

Pilot trial of the Health4Life app

ACTRN12622001087741

Status	RECRUITING
Sponsor	NHMRC CTC
Enrollment	75 participants

Plain Language Summary

The Health4Life app is an evidence-based healthy lifestyles app designed by researchers to help Australian teenagers make positive choices around sleep, diet, physical activity, screen time, alcohol, and smoking. While the app itself has previously been evaluated, this pilot study focuses on one specific question: does receiving personalised text message reminders help teenagers actually use the app more, and does the timing of those messages matter?

Participants aged 13–17 use the Health4Life app for one month and receive daily text messages at varying times to remind them to engage with the app. The content and timing of messages are randomised to test which combinations are most effective. The study also measures whether the overall app experience is acceptable and feasible as a health behaviour tool.

Your teenager may be eligible if they are aged 13–17, live in Australia, have access to a smartphone, are willing to download the Health4Life app, and have sufficient English literacy. The study does not involve any invasive procedures — it is entirely app-based.

Key Eligibility Criteria

Inclusion (4)

- Aged 13-17 years
- Living in Australia
- Access to a smartphone
- Willing to download the Health4Life app

Exclusion (5)

- Aged below 13 years or above 18 years
- Not living in Australia
- No access to a smartphone
- Not willing or unable to download the Health4Life app
- Insufficient English literacy

Locations (1 total)

ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12622001087741>

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