Abstract 3: Communication (1720 characters including space)

Feasibility of Using Emails and Short Message Service (SMS) with High School Soccer Players to Reinforce Compliance in an Obesity Prevention Intervention

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**Objective:** To evaluate the feasibility of using emails/SMS with high-school soccer players for increasing compliance at group classes, completion of questionnaires (7-day eating behavior and physical activity) and returning Fitbit devices.

**Method:** Customized emails/SMS using Google Voice and WavePipe (a custom data collection system that sends emails) were sent to remind and encourage compliance in 52 youth aged 14-19 enrolled in the WAVE Pilot Study. Prior to each activity, coaches and youth received emails/SMS about enrollment session, class schedule (intervention group [IG] only), and baseline assessments. During a subsequent 7-day tracking period, youth received a daily email/SMS with a link to the behavioral checklist (BC) online and a reminder to wear the Fitbit; a daily SMS reiterated the same.

**Results:** Overall, the IG was more compliant in all aspects of data collection and attending group sessions. The enrollment and survey completion rate was 76% in the IG (n=25) vs. 51% in the comparison group (CG) (n=27) (p<0.05). On average, the IG wore Fitbits for 6.0 d vs. 4.9 d for the CG (p<0.05). The IG completed the online BC for 3.7 d and the CG, 1.4 d (p<0.05); 44% of the CG reported not receiving ≥1 daily email/SMS during the 7-d tracking period. Since each day’s email had a unique link to the online BC, failure to receive daily emails significantly reduced the BC response rate. Other reasons include wrong emails or phone numbers. Youth generally preferred SMS over emails as reminders.

**Conclusion:** Emails and particularly text messaging during intervention increased high schoolers’ compliance.

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