

## NAPCRG 52nd Annual Meeting — Abstracts of Completed Research 2024.

**Submission Id:** 6709

### **Title**

*Impact of educational activities format, online or in-person, on behavior change in doctors*

### **Priority 1 (Research Category)**

Behavioral, psychosocial, and mental illness

### **Presenters**

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### **Abstract**

We know little about how the impact of in-person CPD compares to that of online CPD. Objective: We compared the impact of in-person versus online CPD courses on doctors' behavior change. Methods: A first group attended in-person courses. During the COVID-19 pandemic, a second group attended an online version of these courses. Behavioral intention was assessed using CPD-REACTION before and immediately after the courses. Self-reported behavior change was measured six months later. Results: We included the 82 registrants of the in-person courses (mean age: 52  $\pm$ 10; men: 50%) and the 318 registrants of the online courses (mean age: 49  $\pm$ 12; men: 63%). On a scale of 1 to 7, mean intention before in-person courses was 5.99  $\pm$ 1.31 and 6.43  $\pm$ 0.80 afterwards (average intention gain of 0.44; CI: 0.16-0.74;  $p=0.003$ ) and mean intention before online courses was 5.53  $\pm$ 1.62 and 5.98  $\pm$ 1.40 afterwards (average intention gain of 0.45; CI: 0.30-0.58;  $p<0.0001$ ). The difference between course formats was not significant ( $p=0.80$ ). Six months later, among those who had changed their behavior, the intention difference increased significantly ( $p=0.002$ ) while it did not in the group of those who had not ( $p=0.223$ ). Conclusion: Behavioral intention of doctors increased after CPD courses, similarly regardless of whether the course format and an increase in intention signals more likelihood of behavior change at six months.

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