IN THIS ISSUE

Welcome from Carol

Welcome to our first newsletter of the new year! 2015 is shaping up to be a busy year, with the ISBNPA conference in Edinburgh fast approaching. The conference will offer a number of exciting opportunities for e- & mHealth researchers, including workshops on mHealth design and application (see workshops 2, 4 and 12 on the program), our SIG Annual Meeting, as well as two brand new awards for the best oral and poster presentations in e- & mHealth. We hope the conference will provide ripe grounds to facilitate new collaborations amongst our SIG members, including at an evening networking event especially for SIG members – stay tuned for further details!

In this newsletter we profile Dr Petra Wark, who is the Assistant Director of the Global eHealth Unit at the Department of Public Health and Primary Care at Imperial College London. We also highlight recently published e- & mHealth research relating to behavioural nutrition and physical activity. Happy reading!

Carol Maher
Senior Research Fellow
e- &m Health SIG Co-Chair

ISBNPA BEST PRESENTATION AWARDS

The e- & mHealth SIG will award two 'best presentation' awards at ISBNPA this year – one for the best oral presentation and one for the best poster presentation relating to e- & mHealth research. Selection criteria will focus on innovation and significance.

SIG members are encouraged to self-nominate for the award by emailing their accepted abstract to emhsig.isbnpa@gmail.com by **May 10th.** The SIG committee will also scan the abstract book and make nominatations. Researchers at all levels are encouraged to highlight their work. You may also nominate your colleagues.

Short-listed abstracts will be announced at the SIG networking event and awards will be announced in a special edition of the newsletter shortly after the conference.

ISBNPA WORKSHOPS OF INTEREST

http://www.isbnpa2015.org/workshops

Workshop 2: Building a successful mobile health research project: tools, approaches and trans-disciplinary collaborations.

Full-day workshop

Workshop 4: Using technology for community-based advocacy and environmental change: The Community Park Audit Tool App (eCPAT)

Half-day workshop, morning

Workshop 12: How useful are new technologies in dietary assessment and weight management?

Full-day workshop

HIGHLIGHTED PUBLICATIONS - mHealth

Danaher, B.G., et al., *From black box to toolbox: Outlining device functionality, engagement activities, and the pervasive information architecture of mHealth interventions.* Internet Interventions, 2015. **2**(1): p. 91-101.

'The current paper examines two themes that can inform the underlying design of mHealth interventions: (1) mobile device functionality, which represents the technological toolbox available to intervention developers; and (2) the pervasive information architecture of mHealth interventions, which determines how intervention content can be delivered concurrently using mobile phones, personal computers, and other devices.'

http://www.sciencedirect.com/science/article/pii/S2214782915000032

Muntaner, A., J. Vidal-Conti, and P. Palou, *Increasing physical activity through mobile device interventions: A systematic review.* Health Informatics Journal, 2015.

'This systematic review sought to summarise and update the existing scientific literature on increasing physical activity through mobile device interventions, taking into account the methodological quality of the studies… 11 studies that gave rise to 12 publications included. Six..reported significant increases in physical activity levels.'

http://jhi.sagepub.com/content/early/2015/02/02/1460458214567004.abstract

Payne, H.E., et al., *Behavioral Functionality of Mobile Apps in Health Interventions: A Systematic Review of the Literature.* JMIR mHealth uHealth, 2015. **3**(1): p. e20.

'The purpose of this systematic review was to systematically search and describe the literature on mobile apps used in health behavior interventions, describe the behavioral features and focus of health apps, and to evaluate the potential of apps to disseminate health behavior interventions.'

http://mhealth.jmir.org/2015/1/e20/

HIGHLIGHTED PUBLICATIONS - eHealth

Special issue in The European Health Psychologist

Articles examine key issues and innovations relating to the design, economic evaluation and dissemination of health psychology internet interventions.

EDITORIAL

- Tailor made for Health Psychology: Issues in the design and effectiveness of Internet interventions Thomas Fuller, Floor Kroese

ORIGINAL ARTICLES

- Interest in behaviour change interventions: A conceptual model. Rik Crutzen, Rob Ruiter
- A stitch in time saves nine: Things to consider when tailoring your online intervention. Julian Wienert, Tim Kuhlmann
- Adapting to the medium and the message: Willingness and confidence of COPD patients to use electronic devices for health information management. Wendy Rodgers, Anne-Marie Selzler, Corneel Vandelanotte, Michael Stickland
- Taking online computer-tailoring forward: The potential of tailoring the message frame and delivery mode of online health behaviour change interventions. Eline S. Smit, Annemiek J. Linn, Julia C. M. van Weert

- Designing engaging online behaviour change interventions: A proposed model of user engagement. Camille E. Short, Amanda L. Rebar, Ronald C. Plotnikoff, Corneel Vandelanotte
- Easier said than done: Overcoming challenges in the economic evaluation of Internet-based lifestyle interventions. Eline S. Smit, Hein de Vries, Edwin J. M. Oberjé, Silvia M. A. A. Evers
- Wild West eHealth: Time to hold our horses? Jeroen Ruwaard, Robin Kok

SPOTLIGHT

- Dr. Kristine Martinsone – an Academic Pioneer: The story of Health Psychology in Latvia is the story of Kristine Martinsone. Efrat Neter

Articles available for free download here: **http://openhealthpsychology.com/ehp/index.php/contents/index**

The publications highlighted in this issue were selected by our SIG communications officers: Dr Melanie Hingle from the University of Arizona and Dr Camille Short from the University of Adelaide. If you have a recent paper (accepted/published between March-June 2015) you would like highlighted in the next newsletter please email us at emhsig.isbnpa@gmail.com

Call for Papers

The Use of E-Health for Nutrition Assessment and Intervention. The Scientific World Journal.

Manuscripts due soon: Friday 17th April 2015

http://www.hindawi.com/journals/tswj/si/728492/cfp/

NEW JOURNALS

JMIR mhealth and uhealth (mobile and ubiquitous health) is a new spin-off journal of JMIR. The journal focusses on health and biomedical applications in mobile and tablet computing, pervasive and ubiquitous computing, wearable computing and domotics (automation technologies and computer science applied to the home). In addition to peer-reviewing paper submissions by researchers, *JMIR mHealth and uHealth* offers peer-review of medical apps itself (developers can submit an app for peer-review).

Internet Interventions

Official Journal of the *International Society for Research on Internet Interventions (ISRII).*

Internet Interventions welcomes papers on the application of information technology to mental and behavioural health, including:
• Implementation and dissemination of Internet interventions.
• Descriptions of development and deployment infrastructures.
• Internet intervention methodology and theory papers.
• Economics of Internet interventions (cost-effectiveness).
• Health care policy and Internet interventions
• Internet psychometrics.
• Ethical issues pertaining to Internet interventions and measurements.
• Human-computer interaction and usability research with clinical implications.
• Systematic reviews and meta-analysis on Internet interventions.

Member spotlight

To help our SIG members get to know each other we have decided to provide a profile of one of our SIG members in each newsletter. This will involve looking at our list of members, picking someone based on their keywords, and sending them an email with some questions to complete. If you haven't done so already it would be helpful if you could email your keywords (relating to your areas of expertise and research interests) to emhsig.isbnpa@gmail.com. This will help us showcase the diversity of our membership.

In this newsletter we invited Dr Petra Wark to be profiled (it sounds more ominous than it is..)

Dr **Petra Wark** is the Assistant Director of the Global eHealth unit at the Department of Public Health and Primary Care at Imperial College London. Thanks for answering our questions Petra!

Nicole Nathan,

e- & mHealth SIG communications team.

How would you briefly describe your research to someone who is not familiar with your field of study?

I am a nutritional epidemiologist who initially aimed to gain a better understanding of the causation of chronic diseases by using large cohort studies on chronic diseases. My current research focuses on the use, development and characteristics of dietary and lifestyle assessment using web-based instruments, wearable devices and apps. I am interested in methodological questions in this field, the efficacy and effectiveness of such technologies, but also in their practical application in research and health promotion.

As this is a broad field, let me give you examples of my work:

(1) I am conducting the validation study of myfood24 together with colleagues in the Nutrition and Dietetics Research Group at Imperial. Myfood24 is an online 24-hour dietary assessment tool for the UK (a joint project with the University of Leeds). There is already quite some interest of using our tool in research studies, and our first full paper will be submitted shortly.

(2) We are systematically assessing the quality of existing health apps and are developing a scientific framework of how to do so objectively.

(3) I am leading a project in which we develop a new health promotional service for use in primary prevention, which consists of a wearable device, apps that we are developing, dietary assessment as well as behavioural/lifestyle coaching. This is a project conducted together with industry partners, which gives us access to the latest developments and insights in the field.

(4) In another project, my team is validating a proposed health promotional service that consists of several new technologies that are still in development. We are providing the evidence as to whether the proposed solution will work and makes sense scientifically (i.e. what are its strengths and weaknesses), and we are advising on how it can be improved. This is a very dynamic and fast-moving project in which 18 different partners are involved – it's great to be part of this large European multidisciplinary EIT ICT Labs consortium.

What do you think will be the biggest innovation for e- & mHealth over the next five years? How will the future of e- & mHealth look like?

The future of behavioural eHealth and mHealth looks certainly bright! Over the next five years, I expect to see fast developments in the field of wearable devices and online health promotional services. The focus of such developments will switch from sportsmen to improvement of physical, social and mental health in the general population. In research, we'll have to move on quickly with designing new methodologies and study designs for assessing their efficacy and effectiveness, which will help ensure that their use reduces the burden on the health service rather than increase it.

If you had unlimited funds, what would you do to advance the field of behavioral e- & mHealth?

This is an exciting question! I'd set up an expertise centre that develops frameworks and set standards on how to develop, use and assess behavioural eHealth and mHealth interventions in health promotion and disease prevention and management. This centre would not only develop methodological expertise (including on new study designs and frameworks for assessing the efficacy and effectiveness of eHealth and mHealth interventions), conduct efficacy and effectiveness studies, design new eHealth and mHealth interventions; but also advise governments and other public bodies. In addition, I envisage an advisory role to developers of novel technologies.

ISBNPA COMMUNICATION CORNER

We have some exciting ways to connect with fellow ISBNPA members using social media. Click the hyperlinks or follow the instructions below:

Search 'International Society of Behavioral Nutrition and Physical Activity' on Facebook and/or LinkedIn

Be sure to check out new content posted weekly, network/collaborate with SIG group members, and receive up to the minute updates regarding the Annual Meeting!

@ISBNPA for resources, updates, and quick responses to questions

@IJBNPA to see all the new publications from the ISBNPA Journal

Also, the ISBNPA Communications committee is planning an interactive Twitter chat. Is there a hot topic related to e- & mHealth that you would like to debate? Use #ISBNPAchat to submit! Don't have twitter? Send your chat topic to Mike Lopez at mllopez@ag.tamu.edu

IMPORTANT DATES

The 14th ISBNPA Annual Meeting will be hosted in a few short months in historic Edinburgh! It is not too late to submit your work. **Friday, March 27th** is the last day to submit late breaking abstracts for the poster sessions. Please follow the instructions here: http://www.isbnpa2015.org/abstract-submission

While you are visiting the site to submit your work, don't forget to register for the Annual Meeting!

Last day for Early Registration before prices increase is also March 27th!!