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Mobile health as a primary mode of intervention for women at risk of, or diagnosed with, gestational diabetes mellitus

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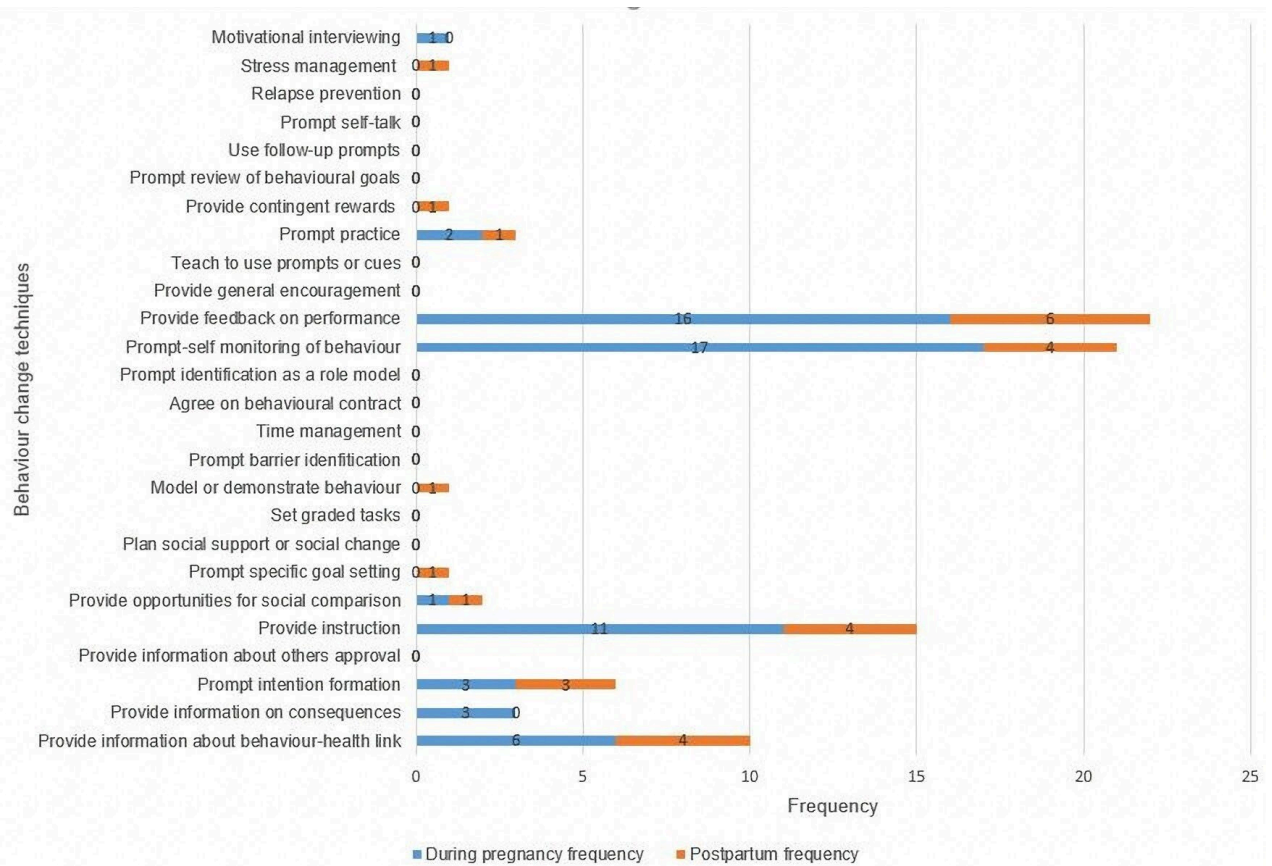


Figure 3. Frequency of behavior change techniques identified in mHealth technologies for GDM using the Michie and Abraham 26 item taxonomy.²⁴