

# OP089 - Satisfaction with mySugr in the intervention group of a randomized controlled trial (ID 874)

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## Background and Aims

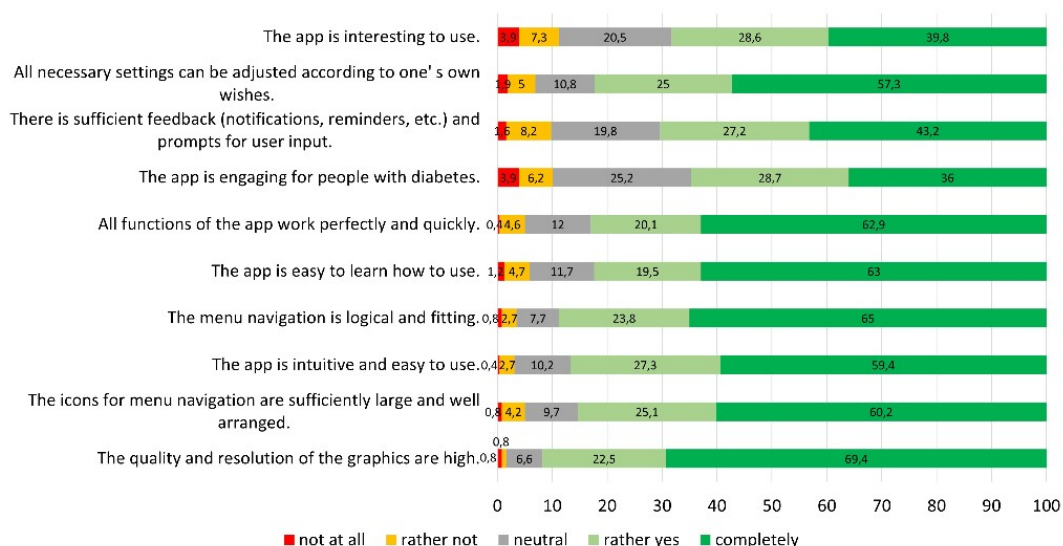
The mySugr app is a digital tool for diabetes self-management. Its efficacy is being tested in a randomized controlled study (RCT). Satisfaction with the app was assessed in the intervention group receiving the app.

## Methods

A total of 424 people were included in the RCT with 282 being randomized (2:1 randomization) to the intervention group using the app for 3 months (age: 51.2±14.6 years; 13.1% type 1, 66.7% type 2, 20.2% gestational diabetes; diabetes duration: 9.1±10.1 years; HbA1c: 7.06±1.50%). Satisfaction with mySugr was assessed with an adapted version of the Mobile App Rating Scale (MARS). Mean MARS scores were calculated (range: 1-5) with higher scores indicating higher satisfaction.

## Results

Overall satisfaction was very high with a mean MARS score of 4.3±0.7. Responses to single items are shown in the figure. 64.7% of participants agreed that the app is appealing for people with diabetes and 82.5% agreed that the app is easy to use. Individualization of the app was rated very positively with 82.3% saying that all necessary settings can be adjusted to one's own needs. Satisfaction was highest in women with gestational diabetes (4.5±0.5), followed by people with type 1 diabetes (4.3±0.6) and people with type 2 diabetes (4.2±0.7).



## Conclusions

Participants in the intervention group that were randomized to using mySugr for 3 months and who have not used the app before the study were highly satisfied with the app. Satisfaction was high in all diabetes types with women with gestational diabetes having the highest satisfaction.