

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

**Date:** 03/09/2019

**Location:** London

**Minutes:** Final

<b>Committee members present:</b>		
Ralph Bagge (Chair)		(Present for notes 1 – 14)
Ian Basnett		(Present for notes 1 – 14)
Barry Causer (Topic Expert)		(Present for notes 1 – 14)
Tim Chadborn		(Present for notes 1 – 14)
Ysabella Hawkings (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 8 – 14)
Stephen Sutton (Topic Expert)		(Present for notes 1 – 14)

<b>In attendance – NICE &amp; Externals:</b>		
Catrin Austin	Technical Analyst	(Present for notes 1 – 14)
Danielle Conroy	Project Manager	(Present for notes 1 – 14)
Lise Elliott	Programme Manager	(Present for notes 6 – 8)
Bernadette Li	Health Economic Adviser	(Present for notes 1 – 14)
Annette Mead	Senior Medical Editor	(Present for notes 1 – 10)
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 8 – 14)
Adam Storrow	Business Analyst	(Present for notes 1 – 10)

<b>Apologies:</b>	
Ray Canham	Lay member
Grace Hampson	Core member, Health Economist
Jane Leaman	Divisional Consultant in Public Health
Rosie McEachan	Topic Expert

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Felix Naughton	Topic Expert
Sarah Willett	Associate Director, NICE
Lucy Yardley	Topic Expert

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

The Chair welcomed the Committee members, attendees and public observers to the fourth 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 4 which concerns harmful sexual behaviour and recap the evidence for review question 1 which concerns smoking.

### **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 harmful sexual behaviour.

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**

Despite a minor correction the minutes were signed off as an accurate account of PHAC 3.

### **4. Evidence review presentation for RQ4 (harmful sexual behaviour)**

Elina Simou, Technical Analyst presented 13 studies identified for inclusion in the evidence base for changing harmful sexual behaviour. Studies were split by outcome and 2 comparisons were undertaken: intervention vs no intervention and intervention vs other intervention. The main analysis was conducted in both comparison groups. A further analysis was conducted according to specific mode of delivery (internet-based intervention vs text message intervention) where possible.

### **5. Cost-effectiveness evidence review presentation for RQ4 (harmful sexual behaviour).**

Bernadette Li, Health Economic Adviser, presented 1 study identified for inclusion in the cost-effectiveness evidence base for changing sexual behaviour. This included a summary of the methods and results of the analysis.

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<p>The Committee had the opportunity to discuss the findings and limitations of these results.</p>
<b>6. Evidence review: discussion of findings for RQ4</b>
<p>Elina Simou and Robby Richey, Technical Adviser led the group discussion on the findings of this evidence review. This included consideration of the quality and limitations of the evidence and type of analysis undertaken.</p> <p>The Committee had the opportunity to input their own expertise and ask questions.</p>
<b>7. Continue discussion of findings for RQ4 (harmful sexual behaviour)</b>
<p>As above.</p>
<b>8. Recommendation development</b>
<p>Elina Simou and Robby Richey led the group discussion on the evidence presented and the committee drafted suitable recommendations.</p>
<b>9. Revisit evidence for RQ1 (smoking behaviour)</b>
<p>Elina Simou and Bernadette Li gave brief presentations to recap the effectiveness and cost-effectiveness evidence findings for review question 1 which concerns smoking behaviour (this was discussed in more detail at PHAC 2).</p>
<b>10. Discussion and recommendation development for RQ1 (smoking behaviour)</b>
<p>The Committee had the further opportunity to discuss the findings and draft appropriate recommendations.</p> <p>Both Toby Prevost and Stephen Sutton are authors of papers included for this review question therefore their involvement in this discussion was limited to answering direct questions and were excluded from developing recommendations and any associated decision-making.</p>
<b>11. Research recommendations</b>
<p>The Committee considered and discussed potential areas for research and started to draft recommendations in these areas.</p>
<b>12. Update on expert testimony</b>
<p>Danielle Conroy, Project Manager provided an update on the arrangements being made for expert testimony which will assist in addressing the identified gaps in evidence regarding engagement and attrition of individual characteristics and</p>

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components of digital health interventions.

### **13. Summary & Next Steps**

The Chair recapped what had been discussed and outlined the objectives for the next meeting which included hearing expert testimony and finalising all draft recommendations in preparation for consultation.

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**

None.

**Date of next meeting:** 03/10/2019

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