Mens mobile health

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

Levisen, Vinie Diana Hvidbak; Castaño, Francisco Mansilla; Jensen, Camilla Skovbjerg

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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

Authors: Vinie Diana Hvidbak Levisen, RN, MLP, Knowledge Center for Health Promotion, University College South Denmark. Francisco Mansilla Castaño, PhD, Associated professor, Medical laboratory technologist degree program, University College South Denmark. Camilla Skovbjerg Jensen, assistant professor, cand.scient.san.publ, University College South Denmark.

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.

BACKGROUND
• Mobil app. promote number of steps
• Men`s health depends of their education
• 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

METHOD
Clinical control trial flow-chart

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

Table 1: Measurement of cardiovascular parameters at baseline and effect points
§ median values and Wilcoxon test for significance. * Statistically significant p<0,05

Table 2: Measurement of physical parameters at baseline and effect points
§ median values and Wilcoxon test for significance. * Statistically significant p<0,05