

Curriculum Vitae: Dr Olga Perski

Nationality: Swedish

Languages: Swedish, English

Education

2017 – 2019	BPS Stage 2 Professional Qualification in Health Psychology (University College London)
2015 – 2018	PhD in Health Psychology; Awarded with no corrections (University College London)
2014 – 2015	MSc in Health Psychology; Distinction (University College London)
2011 – 2014	BSc in Psychology & Philosophy; 2:1 (University of Bristol)

Awards

2019	Early Career Award in Digital Health (CBC-IHE Conference 2019)
2017	Associate Fellow of the Higher Education Academy (PR131288)
2015	Award for Outstanding Thesis in MSc Health Psychology (British Psychological Society)

Principal Investigator Grants

2022 – 2025	Perski, O. Improving the precision of behaviour change theories: Development and validation of a computational model of lapse risk in smokers attempting to quit (COMPLAPSE). European Commission HORIZON-TMA-MSCA-PF-GF. <u>€302,331.36</u>
2021 – 2022	Perski, O., D’Lima, D., & Brown, J. FS301048: Developing a Research Quality Assurance Toolkit. UK Food Standards Agency. <u>£20,000.00</u>
2018	Perski, O. & Stevens, C. Using Ecological Momentary Assessment to Identify Within-Person Influences on Health-Related Behaviours: A Workshop to Inform Cancer Prevention Research at UCL and Beyond. UCL Grand Challenges Doctoral Students’ Small Grant. <u>£1,062.63</u>
2016	Perski, O., Newhouse, N., Bondaronek, P., Roberts, A. & Singh, A. The UCL ‘TechSharing Seminars’. UCL Public Policy Small Grant. <u>£1,500.00</u>
2015 – 2018	Perski, O. Engagement with digital behaviour change interventions: Conceptualisation, measurement and promotion. 3-year PhD studentship from BUPA Ltd in collaboration with University College London. <u>£75,817.00</u>

Co-Investigator Grants

2022 – 2027	Brown, J., Shahab, L., et al. Targeting multiple levels of ‘the smoking cessation system’ using novel scientific approaches. [Digital Health Work Package Lead]. Cancer Research UK Prevention and Population Research Committee programme grant renewal. <u>£3,317,346.71</u>
2020 – 2021	Bender, J., et al. Establishing Best Practices in Online Cancer Support Groups: A Realist Review. Canadian Institutes for Health Research (CIHR): Supporting Patient Oriented Research (SPOR) Catalyst Grant. <u>\$100,000.00</u>

Professional history

2022 – 2025	Marie Skłodowska-Curie Postdoctoral Research Fellow (1.0 FTE), University of California, San Diego (USA) & Tampere University (Finland)
2022 –	Honorary Senior Research Fellow, University College London (UK)
2021 – 2022	Senior Research Fellow (1.0 FTE), University College London (UK)
2020	Consultant Health Psychologist (0.1 FTE), ONKO Health Ltd (UK)
2019 –	CBC Associate, Centre for Behaviour Change, University College London (UK)
2019	Consultant Health Psychologist (0.1 FTE), Adia Health Ltd (UK)
2018 – 2021	Research Fellow (1.0 FTE), University College London (UK)
2017 – 2018	Consultant Health Psychologist (0.1 FTE), Smart Peak Flow Ltd (UK)
2017 – 2018	Consultant Health Psychologist (0.1 FTE), the Karolinska Institute (Sweden)
2017 – 2018	Graduate Teaching Assistant (0.1 FTE), University College London (UK)

2015	Research Assistant (0.5 FTE), Behavioural Insights Team, Department of Health (UK)
2013	Research Assistant, the ePsychiatry Unit, Huddinge University Hospital (Sweden)

Editorial responsibilities

2022 –	Editorial Board Member, <i>Translational Behavioral Medicine</i>
2019 – 2021	Moderator, UCL CBC Digi-Hub (https://www.ucl.ac.uk/behaviour-change/cbc-hubs/cbc-digi-hub)
2019 – 2021	Section Editor, <i>JMIR Paediatrics & Parenting</i>
2019 – 2020	National Editor (Sweden), Practical Health Psychology (https://practicalhealthpsychology.com/)

Teaching activities

2022 – 2025	PhD Supervisor for Corinna Leppin (UCL)
2022 – 2025	PhD Supervisor for Tosan Okpako (UCL)
2022	Facilitator, 2-Day CREATE Workshop, European Health Psychology Society
2021	Facilitator, Journal Club, Centre for Doctoral Training in AI-Enabled Healthcare (UCL)
2021	Lecturer, International Summer School on Advanced Methods in Global Health (ISGlobal, Spain)
2020 – 2022	Lecturer, BSc Psychology (UCL)
2019	Facilitator, Half-Day Workshop, Tommy's (UK)
2019 – 2021	Lecturer, BSc Psychology (Roehampton University)
2019 – 2022	Lecturer, BSc Population Health (UCL)
2019 – 2020	Lecturer, MSc Health Psychology (City, University of London)
2018	Lecturer, MSc Public Health (University of Birmingham)
2018	Lecturer, MSc Health Informatics (UCL)
2018	Facilitator, Half-Day Workshop, Nesta (London)
2017 – 2022	MSc Dissertation Supervisor (MSc Health Psychology, UCL; MSc Behaviour Change, UCL)
2017 – 2021	Mentor, Centre for Behaviour Change Summer School
2017 – 2018	Personal Tutor, MSc Behaviour Change (UCL)
2017 – 2022	Lecturer, MSc Behaviour Change (UCL)
2017	Facilitator, Half-Day Workshop (Ulster University)
2016 – 2017	Laboratory Demonstrator, BSc Psychology (UCL)
2016 – 2017	MSc Dissertation Supervisor, MSc Clinical Psychology (Gothenburg University, Sweden)
2016 – 2018	Personal Tutor, MSc Health Psychology (UCL)
2016 – 2018	Facilitator, Journal Club, MSc Health Psychology (University College London; UCL)

Journal publications

Under review

1. Kotz, D., **Perski, O.**, Gali, K., Brown, J., & Kastaun, S. (under review). Associations between tobacco smoking and SARS-CoV-2 / COVID-19 infections, disease severity, and duration in the German population (the DEBRA study).
2. **Perski, O.**, Kwasnicka, D., Kale, D., Schneider, V., Szinay, D., ten Hoor, G., Yeboah-Asiamah Asare, B., Verboon, P., Powell, D., Naughton, F., & Keller, J. (under review). Within-person associations between psychological and contextual factors and lapse incidence in smokers attempting to quit: A systematic review and meta-analysis of Ecological Momentary Assessment studies. <https://psyarxiv.com/au498/>
3. **Perski, O.**, Li, K., Pontikos, N., Simons, D., Goldstein, S. P., Naughton, F., & Brown, J. (under review). Classification of lapses in smokers attempting to stop: A supervised machine learning approach using data from a popular smartphone application. <https://psyarxiv.com/58ytr>
4. Bell, L., Garnett, C., Bao, Y., Cheng, Z., Qian, T., **Perski, O.**, Potts, H. W. W., & Williamson, E. (under review). Optimising the Notification Policy to Improve Engagement with an Alcohol Reduction App: Results from a Micro-Randomised Trial.

5. **Perski, O.**, König, L. M., Smit, E. S., Newby, K., Vandelanotte, C., Poduval, S., Gordon, L., Allmeta, A., Gültzow, T., Alblas, M., Arden-Close, E., Braun, M., Greffin, K., Hewitt, R. M., Knox, L., McCallum, C., McLaren, T., Szinay, D., Peuters, C., & DeSmet, A. (under review). Towards meaningful interdisciplinary and cross-sectoral digital health collaborations: Challenges and potential action-oriented solutions.
6. Lugg, S. T., Kadiri, S., Budacan, A., Kerr, A., Golby, C., Skirth, B., Farley, A., **Perski, O.**, West, R., Brown, J., Thickett, D. R., & Naidu, B. (under review). Quit4Surgery: user-centered design of an integrated, web-based smoking cessation intervention in the thoracic surgical pathway.

In press/published

1. Oldham, M., **Perski, O.**, Loebenberg, G., Brown, J., & Garnett, C. (2022). The effect of the first UK COVID-19 lockdown on new and existing users of the 'Drink Less' app: An interrupted time series analysis of sociodemographic characteristics, engagement and alcohol reduction. *Journal of Medical Internet Research*.
2. **Perski, O.**, Keller, J., Kale, D., Yeboah-Asiamah Asare, B., Schneider, V., Powell, D., Naughton, F., ten Hoor, G., Verboon, P., & Kwasnicka, D. (2022). Understanding health behaviours in context: A systematic review and meta-analysis of Ecological Momentary Assessment studies of five key health behaviours. *Health Psychology Review*. <https://doi.org/10.1080/17437199.2022.2112258>
3. Bricker, J. B., Mull, K. E., Santiago-Torres, M., Miao, Z., **Perski, O.**, & Di, C. (2022). Smoking cessation smartphone application use over time: Do usage patterns predict 12-month cessation outcomes? *Journal of Medical Internet Research*. <https://www.jmir.org/2022/8/e39208/>
4. Alphonse, A., Stewart, K., Brown, J., & **Perski, O.** (2022). Exploring Users' Experiences With a Quick-Response Chatbot Within a Popular Smoking Cessation Smartphone App: Semistructured Interview Study. *JMIR Formative Research*, 6(7):e36869. <https://doi:10.2196/36869>
5. **Perski, O.**, Jambharunkar, T., Brown, J., & Kale, D. (2022). A pilot randomised trial of a brief virtual reality scenario in smokers unmotivated to quit: Assessing the feasibility of recruitment. *PLOS Digital Health*, 1(6): e0000060. <https://doi.org/10.1371/journal.pdig.0000060>
6. **Perski, O.**, Theodoraki, M., Cox, S., Kock, L., Shahab, L., & Brown, J. (2022). Associations between smoking to relieve stress, motivation to stop and future quit attempts across the social spectrum: A population survey in England. *PLOS ONE*. <https://doi.org/10.1371/journal.pone.0268447>
7. **Perski, O.**, West, R., & Brown, J. (2022). Estimated Failure to Report Unsuccessful Quit Attempts by Type of Cessation Aid: A Population Survey of Smokers in England. *Journal of Smoking Cessation*. <https://doi.org/10.1155/2022/5572480>
8. Kwasnicka, D., Keller, J., **Perski, O.**, Potthof, S., ten Hoor, G., Ainsworth, B., Crutzen, R., Dohle, S., van Dongen, A., Heino, M., Henrich, J., Knox, L., König, L., Maltinsky, W., McCallum, C., Nalukwago, J., Neter, E., Nurmi, J., Spitschan, M., Van Beurden, S., Van der Laan, N., Wunsch, K., & Sanderman, R. (2022). White Paper: Open Digital Health – accelerating transparent and scalable health promotion and treatment. *Health Psychology Review*. <https://doi.org/10.1080/17437199.2022.2046482>
9. **Perski, O.**, Nikiel, A., Brown, J., & Shahab, L. (2022). Personality typologies of smokers and excessive drinkers: a cross-sectional survey of respondents in the BBC Lab UK Study [version 1; peer review: awaiting peer review]. *F1000Research*, 11:94. <https://doi.org/10.12688/f1000research.86670.1>
10. Kale, D., **Perski, O.**, Herbec, A., Beard, E., & Shahab, L. (2022). Changes in cigarette smoking and vaping in response to the COVID-19 pandemic in UK: Findings from baseline and 12-month follow-up of HEBECO study. *International Journal of Environmental Research and Public Health*, 19, 630. <https://doi.org/10.3390/ijerph19020630>

11. Simons, D., **Perski, O.**, Shahab, L., Brown, J., & Bailey, R. (2022). Association of smoking status with hospitalisation for COVID-19 compared with other respiratory viruses a year previous: a case-control study at a single UK National Health Service trust. *F1000Research*, 10:846. <https://doi.org/10.12688/f1000research.55502.3>
12. Szinay, D., **Perski, O.**, Jones, A., Chadborn, T., Brown, J., & Naughton, F. (2021). Perceptions of factors influencing engagement with health and wellbeing apps: a qualitative study using the COM-B model and Theoretical Domains Framework as an analytical framework. *JMIR mHealth and uHealth*. <https://mhealth.jmir.org/2021/12/e29098/>
13. Bender, J.L., Babinski, S., Wong, G., Tricco, A., Englesakis, M., Cyr, A. B., Potts, H., **Perski, O.**, Esplen, M. J., Young, C., Wassersug, R., Forster, V., Papadakis, J., Soobiah, C., Fox, C., Gothard-Huang, A., & Witteman, H. (2021). Establishing best practices in cancer online support groups: protocol for a realist review. *BMJ Open*, 11:e053916. <https://doi.org/10.1136/bmjopen-2021-053916>
14. **Perski, O.**, Stevens, C., West, R., & Shahab, L. (2021). Pilot randomised controlled trial of the Risk Acceptance Ladder (RAL) as a tool for targeting health communications. *PLOS ONE*, 16(11), e0259949. <https://doi.org/10.1371/journal.pone.0259949>
15. **Perski, O.**, Simons, D., Shahab, L., & Brown, J. (2021). Smoking, nicotine and COVID-19: Triangulation of methods and pre-registration are required for robust causal inference. *Nicotine & Tobacco Research*. <https://doi.org/10.1093/ntr/ntab214>
16. **Perski, O.**, Hébert, E., Naughton, F., Hekler, E., Brown, J., & Businelle, M. (2021). Technology-mediated just-in-time adaptive interventions (JITIs) to reduce harmful substance use: A systematic review. *Addiction*. <https://doi.org/10.1111/add.15687>
17. Garnett, C., **Perski, O.**, Michie, S., West, R., Field, M., Greaves, F., Hickman, M., Kaner, E., Munafo, E., Burton, R., Walmsley, M., & Brown, J. (2021). Refining the content and design of an alcohol reduction app, Drink Less, to improve its usability and effectiveness: a mixed methods approach. <https://f1000research.com/articles/10-511/v1>
18. Kwasnicka, D., Kale, D., Schneider, V., Keller, J., Asare, B. Y. A., Powell, D., Naughton, F., ten Hoor, G., Verboorn, P., & **Perski, O.** (2021). Systematic review of Ecological Momentary Assessment (EMA) studies of five public health-related behaviours: Review Protocol. *BMJ Open*. <http://dx.doi.org/10.1136/bmjopen-2020-046435>
19. **Perski, O.** (2021). Scientific and ethical challenges to defining what constitutes 'proportionate evidence' for the regulation and accreditation of apps to treat addiction. *Addiction*. <http://doi.org/10.1111/add.15619>
20. **Perski, O.**, Szinay, D., Corker, E., Shahab, L., West, R., & Michie, S. (2021). Interventions to increase personal protective behaviours to limit the spread of respiratory viruses: A rapid evidence review. *British Journal of Health Psychology*. <https://doi.org/10.1111/bjhp.12542>
21. Chevance, G., Baretta, D., Heino, M., **Perski, O.**, Klasnja, P., Hekler, E., & Godino, J. (2021). Characterizing and predicting fluctuations in walking behavior continuously measured with an activity monitor. *PLOS ONE*, 1-17. <https://doi.org/10.1371/journal.pone.0251659>
22. **Perski, O.**, & Short, C.E. (2021). Acceptability of digital health interventions: embracing the complexity. *Translational Behavioral Medicine*. <https://doi.org/10.1093/tbm/ibab048>
23. Szinay, D., **Perski, O.**, Jones, A., Chadborn, T., Brown, J., & Naughton, F. (2021). Influences on the uptake of health and wellbeing apps and curated app portals: a think aloud and interview study. *JMIR Mhealth Uhealth*, 9(4):e27173. <https://doi.org/10.2196/27173>

24. Kale, D., Herbec, A., **Perski, O.**, Jackson, S., Brown, J., & Shahab, L. (2021). Associations between e-cigarette use and Covid-19: cross-sectional findings from the HEBECO study. <https://doi.org/10.1101/2020.12.01.20241760>
25. **Perski, O.**, Watson, N.L., Mull, K.E., & Bricker, J.B. (2021). Identifying content-based engagement patterns in a smoking cessation website and associations with user characteristics and cessation outcomes: A sequence and cluster analysis. *Nicotine & Tobacco Research*. <https://doi.org/10.1093/ntr/ntab008>
26. Garnett, C., **Perski, O.**, Beard, E., Michie, S., West, R., & Brown, J. (2021). The Adrian Chiles effect? The impact of celebrity influence and national media coverage on user characteristics of an alcohol reduction app. *BMC Public Health*, 21(30), 1-11. <https://doi.org/10.1186/s12889-020-10011-0>
27. Aldridge, R. W., Burns, R., Kirkby, V., Elsay, N., Murray, E., **Perski, O.**, Navaratnam, A., Williamson, E., Nieto-Martínez, R., Miranda, J. J., & Hugenholtz, G. C. (2020). Health on the Move (HOME) Study: Using a smartphone app to explore the health and wellbeing of migrants in the United Kingdom. <https://wellcomeopenresearch.org/articles/5-268/v1?src=rss>
28. Bell, L., Garnett, C., Qian, T., **Perski, O.**, Potts, H., & Williamson, E. (2020). Visualising patterns of engagement with a behaviour change app for alcohol reduction. *Journal of Medical Internet Research*, 22(12), e23369. <https://www.jmir.org/2020/12/e23369>
29. Lugg, S., Kerr, A., Kadiri, S., Budican, A., Farley, A., **Perski, O.**, West, R., Brown, J., Thickett, D., & Naidu, B. (2020). Protocol for a feasibility study of smoking cessation in the surgical pathway before major lung surgery: Project MURRAY. *BMJ Open*. <http://dx.doi.org/10.1136/bmjopen-2019-036568>
30. Simons, D., Shahab, L., Brown, J., & **Perski, O.** (2020). The association of smoking status with SARS-CoV-2 infection, hospitalisation and mortality from COVID-19: A living rapid evidence review with Bayesian meta-analyses (version 7). *Addiction*. <https://doi.org/10.1111/add.15276>
31. Tattan-Birch, H., **Perski, O.**, Jackson, S.E., Shahab, L., West, R., & Brown, J. (2020). COVID-19, smoking, vaping and quitting: A representative population survey in England. *Addiction*. <https://doi.org/10.1111/add.15251>
32. Taak, K., Brown, J., & **Perski, O.** (2020). Exploring views on alcohol consumption and digital support for alcohol reduction in UK-based Punjabi-Sikh men: A think aloud and interview study. *Drug and Alcohol Review*. <https://doi.org/10.1111/dar.13172>
33. Bell, L., Garnett, C., Qian, T., **Perski, O.**, Potts, H., & Williamson, E. (2020). Protocol for the Notifications To Improve Engagement (NOTE) trial: a Micro-Randomised Trial to investigate how notifications influence engagement with the Drink Less app. <https://doi.org/10.2196/18690>
34. **Perski, O.**, Herbec, A., Shahab, L., & Brown, J. (2020). Influence of the SARS-CoV-2 Outbreak on the Uptake of a Popular Smoking Cessation App in UK Smokers: Interrupted Time Series Analysis. *JMIR mHealth and uHealth*, 8(6), e19494. <https://mhealth.jmir.org/2020/6/e19494/>
35. Chevance, G., Hekler, E.B., Efoui-Hess, M., Godino, J., Golaszewski, N., Gualtieri, L., Krause, A., Marraud, L., Nebeker, C., **Perski, O.**, Simons, D., Taylor, J.C., Bernard, P. (2020). Digital health at the age of the Anthropocene. *The Lancet Digital Health*, 2(6), e290-e291. [https://doi.org/10.1016/S2589-7500\(20\)30130-8](https://doi.org/10.1016/S2589-7500(20)30130-8)
36. **Perski, O.**, Beard, E., & Brown, J. (2020). Association between changes in harm perceptions and e-cigarette use among current tobacco smokers in England: A time series analysis. *BMC Medicine*, 18(98), 1-10. <https://doi.org/10.1186/s12916-020-01565-2>
37. **Perski, O.**, Chevance, G., & Hekler, E.B. (2020). Innovative methods for predicting and changing complex health behaviors: Four propositions. *Translational Behavioral Medicine*. <https://doi.org/10.1093/tbm/ibaa026>

38. **Perski, O.**, Garnett, C., Shahab, L., Brown, J., & West, R. (2020). Associations between smoking status and bodily pain in a cross-sectional survey of UK respondents. *Addictive Behaviors*, 102, 1-7. <https://doi.org/10.1016/j.addbeh.2019.106229>
39. **Perski, O.**, Lumsden, J., Garnett, C., Blandford, A., West, R., & Michie, S. (2019). Assessing the psychometric properties of the Digital Behaviour Change Intervention (DBCI) Engagement Scale in users of an app for reducing alcohol consumption: evaluation study. *Journal of Medical Internet Research*, 21(11), e16197. <https://doi.org/10.2196/16197>
40. **Perski, O.**, Jackson, S.E., Garnett, C., West, R., & Brown, J. (2019). Trends in and factors associated with the adoption of digital aids for smoking cessation and alcohol reduction: A population survey in England. *Drug and Alcohol Dependence*, 205, 1-7. <https://doi.org/10.1016/j.drugalcdep.2019.107653>
41. **Perski, O.**, Crane, D., Beard, E., & Brown, J. (2019). Does the addition of a supportive chatbot promote user engagement with a smoking cessation app? An experimental study. *Digital Health*, 5, 1-13. <https://doi.org/10.1177/2055207619880676>
42. **Perski, O.**, Naughton, F., Garnett, C., Blandford, A., Beard, E., West, R., & Michie, S. (2019). Do daily fluctuations in psychological and app-related variables predict engagement with an alcohol reduction app? A series of N-of-1 studies. *JMIR mHealth and uHealth*, 7(10), e14098. <https://mhealth.jmir.org/2019/10/e14098>
43. Jackson, S.E., **Perski, O.**, Crane, D., Michie, S., West, R., & Brown, J. (2019). Effectiveness of an offer of the Smoke Free smartphone application for smoking cessation: protocol for a randomized controlled trial. *Addiction*. <https://doi.org/10.1111/add.14652>
44. **Perski, O.**, Blandford, A., Garnett, C., Crane, D., West, R., & Michie, S. (2019). A self-report measure of engagement with digital behaviour change interventions (DBCIs): Development and psychometric evaluation of the 'DBCI Engagement Scale'. *Translational Behavioral Medicine*. <https://doi.org/10.1093/tbm/ibz039>
45. Baretta, D., **Perski, O.**, Steca, P. (2019). Exploring users' experiences of the uptake and adoption of physical activity apps: longitudinal qualitative study. *JMIR mHealth and uHealth*, 7(2), e11636. <https://doi.org/10.2196/11636>
46. **Perski, O.**, Herd, N., West, R., & Brown, J. (2019). Perceived addiction to smoking and associations with motivation to stop, quit attempts and quitting success: A prospective study of English smokers. *Addictive Behaviors*, 90, 306-311. <https://doi.org/10.1016/j.addbeh.2018.11.030>
47. Garnett, C., **Perski, O.**, Tombor, I., West, R., Michie, S., Brown, J. (2018). Predictors of engagement, response to follow-up and extent of alcohol reduction in users of a smartphone app (Drink Less). *JMIR mHealth and uHealth*, 6(12), e11175. <https://doi.org/10.2196/11175>
48. **Perski, O.**, Baretta, D., Blandford, A., West, R., & Michie, S. (2018). Engagement features judged by excessive drinkers as most important to include in smartphone apps for alcohol reduction: A mixed-methods study. *Digital Health*, 4, 1-15. <https://doi.org/10.1177/2055207618785841>
49. Blandford, A., Gibbs, J., Newhouse, N., **Perski, O.**, Singh, A., & Murray, E. (2018). Seven lessons for interdisciplinary research on interactive digital health interventions. *Digital Health*, 4, 1-13. <https://doi.org/10.1177/2055207618770325>
50. **Perski, O.**, Herd, N., Brown, J., & West, R. (2018). Does consistent motivation to stop smoking improve the explanation of recent quit attempts beyond current motivation? A cross-sectional study. *Addictive Behaviors*, 81, 12-16. <https://doi.org/10.1016/j.addbeh.2018.01.037>
51. Herbeć, A., **Perski, O.**, Shahab, L., & West, R. (2018). Smokers' Views on Personal Carbon Monoxide Monitors, Associated Apps, and Their Use: An Interview and Think-Aloud Study. *International Journal of Environmental Research and Public Health*, 15, 288. <https://doi.org/10.3390/ijerph15020288>

52. **Perski, O.**, Grossi, G., Perski, A., & Niemi, M. (2017). A systematic review and meta-analysis of tertiary interventions in clinical burnout. *Scandinavian Journal of Psychology*, 58, 551-561. <https://doi.org/10.1111/sjop.12398>
53. **Perski, O.**, Blandford, A., Ubhi, H. K., West, R., & Michie, S. (2017). Smokers' and drinkers' choice of smartphone applications and expectations of engagement: a think aloud and interview study. *BMC Medical Informatics and Decision Making*, 17:25. <https://doi.org/10.1186/s12911-017-0422-8>
54. **Perski, O.**, Blandford, A., West, R., & Michie, S. (2017). Conceptualising engagement with digital behaviour change interventions: a systematic review using principles from critical interpretive synthesis. *Translational Behavioral Medicine*, 7, 254-267. <https://doi.org/10.1007/s13142-016-0453-1>

Book chapters

1. **Perski, O.** (in press). Being agile: Honing new skills and fostering curiosity for increased scientific impact. In D. Kwasnicka & A. Y. Lai (Eds.), *Survival Guide for Early Career Researchers*. Switzerland: Springer Nature.

Published but not peer-reviewed

1. **Perski, O.** (2017). EHPS/DHP Conference 2016: Summary of DHP Award for 'Outstanding MSc Thesis' and reflections on conference highlights. *Health Psychology Update*, 26(1), 35-36. <https://shop.bps.org.uk/publications/health-psychology-update-vol-26-no-1-spring-2017.html>
2. Davies, E., Khadjesari, Z., **Perski, O.**, & Garnett, C. (2019). Finding moderation online. *The Psychologist*, 32, 44-47. <https://thepsychologist.bps.org.uk/volume-32/july-2019/finding-moderation-online>
3. Simons, D., Shahab, L., Brown, J., & **Perski, O.** (2020). Smoking and COVID-19: Rapid evidence review for the Royal College of Physicians, London (UK). *Qeios*. <https://doi.org/10.32388/VGJCUN>
4. Simons, D., **Perski, O.**, Brown, J. (2020). Covid-19: The role of smoking cessation during respiratory virus epidemics. *BMJ Opinion*. <https://blogs.bmj.com/bmj/2020/03/20/covid-19-the-role-of-smoking-cessation-during-respiratory-virus-epidemics/>
5. **Perski, O.**, Simons, D., West, R., & Michie, S. (2020). Face masks to prevent community transmission of viral respiratory infections: A rapid evidence review using Bayesian analysis. *Qeios*. <https://doi.org/10.32388/1SC5L4>

Peer-reviewed conference abstracts

1. Bell, L., Garnett, C., Bao, Y., Cheng, Z., Qian, T., **Perski, O.**, Potts, H. W. W., & Williamson, E. (2022). Optimising the Notification Policy to Improve Engagement with an Alcohol Reduction App: Results from a Micro-Randomised Trial. International Clinical Trials Methodology Conference, Harrogate (UK). October 2022. *(oral presentation)*
2. Kwasnicka, D., Keller, J., Kale, D., Asare, B. Y. A., Schneider, V., Powell, D., Naughton, F., ten Hoor, G., Verboon, P., & **Perski, O.** (2022). Systematic review and meta-analysis of Ecological Momentary Assessment studies of five public health behaviours. European Health Psychology Society Annual Conference, Bratislava (Slovakia). August 2022. *(oral presentation)*
3. Schneider, V., **Perski, O.**, Kwasnicka, D., ten Hoor, G., Lorbeer, N., Di Maio, S., Powell, D., Kale, D., Asare, B. Y. A., Naughton, F., Gellert, P., Verboon, P., & Keller, J. (2022). Within-person predictors of moderate-to-vigorous physical activity: Systematic review of Ecological Momentary Assessment studies. European Health Psychology Society Annual Conference, Bratislava (Slovakia). August 2022. *(oral presentation)*

4. **Perski, O.**, Li, K., Pontikos, N., Simons, D., Goldstein, S. P., Naughton, F., & Brown, J. (2022). Predicting lapses in smokers attempting to stop with a popular smartphone app using machine learning. European Health Psychology Society Annual Conference, Bratislava (Slovakia). August 2022. *(oral presentation)*
5. Goldstein, S., **Perski, O.**, Klasnja, P., Alshurafa, N., & Qian, T. (2022). Using Machine Learning to Advance Behavioral Science: Challenges and Potential Solutions from a Cross-Disciplinary Panel. Society for Behavioral Medicine Annual Conference. April 2022. *(panel discussion)*
6. **Perski, O.**, Kale, D., Jambharunkar, T., & Brown, J. (2022). A virtual reality scenario on the health consequences of smoking: A pilot randomised trial with smokers unmotivated to quit. SRNT Annual Conference. March 2022. *(poster presentation)*
7. Kale, D., Kwasnicka, D., Powell, D., Asare, B. Y. A., ten Hoor, G., Keller, J., Naughton, F., Schneider, V., **Perski, O.** (2022). Within- and between-person associations between psychological and contextual factors and alcohol consumption in EMA studies: A systematic review. Society for the Study of Addiction Annual Conference. November 2021. *(poster presentation)*
8. Kale, D., **Perski, O.**, Herbec, A., Beard, E., & Shahab, L. (2021). Longitudinal changes in cigarette smoking and vaping in response to the COVID-19 pandemic: Findings from the HEBECO study. SRNT-E Annual Conference. September 2021. *(oral presentation)*
9. McCallum, C., Potthof, S., Bührmann, L., **Perski, O.**, Baumel, A., Kwasnicka, D., ten Hoor, G. (2021). Using app stores and innovative trial designs to evaluate and optimise health behaviour change apps. European Health Psychology Society Annual Conference. August 2021. *(roundtable presentation)*
10. Powell, D., Asare, B. Y. A., Gérain, P., Kwasnicka, D., **Perski, O.**, ten Hoor, G., Kale, D., Keller, J., Naughton, F., Schneider, V., & DeSmet, A. (2021). Ecological momentary assessment to examine associations of psychological factors with dietary intake: Systematic review and meta-analysis. European Health Psychology Society Annual Conference. August 2021. *(oral presentation)*
11. Szinay, D., **Perski, O.**, Jones, A., Chadborn, T., Brown, J., & Naughton, F. (2021). What factors influence people's selection of and engagement with health apps in commercial app stores and on curated health app portals? European Health Psychology Society Annual Conference. August 2021. *(oral presentation)*
12. **Perski, O.**, Smit, E., DeSmet, A., König, L., Newby, K., & Maenhout, L. (2021). Towards meaningful multidisciplinary collaborations in digital health psychology: Key challenges and action-oriented solutions. European Health Psychology Society Annual Conference. August 2021. *(roundtable chair)*
13. Garnett, C., **Perski, O.**, Beard, E., Michie, S., West, R., & Brown, J. (2020). An Adrian Chiles effect? The impact of celebrity influence and national media coverage on characteristics of users of an alcohol reduction app: a natural experiment. International Network on Brief Interventions for Alcohol & Other Drugs Annual Conference. Goa, India, September 2020. *(cancelled due to COVID-19)*
14. Garnett, C., **Perski, O.**, Beard, E., Michie, S., West, R., & Brown, J. (2020). An Adrian Chiles effect? The impact of celebrity influence and national media coverage on characteristics of users of an alcohol reduction app: a natural experiment. Kettil Bruun Society Annual Meeting. Warsaw, Poland, June 2020. *(cancelled due to COVID-19)*
15. Kwasnicka, D., **Perski, O.**, MacCann, M., & Naughton, F. (2020). Within-person intervention modelling: using individual ecological data to tailor behaviour change interventions. 19th General Meeting of the European Association of Social Psychology. Kraków, Poland, June 2020. *(oral presentation)*
16. Szinay, D., **Perski, O.**, Jones, A., Chadborn, T., Brown, J., & Naughton, F. (2020). A qualitative study exploring potential users' perception of factors influencing the uptake of and engagement with health and wellbeing smartphone apps. 6th UCL Centre for Behaviour Change Digital Health Conference 2019: Current and emerging science and technologies. London, UK, April 2020. *(oral presentation)*

17. Simons, M., Kramer, L., Nuijten, R., Schwarz, A., Sporrel, K., & **Perski, O.** Towards engaging and personalized mHealth tools: co-design, data-driven and just-in-time adaptive approaches. 6th UCL Centre for Behaviour Change Digital Health Conference 2019: Current and emerging science and technologies. London, UK, April 2020. *(symposium discussant)*
18. **Perski, O.**, Crane, D., Beard, E., & Brown, J. (2020). Does the addition of a supportive chatbot promote user engagement with a smoking cessation app? An experimental study. 6th UCL Centre for Behaviour Change Digital Health Conference 2019: Current and emerging science and technologies. London, UK, April 2020. *(oral presentation)*
19. **Perski, O.**, Naughton, F., Hekler, E., & Brown, J. (2020). Can just-in-time adaptive interventions offer a promising solution to the 'engagement crisis' in digital behaviour change interventions? Society of Behavioral Medicine Annual Meeting. San Francisco, US, April 2020. *(oral presentation)*
20. Chevance, G., Golaszewski, N., Klasnja, P., Rivera, D., **Perski, O.**, & Hekler, E. (2020). How to prevent intervention habituation in digital health behavior change interventions? A computational framework for just-in-time adaptive interventions. Society of Behavioral Medicine Annual Meeting. San Francisco, US, April 2020. *(oral presentation)*
21. Szinay, D., **Perski, O.**, Jones, A., Chadborn, T., Brown, J., & Naughton, F. (2019). A qualitative study exploring potential users' perception of factors influencing the uptake of and engagement with health and wellbeing smartphone apps. Society of Behavioral Medicine Annual Meeting. San Francisco, US, April 2020. *(poster presentation)*
22. Szinay, D., **Perski, O.**, Jones, A., Chadborn, T., Brown, J., & Naughton, F. (2019). A qualitative study exploring potential users' perception of factors influencing the uptake of and engagement with health and wellbeing smartphone apps. UK Society for Behavioural Medicine Annual Meeting. Bath, UK, December 2019. *(poster presentation)*
23. **Perski, O.**, Crane, D., Beard, E., & Brown, J. (2019). Does the addition of a supportive chatbot promote user engagement with a smoking cessation app? An experimental study. Society for the Study of Addiction Annual Conference. Newcastle Upon Tyne, UK, November 2019. *(oral presentation)*
24. **Perski, O.**, Lumsden, J., Garnett, C., Blandford, A., West, R., & Michie, S. (2019). On the dimensional structure of digital engagement: Psychometric evaluation of the 'DBCI Engagement Scale'. European Health Psychology Society Annual Conference. Dubrovnik, Croatia, September 2019. *(poster presentation)*
25. **Perski, O.**, Naughton, F., Garnett, C., Blandford, A., Beard, E., West, R., & Michie, S. (2019). Using multiple imputation and Generalised Additive Mixed Models to analyse data from N-of-1 designs: Identifying within-person predictors of engagement with the Drink Less app. 5th UCL Centre for Behaviour Change Digital Health Conference 2019: Harnessing digital technology for behaviour change. London, UK, April 2019. *(oral presentation)*
26. **Perski, O.**, Blandford, A., Garnett, C., Crane, D., West, R., & Michie, S. (2018). A self-report measure of engagement with digital behaviour change interventions (DBCI): Development and psychometric evaluation of the 'DBCI Engagement Scale'. UK Society for Behavioural Medicine Annual Meeting. Birmingham, UK, December 2018. *(oral presentation)*
27. Garnett, C., **Perski, O.**, Tombor, I., West, R., Michie, S., & Brown, J. (2018). Predictors of engagement, response to follow-up and extent of alcohol reduction in users of the Drink Less app. UK Society for Behavioural Medicine Annual Meeting. Birmingham, UK, December 2018. *(oral presentation)*
28. Garnett, C., **Perski, O.**, Tombor, I., West, R., Michie, S., & Brown, J. (2018). Predictors of engagement, response to follow-up and extent of alcohol reduction in users of a smartphone app, Drink Less. International Network on Brief Interventions for Alcohol & Other Drugs Annual Conference. Santiago de Chile, Chile, September 2018. *(oral presentation)*

29. Herbec, A., **Perski, O.**, Tombor, I., Brown, J., Shahab, L., & West, R. (2018). Preferences and needs of smokers and recent ex-smokers regarding stop smoking apps – a synthesis of findings from three interview studies. Society for Research on Nicotine and Tobacco Europe Annual Meeting. Munich, Germany, September 2018. *(poster presentation)*
30. Tanenbaum, M., **Perski, O.**, Soederberg-Miller, L., Krugman, S., Breland, J., & Gibson, B. (2018). Harnessing Design Thinking to Enhance Behavioral Interventions. Society of Behavioral Medicine Annual Meeting. New Orleans, US, April 2018. *(panel discussion)*
31. **Perski, O.**, Baretta, D., Blandford, A., West, R., & Michie, S. (2018). Engagement features judged by excessive drinkers as most important to include in smartphone apps for alcohol reduction: A mixed-methods study. 4th UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 2018. *(oral presentation)*
32. Matei, A., Gopinathan, K., & **Perski, O.** (2018). Voice-enabled smart speakers – Do health and fitness 'skills' incorporate behaviour change techniques? 4th UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 2018. *(oral presentation)*
33. Herbec, A., **Perski, O.**, Tombor, I., Brown, J., Shahab, L., & West, R. (2018). Preferences and needs of smokers and recent ex-smokers regarding stop smoking apps: A synthesis of findings from three interview studies. 4th UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 2018. *(oral presentation)*
34. Lumsden, J., **Perski, O.**, Skinner, A., Lawrence, N., & Munafò, M. (2018). Engagement with online cognitive tests: The role of gamification and financial incentives. 4th UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 2018. *(poster presentation)*
35. **Perski, O.**, Blandford, A., West, R., & Michie, S. (2017). Developing an operational definition of engagement with digital behaviour change interventions: critical reflections. European Health Psychology Society Annual Conference. Padua, Italy, August 2017. *(oral presentation)*
36. **Perski, O.**, Blandford, A., Ubhi, H. K., West, R., & Michie, S. (2017). Smokers' and drinkers' choice of smartphone applications and their expectations of engagement: A think aloud and interview study. Society for Research on Nicotine and Tobacco Annual Meeting. Florence, Italy, March 2017. *(poster presentation)*
37. **Perski, O.**, Naughton, F., Matei, A., Blandford, A., West, R., & Michie, S. (2017). Engagement with digital behaviour change interventions: Key challenges and potential solutions. 3rd UCL Centre for Behaviour Change Digital Health Conference 2017: Harnessing digital technology for behaviour change. London, UK, February 2017. *(panel discussion)*
38. **Perski, O.**, Herbec, A., & West, R. (2016). Understanding engagement with a novel smoking cessation smartphone application: An exploratory analysis of usage data. European Health Psychology Society & BPS Division of Health Psychology Conference 2016. Aberdeen, Scotland, August 2016. *(oral presentation)*
39. **Perski, O.**, Herbec, A., & West, R. (2016). What can different user engagement measures tell us in RCTs of smoking cessation smartphone apps? 2nd UCL Centre for Behaviour Change Digital Health Conference 2016: Harnessing digital technology for behaviour change. London, UK, February 2016. *(oral presentation)*

Invited talks

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| 2022 | Karlsruhe Institute of Technology Research Colloquium. Title: The development and evaluation of theory-based digital health interventions for smoking cessation and alcohol reduction: Practical examples. |
| 2022 | MD2K Webinar series, international (webinar). Title: Defining, measuring, and promoting user engagement with digital interventions. |

2022	Behaviour Change Research Group, Tampere University, Finland (webinar). Title: Technology-mediated just-in-time adaptive interventions (JITIs) for reducing harmful substance use: a systematic review.
2022	Behaviour Change Group Meeting, University of Manchester, UK (webinar). Title: Theory-based, digital behaviour change interventions for smoking cessation with potential for wide reach.
2021	ACM Inbodied Interaction Summer School, international (webinar). Title: Towards Tuning Design: Just-In-Time Adaptive Interventions and Micro-Randomised Trials.
2021	Digital Health Research Group, University of Manchester, UK (webinar). Title: Technology-mediated just-in-time adaptive interventions (JITIs) for reducing harmful substance use: a systematic review.
2021	London Academic GP Trainee Network, London, UK (webinar). Title: Digital interventions for smoking cessation with potential for wide reach.
2021	Chat for Impact Accelerator Summit (webinar). Title: Understanding and changing behaviour: The need for a systematic approach.
2021	ISGlobal Scientific Webinar. Title: Can just-in-time adaptive tailoring help solve the 'engagement crisis' in e- and mHealth research and practice?
2021	e-INEBRIA Workshop (keynote). Title: Data-driven, just-in-time adaptive tailoring to help solve the 'engagement crisis' in e- and mHealth: A double edged sword.
2021	Animal Welfare Workshop, Queen's University Belfast (webinar). Title: Understanding and changing human behaviour with the Behaviour Change Wheel: The need for a systematic approach.
2020	UCL Institute of Epidemiology and Health Care Webinar Series. Title: The association of smoking, nicotine and COVID-19.
2020	Society for Research on Nicotine and Tobacco, Half-Day Virtual Conference on Tobacco, Nicotine & COVID-19: Existing Science, Emerging Evidence & Future Research. Title: The association of smoking status with SARS-CoV-2 infection, hospitalisation and mortality from COVID-19: A living rapid evidence review.
2020	Addictions Research Group, University of East Anglia, UK (webinar). Title: The association of smoking status with SARS-CoV-2 infection, hospitalisation and mortality from COVID-19: A living rapid evidence review.
2020	Public Health England Tobacco Control Implementation Board (webinar). Title: The association of smoking status with SARS-CoV-2 infection, hospitalisation and mortality from COVID-19: A living rapid evidence review.
2019	The Health and Behavioral Innovations in Technology (HABIT) Research Group, Fred Hutchinson Cancer Research Center, University of Washington, Seattle, US. Title: "Can just-in-time adaptive interventions help solve the 'engagement crisis'?"
2019	The Center for Wireless & Population Health Systems, University of California, San Diego, San Diego, US. Title: "Can just-in-time adaptive interventions help solve the 'engagement crisis'?"
2019	The Behaviour and Health Research Unit, University of Cambridge, Cambridge, UK. Title: "Engagement with digital behaviour change interventions: key challenges and potential solutions"
2019	BUPA Ltd, London, UK (webinar). Title: "Using digital behaviour change interventions to improve health outcomes – engagement and beyond"

2019	26th European Congress on Obesity, Glasgow, Scotland (integrative session presentation). Title: "Digital technologies and behaviour change: Challenges faced in obtaining engagement and potential solutions"
2018	International Society of Behavioral Nutrition and Physical Activity e- & mHealth Special Interest Group (webinar). Title: "Towards an operational definition of engagement with digital behaviour change interventions"
2017	Gothenburg University, ePsychiatry Unit, Gothenburg, Sweden. Title: "Engagement with digital behaviour change interventions: An overview and research agenda"
2017	BUPA Head Quarter, London, UK. Title: "We need to talk about engagement..."
2016	Nottingham University, Biomedical Research Unit, Nottingham, UK. Title: "Engagement with digital behaviour change interventions: Conceptualisation, measurement and promotion"

Ad hoc peer reviewer for grants

Cancer Research UK TAG Project Award
Cancer Research UK Tobacco Prevention Advocacy Award
New Frontiers in Research Fund, Government of Canada
EPSRC GetAMoveOn Think Piece Call
Medical Research Foundation
Israel Science Foundation

Ad hoc peer reviewer for scientific conferences

Society of Behavioral Medicine Annual Conference
Society for Research on Nicotine & Tobacco Annual Conference
UCL Centre for Behaviour Change Annual Conference

Ad hoc peer reviewer for journals

Addiction
Addictive Behaviors
Annals of Behavioral Medicine
BMC Public Health
British Journal of Health Psychology
Cardiovascular Digital Health Journal
CHI 2019
CHI 2021
Digital Health
European Health Psychologist
Frontiers in Endocrinology
General Hospital Psychiatry
IEEE Pervasive Computing
International Journal of Human-Computer Interaction
Internet Interventions
Journal of Behavioral Medicine
Journal of Medical Internet Research
mHealth
Nicotine & Tobacco Research
npj Digital Medicine
PLoS ONE
Psychological Bulletin
Translational Behavioral Medicine (Outstanding Reviewer Acknowledgement 2018)

Professional memberships

2017 –	Society for the Study of Addiction
2017 –	Society of Behavioral Medicine
2016 –	European Health Psychology Society
2016 –	British Psychological Society, Division of Health Psychology

Committee memberships/advisory roles

2021 –	Member of Trial Steering Committee, UCL APPROACH Trial
2021 –	Unpaid Scientific Advisor, Qeios
2020 –	Co-Director, Open Digital Health Initiative
2019 –	Member of Executive Committee, EHPS Special Interest Group on Digital Health & Computer Tailoring
2020 – 2022	Unpaid Scientific Advisor, Turn
2020 – 2022	Member of UCL Academic Board
2019 – 2022	Co-Chair of Careers Delivery Group, UCL Institute of Healthcare Engineering
2019 – 2022	Member of Scientific Committee, UCL Centre for Behaviour Change Digital Health Annual Conference
2019	Member of Programme Committee, SRTN 2020 Conference
2018 –	Unpaid Scientific Advisor, Smoke Free
2018	Member of Organising Committee, UCL Institute of Digital Health Conference
2017 – 2019	Member of Organising Committee, UCL Centre for Behaviour Change Digital Health Annual Conference
2016 – 2019	Member of Organising Committee, UCL TechSharing Seminar Series