

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

**Date:** 04/10/2019

**Location:** London

**Minutes:** Final

<b>Committee members present:</b>		
Ralph Bagge	(Chair)	(Present for notes 1 – 16)
Ian Basnett		(Present for notes 1 – 16)
Ray Canham		(Present for notes 1 – 16)
Sally Cartwright		(Present for notes 1 – 16)
Barry Causer	(Topic Expert)	(Present for notes 1 – 16)
Tim Chadborn		(Present for notes 1 – 16)
Ysabella Hawkings	(Topic Expert)	(Present for notes 1 – 12)
Jane Leaman		(Present for notes 1 – 16)
Rosie McEachan	(Topic Expert)	(Present for notes 1 – 16)
Felix Naughton	(Topic Expert)	(Present for notes 1 – 16)
Chris Owen		(Present for notes 1 – 10)
Toby Prevost		(Present for notes 1 – 16)
Stephen Sutton	(Topic Expert)	(Present for notes 1 – 16)

<b>In attendance – NICE &amp; Externals:</b>		
Catrin Austin	Technical Analyst	(Present for notes 1 – 16)
Danielle Conroy	Project Manager	(Present for notes 1 – 16)
Bernadette Li	Health Economic Adviser	(Present for notes 1 – 16)
Catharine Baden-Daintree	Senior Medical Editor	(Present for notes 1 – 10)
Linda Grainger	Digital Editor	(Present for notes 1 – 16)
Robby Richey	Technical Adviser	(Present for notes 1 – 16)
Elina Simou	Technical Analyst	(Present for notes 1 – 16)
Nick Staples	Guideline Commissioning Manager	(Present for notes 1 – 16)
Sarah Willett	Associate Director	(Present for notes 9 – 16)

**Apologies:**

## PHAC 6 minutes

Lise Elliott	Programme Manager, NICE
Grace Hampson	Core member, Health Economist
Chris Packham	Core member, Associate Medical Director
Lucy Yardley	Topic Expert, Technology developer

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

The Chair welcomed the Committee members and review team to the sixth 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 Chris Owen will be resigning as Core PHAC A member after this meeting and thanked him for his commitment and contribution to date. The Chair wished Chris well for the future on behalf of the Committee and NICE team.

The Chair outlined the objectives of the meeting which were to review the additional evidence identified for review questions 2 (alcohol) and 4 (harmful sexual behaviour) and finalise the draft guideline and Equality Impact Assessment ahead of consultation.

### **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.

The Chair reminded the Committee that Stephen Sutton, Felix Naughton, Toby Prevost (and Lucy Yardley – not present) have authored papers included in the evidence base for review question 1 (smoking) therefore they are excluded from recommendation drafting for this review question.

### **3. Present evidence from reruns – RQ2 (alcohol)**

Catrin Austin, Technical Analyst provided a summary of the included evidence for review question 2 (alcohol consumption) and presented 2 additional studies identified from the reruns of the literature searches.

Sub-group analyses were conducted for students vs non-students for number of drinks per week and an intervention matrix was used to look at single vs multi-session

## PHAC 6 minutes

interventions and tailored vs. non-tailored interventions.

### **4. Discussion of findings**

The Committee had the opportunity to discuss the evidence presented to them and consider whether this impacts the findings of the review and/or draft recommendations.

### **5. Present evidence from reruns – RQ4 (sexual behaviour)**

Elina Simou, Technical Analyst provided a summary of the included evidence for review question 4 (harmful sexual behaviour) and presented 2 additional studies identified from the reruns of the literature searches.

Two comparisons were conducted – intervention vs no intervention and intervention vs other intervention. The intervention matrix was used to look at effective components and characteristics across interventions and those involving tailoring and single/multiple sessions in more detail.

### **6. Discussion of findings**

The Committee had the opportunity to discuss the evidence presented to them and consider whether this impacts the findings of the review and/or draft recommendations.

### **7. Additional RQ1 (smoking) analysis**

Elina Simou, Technical Analyst provided a summary of the included evidence for review question 1 (smoking).

No new studies were included as a result of the rerun of the literature search however an additional sensitivity analysis was performed according to comparison group – intervention vs no intervention and intervention vs any other intervention.

### **8. Discussion of findings**

The Committee had the opportunity to discuss the evidence presented to them and consider whether this impacts the findings of the review and/or draft recommendations.

### **9. Review across all review questions**

Catrin Austin and Elina Simou, Technical Analysts, presented a summary of their findings from examining commonalities across all 4 behaviours. This included the most commonly used behaviour change techniques and the percentage of these shown to be effective for each behaviour.

The group also considered that some modes of delivery are more effective for some behaviours than others.

## PHAC 6 minutes

Robby Richey, Technical Adviser presented a summary of the availability of the interventions mentioned in the included studies for Committee consideration.

Bernadette Li, Health Economist, provided a summary of the cost-effectiveness evidence findings across all behaviours and discussed the specific economic questions this raised in each review.

The Committee had the opportunity to ask questions and discuss as a group.

### **10. Discussion** (*deferred from PHAC 5*)

The Committee had the opportunity to discuss yesterday's expert testimonies and consider whether these had helped to address any of the identified gaps in the evidence base and if any further conclusions could be made.

### **11. Review RQ1, RQ2, RQ3 and RQ4 recommendations and draft guideline**

The Committee reviewed and updated the draft recommendations based on the findings from the published evidence and that from the expert witnesses.

Catrin Austin and Elina Simou, Technical Analysts led the group discussion on the wording of the recommendations and rationale. The Committee considered any overarching recommendations and those which apply to a specific behaviour change.

Stephen Sutton, Felix Naughton and Toby Prevost were excluded from participating in recommendation drafting for RQ1 (smoking) as they have authored papers included in the evidence base.

### **12. NICE Pathways**

The Chair introduced Linda Grainger, Senior Medical Editor to the meeting who gave a brief presentation on NICE pathways.

Several members of the Committee volunteered to participate in the development of the behaviour change digital pathway.

The Chair thanked Linda for her contribution to the meeting.

### **13. Review of research recommendations**

The Committee reviewed, amended and prioritised the draft recommendations for research.

The Committee acknowledged the need for more, better-quality evidence in this fast-developing area.

## PHAC 6 minutes

<b>14. Review of Equality Impact Assessment</b>
Deferred to post meeting PHAC review.
<b>15. Summary and next steps</b>
<p>The Chair summarised what had been discussed and advised that the NICE team will draft the recommendations, rationale and discussion from the last two days and send all guideline documents to the Committee for their review. This will be the last opportunity for the Committee to comment prior to consultation.</p> <p>Public consultation on the draft guideline will be 17 January to 28 February 2020. The Committee will meet for the final time to consider the consultation feedback on 6 and 7 April 2010.</p> <p>The guideline is scheduled to publish in August 2020.</p>
<b>16. Any other business</b>
None.

**Date of next meeting:** 06/04/2020

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