



**BROWN**  
School of Public Health

# i-BSHS Seminar Series:

Health Disparities & Intervention Development

## **Stealth Interventions to Motivate and Sustain Health Behavior Change: High tech and High touch approaches**

**Friday, October 4, 2019  
12:00pm – 12:55pm  
121 South Main St, Room 245**

Dr. Borrelli is a Clinical Psychologist and Professor at Boston University who has developed and tested interventions delivered in public health contexts, across a wide variety of health behaviors (e.g., smoking cessation and secondhand smoke reduction, oral health and diet, and adherence to medications and treatment regimens for chronic diseases including sleep apnea, cystic fibrosis, and asthma), particularly among people who are not motivated to change, and among underserved populations. She has developed and tested mobile health platforms to initiate and sustain health behavior change (apps, text messaging, VR, remote monitoring). She provided expert testimony to the US Health Resources and Services Administration (HRSA) on motivating health behavior change, and has given hundreds of presentations nationally and internationally on the topic. In 2015, she was named "TEDMED Research Scholar." Dr. Borrelli has served on grant review panels in the US, Europe, and the UK and is a Fellow of the American College of Reviewers. She served as an advisor to two NIH institutes and Associate Editor of three high impact journals. She is currently an Associate Editor of the upcoming *Surgeon General's Report on Oral Health 2020*. She is a Fellow of the American Psychological Association and The Society of Behavioral Medicine.



### **Belinda Borrelli, PhD**

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Director, Center for Behavioral Science Research  
Director, Boston University's Mobile & Electronic Health-ARC  
Visiting Professor, The University of Manchester, United Kingdom  
Adjunct Professor, Brown University School of Public Health

The **i-BSHS (Innovations in Behavioral and Social Health Sciences)** lecture series fosters collaborative discussion on innovative behavioral and social science-based approaches to improving population health.

**Department of Behavioral and Social Sciences  
C.V. Starr Foundation**