Implementation tells us more beyond pooled estimates: Secondary analysis of a multicountry mHealth trial to reduce blood pressure

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©Rodrigo M Carrillo-Larco, Safia S Jiwani, Francisco Diez-Canseco, Rebecca Kanter, Andrea Beratarrechea, Vilma Irazola, Manuel Ramirez-Zea, Adolfo Rubinstein, Homero Martinez, J Jaime Miranda, GISMAL Group. Background: The uptake of an intervention aimed at improving health-related lifestyles may be influenced by the participant’s stage of readiness to change behaviors. Objective: We conducted secondary analysis of the Grupo de Investigación en Salud Móvil en América Latina (GISMAL) trial according to levels of uptake of intervention (dose-response) to explore outcomes by country, in order to verify the consistency of the trial’s pooled results, and by each participant’s stage of readiness to change a given lifestyle at baseline. The rationale for this secondary analysis is motivated by the original design of the GISMAL study that was independently powered for the primary outcome—blood pressure—for each country. Methods: We conducted a secondary analysis of a mobile health (mHealth) mu