

# Preventing type 2 diabetes in Portugal: Type 1 hybrid effectiveness-implementation trial of a person-centered digital intervention – Study Protocol

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## BACKGROUND

- **In-person interventions** focused on **diet** and **physical activity** can halt the progression to **Type 2 Diabetes (T2D)** in **high-risk individuals**. However, implementation at scale is challenging (e.g. intensive resources, low uptake).
- T2D prevention interventions using automated **virtual coaches** are needed, tested through well-powered RCTs.

## OBJECTIVES

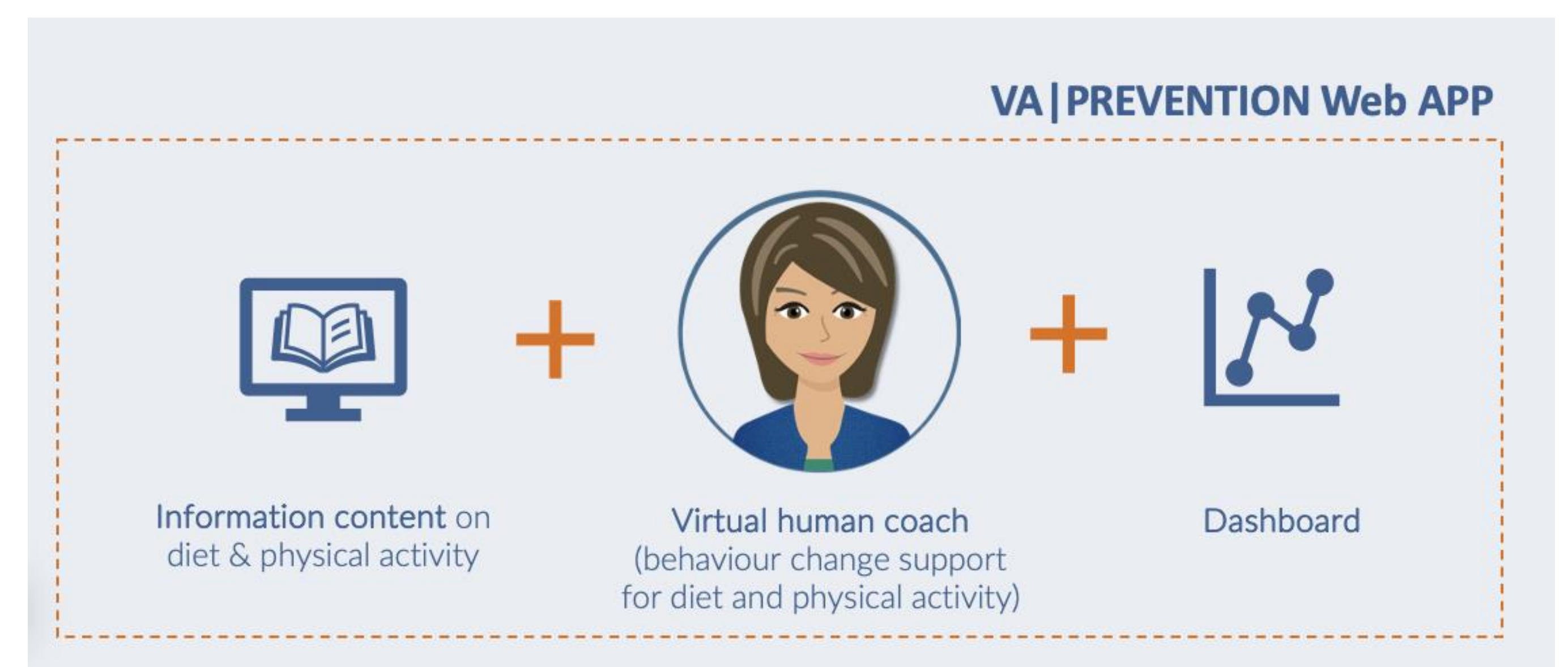
Evaluate the **effectiveness, implementation** and **cost-effectiveness** of a **novel person-centred digital intervention** to prevent T2D in high-risk adults, the first in Portugal, through a **type 1 multi-centric hybrid effectiveness-implementation study** (HEI), supplemented by qualitative and economic studies.

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## METHODS (CONT.)



- 280 participants will be recruited, eligibility criteria include >18 years old and high risk of T2D (FINDRISC Score  $\geq 15$ )
- This **digital intervention** is intended to be qualified as a **medical device** in accordance with the Medical Device Regulation (EU) 745/2017.
- **Recruitment centres:** Primary care units and Community pharmacies, within the Ezfy network will recruit participants and collect data, supported by the VA|PREVENTION team.

## RESULTS

On-going study protocol preparation

Submission to Competent Authority and independent ethics committee (CEIC).

## CONCLUSION

The main expected result of VA|PREVENTION is a TRL7 web app prototype.

## REFERENCES

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## METHODS

### Type 1 hybrid effectiveness-implementation trial

