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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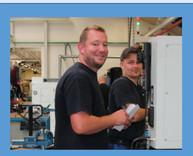

Men`s mobile health:

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

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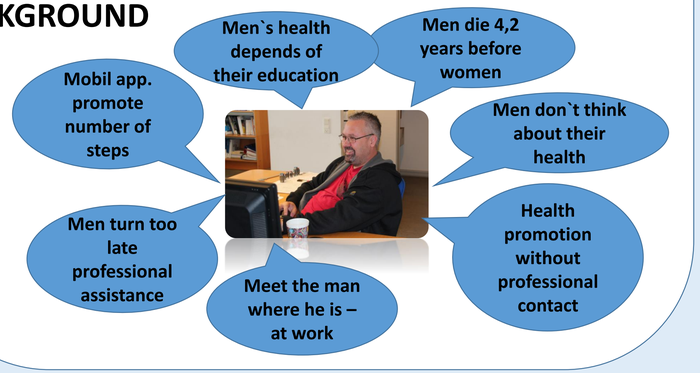
U C S Y D

CONCLUSION

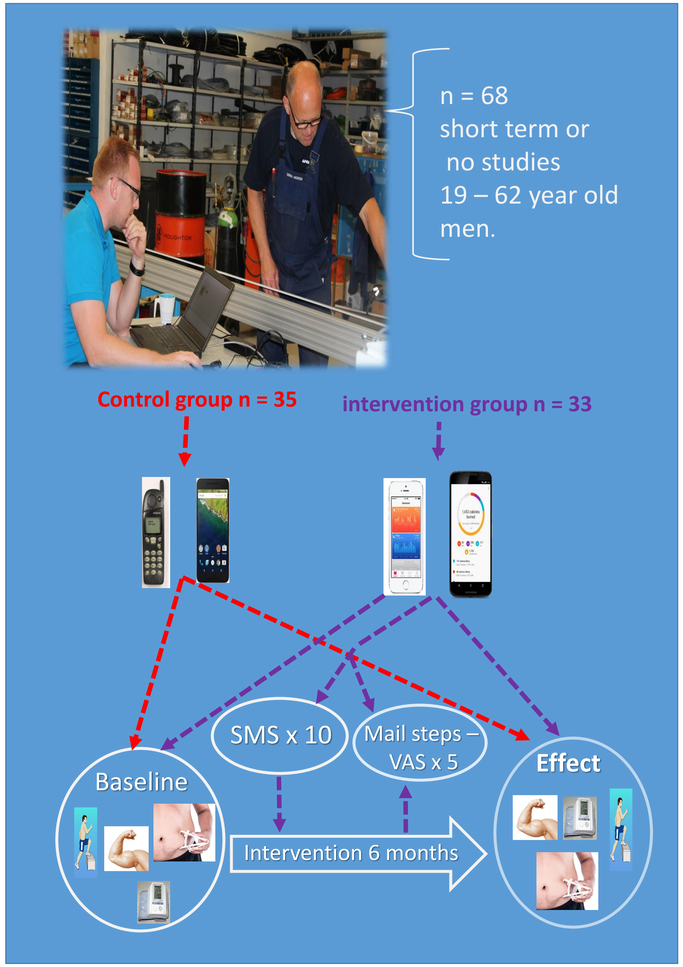
- We present evidence that Health mobile apps affect the physical activity trends of men with short-term or no studies. This effect is increased when the individuals undergo preliminary and final physical condition measurements
- The apps tend to modify the men's way of thinking more than their doing.
- 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



METHOD

Clinical control trial flow-chart



RESULTS

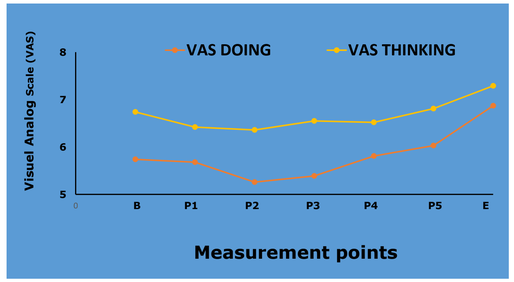


Fig 1: Effect of intervation on VAS doing and VAS thinking

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

§ median values and Wilcoxon test for significance. * Statistically significant p<0,05

	Control group n=35			Intervention group n=33		
Variable	Baseline	Effect	p-value	Baseline	Effect	p-value
BP systolik (mm Hg)	142,94§	139,00§	0,13§	134,00§	136,00§	0,09§
BP distolic (mm Hg)	90,00§	88,00§	0,56§	83,76	86,36	0,03*
RHR (bpm)	64,00§	67,00§	0,99§	66,85	65,12	0,26

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

§ median values and Wilcoxon test for significance. * Statistically significant p<0,05

	Control group n=35			Intervention group n=33		
Variable	Baseline	Effect	p-value	Baseline	Effect	p-value
Fitness rating (ml/min/Kg)	33,00	33,66	0,39	36,03	37,18	0,068
Oxigen uptake (Vo2) (l/min)	2,85	2,93	0,21	3,09	3,22	0,03*
Body fat (%)	14,90§	19,10§	2.10^{-3} §, *	17,46	16,43	0,06
Muscle mass (Kg)	67,80	67,30	0,46	67,9§	68,8§	0,02§,*