

## IN THIS ISSUE

What's new	pg 1
Important dates	pg 1
SIG membership	pg 2
Highlighted publications	pg 3
SIG Notice board	pg 4
Workshop reflection	pg 5
Acknowledgements	pg 5

## Welcome from Corneel

Welcome to our second newsletter! We were a bit nervous to see what you would think of our first newsletter, but it seems to have gone down pretty well, as we have now over a 100 people on our e-mail list (more detailed numbers on page 2), and we think that is a success! This critical mass will make for a lively and interactive Special Interest Group. To make our newsletter as good as we possibly can, we really need your input. Tell us what you like or dislike about it, or things you would like to see added into the newsletter. You will also see calls for input throughout this newsletter, if you have something to share, please don't hold back and help us make it better!

Every newsletter we will put the spotlight on one or two researchers in the area of behavioural e- & mHealth. Dr Rik Crutzen from the University of Maastricht in the Netherlands is the first to open this new section. We also have a report from Andre Müller (University of Malaya, Malaysia) who attended the CREATE early career researchers workshop 2014 in Innsbruck, Austria. Please let us know if you would like to report on an event that you thought was good or thought provoking.

Finally, have a good look at the highlighted publications, there's some really interesting ones that I should read myself. 'See you' at our next newsletter.



**Associate Professor  
Corneel Vandelanotte  
e- & mHealth SIG Founder & Chair**

## SAVE THE DATE

**23 & 24 February 2015, London**

**UCL Centre for Behavior Change Conference "Harnessing Digital Technology for Health Behavior Change".**

Conference topics of interest include: applying behavioral science to designing and evaluating digital interventions and products, establishing partnerships between industry and academia and maximizing the potential of wearable tech to change behavior.

For more information visit [here](#)

<http://www.ucl.ac.uk/behaviour-change/cbc-events/cbc-conference-2015>

**2<sup>nd</sup> June 2015, Edinburgh**

**Join us at ISBNPA 2015 for the first e- and mHealth SIG-sponsored workshop! "Building a Successful Mobile Health Research Project: Tools, Methods and Trans-Disciplinary Collaborations"**

Guided by international leaders in engineering, medicine, and behavioral nutrition and physical activity, attendees will work in teams to select appropriate mHealth technologies and methods, and integrate them with diet and physical activity assessment and/or intervention within a common case study. After completing the workshop, attendees will be able to: design mHealth research questions to advance behavioral nutrition and physical activity science, Identify critical skills and expertise needed for a successful mHealth project, and choose appropriate mHealth tools and methods to: a) collect and analyze behavioral data; and b) facilitate diet and/or physical activity behavior change

More information available soon

## SIG Membership

We currently have 113 members, who hold a broad range in expertise across e-&mHealth research and practice. Our membership is made up of international scholars, including researchers from Australia (n=35), The United States (n = 29), Canada (n = 11), The Netherlands (N = 13), New Zealand (n = 7), Belgium (n = 6), The United Kingdom (n = 5) and 1 each from Czech Republic, Hong Kong, Malaysia, Portugal, and Sweden. To help our members get to know each other we will be hosting events at the annual ISBNPA conference each year, encouraging workshop participation, hosting an e-&mhealth SIG research gate group, and highlighting member profiles in our quarterly newsletter. In this issue, we are highlighting Dr Rik Crutzen

### **RESEARCH GATE GROUP COMING SOON**

FYI we are in the process of setting up an e-&mhealth SIG Research Gate group. This will allow us to share our publications, connect with colleagues, find or advertise research-focused academic positions and ask the group questions. If you don't have a research gate account yet we recommend you sign up now.

## Member spotlight



**Dr. Rik Crutzen** is a mid-career researcher, working within the department of Health Promotion at Maastricht University in the Netherlands. The overarching theme of Dr. Rik Crutzen's research is how technological innovations can be used to greatest effect in the field of health

promotion to increase the public health impact of these innovations.

He has had formal training in cognitive psychology, advertising and e-communication, obtained in the Netherlands, Belgium and Australia. In 2010, he was awarded funding through the Innovation Research Incentives Scheme (Veni), which is the most prestigious Dutch grant for early career researchers and aims to facilitate the progression of individual researchers.

He is currently conducting novel work focusing on the psychology behind internet-delivered interventions, particularly around interest & enjoyment and how these impact on intervention use. The first publication based on this on-going work is published in [Psychology & Health](#).

**Can interest and enjoyment help to increase use of Internet-delivered interventions?**

<http://www.tandfonline.com/doi/abs/10.1080/08870446.2014.921300#.VI-eOCuUdwh>

## HIGHLIGHTED PUBLICATIONS - 2014

### Food for thought - Recent perspectives on e& m-health research

Mohr DC, Schueller SM, Montague E, Burns MN, Rashidi P. (2014). **The Behavioral Intervention Technology Model: An Integrated Conceptual and Technological Framework for eHealth and mHealth Interventions.** J Med Internet Res 2014; 16(6): e146. DOI: [10.2196/jmir.3077](https://doi.org/10.2196/jmir.3077)

SIG MEMBER HIGHLIGHT: Crutzen, R. (2014). **The behavioral intervention technology model and intervention mapping: the best of both worlds.** J Med Internet Res 16(8): e188. DOI: [10.2196/jmir.3620](https://doi.org/10.2196/jmir.3620)

Baker, T. B., et al. (2014). **How can research keep up with eHealth? Ten strategies for increasing the timeliness and usefulness of eHealth research.** J Med Internet Res 16(2): e36. DOI: [10.2196/jmir.2925](https://doi.org/10.2196/jmir.2925)

### Recent reviews of e- & mHealth literature

Bort-Roig, J., et al. (2014). **Measuring and Influencing Physical Activity with Smartphone Technology: A Systematic Review.** Sports Medicine 44(5): 671-686. DOI: [10.1007/s40279-014-0142-5](https://doi.org/10.1007/s40279-014-0142-5).

Laranjo, L., et al. (2014). **The influence of social networking sites on health behavior change: a systematic review and meta-analysis.** Journal of the American Medical Informatics Association. DOI: [10.1136/amiajnl-2014-002841](https://doi.org/10.1136/amiajnl-2014-002841)

Cho, J., et al. (2014). **Cognitive factors of using health apps: systematic analysis of relationships among health consciousness, health information orientation, eHealth literacy, and health app use efficacy.** J Med Internet Res 16(5): e125. DOI: [10.2196/jmir.3283](https://doi.org/10.2196/jmir.3283)

### IN PRESS

Clar, C., et al. **Just telling and selling: current limitations in the use of digital media in public health: A scoping review.** *Public Health.* DOI: [doi:10.1016/j.puhe.2014.09.009](https://doi.org/10.1016/j.puhe.2014.09.009)

*Do you have any in press manuscripts you think will be of interest to our group? Email us the information and we will highlight their upcoming publication here.*

## SCHOLARSHIP OPPORTUNITIES

### PhD Scholarship, University of Cambridge

**“Mobile phone apps for behavior change”  
(Supervisor: Stephen Sutton)**

Smartphone ‘apps’ (applications) have potential for use in interventions to change health behaviors. However, very few currently available apps are based on behavioral theory or evidence. Many health-related behaviors are influenced by situational as well as by individual factors. For example, a smoker may be tempted to smoke in specific situations. The capability of smartphones to detect the user’s location and other aspects of the situation could be used both to study situational influences on behavior and to deliver timely and context-specific support for behavior change. The proposed project will involve developing and evaluating a behavior change intervention that includes a smartphone application. It will aim to assess the acceptability, feasibility and short-term efficacy of the intervention using both qualitative and quantitative methods. The suggested target behavior is smoking cessation but there is scope for investigating an alternative target behavior. The student will join a research group of mainly psychologists working on interventions for smoking cessation, physical activity, dietary change and medication adherence, with strong interdisciplinary collaborations in public health, primary care and computer science. Programming support will be provided.

Duration: 3.5 years

Web link to advert:

<http://www.gradschl.lifesci.cam.ac.uk/fundedphdopportunities/scmphd>

**Closing date: 9<sup>th</sup> January 2015**

### PhD Scholarship, University of Adelaide

**“Testing the effectiveness of IT-based behavior change interventions to improve lifestyle behaviors among men” (Supervisor: Camille Short)**

The Freemason Foundation Centre for Men’s Health Research at the University of Adelaide invites expressions of interest from motivated and outstanding graduates to undertake a fully funded PhD as part of the centers ongoing research in this area.

Applicants must hold an honors degree, a master’s degree or and/equivalent research experience in a relevant field, such as public health, psychology, health promotion, computer science, or marketing. Prior history of publication would be an advantage.

A stipend, stipend top-up and \$5000 in project funds will be awarded to the successful applicant.

Interested applicants can contact Dr Camille Short to discuss eligibility, career goals and research interests. E: [Camille.Short@adelaide.edu.au](mailto:Camille.Short@adelaide.edu.au).

**Closing date: 30<sup>th</sup> January 2015**

## Workshop Reflection

**André Matthias Müller**  
e- & mHealth SIG Secretary

“Leveraging Mobile Technology and Social Media in Behavioural Research” Feedback from the CREATE early career researchers workshop 2014 in Innsbruck, Austria.

Quo Vadis, young behavioural science researcher? Observing the constantly growing research literature on mobile technology and social media as vehicles to assess and change health behaviour most young researchers would probably proudly say “direction technology”. And for most of us this is rather logical since we were all, more or less socialized into a connected world. However, at some point we might find ourselves lost in the forest of mobile apps, Twitter, Facebook and the like. A simple search for mobile apps that are supposed to promote health behaviour reveals thousands of results. But whether calorie counters, fitness programs and Co are worth having is rather questionable, primarily because most apps are developed by entrepreneurs who lack a behavioural science background. With this, Dr. Sherry Pagoto and Dr. Kristin Schneider pointed out that there are contradictory interests when it comes to apps (developers vs. scientists). The facilitators highlighted that three things need to happen to adequately actualize the potential of health apps: a) evaluate existing apps (systematic reviews and trials), b) build evidence-informed clearinghouses for practitioners who intend to recommend apps to patients and/or clients, c) utilize behavioural change strategies to develop apps for specific target behaviours and populations.

It is no secret that many health behaviour researchers dream of designing an intervention that makes physical activity, healthy eating and reduced sitting spread like a virus. Dr. Pagoto and Dr. Schneider are convinced that social media can be used to reach such an ambitious goal. They presented evidence indicating that Twitter was a better source of social support than family and friends in women who intended to lose weight. With this, research on social media for health behaviour observation, measurement and intervention will probably be trendy in behavioural science for a longer

Besides the inherent research potential of social media workshop participants also discussed the importance of a powerful social media presence of individual scientists to increase reputation and networking opportunities, and reach the larger population. After acquiring the basics of the specific language used in Twitter, Dr. Pagoto stressed that the platform offers behavioural scientists a unique opportunity to step out of the dark and enlighten those they research for – the people.

The next CREATE workshop with the theme “Writing science for journals, funders and other audiences” will be held in Cyprus from 30<sup>th</sup> August to 1<sup>st</sup> September 2015. Further, Synergy (subdivision of EHPS for experienced researchers) is organizing a workshop on “mHealth for behaviour change” at the same time. Interested researchers may visit <http://ehps.net/create> or <http://ehps.net/synergy> for further information on grants, application processes and updates



### Acknowledgments

This newsletter was composed by Dr Camille Short, Associate Professor Corneel Vandelanotte and PhD Candidate André Müller, with assistance from the SIG committee