

Impact of a Digital Health Program on Symptoms and Quality of Life in Women With Endometriosis



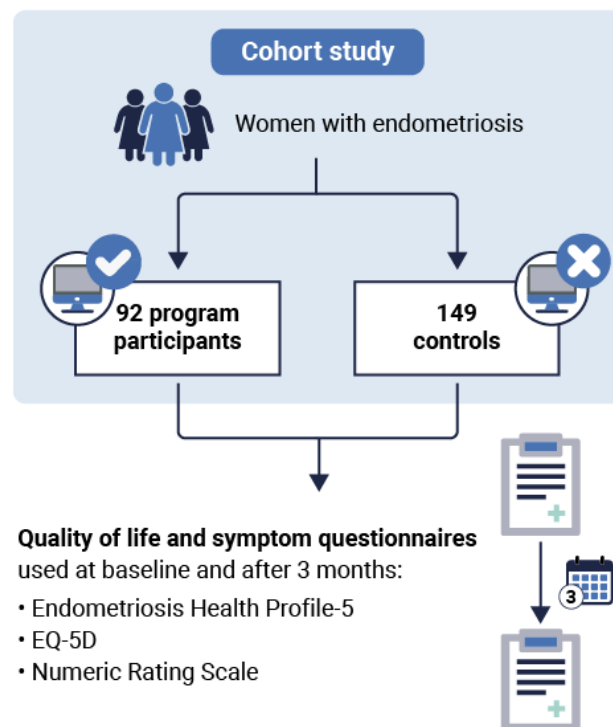
Patients with endometriosis often struggle with symptom management



A **digital health program** was developed based on user research, evidence-based medicine, and clinical expertise



Self-management tools and program content were based on **cognitive behavioral therapy** and improving **quality of life**



Compared to controls, participants showed significant improvements in:

Endometriosis symptoms

- Global symptom burden
- Anxiety
- Depression
- Neuropathic pain
- Endo belly (bloating)



Quality of life

2-3x more program participants showed improvements compared to controls



Perceived **knowledge of endometriosis**



Summary: A digital health program with medical information and self-management tools can support women in navigating life with endometriosis.

Breton Z, Stern E, Pinault M, Lhuillery D, Petit E, Panel P, Alexaline M. A Digital Program for Daily Life Management With Endometriosis: Pilot Cohort Study on Symptoms and Quality of Life Among Participants. JMIR Form Res 2025;9:e58262
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