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Women's experiences with using a smartphone app (the X¹ app) to manage gestational diabetes mellitus in a randomised controlled trial

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Introduction

Gestational diabetes mellitus (GDM), defined as glucose intolerance with first onset or recognition during pregnancy, is an increasing health challenge worldwide (Ferrara, 2007; Galtier, 2010). According to a previous population-based study, the prevalence rate of GDM varies from 1% to 22% (Galtier, 2010). This large range may be attributable to differences in screening and diagnostic criteria, as well as heterogenic study populations (Buckley et al., 2012). Risk factors for developing GDM include obesity, advanced maternal age, a family history of diabetes, GDM in a previous pregnancy and ethnicity (Hoffmann et al., 1998; Schneider et al., 2011). Although blood glucose values stabilise after birth for most women, both the women diagnosed with GDM and their offspring have an increased risk of developing diabetes type 2 (T2DM) later in life (Ferrara, 2007; Kim, 2010).

A past review of the experiences of women with GDM emphasised the need for individually tailored and culturally appropriate information, as well as the importance of developing a

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