

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

Date: 03/10/2019

Location: London

Minutes: Final

| Committee members present: | | |
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| Ralph Bagge (Chair) | | (Present for notes 1 – 14) |
| Ian Basnett | | (Present for notes 1 – 8) |
| Ray Canham | | (Present for notes 1 – 14) |
| Sally Cartwright | | (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) |
| Jane Leaman | | (Present for notes 1 – 8) |
| Rosie McEachan (Topic Expert) | | (Present for notes 4 – 14) |
| Felix Naughton (Topic Expert) | | (Present for notes 1 – 14) |
| Chris Owen | | (Present for notes 5 – 9) |

| In attendance – NICE & Externals: | | |
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| Catrin Austin | Technical Analyst | (Present for notes 1 – 14) |
| Beth Bell | Expert Witness | (Present for notes 5 – 6) |
| Elizabeth Bell | Health Economist - York Health Economics Consortium | (Present for notes 9 – 11) |
| Katherine Brown | Expert Witness | (Present for notes 1 – 5) |
| Danielle Conroy | Project Manager | (Present for notes 1 – 14) |
| Gavin Doherty | Expert Witness | (Present for notes 5 – 8) |
| Colin Espie | Programme Manager | (Present for notes 6 – 7) |
| Hayden Holmes | Health Economist, York Health Economics Consortium | (Present for notes 9 – 11) |
| Bernadette Li | Health Economic Adviser | (Present for notes 1 – 14) |
| Robby Richey | Technical Adviser | (Present for notes 1 – 14) |
| Elina Simou | Technical Analyst | (Present for notes 1 – 14) |
| David Stacey | NICE Scholar (observing) | (Present for notes 1 – 14) |

PHAC 5 minutes

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| Nick Staples | Guideline Commissioning Manager | (Present for notes 2 – 6 & 8 - 9) |
| Mike Trenell | Expert Witness | (Present for notes 1 – 4) |
| Sarah Willett | Associate Director | (Present for notes 1 – 6) |

Apologies:

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| Lise Elliott | Programme Manager, NICE |
| Grace Hampson | Core member, Health Economist |
| Chris Packham | Core member, Associate Medical Director |
| Toby Prevost | Core member, Professor of Medical Statistics and Clinical Trials |
| Adam Storrow | Business Analyst, NICE |
| Lucy Yardley | Topic Expert, Technology developer |

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

The Chair welcomed the Committee members, review team and expert witnesses to the fifth 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 hear expert testimony and revisit the evidence for RQ3 which concerns diet, sedentary behaviour and physical activity.

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 diet/physical activity, smoking, alcohol consumption and harmful sexual behaviour.

The Chair asked everyone to verbally declare any new interests.

No new interests were declared.

3. Minutes from the last meeting

The minutes were signed off as an accurate account of PHAC 4.

4. Expert testimony 1

PHAC 5 minutes

The Chair introduced Professor Mike Trenell, Director at NIHR Innovation Observatory who was invited to the meeting to provide expert testimony to help cover the gap in evidence on barriers and factors to consider when implementing a digital intervention on a local and national level.

Professor Trenell gave a short presentation and the Committee had the opportunity to ask questions.

The Chair thanked Professor Trenell for his contribution to the meeting.

5. Expert testimony 2

The Chair introduced Professor Katherine Brown, Health Psychologist and Professor of Psychology Applied to Public Health at Coventry University who was invited to the meeting to provide expert testimony to help cover the gap in evidence on engagement, uptake and attrition of digital interventions in underserved populations and those with health inequalities.

Professor Brown gave a short presentation and the Committee had the opportunity to ask any questions.

The Chair thanked Professor Brown for her contribution to the meeting.

6. Expert testimony 3

The Chair introduced Dr Beth Bell, Senior Lecturer in Psychology at York St John University who was invited to the meeting to provide expert testimony to help cover the gap in evidence on harms and negative consequences of digital health interventions.

Dr Bell gave a short presentation and the Committee had the opportunity to ask questions.

The Chair thanked Dr Bell for her contribution to the meeting.

7. Expert testimony 4

The Chair introduced Dr Gavin Doherty, Associate Professor and Fellow at Trinity College Dublin who was invited to the meeting to provide expert testimony on the gap in evidence on components and characteristics of digital health interventions associated with increased interaction, uptake and engagement.

Dr Doherty gave a short presentation and the Committee had the opportunity to ask any questions.

The Chair thanked Dr Doherty for his contribution to the meeting.

8. Expert testimony 5

PHAC 5 minutes

The Chair introduced Professor Colin Espie, Professor of Sleep Medicine and Senior Research Fellow at Somerville College who was invited to the meeting to provide expert testimony on the harms associated with digital health interventions with no evidence of efficacy and issues when scaling up digital interventions.

Professor Espie gave a short presentation and the Committee had the opportunity to ask questions.

The Chair thanked Professor Espie for his contribution to the meeting.

9. Discussion

Deferred to the next day.

10. Revisit and present evidence from reruns for RQ3 (diet/physical activity)

Catrin Austin, Technical Analyst presented a recap of the findings for review question 3 which relates to diet, sedentary behaviour and physical activity. This included a summary of the 18 additional studies picked up by the rerun of the literature search which are now also included for this review.

The Committee had the opportunity to discuss the findings presented to them and ask any questions.

11. Cost-effectiveness presentation for RQ3 (diet/physical activity)

The Chair introduced Elizabeth Bell and Hayden Holmes, Health Economists from York Health Economics Consortium who presented the cost-effectiveness evidence for review question 3 which relates to diet, sedentary behaviour and physical activity. This included 2 additional studies picked up by the rerun of the literature search.

The Committee had the opportunity to discuss the findings presented to them and ask any questions.

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

12. Discussion of findings and recommendation drafting for RQ3

Deferred to the next day.

13. Summary & plan for day 2

The Chair recapped what had been discussed and outlined the objectives for day 2 which were to revisit the findings for the remaining review questions, consider the additional studies identified by the rerun of the literature searches and finalise the draft guideline for consultation.

PHAC 5 minutes

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| 14. Any other business |
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| None. |
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Date of next meeting: 04/10/2019

Location of next meeting: London, NICE offices