



## 2<sup>ND</sup> BEHAVIOUR CHANGE CONFERENCE DIGITAL HEALTH & WELLBEING

Hosted by:



#CBCIDH16

### TUESDAY, 23<sup>rd</sup> February 2016

#### Half-day workshop

#### Create behaviour change by designing effective digital interventions

(Facilitators: Caroline Wood and Rosie Webster)

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 debate 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.

**PLEASE NOTE:** THIS WORKSHOP IS NOT INCLUDED IN YOUR CONFERENCE REGISTRATION

AND MUST BE BOOKED SEPERATELY via the conference website

[www.ucl.ac.uk/behaviour-change/CBC\\_Conference\\_2016](http://www.ucl.ac.uk/behaviour-change/CBC_Conference_2016)



# 2<sup>ND</sup> BEHAVIOUR CHANGE CONFERENCE

DIGITAL HEALTH & WELLBEING

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## Wednesday, 24<sup>th</sup> February 2016

Opportunities and Challenges: Using digital health to support wellbeing

09.00-10.00	Registration and Coffee / Tea	
10.00-10.10	Conference Welcome: Prof Susan Michie (UCL Centre for Behaviour Change)	
10.10-10.40	Opening Keynote: Dr Cecily Morrison (Microsoft Research Cambridge)	
10.45-12.00	<p><b>Prompting health behaviour</b></p> <p><b>Katarzyna Stawarz</b> (University College London)  <b>Ghadah Alkhalidi</b> (University College London)  <b>Clare Stevens</b> (University College London)  <b>Chris Keyworth</b> (University of Manchester)</p>	<p><b>mHealth: Monitoring and intervention</b></p> <p><b>Amy Hardy</b> (King's College London)  <b>Anna Wojdecka</b> (Helen Hamlyn Centre for Design)  <b>Luca Canzian</b> (University of Birmingham)  <b>Shruti Grover</b> (Helen Hamlyn Centre for Design)  <b>Emma Beard</b> (University College London)</p>
12.00-13.00	Lunch, posters and demos	
13.00-14.15	<p><b>Symposium: Using smartphones to reduce harmful drinking</b></p> <p><b>Claire Garnett</b> (University College London)  <b>David Crane</b> (University College London)  <b>Joanna Milward</b> (King's College London)  <b>Gautam Mehta</b> (University College London)</p>	<p><b>Panel discussion: Driving behaviour change in the sustainability arena</b></p> <p><b>Gerd Kortuem</b> (Open University)  <b>John Bailey</b> (University of London)  <b>Robin Feeley</b> (London and Quadrant Housing)  <b>Andrew Smith</b> (ZapCarbon Ltd.)</p>
14.15-14.30	Comfort break	
14.30-15.45	<p><b>Self-management of long-term conditions</b></p> <p><b>Heather Morgan</b> (University of Aberdeen)  <b>Carolyn Wilson</b> (University of Salford)  <b>Kingshuk Pal</b> (University College London)  <b>Deidre Walsh</b> (Dublin City University)</p>	<p><b>Intervention development: approaches, insights and funding</b></p> <p><b>Hannah Jennings</b> (University College London)  <b>Sharon Simpson</b> (University of Glasgow)  <b>Alex Matei</b> (Bupa)  <b>Lucy Davies</b> (Cancer Research UK)</p>
15.45-16.15	Coffee / Tea and Networking	
16.15-17.15	<p><b>Panel discussion: The role of digital health in reducing stigma of mental health</b></p> <p><b>Kate Nightingale</b> (Time to Change)  <b>Becca Peters</b> (Time to Change)  <b>Rebecca Cotton</b> (Mental Health Network)</p>	<p><b>Panel discussion: Challenges to creating sustainable, high impact interventions</b></p> <p><b>Susan Michie</b> (University College London)  <b>Emile Glazer</b> (Eclipse Experience)  <b>Dustin DiTommaso</b> (Mad*Pow)  <b>Jussi Tolvi</b> (Club Soda)  <b>Robert West</b> (University College London)</p>
17.20-17.50	Closing Keynote: Prof. John Powell (University of Oxford)	
17.50-19.30	Poster Session and Networking Reception	



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## Thursday, 25<sup>th</sup> February 2016

Evaluation and Implementation: Guiding the future of digital health

08.30-09.00 Registration		
9.00-10.15	<p><b>Diverse intervention contexts</b></p> <p><b>Emma Norris</b> (University College London)  <b>Cindy Gray</b> (University of Glasgow)  <b>Andrew Smith</b> (ZapCarbon)  <b>Grigorios Kotronoulas</b> (University of Surrey)</p>	<p><b>Symposium: Digital interventions to reduce harmful drinking – outcomes and mechanisms of action</b></p> <p><b>Colin Muirhead</b> (Newcastle University)  <b>David Crane</b> (University College London)  <b>Claire Garnett</b> (University College London)  <b>Fiona Beyer</b> (Newcastle University)</p>
10.15-10.45 Coffee / Tea and Networking		
10.45-12.00	<p><b>Symposium: Addressing challenges in evaluating digital smoking cessation interventions</b></p> <p><b>Olga Perski</b> (University College London)  <b>David Crane</b> (University College London)  <b>Aleksandra Herbec</b> (University College London)  <b>Ildiko Tombor</b> (University College London)</p>	<p><b>Games for health</b></p> <p><b>Elizabeth Edwards</b> (London School of Medicine and Dentistry)  <b>Sorcha Moore</b> (Prescot Medical Centre)  <b>Anne Martin</b> (University of Edinburgh)  <b>Laura Condon</b> (University of Nottingham)</p>
12.00-13.00 Lunch, posters and demos		
13.00-14.15	<p><b>Supporting a healthy lifestyle</b></p> <p><b>Marta Marques</b> (University of Lisbon)  <b>Harald Schjelderup-Lund</b> (Changetech)  <b>Suvi Määttä</b> (Folkhälsan Research Centre)  <b>Veronica Reynolds</b> (Intelligent Health)</p>	<p><b>Digital interventions for young adults</b></p> <p><b>Alice Cai</b> (University College London)  <b>Niranjan Bidargaddi</b> (Flinders University)  <b>Margaret Allman-Farinelli</b> (University of Sydney)</p>
14.15-14.30 Comfort break		
14.30-15.45	<p><b>Smoking cessation and substance misuse</b></p> <p><b>Sarah Ellison</b> (Breaking Free Online)  <b>Stephanie Dugdale</b> (Breaking Free Online)  <b>Emily Fulton</b> (Coventry University)  <b>Felix Naughton</b> (University of Cambridge)</p>	<p><b>Social media and online support</b></p> <p><b>Nikki Newhouse</b> (University College London)  <b>Aileen McGloin</b> (Safefood Ireland)  <b>Sarah Chapman</b> (University College London)  <b>Julia Bailey</b> (University College London)</p>
16.00-16.30	Closing Keynote: <b>Dr Donna Spruijt-Metz</b> (University of Southern California)	
16.30-17.00	Conference Closing Words: <b>Prof Susan Michie</b> (UCL Centre for Behaviour Change)	



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### LIST OF ORAL PRESENTATIONS / SYMPOSIA & PRESENTERS

#### WEDNESDAY 24<sup>TH</sup> FEBRUARY

##### PROMPTING BEHAVIOUR (10.45 – 12.00)

1. **Katarzyna Stawarz** (University College London)  
Understanding the role of contextual cues in supporting the formation of medication-taking habits
2. **Ghadah Alkhalidi** (University College London)  
Enhancing engagement with a digital intervention using email and text message prompts: a usability study
3. **Clare Stevens** (University College London)  
Evaluating the Risk Acceptance Ladder (RAL) as a basis for targeting communication aimed at prompting attempts to improve health related behaviours: A pilot randomised controlled trial
4. **Chris Keyworth** (University of Manchester)  
Healthcare professional behaviour change using technological supports: A realist literature review

##### MHEALTH: MONITORING AND INTERVENTION (10.45 – 12.00)

1. **Amy Hardy** (King's College London) / **Anna Wojdecka** (Helen Hamlyn Centre for Design)  
Designing the future of talking therapy: Using digital health to improve outcomes in psychosis
2. **Luca Canzian** (University of Birmingham)  
From Mobile Phone Monitoring of Depressive States using GPS Traces Analysis to Data-Driven Behaviour Change Interventions
3. **Shruti Grover** (Helen Hamlyn Centre for Design)  
Designing a gamified, ability-appropriate diagnostics and training program for a Balance Health application
4. **Emma Beard** (University College London)  
Assessing the efficacy of mobile phone interventions using randomised controlled trials: issues and their solutions

##### SYMPOSIUM: USING SMARTPHONES TO REDUCE HARMFUL DRINKING (13.00 – 14.15)

1. **Claire Garnett** (University College London)  
Selecting intervention components for a smartphone app ('Drink Less') to help people reduce hazardous and/or harmful drinking
2. **David Crane** (University College London)  
Usability of a smartphone app to reduce excessive alcohol consumption
3. **Joanna Milward** (King's College London)  
Developing an app to reduce harmful drinking in young adults: A user perspective
4. **Gautam Mehta** (University College London)  
AlcoChange: An Open Label Pilot Study of Smartphone Monitoring for Alcoholic Liver Disease

##### PANEL DISCUSSION: DRIVING BEHAVIOUR CHANGE IN THE SUSTAINABILITY ARENA (13.00-14.15)

1. **Gerd Kortuem** (Open University)
2. **John Bailey** (University of London)
3. **Robin Feeley** (London and Quadrant Housing)
4. **Andrew Smith** (ZapCarbon Ltd.)

##### SELF MANAGEMENT OF LONG-TERM CONDITIONS (14.30 – 15.45)

1. **Heather Morgan** (University of Aberdeen)  
@selfhealthtech: Using self-administered health monitoring technologies to support the self-management of long-term conditions: what about behaviour change?

2. **Carolyn Wilson** (University of Salford)  
Vitrucare: Using digital health to overcome the bounded willpower of patients with long term conditions
3. **Kingshuk Pal** (University College London)  
Integrating theory and data to create an online self-management programme for adults with type 2 diabetes: HeLP-Diabetes
4. **Deirdre Walsh** (Dublin City University)  
Barriers and motivators in engaging with technology-enabled cardiac rehabilitation: a patient and health professional perspective

#### INTERVENTION DEVELOPMENT: APPROACHES, INSIGHTS AND FUNDING (14.30 – 15.45)

1. **Hannah Jennings** (University College London)  
Digital Bangladesh: Using Formative Research to Develop Phone Messages for the Prevention and Control of Diabetes in Rural Bangladesh.
2. **Sharon Simpson** (University of Glasgow)  
Mobilising social support: insights from the development of a web and app based intervention.
3. **Alex Matei** (Bupa)  
Machine learning for digital behaviour change interventions (DCBIs) (tbc)
4. **Lucy Davies** (Cancer Research UK)  
Pioneers, sandpits, and selfies: funding innovation in research (tbc)

#### PANEL DISCUSSION: THE ROLE OF DIGITAL HEALTH IN REDUCING STIGMA OF MENTAL HEALTH (16.15 – 17.15)

1. **Kate Nightingale** (Time to Change)
2. **Becca Peters** (Time to Change)
3. **Rebecca Cotton** (Mental Health Network)

#### PANEL DISCUSSION: CHALLENGES TO CREATING SUSTAINABLE, HIGH IMPACT INTERVENTIONS (16.15 – 17.15)

1. **Susan Michie** (University College London)
2. **Emile Glazer** (Eclipse Experience)
3. **Dustin DiTommaso** (Mad\*Pow)
4. **Jussi Tolvi** (Club Soda)
5. **Robert West** (University College London)

### THURSDAY 25<sup>TH</sup> FEBRUARY

#### DIVERSE INTERVENTION CONTEXTS (9.00-10.15)

1. **Emma Norris** (University College London)  
Development of Virtual Traveller: A behaviour change intervention to increase physical activity during primary school lessons
2. **Cindy Gray** (University of Glasgow)  
MyCity: Glasgow – how can a mobile app based game increase physical activity in the context of a mass spectator sporting event?
3. **Andrew Smith** (ZapCarbon)  
Quantifying Behaviour Change in reducing environmental impact within large organisations - 3 case studies from the UK
4. **Grigorios Kotronoulas** (University of Surrey)  
Enabling symptom self-management via use of an electronic patient-reported outcomes (ePRO) system to increase self-efficacy of patients with cancer receiving active chemotherapy treatment

#### SYMPOSIUM: DIGITAL INTERVENTIONS TO REDUCE HARMFUL DRINKING – OUTCOMES AND MECHANISMS OF ACTION (9.00 – 10.15)

1. **Colin Muirhead** (Newcastle University)  
Personalised digital interventions for reducing hazardous and harmful alcohol consumption in community-dwelling populations
2. **David Crane** (University College London)  
Behaviour change techniques used in digital interventions to reduce excessive alcohol consumption

3. **Claire Garnett** (University College London)  
Theory content of digital interventions for reducing alcohol consumption: a systematic review
4. **Fiona Beyer** (Newcastle University)  
Acceptability of and engagement with digital interventions for reducing hazardous or harmful alcohol consumption in community-dwelling populations: a systematic review

#### PANEL DISCUSSION: ADDRESSING CHALLENGES IN EVALUATING DIGITAL SMOKING CESSATION INTERVENTIONS (10.45 – 12.00)

1. **Olga Perski** (University College London)  
What can different user engagement measures tell us in RCTs of smoking cessation smartphone apps?
2. **David Crane** (University College London)  
How different ways of treating missing values can be used to arrive at confident statements about intervention effectiveness in RCTs of smoking cessation apps?
3. **Aleksandra Herbec** (University College London)  
Selection of comparators in a RCT of a smoking cessation app. An example of a 'minimum credible intervention'
4. **Ildiko Tombor** (University College London)  
Strengths and weaknesses of using factorial designs to evaluate intervention components in a smoking cessation app

#### GAMES FOR HEALTH (10.45 – 12.00)

1. **Elizabeth Edwards** (London School of Medicine and Dentistry)  
'Gamification' for Health Behaviour Change in Smartphone Apps
2. **Sorcha Moore** (Prescot Medical Centre)  
Fighting "zombie" health apps through K-Factor virality and other mobile gaming techniques – The application of commercial gaming techniques to create more effective mHealth solutions
3. **Anne Martin** (University of Edinburgh)  
Beyond the novelty effect: The role of in-game challenges, rewards and choices for long-term motivation to improve obesity-related health behaviours in adolescents
4. **Laura Condon** (University of Nottingham)  
Adolescent perspectives of BCT's in a serious game: PEGASO case study

#### SUPPORTING A HEALTHY LIFESTYLE (13.00 – 14.15)

1. **Marta Marques** (University of Lisbon)  
Designing evidence and theory-based ICT tools for weight loss maintenance: the H2020 NoHoW toolkit
2. **Harald Schjelderup-Lund** (Changetech)  
The development of Easychange (tbc)
3. **Suvi Määttä** (Folkhälsan Research Centre)  
User experiences of wearable activity monitor among 3-6-year-old preschool children – Are children willing to wear monitor 7 days 24 hours per day?
4. **Veronica Reynolds** (Intelligent Health)  
Beat the Street in Reading. A city-wide physical activity intervention to get a whole population active using RFID/NFC technology

#### DIGITAL INTERVENTIONS FOR YOUNG ADULTS (13.00 – 14.15)

1. **Alice Cai** (University College London)  
Developing a smartphone application to improve care and outcomes in adolescent arthritis through patient input
2. **Niranjan Bidargaddi** (Flinders University)  
Effective strategies to recruit young adults into an online wellbeing intervention
3. **Margaret Allman-Farinelli** (University of Sydney)  
Maintenance of behaviour change after a 12-week mHealth lifestyle programme for young adults.

### SMOKING CESSATION AND SUBSTANCE MISUSE (14.30 – 15.45)

1. **Sarah Ellison** (Breaking Free Online)  
Initial findings from a mixed-methods evaluation of computer-assisted therapy for substance misuse in prisoners: Development, implementation and clinical outcomes from the 'Breaking Free Health & Justice' treatment and recovery programme
2. **Stephanie Dugdale** (Breaking Free Online)  
A comprehensive, multi-level investigation of the implementation of a novel digital substance misuse intervention, Breaking Free Online: conceptualising implementation processes within services using the MRC framework and health psychology theory.
3. **Emily Fulton** (Coventry University)  
A digital intervention to increase motivation and access to NHS Stop Smoking Services: Applying the Behaviour Change Wheel to develop the 'Stop-app'.
4. **Felix Naughton** (University of Cambridge)  
Speed of engagement with support generated by a smoking cessation smartphone Just In Time Adaptive Intervention (JITAI)

### SOCIAL MEDIA AND ONLINE SUPPORT (14.30 – 15.45)

1. **Nikki Newhouse** (University College London)  
Exploring the potential of digital resources as a source of social support in first time pregnancy
2. **Aileen McGloin** (Safefood Ireland)  
'Babies know the Facts about Folic': A behavioral Change Campaign utilizing Digital and Social Media
3. **Sarah Chapman** (University College London)  
A pilot controlled trial to determine the feasibility, acceptability and effectiveness of a PAPA-based online intervention to address practical and perceptual barriers to medication adherence in Inflammatory Bowel Disease.
4. **Julia Bailey** (University College London)  
Digital health promotion in sexual health clinics: results of a feasibility trial of the Men's Safer Sex website