

## Danish University Colleges

### 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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DOI:

[10.1093/eurpub/ckw175.077](https://doi.org/10.1093/eurpub/ckw175.077)

Publication date:

2016

*Document Version*

Post-print: The final version of the article, which has been accepted, amended and reviewed by the publisher, but without the publisher's layout.

[Link to publication](#)

*Citation for published version (APA):*

Levisen, V. D. H., Castaño, F. M., & Jensen, C. S. (2016). Mens mobile health: Effect of health mobile apps to men with short-term or no studies during a 6 months intervention study.  
<https://doi.org/10.1093/eurpub/ckw175.077>

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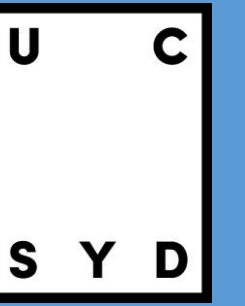
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# Men's mobile health:

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



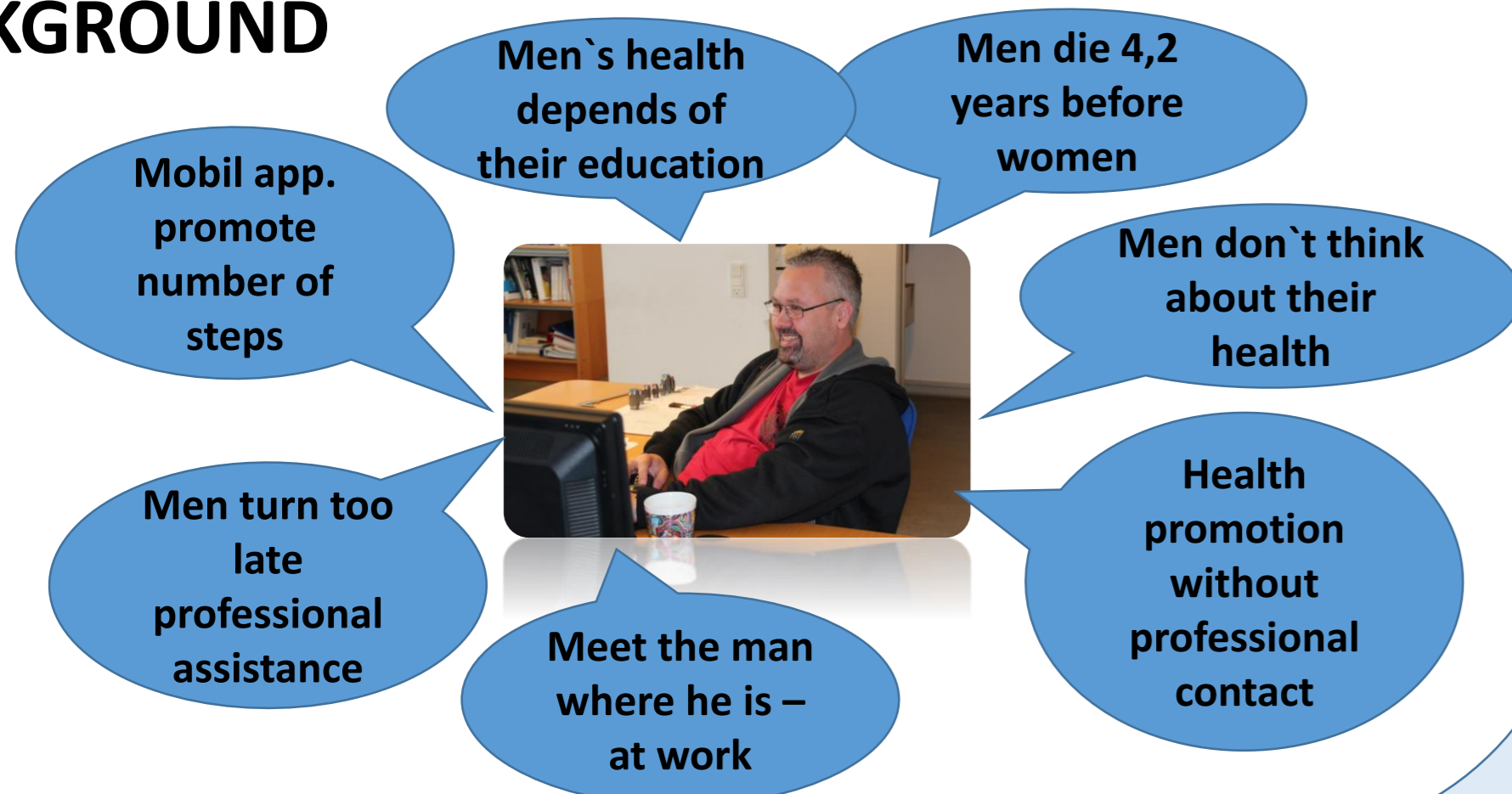
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### CONCLUSION

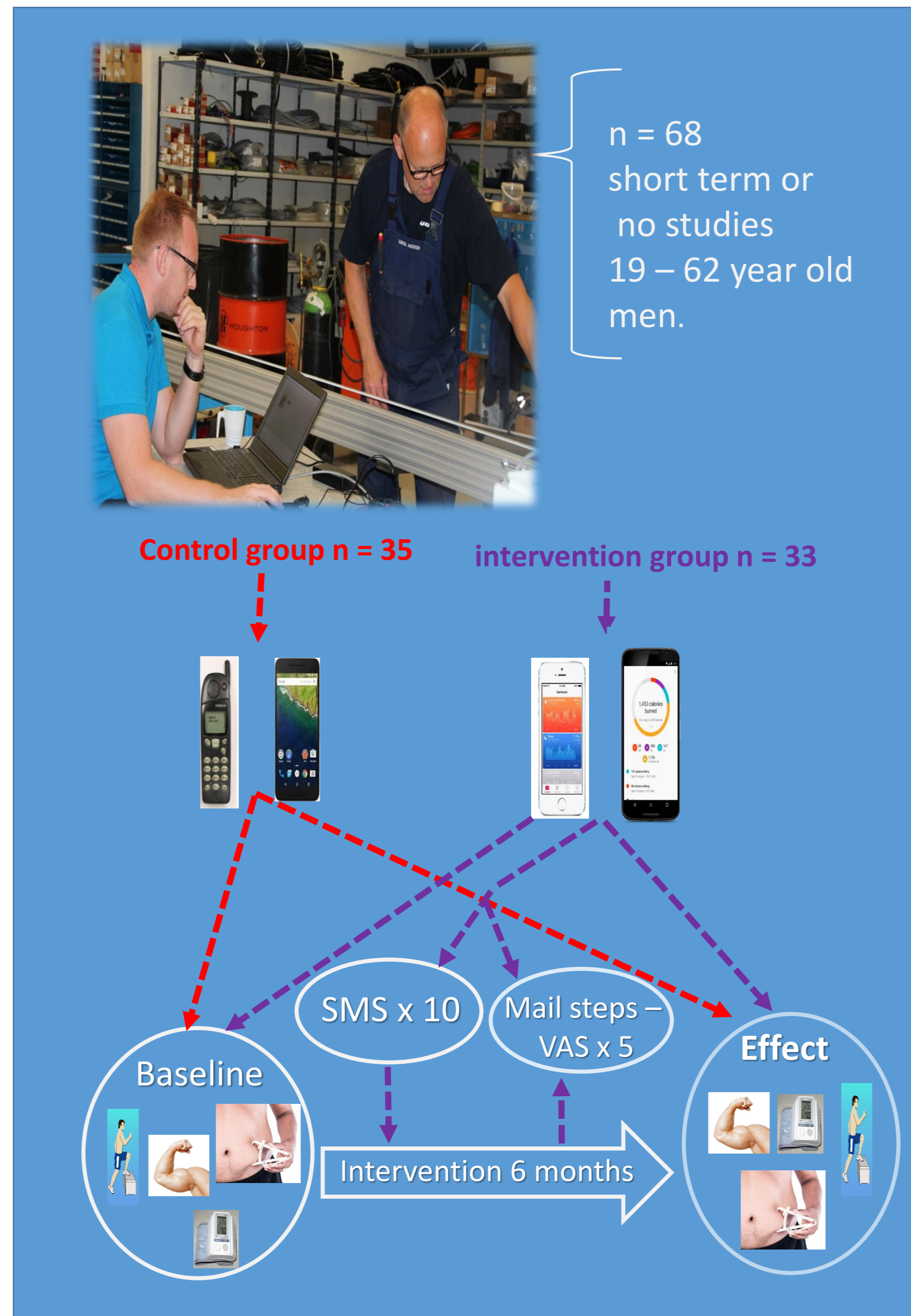
- We present evidence that Health mobile apps affect the physical activity trends of men with short-term or no studies. This effect is increased when the individuals undergo preliminary and final physical condition measurements
- The apps tend to modify the men's way of thinking more than their doing.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



### METHOD

Clinical control trial flow-chart



### RESULTS

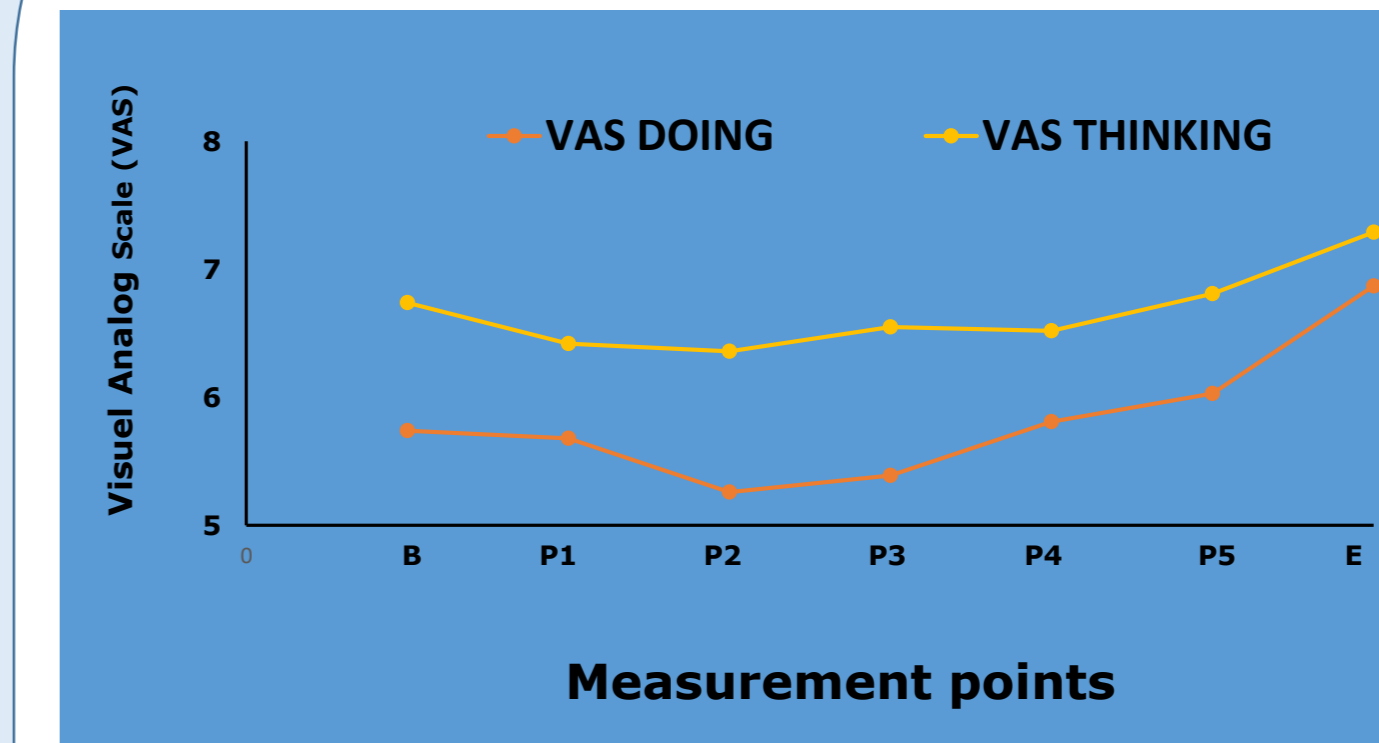


Fig 1: Effect of intervention on VAS doing and VAS thinking

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

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

Variable	Control group n=35			Intervention group n=33		
	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
Oxygen uptake (Vo2) (l/min)	2,85	2,93	0,21	3,09	3,22	0,03*
Body fat (%)	14,90 <sup>§</sup>	19,10 <sup>§</sup>	2.10 <sup>-3 §, *</sup>	17,46	16,43	0,06
Muscle mass (Kg)	67,80	67,30	0,46	67,9 <sup>§</sup>	68,8 <sup>§</sup>	0,02 <sup>§,*</sup>