Health education via mobile text messaging for glycemic control in adults with type 2 diabetes: a systematic review and meta-analysis

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Record Status
This is a systematic review that meets the criteria for inclusion on DARE.

Bibliographic details

PubMedID
24793589

DOI
10.1016/j.pcd.2014.03.004

Indexing Status
Subject indexing assigned by NLM

MeSH
Biomarkers /blood; Blood Glucose /metabolism; Cell Phones; Diabetes Mellitus, Type 2 /blood /diagnosis /therapy; Female; Health Behavior; Health Knowledge, Attitudes, Practice; Hemoglobin A, Glycosylated /metabolism; Humans; Male; Middle Aged; Patient Education as Topic /methods; Reminder Systems; Text Messaging

AccessionNumber
12014031070

Date bibliographic record published
04/09/2014