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## UKSBM Timetable Tuesday 8th December 2015

| Time  | Session                         | Speaker/Chair   | Room   |
|-------|---------------------------------|---|--|
| 09:00 | Registration                    | Tuesday 8th December 2015   | Gateshead Foyer                                |
| 09:45 | Welcome and Early Career Awards | Dr Chris Bundy, President, UKSBM<br>Professor Eileen Kaner, Chair of the Scientific Committee   | Gateshead Suite                                |
| 10:15 | Keynote                         | <b>Dr Charlie Foster</b><br>Recruitment - the real challenge of changing behaviour?   | Gateshead Suite                                |
| 11:05 | Parallel Session A              | <i>Symposium:</i> Bridging the evidence to practice gap: implementing brief behavioural interventions for risky alcohol consumption in primary healthcare and beyond  | Pipewellgate                                   |
|       |                                 | <i>Symposium:</i> Psychobiological stress: mechanisms, health and wellbeing   | Gateshead Suite                                |
|       |                                 | <i>Parallel Session Themes:</i><br>1. Weight Management 1<br>2. Smoking Cessation<br>3. Alcohol 1<br>4. Managing Long-Term Conditions   | Boardroom<br>Room 6, 7 & 8<br>Room 1<br>Room 2 |
| 12:20 | Lunch & Meetings                | Private NPRI meeting  | Pipewellgate                                   |
|       |                                 | All other delegates eat lunch and network   | Gateshead Foyer                                |
| 13:30 | Prize Winning Presentations     | ★ Rosie McEachan: Positive effects of green space on depression in pregnancy: towards environmental interventions for health<br>★ Dr Jody Quigley: Childhood self-control predicts smoking throughout life: Evidence from 15,000 cohort study participants  | Gateshead Suite                                |
| 14:10 | Parallel Session B              | <i>Symposium:</i> Carrots and sticks for childhood jabs: do financial incentives or school entry policies increase uptake of preschool vaccinations and how acceptable are they?  | Pipewellgate                                   |
|       |                                 | <i>Symposium:</i> The Bristol Girls Dance Project: results of a dance-based cluster-RCT for Year 7 girls and implications for future research   | Gateshead Suite                                |
|       |                                 | <i>Parallel Session Themes:</i><br>1. Eating and Drinking<br>2. Public Health<br>3. Delivering Healthcare<br>4. Theory, Frameworks and Methodology  | Room 6, 7 & 8<br>Room 1<br>Boardroom<br>Room 2 |
| 15:25 | Poster Tours & Refreshments     | <i>Interactive Poster Parallel Session Themes:</i><br>- Alcohol, smoking & substance use<br>- Maternal health<br>- Children, young people, and parents<br>- Healthcare practice<br>- Digital technology<br>- Person perspective<br>- Public health<br>- Lifestyle interventions in clinical populations | Gateshead Foyer                                |
| 16:20 | Keynote                         | <b>Professor Angela Clow</b><br>Links between aging, cortisol secretion and cognitive function  | Gateshead Suite                                |
| 17:10 |                                 | <b>Tribute to Jane Wardle</b><br>Robert West  | Gateshead Suite                                |
| 17:20 | UKSBM AGM                       | UKSBM AGM Members   | Gateshead Suite                                |
| 19:30 |                                 | <b>Wine Reception and Dinner Evening Entertainment</b>  | BALTIC Centre for Contemporary Art (Offsite)   |

## UKSBM Timetable Wednesday 9th December 2015

| Time  | Session                     | Speaker/Chair  | Room   |
|-------|-----------------------------|--|--|
| 08:30 | Registration                | Wednesday 9th December 2015  | Gateshead Foyer                                |
| 09:00 | Keynote                     | <b>Professor Steve Cummins</b><br>Improving population health: the challenge of environmental interventions  | Gateshead Suite                                |
| 09:50 | Parallel Session C          | <i>Symposium:</i> Implementing evidence based guidelines for public health in local authorities  | Pipewellgate                                   |
|       |                             | <i>Structured Discussion:</i> Downsizing: how can the behavioural sciences inform public health efforts to reduce portion size?  | Gateshead Suite                                |
|       |                             | <i>Parallel Session Themes:</i><br>1. Alcohol 2<br>2. Children and Young People<br>3. Prevention<br>4. Pregnancy and Maternal Health   | Room 1<br>Boardroom<br>Room 2<br>Room 6, 7 & 8 |
| 11.05 | Poster Tours & Refreshments | <i>Interactive Poster Parallel Session Themes:</i><br>- Lifestyle interventions in clinical populations<br>- Person perspective<br>- Eating and weight management<br>- Using medicines<br>- Children, young people and parents<br>- Digital technology<br>- Healthcare practice<br>- Public health | Gateshead Foyer                                |
| 12:00 | Parallel Session D          | <i>NPRI Workshop:</i> Knowledge translation  | Pipewellgate                                   |
|       |                             | <i>Symposium:</i> Monitoring alcohol consumption in England: The Alcohol Toolkit Study   | Gateshead Suite                                |
|       |                             | <i>Parallel Session Themes:</i><br>1. Physical Activity and Sedentary Behaviour<br>2. Primary Care<br>3. Weight Management 2<br>4. Rehabilitation and Self-Care  | Room 1<br>Room 6, 7 & 8<br>Boardroom<br>Room 2 |
| 13:15 | Lunch & Meetings            | UKSBM Early Career Network Meeting   | Pipewellgate                                   |
|       |                             | All other delegates eat lunch and network  | Gateshead Foyer                                |
| 14:25 | Parallel Session E          | <i>Symposium:</i> The New NHS England/NHS Scotland competence framework for psychological interventions for people with Long Term Conditions (LTC) and Medically Unexplained Symptoms (MUS): Implications for research and practice  | Gateshead Suite                                |
|       |                             | <i>Structured Discussion:</i> SWOTting up on exercise referral - how do we instigate behavioural change?   | Pipewellgate                                   |
|       |                             | <i>Workshop:</i> Funding for behavioural research. By Cancer Research UK, Wellcome Trust, MRC and NIHR   | Room 1   |
|       |                             | <i>Parallel Session Themes:</i><br>1. Alcohol 3<br>2. Adherence and Attendance<br>3. Personal beliefs, cognitions and self-control   | Room 2<br>Room 6, 7 & 8<br>Boardroom           |
| 15:40 | Break                       | Refreshment break and exhibition   | Gateshead Foyer                                |
| 16:10 | NPRI Keynote                | <b>Professor Falko Sniehotta</b><br>Preventing weight regain after successful weight loss: Individual and population perspectives  | Gateshead Suite                                |
| 17:00 | Close                       | Best Poster Prize.<br>Goodbye and hello from the 2016 hosts  | Gateshead Suite                                |

## Day 1 - Tuesday 8th December 2015 - Parallel Session A, 11:05-12:20

| Chair               | Prof Eileen Kaner   | Dr Mark Wetherell   | Prof Falko Sniehotta   | Prof Robert West   | Dr Richard Cooke  | Dr Rachael Powell   |
|---------------------|---|---|--|--|---|---|
| Room                | Pipewellgate  | Gateshead Suite   | Boardroom  | Room 6, 7 & 8  | Room 1  | Room 2  |
|                     | Symposium   | Symposium   | Weight Management 1  | Smoking Cessation  | Alcohol 1   | Managing Long-Term Conditions   |
| 11:05<br>-<br>11:20 | <b>Bridging the evidence to practice gap: implementing brief behavioural interventions for risky alcohol consumption in primary healthcare and beyond</b> | <b>Psychobiological stress: mechanisms, health and wellbeing</b><br><br>Prof Angela Clow,<br>Dr Michael Smith,<br>Prof Daryl O'Connor | <b>Perceived weight status and risk of weight gain across life in US and UK adults</b><br>Dr Michael Daly  | <b>Recall of e-cigarette advertising and point of sale displays by 12-17 year olds and relationship to intention to use e-cigarettes in next 6 months</b><br>Dr Catherine Best   | <b>Drowning in data: 7,500 responses to a text message intervention</b><br>Prof Iain Crombie  | <b>Can theory-based written resources improve illness coherence without increasing anxiety in people with psoriasis? Findings from the IMPACT patient intervention feasibility study.</b><br>Karen Kane |
| 11:23<br>-<br>11:38 | Dr Amy O'Donnell,<br>Colin Angus, Dr Niamh Fitzgerald,<br>Bernd Schulte<br><br>Discussant: Prof Eileen Kaner  |   | <b>Treatment fidelity in a health advisor led weight-loss intervention: exploring the CAMWEL trial</b><br>Dr Emma Godfrey  | <b>Real-world uptake of a tailored text message smoking cessation programme for pregnant smokers (MiQuit) in non-clinical settings</b><br>Dr Joanne Emery  | <b>The measurable effect of alcohol licensing policy intensity on local alcohol-related hospital admission rates in England.</b><br>Dr Frank de Vocht                             | <b>A qualitative study of health-seeking behaviour in patients with psoriasis</b><br>Dr Jacqueline Simpson  |
| 11:42<br>-<br>11:57 |   |   | <b>Health, not weight loss, focused programmes (HNWL) versus conventional weight loss programmes (CWL) for cardiovascular risk factors: A Cochrane review</b><br>Nazanin Khasteganan | <b>A qualitative investigation into the barriers and facilitators to smoking cessation during pregnancy from three perspectives - pregnant women, their partners and healthcare professionals</b><br>Dr Felix Naughton | <b>How do we control an unsuitable tendency? The effects of Cue Avoidance training and Inhibitory Control training on alcohol consumption in the laboratory.</b><br>Lisa Di Lemma | <b>Natalia Subjective sleep quality and next-day fatigue in chronic fatigue syndrome (CFS): A daily diary study.</b><br>Prof Alison Wearden   |
| 12:01<br>-<br>12:16 |   |   | <b>Development and optimisation of a self-regulation-based intervention to aid the transition from weight loss to weight loss maintenance</b><br>Dr Kirby Sainsbury                  | <b>Impact of advertisements promoting candy-like flavoured e-cigarettes on appeal of tobacco smoking amongst children: an experimental study</b><br>Dr Milica Vasiljevic   | <b>The Effect of an Appearance versus Health Framed Alcohol Awareness Message on Online User Engagement and Behaviour</b><br>Anna Sallis  | <b>Identifying key biopsychosocial barriers for people with primary Sjögren's syndrome to carrying out every-day behaviours across life situations: a group concept mapping study</b><br>Katie Hackett  |

## Day 1 - Tuesday 8th December 2015 - Parallel Session B, 14:10-15:25

| Chair               | Dr Jean Adams   | Prof Russ Jago   | Dr Eric Robinson  | Prof Martin White   | Dr Barbara Farquharson  | Prof Susan Michie  |
|---------------------|---|--|---|---|---|--|
| Room                | Pipewellgate  | Gateshead Suite  | Room 6, 7 & 8   | Room 1  | Boardroom   | Room 2   |
|                     | Symposium   | Symposium  | Eating and Drinking   | Public Health   | Delivering Healthcare   | Theory, Frameworks and Methodology   |
| 14:10<br>-<br>14:25 | <b>Carrots and sticks for childhood jabs: do financial incentives or school entry policies increase uptake of preschool vaccinations and how acceptable are they?</b> | <b>The Bristol Girls Dance Project: results of a dance-based cluster-RCT for Year 7 girls and implications for future research</b> | <b>Tracking snacking: Real time contextual correlates of high calorie snacking</b><br>Dr Julia Allan  | <b>How did the PRIMIT intervention change hand-hygiene behaviour in 19000 people?</b><br>Dr Ben Ainsworth   | <b>Is there a role for patients and their relatives in monitoring, detecting and escalating clinical patient deterioration in hospital? A narrative review</b><br>Abigail Albutt  | <b>A methodology for identifying links from behaviour change techniques to theoretical mechanisms of action</b><br>Dr Rachel Carey |
| 14:28<br>-<br>14:43 | Rebekah McNaughton, Laura Ternent   | Dr Mark Edwards,<br>Dr Simon Sebire,<br>Emma Bird  | <b>The impact of an implementation intention intervention to improve meal times and reduce jet lag in long-haul cabin crew</b><br>Cristina Ruscitto             | <b>Reds are more important than greens: how UK supermarket shoppers use the different information on a traffic light nutrition label</b><br>Asha Kaur | <b>Attitudes towards health promotion practices in pre-registered nurses: relationship with body weight and self-perception</b><br>Holly Blake  | <b>Attitudes towards the use of a modified consent procedure in a study to measure adherence to glaucoma therapy</b><br>Heidi Cate |
| 14:46<br>-<br>15:01 |   |  | <b>Portion, package or tableware size for changing selection and consumption of food, alcohol and tobacco: Cochrane systematic review</b><br>Dr Gareth Hollands | <b>Associations between supermarket in-store environments and dietary quality are moderated by educational attainment</b><br>Dr Christina Vogel       | <b>Doctor-patient relationship and quality of life in Irritable Bowel Syndrome.</b><br>Katrin Hulme   | <b>Do Self-Incentives and Self-Rewards Change Behaviour? A Systematic Review and Meta-Analysis</b><br>Emma Brown                   |
| 15:04<br>-<br>15:19 |   |  | <b>"If I miss out the crisps I can have an extra pint": challenges and opportunities in addressing overweight and alcohol</b><br>Prof Iain Crombie              | <b>How can we help parents recognise an unhealthy body weight in their children? The 4 &amp; UPP Study</b><br>Dr Angela Jones                         | <b>Theory-based process evaluation alongside the cluster randomised controlled 'IDEA' trial targeting multiple behaviour change in primary care clinicians' management of type 2 diabetes</b><br>[ISRCTN66498413]<br>Dr Justin Presseau | <b>The development of a taxonomy of components for healthcare professional training interventions</b><br>Dr Katherine Perryman     |

## Day 1 - Tuesday 8th December 2015 - Interactive Poster Parallel Session

| Prof David French  | Dr Paula Watson  | Dr Tony Cassidy  | Dr Angela Beattie  |
|--|--|--|--|
| <b>Alcohol, smoking &amp; substance use</b>  | <b>Healthcare practice</b>   | <b>Maternal health</b>   | <b>Children, young people, and parents</b>   |
| Poster Board 1: <b>Development of a theory and evidence informed intervention to promote smoking cessation during pregnancy using narrative, text-messages and images as modes of delivery</b><br>Dr Mary Steele                             | Poster Board 10: <b>A systematic review of midwife-health visitor collaborative practices</b><br>Maria Raisa Jessica (Ryc) Aquino  | Poster Board 17: <b>Experiences of lifestyle management and support during pregnancy: a qualitative study of the attitudes and experiences of pregnant women and healthcare professionals</b><br>Caragh Flannery | Poster Board 23: <b>Mentoring vulnerable excluded adolescents to achieve better health and well-being: results from the feasibility pilot randomised control trial (RCT) of the Breakthrough Mentoring Scheme</b><br>Dr Angela Beattie |
| Poster Board 2: <b>Assessing the association between smoking-related attentional bias and craving measured in the laboratory and in the natural environment</b><br>Dr Rachna Begh  | Poster Board 11: <b>Theory-informed evaluation of two delivery approaches of a GP exercise referral scheme: a quasi-experimental trial</b><br>Dr Paula Watson  | Poster Board 18: <b>UK newsprint media representations of guidance and emerging evidence on low level drinking during pregnancy: a content analysis</b><br>Josh Berlyne  | Poster Board 24: <b>The impact on parents/carers of a brief school-based psychoeducational intervention to raise adolescent cancer awareness: a cluster randomised controlled trial</b><br>Dr Gill Hubbard                             |
| Poster Board 3: <b>Designing a process evaluation in the GASP (Groups for Alcohol-misusing Short-term Prisoners) Trial: assessing the influence of group characteristics, organisational and environmental factors</b><br>Dr Rachel McNamara | Poster Board 12: <b>Recruiting and retaining patient participants in general practices for a trial of brief opportunistic interventions delivered by GPs to motivate weight loss: are local nurses more effective?</b><br>Sarah Tearne | Poster Board 19: <b>Feasibility of a brief routine weight management intervention for postnatal women embedded within the national child immunisation programme</b><br>Janice Ferguson                           | Poster Board 25: <b>Interventions for children with movement impairments: a systematic review of behavioural ingredients, outcomes and mechanisms</b><br>Dr Niina Kolehmainen  |
| Poster Board 4: <b>Improving the reliability of the visual probe task measure of attentional bias for substance-related cues</b><br>Panagiotis Spanakis  | Poster Board 13: <b>A systematic review of the administration, scoring and classification methods of pain assessments in children and adolescents with chronic pain</b><br>Rebecca Lee   | Poster Board 20: <b>Mam-Kind study: A novel peer-support intervention using Motivational Interviewing for breastfeeding maintenance: a UK feasibility study</b><br>Dr Lauren Copeland                            | Poster Board 26: <b>The RIGHT TRACKS study – feasibility of a lottery-based incentive scheme to promote active travel to school</b><br>Samuel Ginja  |
| Poster Board 5: <b>The <i>ad-libitum</i> alcohol 'taste test': secondary analyses of potential confounds and construct validity</b><br>Dr Andrew Jones   | Poster Board 14: <b>The Perceived Effectiveness of Training (PET) framework: A framework for designing high quality training interventions</b><br>Dr Katherine Perryman  | Poster Board 21: <b>Fertility issues in young women with cancer - a qualitative synthesis of literature</b><br>Aleksandra Sobota   | Poster Board 27: <b>Using intervention mapping to develop a home-based parental supervised toothbrushing intervention for young children</b><br>Dr Kara Gray-Burrows   |
| Poster Board 6<br><b>Effects of inhibition training on event-related potential markers of inhibitory control in heavy drinkers</b><br>Dr Mrunal Bandawar   | Poster Board 15<br><b>Can positively deviant elderly medical wards be identified using routinely collected safety data?</b><br>Ruth Baxter   | Poster Board 22: <b>Psychosocial predictors of IVF success: A one year follow-up study</b><br>Dr Tony Cassidy  |  |

Please note all speakers, content and timings are subject to change

## Day 1 - Tuesday 8th December 2015 - Interactive Poster Parallel Session

|   |   |  |  |
|---|---|--|--|
| <b>Prof David French</b>  | <b>Dr Paula Watson</b>  |  |  |
| <b>Alcohol, smoking &amp; substance use</b>   | <b>Healthcare practice</b>  |  |  |
| Poster Board 7: <b>Evaluation of a brief personalised intervention for alcohol consumption in students</b><br>Natasha Clarke  | Poster Board 16: <b>Behavioural predictors of Aseptic Technique performance by renal staff during haemodialysis</b><br>Dr Vivien Swanson<br>: |  |  |
| Poster Board 8: <b>Do alcohol treatment/public health and marketing experts think televised alcohol advertisements abide by Code of Broadcast Advertising rules?</b><br>Prof David French |   |  |  |
| Poster Board 9: <b>Visual attention to brand and health information on alcohol packaging</b><br>Inge Kersbergen   |   |  |  |

## Day 1 - Tuesday 8th December 2015 - Interactive Poster Parallel Session

| Dr Ian Kellar  | Heather Moore  | Dr Nicola O'Brien   | Prof Annie S Anderson   |
|--|--|---|---|
| Digital technology   | Person perspective   | Public health   | Lifestyle interventions in clinical populations   |
| <p>Poster Board 28: <b>Randomised controlled trial of a tailored SMS text-message intervention (MiQuit) for pregnant smokers in routine antenatal care</b><br/>Dr Katharine Foster</p>     | <p>Poster Board 33: <b>Psychological profile of individuals presenting with chronic cough</b><br/>Katrin Hulme</p>   | <p>Poster Board 39: <b>A pilot randomised controlled trial of a web-based lifestyle intervention 'LEAP' to promote health and wellbeing in retirement</b><br/>Dr Nicola O'Brien</p>   | <p>Poster Board 43: <b>TreatWELL - A feasibility study to assess the delivery of a lifestyle intervention for colorectal cancer patients undergoing potentially curative treatment</b><br/>Prof Annie Anderson</p>  |
| <p>Poster Board 29: <b>A web-based and mobile health social support intervention to promote adherence to inhaled asthma medications: randomized controlled trial</b><br/>Dr Ian Kellar</p> | <p>Poster Board 34: <b>The double dividend of safety: reducing risks beyond individual control may lead to increased healthy behaviour</b><br/>Dr Gillian Pepper</p>                               | <p>Poster Board 40: <b>Transition from community dwelling to retirement village in older adults: cognitive functioning and psychological health outcomes</b><br/>Dr Richard Cooke</p> | <p>Poster Board 44: <b>Management of smoking in UK primary care in patients diagnosed with bladder, lung and head &amp; neck cancer compared with coronary heart disease (CHD): a Clinical Practice Research Database (CPRD) study</b><br/>Dr Amanda Farley</p> |
| <p>Poster Board 30: <b>Working with service users and providers to create a user-friendly resource: the Digital Heart Manual</b><br/>Dr Carolyn Deighan</p>                                | <p>Poster Board 35: <b>Patient's experiences of minimally-invasive surgical treatment for Leg Ulcers: The role of agency</b><br/>Philippa Tollow</p>   | <p>Poster Board 41: <b>Evaluating the impact of a community-based cancer awareness roadshow on knowledge, attitudes and behaviors</b><br/>Kirstie Osborne</p>                         | <p>Poster Board 45: <b>The effectiveness of a physical activity consultation service delivered within routine diabetes care</b><br/>Dr Lynsay Matthews</p>  |
| <p>Poster Board 31: <b>Apps and Medication Adherence: A Content Analysis</b><br/>Eimear Morrissey</p>  | <p>Poster Board 36: <b>How might cognitive difficulties affect the clinical care of patients with mitochondrial disease?</b><br/>Dr Heather Moore</p>  | <p>Poster Board 42: <b>Determinants of physical activity amongst UK community-dwelling older adults</b><br/>Kieran Ayling</p>   |   |
| <p>Poster Board 32<br/><b>Text messaging to encourage uptake of HIV testing amongst African communities: findings from a theory-based feasibility study</b><br/>Dr Holly Blake</p>         | <p>Poster Board 37<br/><b>Do executive function and impulsivity predict adolescent health behaviour after accounting for intelligence? Findings from the ALSPAC cohort</b><br/>Dr Kaidy Stautz</p> |   |   |
|  | <p>Poster Board 38<br/><b>The Role of Self-Efficacy in the Initiation and Maintenance of Physical Activity: A Systematic Review</b><br/>Mei Yee Tang</p>   |   |   |



## Day 2 - Wednesday 9th December 2015 - Parallel Session C, 09:50-11:05

| Chair               | Prof Susan Michie  | Prof Susan Jebb  | Prof Eileen Kaner  | Dr Tony Cassidy  | Dr Jean Adams  | Prof Mark Pearce  |
|---------------------|--|--|--|--|--|---|
| Room                | Pipewellgate   | Gateshead Suite  | Room 1   | Boardroom  | Room 2   | Room 6, 7 & 8   |
|                     | Symposium  | Structured Discussion  | Alcohol 2  | Children and Young People  | Prevention   | Pregnancy and Maternal Health   |
| 09:50<br>-<br>10:05 | <p><b>Implementing evidence based guidelines for public health in local authorities</b></p> <p>Prof Mark Petticrew, Prof Mike Kelly, Prof Susan Michie</p> | <p><b>Downsizing: how can the behavioural sciences inform public health efforts to reduce portion size?</b></p> <p>Dr Eric Robinson, Prof Peter Rogers, Prof Theresa Marteau</p> | <p><b>Personalised digital interventions for reducing hazardous and harmful alcohol consumption in community-dwelling populations</b></p> <p>Colin Muirhead</p>  | <p><b>Qualitative synthesis of young people's views of sex and relationship education (SRE)</b></p> <p>Dr Pandora Pound</p>  | <p><b>A systematic review of the effectiveness of peer support to reduce cardiovascular risk</b></p> <p>Dr Claire McEvoy</p>   | <p><b>Evaluation of the implementation of a complex intervention (babyClear©) to promote increased smoking cessation rates among pregnant women in maternity care</b></p> <p>Dr Ruth Bell</p> |
| 10:08<br>-<br>10:23 | <p>Discussant: Prof Martin White</p>   |  | <p><b>Behaviour change techniques used in digital interventions to reduce excessive alcohol consumption</b></p> <p>David Crane</p>   | <p><b>What factors to target to increase physical activity behaviours in children with disabilities? A cross-sectional mixed methods study</b></p> <p>Dr Niina Kolehmainen</p>       | <p><b>Increasing uptake of NHS Health Checks - Findings from two pragmatic randomised controlled trials</b></p> <p>Anna Sallis</p>   | <p><b>Interest in and use of smoking cessation support across pregnancy and after delivery</b></p> <p>Dr Felix Naughton</p>   |
| 10:26<br>-<br>10:41 |  |  | <p><b>Theory content of digital interventions for reducing alcohol consumption: a systematic review</b></p> <p>Claire Garnett</p>  | <p><b>Are parental motivations to exercise and aspirations for health associated with the physical activity behaviour of parents and their children?</b></p> <p>Dr Emma Solomon</p>  | <p><b>The Community-based Prevention of Diabetes (ComPoD) study: a randomised, waiting list controlled trial of the voluntary sector-led Living Well, Taking Control (LWTC) programme</b></p> <p>Dr Jane Smith</p> | <p><b>Using the Behaviour Change Wheel to develop a psychological intervention to maintain breastfeeding</b></p> <p>Catriona Snodin</p>   |
| 10:44<br>-<br>11:01 |  |  | <p><b>Acceptability of and engagement with digital interventions for reducing hazardous or harmful alcohol consumption in community-dwelling populations: a systematic review</b></p> <p>Fiona Beyer</p> | <p><b>Can't play, won't play: longitudinal changes in perceived barriers to participation in sports clubs across the child-adolescent transition</b></p> <p>Dr Laura Basterfield</p> | <p><b>Socioeconomic differences in symptom appraisal and help-seeking for breast changes in the UK: A qualitative comparison study</b></p> <p>Dr Afrodita Marcu</p>  | <p><b>Long term impact of the Healthy Eating and Lifestyle in Pregnancy (HELP) trial: participants' experiences two years on</b></p> <p>Dunla Gallagher</p>                                   |

## Day 2 - Wednesday 9th December 2015 - Parallel Session D, 12:00-13:15

| Chair               | TBC                   | Prof Susan Michie   | Dr Stephan Dombrowski  | Dr Tracy Finch   | Dr Michael Daly   | Prof Alison Wearden   |
|---------------------|-----------------------|---|--|--|---|---|
| Room                | Pipewellgate          | Gateshead Suite   | Room 1   | Room 6, 7 & 8  | Boardroom   | Room 2  |
|                     | NPRI Workshop         | Symposium   | Physical Activity and Sedentary Behaviour  | Primary Care   | Weight Management 2   | Rehabilitation and Self-Care  |
| 12:00<br>-<br>12:15 | Knowledge translation | <b>Monitoring alcohol consumption in England: The Alcohol Toolkit Study</b><br><br>Dr Emma Beard, Frank de Vocht, Colin Angus, Dr Jamie Brown | <b>Do web-based competitions promote physical activity? A randomised controlled trial</b><br><br>Dr Andrew Prestwich                             | <b>Reducing antibiotic prescriptions in general practice at low cost using behavioural insights: a pragmatic national randomised controlled trial</b><br><br>Tim Chadborn          | <b>Protocol and baseline characteristics of the NULevel randomised, controlled trial of a scalable, technology-assisted weight loss maintenance intervention for obese adults after clinically significant weight loss</b><br><br>Dr Vera Araujo-Soares | <b>The feasibility and acceptability of referral of post-surgical colorectal cancer survivors to cardiac rehabilitation: A pilot randomised controlled trial with embedded qualitative study</b><br><br>Dr Gill Hubbard |
| 12:18<br>-<br>12:33 |                       |   | <b>Real-time associations between executive function and sedentary behaviour in daily life</b><br><br>Dr Daniel Powell                           | <b>The Influence of GPs' Communication Strategies on Patient Participation in Decision-Making</b><br><br>Dr Rachel Adams   | <b>The Weight Loss Maintenance in Adults (WILMA) trial: mediators of weight maintenance outcomes</b><br><br>Dr Sharon Simpson   | <b>Working-age cardiac rehabilitation attendees, experiences and illness perceptions - a gender-sensitive qualitative synthesis</b><br><br>Rachel Nutt  |
| 12:36<br>-<br>12:51 |                       |   | <b>Individual and structural influences on parent's transport choices for the school run: a qualitative interview study</b><br><br>Dr Sara Ahern | <b>The impact of the 2012 revision to the UK primary care pay-for-performance system on general practitioners' provision of smoking cessation support</b><br><br>Prof Paul Aveyard | <b>Promoting fidelity in a behavioural intervention - The Baby Milk Trial</b><br><br>Ann-Marie Wardell  | <b>The impact of psychological preparation on postoperative outcomes for adults undergoing elective surgery: A systematic review</b><br><br>Dr Rachael Powell   |
| 12:54<br>-<br>13:09 |                       |   | <b>Determinants of active ageing in rural England</b><br><br>Jolanthe de Koning  | <b>Training healthcare professionals in motivational interviewing to optimise psoriasis self-management: The IMPACT study practitioner intervention</b><br><br>Dr Anna Chisholm    | <b>Impact of enhanced National Child Measurement Programme feedback letters to parents of overweight children on uptake of weight management services – A Cluster Randomised Controlled Trial across schools in 3 English counties</b><br><br>Karen Tan | <b>Using mixed methods case-series evaluation in the development of a guided self-management hybrid CBT and ACT intervention for Multiple Sclerosis pain</b><br><br>Anthony Harrison                                    |

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## Day 2 - Wednesday 9th December 2015 - Parallel Session E, 14:25-15:40

| Chair               | Prof Alison Wearden and Prof Rona Moss-Morris   | Dr Paula Watson  | Lucy Davies   | TBC  | Dr Claire Easthall  | Dr Rosie McEachan  |
|---------------------|---|--|---|--|---|--|
| Room                | Gateshead Suite   | Pipewellgate   | Room 1  | Room 2   | Room 6, 7 & 8   | Boardroom  |
|                     | Symposium   | Structured Discussion  | Workshop  | Alcohol 3  | Adherence and Attendance  | Personal beliefs, cognitions and self-control  |
| 14:25<br>-<br>14:40 | <b>The New NHS England/NHS Scotland competence framework for psychological interventions for people with Long Term Conditions (LTC) and Medically Unexplained Symptoms (MUS): Implications for research and practice</b><br><br>Dr Chris Bundy, Dr Vivien Swanson | <b>SWOTting up on exercise referral – how do we instigate behavioural change?</b><br><br>Dr Paula Watson, Dr Rebecca Murphy, Prof Adrian Taylor<br><br>Discussant: Dr Christopher Gidlow | <b>Funding for behavioural research</b><br>By Cancer Research UK, Wellcome Trust, MRC and NIHR<br><br>Lucy Davies, João Rangel de Almeida, Martin White | <b>The effect of beliefs about alcohol on inhibitory control and the alcohol priming effect</b><br>Graeme Knibb  | <b>Adherence to combination antiretroviral therapy for HIV in rural Tanzania: Application of an extended Theory of Planned Behaviour model</b><br>Dr Kasia Banas  | <b>Telling a story to change behaviour: evaluation of a narrative based intervention</b><br>Dr Linda Irvine                                      |
| 14:43<br>-<br>14:58 |   |  |   | <b>Exploring the Antecedents of Student Binge Drinking</b><br>Ellen Lynch  | <b>Effectiveness and cost-effectiveness of the Adherence Improving self-Management Strategy (AIMS) in HIV-care</b><br>Prof Marijn de Bruin  | <b>Resilience predicts the maintenance of health behaviour change: A six month longitudinal study of New Year resolutions</b><br>Catriona Snodin |
| 15:01<br>-<br>15:16 |   |  |   | <b>Is attentional bias to conditioned stimuli at the expense of unconditioned stimuli (sign-tracking) associated with greater alcohol consumption in social drinkers?</b><br>Jay Duckworth | <b>Effects of interventions promoting monitoring of medication use and brief messaging on medication adherence for people with type 2 diabetes: systematic review of randomised trials</b><br>Prof David French | <b>Childhood self-control and mortality by midlife</b><br>Dr Michael Daly  |
| 15:19<br>-<br>15:34 |   |  |   | <b>Immediate effects of alcohol marketing communications on consumption and cognition: A systematic review and meta-analysis of experimental studies</b><br>Dr Kaidy Stautz                | <b>Anticipated regret to increase uptake of colorectal cancer screening (ARTICS): a randomised controlled trial</b><br>Prof Ronan O'Carroll   | <b>Factors associated with fatigue in haemodialysis patients: the importance of patients' cognitions and behaviours</b><br>Dr Joseph Chilcot     |

## Day 2 - Wednesday 9th December 2015 - Interactive Poster Parallel Session

| Dr Bronia Arnott  | Chair TBC   | Prof Adrian Taylor   | Jennifer McAnuff   |
|---|---|--|--|
| Public health   | Healthcare practice   | Digital technology   | Children, young people, and parents  |
| Poster Board 1: <b>Profiling offshore workers' engagement in self care: opportunities for behaviour change interventions</b><br>Kathrine Gibson Smith   | Poster Board 11<br><b>Barriers and determinants of pre-registered nurses and medics participation in physical activity</b><br>Dr Holly Blake                | Poster Board 18: <b>The effectiveness of technological supports in healthcare professional behaviour change: A realist literature review</b><br>Dr Chris Keyworth  | Poster Board 24: <b>An intervention-development study to support participation in leisure in 8-12 year-old children with disabilities</b><br>Jennifer McAnuff  |
| Poster Board 2: <b>The effectiveness of environmental interventions into the use of green space: a systematic review</b><br>Hannah Roberts  | Poster Board 12: <b>An investigation of the factors influencing physical activity among midwives</b><br>Dr Deirdre Holly                                    | Poster Board 19: <b>Evaluation of an internet-based weight loss intervention</b><br>Dr Anna Sherrington  | Poster Board 25: <b>Validation of a questionnaire on the mode of commuting to school in Spanish adolescents</b><br>Manuel Herrador-Colmenero   |
| Poster Board 3: <b>Subjective access to sports facilities and being physically active: relationship with socioeconomic status and obesity</b><br>Kofi Antwi   | Poster Board 13: <b>Beyond the trial: Encouraging behaviour change using motivational interviewing in the real world</b><br>Dr Fiona McMaster               | Poster Board 20: <b>Usage analysis of a web-based weight management intervention using a novel visualisation tool</b><br>Dr Mary Steele  | Poster Board 26: <b>Process evaluation of the RIGHT TRACKS study: a feasibility test of an incentive scheme to promote active travel to school</b><br>Samuel Ginja   |
| Poster Board 4: <b>Work in Progress: What can we learn about how to improve uptake of bowel cancer screening from higher rates of uptake in breast and cervical screening programmes?</b><br>Marie Kotzur | Poster Board 14: <b>Introducing audit and feedback in an allied health service for children</b><br>Jennifer McAnuff   | Poster Board 21: <b>Can adding web-based support to UK primary care exercise referral schemes improve patients' physical activity levels? Intervention development for the e-coachER study</b><br>Prof Adrian Taylor | Poster Board 27: <b>Does an enhanced NCMP feedback letter change parental perceptions of child weight status and their behaviours and intentions towards healthy weight maintenance? A survey of NCMP parents</b><br>Karen Tan |
| Poster Board 5: <b>Who, where, when: the demographic and geographic distribution of bicycle crashes in West Yorkshire</b><br>Dr Ian Kellar  | Poster Board 15: <b>Exploring what clinical positional leaders describe as affecting behaviour change</b><br>Michael Sykes                                  | Poster Board 22: <b>Insight on goal setting, self-monitoring and social support by participants in the <i>HelpMeDolt!</i> feasibility trial</b><br>Juliana Pugmire   | Poster Board 28: <b>Determinants of changes in sitting time and sitting fragmentation from age 12 to 15 years</b><br>Dr Xanne Janssen  |
| Poster Board 6: <b>Understanding the factors associated with low and high intention to change transport behaviours: A qualitative study</b><br>Dr Bronia Arnott   | Poster Board 16: <b>Behaviour change during audit and feedback in dementia care: A systematic review of the impacts upon effectiveness</b><br>Michael Sykes | Poster Board 23: <b>The <i>HelpMeDolt!</i> Feasibility Trial: Study Protocol</b><br>Dr Sharon Simpson  |  |
| Poster Board 7: <b>The effect of social pressure on response to a CLASSIC health cohort questionnaire: a randomised controlled trial</b><br>Dr Sarah Cotterill  | Poster Board 17: <b>Implementing routine outcome measurement in clinical practice</b><br>Catherine Duff   |  |  |

## Day 2 - Wednesday 9th December 2015 - Interactive Poster Parallel Session

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| <b>Dr Bronia Arnott</b>   |  |  |  |
| <b>Public health</b>  |  |  |  |
| Poster Board 8: <b>Social support and change in adiposity in the Whitehall II study</b><br>Urszula Tymoszuk   |  |  |  |
| Poster Board 9: <b>Measures of walking intensity in natural and urban environments: does your head match your heart?</b><br>Dr Christopher Gidlow                                   |  |  |  |
| Poster Board 10: <b>Dying to sit down: an analysis of sedentary behaviour and all-cause mortality using established epidemiological criteria of causality</b><br>Prof Stuart Biddle |  |  |  |

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| <b>Chair TBC</b>   | <b>Chair TBC</b>  | <b>Dr Gareth Hollands</b>  | <b>Dr Aoife De Brun</b>   |
| <b>Lifestyle interventions in clinical populations</b>   | <b>Person perspective</b>   | <b>Eating and weight management</b>  | <b>Using medicines</b>  |
| Poster Board 29: <b>The effectiveness of Information-Motivation-Behavioural skills model-based Diabetes Self-Management Education among patients with type 2 diabetes in Jordan (IMB-DSME): Trial Protocol</b><br>Dr Holly Blake | Poster Board 33: <b>Treatment attitudinal groups in patients with psoriasis using systemic treatments: findings from the Investigating Medication Adherence in Psoriasis study (iMAP)</b><br>Dr Rachael Thorneloe | Poster Board 37: <b>Pairing images of unhealthy and healthy foods with images of negative and positive health consequences: impact on attitudes and behavioural choice</b><br>Dr Gareth Hollands | Poster Board 41: <b>Coding patients' attributions of responses to Methotrexate (MTX): The development and application of of a reliable coding to patient diary data from a national cohort study (RAMS)</b><br>Holly Hope |
| Poster Board 30: <b>Changing Physical Activity Behaviour in People with Multiple Sclerosis: A Systematic Review</b><br>Blathin Casey   | Poster Board 34: <b>'Chronic cough, cause unknown': a qualitative study of patient perspectives of idiopathic cough</b><br>Katrin Hulme   | Poster Board 38: <b>Adolescents and adult food portion sizes: an estimation and comparison of commonly consumed foods</b><br>Dr Salwa Albar  | Poster Board 42: <b>Process evaluation in drugs trials within adult learning disability populations: a systematic review</b><br>Elizabeth Randell   |
| Poster Board 31: <b>OPTIMISTIC case study: cognitive-behavioural treatment to reduce fatigue, increase activity and improve quality of life on a rare disease</b><br>Dr Sandra Van Laar  | Poster Board 35: <b>Parenting experiences and early maladaptive schemas: Mediators to adjustment in a community sample of atopic dermatitis patients</b><br>Dr Elli Kalaki  | Poster Board 39: <b>Who loses weight and keeps it off? A nationally-representative survey of overweight and obese adults in Portugal, Denmark and the UK</b><br>Dr Elizabeth Evans               | Poster Board 43: <b>A study of patients' and GPs' attitudes towards delayed antibiotic and symptomatic treatment for suspected UTI</b><br>Dr Sinead Duane   |
| Poster Board 32: <b>Development of an intervention to promote active school travel</b><br>Samuel Ginja   | Poster Board 36: <b>Planning During Motivational Interviewing in Relation to Weight Loss Maintenance</b><br>Dr Lauren Copeland  | Poster Board 40: <b>Taste and See: A preliminary investigation into a church-based, intuitive eating programme</b><br>Riya Patel   |   |

