



Society for Academic Primary Care

Special Interest Groups - Annual Report 2025

Please submit by 23rd January 2026

Group Details

Special Interest Group Name

Behaviour Change

Name

Rosie Essery

Name

Hannah Bowers

Date

09/01/2026

Annual Report

As a rough guide for maximum number of words – 400 but if you wish to write a longer report this is fine.

Please complete the categories below:

Annual Report

SAPC SIG behaviour change report.docx

Activities

- Online survey completed by 36 members
- Face to face meeting at SAPC-ASM attended by approx. 10 members
- Established a 'database' of members' expertise and research interests (approx. 30 members have contributed)
- Online meeting 3rd December attended by approx. 20 members

Future Plans

- Continue 4 monthly (approx.) meetings
- Mixture of discussion topic and ideas/problems workshop meetings and collaborative meetings with other SIGs
- Possible face to face meeting at SAPC-ASM 2026 (subject to co-leads being able to attend)

Evidence of impact of the SIG

We are relatively early in the process of re-establishing the SIG and have only recently had our first full scale meeting. We anticipate the meetings facilitating collaborative links both within the SIG and between the behaviour change and other SIGs which have the potential to lead to collaborative research ideas and grant applications.

Outcomes from SIG meeting at last SAPC ASM (if held)

Our meeting at SAPC-ASM Cardiff was a useful opportunity to meet and speak with a small number of members and to discuss preliminary ideas from the survey data about how we take the group forward. This really helped to shape the proposed structure for future meetings that we have since established. We also gained another couple of new members from this meeting.

How affiliation with SAPC has helped the SIG

Affiliation with SAPC has helped us to communicate opportunities and events to members – for example circulating the 'relaunch' message and the link to the survey for members to complete. The annual conference also provided an opportunity for those members attending to meet and discuss face to face. We anticipate that the SAPC infrastructure will also be extremely valuable as we begin attempts to set up opportunities for collaborative meetings with other SIGs.