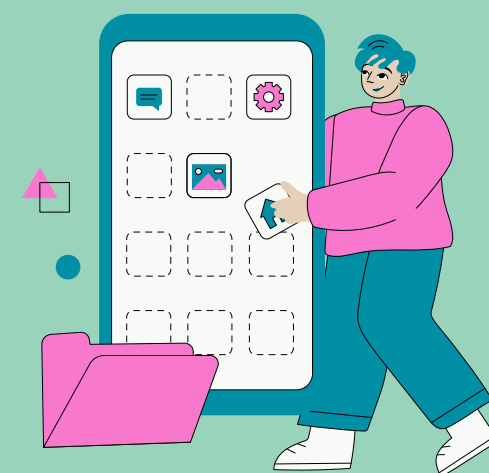
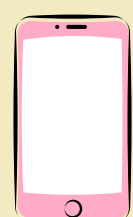


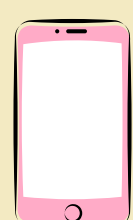
“Just having contact with my dietician and doctor all the time via an app, where I could just send a message going, hey, you know, this is what I am doing. Is this, okay? And if they replied by like next day, you know, that would be helpful.”



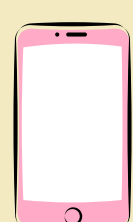
The role of smartphone applications in preventing Type 2 diabetes: a qualitative study



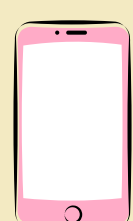
Background: Prevention of type 2 diabetes among high-risk patients is required to reduce the burden of disease. There is a lack of qualitative studies exploring the role of smartphone apps influencing the health behaviors of patients at risk of developing type 2 diabetes.



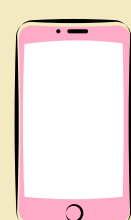
Objectives: To understand patient perspectives on smartphone apps in promoting healthy behaviors such as increased physical activity, improved diet and weight loss.



Methods: A qualitative study was conducted among patients attending Mt Druitt Medical Centre in Sydney, Australia. Patients with an elevated risk of developing type 2 diabetes were recruited after informed consent. Semi-structured telephone interviews were conducted from May to July 2020 due to physical restrictions during the COVID-19 pandemic. The interviews were audio recorded and took place until data saturation was reached. Transcripts were transcribed and thematically analyzed in NVivo.



Results: 10 participants consented to the interview. The findings reveal the relevance of app features supporting healthy lifestyles, and by reinforcing patient-clinician communication and automated tracking, educational content in essential in improving knowledge, motivation, and self-management.



Conclusion: Highly valued features by patients included automated and personalized self-monitoring, educational content, patient-clinician communication and clinician recommendation.



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