Optimizing Just-In-Time Adaptive Interventions for Mobile Health
Research Society on Alcoholism Satellite Workshop
www.rsoa.org/2019meeting
Friday June 21, 2019, 1 - 5 p.m., Minneapolis, MN

Overview
Participants will be introduced to the just-in-time adaptive intervention (JITAI), a type of mHealth intervention that can be delivered when and where it is needed via a smartphone or a wearable device. Participants will also learn about the key design features of the micro-randomized trial (MRT), an experimental design that can be used to build optimized JITAIs.

For information on JITAIs and MRTs, visit https://methodology.psu.edu/ra/adap-inter.

Registration
Registration is free, but seats are limited. Please RSVP to jessjackson@fas.harvard.edu using the subject line “Workshop RSVP for 6/21/19.” Register by May 1, 2019.

Speakers
Susan Murphy
Susan is Professor of Statistics and Computer Science and Radcliffe Alumnae Professor at the Radcliffe Institute at Harvard University. She is a leading developer of the MRT design for use in optimizing mobile interventions. Susan is an expert in how best to collect and analyze data to inform the adaptation and personalization of sequences of treatments.

Predrag “Pedja” Klasnja
Pedja is Assistant Professor in the School of Information at the University of Michigan and Scientific Investigator at Kaiser Permanente Washington Health Research Institute. Pedja studies how technology can help people better manage their health in everyday life. He has been collaborating with Susan on the development of MRTs and related approaches for optimizing mHealth interventions.
Schedule

1:05 p.m. Introduction (goals, workshop structure, and group creation)

1:20 p.m. What is a Just-in-Time Adaptive Intervention (JITAI)? (JITAI definition, scientific motivation for JITAIs, example JITAIs, components of a JITAI)

1:55 p.m. Group development of initial ideas for a hypothetical JITAI (with mentoring)

2:15 p.m. Case study: JITAI to promote cardiac health

2:35 p.m. Group revision of JITAI (with mentoring)

2:55 p.m. Micro-randomized trial (MRT) design (MRT definition, key design features, appropriate scientific questions)

3:25 p.m. Group selection of scientific questions and experimental design

3:55 p.m. Case JITAI to promote cardiac health (part II)

4:20 p.m. Group revision of MRT (with mentoring)

4:40 p.m. Final discussion

More information

To learn more, please visit

- [https://methodology.psu.edu/ra/adap-inter](https://methodology.psu.edu/ra/adap-inter)