

Theory

Website features

Evidence

Health information model
(theory of health information –
seeking behaviour)(27)

- Active information seeking
- Passive information receiving
- Health literacy

Self-efficacy
(theory of behaviour change)(26):

- Enactive mastery experience
- Physical/affective state
- Cognitive processes
- Motivational processes
- Selection processes
- Verbal persuasion

Search/browse function
Email notification
Educational comic strip
Video-based peer story-
telling
Online community
Goal-setting
Things I do well
Blood glucose tracker
Blood pressure tracker
Food & activity tracker
Web-diary
Email prompts
Stress management tools
Communication tools
Knowledgeable, credible
source

Systematic review of diabetes-
related electronic tools(13):

- Living with diabetes(16)
- My Blood Pressure Action
Plan
- Stop Smoking Centre

Systematic review of
behaviour change
websites(17):

- Multiple behaviour change
tools
- Stress management tools
- Communications skills