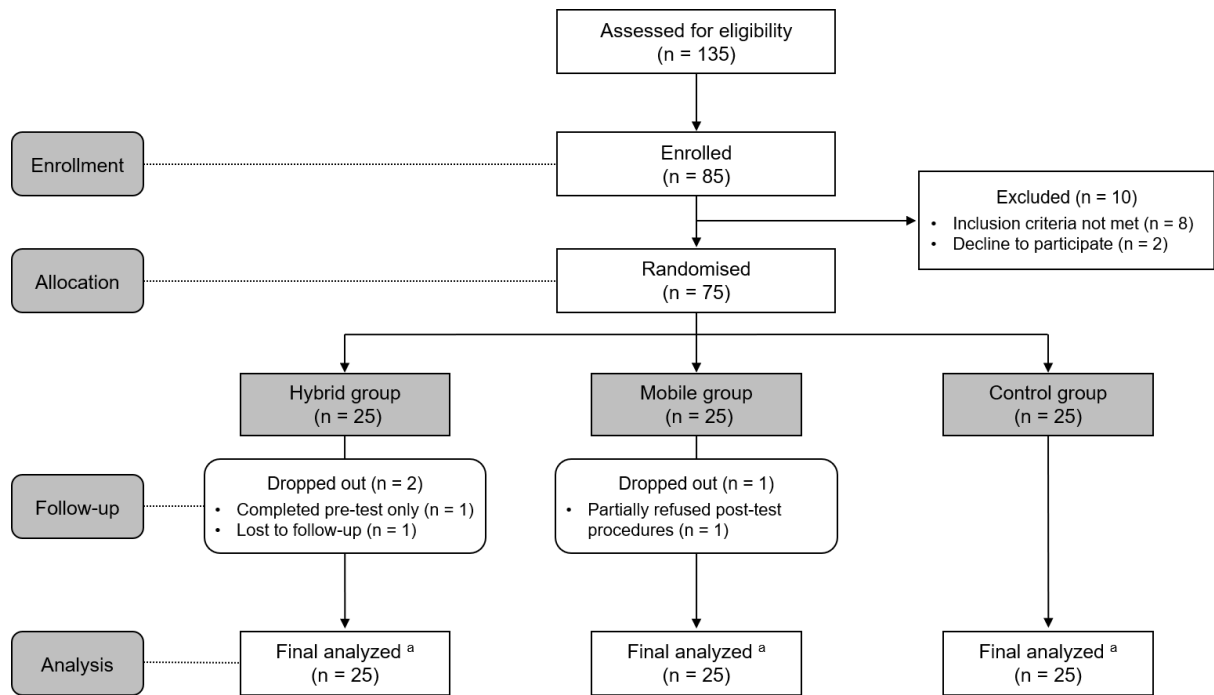


Participant flow



Baseline characteristics

	n (%) or Mean (SD)				χ^2 or F	p
	All (N=75)	Hybrid group (n=25)	Mobile group (n=25)	Control group (n=25)		
Age, year	43.6 (11.3)	43.4 (11.0)	43.9 (12.3)	43.6 (11.0)	0.01	.986
Gender					0.11	.945
Women	46 (61.3)	16 (64.00)	15 (60.0)	15 (60.0)		
Men	29 (38.7)	9 (36.00)	10 (40.0)	10 (40.0)		
Education					0.21	.899
≥ College educated	64 (85.3)	22 (88.00)	21 (84.0)	21 (84.0)		
< College educated	11 (14.7)	3 (12.00)	4 (16.0)	4 (16.0)		
Monthly household income ^a , 10,000 won					2.07	.355
≥ 500	32 (42.7)	11 (44.0)	8 (32.0)	13 (52.0)		
< 500	43 (57.3)	14 (56.0)	17 (68.0)	12 (48.0)		
Employed					1.63	.443
Yes	52 (69.3)	15 (60.00)	18 (72.0)	19 (76.0)		
No	23 (30.7)	10 (40.00)	7 (28.0)	6 (24.0)		
Medications ^b					1.11	.573
Yes	16 (21.3)	5 (20.0)	4 (16.0)	7 (28.0)		
No	59 (78.7)	20 (80.0)	21 (84.0)	18 (72.0)		

SD = standard deviation

^aMonthly household income was classified by the cut-off of 5,000,000 won of a median of the general population in South Korea (Ministry of Health and Welfare, 2024)

^bTaking either anti-hypertensives or lowering lipids medications

Outcome measures

1. Effects of a community-based HeartHELP intervention on heart-healthy behavioural variables (N = 75)

	Mean (SD)			F	<i>p</i>
	Hybrid group (n=25)	Mobile group (n=25)	Control group (n=25)		
Heart-Healthy behaviour				7.25	.001
T1	2.4 (0.46)	2.4 (0.47)	2.4 (0.42)		
T2	2.9 (0.46) ^a	2.8 (0.42) ^a	2.5 (0.50) ^b		
Heart-Healthy information				2.68	.076
T1	43.0 (4.04)	41.9 (4.04)	38.6 (6.49)		
T2	45.5 (3.03)	44.0 (3.01)	41.6 (4.12)		
Heart-Healthy motivation				8.54	< .001
T1	4.4 (0.80)	4.6 (0.74)	4.4 (0.56)		
T2	5.5 (0.60) ^a	5.2 (0.80) ^a	4.7 (0.76) ^b		
Heart-Healthy SE for Diet				4.87	.011
T1	71.5 (13.94)	71.2 (13.79)	75.4 (11.86)		
T2	79.8 (11.48) ^a	77.3 (10.62) ^a	73.1 (12.89) ^b		
Heart-Healthy SE for Exercise				5.48	.006
T1	37.4 (11.26)	38.9 (10.25)	36.2 (8.32)		
T2	40.3 (10.07) ^a	43.5 (7.43) ^a	34.8 (10.32) ^b		

SE = self-efficacy; SD = standard deviation; HeartHELP = Heart-Healthy Lifestyle Promoting

T1 and T2 indicate a baseline time point and a time point after 12 weeks, respectively

^{a,b}Different subscripts indicate statistically significant difference by Tukey's LSD multiple comparison.

2. Effects of a community-based HeartHELP intervention on cardiovascular parameters (N = 75)

	Mean (SD)			F	<i>p</i>
	Hybrid group (n=25)	Mobile group (n=25)	Control group (n=25)		
BMI (kg/m ²)				0.82	.446
T1	28.2 (4.84)	26.6 (3.73)	26.2 (4.14)		
T2	27.9 (4.79)	26.3 (3.93)	26.2 (4.01)		
WC (cm)				0.20	.823
T1	92.1 (10.47)	88.9 (10.39)	87.8 (11.26)		
T2	89.5 (9.39)	87.0 (10.47)	85.3 (10.73)		
Systolic BP				0.07	.932
T1	127.0 (18.36)	124.3 (19.10)	124.1 (18.77)		
T2	123.8 (14.77)	121.3 (17.15)	120.3 (12.30)		
Fasting glucose				3.90	.025
T1	93.9 (13.62)	92.9 (12.31)	92.2 (10.47)		
T2	90.6 (7.90) ^a	89.2 (8.98) ^a	93.2 (10.12) ^b		
LDL cholesterol				0.38	.685
T1	128.0 (26.67)	123.5 (35.48)	126.0 (34.77)		
T2	129.9 (21.88)	122.5 (30.42)	123.0 (36.08)		
HDL cholesterol				0.78	.463
T1	53.2 (14.81)	53.6 (13.20)	55.4 (14.86)		
T2	55.0 (13.83)	57.7 (13.70)	56.9 (13.18)		
Triglycerides				0.57	.567
T1	248.3 (372.18)	169.8 (86.41)	155.7 (104.73)		
T2	163.1 (83.39)	130.5 (65.80)	145.0 (85.40)		

BMI = body mass index; BP = blood pressure; HDL = high-density lipoprotein; HeartHELP = Heart-Healthy Lifestyle Promoting; LDL = low-density lipoprotein; SD = standard deviation; WC = waist circumference

T1 and T2 indicate a baseline time point and a time point after 12 weeks, respectively.

^{a,b}Different subscripts indicate statistically significant difference by Tukey's LSD multiple comparison.

Adverse events

There were no adverse events associated with this study.