



Title: MyHabeats: A behavioural mHealth app and how it can facilitate weight loss maintenance

Presenters: Dr Katie Milioni & Dr Katerina Dounavi

Time: 11-1pm

Location: 6 University Square/0G/006

Abstract

In this seminar, **Dr Katerina Dounavi** will present the results of a systematic literature review completed in 2017 on the effectiveness of behavioural mobile health applications (mHealth) apps in facilitating weight management behaviours, such as healthy food consumption and physical activity, as well as on overall wellbeing.

Dr Katie Milioni will present MyHabeats, the behavioural vaccine app that was designed as a result of multidisciplinary work, mainly the synergy of bariatric surgery and behaviour analysis. Katie will talk to us about the trip from clinical research to MyHabeats, her story as a founder of a start-up, the insight of bariatric surgeons and the perceptions of bariatric patients. She will outline what MyHabeats provides both as a pain killer and as a gain creator to post-operative patients and why bariatric surgeons and their multidisciplinary teams (dietitians and psychologists) must 'subscribe' MyHabeats. The seminar will close with the journey of MyHabeats.

Short bio

Dr Katie Milioni, is the Founder of MyHabeats: your behavioural vaccine application, that uses the power of self-monitoring, virtual interaction and gamification elements to help patients self-manage after bariatric (weight loss) surgery.

Katie holds a PhD in Medicinal Chemistry from School of Pharmacy, University Louis Pasteur (France), and a post-doctorate in dermatology from the University of California, San Francisco, School of Medicine (USA). She has published various articles related to her research and holds a EU drug patent which has been sold to a European dermatology company.

Katie has spent almost 18 years working on research and development of new drugs in many therapy areas, mostly in oncology, neurology and ophthalmology. This has been achieved through her role as a Medical Director in multinational pharmaceutical industry, mainly Pharmacia, Pharmacia & Upjohn and Pfizer. She has also worked as Business Development Director for big Contract Research Organizations in Europe and the Middle East. Katie most recently worked as a sole contractor with Open Society Organization (NGO, USA) on a research entitled: Access to Medicines for Greek Patients during crisis (2012-2014), currently under press. Katie is a member of the European Association of Good Clinical Practice, the European Forum of Patients Organizations and more recently the Hellenic Community of Behaviour Analysis.

Dr Katerina Dounavi is a Psychologist and Board Certified Behaviour Analyst (BCBA-D) with extensive research and clinical experience across Europe on behaviour analytic interventions, supervision of professionals' practice and parent training. At Queen's, she serves as the MScABA Director and Centre for Behaviour Analysis Deputy Director.

Workshop is **free**. **CEUs** available for BCBA's. To **register**, RSPV Dr Lyn Kerr at l.mckerr@qub.ac.uk