

Collaboration facilitates the implementation of Mobile Technologies in healthcare

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Table of Contents

Original Manuscript.....	4
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Original Manuscript

Collaboration facilitates the implementation of Mobile Technologies in healthcare

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Weijing FAN: Methodology, Formal analysis, Writing - Original Draft;

Guobin LIU: Conceptualization, Methodology, Supervision, Writing - Review & Editing.

To the Editor:

We read the recent article "The Use of Mobile Technologies to Promote Physical Activity and Reduce Sedentary Behaviors in the Middle East and North Africa Region: Systematic Review and Meta-Analysis" by Huong Ly Tong et al. with great interest^[1].

The authors explored the impact of Mobile Technologies on physical activity and sedentary habits in the MENA region. Despite solid conclusions were not obtained due to insufficient number and quality of included studies, the analysis yielded some promising insights. However, several aspects merit further exploration.

Primarily, the authors did not search PubMed, Web of Science, and Cochrane databases in this systematic review^[2], which are typically utilized. An explanation for how to ensure the completeness of the search is needed.

Secondly, Behavior change is usually a gradual process of change, so the frequency and duration of the intervention have an important impact on the outcome of behavior change, too much repetitive info can lead to user fatigue and ignored messages. and the authors did not analyze the relevant information.

Thirdly, the authors should conduct a more specific analysis of potential confounding factors that may affect the outcome, and variables such as the nature of work, family support, and education significantly affect the actual effect of Mobile Technologies^[3]. Without controlling for these variables, there will be great challenges in attributing effects to Mobile Technologies.

Finally, The authors emphasize the crucial role of government in Mobile Technologies, a point well-taken. Social workers also play a key part in this process. Many countries in the Middle East and North Africa have vast differences in terms of economy, politics, and culture^[4], they can leverage their understanding of local economics, culture, and health determinants to advocate for policies that boost Mobile Technologies uptake. Additionally, social workers can foster dialogue between medical professionals and government officials, offering social insights to enhance Mobile Technologies

deployment. We look forward to seeing the government, social workers, doctors, and families work together to help Mobile Technologies better serve the public health management.

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