

Behaviour change: digital and mobile health interventions Committee meeting

Date: 16/07/2019

Location: London

Minutes: Final

Committee members present:	
Ralph Bagge (Chair)	(Present for notes 1 – 13)
Ian Basnett	(Present for notes 4 – 13)
Ray Canham	(Present for notes 1 – 13)
Barry Causer (Topic Expert)	(Present for notes 1 – 13)
Tim Chadborn	(Present for notes 1 – 13)
Grace Hampson	(Present for notes 1 – 8)
Ysabella Hawkings (Topic Expert)	(Present for notes 1 – 13)
Jane Leaman	(Present for notes 1 – 13)
Felix Naughton (Topic Expert)	(Present for notes 1 – 13)
Chris Owen	(Present for notes 1 – 13)
Chris Packham	(Present for notes 1 – 13)
Toby Prevost	(Present for notes 1 – 13)
Stephen Sutton (Topic Expert)	(Present for notes 1 – 13)

In attendance – NICE & Externals:		
Catrin Austin	Technical Analyst (observing)	(Present for notes 1 – 13)
Chris Bartlett	Senior Research Consultant, YHEC	(Present for notes 6 – 8)
Danielle Conroy	Project Manager	(Present for notes 1 – 13)
Hayden Holmes	Health Economist, YHEC	(Present for notes 6 – 8)
Bernadette Li	Health Economic Adviser	(Present for notes 1 – 13)
Robby Richey	Technical Adviser	(Present for notes 1 – 13)
Elina Simou	Technical Analyst	(Present for notes 1 – 13)
Nick Staples	Guideline Commissioning Manager	(Present for notes 1 – 6 and 10 -13)
Sarah Willett	Associate Director	(Present for notes 1 – 13)

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Apologies:	
Lise Elliott	Programme Manager
Rosie McEachan (Topic Expert)	Academic & Public Health Specialist
Lucy Yardley (Topic Expert)	Technology Developer

1. Welcome, apologies, introductions and objectives for the meeting

The Chair welcomed the Committee members, attendees and public observers to the third meeting on Behaviour change: digital and mobile health interventions.

The Chair informed the Committee that apologies had been received. These are noted above.

The Chair outlined the objectives of the meeting which were to review the evidence and draft recommendations for review question 2 which concerns alcohol consumption.

2. Confirmation of matter under discussion, and declarations of interest

The Chair confirmed that, for the purpose of managing conflicts of interest, the matter under discussion was digital and mobile health interventions effective at changing established behaviours relating to alcohol.

The Chair asked everyone to verbally declare any new interests since the last meeting.

No new interests were declared.

3. Minutes from the last meeting

The minutes were signed off as an accurate account of PHAC 2.

4. Scope of the guideline

Robby Richey, Technical Adviser gave a short presentation which reiterated the scope of the guideline and links to other products within NICE's portfolio on behaviour change. The Committee were also reminded of existing guidance concerning the behaviours of interest.

The Committee had the opportunity to consider the key issues in the scope and discuss the role of this guideline in addressing the gap relating to digital and mobile health interventions by focusing on changing unhealthy behaviours.

5. Evidence review presentation for RQ2 (alcohol)

Catrin Austin, Technical Analyst presented 18 studies identified for inclusion in the

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evidence base for changing alcohol consumption. Studies were split by mode of delivery and 3 comparisons were undertaken: intervention vs no intervention control, intervention vs active control and intervention vs other intervention. Subgroup analysis was conducted in the first comparison.

6. Evidence review: discussion of findings for RQ2

Catrin Austin led the group discussion on the findings of this evidence review. This included consideration of the quantity, quality and limitations of the evidence and type of analysis undertaken.

The Committee had the opportunity to input their own expertise and ask questions.

7. Cost-effectiveness evidence review: presentation for RQ2

The Chair introduced Chris Bartlett, Senior Research Consultant at York Health Economics Consortium who presented 1 study identified for inclusion in the cost-effectiveness evidence base for changing alcohol consumption.

Hayden Holmes, Health Economist presented a summary of the economic results using incremental costs and QALYs.

The Committee had the opportunity to discuss the findings and limitations of these results including recruitment, retention and effect of bias.

The Chair thanked Chris and Hayden for their contribution to the meeting.

8. Update of economic modelling

The Chair introduced Bernadette Li, Health Economic Adviser at NICE who provided an update on the economic modelling.

The Committee were advised that the decision had been made not to produce a generalised economic model for this review as it would not help address the individual characteristics and components part of the scope. The committee discussed other ways in which economics could still be used and considered.

The Chair thanked Bernadette for her contribution to the meeting.

9. Recommendation development

Catrin Austin and Robby Richey led the group discussion on the evidence presented and the committee discussed draft ideas on suitable recommendations.

10. Gaps in the evidence – areas for expert testimony, call for evidence

The Committee discussed sections of the protocol where no evidence was identified

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and suggested contacts who could possibly be used to address these gaps via expert testimony.

12. Research recommendations

The Committee considered and discussed potential areas for research and started to draft recommendations in these areas.

12. Summary & Next Steps

The Chair recapped what had been discussed and outlined the objectives for the next meeting which included considering the effectiveness and cost-effectiveness evidence for the final review question which concerns harmful sexual behaviour.

The committee were advised that the NICE team will write up the draft recommendations and discussion from today's meeting and these will be circulated for review.

13. Any other business

The Chair thanked Grace Hampson for her contribution to the guideline so far and wished her all the best for her maternity leave and looked forward to welcoming her back next year.

Date of next meeting: 03/09/2019

Location of next meeting: London, NICE offices