

P85 Evaluating digital health intervention combining telehealth coaching and app support for cancer patients using PROMIS-10

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Objective: People with cancer often experience unmet needs during treatment and survivorship, which can impact their ability to carry out daily tasks, reduce quality of life, and limit participation in work and social activities. Cancer Coach by Osara Health™ is a digital health intervention designed to address these needs through a combination of synchronous telehealth coaching and an asynchronous mobile app that supports behavior change and emotional well-being. The aim of this study was to evaluate the impact of Cancer Coach by Osara Health™ on the mental and physical health of people with cancer using patient-reported outcomes.

Methods: Participants were referred to the program via insurers and hospital clinics. Health coaches administered the Patient-Reported Outcome Measurement Information System® 10-Question Short Form – Global Health (PROMIS-10) via telephone at both the beginning and end of the intervention. This tool measures Global Physical Health (GPH) and Global Mental Health (GMH). Pre- and post-intervention scores were analyzed using Wilcoxon Signed Rank Tests. Independent t-tests assessed whether changes in GPH and GMH scores were associated with the use of health coaching alone or in combination with the mobile app.

Results: Statistically significant improvements were observed in both Global Physical Health (GPH) ($z = -4.97$, $p < 0.001$, $r = 0.37$) and Global Mental Health (GMH) ($z = -4.53$, $p < 0.01$, $r = 0.34$), indicating moderate effect sizes. The average T-score point changes of 4.43 for GPH and 4.58 for GMH represent a minimal important change (MIC) for participants. The improvement in group GMH T-score is reflected in the move from “good” to “very good” mental health status. Participants who engaged with both health coaching and the mobile app showed greater improvements in physical health, whereas those who received health coaching alone demonstrated higher gains in mental health. This suggests that the mode of support may influence specific health outcomes.

Conclusions: Use of the PROMIS-10 showed participants had significant improvements in physical and mental health after participating in the Cancer Coach by Osara Health™ intervention. The integration of telehealth coaching with app-based support may enhance overall well-being and address holistic needs during cancer treatment and survivorship.