

DAY 1 - Wednesday 16 September

Stream 1	Stream 2
Welcome address (13:00 - 13:10)	
Keynote: Dr Rachel Carey <i>Startups as experiments: A behavioural science approach</i> (13:10 - 14:00)	
Oral session : Digital health care (14:05 - 14:35)	Oral session: Increasing physical activity through digital technology (14:05 - 14:35)
Break (14:35 - 14:50)	Break (14:35 - 14:50)
Posters: Disease prevention through behaviour change (14:50 - 15:20)	Posters: Mental health (14:50 - 15:20)
Panel Discussion: Integrating the culture and methods of digital and behaviour science (15:25 - 16:20)	Symposium: tailoring interventions (15:25 - 16:20)
Social / networking session (16:30 - 17:00)	
End of day 1	

DAY 2 - Thursday 17 September

The role of technology in contributing to behaviour change in response to the COVID-19 pandemic
(12:00 - 12:50)

Stream 1	Stream 2
Symposium: Human Behaviour Change Project (13:00 - 13:55)	Symposium: virtual reality and chatbots (13:00 - 13:55)
Oral session: Behaviour change theory: research and practice (14:05 - 14:35)	Oral session: hard to reach groups & apps for self-management of chronic conditions (14:05 - 14:35)
Break (14:35 - 14:50)	Break (14:35 - 14:50)
Posters: (1) Digital tools for maternal, children and young people's health; (2) Understanding children and young people's health and behaviour (14:50 - 15:20)	Posters: (1) Smoking and drinking behaviour change; (2) Nutrition and dietary behaviour (14:50 - 15:20)
Break (15:20 - 15:40)	Break (15:20 - 15:40)
Keynote: Professor Wendy Wood <i>Why don't we stick with Behaviour Change?</i> (15:40 - 16:20)	
End of day 2	

DAY 3 - Friday 18 September

Stream 1	Stream 2
Final day /welcome address (13:00 - 13:10)	
Keynote: Professor Heleen Riper (13:10 - 14:00)	
Oral session: Developing and delivering digital health care (14:05 - 14:35)	Oral session: Digital dietary and physical activity interventions (14:05 - 14:35)
Break (14:35 - 14:50)	Break (14:35 - 14:50)
Posters: Physical activity and weight management (14:50 - 15:20)	Posters: Digital healthcare and behaviour change innovation (14:50 - 15:20)
Symposium: mHealth tools (15:25 - 16:20)	Oral session: Addictive behaviour (15:25 - 15:55)
	Posters: Chronic disease and behaviour change (15:55 - 16:25)
Social / networking session (16:30 - 17:00)	
End of day 3	