

SIG Council Meeting Minutes – SBM 2014

- The 2014 TTBCI Breakfast meeting was attended by ~27 people.
- **New Chairs announced:** Alex Rothman & Stephanie Case stepped down after serving from 2012-2014.
 - Incoming Senior Co-Chair: Arlen Moller, Associate Professor, Dept. of Psychology at Illinois Institute of Technology (amoller@iit.edu)
 - Incoming Junior Co-Chair: Heather Gainforth, Post-doctorate Research Associate, Center for Outcomes Research and Effectiveness at University of College London (h.gainforth@ucl.ac.uk)
 - *SBM (BEN) HAS BEEN UPDATED WITH THE CHANGES*
- **Member Survey recap:** Renee Magnan provided an overview of the Member Survey. Agreed that the results were broadly in line with our current activity, but that we should ensure the website is developed and that a mentoring system be considered.
- **TTBCI SBM 2014 events:**
 - 1 Pre-conference course; 1 Panel; 3 Symposia; 1 Roundtable; 1 Debate; Breakfast meeting; 1 Social Event.
 - The debate was standing room only!
 - Collaboration with other SIGs: Multiple Health Behavior Change, Obesity and Eating Disorders, Physical Activity, and Health Decision Making
- **Website development:** Goal is to have a functioning website by 2015.
 - Additional thoughts for website content:
 - Digital archive: have a digital record of talks/presentations that members could view online (e.g., of this year's debate). We need to ask SBM if this is allowed (or if they have rights to the content).
- **Ideas for next year's conference:**
 - Debate:
 - Consensus is that the debate must be on a topic that (i) most people have/could have an opinion on, (ii) there are genuine arguments for and against and (iii) is useful for the field to get more clarity and sharpness of thinking on.
 - Debate topic ideas:
 1. "Given we want to understand behavior change, it is time to put statistical models (?) and cross-sectional studies to bed"
 2. "Can epidemiology ever drive behavior change?"
 - a. Carlo di Clemente would be up for being involved
 3. "It is unethical to conduct intervention evaluations without a theoretical framework."
 4. "Designing interventions using health technologies (e.g., apps) demands an inductive approach; therefore, starting with a theoretical premise is not warranted."
 - Symposium/Panels:
 - Taking a social networks approach to understanding behavior change. Could cover topics such as how to use theory in dynamic, technology-based interventions that use social media as a platform for promoting behavior change.
 - "Ripple effects" of multiple behavior change
 - Extension of Dawn Wilson's presidential talk
 - Multiple health behavior change SIG is a natural fit
 - Breakfast meeting:

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- First half administrative; second half a “Data Blitz.” Data Blitz will be 2 minutes per speaker with the intent of introducing current research to members, getting them excited about what others are doing.

Guide that may be of interest to TTBCI Members:

The Behaviour Change Wheel: A Guide to Designing Interventions

Written by: Susan Michie, Lou Atkins & Robert West

NEW



Available to buy now

www.behaviourchangewheel.com

also available online and as an ebook



The revolutionary behaviour change guide
for policy makers, practitioners, intervention
designers and researchers