Apps Your Health: CyberMedicine Improves Exercise Habit for Patients with Type-1 DM
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Introduction
Developing conscious health promoting behaviours in vital for the ill-health management for patients with Type-1 DM. How to promote the habits of regular exercise and self-regulated diet is thus a challenge to health care professionals. The idea drawn from health psychology on goal settings and behavioural intervention on regular remindings was implemented into a one-year weekly online questionnaire that could be filled on computers or cell phones. It is aimed that in addition to psychoeducation sessions and regular OPD follow-ups, such measures could provide a more individualized regime for patients to reflect and to attune their personal health goals regularly, and thus enhance health outcomes.

Objectives
1. To improve health promoting behaviours
2. To improve health indexes

Methodology
6 groups of DM patients were divided into treatment group (n=41) and treatment-as-usual control (n=37), with comparable demographic background and health conditions. The treatment group would have an engagement/briefing session and after that weekly receive a link for a goal review questionnaire consisting of 7 items targeting their commitment to exercise and diet goals. The behavioural outcomes are measured by questionnaires and their health indexes were referenced to CMS records. A 2 x 2 within-subject ANOVA was used to analyze the data and interaction of group x time was used to indicate treatment-specific effect.

Result
It is found that in the half-year review, treatment group showed improvement in their commitment to diet and exercise although it did not reach statistical significance. The time spent in exercise weekly had a net increase of 39.5% or on average increased by
1.04 hour/week. Improvement in BP diastolic was found (p<.01). Time effect of overall drop in importance of exercise rating (p<.05), BP systolic (p<.05), and body weight (p<.05) was also noted. The preliminary result suggested that the weekly buzzing led to behavioural change with some impact on measured indexes.