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E-health from women's perspective: a systematic review

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Background & Objective: E-health interventions might be promising for the treatment of Stress Urinary Incontinence. Before we'll be able to develop and implement an E-health intervention for this purpose, more has to be known about women's perceptions regarding E-health.

Methods: A search was conducted in Medline, Embase, Cinahl and PsycInfo to identify articles reporting on E-health interventions that are entirely text-based (internet-based self-help, online counselling through chat or E-mail) and include adult women.

(Preliminary) Results: We included 17 articles evaluating 15 interventions. Five different categories relating to women's perceptions of E-health emerged:

- (1) expectations regarding E-health,
- (2) motivations to choose E-health,
- (3) barriers to persist with E-health,
- (4) barriers to face-to-face care, and
- (5) preferences and recommendations regarding treatment modality.

Motivations to choose E-health were related to perceived barriers to face-to-face care.

Conclusions: Although E-health seems to lower barriers to healthcare, support from a therapist is perceived as fundamental. More research is required to determine which women might benefit from E-health interventions.