

**UConn** | UNIVERSITY OF  
CONNECTICUT

CENTER FOR MHEALTH AND SOCIAL MEDIA

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**P R O G R E S S  
R E P O R T**

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**AUG 2022 - AUG 2023**





# THE YEAR IN REVIEW

It was a productive year for research and training at CHASM! We had a fantastic conference in May (Health is Social: Leveraging the Metaverse to Improve Public Health) that attracted 227 attendees from 5 continents, 11 countries, and 32 states and DC. Keynotes featured experts from the World Health Organization, Stanford University, George Washington University, BehaVR, Brigham Young University, and more!

## MISSION

*The mission of the UConn Center for mHealth and Social Media is to advance the science of digital health by exploring novel applications of digital technologies to health problems, using technology to increase the impact and reach of health interventions, leveraging technology to gain a deeper understanding of health issues, and developing new methodologies with digital health tools to conduct clinical research. The Center's priorities are in the areas of research methodology and training.*

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Dr. Pagoto received funding from the NIDDK to conduct a randomized trial comparing two remotely delivered behavioral weight loss programs. Dr. Shrestha received an administrative supplement from the NIMH to develop an online HIV self-testing intervention to care for transgender women. Drs. Pagoto, Shrestha, and Palmer were also awarded funding from UConn's InCHIP department to test a proof-of-concept trial for a social media intervention addressing HPV vaccination among sexual minority women. The Center received a \$100,000 grant from Meta to conduct a training and guide for investigators wanting to use Facebook to deliver public health/behavioral interventions. Our team wrapped up their subcontract work with three R01s and Dr. Xu wrapped his seed grant with UConn's CAHNR department.

CHASM also hosted 8 webinars on topics including the impact of social media and technology on today's society, weight stigma, health misinformation, interactive media on health motivations, implementation science of mHealth Interventions, F31 fellowships, and doing research with LGBTQ+ populations.

The Center welcomed 3 new affiliate faculty in the past year: Dr. Bing Wang from the Department of Computer Science & Engineering, Dr. Swapna Gokhale from the Department of Computer Science & Engineering, and Dr. Zexin "Marsha" Ma from the Department of Communication. We also have had 18 graduate students and 34 undergraduate students working in CHASM in the past year.

Lastly, we are also very busy preparing for the 2024 launch of a virtual weight loss program, "Health is Social"!

## **Welcome to Drs. Wang, Gokhale, and Ma!**



Bing Wang, PhD



Swapna Gokhale, PhD



Zexin "Marsha" Ma, PhD

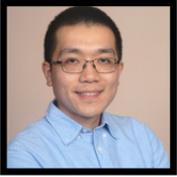
# Core Faculty



**Sherry Pagoto, PhD**  
Director  
Professor  
Allied Health Sciences



**Molly Waring, PhD**  
Director of Methodology Core  
Associate Professor  
Allied Health Sciences



**Ran Xu, PhD**  
Assistant Professor  
Allied Health Sciences



**Roman Shrestha, PhD, MPH**  
Assistant Professor  
Allied Health Sciences

# Affiliate Faculty



**Kim Gans, PhD, MPH**  
Professor  
Human Development and  
Family Sciences



**Loneke Blackman Carr, PhD, RD**  
Assistant Professor  
Nutrition



**Joel Salisbury, MFA**  
Assistant Professor  
Web and Interactive  
Media Design



**Anne Oeldorf-Hirsch, PhD**  
Assistant Professor  
Communication



**Debs Ghosh, PhD, MPhil, MA**  
Associate Professor  
Geography



**Jolaade Kalinowski, EdD**  
Assistant Professor  
Human Development and  
Family Sciences



**Tricia Leahey, PhD**  
Associate Professor  
Allied Health Sciences



**Eileen Carter, PhD, RN**  
Assistant Professor  
School of Nursing



**Shiri Dori-Hacohen, PhD**  
Assistant Professor  
Computer Science &  
Engineering



**Leila Daneshmandi, PhD**  
Assistant Professor  
School of Engineering &  
Biomedical Engineering



**Saraswathi Bellur, PhD**  
Associate Professor  
Communication



**Jocelyn Steinke, PhD**  
Associate Professor  
Communication



**Megan O'Grady, PhD**  
Assistant Professor  
Public Health Sciences



**Marcus Stallworth, LMSW**  
Academic Specialist  
School of Social Work

# Affiliate Faculty



**Jiyoun Suk, PhD**  
Assistant Professor  
Communication



**Rebecca Puhl, PhD**  
Professor  
Human Development and  
Family Sciences



**Rory McGloin, PhD**  
Associate Professor  
Communication



**Kenneth Lachlan, PhD**  
Professor  
Communication



**Marie Shanahan**  
Associate Professor  
Journalism



**Carolyn Lin, PhD**  
Professor  
Communication



**Adam McCready, PhD**  
Assistant Professor-in-Residence  
Higher Education and Student  
Affairs, School of Education



**Molly Land, JD**  
Professor  
School of Law



**Christine Ohannessian, PhD**  
Professor  
Pediatrics and Psychiatry  
School of Medicine



**Jayesh Kamath, MD, PhD**  
Professor  
Psychiatry, UConn Health Center



**Shardé Davis, PhD**  
Assistant Professor  
Communication



**Wizdom Powell, PhD, MPH**  
Associate Professor  
Psychiatry, UConn Health Center



**Christina Ross, PhD, RN**  
Assistant Professor  
School of Nursing



**Steven A. Demurjian, PhD**  
Professor  
Computer Science and Engineering



**Valerie Duffy, PhD**  
Professor  
Allied Health Sciences



**Thomas Agresta, MD, MBI**  
Professor  
Center for Quantitative Medicine

# Affiliate Faculty



**Michael Copenhaver, PhD**  
Professor  
Allied Health Sciences



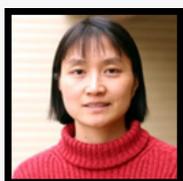
**John Murphy, MS, MA**  
Assistant Professor-in-Residence  
Digital Media and Design



**Caitlin Elsaesser, PhD**  
Associate Professor  
School of Social Work



**Elizabeth Gromisch, PhD**  
Assistant Professor  
Department of Neurology  
UConn School of Medicine



**Bing Wang, PhD**  
Professor  
Computer Science & Engineering



**Swapna Gokhale, PhD**  
Associate Professor  
Computer Science & Engineering



**Zexin "Marsha" Ma, PhD**  
Associate Professor  
Department of Communication

## Staff



**Kaylei Arcangel, MS**  
Research Coordinator



**Joseph DiVito**  
Research Coordinator



**Haley Troy**  
Research Coordinator



**Jessica Deojay**  
Program Assistant



**Natalie Lueders**  
Digital Content Specialist



**Lindsay Palmer, PhD**  
Post-doctoral Fellow

# Faculty Spotlight



## Jolaade Kalinowski, Ed.D

Assistant Professor

Department of Human Development  
and Family Studies

University of Connecticut

**Your program of research is on cardiovascular disease in Black women---such an important topic! Tell us about how you are using technology in the interventions you are developing for this population.**

I first became interested in using technology as a tool for behavioral cardiovascular disease interventions when I found that many of the in-person interventions posed barriers a lot of barriers for participants. As a postdoctoral fellow, I conducted focus groups among Black women with hypertension and found that there was an untapped opportunity for leveraging digital tools to reduce cardiovascular risk in this population.

**What sort of feedback do you get from research participants on these technologies?**

This is by far, one of the most rewarding aspects of my work. I hear overwhelmingly positive feedback about the incorporation of digital tools and technology. I recently conducted post-intervention focus groups following a digital intervention for Black women with hypertension and found that participants enjoyed the flexibility and convenience of these tools.

**What advice do you have for junior researchers who want to use technology in their work? Is there anything you wish you knew when you were first starting off?**

This is a great question. I would say it is important to find what you are passionate about and build from there. Find mentors in the area who are willing to mentor you. Attend relevant conferences and workshops to network with people in the field and learn about up-and-coming technologies and developments. I often find that we all have something that led us to our interests—whether that is a personal experience or whatever it may be, let that motivate you!

**What emerging trends in health technology are you most excited about when it comes to cardiovascular disease prevention?**

I am most excited about wearables and the potential for how we may be able to use these tools to measure and manage blood pressure, glucose levels and more. I am looking forward to new developments in this area and hope to be able to use such tools in my future work.

**Do you use technology for health in your own life? What are your favorites and why?**

Personally, I am very into wearables and using my own personalized data to inform my personal decisions/habits. For example, I recently got an oura ring and I love that I can track my sleep duration and quality. I can see trends between certain behaviors and outcomes. Having access to my own personalized data is so informative!

# Graduate Students



**Jared Goetz**

Graduate Research Assistant  
Doctoral student, Health Promotion Sciences (Pagoto)



**Richard Bannor**

Graduate Research Assistant  
Doctoral student, Health Promotion Sciences (Pagoto)



**Christie Idiong**

Graduate Research Assistant  
Doctoral student, Health Promotion Sciences (Pagoto)



**Cindy Pan**

Graduate Research Assistant  
Masters student, Public Health (Schensul, Chapman, & Lewis)

# Undergraduate Students

## ***Course Credit Research Mentees***

Deema Haidar  
Elena Muniz

## ***Work-Study Research Assistants***

Erin Keary  
Shanya Thomas

## ***Volunteer Research Mentees***

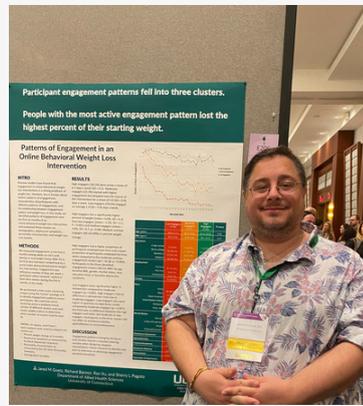
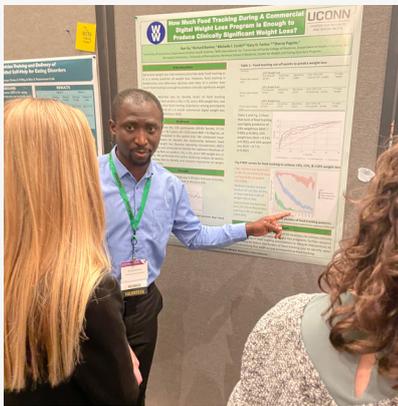
Qasim Malik  
Alisha Chhabra  
Katherine Peavy

# Center Spotlights

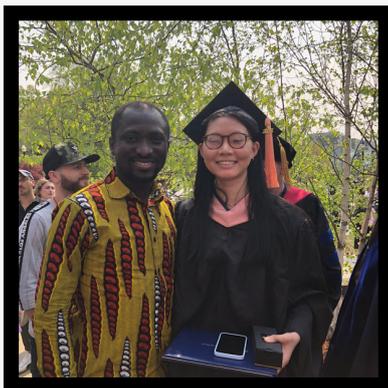
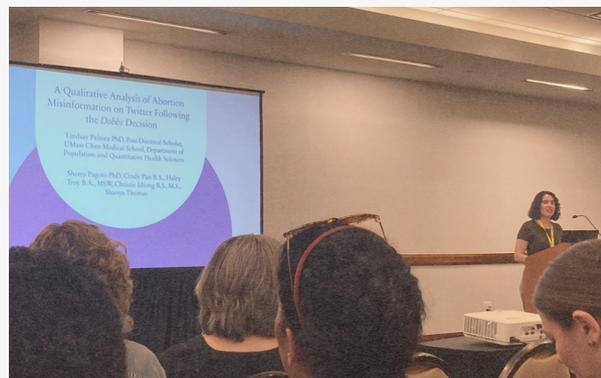
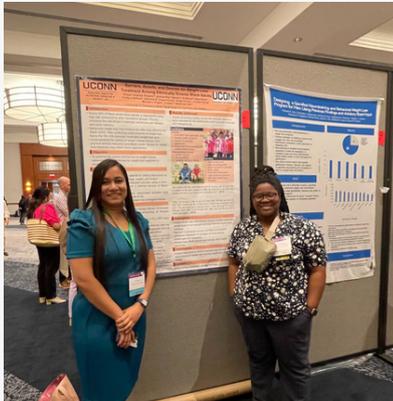
The Center was well represented from poster presentations to panel discussions at the 44th Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ.



Pictured are L-R: Dr. Jolaade Dr. Kalinowski (UConn), Rhonda K. Dailey (Wayne State University), Liane M Ventura, MPH (East Tennessee State University), Dr. Sherry Pagoto (UConn), and Dr. Lindsay Palmer (UConn)



Congratulations to our graduate students (Richard Bannor, Jared Goetz, and Christie Idiong) and our Postdoctoral Fellow (Lindsay Palmer) for presenting at the 44th Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ



Graduate student Cindy Pan successfully applied for a grant in the Africana Studies in February 2023. The Africana Studies Institute at the University of Connecticut awarded 12 months of funding towards her Thesis project. The purpose of her research project is to explore the impact of the Dobbs decision by conducting focus groups of 25 Black women who had an unplanned pregnancy in one of the 26 US states with new abortion bans to examine factors associated with elevated maternal mortality. The results will inform the development of a technology-delivered intervention targeting Black women of child-bearing age in states with abortion bans and poor access to contraception.

# Research

## Funded: \$2,570,491

- NIH 1R01DK136795** (PI: Pagoto) \$2,470,441 2023-2028  
A Non-Inferiority Trial Comparing Synchronous and Asynchronous Remotely Delivered Lifestyle Interventions
- UConn InCHIP** (PI: Pagoto, Sub PI: Shrestha, Palmer) \$50,000 2023-2025  
A Proof-of-Concept Trial of a Social Media Delivered HPV Vaccination Intervention in Sexual Minority Women
- NIH 1R34MH130233** (PI: Pagoto) \$100,000 2023-2024  
Development of an online HIV self-testing intervention with online-to-offline linkage to care for transgender women

## Completed Projects

- CAHNR Pilot Award** (PI: Shresha) \$15,000 2022-2023  
mHealth Intervention to Reduce Harm of Sexualized Drug Use (Chemsex) among Men Who Have Sex with Men in Malaysia
- NIH R21TW011665** (PI: Shresha) \$1,319,241 2020-2023  
Development and testing of a mobile app to enhance HIV prevention cascade in Malaysian MSM
- NIH R21AI152937** (PI: Wickersham, Consultant: Shrestha) 2020-2023  
Developing an Artificial Intelligence Chatbot to Promote HIV Testing
- CAHNR Seed Grant** (PI: Xu) \$60,000 2020-2023  
Developing a food image recognition technique to evaluate the nutrition information of restaurant foods and community food environment.
- IN US 4125629** (PI: Shrestha) \$522,126 2019-2023  
Expanding Pre-Exposure Prophylaxis (PrEP) Implementation in Communities of People Who Inject Drugs and Their Risk Network Members
- USDA/CAHNR Capacity Grant** (PI: Waring) \$19,994 2019-2022  
How mothers evaluate and spread information related to child nutrition on social media
- Busch Biomedical Grant** (PI: Rawal, Co-PI: Shrestha) \$39,935 2018-2023  
Methadone vs. Buprenorphine Therapy for Opioid Dependence: Diet and Metabolic Implications
- NIH 1R01DK115545** (PI: Jaser, Sub-PI: Pagoto) \$373,921 2018-2023  
Communication and Coping: Addressing Mothers' Needs to Improve Outcomes in Adolescents with T1D
- NIH 1R01CA221854** (PI: Manne, Sub-PI: Pagoto) \$499,364 2018-2023  
Facebook Intervention for Young Onset Melanoma Patients and Families
- NIH 1R01CA218068-01** (PI: Stapleton, Sub-PI: Pagoto) \$486,807 2017-2023  
Randomized Trial of a Social Media-Delivered Intervention Targeting Indoor Tanning Users
- NIH R01CA210259** (PI: Buller/Walkosz, Sub-PI: Pagoto) \$133,917 2017-2022  
Using Technology to Scale-up an Occupational Sun Protection Policy Program

# Research

## Ongoing Projects

<b>FAI: BRIMI</b> (PI: Dori-Hacohen, Co-PI: Pagoto) \$392,994 Bias Reduction in Medical Information	2022-2025
<b>USDA/NIFA (accession # pending)</b> (PI: Waring) \$60,000 Development and feasibility of a digital intervention to increase parents' child nutrition knowledge and digital health literacy	2022-2025
<b>NIMH R34MH130233</b> (MPI: Shrestha) \$717,145 Integrated online-to-offline (O2O) model of care for HIV prevention and treatment among men who have sex with men	2022-2025
<b>R305D220022</b> (PI: Kenneth Frank, Sub PI: Xu) \$886,592 Quantifying the Robustness of Causal Inferences: Extensions and Application to Existing Databases.	2022-2025
<b>NIH 1F31DK132955-01</b> (PI: Goetz) \$93,504 The relationship between positive and negative affect of high and low arousal and dietary temptation and lapse in daily life	2022-2024
<b>NIH 1R01AI158818-01</b> (PI: Buller, Sub-PI: Pagoto) \$54,569 Preventing COVID-19 with a Social Media Intervention: Vaccine Acceptance and Physical Distancing	2021-2024
<b>Gilead Research Scholar Program in HIV</b> (PI: Shrestha) \$130,000 Quantifying the Robustness of Causal Inferences: Extensions and Application to Existing Databases.	2021-2024
<b>NIAID R21AI157857</b> (MPI: Shrestha) \$460,625 Improving HIV testing and PrEP for transgender women through mHealth	2021-2023
<b>NIDA K01DA051346</b> (PI: Shrestha) \$765,496 Training in mHealth Prevention with MSM	2020-2025
<b>K24HL124366-0</b> (PI: Pagoto) \$662,612 Mentoring in mHealth and Social Networking Interventions for CVD Reduction	2020-2025
<b>NHLBI R34HL145439</b> (PI: Pagoto) \$709,180 Building Habits Together: Feasibility trial of an integrated mobile and social network weight loss intervention	2020-2024
<b>NIAID R21AI157857</b> (PI: Shrestha) \$460,625 Integrated rapid access to HIV prevention program for people who inject drugs	2020-2024

# Student Spotlight



## Jared Goetz

Doctoral student, Health Promotion Sciences

June 2023 marked the first year of Jared Goetz's NIH F31 predoctoral fellowship! The fellowship funds two years of his doctoral training as he progresses towards becoming a candidate and defending his dissertation. He is the first student in the Health Promotion Sciences program to receive a fellowship grant through the NIH. We interviewed Jared to hear more about his project and his future plans in apply the data.

**Project Title:** The relationship between positive and negative affect of high and low arousal and dietary temptation and lapse in daily life

**Project Number**

1F31DK132955-01

**Amount Awarded**

\$93,504

**Duration**

06/2022-06/2024

**Can you give an overview about your research project?**

My research project is focused on the role of emotion in eating behaviors. Specifically, we are using ecological momentary assessment to track emotions and during the daily life of participants who are trying to lose weight by dieting and instances when they experience dietary temptations and lapses. The goal is to understand not just whether emotions are related to dietary lapses, but if the valence and arousal of the emotions are specifically related to dietary lapses. We hypothesized that low arousal positive emotions such as calmness would be protective against dietary temptations and lapses.

**What motivated you to pursue this particular research topic?**

I've been interested in emotion and health since I was an undergrad. I became very interested in the role eating plays in health, especially in weight management, and understanding emotional eating became my foremost research interest. One thing I noted in the literature was that typical emotional eating research only focused on emotional valence (the hedonic quality, positive or negative, of emotional states) but not emotional arousal (how energized the experience is) which is another equally important dimension when understanding emotions. My goal is to expand our understanding of emotional eating to arousal as well as valence as both dimensions have been shown to have keen impacts on behavior in other fields, so it will be necessary to understand them for eating as well.

**How do you see your research contributing to the broader scientific community?**

I hope to expand the idea of emotional eating to include a broader and deeper understanding of emotional experiences. While emotional eating has a large body of research and is a concept often discussed by the general public, there are blindspots that I hope to help shed light on. Understanding what sorts of emotions are related to dietary lapses could immediately be used in education for people who are dieting or trying to lose weight. However, I think the broader benefits are likely to come if we can harness this knowledge to design interventions that specifically address emotions as a risk factor, possibly even using to help determine when people are in need of extra intervention or support.

**After you complete this project, what are your future career plans?**

After graduation, I plan on seeking a fellowship to continue my training working in obesity and weight management. My goal is to continue working in understanding determinants of eating behavior and how emotion in particular affects eating.

# CORE FACULTY PUBLICATIONS

## Peer-Reviewed

Antrum CJ, Waring ME, Cohen JFW, Stowers KC. Within-store fast food marketing: The association between food swamps and unhealthy advertisement. *Prev Med Rep.* 2023;35:102349. Published 2023 Jul 26. doi:10.1016/j.pmedr.2023.102349

Asare, A. K., Bannor, R., Yawson, R. M., and Bawole, J. N. (2023). Healthcare System Innovation – The Case of Adoption of Telemedicine in Ghana. *International Journal of Business and Systems Research.* Vol. 17, No. 4, 407 – 441. <https://doi.org/10.1504/IJBSR.2022.10040286>

Atoyole, A, Goetz, J, Pagoto, S. Remotely-delivered and clinic-delivered lifestyle interventions produced similar effects on the diet quality of participants. *Journal of Public Health. (Berl.)* (2023). <https://doi.org/10.1007/s10389-023-01835-2>.

Bamgbade BA, McManus DD, Briesacher BA, et al. Medication cost-reducing behaviors in older adults with atrial fibrillation: The SAGE-AF study. *J Am Pharm Assoc* (2003). 2023;63(1):125-134. doi:10.1016/j.japh.2022.08.030

Bonar EE, Chapman L, Pagoto S, Tan CY, Duval ER, McAfee J, Collins RL, & Walton MA. Social media interventions addressing physical activity among emerging adults who use cannabis: A pilot trial of feasibility and acceptability. *Drug and Alcohol Dependence*, 2023 Jan 1;242:109693. doi: 10.1016/j.drugalcdep.2022.109693.

Brown, N, Zipf, S, Pagoto, S, Waring, ME, Hatfield, N, Palmer, L, Lewis, KA, Workman, D. Emergency remote instruction in 2020: Differential impacts on STEM students' confidence and belonging by gender, race/ethnicity, and socioeconomic status. *Frontiers in Education.* 15 Sept 2022, vol 7 doi.org/10.3389/feduc.2022.915789.

Buller, DB, Pagoto, S, Henry, KL, Baker, K, Walkosz, B, Hillhouse, J, Berteletti, J, Bibeau, J. Effects of engagement with a social media campaign for mothers to prevent indoor tanning by teens in a randomized trial. *Journal of Health Communication.* 2022 Aug 22;1-13. doi:10.1080/10810730.2022.2113839. Online ahead of print. PMID: 35993376

Buller DB, Pagoto S, Walkosz BJ, Woodall WG, Berteletti J, Kinsey A, Henry K, DiVito J. The process of responding to covid-19 misinformation in a social media feed. *J Public Health Manag Pract* 2022 Nov 11. doi: 10.1097/PHH.0000000000001679. Online ahead of print. PMID: 36383086

Buller, DB, Walkosz, B, Henry, KL, Woodall, G, Pagoto, S, Berteletti, J, Kinsey, A, Divito, J, Baker, K, Hillhouse, J. Promoting social distancing and COVID-19 vaccine intentions: Comparison of information sources in a social media feed. *JMIR Infodemiology.* 2022 Aug 23;2(2):e36210. doi: 10.2196/36210. eCollection 2022 Jul-Dec. PMID: 36069372 PMID: PMC9400429

# Publications (cont.)

Buscemi, J, Fitzgibbon, M, Shen, M, Schneider, KL, Dulin, A, Figueiroa, R, Bell, B, Pagoto, S. Advocacy efforts of the Society of Behavioral Medicine: A 6-Year Update. *Transl Behav Med.* 2023 Jul 11:ibad042. doi: 10.1093/tbm/ibad042. Online ahead of print.PMID: 37432369

Dai Q, Mehawej J, Saczynski JS, et al. Usefulness of Self-Reported Physical Activity and Clinical Outcomes in Older Patients With Atrial Fibrillation. *Am J Cardiol.* 2022;181:32-37. doi:10.1016/j.amjcard.2022.07.010

Dubov, A., Altice, F., Gutierrez, J., Wickersham, J., Azwa, I., Kamarulzaman, A., Gautam, K., & Shrestha, R. Service delivery preferences for pre-exposure prophylaxis (PrEP) of men who have sex with men in Malaysia: Results of a discrete choice experiment. *Scientific Reports.* 2023; 13(1):14200. doi: 10.1038/s41598-023-41264-5.

Gautam, K., Paudel, K., Jacobs, J.\*, Wickersham, J., Ikhtiaruddin, W., Azwa, I., Saifi, R., Sim, H., & Shrestha, R. Usability and Acceptability of the Safer Chemsex Package ("PartyPack"): mHealth-Delivered Sexual Harm Reduction Tool for Men Who Have Sex with Men in Malaysia. *JMIR Formative Research.* 2023; 7:e48113. doi: 10.2196/48113.

Ha, T., Given, D., Hui, S., Nguyen, T., Nguyen, N., Shrestha, R., Lisa, F., & Schensul, S. (2023). Assessing barriers and utilization of sexual and reproductive health services among female migrant workers in Vietnam. *International Journal of Environmental Research and Public Health.* 21:207640231188033. doi: 10.1177/00207640231188033.

Ha, T., Hui, S., Shrestha, R., Gaikwad, S. S., Joshi, K., Padiyar, R., & Schensul, S. The mediating effect of changes in depressive symptoms on the relationship between health-related quality of life and alcohol 3 consumption: Findings from a longitudinal study among people living with HIV in India. *International Journal of Environmental Research and Public Health.* 2023; 20(8):5567. doi: 10.3390/ijerph20085567.

Ha, T., Hui, S., Su, T.W., Shrestha, R., Nguyen, T., Nguyen, N., Baumann, S., & Schensul, S. (2023). The mediation effects of sexual self-efficacy in the relationship between psychosocial wellbeing and depressive symptoms among female migrant workers in Vietnam. *International Journal of Social Psychiatry*, in press.

Heersping GE, Waring ME. Reasons mothers of young children delayed or skipped preventive health care during the first year of the COVID-19 pandemic. *Fam Pract.* Published online January 23, 2023. doi:10.1093/fampra/cmada001

# Publications (cont.)

Jake-Schoffman, Waring, ME, DiVito, J, Goetz, Pan, C, Pagoto, S. The relationship between how participants articulate their goals and accomplishments and weight loss outcomes: Secondary analysis of a pilot of an online weight loss intervention. *JMIR mHealth uHealth*. 2023 Mar 16;11:e41275. doi: 10.2196/41275.PMID: 36927569

Kalinowski, J., Idiong, C.I., Blackman-Carr, L., Cooksey-Stowers, K., Davis, S, Pan, C., Chhabra, A., Eaton, L., Gans, K. and Pagoto, S., (2023). Leveraging the Black Girls Run Web-Based Community as a Supportive Community for Physical Activity Engagement. *Journal of Medical Internet Research Formative Research*, 7(1).

Kim, R., Wickersham, J., Maviglia, F., Azwa, I., Galka, J., Gautam, K., & Shrestha, R. Willingness to Use HIV Self-Testing (HIVST) for HIV prevention among Female Sex Workers in Malaysia. *Frontiers in Medicine*. 2023; doi: 10.3389/fmed.2023.1022746

Lubitz, SA, Faranesh, AZ, Selvaggi, C, Atlas, SJ, McManus, DD, Singer, DE, Pagoto, S, McConnell, MV, Pantelopoulous, A, Foulkes, AS. Detection of atrial fibrillation in a large population using wearable devices: The Fitbit Heart Study. *Circulation*. 022 Nov 8;146(19):1415-1424. doi: 10.1161/CIRCULATIONAHA.122.060291. Epub 2022 Sep 23.PMID: 36148649.

Manne, SL, Kashy, DA, Pagoto, S, Peterson, SK, Heckman, CJ, Gallo, J, Berger, A, Buller, DB, Kulik, A, Frederick, S, Pesanelli, M. Engagement in and correlates of total cutaneous exams and skin self-exams among young melanoma survivors and their family. In press. *Journal of Behavioral Medicine*.

Manne, S, Pagoto, S, Peterson, S, Heckman, CJ, Kashy, DA, Berger, A, Buller, DB, Gallo, J, Kulik, A, Frederick, S, Pesanelli, M, Domider, M, Grosso, M. Facebook Intervention for young onset melanoma survivors and families: Protocol for a randomized controlled trial. *JMIR Research Protocols*. 2023 Jan 24;12:e39640. doi: 10.2196/39640.

McVay, AM, Lavoie, H, Rajoria, M, Leong, MC, Lou, X, McMahan, L, Patnode, C, Pagoto, S, Jake-Schoffman, DE. The impact of pre-enrollment steps and behavioral run-ins on outcomes in behavioral weight loss trials: A meta-regression analysis. *American Journal of Preventive Medicine*, 2023, Feb 22: S0749-3797(23)00051-X. doi: 10.1016/j.amepre.2023.01.034.

Mistler, C., Shrestha, R., Gunstad, J., Collins, L., Madden, L., Huedo-Medina, T., Copenhaver, N., & Copenhaver, M. (2023). Application of the multiphase optimization strategy (MOST) to optimize HIV prevention targeting people on medication for opioid use disorder (MOUD) who have cognitive dysfunction: protocol for a MOST study. *BMJ Open*, in press.

Pagoto, S, Palmer, L, Horwitz-Willis, N. The next infodemic: Abortion misinformation. *Journal of Medical Internet Research*. *J Med Internet Res* 2023;25:e42582 doi: 10.2196/42582 PMID: 37140975 PMCID: 10196890.

# Publications (cont.)

Pagoto SL, Waring ME, Groshon LC, Rosen AO, Schroeder MW, Goetz JM. Proof-of-Concept Feasibility Trial of a Dissonance-Based Sun Safety Intervention for Young Adult Tanners. *Ann Behav Med.* 2022;56(8):830-841. doi:10.1093/abm/kaab116

Pagoto, S, Xu, R, Bullard, T, Foster, GD, Bannor, R, Arcangel, K, Divito, J, Schroeder, M, Cardel, MI. An evaluation of a personalized multi-component commercial digital weight management program. *J Med Internet Res*, in press.

Palacz-Poborczyk, I, Idziak, P, Januszewicz, A, Luszczynska, A, Quested, E, Hagger, M, Pagoto, S, Verboon, P, Robinson, S, Naughton, F, Kwasnicka, D. An intervention mapping study: Developing the Choosing Health digital weight loss and maintenance intervention. *JMIR*, 2022 Oct 18;24(10):e34089. doi: 10.2196/34089.PMID: 36256827

Palacz-Poborczyk, I, Luszczynska, A, Naughton, F, Baska, A, Quested, E, Hagger, M, Pagoto, S, Verboon, P, Robinson, S, Chamberlain, K. Exploring health perceptions and health priorities through photo elicitation. *Psychology & Health*, in press.

Palmer, L., Maviglia, F., Wickersham, J.A., Kennedy, O., Copenhaver, N.M., Uyer, C., Akbar Ab Halim, M., Khati, A., Azwa, I., Shrestha, R. (2023). Chemsex and harm reduction practices among men who have sex with men in Malaysia: Findings from a qualitative study. Accepted to the *Journal of Psychoactive Drugs*.

Paudel, K., Gautam, K., Sujan, S.H., Wickersham, J., Chaudhari, P.R., & Shrestha, R. Uncovering the knowledge gaps: A survey on human monkeypox infection among men who have sex with men in Nepal. *Health Prospect.* 2023; 22(1): 1-8. doi:10.3126/hprospect.v22i1.53504.

Paudel, K., Gupta, S.\*, Gautam, K., Wickersham, J., Khati, A., Azwa, I., Toan, H., & Shrestha, R. High interest in long-acting injectable pre-exposure prophylaxis (LAI-PrEP) for HIV prevention among men who have sex with men (MSM): Result from a nationwide survey in Malaysia. *Journal of Community Health.* 2023; 48(3):513- 521. doi: 10.1007/s10900-023-01195-8.

Pierre-Louis IC, Saczynski JS, Lopez-Pintado S, et al. Characteristics associated with poor atrial fibrillation-related quality of life in adults with atrial fibrillation. *J Cardiovasc Med (Hagerstown).* 2023;24(7):422-429. doi:10.2459/JCM.0000000000001479

Rosen, A., Wickersham, J., Khati, A., Altice, F., Jeri-Wahrhaftig, A., Tee, V., Luces, J., Azwa, I., Ab Halim, M.A.\*, Ni, Z., Kamarulzaman, A., & Shrestha, R. Barriers and Facilitators to Pre-Exposure Prophylaxis (PrEP) Use Among Men Who Have Sex with Men in Malaysia: A Qualitative Assessment Using Nominal Group Technique. *International Journal of Environmental Research and Public Health.* 2023; 20(9):5669. doi: 10.3390/ijerph20095669.

# Publications (cont.)

Shrestha, R., Altice, F., Khati, A., Azwa, I., Gautam, K., Gupta, S., Sullivan, P., Ni, Z., Kamarulzaman, A., Phiphatkhunarnon, P., & Wickersham, J. Clinic-Integrated smartphone App (JomPrEP) to Improve Uptake of HIV Testing and Preexposure Prophylaxis Among Men Who Have Sex With Men in Malaysia: Mixed Methods Evaluation of Usability and Acceptability. *JMIR mHealth & uHealth*.2023;11:e44468. doi:10.2196/44468

Randell RL, Hornik CP, Curtis L, Hernandez AF, Denwood T, Nebeker C, Sugarman J, Tyl B, Murakami M, Wilberforce LO, Pagoto S, Vedin O, Andersson, T, Carrasquillo O, Dolor R, Kollins SH, Pellegrino J, Ranney ML. "Click and Mortar" Opportunities for Digitization and Consumerism in Trials. *Contemp Clin Trials*. 2023 Jul 20;132:107304. doi: 10.1016/j.cct.2023.107304. Online ahead of print. PMID: 37481202

Xu, R, Bannor, R, Cardel, MI, Foster, GD, Pagoto, S. How much food tracking during a digital weight management program is enough to produce clinically significant weight loss? *Obesity (Silver Spring)*. 2023 Jul;31(7):1779-1786. doi: 10.1002/oby.23795. Epub 2023 Jun 4.PMID: 37271576.

Xu, R, Divito, J, Bannor, R, Schroeder, M, Pagoto, S. Predicting participant engagement in a social media delivered intervention using microlevel conversational data: Secondary analysis of data from a pilot feasibility trial. *JMIR Form Res*. 2022 Jul; 6(7), e38068. doi: 10.2196/38068, PMCID: PMC9377444

Wallace, GT, Buller, DB, Pagoto, S, Berteletti, J, Baker, KE, Mathis, S, Henry, KL. Nonmedical prescription drug use among female adolescents: The relative influence of maternal factors, social norms, and perceptions of risk and availability. *Drugs*. 2023;30(3):334-343. doi: 10.1080/09687637.2022.2028727. Epub 2022 Jan 25.PMID: 37587980

Waring ME, Blackman Carr LT, Heersping GE. Social Media Use Among Parents and Women of Childbearing Age in the US. *Prev Chronic Dis*. 2023;20:E07. 2023; doi:10.5888/pcd20.220194

Waring, ME, Moore Simas, T, Heerspring, GE, Rudin, LR, Burdick, AR, Balakrishnan, K, Pagoto, SL. Development and feasibility of a web-based gestational weight gain intervention for women with pre-pregnancy overweight or obesity. *mHealth*. 2023 Feb 20;9:13. doi: 10.21037/mhealth-22-49. eCollection 2023.PMID: 37089268

Waring, ME, Pagoto, S, Moore Simas, T, Blackman Carr, LT, Eamiello, ML, Libby, BA, Herrera, V, Rudin, LR, Wang, J, Heerspring, GE, Burdick, AR. Delivering a post-partum weight loss intervention via Facebook or in person groups: Results from a randomized pilot feasibility trial. *JMIR uHealth mHealth*. 2023 Apr 27;11:e41545. doi: 10.2196/41545.PMID: 37103991.

Waring ME, Pagoto SL, Rudin LR, et al. Factors associated with mothers' hesitancy to receive a COVID-19 vaccine. *J Behav Med*. 2023;46(1-2):179-184. doi:10.1007/s10865-021-00268-0

# Trainings

## Webinar Series

In the 2022-2023 academic year, the Center hosted 8 free webinars. We plan to offer future webinars on a monthly basis in the upcoming year. See the upcoming webinars at [mhealth.inchp.uconn.edu/events](https://mhealth.inchp.uconn.edu/events).



**Social Media Use and Its Impact on Wellbeing.** Presented by Marcus Stallworth, LMSW. Wednesday, September 21st. This webinar examined the impact social media and technology plays on today's society. We explored current trends, the need for advocacy, and efforts related to the passage of Public Act 17-67 in Connecticut. [Watch Webinar here](#)

### **Communication About Body Weight: Implications for Health Communication and Media.**

Presented by Rebecca Puhl, PhD. October 17th. Dr. Puhl summarized her research examining weight stigma in public health communication and the media, highlighting the impact of both visual images and language used to depict people with higher weight. In addition to demonstrating how stigmatizing communication negatively affects public attitudes and health behaviors, her work has identified youth and adult preferences for non-stigmatizing terminology in communication about body weight. Recent initiatives and strategies for reducing weight stigma in health communication are discussed. [Watch Webinar here](#)

### **Fighting the Infodemic: Using News Literacy and Social Media to Combat Health Misinformation.**

Presented by Marie Shanahan. November 10th. Professor Shanahan presented examples of how journalists and medical professionals have used social media to actively confront false health narratives and debunk them. She also explained how news literacy — knowledge of the standards of high-quality, evidence-based journalism — can help people decide what online health information to trust, share, and act upon. [Watch Webinar here](#)

### **Exploring Features of Interactive Media to Influence Health Motivations and Perceptions.**

Presented by Saraswathi Bellur, PhD. Wednesday, December 7th. This presentation explored ways we can make use of unique features of new media, such as interactivity, to boost individuals' intrinsic motivation, and thereby encourage them to engage in preventive health behaviors, promote good health, and collective well-being. [Watch Webinar here](#)

## Webinar Series (cont.)

**Using Implementation Science to Increase Reach of mHealth Interventions in Clinical Settings.** Presented by Megan O'Grady, PhD. January 11th. This webinar provided an overview of how implementation science methods and theories can increase the reach of mHealth interventions in clinical practice settings. Dr. O'Grady provided illustrative examples from a study examining the implementation of a text-messaging program for unhealthy alcohol use in emergency departments. [Watch Webinar here](#)

**Everything You Need to Know About NIH F31 Dissertation Fellowships.** Presented by Sherry Pagoto, PhD & Jared Goetz, PhD(c). February 16th. In this webinar, participants learned about NIH F31 Predoctoral Fellowships from a professor who mentors them and a graduate student who successfully received one. Participants learned about how to prepare for an F31, the sections of the grant, how to build a mentor team, and tips, tricks, and common mistakes to avoid. [Watch Webinar here](#)

**Health Information Exchange in Connecticut and Beyond.** Presented by Thomas P. Agresta, M.D., M.B.I. March 16th. This webinar provided an overview of Health Information Exchange (HIE), including its history, value, and future opportunities. Dr. Agresta discussed the progress made to date in Connecticut by Connie, the State's official HIE, as well as the national landscape of HIE. [Watch Webinar here](#)

**Doing Research with LGBTQ+ Populations.** Presented by Lindsay Palmer, PhD. April 13th. This webinar provided an overview of best practices and demographic style questions for research with LGBTQ+ populations. [Watch Webinar here](#)

## Pre-conference Workshops

During the 7th Annual Conference, the Center hosted 2 90-minute workshops *How to Use Facebook to Deliver a Health Promotion Intervention* presented by Natalie Luders, MPH and Sherry Pagoto, PhD and *Managing Engagement Data from Facebook Delivered Interventions*, given by Joe DiVito, Christie Idiong, MS and Richard Bannor, MPH

May 18-19, 2023  
#uconndigital23

UCONN CENTER FOR MHEALTH & SOCIAL MEDIA  
7TH ANNUAL CONFERENCE

**HEALTH IS SOCIAL: LEVERAGING THE METAVERSE TO IMPROVE PUBLIC HEALTH**

Workshop: Managing Engagement Data from Facebook Delivered Interventions

Sherry Pagoto, PhD,  
Director, UConn Center for mHealth and Social Media; Professor, Dept. of Allied Health Sciences

Natalie Luders, MPH, Consultant, UConn Center for mHealth and Social Media

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Workshop: Managing Engagement Data from Facebook Delivered Interventions

UConn Center for mHealth and Social Media, Dept. of Allied Health Sciences

Christie Idiong, Graduate Student  
Richard Bannor, Graduate Student  
Joseph DiVito, Research Coordinator

# Appearances

Center faculty and staff were invited to give a variety of meetings, talks, and presentations this past year on the topics of digital health research, research project management, and research productivity.

## Local/Regional/National/International Meetings

Agresta, T., Sanchez, K., Burke, R., Tran, R., Rusnak, R., Palmer, L., Pagoto, S., Troy, H., Preston, R., Ruth, S. (2022). Telehealth Analysis for the State of Connecticut. Connecticut Office of Health Strategy.

Anderson, R.V., Killion, K., Antrum, C.J., Chagomanera, C.S., Parekh, K., Idiong, C., Ray, S., Cooksey Stowers, K., Blackman Carr, L.T. (2022). Barriers, assets and desires for weight loss treatment among ethnically diverse Black adults. Phoenix, Arizona. April 2023.

Bannor, R., Xu, R., & Pagoto, S. (2023). Understanding the behavior of posting health-related content on Facebook: A cross-sectional survey study. UConn Center for mHealth and Social Media 7th Annual Conference, Health is Social: Leveraging the Metaverse to Improve Public Health, Storrs, CT, USA, May 18 – 19, 2023. <https://www.youtube.com/watch?v=PDTY4EPRgEk>

Blackman Carr, L.T., Idiong, C., Ray, S., Steinberg, D. M., Bennett, G.G. (2022). Influences on Diet Quality Among Black Adults with Hypertension: A Qualitative Study. Society of Behavioral Medicine. Phoenix, Arizona. April 2023.

Gaylord, A., Phillips, H., Duffy, V., Shrestha, R., & Hubert, P. (2023). Feasibility and acceptability of a self-monitoring, online behavior change intervention to promote healthy diets and physical activity of young adults. Oral presentation at the Nutrition 2023 - American Society for Nutrition. Boston, MA. Nutrition 2023 - American Society for Nutrition. Boston, MA, July 22-25, 2023.

Goetz, J.M., Bannor, R., Xu, R., & Pagoto, S. (2023). Patterns of engagement in an online behavioral weight loss intervention. Society of Behavioral Medicine 44th Annual Meeting and Scientific Sessions, Translating Science into Impact. Phoenix, AZ, USA, April 26 – 29, 2023.

Idiong, C.I., Bannor, R. and DiVito, J. Managing engagement data from Facebook delivered interventions. Presented at the 6th Annual UConn Center for mHealth and Social Media Conference, Storrs, CT. May 2023.

JadKarim, L., Galka, J., Shrestha, R., Mazzeo, R., Restar, A., Gautam, K., Azwa, I., Razali, N., Bashir, A., Wickersham, J.A. (2023). Factors Associated with Active Amphetamine-Type Stimulant Use among Malaysian Transgender Women: A Cross-Sectional Study. College on Problems of Drug Dependence (CPDD) 85th Annual Conference. Denver, Colorado, USA, June 17-21, 2023.

Mistler, C., Copenhaver, M., Shrestha, R., & Gunstad, J. (2023). Impact of Impaired Cognitive Functioning Among Persons on Medication for Opioid Use Disorder. College on Problems of Drug Dependence (CPDD) 85th Annual Conference. Denver, Colorado, USA, June 17-21, 2023.

# Appearances (cont.)

Pagoto, S, Palmer, L., Baskin, M, Fitzgibbon, M, Shen, M, Daily, R, Carson, T, Kalinowski, J, Buscemi, J, Cardel, M, Manne, S. (2022, Sept). The Society of Behavioral Medicine's Recommendations for NIH's Strategic Plan for Research on the Health of Women. NIH Office of Research on Women's Health.

Pagoto, S., Xu, R., Bullard, T., Bannor, R., Arcangel, K., Divito, J., Foster, G.D., & Cardel, M.I. (2023). Single-Arm Trial of a Flexible Multicomponent Commercial Digital Weight Management Program. UConn Center for mHealth and Social Media 6th Annual Conference, Telehealth and Remote Care in a Post-Pandemic World, Storrs, CT, USA, May 19 – 20, 2022. JMIR iproc. doi: 10.2196/39538. <https://www.iproc.org/2023/1/e39538>

Palmer, L., Matsick, J.L, Albohn, D.N, Sullivan, J., Brandt, D. Preliminary findings: Masculinity and the Endorsement of Aversive Methods. Chronicle of the Dog. The Association Professional Dog Trainers. Invited submission for Spring 2023 issue.

Palmer, L., Pagoto, S., Idiong, C.I., Troy, H., Pan, C., and Thomas, S. Abortion misinformation on Twitter. Presented at the 6th Annual UConn Center for mHealth and Social Media Conference, Storrs, CT. May 2023.

Palmer, L., Pagoto, S., Idiong, C.I., Troy, H., Pan, C., and Thomas, S. A Qualitative Analysis of Abortion Misinformation on Twitter Following the Dobbs Decision. Part of a presidential symposium: Reproductive Health in a Post-Roe United States. Presented at the 44th Society of Behavioral Medicine. Phoenix, AZ. April 2023.

Paudel, K.\*\*, Gautam, K., Bhandari, P., Wickersham, J. A., Dhakal, M., Sharma, S., Paudel, K., Ha, T., & Shrestha, R. (2024). Suicidal ideation, plan, and attempt among men who have sex with men in Nepal: Findings from a cross-sectional study. The Health Foundation Nepal - Annual Conference. Philadelphia, PA. October 2023.

Shrestha, R., Altice, F., Khati, A., Azwa, I., Gautam, K., Gupta, S., Sullivan, P., Ni, Z., Kamarulzaman, A., Phiphatkhunarnon, P., & Wickersham, J. Evaluation of a Clinic-Affiliated App ("JomPrEP") to Improve HIV Prevention Cascade among Men Who Have Sex with Men in Malaysia. Society of Behavioral Medicine 44th Annual Meeting and Scientific Sessions, Translating Science into Impact. Phoenix, AZ, USA, April 26 – 29, 2023.

Xu, R., Bannor, R., Cardel, M., Foster, G., & Pagoto, S. (2023). How Much Food Tracking During A Commercial Digital Weight Loss Program is Enough to Produce Clinically Significant Weight Loss? Society of Behavioral Medicine 44th Annual Meeting and Scientific Sessions, Translating Science into Impact. Phoenix, AZ, USA, April 26 – 29, 2023.

Xu, R., Schroeder, M., Divito, J., Bannor, R., & Pagoto, S. (2023). Predicting Participant Engagement in a Social Media-Delivered Lifestyle Intervention Using Microlevel Conversational Data: A Pilot Feasibility Randomized Trial. UConn Center for mHealth and Social Media 6th Annual Conference, Telehealth and Remote Care in a Post-Pandemic World, Storrs, CT, USA, May 19 – 20, 2022. JMIR iproc. doi: 10.2196/39267.

# Annual Conference

7TH ANNUAL CONFERENCE

**HEALTH IS SOCIAL:** LEVERAGING THE METAVERSE TO IMPROVE PUBLIC HEALTH

MAY 18-19, 2023



The theme of the 2023 annual virtual CHASM conference was “Health is Social: Leveraging the Metaverse to Improve Public Health.” A theme throughout the conference was the role of social connectedness in health and ways we can leverage the metaverse to strengthen social ties, social support, and tilt social norms toward healthy choices, healthy lifestyles, and healthy communities. This conference featured keynote speakers and panelists who are studying and innovating tools of the metaverse, including social media, virtual reality, and digital technologies to help us connect in ways that solve health problems.

## Keynote Speakers



*Health Promotion in the Era of Social Media: The Case Study of Vaccines*

**Lorien Abrams, ScD, MA**

Professor of Prevention and Community Health; Associate Dean for PhD & MS Programs, Milken Institute School of Public Health, George Washington University



*Virtual Reality-Based Digital Therapeutics: The Past, Present, and Future*

**Risa Weisberg, PhD**

Chief Clinical Officer, BehaVR; Professor of Psychiatry, Boston University School of Medicine



*Social Media and Public Health Communication*

**Aleksandra Kuzmanovic**

Leadership Social Media Manager, World Health Organization



*Health is Social: The Long Term Health Effects of Social Isolation and Loneliness*

**Julianne Holt-Lunstad, PhD**

Professor of Psychology and Neuroscience, Brigham Young University

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## Panel Discussions

### Moderators of Large Health-Focused Facebook Groups



Anna Williams; Patient Advocate, Moderator of the Trigeminal Neuralgia Support Facebook Group



Lori Cooney, M.Ed; Program Director, Institute of Community Inclusion, UMass Boston; Moderator of the Eosinophilic Family Support Network Facebook Group



Mary Van Doorn; Coach, Patient Advocate, and Founder, Sugar Momma Strong Diabetes Support Facebook Group

### How Can Public Health Better Utilize Social Media? Challenges and Opportunities



Y. Alicia Hong, PhD, Professor, Department of Health Administration and Policy, College of Public Health, George Mason University



David Buller, PhD, Senior Scientist and Director of Research, Klein Buendel, Inc.



Eleni Linos MD, MPH, DrPH, Professor of Dermatology and Epidemiology, Stanford University

# Annual Conference

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The Conference also featured 5 oral paper presentations and 56 video posters. Attendees viewed the two-minute video posters in informal breakout discussions with the poster authors in breakout sessions.

## Paper Discussions

Time-Varying Model of Engagement with Digital Self Reporting

**Michael Sobolev, PhD**, Behavioral Scientist, Cedars-Sinai Medical Center, Los Angeles

Leveraging Digital Technology for Social Connectedness among Adults with Chronic Health Conditions: A Systematic Review

**Pamela J. Wright, PhD, MS, MEd, RN, CEN**, Assistant Professor, University of South Carolina

A Systematic Review of Risks and Opportunities for Youth Mental Health within the Developing Metaverse

**Madison E. Taylor**, Graduate Student, University of California - Irvine

Using the behavior change wheel for the development of a digitally delivered cooking intervention to improve cooking skills in adults

**Susan Veldheer, DEd, RD**, Assistant Professor, Department of Family and Community Medicine and Public Health Sciences, Penn State College of Medicine

Use of Facebook Groups to Improve Physical Activity and Sleep with Mid-Life Adults: Descriptive Analysis of User Engagement, Posts, and Interviews

**Peter Giacobbi, Ph.D**, Professor of Sport, Exercise, and Performance Psychology at West Virginia University

# Annual Conference

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Awards were given to the Best Paper, Best Student Video, Best Non-Student Video, and Most Viewed Video. Recipients were awarded coffee mugs with their abstract submission.

**Lindsay Palmer, PhD; Jocelyn Steinke, PhD; Saras Bellur, PhD; and Jiyoun Suk, PhD** served as the panel of judges. The poster videos currently have over 5000 views on YouTube.

## About the Attendees

**248 Registrants from  
104 Institutions  
32 US States & Washington, D.C.  
11 Countries  
5 Continents**

### Best Video Posters

*FM Engage: Designing a digital health app to facilitate farmers market use among SNAP parents*  
**Callie Oglund-Hand, MA**, Center for Environmental Health, Case Western Reserve University, School of Medicine

*Injury Risk Challenges on TikTok: The New Best Place for Dumb Ideas*

**Hannah P Schneider**, Department of Health Behavior and Health Education, School of Public Health, University of Michigan, Ann Arbor, Michigan

*How does active and passive health information consumption impact intentions of pro-health behaviors? The role of engagement and cognitive elaboration.*

**Anna Young, MS**, Student Health and Wellness, University of Connecticut

### Most Viewed Video

*Health Data Privacy with Decentralized Learning: A Systematic Review Protocol*

**Jose Miguel Diniz**, Department of Community Medicine, Information and Health Decision Sciences, Faculty of Medicine, University of Porto, Porto, Portugal

*Usability and Acceptability of the Chemsex Prevention Package ("PartyPack"): mHealth-Delivered Sexual Harm Reduction Tool for Men Who Have Sex with Men in Malaysia*

**Kamal Gautam**, Department of Allied Health Sciences, University of Connecticut, Storrs, CT, USA



# HEALTH IS SOCIAL

IT TAKES A VILLAGE, SO WE BUILT ONE

## 2024 will mark the launch of our virtual weight loss program!



Over the last decade our behavioral science research laboratory has been developing a healthy lifestyle program that is based on the idea that long-term behavior change requires a community of like-minded souls.

Health is Social brings people together to work towards individual and collective goals for healthy lifestyle including nutrition, physical activity, sleep, and stress. Health is Social is a professional counselor-led virtual community where we set weekly diet and exercise goals, learn the latest science about healthy lifestyle, identify and problem solve obstacles, track and reward progress, share resources, provide each other accountability and support, engage in collaborative competitions, and most of all, have a lot of fun.



Our founding principles are community, health, acceptance, resilience, and teamwork. Members will get access to weight management experts and a community of peers to support them in their journey to a healthier weight or simply a healthier diet and physically active lifestyle.