



## UCL Study on HEalth BEhaviours during the COVID-19 pandemic (The HEBECO Study)

<b>Website with study information</b>
<a href="https://www.ucl-covid19research.co.uk/">https://www.ucl-covid19research.co.uk/</a>
<b>Survey website (hosted on secure UCL Data Safe Haven servers)</b>
<a href="https://redcap.idhs.ucl.ac.uk/surveys/index.php?s=RCN9EAFW4W">https://redcap.idhs.ucl.ac.uk/surveys/index.php?s=RCN9EAFW4W</a>
<b>Facebook Group</b>
<a href="https://www.facebook.com/ucltobaccoalcoholresearch/">https://www.facebook.com/ucltobaccoalcoholresearch/</a>
<b>Twitter handle</b>
@HEBECOStudy
<b>CONTACT DETAILS</b>
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<b>Collaborators at UCL</b>
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<b>PROJECT SUMMARY</b>
<p>The COVID-19 pandemic has resulted in the introduction of social distancing measures that are likely to impact on a number of health related behaviours – some may act as catalysts to positive behaviour change (e.g. quitting smoking) but some may impede such change and lead to sustained or increased engagement in risky behaviours. Understanding these processes is important for the development and delivery of appropriate interventions. Furthermore, due to social distancing measures, face-to-face behaviour change support (such as individual or group support for smoking cessation or excessive alcohol consumption) is currently unavailable. Hence, in the current context, digital interventions are most feasible to deliver.</p> <p>The proposed series of studies apply behavioural science frameworks (i.e. the Theoretical Domains Framework, TDF, and the Capability, Opportunity and Motivation to Behaviour, or COM-B model; Michie et al., 2014) to inform data collection and analyses. Specifically, we aim to examine: (i) changes in behaviours related to physical activity, diet, tobacco use (i.e. smoking, quitting, harm reduction strategies), nicotine use (i.e. vaping, use of nicotine replacement therapy) and alcohol consumption (i.e. patterns of alcohol consumption) during the COVID-19 pandemic, (ii) the factors and changes to the factors that impact on these behaviours across the TDF and COM-B domains, and (iii) views on and needs related to digital or remote behaviour change interventions.</p> <p>Phase 1 (from May 2020):</p> <ul style="list-style-type: none"> <li>(i) an online retrospective longitudinal survey with a 12 month follow-up (Study 1);</li> </ul>



Phase 2: (from May-June 2020 until May 2022, depending on the study)

- (i) qualitative telephone interviews among baseline participants who agree to be sent information about relevant to them interviews (Study 2);
- (ii) pragmatic studies of impact, feasibility, acceptability or uptake of remote or digital behaviour change interventions relevant to the participants. For these studies, we will invite all or a sub-sample of the Study 1 participants who agreed to be contacted and who meet relevant inclusion criteria, depending on the research focus. The design of this studies is to be finalised.

We anticipate that the findings will help us (i) better understand the barriers and facilitators to positive health behaviour change during the COVID-19 pandemic, and (ii) identify targets for interventions and how to best address them through remote and digital support.

#### ETHICAL APPROVAL

The 'UCL Study on HEalth BEhaviours during the COVID-19 pandemic' (The HEBECO Study) has been approved by UCL Research Ethics Committee at the UCL Division of Psychology and Language Sciences (PaLS) (CEHP/2020/579; as part of the Project: The optimisation and implementation of interventions to change behaviours related to health and the environment). Contacts to the UCL PaLS Ethics Chair: Dr Jean-Baptiste Pingault ([j.pingault@ucl.ac.uk](mailto:j.pingault@ucl.ac.uk)).

#### DATA GOVERNANCE

The study is registered with the UCL Data Protection Office.

As we collect sensitive personal data, the data are collected and stored using REDcap software on UCL servers UCL Data Safe Haven (<https://www.ucl.ac.uk/isd/services/file-storage-sharing/data-safe-haven-dsh>), which has been certified to the ISO27001 Information security standard and conforms to the NHS Digital's Information Governance Toolkit. Only fully anonymized data may be shared with research collaborators and this will be done in consultation with the UCL Data Protection Office. No personal data will be shared with any third parties. The data collection is managed by the researchers at the UCL Tobacco and Alcohol Research Group (Dr Lion Shahab, Dr Aleksandra Herbec, and Dimitra Kale, the Study Coordinator).

#### FUNDING

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#### PARTNERSHIP

In partnership with (contributing to questions or study promotion):

- Public Health England (incl. Public Health England Behavioural Insight Team)
- Cancer Research UK (CRUK Policy Unit)
- SPECTRUM (UK Centre for Tobacco and Alcohol Studies - Shaping Public hEalth poliCies To Reduce ineqUalities and harM).
- Action on Smoking & Health (ASH)