



INTERNATIONAL SYMPOSIUM - FEBRUARY 1, 2023

PROMOTING PHYSICAL ACTIVITY THROUGH DIGITAL INTERVENTIONS: THE CONTRIBUTION OF BEHAVIOR CHANGE MODELS



08:45 – **Coffee reception for participants**

09:05 – **Opening Speech - Aïna Chalabaev**
Director of SENS lab

09:20 – **Nikos Ntoumanis**
The START App: Development and evaluation of an app designed to support physically inactive employees to increase walking

10:10 – **Ann DeSmet**
Using entertainment and persuasive techniques to increase user engagement in digital health promotion interventions

11:00 – **Agnès Helme-Guizon, Romain Debru, Manel Boumegoura**
Smart devices and older consumers: empowerment or vulnerability?

12:00 – **Lunch Break**

13:30 – **Falko Sniehotta**

Individualised support for weight loss maintenance: The role of physical activity.

14:20 – **Guillaume Chevance**

Leveraging physical activity time series from activity monitors to better understand behaviour change within digital interventions

15:10 – **Martin S Hagger**

Imagery and planning interventions: interactive effects in health behavior contexts and some suggestions for digital interventions in physical activity

16:00 – **SENS lab – Layan Fessler, Alexandre Mazéas, Silvio Maltagliati**
The perspectives of digital means for sport and exercise psychology interventions

16:35 – **General discussion and closing**

