

EHPS 2024

38th Annual Conference of the European Health Psychology Society

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 synergistic 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

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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 Villinger

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
Eleonora Hintsza

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 (GuDeR): 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 Vasilou

9:00 Tackling societal harms: Network analyses of Psychological Flexibility “foci” processes for stigma in chronic illness
Vasilis Vasilou

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

10:00 Stress and health behavior: Avenues for future research and collaboration
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 Derk森

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
Meike 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: Phillippe 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 Vigorè

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 <i>Geert Crombez</i>	
Symposium	<u>Individual and collective actions to improve environmental health</u>	
	Chair: Josianne Kollmann and Jan Keller	
14:30	School students' civic engagement for climate protection: Scale development and psychometric evaluation <i>Amelie Spliesgart</i>	
14:45	Effects and mechanisms of the Public Climate School: A climate education program for school students <i>Jan Keller</i>	
15:00	Reducing carbon footprints by fostering environmental health behavior: Randomized controlled trial of the GROW app <i>Jennifer Inauen</i>	
15:15	The impact of public participation on psychological ownership and acceptance of river restorations <i>Nadja Contzen</i>	
15:30	The role of psychological distance in the perception of microplastics pollution <i>Josianne Kollmann</i>	
15:45	Discussion <i>Claudia Teran Escobar</i>	
Symposium	<u>Kindness in Action: Social Support Provision and Its Impact on Health and Well-Being</u>	
	Chair: Lisa Marie Warner and Ewa Gruszczynska	
14:30	The potential of a mutually beneficial intervention: delivery of opportunistic behaviour change interventions by volunteers <i>Beth Nichol</i>	
14:45	Volunteering affects loneliness, social and mental health in older adults: Evidence from the HEAL-HOA dual-RCT <i>Lisa Marie Warner</i>	
15:00	Momentary effects of support provision on affective well-being: A role of basic needs fulfilment <i>Ewa Gruszczynska</i>	
15:15	The association between social support and well-being in partners of persons with a chronic illness <i>Evangelos Karademas</i>	
15:30	Does willingness to care and inclusion of other in self influence caregiver gains and wellbeing? <i>Val Morrison</i>	
15:45	Discussion <i>Molly Byrne</i>	
SOTA + Oral Session	<u>Bio-psych indicators</u>	
	Chair: Ryan Rhodes	
14:30	The protective roles of the vagal nerve in health and illness: Making diseases less "vague" <i>Yori Gidron</i>	
15:15	Threats to social safety and neuro-inflammatory mechanisms underlying sexual orientation disparities in depression symptom severity <i>Richard Bränström</i>	
15:27	Changes in HRV in the Peripartum Predict Mothers' Depressive Symptoms 18 Months after Childbirth <i>Caterina Grano</i>	
15:39	Non-invasive vagus stimulation attenuates the work-related stress impacts <i>Serhii Tukaiev</i>	
Oral Session	<u>New frontiers in digital mental health</u>	
	Chair: Lucia Rehakova	

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 Rehakova

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
Danilo 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-Dumienski

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 awarness on alcohol as a cancer factor : results among regular French drinker
Anne-Fleur Guillemin

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 Koulierakis

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 Szitás

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 KlmAge - 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 Grønhej

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
Spiridoula 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-Nikonové

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 Hori

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 Rüttimann

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
Raenhma 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 Nilstrom

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 Kołodziejczyk

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 Malatyi

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 Kőteles

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

Epidure 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
Maaike 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 <i>Andrew Steptoe</i>
Symposium	<u>Parenting and health: Social, biological, and psychological factors affecting mothers' and children's health and well-being</u>
	Chair: Yael Benyamini
Online 10:00	Sources, experiences, and support needs for perinatal stress and anxiety <i>Karen Matvienko-Sikar</i>
10:12	The body experience during pregnancy, childbirth, and breastfeeding, and their associations with mother-infant bonding <i>Yael Benyamini</i>
10:24	A Critical Analysis of Baby Sleep Advice <i>Abigail Locke</i>
10:36	Crossover effects of depression symptoms and sedentary behavior in mother-child dyads: A longitudinal study <i>Maria Siwa</i>
10:48	Discussion <i>Yael Benyamini</i>
Symposium	<u>The impact of social support, gender and racial disparities on experimental and clinical pain outcomes</u>
	Chair: Ann Meulders
10:00	Racial disparities in interpersonal pain perception: the role of attention <i>Dimitri Van Ryckeghem</i>
10:12	Understanding experiences of gender diverse youth with pain: A critical step towards inclusive pain care <i>Lauren Harrison</i>
10:24	Social support: A unique safety signal in pain-related fear and avoidance learning? <i>Ann Meulders</i>
10:36	Profiles of romantic partners' responses to pain- and well-behaviors and chronic musculoskeletal pain adjustment <i>Sónia Bernardes</i>
10:48	Discussion <i>Ann Meulders</i>
Oral Session	<u>Measurement</u>
	Chair: Dominika Kwasnicka
10:00	Examining how self-report measures capture engagement with digital health <i>Madison Milne-Ives</i>
10:12	A co-constructed survey on how to better support patients undergoing metabolic and bariatric surgery <i>Annabelle Fortin</i>
10:19	Do psychometrics 'matter'? Mixed methods study of applying advanced psychometrics in depression treatment trials <i>Frank Doyle</i>
10:31	Older adults' compliance with mobile ecological momentary assessments in health behavior research: future recommendations <i>Sofie Compernolle</i>
Oral Session	<u>Implementing better care for lifestyle-related diseases</u>
	Chair: Sheena McHugh
10:00	Provider perspectives on the psychosocial impacts of lung cancer screening <i>Kathleen McFadden</i>
10:07	Bowel cancer screening pathway in Ireland: How to improve patient colonoscopy experience? <i>Alice Le Bonniec</i>

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 Jámbor

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
Karljin 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 =/= 2: Challenges in the specification and measurement of dyadic mechanisms
Chair: Lisa Zhang and Nelli Hankonen

14:00 When 1+1 =/= 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
Ilya 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 (CBT)
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 Späh

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 Benyamin, 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 Suciu

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 Raghoebar](#)

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 Raghoebar](#)

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 Hirosaki

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

Małgorzata 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

Interceptive 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 Beloreshka

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 Slysz

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