

Final programme

All times in this document are in WEST, GMT+1

For conversion, please check the program in the conference platform, or visit [this website](#)

Monday, 02 Sep

9:00 - 17:30 SYNERGY Expert Meeting

Chair: Nadja Contzen, Jutta Mata and Lorraine Whitmarsh

Research synergies for the future: Advancing environmental health psychology

The promotion of environmental health, defined as that part of human health that is determined by the natural and built environment, requires the mitigation of and adaptation to environmental degradation. Individuals can contribute to mitigation and adaptation through behaviour change, the adoption of sustainable technologies or the support of sustainable policies and projects. Both environmental and health psychologists aim at explaining human-environment interactions and encouraging individuals' contributions to mitigation and adaptation and bring complementary theories and methods to the table. Nevertheless, exchange between the two sub-disciplines is limited, which hinders mutual learning and synergetic advances in environmental health promotion. The main objective of the Expert Meeting is to bring environmental and health psychologists interested in environmental health together to facilitate exchange and mutual learning. The specific objectives of this EHPS SYNERGY Expert Meeting are to:

- Discuss the theoretical and methodological state-of-the-art in environmental and health psychology relevant to environmental health promotion
- Identify synergies and opportunities for mutual learning between the two sub-disciplines
- Discuss the state-of-the-art in environmental health promotion practice as well as practitioners' research needs
- Generate a manuscript outlining a research agenda for environmental health psychology
- Establish a network between environmental and health psychologists interested in environmental health

9:00 - 17:30 CREATE Workshop

Chair: Anna Levke Brütt and Elspeth Mathie

Empowering Collaboration: Patient and Public Involvement in Health Research

Unlock the potential of patient and public involvement in your research journey! Join the interactive CREATE workshop to integrate participatory elements into your projects. Delve into the dynamics of involving members of the public in research, explore real-world examples, and learn to navigate the complexities of patient and public involvement. We will cover the what, why, when and how of involvement and highlight how to include those communities not often heard in research. The workshop will equip you with an increased understanding of the benefits of involving those with lived experience and the practicalities of how to go about doing it. In this 1.5 day workshop, facilitated by Dr. Anna Levke Brütt (University Medical Center Hamburg-Eppendorf, Germany) and Dr. Elspeth Mathie (University of Hertfordshire, UK) you will have a chance to explore how patients and members of the public (experts by experience) can get involved in your future research.

Tuesday, 03 Sep

8:30 - 14:50 Full Day Workshops

Workshop Implementing communications training to support healthcare professionals in addressing vaccine hesitancy

8:30 Implementing communications training to support healthcare professionals in addressing vaccine hesitancy
Dawn Holford, Frederike Taubert, Virginia Gould

Workshop Participatory Research Methods for Health psychology: A crash course with coaching and collective learning

9:00 Participatory Research Methods for Health psychology: A crash course with coaching and collective learning
Emily Hillison, Lauren Gatting

Workshop Putting a good idea into practice: Using the Behaviour Change Intervention Ontology

9:00 Putting a good idea into practice: Using the Behaviour Change Intervention Ontology
Paulina Schenk, Lisa Zhang, Marie Johnston

Workshop An introduction to the multiphase optimisation strategy (MOST) and optimisation trials

9:00 An introduction to the multiphase optimisation strategy (MOST) and optimisation trials
Samuel Smith, Angela Pfammatter

Workshop How users can help improve your health interventions: a workshop on co-creation theory and methods

9:00 How users can help improve your health interventions: a workshop on co-creation theory and methods
Niko Vegt, David de Buissonje, Valentijn Visch

9:00 - 15:00 SYNERGY Expert Meeting

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9:00 - 15:00 Showcase of Local Projects

9:30 - 12:30 Half Day Workshops

Workshop Equality, Diversity, and Inclusion (EDI) in Health Psychology Research

9:30 Equality, Diversity, and Inclusion (EDI) in Health Psychology Research
Joanna Semlyen, Leanne Tyson

Workshop Experience mapping in health psychology research: discovering embodied and embedded experiences in the lived space

9:30 Experience mapping in health psychology research: discovering embodied and embedded experiences in the lived space
Viola Sallay, Tamas Martos

Workshop The Behavioural Science Approach to Realist Reviews/Evaluations (BARR/E)

9:30 The Behavioural Science Approach to Realist Reviews/Evaluations (BARR/E)
Debi Bhattacharya, Caroline Smith

10:45 - 11:00 Coffee break

12:30 - 13:00 Lunch

15:00 - 16:30 Parallel Sessions: Orals and Symposia

Symposium A social relationships perspective on health and well-being

Chair: Janina Lüscher and Corina Berli

- 15:00 Enabling or cultivating? Association between provided social support, self-efficacy, and physical activity in adolescent friends-dyads
Konstantin Schenkel
- 15:15 Positive impact of psychosocial resources on mental health transitions in persons with spinal cord injury
Janina Lüscher
- 15:30 Stress and well-being among persons with spinal cord injury and their caregiving partners
Simone Lüthi
- 15:45 Compendium of Dyadic Intervention Techniques for health behavior change: results from a Delphi study
Karoline Villingner
- 16:00 Discussion
Nina Knoll

Symposium Promoting healthy and sustainable behaviours: From goal-setting to the dinner table

Chair: Katharina Eichin

- 15:00 If it's healthy, it's also sustainable and vice versa? Results of a food label study
Katharina Eichin
- 15:15 The youthful plate: When adolescents promote healthier, more sustainable family meals
Jutta Mata
- 15:30 Live from the table: A qualitative examination of 'in the moment' plant-based consumption
Tess Davis
- 15:45 Activity coordinator
Katharina Eichin and Tess Davis
- 16:00 Discussion
Jutta Mata

Symposium The use of Artificial Intelligence to collect, analyse and generate qualitative data in health psychology

Chair: Felix Naughton and Paulina Bondaronek

- Online 15:00 A pilot study examining the use of conversational AI-powered chatbots to collect qualitative data
Aimee E. Pink
- 15:15 Machine Assisted Topic Analysis (MATA) of open-ended survey responses reporting health and wellbeing during COVID-19
Felix Naughton
- 15:30 Investigating the potential harm of high-grossing health apps using Machine Assisted Topic Analysis
Paulina Bondaronek
- 15:45 Assessing algorithmic fidelity: framework-based qualitative analysis of free responses of Large Language Models
Aliya Amirova
- 16:00 Discussion
Robert West

Symposium Breaking barriers: Understanding health disparities through a lens of diversity and gender

Chair: Agnes Effert and Gudrun Sproesser

- 15:00 Systematic review and critical discourse analysis of research on HIV PrEP programme use among gbMSM
David Comer
- 15:15 Inequalities in exclusively mobile interventions targeting weight-related behaviours: Systematic review of observational studies
Laura M König
- 15:30 Using the Diversity Minimal Item Set in Academic Medicine - First Results and Lessons Learned
Gertraud (Turu) Stadler
- 15:45 Men eat meat, women eat sweet? A systematic review of eating- and food-related gender stereotypes
Agnes Effert
- 16:00 Small group discussions
Gudrun Sproesser and Agnes Effert
- 16:15 Discussion
Gudrun Sproesser

Symposium Habit research in action: from measurement and determinants towards intervention development
Chair: Robert Edgren

- 15:00 Rethinking habit strength: 'behaviour frequency x context stability' and an objective measure of context stability
Madelynne Arden
- 15:15 Evidence Inhibitory Self-Control Moderates the Effects of Habits on Complex but Not Simple Health Behaviors
Daniel Phipps
- 15:30 Identifying self-directed habit-promoting techniques for physical activity: A qualitative study
Eleonoora Hintsa
- 15:45 Temporal dynamics of habit decay: An intensive longitudinal study on four health-risk behaviors
Robert Edgren
- 16:00 Substituting an old commuting habit with a more active and sustainable commuting habit
Sally Di Maio
- 16:15 Discussion
Phillippa Lally

SOTA + Oral Session Advancing International Implementation Science Research and Practice
Chair: Sebastian Potthoff

- 15:00 Facilitating adjustment to long term medical conditions: A bench to (almost) bedside story
Rona Moss-Morris
- 15:45 Development of the Guide to Disseminating Health Services Research (GuiDeR): An evidence-based framework
Debi Bhattacharya
- 15:57 How does tailoring work to produce successful implementation strategies?
Aoife O'Mahony
- 16:09 Co-developing an implementation stakeholder engagement toolkit to enhance the impact of behavioural sciences
Sebastian Potthoff

Oral Session Barriers, challenges and catastrophies
Chair: Richard de Visser

- 15:00 Unmet need for autism-aware sexual health care
Richard de Visser
- 15:12 Barriers and facilitators to cancer screening among people with intellectual disabilities: an accessible interview study
Katie Robb

- 15:24 Challenges in implementing a community-based participatory research approach between researchers and gender-diverse migrant communities
Hanne Zimmermann
- 15:36 Perceived barriers of flu vaccine uptake in ethnically diverse communities in North West England
Anna Powell
- 15:48 Science, Art and Co-Design: Scripts and Films to Encourage Black Blood Donors
Eamonn Ferguson

Oral Session Fostering Workplace Well-Being and Engagement: Exploring Challenges and Strategies
Chair: Benjamin Schuez

- 15:00 European actions to support research on cancer survivors in work and employment : a strategy
Jerome Foucaud
- 15:12 Are the Impacts of chronic pain on engagement in work correctly reflected in current measures?
Anne Stagg
- 15:24 Event sampling of failure experiences at work: associations with self-conscious emotions, support-seeking, and self-reproach
Maria U. Kottwitz
- Online 15:36 Silence withdrawal from work: How and when does work intensification influence quiet quitting behaviours
Erasmus Keli Swanzy

Oral Session Health risk and promotion behaviors
Chair: Frederike Taubert

- 15:00 Psychosocial predictors of downloading a smartphone app promoting healthy and sustainable eating
Valentina Carfora
- 15:12 A paradigm shift from disease management to perception management of chlamydia infections
Daphne van Wees
- 15:24 How short video-based interventions promote vaccination intentions and trust: A comparison of empathetic communication techniques
Frederike Taubert
- 15:36 Covid-19 risk perception and prevention practices in a sample of French people affected by cancer
Arnaud SIMEONE
- 15:48 Co-design of a substance use intervention: Using a community based participatory approach
Karen McGuigan
- Online 16:00 "For me, the ads are background noise": Inaction following Cancer Council's Find Cancer Early campaign
Chloe Maxwell-Smith

16:30 - 17:00 Coffee break and Networking

17:00 - 18:00 Keynote - Prof. Amanda Daley

18:00 - 19:00 Opening Ceremony

19:00 - 21:00 Welcome Reception

Wednesday, 04 Sep

9:00 - 10:00 Parallel Sessions: Orals, Symposia, Lab Series and Roundtables

Lab Series Special Interest Group Meeting: Equity, Global Health & Sustainability
Chair: Gudrun Sproesser

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Gudrun Sproesser

Lab Series Promoting equality, diversity, and inclusion in health psychology research: Development of a practical guide
Chair: Michèle Denise Birtel and Laura König

9:00 Promoting equality, diversity, and inclusion in health psychology research: Development of a practical guide
Michèle Denise Birtel, Laura König, Joanna Semlyen

Roundtable (Im)practical health psychology: Successes, failures and everything in between.
Chair: Dominika Kwasnicka

9:00 (Im)practical health psychology: Successes, failures and everything in between
Dominika Kwasnicka, Stephan Dombrowski, Tracey Revenson, Keegan Knittle, Gill ten Hoor, Ainslea Cross, Sebastian Potthoff

Roundtable Beyond Boundaries: Strategies for Integrating LGBTQI+ Perspectives in Health Psychology Research
Chair: Thomas Gültzow

9:00 Beyond Boundaries: Strategies for Integrating LGBTQI+ Perspectives in Health Psychology Research
Thomas Gültzow, Udi Davidovich, Neil Coulson, Chantal den Daas, Chris Noone, Siobhan Thomas

Roundtable The Psychedelic Renaissance: Opportunities for behavior change and psychological well-being
Chair: Pedro Teixeira and Laura Cabral da Ponte Carvalho

9:00 The Psychedelic Renaissance: Opportunities for behavior change and psychological well-being
Talea Cornelius, Pedro Teixeira, Laura Cabral da Ponte Carvalho, Jorge Encantado

Symposium Towards Personalizing Health: Multilevel, Multimethod applications of Psychological Flexibility as one driver of personalized well-being
Chair: Vasilis Vasiliou

9:00 Tackling societal harms: Network analyses of Psychological Flexibility "foci" processes for stigma in chronic illness
Vasilis Vasiliou

Online 9:15 CARE project: Multimethod, multilevel, multidisciplinary approach for breast cancer patients using Acceptance and Commitment Therapy
Maria Karekla

9:30 Affect shift dynamics in the prediction of psychological flexibility and well-being
Pandelis Perakakis

9:45 Discussion
Susan Michie

Oral Session Beyond Behavior - Centered Approaches to Improve Health

Chair: Pierre Gerain

- 9:00 Implementing a Spiritual Care Intervention in a Public Hospital in Chile: Barriers and Facilitators
paula repetto
- 9:07 Biopsychosocial Effects of Technology-enhanced Multidisciplinary Neurorehabilitation: Preliminary Longitudinal Multi-Sample Evidence
Francesco Zanatta
- 9:14 Cardiac rehabilitation and psychological treatments: differences in anxiety, depression, and illness perception levels
Alessandra Bigoni
- 9:21 Engaging in nonpharmaceutical interventions during an outbreak. What drives behaviour? A comprehensive systematic review
Sarah Gorissen

Oral Session Social media: friend or foe?

Chair: Eline Smit

- 9:00 Coping with COVID-19 health messages on social media: Interviews with students with varying depressive symptoms
Spela Dolinsek
- 9:07 Social media use at work: Diary analysis of the impact on employees' work and health
Ann-Kathrin Sowa
- 9:14 TikToxic or TikDoc? A Qualitative Study about Adolescents' Social Media Use for Mental Health Complaints
Mieke Oldeman
- 9:21 Can social media reduce stigma towards people with visible differences ? A randomised controlled experiment
Abbi Mathews
- 9:28 The Roles of Social Media Information Exposure and Seeking in COVID-19 Vaccination: a longitudinal study
MEIQI XIN
- 9:35 SOCIAL MEDIA DYNAMICS IN PRE-HIKIKOMORI: EXPLORING PATTERNS AND POTENTIAL INTERVENTIONS
Jeff Gavin
- 9:42 Mapping digital food environment on social media
Eline Smit
- 9:49 Co-designing a framework for communicating health messages to young people via social media
Melody Taba

Oral Session Physiology, Somatic Processes and Health

Chair: Lerch Seraina

- 9:00 Cortisol and subjective stress response to the (f-)TSST between sitting and standing body position
Miriam Kurz
- 9:07 Longitudinal association between healthcare mistreatment, perceived discrimination, and metabolic syndrome among Chilean adults
Belén Salinas-Rehbein
- 9:14 Mental and somatic health as predictors of emotional, physical and cognitive exhaustion
Daniel Hagström
- 9:21 Are continuous and intermittent low-energy diets for weight loss/ remission in type 2 diabetes acceptable?
Jo Brooks
- Online 9:28 Harnessing the flow: Movement and biofeedback as catalysts for self-efficacy
Malte Neubert

Online 9:35 Does Heart Rate Variability Moderate the Relationship Between Social Anxiety and Emotion Recognition?
Ovidiu Bobei

10:00 - 11:00 Women's Health SIG Meeting

10:00 - 11:00 Parallel Sessions: Orals, Symposia, Lab Series and Roundtables

Lab Series MOST Lab: Discussing Health Psychology Innovation Through the Use of the Multiphase Optimization Strategy
Chair: Angela Pfammatter

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Angela Pfammatter

Lab Series Stress and health behavior: Avenues for future research and collaboration
Chair: Jennifer Inauen

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Jennifer Inauen

Roundtable Addressing humanity's existential crisis: How health psychology can accelerate climate change mitigation and adaptation
Chair: Guillaume Chevance

10:00 Addressing humanity's existential crisis: How health psychology can accelerate climate change mitigation and adaptation
Guillaume Chevance, Esther Papies, Claudia Teran-Escobar, Paquito Bernard, Vera Araújo-Soares

Symposium Applications of the Behaviour Change Intervention Ontology in health psychology research: Case studies and reflections
Chair: Emma Norris

10:00 Identifying behaviour change characteristics within UK COVID television briefings using the Behaviour Change Techniques Ontology
Emma Norris

10:12 Interventions aiming to change multiple healthcare professional behaviors: A systematic review
Carolina C. Silva

Online 10:24 Identifying BCTs of a multi-component intervention including pictorial communication about subclinical atherosclerosis using the BCIO
Elin Andersson

10:36 Discussion
Marta Marques

10:48 Activity
Marie Johnston

Symposium The use of mHealth for physical activity promotion in older adults: feasibility, inclusivity, and efficacy
Chair: Iris Maes

10:00 Introduction
Iris Maes

10:05 Older adults' experiences with self-regulation strategies used in mHealth intervention to improve physical activity
Fien De Block

10:19 Unveiling the digital pathways to active aging: an exploratory mixed methods study in older adults
Iris Maes

- 10:33 Feasibility and acceptability of a smartphone-based, activity-triggered Ecological Momentary Assessment study among low-income older adults
Olivia Malkowski
- 10:47 Discussion
Efrat Neter

Symposium Lessons from Covid-19 pandemic research: How to better prepare for future pandemics
Chair: Olivier Luminet

- 10:00 Examining cultural responsiveness of COVID-19 vaccination messages for Latino persons in the California Central Valley
Kyra Hamilton
- 10:12 Exploring intersectional inequalities in wellbeing during the COVID-19 pandemic: a longitudinal intersectional MAIHDA approach
Keenan Ramsey
- Online 10:24 Psychosocial and contextual determinants of protective behaviour during the COVID-19 pandemic: insights for future strategies
Nicole Stappers
- 10:36 The Role of Self-Compassion in Loneliness during the COVID-19 Pandemic
Robin Wollast
- 10:48 Discussion
Paul Norman

Oral Session Coping with chronic illness: Predictors and outcomes
Chair: Carolyn F.Z. Stuhlmann

- 10:00 A qualitative exploration of lifestyle behaviour changes following breast cancer diagnosis and treatment
Lucy McGeagh
- 10:07 Views of cancer survivors living with obesity, on weight management and health behaviours: qualitative study
Kelly Lloyd
- 10:14 The role of coping in quality of life in multiple sclerosis: A 9-year follow-up study
Pavol Mikula
- 10:21 Self-compassion, health-related quality of life and psychological wellbeing in individuals with endometriosis: A prospective study
Roeline Kuijer
- 10:28 Cardiac Distress: A case study in conceptualisation, measurement and translation into clinical practice
Alun Jackson
- Online 10:35 Investigating the Role of Gastrointestinal-specific anxiety and Disability in the Adjustment to Inflammatory Bowel Disease
Nuno Ferreira

Oral Session Focus on behavioural determinants across the social, structural and policy level
Chair: Lauren Gatting

- 10:00 Innovating smoking prevention through co-creation with adolescents and youth workers in social work organisations
Kenji Leta
- 10:07 Barriers to, and enablers of, physical education engagement among school students aged 6-16 years
Chiara Cimenti
- 10:14 Cross-lagged analyses of the effects of interpersonal communication, news consumption and trust on health behaviours
Saar Mollen
- 10:21 The influence of emotions and health information on healthier food shopping behaviour in a supermarket
Katrin Brückner

- 10:28 Sustainability in food-based dietary guidelines: a review of recommendations around meat and dairy consumption
Maddie Sinclair
- 10:35 Focus groups on stakeholders' needs and preferences regarding a genomic newborn screening program in Germany
Elena Sophia Doll
- 10:42 Voices in Co-Creation: Understanding Participant Experiences in Developing a Smoking Prevention Intervention
Babette Demeester
- 10:49 Work-in-progress: Measuring public acceptability of using Artificial Intelligence in a national Breast Screening Programme
Lauren Gatting

11:00 - 11:30 Coffee break and Networking

11:30 - 13:00 Parallel Sessions: Orals and Symposia

Symposium Participatory and co-creation approaches: Their role in sustaining women's health
Chair: Irina Todorova

- 11:30 Patient and public involvement to reduce inequalities in breast cancer screening and early detection
Christina Derksen
- 11:45 Using participatory methods to achieve impact: A breastfeeding research case study
Amy Burton
- 12:00 Research engagement with underserved women
Ada Humphrey
- 12:15 Digital Stories as Participatory and Relational Inquiry in Cervical Cancer Prevention
Irina Todorova
- 12:30 Discussion
Adriana Baban
- 12:45 Activity
Gaby Judah

Symposium The Role of Social Relationships in Health Behaviors and Health
Chair: Patrick S. Höhener and Karolina Kolodziejczak

- 11:30 Social support in the daily lives of individuals with chronic low back pain
Karolina Kolodziejczak
- 11:45 Daily associations between support, emotion regulation, and eating among insecurely attached people
Monique Nakamura
- 12:00 Social environment determinants of physical activity in the family: group model building and system mapping
Anna Banik
- 12:15 Investigating Self-Efficacy and Intention as Mediators in the Relationship Between Social Support and Health Behaviors
Patrick Höhener
- 12:30 Does 'preference for self-reliance' moderate the effects of health-related social control?
Pascal Küng
- 12:45 Discussion
Alexander Rothman

Symposium Improving inclusivity in research and interventions for disadvantaged, marginalized and/or vulnerable people
Chair: Pepijn van Empelen

- 11:30 Migrant women's information seeking behavior and needs, concerning cervical cancer prevention: a scoping review
Tharsini Veeravagu
- 11:45 Colorectal cancer screening in people with intellectual disabilities: Exploring needs, facilitators, and barriers
Theresa Wagner
- 12:00 Digitizing communication of population cancer screening programs: An inclusive redesign
Zeena Harakeh
- 12:15 Needs of pregnant women with limited literacy skills for digital decision support about prenatal screening
Hilde van Keulen
- 12:30 Discussion
Pepijn van Empelen

Symposium Dynamics of Interoception, Emotion Regulation, Stress, and Psychopathology: Implications for Therapeutic Interventions
Chair: Christine Schillings

- 11:30 Adolescents scoring on alexithymia exhibit altered interoceptive brain activity: a heartbeat-evoked potential (hep) study
Lorenz Rapp
- 11:45 Emotional and stress-eating in 800 healthy individuals using ecological momentary assessment: a secondary analysis
Matthias Aulbach
- 12:00 Dynamics of interoception when facing speech-induced stress: A work in progress
Lorena Desdentado
- 12:15 Discussion
Christine Schillings

SOTA + Oral Session Advancing and developing health behaviour theories, frameworks, and concepts
Chair: Anne van Dongen

- 11:30 Redefining the Intention-Behavior Gap: A Multidimensional Difference Framework of the Intention-Behavior Gap
Darko Jekauc
- 12:15 Trait self-control and social cognition predictors of health behaviour: A meta-analysis
Sabryna Sas

Oral Session Towards a Humanistic Approach to Healthcare
Chair: Cristina Camilo

- 11:30 Targeting symptom mindsets: An intervention to improve adherence and persistence of methotrexate for autoimmune-inflammatory arthritis
Rachael Yelder
- 11:42 The CareNet Project – a roadmap to psychosocial childhood cancer intervention
Cristina Camilo
- 11:54 Psychosocial interventions in the childhood cancer context: identification of guidelines and good practices
Jéssica Pimentel
- 12:06 Psychosocial Predictors of Doping Intentions and Use in Fitness and Sport: Systematic Review and Meta-Analysis
Nikos Ntoumanis
- 12:18 Psychological factors and eating behaviors using Ecological Momentary Assessment: An updated systematic review and meta-analysis
Pierre Gérain

12:30 What drives success in long-lasting collaborations between health researchers and diverse ethnic communities?
Chris Noone

Online 12:42 Patients' perceptions of SIGMA-informs in supporting parenting in mothers with cancer
Rita Tavares

Oral Session Adaptation to Chronic Illness Chair: Tracey A Revenson

11:30 Mental Health and Quality of Life When Coping with Stigma of Visible Chronic Skin Disease
Caroline F. Z. Stuhlmann

11:42 Relationship experiences of couples following acquired brain injury during inpatient rehabilitation: a qualitative study
Emma Godfrey

11:54 Alcohol consumption and its determinants among post-menopausal breast cancer survivors: a longitudinal observational study
Meeke Hoedjes

12:06 Mediators and moderators of symptom burden and distress in breast cancer survivors on hormone therapy
Sophie Fawson

12:18 Determinants of trajectories in WCRF/AICR recommendations adherence in breast cancer survivors with and without multimorbidity
Bo Brummel

12:30 Characterization of daily pain and symptom experiences in childhood cancer survivors with chronic pain
Nicole Alberts

12:42 Beyond sensors and alerts: smart wearables for diabetic foot ulcer prevention
Jenny Corser

Oral Session Behaviours and Health Chair: Phillipe Kadel

11:30 The mechanisms through which social media exposure affects youth's mental health: a systematic review
Elida Sina

11:42 Social connections with family and friends in adolescence: Shaping BMI trajectories into young adulthood
Katie Taylor

11:54 The relation between physical activity and executive function in preschoolers
Anne Eppinger Ruiz de Zarate

12:06 Can Self-Control Mediate the Relationships Between Internet/Smartphone Addiction and Insomnia?
Marta Uva

12:18 Predictors and motives of physical activity for parent-child dyads: Baseline results of ProAct intervention
Eeva Kettunen

12:30 Development of the Social Dimensions of Health Behavior Framework
Ryan Rhodes

Online 12:42 Internalized weight-bias, loneliness, and early-adolescents' mental health. Two-wave longitudinal investigation of emotional dysregulation as mediator
Alexandra S. Zancu

Oral Session Advances in digital behaviour change interventions Chair: Nynke van der Laan

11:30 Trust and technology terrorism in Medicine: Health Psychology's role in the digital transformation of healthcare
Jane Walsh

11:42 Promoting medication adherence in hypertension: The role of Personas in tailoring eHealth technologies
Martina Vigore

- 11:54 Lifestyle behaviour change and maintenance of patients following cardiac rehabilitation: the BENEFIT intervention study
Linda Breeman
- 12:06 Critical fluctuations as Early Warning Signals for Sudden Losses in Physical Activity: A replication Study
Alexandre Mazéas
- 12:18 Personalizing digital “just-in-time” nudges for healthier food choice: a randomized controlled trial
Nynke van der Laan
- 12:30 Text support for pregnancy smoking cessation (MiQuit): multi-trial analysis of potential effect moderators and mechanisms
Joanne Emery

13:00 - 14:30 Lunch and Networking

13:30 - 14:30 Open Science SIG Meeting

13:30 - 14:30 Habit SIG Meeting

13:30 - 14:29 Digital Tailoring SIG Meeting

14:30 - 16:00 Parallel Sessions: Orals and Symposia

Symposium Multisensory body perceptions and eating behaviour – mechanisms, assessment, and interventions
Chair: Annika Lutz and Lynn Erpelding

- 14:30 Psychometric validation of the English and French version of the Eating Disorder-specific Interoceptive Perception Questionnaire
Julie Ortmann
- 14:45 Unravelling the role of satiation perception in stress-induced eating
Miriam Kipping
- 15:00 Effects of a novel virtual reality gastric biofeedback intervention on disordered eating behaviour and interoception
Aline Tiemann
- 15:15 What Mediates The Relationship Between Emotion Regulation Difficulties, Disturbed Eating, And Body Dissatisfaction In Youth?
Verena M. Mueller
- 15:30 Cardiac modulation of visual body processing and body image distortion in anorexia nervosa
Lynn Erpelding
- 15:45 Investigating the effects of a cardio-visual full-body illusion on embodiment and body image
Fiammetta Zanetti

Symposium That’s what we’re talking about: Doing better science through practical and comprehensive construct definitions
Chair: Gjalt-Jorn Peters and Talea Cornelius

- 14:30 Introducing Comprehensive Construct Definitions: The Case of Self-Efficacy
Rik Crutzen
- 14:45 How we Measure Matters: Challenges in Evidence Synthesis across Theoretical Constructs
Talea Cornelius
- 15:00 Below the surface: ‘hidden’ heterogeneity when operationalizing cognitive and social activities in research and interventions
Jeroen Bruinsma
- 15:15 Mind measurement: systematically analyzing and advancing measurement using comprehensive construct definitions and narrative response models
Gjalt-Jorn Peters
- 15:30 Challenges and Obstacles When Working With a Decentralized Construct Taxonomy
Tjeerd de Zeeuw

15:45 Discussion
Geert Crombez

Symposium Individual and collective actions to improve environmental health
Chair: Josianne Kollmann and Jan Keller

- 14:30 School students' civic engagement for climate protection: Scale development and psychometric evaluation
Amelie Spliesgart
- 14:45 Effects and mechanisms of the Public Climate School: A climate education program for school students
Jan Keller
- 15:00 Reducing carbon footprints by fostering environmental health behavior: Randomized controlled trial of the GROW app
Jennifer Inauen
- 15:15 The impact of public participation on psychological ownership and acceptance of river restorations
Nadja Contzen
- 15:30 The role of psychological distance in the perception of microplastics pollution
Josianne Kollmann
- 15:45 Discussion
Claudia Teran Escobar

Symposium Kindness in Action: Social Support Provision and Its Impact on Health and Well-Being
Chair: Lisa Marie Warner and Ewa Gruszczynska

- 14:30 The potential of a mutually beneficial intervention: delivery of opportunistic behaviour change interventions by volunteers
Beth Nichol
- 14:45 Volunteering affects loneliness, social and mental health in older adults: Evidence from the HEAL-HOA dual-RCT
Lisa Marie Warner
- 15:00 Momentary effects of support provision on affective well-being: A role of basic needs fulfilment
Ewa Gruszczynska
- 15:15 The association between social support and well-being in partners of persons with a chronic illness
Evangelos Karademas
- 15:30 Does willingness to care and inclusion of other in self influence caregiver gains and wellbeing?
Val Morrison
- 15:45 Discussion
Molly Byrne

SOTA + Oral Session Bio-psych indicators
Chair: Ryan Rhodes

- 14:30 The protective roles of the vagal nerve in health and illness: Making diseases less "vague"
Yori Gidron
- 15:15 Threats to social safety and neuro-inflammatory mechanisms underlying sexual orientation disparities in depression symptom severity
Richard Bränström
- 15:27 Changes in HRV in the Peripartum Predict Mothers' Depressive Symptoms 18 Months after Childbirth
Caterina Grano
- 15:39 Non-invasive vagus stimulation attenuates the work-related stress impacts
Serhii Tukaiev

Oral Session New frontiers in digital mental health
Chair: Lucia Rehackova

- 14:30 A feasibility study on the effects of an online dental anxiety peer support group
Caitlin Sorrell
- 14:42 Exploring experiences of social media in adults with visible differences: a photo-elicitation interview study
Ella Guest
- 14:54 A smartphone-based social media use intervention: Insights from a randomized controlled trial
Lina Christin Brockmeier
- 15:06 Examining the use of an online discussion forum for people living with dementia
Neil Coulson
- 15:18 Co-production of a decision aid to facilitate shared decision-making about technology-assisted mental health support
Lucia Rehackova
- Online 15:30 KindMap – an e-mental health tool for people facing infertility
Nair Carolino
- Online 15:42 Diet and fitness app use and eating disorder symptomology: A systematic review
Isabella Anderberg

Oral Session Child health & wellbeing: The role of risk and adversity
Chair: Caroline Heary

- 14:30 Mental health service use and cumulative risk in the offspring of parents with affective disorders
Tiffany Resendes
- 14:42 Parental Chronic Illness and College Students' Adjustment: A Role-Balance Perspective
Cliff Yung-Chi Chen
- 14:54 Effects of parental stigmatization and attributions of the child's illness on the parents' mental health
Matea Kramarić
- 15:06 Protective Factors for At-Risk Youth Exposed to Adversity
Caroline Heary
- 15:18 The role of psychosomatic symptoms on mental health and life satisfaction in Romanian adolescents
Diana Taut
- Online 15:30 Childhood emotional abuse and binge watching: The role of vulnerable narcissism and emotion dysregulation
Daniilo Calaresi
- Online 15:42 Early Childhood Predictors of Psychological Resilience: A Mediation Model
IPEK SENKAL ERTURK

Oral Session Caring experiences, social support and health in close relationships
Chair: Elzbieta Bobrowicz

- 14:30 Mosaic: A website delivering peer support to cancer caregivers in a tailored, accessible written format
Christine Rini
- 14:42 Narrative Care Journey: Structuring the Experiential Paths of Acquired Brain Injury Patient - Caregiver Dyads
Mikolaj Zarzycki
- 14:54 Extrinsic emotion regulation and positive emotions in people with dementia and their family carers
Carmen Colclough
- 15:06 Couple communication in cancer: concurrent and predictive validity of a state measure of protective buffering
Shelby Langer
- 15:18 Motivations to start and continue with jogging groups: role of inclusivity, support, autonomy, and confidence
Gozde Ozakinci
- 15:30 Spousal Poor Sleep Quality Is Associated with Diet Quality Via Impaired Diet-Related Action Control
Jean-Philippe Gouin

Online 15:42 How formal care complements informal caregiving: knowledge mapping through a scoping review
Elzbieta Bobrowicz-Campos

Oral Session Behaviour Change Interventions across Health Behaviours Chair: Elaine Toomey

- 14:30 Behavior change techniques in face-to-face interventions promoting condom use among youth
Alcira de Vries
- 14:42 A scoping review of fidelity frameworks and models for complex health behaviour change interventions
Elaine Toomey
- 14:54 Effects of self-affirmation intervention on health behavior change: a systematic review and meta-analysis
Rui She
- 15:06 A mixed-method study on clothes shopping, body image, and eating disorder behaviours among Argentinian adolescents
Sharon Haywood
- 15:18 Overriding Poverty? Religiosity tilting towards enhanced health through health behaviors
Efrat Neter
- 15:30 The Social Extension of Health Mindset: Behavioral and Policy Associations
Kengthsagn Louis
- 15:42 The MyBack programme: design of a health intervention to prevent recurrences of low back pain
Alexandre Moniz

16:00 - 17:00 Parallel Sessions: Posters

Poster Session Serving the underserved and underprivileged

The Impact of Neighborhood Deprivation on Psychological Distress in Europe: A Multilevel Analysis
Arieja Farugie

Lessons Learned in Co-Production, Physical Activity and Mental Health: Do Social Barriers Need Social Models?
Emily Hillison

Social Support and Well-being in Transgender Individuals: Mattering and Internalized Transphobia as Mediators
Luca Ciucci

Early childhood mental health: poverty, stress, and parenting in marginalized Roma communities
Daniela Filakovska Bobakova

Negative experiences of marginalized Roma females with attitudes and behaviours of healthcare providers
Jana Plavnicka

The emotional impact of street harassment on women. A qualitative study
Leila Irea Vázquez González

Explore health trajectory over 10 years of overweight, obese young adults: A qualitative study
Elisabeth SPITZ

Interventions aimed at enhancing the well-being of individuals with special educational needs at schools
Dagmar Majerechová

The Myth of Racial Progress in Healthcare
Emerson Do Bú

Online Longitudinal Effectiveness of Place-based Intervention to Promote Healthy Living and Healthy Weight for Vulnerable Children
Jiyoung Park

Online Acceptance and Commitment Therapy for chemsex: a pilot study
Rubén Rico

Poster Session Using theory to understand and predict health behaviours

Selecting and constructing outcomes for a RCT: construct and item mapping
Emma Tack

Predictive factors for smoking and alcohol cessation following a diagnosis of head and neck cancer
Anaëlle PRÉAUBERT

Impact of appearance concerns on oral health behaviors in young adolescents
YAYOI WATANABE

Explaining physical activity behaviour using a network analytical approach to social cognitive theory
Viktoria Egele

Latent profile analysis of adolescents' physical activity motivation: A self-determination theory approach
Margaret Lawler

The role of social norms and social identity on the adoption of health-protective behaviors
Sophie Louise Kittelberger

Barriers and facilitators for uptake of care pathways for rare tumour risk syndromes- PREVENTABLE project
Ana Machado

What makes a patient engaged: a multilevel integrative review of factors contributing to patient engagement
Chiara Bassi

Online Exploring the antecedents of red meat consumption: An extension of the Theory of Planned Behavior
Erica Frosini

Poster Session Programs and measures to improve weight management, exercise, sleep and related diseases

Evaluating Acceptability of an Online Behaviour Change Intervention for Tier 3 Adult Weight Management Patients
Lauren Rockliffe

Examining longitudinal trajectories and predictors of weight loss and psychological distress in bariatric surgery patients
Emily McBride

Do intolerance of uncertainty and resource consumption actually influence the therapeutic strategies chosen by physiotherapists?
Oulmann Zerhouni

Exploring relationships between chewing ability and well-being: Design of a remote chewing assessment system
Dawn Branley-Bell

Identifying design features of diabetes audit and feedback interventions in primary care: a rapid review
David Healy

Effect of Tapping Touch self-care online program 12: Contributors to improvement of insomnia symptoms
Shin-ichi Oura

PHYSIOTHERAPISTS' ATTITUDES TOWARD OBESE PEOPLE
Zrinka Pukljak

Poster Session Medical & Chronical Conditions

SMS-coaching in a lifestyle change program within digital primary healthcare
Siri Jakbsson Störe

Eczema Care Online: implementation of an effective behavioural intervention
Ingrid Muller

Supporting GPs and people with hypertension to maximise medication use: Pilot RCT of MIAMI intervention
Gerry Molloy

Illness perception, expectations fulfilment and functional outcomes after knee and hip replacement due to osteoarthritis
Július Evelley

Development of a complex online intervention to support high calorie diets for people with ALS
Paul Norman

Motivational Interviewing in increasing physical activity in chronic pain: a feasibility and acceptability study
Antonia CSILLIK

Cognitive behavioral stress management intervention on sleep quality and anxiety in patients with bruxism
Ana Murça

Reducing patient delay in Acute Coronary Syndrome- qualitative evaluation of a digital behaviour-change intervention
Naomi White

Association between diabetes distress and continuous glucose monitoring metrics of glycemic control: Preliminary study
Alessandra Pokrajac-Bulian

Technical feasibility of a psychoeducational intervention for chronic non-specific low back pain in mixed reality
Robin Conen

Services for depression in patients with chronic kidney disease: The MOODMAPS study patient perspective
Christina Joanne Pearce

Poster Session Stress, Coping & Health

The level of subjective health and coping with stage fright- psychological predictors
Helena Wrona-Polanska

PTSD and Moral Injury in Policing (Poster: Work-in-progress)
Seumas Miller

Does affective touch by romantic partner help deal with stress?
Renata Szemerszky

Autobiographical Memories in women undergoing assisted reproductive treatment: analysis through the Referential Activity linguistic program
Fabiola Fedele

Online Health locus of control, resilience and mental health in pregnancy and post-partum during the pandemic
Vassiliki Siafaka

Online Associations between Psychological Distress and COVID-19 Vaccination Side Effects: A Retrospective Cohort Study
Gwendy Darras

Poster Session Innovative Psychological and Digital Intervention for Chronic Disease Management

Online grouptherapy for patients with heart failure and depression to promote self-care: a clinical trial
Marcia Moura Schmidt

Cognitive behavioral techniques for stress management in patients with coronary artery disease - partial data
Camila Ávila

Effect of treatment preference matching on outcomes and engagement in a post-cessation weight management trial
Becca Krukowski

e-ESPRIMO: Tailoring eHealth Intervention for Patients with Multiple Sclerosis and Moderate to Severe Disabilities
Giorgia Giusto

Placebo and nocebo interventions impact perceived but not actual proprioceptive accuracy
Áron Horváth

Online Exploring sensory processing sensitivity trait in tinnitus patients: preliminary study
M.L. Morales-Botello

Online Interventions on the posttraumatic growth of adults with cancer: Best practice considerations
Nikolaos Vrontaras

Poster Session Parenting and the family context of health

Family dynamics, socioeconomic hardships and health risk behaviours of Bulgarian adolescents during the COVID-19 pandemic
Elitsa Dimitrova

A qualitative interview study exploring women's experiences of eating behaviours and midwife interactions during pregnancy
Helen Parsons

A systematic review and meta-analysis of psychological interventions for parental burnout
Agata Urbanowicz

Coping with Pregnancy Loss: Lived Experiences of Fathers and First-Time Expectant Fathers
Avital Gershfeld-Litvin

Co-sleeping assemblages: What shapes the co-sleeping practices in mother-baby dyads in Aotearoa New Zealand?
Kamila Hoffmann-Dumianski

The Relationship and Family Problems During COVID-19 Pandemic: A Qualitative Study
Bagdat Deniz Kaynak

More-than-human parenting villages: Distributed maternal subjectivities for improved perinatal health and wellbeing
Eva Neely

Family factors and their associations with anxiety and depressive symptoms in psychiatric inpatients
Monika Wróblewska

Exploring the influence of parental plant-based diets on their children – The COPLANT kids/family module
Lydia Schidelko

Predictors of parents' awareness and knowledge of food-based dietary guidelines for children and adolescents
Michael Kilb

Poster Session Sustainable diet

Barriers and facilitators of a broader uptake of alternative protein foods: a system mapping approach
Anna Kornafel

Capabilities, opportunities and motivation of young people towards sustainable food-related lifestyles – A systematic review
Soraya van Etten

Group-level interventions in schools promoting sustainable food-related lifestyles: A systematic review
Lonneke Jansen

Psychological predictors of attitudes and intention to eat insect-based food
Roberta Adorni

THE IMPACT OF IMPLIED MOTION ON PEOPLE'S PERCEPTIONS AND THEIR WILLINGNESS TO CONSUME IMPERFECT PRODUCE
Chenyi Zhu

Interpersonal influences on adolescents' healthy and sustainable eating behaviour studied in the Dutch school context
Nieke Sonneveld

Consumer perceptions of health, sustainability, and similarity of meat and dairy alternatives
Geraldine Holenweger

Online Barriers and attitudes mediating the associations between values and consumption of plant-based meat alternatives
Elviira Lehto

Poster Session Challenge accepted: How to improve European health care systems?

Patient and system-related factors contributing to missed healthcare appointments: a mixed methods study

Natalia Stanulewicz-Buckley

Financial Impact of Peer Support Programs in German Hospitals

Hannah Roesner

Integrating implementation during the conceptualization and early development of health technology innovations: the RECENTRE program

Meyke Roosink

Determinants of attitudes towards migrant groups among healthcare professionals in Croatia

Iva Takšić

Exploring Public Concerns and Acceptance of the use of Artificial Intelligence in Healthcare

Sara Soriano Longarón

Mapping intentional Non-adherence: Psychological factors and experiences with the healthcare system

Zorana Zupan

Online Organ Donation and COVID-19: the Healthcare Workers' point of view

Michela Di Trani

Online Investigating the transfer process of MOOC content in healthcare through the Theory of Planned Behaviour

Giovanni Schettino

Poster Session Barriers and facilitators for digital health adoption

Online health-seeking behaviour, health anxiety and the Covid-19 vaccine in South Africa

Rizwana Roomaney

Technophobia links age and education to willingness to adopt new health technology among aging adults

Nejc Plohl

PERCEPTIONS AND SATISFACTION OF TELEMEDICINE SERVICES AMONG PATIENTS AND HEALTHCARE PRACTITIONERS: A MIXED-METHOD STUDY

Laura Fagnani

Is there a relationship between e-Health Literacy and Cyberchondria?

Margarida Evangelho

Developing and testing a comprehensive 'eSupport' package for smoking cessation in pregnancy

Lisa McDaid

Examining the preference for AI-based technologies in case of health-related complaints in a non-clinical sample

Kamilla Boda

How would eHealth literacy influence older people's health-related quality of life? A three-wave longitudinal study

Luyao Xie

Exploring public values in the context of mental wellbeing apps: university students' perceptions

Tonka Milošević

Online A systematic review of the Uncanny Valley Effect in human-embodied conversational agent interaction

Stefania Stefanache

Online A behavior-change model informing the development of a remote patient-monitoring solution for cancer clinical trials

Madalina Sucala

Online Social use and mental health: the mediating role of social media addiction in two studies

Cristina Curcio

Poster Session Health Risking Behaviors & Mental Health

DIGITALISING A SPECIALIST TREATMENT PROGRAMME FOR SMOKING CESSATION IN PREGNANCY

Pippa Belderson

Uncovering the ideal conditions to seek mental health help: A qualitative study with young adults
Eduardo Sardinha

Planning-to-reduce-sedentary behavior intervention and long-term changes in self-efficacy
Natalia Paduszynska

Can colonoscopy screening serve as a teachable moment for smoking cessation? A work in progress
Rebecca Blase

Effects of a smartphone reduction intervention on smartphone behaviour in teenagers: a randomised controlled trial
Rachel Dale

Does neuroticism moderate the effect of a brief mindfulness induction on HRV in sad mood?
Anikó Lilla Patányi

Prevention Should Start Early: Adapting the Communities that Care-Youth Survey for Elementary School Children
Nadya-Daniela Schmidt

Health behavior change through psychedelics: an international population survey
Laura Cabral da Ponte Carvalho

Complex Interactions Between Lifetime and Current Trauma, and Depression, Anxiety and Stress: A Multidimensional Study
Gabriel Angelo Oteşanu

16:00 - 16:30 Coffee break and Networking

16:00 - 17:00 National Delegates Meeting

17:00 - 18:00 Keynote - Prof. Sónia Dias

18:00 - 19:00 EHSP Members Forum

19:00 - 21:00 SIG social event, EMPOWER kick-off event & ND/PHP reception

More details soon

Thursday, 05 Sep

9:00 - 10:00 Parallel Sessions: Orals and Roundtables

Roundtable Applying health psychology in non-academic settings: opportunities, benefits, and challenges

Chair: Lisa Hynes

9:00 Applying health psychology in non-academic settings: opportunities, benefits, and challenges
Alice Le Bonniec, Lisa Hynes, Alexandra Lelia Dima, Koula Asimakopoulou, Ana-Maria Schweitzer

Roundtable Future paths towards a psychology of “social health behavior change”

Chair: Jutta Mata and Urte Scholz

9:00 Future paths towards a psychology of “social health behavior change”
Jutta Mata, Urte Scholz, Corina Berli, Alexander Rothman, Benjamin Schuez

Oral Session Risk perception and communication

Chair: Simone Dohle

9:00 A Multi-Level Meta-Analysis of the Relationship between Intrapartum Decision-Making and Postpartum Psychopathology
Louisa Arnold

9:07 Perceived benefits of health behaviours among cancer patients
Rachel Drbohlav Ollerton

9:14 Perception and awareness on alcohol as a cancer factor : results among regular French drinker
Anne-Fleur Guillemain

9:21 Breast cancer risk perception in sexual minority women: Associations with illness perception and psychological distress
Miguel Luis Alves de Souza

9:28 Psychosocial Barriers and Facilitators in Familial Hypercholesterolemia Genetic and Cascade Testing Uptake: A Systematic Review
Chaitanyasre Lenin

9:35 Charting the decision-making process in family disclosure of genetic risk: a multi-method prospective study
Maria Barbosa

9:42 Optimized psycho-oncological care – Identification of mentally distressed patients
Tanja Zimmermann

Oral Session Sustainable energy-balance related behaviours and energy use

Chair: James Green

9:00 Plant-based vs. animal proteins: Implicit and explicit measures, psychological predictors, and the role of sports
Maria Elide Vanutelli

9:07 What drives Italians to adhere to Mediterranean-Diet? The role of health, environment, and psychological distress
Elena Castellari

9:14 Barriers and facilitators for adopting sustainable food behaviors: A qualitative study amongst Dutch university students
Marijn Stok

9:21 ISCycle: Examining an ebike loan intervention on transport behaviour in an urban area in Ireland
James Green

9:28 Exploring the Hybrid Computational Decision Making Model Using Expert Opinion
Maud de Groot

Online 9:35 An integrated TPB and VBN framework to understand plant-based meat consumption drivers
Raffaele Pasquariello

Online 9:42 Autonomous vs. Controlling Communications about Home Heating Consumption: Spillover to Energy-Saving and Health Intentions
Léo Toussard

Oral Session Evaluating well-being and behavioural interventions in context Chair: Julia Allan

9:00 Food for future: Implementing menu design strategies in a hospital menu
Julia Meis-Harris

9:07 Comparing individual and group-based approaches in promoting physical activity, physical health, and well-being: A meta-analysis
Cecilie Thøgersen-Ntoumani

9:14 Preventing Tiger Mosquito spreading through social mobilization : a field experiment
Nicolas Fieulaine

9:21 Self-test availability and modifications on test-strategy communication: an experimental vignette on COVID-19 testing policy
Colene Zomer

9:28 Psychosocial and health impacts of COVID-19 isolation periods
Camille Léger

9:35 Disentangling the effect of WHO Self-help Plus on alleviating depressive symptoms
Jiaer LIN

9:42 Uptake of Patients with Mental Health Needs in Social Prescribing in Lisbon: A Mixed-methods approach
Sónia Dias

Oral Session Chronic conditions: Prevention and treatment adherence Chair: Keegan Knittle

9:00 Determinants of adherence to antihypertensives and statins: a survey study using the Theoretical Domains Framework
Gaby Judah

9:07 Cancer threat and efficacy of three preventive behaviors based on the Extended Parallel Process Model
Dorota Włodarczyk

9:14 Exploring mechanisms of physical activity change within the Movement as Medicine for CVD Prevention intervention
Keegan Knittle

9:21 Parents' intention to vaccinate their daughters against HPV in Greece: the use of COM-B model
George Koulterakis

9:28 Self-Perception of Aging and Engagement in the context of chronic diseases
Fabrizio Mezza

Online 9:35 Individual drives to cancer screening attendance: a novel instrument to assess motivations
Marcella Bianchi

Online 9:42 Development of the Indonesian Capabilities, Opportunities, Motivations, Behaviour (COM-B) Questionnaire
Rina Rahmatika

Oral Session Job related stress and occupational well-being: Theory and practice Chair: Beata Basinska

9:00 Burnout during the pandemic: A multiple-group longitudinal study of the Job Demands-Resources theory
Beata Basinska

9:07 The relationship between occupational stress and mental health in medical staff in Ukraine
Serhii Tukaiev

- 9:14 Depersonalization as emotion regulation mechanism among medical personnel in Poland
Dominika Fortuna
- 9:21 Work characteristics and work experience in medical staff in Portugal and Spain
João Miguel Alves Ferreira
- 9:28 Presenteeism among employees with chronic conditions: A scoping review
Henrike Schmitz
- 9:35 Occupational well-being and mountain therapy activities
Elisa Zambetti
- Online 9:42 Longitudinal associations between psychosocial job dimensions and burnout/engagement: the role of stress mindset
Renato Pisanti
- Online 9:49 PTSD and depression symptoms as the consequences of job-related stress among medical staff
Krystyna Golonka

Oral Session Smartphone app interventions: use, experiences and characteristics Chair: Pamela Rackow

- 9:00 Older adults' depression self-care via mobile apps: a systematic assessment of app characteristics and applicability
Ruoyu Yin
- 9:07 User engagement in nutrition apps
Sandra van der Haar
- 9:14 Leveraging Collective Intelligence in the design of an mHealth tool to support an anti-malaria intervention
Owen Harney
- 9:21 Commercial Smartphone Apps for Asthma Self-management: A Content Analysis and User Testing Study
Pamela Rackow
- 9:28 Exploring Dutch adult's experiences with mindfulness apps in a multidomain lifestyle program for brain health
Jasper Scholl
- 9:35 Distress and Wellbeing Effects of App-Based Cognitive Behavioral Stress Management in Cancer: Randomized Controlled Trial
Chloe Taub
- Online 9:42 Does outpatient follow-up through video-based value-oriented behavioural activation (ViVA) reduce fear of cancer recurrence?
Maren Reder

ECR Session Understanding and promoting health behaviours Chair: Alea Ruf and Christina Derksen

- 9:00 Does Misestimation of Nutrient Contents Matter for (Un-)Healthy Diets?
Theresa J. S. Koch
- 9:07 Understanding engagement with dietary interventions in food-insecure communities: thematic analysis of barriers and facilitators
Abigail Stephen
- 9:14 License to eat meat? Exploring processes underlying the effect of animal labels on meat consumption
Jessica Schiller
- 9:21 Barriers and facilitators in the implementation of dietary guidelines by paediatricians and kindergarten teachers
Eva Dichiser
- 9:28 Exploratory Investigation of Sleep Hygiene Factors in a Non-Clinical Sample
Thomas McAlpine
- 9:35 Predicting health lifestyle behaviours in midlife women using machine learning with EMA and accelerometer data
Hana Sediva

- 9:42 Exploring ebike trips during a behaviour change intervention: a data-prompted interview study
Louise Foley
- 9:49 How childhood shapes us: Mediators between adverse childhood experiences and health behaviours. A systematic review
Seraina Petra Lerch

10:00 - 11:00 Parallel Sessions: Orals and Roundtables

Roundtable Think global, act local: Health psychologists' engagement in local impact-oriented sustainability projects

Chair: Ira Elisa Herwig and Philipp Kadel

- 10:00 Think global, act local: Health psychologists' engagement in local impact-oriented sustainability projects
Ira Elisa Herwig, Philipp Kadel, Claudia Teran-Escobar, Jens Blechert, Nadja Contzen, Louise Foley, Julia Meis-Harris

Roundtable Protecting pluralism or committing to consensus? Risks and opportunities of ontologies in behavioral sciences

Chair: Maya Braun

- 10:00 Protecting pluralism or committing to consensus? Risks and opportunities of ontologies in behavioral sciences
Maya Braun, Harriet Baird, Gjalt-Jorn Peters, Paulina Schenk

Oral Session Emerging technologies: virtual reality and chatbots

Chair: Felix Naughton

- 10:00 The effects of immersive virtual nature on psychological outcomes: Systematic review and meta-analysis
Rita Moura
- 10:07 The aiCARE chatbot: A Smart Tool for Mental Health Screening
Ioana Podina
- 10:14 From pixels to forest: A pilot study on effectiveness of virtual forest bathing
Dagmar Sztítás
- 10:21 Developing and evaluating a chatbot for informed decision-making in National Health Service bowel cancer screening
Jazzine Smith
- 10:28 Detecting Social Anxiety in Dyadic Interactions in Social Virtual Reality (Social VR)
Marius Rubo
- 10:35 Chatbot ELME: The effects of a chatbot-based intervention on stress and health-related parameters
Christine Schillings
- 10:42 KImAge - AI-supported systematization of views on ageing in everyday life across the lifespan
Verena Klusmann

Oral Session Global challenges in implementation and health service research and practice

Chair: Aleksandra Luszczynska

- 10:00 Not by choice: A qualitative study of barriers and facilitators to effective mandatory rehabilitation treatment
Carolin Baur
- 10:07 Mapping the patient journey: Lessons learned from Life Grid Interviews
Natalia Duda
- 10:14 Identifying the underrecognition of childbirth-related post-traumatic stress disorder among the public and mental health professionals
Rotem Kahalon
- 10:21 Identifying psychosocial barriers and facilitators of genetic services uptake: A systematic review of qualitative studies
Phoebe Lim

- 10:28 Having a more compassionate doctor does not mean patients will feel more cared for
Nathan Consedine
- 10:35 Systematic Review of Decision Fatigue in Medical Practice: Antecedents, Consequences, and Theoretical Perspectives
Serena Petrocchi
- 10:42 Barriers and enablers to screening and treatment for Hepatitis C among Egyptian immigrants in Canada
Sameh Mortazhejri
- Online 10:49 Patients' perceptions of quality of care from public and private primary care providers in Singapore
Li Zi Leong

Oral Session Health and community Chair: Scott Carvajal

- 10:00 The relationship between sports practice and risk of eating disorders: a cross-sectional study
Gaia Teresi
- 10:07 Characterising users of community-based interventions designed to improve the food practices of low-income populations
Oana Petre
- 10:14 Social-ecological stress, risk and health resilience in Mexican-origin adults living in a US-Mexico border community
Scott Carvajal
- 10:21 Dealing with Parental Migration: The Role of Emotional Intelligence and Reflective Processes
Khatuna Martskvishvili
- 10:28 Chronic pain and women with and without experience of intimate partner violence: work on progress
Ainara Nardi
- 10:35 Screening and mental health interventions for persons with physical disabilities in Cambodia
Alan Maddock
- 10:42 Exploring environmental effects on walking and mental well-being in epilepsy through qualitative walk-along interviews
Julie Delobelle
- Online 10:49 Understanding adolescent sexual and reproductive health stigma: psychometric analyses among adolescent mothers in South Africa
Zintle Mlomo

Oral Session Maintaining and managing wellbeing throughout the lifecourse Chair: Tamas Martos

- 10:00 Cigarette dependence is greatest in people who start smoking young
Harry Tattan-Birch
- 10:07 Psychological and medical aspects of ichthyosis throughout life
Georgina Wren
- 10:14 Preventing dropout and distress at university: a study on the mediating role of academic engagement
Raffaella Passeggia
- 10:21 Will you get what expected? The effect of expectations of using social networks on well-being
Laimute Bulotaite
- 10:28 Stress, recovery and personal growth - the role of positive place experiences in micro niches
Tamas Martos
- 10:35 Trajectories of self-esteem and their association with weight 5 years following metabolic and bariatric surgery
Jessica Burdick
- 10:42 Social relationships, psychological distress, and health in sexual minority and heterosexual middle-aged and older adults
Theresa Pauly
- Online 10:49 Childhood emotional neglect and meaning in life: the role of self-perceptions
Fiorenza Giordano

Oral Session Eating and physical activity behaviours

Chair: Marta Marques

- 10:00 Congruence between Reflexive-Reflective Processes in the Prediction of Unhealthy Snacking Behaviours
Nicholas Browning
- 10:07 Predicting stress-induced eating behaviour using an integrated dual-process model
Jacob Keech
- 10:14 Older adults' capabilities, opportunities and motivation to change their sedentary behavior: a latent profile analysis
Laura Van de Velde
- 10:21 Physical Activity engagement in People with Type 1 Diabetes undergoing CSII Treatment
Manuel Ortiz
- Online 10:28 Enhancing intention to reduce meat consumption: The role of self- and social pro-environmental identities
Miriam Capasso
- Online 10:35 The role of automatic-reflective affect on physical activity habits: does convergence matter?
Alison Divine

Oral Session Digital interventions to support mental health and wellbeing

Chair: Alexander Scott

- 10:00 Navigating change for occupational wellbeing: pediatricians' perspectives on telehomecare integration in an Italian pediatric hospital
Chiara Guglielmetti
- 10:07 Determinants of patient satisfaction with telemental health services: Representative cross-sectional evidence from Germany
Ariana Neumann
- 10:14 Rates and Predictors of Engagement and Attrition from Digital CBT for Insomnia: A meta-analysis
Alexander Scott
- 10:21 Language Patterns in Depression: A Closer Look at Offensive Language
Liviu P. Dinu
- 10:28 Feasibility of personalized networks to improve an intervention to reduce or quit cannabis use
Alessandra Chiara Mansueto
- 10:35 In pursuit of closeness and social connection: digital solutions to combat loneliness
Sarah Wörner

ECR Session Managing health conditions

Chair: Melanie Bamert and Rory Coyne

- 10:00 The effectiveness of digital behaviour change interventions for improving liver disease outcomes: A systematic review
Hollie Smith
- 10:07 A realist evaluation of a self-management intervention for people with low back pain using SelfBack
Madalina Jæger
- 10:14 Relationship of personality with body image and pain coping strategies in orthopedic surgery patients
Katarzyna Brzezewska
- 10:21 'Stickiness': A framework integrating (in)flexibility, repetition, and fixation. Measure development and application to Chronic Pain
Laura Carter
- 10:28 User Preferences for an mHealth Intervention to Promote Physical Activity Among Adults Living with Asthma
Leanne Tyson
- 10:35 Behaviour Change Techniques for opioid reduction in Chronic Non-Cancer Pain in Primary Care
Andreia Ramos Silva

10:42 Unraveling Emotion: Exploring Alexithymia in Elderly Individuals with Mild Cognitive Impairment
Giulia Marselli

Online 10:49 A Qualitative study: How middle-aged women managed their long covid symptoms in the UK
Disa Collier

11:00 - 11:30 Coffee break and Networking

11:30 - 13:00 Parallel Sessions: Orals and Symposia

Symposium Implications of othering for health and well-being: Understanding and reducing stigma and intergroup conflict
Chair: Sarah Stutterheim and Chantal den Daas

11:30 The Time-Lagged Impact of Microaggressions on Emotional Exhaustion amongst Transgender and Gender Diverse Employees
Daniel Cancela

11:45 The Brexit winner-loser gap and wellbeing: The roles of value inconsistency and intergroup dynamics
Michèle Denise Birtel

12:00 Mitigating Obesity Stigma through Avatar Embodiment: A Pilot Study Using Virtual Reality
Matilde Tassinari

12:15 Opening Up? Findings from an iterative usability test of a mental health disclosure decision aid
Thomas Gültzow

12:30 Shifting stigma: Dutch perspectives on stigma reduction and HIV cure strategies
Tamika Marcos

12:45 Discussion
Chantal den Daas

Symposium Better together? Social aspects in food decisions and diet-related health outcomes
Chair: Vanessa Knobl and Stephanie Zintel

11:30 Knowledge is healthy? Parental sugar, salt and fat estimation in foods and family health
Vanessa Knobl

11:45 Energy-dense food intake and physical activity changes after a planning intervention: a dyadic parent-child study
Aleksandra Luszczynska

12:00 Meat reduction among young adults in the transition to adulthood
Alice Grønhøj

12:15 Peer and Friend Influences on Young Adults' Meat and Plant-based Eating in Different Social Contexts
Maxine Sharps

12:30 Social embeddedness of healthy and sustainable eating: A social network study of parents and adult-children
Stephanie Zintel

12:45 Discussion
Jutta Mata

Symposium Computational modelling to enhance health psychology theories: Methods and applications
Chair: Olga Perski

11:30 Using computational modelling to understand pain-related avoidance
Maryna Alves

11:45 A sequential sampling approach to the integration of habits and goals
Chao Zhang

12:00 The participatory development of a computational model of smoking lapse and relapse
Olga Perski

12:15 SOCITS: a co-produced agent-based model of adolescent mental health
James Allen

12:30 Discussion
Jennifer Inauen

SOTA + Oral Session Input to policy formation Chair: Taut Diana

11:30 The value of health psychology in nationally implemented programmes to achieve behaviour change at scale
Rhiannon Hawkes

12:15 Understanding UK policy- and decision-makers' use of behavioural science advice during a public health emergency
Lisa Zhang

12:27 Process evaluation of a participatory developed school-based healthy sleep intervention in adolescents
Ann Vandendriessche

12:39 Paving the Way to PA: Factors that Influence Physical Activity among South Asian Immigrants
Sugandha Gupta

Oral Session Views by and on healthcare professionals Chair: Chris Keyworth

11:30 Examining perceptions of general practitioner traits and health behaviour change: A general population survey
Chris Keyworth

11:42 How do professionals use behaviour change strategies in improving their motivating styles? MotiStyleSport intervention study
Nelli Hankonen

11:54 Do patient-centered treatments of IDB patients lead to wellbeing through the therapeutic alliance and reassurance?
Talma Kushnir

12:06 Cognitive Impairment in Chronic Kidney Disease: an Occult Burden for provision of care and adjustment
Konstadina Griva

12:18 Barriers and facilitators of referral of overweight patients to combined lifestyle interventions: general practitioners' views
Bente van Aken

12:30 Enabling physiotherapists for the implementation of the MyBack programme: design of a training package
Carmen Caeiro

12:42 A critical exploration of the presentation of recovery capital across private and public recovery settings
Bella Kelly

Oral Session Health Trajectories Over Time: A Longitudinal Study Chair: Marie Kotzur

11:42 Can a brief online self-compassion writing intervention improve intra- and interpersonal outcomes?
Jane Cha

11:54 Childhood personality and adolescent performance in physical education: A sibling fixed-effects study
Eivind Ystrom

12:06 Investigating the time course of motivational processes relevant to dietary restraint
Kate Nicholls

12:18 Is the effect of Sensory Processing Sensitivity on physical and psychological distress mediated by resilience?
Veronique de Gucht

12:30 Early maladaptive schemas, illness representations, and distress in breast cancer patients
Spyridoula Karveli

- 12:42 Illness Perception and Distress in HCM Patients after Hybrid Cardiac Telerehabilitation - a randomised-control trial
Anna Mierzynska

Oral Session Digital approaches and new perspectives to improve health care systems

Chair: Alexandra Dima

- 11:30 Implementing digital screening and treatment for distress in inflammatory bowel disease (IBD): Healthcare providers' perspective
Sophie Harding
- 11:42 Machine says yes, Doctor says no: A qualitative exploration of antibiotic prescribing in intensive care
Sarah-Jane Stewart
- 11:54 Measuring patients' return to work after breast cancer using electronic healthcare data: a mixed-methods study
Alexandra Dima
- 12:06 A systematic review on Blood Pressure Check behavioural influences among adults at-risk of developing hypertension
Alison. R McKinlay
- 12:18 Optimising antimicrobial stewardship education and training: a systematic review and strategic behavioural analysis
Fabiana Lorencatto
- 12:30 Are health services for patients with severe epilepsy meeting families' needs? Caregiver priorities for improvement
Lauren Kelada
- 12:42 Lengthy shifts and decision fatigue in out-of-hours primary care: a qualitative study
Mona Maier

Oral Session Using theory to understand and predict health behaviours

Chair: Barbara Mullan

- 11:30 Exclusive Breastfeeding among Australian Mother-Father Dyads: An Extension of the Theory of Planned Behaviour
Barbara Mullan
- 11:42 Adherence to glaucoma management: The application of Health Belief Model
Mika Omori
- 11:54 Understanding the public's decision-making about seasonal flu vaccination: Application of the precaution adoption process model
Vivi Antonopoulou
- 12:06 What predicts mpox vaccination uptake among men who have sex with men? It's not intention...
Udi Davidovich
- 12:18 Exploring determinants of substitute decision-making for deceased organ donation: a theory-based qualitative study
Jacob Crawshaw
- Online 12:30 Testing HAPA model for predicting daily physical activity of women survivors of breast cancer
Margarida Sequeira

13:00 - 14:30 Lunch and Networking

13:30 - 14:30 EHPS Annual General Meeting

14:30 - 16:00 Parallel Sessions: Orals and Symposia

Symposium Developing, implementing and refining the evidence base for type 2 diabetes behaviour change and self-management

Chair: David French

- 14:30 Qualitative process analysis of the SuMMiT-D text message intervention for people with type 2 diabetes
Y Kiera Bartlett
- 14:45 Exploring fidelity and tailoring of improvement actions in diabetes care: The EQUIPD trial process evaluation
Elaine O'Halloran
- 15:00 Randomized controlled trial of an online program for people with diabetes with ACT therapy
Coline Hehn
- 15:15 Understanding factors influencing behaviour change maintenance after attending a type 2 diabetes structured education programme
Márcia Carvalho
- 15:30 The 'Healthy Living' nationally implemented type 2 diabetes self-management programme: User engagement and content exposure
David French
- 15:45 Discussion
Elaine Toomey

Symposium Beyond correlation: Making the case for experiments aimed at promoting healthy and sustainable lives

Chair: Marie Johnston and Chantal den Daas

- 14:30 When theory-based interventions don't work: explanations, and benefits of experimental pre-testing
Marie Johnston
- 14:45 Experimentally testing messages increasing bowel cancer screening
Chantal den Daas
- 15:00 Experimental studies to understand key mechanisms of digital psychological support for respiratory disease
Ben Ainsworth
- 15:15 How environmental justice values and sustainable behavior norms influence the sustainable food transition: Two experiments
Michèle Bal
- 15:30 Threat appraisal interventions in a climate change setting: two experiments on doom communication
Janna de Graaf
- 15:45 Discussion
Chantal den Daas

SOTA + Oral Session Eating behavior

Chair: Efrat Neter

- 14:30 Eating behavior: Beyond calories and health
Gudrun Sproesser
- 15:15 Adolescents' perceptions of their school food environment and the factors influencing their food choices
Anouk Mesch
- 15:27 Exploring forces shaping food choices beyond the micro-environment: unravelling systemic drivers of poor eating behaviors
Maartje Poelman
- 15:39 Driving dietary behaviour change for salt reduction to improve hypertension control in South Africa
Pamela Naidoo

Oral Session Understanding Self-regulation and Health Behaviors: Insights from Diverse Perspectives and Populations

Chair: Christopher M. Jones

- 14:42 Beliefs about antiretroviral therapy: Changes over time and associations with viral load suppression
Zoe Moon

- 14:54 Mechanisms of mindfulness in health behaviours: Global pragmatic RCT of a digital mindfulness-based intervention
Masha Remskar
- 15:06 Consumers' perceptions of the effectiveness and feasibility of self-control strategies for reducing meat consumption
Alice Seffen
- 15:18 Test-Operate-Test-Exit? Examining the dynamic role of feedback loops in self-regulation with intensive longitudinal data
Christopher M. Jones
- 15:30 Developing and evaluating behavioural science informed messaging promoting health services in local authorities
Abigail Millings
- Online 15:44 Illness perceptions in adolescents with chronic diseases
Gloria Metzner

Oral Session Urban planning, policy and sustainable transport Chair: Ann DeSmet

- 14:30 Exploring socio-cognitive beliefs of sustainable transport in a general adult population using a CIBER approach
Ann DeSmet
- 14:42 Greencity4aging: healthy and active aging in sustainable cities
Sibila Marques
- 14:54 A Global Research and Action Agenda for Climate Change and Mental Health
Daniella Watson
- 15:06 Exploring the overview effect: Can observing earth from space in virtual reality stimulate pro-environmental actions?
Marijn Meijers
- 15:18 Understanding adolescent exposure to UV radiation: a psycho-socio-environmental approach
Charlotte Bauquier
- 15:30 Ecological distress and coping in activists and non-activists: A qualitative study
Sinead Sheehan
- Online 15:42 Daily relationship between air pollution, weather, and objectively-measured physical activity in industrial regions
Lenka Knapova

Oral Session Exploring resources and challenges to positive mental and physical health Chair: Adelita Ranchor

- 14:42 Bystanders reactions to excluding people with obesity at work
Paulina Idziak
- 14:54 Utilising qualitative research to support intervention development: Stigma amongst people living with/at risk of HIV
Craig Donnachie
- Online 15:06 Physical activity as a moderator of the association between alcohol consumption and hangovers
Laian Z. Najjar
- Online 15:18 Quality of life in patients with atrial fibrillation: an exploratory study
Ana Mónica Machado
- Online 15:30 Insights into Intimate Partner Violence: Validating the Hebrew Translation of the HITS Questionnaire
Daniel J.N. Weishut

Oral Session Gaining insight and understanding Chair: Emma Waite

- 14:30 Understanding lived experiences of LGBTQIA+ youth with appearance-affecting conditions or injuries
Emma Waite

- 14:42 Experiences regarding participation of people with limited health literacy: a qualitative study among researchers
Lies ter Beek
- 14:54 "Accept who you are": A qualitative study on how men foster positive body image
Latika Ahuja
- 15:06 Experiences of promoting Breast Cancer Screening Among Ethnic Minority Women: A UK Qualitative Study
Helen Morley
- 15:18 Understanding fitness professionals' weight biases and uptake of weight-inclusive practices: Findings from a mixed-methods survey
Jekaterina Schneider
- 15:30 Advancing Equality, Diversity, and Inclusion Considerations in Health Psychology Research
Joanna Semlyen

Oral Session Health psychology and ageing: The role of transitions and context
Chair: Sandra P. Arevalo

- 14:30 Cognitive Changes During Menopause Transition: Investigating Verbal and Visuo-spatial Working Memory
Prerita Chawla
- 14:42 A longitudinal analysis of neighborhood social vulnerability and cognitive function in older minoritized adults
Sandra P. Arevalo
- 14:54 Self-rated health in urban older adults: Examining predictive domains of city age-friendliness
Aija Ozola
- 15:06 Feasibility and acceptability of ecological momentary assessment in older adults with multimorbidity and depression
Irina Mindlis
- 15:13 Evaluation of a flourishing group program for older adults: preliminary findings
Ágnes Szabó
- 15:20 A home-based behaviour change service for older adults with mild frailty and cognitive impairment: RCT
Tasmin Rookes
- Online 15:27 Adjusting to the role of caregiving for older-adults with TBI: Towards the development of support-tool
Guillaume Souesme

Oral Session Stress and coping
Chair: Daniel Powell

- 14:30 Assessing Task-Related Changes in Self-Reported Stress: Validation of the Short Stress State Questionnaire in German
Veronika Ringgold
- 14:42 Emotional Exhaustion in Mental Health Professionals: Evidence for Compromized Psychophysiological Flexibility
Andreas Schwerdtfeger
- 14:54 Emotion processing and self-harm in young people (EMERGE) study
Rory O'Connor
- 15:06 Association of depression and inflammation in Inflammatory Bowel Disease (IBD)
Natasha Seaton
- 15:18 Are catastrophes opportunities? A Mindset Approach to Alleviating Depression and Inflammation in the Post-Pandemic Era
Lexi Straube
- 15:30 Longitudinal study on change in students' mental health and the influencing factors across the pandemic
Constance Karing
- Online 15:42 Social support satisfaction is associated with elevated hair cortisol levels during the COVID-19 pandemic
Mark A Ellenbogen

16:00 - 17:00 Parallel Sessions: Posters

Poster Session Risk perception in health and healthcare

Health literacy, health-related behaviours and Self-Rated Health among migrants in Portugal
Ana Sá Machado

Understanding the uncertainty of the future. Time horizon sensitivity in risk perception
Agnieszka Olchowska-Kotala

Challenging Assumptions: Reassessing Risk among Men who Have Sex with Men in Sexual Health Research
David James Field

Dentists' perceptions of practicing patient-centred care: A qualitative exploration guided by the Theoretical Domains Framework
Koula Asimakopoulou

Qualitative study on Slovak healthcare workers' responses to a patient safety incident
Lucia Kupkovicova

Using patients' experiences on their health and illness in education from students' perspective
Andrea Madarasova Geckova

Exploring Source Reliability in Influenza Vaccine Arguments and Inferences: An Experimental Study
Elisa Guidi

Unveiling the Association Between Information Sources and Young Adults' Attitudes and Concerns during COVID-19
Noemie Tremblay

Online Psychological variables associated with hypersexuality and substance abuse in people who practice chemsex
Francisco Montesinos

Poster Session Coping with pain and symptom perception

Psychosocial variables impacting physical activity in biologics-treated rheumatoid arthritis patients
Alexandra Husivargova Theofanidis

Unique Physiological Response to Acute Pain among Patients with Chronic Pain and Opioid Use Disorder
Amy Wachholtz

Childhood trauma, PTSD/CPTSD, and chronic pain: a systematic review
Maria KARIMOV-ZWIENENBERG

The long-term use of nasal decongestants- an addictive health-risk-behaviour?
Carlotta Schild

Are chronic pain and obesity related? A qualitative investigation on patient perspectives
Constança Moniz Galvão

Uncovering the (pain) chain: Psychological and behavioral mediators between interoceptive sensibility and chronic pain adjustment
Inês Oliveira

Online The Highly Sensitive Brains: Analyzing Links Between Sensory Processing Sensitivity and Migraine-Type Headaches
Laura Šalčiūnaitė-Nikonovė

Online Accommodating the pain: A cross-sectional examination of chronic pain and academic performance among post-secondary students
Elisa Stragapede

Poster Session Self-Regulation Concerning Disease and Health Behaviours

Self-management of inflammatory bowel disease patients: the role of autonomy support in health goal striving
Barbara Horvát

Inflammatory Bowel Disease patients' health goals - the role of dyadic coping and affective experiences
Kata Orbán

The experience of social support in IBD patients' life space: an experience mapping qualitative study
Dorottya Biro

Rare diseases (ASMD): study of the determinants of therapeutic adherence, acceptance and shared medical decision
Aurelie Gauchet

Emotional regulation and executive functions in healthy adults
Tatjana Krstić

Identifying central cognitive complaints among dialysis patients and developing a short screener using network analysis
Frederick Chan

Online Snack smart: Unlocking the power of if-then planning in food perception
Rabia Dilawar

Online Adaptation and validation of a Spanish modified version of the "Goal Pursuit Questionnaire"
Lidia Pamies-Aubalat

Poster Session Health Promoting Behaviors

How Effectively Are Intentions Translated into Physical Activity? Linking Mechanisms and Moderators in Intervention Studies
Rina Horii

How effective are credible sources in changing behaviour? A systematic review and meta-analysis
Jack Hamer

The role of confidence in creating durable preference change with go/no-go training
Harm Veling

Predicting non-adherence in dietary behaviour maintenance using passive sensing: First part of a registered report
Carole Lynn Rüttimeann

Can a valued-framed message increase motivation for dietary change in Young People?
Sara Simao

EAT Family Style in Portugal: Study protocol and preliminary findings about feasibility and impact
Ana Isabel Gomes

Process evaluation of implementing a motivational interviewing tool to support parent-supervised toothbrushing
Marie Kotzur

A rapid review of reviews for behavioral adaptation to ambient air pollution in urban areas
Raenhha Dhami

How does the social and physical context affect sun-protective behavior in the Netherlands?
Sumit Mehra

Promoting physical activity among older adults through a six-month pragmatic randomized experiment: mixed method study
Anna Nilstomt

Affect Regulation and Help Seeking for Dementia
Isaac Duncan-Cross

Application of the Good Lives Model as a new framework for substance misuse intervention
Lauren Murphy

How health beliefs shape physical health: Investigating perceived immunity
Liron Rozenkrantz

Poster Session Barriers and facilitator for coping with developmental and cancer related challenges

Effect of medication on breastfeeding continuation in postpartum women: initial findings from a systematic review
Rachel Pilgrim

Qualitative study on interpersonal barriers in psychosocial care for adolescents with emotional and behavioral problems
Zuzana Dankulincova Veselska

Barriers and facilitators in providing psychosocial care for adolescents with mental health problems at schools
Daniela Husarova

Exploring Expressions of Pre-treatment Cancer Related Cognitive Impairment during a Bimodal Prehabilitation Program: Preliminary Findings
Aideen Scriney

Screening for psychopathology among oncological patients – pilot for a new hospital procedure in Poland
Agata Kolodziejczyk

The Continuity of Care Outpatient Clinic: an integrated intervention model between oncology and clinical psychology
Maria Domenica Sauta

Online Early clinical predictors of developmental outcomes in preterm infants
Ana Bogdanic

Poster Session Social Support and Caregiving across Contexts

Forward focus and trauma focus in Poles helping Ukrainians: a latent transition analysis
Zuzanna Kwissa-Gajewska

Understanding the echoes of trauma: a qualitative exploration of midwives' experiences following witnessed traumatic childbirth
Gabija Jarasiunaite-Fedosejeva

Breaking bread, building bonds: Identifying psychological mechanisms that foster social relationships in joint meals
Dario Leanza

Received interpersonal emotion regulation promotes mental health by attenuating the effects of expressive suppression
Andrea Horváth

Effects of a dyadic pre-post intervention N-of-1 study on active commuting – work-in-progress
Lea O. Wilhelm

Experience with a mindfulness-based intervention for caregivers in Alzheimer's disease: An interpretative phenomenological analysis
Marie Dobignies

Online Role of attitudes toward receiving support on caregivers' psychological well-being: preliminary findings
Claudio Singh Solorzano

The Ripple Effects of Dementia Care: Family Functioning, Caregiver Burden, and Burnout
Rute Brites

Poster Session Towards flourishing: Insights into positive emotions, connectedness, meaning and health

The Predictive Role of Spontaneous Self-Affirmation and Self-Esteem in Well-Being
Meryem Kaynak Malatyalı

Measuring Psychological Restoration: Psychometric properties of the Italian version of the Restoration Outcome Scale
Giulia Rosa Policardo

Positive Life Orientation, Coping Strategies, and Well-being in Prisoners: Exploring Gender Differences
Maria Ferreira

Positive emotions and time spent on sedentary behaviors: A longitudinal study in parent-child dyads
Jowita Misiakowska

The meaning of social participation in life stories among Japanese middle-aged and elderly adults
Haruo Nomura

Psychophysiological effects of affective touch
Ferenc Köteles

Perfectionism predicts compulsive exercising in women? The mediating role of body appreciation and body dissatisfaction
Cristian Di Gesto

Online Gamification-based Positive Psychology Intervention for Enhancing Well-being
Hiroaki Uechi

Online Investigating acute expectancy effects on affective state and intention to exercise after a short workout
Martin Kopp

Online Psychodynamic insights into Anticipation, Attribution and Agency
Martina Wernicke

Poster Session Health in context

When friendship suddenly becomes dangerous – effects of life goals on prevention adherence during COVID-19
Anna Pretscher

Synergizing psychological services with interdisciplinary care for anxiety disorders: A critical review of systems-based models
chao tian tang

Correlates from the socio-ecological environment for active mobility behaviors in rural adults aged 75+
Karsten Valerius

"Empower Peers 4 Careers": a health promotion intervention in the transition from school to work
Annette Krauss

Work in Progress: Identifying and exploring the perceived usefulness of the "11 for Health" programme
Kristina Pfeffer

Epidaure Market: Evaluating the effectiveness and transferability of school-based intervention to improve food choices
Aurélie Curnier

"it becomes overwhelming": A mixed-methods investigation of food insecurity and food relief in Western Australia
Ned Marshall

Latent Factor Structure of Sense of Coherence Scale (SOC-29) in Japanese Population
Yoshikazu Fukui

Poster Session Promoting Health and Well-Being in Diverse Work Environments

"Creating a place for remaining human"
Orsolya Gyöngyösi

Effectiveness of a peer-support-program at the Austrian Hietzing Clinic (KoHi-III-study)
Victoria Klemm

Exploring work-related wellbeing promoting factors among software developers: a qualitative study in Italy
Alberto Conforti

Enhancing forgiveness skill and employee well-being through expressive writing and reappraisal
Alessa Löwe

Exploring Healthcare Workers' Engagement with Headspace: A Longitudinal Application of the Theory of Planned Behaviour
Charlotte Dunkeld

Understanding influences on waste in operating theatres: an interview study about unnecessary glove use
Carys Batcup

Work-family balance: a comparative study between Italian and Spanish educators after parental leave
Matteo Cicchetti

Poster Session Gender and health

Acculturation – acculturative stress profiles and associations with mental health in women of Turkish origin
Laura Scholaske

The impact of trauma on women's suicidal behaviors: the role of cultural beliefs
Eleonora C. V. Costa

Women with HIV: Predictors of adherence to treatment among stigma, distress and perception of illness
Eliane Seidl

Assisted Reproductive Technologies (ART) with gamete donation: an exploration of the linguistic features of women's narratives
Roberta Spoletini

An exploration of the subjective lived experiences of pregnant survivors of cyber intimate partner violence
Michelle Andipatin-Botha

Online What predicts people's willingness to intervene in situations of Intimate Partner Violence against Women?
Andrés Sánchez-Prada

Self-stigma and identity resolution as predictors of life satisfaction in women with infertility
Jelena Opsenica Kostić

Poster Session Health literacy

Health literacy, health and health behavior among German students
Melanie Jagla-Franke

Do you trust me? – Navigating conflicts over restrictive pandemic containment measures to maintain health
Selina Caviezel

Promoting health information seeking behavior prior to vaccination decisions
Marina Groß

Equalizing the playing field in school food literacy programs: a gender and sport participation lens
Alysha Deslippe

Randomised controlled trial evaluating an online tool to support use of plain language health information
Julie Ayre

HIV cure engagement among key populations: a Netherlands-based inductive exploration with the Health Belief Model
Maaïke Noorman

Improving up-take of pulmonary rehabilitation for patients with COPD using a lay health worker service
Riddhi Daryanani

Online Contribution of Health Psychology to a pluridisciplinary network of Interventional Research development – SORISP
Marie Cholley-Gomez

16:00 - 16:30 Coffee break and Networking

17:00 - 18:00 Keynote - Prof. Paschal Sheeran

19:00 - 22:00 Conference Dinner

Friday, 06 Sep

9:00 - 10:00 Parallel Sessions: Orals and Symposia

Symposium Social relationships and health: New contributions to a better understanding of daily health-relevant social processes
Chair: Andrea B. Horn

- 9:00 Couple and daily-level associations of self-regulation capacity with intra- and interpersonal well-being in romantic relationships
Tomasz Moschko
- 9:12 Interpersonal emotion regulation as a resource for daily affective wellbeing in young and old couples
Andrea B. Horn
- 9:24 Social support and well-being in breast cancer survivors on adjuvant endocrine therapy
Walter Bierbauer
- 9:36 Social Support as a Resource in Health Behavior Interventions
Lilly Buhr
- 9:48 Discussion
Urte Scholz

Symposium Beyond Labels: Understanding Stigma and Including Creative Interventions in Mental Health
Chair: Ana Beato

- 9:00 Mental health literacy in Spanish adolescents
Clara González
- 9:12 Stigma towards childhood mental health problems: Exploring effects of internalizing/externalizing behaviors, diagnostic labels, and gender
Sara Hagá
- 9:24 Mental Health Stigma Reduction: Unveiling the Impact of an Arts-Based Intervention with Youth
Leonor Pereira da Costa
- 9:36 Art-Emotion: promoting social and emotional skills in young people through art
Tânia Gaspar
- 9:48 Discussion
Tânia Gaspar

Symposium Addressing Disparities in Pain Care: Perspectives for Inclusive Healthcare
Chair: Liesbet Goubert and Sónia Bernardes

- 9:00 The effect of gender and social context on pain
Edmund Keogh
- 9:12 Navigating Stigma and Illness Models in Fibromyalgia: A Qualitative Study
Liesbet Goubert
- 9:24 Patient-centered coaching to promote racial equity and shared decision-making in chronic pain care
Adam Hirsh
- 9:36 Discussion
Sónia Bernardes

Symposium Advances in Psychodermatology: From public perception of skin patients to behavioral patterns and interventions

Chair: Christina Schut and Jennifer Schmidt

- 9:00 Reducing stigma towards people with psoriasis in the general population: a video vignette study
Sylvia van Beugen
- 9:12 Trichotillomania and skin-picking disorder: Phenomenology and behavioral patterns in the daily life of affected individuals
Christina Gallinat
- 9:24 An online self-compassion dermatology intervention: investigation of affect, perfectionism and shame
Andrew Thompson
- 9:36 Do patients with chronic itch profit from psychological interventions? Preliminary results of a meta-analysis
Christina Schut
- 9:48 Discussion
Jennifer Schmidt

Oral Session Healthy Diets

Chair: Chevance Guillaume

- 9:00 How much is enough? The role of self-monitoring frequency in increasing fruit and vegetable intake
Alea Ruf
- 9:07 Interdependencies of vegetarian food choices: assessing the role of motivation and contextual factors
Lotte de Lint
- 9:14 Unlocking Food Safety: Message-Based Strategies to Promote Safe Behaviours in Young Adults
Michela Vezzoli
- 9:21 Unravelling mechanisms underlying Dutch secondary-school based food and nutrition programmes: determinants, BCTs and pedagogical approaches
Sanne Raghoobar
- Online 9:28 Social identity moderates the effect of social norms on food choices in an online setting
Eva Kemps
- Online 9:35 Understanding psychological predictors of successful health behaviour change in the dietary domain
Naomi Kakoschke

Oral Session Psychological Influences on Health Outcomes: Understanding Motivation, Behavior, and Adherence

Chair: Marta Marques

- 9:00 Individual differences in habit formation: Exploring the barriers and facilitators to medication adherence
Katlyn Mackenzie
- 9:07 External eating trajectories following metabolic and bariatric surgery: Associations with 5-year weight loss outcomes
Stephanie Oliverio
- 9:14 A qualitative study exploring the barriers and facilitators of the SARS-Cov2 Immunity& Reinfection Evaluation study
Atiya Kamal
- 9:21 Characterisation of network properties and complex vaccination behaviours
Angelos Kassianos
- 9:28 The Impact of Gender Role Expectations on Pain Experience: An Experimental Study
İrem Berna Güvenç
- Online 9:35 Vaccination behavior is not homogenous: Role of irrationality and mistrust in the healthcare system
Ljiljana Lazarevic

Oral Session Caregiving experiences and well-being

Chair: Mikołaj Zarzycki

9:00 Assuming the role of informal caregiver of stroke survivors: experiences on adaptation and learning
Ana Moura

9:07 Is the disclosure of Alzheimer's Disease an acute stress event for informal caregivers?
Cristina Festari

9:14 Look on the bright side: The relation between family values, positive and negative care experiences
Larissa Zwar

Online 9:21 Unravelling the Pathways Between Purpose in Life and Depression Among Hemodialysis Caregivers
Helena Sousa

Oral Session Eating and physical activity goes digital

Chair: Laura König

9:00 Empowering Sustainable Recovery: A Remote Support Toolkit for Eating Disorders
Claire Murphy-Morgan

9:07 Developing a digital lifestyle intervention for pregnant women using the Behaviour Change Wheel
Hanne Spelt

9:14 Digital Personalised Dietary Advice targeting low-SEP consumers
Meeke Ummels

9:21 Effects of technology-based physical activity interventions for women after bariatric surgery: preliminary findings of RCT
Meggy Hayotte

9:28 Navigating the Development of an Adaptive Digital Lifestyle Intervention for Patients: A Rapid Realist Review
Ana Coiciu

9:35 Motivation and confidence for consuming fruits and vegetables following a 12-week lifestyle intervention (ACCELERATION)
Florence Coulombe Raymond

10:00 - 11:00 Parallel Sessions: Orals, Symposia and Roundtables

Roundtable Integrating temporal dynamics into health psychology theory and intervention development: An interactive discussion

Chair: Christopher M. Jones

10:00 Integrating temporal dynamics into health psychology theory and intervention development: An interactive discussion
Christopher M. Jones, Urte Scholz, Iris Maes, Matthias Aulbach, Dario Baretta, Jennifer Inauen

Roundtable HERITAGE of behaviour change: bridging the past to the future

Chair: Tugce Varol

10:00 HERITAGE of behaviour change: bridging the past to the future
Tugce Varol, Thomas Gültzow, Hanne Zimmermann, Maya Braun, Meeke Hoedjes, Chao Zhang

Symposium Connections that heal: Innovative approaches to reduce loneliness

Chair: Sabrina Cipolletta and Lisa Marie Warner

10:00 Preventing falls together: Effects of a group-based exercise program on social and physical well-being
Greta Magdalena Steckhan

10:12 Loneliness among young adults with cancer: A blueprint for intervention
Tracey Revenson

10:24 Comfort and Connection: A qualitative study exploring young adults' experiences using music for loneliness regulation
Jenny Groarke

10:36 Bridging the gap: Addressing loneliness through a blended group intervention for international college students
Sabrina Cipolletta

10:48 Discussion
Andrew Steptoe

Symposium Parenting and health: Social, biological, and psychological factors affecting mothers' and children's health and well-being
Chair: Yael Benyamini

- Online 10:00 Sources, experiences, and support needs for perinatal stress and anxiety
Karen Matvienko-Sikar
- 10:12 The body experience during pregnancy, childbirth, and breastfeeding, and their associations with mother-infant bonding
Yael Benyamini
- 10:24 A Critical Analysis of Baby Sleep Advice
Abigail Locke
- 10:36 Crossover effects of depression symptoms and sedentary behavior in mother-child dyads: A longitudinal study
Maria Siwa
- 10:48 Discussion
Yael Benyamini

Symposium The impact of social support, gender and racial disparities on experimental and clinical pain outcomes
Chair: Ann Meulders

- 10:00 Racial disparities in interpersonal pain perception: the role of attention
Dimitri Van Ryckeghem
- 10:12 Understanding experiences of gender diverse youth with pain: A critical step towards inclusive pain care
Lauren Harrison
- 10:24 Social support: A unique safety signal in pain-related fear and avoidance learning?
Ann Meulders
- 10:36 Profiles of romantic partners' responses to pain- and well-behaviors and chronic musculoskeletal pain adjustment
Sónia Bernardes
- 10:48 Discussion
Ann Meulders

Oral Session Measurement
Chair: Dominika Kwasnicka

- 10:00 Examining how self-report measures capture engagement with digital health
Madison Milne-Ives
- 10:12 A co-constructed survey on how to better support patients undergoing metabolic and bariatric surgery
Annabelle Fortin
- 10:19 Do psychometrics 'matter'? Mixed methods study of applying advanced psychometrics in depression treatment trials
Frank Doyle
- 10:31 Older adults' compliance with mobile ecological momentary assessments in health behavior research: future recommendations
Sofie Compennolle

Oral Session Implementing better care for lifestyle-related diseases
Chair: Sheena McHugh

- 10:00 Provider perspectives on the psychosocial impacts of lung cancer screening
Kathleen McFadden
- 10:07 Bowel cancer screening pathway in Ireland: How to improve patient colonoscopy experience?
Alice Le Bonniec

- 10:14 Shared decision-making models in cancer care: Systematic review and formal representation
Laura del Carpio
- 10:21 Advice after urgent suspected cancer referral when cancer is not found: survey of patients' preferences
Ruth Evans
- 10:28 Move to Improve: Co-designing a hospital-based physical activity program for children with chronic health conditions
Hamsini Sivaramakrishnan
- 10:35 Optimising general practitioners' obesity-related clinical practices: from insight to intervention
Leona Ryan
- 10:42 Design preferences for diabetes audit and feedback in general practice: a qualitative study
Sheena McHugh

ECR Session Health professionals Chair: Carolina Silva and Leona Ryan

- 10:00 Health professionals' experiences with integrated mental health care for people with congenital heart disease
Julia Baenziger
- 10:07 The end of assisted reproductive technologies treatment: a qualitative study on healthcare professionals
Federica Bonazza
- 10:14 Can continuous heart rate variability monitoring detect patterns of stress and recovery in medical doctors
Leia Kane
- 10:21 The potential role of being a near-peer school health educator in medical education
Dorottya Árva
- 10:28 Implementation determinants for point-of-care procalcitonin guided antibiotic prescription in Swiss primary care
Sophie GENDOLLA
- Online 10:35 Vicarious Post-Traumatic Growth in health care professionals working in illness settings: systematic review
David Faggi
- Online 10:42 Resilience Boost: Longitudinal Pilot Study of a Medical Student Near-Peer Mentoring Program
Márk Jámbo

ECR Session Living with health conditions of oneself or others Chair: Márcia Carvalho and Frederic Chan

- 10:00 Living with Parental Multiple Sclerosis: Adolescent's emotional experiences, coping and clinical recommendations
Megan Snow
- 10:07 "The way you see me": how partners affect breast cancer patients' body image and flexibility
Denise Vagnini
- 10:14 Measuring treatment burden in individuals living with and beyond cancer: a scoping review
Lisa Duncan
- 10:21 Partners' influences on women's experiences of living with and managing GDM: A Qualitative Evidence Synthesis
Fay O'Donoghue
- 10:28 Early life adversities, core beliefs and psychological distress among chronic skin disease patients
Jutta Major
- 10:35 Exploring parental experience in type 1 diabetes in children and adolescents - a qualitative study
Ivonne Carosi Arcangeli

11:00 - 11:30 Coffee break and Networking

11:30 - 13:00 Parallel Sessions: Orals and Symposia

Symposium The Psychology of Sustainable Use of Antibiotics

Chair: Miroslav Sirota

- 11:30 Silent tsunami or slow-boiling lobster? Metaphor use in public health risk communication about antimicrobial resistance
Eva M. Krockow
- 11:45 Should We Stop Referring to the Pandemic of Antimicrobial Resistance as Silent?
Miroslav Sirota
- 12:00 Are point-of-care tests the answer to antibiotics over-prescribing?
Olga Kostopoulou
- 12:15 Using a decision aid to facilitate prudent antibiotic use after a delayed prescription
Elisabeth Sievert
- 12:30 Motivational interviewing and behaviour change techniques in veterinary medicine
Laura Gribben
- 12:45 Discussion
Eva Krockow

Symposium Health inequalities: Interdisciplinary approaches to understand and address stigma, discrimination, and health disparities

Chair: Christine Emmer

- 11:30 Long-term effects of discrimination on adolescent well-being and health behaviors
Christine Emmer
- 11:45 Institutional verbal violence and ethnic discrimination in an immigrant sample in Germany
Felicitas Hauck
- 12:00 Are women with heart failure left behind? Gender disparities in left ventricular assist device therapy
Ana Nanette Tibubos
- 12:15 Quantitative methods to understand disadvantage in health research – Breast cancer screening attendance in Germany
Núria Pedrós Barnils
- 12:30 Human-centered design, stigmatized health attitudes, and health ownership
Valentijn Visch
- 12:45 Discussion
Thomas Gültzow

Symposium Applying ontologies across the research ecosystem to advance health psychology

Chair: Susan Michie

- 11:30 Using Artificial Intelligence across the research ecosystem, from gap-finding to application of study findings
Robert West
- 11:45 Development and evaluation of the COntextualised and Personalised Physical activity and Exercise Recommendations (COPPER) Ontology
Maya Braun
- 12:00 Specifying and integrating behaviour change theories
Susan Michie
- 12:15 Developing an ontology of mental health to support evidence synthesis across living systematic reviews
Paulina Schenk
- 12:30 Activity
Lisa Zhang
- 12:45 Discussion
Geert Crombez

Symposium Time scales and stress tales: Exploring temporal relationships between stress and health behavior

Chair: Melanie Bamert and Daryl O'Connor

- 11:30 Measuring the relationship between stress and health behavior daily life: A systematic review
Melanie Bamert
- 11:45 Loneliness, health and wellbeing: Investigating the role of sleep and stress
Daryl O'Connor
- 12:00 Temporal associations between nurses' health behaviours, stress and fatigue: the NurseLIFE study
Julia Allan
- 12:15 Affective reactivity to everyday stressors: testing health behaviour moderation hypotheses
Daniel Powell
- 12:30 Intermittent fasting as a potential stressor: A randomised controlled trial
Christoph Bamberg
- 12:45 Discussion
Olga Perski

Oral Session Risk perception and communication in chronic illness

- 11:30 Treatment adherence and perceived information provision in Roma and non-Roma patients with coronary artery disease
Iveta Nagyova
- 11:42 Using behaviour change theory to understand the sharing of genetic health information within families
Lisa Ballard
- 11:54 How do women experience and understand a change in their clinically-derived breast cancer risk estimates?
Victoria Woof
- 12:06 A new measure for informed decision making in cancer screening
Danielle Timmermans
- 12:18 Alcohol screening with minority ethnic service users within community mental health services: An intersectional lens
Jo-Anne Puddephatt

Oral Session Sustainable diet

Chair: Milica Vasiljevic

- 11:30 Psychosocial characteristics of consumers and their alternative protein choices intake: a meta-review
Hanna Zaleśkiewicz
- 11:42 Would priming be more effective for individuals with poorer executive function when choosing sustainable food?
Meijun Chen
- 11:54 Ignorance or Negligence? The Role of Nutritional and Environmental Considerations in Food Choice
Michelle Yang
- 12:06 Can environmental traffic light warning labels reduce meat meal selection? A randomised experimental study
Milica Vasiljevic
- 12:18 How do co-present nutrition and ecolabels impact food valuation? Evidence from a representative online study
Qëndresa Rramani Dervishi
- Online 12:30 Framing effect on infant feeding attitudes and intentions: Role of self-efficacy, emotions, and information acceptance
Margherita Guidetti

Oral Session Policies and strategies to improve health

Chair: Max Western

- 11:30 Food aid to food justice: The case for strategies that de-atomise and de-stigmatise older recipients
Leda Blackwood
- 11:42 Enhancing school-based nutrition-education programmes for special needs education – insights from a qualitative study
Marieke Battjes-Fries
- 11:54 Understanding the impact of social policies on health: a realist synthesis
Eline van Bennekom
- 12:06 Policy makers' perspectives on alcohol public health interventions to reduce health inequalities: a qualitative study
Sarah Dance
- 12:18 The mechanisms underpinning the digital health divide: A Scoping Review of interventions for weight-related behaviours
Max Western
- 12:30 Patients' perspective on cancer care in Eastern Europe: experiencing disparities in the healthcare system
Veronica Coppini

Oral Session Advances in education to improve wellbeing and health (psychology)
Chair: Ewa Gruszczynska

- 11:30 Student experiences of health psychology in the US (STEP-US): A mixed methods study
Jenny Mc Sharry
- 11:42 Self-compassion journaling to alleviate impostor syndrome: An online randomized controlled trial pilot
Karlijn Massar
- 11:54 Hope and dynamics in couples faced with their child's cancer: a dyadic phenomenological interpretative analysis
Laurine Milville
- 12:06 Parental profiles of fear of hypoglycemia and their associations of digital health technology use
Maria Dora Horvath
- 12:18 Caring for unsettled babies: qualitative studies exploring UK parent and primary care nurse perspectives
Samantha Hornsey

13:00 - 14:00 Lunch, Network and EHPS Meetings

14:00 - 15:00 Parallel Sessions: Orals, Symposia and Roundtables

Roundtable When 1+1 \neq 2: Challenges in the specification and measurement of dyadic mechanisms

Chair: Lisa Zhang and Nelli Hankonen

- 14:00 When 1+1 \neq 2: Challenges in the specification and measurement of dyadic mechanisms
Talea Cornelius, Gertraud Stadler, Lisa Zhang, Nelli Hankonen, Aleksandra Luszczynska

Roundtable Personalizing digital health interventions: sharing and advancing best practices

Chair: Laura Winkens

- 14:00 Personalizing digital health interventions: sharing and advancing best practices
Laura Winkens, Monique Simons, Felix Naughton, Anouk Middelweerd, Olga Perski

Symposium Building bridges: closing the gap between behavioural sciences, epidemiology and infectious disease modelling

Chair: Daphne van Wees

- 14:00 How Quality of Motivation for Adhering to Public Health Measures Interplays with the COVID-19 Epidemiology
Joachim Waterschoot

- 14:12 Behavioural adaptation to health threats and authorities' recommendations in mathematical modelling: the example of mpox
Maria Xiridou
- 14:24 Unravelling the multidimensional interplay between individual and social determinants of vaccination behaviour
Alessia Melegaro
- 14:36 Developing and validating a framework for collecting and integrating behavioural data in transmission models
Ilja van Bergen
- 14:48 Discussion
Chantal den Daas

Symposium The Use of the Multiphase Optimization Strategy to Advance Interventions in Health Psychology
Chair: Angela Pfammatter

- 14:00 Optimising digital cardiac rehabilitation (OsCaR): the preparation phase of the Multiphase Optimization Strategy
Eanna Kenny
- 14:12 Applying the Multiphase Optimization Strategy (MOST) for optimizing cognitive behavioral therapy for insomnia (CBTI)
Robert Zachariae
- 14:24 Improving questionnaire response with SMS messages using a Sequential Multiple Assignment Randomised Trial (SMART) design
Samuel G. Smith
- 14:36 Adapting, optimizing and testing the Parenting for Lifelong Health Program: Results from all three phases
Heather Foran
- 14:48 Discussion
Molly Byrne

Symposium Interpersonal processes and health: advances in dyadic research applied to health psychology
Chair: Stephanie Alves and Raquel Pires

- 14:00 Trajectories of Relationship Satisfaction and Their Implications for Long-Term Well-Being
Michelle Roth
- 14:12 Coping with visual impairment together: relationships between stress communication, dyadic coping, and couples' psychological well-being
Stephanie Alves
- Online 14:24 Affairs of the heart: Couples coping with cardiac rehabilitation
Silvia Donato
- 14:36 Adoptive couples' congruence on mindful parenting: Exploring its implications for dyadic and individual health outcomes
Raquel Pires
- 14:48 Discussion
Stephanie Alves

Oral Session Digital support for chronic health conditions
Chair: Ainslea Cross

- 14:00 Co-creating a digital wellbeing platform with young people who live with type 1 diabetes
Emma Berry
- 14:07 Healthcare professionals' perspectives on digital tools to support cancer patients and their relatives
Ambre ITTOUCHENE
- 14:14 Adapting COMPASS; a digital-CBT intervention for people with Multiple Sclerosis (MS) and co-morbid psychological distress
Emma Jenkinson

- 14:21 Digital transformation to enhance cancer psychological care: co-creating solutions for clinical processes and therapeutic interventions
Ainslea Cross
- 14:28 "Viver com Lúpus": A webapp development to promote adjustment to Systemic Lupus Erythematosus
Sofia Silva-Ribeiro
- Online 14:35 Patient's Role in Telemedicine: from Compliance to Engagement in Scientific Research Perspectives
Maria Adele Piccardo

Oral Session Rethinking conceptualisations of wellbeing and health Chair: Andrea Haberstroh

- 14:00 A systematic review of the relationship between compassion for self and compassion for others
Ning Jia
- 14:07 "No pain, no gain" – Relationships between sport, mental health, self-esteem, and body image
Andrea Haberstroh
- 14:14 Acceptability of a Soft Skills Intervention in Higher Education: a Qualitative Approach
Gabriela Cortez-Vázquez
- 14:21 Movement, music and mood: Music contributes to mood benefits from physical activity
Indra Carey
- 14:28 Managing medications with a risk of dependence or withdrawal: the challenges for healthcare professionals
Jennifer Seddon
- Online 14:35 The Stigmatization of Prolonged Grief Disorder and Disenfranchised Grief: A Vignette-Based Experimental Study
Ecem Sarper

Oral Session Physical Activity Interventions

- 14:00 Effectiveness of booster sessions to promote physical activity maintenance: A systematic review and meta-analysis
Giampiero Tarantino
- 14:07 The effects of time and physical activity planning on reduction of sedentary behavior
Paulina Krzywicka
- 14:14 Physical activity plans in individuals with knee osteoarthritis: predictors of plan enactment
Noemi Lorbeer
- 14:21 Reducing sedentary behavior in parent-child dyads: Impact of three physical activity planning interventions
Zofia Szczuka
- 14:28 Effectiveness of Reinforced Implementation Intentions in Enhancing Physical Activity: A Randomized Controlled Trial
David Haag
- 14:35 Is habit-based advice effective? Comparing a habit-based intervention to behavioural monitoring alone
Phillippa Lally
- 14:42 The impact of a brisk walking intervention (APPROACH) on all movement behaviours: A compositional analysis
Susan Smith

ECR Session Emotions, Mental Health and Wellbeing Chair: Christine Emmer and Vanessa Knobl

- 14:00 Students' emotional experiences with climate change and how universities can help
Chiara Hill-Harding
- 14:07 Feasibility and pilot study: Associations between dietary intake, mental health, and inflammation in Australian adolescents
Bridie Osman

- 14:14 The Impact of Social Support and Traditionalism on Help-Seeking Behavior: a Cross-Cultural Comparison
Anna Joy Russ
- 14:21 Stigma as a barrier to accessing support among female migrants in Southeast England: Qualitative study
Patrick Nyikavaranda
- 14:28 Association of childhood and adult socioeconomic status with adult social relationships: A causal mediation analysis
Laura Cachón Alonso
- 14:35 Involvement of older adults in the UK in decision-making about care transitions: A narrative review
Lucia Halamova
- 14:42 Job demands-resources, sedentary lifestyle, and physical activity: exploring their relationship with burnout?
Marieke Späth

15:00 - 16:00 Parallel Sessions: Orals, Symposia and Roundtables

Roundtable How can we assess diversity across countries? Common ground and necessary adaptations

Chair: Gertraud (Turu) Stadler

- 15:00 How can we assess diversity across countries? Common ground and necessary adaptations
Gertraud (Turu) Stadler, Karolina Kolodziejczak, Thomas Gültzow, Yael Benyamini, Simona Quaglia, Marina Hinßen

Symposium Coping with severe COVID-19 and post-acute effects in Central and Eastern Europe: survivors' experiences

Chair: Anna Alexandrova-Karamanova and Peter Halama

- 15:00 Overcoming adversity: the severe COVID-19 illness experience
Aissa Suciú
- 15:10 Subjective experience of severe COVID-19 patients during hospitalization – qualitative exploration in Slovakia
Peter Halama
- 15:20 Psychological functioning of severe or critical COVID-19 survivors in Poland - a qualitative study
Agnieszka Kruczek
- 15:30 Social support and long termed consequences of COVID-19: experiences of Croatian severe COVID-19 adult survivors
Anita Lauri Korajlija
- 15:40 Coping with severe COVID-19 and post COVID-19 condition: mobilizing personal resources
Anna Alexandrova-Karamanova
- 15:50 Discussion
Irina Todorova

Symposium Surf Therapy: Discovering health and wellbeing in the surf and sea

Chair: Phoebe George and Rachael Parker

- 15:00 Family Surfing Intervention for Children and Adolescents with Chronic Conditions: Effects on Health and Well-being
Joanna White
- 15:10 Improving youth physical and mental health outcomes with surf therapy: A randomized controlled trial
Lisa Olive
- 15:20 Living closer the beach is associated with better health and socialemotional development amongst preschool boys
Phoebe George
- 15:30 Wave by Wave: A case presentation and program logic
Ema Shaw Evangelist

15:40 Discussion
Rachael Parker

15:50 Activity
Ema Shaw Evangelista

Symposium The protein transition in the food environment: lessons learned and promising directions
Chair: Sanne Raghoobar

15:00 (M)eating together: The role of shared meals in individual meat consumption reduction
Ira Elisa Herwig

15:10 Effectiveness of a dynamic social norm message on meat-free food selection in cafeterias: an RCT
Elif Naz Coker

15:20 The effectiveness of a social norm intervention to encourage plant-based consumption: a quasi-experiment in supermarkets
Sofia Wolfswinkel

15:30 Cocreating healthy and sustainable food environment interventions with food outlet managers and consumers
Ward van Hoeven

15:40 Literature review on strategies towards a more plant-based diet - Individual and contextual differences
Muriel Verain

15:50 Activity
Sanne Raghoobar

Oral Session Social networks, social support, and health
Chair: Marta Matos

15:00 Does attachment style moderate the link between multiple-group memberships and wellbeing?
Dan Frings

15:07 Not Without My Social Identity: Exploring Its Mediating Role Between Social Capital and Well-Being
Anahita Mehrpour

15:14 Romantic partners' social support for functional autonomy and dependence in chronic pain
Marta Matos

15:21 Social support, HIV care and stigma: effects on suicidality among young women living with HIV
Wylene Saal

15:28 Providing Social Support and Health: first results of an RCT on healthy helping conditions
Vivien Hajak

Oral Session Child & family health and illness
Chair: Viola Sallay

15:00 A Novel Treatment Intervention for Youth Presenting with Anxiety: A Pilot Study in Canada
Everett McGuinty

15:07 Parenting experiences of mothers of autistic adolescents and their perceptions of mental health
Mariana Costa e Silva

15:14 Insights from adolescents and parents: how to communicate with 10-15-year-olds about eating and body weight
Florence Sheen

15:21 Self-regulation and relational processes in the home of parents raising children with chronic health conditions
Viola Sallay

15:28 Qualitative study on predictors of physical activity in inactive parent-child dyads
weldon green

Oral Session Behavior Change Interventions II
Chair: Cristina Godinho

- 15:00 Effects of persuasive messages on compliance with behavioral measures to prevent spreading of respiratory viruses
Amy van der Heijden
- 15:07 Improving pandemic preparedness: comparing persuasive communication strategies to enhance pandemic preventive measures compliance
Anne Vos
- 15:14 Development and evaluation of a co-produced ACT-based intervention for parents/carers of children with appearance-affecting conditions
Maia Thornton
- 15:21 Reducing self-stigma in chronic skin disease - Development and pilot-test of the HautKompass online programme
Juliane Traxler
- 15:28 The rapid adaptation of a behaviour change intervention using existing evidence and behaviour change theory
Ella Howes
- 15:35 Behavioural mechanisms of a primary care intervention to proactively identify oropharyngeal dysphagia in older adults
Caroline Smith
- 15:42 Laughter intervention to prevent frailty in community-dwelling older adults: a randomized controlled trial
Mayumi Hiroasaki

Oral Session Self-regulation in health and illness Chair: Chiara Gasteiger

- 15:00 Using word clouds to examine patients' perceptions of inflammatory arthritis
Chiara Gasteiger
- 15:07 Psychological distress and health behaviours in people living with and beyond cancer: a cross-sectional study
Natalie Ella Miller
- 15:14 Illness perceptions, medication beliefs and immunosuppression adherence in young adult kidney transplant recipients
Rosie Heape
- 15:21 Why Does Mindfulness Predict Self-Concordant Health Goal Setting? The Roles of Cognitive vs. Affective Self-Regulation
Ilona McNeill
- 15:28 Socio-economic status modulates the link between vagal tone and caloric intake
Mario Weick
- 15:35 "Oh, you've a sore tummy? Welcome to womanhood." Healthcare-Seeking Experiences of Women with Abdominal Pain
Hannah Durand

ECR Session Prevention and health promotion Chair: Maya Braun and Karolina Kolodziejczak

- 15:00 Evaluating the Effects of a School-Based Smoking Prevention Program: A Gender- and Diversity-Sensitive Approach
Marina Hinssen
- 15:07 Technology-based psychoeducational intervention on loneliness, social isolation, and family relations – A randomized controlled study
Janina Mueller
- 15:14 "You've just replaced one addiction with another,": A qualitative view of vapers' perceptions of dependency
Gina Collins
- 15:21 How healthy are non-traditional, distance-learning university students?
Stefanie Schnaedter
- 15:28 Children's art, stories, and the realities of water in urban Brazil
Steven Rhue

16:00 - 17:00 Parallel Sessions: Posters

Poster Session Interventions in health behaviour change

EFFECT OF PSYCHOSOCIAL INTERVENTION PROGRAMMES FOR OLDER PEOPLE FOR THE PROMOTION OF YOUR MENTAL HEALTH

Radka Bužgová

THE IMPORTANCE OF COGNITIVE REHABILITATION FOR PROMOTING COGNITIVE FUNCTION AND MENTAL HEALTH IN OLDER PEOPLE

Radka Kozáková

A cognitively enriched physical activity program for MCI-patients and their offspring: A comprehensive needs assessment

Julie Latomme

Experimental vignette study with older adults from four countries about deprescribing statins

Kristie Weir

The Influence of Persuasive Messages on Older People's Intention to Engage in Physical Activity

Laura Picciafoco

Promoting Active Ageing with Psychotherapeutic Playback Theater

Margarida Lima

Loneliness in older adults: associations with quantity and quality of social relations

Kevin McKee

Self - rated health, behavioral risk factors and mortality in 42 years follow-up analysis

Antanas Goštautas

Online Procrastination as a risk factor for poor health in older adults

Cormac Monaghan

Poster Session Understanding Work Dynamics: Exploring Workaholism, Work-Life Balance, and Burnout Across Professions

Personality, temperament and work ethic beliefs as conditions of workaholism. Implications for health psychology

Patrycja Stawiarska

Work-Life Balance Strategies: A new instrument

Filipa Pimenta

Sources and intensity of stress in the workplace of physiotherapists

Mirna Kostovic Srzentic

Exploring Emotional Labor and Empathy: Predictors of Burnout Syndrome Among Brazilian Oncologists

Fernanda Romeiro

Factors associated with depression among hospital healthcare workers

Elisa Kern de Castro

Online Behavioral emotion regulation and burnout in Austria and Japan, working in mental health areas

Yoshiko Kato

Online Work environment and burnout in Austrian and Japanese health professionals

Roswith Roth

Online The role of managers' work addiction in the relationship between employees' perfectionism and work addiction

Modesta Morkevičiūtė

Poster Session Adolescent health

Engagement in physical activity from the perspective of adolescents: myself as a source

Jaroslava Kopcakova

Using story completion to understand relationships between identity, social media and adolescent food choices

Sarah Jenner

Parents' role models and parenting styles and their associations with adolescents' toothbrushing performance
Zdenka Eidenhardt

Mothers' self-regulatory competencies as a context of self-regulation by adolescents in the autism spectrum
Jacek Matulewski

Mountain therapy: enhancement of cognitive and relational skills in adolescents with Autism Spectrum Disorders
Maura Crepaldi

What does well-being actually mean for students? Focus group study (Work in progress)
Radomír Masaryk

Physical activity, body mass index and eating disorder symptomatology in Croatian adolescents and young adults
Petra Anić

General social stressors and intrapsychic resources of Polish youth aged 11 to 15 years
Malgorzata Wójtowicz-Szeffler

Poster Session Methodology

Awareness and prevalence of Open Science behaviours among health psychology researchers: A registered report
Rory Coyne

Youth-centred participatory action research meets systems thinking: co-creating a systems map together with children
Laura Belmon

The Birds and the Bees: Using machine learning to analyze school-based sexual education discourse
Mehri Zamanbin

The Nature Exposure Scale: Preliminary Psychometric Properties, Reliability, and Validity Evidence from Italy
Marta Spinoni

The Substance Use Disorder Implicit Association Test (SUD-IAT): Development and Validation Studies
Nora Nock

The alchemy of qualitative sampling
Kristýna Anna Černíková

Implementation process of the SHAPE questionnaire for Portugal - Data from a national representative sample
Ana Luísa Patrão

Poster Session Illness experience and body image

Severe psychological distress in females suffering from lipedema
Gabriele Helga Franke

Negative Emotions, Body Image and Long-Term Work Disability in Head and Neck Cancer (HNC) Survivors
Anna Ivanova

Interoceptive sensibility and body appreciation in rare disease: experience of patients affected by Hereditary Angioedema
Luca Ranucci

Social Distance towards persons with psoriasis among psoriasis patients and healthy skin controls
Johanna Munz

Supporting individuals with a visible difference: A UK survey of needs and preferences
Clare Clement

Self-reported and actual body focus
Eszter Ferentzi

Personality traits and social support as predictors of stigmatization due to body weight
Barbara Kalebić Maglica

Online Shame in individuals with PCOS: the Contribution of failures in mentalizing and distress symptoms
Nadia Barberis

Poster Session Advances in understanding health behaviours

Longitudinal relationships between physical environment perceptions, physical activity, and sedentary behaviours
Dominika Wietrzykowska

Making mindfulness meditation a healthy habit
Eleanor Miles

Lay individuals' perspectives of behavioural complexity in health behaviour habits
Indita Dorina

Social cure approach for health promotion : mediation analysis
Catherine Grenier

Online empowerment for health goal pursuit: the role of social support, emotions, and effort
Tamás Szűcs

The aftermath of COVID-19 vaccine conspiracy theories: How to promote vaccination against HPV and MMR?
Alexandra Šurinová

The new frontier of art: a conscious nourishment project for mind and body
Francesca Ginobbi

Online The role of emotion regulation in healthy food choices and intake among restrained eaters
Isaac Williams

Poster Session Coping with illness and mental health

Experiences of students with chronic illness in third level education in Ireland
Eimear Morrissey

Definitions and measures of long COVID fatigue in adults: a scoping review
Bethan Heather Thomas

Meaning-making, meanings made and well-being in patients before hematopoietic cell transplantation - indirect effect analysis
Marta Kijowska

Mental Health in Individuals with Chronic Illness
Lauren Sullivan

Conceptualising and measuring fear of disease progression and recurrence in cardiac patients
Sarah Tomoyo Clarke

Fear of Recurrence in Stroke Survivors: Resilience, Self-Management, and Quality of Life - NO FEARSS
Shannon Gray

Personality and psychological problems caused by infertility in women: the mediating role of coping competence
Milica Mitrović

Human-nature connectedness and chronic disease: a scoping review
Sue Conaghty

Online Anxiety, depression, quality of life and adherence in a sample of hemodialysis patients in Spain
Sonia Diéguez Mantecón

Poster Session Child health

The associations between internalising problems and emotional and social competencies in preschool children
Giedrė Širvinskienė

Effects and Challenges of Theater Viewing for Children with Illnesses and Disabilities
Tomo Ikeda

Evaluating two positive body image media micro-interventions among children aged 4-6 years old (study protocol)

Harriet Smith

The pandemic and digital impact on neurodevelopment of children up to 3 years old

Claudia Bandeira de Lima

Adverse childhood experiences and eating behaviors. The role of stress, anxiety and depression

Mihaela Beloreska

Online Preliminary survey for development of a game for children to suppress impulsivity to media use

Koji Takenaka

Online Social dynamics and infant nutrition: the influence of social circles on parental feeding decisions

Maëva Piton

Online Physical health-related quality of life in pediatric acute lymphoblastic leukemia

Ana Ferraz

Family in the Face of Childhood Epilepsy: A Parental Perspective – A Qualitative Study

Jan Sandora

Poster Session Well being and climate change

The role of coping strategies in reducing climate anxiety and promoting pro-environmental behavior

Urška Smrke

Emotions in the face of climate change: their impact on mental health and pro-environmental behaviors

Marie Andela

Feasibility of online screening for excessive daytime sleepiness

Jan Hlodak

Examining the timing-related association of smoking and depression in the German National Cohort (NAKO)

Carolin Marie Callies

Factors associated with trauma symptoms: a study on oncologic patients

Violeta Stefania Rotarescu

Validation of the Polish version of the Enright Forgiveness Inventory for assessing forgiveness towards others

Anna Słysz

The psycho-social impact of orthodontic treatments on patients' well being

Brenda Bernad

Poster session Themes in Patient Experiences, Health Literacy and Cultural Aspects

Patient-reported outcomes to guide psychosocial interventions among people living with HIV/AIDS: a longitudinal cohort

Ana-Maria SCHWEITZER

Health literacy and quality of life of cured cancer patients

Orsolya Papp-Zipernovszky

How did asthma patients experience the COVID-19 pandemic across key timepoints?

Tracy Epton

Severe nausea and hyperemesis gravidarum: prevalence, daily functioning, maternal mental health, and social support

Maja Žutić

Online LyRE study: Lyme suspicion, REpresentations and relations with the healthcare team

Emma Cros

Online Inventory of perceived barriers related to self-care after heart transplantation

Eduardo Remor

16:00 - 16:30 Coffee break and Networking

17:00 - 18:00 Keynote - Prof. Jeremy Grimshaw

18:00 - 18:30 Closing Ceremony

18:30 - 19:30 Reception for EHPS 2025