

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

Date: 29/06/2020

Location: Virtual (Zoom)

Minutes: Final

Committee members present:		
Ralph Bagge (Chair)		(Present for notes 1 – 9)
Ian Basnett		(Present for notes 1 – 9)
Ray Canham		(Present for notes 1 – 9)
Barry Causer (Topic Expert)		(Present for notes 1 – 9)
Tim Chadborn		(Present for notes 6 – 9)
Ysabella Hawkings (Topic Expert)		(Present for notes 1 – 9)
Jane Leaman		(Present for notes 1 – 9)
Felix Naughton (Topic Expert)		(Present for notes 1 – 9)
Chris Packham		(Present for notes 1 – 9)
Toby Prevost		(Present for notes 1 – 9)
Lucy Yardley (Topic Expert)		(Present for notes 1 – 9)

In attendance – NICE & Externals:		
Catrin Austin	Technical Analyst	(Present for notes 1 – 9)
Keona Bennett	Administrator	(Present for notes 1 – 9)
Danielle Conroy	Project Manager	(Present for notes 1 – 9)
Olivia Crane	Technical Analyst	(Present for notes 1 – 9)
Jenna Dilkes	Programme Manager (virtual committee support)	(Present for notes 1 – 9)
Lise Elliott	Programme Manager	(Present for notes 1 – 9)
Debra Hunter	Project Manager (support)	(Present for notes 1 – 9)
Oswin Jackson	UX Designer (technical support)	(Present for notes 1 – 9)
Nick Lowe	Digital Portfolio Coordinator (technical support)	(Present for notes 1 – 9)
Rosalee Mason	Meetings in Public Coordinator	(Present for notes 1 – 9)
Annette Mead	Senior Medical Editor	(Present for notes 1 – 9)
Catherine Pank	Meetings in Public	(Present for notes 1 – 9)

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	Coordinator	
Robby Richey	Technical Adviser	(Present for notes 1 – 9)
Natalie Spray	Project Manager (virtual committee support)	(Present for notes 1 – 9)
Nick Staples	Guideline Commissioning Manager	(Present for notes 1 – 9)
Hannah Stockton	Technical Analyst	(Present for notes 1 – 9)
Adam Storrow	Business Analyst - Resource Impact Assessment	(Present for notes 1 – 7)

Apologies:

Sally Cartwright	Core member, Consultant in Public Health
Grace Hampson	Core member, Health Economist
Rosie McEachan	Topic Expert, Academic and Public Health Specialist

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

The Chair welcomed the Committee members, review team and public observers to the seventh 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 stakeholder consultation comments and consider whether any revisions to the recommendations are appropriate.

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 5 and 6.

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4. Considerations in context of COVID 19

Robby Richey, Technical Adviser asked the committee to consider how the context of this guideline may have changed due to the pandemic. This included the increased use of virtual and remote consultations.

The Committee were asked to keep this mind when reviewing the recommendations.

5. Recap of the evidence for RQ1: smoking

Catrin Austin, Technical Analyst presented a recap of the findings for review question 1 which relates to smoking cessation as stakeholders commented that the recommendations did not quite match the evidence.

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

The Committee reviewed and considered whether the draft recommendations required updating based on the new analyses and stakeholder comments.

Catrin Austin led the group discussion on the wording of the recommendations and rationale.

Stephen Sutton, Felix Naughton, Toby Prevost, and Lucy Yardley were excluded from participating in recommendation drafting as they have authored papers included in the evidence base.

6. Presentation and discussion on key themes and stakeholder comments

Catrin Austin, Technical Analyst presented the overall findings from the consultation feedback.

Stakeholders had no major concerns however a few matters required further clarification and discussion with the committee.

Some of the main themes included supplement not replacement, GDPR, consultations, equalities, and list of resources.

The Committee had the opportunity to discuss each of the identified themes and proposed action.

7. Continuing discussion on stakeholder comments

Catrin Austin, Technical Analyst and Robby Richey, Technical Adviser led the group discussion on the specific stakeholder comments which required committee input.

The Committee considered whether any of the consultation comments impacted on the

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recommendations as currently drafted. The rationale for any proposed change was discussed and the subsequent action agreed.

Overall the Committee were pleased that the guidance had generally been well-received by stakeholders.

8. Summary and plan for day 2

The Chair recapped what had been discussed and outlined the objectives for day 2 which were to finish responding to consultation queries and finalise changes to the guideline. Committee will also need to consider any equalities issues raised at consultation and prioritise any recommendations for research.

9. Any other business

None.

Date of next meeting: 30/06/2020

Location of next meeting: Virtual meeting, via Zoom