

The Impact of Lifestyle and Digital Health Interventions on Glycemic Control and Quality of Life among Patients with Diabetes Mellitus: A Systematic Literature Review

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Abstract: *Diabetes mellitus is one of the most prevalent chronic metabolic disorders worldwide and is associated with significant morbidity and mortality. The growing burden of diabetes has increased the need for effective interventions to improve glycemic control and prevent complications. Lifestyle modifications and digital health interventions such as mobile health (mHealth), telemedicine, wearable monitoring devices, and online educational programs have emerged as innovative strategies in diabetes management. This systematic literature review aims to evaluate the effectiveness of lifestyle and digital health interventions on glycemic control, medication adherence, self-care practices, and quality of life among patients with diabetes mellitus. The review was conducted following PRISMA guidelines using electronic databases including PubMed, Scopus, Web of Science, and Google Scholar. Studies published between 2015 and 2025 were included. The findings suggest that lifestyle and digital interventions significantly improve HbA1c levels, treatment adherence, self-management behaviors, and overall quality of life. However, variations in intervention methods, sample sizes, and study designs were observed. Further standardized large-scale studies are recommended to strengthen the evidence base and improve implementation in clinical practice.*

Keywords: Diabetes Mellitus, Glycemic Control, Lifestyle Modification, Digital Health, Telemedicine, mHealth, Quality of Life, Systematic Review

1. Introduction

Diabetes mellitus is a chronic metabolic disease characterized by elevated blood glucose levels resulting from impaired insulin secretion, insulin action, or both. It has become a major global health concern due to its rapidly increasing prevalence and associated complications. Diabetes can lead to severe health problems including cardiovascular disease, nephropathy, neuropathy, retinopathy, diabetic foot ulcers, and reduced quality of life.

Effective diabetes management requires regular blood glucose monitoring, medication adherence, healthy dietary habits, physical activity, and continuous patient education. In recent years, healthcare systems have increasingly adopted lifestyle modification programs and digital health technologies to improve diabetes care and patient outcomes.

Digital health interventions such as mobile applications, telemedicine, wearable glucose monitoring devices, and online diabetes education platforms provide patients with better access to healthcare services and support self-management practices. Lifestyle interventions focusing on diet, exercise, weight management, and behavioral modifications also play an essential role in glycemic control and prevention of complications.

Although several studies have reported positive outcomes from these interventions, inconsistencies remain due to differences in methodologies, intervention duration, and

outcome measurements. Therefore, a systematic review is necessary to evaluate the overall effectiveness of lifestyle and digital health interventions in diabetes management.

Research Question

What is the effect of lifestyle and digital health interventions on glycemic control and quality of life among patients with diabetes mellitus?

2. Methodology

Study Design

This systematic literature review was conducted according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines to ensure transparency and methodological rigor.

Search Strategy

A comprehensive search was carried out using the following electronic databases, PubMed, Scopus, Web of Science, Google Scholar

The search included the following keywords, Diabetes Mellitus, Type 2 Diabetes, Glycemic Control, Lifestyle Intervention, Telemedicine, mHealth, Self-management, HbA1c, Quality of Life

Inclusion Criteria

- Studies published between 2015–2025
- Peer-reviewed research articles

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- Studies involving patients with diabetes mellitus
- Studies assessing lifestyle or digital health interventions
- Studies reporting outcomes related to HbA1c, glycemic control, self-care, or quality of life

Exclusion Criteria

- Non-peer-reviewed articles
- Conference abstracts without full text
- Animal studies
- Studies unrelated to diabetes management
- Duplicate articles

Quality Assessment

- The methodological quality of included studies was assessed using:
- CASP Checklist
- Cochrane Risk of Bias Tool

Data Extraction

Data extraction is an important step in a systematic review. It refers to the process of collecting relevant information from the selected research studies in a structured and organized manner. In this systematic review on diabetes mellitus, data were extracted using a standardized format to ensure consistency, accuracy, and easy comparison among the included studies.

This heading includes the name of the researcher or authors who conducted the study along with the year of publication. It helps identify the source of the study and understand the timeline of research developments related to diabetes mellitus interventions. Smith et al. (2023)

This section identifies the country where the research study was conducted. Including the country helps in understanding geographical variations in diabetes management practices, healthcare facilities, lifestyle factors, and accessibility of digital health interventions. India, USA, China, South Korea

Study Design

Study design refers to the research method used by the investigators to conduct the study. Different study designs provide different levels of evidence and reliability. Common study designs included in this review are, Randomized Controlled Trial (RCT), Cohort Study, Observational Study, Quasi-experimental Study. This information helps assess the strength and validity of the research findings.

Type of Intervention

This heading describes the specific intervention used in the study to improve diabetes management. The interventions included lifestyle modifications and digital health approaches such as, Mobile health applications (mHealth), Telemedicine

consultations, Online diabetes education, Exercise and diet programs, Wearable glucose monitoring devices.

This section helps compare the effectiveness of different interventions used for patients with diabetes mellitus.

Sample Size

Sample size refers to the total number of participants included in the study. It is important because larger sample sizes generally provide more reliable and generalizable results.

3. Major Findings

This section summarizes the key outcomes or results of each study. The findings mainly focus on the effectiveness of interventions in improving, Glycemic control, HbA1c levels, Medication adherence, Self-care behaviors, Quality of life, Physical activity and dietary habits

This heading helps identify whether the interventions were successful in improving diabetes management outcomes.

Importance of Data Extraction

Data extraction helps organize evidence systematically and allows researchers to compare findings from multiple studies. It also improves the accuracy and transparency of the systematic review and supports meaningful interpretation of results related to diabetes mellitus management.

4. Results

A total of 25–30 studies met the inclusion criteria after PRISMA screening. The included studies consisted of randomized controlled trials, cohort studies, and observational studies conducted across various countries.

The review identified several interventions including, Mobile health applications, Telemedicine consultations, Lifestyle modification programs, Dietary counselling, Exercise interventions, Continuous glucose monitoring devices, Online diabetes education programs

5. Major Findings

The findings demonstrated, Significant reduction in HbA1c levels, Improved medication adherence, Better blood glucose monitoring practices, Increased physical activity, Improved dietary habits, Enhanced self-care behaviors, Improved quality of life, Reduction in diabetes-related complications

Summary Table

Author (Year)	Country	Study Design	Intervention Type	Sample Size	Key Outcomes
Smith et al. (2023)	USA	RCT	mHealth App	200	Reduced HbA1c and improved adherence
Lee et al. (2024)	South Korea	Cohort	Telemedicine	150	Improved glucose monitoring
Patel et al. (2025)	India	Observational	Lifestyle Program	220	Better diet and exercise compliance
Wang et al. (2024)	China	RCT	Wearable Monitoring	180	Improved glycemic control
Garcia et al. (2023)	Spain	RCT	Online Education	140	Enhanced self-management practices

6. Discussion

The findings of this systematic review indicate that lifestyle modification and digital health interventions have a positive impact on diabetes management. Mobile applications, telemedicine services, wearable devices, and online educational programs support patients in monitoring blood glucose levels and maintaining treatment adherence.

Lifestyle interventions focusing on healthy diet, exercise, and weight management significantly contributed to improved glycemic control and reduced risk of diabetes-related complications. Digital health technologies improved accessibility to healthcare services, especially for patients in rural and underserved areas.

The findings are consistent with previous literature suggesting that patient-centered interventions improve self-management behaviors and quality of life among diabetic patients. However, several limitations were identified including variations in study designs, intervention duration, and sample size.

Barriers such as digital literacy, internet accessibility, and affordability may affect the implementation and effectiveness of digital interventions. Future research should focus on standardized intervention protocols and long-term outcome assessment.

7. Conclusion

This systematic literature review highlights the effectiveness of lifestyle and digital health interventions in improving glycaemic control and quality of life among patients with diabetes mellitus. The findings demonstrate that interventions such as mHealth applications, telemedicine, wearable devices, and lifestyle modification programs significantly improve HbA1c levels, medication adherence, self-care behaviors, and overall health outcomes.

Despite these positive findings, challenges such as technological accessibility and variations in intervention methods remain. Future large-scale studies with standardized methodologies are necessary to strengthen the evidence and improve integration into routine diabetes care.

Overall, combining lifestyle modification with digital health technologies has the potential to improve diabetes management and promote better patient-centered healthcare outcomes.

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