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# View Abstract

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**CONTROL ID:** 3758847

**TITLE:** Feasibility of the Elena+ Care for COVID-19 Pandemic Lifestyle Care Intervention

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**PRESENTATION PREFERENCE:** Oral

**CURRENT PRIMARY TOPIC:** Mobile health

**CURRENT SECONDARY TOPIC:** Next generation interventions & technology

**ABSTRACT BODY:**

**Context:** During the COVID-19 pandemic, large segments of the population were forced to stay indoors and socially isolated for prolonged periods. We developed Elena+, a smartphone-based and conversational agent (CA) delivered pandemic lifestyle intervention to support people with their health behaviours and mental wellbeing during this time. This presentation will describe the feasibility of the intervention in terms of reach, uptake, usage, and preliminary effectiveness in changing health outcomes.

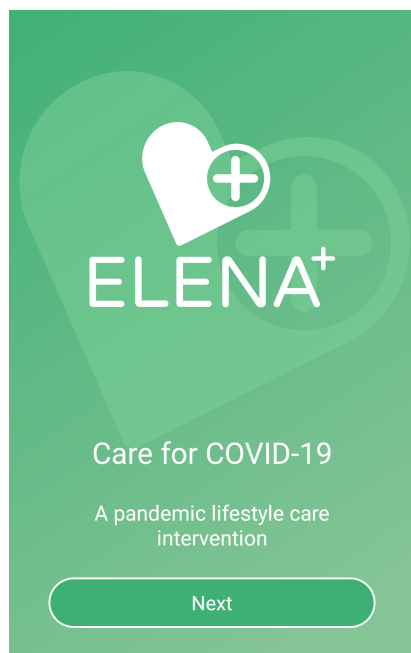
**Methods:** Elena+ was released for iOS and Android platforms in the United Kingdom, Ireland, and Switzerland in June 2020, and has been available for Android devices in the United States, Spain, Mexico, and Colombia since February 2021. To use the app, participants had to: (i) be 18 years old or older, (ii) accept the app terms and conditions, and (iii) provide informed consent for research purposes. Sociodemographic data to describe the population reach, and health outcome data related to Covid-19, physical activity, anxiety, depression, sleep, and diet were collected between June 2020 and April 2022.

**Intervention (if relevant):** The Elena+ app uses a CA to lead individuals through a series of coaching sessions consisting of psychoeducational materials, behaviour change activities, behavioural intentions and goal formation. Different interventions have been implemented in order to: (i) promote engagement with the Elena+ app; and (ii) enhance the potential for delivering pandemic lifestyle health outcomes. Various theory-driven and practice-led approaches from various fields were combined when creating the intervention design for Elena+, and coaching materials were tailored accordingly.

**Results:** In total, 1976 participants completed one or more coaching sessions in the Elena+ app, distributed across the following sub-topics: Covid-19 (n=198, 10.0%), physical activity (n=271, 13.7%), sleep (n=374, 18.9%), mental health resources (n=337, 17.0%), anxiety (n=502, 25.4%) and, diet (n=225, 11.3%). Participants were aged between 20 and 80 years old and the majority were female (62.8%). Users who completed more subtopics were primarily in education; vocational training (30%), bachelor student (30%). More topics were completed among those reporting poor health status (30%) compared to those reporting good health status (22.5%). Of those participants continuing to use the app for two or more coaching sessions, over half (58.3%) reported that they had a chronic health condition. Health outcome data are currently being analysed and will be presented at the conference.

**Conclusions:** Elena+ was developed by a multidisciplinary team. The app reached a broad demographic of users and was utilised most by those with chronic health conditions.

**Implications:** Smartphone-based CA-delivered lifestyle interventions may be a feasible, effective and scalable way to reach people in need of health behaviour and mental wellbeing support, and could be applied to address other public health challenges, such as non-communicable diseases and common mental disorders.



<https://elena.plus/>

**Full Manuscript:** No

**BY CHECKING THIS BOX, I AGREE TO PRESENT MY SUBMISSION AT ISRII 11 IF IT IS ACCEPTED:**

Alicia Salamanca-Sanabria : Selected

**Agreement:** Alicia Salamanca-Sanabria: I attest.;Alicia:Salamanca Sanabria | Joseph Ollier: I attest.;Joseph:Ollier | Jacqueline Mair: I attest.;Jacqueline:Mair | Tobias Kowatsch: I attest.;Tobias:Kowatsch

**Commercial Support:** Alicia Salamanca-Sanabria: | Joseph Ollier: | Jacqueline Mair: | Tobias Kowatsch:

**Other Relationships:** Alicia Salamanca-Sanabria: | Joseph Ollier: | Jacqueline Mair: | Tobias Kowatsch:

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