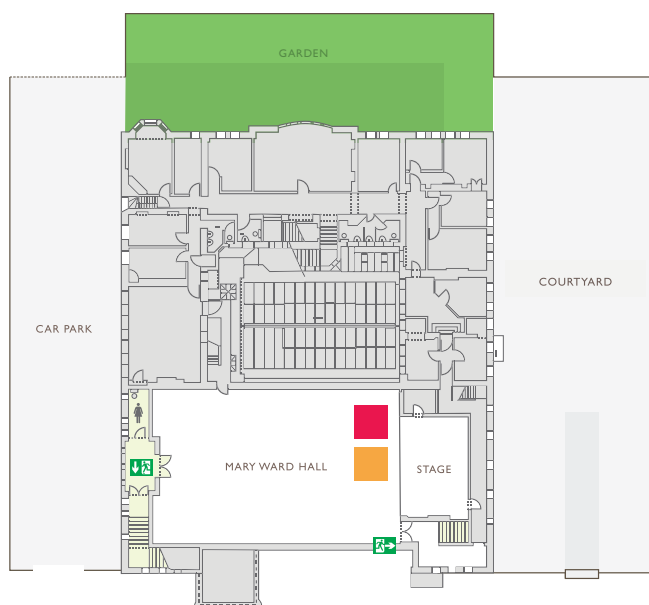




3RD CBC DIGITAL HEALTH CONFERENCE: HARNESSING DIGITAL TECHNOLOGY FOR BEHAVIOUR CHANGE

UCL CENTRE FOR BEHAVIOUR CHANGE
CONFERENCE 2017

VENUE INFORMATION



FIRST FLOOR

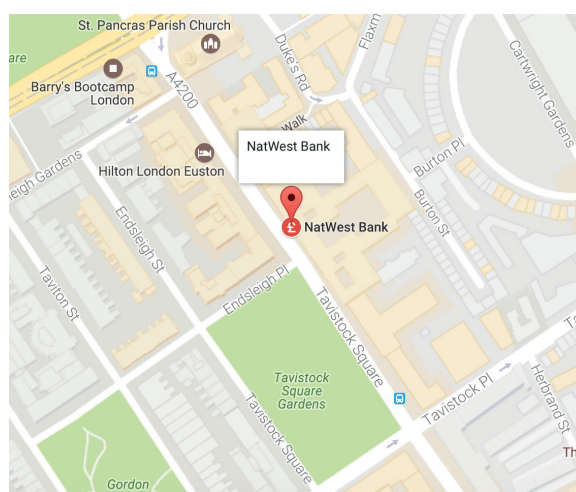


LOWER GROUND FLOOR



GROUND FLOOR

- RUSSELL SQUARE
4 min walk
- EUSTON
8 min walk
- KINGS CROSS
12 min walk
- HEATHROW AIRPORT
35 min drive
- GATWICK AIRPORT
1 hour 10 min drive



Nearest cash machine

WiFi: Network: Mary Ward House Password: 8d0da34dfe





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For online copies of the abstract booklet, programme, and conference updates
see the Conference Website: <http://bit.do/cbc-conf>

WELCOME

We are delighted to welcome you to our third conference on 'Digital Health and Wellbeing' hosted by UCL's Centre for Behaviour Change and the Institute for Digital Health.

This distinctive conference brings the science of behaviour change, health and technology expertise across a range of disciplines (for example, behavioural science, computer science, engineering, human-computer interaction) to all those interested in developing and evaluating digital interventions and products.

This year, in addition to three outstanding international keynote speakers, we invited the submission of abstracts from academic researchers, practitioners, policymakers and technology developers working in digital industries and health care.

The Conference Scientific Committee received hundreds of high quality abstracts for symposia, oral and poster presentations making the selection process a challenging one. The Scientific Committee has put together a unique programme showcasing cutting-edge scientific research and enabling discussion and networking.

The programme and organisation reflect excellent feedback we received after last year's conference. To shape our future activities, please complete this year's evaluation forms. We wish you an engaging, productive and inspiring conference.



Susan Michie
Director, UCL Centre for Behaviour Change

Susan Michie is Professor of Health Psychology and Director of the Centre for Behaviour Change at University College London, UK. She

completed her undergraduate and doctoral education in psychology at the University of Oxford and her clinical psychology training at the Institute of Psychiatry, University of London. She is a chartered clinical and health psychologist and a Fellow of the Academy of Social Sciences, the European Health Psychology Society and the British Psychological Society.



Anne Blandford
Director, UCL Institute for Digital Health

Ann Blandford is Professor of Human-Computer Interaction and Director of the Institute for Digital Health at University College London.

Her first degree is in Mathematics, from Cambridge University, and her PhD is in Artificial Intelligence and Education, from the Open University. Ann started her career in industry as a software engineer, followed by a period managing the Computer Assisted Teaching Unit at QMUL. In 1991, she joined the Applied Psychology Unit in Cambridge as a research scientist, working on the AMODEUS project before moving to Middlesex University, initially as a lecturer, and subsequently as Professor and Director of Research in Computing Science.

Organising Committee Members

Dr Keith O' Brien - Chair
Dr Caroline Wood
Dr Carmen Lefevre
Mr Danny Hambidge
Prof Susan Michie
Dr Patty Kostkova
Dr Rosie Webster
Dr Ildiko Tombor

Scientific Committee Members

Dr Jamie Brown (co-chair)
Dr Patty Kostkova (co-chair)
Dr David Farrell
Dustin DiTomaso
Dr Leanne Morrison
Dr Lion Shahab
Dr Rik Crutzen
Dr Rosie Webster
Prof Susan Michie

International Advisory Board Members

| | |
|-------------------------|--------------------|
| Prof Donna Spruijt-Metz | Prof Robert West |
| Prof Peter Pirolli | Prof Susan Michie |
| Mr Eugene Lee | Prof Ann Blandford |
| Prof Reinout Wiers | Dr Bonnie Spring |
| Prof Pedro Teixeira | Dr Tim Chadborn |

KEYNOTES

Digital Technologies are Transforming the Behavioral and Social Sciences into a Data Rich Science

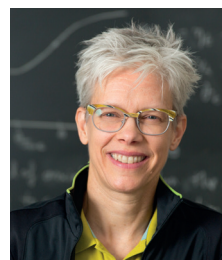


Dr. William Riley

Since their inception, the behavioral and social sciences have been data poor sciences in which considerable resources were expended to recruit participants and collect data. Our methods, measures, and scientific approaches evolved in this data poor environment. The recent explosion of digital technologies, however, has the potential to transform behavioral and social sciences into data rich sciences with an easily accessible and temporally dense data infrastructure that will radically change our methods, measures, and scientific approaches.

Profile: <https://obssr.od.nih.gov/about-us/obssr-director-william-bill-riley-ph-d/>

Assessing Moderated Effects of Mobile Health Interventions on Behavior



Prof. Susan A. Murphy

A critical question in the development of mobile health interventions is, when and in which contexts, is it most useful to deliver interventions to the user? This question concerns time-varying dynamic moderation by the context (location, stress, time of day, mood, ambient noise, etc.) on the effectiveness of in-the-moment interventions on user behavior. In this talk we discuss the micro-randomized trial design and associated data analyses for use in assessing moderation. We illustrate this approach with the microrandomized trial of HeartSteps, a physical activity mobile intervention.

Profile: <http://dept.stat.lsa.umich.edu/~samurphy/>

An industry perspective on health behaviour research



Dr Ching-Hua Chen

IBM Research has been growing its research agenda in healthcare research since 2000, and in April 2015, IBM launched the Watson Health business unit. Our speaker will share IBM's vision on health innovation and select research activities that address various key aspects of their vision that pertain to health behaviour.

Profile: <http://researcher.ibm.com/researcher/view.php?person=us-chinghua>

PRE-CONFERENCE WORKSHOPS

FEBRUARY 2017

Each year The Centre for Behaviour Change carry out Pre-Conference workshops. The workshops book out within a matter of days, with long waiting lists, so book early next year to avoid disappointment. Workshops are available as single sessions, or as a full-day.

Workshops in 2017:

Achieving behaviour change through designing effective digital interventions (Morning session, 10:00 - 12:30)

New technologies are increasingly being used for health promotion. However, researchers and practitioners often lack knowledge regarding the process of developing such interventions. This half-day workshop will introduce the Behaviour Change Wheel for developing behaviour change interventions and explore the challenges of designing digital interventions (e.g. online or mobile phone). Participants will plan an idea for a potential intervention, deciding on the target group, the intervention aim, and which elements of behaviour to change. They will develop ideas for technological 'features' using behaviour change techniques.

Behaviour change techniques in apps: their selection, evaluation and implementation (Afternoon session, 14:00 - 16:30)

This highly interactive workshop will focus on selecting, evaluating and implementing behaviour change techniques, using the example of an alcohol reduction app. Participants will hear about lessons learned from app development: the process of selecting behaviour change techniques, implementation, evaluation, recommended approaches and things to avoid. Participants will focus on their area of behaviour change, select behaviour change techniques that may be effective and generate ideas for how these techniques could be implemented in an app. Complimentary refreshments (tea, coffee, etc.) are provided, with lunch for full-day ticket holders.

"This has been really useful to link COM-B, intervention functions and BCTs together"

Facilitators:

Dr Carmen Lefevre - UCL Centre for Behaviour Change

Carmen is a Research Associate and the Research Lead at the UCL Centre for Behaviour Change (CBC). She works on a number of projects looking at applying evidence-based behaviour change theories and techniques to real world problems.

Dr Ildiko Tombor – UCL Health Behaviour Research Centre

Ildiko's background is in Health Psychology and her main research interests focus on behaviour change. More recently, she has been working on the development and optimisation of a smoking cessation smartphone app for pregnant smokers. Ildiko also works part-time at Public Health England where she advises on the design and development of digital behaviour change interventions.

Dr Claire Garnett, UCL Department of Clinical, Educational and Health Psychology

Claire's research interests focus on behaviour change and the development and evaluation of digital interventions. Her PhD thesis was submitted for examination in October and focuses on the development of 'Drink Less' – a smartphone app based on theory and evidence for reducing excessive alcohol consumption.

David Crane - PhD, UCL Department of Clinical, Educational and Health Psychology

David's background is in web and app development. Prior to starting his PhD he created the very successful smoking cessation app, Smoke Free, for his MSc thesis. His research focusses on evaluating the behaviour change techniques that might help people reduce their consumption of alcohol. In particular, he is evaluating the effectiveness of self-monitoring, feedback and action planning in an app called Drink Less.

**For more information, contact:
behaviourchange@ucl.ac.uk**



WEDNESDAY 22ND FEB 2017

| | | |
|---------------|--|--|
| 08.00 - 08.50 | REGISTRATION & COFFEE (DICKENS LIBRARY) | |
| 08.50 - 09.00 | Conference welcome & best submission prize Susan Michie | |
| 09.00 - 09.40 | Opening keynote: William Riley, Director of NIH Office of Behavioural & Social Sciences Research | |
| 09.45 - 11.00 | Healthcare Chair: Henry Potts | Games Chair: Patty Kostkova |
| 11.00 - 11.15 | COFFEE & NETWORKING (Dickens Library) | |
| 11.15 - 12.30 | Panel discussion: Can a short interactive communication scenario in virtual reality alter future clinician behaviour to reduce unnecessary antibiotic prescribing in General Practice? Proposer: Caroline Fertleman | New approaches to evaluation and learning Chair: Susan Murphy |
| 12.30 - 13.30 | LUNCH (Dickens Library, Voysey & Virginia Woolf Rooms) | |
| 13.30 - 14.45 | Young people Chair: Adrian Taylor | Physical activity & health eating Chair: Margaret Allman-Farinelli |
| 14.45 - 15.15 | COFFEE & NETWORKING (Dickens Library) | |
| 15.15 - 16.15 | Panel discussion: Changing Health Outcomes in Road Transport. Proposer: Dan Campsall | Panel discussion: Engagement with digital behaviour change interventions: Key challenges and potential solutions. Proposer: Olga Perski |
| 16.20 - 17.00 | Keynote: Ching-Hua Chen, IBM Research Chair: Patty Kostkova | |
| 17.00 - 18.00 | DRINKS RECEPTION (Dickens Library) | |
| 18.30 - 22.00 | Inaugural Conference Dinner Jeremy Bentham Room, UCL (North Cloisters) | |

Mary Ward Hall

Brewer & Smith Room

DAY 1 ORAL PRESENTATIONS

Mary Ward Hall

Brewer & Smith Room

| 09.45 - 11.00 | Healthcare Chair: Henry Potts | | | Games Chair: Patty Kostkova | | |
|---------------|----------------------------------|---|--|--|------------------------------------|---|
| 09.45 - 10.00 | 1 | Klaassen (Maastricht University) | A digital decision aid for curatively treated breast cancer patients to effectively influence aftercare trajectory choices, hospital costs and shared decision making | 6 | Nour (University of Sydney) | Design and rationale of an innovative intervention addressing inadequate vegetable intake among young adults using social media and mobile gaming |
| 10.00 - 10.15 | 2 | Kesten (University of Bristol) | Developing a parent targeted online intervention to improve primary care utilisation using real time paediatric respiratory tract infection surveillance data | 7 | De Smet (Ghent University) | The efficacy of the Friendly Attac serious digital game to promote prosocial bystander behavior in cyberbullying among young adolescents; a cluster - randomised controlled trial |
| 10.15 - 10.30 | 3 | Simpson (The SHM Foundation) | Using digital psychosocial support groups to increase adherence behaviour among HIV positive adolescents in South Africa | 8 | Taj (Warwick Business School) | Can games help you get better? experimental evidence on adherence behaviour from Pakistan |
| 10.30 - 10.45 | 4 | Blythe (UCL) | Internet of Things in Healthcare: Identifying key malicious threats, end-user protective and problematic behaviours | 9 | Lumsden (University of Bristol) | The effects of individual game mechanics and webbased testing on cognitive test performance and participant enjoyment |
| 10.45 - 11.00 | Discussion | | | Discussion | | |
| 11.15 - 12.30 | 5 | Fertleman (UCL) Delacroix (UCL) Sher (Heron's GP Practice) Lumley (NHS England) Lee (Whittington Hospital) | Panel discussion: Can a short interactive communication scenario in virtual reality alter future clinician behaviour to reduce unnecessary antibiotic prescribing in General Practice? Proposer: Caroline Fertleman | New approaches to evaluation and learning Chair: Susan Murphy | | |
| | | | | 10 | Michie (UCL) | The Human Behaviour Change Project: Digitising the knowledge base on effectiveness of behaviour change interventions |
| | | | | 11 | Pogorskiy (Durham University) | Digital Behaviour Change Interventions through a Web Browser Extension to Improve Learners' Retention |
| | | | | 12 | Pham (University of Toronto) | Beyond the Randomized Controlled Trial: A Review of Alternatives in mHealth Clinical Trial Methods |
| | | | | 13 | Slattery (NUI Galway) | An evaluation of the modalities used to deliver eHealth interventions for chronic pain: Systematic review with Network Meta-Analysis. |

| | | | | | | |
|---------------|----|--|---|----|---|---|
| 12.15 - 12.30 | | Discussion | | | Discussion | |
| 13.30 - 14.45 | | Young people Chair: Adrian Taylor | | | Physical activity & health eating Chair: Margaret Allman-Farinelli | |
| 13.30 - 14.45 | 14 | Newby (Coventry University) | Wrapped: Development and specification of an intervention to increase condom use amongst young people accessing chlamydia self-testing websites | 19 | Gauvin (Université de Montréal) | Digital Behaviour Change Interventions Aimed at Healthy Eating and Physical Activity: A Population-based Study of Perceived Suitability for Intervention Delivery |
| 13.45 - 14.00 | 15 | Porter (University of Exeter) | Changing Children's Choices; investigating the effects of foodspecific inhibitory control training on healthy food choice amongst children | 20 | Bondaronek (UCL) | Health apps for physical activity: a review and content analysis of the quality of the most popular apps |
| 14.00 - 14.15 | 16 | Boesen Mariani (Danone Nutricia Research) | Sustainably increasing water intake in adults and children: behavioral interventions combining a webbased program and environmental change | 21 | Hermesen (Utrecht University of Applied Sciences) | Determinants for sustained use of an activity tracker: an observational study among 711 participants in France |
| 14.14 - 14.30 | 17 | Murray (Development Media International) | Impact of a 35-month radio campaign addressing key lifesaving family behaviours for child survival in rural Burkina Faso: Results from a cluster randomised trial | 22 | Inauen (Eawag - Swiss Federal Institute of Aquatic Science & Technology) | Using Digital Support Groups to Promote Healthy Eating in Daily Life |
| 14.30 - 14.45 | | Discussion | | | Discussion | |
| 15.15 - 16.15 | 18 | Campsall (Road Safety Analysis) Davies (UWE) O' Reilly (Highways England) Carsten (University of Leeds) | Panel discussion: Changing Health Outcomes in Road Transport Proposers: Daniel Campsall & Rachel Carey | 23 | Perski (UCL) Naughton (U.of East Anglia) Matei (Nuffield Health) Blandford (UCL) West (UCL) Michie (UCL) | Panel discussion: Engagement with digital behaviour change interventions: Key challenges and |

POSTERS

See abstract booklet for further details

1 Beard Use of digital and non-digital aids for smoking cessation and alcohol reduction: a population survey of adults in England

2 Blythe The role of trust in eHealth websites: the enduring power of impartiality

3 Côté A web-based nursing tailored intervention to support health behaviour change among people living with HIV: development and demonstration of TAVIE en santé

4 Crilly A survey to examine public perceptions and use of social media for health information

5 Dugdale Using the Behaviour Change Technique Taxonomy v1 to conceptualize the clinical content of Breaking Free Online: A computer-assisted therapy programme for substance use disorders

6 Edge Developing e-learning resources for families of African-Caribbean people diagnosed with schizophrenia: A qualitative approach to co-production

7 Flaherty Can existing apps support healthier food purchasing behaviour? Assessing the integration of behaviour change theory and user quality components in mobile apps.

8 Harris Beat the Street – Harnessing Digital Technology for population level changes in Physical Activity

9 Herbec Does inclusion of craving management tools increase effectiveness and usage of a stop smoking app? Results from BupaQuit trial.

10 Krebs The Final Mile: An Evaluation of Essential Patient Engagement and Self-Efficacy for Older Adults to Facilitate Digital Health Interventions

11 Larkin The “application” of Facebook as a research tool to explore human behaviour and the self-coding done by “participants”

12 Minocha Investigating the influence of wearable activity-tracking technologies on behaviour change in people aged 55 and over

13 Miron-Shatz The Old Man (or Woman) and the App: Crossing the digital divide and bringing an adherence app to elderly patients who have no prior experience with tablets or smartphones

14 Nash Health apps - could we be just one, critical step away from the most effective form of intervention in the history of public health?

15 Paton LIFE: Life-saving Instruction for Emergencies, a serious game for mobile devices and VR

16 Taylor The efficacy of an integrated approach to workplace health and wellbeing on physical and mental health markers of an Australia workplace population.

17 Yonekura Project Simway: A city-wide personalized weight management intervention, mobilizing the local Community Health Volunteers (CHVs) equipped with a cutting-edge smartphone app based on Behavior Change Techniques (BCTs) framework and mathematical weight simulation in Sub-Saharan African countries

18 Allman-Farinelli A virtual reality food court to study food selection and identify strategies for change: design and testing

19 Clack Virtual reality enhanced behaviour-change training for healthcare-associated infection prevention

20 Direito Combining the intervention mapping and behavioral intervention technology frameworks: pilot study results of an adaptive smartphone delivered intervention for physical activity and sedentary behaviour change

21 Kassavou Development and acceptability of an interactive voice response intervention to support medication adherence in patients with hypertension and/or type 2 diabetes within the primary care. A think aloud study

22 Kwasnicka Physical Activity Tailored intervention in Hospital Staff (PATHS): a randomised controlled trial of computer-tailored program

23 Looi The efficacy and dose response effects of CBM as a digital intervention for individuals with high levels of depressive symptom

24 Marques NoHoW Project: Evidence-based digital tools for weight loss maintenance

25 Mehra The Design and Usability Testing of a mHealth Application for Supporting Self-Regulation of Exercising Older Adults

26 Nicholson Using Inhibition Training to Modify Drivers' Behaviour at Amber Traffic Lights

27 O'Sullivan Validating a web-based intervention for teenagers with chronic illness and their parents

28 Persons Using social media (particularly Facebook) for preventative tobacco control amongst teenagers in Botswana by building resilience and stripping the aspiration out of smoking

29 Sanderson Medical Aid Films

30 Stephenson Using computer, mobile and wearable technology interventions to change sedentary behaviours: a systematic review and meta-analysis

31 Watkins The role of mobile text and voice communication in the monitoring of chronic disease management within resource-poor low- and middle-income country public primary healthcare settings: a realist review



THURSDAY 23RD FEB 2017

| | | |
|---------------|---|---|
| 08.30 - 09.00 | REGISTRATION & COFFEE (DICKENS LIBRARY) | |
| 09.00 - 10.15 | Uptake & Implementation Chair: Felix Naughton | Digital & hardware wearables Chair: Ann Blandford |
| 10.15 - 10.45 | COFFEE & NETWORKING | |
| 10.45 - 12.00 | Human-centred design Chair: Dustin DiTommaso | New methods: frameworks, analyses & measures. Chair: Jamie Brown |
| 12.00 - 13.00 | LUNCH (Posters contu.) Dickens Library, Voysey & Virginia Woolf Rooms) | |
| | CRUK funding workshop | Google Play presentation |
| 13.00 - 14.15 | Mixed approaches to engagement Chair: Joy Parkinson | Optimising interventions Chair: Rose Webster |
| 14.15 - 14.30 | COFFEE & NETWORKING (Dickens Library) | |
| 14.30 - 15.45 | User perspectives Chair: Carol Strike | Intervention Development Chair: Eline Smit |
| 16.00 - 16.40 | Final Keynote: Susan A. Murphy (University of Michigan) | |
| 16.40 - 16.45 | Closing Word & Best Poster Prize Award: Susan Michie | |
| 17.00 | Conference Ends | |

Mary Ward Hall



Brewer & Smith Room



#CBCCONF17



DAY 2 ORAL PRESENTATIONS

Mary Ward Hall

Brewer & Smith Room

| 09.00 - 10.15 | | Uptake & Implementation Chair: Felix Naughton | | | Digital & hardware wearables Chair: Ann Blandford | |
|---------------|----|--|--|----|--|---|
| 09.00 - 09.15 | 24 | Perski (UCL) | Exploring smokers' and drinkers' choice of smartphone applications in an online store and their expectations of engagement: A think aloud study | 30 | Kooiman (Hanze University of Applied Sciences) | Digital self-monitoring of physical activity in people with type 2 diabetes - a randomized controlled trial |
| 09.15 - 09.30 | 25 | Elison (Breaking Free Online) | Challenging the 'hierarchy of evidence' in digital interventions research: Using the Medical Research Council (MRC) framework to examine implementation, effectiveness, and mechanisms of action of Breaking Free Online | 31 | Herbec (UCL) | The needs and preferences of smokers regarding the use of personal carbon monoxide monitors linked to smartphone apps for harm reduction and cessation - an interview and think aloud study |
| 09.30 - 09.45 | 54 | Elison (Breaking Free Online) | Panel discussion: Real-world perspectives on the implementation and sustainability of digital behavioural interventions: Context specific and general barriers and facilitators | 32 | Luik (University of Oxford) | Digital Cognitive Behavioural Therapy for insomnia in the real world: Does using a wearable device help? |
| 09.45 - 10.00 | | Dugdale (Breaking Free Online) | | 33 | Arden (Sheffield Hallam University) | CFHealthHub: The development of a digital intervention to provide feedback on objective nebuliser adherence data for adults with Cystic Fibrosis (CF) |
| | | Ghafoor (Public Health England) | | | | |
| | | Weston (Change, Grow, Live) | | | | |
| 10.00 - 10.15 | | Discussion | | | Discussion | |
| 10.45 - 12.00 | | Human-centred design Chair: Dustin DiTommaso | | | New methods: frameworks, analyses & measures. Chair: Jamie Brown | |
| 10.45 - 11.00 | 26 | De Almeida (Helen Hamlyn Centre for Design) | Patient Flow: Design to Improve Patient Flow through Acute Medicine | 34 | McCallum (University of Glasgow) | Physical Activity App Store Apps: How Can We Evaluate their Effectiveness? |
| 11.00 - 11.15 | 27 | Tomos (Royal College of Art) | Removing barriers to behaviour change by employing user-centred research methods to design the physical interface between human and digital application. | 35 | Spanakis (University of Liverpool) | Time for Smart-Stroops? Alcohol-Stroop task smart-phone app shows superior psychometric properties. |
| 11.15 - 11.30 | 28 | Glazer (Ctrl Group) | Improving quality of life and wellbeing amongst people affected by dementia: the impact of citizen science and digital interventions for informal care | 36 | Beard (UCL) | Using time-series analysis to examine the effects of adding or removing components of digital behavioural interventions and associations between outcomes and patterns of usage |

| | | | | | | |
|---------------|--|--|--|--|---------------------------------------|--|
| 11.30 - 11.45 | 29 | Vanhoof (KU Leuven) | Applying a humancentered design process to increase acceptance of interactive health technology to support solid organ transplant patients' medication adherence, physical activity and weight control: the PICASSO-Tx project | 37 | Smit (University of Amsterdam) | The Virtual Care Climate Questionnaire: Development and validation of a questionnaire measuring perceived support for autonomy in a virtual care setting |
| 11.45 - 12.00 | Discussion | | | Discussion | | |
| 13.00 - 13.15 | Google Play presentation - see page 14 Mixed approaches to engagement Chair: Joy Parkinson | | | CRUK funding workshop - see page 14 Optimising interventions Chair: Rose Webster | | |
| | 38 | Copeman (UCL) | Developing an understanding of user engagement with an online supported cognitive function test and its associated suggestions for protective cognitive health behaviours. | 42 | Fanning (Wake Forest University) | The individual and combined impact of two social cognitive smartphone modules on application usage: a randomized factorial trial |
| 13.15 - 13.30 | 39 | Willmott (Griffith University) | The role of e-service quality on customer satisfaction, loyalty and behaviour for a digital weight management program | 43 | Tombor (UCL) | Uptake of, and engagement with, the SmokeFree Baby smartphone app to aid smoking cessation in pregnancy |
| 13.30 - 13.45 | 40 | Bol (University of Amsterdam) | How different are users and non-users of mobile health apps? | 44 | Garnett (UCL) | Estimating effectiveness of components of a smartphone app ('Drink Less') to reduce excessive alcohol consumption: a factorial randomised control trial |
| 13.45 - 14.00 | 41 | White (Curtin University) | Engaging fathers with a breastfeeding app: Preliminary process evaluation from the Milk Man mobile app intervention. | 45 | Côté (Université de Montréal) | Evaluation of a webbased tailored nursing intervention to support optimal medication adherence among kidney transplant recipients: results from a mixed method study |
| | Discussion | | | Discussion | | |
| | User perspectives Chair: Carol Strike | | | Intervention Development Chair: Eline Smit | | |
| 14.30 - 14.45 | 46 | Nurmi (University of Helsinki) | How do users engage with digitalised motivational interviewing features? User experiences with the app 'Precious' | 50 | Bailey (UCL) | Design and development of a web app for contraception decision-making |
| 14.45 - 15.00 | 47 | O'Riordan (University College Cork) | GPs' perspectives on prescribing for older people in primary care: a qualitative study | 51 | Mills (Global Wellbeing Solutions) | An e-health behavior change system for habit formation: Application of the person-based approach to develop the online program 'Make one small change' |
| 15.00 - 15.15 | 48 | Roberts (UCL) | Cancer survivors' experiences of using publicly available physical activity mobile apps: a qualitative analysis | 52 | Collins (UCL) | Application of the Behaviour Change Wheel to the development of digital interventions for older adults: A case study using City4Age |
| 15.15 - 15.30 | 49 | Anderson (University of Bristol) | Real-time paediatric respiratory tract infection (RTI) community surveillance: A qualitative interview study of clinicians' perspectives on the use, design and potential impact of a planned intervention. | 53 | Bartle (Coventry University) | Systematic development of an online intervention to support infant feeding (iFeed) |
| 15.30 - 15.45 | Discussion | | | Discussion | | |

DAY 2

LUNCHTIME TALKS

Develop Health & Fitness Apps on Android and find success on Google Play



Jeni Fisher, Business Development Manager
Google Play Apps, UK & Nordics

Understanding behaviour change is crucial for app developers to create valuable experiences. The Google Play Apps business development team work with health & fitness app

developers globally, creating and sharing best practices to empower these partners to build apps that effectively engage their users and address key needs.

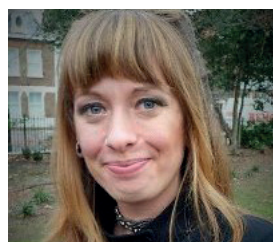
Through these partnerships, the team has a unique understanding of the developer audience. By building partnerships with academic experts in the health and technology sector, the team seeks to create actionable guidance for the developer community regarding the most effective approaches to behaviour change. Educating and inspiring developers with insights that lead to better outcomes for users ensures strong and sustainable businesses flourish on Google Play.

Jeni Fisher is responsible for developing the ecosystem of Google Play apps in the UK and the Nordics. She is partnering with health and fitness app developers to create best user experiences and launch sustainable businesses on Google Play.

Jeni previously worked in content merchandising for six years. Before joining Google in 2012 she led merchandising for Beauty at Amazon and managed online content for BBC Worldwide. Jeni holds a BA in English Literature from Cardiff University.



Funding Workshop by Cancer Research UK



Dr Abby Woodfin, Research Funding Manager
Cancer Research UK

A guide to current funding opportunities from Cancer Research UK, with a focus on population and behavioural research and innovative cross-committee funding mechanisms such as the Pioneer Award.

A clinic for questions and discussion with Cancer Research UK staff will follow.

Abigail Woodfin graduated in Molecular & Cellular Biology (BSc) from the University of Bath and obtained a PhD from King's College London. Subsequently Abigail undertook postdoctoral training with Professor Nourshargh at Imperial College London and joined WHRI when the Centre for Microvascular Research was formed in 2007.

Abigail is currently establishing her own research group with interest in angiogenesis and leukocyte trafficking.



ABOUT FRONTIERS

Behaviour Change: Digital Health and Wellbeing

Digital technology offers the potential to enable and support behaviour change related to an individual's health and wellbeing. This Research Topic brings together behaviour change science, health, and technology expertise across disciplines and is of relevance to all those interested in developing and evaluating digital interventions and products. The Research Topic is hosted in the Digital Health section of Frontiers in Public Health and Frontiers in ICT and prospective authors are informed that open access fees for review papers and original research are discounted by 15% (1,615 USD). Themes include (but are not restricted to): using behaviour change theory to create high-quality interventions and products; the importance of multi-disciplinary approaches to digital health and wellbeing; global digital health across low, middle and high income countries; new trends in wearable and sensor technology; and facilitators and barriers in developer/industry partnerships.

Important Note: All submissions/contributions to this Research Topic via Frontiers in Psychology must be in line with the scope of the journal and section they are submitted to. While authors are encouraged to draw from other disciplines to enrich their papers where relevant, they must ensure papers fall within the scope of the section, as expressed in its mission statement, with a primary focus on psychology theory and content.

More information:

<http://journal.frontiersin.org/researchtopic/4391/behaviour-change-digital-health-and-wellbeing>



REVIEWERS

| | | |
|-------------------|----------------------|--------------------|
| Abi Fisher | Geoffrey C. Williams | Lorraine McDonagh |
| Adam Geraghty | Glenn Lawryer | Marieke Rooij |
| Adrian Taylor | Heather Patrick | Mary Barker |
| Aleksandra Herbec | Ildiko Tombor | Matthijs Blanker |
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| David Moffat | Kiera Bartlett | Tomasz Nadarzynski |
| Eline Smit | Kristina Curtis | Tracy Epton |
| Felix Naughton | Lisette van Gemert | Zarnie Khadjesari |

CBC SUMMER SCHOOL 2017

Behaviour Change- Principles and practice 31 July - 04 August

About the Course

Following the success of last year's summer school, which saw us add an additional week due to long waiting lists, we are delighted to offer the course again this year. The CBC Summer School comprises of a 5-day course which introduces the principles of behaviour change and demonstrate 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. Since the first course in 2014 we have trained more than 300 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. Who is the course for?

This course is for everyone interested in behaviour change including researchers, practitioners, intervention designers, managers and policy makers.

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
- Lunch and refreshments provided
- Networking reception on the first and penultimate evenings

Mentoring by experts

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.

Each participant has the opportunity to submit an issue they would like to work on during the week, with their personal objective, and this will be reviewed with their mentor as the week progresses.

Registration

Acceptance on the course will be on a first come, first served basis with completion of a registration form and payment of the fees. The fees include course materials, lunch and refreshments each day, and a 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 I have applied the skills I learnt at my workplace and beyond, resulting in successful and sustained change. I cannot recommend this summer school enough, it has been invaluable. Thank you CBC!"

Professor Kate Curtis (Professor of Trauma and Emergency Nursing, University of Sydney)

Book via the CBC website: www.ucl.ac.uk/behaviour-change

Please note, UCL's Online Store requires payment via credit card. Early bird registration now open! Save £200 off standard rates

| | Early bird | Standard |
|--|------------|----------|
| Universities / third and public sectors in LMIC | £950 | £1200 |
| Universities / third sector | £1500 | £1800 |
| Small enterprises / start-ups (up to 50 employees) | £1500 | £1800 |
| Public sector | £2050 | £2255 |
| Medium enterprises (50 - 249 employees) | £2050 | £2255 |
| Large enterprises (250 + employees) | £3000 | £3200 |

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

MSc IN BEHAVIOUR CHANGE AT UNIVERSITY COLLEGE LONDON

A new postgraduate degree in Behaviour Change drawing on multidisciplinary scholarship and its application

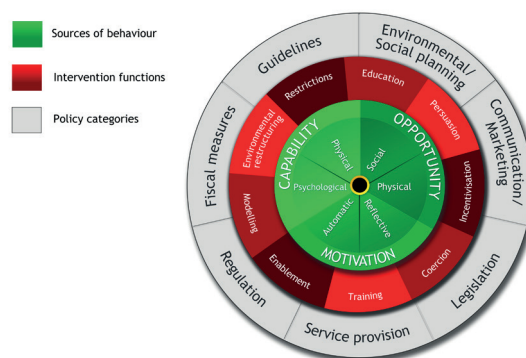
The Centre for Behaviour Change (CBC) at UCL has launched an exciting new MSc programme in Behaviour Change. Available as a full or flexible part-time course from September 2017 and taught by world-leading experts in behaviour change at UCL's central London campus, this innovative and exciting course is a unique opportunity for graduates from all disciplines to learn about cutting-edge research and the principles behind successfully changing behaviour to address global problems.

The course has limited places in its first year. Demand for the course is anticipated to be high and so we recommend that interested candidates apply early. For more information and to apply please see the UCL prospectus.

<http://www.ucl.ac.uk/prospective-students/graduate/taught/degrees/behaviour-change-msc>

Why study this course?

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 will train and develop a new generation of researchers, practitioners and policymakers to advance and translate this expertise in a wide range of jobs.



The MSc programme

The MSc in Behaviour Change will be taught by academics from disciplines including psychology, behavioural economics, 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 will be supported by a team of expert guest lecturers.

Students will 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:

- 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
- Train students in the design, implementation and evaluation of Behaviour Change interventions using systematic methods and integrative frameworks
- Enable students to plan and support the translation of evidence into practice in multidisciplinary and multi-sectorial settings

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.

For more information about the courses, see
<http://www.ucl.ac.uk/behaviour-change/courses/msc-behaviour-change> **or contact:**

Programme Director Dr Leslie Gutman
mscbehaviourchange@ucl.ac.uk

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





Options [choose 3]

(subject to availability and student numbers)

- 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
- Persuasive Games

Research project

MSc students undertake an independent research project, written up as a dissertation of 8,000-10,000 words. Projects will also be presented in a mini-conference.

Teaching and Learning

The programme is delivered through lectures, seminars, small group, project work and independent study. All tutors are highly experienced, internationally recognised researchers and/or practitioners in Behaviour Change from a range of disciplines. Assessment is through coursework, unseen examinations and research projects. Although not formally offered as part of the course, we can support students to find and complete a work experience placement as part of their programme.

Career prospects

A recent CBC survey found that 94% of employers stated that Behaviour Change was of central importance to the success of their organisation, and 97% stated that their organisation would benefit from employing an individual with an MSc in Behaviour Change. This MSc in Behaviour Change is an excellent foundation for a career in a range of sectors including academia, public and private sector organisations and charities. Employees with knowledge and skills in Behaviour Change are increasingly in demand across a range of different disciplines. Public and private sector organisations are also turning to the theory and practice of Behaviour Change to enhance their performance and achieve their objectives.

Keep in touch with the MSc Behaviour Change

Join our **Facebook** page @mscbehaviourchange and follow our **Twitter** feed @MScbehchangeUCL to keep informed about the latest course developments.

UCL's Centre for Behaviour Change (CBC) Led by Susan Michie, Professor of Health Psychology at UCL, the CBC (www.ucl.ac.uk/behaviour-change) is a world-leading centre for expertise in Behaviour Change that fosters interdisciplinary knowledge exchange and translates expertise to those wishing to apply this knowledge and skills to their work and/or studies.

The Centre engages leaders from a variety of key academic disciplines in a far-reaching programme of research, training, teaching, consultancy and events.

Key Information

Programme starts September 2017

| Modes and duration | Tuition fees 2017 / 18 | Application dates |
|---------------------|------------------------|---------------------|
| Full time - 1 year | UK / EU £9840 (FT) | All applicants |
| | Overseas £23,710 (FT) | Open 3 October 2016 |
| Part time - 2 years | UK / EU £4915 (PT) | Close 28 July 2017 |
| | Overseas £11,800 (PT) | |

Note on fees: The tuition fees shown are for the year indicated above. Fees for subsequent years may increase or otherwise vary. Further information on fee status, fee increases and the fee schedule can be viewed on the UCL Current Students website.

Optional qualifications: This degree is also available as a PG Diploma and a PG Certificate with fees set accordingly.

Location: London, Bloomsbury

UPCOMING EVENTS

CBC Organisational Hub | Organisational Behaviour Change in collaboration with BUPA

May 2017

University College London

Join us for the first in a series of events organised by our Org Hub, exploring how behavioural and implementation science can be used to achieve organisational change through evidence-based practice.

What role do behavioural change experts have to play in organisations?
How can behaviour change be used to improve employee health and wellbeing?

Want to be involved in the Organisational Hub or have an idea for a future topic?
Contact Dr Keith O' Brien: keith.obrien@ucl.ac.uk

CBC Research Seminar Series | Behaviour Change Question Time: Ethics in Behaviour Change

June 2017

University College London

Ethical questions lie at the heart of behaviour change. From using psychology to change behaviour for public good, to its use in marketing, or the rise of 'nudging', we open the topic up to our panel of behavioural change experts and our audience to explore.

How can we determine how, when, and where 'behaviour change' is ethical?
Should academia be responsible for how behaviour change research is used?

Want to be involved in this event or have an idea for a future seminar topic?
Interested in being involved with this event or other CBC events
Contact us: behaviourchange@ucl.ac.uk

Thinking about Behaviour Change with the Arts & Humanities

Autumn 2017

University College London

Join us for the third UCL Centre for Behaviour Change Research. Seminar Series: 'Thinking about behaviour change with the Arts and Humanities'.

What does the term 'behaviour change' mean to researchers, practitioners and policymakers working within the Arts and Humanities?
What roles do artists and those working in the humanities see themselves playing in broader society/across culture?

Want to be involved in this event or have an idea for a future seminar topic? Do you work in the humanities field? Interested in being involved with this event or other CBC events?
Contact us: behaviourchange@ucl.ac.uk

BOOKS

Books are available for purchase at the conference, or can be ordered online by going to
<http://www.ucl.ac.uk/behaviour-change/bookshop>



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.



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.



The Behaviour Change Wheel Guide

The Behaviour Change Wheel Guide is aimed to be useable 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.



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.

ABOUT THE NIHR SCHOOL FOR PUBLIC HEALTH RESEARCH

This event was partly funded by the NIHR School for Public Health Research (SPHR). The views expressed are those of the presenter(s) and not necessarily those of the NHS, the NIHR or the Department of Health.

Established in April 2012 with a budget of £20 million over five years, NIHR SPHR is a partnership between eight leading academic centres with excellence in applied public health research in England. NIHR SPHR is funded by the NIHR.

Mission

The School aims to increase the evidence base for effective public health practice by:

- Conducting applied public health research to increase the volume and quality of useful evidence on cost-effective interventions
- Creating an environment where first class applied public health research, focused on the needs of the public, can thrive and
- Supporting local public health practitioners and policy makers to engage with research, and actively seek out high quality research evidence to inform their decisions

For more information on NIHR SPHR, please visit the following website: www.sphr.nihr.ac.uk or contact Catherine Porter: sphr@sheffield.ac.uk

Research Themes

The School has three key research themes, focused on evaluating public health interventions which aim to improve health by:

- Changing behaviour or
- Changing the environment – including the physical, social, economic, cultural or regulatory environment
- Identifying cost-effective population health services

We seek to address these key themes across the life course. Inequalities and the translation of evidence into practice cut across all our research programmes.

The NIHR School for Public Health Research (SPHR) is a collaboration between: the Universities of Sheffield, Bristol, Cambridge, Exeter, UCL; The London School of Hygiene and Tropical Medicine; the LiLaC collaboration between the Universities of Liverpool and Lancaster and Fuse: The Centre for Translational Research in Public Health, a collaboration between Newcastle, Durham, Northumbria, Sunderland and Teesside Universities.

ABOUT THE NIHR

The National Institute for Health Research (NIHR) is funded through the Department of Health to improve the health and wealth of the nation through research. It is a large, multi-faceted and nationally distributed organisation. Together, NIHR people, facilities and systems represent the most integrated clinical research system in the world, driving research from bench to bedside for the benefit of patients and the economy.

For further information, visit the NIHR website (www.nihr.ac.uk)

Building the evidence for cost-effective public health practice



The Centre for Behaviour Change is a unique initiative, harnessing the breadth and depth of academic expertise in behaviour change at UCL to address key challenges facing society. Behaviour change is increasingly recognised as central to human wellbeing, social cohesion and sustainability. Changing behaviour is a challenging and complex process, requiring theories, methods and evidence from many academic disciplines. To develop expertise and bring that to the widest possible audience, across the public, commercial and charity sectors, we:

- Host cross-disciplinary events addressing topical social and methodological issues
- Provide evidence based consultancy
- Deliver effective training and teaching
- Build communities to facilitate the engagement of policy-makers, practitioners and researchers with expertise at UCL
- Engage in cutting-edge cross-disciplinary research

The Centre is directed by Susan Michie. We are supported by a cross-disciplinary Executive Committee and an Advisory Board that covers key areas of engagement within and external to UCL. We aim to become a leading and world-renowned centre for expertise in behaviour change.

For more information:

Visit: <http://www.ucl.ac.uk/behaviour-change>

Follow us on: Twitter:

@UCLBehaveChange

Add us on Facebook:

[Facebook.com/UCLBehaviourChange/](https://www.facebook.com/UCLBehaviourChange/)

Watch our YouTube channel:

[YouTube.com/UCLBehaviourChange](https://www.youtube.com/UCLBehaviourChange)

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