

## **Feasibility of a mobile app to reduce sitting behaviors in pregnant women.**

In this study we propose to test the feasibility and efficacy of a suite of “applets” to be integrated into the Text for Baby (T4b) mobile app that are focused on improving physical activity and reducing sedentary behavior during pregnancy and up to one year postpartum. We hypothesize that pregnant women will increase their physical activity and decrease their sedentary time, as compared to women using a nutrition education app (control) during the 2<sup>nd</sup> and 3<sup>rd</sup> trimester and up to six-months and one year postpartum.

**Aim #1:** Examine the feasibility (i.e., acceptability, demand, practicality) of using the T4b mobile app to increase physical activity and reduce sedentary behavior in pregnant women. Acceptability: adherence to using the mobile app, satisfaction, perceived appropriateness, intent to continue to use. Demand: reach/recruitment, attrition. Practicality: ability to perform/comply with all parts of the intervention, demonstrate an improvement in physical activity and reduction in sedentary times.

**Aim #2:** Test the efficacy of a suite of “applets” to be integrated into the T4b mobile app during the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters of pregnancy and at six months and one-year post partum. H1: Women using the applets will have increased physical activity less sedentary minutes (measured using Actigraph and activPAL) as compared to control group.

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