Mens mobile health
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Men`s mobile health: Effect of health mobile apps to men with short-term or no studies during a 6 months intervention study

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CONCLUSION

- We present evidence that Health mobile apps affect the physical activity trends of men with short-term or no studies. This effect is increased when the individuals undergo preliminary and final physical condition measurements.
- The apps tend to modify the men’s way of thinking more than their doing.
- Health-promotion sms sent to these men every two weeks seem to increase the frequency on which they both think and do something about their health.
- Reporting the number of steps every fourth week makes these men think more about their own health.
- These men had a significant increase in muscle mass and oxygen uptake after the intervention process. In addition, there is a tendency to increase their median number of steps per day, rest heart rate, body fat and fitness rating.
- In contrast, their BP increased slightly.

BACKGROUND

- Mobil app. promote number of steps.
- Men die 4-2 years before women.
- Men don’t think about their health.
- Health promotion without professional contact.
- Meet the man where he is – at work.
- Men’s health depends of their education.
- Men turn too late professional assistance.

METHOD

Clinical control trial flow-chart

Control group n = 35
Intervention group n = 33

n = 68 short term or no studies 19 – 62 year old men.

RESULTS

Table 1: Measurement of cardiovascular parameters at baseline and effect points

<table>
<thead>
<tr>
<th>Variable</th>
<th>Control group n=35</th>
<th>Intervention group n=33</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Baseline</td>
<td>Effect p-value</td>
</tr>
<tr>
<td>BP systolik (mm Hg)</td>
<td>142,90</td>
<td>139,00</td>
</tr>
<tr>
<td>BP distolik (mm Hg)</td>
<td>80,00</td>
<td>88,00</td>
</tr>
<tr>
<td>RHR (bpm)</td>
<td>64,00</td>
<td>67,00</td>
</tr>
</tbody>
</table>

Table 2: Measurement of physical parameters at baseline and effect points

<table>
<thead>
<tr>
<th>Variable</th>
<th>Control group n=35</th>
<th>Intervention group n=33</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Baseline</td>
<td>Effect p-value</td>
</tr>
<tr>
<td>Fitness rating</td>
<td>33,00</td>
<td>33,66</td>
</tr>
<tr>
<td>Oxigen uptake (Vo2) (l/min)</td>
<td>2,85</td>
<td>2,93</td>
</tr>
<tr>
<td>Body fat (%)</td>
<td>14,90</td>
<td>19,10</td>
</tr>
<tr>
<td>Muscle mass (Kg)</td>
<td>67,80</td>
<td>67,30</td>
</tr>
</tbody>
</table>

Fig 1: Effect of intervention on VAS doing and VAS thinking

The study showed:
- Men’s thoughts and action increases
- Better match between thinking and doing

* Statistically significant p<0.05