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Kia ora and welcome to our March 2025 Newsletter!

We are looking forward to seeing you at this year's conference in Auckland, New Zealand. The program promises an exciting lineup of cutting-edge research, insightful discussions, and valuable networking opportunities. We are truly fortunate to be hosted in such a stunning city, surrounded by breathtaking scenery. Be sure to check out the social events and make the most of your time connecting with international colleagues—follow our social media channels for live updates throughout the event.

As valued SIG members, we'd love to hear from you. Help shape our activities by completing a short survey, where you can share your thoughts on what you'd like to see in our future newsletters, webinars and on social media.

[Complete the survey here now](#)

Looking ahead to 2025, we're excited to collaborate with the Ageing SIG to explore ageing research and the role of e- & mHealth interventions in supporting older adults. Stay tuned for a refreshed and interactive online session—we can't wait to share more with you soon!

Haere pai, kia haumaru! (Travel well, be safe!)

Dr. Claire Gough PhD, BSc

Research Fellow, Caring Futures Institute, Flinders University, Adelaide, South Australia

Featured Article:

Dr Jasmine Petersen
Research Fellow
Alliance for Research in
Exercise, Nutrition and Activity
(ARENA)
University of South Australia
Email: jasmine.petersen@unisa.edu.au



Let's meet the first author of the following featured article, recently published in *Computers in Human Behaviour*, and learn more about her interests:

**Dr. Jasmine Petersen, PhD
Research Fellow, University of South Australia**

Dr. Jasmine Petersen is a Research Fellow at the Alliance for Research in Exercise, Nutrition and Activity (ARENA) at the University of South Australia. She recently joined ARENA after completing an appointment as a Research Fellow at Flinders University. Her research focuses on young males, sport, and mental health, examining how social and emotional development is shaped within sporting environments. Dr. Petersen completed her PhD in Psychology at Flinders University, specializing in behavior change and exercise. She has led multiple studies on sport participation, mental health promotion, and digital health interventions, with a strong emphasis on real-world impact. Her work has contributed to improving mental health and wellbeing initiatives in sporting clubs and broader community settings.

At ARENA, Dr. Petersen continues to explore the intersection of physical activity, digital health, and mental health, with the goal of developing evidence-based strategies for health promotion.

Featured Article:

Dating apps and their relationship with body image, mental health and wellbeing: A systematic review

[Zac Bowman](#), [M. Drummond](#), [Julia Church](#), [James Kay](#), [J. Petersen](#) [less](#) ·

Published in [Computers in Human Behavior](#) 1 November 2024 · Psychology, Computer Science, Medicine

How did the paper idea come up?

My wonderful PhD student (Zac Bowman) is exploring the impacts of dating apps on body image, mental health and wellbeing outcomes. This systematic review is the first study of his PhD that will set the foundation for an impactful program of research.

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

This field of research is rapidly evolving to match the ever increasing popularity of dating apps. Researchers must remain informed of, and adaptable to, shifting trends in the dating app landscape (e.g., user behaviours, technology advancements, cultural shifts).

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

Our review identified that there is considerable scope to gain greater insight into the impacts of dating apps on end-users. There are several avenues we hope to explore in future, including the effects of dating apps on specific subpopulations (e.g., sexual minority men and women), and how dating app use (e.g., most commonly used app features, duration/frequency of use) may differentially impact users' body image, mental health and wellbeing.

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

I'm thrilled to have recently commenced an appointment at ARENA, UniSA. I'm currently working on several projects aimed at improving equitable access to sport and physical activity for the broader population.

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

Nominations for the 2024 e-&mHealth Publication of the Year Award

Nominations are now open for the 2024 e-&mHealth Publication of the Year Award! Individuals can submit a published article on topics related to e-&mHealth of their work or their colleagues' work for consideration for the Publication of the Year 2024.

The article must be published in a peer-reviewed academic journal and published in the calendar year 2024 (either online or in print). Please fill out this Google form:

<https://forms.gle/LfZF7k1ynwPoCzFr8>

by March 28th, 2025. The winner will be announced in May 2025 and recognized at the 2025 Annual Meeting.



We look forward to seeing you at ISBNPA 2025 in Auckland, New Zealand!

Late-Breaking
Abstracts close
February 21, 2025

Early Bird
Registration ends
April 7, 2025

Standard Registration
applies from April 8

Conference Dates
June 11 - June 14,
2025


ISBNPA 2025


2025 Conference Website: <https://annualmeeting.isbnpa.org/>


We look forward to seeing you at ISBNPA 2025 in Auckland, New Zealand!

The International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Conference is fast approaching in 2025! Don't miss this opportunity to connect with global experts, share groundbreaking research, and be part of the latest advancements in the field.

Key Dates to Remember:

 Early Bird Registration Closes – April 7, 2025 – Register early to take advantage of discounted rates!

 Standard Registration Begins – April 8, 2025 – Secure your spot before it's too late!

 Conference Dates – June 11–14, 2025 – Join us for four days of inspiring presentations, networking, and collaboration.

View the preliminary program
here: <https://annualmeeting.isbnpa.org/program/>

Recent e-&mHealth Publications

Management of Chronic Diseases

1. Aljohani, Nasser. "Digital Health Transformation in Saudi Arabia: Examining the Impact of Health Information Seeking on M-Health Adoption during the COVID-19 Pandemic." *Engineering, Technology & Applied Science Research* 15.1 (2025): [19933-19940](#).
2. Poorna, K. "A Comprehensive Bibliometric Analysis Of Mobile Health (M-Health) Research." *African Journal of Biomedical Research* 28.1 (2025): 87-93.
3. Bowman, Z., Drummond, M., Church, J., Kay, J., & Petersen, J. M. (2025). Dating apps and their relationship with body image, mental health and wellbeing: A systematic review. *Computers in Human Behavior*, 165, 108515.

Diet & Nutrition

1. Bellows, L.L, Oke, S.A., Reyes, L.I., Carmona, B.A., Johnson, S.L. (2025) Development of a Digital Parent Intervention to Promote Healthy Eating and Activity in Preschoolers: The eHEROs Study. *Journal of Nutrition Education and Behavior*, S1499-4046(25)00012-0.
2. Fahrizki DD, Dwiriani CM. Digital-based nutrition education on nutrition knowledge and behaviors in adolescents: A systematic review. *InBIO Web of Conferences 2025* (Vol. 153, p. 02009). EDP Sciences.
3. Hayek J, Dickson K, Lafave LM. Assessing and Enhancing Nutrition and Physical Activity Environments in Early Childhood Education and Care Centers: Scoping Review of eHealth Tools. *JMIR Pediatrics and Parenting*. 2025 Jan 22;8(1):e68372.
4. Ray S, Bhattacharyya S, Sahoo P. Technological Innovations in Healthcare to Address the Challenges Posed by Lifestyle Diseases-in the Context of Nutritive Habits.

Physical Activity and Sedentary Behavior Interventions

1. Unick JL, Oselinsky K, Cao Z, Webster J, Allen A, Pellegrini C, Tobin SY, Wing RR. A Preliminary Investigation of an Automated Online Program for Increasing Physical Activity among Adults: A Randomized Trial. *Translational Journal of the American College of Sports Medicine*. 2025

- Apr 1;10(2):e000296.
2. Walha R, Koubaa N, Chagnon M, Lortie-Milner E, Aubertin-Leheudre M, Levasseur M, Boissy P. e-Health Interventions for Promoting Physical Activity in Aging Adults: A Scoping Review. *Telemedicine and e-Health*. 2025 Jan 6.
 3. Daniels K, Quadflieg K, Bonnechère B. Mobile health interventions for active aging: a systematic review and meta-analysis on the effectiveness of physical activity promotion. *mHealth*. 2025 Jan 17;11:4.
 4. Dieter V, Martus P, Seissler D, Serna-Higuera LM, Janssen P, Krauss I. Effectiveness of the Self-Directed m-Health Exercise Intervention Re. flex in Patients with Knee Osteoarthritis: A Randomized Controlled Trial. Available at SSRN 5096755.

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. We can now be found on X/Twitter, LinkedIn, and Bluesky

X/Twitter: @ISBNPA_emh
LinkedIn: ISBNPA e- & mhealth SIG
Bluesky: isbnpa-emh.bsky.social



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 executivedirector@isbnpa.org. **Click here** for more details.

2025 SIG Committee Members

- Chair: Amanda Staiano (USA)
- Co-Chair: Claire Gough (Australia)
- Immediate Past Chair: Mavra Ahmed (Canada)
- Secretary: Bridve Sivakumar (Canada)
- Social Media: Irina Timm (Germany), Katie Spring (USA)
- Newsletter: Jasmine Petersen (Australia), Ben Singh (Australia), Hannes Baumann (Germany), Janis Fiedler (Germany),
- Events/Awards: Maria Vasiloglou (Switzerland), Joan Dallinga (Netherlands), Shariwa Oke (USA)
- Membership: Zenong Yin (USA)
- Past Chairs: Andre Muller (Singapore), Camille Short (Australia)

- Fellows: Carol Maher (Australia), Corneel Vandelanotte (Australia)



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