

## Process evaluation of *myDIDeA* – a web-based dietary education programme for patients with Type 2 Diabetes Mellitus

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**Introduction:** Although the Internet is a convenient and effective intervention delivery medium, there are only a few successful web-based studies in patients with type 2 diabetes mellitus (T2DM) have been reported. Furthermore, none of these interventions focused on dietary management of these patients. **Objective:** To describe the development and process evaluation of web-based dietary intervention programme for patients with T2DM in Malaysia. **Methodology:** Sixty four patients with T2DM were recruited into the intervention arm, and provided with the access to *myDIDeA* for 6 months. Twelve dietary modules were developed using existing guidelines and were tailored to individual's Stages of Change. The website was updated with a new module every two weeks. Adherence to the intervention was assessed by the number of log-ins and duration spent on the website. The process evaluation of the intervention was assessed by a self-administered questionnaire at post-intervention. **Results:** Fifty eight patients has logged into the website at least once every two weeks during the intervention period. On average, 11 minutes was spent on the website. The response rate for the process evaluation was 94%. The participants' content satisfaction ( $69.2 \pm 8.3$ ), acceptability ( $67.0 \pm 9.3$ ) and usability ( $83.7 \pm 10.9$ ) scores were satisfactory. **Conclusion:** These findings supported *myDIDeA* in terms of content satisfaction, acceptability and usability. Future studies should identify the possibility of delivering the intervention program in different mediums and populations. Interactivity, peer-support and other means to stimulate the interest of participants should be explored.

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