

# 2016 Newsletter 1

[Campaign Preview](#)[HTML Source](#)[Plain-Text Email](#)[Details](#)

---



# ISBNPA

e- & mHealth SIG

## 2016 eNewsletter 1

[Recent e-&mHealth Publications](#)

[SIG member profile](#)

[Upcoming e- & mHealth events](#)

[Technology corner](#)

[e-& mHealth publication award](#)

[SIG webinar](#)

---



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

*Hello SIG members,*

*Welcome to 2016 and our first newsletter for the year. You've probably noticed our newsletter is looking somewhat different. It's testament to our enthusiastic group of SIG officers, always looking to do things better, and as we grow a more professional newsletter was a logical next step. Talking about growth: our SIG has also become a lot more active on [Twitter](#) and [Facebook](#), with >60 followers. Obviously, there is room for a lot more growth, so make sure*

to follow/like us if you want to be kept updated about all things e- & mHealth via those channels. A big thank you to Melinda Hutchesson who was the driving force behind this newsletter.

Happy reading!

## Recent e-& mHealth Publications

### A selection of recent e- & m-Health publications:

Maher, C., Ryan, J., Kernot, J., Podsiadly, J., & Keenihan, S. Social media and applications to health behavior. *Current Opinion in Psychology*, 2016; 9, 50-55.

<http://www.sciencedirect.com/science/article/pii/S2352250X15002936>

Flores Mateo G, Grando-Font E, Ferre-Grau C, Montana-Carreras X. Mobile phone apps to promote weight loss and increase physical activity: A systematic review and meta-analysis. *J Med Internet Res*. 2015; 17 (11): e253 <http://www.jmir.org/2015/11/e253/>

Belmon LS, Middelweerd A, Te Velde SJ, Brug K. Dutch young adults ratings of behaviour change techniques applied in mobile phone apps to promote physical activity: A cross-sectional survey. *JMIR Mhealth Uhealth*. 2015; 3(4)e103. <http://mhealth.jmir.org/2015/4/e103/>

### Highlighted publication

Partridge S, Allman-Farinelli M, McGeechan K, Balestracci K, Wong AT, Hebden L, Harris MF, Bauman A, Phongsavan P. Process evaluation of TXT2BFIT: a multi-component mHealth randomised controlled trial to prevent weight gain in young adults. *Int J Behav Nutr Phys Act*. 2016;13(1):7.

<https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-016-0329-2>

**We asked the author of this paper, Stephanie Partridge (see SIG member profile) what she thinks the paper contributes to our understanding of the use of e- & m-Health for nutrition and physical activity behaviour change. Here is her response.**

To our knowledge this was the first study to elucidate young adults' perceptions of and engagement with a mHealth program for the prevention of weight. mHealth programs delivered via smartphones offer a range of components, however, efficacy evaluations only investigate the intervention as a whole, and do not allow isolation of the effects of the individual mHealth program components. There is also limited space to report such findings in efficacy papers, so it is vital separate process evaluation are reported. This process evaluation study has allowed us to gain a better understanding of program engagement, program fidelity and program component contribution to observed effects in the TXT2BFIT study. We found participants placed a high value on the behavioural

in the INTERM study, we found participants placed a high value on the behavioural coaching calls with a dietitian and text messages and summarising emails tailored to their personal nutrition and physical activity goals. Participants would prefer that the four apps for self-monitoring and website resources all be incorporated into one smartphone application that can be individualised by entry of their personal data. This qualitative and quantitative user focused evaluation provides insight into the desire for tailoring and will guide future research to determine level of individualisation achievable for population wide dissemination.

***Follow the e- & m-Health SIG on [Twitter](#) and [Facebook](#) to keep up to date with the latest e- & m-Health publications.***

## SIG member profile



**Stephanie Partridge**

[stephanie.partridge@sydney.edu.au](mailto:stephanie.partridge@sydney.edu.au)

### **Qualifications:**

B Sc (Nutrition) (Hons), Accredited Practicing Dietitian

### **Where do you work?**

PhD Candidate with Discipline of Nutrition and Dietetics at the Charles Perkins Centre, University of Sydney

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

My current research focuses on evaluating the potential of a mobile health (mHealth) weight gain prevention program for upscale. The program was designed in conjunction with young adults for young adults, with the aim of fitting conveniently into their daily lives. My evaluation is multifaceted and encompasses all areas required for potential upscale, including recruitment strategies to mHealth programs, efficacy evaluation, process evaluation, investigating the specific mechanisms of change in the program, who the program worked for, cost and behavioural analysis. This research will inform future effectiveness testing and translational research.

### **In your opinion, what are the biggest barriers to conducting innovative e-& mHealth research? And how have you, or would you overcome them if you had unlimited resources?**

The pace of research vs. the pace technology is developing. It's hard to keep up! If I had unlimited resources, I would endeavour to form a large national consortiums of nutrition and physical activity researchers and technology experts to develop, evaluate and deliver health promotion programs en masse.

### **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?**

Advances in behavioural self-monitoring and objective measures of nutrition and physical activity behaviours. This is an exciting time to be an early career researcher, as more devices are being developed that will allow real-time objective measures of nutrition and physical activity behaviours. I think it will be an era of big data, from wearable devices and valuable real-time 'user' or participant feedback.

## Upcoming e- & mHealth events

**The ISBNPA Annual Meeting** in Cape Town from 8th-11th June 2016 will include workshops and symposiums relevant to e- & m-Health research. These include:

- **Workshop:** Social media and strategic communications for researchers and institutions. Speakers: Steven Kelder and Brooks Ballard.
- **Symposium:** Making e- & m-Health interventions more engaging and appealing to increase their use and effectiveness. Speakers: Camille Short, Carol Maher, Douglas Evans, Diana Guertler, Rik Crutzen and Corneel Vandelanotte.
- **Symposium:** Innovating computer-tailored interventions targeting energy-balance related behaviours: physical activity, sedentary behaviour and diet. Speakers: Corneel Vandelanotte, Kim Gans, Stephanie Alley, Katrien De Kocker, Hein De Vries and Camille Short.

The e- & m-Health SIG will also meet during the conference. More details to follow in the pre-conference eNewsletter.

**International Society of Research on Internet Interventions** 8th Annual Scientific Meeting is being held from the 7-9th April 2016 in Seattle, USA.

**mHealth: Behavioural Science and Mobile Technology Conference**, 16th June 2016, National University of Ireland Galway. Speakers include Prof. Susan Michie (University College London), Prof. David French (University of Manchester), Prof. Sean Mackey (Stanford University), Dr. Leanne Morrisson (University of Southampton), Dr. Conor Linehan (University College Cork) and Avril Copeland (Founder, TickerFit).

Are you planning to attend any e- & m-Health conferences in 2016? Let the SIG committee know.

## Technology corner

### **New Fitbit released!**

Fitbit released its latest fitness trackers Fitbit Alta and Fitbit Blaze in 2016 and it is currently

available for pre-order. But have you ever wondered about the validity of such devices for use in research and e & m Health programs?

A [recent review published in IJBNPA](#) reported on the validity and reliability of key consumer wearable activity devices (Fitbit and Jawbone).

### Have you heard about Apple Research Kit?

[Apple Research Kit](#) is an open-source software framework created to make it easy for researchers and developers to create apps.

Several research groups are already utilising the software, including the Dan-Farber Cancer, Penn Medicine, Sage Bionetworks and UCLA's Jonsson Comprehensive Cancer Center. They have developed the *Share the Journey* for breast cancer patients, which tracks fatigue, mood and cognitive changes, sleep disturbances and reduction in exercise.

[Let the SIG know](#) if you are using/or planning to use Apple Research Kit.

## e- & mHealth SIG publication award

We are currently in the process of judging the Best e- & mHealth Publication Award for 2015. We've looked up all e- & mHealth SIG members on Scopus and downloaded 415 2015 publications on which members are either first or senior author. We are currently shortlisting these publications, and are looking forward to announcing our inaugural winner in the next newsletter edition!

## SIG webinar

The e- and m-Health SIG webinar: ***Forging public-private partnerships to advance the science and practice of mobile health*** was held on Monday 2<sup>nd</sup> November 2016. Tom Baranowski and Joanna Strober shared their secrets on best practice for engaging in mutually beneficial partnerships.

For those that missed it, the webinar can be accessed [here](#)



---

Copyright © 2016 ISBNPA Level 7, SAHMRI, North Terrace Adelaide, SA 5000 Australia ISBNPA, All rights reserved.

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)

---

This email was sent to << [Test Email Address](#) >>  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
ISBNPA · Level 7, SAHMRI, North Terrace · Adelaide, SA 5000 · Australia

