

Evaluation of the SMART IBD App in Pediatric IBD

Status: RECRUITING

Eligibility Criteria

Sex: ALL

Age: 13 years to 17 years old

Healthy Volunteers: This study is NOT accepting healthy volunteers

Inclusion Criteria:

- Confirmed diagnosis of IBD (Crohn's Disease, ulcerative colitis, or indeterminate colitis)
- Prescribed at least one daily or weekly medication for treatment of IBD
- <86% adherence to prescribed medication
- Access to internet via Wi-Fi or data plan and access to smartphone
- English fluency for patient and caregiver

Exclusion Criteria:

- Diagnosis of pervasive developmental disorder in patient or caregiver as determined by medical chart review
- Diagnosis of serious mental illness (e.g., schizophrenia) in patient or caregiver as determined by medical chart review

Conditions & Interventions

Interventions:

BEHAVIORAL: SMART-IBD

Conditions:

Inflammatory Bowel Disease (IBD), IBD (Inflammatory Bowel Disease), IBD - Inflammatory Bowel Disease, Ulcerative Colitis (UC), Indeterminate Colitis, Crohn Disease (CD), IBD

Keywords:

IBD, Inflammatory Bowel Disease, Ulcerative Colitis, Indeterminate Colitis, Crohns Disease

More Information

Description:

The objective of this trial is to test whether a smartphone app, SMART-IBD, is effective in improving medication adherence and self-management skills in adolescents with IBD. The investigators will conduct a randomized control trial to compare 35 youth (ages 13-17) with IBD using an app that contains daily symptom diaries, education content, medication reminders, as well as monthly engagement challenges to 35 youth in an attention control group that will complete daily diaries. The length of the intervention will include one month of baseline symptom and adherence collection, a baseline assessment, 5 months of intervention, and a post-treatment assessment.

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Principal Investigator:

Principal Investigator ID:

Phase: NA

IRB Number:

System ID: NCT07195123

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