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Description





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Optimizing Self-Monitoring Smartphone App to Promote Adherence to COVID-19 Preventative Behaviors in African Americans

Project Number 3R01AG056587-**03S1**

Former Number 5R01AG056587-03

Contact PI/Project Leader YEH, CHAO **HSING**

Awardee Organization JOHNS HOPKINS UNIVERSITY

Description

Abstract Text

PROJECT SUMMARY As the United States faces a rise in known COVID-19 cases, an innovative strategy that expands community adherence to CDC recommended preventative behaviors (e.g., hand washing and social distancing) is crucial to controlling the COVID-19 pandemic and saving lives. Given the vaccine and specific antiviral treatment for COVID-19 will take months or years to finalize, preventive behaviors remain the most effective strategy thus far. Adapted from the ecological momentary assessment (EMA) used in the parent R01 for smartphones, we plan to develop a self-monitoring EMA (SM-EMA) intervention to collect real-time behavior data and promote adherence to COVID-19 preventative behaviors. The central hypothesis of this study is that tailoredfeedback messages via SM-EMA, a theory-based intervention, will improve knowledge and selfefficacy, which will consequently lead to self-guided implementation of CDC-recommended preventative behaviors. The proposed research addresses the ongoing COVID-19 pandemic, focusing on African Americans who are a particularly vulnerable population. It is innovative in its large-scale testing of a novel SM-EMA to reinforce preventive behaviors and its examination of the sustainability of engagement. The mobile-enabled SM-EMA intervention will involve tapering pop-up messages, behavioral self-monitoring and tailored-feedback. SM-EMA development has begun during the preparation of this application, so our team is well-prepared to immediately implement the study once funded.

Public Health Relevance Statement

PROJECT NARRATIVE As the United States faces a rise in known COVID-19 cases with no vaccine currently available, an innovative strategy that increases community adherence to CDC recommended preventative behaviors (e.g., hand washing and social distancing) is crucial to controlling the COVID-19 pandemic and saving lives. Focusing on the particularly vulnerable African American population, the proposed research will examine the effectiveness of a novel selfmonitoring ecologic momentary assessment (SM-EMA) to promote adherence to COVID-19 preventative behaviors.

NIH Spending Category

Aging Behavioral and Social Science Clinical Research

Clinical Trials and Supportive Activities Coronaviruses **Emerging Infectious Diseases**

Health Disparities Infectious Diseases Minority Health Prevention

Social Determinants of Health

Project Terms

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Acupressure Address Adherence Affect Africa African

African American Antiviral Agents Baltimore Behavior

Behavior monitoring Behavioral Belief COVID-19 COVID-19 pandemic

Cellular Phone Centers for Disease Control and Prevention (U.S.) Charge

Chronic low back pain Communities Data Data Collection Death Rate

Demographic Factors Development Ecological momentary assessment

Effectiveness Elderly Enrollment Environmental Monitoring Face
Feedback Fostering Funding Gender Handwashing Individual

Read More

Details

Contact PI/ Project Other PIs Program Official

Leader Not Applicable Name

Name

YEH, CHAO HSING
Contact

Title <u>radziszb@mail.nih.gov</u>

RADZISZEWSKA, BARBARA

07

Project Start

Project End

Date

Date

01-August-

30-April-

2018

2023

14-

ASSOCIATE PROFESSOR

Contact cyeh13@jhu.edu

Organization

Name Department Type State Code

JOHNS HOPKINS OTHER HEALTH MD

UNIVERSITY PROFESSIONS Congressional District

City Organization Type **BALTIMORE** SCHOOLS OF NURSING

Country

UNITED STATES (US)

Other Information

FOA Administering Institutes or PA-18-935 Centers

Study Section NATIONAL INSTITUTE ON

AGING
Award Notice

Date DUNS Number CFDA Code

74- 001910777 866 Budget Start September-

2020 Date September2020 2020 2020

Budget End **30-April-**Date **2021**

Project Funding Information for 2020

Total Funding Direct Costs Indirect Costs \$370,183 \$226,066 \$144,117

Year Funding IC FY Total Cost b

2020 NATIONAL INSTITUTE ON AGING \$370,183

NIH Categorical Spending

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Funding IC

FY Total Cost by IC NIH Thank you for your feedback!

NATIONAL INSTITUTE ON AGING	\$185,092	Health Disparities; Minority Health;
NATIONAL INSTITUTE ON AGING	\$370,183	Aging; Behavioral and Social Science; Clinical Research; Clinical Trials and Supportive Activities; Coronaviruses; Emerging Infectious Diseases; Infectious Diseases; Prevention; Social Determinants of Health;

品 Sub Projects

No Sub Projects information available for 3R01AG056587-03S1

Publications

No Publications available for 3R01AG056587-03S1



∀ Patents

No Patents information available for 3R01AG056587-03S1



Outcomes

The Project Outcomes shown here are displayed verbatim as submitted by the Principal Investigator (PI) for this award. Any opinions, findings, and conclusions or recommendations expressed are those of the PI and do not necessarily reflect the views of the National Institutes of Health. NIH has not endorsed the content below.

No Outcomes available for 3R01AG056587-03S1

Clinical Studies

No Clinical Studies information available for 3R01AG056587-03S1



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