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e- &mHealth SIG Pre-Conference Edition
2 messages

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e-&mHealth SIG Pre-Conference Newsletter - June 2017

ISBNPA
e- & mHealth SIG

Pre-Conference Newsletter

The countdown is on the this year's annual conference, and it is a pleasure to be sending you our pre-conference newsletter. This year our SIG members are having a large presence at the conference, with a keynote presentation, a workshop, three symposia, 27 oral presentations and 59 posters. We've put together a summary of all the e- & mHealth presentations in one document below to help you prepare your conference itinerary. In particular, I'm looking forward to checking out the outstanding presentations which have been shortlisted for our SIG's presentation prizes.

We are always trying to find new and interesting ways of engaging our SIG members in the SIG meeting. This year, we are having a guest presentation on the role of artificial intelligence in health behaviour change, from Dr Marta Moreira Marques, from the University College London's Human Behaviour Change Project. This four year collaboration with IBM is one of the first applications of artificial intelligence in our field. Marta will share her insider's perspective on how the project came about, how behavioural scientists work together with computer scientists and information scientists to achieve this ambitious project, what equipment and budget is involved, and more.

We will also be holding a showcase of our members' intervention software. See full details in this newsletter. This format is something new, and personally, I will be praying to the

technology gods to smile upon us for the session! Also, for the first time, we will be hosting an informal networking session over drinks - see details below. Please be sure to come along - who knows, you may meet your newest collaborator.

To those of you coming to Victoria, I look forward to seeing you there! To those who can't join us, stay up to date with all the latest e- & mHealth happenings at the conference via social media: Twitter @isbnpa_emh and Facebook ISBNPA e&mHealth SIG.

Carol Maher
e- & mHealth SIG Chair

e- & mHealth SIG Annual Meeting

Our annual meeting takes place on **Friday 8th June from 3.15pm-4.30pm in Esquimalt.**

Expert AI presentation

We are thrilled to announce that we will be having a guest presentation by **Dr. Marta Moreira Marques** on the **use of Artificial Intelligence technology in physical activity and nutrition behavior science.**

Dr Moreira Marques is part of a team from University College London working on the Human Behaviour Change Project, which aims to continually scan the world literature on behavior change, and use this to build a model of human behaviour to answer the big question: 'What behaviour change interventions work, how well, for whom, in what setting, for what behaviours and why?". Her presentation will include the practicalities of applying artificial intelligence in our field. Learn more about the origins of this cutting-edge project, and how health behaviour researchers are working with computer scientists and industry to apply artificial intelligence to advance our field.

+ Software showcase!

As part of the meeting we will also have a **'software showcase'** where we will get a chance to peruse a range of websites and mobile apps developed by our members. Eight stations will be set up around the room where the software will be displayed on large flat screens. Everyone can circulate around to the various stations and see and use the software in action. Seven of the station presenters have been invited to showcase a wide variety of technologies and intervention approaches. One station will be an "open mic" station, at which anyone who has created physical activity or nutrition software can demonstrate it (just bring your software along on your own device, we'll have the cables, so that you can showcase it to the group).

The awards for **Best SIG member e-& mHealth paper for 2016** will also be announced at the meeting.

e- & mHealth SIG Informal Networking Event

Come and mingle with other e- & mHealth researchers in the lounge at Browns Social House

from 18:15 on Thursday 8th June. Researchers at all career stages are welcome and encouraged to attend! Located at 809 Douglas St., Victoria - a 100m walk from the conference centre.

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 any) and compiled them in this handy overview for our members. We encourage you to download the document as a quick e- & mHealth guide for the conference.

Conference guide/ schedule

Quick guide to see what e&mHealth presentations/ sessions are on and when.

e-& mHealth Abstracts

Abstracts of e- & mHealth related presentations. Read it on the plane and learn more about what others are presenting.

e- & mHealth SIG Best Oral Presentation and Poster Presentations - Shortlisted Nominees

We will be awarding best Oral Presentation and Best Poster Presentation awards for e- & mHealth relevant papers. We really encourage you to check out these high-quality presentations during the conference. CONGRATULATIONS to our short-listed nominees (see below).

Process of shortlisting: 5 reviewers assessed the abstracts independently and scores were averaged in pairs. Score from 1-5 were given based on aim, methods, addressing a gap/need, progress to e- & mHealth and likeliness of citation.

Shortlisted nominees for best oral presentation:

- Whelan, M., Morgan, P., Sherar, L., Magistro, D., Kingsnorth, A. and Esliger, D. *Can functional MRI help optimise lifestyle behaviour change feedback from wearable technologies?* Presenter: M. Whelan.

- Turner-McGrievy, G., Boutte, A., Singletary, C., Hutto, B., Hoover, A., Muth, E., and Wilcox, S. *The Dietary Intervention to Enhance Tracking with Mobile devices (DIET Mobile) study: A six-month randomized, controlled trial testing two different mobile self-monitoring devices.* Presenter: G. Turner-Mcgrievy.

- Rawstorn, J., Gant, N., Warren, I., Meads, A., Rolleston, A., Whittaker, R., Benatar, J., Stewart, R., Jiang, Y., and Maddison, R. *Remotely monitored exercise-based cardiac rehabilitation combines effectiveness of traditional centre-based programmes with near universal accessibility: results from the REMOTE-CR non-inferiority randomised controlled trial.* Presenter: J.C. Rawstorn.

- Plotnikoff, R., Wilczynska, M., Cohen, K., Smith, J., and Lubans, D. *Outcome and process findings from the 'eCoFit' randomized controlled trial: Integrating smartphone technology, social support and the outdoor physical environment to improve health-related fitness among adults at risk of, or diagnosed with Type 2 Diabetes.* Presenter: R. Plotnikoff.

- Hesketh, K., Hinkley, T., Stephens, LD., Fjeldsoe, B. and Salmon, J. *An m-health intervention to increase physical activity and decrease sedentary behaviour in 1-3 year olds*. Presenter: KD. Hesketh.

Shortlisted nominees for best poster presentation:

- Alley, S.J., Kolt, G.S., Duncan, M.J., Caperchione, C.M., Savage, T.N., Maeder, A.J., Rosenkranz, R.R., Tauge, R., Van Italien, A.K., Mummery, W.K., Vandelanotte, C. *The effectiveness of a web 2.0 physical activity intervention in older adults - A randomised controlled trial.* Presenter: S. J. Alley.

- Yoong, S., Grady, A., Wiggers, J., Flood, V., Rissel, C., Searles, A., Finch, M., and Wolfenden, L. *A randomised controlled trial of a web-based menu planning, systems intervention to improve childcare service adherence to dietary guidelines.* Presenter: A. Grady.

- Rossen, J., Lööf, H., Yngve, A., Brisera, K., Hagströmer, M., Johansson, U. *Using pedometers for self-management of physical activity- participants' experiences from Sophia Step Study- a physical activity promotion intervention in pre- and type 2 diabetes.* Presenter: J. Rossen.

- Ryan, J., Edney, S., and Maher, C. *Psychological facets of the 'quantified self': Exploring the relationship between emotional responses to activity trackers and personality characteristics.* Presenter: J. Ryan.

- Trinh, L., Sabiston, C., Arbour-Nicitopoulos, K., Alibi, Shabbir., Jones, J., Berry, S., Loblaw, A. and Faulkner, G. *RiseTx: Testing the feasibility of a web application for reducing sitting during treatment for prostate cancer.* Presenter: L. Trinh.

e- & mHealth 2016 Publication Award

CONGRATULATIONS to the below authors for their paper being shortlisted for the e- & mHealth SIG 2016 Publication Award. All nominees have been nominated by the SIG members. We will be announcing the winner at our Annual Meeting, so make sure you come along. The winner of the award will receive free ISBNPA membership ($200 USD) for one year!

Process of shortlisting: 7 blinded reviewers assessed the 17 submitted abstracts independently. They indicated their first, second and third choice based on the criteria; significance, relevance and innovation. 3 points were given to the first choice, 2 points to the second choice and 1 point for the third choice.

Shortlisted nominees for e- & mHealth 2016 Publication Award:

- Holmberg, C., Chaplin, JE., Hillman, T. and Berg, C. Adolescents' presentation of food in social media: An explorative study. Appetite. 2016 Apr 1; 99:121-9.

- DeSmet, A., Thompson, D., Baranowski, T., Palmeira, A., Verloigne, M. and De Bourdeaudhuij, I. (2016). Is participatory design associated with the effectiveness of serious digital games for healthy lifestyle promotion?: a meta-analysis. Journal of Medical Internet Research, 18, 4.

- Rawstorn, JC., Gant, N., Direito, A., Beckmann, C. and Maddison, R. (2016) Telehealth exercise-based cardiac rehabilitation: a systematic review & meta-analysis. Heart, 102(15): 1183-1192.

SIG Member Profile - Artur Direito

1. Qualifications and Position

I recently became a research associate in digital behaviour change at UCL, UK; my background is in health sciences (PhD), lifestyle & chronic disorders (MSc) and physical education & sport (MSc).

2. Where have you worked in the last 5 years

At the National Institute for Health Innovation, University of Auckland, New Zealand as a PhD candidate. After leaving I was a visiting researcher at the Self-Regulation in Physical Activity, Nutrition and Obesity, University of Lisbon, and at the Department of Biosciences and Nutrition, Karolinska Institute.

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

Thus far my research has focused on trying to improve physical activity (PA) and sedentary behaviours among adolescents and adults using mobile health approaches, such as smartphones. Examples are systematically reviewing the PA mHealth effectiveness literature, assessing the incorporation of behaviour change techniques in apps, trialing commercially- available apps, and designing and evaluating a proof-of-concept theory-based app.

4. What is your main research interest?

My current work uses behaviour change evidence and theories to inform and guide the development of interventions using digital technologies. I am interested in achieving better health outcomes through lifestyle-related behaviour change.

5. Other than a lack of funds or time, what is your biggest barrier to conducting innovative e and m-health research? What is your most effective strategy in overcoming this barrier?

Multidisciplinary teams with individuals from behavioural science, health, human computer interaction, user experience, etc. working together are rare. Communication is difficult. My short career precludes a good answer to 2); will speculate and say the input and extensive collaboration between the different experts is crucial - so besides the multidisciplinary team, an interdisciplinary spirit is needed (I speak against myself!).

6. What do you think will be the biggest innovation in e and mHealth in the next 5 years?

Analytics and machine learning applied to data captured via smartphones and wearable devices will allow more accurate automatic detection of behaviour and delivery of intervention content. This should make content more relevant to individuals' needs, delivered at the time that is most needed, and hopefully more likely to positively affect health behaviour. I'm keen to see the impact

of the responsiveness of Just-in-time adaptive interventions (JITAIs) in changing behaviour.

7. Do you have an e and mHealth paper that you would like to share?

This one on retention issues, this example of behavioural science in app development, and this one on the need for dynamic models of behaviour.

Other recent e- & mHealth Publications

1. McIntosh, J. R. D., Jay, S., Hadden, N., & Whittaker, P. J. (2017). Do E-health interventions improve physical activity in young people: a systematic review. Public Health, 148, 140-148.

2. Kanera, I. M., Willems, R. A., Bolman, C. A., Mesters, I., Verboon, P., & Lechner, L. (2017). Long-term effects of a web-based cancer aftercare intervention on moderate physical activity and vegetable consumption among early cancer survivors: a randomized controlled trial. International Journal of Behavioral Nutrition and Physical Activity, 14(1), 19.

3. Pyky, R., Koivumaa-Honkanen, H., Leinonen, A. M., Ahola, R., Hirvonen, N., Enwald, H., ... & Mäntysaari, M. (2017). Effect of tailored, gamified, mobile physical activity intervention on life satisfaction and self-rated health in young adolescent men: A population-based, randomized controlled trial (MOPO study). Computers in Human Behavior, 72, 13-22.

Upcoming e- & mHealth Conferences

mHealth Conference 2017 - Behavioural Science and mobile technology conference taking place on 15th June in the National University of Ireland, Galway, Ireland.

9th International Conference on e-Health takes place from the 20th- 22nd of July in Lisbon, Portugal.

Be sure to follow us on Twitter @isbnpa_emh and like us on Facebook: Isbnpa e-&mHealth SIG if you want to keep updated on new published papers, job postings or general ISBNPA and ISBNPA e- & mHealth SIG related news!

Thanks to all e-&mHealth SIG committee members for their contributions to this newsletter: Ann DeSmet, Melanie Hingle, Melinda Hutchesson, Michael Lopez, Carol Maher, Anouk Middelweerd, André Müller, Nicole Nathan, Louise Poppe, Camille Short, Corneel Vandelanotte, Petra Wark, Susan Williams, and Catherine Woods. We would also like to thank Orlaith Duff for his assistance.

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