

# Blended care interventions to promote physical activity - A systematic review of randomized controlled trials

Hohberg, V., Fuchs, R., Gerber, M., Künzler, G., Paganini, S., Faude, O.

## Background

### Blended care intervention



#### Therapist-guided component

- Therapist-delivered
- Individualized
- Personal contact



#### Digital component

- Machine-powered
- Automated
- No personal contact

## Questions

1. How are blended care interventions **structured**?
2. On what **theoretical basis** are these blended care interventions designed?
3. What are the **effect sizes** of the blended care interventions in terms of increasing physical activity?

## Methods

Systematic review

Randomized controlled trials published from 2000 to March 2021

“physical activity” AND (“eHealth” AND “face-to-face”) OR “blended intervention” AND “randomized controlled trial”

Study characteristics, intervention characteristics, outcome data



# Results

Included

Studies  
n = 25

## Intervention duration

Mean duration: 30 weeks  
Range: 8-52 weeks

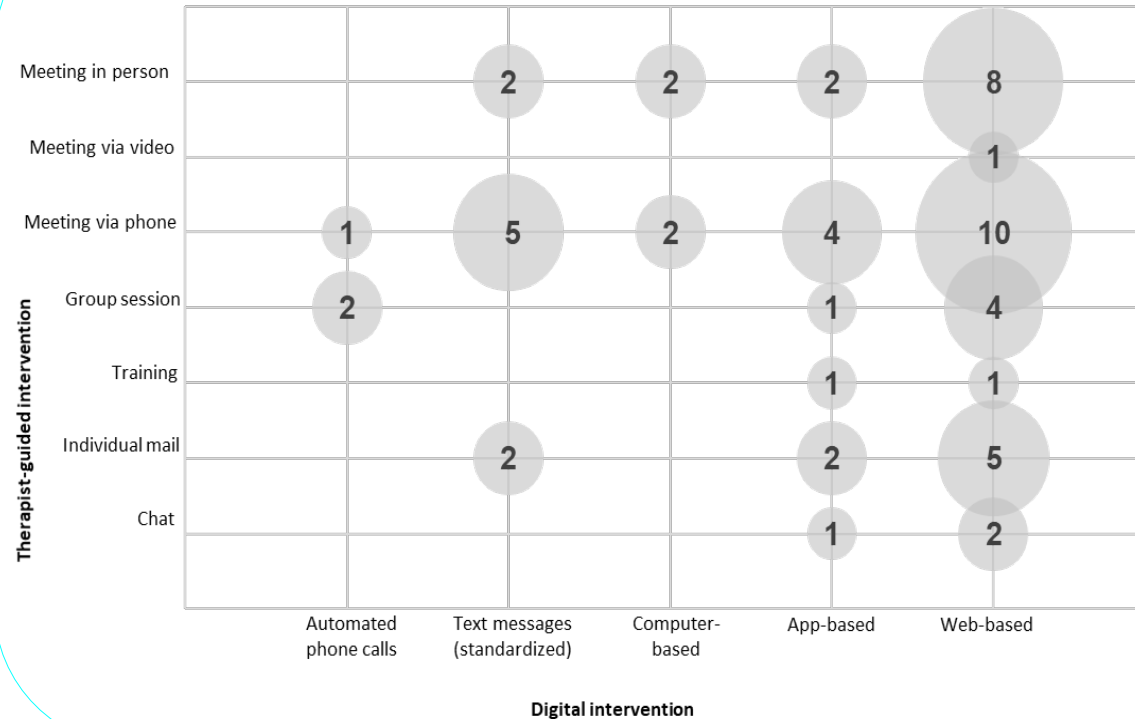


## Type of integration



Parallel integration:  
76% (18/25)

## Intervention components



## Effect size

40%; 10/25: small effect (d = +0.20 to +0.49)  
16%; 4/25: medium to large effect (d = +0.55 to +0.92)

## Target groups

Primary prevention:  
52%; 13/25  
Secondary prevention:  
48%; 12/25

## Behavior goals



48%; 12/25



52%; 13/25

## Behavior change techniques



Problem solving



Self-monitoring