

The Community-based Prevention of Diabetes (ComPoD) randomised, waiting list controlled trial of a voluntary sector-led diabetes prevention programme

Speaker biographies:

Jane Smith

Jane Smith is a Senior Research Fellow in Psychology Applied to Health who joined the University of Exeter Medical School in November 2012. Jane's research focuses primarily on the development and evaluation of evidence-based behaviour change and other complex



interventions, including in primary care. Previously, her research mainly focused on psychosocial aspects of chronic disease management (e.g. asthma, arthritis, adherence to medication and other aspects of self-management, depression in chronic illness) but has recently shifted more towards chronic disease prevention (e.g. weight management, diabetes prevention). As well as being Chief Investigator and Trial

Manager for the ComPoD study, current projects include the [Norfolk Diabetes Prevention Study](#), Mechanisms of Action of Group Interventions ([MAGI](#)) study and [ARRISA-UK](#) study.

Colin Greaves

Colin Greaves is a Chartered Health Psychologist and Associate Professor of Psychology Applied to Health at University of Exeter Medical School. He specialises in developing and evaluating interventions to support health behaviour change. He has helped to develop intervention materials and training courses for NHS service providers to support people to lose weight and to improve self-care. He has contributed to NICE guidance and European guidelines on the prevention of type 2 diabetes. He currently holds a 5-year NIHR fellowship on promoting weight loss maintenance.



Current research includes funded evaluations of interventions for diabetes prevention (NDPS, ComPoD), self-management of Heart Failure (REACH-HF), weight loss (SkiM, Waste the Waist), physical activity (BAcPac, eCOACHER, REACT), smoking cessation (EARS, TARS) and depression (eMotion).