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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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 die 4-2 years before women
Men’s health depends of their education
Meet the man where he is – at work
Men don’t think about their health
Health promotion without professional contact

METHOD

Clinical control trial flow-chart

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

RESULTS

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
$\text{\$ median values and Wilcoxon test for significance. } * \text{ Statistically significant } p<0.05$

<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 Effect p-value</td>
<td>Baseline Effect p-value</td>
</tr>
<tr>
<td>BP systolik (mm Hg)</td>
<td>142,940 139,000 0,13</td>
<td>134,000 136,000 0,09</td>
</tr>
<tr>
<td>BP distolik (mm Hg)</td>
<td>90,000 88,000 0,561</td>
<td>83,76 86,36 0,03</td>
</tr>
<tr>
<td>RHR (bpm)</td>
<td>64,000 67,000 0,99</td>
<td>66,85 65,12 0,26</td>
</tr>
</tbody>
</table>

Table 2: Measurement of physical parameters at baseline and effect points
$\text{\$ median values and Wilcoxon test for significance. } * \text{ Statistically significant } p<0.05$

<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 Effect p-value</td>
<td>Baseline Effect p-value</td>
</tr>
<tr>
<td>Fitness rating (ml/min/Kg)</td>
<td>33,00 33,66 0,39</td>
<td>36,03 37,18 0,068</td>
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<tr>
<td>Oxigen uptake (Vo2) (l/min)</td>
<td>2,85 2,93 0,21</td>
<td>3,09 3,22 0,03</td>
</tr>
<tr>
<td>Body fat (%)</td>
<td>14,901 19,101 2,1014</td>
<td>17,46 16,43 0,06</td>
</tr>
<tr>
<td>Muscle mass (Kg)</td>
<td>67,80 67,30 0,46</td>
<td>67,90 68,10 0,021</td>
</tr>
</tbody>
</table>