

The Intervention to Increase Hearing Aid Use Among First-Time Adult Hearing Aid Users

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Editorial

Hearing aid use that isn't up to par can have a big influence on one's health and happiness. The researchers wanted to perform a randomised controlled trial of a behaviour modification intervention to encourage patients to use hearing aids. This was a quasi-randomized controlled experiment with two arms. A total of 160 first-time hearing aid users were recruited during their hearing aid fitting sessions. The control group received the standard of care. In addition to standard treatment, the intervention arm received I-PLAN, which includes information about the impacts of hearing aid use/non-use, a reminder prompt to use the hearing aids, and an action plan.

The results demonstrated that the proportion of time hearing aids were used in settings that caused hearing difficulty was the same in both groups. There were no statistically significant differences between groups in any of the outcome measures, including data-logged hearing aid use. Due to the high rates of hearing aid usage among research participants, the intervention's capacity to impact hearing aid use may have been limited. Future intervention trials should focus on hearing aid users who aren't getting the most out of their equipment, despite the fact that the intervention materials were determined to be acceptable and deliverable.

Despite the fact that a number of interventions to encourage people to use hearing aids have been tested, a Cochrane systematic review found that none of the 37 trials improved

hearing aid use. One issue is that none of the therapies, including the behaviour change wheel, were designed using behaviour change theory and evidence. A strategy for developing a systematic approach to behaviour change intervention is the behaviour change wheel.

It was developed after a thorough examination and synthesis of 19 different behaviour change frameworks. Barker et al. used the behaviour change wheel to create the "I-PLAN" intervention. The I-PLAN intervention aims to support audiologists during hearing aid fitting consultations so that adult patients may get the most out of their hearing aids. The I-PLAN is divided into three sections: information on the advantages of wearing a hearing aid and the disadvantages of not wearing one, reminders to urge individuals to use their hearing aids, and a hearing aid action plan.

We looked into two approaches in addition to evaluating the I-PLAN intervention because we wanted to understand more about the potential mechanisms of action so that the intervention may be enhanced. First, we looked at the three action control components that are crucial in self-regulation: awareness of action norms, self-monitoring, and self-regulatory effort as potential mediators of any effect, given the intervention attempts to increase self-regulation.