

## Detailed Programme by sessions

Poster presentations

*Presenters have been allocated to themed sessions. Please search by presenter name to find session allocation and date/time of live session.*

Questions: [behaviourchange@ucl.ac.uk](mailto:behaviourchange@ucl.ac.uk)

Poster session: Disease prevention through behaviour change		
Live session	Wednesday 16 September	14:50 – 15:20
	Presenter	Title
1.	Weston Baxter	The Behaviour Setting Canvas mapping of behavioural context in real world scenarios
2.	Natalie Gold	Review of reviews on the effectiveness of digital interventions for reducing behavioural risks of cardiovascular disease in non-patient adult populations
3.	Rajnish Ranjan Prasad	Changing behavior and improving service uptake among sex workers using mobile technologies
4.	Natalie Heaton	Strengthening online health information by applying behavioural insights.
5.	Juliet Hodges	The use of behavioural science interventions to influence clinician behaviour: a systematic review

Poster session: Mental Health		
Live session	Wednesday 16 September	14:50 – 15:20
	Presenter	Title
1.	Roy Jackson	"Take a Minute" - Can an extremely brief focused, visualized breathing exercise provide beneficial results on perceived stress, positive & negative affect, irritability and state anxiety in a non-clinical population?
2.	Jamie Kawadler	Effectiveness of a smart phone application BioBase for reducing anxiety and increasing mental wellbeing: a pilot feasibility and acceptability study
3.	Jan-Niklas Kreppke	The PACINPAT study: First experiences with a 12-month physical activity-counselling program in in-patients with major depressive disorders
4.	Eamon Colvin	How do habits affect mental health? A scoping review of mental habits.
5.	Marek Hasa	Why Do(n't) We Cure Our Minds with Apps? Understanding the drivers of m-Mental Health Uptake among emerging adults
6.	Paulina Bondaronek	Development of a framework to assess the quality of digital interventions targeting mental health provided through the Good Thinking service

<b>Poster sessions: (1) Digital tools for maternal, children and young people's health; (2) Understanding children and young people's health and behaviour</b>		
Live session	Thursday 17 September	14:50 – 15:20
	Presenter	Title
<b>Digital tools for maternal, children and young people's health</b>		
1.	Amberly Brigden	Digital interventions for younger children (5-12-year olds) with chronic health conditions: which ones work and why? A systematic review
2.	Lindsay Jibb	Using a user-centred design approach to refine the Pain Squad+ smartphone app for behavior change by adolescents with cancer pain
3.	Joe Marshall	Driving behaviour change in young people with a rare blood disorder: Increasing physical activity amongst boys living with haemophilia working with CSL Behring
4.	Nipuna Cooray	Person based development of a DBCI module for parents to prevent infant falls
5.	Nilushka Perera	Redefining empowerment through community development and digital outreach
6.	Emma Anderson	Health professionals' experiences of delivering digital interventions for paediatric Chronic Fatigue Syndrome/ME (FITNET-NHS Trial)
<b>Understanding children and young people's health and behaviour</b>		
1.	George Kitsaras	Bedtime routines, chaos or joy? Using the Theoretical Domains Framework to identify barriers and facilitators for bedtime routines in families with young children
2.	Sarah Atkinson	The Application of the Behaviour Change Technique Taxonomy (BCTT) and Video Training Technology to Parent-Led Language Interventions (ABC-PALS)
3.	Yael Azgad	Young Voices Talking sex, HIV and relationships, our way
4.	Sherif Badawy	Applying the COM-B model to patient reported barriers to medication adherence in Paediatric Acute Lymphoblastic Leukaemia

5.	Matthew Mclaughlin	Usability and Engagement with the Physical Activity 4 Everyone (PA4E1) website: a mixed-methods think aloud study
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Poster sessions: (1) Smoking and drinking behaviour change; (2) Nutrition and dietary behaviour		
Live session	Thursday 17 September	14:50 – 15:20
	Presenter	Title
Smoking and drinking behaviour change		
1.	Aimie Hope	Study protocol: A feasibility randomised controlled trial among online smokers of a smoking cessation smartphone app that delivers context aware behavioural support in real time.
2.	Masuma Mishu	Assessing the feasibility to conduct a behavioral change intervention for tobacco cessation among diabetic patients coming for dental treatment at Bangladesh Institute of Research and Rehabilitation for Diabetic, Endocrine and Metabolic Disorder (BIRDEM)
3.	Fiona Harding/Fionn mcManus	The delivery of smoking cessation services through the medium of telephone and digital support
4.	Jussi Tolvi	What works in changing drinking behaviours? Evidence from Club Soda, the mindful drinking movement
Nutrition and dietary behaviour		
1.	Said Al Rawahi	Predictors for reducing free sugars intake among White British in the UK
2.	Anastasia Lanzara	Encouraging Healthy Eating Through Mobile Use: A Ritual Behavioural Change Intervention
3.	Philipp Kadel	Veganism on Instagram: What Do People Post About and How Are Online and Offline Behaviors Related?
4.	Michael Kilb	A brief communication intervention to increase perceived need-support and engagement in a social-networking-site-based nutrition intervention
5.	Sarah Delaney	Making food systems work for health and nutrition Understanding consumer mental models, a case study in rural Tigray, Ethiopia

7.	Rajnish Ranjan Prasad	What works in improving consumption of IFA among out of school adolescent girls: Learning from a field experiment in Madhya Pradesh, India
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<b>Poster session: Physical activity and weight management</b>		
Live session	Friday 18 September	14:50 – 15:20
	Presenter	Title
1.	Kristina Larsson	Self-efficacy and social support are not associated with objectively measured moderate to vigorous intensity physical activity among people with prediabetes and type 2 diabetes.
2.	Stephanie Stockwell	Socially isolated older adults' experiences of using publicly available digital behaviour change interventions for physical activity.
3.	Leanne Tyson	A Systematic Review of the Characteristics of Alternative Physical Activity Interventions to Pulmonary Rehabilitation in Adults with Asthma
4.	Carl Greenwood	Effectively increasing the Physical Activity levels of Employees throughout Scotland through a team based, online Step Count Challenge
5.	Edward Meinert	Usability and acceptability of the No Obesity app for families and healthcare professionals: a feasibility study
6.	Gekeas Ludden	Adopting an identity focus to behaviour change - Design of a mobile application to promote physical activity: MoveDaily
7.	Stephanie Stockwell	The barriers and facilitators of physical activity in socially isolated older adults.
8.	Darren Farish	Active Blaby - Digital Behaviour Change Platform for Local Authority Officers

<b>Poster session: Digital healthcare and behaviour change innovation</b>		
Live session	Friday 18 September	14:50 – 15:20
	Presenter	Title
1.	Elisabeth Becker	Exploring the use of affiliation network diagrams for visualizing engagement of a self-tailored cancer prevention digital behaviour change intervention
2.	Katy Irving	Passive mobile media tracking for a real-world view on use of apps for health behaviour change
3.	Rachel Moran & Oliver Miles	The application of Behavioural Science to develop digital therapeutics for individuals with inflammatory conditions.
4.	Sander Hermsen	Are agile approaches such as design sprints a feasible method for the development of health behaviour interventions? Insights from a large participatory design project
5.	Lauren Powell	Making sense: Using Sensemaker® to explore how micro-narratives can shape behaviour change for health interventions
6.	Madalina Jager	Mapping the behaviour change techniques used in patient-centred interventions for people with multimorbidity: a scoping review



<b>Poster session: Chronic disease and behaviour change</b>		
Live session	Friday 18 September	15:55 – 16:25
	Presenter	Title
1.	Emma Kinley	Delivery of supported self-management in asthma reviews: a mixed methods observational study nested in the IMP2ART programme of work
2.	Luke Van Rhoon	A Systematic Review of the Behaviour Change Techniques and Digital Features in Technology-driven Type 2 Diabetes Prevention Interventions
3.	Carl Brandt	Reversing type 2 diabetes in a Primary Care Anchored eHealth Lifestyle Coaching Program in Denmark: A Randomized Controlled Trial
4.	Sean O'Connor	Behavioural Components and Quality of Mobile Apps to Support Recovery and Rehabilitation following a Transient Ischemic Attack or a Minor Stroke: A Systematic Review
5.	Katerina Kassaavou	Programme on Adherence to Medication. A very brief face to face intervention, followed by a text message and/or smartphone app to support medication adherence in people prescribed treatment for hypertension in primary care. A feasibility randomised controlled trial.
6.	Katerina Kassaavou	Supporting medication adherence using a digital intervention in UK primary care: a qualitative evaluation of the medication adherence for patients support trial
7.	Katerina Kassaavou	Assessing the acceptability of a text messaging service and smartphone app to support patient adherence to medications prescribed for high blood pressure. PAM pre-testing study.
8.	Andrea Bishop	Using behavioural science to facilitate and evaluate change at a health profession level: the Nova Scotia Wicked Problems Working Group