

**TITULO:** Usability of a mobile health app aimed at people living with HIV to prepare for the next physician's visit

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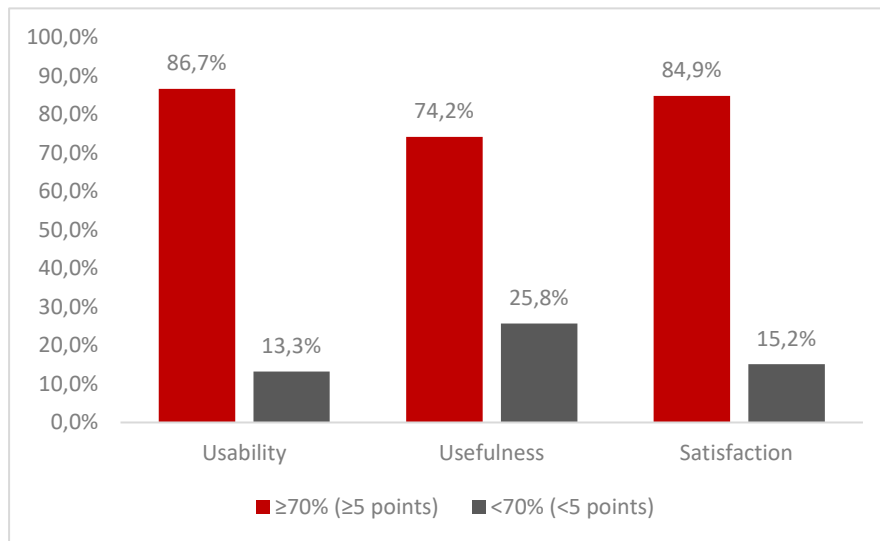
**PURPOSE:** To optimize office visit time and focus on those aspects are important for people living with HIV (PLWH) and healthcare professionals (HCP), new technologies could play a key role. *Prepara tu consulta* (Prepare for your visit) is a mHealth app that collects some patient-reported outcomes before the physician's visit including questions regarding global health, well-being, quality of life, medication, and treatment satisfaction. We aimed to evaluate the usability, usefulness and satisfaction of PLWH and HCP with the app.

**METHODS:** A cross-sectional study was conducted at the Hospital La Paz (Spain). PLWH $\geq$ 18 years, on antiretroviral treatment and signed informed consent were included. PLWH were encouraged to answer the app's questionnaire before their next appointment. After the visit, they filled the mHealth App Usability Questionnaire (pMAUQ), which evaluates the ease of use, usefulness, and satisfaction of the app (7-point Likert scale). HCP collected sociodemographic and clinical variables and answered the MAUQ for HCP (hMAUQ). A descriptive analysis of variables was performed (STATAv.14.). The median score of MAUQ and percentage of PLWH and HCP with a score  $\geq$ 70% (5-7points=adequate) were calculated for each dimension.

**RESULTS:** We included 308 PLWH: mean age 51.6 (SD11.7), 80.5% male, median time from diagnosis of 17.5 years, 52.9% sexually acquired. All participants responded to the mHealth app, and 264 (85.7%) completed pMAUQ: median score of 6.4 for usability, 5.8 for usefulness, and 6.6 for satisfaction. The hMAUQ was completed by 8 HCP: median score of 5.7 for usefulness and 6.0 for satisfaction. 86.7%, 74.2%, and 84.8% of PLWH scored $\geq$ 70% for usability, usefulness, and satisfaction, respectively. 62.5% of HCP scored $\geq$ 70% for usefulness and satisfaction.

**CONCLUSIONS:** The app *Prepara tu consulta* was considered adequate in terms of usability, usefulness, and satisfaction for PLWH/HCP, and its use in practice could optimize the clinical visit.

**Figure 1: PLWH's perceptions on usability, usefulness and satisfaction with "Prepara tu consulta".**



**Figure 2: HP's perceptions on usefulness and satisfaction with "Prepara tu consulta".**

