



Taking action to
improve health for all



Feasibility and acceptability of a mobile-assisted screening and brief intervention for multiple health behaviors in medical settings

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#EHMA2025

Make Every Contact Count (MECC)



Public Health England, NHS England and Health Education England, 2016

**Make every interaction
with a healthcare
professional an
opportunity to promote
healthy behaviors**

CliniCAP: Multi-behavioral screening & brief intervention

Self-monitoring of habits:

- Eating habits (ABENA)
- Physical activity (IPAQ)
- Alcohol (AUDIT-C)
- Tobacco



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Personalized feedback:

- Feedback score on 18 points
- Gap analysis between habits and recommendations
- Give the results to the patient and discuss about them



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Motivational interviewing:

- Reminder of the recommendations
- Create interest in change and guide the patient towards his or her own reasons for change



CliniCAP: Personalized feedback

4 Point(s) OK

5 Point(s) à améliorer

4 Point(s) d'attention

5 Sans réponse

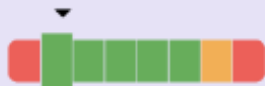
PRODUITS CÉRÉALIERS NON COMPLETS

👍 Recommandations :

Il est recommandé de limiter les produits céréaliers non-complets à un par repas

👤 Mon profil :

- une fois par semaine ou moins



PRODUITS LAITIERS

👍 Recommandations :

2 produits laitiers par jour

👤 Mon profil :

- 2 fois par jour



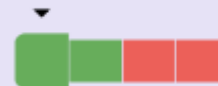
BOISSONS

👍 Recommandations :

Il est recommandé de limiter les boissons sucrées

👤 Mon profil :

- Vous buvez : Uniquement de l'eau sans ajout



ACTIVITÉS PHYSIQUES

FRUITS ET LÉGUMES

LÉGUMES SECS

Objectives

- **To assess the feasibility of ClinICAP in clinical consultations for chronic diseases**
- **To collect users' opinions to identify potential refinements**
- **To investigate patients' behaviors and intention to change**



Method

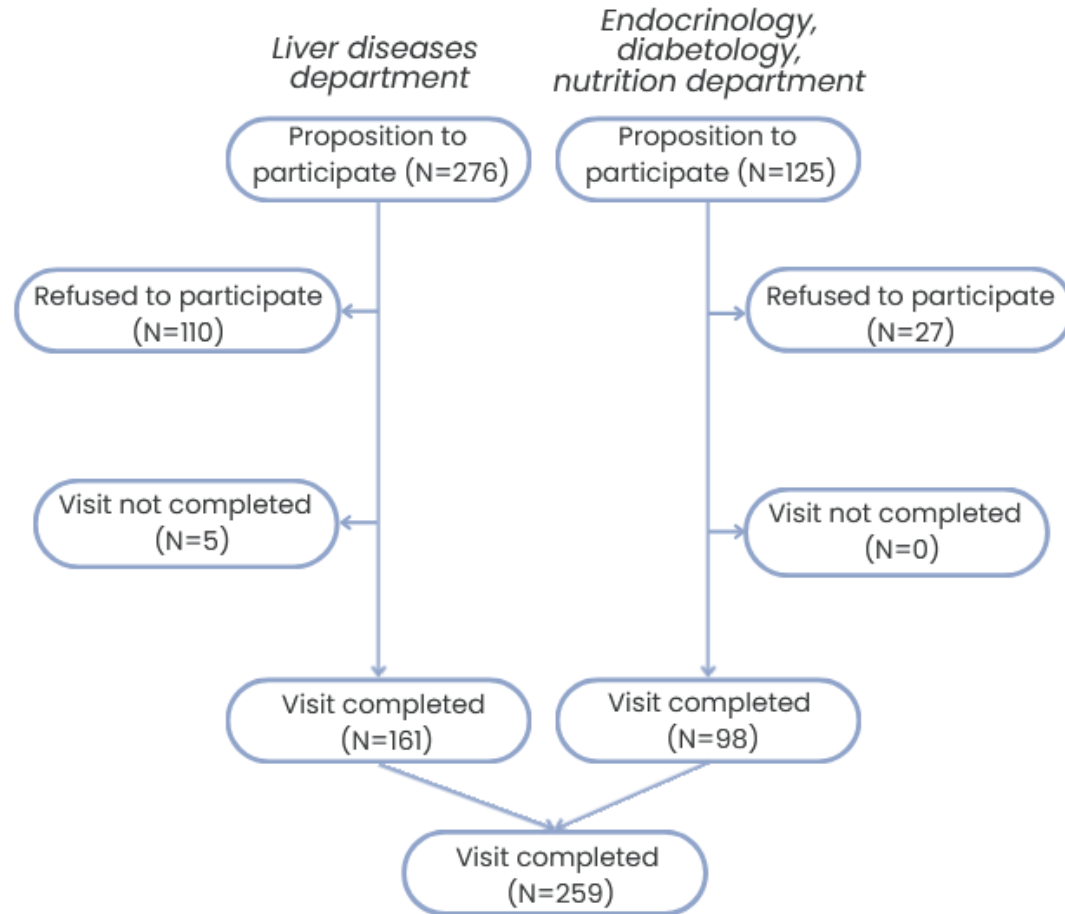


Recruitment: Patients attending visit in the liver diseases and endocrinology, diabetology and nutrition departments at Rennes University Hospital (January-April 2022; April-October 2023).

Procedure: CliniCAP procedure with individual face-to-face interview with a research counsellor.

Results

Study flowchart



Results



259 participants



53% of
women



51 years
old (± 17)



10 minutes

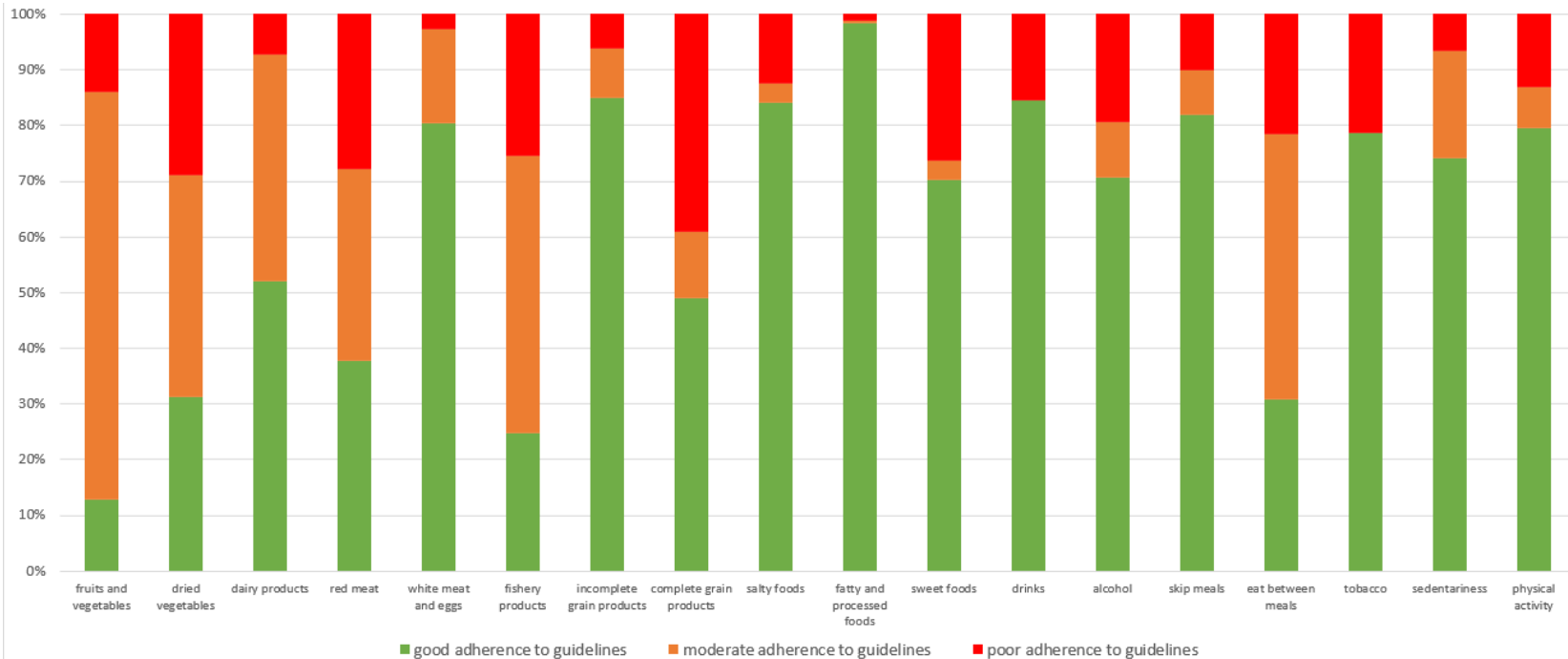


10 minutes

- 89% of participants found the personalized feedback easy to understand and 80% thought it was useful
- 47% of participants intended to modify their behaviors in the coming weeks, especially women, those who found the feedback helpful, and those interested in using the feedback at home
- 92% of participants were autonomous when using the application

Results

Patient profiles on the CliniCAP application (N=259)



Conclusion & perspectives

- Short screening and brief intervention with high patient acceptance and good autonomy of use
- Some questions could be improved to make them easier for everyone to understand
- To reach population from remote, rural or deprived areas, the intervention was implemented into a mobile outreach currently under investigation

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Sage Journals

Original Research



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Forcier et al., 2024

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THANK YOU



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