Welcome

This edition showcases three exciting new grants funded by the National Institute for Health Research (NIHR). A new grant exploring how lifestyle interventions help adults with learning disabilities incorporates HEHTA expertise in reviewing, quantitative and qualitative analysis. HEHTA’s Manuela Deidda towards reducing gambling behaviour. Olivia Wu leads a new NIHR funded grant examining the effectiveness of NHS and local government interventions to treat obesity. Earlier this year we waved a fond farewell to Camilla Somers who has taken up a new role to develop her community engagement interests, we wish Camilla every success. We also said goodbye to our visitor Wendy Zhang, who returns to Hong Kong. HEHTAs fabulous ladies from research and professional services celebrated International Women’s Day with a group photo.

While we are in lockdown for the next few weeks of this Global pandemic HEHTA would like to take this opportunity to wish everyone good health during this challenging time. Stay safe.

GRADUATIONS

WINTER GRADUATIONS AT BUTE HALL

On 4th December 2019, we celebrated the graduations of our MSc Health Technology Assessment (HTA) students and PhD student Ciaran Kohli-Lynch, who flew in from all over the world to graduate at the university’s grand Bute Hall.

MSC HEALTH TECHNOLOGY ASSESSMENT

• Nelson Gonzalez from Columbia, supervised by Janet Bouttell & Claudia Geue
• Katharina Pannagl from Austria, supervised by Neil Hawkins
• Georgios Petkopoulos from Greece, supervised by Manuela Deidda & Yulia Anopa
• Callum Stone from the UK, supervised by Claudia Geue & Giorgio Ciminata

PHD


SITLESS TRIAL YIELDS POSITIVE RESULTS

The economic evaluation of the Horizon 2020 SITLESS trial, which investigated the efficacy of interventions to increase physical activity in older adults, has shown that enhancing exercise sessions with a behavioural component has the potential to be cost-effective. The initial results of the study were reported at a two-day consortium meeting at Ulster University in Belfast on January 21st 2020 by Manuela Deidda, Emma McIntosh and other EU collaborators.

The findings are in line with the public health need to reduce the burden of an inactive lifestyle, leading at the same time to improvements in quality of life and capability, in line with the concept of ‘active ageing’.

SITLESS is a multi-national, three-armed randomised controlled trial (RCT) funded by the H2020 program, investigating the short and long-term cost-effectiveness of a complex intervention to increase physical activity and reduce sedentary behaviour in older adults from four European countries. Specifically, the trial compares a physical activity intervention (Exercise Referral Schemes, ERS) enhanced with a self-management strategy (SMS) component based on behavioural change techniques, with ERS alone and usual care. This is the first RCT which examines the additional impact of a behavioural component on the elderly quality of life and capability in a multi-country setting.

Contact us

administrators at ihw-hehta@glasgow.ac.uk or on our website
### NEW GRANTS

**NIHR FUNDS LEARNING DISABILITIES STUDY**

The National Institute for Health Research (NIHR) has awarded £326,570 of funding for a study which assesses how lifestyle interventions help adults with learning disabilities.

The full title of the study is ‘Understanding the effectiveness and underlying mechanisms of lifestyle modification interventions in adults with learning disabilities’ and will commence on 1st April 2020, continuing until 31st March 2022.

**NIHR FUNDS FOOTBALL GAMBLING STUDY**

A study looking at growing public health concern around male gamblers has been awarded £629,765 by the National Institute for Health Research (NIHR).

The Football Fans and Betting (FFAB) project, which started in January 2020, is led by Prof Gerda Reith from University of Glasgow, with HEHTA’s Manuela Deidda leading the health economics analysis.

This study is a first attempt to assess the feasibility of conducting an evaluation and economic evaluation of an intervention directed towards reducing gambling behaviour.

The project will run until December 2021.

**£500,000 GRANT ANNOUNCED ON WORLD OBESITY DAY**

Professor Olivia Wu and Lancaster Medical School’s Dr Jennifer Logue have been awarded half a million pounds by the National Institute for Health Research (NIHR) to examine the effectiveness of NHS and local government interventions to treat obesity, which was announced on World Obesity Day.

The three year project entitled “BEhavioural Weight Management: COMponents of Effectiveness (BE:COME)” is jointly led by Dr Logue, who is a Clinical Reader in Metabolic Medicine, and Professor Wu.

Behavioural weight management intervention programmes are the main NHS funded treatment for obesity in the UK. Most often these are community-based groups which meet weekly for 12 weeks, focusing

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### UPCOMING COURSES

**ONLINE**

**Health Economics for HTA**  
20th April – 3rd July 2020

Application of economic theory to health and health care issues, the principles of health economics and the

**Purpose:**  
of health economics and the practical elements of assessment.

**Content:**  
key concepts of economics, economic informing decision making.

Click here for more info:  

**Data Science - Identifying, Combining & Analysing Data Sets**  
20th April – 3rd July 2020

Analytical skills to analyse linked health care data and to be aware of issues around clinical and information

**Aims:**  
The course module is aimed at health, social and to analyse linked health data.

**Content:**  
principles of data linkage methods, sources of bias data management and manipulation of datasets with

Click here for more info:  

**FACE-TO-FACE**

**Maximising the Value of Clinical Trial Data: [Advanced] Analysis for Economic Evaluation and Modelling**  
21st October – 23rd October 2020

- Regression analysis to estimate costs and utilities based on trial data, including the use of appropriate measures per patient, dealing with differential follow-up, censoring, missing data and skewed data
- cure models, and multi-state modelling

- estimation models.

Email ihw-hehta@glasgow.ac.uk for more info.
To celebrate International Women’s Day (IWD) 2020 we gathered all the ladies of Lilybank Gardens together for a group photo. Between IHW, Public Health & HEHTA we were able to capture the strength & solidarity of many of the women we work with.

Our director, Professor Olivia Wu, also took part in a recreation of a 150-year-old all-male professors’ photo alongside more than 200 women professors and senior professional services staff ahead of celebrations for IWD 2020.

**International Women’s Day**

We gathered all the ladies of Lilybank Gardens alongside more than 200 women professors and senior professional services staff.

**TIMELINE**

9 December

16 December

The annual Lilybank Gardens Christmas party takes place.

23 December

research from Zambia in PLOS ONE.

1 January

Manuela Deidda leads the health economic analysis of the Football Fans and Betting (FFAB) project which received a two-year grant from NIHR.

9 January

Our winter newsletter is published, marking the first time we have achieved four newsletters in a year.

10 January

The admin team attends the first ever professional services staff (PSS) conference at the Hunterian Museum.

17 January

Camilla Somers leaves the team to take up a new post at Healthcare Improvement Scotland.

21 January

Emma McIntosh and Manuela Deidda travel to Ulster University in Belfast to present the initial results of the Horizon 2020 Sitless study. Dikshyanta Rana, Robert Heggie, Ping Hsuan Hsieh and Rafael Venson also travel to Belfast to attend a health economics for R course.

30 January

Peter McMeekin, Claudia Geue and Olivia Wu have a new study on cost of prevalent and incident CVD in people with Type 2 Diabetes published in Diabetic Medicine.

18 February

The Institute of Health & Wellbeing (IHW) Research Away Day takes place at the Hilton Grosvenor Hotel where the team ran popular interactive stand the ‘Tanzanian Health Minister’s Dilemma’.

21 February

We bid a fond farewell to Wendy Zhang who returned to Hong Kong University after six months in Glasgow.

26 February

Some of the team sign up to the Supernova 5k run taking place at the Kelpies in Falkirk later in the year to fundraise for Scottish mental health charity SAMH.

4 March

Olivia Wu & Jennifer Logue from Lancaster University are awarded a half-million-pound grant from NIHR to study the effectiveness of NHS and local government interventions to treat obesity.

6 March

Olivia Wu features in the recreation of a 150-year-old all-male professors’ photo for International Women’s Day 2020.

11 March

PhD student Ping Hsuan Hsieh has his first article ‘The Economic Burden of Rheumatoid Arthritis: a Systematic Review of Literature in Biologic Era’ accepted to high-impact journal the Annals of the Rheumatic Diseases.

13 March

We reach 1,300 Twitter followers on Friday the 13th. Spooky!

**SUPERNova 5K RUN**

As we grow, our commitment to academic social responsibility grows too! This year we are going to be supporting the Scottish Association for Mental Health (SAMH).

Kelpies in Falkirk.

Ping Hsuan Hsieh, Suthasinee Kumluang, Tzu Jung Lai and Jana Anderson.

The run, originally scheduled for March, is due to take place at the Kelpies in Falkirk later in the year to fundraise for Scottish mental health charity SAMH.
IHW RESEARCH AWAY DAY 2020

The Tanzanian Health Minister’s Dilemma

WELCOMES & GOODBYES

Assistant Camilla Somers who left for a new

EDITORIAL TEAM