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

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 Quality of Life

Improved Appropriate Utilization of Health Care

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

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