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Your Co-Chair,  
Mavra Ahmed, PhD  
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### Welcome to Our November Newsletter

Dear e- & mHealth SIG members,

As we embrace the enchanting arrival of winter, with its pristine blankets of snow and the twinkle of frost, we are reminded that nature orchestrates a beautiful transition with each passing season. Much like the world around us, we, too, have the opportunity to reset and reflect on the year that's passed, for cherishing the warmth of our connections, for having the courage to let go that no longer serves us and for finding joy in the simplicity of a snowflake's dance.





As we rekindle our hearth fires to celebrate, let us reflect on a successful and highly attended annual conference in Uppsala, Sweden 2023 and shine a spotlight on our new members. We also invite you for a cozy discussion on the effectiveness of chatbots for lifestyle behaviours with Dr. Ben Singh (AUS) and remind you to submit your unique and novel research for next year's conference.

With heavy hearts, we thank and say goodbye to Camille Short, founding member of e-&mHealth SIG, for her service and contributions towards the SIG, and Chelsea Kracht for inspiring newsletter content on the newsletter team.

Join us in embracing the magic of winter by reflecting on the enchanting content below!

## Featured Article

# Systematic review and meta-analysis of the effectiveness of chatbots on lifestyle behaviours

Ben Singh <sup>1</sup>, Timothy Olds<sup>1</sup>, Jacinta Brinsley<sup>1</sup>, Dot Dumuid<sup>1</sup>, Rosa Virgara<sup>1</sup>, Lisa Matricciani<sup>1</sup>, Amanda Watson <sup>1</sup>, Kimberley Szeto <sup>1</sup>, Emily Eglitis <sup>1</sup>, Aaron Miatke<sup>1</sup>, Catherine E. M. Simpson<sup>1</sup>, Corneel Vandelanotte<sup>2</sup> and Carol Maher<sup>1</sup>



### LINK TO FULL TEXT

Let's meet the first author of this article, recently published in *npj Digital Medicine*, and learn more about his interests:

#### Dr. Ben Singh, PhD

##### LINK TO BIO

*Tell us a little about yourself.*

I'm a research fellow at the University of South Australia, Allied Health and Human Performance. I have an interest in physical activity research.

*How did the paper idea come up?*

This paper originated from the recognition of the growing prevalence of chatbots and the need to explore their potential in promoting healthier lifestyle behaviors, in a systematic and comprehensive manner.

*What tips do you have for future researchers who would like to engage in this topic?*

Here are some tips to guide researchers interested in engaging in the topic of e-Health and m-Health interventions for promoting healthy behaviors:

1. Stay updated: Keep up to date with the latest developments in e-Health and m-Health technologies, as well as trends in health behavior research. This field is rapidly evolving, and staying informed is crucial.
2. Conduct a thorough literature review: Begin with a comprehensive literature review to identify existing research, gaps, and areas that require further investigation. This will help you define your research questions and objectives.
3. Formulate clear research questions: Define clear and specific research questions or hypotheses that you aim to address. Consider which aspects of health behavior (e.g., physical activity, diet, sleep) you want to focus on.

*What did you learn from this paper that will inform your future work?*

The findings of this paper indicate the potential for chatbot interventions to positively impact health behaviors. Future work can build upon this by delving deeper into the specific mechanisms and design factors that make chatbots effective. The paper's observation of varying effectiveness among different chatbot types suggests that personalization and tailoring are essential in designing effective interventions. The identification of low-quality trials in the paper underscores the importance of rigorous study design and reporting, which should inform future research in this area.

*Besides this paper, what else have you been up to recently?*

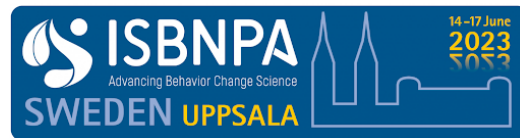
I am currently leading an umbrella review with the e- and m-health SIG that evaluates the effects of e- and mhealth interventions on lifestyle behaviours. We are currently finalising the manuscript and we look forward to sharing the findings shortly.

*Twitter (X), Facebook, Instagram, Pinterest, or other - best social media platform and why)?*

I am most active on *Twitter (or X)* as it helps me stay updated with new research.  
*Twitter:* @BenSinghPhD

*Would you like to be featured in the next newsletter? Let us know! Email:*  
**emhsig.isbnpa@gmail.com**

Thank you to everyone that attended the 2023 e-& mhealth SIG Business meeting in Uppsala, Sweden. It was fabulous to connect (or reconnect) in person.



The business meeting provided a wonderful opportunity to network with others in the e-& mhealth space. We also learnt all about the use of AI tools (e.g., ChatGPT) for research.



e-&mhealth SIG committee members pictured at the 2023 Business Meeting

If you were not able to attend in person and have any questions about our SIG, or are interested in joining the committee, please contact Mavra Ahmed (**mavz.ahmed@utoronto.ca**) or Claire Gough (**claire.gough@flinders.edu.au**).



## Meet Your New SIG Committee Members

### **Dr Janis Fiedler (Germany)**

Bio: Janis is a postdoctoral researcher at the Institute of Sports and Sports Science at the Karlsruhe Institute of Technology. His main research focus is the promotion of health behavior through mobile technologies in children and adults. His other research interests include the assessment of physical activity and performance throughout the lifespan, and the application of open science principles.



### **Dr Hannes Baumann (Germany)**

Bio: Hannes presently holds a Postdoctoral position at the Institute of Interdisciplinary Exercise Science and Sports Medicine, Medical School Hamburg. His interdisciplinary expertise bridges sports science, health psychology, and pedagogy. His primary research interest lies in adolescent health behavior modification through digital health interventions (mHealth), coupled with the advancement of innovative educational methodologies in academia. In recognition of his contributions to academic teaching, Dr. Baumann was honored with the Hamburg Teaching Award in 2020. He completed his doctoral dissertation, which focused on the individualization of mHealth interventions for children and adolescents, in June 2023



### **Dr Joan Dallinga (Netherlands)**

Bio: Joan is senior researcher at the Centre of Expertise Health Innovation, the Hague University of Applied Sciences, in the research groups 'Healthy lifestyle in a stimulating environment' & 'Research Group Assistive Technology for Mobility and Sports'. She focuses on research aiming to improve lifestyle in several target groups by using technology and to support lifestyle professionals in applying digital tools in their treatment.

### **Irina Timm (Germany)**

Bio: Irina is a doctoral student at the Mental mHealth Lab, Institute of Sports and Sports Science, at the Karlsruhe Institute of Technology (KIT). Her research focuses on exploring the complex relationship between





physical behavior and affective well-being. She investigates how this association is influenced and moderated by contextual factors such as environmental conditions or social interactions. Furthermore, she is involved in researching micro-interventions to reduce sedentary behavior and in the validation of movement sensors.

## Recent e-&mHealth Publications

### Physical Activity and Sedentary Behavior

1. Alley, S. J., Schoeppe, S., To, Q. G., Parkinson, L., van Uffelen, J., Hunt, S., Duncan, M. J., Schneiders, A., & Vandelanotte, C. (2023). Engagement, acceptability, usability and satisfaction with Active for Life, a computer-tailored web-based physical activity intervention using Fitbits in older adults. *International Journal of Behavioral Nutrition and Physical Activity*, 20(1), 15. **LINK TO FULL TEXT**
2. Alshagrawi, S., & Abidi, S. T. (2023). Efficacy of an mHealth behavior change intervention for promoting physical activity in the workplace: randomized controlled trial. *Journal of Medical Internet Research*, 25, e44108. **LINK TO FULL TEXT**
3. Bannell, D. J., France-Ratcliffe, M., Buckley, B. J. R., Crozier, A., Davies, A. P., Hesketh, K. L., Jones, H., Cocks, M., Sprung, V. S., & Team, M. (2023). Adherence to unsupervised exercise in sedentary individuals: A randomised feasibility trial of two mobile health interventions. *Digital health*, 9, 20552076231183552. **LINK TO FULL TEXT**
4. Lee, S., Patel, P., Myers, N. D., Pfeiffer, K. A., Smith, A. L., & Kelly, K. S. (2023). A systematic review of eHealth interventions to promote physical activity in adults with obesity or overweight. *Behavioral Medicine*, 49(3), 213-230. **LINK TO FULL TEXT**
5. Szeto, K., Arnold, J., Singh, B., Gower, B., Simpson, C. E., & Maher, C. (2023). Interventions Using Wearable Activity Trackers to Improve Patient Physical Activity and Other Outcomes in Adults Who Are Hospitalized: A Systematic Review and Meta-analysis. *JAMA Network Open*, 6(6), e2318478-e2318478. **LINK TO FULL TEXT**
6. Timm, I., Reichert, M., Ebner-Priemer, U.W. et al. (2023). Momentary within-subject associations of affective states and physical behavior are moderated by weather conditions in real life: an ambulatory assessment study. *Int J Behav Nutr Phys Act*, 20, 117. **LINK TO FULL TEXT**
7. Valle, C. G., Diamond, M. A., Heiling, H. M., Deal, A. M., Hales, D. P., Nezami, B. T., Pinto, B. M., LaRose, J. G., Rini, C. M., & Tate, D. F. (2023). Effect of an mHealth intervention on physical activity outcomes among young adult cancer survivors: The IMPACT randomized controlled trial. *Cancer*, 129(3), 461-472. **LINK TO FULL TEXT**

- Vandelanotte, C., Trost, S., Hodgetts, D., Imam, T., Rashid, M., To, Q. G., & Maher, C. (2023). Increasing physical activity using an just-in-time adaptive digital assistant supported by machine learning: A novel approach for hyper-personalised mHealth interventions. *Journal of Biomedical Informatics*, 144, 104435. **LINK TO FULL TEXT**

#### Diet/ Nutrition

- Ashton, L. M., Adam, M. T., Whatnall, M., Rollo, M. E., Burrows, T. L., Hansen, V., & Collins, C. E. (2023). Exploring the design and utility of an integrated web-based chatbot for young adults to support healthy eating: a qualitative study. *International Journal of Behavioral Nutrition and Physical Activity*, 20(1), 119. **LINK TO FULL TEXT**
- Kelly, J. T., Law, L., De Guzman, K. R., Hickman, I. J., Mayr, H. L., Campbell, K. L., Snoswell, C. L., & Erku, D. (2023). Cost-effectiveness of telehealth-delivered nutrition interventions: a systematic review of randomized controlled trials. *Nutrition reviews*, nuad032. **LINK TO FULL TEXT**
- Orte, S., Migliorelli, C., Sistach-Bosch, L., Gómez-Martínez, M., & Boqué, N. (2023). A Tailored and Engaging mHealth Gamified Framework for Nutritional Behaviour Change. *Nutrients*, 15(8), 1950. **LINK TO FULL TEXT**
- Salas-Groves, E., Galyean, S., Alcorn, M., & Childress, A. (2023). Behavior change effectiveness using nutrition apps in people with chronic diseases: scoping review. *JMIR mHealth and uHealth*, 11(1), e41235. **LINK TO FULL TEXT**
- van der Haar, S., Raaijmakers, I., Verain, M. C., & Meijboom, S. (2023). Incorporating Consumers' Needs in Nutrition Apps to Promote and Maintain Use: Mixed Methods Study. *JMIR mHealth and uHealth*, 11(1), e39515. **LINK TO FULL TEXT**
- Yabo, G., Jiang, X., Xijie, C., Shi, C., Yuee, W., Xiuhong, Y., Jiamin, C., & Junsheng, P. (2023). Effectiveness of mHealth diet interventions in cancer survivors: A systematic review and meta-analysis of randomized controlled trials. *Asia-Pacific Journal of Oncology Nursing*, 100196. **LINK TO FULL TEXT**

Don't see your recent publication listed? Let us know! Email:

[emhsig.isbnpa@gmail.com](mailto:emhsig.isbnpa@gmail.com)



The 2024 annual meeting of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) will be convened in Omaha, Nebraska USA, from May 20-23, 2024. **LINK**

**Here are some key dates coming up:**

**4 December 2023** Regular Abstracts submission deadline

**11 December 2023** Late breaking Abstracts and Posters submission opens

**15 January 2024** Registration opens

**9 February 2024** Notification of Regular Abstracts acceptance

**8 March 2024** Notification of Acceptance of Late Breaking Abstracts

### Stay up to date: Follow us!

Keep up to date on recent e- & mHealth publications and happenings within the SIG by following us on our various platforms.

Twitter: [@ISBNPA\\_emh](https://twitter.com/ISBNPA_emh)

Feel free to tag us and we will try to share your publication as well!!



### Spread the Word!

Encourage your colleagues to sign up for our SIG newsletter!

You or your colleagues can join this mailing list by updating your membership profile and adding the SIG to your preferences or by sending an email to António Palmeira <[executivedirector@isbnpa.org](mailto:executivedirector@isbnpa.org)>

### 2023 SIG Committee Members

- Chair: Mavra Ahmed (Canada)
- Co-Chair/ Secretary: Claire Gough (Australia)
- Social Media: Chen-Chia Pan (Germany), Ben Singh (Australia)
- Newsletter: Zenong Yin (USA), Jasmine Petersen (Australia)
- Events/Awards: Maria Vasiloglou (Switzerland)
- Membership: Bridve Sivakumar (Canada)
- Past Chairs: Andre Muller (Singapore), Camille Short (Australia)
- Fellows: Carol Maher (Australia), Corneel Vandelanotte (Australia)
- New Members: Ben Singh (Australia), Janis Fiedler (Germany), Hannes Baumann (Germany), Joan Dallinga (Netherlands), Irina Timm (Germany)

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