

## Curriculum Vitae: Dr Olga Perski

### Education/professional qualifications

2017 – 2019	BPS Stage 2 Professional Qualification in Health Psychology (University College London)
2015 – 2018	PhD in Health Psychology; Awarded with no corrections (University College London)
2014 – 2015	MSc in Health Psychology; Distinction (University College London)
2011 – 2014	BSc in Psychology & Philosophy; 2:1 (University of Bristol)

### Prizes/awards

2019	Early Career Award in Digital Health (CBC-IHE Conference 2019)
2017	Associate Fellow of the Higher Education Academy (PR131288)
2015	Award for Outstanding Thesis in MSc Health Psychology (British Psychological Society)

### Grants

2020 – 2021	Bender, J., Bradley, H., Cyr, A., Esplen, M.J., Forster, V., Gothard-Huang, A., Moody, L., Wassersug, R., Young, C., Ivers, N., Papadakos, J., <b>Perski, O.</b> , Potts, H., Soobiah, C., Tricco, A., Witteman, H., & Wong, G. Establishing Best Practices in Online Cancer Support Groups: A Realist Review. Canadian Institutes for Health Research (CIHR): Supporting Patient Oriented Research (SPOR) Catalyst Grant. <u>\$100,000.00</u>
2018	<b>Perski, O.</b> & Stevens, C. Using Ecological Momentary Assessment to Identify Within-Person Influences on Health-Related Behaviours: A Workshop to Inform Cancer Prevention Research at UCL and Beyond. UCL Grand Challenges Doctoral Students' Small Grant. <u>£1,062.63</u>
2016	<b>Perski, O.</b> , Newhouse, N., Bondaronek, P., Roberts, A. & Singh, A. The UCL 'TechSharing Seminars'. UCL Public Policy Small Grant. <u>£1,500.00</u>
2015 – 2018	<b>Perski, O.</b> Engagement with digital behaviour change interventions: Conceptualisation, measurement and promotion. 3-year PhD studentship from BUPA in collaboration with UCL. <u>£75,817.00</u>

### Professional history

2020	Consultant Health Psychologist (0.1 FTE), ONKO Health Ltd (UK)
2019	Consultant Health Psychologist (0.1 FTE), Adia Health Ltd (UK)
2017 – 2018	Consultant Health Psychologist (0.1 FTE), Smart Peak Flow Ltd (UK)
2017 – 2018	Consultant Health Psychologist (0.1 FTE), the Karolinska Institute (Sweden)
2017 – 2018	Graduate Teaching Assistant (0.1 FTE), University College London (UK)
2015	Research Assistant (0.5 FTE), Behavioural Insights Team, Department of Health (UK)
2013	Research Assistant, the ePsychiatry Unit, Huddinge University Hospital (Sweden)

### Editorial responsibilities

2019 –	Moderator, UCL CBC Digi-Hub ( <a href="https://www.ucl.ac.uk/behaviour-change/cbc-hubs/cbc-digi-hub">https://www.ucl.ac.uk/behaviour-change/cbc-hubs/cbc-digi-hub</a> )
2019 –	Section Editor, <i>JMIR Paediatrics &amp; Parenting</i>
2019 – 2020	National Editor (Sweden), <i>Practical Health Psychology</i> ( <a href="https://practicalhealthpsychology.com/">https://practicalhealthpsychology.com/</a> )

### Teaching activities

2020 –	Lectured on BSc Psychology (UCL)
2019	Half-day workshop convenor (Tommy's, London)
2019 –	Lectured on BSc Psychology (Roehampton University)
2019 –	Lectured on MSc Health Psychology (City, University of London)
2019 –	Lectured on BSc Population Health (UCL)
2018	Lectured on MSc Public Health (University of Birmingham)

2018	Lectured on MSc Health Informatics (UCL)
2018	Half-day workshop convenor (Nesta, London)
2017 –	MSc supervision (MSc Health Psychology, UCL; MSc Behaviour Change, UCL)
2017 –	Mentoring for Centre for Behaviour Change Summer School
2017 – 2018	Personal tutor (MSc Behaviour Change, UCL)
2017 –	Lectured on MSc Behaviour Change (UCL)
2017	Half-day workshop convenor (Ulster University)
2016 – 2017	Undergraduate writing laboratory tutor (UCL)
2016 – 2017	Undergraduate laboratory demonstrator (UCL)
2016 – 2017	MSc supervision (MSc Clinical Psychology, Gothenburg University, Sweden)
2016 – 2018	Personal tutor (MSc Health Psychology, UCL)
2016 – 2018	Journal club facilitator (MSc Health Psychology, UCL)

## Journal publications

### *Pre-prints/under review*

1. Kale, D., Herbeć, A., **Perski, O.**, Jackson, S., Brown, J., & Shahab, L. (under review). Associations between e-cigarette use and Covid-19: cross-sectional findings from the HEBECO study. <https://doi.org/10.1101/2020.12.01.20241760>
2. **Perski, O.**, Simons, D., Shahab, L., Brown, J., & Bailey, R. (under review). The association of smoking status with hospitalisation for COVID-19 compared with other respiratory viruses a year previous: A case-control study at a single UK National Health Service trust. <https://doi.org/10.1101/2020.11.26.20238469>
3. Chevance, G., Baretta, D., Heino, M., **Perski, O.**, Klasnja, P., Hekler, E., & Godino, J. (under review). Characterizing and predicting fluctuations in walking behavior continuously measured with an activity monitor. <https://osf.io/preprints/sportrxiv/bzi6s/>
4. Aldridge, R. W., Burns, R., Kirkby, V., Elsay, N., Murray, E., **Perski, O.**, Navaratnam, A., Williamson, E., Nieto-Martínez, R., Miranda, J. J., & Hugenholtz, G. C. (under review). Health on the Move (HOME) Study: Using a smartphone app to explore the health and wellbeing of migrants in the United Kingdom. <https://wellcomeopenresearch.org/articles/5-268/v1?src=rss>
5. **Perski, O.**, Stevens, C., West, R., & Shahab, L. (under review). Pilot randomised controlled trial of the Risk Acceptance Ladder (RAL) as a tool for targeting health communications. *Qeios*. <https://doi.org/10.32388/7IDPZ6>

### *In press/published*

1. Garnett, C., **Perski, O.**, Beard, E., Michie, S., West, R., & Brown, J. (in press). The Adrian Chiles effect? The impact of celebrity influence and national media coverage on user characteristics of an alcohol reduction app. *BMC Public Health*.
2. Bell, L., Garnett, C., Qian, T., **Perski, O.**, Potts, H., & Williamson, E. (2020). Visualising patterns of engagement with a behaviour change app for alcohol reduction. *Journal of Medical Internet Research*, 22(12), e23369. <https://www.jmir.org/2020/12/e23369>
3. Lugg, S., Kerr, A., Kadiri, S., Budican, A., Farley, A., **Perski, O.**, West, R., Brown, J., Thickett, D., & Naidu, B. (2020). Protocol for a feasibility study of smoking cessation in the surgical pathway before major lung surgery: Project MURRAY. *BMJ Open*. <http://dx.doi.org/10.1136/bmjopen-2019-036568>
4. Simons, D., Shahab, L., Brown, J., & **Perski, O.** (2020). The association of smoking status with SARS-CoV-2 infection, hospitalisation and mortality from COVID-19: A living rapid evidence review with Bayesian meta-analyses (version 7). *Addiction*. <https://doi.org/10.1111/add.15276>

5. Tattan-Birch, H., **Perski, O.**, Jackson, S.E., Shahab, L., West, R., & Brown, J. (2020). COVID-19, smoking, vaping and quitting: A representative population survey in England. *Addiction*. <https://doi.org/10.1111/add.15251>
6. Taak, K., Brown, J., & **Perski, O.** (2020). Exploring views on alcohol consumption and digital support for alcohol reduction in UK-based Punjabi-Sikh men: A think aloud and interview study. *Drug and Alcohol Review*. <https://doi.org/10.1111/dar.13172>
7. Bell, L., Garnett, C., Qian, T., **Perski, O.**, Potts, H., & Williamson, E. (2020). Protocol for the Notifications To Improve Engagement (NOTE) trial: a Micro-Randomised Trial to investigate how notifications influence engagement with the Drink Less app. <https://doi.org/10.2196/18690>
8. **Perski, O.**, Herbec, A., Shahab, L., & Brown, J. (2020). Influence of the SARS-CoV-2 Outbreak on the Uptake of a Popular Smoking Cessation App in UK Smokers: Interrupted Time Series Analysis. *JMIR mHealth and uHealth*, 8(6), e19494. <https://mhealth.jmir.org/2020/6/e19494/>
9. Chevance, G., Hekler, E.B., Efoui-Hess, M., Godino, J., Golaszewski, N., Gualtieri, L., Krause, A., Marraud, L., Nebeker, C., **Perski, O.**, Simons, D., Taylor, J.C., Bernard, P. (2020). Digital health at the age of the Anthropocene. *The Lancet Digital Health*, 2(6), e290-e291. [https://doi.org/10.1016/S2589-7500\(20\)30130-8](https://doi.org/10.1016/S2589-7500(20)30130-8)
10. **Perski, O.**, Beard, E., & Brown, J. (2020). Association between changes in harm perceptions and e-cigarette use among current tobacco smokers in England: A time series analysis. *BMC Medicine*, 18(98), 1-10. <https://doi.org/10.1186/s12916-020-01565-2>
11. **Perski, O.**, Chevance, G., & Hekler, E.B. (2020). Innovative methods for predicting and changing complex health behaviors: Four propositions. *Translational Behavioral Medicine*. <https://doi.org/10.1093/tbm/ibaa026>
12. **Perski, O.**, Garnett, C., Shahab, L., Brown, J., & West, R. (2020). Associations between smoking status and bodily pain in a cross-sectional survey of UK respondents. *Addictive Behaviors*, 102, 1-7. <https://doi.org/10.1016/j.addbeh.2019.106229>
13. **Perski, O.**, Lumsden, J., Garnett, C., Blandford, A., West, R., & Michie, S. (2019). Assessing the psychometric properties of the Digital Behaviour Change Intervention (DBCI) Engagement Scale in users of an app for reducing alcohol consumption: evaluation study. *Journal of Medical Internet Research*, 21(11), e16197. <https://doi.org/10.2196/16197>
14. **Perski, O.**, Jackson, S.E., Garnett, C., West, R., & Brown, J. (2019). Trends in and factors associated with the adoption of digital aids for smoking cessation and alcohol reduction: A population survey in England. *Drug and Alcohol Dependence*, 205, 1-7. <https://doi.org/10.1016/j.drugalcdep.2019.107653>
15. **Perski, O.**, Crane, D., Beard, E., & Brown, J. (2019). Does the addition of a supportive chatbot promote user engagement with a smoking cessation app? An experimental study. *Digital Health*, 5, 1-13. <https://doi.org/10.1177/2055207619880676>
16. **Perski, O.**, Naughton, F., Garnett, C., Blandford, A., Beard, E., West, R., & Michie, S. (2019). Do daily fluctuations in psychological and app-related variables predict engagement with an alcohol reduction app? A series of N-of-1 studies. *JMIR mHealth and uHealth*, 7(10), e14098. <https://mhealth.jmir.org/2019/10/e14098>
17. Jackson, S.E., **Perski, O.**, Crane, D., Michie, S., West, R., & Brown, J. (2019). Effectiveness of an offer of the Smoke Free smartphone application for smoking cessation: protocol for a randomized controlled trial. *Addiction*. <https://doi.org/10.1111/add.14652>
18. **Perski, O.**, Blandford, A., Garnett, C., Crane, D., West, R., & Michie, S. (2019). A self-report measure of engagement with digital behaviour change interventions (DBCI): Development and psychometric evaluation of the 'DBCI Engagement Scale'. *Translational Behavioral Medicine*. <https://doi.org/10.1093/tbm/ibz039>

19. Baretta, D., **Perski, O.**, Steca, P. (2019). Exploring users' experiences of the uptake and adoption of physical activity apps: longitudinal qualitative study. *JMIR mHealth and uHealth*, 7(2), e11636. <https://doi:10.2196/11636>
20. **Perski, O.**, Herd, N., West, R., & Brown, J. (2019). Perceived addiction to smoking and associations with motivation to stop, quit attempts and quitting success: A prospective study of English smokers. *Addictive Behaviors*, 90, 306-311. <https://doi.org/10.1016/j.addbeh.2018.11.030>
21. Garnett, C., **Perski, O.**, Tombor, I., West, R., Michie, S., Brown, J. (2018). Predictors of engagement, response to follow-up and extent of alcohol reduction in users of a smartphone app (Drink Less). *JMIR mHealth and uHealth*, 6(12), e11175. <https://doi.org/10.2196/11175>
22. **Perski, O.**, Baretta, D., Blandford, A., West, R., & Michie, S. (2018). Engagement features judged by excessive drinkers as most important to include in smartphone apps for alcohol reduction: A mixed-methods study. *Digital Health*, 4, 1-15. <https://doi.org/10.1177/2055207618785841>
23. Blandford, A., Gibbs, J., Newhouse, N., **Perski, O.**, Singh, A., & Murray, E. (2018). Seven lessons for interdisciplinary research on interactive digital health interventions. *Digital Health*, 4, 1-13. <https://doi.org/10.1177/2055207618770325>
24. **Perski, O.**, Herd, N., Brown, J., & West, R. (2018). Does consistent motivation to stop smoking improve the explanation of recent quit attempts beyond current motivation? A cross-sectional study. *Addictive Behaviors*, 81, 12-16. <https://doi.org/10.1016/j.addbeh.2018.01.037>
25. Herbec, A., **Perski, O.**, Shahab, L., & West, R. (2018). Smokers' Views on Personal Carbon Monoxide Monitors, Associated Apps, and Their Use: An Interview and Think-Aloud Study. *International Journal of Environmental Research and Public Health*, 15, 288. <https://doi.org/10.3390/ijerph15020288>
26. **Perski, O.**, Grossi, G., Perski, A., & Niemi, M. (2017). A systematic review and meta-analysis of tertiary interventions in clinical burnout. *Scandinavian Journal of Psychology*, 58, 551-561. <https://doi.org/10.1111/sjop.12398>
27. **Perski, O.**, Blandford, A., Ubhi, H. K., West, R., & Michie, S. (2017). Smokers' and drinkers' choice of smartphone applications and expectations of engagement: a think aloud and interview study. *BMC Medical Informatics and Decision Making*, 17:25. <https://doi.org/10.1186/s12911-017-0422-8>
28. **Perski, O.**, Blandford, A., West, R., & Michie, S. (2017). Conceptualising engagement with digital behaviour change interventions: a systematic review using principles from critical interpretive synthesis. *Translational Behavioral Medicine*, 7, 254-267. <https://doi.org/10.1007/s13142-016-0453-1>

### Conference presentations

1. Kwasnicka, D., **Perski, O.**, MacCann, M., & Naughton, F. (2020). Within-person intervention modelling: using individual ecological data to tailor behaviour change interventions. 19<sup>th</sup> General Meeting of the European Association of Social Psychology. Kraków, Poland, June 2020. *(oral presentation)*
2. Szinay, D., **Perski, O.**, Jones, A., Chadborn, T., Brown, J., & Naughton, F. (2020). A qualitative study exploring potential users' perception of factors influencing the uptake of and engagement with health and wellbeing smartphone apps. 6<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2019: Current and emerging science and technologies. London, UK, April 2020. *(oral presentation)*
3. Simons, M., Kramer, L., Nuijten, R., Schwarz, A., Sporrel, K., & **Perski, O.** Towards engaging and personalized mHealth tools: co-design, data-driven and just-in-time adaptive approaches. 6<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2019: Current and emerging science and technologies. London, UK, April 2020. *(discussant)*

4. **Perski, O.**, Crane, D., Beard, E., & Brown, J. (2020). Does the addition of a supportive chatbot promote user engagement with a smoking cessation app? An experimental study. 6<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2019: Current and emerging science and technologies. London, UK, April 2020. *(oral presentation)*
5. **Perski, O.**, Naughton, F., Hekler, E., & Brown, J. (2020). Can just-in-time adaptive interventions offer a promising solution to the 'engagement crisis' in digital behaviour change interventions? Society of Behavioral Medicine Annual Meeting. San Francisco, US, April 2020. *(oral presentation)*
6. Chevance, G., Golaszewski, N., Klasnja, P., Rivera, D., **Perski, O.**, & Hekler, E. (2020). How to prevent intervention habituation in digital health behavior change interventions? A computational framework for just-in-time adaptive interventions. Society of Behavioral Medicine Annual Meeting. San Francisco, US, April 2020. *(oral presentation)*
7. Szinay, D., **Perski, O.**, Jones, A., Chadborn, T., Brown, J., & Naughton, F. (2019). A qualitative study exploring potential users' perception of factors influencing the uptake of and engagement with health and wellbeing smartphone apps. Society of Behavioral Medicine Annual Meeting. San Francisco, US, April 2020. *(poster presentation)*
8. Szinay, D., **Perski, O.**, Jones, A., Chadborn, T., Brown, J., & Naughton, F. (2019). A qualitative study exploring potential users' perception of factors influencing the uptake of and engagement with health and wellbeing smartphone apps. UK Society for Behavioural Medicine Annual Meeting. Bath, UK, December 2019. *(poster presentation)*
9. **Perski, O.**, Crane, D., Beard, E., & Brown, J. (2019). Does the addition of a supportive chatbot promote user engagement with a smoking cessation app? An experimental study. Society for the Study of Addiction Annual Conference. Newcastle Upon Tyne, UK, November 2019. *(oral presentation)*
10. **Perski, O.**, Lumsden, J., Garnett, C., Blandford, A., West, R., & Michie, S. (2019). On the dimensional structure of digital engagement: Psychometric evaluation of the 'DBCI Engagement Scale'. European Health Psychology Society Annual Conference. Dubrovnik, Croatia, September 2019. *(poster presentation)*
11. **Perski, O.**, Naughton, F., Garnett, C., Blandford, A., Beard, E., West, R., & Michie, S. (2019). Using multiple imputation and Generalised Additive Mixed Models to analyse data from N-of-1 designs: Identifying within-person predictors of engagement with the Drink Less app. 5<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2019: Harnessing digital technology for behaviour change. London, UK, April 2019. *(oral presentation)*
12. **Perski, O.**, Blandford, A., Garnett, C., Crane, D., West, R., & Michie, S. (2018). A self-report measure of engagement with digital behaviour change interventions (DBCI): Development and psychometric evaluation of the 'DBCI Engagement Scale'. UK Society for Behavioural Medicine Annual Meeting. Birmingham, UK, December 2018. *(oral presentation)*
13. Garnett, C., **Perski, O.**, Tombor, I., West, R., Michie, S., & Brown, J. (2018). Predictors of engagement, response to follow-up and extent of alcohol reduction in users of the Drink Less app. UK Society for Behavioural Medicine Annual Meeting. Birmingham, UK, December 2018. *(oral presentation)*
14. Garnett, C., **Perski, O.**, Tombor, I., West, R., Michie, S., & Brown, J. (2018). Predictors of engagement, response to follow-up and extent of alcohol reduction in users of a smartphone app, Drink Less. International Network on Brief Interventions for Alcohol & Other Drugs Annual Conference. Santiago de Chile, Chile, September 2018. *(oral presentation)*
15. Herbec, A., **Perski, O.**, Tombor, I., Brown, J., Shahab, L., & West, R. (2018). Preferences and needs of smokers and recent ex-smokers regarding stop smoking apps – a synthesis of findings from three interview studies. Society for Research on Nicotine and Tobacco Europe Annual Meeting. Munich, Germany, September 2018. *(poster presentation)*

16. Tanenbaum, M., **Perski, O.**, Soederberg-Miller, L., Krugman, S., Breland, J., & Gibson, B. (2018). Harnessing Design Thinking to Enhance Behavioral Interventions. Society of Behavioral Medicine Annual Meeting. New Orleans, US, April 2018. *(panel discussion)*
17. **Perski, O.**, Baretta, D., Blandford, A., West, R., & Michie, S. (2018). Engagement features judged by excessive drinkers as most important to include in smartphone apps for alcohol reduction: A mixed-methods study. 4<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 2018. *(oral presentation)*
18. Matei, A., Gopinathan, K., & **Perski, O.** (2018). Voice-enabled smart speakers – Do health and fitness 'skills' incorporate behaviour change techniques? 4<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 2018. *(oral presentation)*
19. Herbec, A., **Perski, O.**, Tombor, I., Brown, J., Shahab, L., & West, R. (2018). Preferences and needs of smokers and recent ex-smokers regarding stop smoking apps: A synthesis of findings from three interview studies. 4<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 2018. *(oral presentation)*
20. Lumsden, J., **Perski, O.**, Skinner, A., Lawrence, N., & Munafò, M. (2018). Engagement with online cognitive tests: The role of gamification and financial incentives. 4<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 2018. *(poster presentation)*
21. **Perski, O.**, Blandford, A., West, R., & Michie, S. (2017). Developing an operational definition of engagement with digital behaviour change interventions: critical reflections. European Health Psychology Society Annual Conference. Padua, Italy, August 2017. *(oral presentation)*
22. **Perski, O.**, Blandford, A., Ubhi, H. K., West, R., & Michie, S. (2017). Smokers' and drinkers' choice of smartphone applications and their expectations of engagement: A think aloud and interview study. Society for Research on Nicotine and Tobacco Annual Meeting. Florence, Italy, March 2017. *(poster presentation)*
23. **Perski, O.**, Naughton, F., Matei, A., Blandford, A., West, R., & Michie, S. (2017). Engagement with digital behaviour change interventions: Key challenges and potential solutions. 3<sup>rd</sup> UCL Centre for Behaviour Change Digital Health Conference 2017: Harnessing digital technology for behaviour change. London, UK, February 2017. *(panel discussion)*
24. **Perski, O.**, Herbec, A., & West, R. (2016). Understanding engagement with a novel smoking cessation smartphone application: An exploratory analysis of usage data. European Health Psychology Society & BPS Division of Health Psychology Conference 2016. Aberdeen, Scotland, August 2016. *(oral presentation)*
25. **Perski, O.**, Herbec, A., & West, R. (2016). What can different user engagement measures tell us in RCTs of smoking cessation smartphone apps? 2<sup>nd</sup> UCL Centre for Behaviour Change Digital Health Conference 2016: Harnessing digital technology for behaviour change. London, UK, February 2016. *(oral presentation)*

#### **Invited talks**

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| 2020 | UCL Institute of Epidemiology and Health Care Webinar Series. Title: The association of smoking, nicotine and COVID-19.  |
| 2020 | Society for Research on Nicotine and Tobacco, Half-Day Virtual Conference on Tobacco, Nicotine & COVID-19: Existing Science, Emerging Evidence & Future Research. Title: The association of smoking status with SARS-CoV-2 infection, hospitalisation and mortality from COVID-19: A living rapid evidence review. |
| 2020 | Addictions Research Group, University of East Anglia, UK. Title: The association of smoking status with SARS-CoV-2 infection, hospitalisation and mortality from COVID-19: A living rapid evidence review.   |

- 2020 Public Health England Tobacco Control Implementation Board. Title: The association of smoking status with SARS-CoV-2 infection, hospitalisation and mortality from COVID-19: A living rapid evidence review.
- 2019 The Health and Behavioral Innovations in Technology (HABIT) Research Group, Fred Hutchinson Cancer Research Center, University of Washington, Seattle, US. Title: "Can just-in-time adaptive interventions help solve the 'engagement crisis'?"
- 2019 The Center for Wireless & Population Health Systems, University of California, San Diego, San Diego, US. Title: "Can just-in-time adaptive interventions help solve the 'engagement crisis'?"
- 2019 The Behaviour and Health Research Unit, University of Cambridge, Cambridge, UK. Title: "Engagement with digital behaviour change interventions: key challenges and potential solutions"
- 2019 Bupa Ltd, London, UK (webinar). Title: "Using digital behaviour change interventions to improve health outcomes – engagement and beyond"
- 2019 26th European Congress on Obesity, Glasgow, Scotland (integrative session presentation). Title: "Digital technologies and behaviour change: Challenges faced in obtaining engagement and potential solutions"
- 2018 International Society of Behavioral Nutrition and Physical Activity e- & mHealth Special Interest Group (webinar). Title: "Towards an operational definition of engagement with digital behaviour change interventions"
- 2017 Gothenburg University, ePsychiatry Unit, Gothenburg, Sweden. Title: "Engagement with digital behaviour change interventions: An overview and research agenda"
- 2017 Bupa Head Quarter, London, UK. Title: "We need to talk about engagement..."
- 2016 Nottingham University, Biomedical Research Unit, Nottingham, UK. Title: "Engagement with digital behaviour change interventions: Conceptualisation, measurement and promotion"

#### **Ad hoc reviewer**

Addiction  
 Addictive Behaviors  
 Annals of Behavioral Medicine  
 BMC Public Health  
 British Journal of Health Psychology  
 Cardiovascular Digital Health Journal  
 Digital Health  
 Frontiers in Endocrinology  
 General Hospital Psychiatry  
 International Journal of Human-Computer Interaction  
 Internet Interventions  
 Journal of Behavioral Medicine  
 Journal of Medical Internet Research  
 mHealth  
 npj Digital Medicine  
 Nicotine & Tobacco Research  
 PLoS ONE  
 Substance Use & Misuse  
 Translational Behavioral Medicine (Outstanding Reviewer Acknowledgement 2018)

#### **Professional memberships**

- 2017 – Society for the Study of Addiction
- 2017 – Society of Behavioral Medicine
- 2016 – European Health Psychology Society
- 2016 – British Psychological Society, Division of Health Psychology

### **Committee memberships**

- 2020 – Member of UCL Academic Board
- 2019 – Committee Member, European Health Psychology Society Special Interest Group on Digital Health & Computer Tailoring
- 2019 – Co-Chair of Careers Delivery Group, UCL Institute of Healthcare Engineering
- 2019 – Member of Programme Committee, SRTN 2020 Conference
- 2019 – Member of Scientific Committee, UCL Centre for Behaviour Change Digital Health Annual Conference
- 2018 – Member of Scientific Committee, the 'Smoke Free' app
- 2018 – Member of Organising Committee, UCL Institute for Digital Health Conference
- 2017-2019 – Member of Organising Committee, UCL Centre for Behaviour Change Digital Health Annual Conference
- 2016-2019 – Member of Organising Committee, UCL TechSharing Seminar Series