Research Ideas on Respiratory Conditions and Tobacco Dependency

**Developing and piloting an ICT-based intervention for adult asthma with limited health literacy to improve asthma self-management: A RESPIRE PhD**

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| **Research Ideas on Respiratory Conditions and Tobacco Dependency Abstract****Research question:** Does an information and communication technology (ICT)-based intervention that address health literacy needs improve self-management among people with asthma?**Background:**More than 90% of Malaysians have marginal/limited health literacy which is more predominant among Malay ethnicity.1 Low health literacy is associated with erroneous health beliefs, poor inhaler techniques, poor adherence to self-management activities and poor clinical outcomes,2 3 supporting the need for interventions to target self-management interventions to adults with limited health literacy. Self-management improves asthma control, reduce exacerbations and improves quality of life.4 One approach is to utilise an (ICT)-based intervention.**Possible methodology:** My PhD will use mixed methodologies in three phases:Phase 1: Systematic review. Using Cochrane methodology, I will synthesis the clinical trial evidence for ICT-based interventions for asthma patients with limited literacy to identify features associated with adoption/usage and clinical effectiveness of interventionsPhase 2: Qualitative study:   Focus groups/interviews with adults with asthma and limited health literacy to explore understanding of asthma, its treatments, and current self-management practices.  Examples of ICT-based interventions will be used to stimulate ideas.Phase 3: Development of prototype ICT-based intervention. Ten adult asthma patients of different age/ethnic groups with limited health literacy will be shown the ICT-based intervention and asked to feedback their perceptions using a ‘thinking aloud’ interview.**Questions to discuss:**1) Are there any suggestions about ICT-based self-management interventions that may be effective in this group?2) We have three cultures/languages in Malaysia: Should I focus on one – or include all three?**References**1. Aris T, Yusoff M, Ghani A, Ahmad N, Omar A, Tee GH, et al. National Health and Morbidity Survey. In: Health IoP, editor. Kuala Lumpur, 2015:291.
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