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# Effectiveness of m-health based self-management on self-efficacy in patients with cancer: A systematic review and meta-analysis

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**Abstract**

## Author keywords

## Sustainable Development Goals 2023

## SciVal Topics

## Metrics

**Abstract**

**Introduction:** M-health has been developed and tested through studies in various settings and found useful for providing knowledge and experience for nurses in cancer care settings. However, none has synthesized the effectiveness of m-health on self-management of patients with cancer. To evaluate the effect of interventions using mobile-based application on patient's self-management, outcome measures were patients' medical adherence, self-efficacy and self-management level and health literacy. **Methods:** This is a systematic review and meta-analysis that is reported in accordance with the guidelines of the PRISMA statement. A systematic review was conducted in five databases. Randomized controlled trials and quasi-experimental trials evaluating self-efficacy in patients with cancer were included. Critical appraisal was

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performed using the Critical Appraisal Checklist from the Joanna Briggs Institute. Data were synthesized using Review Manager version 4.5. Results: Eight studies were included. There was a significant effect on self-efficacy after interventions using mobile-based applications ( $SMD = 0.36$ , CI 95%, [0.16, 0.56],  $p < 0.00006$ ). Qualitative synthesis shows that the use of m-health can improve changes in health behavior, health literacy and physical activity. Conclusions: M-health-based self-management interventions may improve self-efficacy in cancer patients. Meanwhile, changes in health behavior in patients can be significantly improved using m-health-based self-management. M-health can be integrated into health services for the management of patients with cancer. © 2023 Jurnal Ners.

#### Author keywords

cancer; m-health; self-management; systematic review

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