e- & mHealth SIG Newsletter - Conference edition!

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e- & mHealth SIG

2016 eNewsletter 2

Contents

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

Dear SIG Members,

I'm excited, I hope you are too! The next ISBNPA conference is just around the corner and our SIG Team has been doing a lot of work in preparation, for you our SIG members. You can read all about what we plan to do at the conference in this newsletter (make sure to join us!!!). And there is an e- & mHealth conference guide, and there's a publication award, and there's presentation awards….and there is more!

I'm also very excited about the paper our SIG Team has just published, providing a neat overview of the state of the art in our research area. Make sure to have a look at it. I'm very proud to what we have accomplished as a team thus far…and this is just our second year!

A special thank you to Dr Nicole Nathan, who has prepared this newsletter.

See you in Cape Town!

e- & mHealth SIG Annual Meeting

We are very proud to be providing some amazing opportunities for those working in the e- & mHealth field at the ISBNPA Annual meeting. We hope that you will join us for these

events. If you are tweeting throughout the conference don't forget to use **#isbnpa_emh**. We will share some interesting tweets in our post-conference newsletter.

Our annual meeting will be held Thursday 9th June from 12-1pm

We are thrilled to announce **Professor Margaret Allmann-Farinelli, Professor Johannes Brug, Dr Rik Crutzen and Professor Ralph Maddison,** will be joining our SIG meeting to form a panel to discuss the topic

'There are thousands of apps for that already'

Chaired by our SIG team member **A/Professor Melanie Hingle**, the panel will touch on a number of issues regarding Apps including;

- The evidence for and effectiveness of Apps
- Examination of existing Apps
- Do we need more Apps?
- How do you get your App noticed
- Benefits, barriers and opportunities for Apps.

Please come along and join in, in what should be a lively panel discussion.

Chaired by A/Professor Melanie Hingle (above) the panel will include (clockwise from top left) Professor Margaret Allmann-Farinelli, Professor Johannes Brug, Professor Ralph Maddison and Dr Rik Crutzen.

e- & mHealth Conference Guide

Once again we have undertaken the huge task of screening the conference handbook to identify e- & mHealth SIG relevant papers and posters (please forgive us if we missed anyone) and compiled them in this handy overview for our members. We encourage you to download and/ or print the document as a quick e- & mHealth guide for the conference.

e- & mHealth SIG Best Oral Presentation

and Poster Presentation- shortlisted nominees

Once again we will be awarding best Oral Presentation and Best Poster Presentation awards for e- & mHealth relevant papers. **The winner of the best presentation will receive free ISBNPA membership ($200 USD) for one year!** We really encourage you to check out these high quality presentations during the conference.

CONGRATULATIONS to our short-listed nominees (see below). For more details go here.

Shortlisted nominees for best oral presentation

- Diana Guertler et al- Influence of a smartphone app on engagement and determinants of nonusage attrition within a free physical activity promotion program: The case of 10,000 Steps Australia.
- Jonathan Rawstorn et al- Real-time remotely monitored exercise-based cardiac rehabilitation could augment traditional centre-based programmes: results from a pilot non-inferiority randomised controlled trial.
- Christine Nyström et al- A mobile phone-based intervention to prevent obesity in 4-year-olds (MINISTOP): results from a population-based randomized controlled trial
- Stephanie Alley et al- A randomised controlled trial examining the effectiveness of video-coaching to assist a computer-tailored physical activity intervention.
- Claire Collins et al- Translating national Australian dietary guidelines to a web-based tool to evaluate diet quality and provide real-time feedback and brief advice: the Healthy Eating Quiz

Shortlisted nominees for best poster presentation

- Artur Direito et al- The effectiveness of mobile health behaviour change interventions for physical activity and sedentary behaviours: systematic review and meta-analysis of randomised controlled trials
- Monica Nour et al- A systematic review of social media and game-based nutrition interventions targeted at young adults.
- Marie-Eve Caplette et al- Enhancing knowledge translation in nutrition through a healthy eating blog: a feasibility study
- Jolien Plaete et al- Effectiveness of the self-regulation eHealth intervention 'MyPlan 1.0' on fruit and vegetable intake of adults who visit general practice: A Clustered Randomized Controlled Trial
- Juliana Chen- Smartphone apps for behavior change - Dietitians are yet to go digital

e- & mHealth SIG team publication

Our SIG team have recently co-authored the above publication in the *Journal of Nutrition Education and Behavior*. The paper is titled:

"*Past, present, and future of ehealth and mhealth research to improve physical activity and dietary behaviors*"

The aims are;

- An overview of the state of the evidence for the use of e- & mHealth in improving physical activity and nutrition behaviors in general and special populations.
- The role of theory in e- & mHealth interventions is addressed, as are methodological issues.
- Key recommendations for future research in the field of e- & mHealth are provided.

Citation
Vandelanotte C, Müller AM, Short CE, Hingle M, Nathan N, Williams SL, Lopez ML, Parekh S, Maher CA, Past, present, and future of ehealth and mhealth research to improve physical activity and dietary behaviors *Journal of Nutrition Education and Behavior*, 2016 Volume 48, Issue 3, Pages 219–228.e1 http://www.jneb.org/article/S1499-4046(15)00806-4/abstract

e- & mHealth 2015 Publication Award

CONGRATULATIONS to the below authors for their paper being shortlisted for the e- & mHealth SIG 2015 Publication Award. **We will be announcing the winner at our** Annual Meeting**, so make sure you come along.**

Using Scopus we identified 419 articles published in 2015 with a SIG member as first or last author. Two committee members screened the titles and abstracts to identify e- & mHealth original research articles. The resulting abstracts of 66 articles were allocated to two reviewers each, and each pair nominated their highest scoring article within their set and, if scores were close, also a runner-up (none of the pairs scored articles they co-authored). The full-text of the final seven articles (listed below) were read by all SIG committee members, and again scored. Our scoring criteria were as follows:

1. Relevance to e or mHealth = use of electronic or mobile technology to promote health through behavioural nutrition and physical activity
2. Significance = does the project address an important problem, or a critical barrier to progress the field?
3. Innovation = does the study shift current research paradigms using novel concepts, approaches, methodologies, instrumentation or interventions?
4. Approach = is the overall strategy, methodology and analyses well-reasoned and appropriate to the aims of the project?
5. Presentation = is the article well written, interesting, engaging? Are the analyses clearly laid out?

Block G, Azar KMJ, Romanelli RJ, Block TJ, Hopkins D, Carpenter HA, Dolginsky MS, Hudes ML, Palaniappan LP, Block CH. Diabetes prevention and weight loss with a fully automated behavioral intervention by email, web, and mobile phone: A randomized controlled trial among persons with prediabetes. Journal of Medical Internet Research 2015;17(10). http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4642405/

De Cocker K, De Bourdeaudhuij I, Cardon G, Vandelanotte C. Theory-driven, web-based, computer-tailored advice to reduce and interrupt sitting at work: Development, feasibility and acceptability testing among employees. BMC Public Health 2015;15 (1). http://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-015-2288-y

Direito A, Jiang Y, Whittaker R, Maddison R. Apps for IMproving FITness and increasing physical activity among young people: The AIMFIT pragmatic randomized controlled trial. Journal of Medical Internet Research 2015;17(8). http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4642788/

Fjeldsoe BS, Miller YD, Graves N, Barnett AG, Marshall AL. Randomized Controlled Trial of an Improved Version of MobileMums, an Intervention for Increasing Physical Activity in Women with Young Children. Annals of Behavioral Medicine 2015; 49(4):487-499. http://link.springer.com/article/10.1007%2Fs12160-014-9675-y

Gans KM, Risica PM, Dulin-Keita A, Mello J, Dawood M, Strolla LO,Harel O. Innovative video tailoring for dietary change: Final results of the Good for you! cluster randomized trial. International Journal of Behavioral Nutrition and Physical Activity 2015. https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-015-0282-5

Spruijt-Metz D, Hekler E, Saranummi N, Intille S, Korhonen I, Nilsen W, Rivera DE, Spring B, Michie S, Asch DA, Sanna A, Salcedo VT, Kukakfa R, Pavel M. Building new computational models to support health behavior change and maintenance: new opportunities in behavioral research. Translational Behavioral Medicine 2015;5(3):335-346. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4537459/

Waterlander WE, Jiang Y, Steenhuis IHM, Ni Mhurchu C. Using a 3D virtual supermarket to measure food purchase behavior: A validation study. Journal of Medical Internet Research 2015; 17(4):e107. http://www.jmir.org/2015/4/e107/

SIG member profile- Ralph Maddison

Ralph Maddison, a member of our e- & mHealth SIG, is the incoming ISBNPA President so we thought it would be an opportune time to feature Ralph to get his views on e- & m-Health.

Qualifications and position:

Quals; PhD Sport and Exercise Science (Psychology), MSc (Hons) Sport and Exercise Science, BHSc.
My current position is Professor of Physical Activity and Disease Prevention, Institute for Physical Activity and Nutrition, Deakin University, Melbourne Australia.

Where have you worked in the last 5 years?
Programme Leader Physical Activity, National Institute for Health Innovation, University of Auckland, New Zealand

How would you briefly describe your research to someone who is not familiar with your field of study? What is your main research interest?
My research targets important determinants of non-communicable disease, and focuses on interventions to increase physical activity, improve diet, prevent obesity, and improve self-management of chronic disease. My research is exemplified by 1) the incorporation of leading edge ideas for using technology (e.g., mobile phones, wearable cameras, video games, GPS measurement) to trial interventions and measure outcomes; 2) robustly designed and conducted randomised controlled trials (RCTS) to Good Clinical Research Practice (GCP) standards; 3) strong engagement with the healthcare sector, and with community organisations, to ensure the studies are 'real world' in design, and practice and lead to policy-relevant research amenable to immediate translation.

Other than a lack of funds or time, what is your biggest barrier to conducting innovative e- & mHealth research? And what is your most effective strategy in overcoming this barrier?
Biggest barrier for me is trying to keep abreast of the technological innovations and to ensure that the interventions I am involved in are relevant and not readily outdated. To overcome this, I have tried to develop a team of people, that include software developers, data analysts that came help undertake work in a timely fashion. I am trying to test the principles of using the technology so as the technology advances, the principles remain relevant. More recently, I have been involved in greater proof-of-concept testing, before proceeding to a full trial.

What do you think will be the biggest innovation for e- & mHealth in the next five years? How will the future of e- & mHealth look like?
This is a difficult question, but I think given the ubiquity of mobile and wireless sensing, there will be a greater integration of personal sensing with different environment (homes, work, shopping) allowing environmental responses to people's presence (changing lighting in the home, offering a glass of water or suggesting locations to shop as one passes by retailers). This connectedness via the Internet of Things will have a significant impact on e- & mHealth through more sophisticated 'just-in-time', environmentally contextually relevant interventions. However in saying that I can also see a future where people are saturated with technology and revert back to more simple approaches. Not entirely sure which will come to fruition, maybe both in parallel.

Other recent e- & mHealth Publications

Bardus M, van Beurden S, Smith J, Abraham C. A review and content analysis of engagement, functionality, aesthetics, information quality, and change techniques in the most popular commercial apps for weight management *International Journal of Behavioral Nutrition and Physical Activity* 2016, 13 :35

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