Mens 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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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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**METHOD**

Clinical control trial flow-chart

**RESULTS**

![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

**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</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>90,00</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</td>
</tr>
<tr>
<td>Fitness rating (ml/min/Kg)</td>
<td>33,00</td>
<td>33,66</td>
</tr>
<tr>
<td>Oxgen 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>

**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.
- In contrast, their BP increased slightly.
- 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.

**BACKGROUND**

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