

# **Methods to support self-care utilizing mobile phone applications for middle-aged workers at face-to-face Motivational Specific Health Consultations**

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## **Background**

The Motivational Specific Health Consultation (MSHC), which is a standardized, one-time health consultation used in Japan to prevent lifestyle-related disease, requires improved efficiency. In particular, condensed approach is required for middle-aged workers because of their work-related duties. One way to address this is through mobile phone applications (MPAs) for health promotion, with a growing number of findings validating their benefits. However, consultation methods to support self-care utilizing MPAs at face-to-face consultation like MSHC have not been clarified.

## **Aim of the study**

To clarify consultation methods to support self-care utilizing MPAs for middle-aged workers at MSHC.

## **Methods**

Qualitative descriptive design was employed. Three focus group interviews were conducted with 12 public health nurses, 3 nutritionists, and 1 physician, who conducted MSHCs which introduced the MPA to support self-care, from December 2021 to January 2022. Research questions were the following: What conditions of clients were assessed? What activities were conducted to support self-care utilizing MPAs? Data from descriptions were analysed inductively.

## **Results**

Six core categories were classified: “preparing the manual and devices for self-care utilizing MPAs,” “assessing clients’ readiness to utilize MPAs for self-care,” “explaining the role of MPAs as an as a helpful companion,” “advising to select and utilize MPAs according to clients’ goals,” “drawing the picture of clients’ lives accompanied by MPAs,” and “supporting operation of MPAs according to clients’ digital health literacy (DHL).”

## **Conclusions and implications**

Health care workers are required to understand the operation and pros/cons of MPAs, assess the totality of clients' lifestyle and DHL literacy, and enhance clients' self-efficacy regarding MPAs operation.