

## Curriculum Vitae: Dr Olga Perski

### Education/professional qualifications

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)

### Prizes/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)

### Grants

2020 – 2021	Bender, J., Bradley, H., Cyr, A., Esplen, M.J., Forster, V., Gothard-Huang, A., Moody, L., Wassersug, R., Young, C., Ivers, N., Papadakos, J., <b>Perski, O.</b> , Potts, H., Soobiah, C., Tricco, A., Witteman, H., & Wong, G. 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>
2018	<b>Perski, O.</b> & 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	<b>Perski, O.</b> , Newhouse, N., Bondaronek, P., Roberts, A. & Singh, A. The UCL 'TechSharing Seminars'. UCL Public Policy Small Grant. <u>£1,500.00</u>
2015 – 2018	<b>Perski, O.</b> Engagement with digital behaviour change interventions: Conceptualisation, measurement and promotion. 3-year PhD studentship from BUPA in collaboration with UCL. <u>£75,817.00</u>

### Professional history

2021 –	Senior Research Fellow (1.0 FTE), University College London (UK)
2021 –	Consultant Health Psychologist (0.1 FTE), Sun Safe Families, Rutgers University (USA)
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

2019 – 2021	Moderator, UCL CBC Digi-Hub ( <a href="https://www.ucl.ac.uk/behaviour-change/cbc-hubs/cbc-digi-hub">https://www.ucl.ac.uk/behaviour-change/cbc-hubs/cbc-digi-hub</a> )
2019 – 2021	Section Editor, <i>JMIR Paediatrics &amp; Parenting</i>
2019 – 2020	National Editor (Sweden), Practical Health Psychology ( <a href="https://practicalhealthpsychology.com/">https://practicalhealthpsychology.com/</a> )

### Teaching activities

2021 –	Journal club facilitator (Centre for Doctoral Training in AI-enabled Healthcare, UCL)
2021 –	Lectured on International Summer School on Advanced Methods in Global Health (ISGlobal)

2020 –	Lectured on BSc Psychology (UCL)
2019	Half-day workshop convenor (Tommy's, London)
2019 –	Lectured on BSc Psychology (Roehampton University)
2019 –	Lectured on BSc Population Health (UCL)
2019 – 2020	Lectured on MSc Health Psychology (City, University of London)
2018	Lectured on MSc Public Health (University of Birmingham)
2018	Lectured on MSc Health Informatics (UCL)
2018	Half-day workshop convenor (Nesta, London)
2017 –	MSc supervision (MSc Health Psychology, UCL; MSc Behaviour Change, UCL)
2017 –	Mentoring for Centre for Behaviour Change Summer School
2017 – 2018	Personal tutor (MSc Behaviour Change, UCL)
2017 –	Lectured on MSc Behaviour Change (UCL)
2017	Half-day workshop convenor (Ulster University)
2016 – 2017	Undergraduate writing laboratory tutor (UCL)
2016 – 2017	Undergraduate laboratory demonstrator (UCL)
2016 – 2017	MSc supervision (MSc Clinical Psychology, Gothenburg University, Sweden)
2016 – 2018	Personal tutor (MSc Health Psychology, UCL)
2016 – 2018	Journal club facilitator (MSc Health Psychology, UCL)

## Journal publications

### *In press/published*

1. **Perski, O.**, Stevens, C., West, R., & Shahab, L. (in press). Pilot randomised controlled trial of the Risk Acceptance Ladder (RAL) as a tool for targeting health communications. *PLOS ONE*.  
<https://doi.org/10.32388/7IDPZ6>
2. **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>
3. **Perski, O.**, Hébert, E., Naughton, F., Hekler, E., Brown, J., & Businelle, M. (2021). Technology-mediated just-in-time adaptive interventions (JITAs) to reduce harmful substance use: A systematic review. *Addiction*.  
<https://doi.org/10.1111/add.15687>
4. 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>
5. 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>
6. **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>
7. **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>
8. 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>

9. **Perski, O.,** & Short, C.E. (2021). Acceptability of digital health interventions: embracing the complexity. *Translational Behavioral Medicine*. <https://doi.org/10.1093/tbm/ibab048>
10. 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>
11. 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>
12. **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>
13. 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>
14. 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>
15. 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>
16. 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>
17. 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>
18. 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>
19. 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>
20. 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>
21. **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/>
22. Chevance, G., Hekler, E.B., Efoui-Hess, M., Godino, J., Golaszewski, N., Gualtieri, L., Krause, A., Marrauld, 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)

23. **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>
24. **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>
25. **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>
26. **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>
27. **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>
28. **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>
29. **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>
30. 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>
31. **Perski, O.**, Blandford, A., Garnett, C., Crane, D., West, R., & Michie, S. (2019). A self-report measure of engagement with digital behaviour change interventions (DBCI): Development and psychometric evaluation of the 'DBCI Engagement Scale'. *Translational Behavioral Medicine*. <https://doi.org/10.1093/tbm/ibz039>
32. 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>
33. **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>
34. 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>
35. **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>
36. 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>

37. **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>
38. 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>
39. **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>
40. **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>
41. **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>

#### **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. 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.
2. **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.
3. 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.

4. 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)*
5. 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)*
6. 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)*
7. 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)*
8. **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)*
9. 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)*
10. 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)*
11. Kwasnicka, D., **Perski, O.**, MacCann, M., & Naughton, F. (2020). Within-person intervention modelling: using individual ecological data to tailor behaviour change interventions. 19<sup>th</sup> General Meeting of the European Association of Social Psychology. Kraków, Poland, June 2020. *(oral presentation)*
12. 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. 6<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2019: Current and emerging science and technologies. London, UK, April 2020. *(oral presentation)*
13. 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. 6<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2019: Current and emerging science and technologies. London, UK, April 2020. *(symposium discussant)*
14. **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. 6<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2019: Current and emerging science and technologies. London, UK, April 2020. *(oral presentation)*
15. **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)*
16. 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)*

17. 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)*
18. 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)*
19. **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)*
20. **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)*
21. **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. 5<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2019: Harnessing digital technology for behaviour change. London, UK, April 2019. *(oral presentation)*
22. **Perski, O.**, Blandford, A., Garnett, C., Crane, D., West, R., & Michie, S. (2018). A self-report measure of engagement with digital behaviour change interventions (DBCIs): Development and psychometric evaluation of the 'DBCI Engagement Scale'. UK Society for Behavioural Medicine Annual Meeting. Birmingham, UK, December 2018. *(oral presentation)*
23. 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)*
24. 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)*
25. Herbeć, 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)*
26. 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)*
27. **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. 4<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 2018. *(oral presentation)*



28. Matei, A., Gopinathan, K., & **Perski, O.** (2018). Voice-enabled smart speakers – Do health and fitness ‘skills’ incorporate behaviour change techniques? 4<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 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. 4<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 2018. *(oral presentation)*
30. Lumsden, J., **Perski, O.**, Skinner, A., Lawrence, N., & Munafò, M. (2018). Engagement with online cognitive tests: The role of gamification and financial incentives. 4<sup>th</sup> UCL Centre for Behaviour Change Digital Health Conference 2018: Harnessing digital technology for behaviour change. London, UK, February 2018. *(poster presentation)*
31. **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)*
32. **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)*
33. **Perski, O.**, Naughton, F., Matei, A., Blandford, A., West, R., & Michie, S. (2017). Engagement with digital behaviour change interventions: Key challenges and potential solutions. 3<sup>rd</sup> UCL Centre for Behaviour Change Digital Health Conference 2017: Harnessing digital technology for behaviour change. London, UK, February 2017. *(panel discussion)*
34. **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)*
35. **Perski, O.**, Herbec, A., & West, R. (2016). What can different user engagement measures tell us in RCTs of smoking cessation smartphone apps? 2<sup>nd</sup> 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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| 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. 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	Göteborg University, ePsychiatry Unit, Göteborg, 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  
 New Frontiers in Research Fund, Government of Canada  
 EPSRC GetAMoveOn Think Piece Call

#### **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  
 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 – Unpaid Scientific Advisor, Turn  
 2020 – Member of UCL Academic Board  
 2020 – Member of Executive Committee, Open Digital Health Initiative  
 2019 – Member of Executive Committee, EHPS Special Interest Group on Digital Health & Computer Tailoring  
 2019 – Co-Chair of Careers Delivery Group (UCL Institute of Healthcare Engineering)  
 2019 – 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