



ISBNPA

Advancing Behavior Change Science

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(This is a corrected version, updating the SIG team members)



Your Co-chair
Claire Gough, PhD
Lecturer and Research
Fellow
College of Nursing and
Health Sciences, ARIIA
Flinders University,
Adelaide, Australia.

Dear e- & mHealth SIG members,

It is with great pleasure that I warmly welcome you to our first newsletter of 2024. In our fast-paced society, where technological advances continue to shape our approach to healthcare, staying informed and connected is paramount. Our team have been working hard to deliver to your inbox insightful updates and latest developments in the e- & mHealth space.

Following last year's success, we are looking forward to the 2024 annual conference in Omaha, Nebraska. We hope you will join us for a program packed with innovative research and opportunities to grow your network. At this year's conference we will again be looking for high quality e- &

mHealth research for our SIG awards and to highlight in future newsletters, so keep your eye out on our social media.

Please take this opportunity to grab a cup of tea and delve into the featured articles below.

Featured Article



Article

Efficacy of Individualized Sensory-Based mHealth Interventions to Improve Distress Coping in Healthcare Professionals: A Multi-Arm Parallel-Group Randomized Controlled Trial

Hannes Baumann ^{1,2,3,*}, Luis Heuel ¹, Laura Louise Bischoff ²  and Bettina Wollesen ² 



LINK TO FULL TEXT

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

Dr. Hannes Baumann
Link to ResearchGate
Link to Twitter

Tell us a little about yourself.

I am Dr. Hannes Baumann, originating from Germany, where precision and efficiency run in our veins 😊 My academic and professional pursuits intertwine the disciplines of health sciences, pedagogy, and psychology, showcasing a steadfast dedication to harnessing technology for the enhancement of health and education. My endeavours are characterized by the development of mobile health (mHealth) interventions, the enhancement of stress coping mechanisms among healthcare professionals, and the advocacy for health behaviour change via innovative digital solutions. My

work is consistently fuelled by an enthusiasm for integrating state-of-the-art technology in ways that are both practical and profoundly impactful.

How did the paper idea come up?

The idea for the paper emerged from observing the high levels of stress and burnout among healthcare professionals. Recognizing the potential of mHealth technologies to offer tailored support, we conceptualized a study to explore the effectiveness of individualized sensory-based interventions by using multiple study arms with different levels of individualization. This approach aimed to address the specific needs and preferences of healthcare workers to enhance their coping mechanisms in distressing situations.

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

- Embrace interdisciplinary collaboration to enrich your research with diverse perspectives and expertise.
- Focus on user-centered design in developing interventions to ensure they meet the actual needs of your target audience.
- Rigorous evaluation is key; employ robust study designs to generate solid evidence on the effectiveness of your interventions.
- Keep abreast of technological advancements to innovate and improve mHealth solutions continuously.

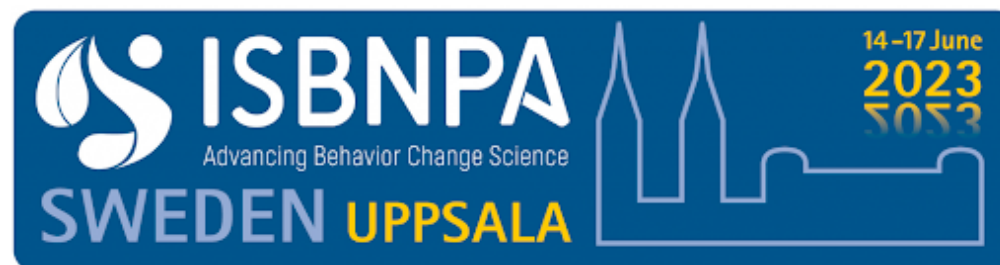
What did you learn from this paper that will inform your future work?

The study reinforced the significance of customization in mHealth interventions. It highlighted that tailored approaches could significantly improve the efficacy of health technologies in real-world settings. This insight will drive my future work towards developing more personalized health solutions that consider individual characteristics and preferences to maximize their impact.

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

Beyond this research, I have been involved in various projects aimed at enhancing digital health literacy, developing app- and sensor-based health programs, and advancing educational methods using AI tools. My commitment to promoting health and well-being through technology-driven solutions continues to shape my academic and professional pursuits.

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



ISBNPA 2023 Highlights

Congratulations!

Congratulations to SIG member **Chelsea Kracht**, who recently joined the University of Kansas Medical Center as an Assistant Professor this past January. The theme of Chelsea's research is 24-hour movement behaviours (physical activity, sedentary behaviour, and sleep) across the lifespan.

Congratulations Chelsea! We look forward seeing the valuable research you will undertake in your new position.



Congratulations also to Professor Carol Maher!

We are excited to announce that Professor Carol Maher has received a MRFF grant for her project titled: Dialling Up Health: a Non-Inferiority Trial of an AI Enhanced Telephone Lifestyle Counselling Service grant, which is a part of the 2023 MRFF Maternal Health and Healthy Lifestyles program. Please join us in congratulating Professor Carol Maher on this well-deserved achievement. We look forward to seeing the exciting results of her research.



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.

Here are some key dates coming up:

15 March 2024 Notification of Acceptance of Late Breaking Abstracts

8 April 2024 Early Bird Conference Registration Deadline

Recent e-&mHealth Publications

Physical Activity & Sedentary Behaviour

1. Seiferth C, Fiedler J, Färber T, Pape M, Schroeder S, Herpertz S, Steins-Loeber S, Wolstein J. Bi-directional associations of core affect and physical activity in adults with higher body weight: An ecological momentary assessment study. *J Health Psychol.* 2024 Jan 29. [LINK TO FULL TEXT](#)
2. 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](#)
3. Sañudo, Borja, et al. A randomized controlled mHealth trial that evaluates social comparison-oriented gamification to improve physical activity, sleep quantity, and quality of life in young adults. *Psychology of Sport and Exercise* 72 (2024): 102590. [LINK TO FULL TEXT](#)
4. Husebø, Anne Lunde Marie, et al. eHealth interventions to support colorectal cancer patients' self-management after discharge from surgery—

an integrative literature review. Supportive Care in Cancer 32.1 (2024):

11. [LINK TO FULL TEXT](#)

5. Terp, Rikke, Lars Kayser, and Tove Lindhardt. An educative nutritional intervention supporting older hospital patients to eat sufficiently using eHealth: a mixed methods feasibility and pilot study. BMC geriatrics 24.1 (2024): 22. [LINK TO FULL TEXT](#)

6. Karlsson, Emelie, et al. Get Back, a person-centred digital programme targeting physical activity for patients undergoing spinal stenosis surgery—a study protocol of a randomized feasibility study. Pilot and Feasibility Studies 10.1 (2024): 16. [LINK TO FULL TEXT](#)

7. Kwon, Soonhyung, Oejin Shin, and Rosalba Hernandez. Preliminary efficacy of a technology-based physical activity intervention for older Korean adults during the COVID-19 pandemic. Educational Gerontology 50.1 (2024): 27-36. [LINK TO FULL TEXT](#)

8. Arora, Vikas, et al. Effectiveness of M-Health in Improving Physical Activity: An Indian Perspective. National Journal of Community Medicine 15.01 (2024): 72-78. [LINK TO FULL TEXT](#)

9. Dangaiso, Phillip, Divaries Cosmas Jaravaza, and Paul Mukucha. Evaluating the predictors of mobile health acceptance among Zimbabwean university students during the COVID-19 era: an integrated framework. Cogent Social Sciences 10.1 (2024): 2299141. [LINK TO FULL TEXT](#)

10. Dangaiso, Phillip, Divaries Cosmas Jaravaza, and Paul Mukucha. Evaluating the predictors of mobile health acceptance among Zimbabwean university students during the COVID-19 era: an integrated framework. Cogent Social Sciences 10.1 (2024): 2299141. [LINK TO FULL TEXT](#)

Diet/ Nutrition

1. Terp, Rikke, Lars Kayser, and Tove Lindhardt. An educative nutritional intervention supporting older hospital patients to eat sufficiently using eHealth: a mixed methods feasibility and pilot study. BMC geriatrics 24.1 (2024): 22. [LINK TO FULL TEXT](#)

2. Seid, Awole, Desta Dugassa Fufa, and Zebenay Workneh Bitew. The use of internet-based smartphone apps consistently improved consumers' healthy eating behaviors: a systematic review of randomized controlled trials. Frontiers in Digital Health 6 (2024): 1282570. [LINK TO FULL TEXT](#)

3. Reina, Anita M., et al. Mind Your Heart: A Mindful Eating and Diet Education eHealth Program. Journal of Nutrition Education and Behavior

56.1 (2024): 54-65. [LINK TO FULL TEXT](#)

4. Crespo-Bellido, Mayra, et al. E-health Dietary Interventions for Participants of SNAP and WIC: A Systematic Review. *Current Developments in Nutrition* (2024): 102099. [LINK TO FULL TEXT](#)

5. Ribaut, Janette, et al. Developing a Comprehensive List of Criteria to Evaluate the Characteristics and Quality of eHealth Smartphone Apps: Systematic Review. *JMIR mHealth and uHealth* 12 (2024): e48625. [LINK TO FULL TEXT](#)

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

emhsig.isbnpa@gmail.com

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

2024 SIG Committee Members

- Co-chair: Mavra Ahmed (Canada) and Claire Gough (Australia)
- Secretary: Amanda Staiano (United States of America)
- Social Media: Chen-Chia Pan (Germany)
- Newsletter: Zenong Yin (USA), Jasmine Petersen (Australia), Ben Singh (Australia)
- Events/Awards: Maria Vasiloglou (Switzerland)
- Membership: Bridve Sivakumar (Australia)
- Past Chairs: Andre Muller (Singapore), Camille Short (Australia)
- Fellows: Carol Maher (Australia), Corneel Vandelanotte (Australia)

- New members: Janis Fiedler (Germany), Hannes Baumann (Germany), Joan Dallinga (Netherlands), Irina Timm (Germany)

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