal articles are included in the review. Our findings summarise the principal conceptualisations of wellbeing within these studies, offer insights into the theoretical perspectives of prior research and examine methods and key variables included in these studies. We identify gaps in extant research and propose directions for future research in each of these areas, thus contributing to this emerging literature domain.

**Keywords**: wearable technology; consumer wellbeing; systematic review; digital wellbeing; wellbeing theories.