

Promoting Physical Activity in Latinas via Interactive Web-based Technology

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Study Title: Promoting Physical Activity in Latinas via Interactive Web-based Technology

Name of Grantee Organizations: NCI

Grant Number: R01CA159954

Project Period: 9/1/2021 – 8/31/25

A. Specific Aims:

Aim 1. To test the efficacy of the Enhanced Intervention for increasing MVPA.

Aim 2. To test the efficacy of the Enhanced Intervention for PA maintenance.

Baseline sociodemographics were summarized by group and across the aggregate set of randomized participants. To ensure randomization performed as expected, the researchers compared groups using graphical methods, t-tests for continuous variables, and chi-squared tests for categorical variables. Unadjusted cross-sectional average min/week of MVPA were summarized by arm ahead of the adjusted analyses.

Using a series of longitudinal mixed effects regression models with subject-specific intercepts and slope terms, the researchers assessed between-group differences in min/week of self-reported and accelerometer-measured MVPA through 24-month follow-up. Models adjusted for the baseline value of the outcome and accelerometer wear time, as well as a time-varying indicator of pre vs during COVID-19 pandemic time.