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.

CONTENTS
People 3
Center Spotlights 7
Research Funding 8
Publications 9
Trainings 12
Appearances 14
Annual Conference 15

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!

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

Ran Xu, PhD
Assistant Professor
Allied Health Sciences

Molly Waring, PhD
Director of Methodology Core
Associate 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

Joel Salisbury, MFA
Assistant Professor
Web and Interactive Media Design

Debs Ghosh, PhD, MPhil, MA
Associate Professor
Geography

Tricia Leahey, PhD
Associate Professor
Allied Health Sciences

Loneke Blackman Carr, PhD, RD
Assistant Professor
Nutrition

Anne Oeldorf-Hirsch, PhD
Assistant Professor
Communication

Jolaade Kalinowski, EdD
Assistant Professor
Human Development and Family Sciences

Eileen Carter, PhD, RN
Assistant Professor
School of Nursing

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

Saraswathi Bellur, PhD
Associate Professor
Communication

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

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
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
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.

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

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.
Funded: $2,570,491

**NIH 1R01DK136795** (PI: Pagoto) $2,470,441
A Non-Inferiority Trial Comparing Synchronous and Asynchronous Remotely Delivered Lifestyle Interventions

**UConn InCHIP** (PI: Pagoto, Sub PI: Shrestha, Palmer) $50,000
A Proof-of-Concept Trial of a Social Media Delivered HPV Vaccination Intervention in Sexual Minority Women

**NIH 1R34MH130233** (PI: Pagoto) $100,000
Development of an online HIV self-testing intervention with online-to-offline linkage to care for transgender women

### Completed Projects

**CAHNRC Pilot Award** (PI: Shrestha) $15,000
mHealth Intervention to Reduce Harm of Sexualized Drug Use (Chemsex) among Men Who Have Sex with Men in Malaysia

**NIH R21TW011665** (PI: Shrestha) $1,319,241
Development and testing of a mobile app to enhance HIV prevention cascade in Malaysian MSM

**NIH R21AI152937** (PI: Wickersham, Consultant: Shrestha)
Developing an Artificial Intelligence Chatbot to Promote HIV Testing

**CAHNRC Seed Grant** (PI: Xu) $60,000
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
Expanding Pre-Exposure Prophylaxis (PrEP) Implementation in Communities of People Who Inject Drugs and Their Risk Network Members

**USDA/CAHNRC Capacity Grant** (PI: Waring) $19,994
How mothers evaluate and spread information related to child nutrition on social media

**Busch Biomedical Grant** (PI: Rawal, Co-PI: Shrestha) $39,935
Methadone vs. Buprenorphine Therapy for Opioid Dependence: Diet and Metabolic Implications

**NIH 1R01DK115545** (PI: Jaser, Sub-PI: Pagoto) $373,921
Communication and Coping: Addressing Mothers’ Needs to Improve Outcomes in Adolescents with T1D

**NIH 1R01CA2211854** (PI: Manne, Sub-PI: Pagoto) $499,364
Facebook Intervention for Young Onset Melanoma Patients and Families

**NIH 1R01CA218068-01** (PI: Stapleton, Sub-PI: Pagoto) $486,807
Randomized Trial of a Social Media-Delivered Intervention Targeting Indoor Tanning Users

**NIH R01CA210259** (PI: Buller/Walkosz, Sub-PI: Pagoto) $133,917
Using Technology to Scale-up an Occupational Sun Protection Policy Program
Research

Ongoing Projects

**FAI: BRIMI** (PI: Dori-Hacohen, Co-PI: Pagoto) $392,994 2022-2025
Bias Reduction in Medical Information

**USDA/NIFA (accession # pending)** (PI: Waring) $60,000 2022-2025
Development and feasibility of a digital intervention to increase parents’ child nutrition knowledge and digital health literacy

**NIMH R34MH130233** (MPI: Shrestha) $717,145 2022-2025
Integrated online-to-offline (O2O) model of care for HIV prevention and treatment among men who have sex with men

**R305D220022** (PI: Kenneth Frank, Sub PI: Xu) $886,592 2022-2025
Quantifying the Robustness of Causal Inferences: Extensions and Application toExisting Databases.

**NIH 1F31DK132955-01** (PI: Goetz) $93,504 2022-2024
The relationship between positive and negative affect of high and low arousal and dietary temptation and lapse in daily life

**NIH 1R01AI158818-01** (PI: Buller, Sub-PI: Pagoto) $54,569 2021-2024
Preventing COVID-19 with a Social Media Intervention: Vaccine Acceptance and Physical Distancing

**Gilead Research Scholar Program in HIV** (PI: Shrestha) $130,000 2021-2024
Quantifying the Robustness of Causal Inferences: Extensions and Application toExisting Databases.

**NIAID R21AI157857** (MPI: Shrestha) $460,625 2021-2023
Improving HIV testing and PrEP for transgender women through mHealth

**NIDA K01DA051346** (PI: Shrestha) $765,496 2020-2025
Training in mHealth Prevention with MSM

**K24HL124366-0** (PI: Pagoto) $662,612 2020-2025
Mentoring in mHealth and Social Networking Interventions for CVD Reduction

**NHLBI R34HL145439** (PI: Pagoto) $709,180 2020-2024
Building Habits Together: Feasibility trial of an integrated mobile and social network weight loss intervention

**NIAID R21AI157857** (PI: Shrestha) $460,625 2020-2024
Integrated rapid access to HIV prevention program for people who inject drugs
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.


Publications (cont.)


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


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


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.inchip.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.
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


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


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 Abroms, 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
Annual Conference

7TH ANNUAL CONFERENCE

HEALTH IS SOCIAL: LEVERAGING THE METAVERSE TO IMPROVE PUBLIC HEALTH

MAY 18-19, 2023

#uconn4digital23

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
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
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.

Best Video Posters

**FM Engage: Designing a digital health app to facilitate farmers market use among SNAP parents**

*Callie Ogland-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

---

About the Attendees

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

"We designed this program for busy people. Participate any time of the day, from any location. No meetings to attend!"

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.