

Enhancing Adolescents' Engagement with eHealth: Protocol for The Triple E Project

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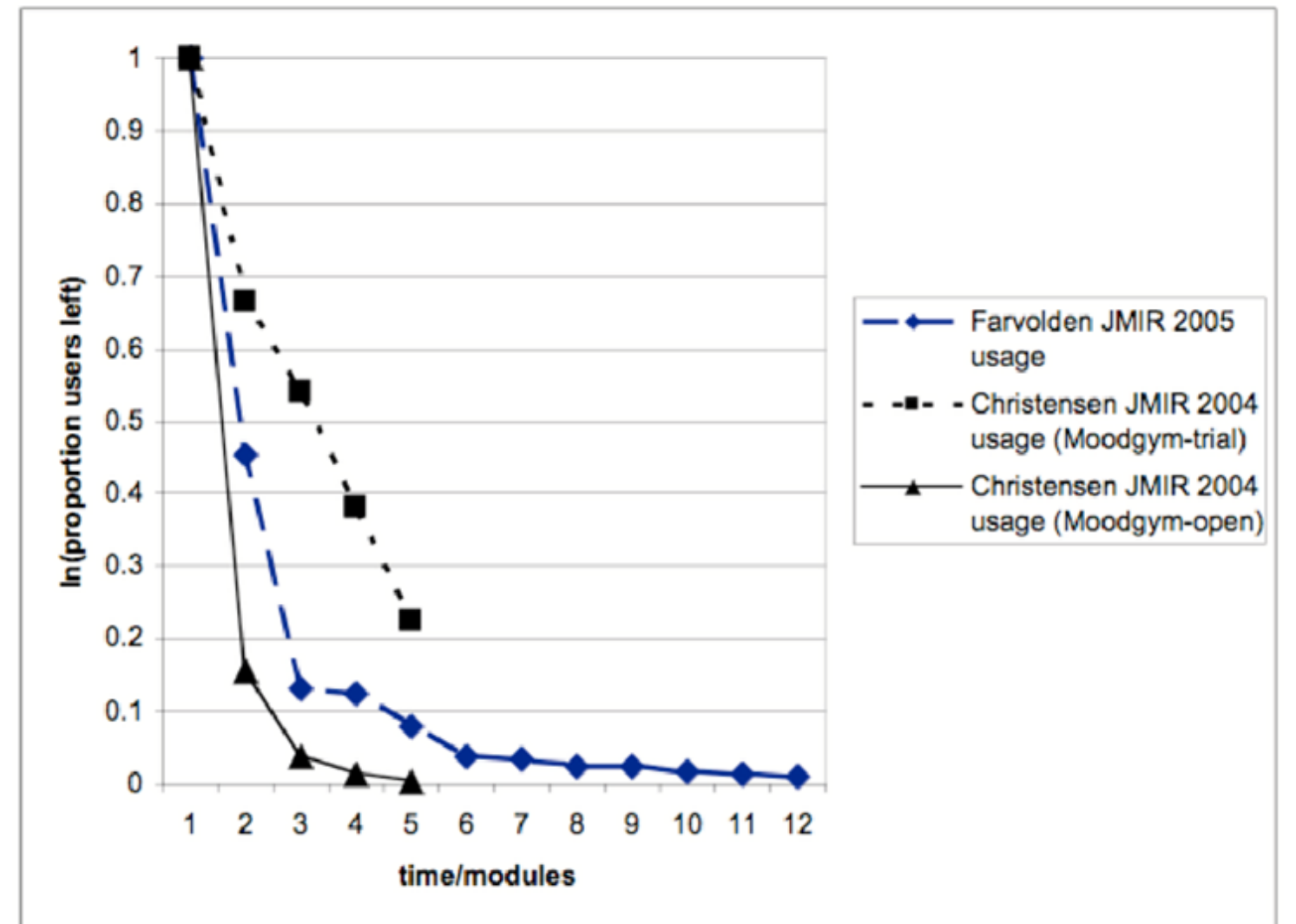
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Background

Digital health interventions have potential to overcome barriers adolescents face in accessing healthcare.

However, use of digital health interventions drops substantially after initial use - the "Law of Attrition" - in clinical trials and the real world.

The Law of Attrition (Eysenbach, 2005)



Key Question

Can different (engagement) strategies increase use of a digital health intervention in adolescents?

Design

- 2x2x2 factorial experiment
- Baseline and 3 month follow-up

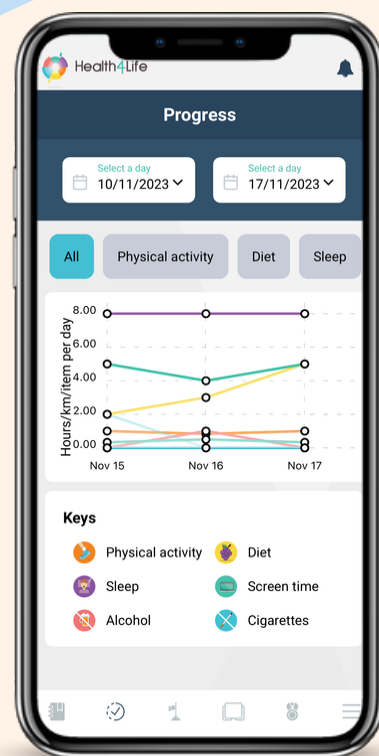
Outcome

- App engagement measured by the Engagement Index (Taki et al., 2017)

336 Adolescents

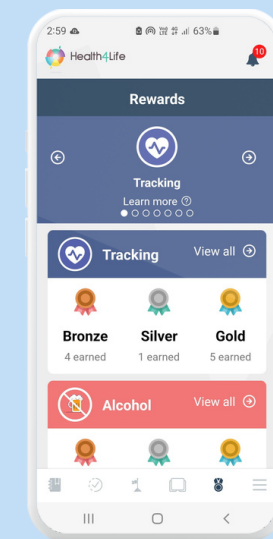
Digital health behaviour change app

Combination of 4 engagement strategies



App targets key health behaviours: physical activity, sleep, diet, exercise, alcohol consumption, and smoking.

App features include: learning modules, goal-setting, and self-monitoring.



Gamification



Health Coach



Parent Resources

Good morning! ☀️ Did you get a good sleep last night? Try logging it in the Health4Life app so you can see how much sleep you're getting every day!

SMS Messages