



# With Heart

**Karl Vilhelm Arminen**



## **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

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