

The effects of preventive counseling followed by remote support via phone on the motivation to change lifestyle in patients with high cardiovascular risk

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Background: Personal motivation for lifestyle change plays a fundamental role in modifying unhealthy habits. It can be improved, for example, through education.

Objectives: To assess the effects of preventive counseling with focus on diet modification followed by remote support via telephone on the motivation to change lifestyle in patients (pts) with high cardiovascular risk in a long-term follow-up.

Methods: This is a prospective randomized controlled study of pts aged 40 to 65 years with high/very high CV risk ($\geq 5\%$ according to the Systematic Coronary Risk Evaluation scale [SCORE]) and any 2 criteria of metabolic syndrome. Pts were randomized into 2 groups in 1:1 ratio. The intervention group received comprehensive preventive counseling with focus on diet modification followed by remote preventive counseling by phone every two weeks for the first 3 months after enrollment (a total of 6 sessions). The control group received usual care in Health centers which also included basic preventive counseling. A specially designed questionnaire was used to evaluate the motivation to change lifestyle at baseline and 12 months.

Results: A total of 100 pts (women - 80%, aged 59.85 ± 4.47 years) were randomized. At baseline 81% pts had high and 19% - very high CV risk. The groups were well balanced according to demographic and clinical features. At 1 year of follow-up the intervention group experienced significant improvement in motivation for lifestyle changes vs control. The proportion of pts achieving advanced stages of change process was 38% vs. 12% in the control group where 82% of pts only continued to think of lifestyle modification.

Conclusion: Preventive counseling followed by remote support via phone provided a significant improvement in motivation to change lifestyle.

	Intervention group		Control group		P for change from baseline
	Baseline	After 12 months	Baseline	After 12 months	
Not ready yet, %	0	0	0	0	<0.05
Often think of lifestyle changes, %	62	46	86	82	
Ready to do changes if provided specific advices, %	32	16	12	6	
Are in process of successful changes, %	6	38	2	12	