The **mHealth** strategy that was **effective** in controlling blood glucose in **type 2 diabetes** patients was a multimodal intervention comprising treatment advice/education, treatment adherence/reminder methods, and patient monitoring (SCOPING REVIEW)

### Methods

1. Arksey and O’Malley’s method was adopted for this review.
2. Ovid MEDLINE and Ovid EMBASE database were searched from inception until April 2018.
3. Two reviewers independently screened, selected, and charted studies using a piloted charting from.
4. Discrepancies were resolved by consensus, and resulted were collated, summarized, and thematically analyzed.

### Key Results

- The final studies (N=81) related to mHealth interventions included systematic reviews/meta-analyses on clinical effectiveness (n=64), usability (n=14), and behavioral outcomes (n=47).
- The commonest mHealth intervention subtypes for type 2 diabetes care were patient monitoring (53/163, 32.5%), treatment adherence (50/163, 30.7%), and diabetes-related advice/education (34/163, 20.9%).
- The mHealth strategy that was effective in controlling blood glucose in type 2 diabetes patients was a multimodal intervention comprising treatment advice/education, treatment adherence/reminder methods, and patient monitoring.

Effectiveness of mHealth Intervention for Patients with T2D: a Scoping Review

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