NON-PHARMACOLOGICAL INTERVENTIONS:
FROM METHODOLOGY TO EVIDENCE OF EFFICACY

www.iceps.eu

@ICEPSConference

The international interdisciplinary meeting about the assessment, methodology and efficacy of Non-Pharmacological Interventions (NPIs), also called Integrative and Comprehensive Health Interventions (ICHIs).
Coming out of the dark, just like they did 50 years ago for pharmaceutical drugs

"Until the 60’s, many drug interventions only relied, we might say, on the strength of habit (routine), a naïve belief in traditions, or on generalizations made on the basis of anecdotal and sporadic instances abusively labeled as professional experience."

Gilles Bouvenot and Muriel Vray (2006, p.13)

Clarify the methodological approach to assess NPIs

"In light of the standards usually applied to evaluate the efficacy of medical treatments, most studies assessing the efficacy of non-pharmacological therapies suffer from methodological weaknesses."

French Health Authority (2011, HAS Report, p.40)

A need to improve the credibility and efficiency of scientific investigation

"Adoption of more appropriate statistical methods, standardized definitions and analyses and more stringent thresholds for claiming discoveries or “successes” may decrease false-positive rates in fields that have to-date been too lenient (like epidemiology, psychology, or economics). It may lead them to higher credibility, more akin to that of fields that have traditionally been more rigorous in this regard, like the physical sciences."

John P. A. Ioannidis (2014, PLOS Medicine, p.2)

Fostering Research and Innovation

"A knowledge-based policy is the key to integrate Traditional and Complementary Medicine into national health systems. Research should be prioritized and supported in order to generate knowledge. While there is much to be learned from controlled clinical trials, other evaluation methods are also valuable. These include outcome and effectiveness studies, as well as comparative effectiveness research, patterns of use, and other qualitative methods. There is an opportunity to take advantage of, and sponsor such "real world experiments" where different research designs and methods are important, valuable and applicable."

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Welcome to the fifth iCEPS Conference. This conference is one of the largest world meetings on Non-Pharmacological Interventions (NPIs), also called Integrative and Comprehensive Health Interventions (ICHIs). The meeting, which is jointly organized by the International Behavioural Trials Network (IBTN) and the CEPS Platform, presents the latest and most significant developments in paradigms, research methods and trial results assessing the efficacy, the safety and the cost/effectiveness of ICHIs. It also focuses on the translational aspects from mechanistic research to practical applications of ICHIs. This conference, alternately organized in Montpellier and Montreal, encourages the sharing of knowledge and experience.

Non-Pharmacological and Behavioral Research as well as professional training requires a multidisciplinary approach. ICHIs span various scientific disciplines, from biological sciences to behavioral and social sciences, from epidemiology to mathematics, from economics to legal sciences, from digital sciences to technology engineering. This proactive interaction will promote the development and validation of innovations that serve patients, professionals, industry players, and decision makers.

We would like to acknowledge the hard work and outstanding efforts of the European, French State, and Local Authorities, the Universities of Montpellier, partners, and numerous volunteers for supporting this conference.

This conference is now yours. We hope that you will make the most of it and also take time to visit the beautiful Occitanie region.
Steering Committee
Sylvain Agier, Simon Bacon, Jean Bilard, Isabelle Boulze, Gérard Bourrel, Denis Brouillet, Monica Cappellini, François Carbonnel, Arnaud Castelltort, Michel David, Mario Fernandez, Adeline Gomez, Aurélie Gerazime, Estelle Guerdoux-Ninot, Vanessa Guillaumon, Aline Herbinet, Guillaume Lacoste, Michel Launay, Anne Laurent, Kim Lavoie, Béatrice Lognos, Cécile Maestracci, Francis Maffre, Jérôme Maître, Sophie Martin, Jeanne Michaux, Laurent Munilla, Grégory Ninot, Patrick Poucheret, Jean-Louis Pujol, Xavier Quantin, Sylvie Rapior, Thierry Rousset, Raphaël Trouillet, Alain Warnery.

Scientific Committee

Innovation Committee
DIRECCTE, CEPS Platform, Mairie de Montpellier, Montpellier Métropole, Région Occitanie, Transferts, Université de Montpellier, Université Paul-Valéry Montpellier.

The CEPS Platform is a collaborative academic platform dedicated to sharing methodological tools for non-pharmacological research.

The Platform is structured as a Scientific Interest organization. The Platform receives support of the French State, the Region Occitanie and the Metropole of Montpellier.

www.CEPSplatform.eu

The International Behavioural Trials Network (IBTN) is an organisation dedicated to improving the methodology quality of trials based on behavioural change models. IBTN’s mission is to facilitate the global improvement of the quality of behavioural trials, provide networks and capacity to undertake more and higher quality trials, and develop a repository for existing recommendations, tools, and methodology papers on behavioural trials and intervention development.

www.ibtnetwork.org
**Definition of NPIs or ICHIs**

“NPIs or Integrative and Comprehensive Health Interventions (ICHIs) are efficacious, non-invasive methods of care (programs, products or services) which improve the health and quality of life of human beings. Their effects on health and quality of life are observable (with measured risks and benefits, using both objective and subjective methods) and can be linked to identified biological, behavioral and/or psychological processes. They can also have a positive impact on health behaviours and socio-economic indicators.” (CEPS Platform, 2016)

**Providing Evidence**

NPIs have become essential solutions to improve health, quality of life and, often, life expectancy. Recent observational studies have also highlighted the positive economic and social impact. Therefore, this international conference should allow participants to:

- share evidence of the efficacy, safety and costs/effectiveness of NPIs,
- discuss research protocols leading to the acquisition of evidence,
- understand the mechanisms of action involved in NPIs.
The NPI Field

• How to evaluate them?
• How to verify their interference with conventional biological treatments?
• How to monitor their use?
• How to prescribe them?
• How to reimburse them?
• How to develop best practices?
• How to train professionals?

The Conference every year

• Providing the link between research organizations, companies and stakeholder organizations:
  Accelerate research and innovation in sectors using ICHIs.

• A powerful employment hub:
  Promote job creation and professional innovation in prevention and care.

• A forum for interdisciplinary exchange:
  Facilitate meetings between researchers, healthcare professionals, entrepreneurs and representatives of other stakeholders.

A Major Issue

Having to provide evidence of the efficacy, safety and the costs/effectiveness of ICHIs may seem strange. We are all familiar with people who have enjoyed the health benefits of an ICHI. Nevertheless, these anecdotal cases do not amount to solid evidence. The mere satisfaction of an ICHI from a happy few cannot be generalized to the broader public. Could these outcomes just be the result of a placebo effect? Are they applicable at the same “doses” to other people with the same disorders? For now, many academic societies and state, European and International health authorities feel that the studies available in the scientific and medical literature do not provide sufficient evidence.

They argue that what has been brought forth is merely proof of concept. They note the lack of a consensus model of validation and surveillance, such as the standards in drug development (Phase I to Phase IV). They highlight the methodology problems due to rapid obsolescence of ICHI using a digital solution (e.g., Apps). As a result, policy makers and health industry financial decision-makers remain skeptical of the impact of ICHIs. These key players are encouraging innovators to come forward with additional evidence for the efficacy and the cost/effectiveness of ICHIs in order to improve their visibility, and, ultimately, to garner more substantive private and public financial support for them.

A congress for whom?

This conference is meant for anybody interested in the scientific, medical, legal, business and ethical questions raised by NPIs.
Why Montpellier and Montreal?

Montpellier is renowned for its historical excellence in the fields of health and human sciences, and for its modern capacity to bring the two together. ICHIs are at the heart of this juncture. Around Montpellier itself, the French Region of Occitanie hosts a variety of proactive university laboratories and health-related companies. Healthcare institutions are also highly involved in clinical research. This economic and research cluster stimulates innovation and clinical research on the rehabilitation of patients suffering from chronic diseases and on health prevention programs. It also fosters social economy and solidarity efforts, as well as e-Health developments.

Montreal is often referred to as “Canada’s Cultural Capital.” Internationally renowned for its rich, vibrant cultural activities and year-round festivals, it combines the modern features of a major metropolis with the historical charm and history of Europe. It is the 2nd largest predominantly French speaking city in the world (after Paris), and is a major hub of biomedical research and higher education (boasting 4 major universities including 2 medical schools – McGill and Universite de Montreal). As Canada’s second largest city, it remains an important center of commerce, education, technology, biotechnology, health research, and world affairs.

History of the Conference

- **March 25, 2011**
  Corum of Montpellier, France, 320 participants
  Dedicated to Jean Bilard, Christian Prefaut and Henri Pujol
- **April 5, 2013**
  Corum of Montpellier, France, 610 participants
  Dedicated to Marilou Bruchon-Schweitzer, Jacques Desplan and David Servan-Schreiber
- **March 19-21, 2015**
  Corum of Montpellier, France, 1020 participants
  Dedicated to Christophe André, Claude Dreux and Elias Zerhouni
- **May 19-21, 2016**
  UQAM, Montréal, Canada, 250 participants
  Dedicated to David Sackett
- **May 18-20, 2017**
  Dedicated to Jean Bousquet, Medicine Professor, Professor at the Faculty of Medicine of Montpellier, Practitioner at the University Regional Hospital Center of Montpellier, international senior researcher allergy distinguished for his scientific, President of MAC-VIA Committee
  Susan Michie, Professor of Psychology at University College London, Expert in methods and techniques of health behaviour change. Distinguished senior research renowned for her work the Behaviour Change Techniques Taxonomy, the Behaviour Change Wheel, and the Behaviour Change Ontology
  Hélène Sancho-Garnier, Professor of Medicine, Clinical Research and Epidemiology specialist recognized worldwide for its particular interventional research in cancer prevention
- **Next Conferences**
  May 24-26, 2018, Montreal
  May 16-18, 2019, Montpellier
  May 21-23, 2020, Montreal
General Program

Oral sessions

DAY 1: RESEARCH METHODS

Thursday 18th May 2017, 8:30 - 6:00 • Corum, Montpellier
Plenary lectures and Posters

Paradigm
Design
Analysis
Decision

DAY 2: RESEARCH RESULTS

Friday 19th May 2017, 8:30 - 6:00 • Corum, Montpellier
Plenary lectures and Posters

Psychological Health Interventions
Nutritional Health Interventions
Physical Health Interventions
Digital Health Interventions
Other Health Interventions

DAY 3: PROFESSIONAL PRACTICES

Saturday 20th May 2017, 8:30 - 1:00 • Saint-Charles, Montpellier
Workshops

Research Methods
Clinical Practices
Digital Interventions & Assessments
Business Practices
Stakeholder Engagement

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**Parallel events**

**Thursday 18th May 2017**

9:30 - 10:30, Exhibit Hall, Corum, Montpellier  
*Awards Ceremony for the 3 winners of innovation in NPIs*

6:30 - 8:00, Public session, Hall Pasteur, Corum, Montpellier  
*Open to the general public (French)*

8:00 - 11:30, Gala Dinner Montpellier  
*(Reservation required and there is limited availability)*

**Friday 19th May 2017**

6:30 - 11h30, Dinner at Saint-Charles, Montpellier  
*Foodtrucks*

**Saturday 20th May 2017**

3:00 - 7:00, Visit the main vineyards of the Pic-Saint-Loup  
*Visit by bus*
Non-Pharmacological Interventions (NPIs) or Integrative and Comprehensive Health Interventions (ICHIs) have become essential solutions to improve the health, quality of life, and life expectancy. Recent studies have also highlighted the behavioral, social and economic benefits. The iCEPS Conference is an international meeting designed for sharing evidence on the efficacy, safety, and costs/effectiveness of NPIs, for discussing the research protocols used to obtain these evidence, for understanding the dedicated mechanisms, and for disseminating best professional practices. The conference proposes plenary lectures, workshops, poster sessions, exhibit hall, and many other events to facilitate collaborations. Welcome to the fifth edition.

5th iCEPS Partnerships

Exhibition hall of companies and other organizations in NPI research. To expose or support the conference, please contact the agency that deals with partnerships:

beatrice@oktopus-event.com

18-20 May, 2017
Montpellier, France
www.iceps.eu
Call for Oral Communications in Plenary Session *(Day 1 & 2)*

All oral communications should aim at:

- sharing evidence of the efficacy, safety and/or costs/effectiveness of ICHIs on the basis of an interventional study on human samples,

- and/or identifying an action mechanism involved in an ICHI on a targeted population.

*Submission before 1st November 2017*

Call for Poster Communications *(Day 1 & 2)*

All oral communications should aim at:

- sharing evidence of the efficacy, safety and/or costs/effectiveness of ICHIs on the basis of an interventional study on human samples,

- and/or identifying an action mechanism involved in an ICHI on a targeted population.

*Submission before 1st February 2017*

Call for Workshop *(Day 3)*

All oral communications should aim at:

- sharing evidence of the efficacy, safety and/or costs/effectiveness of ICHIs on the basis of an interventional study on human samples,

- and/or identifying an action mechanism involved in an ICHI on a targeted population.

*Submission before 1st November 2017*

Innovation prize in ICHIs *(Day 1)*

All oral communications should aim at:

- sharing evidence of the efficacy, safety and/or costs/effectiveness of ICHIs on the basis of an interventional study on human samples,

*Submission before 1st May 2017*

Download the communication submission form at

- www.iceps.eu
The official Conference language is English.

Conference venues

May 18-19, 2017
Corum, Montpellier

- Plenary conferences,
- Forum for companies and organizations specialized in ICHIs,
- Poster communications.

May 20, 2017
St-Charles building, Montpellier

- Professional Workshops.

The official Conference language is English.
Aknowledgments to partners

Academic partners to date

Others partners to date
# Registration

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<tr>
<td><strong>Full conference registration packages (including coffee breaks, but not lunch)</strong></td>
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<td>Professionals</td>
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<tr>
<td>(Credit card payments)</td>
<td>180 €</td>
<td>280 €</td>
<td>350 €</td>
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<td>Professionals</td>
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<tr>
<td>with accepted oral or poster communication</td>
<td>180 €</td>
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<td>Professionals</td>
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<td>On-going Education/Training</td>
<td>230 €</td>
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<td>Students</td>
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<tr>
<td>(Credit card payments)</td>
<td>90 €</td>
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| **Day conference registration packages** |                      |                     |                   |
| Day 1 (Thursday) | 100 € | 120 € | 150 € |
| Day 2 (Friday)   | 100 € | 120 € | 150 € |
| Day 3 (Saturday) | 80 €  | 100 € | 120 € |

- Session open to the public (French)
- Gala Dinner

To register: [www.iceps.eu](http://www.iceps.eu)