

NOVEL DIGITAL HEALTH TOOLS IMPROVE CLINICAL OUTCOMES IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE: PRELIMINARY RESULTS

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A randomized controlled trial of 20 patients with inflammatory bowel disease in remission found that an 8-week digital health platform intervention with health coaching led to significant improvements in anxiety risk, screen time, sitting time, well-being, and diet quality.

KEY POINTS

- The intervention group (n=10) received access to the LyfeMD mobile app and a health coach for 8 weeks, while the control group (n=10) received standard care.
- After 8 weeks, the intervention group showed significant improvements in anxiety risk (mean change -1.9/21), screen time (mean change -7.2 hours/week), sitting hours (mean change -10.6 hours/week), and overall well-being (mean change +12.5/100).
- At week 12, the intervention group demonstrated significant improvements in overall diet quality (mean change +12.2/100) and moderation scores (mean change +5.6/50).
- Significant between-group differences were observed for sitting time and the moderation component of the healthy eating index.
- Study limitations include small sample size (20 participants total, 80% with Crohn's disease, 65% female, mean age 45.3 years) and conflicts of interest with authors as cofounders of LyfeMD.

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