

## Study Personnel

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### Principal Investigator

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### Co-Investigators

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### Project Coordinator

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### Research Assistants

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## Who are we?

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i-Matter is a research project funded by the Agency for Healthcare Research and Quality.

Our team is part of the NYU School of Medicine, and it is conducting this research to evaluate the effect of a Modern Journal System (MJS) for the care of patients with type 2 diabetes. The purpose of this study is to learn whether having patients report on the things that are most important to them about their diabetes will help improve conversations with their doctor and to manage their disease.

This program is expected to benefit the patients by improving their self-care behaviors, increasing their role as active participants in the management of their health, and potentially improving their diabetes control.

# i-Matter

Investigating an mHealth texting tool for embedding patient-reported data into diabetes management



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# i-Matter Program

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## What is the goal of the study?

The purpose of the i-Matter study is to refine and test the Modern Journal System [MJS] DIABETES. MJS DIABETES is designed to include patients' perspective of their disease into the management of type 2 diabetes in primary care practices.

## What is Modern Journal System (MJS)?

MJS DIABETES uses text messaging and journal reports to help patients with type 2 diabetes track their diabetes-related behaviors like diet and physical activity, quality of life and healthy living goals to better manage their disease and help improve conversations with their providers.

## Why am I being asked to participate?

You have been asked to join this study because you have a diagnosis of type 2 diabetes and have an HbA1c greater than 7 documented in the electronic health record on two clinic visits in the past year.

We plan to enroll 282 patients with uncontrolled type 2 diabetes throughout the network of Faculty Group Practices (FGPs) at NYU Langone Health.

## What does the study involve?

### Screening

If you are interested in participating, you will be asked a few questions to see if you are eligible or a good fit for the study. If you are eligible, you will be asked to complete the baseline visit.

### Baseline visit

If you are eligible and wish to participate, the study team will describe the study in detail, answer any questions you may have, and obtain your informed consent to participate in the study. You will then be asked some questions about yourself, your diabetes management and care. Finally, you will be told whether you are in the MJS DIABETES group or usual care for 12 months

### Follow-Up Visits

You will complete four additional study visits at 3, 6, 9 and 12 months after your baseline visit. During these visits, you will answer survey questions. If you are in the MJS DIABETES group you will also answer questions about your experience using the program. Follow-up visits will be completed via email, telephone, or in person at the primary care practice.

## MJS DIABETES Group

Participants enrolled in the MJS DIABETES program will receive and respond to daily text messages about their diabetes management for 12 months. They will also receive motivational messages to let them know how well they are doing in the program. Every 2 weeks participants will also receive a journal report that visualizes their responses to the text message questions. Participants will receive training in the use of MJS DIABETES and have access to our website where they can find resources online.

## Usual Care

Participants will continue with their standard treatment for their type 2 diabetes by their primary care provider.

## Will I be compensated?

If you are eligible and decide to participate, you will receive \$80 for completion of all study visits, regardless of which group you are in. This will be paid as follows:

- \$20 for completing the Baseline visit,
- \$10 for the 3, 6, 9-month visits
- \$30 for the 12-month visit