

Abstract

Introduction and Purpose: In recent years, ICTs have grown dramatically, especially with the growing use of the Internet in today's society, and with the existence of diverse health-care sites and web-based applications and web-based applications of uncertain content that use. They are significant and effective in accessing health information and quality improvement at a reasonable cost. On the other hand, considering the importance of health knowledge and its key role in controlling multiple sclerosis as well as reducing treatment costs in health system development plan, new paths can be taken to improve the knowledge and health literacy of patients. In this study, educational intervention of health programs (mobile virtual network and e-mail) is one of the paths that can guide patients towards more and better health. The purpose of this study was to evaluate the effectiveness of mobile health education programs and web resources in promoting health literacy and Quality of Life and satisfaction of patients with multiple sclerosis.

Methods: This is a quasi-experimental study with pre-test and post-test design. The statistical population consists of all patients referring to the specialized clinic of Multiple Sclerosis Hospital in Kerman city. Finally, 72 patients are divided into control ($n = 24$) and experimental ($n = 48$) groups. The group consists of 24 individuals, each of whom is given a training program through a mobile health program and an email containing information resources.

Results: There was no significant difference between the two groups in terms of health literacy and quality of life before intervention ($P < 0.05$), but immediately and two months after the intervention, the mean score of health literacy and quality of life in the experimental group was significantly increased. There was a significant difference between the two groups ($p < 0.05$).

Conclusion: The results showed that educational intervention based on strategies of mobile health programs and web based resources were effective in promoting health literacy and quality of life. Since the present study was conducted through the Internet and social networking, this type of education seems to be effective with the use of mobile health strategies in patients seeking control and improvement in their treatment process.

Keywords: Telemedicine, Web-Based, Smartphone, Health Literacy, Personal Satisfaction, Multiple Sclerosis Patients, Quality of Life.