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Welcome to our December Newsletter!

As we approach the end of a dynamic and successful year, it's a pleasure to share our final newsletter of 2025. The team and I are already looking ahead with excitement to the opportunities that 2026 will bring—and we're thrilled to kick things off with a spotlight on the upcoming ISBNPA 2026 conference in Cádiz, Spain.

In this edition, you'll find key details about the conference, including calls for pre-conference workshops and important submission

deadlines. Cádiz, one of Europe's sunniest and most historic cities, offers the perfect setting to step away from your desk, connect with colleagues, and explore new ideas in e- and mHealth research. Don't miss your chance to be part of it—submit your abstracts and join us in sunny Spain!

We'd also like to take a moment to extend our heartfelt thanks to Amanda Staiano for her outstanding leadership and dedication to our SIG committee. Amanda has played a pivotal role in shaping our group's direction—spearheading newsletters, webinars, and publications, and guiding us through evolving member needs. While she steps down from the Chair role, we're delighted that Amanda will remain an active member of our SIG. Amanda, your contributions have inspired and empowered us all—thank you, and we wish you continued success in all your future endeavours.

Claire Gough, PhD, BSc
Chair, ISBNPA e-&mHealth SIG
Research Fellow, Caring Futures Institute, Flinders University, Adelaide,
South Australia

Join us in Cádiz for ISBNPA 2026

The International Society of Behavioural Nutrition and Physical Activity (ISBNPA) warmly invites you to attend the **25th Annual Meeting**, taking place **May 27–30, 2026**, in beautiful **Cádiz, Spain**.



Abstract submissions are now closed!

#Dare2Share at ISBNPA 2026 – Call for bold ideas!

Got an interactive, creative, or just plain *different* idea for bringing ISBNPA members together? #Dare2Share is now calling for submissions for ISBNPA

2026 – and we're looking for out-of-the-box sessions and initiatives that go beyond traditional symposia.

Think: movement or exercise sessions, idea brainstorm, creativity labs to share protocols or "failures", speed-dating for research collaborations, active gaming hubs, or novel ways to visualise conference physical activity data. If it helps people connect, collaborate, or spark new conversations, we want to hear about it.



Submission deadline: January 14, 2026



Submission form:

<https://isbnpa.org/event/upcoming-events/dare2share-at-isbnpa-2026-call-for-submissions/>

Please prepare your text in advance, paste it into the form, and then email **executivedirector@isbnpa.org** to confirm receipt. If you're unsure whether your idea fits, you can also send a brief pre-proposal to the same email. Let's dare to share and make ISBNPA 2026 the most interactive meeting yet!



ISBNPA

Advancing Behavior Change Science

CADIZ, SPAIN

27 - 30 MAY, 2026





 New Publications from the ISBNPA e- & mHealth SIG

 Effectiveness of mHealth Interventions Targeting Physical Activity, Sedentary Behaviour, Sleep or Nutrition on Emotional, Behavioural and Eating Disorders in Adolescents: A Systematic Review and Meta-Analysis

Authors: Baumann H, Singh B, Staiano AE, Gough C, Ahmed M, Fiedler J, Timm I, Wunsch K, Button A, Yin Z, Vasiloglou MF, Sivakumar B, Petersen JM, Dallinga J, Huong C, Schoeppe S, Kracht CL, Spring K, Maher C, Vandelanotte C.

Journal: *Frontiers in Digital Health*

Publication Date: July 21, 2025

Overview: This systematic review and meta-analysis examined how mobile health (mHealth) interventions focused on physical activity, sedentary behaviour, sleep, and nutrition influence emotional, behavioural, and eating disorders among adolescents. The findings highlight the growing potential of digital health tools to support adolescent mental health and lifestyle behaviours.

Read the full paper here: <https://www.frontiersin.org/journals/digital-health/articles/10.3389/fdgth.2025.1593677/full>



 Lifestyle eHealth and mHealth Interventions for Children and Adolescents: A Systematic Umbrella Review and Meta-Meta-Analysis

Authors: Singh B, Ahmed M, Staiano AE, Vasiloglou MF, Gough C, Petersen JM, Yin Z, Vandelanotte C, Kracht C, Fiedler J, Timm I, Dallinga J, Sivakumar B, Baumann H, Huong C, Wunsch K, Suárez-Reyes M, Schoeppe S, Button AM, Spring K, Maher C.

Journal: *Journal of Medical Internet Research*

Publication Year: 2025

Summary: This umbrella review and meta-meta-analysis synthesised evidence from dozens of systematic reviews to evaluate how eHealth and mHealth interventions impact children's and adolescents' lifestyle behaviours. The study found that digital interventions can effectively improve physical activity, diet, sleep, and other health-related behaviours—supporting their integration into youth health promotion and prevention programs.

Read the full paper here: <https://www.jmir.org/2025/1/e69065/>

Recent e-&mHealth Publications

Management of Chronic Diseases and Lifestyle

- Zhu D, Dordevic AL, Gibson S, Davidson ZE. The effectiveness of a 10-week family-focused e-Health healthy lifestyle program for school-aged children with overweight or obesity: a randomised control trial. BMC Public Health. 2025 Jan 7;25(1):59.
- Chiavarini M, Giacchetta I, Rosignoli P, Fabiani R. E-Health and M-Health in Obesity Management: A Systematic Review and Meta-Analysis of RCTs. Nutrients. 2025 Jul 1;17(13):2200.

- Hendekci A, Koç F. Evaluation of the Peer-Supported E-Health Module Implemented for University Students to Develop Healthy Lifestyle Behaviors. *Public Health Nursing*. 2025 Apr 23.
- Bogaerts A, Uytsel HV, Ameye L, Shafran YW, Jacquemyn Y, Holsbeke CV, Devlieger R. Interpregnancy and pregnancy lifestyle intervention (INTER-ACT): a randomized controlled trial. *American Journal of Obstetrics and Gynecology*. 2025 Jun 2.
- Rishaug T, Aas AM, Henriksen A, Hartvigsen G, Birkeland KI, Årsand E. What are end-users' needs and preferences for a comprehensive e-health program for type 2 diabetes?—A qualitative user preference study. *PloS one*. 2025 Mar 3;20(3):e0318876.
- Pati S, Menon J, Rehman T, Agrawal R, Kshatri J, Palo SK, Janakiram C, Mitra S, Sreedevi A, Anand T. Developing and assessing the “MultiLife” intervention: a mobile health-based lifestyle toolkit for cardiometabolic multimorbidity in diabetes and hypertension management—a type 1 hybrid effectiveness-implementation trial protocol. *BMC Public Health*. 2025 Jan 2;25(1):3.

Diet Interventions

- Liu K, Xia Y. Effective behavioral change techniques in m-health app supported interventions for glycemic control among patients with type 2 diabetes: A meta-analysis and meta-regression analysis of randomized controlled trials. *Digital Health*. 2025 Mar;11:20552076251326126.
- Holmes K, Heaney S, Smith A, Skinner J, Burrows T. Dietary E-Health Interventions for Adults With Severe Mental Illness: A Systematic Review. *Journal of Human Nutrition and Dietetics*. 2025 Aug;38(4):e70112.
- Zhu D, Dordevic AL, Gibson S, Davidson ZE. The effectiveness of a 10-week family-focused e-Health healthy lifestyle program for school-aged children with overweight or obesity: a randomised control trial. *BMC Public Health*. 2025 Jan 7;25(1):59.

Physical Activity and Sedentary Behavior Interventions

- Duan Y, Yang M, Wang Y, Cheng S, Liang W, Lippke S, Zhang S, Chen L. Effects of a blended face-to-face and eHealth lifestyle intervention on physical activity, diet, and health outcomes in Hong Kong community-dwelling older adults: a randomized controlled trial. *BMC Public Health*. 2025 Jun 10;25(1):2145.
- Han RR, Zeng L, Lin JR, Xu Q, Ma JY, Chen X, Ding Y, Cheng L, Gao LL. Effectiveness of E-Health Interventions on Improving Physical Activity in

Pregnant Women: A Systematic Review and Meta-Analysis. Journal of Clinical Nursing. 2025 Sep 23.

- Chandrasekaran B, Rao CR. Mobile Interventions for Reducing Sedentary Behavior and Promoting Physical Activity Among Office Workers: Bibliometric Study. Health Education & Behavior. 2025 Aug 17;10901981251361958.
- Sandborg, J., Downing, K.L., Orellana, L. *et al.* Six-month intervention effect of a digital movement behavior intervention on parent- and child intermediary outcomes—results from *the Let's Grow* randomized controlled trial. *Int J Behav Nutr Phys Act* **22**, 78 (2025).
<https://doi.org/10.1186/s12966-025-01764-1>

Children and adolescents

- Baumann H, Singh B, Amanda SE, Gough C, Ahmed M, Fiedler J, Wunsch K, Button A, Yin Z, Vasiloglou M, Sivakumar B. Effectiveness of mHealth interventions targeting physical activity, sedentary behaviour, sleep or nutrition on emotional, behavioural and eating disorders in adolescents: a systematic review and meta-analysis. *Frontiers in Digital Health*. 2025 Jul 21;7:1593677.
- Singh B, Ahmed M, Staiano AE, Vasiloglou MF, Gough C, Petersen JM, Yin Z, Vandelanotte C, Kracht C, Fiedler J, Timm I. Lifestyle eHealth and mHealth Interventions for Children and Adolescents: Systematic Umbrella Review and Meta-Analysis. *Journal of Medical Internet Research*. 2025 Oct 17;27:e69065.
- Ramouzi E, Paltoglou G, Koutaki D, Manou M, Papagiannopoulos C, Tragomalou A, Vourdoumpa A, Kassari P, Charmandari E. The Effectiveness of Novel e-Health Applications for the Management of Obesity in Childhood and Adolescence During the COVID-19 Outbreak in Greece. *Nutrients*. 2025 Jun 27;17(13):2142.
- Metzendorf MI, Wieland LS, Richter B. Mobile health (m-health) smartphone interventions for adolescents and adults with overweight or obesity: a Cochrane Review. *BJPsych Advances*. 2025 Mar;31(2):66-7.

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: Claire Gough (Australia)
- Immediate Past Chair: Amanda Staiano (USA)
- 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: Mavra Ahmed (Canada), Andre Muller (Singapore), Camille Short (Australia)
- Fellows: Carol Maher (Australia), Corneel Vandelanotte (Australia)

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