



Developing online behaviour change interventions: Introduction to LifeGuide

LifeGuide is free, open-source software that enables researchers with little or no programming experience to flexibly develop and modify simple online behaviour change interventions.

In collaboration with Southampton University, members of BU's Centre for eHealth Internet Research and Practice (CHIRP) will be running a free workshop to allow anyone (staff, PhD students etc.) with an interest in behavioural intervention research to learn more about the software features and see examples of existing interventions.

During the workshop you can also discover how YOU can create your own interventions by gaining first-hand experience of using the software.

The workshop is free of charge and will take place at Talbot Campus, Bournemouth University on the 17th July, 10am-1pm. Refreshments will be provided. Spaces at the workshop will be limited so please register a place by emailing Sarah Williams on swilliams@bournemouth.ac.uk

Although it is not essential (this workshop is also appropriate for LifeGuide beginners), you are encouraged to explore the LifeGuide software prior to the workshop and bring along any specific questions you may have. Visit <http://www.lifeguideonline.org.uk> to register with the LifeGuide community to find out more.

Workshop facilitators

Dr Sarah Williams (Centre for eHealth, Internet Research and Practice, Psychology Department, Bournemouth University) has been using LifeGuide for over 5 years. In a previous role at Southampton University, she was involved in the early development of the software and the LifeGuide Community Website. She managed the development of the Positive Online Weight Reduction (POWeR) intervention which provides self-monitoring, goal-setting and other behaviour change techniques to help those manage their weight. She is now developing the MotivATE intervention – a pre-treatment motivational intervention to improve attendance at eating disorder treatment services. <http://staffprofiles.bournemouth.ac.uk/display/swilliams#overview>

Dr Leanne Morrison (Centre for Applications in Health Psychology, Southampton University) is currently a research fellow on the UBhave project examining the power and challenges of using Smartphones to deliver health behaviour change interventions. She has been involved with LifeGuide since its inception and has over 5 years of experience of creating LifeGuide interventions, supporting a range of LifeGuide users and extensive knowledge about user engagement in online health interventions: <http://www.southampton.ac.uk/psychology/about/staff/lm904.page#background>

Kathy Walker (Psychology Department, Bournemouth University) is currently in the third year of her BSc in Psychology. She has worked as a research assistant in the Psychology Department helping to develop the MotivATE intervention and her dissertation research explored the acceptability and usability of MotivATE for those with Binge Eating Disorder. She will be continuing to use LifeGuide over the Summer to modify and launch the MotivATE intervention.