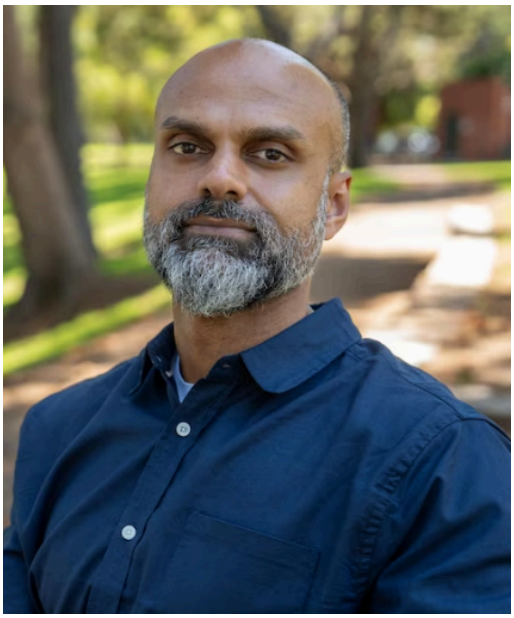
ISBNPA
e- & mHealth SIG

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Welcome to our September 2026 Newsletter!



I am delighted to write to you in my new role as Chair of the ISBNPA e- & mHealth Special Interest Group (SIG). On behalf of our entire committee, I would like to express my sincere gratitude to Dr. Claire Gough for her outstanding leadership, dedication, and vision as outgoing Chair.

Under Claire's guidance, our SIG expanded its global reach, established impactful webinars, and fostered vibrant international collaborations.

As I step into this role, I am excited to work alongside our dedicated executive committee and members to continue driving digital health research forward. The second half of 2026 is already shaping up to be an extraordinary period for our field, marked by major implementation grants, methodological breakthroughs in artificial intelligence, and landmark publication achievements.

In this edition, we celebrate the latest SIG e/mHealth Best Paper Award recipient, showcase nearly four million dollars in newly awarded Australian medical research funding aimed at integrating wearables into clinical practice, highlight our multi-paper publication trilogy on four decades of digital activity interventions, and spotlight committee member Dr. Maria F. Vasiloglou. We also share key takeaways from our 2026 annual meeting in Cádiz, Spain, and look ahead to ISBNPA 2027 in Halifax, Canada.

Thank you for your continued engagement and leadership across the eHealth and mHealth landscape.

Dr. Ben Singh
Chair, ISBNPA e- & mHealth SIG
Research Fellow, School of Allied Health & Human Performance, Adelaide University

SIG Award Announcement: Best e/mHealth Paper Award

The e- & mHealth SIG is delighted to formally highlight the recipient of our recent Best e/mHealth Paper Award:



Congratulations to Dr. Janis Fiedler and co-authors for their award-winning randomized controlled trial titled "*A Refined Mobile Health Intervention (SMARTFAMILY2.0) to Promote Physical Activity and Healthy Eating in a Family Setting: Randomized Controlled Trial*" published in JMIR mHealth and uHealth. Their innovative research evaluated a family-centered mobile health application incorporating behavior change techniques, gamification, and just-in-time adaptive intervention (JITAI) mechanisms to foster physical activity and nutritional improvements across collective household settings.

The next call for nominations for the SIG Best Paper Awards will be announced in alignment with the upcoming annual conference cycle.

Moving Wearable Activity Monitoring into Routine Hospital Care

Researchers at Adelaide University and their clinical partners have secured nearly $4 million in Australian Medical Research Future Fund (MRFF) and National Health and Medical Research Council (NHMRC) funding for a coordinated program of research focused on embedding wearable activity monitoring into routine hospital care. Although hundreds of studies have investigated whether wearable devices can increase physical activity in clinical populations, these approaches have rarely progressed beyond individual research studies to become part of ongoing clinical practice. The Vital Steps and What Gets Measured Gets Managed projects aim to close this implementation gap.

Across two hospital networks, the program will establish and evaluate the technical infrastructure, data security and governance processes, clinical protocols, and staff workflows needed to integrate wearable mobility monitoring into everyday care. The devices will make patient movement visible to both patients and clinical teams, helping to prompt greater activity during admission and support functional recovery.

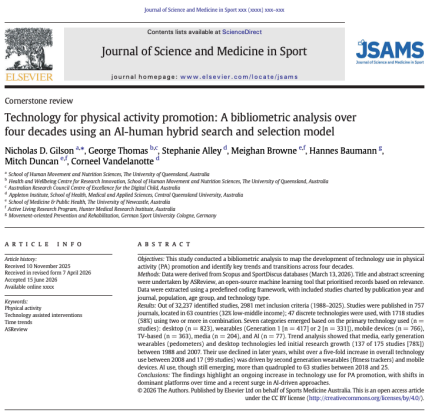
The two complementary studies will allow the implementation model to be developed, refined, and tested across different hospitals, clinical teams, and patient groups. Together, they are expected to involve more than 2,000 patients and will examine physical activity, functional recovery, length of stay, readmissions, implementation, and sustainability. ISBNPA members involved in these landmark projects include Carol Maher, Kim Szeto, Ty Ferguson, and Ben Singh.

ISBNPA 2026 Conference Highlights: Cádiz, Spain

The 25th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA 2026) in Cádiz, Spain, brought together over 1,000 global attendees. The conference featured extensive symposia, oral presentations, and poster sessions dedicated to advancing eHealth and mHealth methodologies. Key highlights included the NESI Pre-Conference Workshop on integrating ethical artificial intelligence workflows into behavioral research, alongside landmark discussions on reducing conference carbon footprints and advancing scalable digital health interventions globally.

Featured Articles

Featured Article 1: Four Decades of Digital Health Paper Series


Journal of Science and Medicine in Sport xxx (xxxx) xxx–xxx

Contents lists available at ScienceDirect

Journal of Science and Medicine in Sport

journal homepage: www.elsevier.com/locate/jsams

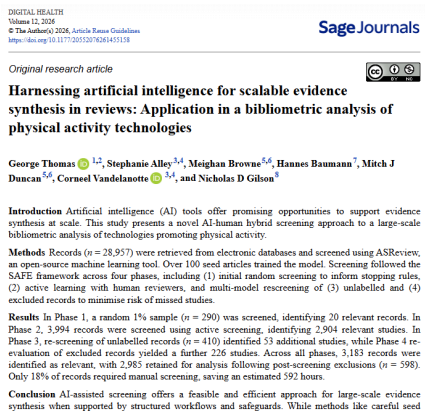
Cornerstone review

Technology for physical activity promotion: A bibliometric analysis over four decades using an AI-human hybrid search and selection model

Nicholas D. Gilson, George Thomas, Stephanie Alley, Meighan Browne, Hannes Baumann, Mitch Duncan, Corneel Vandelanotte

ARTICLE INFO

ABSTRACT


DIGITAL HEALTH

Volume 12, 2026

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https://doi.org/10.1177/20552076261453158

Sage Journals

Original research article

Harnessing artificial intelligence for scalable evidence synthesis in reviews: Application in a bibliometric analysis of physical activity technologies

George Thomas, Stephanie Alley, Meighan Browne, Hannes Baumann, Mitch J Duncan, Corneel Vandelanotte, and Nicholas D Gilson

Introduction Artificial intelligence (AI) tools offer promising opportunities to support evidence synthesis at scale. This study presents a novel AI-human hybrid screening approach to a large-scale bibliometric analysis of technologies promoting physical activity.

Methods Records (n = 28,957) were retrieved from electronic databases and screened using ASReview, an open-source machine learning tool. Over 100 seed articles trained the model. Screening followed the SAFE framework across four phases, including (1) initial random screening to inform stopping rules, (2) active learning with human reviewers, and multi-model rescreening of (3) unlabelled and (4) excluded records to minimise risk of missed studies.

Results In Phase 1, a random 1% sample (n = 290) was screened, identifying 20 relevant records. In Phase 2, 3,994 records were screened using active screening, identifying 2,904 relevant studies. In Phase 3, re-screening of unlabelled records (n = 410) identified 53 additional studies, while Phase 4 re-evaluation of excluded records yielded a further 226 studies. Across all phases, 3,183 records were identified as relevant, with 2,985 retained for analysis following post-screening exclusions (n = 598). Only 18% of records required manual screening, saving an estimated 592 hours.

Conclusion AI-assisted screening offers a feasible and efficient approach for large-scale evidence synthesis when supported by structured workflows and safeguards. While methods like careful seed


frontiers in Digital Health

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The past, present and future use of technology-enabled physical activity interventions in clinical and non-clinical populations: a bibliometric trend analysis across four decades

Hannes Baumann, George Thomas, Stephanie Alley, Mitch J. Duncan, Meighan Browne, Bettina Wollesen, Corneel Vandelanotte and Nicholas Gilson

Background: Physical inactivity remains a persistent global health challenge despite long-standing evidence that regular physical activity (PA) reduces chronic disease risk, cognitive decline and premature mortality. In parallel, digital health technologies have expanded rapidly, yet it remains unclear how distinct platform types have emerged, diffused and been differentially adopted in clinical vs. non-clinical populations.

Methods: We conducted a large-scale bibliometric trend analysis of technology-supported PA interventions indexed in Scopus and SportDiscus,

This three-paper series presents a multi-perspective evaluation of technology-enabled physical activity interventions spanning from 1988 to 2025. The authors link methodological AI innovation with longitudinal epidemiological trends and population-level adoption dynamics.

Key Contributions

1. Methodological AI Innovation: Thomas et al. (Digital Health) establish the SAFE framework utilizing active-learning algorithms (ASReview) to streamline systematic screening. By requiring manual review for only 18% of 32,000+ records, the workflow saved approximately 592 reviewer hours while maintaining gold-standard sensitivity.

2. Technological Evolution Across 40 Years: Gilson et al. (Journal of Science and Medicine in Sport) map platform shifts across 2,981 studies. Findings detail an initial reliance on mass media and first-generation wearables (1988–2007), a five-fold expansion driven by mobile apps (2008–2017), and a recent surge in multi-component, AI-driven systems (2018–2025).
3. Translational Dynamics in Clinical vs. Non-Clinical Groups: Baumann et al. (Frontiers in Digital Health) evaluate temporal diffusion patterns across populations. Non-clinical cohorts consistently lead the adoption of novel devices, whereas clinical research exhibits a recurrent lag prior to integrating mature, accessible digital tools.

Featured Article 2: Umbrella Review on App-Based Interventions



Effectiveness of app-based interventions for glucose management, cardiometabolic and mental health, and related risk factors: an umbrella review with meta-analysis

Maria F Vasiloglou, Evangelia Kotzakioulafi, Fabio Mainardi, Mavra Ahmed, Amanda E Staiano, Eirini Dimidi, Marcel Salathé, Carol Maher, Corneel Vandelanotte, Christos S Mantzoros

Summary

Background Non-communicable diseases are the leading cause of death globally. Smartphone apps can offer benefits for individuals, health-care professionals, and governments in the prevention and management of such conditions. We aimed to systematically evaluate the effectiveness of app-based interventions in improving the outcomes of non-communicable diseases and in modifying their metabolic and behavioural risk factors.

Lancet Digit Health 2026
Published Online
https://doi.org/10.1016/j.landig.2026.101009
Nestlé Institute of Health

Title: Effectiveness of app-based interventions for glucose management, cardiometabolic and mental health, and related risk factors: an umbrella review with meta-analysis

Authors: Maria F. Vasiloglou, Evangelia Kotzakioulafi, Fabio Mainardi, Mavra Ahmed, Amanda Staiano, Eirini Dimidi, Marcel Salathé, and Carol Maher

Journal: The Lancet Digital Health

Key Findings: Synthesized Evidence Base: Synthesizing data from 34 meta-analyses encompassing 235 randomized controlled trials across 52 countries (N = 48,957), this umbrella review provides high-level evidence on mobile application efficacy. Glycemic Control & Cardiometabolic Outcomes: The review establishes convincing evidence for clinically meaningful reductions in glycated hemoglobin among adults with type 2 diabetes, alongside suggestive benefits for blood pressure reduction, medication adherence, and behavioral self-management.



Meet the Author:
Dr. Maria F. Vasiloglou is a Specialist in Nutrition & Digital Health at Nestlé Research / Nestlé Institute of Health Sciences in Lausanne, Switzerland, and an active member of the ISBNPA e- & mHealth SIG Committee leading Events and Awards initiatives. Holding a PhD from the ARTORG Research Center for Biomedical Engineering at the University of Bern, her research focuses on nutritional epidemiology, digital dietary assessment tools, and mobile health engagement strategies.

Looking Ahead: ISBNPA 2027 in Halifax, Canada

Following our successful gathering in Europe, the International Society of Behavioral Nutrition and Physical Activity is pleased to announce the upcoming **ISBNPA 2027 Annual Meeting**, taking place from **June 16–19, 2027**, in the coastal city of **Halifax, Nova Scotia, Canada**.

Set against the Atlantic coast, ISBNPA 2027 will offer a premier platform for global researchers, practitioners, and early-career investigators in behavioral nutrition, physical activity, and e- & mHealth to share cutting-edge evidence, explore novel digital methodologies, and forge international collaborations. Please mark your calendars and stay tuned for abstract submission deadlines in future SIG communications.

Recent e- & mHealth Publications

- Vasiloglou, M. F., Kotzakioulafi, E., Mainardi, F., Ahmed, M., Staiano, A., Dimidi, E., Salathé, M., & Maher, C. (2026). Effectiveness of app-based interventions for glucose management, cardiometabolic and mental health, and related risk factors: an umbrella review with meta-analysis. The Lancet Digital Health. https://doi.org/10.1016/j.landig.2026.101009
- Baumann, H., Thomas, G., Alley, S. J., Duncan, M., Browne, M., Wollesen, B., Vandelanotte, C., & Gilson, N. (2026). The past, present and future use of technology-enabled physical activity interventions in clinical and non-clinical populations: a bibliometric trend analysis across four decades. Frontiers in Digital Health, 8, 1801405. https://doi.org/10.3389/fdgth.2026.1801405
- Thomas, G., Alley, S., Browne, M., Baumann, H., Duncan, M. J., Vandelanotte, C., & Gilson, N. D. (2026). Harnessing artificial intelligence for scalable evidence synthesis in reviews: Application in a bibliometric analysis of physical activity technologies. Digital Health, 12, 20552076261455158. https://doi.org/10.1177/2055207626145515

- Gilson, N. D., Thomas, G., Alley, S., Browne, M., Baumann, H., Duncan, M., & Vandelanotte, C. (2026). Technology for physical activity promotion: A bibliometric analysis over four decades using an AI-human hybrid search and selection model. Journal of Science and Medicine in Sport. https://doi.org/10.1016/j.jsams.2026.06.010

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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

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LinkedIn: ISBNPA e- & mhealth SIG
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- Secretary: Bridve Sivakumar (Canada)
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- Past Chairs: Mavra Ahmed (Canada), Andre Muller (Singapore), Camille Short (Australia)
- Fellows: Carol Maher (Australia), Corneel Vandelanotte (Australia), Amanda Staiano (USA)