

**ASO Northern Ireland Network, QUB and Division of Health Psychology  
NI Webinar, 2021**

**Digital Technologies and Weight Management**

**Tuesday 19<sup>th</sup> January 2021 – 10.00am -12.00pm**

This webinar will explore the role of digital technologies in weight management. Speakers will provide an overview of ongoing research in this area, including: the use of digital technologies for health communication related to obesity, their use in behaviour change interventions for weight management in a range of population groups, and the benefits and challenges involved in the design and implementation of digital health interventions in this field. This event is likely to interest researchers, practitioners, students, healthcare workers or those involved in public health and policy.

**Agenda:**

<b>Time</b>	<b>Presentation Title</b>	<b>Speaker</b>
10.00-10.10	Welcome and Introduction	Dr Roisin O’Neill (QUB), Dr Laura McGowan (DHPNI) and Miss Julia McClelland (ASO NI)
10.10-10.25	<i>“Technology and healthcare - past, present and future.”</i>	Dr Jane Walsh (NUI Galway)
10.25-10.40	<i>“Can digital technology support health behaviour change for those with overweight and obesity?”</i>	Dr Jenny Groarke (QUB)
10.40-10.55	<i>“An automated text message intervention to support weight loss after pregnancy - The Supporting MumS pilot RCT”</i>	Prof Michelle McKinley (QUB)
<b>Break</b>		
11.05-11.20	<i>“Communication technologies in the prevention &amp; management of obesity”</i>	Dr Anne Moorhead (UU)
11.20-11.30	<i>“A virtual learning tool to improve weight-related communication across healthcare settings.”</i>	Ms Fiona Quigley (UU)
11.30-11.40	Patient Perspective	Mr Gerry Barrett (ICPO)
11.40-12.00	Panel Discussion/ Closing Remarks	Chaired by Dr Roisin O’Neill (QUB)

## **Speaker Biographies**

### **Dr Jane Walsh - NUI Galway**



Jane Walsh is the Director of the Mobile Technology and Health (mHealth) Research Group where she is leading research on using novel technologies to deliver personalised interventions to promote health behaviour. She is leading and collaborating on over €8 million euro worth of projects including those funded by Horizon 2020, the Health Research Board, the Irish Cancer Society and Science Foundation Ireland.

Jane is the Co-Leader of the Health and Wellbeing Cluster in the Whitaker Institute and a member of the Irish Cancer Society Research Advisory Board and an Associate Editor of the Journal Psychology and Health. She is the former Chair of the Psychological Society of Ireland (PSI) Division of Health Psychology and is an active member of the European Health Psychology Society.

### **Dr Jenny Groarke – Queen’s University Belfast**



Jenny Groarke is a lecturer in Health Psychology at Queen’s University Belfast and member of the Centre for Improving Health-Related Quality of Life. Before coming to Belfast Jenny studied at the National University of Ireland, Galway where she was a member of the Psycho-Oncology and the mHealth research groups. She is a Chartered Psychologist and full member of the British Psychological Society Division of Health Psychology. Jenny has attracted funding from the Irish Research Council and the Economic and Social Research Council for research on music and loneliness.

### **Professor Michelle McKinley – Queen’s University Belfast**



Michelle McKinley is Professor of Nutrition at the Centre for Public Health, School of Medicine, Dentistry and Biomedical Sciences, Queen's University Belfast. Michelle’s research investigates the ability of dietary interventions to modify nutritional status and risk of chronic disease, particularly diabetes and cardiovascular disease, as well as exploring novel approaches to encouraging and supporting diet and lifestyle behaviour change and weight management throughout the life course. Examples of research activities in these areas include developing and evaluating complex interventions to support dietary and lifestyle change: in the school-setting; before, during and after pregnancy; and for people with type 2 diabetes. This work encompasses the use of m-health and e-health technology to support behaviour change.

**Dr Anne Moorhead – Ulster University**



Dr Anne Moorhead Ma, MSc, PhD, PgCHEP, CSci, RNutr (Public Health), SFHEA, is a Senior Lecturer in Health Communication at Ulster University. She is a Registered Mental Health Practitioner, Registered Public Health Practitioner, Registered Nutritionist, Public Health (RNutr), Chartered Scientist (CSci), and Accredited Healthcare Communicator, and a Senior Fellow of The Higher Education Academy (SFHEA). Dr Moorhead's research interest is in communication technologies for healthcare, particularly in the areas of obesity and mental health. She has led interdisciplinary national and international research projects and teams, secured research funding (including Wellcome Trust, ESRC and Horizon2020), and achieved extensive publications. Dr Moorhead is a Board member and Section Editor for the Journal of Medical Internet Research, the leading e-health peer reviewed journal. She is currently a member of several research external committees, including the research committee for the International Association for Communication in Healthcare, and Vice Chair of the NHS Research Ethics Committee, Office of Research Ethics Committees for Northern Ireland.

**Ms Fiona Quigley - Ulster University**



Fiona Quigley is undertaking a PhD to investigate and improve weight-related communication across healthcare settings. She has a background in technology, digital content development and training design, with much of her career to date being spent supporting healthcare professionals across the NHS and the Irish Health service.