

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

Digital Technologies and Weight Management

Tuesday 19th January 2021 – 10.00am -12.00pm

Q&A's

Thank you so much for a really interesting overview Dr Walsh. I am thinking about the long term maintenance of mHealth interventions, given the nature of technology as constantly evolving and updating. As researchers, we can design and fund the testing of interventions but it's difficult to see how they can be maintained long term. Do you have any insight on how this could be achieved? Have you seen any economic evaluations of mHealth interventions that take this into account or do you think the research has reached that point yet?

Have we any evidence of the difference in acceptability of uptake in different settings for such approach? We have some evidence that did not attend is reducing for some services that have moved to digital delivery (though not app approaches), particularly for those in rural areas who struggled to attend physical services.

Jenny - did you get feedback on a weekly basis from cancer survivors on BMI and did you set weekly goals for this? Did you follow up women at one year post trial - specifically if BMI reductions were maintained?

CHAT

From Miss Julia McClelland to Everyone: 10:13 AM

Hi everyone! We would really appreciate it if you could post the following link to the questionnaire on your social media pages: Queen's University Belfast invites you to complete a questionnaire about your experiences of having excess weight and your opinions on different terms used to describe weight/size. Please click the link

https://qubpublichealth.fra1.qualtrics.com/jfe/form/SV_2nUDx0DJGg8kFKZ

From Miss Julia McClelland to Everyone: 10:26 AM

Please post any questions you have to the Q&A box or the chat box

From Dunla Gallagher to All Panelists: 10:45 AM

Question for Jenny: Was there patient involvement in the development of text messages? Interesting that some found the messages motivating and others found them pressurising- was this dependent on how well they were doing in meeting their goals?

From Prof Michelle McKinley to All Panelists: 10:48 AM

Link to final report of the Supporting MumS pilot RCT if anyone wants more detail on any aspect - <https://www.evidence.nhs.uk/document?id=2225950&returnUrl=search?pa=4&ps=40&q=diet+and+pregnancy&s=Date>

From Debbie McGrory to All Panelists: 10:56 AM

In terms of messaging, what did you find was the most effective message when texting, thanks.

Thank-you Michelle.

From Ms Fiona Quigley to Everyone: 10:59 AM

Karen's experience shows much of what is not being address in tech-led interventions. It is about more than counting things.

From Me to Everyone: 10:59 AM

Absolutely

From Miss Julia McClelland to Debbie McGrory, All Panelists: 10:59 AM

Thank you for your question Debbie.

From Me to Everyone: 11:00 AM

So important to involve patients/participants throughout any development.

From Louise Tully to All Panelists: 11:02 AM

Thanks for including this really honest and important perspective

From Niamh Arthurs to All Panelists: 11:02 AM

Thank you so much Karen B for sharing your personal experiences and thoughts. And thank you ASO NI for highlighting the value and crucial place by including the voice of those living or affected by obesity.

From Susie Birney to Everyone: 11:03 AM

Love this, yes we do know these things work but if your mind is not in the right space it just doesn't matter. But the vicious circle is we feel self stigma for not being able to follow them like we perceive others are doing successfully.

Thank you for your honesty, it makes us all think before judging.

From Me to Everyone: 11:04 AM

Dr Jane Walsh says - Great to have this perspective highlighting the importance of taking the person's motivation into account in designing DBCIs. The focus needs to be less on weight and more on positive behaviours, feeling good, feeling strong/fit
However personalised goals allowing you feedback and instructions on how to engage in the desired activities is helpful in maintaining focus

From Ken Clare to Everyone: 11:05 AM

Thank you Karen for your honest, insightful and brave personal account.

From Dr Anne Moorhead to All Panelists: 11:06 AM

Thank you Karen for the very honest and real personal perspective.

From Me to Everyone: 11:06 AM

Heartfelt thanks to Karen for her account - it's integral that we represent real views

From Dr Jane Walsh to Everyone: 11:06 AM

Thanks Karen, brilliant to get that perspective

From Dunla Gallagher to All Panelists: 11:09 AM

Fantastic insight from Karen. How can we deliver automated tech interventions which can help motivate participants but avoid stigmatising them or making them feel any sense of failure when they aren't finding it easy to engage?

From Ms Fiona Quigley to Everyone: 11:12 AM

Yes, good question Dunla. I'd question the word motivate though. Most people don't lack motivation, it is often about what we define as success.

From Susie Birney to Everyone: 11:25 AM

I hope we will see "Healthy weight" used instead of "normal weight" in these studies. We suggested that for the Irish Model of Care BMI chart. I don't think even after 13 stone weight loss I hit "normal" range but was most certainly healthier and felt fairly normal!

That should be "healthier", as everyone can be healthy at different weights or BMI.

From Ms Fiona Quigley to Everyone: 11:25 AM

Thanks Susie.

From Claire Holmes to Everyone: 11:27 AM

I increasingly feel that weight loss programmes of all kinds set up most of the people who participate for failure. The expectation of these programmes is to achieve and maintain weight loss which, in the kind of food and cultural environment we have, is extremely difficult.

From Ms Fiona Quigley to Everyone: 11:31 AM

Yes, the complexity needs to be better addressed.

From Dunla Gallagher to All Panelists: 11:31 AM

Thank you Fiona, I completely appreciate your point about motivation. I guess that question was related to Karen's own words on her personal experience with retaining motivation. Support perhaps a better word?

From Ms Fiona Quigley to Everyone: 11:32 AM

Fair point, thanks.

From Me to Everyone: 11:35 AM

excellent points being discussed here

In terms of Claire's point above - Much more needs to be understood about weight loss maintenance - ultimately people are fighting biology at this stage which makes it extremely difficult without surgical intervention. Much more to be done on this front

From Leona Ryan to Everyone: 11:37 AM

This is really interesting and highlights the importance also of cultivating a good relationship between patients and healthcare professionals.

From Claire Holmes to Everyone: 11:41 AM

I think too there is a need to manage expectations - both of HCPs and of participants. How motivated would I be if I had to continually think about losing weight and maintaining my new weight? I think there would be times when I got completely fed up with the whole thing.

From Laura Taylor to All Panelists: 11:45 AM

That was great Fiona thank you. You clearly captured the importance of providing health care professionals the tools to help enable them have difficult conversations with patients in an empathetic and sensitive manner.

this account shows the level of commitment needed by clients and support required for weight maintenance. Its hard work and a constant effort.

From Me to Everyone: 11:46 AM

Agree Laura T

From Dr Anne Moorhead to Everyone: 11:47 AM

Absolutely Laura Taylor

From Ken Clare to Everyone: 11:49 AM

Thanks Gerry for your frank and open presentation. I identified with both your personal account as a man leaving with obesity, and the benefits you have gained from support groups . Thank you.

From Dr Anne Moorhead to Everyone: 11:53 AM

Thanks Gerry for an excellent and personal account, great points on the effort and long term journey of obesity management.

From Susie Birney to Everyone: 11:57 AM

Gerry would have loved to be here for the panel discussion. I will pass on these comments thank you!

From Me to Everyone: 11:58 AM

Thank you Susie - we are very grateful for his honest account of his experiences.

From Susie Birney to Everyone: 12:04 PM

Agree, support is always key but what works for everyone is very individual. They might not know themselves until it is explored

Thank you all for a great morning!