

Mobile health (mHealth) interventions to support self-management
in HIV: a systematic review

V. Cooper^{1,2}, J. Clatworthy¹, J Whetham¹ on behalf of the EmERGE consortium

¹Brighton and Sussex University Hospitals NHS Trust, Brighton, UK; ²The Research Unit, Brighton, UK

vanessa@theresearchunit.info
Jennifer.Whetham@bsuh.nhs.uk

Background

- Mobile technologies offer the potential to efficiently deliver interventions to facilitate HIV self-management
- The last comprehensive review of HIV mHealth interventions was conducted in 2011 [1]
- This study aimed to describe and evaluate current evidence-based mHealth interventions to support self-management in HIV

Method

- **Databases** (Medline, Scopus, Embase, PsycINFO, Cochrane, Global Health CAB, IEEE explore, Web of Science) and reference lists searched
- **Search terms** (mHealth OR mobile phone* OR handheld device* OR cellular phone* or mobile device* OR handheld computer* OR iPad* OR android tablet* or smart device* OR smart phone*) AND (HIV or Human Immunodeficiency Virus)
- Searches limited to January 2012 onwards
- Data on intervention content and evaluation methodology extracted and appraised by two researchers

- Inclusion criteria**
 - Systematic investigation of mHealth intervention
 - mHealth intervention is HIV-focused
 - Study design and methods described
 - Feasibility, acceptability, patient reported outcomes, adherence and/or cost effectiveness reported
- Exclusion criteria**
 - mHealth is focused on prevention of HIV
 - mHealth is focused on HIV testing
 - mHealth was developed for children
 - mHealth was developed for healthcare workers

Results

