

# Analytic Framework: Cardiovascular Disease: Mobile Health (mHealth) Interventions for Treatment Adherence among Newly Diagnosed Patients

## Mobile Health Interventions for CVD Treatment Adherence

Digital communications to patients providing:

- Reminders for medications, appointments, or treatment goals
- Adherence information + encouragement

### Key potential effect modifiers

- Mobile health type and content
- Additional intervention components
- Client characteristics: SES; race/ethnicity

### Potential additional benefits

- None identified

### Potential harms

- Digital communications as a source of distraction

Recruited patients with a new diagnosis of cardiovascular disease

Increased patient motivation to adhere to treatments and reduce future risk for cardiovascular events

### Improved Adherence

- Medications
- Treatment plan (one or more of the following)
  - Medications
  - Clinical care appointments
  - CVD risk factor management (such as graduated physical activity)

### Improved Intermediate Health Outcomes

- Blood pressure control
- Lipid control
- Weight loss or control
- Smoking cessation
- Fitness

Reduced Morbidity

Reduced Mortality

Improved Appropriate Utilization of Health Care

Improved quality of life