Children's Hospital of Philadelphia PolicyLab

Characterizing Engagement With a Mobile Health Application Designed for Adolescents and Young Adults With Sickle Cell Disease: Findings From the COMETS Study

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The transition from pediatric to adult care for adolescents with sickle cell disease is marked by increased disease complexity. The effectiveness of a mobile health (mHealth) application in supporting transition was evaluated in the COMETS (Community Health Worker and Mobile Health Programs) trial. Participant engagement with the mHealth application was evaluated in this study. The component SMS Text Messages had the highest number of unique users (n = 94), and interaction with application health and behavior tracking challenges had the highest median interactions per user (median = 4.5). Most participants engaged with the mHealth application at least once, yet engagement varied across components and declined over the course of the study.

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