



# With Heart

**Zhe Xu**



## **With Heart:**

*Supporting physical activity in people with heart failure* Andreas Blomqvist, 2024-10-04

Background Heart failure is a common disease affecting well over 20 million people worldwide. In addition to pharmacological therapy, self care is efficacious in improving prognosis and generating symptom relief in this population, and one important part of self care behaviour is physical activity. Physical inactivity and sedentary behaviour negatively affect prognosis for the heart failure population, but achieving sustained behaviour change relating to physical activity is challenging. There is research published on how to positively influence behaviours relating to physical activity, and one means by which this can be achieved is using mobile health applications. One such mobile health tool which is designed to enhance self care behaviour is called Optilogg, and it constitutes an appropriate platform on which to develop a novel tool to address sedentary behaviour and physical inactivity.

**Aim** The aim of this thesis was to develop and evaluate tools for assessing and supporting physical activity in patients with heart failure.

**Methods** This thesis describes the development and testing of two tools through four scientific studies employing both quantitative and qualitative methods of data collection and analyses.

**Study I** n 106 was a cross sectional study to test a single item self report screening tool for identifying physically inactive people with heart failure.

**Study II** n 10 describes the mixed method evaluation of the intervention tool called the Activity Coach, along with the development process.

**Studies III and IV** served to evaluate the Activity Coach in terms of study design, potential outcomes, and user experiences.

**Study III** n 20 was a pilot randomized controlled clinical trial, and **Study IV** n 10 a qualitative study using thematic analysis.

**Results** The screening tool studied in Study I had a high specificity (92%) but low sensitivity (30%) in correctly identifying physically inactive people, and correlated significantly ( $p = 0.016$ ) with an objective measure of physical activity. The whole development process of the Activity Coach took 76 months, with the process of defining and implementing it taking 21 months. Key development elements included co design, defining factor action pairs, intervention theory, and mixed method evaluations.

The mixed methods analyses in Study II showed an acceptable system adherence of 61%, and that it could increase motivation to be physically active, but that user selection likely matters, and too physically active people should not be targeted.

The pilot randomized controlled clinical trial in Study III showed that recruiting people for this type of study, while also screening for physical inactivity, was challenging, with a recruitment rate of 22%. There were significant effects on subjective goal attainment and health related quality of life, and a trend towards reduced sedentary behaviour. Following improvements made prior to Study III, the system adherence increased to 69%.

The qualitative analysis in Study IV showed that the Activity Coach was user friendly, increased motivation to be physically active, and that users experienced positive effects on physical health and emotional well being.

**Conclusions** A single item self report screening tool may be used to identify those in extra need of intervention. A pilot trial showed challenges in recruiting participants. It also showed high system adherence and potential benefits in subjective goal attainment and health related quality of life. Qualitative analyses of user experience

highlighted perceptions of user friendliness and a sense of enhanced well being Further validation and updates are recommended before a full efficacy trial is undertaken

Bakgrund Hj rtsvikt r en mycket vanlig sjukdom med ver 20 miljoner m nnskor drabbade v rlden ver F rutom farmakologisk behandling r egenv rd mycket effektivt i denna population och en viktig del av egenv rdsbeteendet r fysisk aktivitet Fysisk inaktivitet och stillasittande beteende p verkar prognosen negativt f r personer med hj rtsvikt men att uppn varaktig beteendef r ndrning r rande fysisk aktivitet r utmanande Det finns dock mycket forskning publicerad om hur man kan p verka beteenden relaterade till fysisk aktivitet positivt och ett s tt att uppn detta r genom anv ndning av mobilh lsoappar Ett dylikt verktyg som r utformat f r att f rb ttra egenv rdsbeteendet kallas Optilogg och utg r en l mplig plattform f r att utveckla ett nytt verktyg f r att hantera stillasittande beteende och fysisk inaktivitet Syfte Syftet med denna avhandling var att utveckla och utv rdera verktyg f r att bed ma och st dja fysisk aktivitet hos patienter med hj rtsvikt Metoder Denna avhandling beskriver utvecklingen och testningen av tv verktyg genom fyra vetenskapliga studier anv ndandes b de kvantitativa och kvalitativa metoder f r datainsamling och analys Studie I n 106 var en tv rsnittsstudie f r att testa ett sj lvrapporeringsverktyg f r att identifiera fysiskt inaktiva personer med hj rtsvikt Studie II n 10 beskriver utv rderingen av utvecklingen av interventionsverktyget kallat Aktivitetscoachen tillsammans med sj lva utvecklingsprocessen Studie III n 20 var en pilot randomiserad kontrollerad klinisk studie och Studie IV n 10 en kvalitativ studie med tematisk analys och dessa tv studier tj nade till att utv rdera Aktivitetscoachen avseende studiedesign potentiella utfall och anv ndarupplevelser Resultat Det unders kta screeningsverktyget Studie I hade en h g specificitet 92% men l g sensitivitet 30% sett till att korrekt identifiera fysiskt inaktiva personer och korrelerade signifikant 0 24 p 0 016 med ett objektivi m tt p fysisk aktivitet Hela utvecklingsprocessen av Aktivitetscoachen tog 76 m nader och att definiera och implementera den tog 21 m nader Kvantitativa och kvalitativa analyser efter utvecklingen Studie II visade p en acceptabel systemf ljsamhet p 61% och att Aktivitetscoachen kunde ka motivationen att vara fysiskt aktiv men att urvalet av anv ndare sannolikt r viktigt och att fysiskt aktiva personer inte b r utrustas med verktyget Den pilot randomiserade kontrollerade kliniska studien Studie III visade att det var utmanande att rekrytera personer till denna typ av studie samtidigt som man screenade f r fysisk inaktivitet och uppn dde en rekryteringsgrad p 22% Det fanns signifikanta effekter p subjektiv m luppfyllelse och h lsorelaterad livskvalitet samt en trend mot minskat stillasittande F rb ttringar av Aktivitetscoachen inf r Studie III medf rde kad systemf ljsamhet till 69% Den kvalitativa analysen Studie IV visade att Aktivitetscoachen var anv ndarv nlig kade motivationen att vara fysiskt aktiv och att anv ndarna upplevde positiva effekter p fysisk h lsa och k nslom ssigt v lbeffinande Slutsatser Ett sj lvrapporeringsverktyg baserat p en screening fr ga kan anv ndas f r att identifiera de som r i extra behov av st d kopplat till sin fysiska aktivitetsniv Mobilh lsoappen Aktivitetscoachen utvecklades baserat p vetenskapliga metoder f r att fr mja fysisk aktivitet Viktiga utvecklingsmoment inkluderade samskapande definiering av faktor handlingspar interventionsteori och utv rderingar med kvantitativa och kvalitativa metoder En pilotstudie visade

utmaningar i att rekrytera deltagare Den visade också hög systemförlisamhet och potentiella fördelar i subjektiv mottagbarhet och hörsorelaterad livskvalitet Kvalitativ analys av användarupplevelser avslöjade hög upplevd användbarhet och positiva upplevelser med avseende på välbefinnande Vidare validering och uppdateringar rekommenderas innan en fullskalig studie med syfte att bekräfta effekt genomförs

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