

THE NETWORK: TOWARDS UNITY
FOR HEALTH & FACULTAD DE MEDICINA,
UNAM, PRESENT



THE NETWORK
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



TUFH2020 MEXICO

VIRTUAL CONFERENCE

"PRIMARY HEALTH CARE: A PATH
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED
RESPONSES TO COVID-19

SEPTEMBER 23-25, 2020

#TUFH2020
TUFH2020.COM



TUFH 2020 Abstracts

Title	 EVALAPPS: Is it possible to Assess Overweight and Obesity Health Apps?
Type	Oral Presentation <i>Intersectoral Collaborations and the Social Determinants of Health</i>
Presenting Author	Carme Carrion
Co-Authors	Elisa Puigdomènech, Noemí Robles
Country	Spain
Abstract N°	TUFH128
Content	<p>Background Most downloaded health apps are related to physical exercise and weight control. The EVALAPPS app is an assessment tool for overweight and obesity management apps, based on the evaluation of efficacy, effectiveness and safety. After a previous systematic review and a Delphi study, the EVALAPPS tool has been co-created and already tested. Methods Overweight/obese adult patients attending an endocrinology clinical setting were asked to use apps as a helping strategy in their aim to lose and control weight. They are attended by a multidisciplinary team including physicians, nurses, nutritionists and physiotherapists. Three apps were selected and randomized to each participant. After using the app for 2 weeks, they were invited to assess its effectiveness, efficacy and safety with EVALAPPS app. The tool includes 53 criteria grouped in 7 domains. A qualitative study is being undertaken to gather deeper insights. Results Thirty patients have been recruited. The trial shows for each of the three evaluated apps the number of domains and criteria that could be evaluated, the scores of each domain evaluated and a mean quality score for each app. A more qualitative feedback regarding strengths, limitations and improvements of the EVALAPPS is being gathered through in-deep semi structured interviews. Conclusions Content and look-and-field of the EVALAPPS tool were previously defined. Feedback from final users (patients) will be considered in order to improve usability and feasibility of the tool. A final version of the app will be further developed and tested among general population.</p>