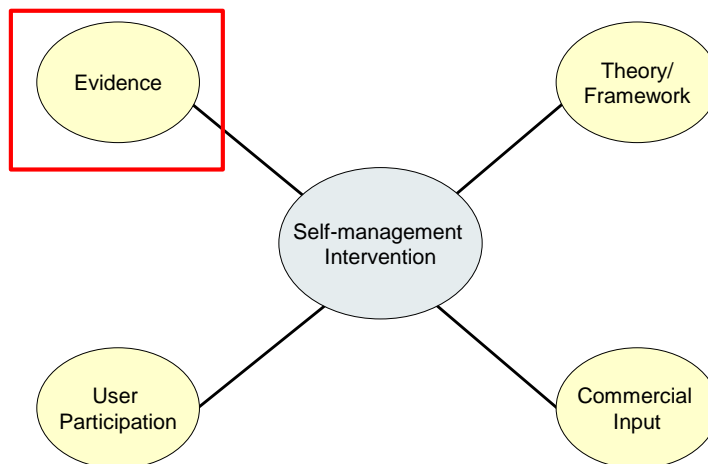


A Cochrane Systematic Review Of Computer-based Diabetes Self- management Interventions For Adults With Type 2 Diabetes

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Developing an internet based self-management intervention for people with type 2 diabetes



Background

- Diabetes affects up to 350 million people around the world
- Complications of diabetes are a leading contributor to morbidity and mortality for millions
- Self-management education can reduce the risk of complications
- Self-reported attendance rates for face-to-face education are often low
- Computer-based interventions could potentially provide a cost-effective option for self-management education.

Objective

“To assess the effects on health status and health-related quality of life of computer-based diabetes self-management interventions for adults with type 2 diabetes mellitus.”

Primary outcomes:

1. Health related quality of life
2. Death from any cause
3. HbA1c

Methods

- Six electronic bibliographic databases were searched to identify relevant studies.
- Three other databases were searched for grey literature.
- The searches were run from inception to November 2011.
- Reference lists from relevant published studies were screened and authors contacted for further information when required

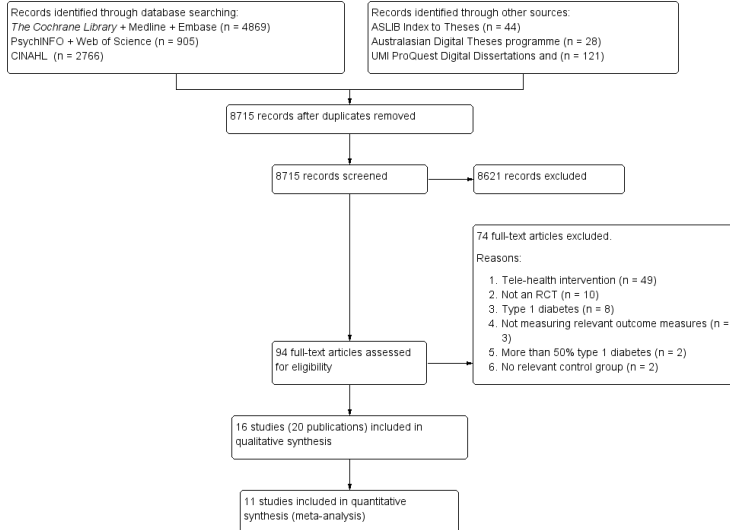
Inclusion criteria

- RCTs
- Interventions that interacted with users to generate tailored content that aimed to improve one or more diabetes self-management domains
- Published in any language

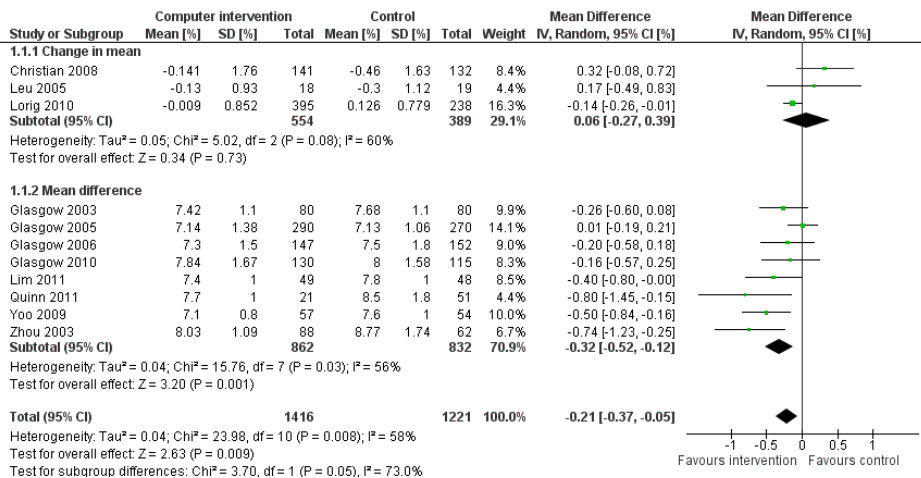
Exclusion criteria

- Studies involving children or only patients with type 1 diabetes
- Interventions that did not fit our definition of a self-management intervention e.g. telehealth interventions

Results: PRISMA flow diagram



Results: HbA1c



Results: summary of other findings

- The effect size on HbA1c was larger in the mobile phone subgroup
- Current interventions do not show adequate evidence for improving depression, health-related quality of life or weight
- One participant withdrew because of anxiety but there were no other documented adverse effects
- Two studies provided limited cost-effectiveness data

Conclusions

- Computer-based diabetes self-management interventions to manage type 2 diabetes appear to have a small short term beneficial effect on blood glucose control
- The effect was larger in the mobile phone subgroup
- Better interventions are needed to help sustained behaviour change in different areas such as eating habits, physical activity and medication use

**Thank you
Any questions?**



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