

DIGITAL BYTES



A monthly byte into the latest digital health solutions news

Standardized reporting is crucial for effective evaluation of digital health interventions

Published on: 9/11/2023

As more digital health solutions enter the market, stakeholders recognize that aligning with common adherence and engagement metrics will enable more meaningful comparisons among solutions, studies, and patient populations. The terms “adherence” and “engagement” lack universal definitions, and have unclear ties to efficacy that varies between studies.

In a systematic literature review, researchers analyzed results from 94 studies including 20,111 participants to determine the effectiveness of digital interventions for depression. Adherence was commonly measured as the percentage of patients who completed all components of the digital solution, while engagement was typically measured as the number of components, or modules, completed. The study also showed that increased engagement with digital interventions improved patient outcomes.

THE PAYER PERSPECTIVE:

Consistent metrics across digital health solutions are essential for assessing effectiveness, making informed resource allocation decisions, maintaining quality control, promoting transparency, and supporting evidence-based decision-making.

- **Payers can more confidently fund interventions that have a consistent track record of producing positive health outcomes**
- **Payers can use standardized metrics to set minimum standards for digital health programs, ensuring that the intervention meets established quality criteria and provides consistent levels of care**
- **Payers, patients, and other stakeholders can better understand how digital interventions are performing and whether they are delivering value**
- **Payers can refer to consistent metrics that provide a common language for evaluating and comparing effectiveness**

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MAT-US-2308497-v1.0-10/2023

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