P98 Virtual Notes are an Accurate Alternative to Those Taken In-Person During Cognitive Interviews

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Background: Cognitive interviews (CIs) are used by nutrition researchers to refine educational materials and ensure they are appropriate for the target population. CIs are facilitated by a trained moderator while a trained scribe takes detailed notes. Traditionally, the scribe is in-person for the CIs, but it can be challenging to align schedules to best meet participant and researcher needs. Technology such as video conferencing that allows virtual notetaking may be an alternative method to collect data while easing the scheduling burden.

Objective: To determine whether notes taken virtually are as accurate as those taken in-person during CIs.

Study Design, Settings, Participants: Researchers tested the content of three nutrition lessons (e.g., portions, physical activity, and family meals) using CIs. Each CI was conducted by a moderator and a trained scribe. Each lesson was tested three times by the same scribe. Initially the scribe took notes in-person and then virtually during the next two CIs. A third, trained researcher reviewed and compared notes. Moderators and scribes were interviewed to determine differences in experience.

Measurable Outcome/Analysis: Notes were analyzed for quality, content, length, interview duration, and indications of non-verbal behavior.

Results: Moderators and scribes noticed no differences in their ability to conduct or record CIs. Quality was consistent between virtual and in-person notes. Virtual notes for the same lesson ranged from 211 words shorter to 243 words longer than in-person notes. The virtual notes were on average shorter (22.67 ± 236.67 SD words/interview) than in-person notes. Indications of non-verbal behaviors (e.g., laughing, looking confused) were made slightly more often in the in-person notes. Virtual and in-person CIs took about the same amount of time to complete with virtual CIs lasting between 13 minutes longer and 10 minutes shorter than in-person CIs.

Conclusion: Virtual notetaking is an appropriate and accurate method for obtaining detailed notes during a CI. Utilizing current technology can help ease research burdens such as scheduling and travel.

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Physical Activity

P99 Effectiveness of m-Health to Promote Physical Activity in Healthy College Students: A Randomized Controlled Trial

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Background: Mobile health (m-Health) involves public health initiatives that are increasingly being used as a part of public health interventions; including promoting physical activity. However, little attention has been given to measuring the effect of a m-Health intervention programs on body weight, body mass index (BMI) and the specific lifestyle behaviors addressed by the physical activity among college students. To the best of our knowledge, relatively few randomized controlled trials (RCTs) of m-Health apps as healthy lifestyle interventions that focuses on education and self-monitoring of diet and physical activity specifically for healthy college students have been done.

Objective: Determine the efficacy of a 12-week m-Health intervention with the goal of increasing daily step counts on physical activity, improving body mass index (BMI), and improving body fat mass among college students.

Study Design, Settings, Participants: A 12-week randomized treatment trial was conducted. College students ($n = 130$) between 18-30 years of age were randomized to one of two conditions: intervention ($n = 65$) and control ($n = 65$). The intervention group received physical activity goals of (10,000 step/day), information on the benefits of exercise, and automatic feedback. Control group received information about the benefits of exercise without any kind of intervention.

Measurable Outcome/Analysis: The primary change was daily step count between baseline and follow-up.

Results: In this study physical activity as expressed by step counts significantly increased from baseline to post intervention (10,022 weekly/ step; $P = .008$). There were no significant intervention effects for BMI and percent body fat. Significant intervention effects were found for body weight (mean $\pm$ SE: 0.419 ± 0.164 ; $P = .013$).

Conclusion: The m-Health appeared to be feasible and acceptable. In this study, the results demonstrate that m-Health app can significantly increase physical activity in a college student sample by setting specific goal, using self-monitoring and feedback. In future adaptations of this study, the target aims of the study and individual goals should be personalized based on baseline level of activity.

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P100 How Various Epoch Lengths and Activity Cut-Points Influence Physical Activity Estimates for Low-Income Hispanic Adults Under Free-Living Conditions

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Background: Accelerometers are popular, objective physical activity (PA) measures. However, when using accelerometry, data processing decisions must be made regarding sampling intervals (i.e., epoch lengths (EL)) and PA intensity cut-points.

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