

**UConn** | UNIVERSITY OF  
CONNECTICUT

CENTER FOR MHEALTH AND SOCIAL MEDIA

---

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

---

**AUG 2021 - AUG 2022**





# THE YEAR IN REVIEW

## 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.*

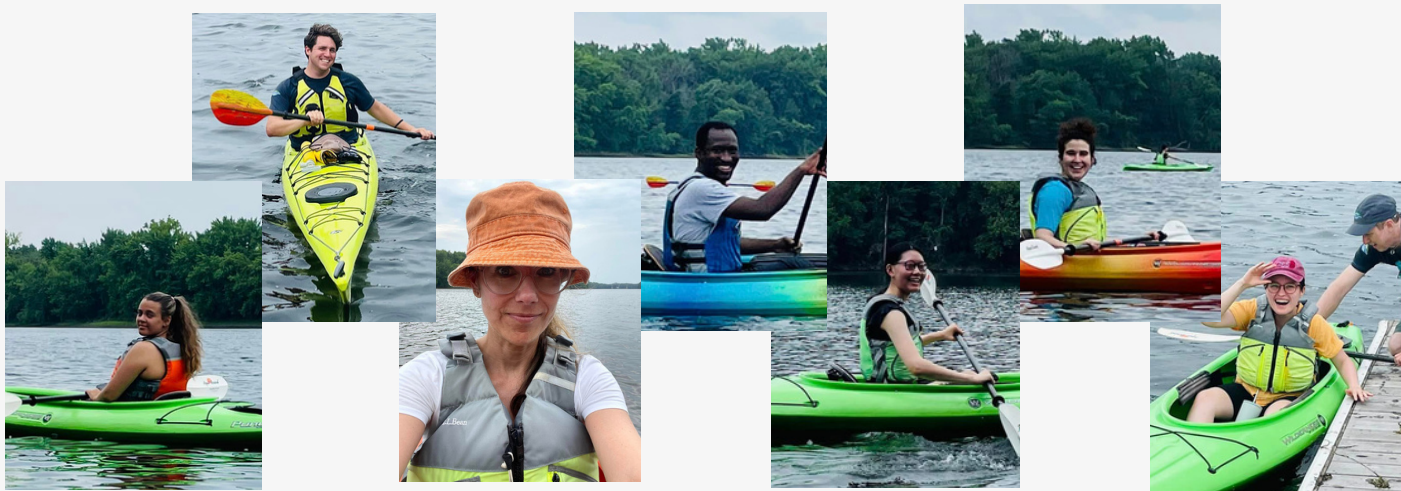
## CONTENTS

People	4
Center Spotlights	7
Research Funding	8
Publications	11
Trainings	14
Appearances	15
Annual Conference	19

It was a productive year for research and training at the Center! We completed a clinical trial of the new WW (formerly Weight Watchers) PersonalPoints program and are eagerly preparing for a second trial with WW examining 4 different interventions to improve diet self-monitoring. We also finished the first phase of a pilot feasibility trial of our very own Habit app, which is a mobile app that helps people develop healthy diet and exercise habits as they attempt to lose weight. This project is in collaboration with our colleagues at Worcester Polytechnic Institute and Programation. We will begin recruiting for the second phase this fall.

Our doctoral student, Jared Goetz, was awarded an NIH Doctoral Fellowship grant to examine how different types of emotions relate to maladaptive eating behaviors in adults with obesity. He is the first graduate student in the history of the Health Promotion Sciences Doctoral Program to receive an NIH fellowship grant. Dr. Molly Waring was awarded funding from the USDA/NIFA to continue her work developing and feasibility testing a digital intervention to increase parents' child nutrition knowledge and digital health literacy. Dr. Ran Xu received an NSF grant with the goal of incorporating the mathematical modeling of human behavior into epidemiological models to improve infectious disease modeling. Dr. Roman Shrestha received a NIMH grant to study integrated online-to-offline model of care for HIV prevention and treatment among men who have sex with men as well as a NIAID grant to study how to improve HIV testing and PrEP for transgender women through mHealth. These are just a few of the highlights of new research being conducted in CHASM over the past year.

### ***Scenes from our summer kayaking outing on the Connecticut River***







# THE YEAR IN REVIEW

## 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.*

The Center welcomed 26 new affiliate faculty in the past year from the Departments of Allied Health Sciences, Biomedical Engineering, Center for Quantitative Medicine, Communication, Computer Science, Digital Media and Design, Education, Engineering, Journalism, Law, Neurology in the School of Medicine, Nursing, Pediatrics, Psychiatry, Public Health, and Social Work. We also have had 18 graduate students and 34 undergraduate students working in CHASM in the past year.

Throughout the academic year, the Center hosted monthly webinars on topics such as clinical trial retention, K awards, social media research, and more. These webinars attracted over 500 live attendees and have garnered over 2,500 views on YouTube. The entire catalog of Center webinars is available for on-demand viewing on the CHASM webpage, which can be found here: <https://mhealth.inchip.uconn.edu/>

We also hosted our 6th Annual Conference, Telehealth and Remote Care in a Post-Pandemic World, a two-day virtual event featuring 4 keynote speakers, 6 panelists, 6 paper presenters, and 57 video posters. Our conference sponsors include JMIR mHealth & uHealth and Wellinks Health. Thank you to our distinguished speakers, sponsors, and all who attended!

Finally, we welcomed a new post-doctoral fellow to CHASM, Dr. Lindsay Palmer! Dr. Palmer completed her doctoral degree in gender studies and social psychology at Penn State University. We are thrilled to have her on our team.



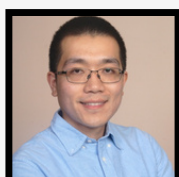
# Core Faculty



**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

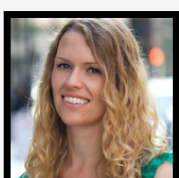
*We welcomed 26 new affiliate faculty to our Center this year!*



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



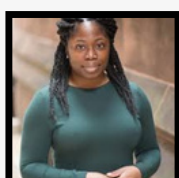
**Kim Gans, PhD, MPH**  
Professor  
Human Development and  
Family Sciences



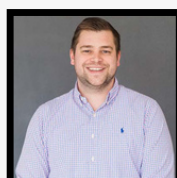
**Anne Oeldorf-Hirsch, PhD**  
Assistant Professor  
Communication



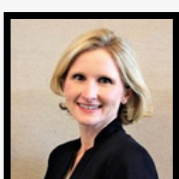
**Debs Ghosh, PhD, MPhil, MA**  
Associate Professor  
Geography



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



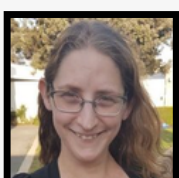
**Joel Salisbury, MFA**  
Assistant Professor  
Web and Interactive Media Design



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



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



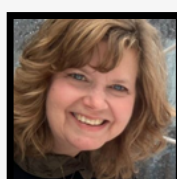
**Shiri Dori-Hacohen, PhD**  
Assistant Professor  
Computer Science & Engineering



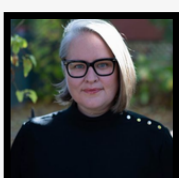
**Leila Daneshmandi, PhD**  
Assistant Professor  
School of Engineering &  
Biomedical Engineering



**Saraswathi Bellur, PhD**  
Associate Professor  
Communication



**Jocelyn Steinke, PhD**  
Associate Professor  
Communication



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



**Rory McGloin, PhD**  
Associate Professor  
Communication

# Affiliate Faculty



**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



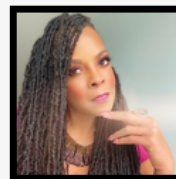
**Jiyoung Suk, PhD**  
Assistant Professor  
Communication



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



**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



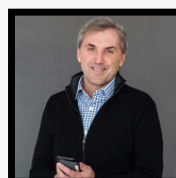
**Valerie Duffy, PhD**  
Professor  
Allied Health Sciences



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



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



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



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



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



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



**Kenneth Lachlan, PhD**  
Professor  
Communication

# Staff



**Kaylei Arcangel, MS**  
Research Coordinator



**Joseph DiVito**  
Research Coordinator



**Haley Troy**  
Research Coordinator



**Jessica Deojay**  
Program Assistant



**Abiodun Atoloye, PhD**  
Post-doctoral Fellow



**Natalie Lueders**  
Digital Content Specialist



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

## 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)

## Undergraduate Students

### Course Credit Research Mentees

Deema Haidar  
Alexa Sanson  
Alisha Chhabra  
Katherine Brown  
Monique Mazaika

### Work-Study Research Assistants

Erin Keary  
Cindy Pan  
Kelsey Mitchell

### Volunteer Research Mentees

Deema Haidar  
Qasim Malik  
Alisha Chhabra  
Katherine Brown  
Kristen Dean  
Gong Gu  
Diemeng Hu



# Center Spotlights



*Our Center gathered gifts in support of a family of five for the Salvation Army Willimantic Corps Adopt-A-Family Christmas gift exchange!*

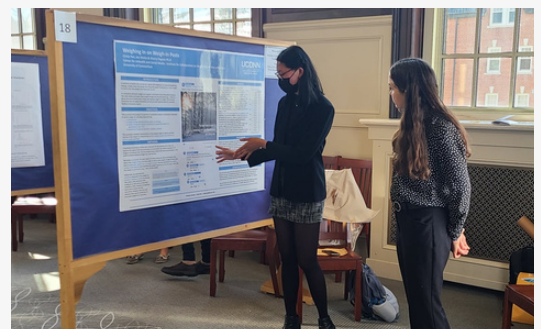


*Congratulations to our graduate students (Richard Bannor, Jared Goetz, and Christie Idiong) and our Postdoctoral Fellow (Abiodun Atoloye) for presenting at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD*



*Our doctoral student Jared Goetz successfully applied for a NIH F31 Predoctoral Fellowship in August of 2021. The National Institute of Diabetes and Digestive and Kidney Diseases funded the next two years of his doctoral training and his research project "The relationship between positive and negative affect of high and low arousal and dietary temptation and lapse in daily life" starting June 2022. The research will look at how different types of emotions relate to maladaptive eating behaviors in adults with overweight or obesity that are trying to lose weight utilizing ecological momentary assessment to capture their experiences during their daily lives.*

*Cindy Pan (Class of 2022), one of our students who will be pursuing a Master of Public Health degree this fall, presented her work at the annual spring Frontiers in Undergraduate Research Exhibition, funded by a Summer Undergraduate Research Fund (SURF) award she received to conduct an independent research project using data from the Center's previous online weight loss intervention delivered through Facebook.*



# Research

## Funded: \$1,433,090

- USDA/NIFA (accession # pending)** (PI: Waring) \$60,000 10/2022 – 09/2025  
Development and feasibility of a digital intervention to increase parents' child nutrition knowledge and digital health literacy
- R305D220022** (PI: Kenneth Frank, Sub PI: Xu) \$886,592 08/2022-08/2025  
Quantifying the Robustness of Causal Inferences: Extensions and Application to Existing Databases.
- NIH 1F31DK132955-01** (PI: Goetz) \$93,504 06/2022-6/2024  
The relationship between positive and negative affect of high and low arousal and dietary temptation and lapse in daily life
- FAI: BRIMI** (PI: Dori-Hacohen, Co-PI: Pagoto) \$392,994 03/2022-02/2025  
Bias Reduction in Medical Information

## Completed Projects

- NIH 1R01CA192652-01** (PI: Buller, Sub-PI: Pagoto) \$25,364 09/2020-08/2021  
Competitive Revision for Likes Pins and Views: Engaging Moms on Teen Indoor Tanning Thru Social Media
- WW AG200853** (PI: Pagoto) \$335,890 01/2021-1/2022  
Single arm trial of a multi-component commercial digital weight loss program
- Validating a Nutrition Ranking System for Food Pantries Using the Healthy Eating Index-2015**  
(PI: Caspi, Co-I: Xu) \$9,962 06/2021-05/2022
- NIH/NIAD R34** (PI: DiStefano, Co-I: Waring) \$506,528 12/2020-02/2022  
Sport Training to Reduce Injuries and Develop Excellence (STRIDE): Disseminating Primary Prevention Strategies to Keep Children Active for Life
- USDA/CAHNR Capacity Grant** (PI: Duffy, Co-I: Waring) \$30,000 10/2018-09/2021  
Tailored messages for health promotion and obesity prevention using e-health and m-health

## Ongoing Projects

- NHLBI R34HL145439** (PI: Pagoto) \$709,180 09/2020–08/2023  
Building Habits Together: Feasibility trial of an integrated mobile and social network weight loss intervention
- NIH 1R01CA218068-01** (PI: Stapleton, Sub-PI: Pagoto) \$486,807 07/2017-05/2023  
Randomized Trial of a Social Media-Delivered Intervention Targeting Indoor Tanning Users
- NIH R01CA210259** (PI: Buller/Walkosz, Sub-PI: Pagoto) \$133,917 08/2017-07/2022  
Using Technology to Scale-up an Occupational Sun Protection Policy Program
- USDA/CAHNR Capacity Grant** (PI: Waring) \$19,994 10/2019-09/2022  
How mothers evaluate and spread information related to child nutrition on social media
- NIH 1R01CA221854** (PI: Manne, Sub-PI: Pagoto) \$499,364 07/2018-05/2023  
Facebook Intervention for Young Onset Melanoma Patients and Families



# Research

## Ongoing Projects (Continued)

- CAHNR Seed Grant** (PI: Xu) \$60,000 10/2020-09/2023  
Developing a food image recognition technique to evaluate the nutrition information of restaurant foods and community food environment.
- NIH 1R01AI158818-01** (PI: Buller, Sub-PI: Pagoto) \$54,569 04/2021-03/2024  
Preventing COVID-19 with a Social Media Intervention: Vaccine Acceptance and Physical Distancing
- NIH 1R01DK115545** (PI: Jaser, Sub-PI: Pagoto) \$373, 921 07/2018-06/2023  
Communication and Coping: Addressing Mothers' Needs to Improve Outcomes in Adolescents with T1D
- K24HL124366-02** (PI: Pagoto) \$662,613 07/2020-06/2025  
Mentoring in mHealth and Social Networking Interventions for CVD Risk Reduction

## Publications

### Peer-Reviewed

1. Brown, N., Johnson, R., Strayhorn, T., Pagoto, S., Lewis, K. A., Palmer, L., & Workman, D. (2022). Psychosocial impacts of #BlackLivesMatter protest and police killings on undergraduate students in STEM. *Teachers College Record*.
2. Buller, D. B., Pagoto, S., Henry, K. L., Baker, K., Walkosz, B., Hillhouse, J., Berteletti, J., Bibeau, J., Kinsey, A. (2022). Persisting effects of a social media campaign to prevent indoor tanning: A randomized trial. *Cancer Epidemiology, Biomarkers, & Prevention. Cancer Epidemiol Biomarkers Prev.*, 31(4), 885-892. PMID: 35064063 PMCID: PMC8983451 DOI: 10.1158/1055-9965.EPI-21-0059
3. Buller, D. B., Pagoto, S., Henry, K. L., Berteletti, J., Walkosz, B. J., Bibeau, J., Baker, K., Hillhouse, J., Arroyo, K. M. (2021). HPV vaccination and social media: Results in a trial with mothers of daughters aged 14-17. *Frontiers in Digital Health*.  
<https://doi.org/10.3389/fdgth.2021.683034> PMID: 34713152 PMCID: PMC8521953
4. Busch, A. B., Conroy, D. E., Pagoto, S. (2021). Reaching intermittent tobacco users with technology. *American Journal of Public Health*, 111(9), 1567-1569. doi: 10.2105/AJPH.2021.306449. PMID: 34436926 PMCID: PMC8589054
5. Carter, E. J., Kaman, K., Baron, K., Miller, M., Krol, D. M., Harpalani, D., Aseltine, R. H., Pagoto, S. (2022). Parent-reported penicillin allergies in children: A qualitative study. *American Journal of Infection Control*, S0196-6553(22)00358-3. PMID: 35537563 DOI: 10.1016/j.ajic.2022.04.008
6. Chen, X., Johnson, E., Kulkarni, A., Ding, C., Ranelli, N., Chen, Y., & Xu, R. (2021). An Exploratory Approach to Deriving Nutrition Information of Restaurant Food from Crowdsourced Food Images: Case of Hartford. *Nutrients*, 13(11), 4132. DOI: 10.3390/nu13114132 PMID: 34836387 PMCID: PMC8617678

# Publications

7. Chowdhury, T. G., Norberg, P., Asare, A. K., Kang, J., & Bannor, R. (2022). "What Makes Me Click?" The Effects of Images and Color in Consumer-based Pandemic Health Messages. *Journal of Marketing Theory and Practice*. <https://doi.org/10.1080/10696679.2022.2039875> DOI: 10.1371/journal.pone.0256213. PMID: 34449780 PMCID: PMC8396789
8. Escobar-Viera, C. G., Melcher, E. M., Miller, R. S., Whitfield, D. L., Gordon, J. D., Jacobson, D. A., Ballard, A. J., Rollman, B. L., Pagoto, S. (2021). A systematic review of the engagement with social media-delivered interventions for improving health outcomes among sexual and gender minorities. *Internet Interventions*, 25, 100428. DOI: 10.1013/j.invent.2021.100428. PMID: 34401387 PMCID: PMC8350614
9. Frank, K. A., Lin, Q., Maroulis, S. J., Mueller, A. S., Xu, R., Rosenberg, J.M., Hayter, C. S., Mahmoud, R.A., Kolak, M., Dietz, T., Zhang, L. (2022). Response to "Three Comments on the RIR method." *Journal of Clinical Epidemiology*, S0895-4356. DOI: 10.1016/j.jclinepi.2022.01.020 PMID: 35131466
10. Jake-Schoffman, D. E., Brown, S. D., Baiocchi, M., Bibeau, J. L., Daubenmier, J., Ferrara, A., Galarce, M. N., Hartogensis, W., Hecht, F. M., Hedderson, M. M., Moran, P. J., Pagoto, S. L., Tsai, A. L., Waring M. E., Kiernan, M. (2021) Methods-Motivational Interviewing approach for enhanced retention and attendance. *Am J Prev Med*, 61(4), 606-617. DOI: 10.1016/j.amepre.2021.04.005. PMID: 34544560
11. McKee, S. L., Xu, R., & Schwartz, M. B. (2022). Assessing the Effects of a Statewide Training Initiative on Local School Wellness Policies. *Health Promotion Practice*, 15248399211070808. DOI: 10.1177/15248399211070808
12. Mehawej, J., Mishra, A., Saczynski, J. S., Waring, M. E., Lessard, D., Abu, H. O., La, V., Tisminetzky, M., Tran, K. V., Hariri, E., Filippaios, A., Paul, T., Soni, A., Wang, W., Ding, E. Y., Bamgbade, B. A., Mathew, J., Kiefe, C., Goldberg, R. J., McManus, D. D. (2022). Online Health Information Seeking, Low AF-Related Quality of Life, and High Perceived Efficacy in Patient-Physician Interactions in Older Adults with Atrial Fibrillation. *Cardiovascular Digital Health Journal*. <https://doi.org/10.1016/j.cvdhj.2022.03.001>
13. Pagoto, S., Schroeder, M. W., Xu, R., Waring, M. E., Groshon, L., Goetz, J. M., Idiong, C., Troy, H., Divito, J., Bannor, R. (2022). A Facebook-delivered weight loss intervention using open enrollment: randomized pilot feasibility trial. *JMIR Formative Research*, 6(5):e33663. DOI: 10.2196/33663 PMID: 35522466. PMCID: PMC9123537.
14. Pagoto, S. L., Lewis, K. A., Groshon, L., Palmer, L., Waring, M. E., Workman, D., De Luna, N., Brown, N. P. (2021). STEM undergraduates' perspectives of instructor and university responses to the COVID-19 pandemic in Spring 2020. *PLoS One*, 16(8), e0256213. DOI: 10.1371/journal.pone.0256213. eCollection 2021. PMID: 34449780. PMCID: PMC8396789.
15. Pagoto, S. L., Waring, M. E., Groshon, L. C., Rosen, A. O., Schroeder, M. W., Goetz, J. M. (2022). Proof-of-concept feasibility trial of a dissonance-based sun safety intervention for young adult tanners. *Annals of Behavioral Medicine*, kaab116. DOI: 10.1093/abm/kaab116. Online ahead of print. PMID: 35179176.

# Publications

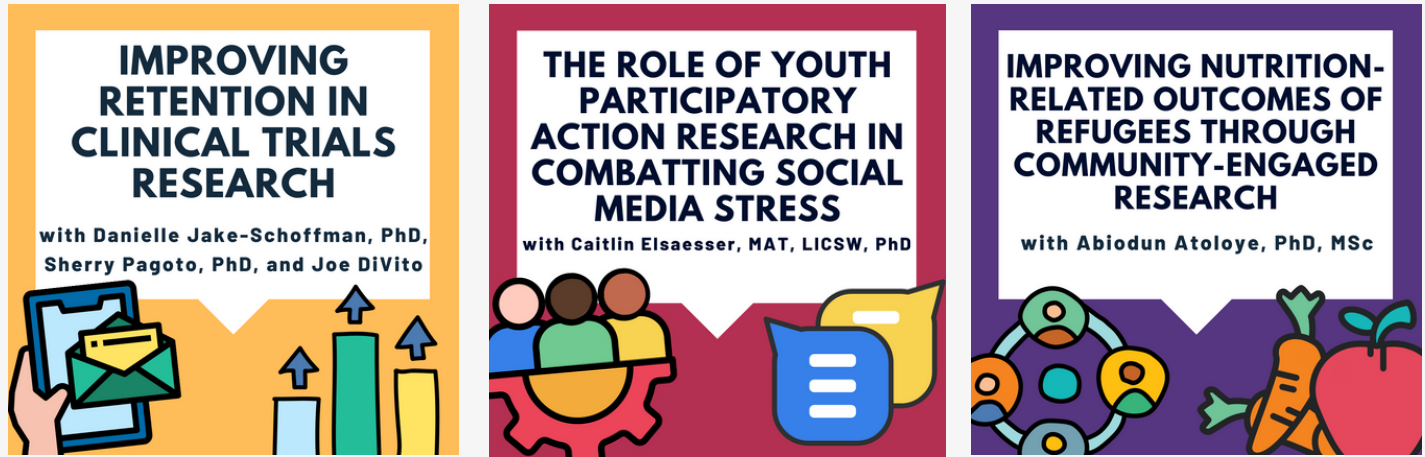
16. Palacz-Poborczyk, I., Idziak, P., Januszewicz, A., Luszczynska, A., Quested, E., Hagger, M., Pagoto, S., Verboon, P., Robinson, S., Naughton, F., Kwasnicka, D. An Intervention Mapping Study: Developing the Choosing Health digital weight loss and maintenance intervention. *JMIR*, 24(10). DOI:10.2196/34089
17. Palmer, L. E., Pagoto, S. L., Workman, D., Lewis, K. A., Rudin, L. R., DeLuna, N., Herrera, V., Brown, N., Bibeau, J., Arcangel, K., Waring, M. E. (2021). Health and education concerns about returning to campus and online learning during the COVID-19 pandemic among US undergraduate STEM majors. *J Am Coll Health*, 1-8. DOI: 10.1080/07448481.2021.1979009. PMID: 34666630. PMCID: PMC9125396
18. Rahmandad, H., Xu, R., & Ghaffarzadegan, N. (2022). Enhancing Long-term Forecasting: Learning from COVID-19 Models. *PLoS Computational Biology*. DOI: 10.1371/journal.pcbi.1010100 PMID: 35587466 PMCID: PMC9119494
19. Song, Y., Lin, Q., Kwon, K. H., Choy, C. H., & Xu, R. (2021). Contagion of offensive speech online: An interactional analysis of political swearing. *Computers in Human Behavior*, 107046. <https://doi.org/10.1016/j.chb.2021.107046>
20. Wang, H., Xu, R., Qu, S., Schwartz, M. B., Adams, A., Chen, X. (2021). Health inequities in COVID-19 vaccination among the elderly: Case of Connecticut. *Journal of Infection and Public Health*. DOI: 10.1016/j.jiph.2021.07.013 PMID: 34326008 PMCID: PMC8491089
21. Waring, M. E., Pagoto, S. L., Moore Simas, T. A., Heersping, G., Rudin, L. R., Arcangel, K. (2022). Feedback on Instagram posts for a gestational weight gain intervention. *Translational Behavioral Medicine*, 12(4), 568-575. DOI: 10.1093/tbm/ibac001 PMID: 35191497. PMCID: PMC9150071
22. Waring, M. E., Pagoto, S. L., Rudin, L. R., Ho, C., Horkachuck, A., Kapoor, I. A., Foye, Q. (2022). Factors associated with mothers' hesitancy to receive a COVID-19 vaccine. *Journal of Behavioral Medicine*, 1-6. DOI: 10.1007/s10865-021-00268-0. PMID: 34981306 PMCID: PMC8723796
23. Weikert, A. E., Pagoto, S. L., Handley, E., Courtney, J. B., Brunke-Reese, D., Conroy, D. E. (2021). Golfers' interest in multilevel sun protection strategies. *International Journal of Environmental Research and Public Health*, 18(14), 7253. DOI: 10.3390/ijerph18147253. PMID: 34299704. PMCID: PMC8305060
24. Xu, R. (2021). Estimating Social Influence Using Latent Space Adjusted Approach in R. *The R Journal*. <https://arxiv.org/abs/1903.05999>
25. Xu, R.\*, Rahmandad, H.\*, Gupta, M., DiGennaro, C., Ghaffarzadegan, N., Amini, H., & Jalali, M. S. (2021). Weather, air pollution, and SARS-CoV-2 transmission: a global analysis. *The Lancet Planetary Health*, 5(10), e671-e680. DOI: 10.1016/S2542-5196(21)00202-3 PMID: 34627471 PMCID: PMC8497024 \*Co-equal first authors.



# Trainings

## Webinar Series

In the 2021-2022 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](https://mhealth.inchip.uconn.edu/events).



**Improving retention in clinical trials research.** Presented by Danielle Jake-Schoffman, PhD; Sherry Pagoto, PhD; and Joe DiVito. September 29th. <https://www.youtube.com/watch?v=HD-Clq01PQE>

**Geographic Information System (GIS) for social media research: Opportunities and challenges.** Presented by Debs Ghosh, PhD, MPhil, MA. October 28th. Watch here: <https://www.youtube.com/watch?v=Pk57Clyddzo&feature=youtu.be>

**Research-based entrepreneurship and entrepreneurial research.** Presented by Shiri Dori-Hacohen, PhD. November 3rd. Watch here: <https://www.youtube.com/watch?v=ANI9uKJkw7w>

**mHealth for addressing CVD disparities.** Presented by Jolaade Kalinowski, EdD. December 15th. **Please note this event was live-only; a recording of the webinar is not available.**

**Lessons learned from submitting my first "K" award.** Presented by Eileen Carter, PhD, RN. January 10th. Watch here: <https://www.youtube.com/watch?v=6hxHOzfAyfw>

**Everything you need to know about mid-career K24 awards.** Presented by Sherry Pagoto, PhD and Mike Copenhaver, PhD. February 22nd. Watch here: <https://www.youtube.com/watch?v=YdgPoXIZWHU>

**Improving nutrition-related outcomes of refugees through community-engaged research.** Presented by Abiodun Atoloye, PhD, MSc. March 15th. Watch here: <https://www.youtube.com/watch?v=9ztSjzsOULg>

**The role of youth participatory action research in combatting social media stress.** Presented by Caitlin Elsaesser, MAT, LICSW, PhD. April 11th. Watch here: <https://www.youtube.com/watch?v=uAQ01XFuaf0>

# 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

Atoyole, A, Goetz, J, Pagoto, S. Effect of remotely-delivered and clinic-delivered lifestyle interventions on diet quality. To be presented as a poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.

Avelino, D., Killion, K., Waring, M.E., Duffy, V. Leveraging social media with community partner amplification as part of SNAP-Ed implementation. Poster presentation by D Avelino at FNCE (Food & Nutrition Conference & Expo), 8-11 October 2022, Orlando, FL.

Bannor, R, Xu, R. Idiong, CI, Goetz, J, Atoyole, A, Pagoto, S. Predictors of posting health-related content on Facebook. Poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.

Buller, D, Walkosz, B, Henry, K, Woodall, G, Pagoto, S, Berteletti, J, Kinsey, A, DiVito, J, Baker, K, Hillhouse, JJ, Idiong, C, Troy, H. (2022) Promoting social distancing and COVID-19 vaccine intentions: Comparison of information sources in a social media feed. 72nd Annual International Communication Association Conference, Paris, France.

Corcoran, A.E., Heersping, G.E., Waring, M.E. Misleading information on Instagram related to diet, exercise, or weight gain during pregnancy: a survey of women with pre-pregnancy overweight or obesity. Poster presentation by AE Corcoran at the Connecticut Academy of Nutrition and Dietetics Spring Meeting, 28 April 2022, Hartford, CT.

Goetz, J.M., Bannor, R., Idiong, C.I., and Pagoto, S.L. (2022). Personality and weight loss and engagement in in-person and social media delivered weight loss interventions. Poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.

Idiong, C, Divito, J, Arcangel, K, Troy, H, Berteletti, J, Walkosz, B, Woodall, G, Buller, D, Kinsey, A, Pagoto, S. A qualitative analysis of mother's reactions to a COVID-19 prevention Facebook group. Poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.

Idziak P., Palacz-Poborczyk, I., Januszewicz, A., Naughton, F., Luszczynska, A., Quested, E., Hagger M. S., Pagoto SL, Robinson, S., & Kwasnicka, D. (2021, August 23–27). Using Intervention Mapping to improve weight loss intervention content [Give Me Five Minutes presentation]. EHPS2021.

Kattan, R., Killion, K., Duffy, V., Waring, M.E. Using a private Facebook group to engage low-income families with young children with evidence-based nutrition and dental health information. Video poster presentation by R Kattan at the 6th Annual UConn Center for mHealth & Social Media Conference, 19-20 May 2022, Storrs, CT (virtual).

# Appearances

Lubitz, S, Faranesh, A, Selvaggi, C, Atlas, S, McManus, D, Singer, DE, Pagoto, S, Pantelopoulos, A, Foulkes, A. Detection of atrial fibrillation using wearable devices in a large population of wearable device users: The Fitbit Heart Study. Paper presented at the American Heart Association Annual Meeting, November 2021.

McVay, M, Jake-Schoffman, D, McMahon, LN, Chong Leong, M, Lou, X, Patnode, C, Pagoto, S, Rajoria, M. Impact of pre-enrollment burden on weight loss outcomes in behavioral weight loss trials. Live Research Spotlight at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.

Pagoto, S, Schroeder, M, Xu, R, Waring, ME, Idiong, C, Troy, H, Groshon, L, Goetz, J, Bannor, RA. (2022) Randomized pilot feasibility trial of a Facebook-delivered weight loss intervention using continuous enrollment. Presented as a poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.

Pagoto, S, Waring, ME, Groshon, LC, Rosen, A, Schroeder, MW, Goetz, J. (2022). Proof-of-concept feasibility trial of a dissonance-based sun safety intervention for young adult tanners. Paper presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.

Pagoto, S, Xu, R, Bullard, T, Bannor, R, Arcangel, K, Divito, J, Foster, GD, Cardel, MI. (2022). Single arm trial of a flexible multi-component commercial digital weight management program. Poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.

Pagoto, S. Baskin, M, Diefenbach, M, Steinberg, D, Philips, A. Building a Bridge for Behavioral Medicine. Opening Keynote Panel at Society of Behavioral Medicine Annual Conference, Baltimore, MD, April 2022.

Pagoto, S. Clinical Trial Recruitment at the UConn Center for mHealth and Social Media. Consumerization and Digitization of Healthcare: Where Marketing Meets Clinical Trials Think Tank, Duke Clinical Research Institute. February 2022.

Pagoto, S. How to Develop a Professional Social Media Presence (And Why You Should). Obesity Society Science Communication Bootcamp. October 2021.

Pagoto, S. Social Media and Health Behavior Change. Active London, Annual Conference of London Sport. October 2021.

Pagoto, S. Tweeting and Writing for the Public. American Public Health Association Webinar. October 2021.

Palacz-Poborczyk I., Idziak P., Kwasnicka D., Luszczynska A., Naughton F., Hagger M.S., Quested E., Pagoto S., Chamberlain K. (2021) What does it mean to choose health? A photo elicitation study. Presented at the 35th Annual Conference of the European Health Psychology Society, Online conference. Oral presentation.



# Appearances

Palacz-Poborczyk, I, Naughton, F, Luszczynska, A, Quested, E, Hagger, M, Pagoto, S, Verboon, P, Robinson, S, Kwasnicka, D. The Choosing Health process evaluation: Feasibility and acceptability of an online-delivered, theory-based, tailored weight loss and maintenance intervention. Paper presented at the European Health Psychology Society, Bratislava, Slovakia, August 2022.

Ran Xu. "An Exploratory Approach to Deriving Nutrition Information of Restaurant Food from Crowdsourced Food Images: Case of Hartford". 2022 National Big Data Health Science Conference.

Reilly, E.D., Kelly, M.M., Waring, M.E., Quigley, K.S., & Hogan, T.P. Perspectives and Practical Suggestions from Clinical Providers on Developing Online Therapeutic Interventions. Poster presentation by ED Reilly. American Psychological Association Technology, Mind, & Society Conference, 3-5 November 2021, Virtual.

Rudin, L.R., Waring, M.E. Fitbit-derived and self-reported sleep quality and gestational weight gain in women with overweight or obesity. Poster presentation by L Rudin at Frontiers, Undergraduate Research Exhibition, University of Connecticut, 20 October 2021, Storrs, CT.

Schroeder, M, Waring, ME, Pagoto, S. Association between subjective cognitive decline and strength training in middle aged and older adults in the United States. Poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.

Waring, M.E., Arigo, D., Rudin, R.R., Pagoto, S.L., Moore Simas, T.A., Horkachuck, A. Interest in an Instagram-delivered gestational weight gain intervention among women with pre-pregnancy overweight or obesity. Live Research Spotlight by ME Waring at the 43rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine (SBM), 6-9 April 2022, Baltimore, MD.

Waring, M.E., Pagoto, S.L., Moore Simas, T.A., Blackman Carr, L.T., Bracken, M.L., Libby, B.A., Herrera, V. Rudin, L.R., Wang, J., Heersping, G.E., Burdick, A.R. Delivering a Post-Partum Weight Loss Intervention via Facebook or In-Person Groups: Results from a Randomized Pilot Feasibility Trial. Paper presentation by ME Waring at the 6th Annual UConn Center for mHealth & Social Media Conference, 19-20 May 2022, Storrs, CT (virtual).

Waring, ME. (Re)designing lifestyle interventions for social media delivery: how do we meaningfully engage participants? Nutrition Obesity Research Center, University of Alabama – Birmingham, Birmingham, AL (virtual), 12 April 2022.

Waring, ME. Ethical considerations when using social media for biomedical and social/behavioral science research. Annual Combined IRB Panel Meeting, UConn Health/UConn Storrs, Farmington, CT (virtual). 8 November 2021.

# Annual Conference

6th Annual Conference

May 19-20, 2022

## Telehealth and Remote Care in a Post-Pandemic World

UConn Center for mHealth & Social Media



Telehealth utilization grew by 78-fold during the pandemic as the need for safe means to access and deliver healthcare was greater than ever. At this two-day Conference, participants who study and innovate virtual care models in medicine, mental health, physical therapy, pediatrics, and underserved populations discussed health equity, asynchronous interventions and care, and telehealth and the patient experience.

### Keynote Speakers

**Todd Norwood, DPT**, Omada Health

Hands-On Meets Handheld: The Evolution of App-based Telehealth PT

**Kristin Ray, MD**, University of Pittsburgh School of Medicine

Telehealth in Pediatric Outpatient Care in the Post-Pandemic World

**Courtney Lyles, PhD**, University of California, San Francisco

Digital Health Equity: Implications for Telehealth

**Jared Skillings, PhD, ABPP**, American Psychological Association

Future of Telehealth: Evidence, Advocacy, and Equity

### Panelists

**Panel: Optimizing Telehealth Patient Experience**

**Keren Ladin, PhD, MSc**, Tufts University

**Jenny Lin, MD, MPH**, Icahn School of Medicine at Mount Sinai

**Rachel Talley, MD**, University of Pennsylvania

### Panelists

**Panel: Asynchronously Delivered Telehealth: Advantages, Challenges, and Opportunities**

**Peter Yellowlees, MBBS, MD**, University of California, Davis Health

**Jingwen Zhang, PhD**, University of California, Davis

**Geoff Matous**, Wellinks

JMIR mHealth & uHealth sponsored the event. Additionally, Wellinks Health sponsored a panel on the advantages, challenges, and opportunities of asynchronously delivered telehealth. Hosting the conference virtually facilitated worldwide participation with scholars from 146 institutions in 13 countries and 5 continents. The virtual format also allowed the Center to record and publish each talk for on-demand viewing.

# Annual Conference

The conference featured 6 oral paper presentations and 57 video posters. Attendees viewed the two-minute video posters in informal breakout discussions with the poster authors over Zoom. All abstract authors received an invitation to publish their abstract at no cost in a special issue of JMIR Iproceedings as well as a 20% discount on the publication fee for full manuscripts submitted to JMIR mHealth and uHealth resulting from an Iproceedings abstract. Four video poster authors and attendees were selected to receive awards; each recipient received a 20% discount on the publication fee for an additional paper submitted to JMIR.

Awards were given to the Best Paper, Best Student Video, Best Non-Student Video, and Most Viewed Video. Megan O'Grady, PhD; Eileen Carter, PhD, RN; and Jared Goetz served as poster judges. The poster videos currently have nearly 5000 views on YouTube. On the conference feedback survey, 89% of respondents stated they were likely or very likely to attend another one of our Annual Conferences in the future.

Four video poster authors and attendees were selected to receive awards; each recipient received a 20% discount on the publication fee for an additional paper submitted to any JMIR journal.

## Best Paper

Christina McGinnis, BS, MBS, Weill Cornell Medicine, Can hybrid in-person and virtual care delivery models increase access to vulnerable populations in the post-COVID-19 era?

## Best Student Video

Ashlie Delskey, Pari Patel, Wu, C., Cleffi, C., Amonkar, A., Bhat, A., Srinivasan, S., University of Connecticut, Is telehealth a feasible mode of intervention delivery to improve social communication skills in children with Autism Spectrum Disorder? Results from a pilot randomized controlled trial. Watch here: [https://youtu.be/Ywsf\\_kdJOAk](https://youtu.be/Ywsf_kdJOAk)

## Best Non-Student Video

Sun-Kyung Lee, PhD, Qiyue Cai, MA, Sydni Basha, BS, Aditi Gupta, MA, Abigail Gewirtz, PhD Arizona State University, A technology-based intervention to help healthcare provider parents manage stress during COVID-19: Findings from a pilot micro-randomized trial. Watch here: <https://youtu.be/pz6gggiLn6w>

## Most Viewed Video

Diogo Nogueira-Leite, M.Sc. & Ricardo Cruz-Correia, PhD, University of Porto, Porto, Portugal, Protocol for research project on physicians' & individuals' attitudes of digital mental health tools. Watch here: <https://youtu.be/TzN1EjQTkgQ>

## Attendees

**298 Registrants from**  
**146 Institutions**  
**29 US States & Washington, D.C.**  
**13 Countries**  
**5 Continents**

**Save the Date: Annual Virtual Conference**  
**May 18-19, 2023**