

## Behaviour change: digital and mobile health interventions Committee meeting

**Date:** 03/06/2019

**Location:** London

**Minutes:** Final

<b>Committee members present:</b>	
Ralph Bagge (Chair)	(Present for notes 1 – 14)
Ian Basnett	(Present for notes 1 – 10)
Barry Causer (Topic Expert)	(Present for notes 1 – 14)
Tim Chadborn	(Present for notes 4 – 14)
Grace Hampson	(Present for notes 1 – 14)
Ysabella Hawkings (Topic Expert)	(Present for notes 1 – 14)
Jane Leaman	(Present for notes 1 – 14)
Rosie McEachan (Topic Expert)	(Present for notes 1 – 10)
Felix Naughton (Topic Expert)	(Present for notes 1 – 14)
Chris Owen	(Present for notes 1 – 14)
Chris Packham	(Present for notes 1 – 14)
Toby Prevost	(Present for notes 1 – 14)
Stephen Sutton (Topic Expert)	(Present for notes 1 – 14)
Lucy Yardley (Topic Expert)	(Present for notes 1 – 14)

<b>In attendance – NICE &amp; Externals:</b>		
Catrin Austin	Technical Analyst (observing)	(Present for notes 1 – 14)
Chris Bartlett	Health Economist, YHEC	(Present for notes 6 – 9)
Elizabeth Bell	Health Economist, YHEC (observing)	(Present for notes 6 – 9)
Danielle Conroy	Project Manager	(Present for notes 1 – 14)
Monica Desai	Public Health Adviser (observing)	(Present for notes 1 – 10)
Hayden Holmes	Health Economist, YHEC	(Present for notes 1 – 10)
Bernadette Li	Health Economic Adviser	(Present for notes 1 – 14)
Annette Mead	Senior Medical Editor	(Present for notes 1 – 5)
John Powell	Consultant	(Present for notes 4 – 5)

## PHAC 2 minutes

Robby Richey	Technical Adviser	(Present for notes 1 – 14)
Elina Simou	Technical Analyst	(Present for notes 1 – 14)
Nick Staples	Guideline Commissioning Manager	(Present for notes 1 – 14)

### Apologies:

Ray Canham	Lay Member
Lise Elliott	Programme Manager
Raymond Jankowski	National Lead for Healthcare Public Health
Rachel Walsh	Technical Analyst
Sarah Willett	Associate Director

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

The Chair welcomed the Committee members and attendees to the second 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 explained that Raymond Jankowski has resigned from his position on the committee and thanked him for his contribution.

The Chair outlined the objectives of the meeting which were to review the evidence and draft recommendations for review question 1 which concerns smoking behaviour.

### 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 smoking.

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

Felix Naughton, Toby Prevost, Lucy Yardley and Stephen Sutton all declared that they are an author of papers which have been included in the evidence base for this review question. Those being Brown 2014, Naughton 2014 and Naughton 2017.

The Chair, NICE team and committee were satisfied that these did not constitute a conflict of interest which required complete exclusion from the meeting.

It was agreed that Felix, Toby, Lucy and Stephen's involvement in discussion would be limited to answering direct questions from the committee and they would be excluded from developing recommendations and any associated decision-making.

## PHAC 2 minutes

These declarations will be recorded on the DOI register.

No other new interests were declared.

### **3. Minutes from the last meeting**

The minutes were signed off as an accurate account of PHAC 1.

### **4. The role of the editorial lead**

Annette Mead, Senior Medical Editor gave a short presentation on writing recommendations and how the NICE editor can help.

This included an overview of the editing process and points for the committee to consider when drafting recommendations including using clear, simple and respectful language and giving direct and concise directions.

There was the opportunity for the group to ask questions.

The Chair thanked Annette for her contribution to the meeting.

### **5. NICE evidence standards framework for digital health technologies**

John Powell, Consultant Clinical Adviser from the NICE Interventional Procedures team gave a short presentation on the work being done to produce a set of standards of what evidence to produce for different types of digital health technologies.

This included an overview of the Digital Transformation Portfolio, how digital health technologies are categorised by function and grouped into evidence tiers and the standards for effectiveness and economic impact.

There was the opportunity for the group to ask questions.

The Chair thanked John for his contribution to the meeting.

### **6. Evidence review: presentation for RQ1**

Elina Simou, Technical Analyst presented 19 studies identified for inclusion in the evidence base for changing smoking behaviour. This comprised of evidence statements, GRADE ratings, forest plots and subgroup analyses by mode of delivery, age group, condition and tailoring interventions.

### **7. Cost-effectiveness evidence review: presentation for RQ1**

The Chair introduced Chris Bartlett, Health Economist at York Health Economics Consortium who presented 11 studies identified for inclusion in the cost-effectiveness

## PHAC 2 minutes

evidence base for changing smoking behaviour.

This included an overview of the characteristics, components, economic outcomes and quality assessment.

The Committee had the opportunity to ask questions.

The Chair thanked Chris for his contribution to the meeting.

### **8. Evidence review: discussion of findings of RQ1**

Elina Simou 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.

### **9. Recommendation development**

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

Felix Naughton, Toby Prevost, Lucy Yardley and Stephen Sutton did not participate.

### **10. Recap of economic modelling**

The Chair introduced Hayden Holmes, Health Economist at York Health Economics Consortium who provided a reminder of the model structure and approach agreed at PHAC 1.

The Committee considered whether there was a basic level of evidence to allow key assumptions in a general model and whether the economic modelling should focus on any specific review question or areas of interest.

The Chair thanked Hayden for his contribution to the meeting.

### **11. Gaps in the evidence – areas for expert testimony, call for evidence**

The committee briefly discussed sections of the protocol where no evidence was identified however detailed discussion on this and possibilities of how these could potentially be addressed was deferred until the next meeting.

### **12. Research recommendations**

The Committee touched upon potential areas for research and whether it would be appropriate to draft recommendations in these areas however detailed discussion was deferred until the next meeting.

## PHAC 2 minutes

### 13. 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 RQ2.

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.

### 14. Any other business

The Chair and committee extended their gratitude to Rachel Walsh for her hard work on the guideline so far and wished her all the best for her maternity leave.

**Date of next meeting:** 16/07/2019

**Location of next meeting:** London, NICE offices