Posters - Day 1

Interactive Poste Session #1

S1:1

13:00	A	**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?
13:05	B	**Patapia Tzotzoli**	MePlusMe: An online intervention to support mental health, wellbeing and study skills in higher education: A feasibility study
13:10	C	**Dasha Sandra**	A ten-step behavioural intervention to reduce problematic smartphone use
13:15	D	**Jamie Kawadler**	Effect of BioBase on mental wellbeing and anxiety: a pilot feasibility study
13:20	E	**Jan-Niklas Kreppke**	The PACINPAT study: First experiences with a 12-month physical activity-counselling program in in-patients with major depressive disorders
13:25	F	**Heather Bolton**	Busting the low uptake myth: Successfully embedding digital mental health solutions across a global workforce

S1:2

13:00	A	**Amberly Brigden**	Digital interventions for younger children (5-12-year olds) with chronic health conditions: which ones work and why? A systematic review
13:05	B	**Lindsay Jibb**	Using a user-centred design approach to refine the Pain Squad+ smartphone app for behavior change by adolescents with cancer pain
13:10	C	**Chitra Lalloo**	A pilot randomized controlled trial of the iCanCope pain self-management application for adolescents with Juvenile Idiopathic Arthritis
13:15	D	**Nipuna Cooray**	Person based development of a DBCI module for parents to prevent infant falls
13:20	E	**Nilushka Perera**	Redefining empowerment through community development and digital outreach

S1:3

13:00	A	**Francisco Diez-Canseco**	Integration of a Technology-based Mental Health Screening into Primary Health Care Services in Peru: The Allillanchu Project
13:05	B	**Eamon Colvin**	How do habits affect mental health? A scoping review of mental habits.

13:10	C	**Marek Hasa** Why Don't We Cure Our Minds with Apps? Understanding the Drivers of m-Mental Health Uptake among Emerging Adults
13:15	D	**Laura Hollands** Ecological momentary assessment of mood and physical activity in people with depression
13:20	E	**Paulina Bonaronek** Development of a framework to assess the quality of digital interventions targeting mental health provided through the Good Thinking service

S1:4

13:00	A	**Madalina Saracutu** Mapping the behaviour change techniques used in patient-centred interventions for people with multimorbidity: a scoping review
13:05	B	**Elizabeth Becker** Exploring the use of two-mode affiliation network diagrams for visualizing microlevel and macrolevel engagement of a self-tailored cancer prevention digital behavior change intervention
13:10	C	**Mark Tarrant** Using video analysis to explore the emergence and progression of group cohesiveness in a group-based behaviour change intervention for people with post-stroke aphasia
13:15	D	**Bianca Armitage** Exploring the impact of the app Rise Sleep Better on sleep quality
13:20	E	**Lauren Powell** Making sense: Using Sensemaker to explore how micro-narratives can shape behaviour change for health interventions

17:15
17:50

Interactive Poste Session #2

S2:1

17:15	A	**Jenny Rossen** Context, implementation and perceived mediators of the Sophia Step Study- a process evaluation following the MRC guidance for complex evaluations
17:20	B	**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.
17:25	C	**Stephanie Stockwell** Socially isolated older adults experiences of using publicly available digital behaviour change interventions for physical activity
17:30	D	**Leanne Tyson** A Systematic Review of the Characteristics of Alternative Physical Activity Interventions to Pulmonary Rehabilitation in Adults with Asthma
17:35	E	**Frances Bain** Effectively increasing the Physical Activity levels of Employees throughout Scotland through a team based, online Step Count Challenge
17:40	F	**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
17:45	E	**Stephanie Stockwell** The barriers and facilitators of physical activity in socially isolated older adults

S2:2

17:15	**A**	**Inka Barnett** Lessons learned from the mixed methods evaluation of the global mNutrition programme
17:20	**B**	**Anastasia Lanzara** Encouraging Healthy Eating Through Mobile Use: A Ritual Behavioural Change Intervention
17:25	**C**	**Nynke van der Laan** Veganism on Instagram: What Do People Post About and How Are Online and Offline Behaviors Related?
17:30	**D**	**Michael Kilb** A brief communication intervention to increase perceived need-support and engagement in a social-networking-site-based nutrition intervention
17:35	**E**	**Sarah Hogan** Making food systems work for health and nutrition Understanding consumer mental models: A case study in rural Tigray, Ethiopia

S2:3

17:15	**A**	**Meenakshi Jhala** The Positive Impact of Medic Bleep, An Asynchronous Communication Platform Versus Existing Communication Methods: An Observational Study
17:20	**B**	**Roxanne Parslow** Health professionals experiences of delivering digital interventions for paediatric Chronic Fatigue Syndrome/ME (FITNET-NHS Trial)
17:25	**C**	**Juliet Hodges** The use and effectiveness of behavioural science interventions to influence the clinical practice of healthcare professionals: a systematic review
17:30	**D**	**Lori Wozney** Utilizing technologies to shape provider-patient communication behaviour within emergency medicine practice: A systematic review
17:35	**E**	**Andrea Bishop** Using behavioural science to facilitate and evaluate change at a health profession level: the Nova Scotia Wicked Problems Working Group
17:40	**F**	**Janet Curran** Examining technology use in paediatric emergency department discharge communication interactions using Normalization Process Theory

S2:4

17:15	**A**	**Weston Baxter** The Behaviour Setting Canvas: mapping of behavioural context in real world scenarios
17:20	**B**	**Natalie Gold** Review of reviews on the effectiveness of digital interventions for reducing behavioural risks of cardiovascular disease in non-patient adult populations
17:25	**C**	**Aida Alonzo** Delivering impactful, cost-effective family planning messaging at scale: the results of the first cluster randomised controlled trial to put a family planning radio campaign to the test
17:30	**D**	**Victoria Whitelock** An evidence-based redevelopment of a tool to support behaviour change in community settings using the Behaviour Change Wheel
17:35	**E**	**Laura Banks** Strengthening online health information by applying behavioural insights.

S2:5

Time		Speaker / Title
17:15	**A**	**Aime 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
17:20	**B**	**Alice Wickersham** Analysis of supportive messaging to reduce alcohol consumption: initial investigation
17:25	**C**	**Afshan Khan** Using mHealth to manage alcohol consumption – a systematic literature review and market assessment of smartphone applications
17:30	**D**	**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)
17:35	**E**	**Fiona Harding** The delivery of smoking cessation services through the medium of telephone and digital support
17:40	**F**	**Femke Decoster** Can we improve the participation in 'Tournée Minérale' (the Belgian 'Dry January') by using COM-B and a behavioural approach?
17:50	**G**	**Jussi Tolvi** What works in changing drinking behaviours? Evidence from Club Soda, the mindful drinking movement

Posters - Day 2

Interactive Poste Session #3

S3:1

13:00	**A**	**Inge Klatte**	Collaborative practice with parents in speech and language therapy: understanding the barriers
13:05	**B**	**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
13:10	**C**	**Sarah Atkinson**	Applying behaviour change and video technology to parent-child interaction interventions.
13:15	**D**	**Sarah Atkinson**	The Application of the Behaviour Change Technique Taxonomy (BCTT) and Video Training Technology to Parent-Led Language Interventions (ABC-PALS)
13:20	**E**	**Florence Nwankwo**	Alternative way to reduce the obesity crisis; a case study of design-led intervention
13:25	**F**	**Simon Moore**	Young Voices: Talking sex, HIV and relationships, our way

S3:2

13:00	**A**	**Gekeas Ludden**	Adopting an identity focus to behaviour change - Design of a mobile application to promote physical activity: MoveDaily
13:05	**B**	**Matthew Mclaughlin**	The impact of engagement on the effectiveness of digital health interventions targeting physical activity and sedentary behaviour: a systematic review
13:10	**C**	**Matthew Mclaughlin**	Usability and Engagement with the Physical Activity 4 Everyone (PA4E1) website: a mixed-methods think aloud study
13:15	**D**	**Darren Farish**	Active Blaby - Digital Behaviour Change Platform for Physical Activity
13:20	**E**	**Charlene Shoneye**	Weight change or behaviour change? A qualitative exploration of a 12-month digital weight loss intervention

S3:3

13:00	**A**	**Katrina Kassavou** 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
13:05	**B**	**Katrina Kassavou** Supporting medication adherence using a digital intervention in UK primary care: a qualitative evaluation of the medication adherence for patients support trial
13:10	**C**	**Charlotte Court** 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
13:15	**D**	**Sherif Badawy** Applying the COM-B model to patient reported barriers to medication adherence in Pediatric Acute Lymphoblastic Leukemia

S3:4

13:00	**A**	**Kristina Londakova** Testing the impact of behaviourally-informed choice architecture of digital procurement platform
13:05	**B**	**Benjamin Schuez** Undesirable effects of digital health technologies: A multilevel perspective
13:10	**C**	**Darren Farish** Passive mobile media tracking for a real-world view on use of apps for health behaviour change
13:15	**D**	**Oliver Miles & Rachel Moran** The application of Behavioural Science to develop digital therapeutics for individuals with inflammatory conditions
13:20	**E**	**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

S3:5

13:00	**A**	**Emma Kinley** Delivery of supported self-management in asthma reviews: a mixed methods observational study nested in the IMP2ART programme of work
13:05	**B**	**Turki Alanzi** Digital Diabetes and behavioural change aspects in the Gulf Region: A perspective from randomised control trial in Saudi Arabia
13:10	**C**	**Luke Van Rhoon** A Systematic Review of the Behaviour Change Techniques and Digital Features in Technology-driven Type 2 Diabetes Prevention Interventions
13:15	**D**	**Carl Brandt** Reversing type 2 diabetes in a Primary Care Anchored eHealth Lifestyle Coaching Program in Denmark: A Randomized Controlled Trial
13:20	**E**	**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
13:25	**F**	**Karen Calligeris** Designing for emotion