

Title: Just One Move: Co-designing a physical activity behavior change website for people with rheumatoid arthritis

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Background: Physical activity is recommended to address symptoms, improve physical and mental health, and reduce cardiovascular disease risk for people with rheumatoid arthritis (RA). Due to barriers such as limited RA-specific behavior change support and low self-efficacy, >50% of people with RA are insufficiently active.

Purpose: To co-design and evaluate a physical activity behavior change website for people with RA.

Methods: After reviewing existing digital tools and prioritizing physical activity barriers, behavioral scientists, exercise professionals, rheumatologists, web designers, and 11 people with RA co-designed the website. User-centered design included (1) summarizing preparatory work, (2) design sprint sessions, (3) iterative prototyping, and (4) web development. We co-developed evidence-based strategies informed by the Behavior Change Wheel and related taxonomy. A survey captured user perspectives using a web-adapted Mobile App Rating Scale. Descriptive analyses were performed in R.

Results: Co-design was completed in 7 months, with 30 meetings averaging 60 minutes each. The first prototype had 4 core features: a RA-friendly activity library, a guided action planner, a community hub, and expert tips for RA-specific concerns. These were refined to create the user-friendly website, JustOneMove.ca. On average, the 37 survey participants

were 59 ± 13 years old, 17 ± 12 years with RA, 81% white, and 65% physically active. Mean website quality was $4.0/5 \pm 0.7$ and perceived impact was $3.7/5 \pm 0.6$.

Conclusion: Evidence-informed co-design can produce high-quality, impactful digital behavior change tools for people with RA. Future work will examine the effectiveness of JustOneMove.ca to increase physical activity levels.

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