5th CBC Conference

Behaviour Change for Health: Digital and Other Innovative Methods

Conference Programme

UCL Centre for Behaviour Change

UCL IHE
Transforming lives through digital & medical technologies
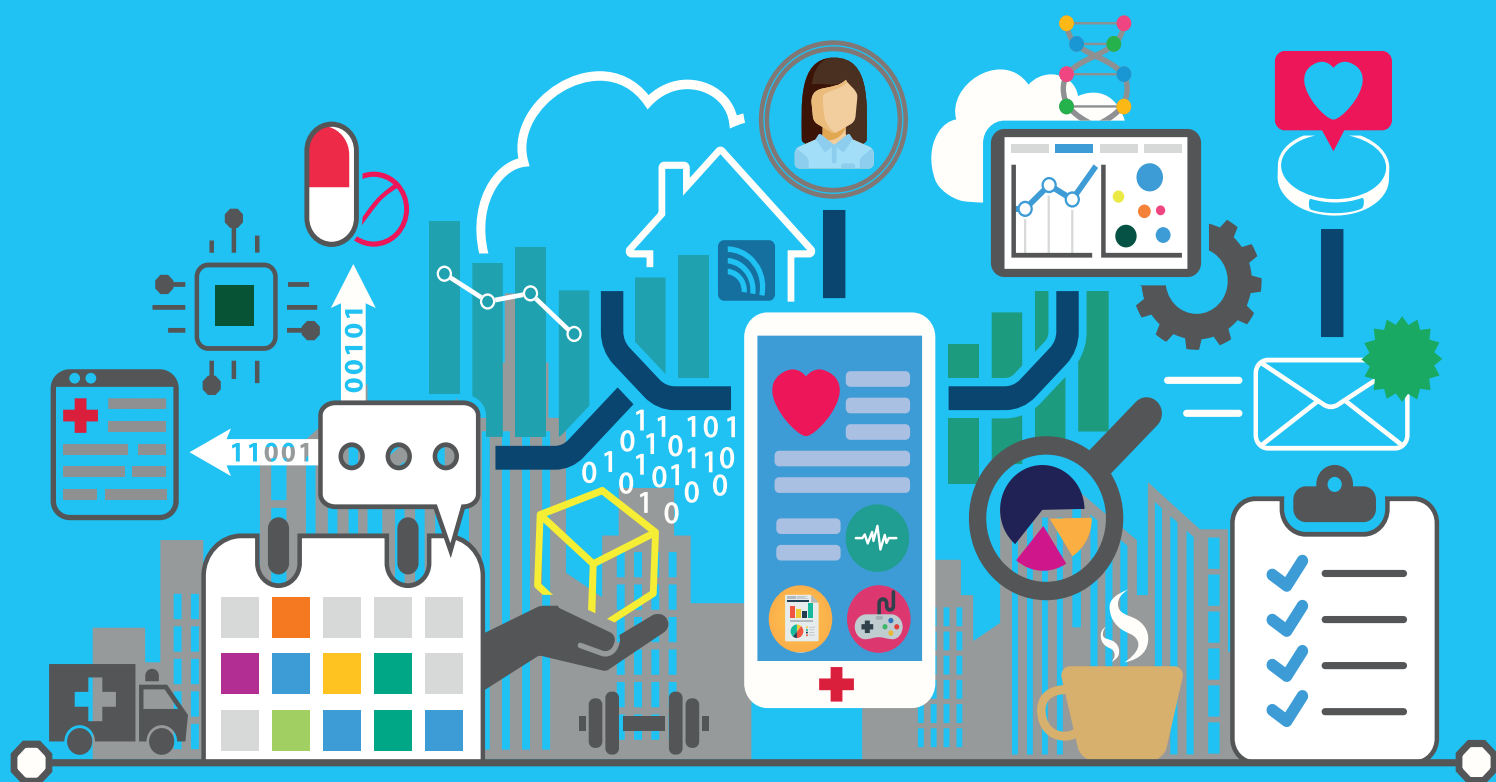
9-10 April 2019
IOE UCL London

Floor Plan

LOGAN HALL

STAIRS

LIFTS

DRAMA STUDIO

ELVIN HALL

JEFFERY HALL

Welcome

We are delighted to welcome you to our 5th annual conference "Behaviour Change for Health: Digital and other Innovative Methods" hosted by UCL's Centre for Behaviour Change, in partnership with UCL's Institute of Healthcare Engineering.

This distinctive conference brings together individuals from academia, the public sector, policy, charities, and industry to learn about and discuss applications of the science of behaviour change within the digital health sector. There are a wide range of academic disciplines (for example, behavioural science, computer science, engineering, human-computer interaction) and organisations interested in developing and evaluating digital interventions and products.

This year the conference themes are:
- Engagement with digital health interventions
- Digital health interventions to promote physical activity, healthy eating and dietary change
- Advances in measurement and evaluation of digital health interventions
- Conceptual and ethical issues in digital health
- Big data approaches in the design, delivery and evaluation of digital health interventions

This year's programme promises cutting-edge science, innovative ideas, controversial topics for debate, and thoughtful applications into practice. Together with three outstanding international keynote speakers, we have a great range of presentations from academic researchers, practitioners, policymakers and technology developers working in digital industries and health care. There are symposia, panel discussions, individual papers and posters. The posters are a very important part of the programme and we have prizes for those judged to be the best.

In addition to a programme showcasing cutting-edge scientific research and applications, we have activities to enable discussion and networking between academia and industry. We have a conference app where you can find out who is here and arrange meet-ups during the conference, or after. Delegates will be asked to put coloured dots on their badges indicating the sector's they are from and during the drinks reception please talk to at least one person with a different coloured dot!

This year's conference promises to be a very exciting one – and you the delegates are the essence of it. Every year, people comment on what a friendly conference it is, so please do introduce yourself to those you don't know - it's that kind of conference, and a great network!

Susan Michie
Professor of Health Psychology and Director of the Centre for Behaviour Change

Ann Blandford
Professor of Human–Computer Interaction and Deputy Director (Digital Health), UCL Institute of Healthcare Engineering

Keynotes

Not One Size Fits All: The Application of Behavioral Phenotypes

Dr Jennifer Turgiss
Johnson & Johnson

Tue 09 / 10:00 / Logan Hall

Recent advances in technology and data science methods enable digital behavior change interventions to generate insights into user behavior that were previously unavailable to researchers and practitioners. Using data from various sources, such as connected devices and digital apps, behavior pattern subgroups can be identified. This presentation will discuss how these subgroups are created and how the related insights are applied for real world benefit.

Digital Prevention: A National Perspective

Dr Felix Greaves
Public Health England

Wed 10 / 10:00 / Logan Hall

Digital technologies presents substantial opportunities to deliver preventative services at large scale and low marginal cost. This talk will explore the latest thinking from Public Health England and across the health system in England on what we are doing, what evidence we need, and our plans for the future.

A Call for a Science of Peer-to-Peer Healthcare

Professor Sherry Pagoto
University of Connecticut

Wed 10 / 15:00 / Logan Hall

Patients are increasingly seeking out other patients online to share health information, exchange stories about their health condition, and support each other - a phenomenon referred to as "peer-to-peer healthcare." In this talk, I will discuss the benefits and drawbacks of peer-to-peer healthcare as well as the potential for researchers to explore how to optimize this emerging form of healthcare.

Content

Day 1 Summary

Time	Session	Location
09:15	Delegate Registration & Coffee	**Jeffery Hall**
10:00	Keynote: Not One Size Fits All: The Application of Behavioral Phenotypes – Dr Jennier Turgiss	**Logan Hall**
10:50	*Parallel Session #1*	
	A. Knowledge in Practice	**Logan Hall**
	B. Panel Discussion: Navigating tensions: Weaving academic behaviour change research into applied digital health to optimise results	**Elvin Hall**
12:05	Lunch & Interactive Poster Session	**Jeffery Hall**
13:05	*Parallel Session #2*	
	C.1 Symposium: INHERIT: Shaping contexts for changing behaviours	**Logan Hall**
	C.2 Symposium: Design and statistical considerations in the evaluation of digital behaviour change interventions	**Elvin Hall**
14:15	Posters, Coffee & Networking	**Jeffery Hall**
14:50	*Parallel Session #3*	
	D. Panel Discussion: What should we expect from well-being interventions: Duration of effects, future in workplace, and scalability in digital?	**Logan Hall**
	E. Engagement, Measurement, and Communication	**Elvin Hall**
16:15	*Parallel Session #4*	
	F. Improving Health and Wellbeing in Children and Young Adults	**Logan Hall**
	G. Digital Interventions Promoting Physical Activity	**Elvin Hall**
17:25	Drinks Reception & Posters	**Jeffery Hall**
19:30	Conference Dinner	**Jeremy Bentham Room**

Day 2 Summary

Time	Session	Location
09:15	Delegate Registration and Coffee	**Jeffery Hall**
10:00	Keynote: Digital Prevention: A National Perspective – Dr Felix Greaves	**Logan Hall**
10:50	*Parallel Session #5*	
	H. Panel Discussion: The role of trust and integrity in AI and health behaviour change	**Logan Hall**
	I. Digital Health Services	**Elvin Hall**
12:05	Lunch & Interactive Poster Session	**Jeffery Hall**
13:05	*Parallel Session #6*	
	J. Healthy Diet	**Logan Hall**
	K. Developing and Characterising Digital Interventions	**Elvin Hall**
13:50	Posters, Coffee and Networking	**Jeffery Hall**
14:25	*Parallel Session #7*	
	L. Knowledge in Practice: Frameworks and Measurement	**Logan Hall**
15:00	Keynote: A Call for a Science of Peer-to-Peer Healthcare – Professor Sherry Pagoto	**Logan Hall**
15:40	Close of Conference	**Logan Hall**

Day 1 Detailed Programme

09:15
09:50 **Delegate Registration & Coffee**   `JEFFERY HALL`

10:00
10:40 **Keynote:** **Not One Size Fits All: The Application of Behavioral Phenotypes – Dr Jennifer Turgiss**   `LOGAN HALL`

10:50
12:00 **Parallel Session #1**

	A. Knowledge in Practice `LOGAN HALL` Chair: Dustin DiTommaso	B. Panel Discussion `ELVIN HALL`
10:50	**Heather Bolton** ☐ Wellbeing at your fingertips: Validating an online assessment of mental health	Navigating tensions: Weaving academic ☐ behavior change research into applied digital health to optimise results
11:00	**Eli Grant** ☐ Responsive feedback loops for WhatsApp on a national mHealth platform.	Chair: Sherry Pagoto
11:10	**Corrina Safeio** ☐ Can behaviour change theory save lives?	Panellists: Amy Bucher
11:20	**Kari Gali** ☐ Remote monitoring and telehealth to improve access and hypertension management: Cleveland Clinic healthy life high blood pressure pilot	Elspeth Kirkman Sarah Mullane Kate Wolin
11:30	**Shabira Papain** ☐ The Baby Buddy app: A cost effective public health intervention promoting patient activation and self-care	
11:40	**Joy Parkinson** ☐ Reducing the risk of chronic disease in Queensland adults: My health for life	
11:50	**Nicola Eccles** ☐ The Wonder of Me: Can an interactive game create KS1 children as agents of nutrition behaviour change?	

12:05
13:05 **Lunch & Interactive Poster Session**   `JEFFERY HALL`

Interactive Poster Sessions:

Interactive poster sessions are a great way to access the scientific content of the poster submissions, and meet and interact with the authors. Each session is themed and hosted by a chair who will facilitate the presentations and discussion. Each session will last for 20 minutes. Since poster sessions will be running at lunchtime we have provided a dedicated lunch table for those presenting and chairing poster sessions.

13:05
14:15
Parallel Session #2

C.1 Symposium LOGAN HALL

INHERIT: Shaping contexts for changing ☐
behaviours

Convener:
Ruth Bell

Discussant:
Clive Needle

Presenters:
Maria Romeo Velilla
Nina Van der Vliet
Ruth Bell
Rosa Strube

C.2 Symposium ELVIN HALL

Design and statistical considerations in ☐
the evaluation of digital behaviour change
interventions

Convener:
Emma Beard

Discussant:
Robert West / Jamie Brown

Presenters:
Emma Beard
Olga Perski
Claire Garnett
Lauren Bell

14:15
14:45
Posters, Coffee & Networking JEFFERY HALL

14:50
16:05
Parallel Session #3

D. Panel Discussion LOGAN HALL

14:50

What should we expect from well-being ☐
interventions: Duration of effects, future in
workplace, and scalability in digital?

15:00

Chair:
Madalina Sucala

Panellists:
Kate Cavanagh
15:10
Jennifer Turgiss
Michael Withmore

15:20

15:30

15:40

15:50

E. Engagement, Measurement, and Communication ELVIN HALL
Chair: Kristina Curtis

Elina Mattila ☐
Analysis of long-term usage patterns in two
different behaviour change interventions

Dorothy Szinay ☐
Influences on uptake and engagement with
health and wellbeing smartphone apps: A
mixed-methods systematic review

Emma Beard ☐
The 'S'-shaped curve: Modelling trends in
smoking prevalence, uptake and cessation
in Great Britain from 1973 to 2016

Rosie Riley ☐
How do we effectively communicate air
pollution to change public attitudes and
behaviours?

Christian von Wagner ☐
Testing the decoy effect to increase interest
in colorectal cancer screening

Deniz Fikretoglu ☐
Results from a group randomized control
trial (GRCT) to test the efficacy of a mental
health education program in the Canadian
military

Chitra Lalloo ☐
Capturing daily disease experiences of
adolescents with chronic pain through
mHealth-mediated symptom tracking

16:15
17:25

Parallel Session #4

F. Improving Health and Wellbeing in Children and Young Adults `LOGAN HALL` Chair: Felix Naughton	**G. Digital Interventions Promoting Physical Activity** `ELVIN HALL` Chair: Thomas Curran
16:15 Claudio Ferreira ☐ The impact of incentives on making healthier choices in primary and secondary schools' cafeterias in Brazil	Helene Schroé ☐ Which (combination of) self-regulation techniques are effective in an e- and m-health intervention? A factorial trial 'MyPlan 2.0.' to promote an active lifestyle in adults
16:25 Rebecca Wyse ☐ Improving healthy food purchases from online canteens: Findings from a cluster RCT	Louise Poppe ☐ Effectiveness of a HAPA-based e- and mHealth intervention targeting physical activity and sedentary behaviour in adults older than 50: A randomized controlled trial
16:35 George Kitsaras ☐ Interactive text-surveys & text messaging in assessing recurrent dynamic behaviours	Sarah Buckingham ☐ The Physical Activity Wearables in the police Force (PAW-Force) trial: Quantitative findings
16:45 Ann DeSmet ☐ Expert and adolescent user identification of the implementation of behaviour change techniques in a serious game against cyberbullying	Nicky Nibbeling ☐ Playful data-driven active urban living (PAUL). Increased motivation for exercise through a tailored exercise smartphone application
16:55 Marek Hasa ☐ Using new technologies in healthy lifestyle interventions targeted at children: The case of the Netherlands	Sander Hermsen ☐ A digital technology-based intervention to decrease eating rate and body weight: A Randomised controlled trial in real-life settings
17:05 Margaret Allman-Farinelli ☐ Current food environments offer young adults limited opportunity to choose a healthier diet	Sumit Mehra ☐ A blended approach to increase physical activity in older adults
17:15 Quynh Pham ☐ An analytics platform to evaluate effective engagement with pediatric mobile health apps	Gareth Jones ☐ Investigating the impact of online active classroom resources on pupil physical activity, wellbeing and behaviour.

17:25
19:00

Drink Reception and Posters   `JEFFERY HALL`

19:00
23:00

Conference Dinner

Access to the Jeremy Bentham Room (JBR) at UCL for the Conference Dinner:

On Bedford way turn left until the red light crossing.
Turn left on Gordon Square.
Once facing the Church turn right on Gordon Square.
Keep Walking until you reach the Bloomsbury theatre or Student Centre (to your left).
Enter either building and follow the signs or ask conference volunteers who will be located in front of the buildings.

Publishing of Conference Proceedings

This year we will be publishing the conference abstracts on the Open Science Framework (OSF) [https://osf.io/]. Publishing conference proceedings can support timely dissemination of your work to a broader audience, and increase its impact.

After the conference, we will create an OSF meetings website for this year's conference and securely upload abstracts to this page. Abstracts will be fully and freely accessible to any reader online.

As a default, we will upload all accepted poster and presentation abstracts, alongside author names and affiliations. However, this is not compulsory. If you do not wish to have your abstract published online, please let us know by contacting: behaviourchange@ucl.ac.uk

There is also the option to upload supplementary files alongside your abstract, such as PDF copies of presentation slides or posters. We would strongly encourage you to do this, in the spirit of open science, and to support dissemination and sharing of latest evidence and practice in the field. You can submit copies of your presentation or poster by:

- Going to the conference OSF meetings conference page https://osf.io/meetings/
- Clicking on the 'add your poster or talk' link in the top left corner
- Completing the short email submission and upload form

This will automatically create an entry for your talk or poster that will be shared in the list of submissions on the conference site.

We thank you in advance. If you have any queries or concerns, please contact us on: behaviourchange@ucl.ac.uk

CBC Sustainability
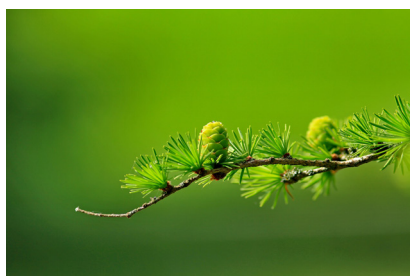
As part of our commitement to supporting UCL's sustainability strategy this year's conference has taken a number of steps to reduce it's evironmental impact. As well as working to minimise the use of paper, all food provided as part of the main conference event will be vegetarian. To find out more about UCL's distinctive approach to sustainability visit: https://www.ucl.ac.uk/greenucl/

Day 1 Posters

12:05	Lunch & Posters	**Jeferry Hall**

Interactive Poster Sessions

12:15-12:30

A. Cancer rehabilitation and chronic disease
Chair: Aleksandra Herbec

Posters
A.1 / A.2 / A.3 /
A.4 / A.5 / A.6 / A.7

B. Risk assessment and diagnosis
Chair: Paulina Schenk

Posters
B.8 / B.9 / B.10 /
B.11 / B.12

12:35-12:50

C. Mental health and wellbeing
Chair: Fabi Lorencatto

Posters
C.1 / C.2 / C.3 /
C.4 / C.5 / C.6 / C.7

D. Maternal and child health
Chair: Claire Garnett

Posters
D.8 / D.9 / D.10 /
D.11 / D.12 / D.13

E. Primary care and health promotion
Chair: Elise Crayton

Posters
E.15 / E.16 / E.17 /
E.19 / E.18 / E.20

#	Presenter	Poster Title
A.1	Gillian O'Neill	Putting knowledge into practice in cancer rehabilitation – Experiences from the CATCH ITN
A.2	Gillian O'Neill	A thematic synthesis of cancer survivors' experiences of using self-management technologies to support their wellbeing
A.3	Asma Abahussin	Development of evidence and theory based pain self-management app for cancer patients
A.4	Brian Slattery	The ACTIOn randomised-control-trial: An online Acceptance-and-Commitment Therapy intervention for people with chronic pain and multimorbidity
A.5	Jonathan Reston	"It's like having a friend in your pocket": Refining CBT-informed digital support for people with autoimmune conditions
A.6	Aukje Verhoeven	Fluid intake app for management of volume intake in patients receiving chronic hemodialysis therapy: Protocol of a two-step validation study
A.7	Temitayo Olugbade	Addressing emotions in behaviour change
B.8	Breanna Wright	Trialling app-based communication: Closing the loop on changed and critical radiology test results
B.9	Breanna Wright	A Rapid Diagnosis Discussion (RaDD) Tool for reducing misdiagnosis of patients presenting to emergency rooms with abdominal pain

#	Presenter	Poster Title
B.10	Katie Mills	Development and usability testing of a very brief digital intervention for personalised cancer risk assessment to promote behaviour change in primary care
B.11	Katie Mills	Incorporating a very brief intervention for personalised cancer risk assessment to promote behaviour change in primary care: A pilot study
B.12	Sandro Stoffel	Testing verbal quantifiers to communicate low screening uptake
C.1	Mary Krebs	mHealth+Gen Y: Linking millennial perceptions of social media use to social capital
C.2	Matluba Khan	Can schoolyard intervention influence children's well-being? The case of a Bangladeshi primary school
C.3	Laura Maenhout	A qualitative analysis of youth hotline threads to feed into the MOV-E-STAR chatbot database for youth mental health promotion
C.4	Jacqueline Bender	Video-led movement breaks in the undergraduate classroom: Impact on student wellbeing in class
C.5	Carmen Peuters	The MOV-E-STAR project: Development and evaluation of an intervention for mental health promotion in youth by promoting healthy lifestyles
C.6	Sigrid Lipka	Bridging the knowledge-practice gap: Improving the quality of doctoral research supervision, student performance and wellbeing
C.7	Gillian Cameron	Using digital interventions to empower people to take control of their mental wellbeing
D.8	Judith Burke	Lending an Ear: iPeer2Peer plus Teens Taking Charge online self management program to empower children with arthritis
D.9	Gustav Milne	An innovative approach to containing child obesity through the national curriculum
D.10	Florence Nwankwo	Investigating the effectiveness of design-led intervention for increasing children's physical activity and reducing sedentary behaviour
D.11	Nipuna Cooray	Towards the development of a digital behaviour change intervention targeting parents to prevent fall injuries among infants <1 year
D.12	Nikki Newhouse	Digital resources and maternal wellbeing in the transition to motherhood
D.13	Megan Deeney	What affects child feeding behaviours in the Northern Triangle? Preliminary results of a mixed methods systematic review
~~E.15~~	~~Katherine Baxter~~	~~Does gender matter: On the persuasion of gendered wording in health promotion~~
E.16	Dominic Edwards	Reducing barriers to ordering HIV self-tests among Black African communities
E.17	Naohiro Matsumura	An preliminary evaluation of hand sanitizer dispenser in a Mouth of Truth replica at food court
E.18	Robert Ward	Increasing the use of protective pre- and post-work hand creams by metal workers: An intervention within the manufacturing industry
E.19	Abi Gleek	10-day Handwashing Challenge: A digital tool for habit formation in a low-income context
E.20	Geoff Bates	Responding to anabolic steroid use in the UK: Moving beyond support services

Day 2 Detailed Programme

09:15 **09:50**	**Delegate Registration & Coffee**	JEFFERY HALL
10:00 **10:40**	**Keynote:** Digital Prevention: A National Perspective – Dr Felix Greaves	LOGAN HALL
10:50 **12:05**	**Parallel Session #5**	

	H. Panel Discussion LOGAN HALL	**I. Digital Health Services** ELVIN HALL Chair: Wendy Hardeman
10:50	The role of trust and integrity in Artificial Intelligence (AI) and health behaviour change ☐	**Kari Gali** ☐ Going the distance: Patients' experiences with virtual visits at Cleveland Clinic

11:00	Chair:
	    Susan Michie
	
	Panellists:
	    Pol Mac Aonghusa
		Jacqueline Bender ☐
		Using technology to connect patients with peer navigators: Acceptability and impact of a web-based peer navigation program for prostate cancer

11:10	Alison Wright Bryan Vernon	**Ann Blandford** ☐ Attitudes towards HIV-related online and remote testing resources: What's holding us back?
11:20		**Julia Bailey** ☐ Interactive digital interventions for sexual health promotion and HIV prevention
11:30		**Sophie Turnbull** ☐ Health (in-)equity in the effectiveness of web-based health interventions for the self-care of people with chronic health conditions: A systematic review
11:40		**Alexandra Herbec** ☐ Insights from qualitative interviews with participants enrolled in a remote and pragmatic randomised controlled trial of a stop smoking app – BupaQuit.
11:50		**Rebecca Beeken** ☐ Developing an ecological momentary assessment tool for exploring predictors of receptiveness to a discussion about physical activity and cancer prevention around cancer screening: Findings from the 'Conversation Time' study

12:05 **13:05**	**Lunch & Posters**	JEFFERY HALL

13:10 – 13:50 Parallel Session #6

J. Healthy Diets LOGAN HALL Chair: Rebecca Beeken	K. Developing and Characterising Digital Interventions ELVIN HALL Chair: Olga Perski
13:10 Kerstin Frie ☐ Do people stop weighing themselves because of frustrating feedback, or waning motivation to control weight? A case-crossover analysis of 438688 Withings Health Mate app users	**Emma Norris** ☐ Development of an ontology characterising the 'source' delivering behaviour change interventions
13:20 Monica Nour ☐ Young adult's engagement with a self-monitoring app for vegetable intake and the impact of social media and gamification	**Joanne Emery** ☐ Development of a blended intervention to improve adherence to nicotine replacement therapy for women who smoke during pregnancy
13:30 Melda Griffiths ☐ Healthy vending in Welsh hospitals	**Lisa Ballard** ☐ Sharing genetic test results with family members: Developing an online behaviour change intervention
13:40	**Sarah Payne Riches** ☐ 'APP + ADVICE': Development of an intervention to reduce salt intake in people with high blood pressure using a theoretical behaviour change framework

13:50 – 14:20 Poster, Coffee, & Networking   JEFFERY HALL

14:25 – 14:55 Parallel Session #7

L. Knowledge in Practice: Frameworks and Measurement LOGAN HALL Chair: Carmen Lefevre
14:25 Madalina Sucala ☐ An iterative, interdisciplinary framework of designing, implementing, and evaluating digital behavior change interventions
14:35 Nnamdi Ezeanochie ☐ Methods to Measure the Impact of Digital Health Innovations
14:45 Olga Elizarova ☐ Align and combine, customer journey mapping and COM-B analysis to aid decision-making during the design process

15:00 – 15:40 Keynote: A Call for a Science of Peer-to-Peer Healthcare – Professor Sherry Pagoto   LOGAN HALL

15:40 – 16:25 Close of Conference – Presentation of Conference Awards   LOGAN HALL

Day 2 Posters

12:05	Lunch & Posters	Jeferry Hall

Interactive Poster Sessions

12:15-12:30	**F. Lifestyle behaviour change** *Chair: Gillian Forbes* Posters F.1 / F.2 / F.3 / F.4 / F.5 / F.6 / F.7	**G. User focused intervention development and evaluation** *Chair: Ailbhe Finnerty* Posters G.8 / G.9 / G.10 G.11 / G.12 / G.13 / G.14
12:35-12:50	**H. Physical activity** *Chair: Jeremy Oliver* Posters H.8 / H.9 / H.10 / H.11 / H.12 / H.13	**I. Adherence behaviour** *Chair: Paulina Schenk* Posters I.15 / I.16 / I.17 / I.18 / I.19

#	Presenter	Poster Title
F.1	Golnessa Masson	A randomised controlled trial of the effect of providing online risk information and lifestyle advice for the most common preventable cancers
F.2	Nina Gavin	Understanding the impact of the NHS Health Check programme for increasing intention to change lifestyle behaviours
F.3	Maren Michaelsen	Behavior change resource model for lifestyle interventions
F.4	Helena Wehling	Understanding families preferences for how a digital weight management service can support a healthy weight journey
F.5	Rebecca Beeken	Development of the Top Tips habit-based weight loss app and preliminary indications of its usage, effectiveness and acceptability
F.6	Natalie Masento	Zombie Attack! Using mobile kit escape games to encourage nutrition-related health behaviours in young adults: A pilot study
F.7	Nadia Bianchi-Berthouze	Identifying psychological factors to improve adherence to physical activity in the obese population

#	Presenter	Poster Title
G.8	Jessica Hall	Developing a theory and evidence-based intervention for carers of stroke survivors using an intervention mapping approach
G.9	Ann Blandford	Translating computational innovations to change clinical practice in Alzheimer's disease: An exploratory user study on barriers and potential adoption
G.10	Carin Schroder	My life 2.0: A digital service for people living with physical disabilities
G.11	Laura O'Connor	Examining the influence of an informational video on participant retention in a randomised controlled trial of a digital intervention
G.12	Michelle Hanlon	Disseminating, Engaging and Sharing Knowledge (DESK): A patient informed resource for understanding our research
G.13	Jennifer Hall	Development of an intervention to reduce sedentary behaviour after stroke: A co-production approach
G.14	Pernille Jakobsen & Mette Trøllund Rask	Participatory design of an eHealth and GP assisted self-help programme for patients with persistent physical symptoms (eASY)
H.8	Robyn Cody	Face-to-face and remote physical activity counselling in in-patients with major depressive disorders
H.9	Laurent Degroote	Content validity and design considerations affecting validity in ecological momentary assessment studies in physical activity and sedentary behaviour: A systematic review
H.10	Johanna Nurmi	Daily variation in self-efficacy explains changes in daily physical activity: Observations from Precious n-of-1 trial
H.11	Hannah Bowden	Incentives and gamification in a smartphone intervention: What is the optimal 'Reward Mix' to motivate physical activity?
H.12	Chris Norfield	Delivering behaviour change via a Facebook messenger bot to support older socially isolated women to become more active
H.13	Matluba Khan	Evaluation of a community-based participatory open space intervention in a Swedish neighbourhood to promote active living among migrant communities
I.15	Rachel Nelligan	Use of the Behaviour Change Wheel to design a Short Messaging System (SMS) intervention to support participation in home-based strength exercise for people with knee osteoarthritis
I.16	Tara Taheri	Psychological interventions to improve adherence to oral hygiene instruction in adults
I.17	Michelle Hanlon	Supporting medication adherence in multimorbidity - A teaching and e-learing resource for general practice
I.18	Lauren Gordon	Reflections on the implementation of a behavioural intervention to increase adherence to self-managed, home-based physiotherapy
I.19	Rosie Martin	An N-of-1 study to investigate the relationship between self-reported symptoms and objective nebuliser adherence in adults with Cystic Fibrosis

Awards

CBC–IHE Award for Industry Academic Collaboration in Digital Health

Winning Project:	Inspire Support Hub
Collaborating Organisations:	Inspire Workplaces and Ulster University
Principal Collaborators:	Dr. Gavin Megaw (Inspire) Professor Maurice Mulvenna (Ulster)
Other Collaborators:	Dr. David Cameron (Inspire) Gillian Cameron (Inspire, Ulster) Dr. Raymond Bond Dr. Siobhan O'Neill Dr. Cherie Armour (Ulster)

The Inspire Support Hub arose from a collaboration between Inspire, one of Ireland's largest providers of mental health, employee assistance, wellbeing and critical incident services, and the Schools of Computing and Psychology at Ulster University. The aim of the project was to create an innovative support hub which provides instant access to a range of information, guidance, screening and intervention tools tailored specifically to support individuals as part of a 'stepped care' model. The collaboration used an Innovate UK Knowledge Transfer Partnership (KTP) to fund a graduate (Gillian Cameron) to work within Inspire under the supervision of academics from Ulster University. The transfer of academic knowledge centred on defining and building state-of-the-art digital interaction technologies such as conversational user interfaces to support client's mental health needs.

Publications:

Cameron, G., Cameron, D., Megaw., G., Bond, R., Mulvenna., M., O'Neill, Armour, C., McTeer. (2017) Towards a chatbot for digital counselling. Proceedings of the 31ST British Computer Society Human Computer interaction Conference. Article No. 24. http://dx.doi.org/10.14236/ewic/HCI2017.24

Cameron, G., Cameron, D., Megaw., G., Bond, R., Mulvenna., M., O'Neill, Armour, C., McTeer. (2018). Assessing the usability of a chatbot for mental health care. Proceedings of the 5th International Conference on Internet Science. https://conversations2018.files.wordpress.com/2018/10/conversations_2018_paper_2_preprint1.pdf

For further information contact: Dr. Gavin Megaw (g.megaw@inspirewellbeing.org),

Professor Maurice Mulvenna (md.mulvenna@ulster.ac.uk)

CBC–IHE Early Career Award for Scientific Contributions to Digital Health and Behaviour Change 2019

Winner: Dr. Olga Perski,

Tobacco and Alcohol Research Group,
Department of Behavioural Science and Health,
University College London
(Email: o.perski@ucl.ac.uk)

Dr. Perski has been awarded the Early Career Award in recognition of her work on developing the scientific understanding of engagement with Digital Behaviour Change Interventions (DCBI's). Traditionally, evaluations of DBCIs have focused on their content (e.g. behaviour change techniques), but more recently it has been acknowledged that the extent to which users engage with DBCIs contributes to intervention effectiveness. Dr. Perski's research constitutes an important step towards gaining a better understanding of what engagement is, how to measure it, how it relates to intervention effectiveness and what factors promote it.

In addition to the quality of her scientific output, Dr. Perski has also engaged in a strong programme of translational work, bringing her work to a wide audience of industry professionals and policy makers. She was awarded funding from UCL's Public Policy Unit to organise the 'TechSharing Seminar Series' which successfully promoted knowledge exchange and collaborations between researchers, practitioners, policy–makers and industry professionals (https://tinyurl.com/ycdogqgo). Her work has been applied by industry professionals in the US and the UK (e.g. MadPow, HRW Healthcare) and by policy–makers at Public Health England and the National Institute for Health and Care Excellence (NICE).

Key references:

Perski, O., Blandford, A., West, R., & Michie, S. (2017). Conceptualising engagement with digital behaviour change interventions: A systematic review using principles from critical interpretive synthesis. Translational Behavioral Medicine, 7, 254–267. https://doi.org/10.1007/s13142–016–0453–1

Perski, O., Blandford, A., Ubhi, H. K., West, R., & Michie, S. (2017). Smokers' and drinkers' choice of smartphone applications and expectations of engagement: a think aloud and interview study. BMC Medical Informatics and Decision Making, 17:25. https://doi.org/10.1186/s12911–017–0422–8

Perski, O., Baretta, D., Blandford, A., West, R., & Michie, S. (2018). Engagement features judged by excessive drinkers as most important to include in smartphone apps for alcohol reduction: A mixed–methods study. Digital Health, 4, 1–15. https://doi.org/10.1177/2055207618785841

Teaching and Learning

CBC Summer School: Principles and Practice of Behaviour Change

The CBC will be running its highly successful summer school for the 6th consecutive year in 2019. To meet demand we will be running two courses. The CBC Summer School is a 5-day course which introduces the principles of behaviour change and demonstrates how these can be applied to a range of practical problems; from supporting change amongst patients and health professionals to planning and supporting change in organisations and communities. This course has been developed and is led by world-renowned experts in the field, including Professor Susan Michie and Professor Robert West.

There will be a maximum of 36 participants to enable discussion and guidance. Small groups will be organised according to expertise and area of work, and supported by experienced facilitators.

Who is the course for?
Since the first course in 2014 we have trained more than 350 participants from over 26 countries. Participants range from PhD students to professors, public, private and charity sector professionals working in areas such as health, transport, built environment, finance and security.

Course format
- Monday to Friday, 9.30 – 17.00
- Highly participatory, with short presentations, discussions and small group work
- End-of-day mentoring sessions to work on own project, guided by an expert
- Networking reception on the first and penultimate evenings

"An incredibly relevant, useful and common sense approach to designing, implementing and evaluating clinical change to deliver health care. Since attending the summer school in 2015 I have applied the skills I learnt at my workplace and beyond, resulting in successful and sustained change. I have gone on to collaborate with the CBC and mentor other clinicians in its use. I cannot recommend this summer school enough, it has been invaluable. Thank you CBC!"

Professor Kate Curtis, alumni

Advanced Summer School

Following its sell-out launch in 2018, the CBC will be running its Advanced Summer School in 2019. Led by the same team, this highly interactive course provides more detail in key areas of behaviour change theory and practice through presentation, discussion and application in practical tasks.

Who this course is suitable for?
The modules are suitable for participants who have either participated in the Centre for Behaviour Change Principles and Practice Summer School or have some experience in these areas.

Structure:
The course is comprised of three modules (Participants can sign up for single or multiple modules)
1. Motivation: theory and practice - Professor Robert West, Dr Sarah Jackson, Dr Jamie Brown and Dr Paul Chadwick (2 days)
2. Behavioural change in systems and organisations - Professor Susan Michie & Dr Paul Chadwick (2 days)
3. Process Evaluations and Implementation – Professor Susan Michie, Dr Fabi Lorencatto, Dr Danielle D'Lima (1 day)

Key Dates

22 – 26 July	Practice and Principles
05 - 09 August	Practice and Principles
12 - 16 August	Advanced Summer School

Book via the CBC Website at:
www.ucl.ac.uk/behaviour-change/training

MSc Behaviour Change

Changing human behaviour is at the heart of solving global problems central to well-being, social cohesion and environmental sustainability. For example, preventing obesity, pollution and waste of resources, improving cyber security, and economic stability, all require behaviour change at individual, organisational and population levels. Government and public bodies, charities and commercial companies now routinely seek to integrate behaviour change research within their policies and practices in areas such as health, environment and transport. This ground-breaking MSc trains and develops a new generation of researchers, practitioners and policymakers to advance and translate this expertise in a wide range of jobs.

"The students come from all over the world and have very different academic and professional backgrounds. All of our differences lead to great discussions when discussing behaviour change and our experiences. The faculty is also diverse in terms of research and educational areas which brings a lot to the classroom. I've learned a lot about behaviour change already and am excited for the rest of the course."

MSc Behaviour Change Alumni

The MSc Behaviour Change is taught by academics from disciplines including psychology, the built environment, law, philosophy, health informatics, computer science, public health and implementation science. A dedicated course team consisting of a Programme Director, Senior Lecturer, Senior Teaching Fellow and Administrator is supported by a team of expert guest lecturers. Students take four core modules and a further three elective modules selected from a choice of nine covering topics such as health, transport and energy use. These, along with a research-based dissertation, will:

1. Equip students with the knowledge and ability to critically appraise theories, methods and evidence for understanding behaviour and behaviour change from a range of disciplinary perspectives
2. Train students in the design, implementation and evaluation of behaviour change interventions using systematic methods and integrative frameworks
3. Enable students to plan and support the translation of evidence into practice in multidisciplinary and multi-sectorial settings

Core Modules

- Changing Behaviour: Intervention Development and Evaluation
- Theories and Models of Behaviour Change
- Behaviour Change: An Interdisciplinary Approach
- Research Methods and Evidence for Global Health
- Research Project

Elective Modules (choose 3)

- Behaviour change: Health and Wellbeing
- Transport Behaviour Change: Theory and Practice
- The Social Psychology of Risk
- Consumer Behaviour
- Judgement and Decision Making
- Wellbeing in Buildings: Theory and Practice
- Making Policy Work
- Public Ethics
- Social Cognition: Affect and Motivation
- Energy, People and Behaviour
- Human Factors for Digital Health
- Serious and Persuasive Games
- Psychology of Politics

This programme is also available as a Postgraduate Diploma or Certificate, which does not require students to complete the research methods or research project modules. All programme are offered on a full-time or part-time basis.

For more information about the Behaviour Change Programmes see:
https://www.ucl.ac.uk/pals/study/masters/msc-behaviour-change
or contact Dr Leslie Gutman, programme director, at l.gutman@ucl.ac.uk

Join our mailing list to stay up to date on teaching and training organised by the UCL Centre for Behaviour Change. Visit us at: www.ucl.ac.uk/behaviour-change

CBC Hubs

CBC Digi-Hub

Are you interested in digital health and behaviour change? Want to connect with other professionals in the digital health world?

The CBC Digi-hub is a cross-sector specialist group for researchers, technology developers, practitioners and policy makers with an interest in developing, implementing and evaluating digital behaviour-change interventions.

Join an international network of 400+ digital health professionals, across academia, industry, charities and beyond! Membership is free and grants access to our LinkedIn group and emails with links to research articles, digital health events, and opportunities to collaborate on project proposals.

Visit our website to find out more and join our mailing list:
https://www.ucl.ac.uk/behaviour-change/cbc-hubs/hubs-digital-health

Read Digi-Hub blogs at our website: https://blogs.ucl.ac.uk/cbc-digi-hub-blog/

Have questions or interested in contributing to our Digi-Hub blog?
Please contact Dr Emma Norris (Digi-Hub Lead): emma.norris@ucl.ac.uk
or on twitter @EJ_Norris

EnviroHub

The Enviro-Hub is a network for anyone with expertise or interest in understanding and changing behaviours that affect the environment. The Enviro-Hub was launched in February 2019 at UCL and aims to create a space for researchers, policy makers, industries and citizens to interact and connect skills, ideas and resources.

Visit our website to find out more and become a member:
https://www.ucl.ac.uk/behaviour-change/cbc-hubs/EnviroHub

Read the outcomes of our launch event, including links and resources:
https://www.ucl.ac.uk/behaviour-change/cbc-hubs/LaunchOutcomes

Interested in finding out more and what the Enviro-Hub is up to next?
Contact Dr Jo Hale (Enviro-Hub Lead): jo.hale@ucl.ac.uk or on twitter @DrJoHale

AusHub

The CBC's Australasian Hub (AusHub), led by Senior Teaching Fellow Dr Lou Atkins, was set up in July 2015. The AusHub harnesses interest in behaviour change in Australia, New Zealand and South East Asia by providing training, research collaboration and consultancy. Find out more on:
www.ucl.ac.uk/behaviour-change/cbc-hubs/australasian-hub

Follow us on Twitter (@UCLBehaveChange @louatkinsucl) to get the latest AusHub updates. Interested in what we do? Contact Lou (l.atkins@ucl.ac.uk).

CBC Books

The Behaviour Change Wheel Guide

The Behaviour Change Wheel Guide is aimed to be usable across a wide range of disciplines, types of expertise and approaches. It puts "flesh on the bones" of good practice guidelines, such as the UK's Medical Research Council's (MRC) guidance on how to systematically develop and evaluate complex interventions (Craig et al., 2008). The Guide provides a practical, step-by-step method, illustrated by examples from a wide range of domains and disciplines.

Thinking about behaviour change: an interdisciplinary dialogue
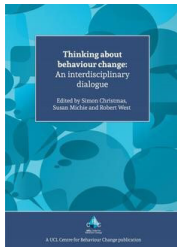
How should we think about and understand human behaviour? What's the role of theoretical models? How can – and should – such models be used in practice? And what can we learn from the many different academic and practical perspectives on the subject? This book, aimed at anyone with an interest in behaviour change, offers a fresh and challenging take on these questions.

A Guide to Development and Evaluation of Digital Behaviour Change Interventions in Healthcare.

This comprehensive guide written by Professors Susan Michie and Robert West outlines the current state of research around digital behaviour change interventions and provide guidelines for the development of new digital interventions. It discusses intervention techniques uniquely possible with digital technology such as personalised and just-in-time interventions as well as general intervention design and evaluation rules and guidance. This monograph is an ideal starting point for anyone wanting to understand more about digital behaviour change interventions, offering plenty of references and links for more in depth reading on each of the topics discussed.

ABC of Behaviour Change Theories
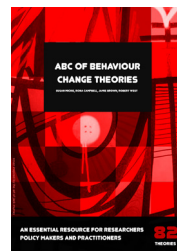
This book describes 83 theories relevant to design of behaviour change interventions together with an analysis of the role and application of theory in this vital area. For each theory, the book provides a brief summary, a list of its component constructs, a more extended description and a network analysis to show its links with other theories in the book.

Special thanks to Bupa

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