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# Therapeutic adherence in patients with rheumatoid arthritis: associated factors and accompanying communicational levers. Systematic review of the literature and implications for digital m-health communication

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**ICA POST-CONFERENCE ON DIGITAL HEALTH COMMUNICATION: ISSUES AND PERSPECTIVES,  
31 MAY-1 JUNE 2022, DIJON, CIMEOS**

**THERAPEUTIC ADHERENCE IN PATIENTS WITH RHEUMATOID  
ARTHRITIS : ASSOCIATED FACTORS AND ACCOMPAGNYING  
COMMUNICATIONAL LEVERS.**



***SYSTEMATIC LITERATURE REVIEW  
AND IMPLICATIONS FOR DIGITAL M-HEALTH COMMUNICATION.***



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**RESEARCH PROJECT : SAS POLYGIE**

# SUMMARY



- 1. Introduction**
- 2. SLR methodology**
- 3. Results - Explanatory factors associated with ADHm RA**
- 4. Results – Intervention strategies on ADHt RA**
- 5. Conclusion and implications**

# 1. Introduction

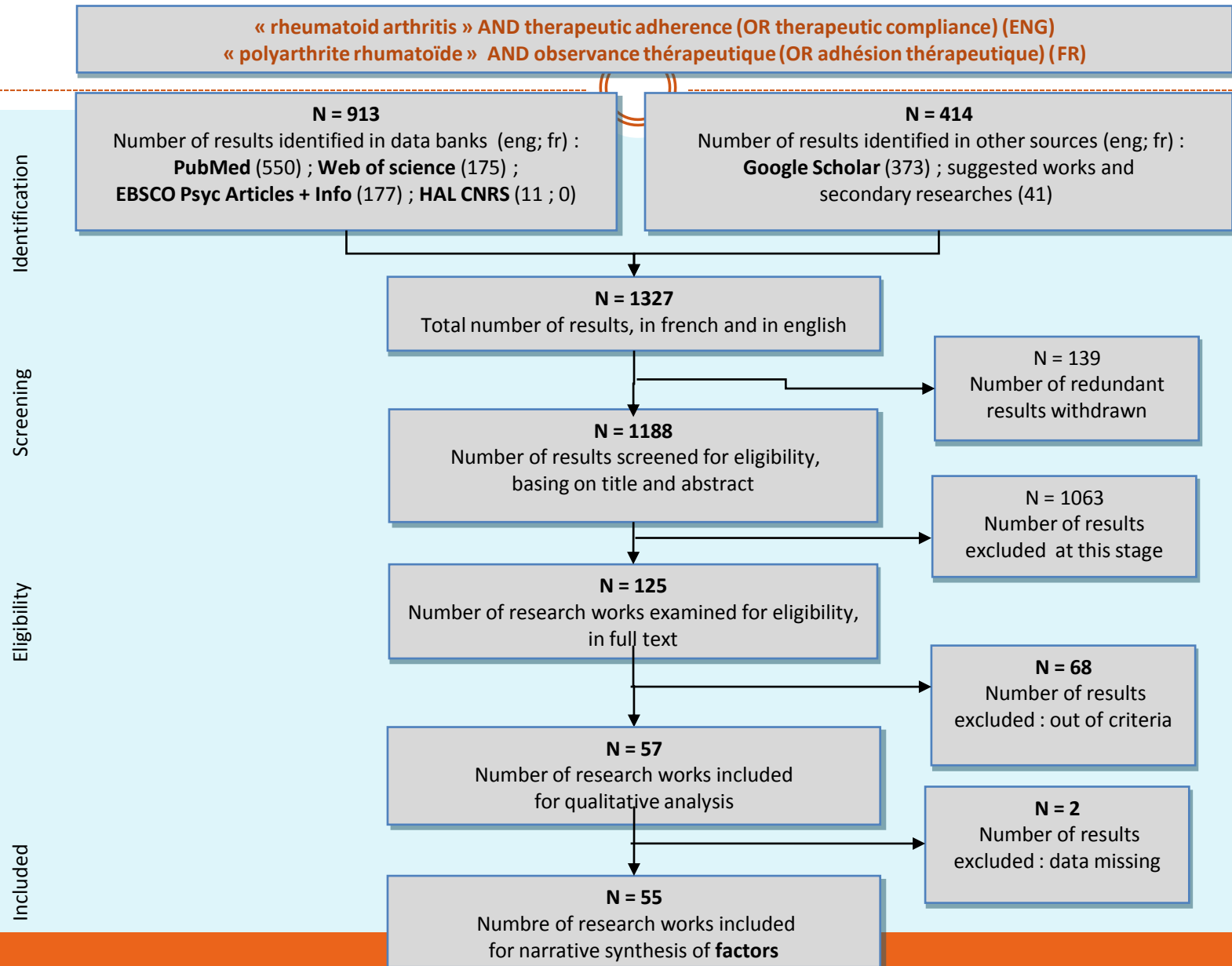


## Problematics of the theoretical study by SLR :

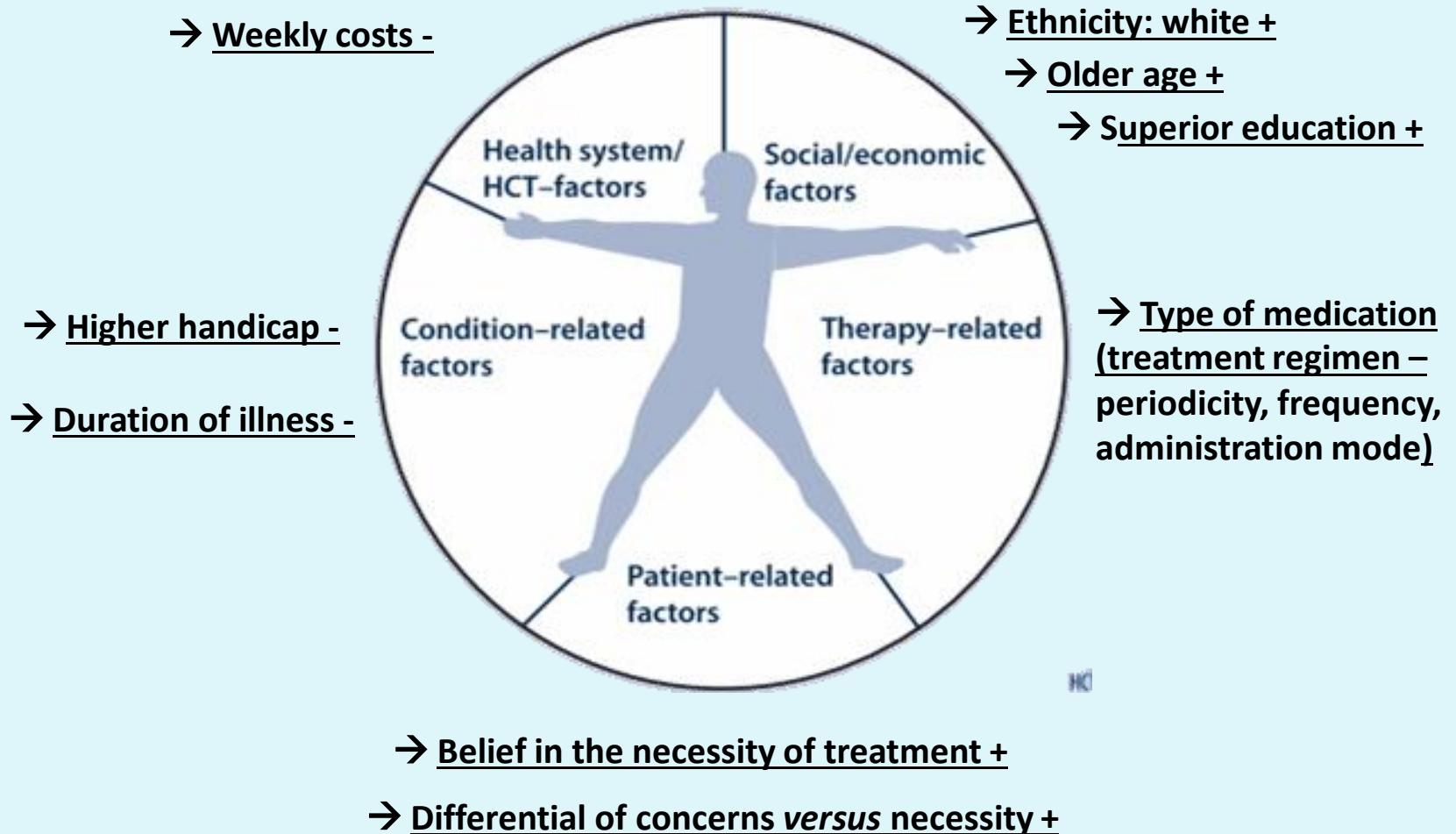
*How to explain (1) and to improve (2)  
the Therapeutic ADHerence in rheumatoid arthritis patients (ADHt RA) ?*

- 1) Systematic synthesis of the results (SLR)  
on **explanatory factors associated** with ADHm in RA
- 2) Classical synthesis of the results  
on existing and potential **intervention strategies associated** with ADHt in RA

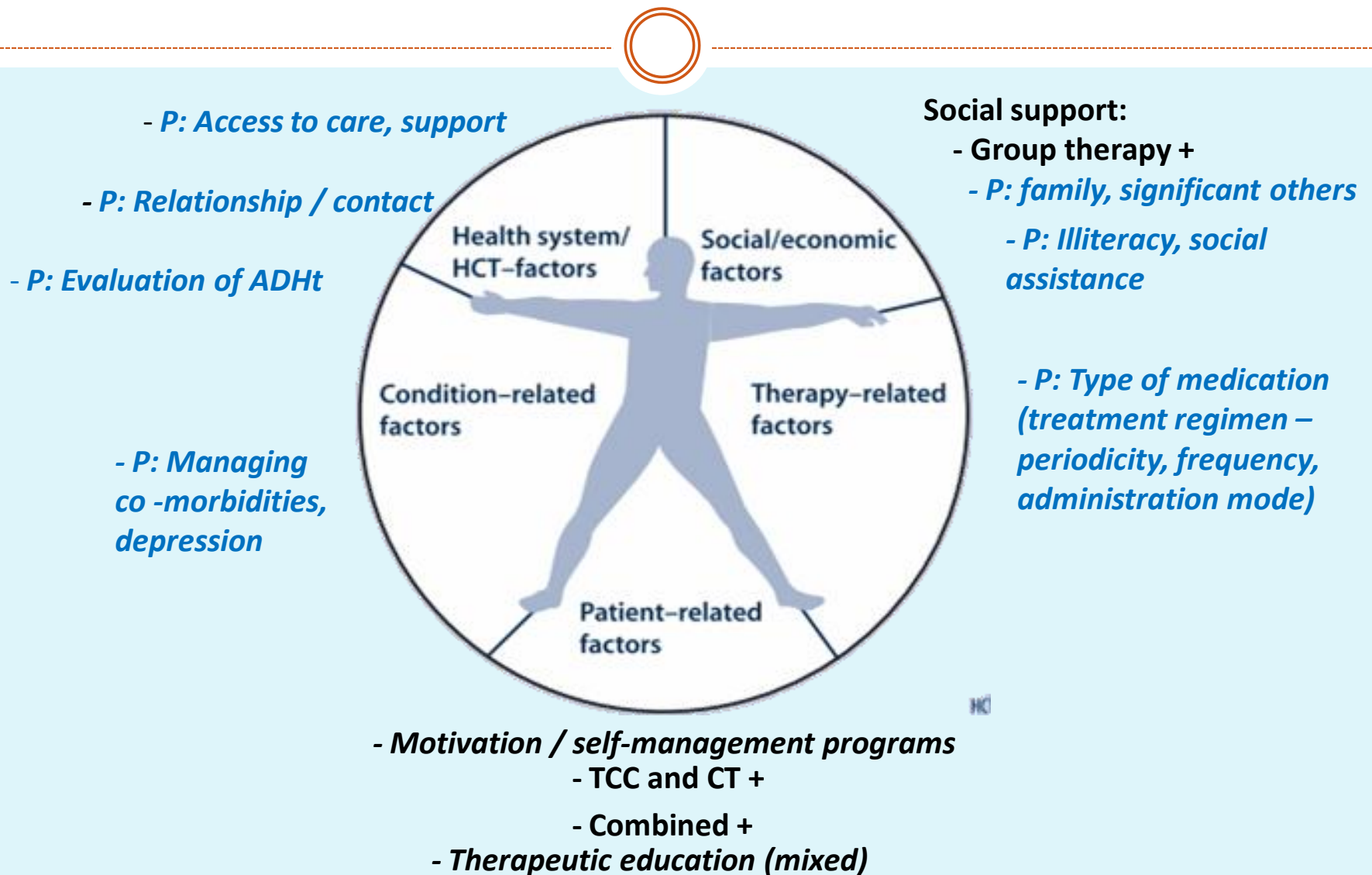
## 2. SLR Method: articles selection, PRISMA model



# 3. Factors associated with ADHm RA



# 4. Intervention strategies associated with ADHt RA



# 4. Intervention strategies associated with ADHm (other chronic diseases)

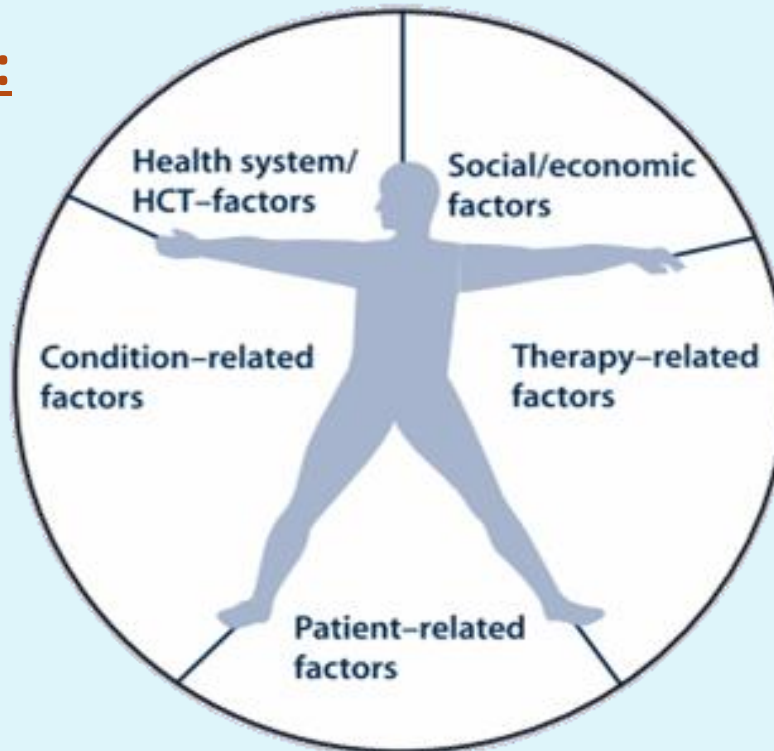


## NTIC and e-health:

→ *Informative sites and apps*

→ *Participatory sites and apps :*

- forums
- self-management
- self-monitoring



## Behavioral sciences and nudges:

→ *Reminders*

→ *Planning*

→ *Financial incentives*

→ *Feedback*



# 5. Conclusion and implications



## Explanatory factors ADHt RA

- Numerous (122 variables) but very unstable results
- No clear results on possible “profile types”, nor a “segmentation” study
- **Furthur exploratory study on “profile types”** could help to better explain the ADHt behaviors
- The existing results still show some avenues for explanation and intervention

## Intervention strategies ADHt RA

- Few results on ADHt RA levers
  - *Some potential strategies* (on other chronic diseases)
- Some results in *digital health* research
- Some few *nudge* research results
- **Further experimental study on *digital nudging*** could help to lever ADHt RA (according to “profile types”),  
based on behavioral and communicational sciences

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M-HEALTH COMMUNICATION***



**THEORETICAL STUDY**

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