

# **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

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9:00 - 17:30 **SYNERGY Expert Meeting**  
Chair: Nadja Contzen, Jutta Mata and Lorraine Whitmarsh  
Room: Hotel Inglaterra

### **Research synergies for the future: Advancing environmental health psychology**

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

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

9:00 - 17:30 **CREATE Workshop**  
Chair: Anna Levke Brütt and Elspeth Mathie  
Room: Hotel Inglaterra

### **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

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9:00 - 15:00 **SYNERGY Expert Meeting**  
Chair: Nadja Contzen, Jutta Mata and Lorraine Whitmarsh  
Room: Hotel Inglaterra

### **Research synergies for the future: Advancing environmental health psychology**

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8:30 - 14:50 **Early Full Day Workshop**

Workshop Implementing communications training to support healthcare professionals in addressing vaccine hesitancy  
Chair: Dawn Holford and Frederike Taubert  
Room: Carcavelos

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

## 9:00 - 14:50 Full Day Workshops

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

Chair: Samuel Smith and Angela Pfammatter

Room: Ericeira

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

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

Chair: Paulina Schenk and Lisa Zhang

Room: Guincho

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

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

Chair: Emily Hillison

Room: Tamariz

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

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

Chair: Niko Vegt and David de Buissonje

Room: Sereia

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*

Workshop EHPS Open Science Special Interest Group 'Hackathon'

Chair: Elaine Toomey and Emma Norris

Room: C6

9:00 EHPS Open Science Special Interest Group 'Hackathon'

## 9:30 - 12:30 Half Day Workshops

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

Chair: Joanna Semlyen and Leanne Tyson

Room: Cascais

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

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

Chair: Viola Sallay and Tamas Martos

Room: Estoril

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)

Chair: Debi Bhattacharya and Caroline Smith

Room: Sintra

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

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

SOTA + Oral Session Advancing International Implementation Science Research and Practice

Chair: Sebastian Potthoff

Room: Auditorium

15:00 Facilitating adjustment to long term medical conditions: A bench to (almost) bedside story  
*Rona Moss-Morris*

15:45 Development of the Guide to Disseminating Health Services Research (GuiDeR): An evidence-based framework  
*Debi Bhattacharya*

15:57 How does tailoring work to produce successful implementation strategies?  
*Aoife O'Mahony*

16:09 Co-developing an implementation stakeholder engagement toolkit to enhance the impact of behavioural sciences  
*Sebastian Potthoff*

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

Chair: Felix Naughton and Paulina Bondaronek

Room: Carcavelos

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*

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

Chair: Benjamin Schuez

Room: Ericeira

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*

Symposium A social relationships perspective on health and well-being

Chair: Janina Lüscher and Corina Berli

Room: Guincho

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

Room: Tamariz

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*

Oral Session Health risk and promotion behaviors

Chair: Frederike Taubert

Room: Sereia

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*

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

Chair: Agnes Effert and Gudrun Sproesser

Room: Cascais

- 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

Room: Estoril

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

Oral Session Barriers, challenges and catastrophies

Chair: Richard de Visser

Room: Sintra

- 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*

16:30 - 17:00 Coffee break and Networking  
Room: Foyer

17:00 - 18:00 Keynote - Prof. Amanda Daley  
Chair: Molly Byrne  
Room: Auditorium

**Making every health care consultation count: Promoting health behaviour change in primary care and community health settings**

Worldwide, governments are trying to find the most effective interventions and services to help people lead a physically active lifestyle and help those living with obesity to lose weight. All health professionals in primary care and community health have a unique opportunity to routinely screen, prompt and provide physical activity and weight management interventions to patients, through the millions of consultations that take place worldwide each week. This presentation will discuss the evidence regarding the effectiveness of primary care and community health settings for promoting physical activity and supporting healthy weight management in the population. Using the Snacktivity™ approach to promoting physical activity as an example, the presentation will also discuss some of the implementation challenges of promoting health behaviours in these contexts and offer some suggestions for facilitating change. Primary care and community health delivered interventions may help those who would not attend a programme delivered outside of these settings and some of challenges of inclusion and diversity of opportunity to participate in health behaviour interventions will be addressed.

18:00 - 19:00 Opening Ceremony  
Room: Auditorium

19:00 - 21:00 Welcome Reception



## Wednesday, 04 Sep

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

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

Chair: Dominika Kwasnicka

Room: Auditorium

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 Pothhoff*

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

Chair: Gudrun Sproesser

Room: Carcavelos

9:00 Special Interest Group Meeting: Equity, Global Health & Sustainability  
*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

Room: Ericeira

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

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

Chair: Thomas Gültzow

Room: Guincho

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

Room: Tamariz

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

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

Chair: Vasilis Vasiliou

Room: Sereia

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

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

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

9:45 Discussion  
*Susan Michie*

### Oral Session Physiology, Somatic Processes and Health

Chair: Lerch Seraina

Room: Cascais

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*

### Oral Session Beyond Behavior - Centered Approaches to Improve Health

Chair: Pierre Gerain

Room: Estoril

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

Room: Sintra

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*

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

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

- 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  
**Room:** Carcavelos

- 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*

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

- 10:00 MOST Lab: Discussing Health Psychology Innovation Through the Use of the Multiphase Optimization Strategy  
*Angela Pfammatter*

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

- 10:00 Stress and health behavior: Avenues for future research and collaboration  
*Jennifer Inauen*

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

Chair: Iris Maes

Room: Sereia

- 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*

Oral Session Coping with chronic illness: Predictors and outcomes

Chair: Carolyn F.Z. Stuhlmann

Room: Cascais

- 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

Room: Estoril

- 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 Gating*

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

**Chair: Olivier Luminet**

**Room: Sintra**

- 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*

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

**Room: Ericeira**

**11:00 - 11:30 Coffee break and Networking**

**Room: Foyer**

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

**SOTA + Oral Session Advancing and developing health behaviour theories, frameworks, and concepts**

**Chair: Anne van Dongen**

**Room: Auditorium**

- 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*

**Symposium Improving inclusivity in research and interventions for disadvantaged, marginalized and/or vulnerable people**

**Chair: Pepijn van Empelen**

**Room: Carcavelos**

- 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

**Room:** Ericeira

- 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*

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

**Chair:** Irina Todorova

**Room:** Guincho

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

**Symposium** The Role of Social Relationships in Health Behaviors and Health

**Chair:** Patrick S. Höhener and Karolina Kolodziejczak

**Room:** Tamariz

- 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*

Oral Session Advances in digital behaviour change interventions

Chair: Nynke van der Laan

Room: Sereia

- 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*

Oral Session Towards a Humanistic Approach to Healthcare

Chair: Cristina Camilo

Room: Cascais

- 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

Room: Estoril

- 11:30 Mental Health and Quality of Life When Coping with Stigma of Visible Chronic Skin Disease  
*Caroline F. Z. Stuhlmann*
- 11:42 Relationship experiences of couples following acquired brain injury during inpatient rehabilitation: a qualitative study  
*Emma Godfrey*
- 11:54 Alcohol consumption and its determinants among post-menopausal breast cancer survivors: a longitudinal observational study  
*Meeke Hoedjes*
- 12:06 Mediators and moderators of symptom burden and distress in breast cancer survivors on hormone therapy  
*Sophie Fawson*
- 12:18 Determinants of trajectories in WCRF/AICR recommendations adherence in breast cancer survivors with and without multimorbidity  
*Bo Brummel*
- 12:30 Characterization of daily pain and symptom experiences in childhood cancer survivors with chronic pain  
*Nicole Alberts*
- 12:42 Beyond sensors and alerts: smart wearables for diabetic foot ulcer prevention  
*Jenny Corser*

### Oral Session Behaviours and Health

Chair: Phillipe Kadel

Room: Sintra

- 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*

13:00 - 14:30 Lunch and Networking  
Room: Foyer

13:30 - 14:30 Open Science SIG Meeting  
Room: Cascais

13:30 - 14:30 Habit SIG Meeting  
Room: Estoril

13:30 - 14:30 Digital Tailoring SIG Meeting  
Room: Sintra

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



**SOTA + Oral** Bio-psych indicators

Session

Chair: Ryan Rhodes

Room: Auditorium

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

Symposium That's what we're talking about: Doing better science through practical and comprehensive construct definitions

Chair: Gjalt-Jorn Peters and Talea Cornelius

Room: Carcavelos

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

Symposium Multisensory body perceptions and eating behaviour – mechanisms, assessment, and interventions

Chair: Annika Lutz and Lynn Erpelding

Room: Ericeira

- 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 Individual and collective actions to improve environmental health

Chair: Josianne Kollmann and Jan Keller

Room: Guincho

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

Symposium Kindness in Action: Social Support Provision and Its Impact on Health and Well-Being

Chair: Lisa Marie Warner and Ewa Gruszczynska

Room: Tamariz

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

Oral Session New frontiers in digital mental health

Chair: Lucia Rehackova

Room: Sereia

- 14:30 A feasibility study on the effects of an online dental anxiety peer support group  
*Caitlin Sorrell*
- 14:42 Exploring experiences of social media in adults with visible differences: a photo-elicitation interview study  
*Ella Guest*
- 14:54 A smartphone-based social media use intervention: Insights from a randomized controlled trial  
*Lina Christin Brockmeier*
- 15:06 Examining the use of an online discussion forum for people living with dementia  
*Neil Coulson*
- 15:18 Co-production of a decision aid to facilitate shared decision-making about technology-assisted mental health support  
*Lucia Rehackova*

- Online 15:30 KindMap – an e-mental health tool for people facing infertility  
*Nair Carolino*
- Online 15:42 Diet and fitness app use and eating disorder symptomology: A systematic review  
*Isabella Anderberg*

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

- 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-Campos**  
**Room: Estoril**

- 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**  
**Room: Sintra**

- 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 - 16:30 Coffee break and Networking  
Room: Foyer

16:00 - 17:00 National Delegates Meeting  
Room: Sintra

16:00 - 17:00 Parallel Sessions: Posters

Poster Session Medical & Chronical Conditions  
Room: Carcavelos

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  
Room: Carcavelos

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 Parenting and the family context of health

Room: Ericeira

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 Using theory to understand and predict health behaviours

Room: Guincho

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**  
Room: Guincho

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 **Innovative Psychological and Digital Intervention for Chronic Disease Management**  
Room: Tamariz

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 Barriers and facilitators for digital health adoption**

**Room: Tamariz**

- 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 Sustainable diet**

**Room: Sereia**

- 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 **Serving the underserved and underprivileged**  
Room: Cascais

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*

Online 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 **Challenge accepted: How to improve European health care systems?**  
Room: Cascais

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 **Health Risking Behaviors & Mental Health**  
Room: Estoril

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*

17:00 - 18:00 Keynote - Prof. Paschal Sheeran  
Chair: Alex Rothman  
Room: Auditorium

**Tasks in Health Behaviour Change**

Promoting health behavior change presents at least three key challenges: (a) conceptualizing First, it might be useful to think about health behaviors as *tasks* that call for different types of action. Overarching tasks could be *maintenance* versus *change*, and change can be seen to embrace *initiation*, *escalation*, *reduction*, and *desistance* as subtasks. Second, understanding want/should conflict could shed light on the difficulty of behavior change. A new measure of want/should conflict is introduced, with implications for intentional versus habitual control of health behaviors. Intervention Benchmarking is suggested as a tool to advance the field, fostering a more cumulative science of behavior change.

18:00 - 19:00 EHSP Members Forum  
Room: Auditorium

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

More details soon

## Thursday, 05 Sep

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

Roundtable Future paths towards a psychology of “social health behavior change”  
Chair: Jutta Mata and Urte Scholz  
Room: Auditorium

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

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

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*

Oral Session Sustainable energy-balance related behaviours and energy use  
Chair: James Green  
Room: Ericeira

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*

Online 9:49 Baffling beliefs and disorienting dilemmas in sustainable healthy food choice change  
*Brid Bourke*

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

Chair: Lisa Hynes

Room: Guincho

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*

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

Chair: Beata Basinska

Room: Tamariz

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

Room: Sereia

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*

### Oral Session Risk perception and communication

Chair: Simone Dohle

Room: Cascais

- 9:00 A Multi-Level Meta-Analysis of the Relationship between Intrapartum Decision-Making and Postpartum Psychopathology  
*Louisa Arnold*
- 9:07 Perceived benefits of health behaviours among cancer patients  
*Rachel Drbohlav Ollerton*
- 9:14 Perception and awareness on alcohol as a cancer factor : results among regular French drinker  
*Anne-Fleur Guillemain*
- 9:21 Breast cancer risk perception in sexual minority women: Associations with illness perception and psychological distress  
*Miguel Luis Alves de Souza*
- 9:28 Psychosocial Barriers and Facilitators in Familial Hypercholesterolemia Genetic and Cascade Testing Uptake: A Systematic Review  
*Chaitanyasre Lenin*
- 9:35 Charting the decision-making process in family disclosure of genetic risk: a multi-method prospective study  
*Maria Barbosa*
- 9:42 Optimized psycho-oncological care – Identification of mentally distressed patients  
*Tanja Zimmermann*

### Oral Session Evaluating well-being and behavioural interventions in context

Chair: Julia Allan

Room: Estoril

- 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****Room: Sintra**

- 9:00 Determinants of adherence to antihypertensives and statins: a survey study using the Theoretical Domains Framework  
*Gaby Judah*
- 9:07 Cancer threat and efficacy of three preventive behaviors based on the Extended Parallel Process Model  
*Dorota Włodarczyk*
- 9:14 Exploring mechanisms of physical activity change within the Movement as Medicine for CVD Prevention intervention  
*Keegan Knittle*
- 9:21 Parents' intention to vaccinate their daughters against HPV in Greece: the use of COM-B model  
*George Koulterakis*
- 9:28 Self-Perception of Aging and Engagement in the context of chronic diseases  
*Fabrizio Mezza*
- Online 9:35 Individual drives to cancer screening attendance: a novel instrument to assess motivations  
*Marcella Bianchi*
- Online 9:42 Development of the Indonesian Capabilities, Opportunities, Motivations, Behaviour (COM-B) Questionnaire  
*Rina Rahmatika*

**10:00 - 11:00 Parallel Sessions: Orals and Roundtables****Roundtable Protecting pluralism or committing to consensus? Risks and opportunities of ontologies in behavioral sciences****Chair: Maya Braun****Room: Auditorium**

- 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*

**ECR Session Managing health conditions****Chair: Melanie Bamert and Rory Coyne****Room: Carcavelos**

- 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*

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

Chair: Aleksandra Luszczynska

Room: Ericeira

- 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*

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

Chair: Ira Elisa Herwig and Philipp Kadel

Room: Guincho

- 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*

Oral Session Digital interventions to support mental health and wellbeing

Chair: Alexander Scott

Room: Tamariz

- 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*

Oral Session Emerging technologies: virtual reality and chatbots

Chair: Felix Naughton

Room: Sereia

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

Oral Session Health and community

Chair: Scott Carvajal

Room: Cascais

- 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 Eating and physical activity behaviours

Chair: Cristina Godinho

Room: Estoril

- 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 Maintaining and managing wellbeing throughout the lifecourse

Chair: Tamas Martos

Room: Sintra

- 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*

11:00 - 11:30 Coffee break and Networking

Room: Foyer

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

SOTA + Oral Session Input to policy formation

Chair: Taut Diana

Room: Auditorium

- 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 Using theory to understand and predict health behaviours

Chair: Barbara Mullan

Room: Carcavelos

- 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*

Oral Session Health Trajectories Over Time: A Longitudinal Study

Chair: Marie Kotzur

Room: Ericeira

- 11:30 Can a brief online self-compassion writing intervention improve intra- and interpersonal outcomes?  
*Jane Cha*
- 11:42 Childhood personality and adolescent performance in physical education: A sibling fixed-effects study  
*Eivind Ystrom*
- 11:54 Investigating the time course of motivational processes relevant to dietary restraint  
*Kate Nicholls*
- 12:06 Is the effect of Sensory Processing Sensitivity on physical and psychological distress mediated by resilience?  
*Veronique de Gucht*
- 12:18 Early maladaptive schemas, illness representations, and distress in breast cancer patients  
*Spyridoula Karveli*
- 12:30 Illness Perception and Distress in HCM Patients after Hybrid Cardiac Telerehabilitation - a randomised-control trial  
*Anna Mierzynska*

Symposium Implications of othering for health and well-being: Understanding and reducing stigma and intergroup conflict

Chair: Sarah Stutterheim and Chantal den Daas

Room: Guincho

- 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

Room: Tamariz

- 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 Grønhoj*
- 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

Room: Sereia

- 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*

Oral Session Views by and on healthcare professionals

Chair: Chris Keyworth

Room: Cascais

- 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 Digital approaches and new perspectives to improve health care systems

Chair: Alexandra Dima

Room: Estoril

- 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*

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

Chair: Sanne Raghoobar

Room: Sintra

- 11:30 (M)eating together: The role of shared meals in individual meat consumption reduction  
*Ira Elisa Herwig*
- 11:45 Effectiveness of a dynamic social norm message on meat-free food selection in cafeterias: an RCT  
*Elif Naz Coker*
- 12:00 The effectiveness of a social norm intervention to encourage plant-based consumption: a quasi-experiment in supermarkets  
*Sofia Wolfswinkel*
- 12:15 Cocreating healthy and sustainable food environment interventions with food outlet managers and consumers  
*Ward van Hoeven*
- 12:30 Literature review on strategies towards a more plant-based diet - Individual and contextual differences  
*Muriel Verain*
- 12:45 Activity  
*Sanne Raghoobar*

13:00 - 14:30 Lunch and Networking  
Room: Foyer

13:30 - 14:30 EHPS Annual General Meeting  
Room: Auditorium

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

**SOTA + Oral Session** Eating behavior  
Chair: Efrat Neter  
Room: Auditorium

- 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*

**Symposium** Developing, implementing and refining the evidence base for type 2 diabetes behaviour change and self-management  
Chair: David French  
Room: Carcavelos

- 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*

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

- 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*

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

Chair: Marie Johnston and Chantal den Daas

Room: Guincho

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*

Oral Session Urban planning, policy and sustainable transport

Chair: Ann DeSmet

Room: Tamariz

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

Chair: Christopher M. Jones

Room: Sereia

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 Health psychology and ageing: The role of transitions and context  
Chair: Sandra P. Arevalo  
Room: Cascais

- 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  
Room: Estoril

- 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*

Oral Session Gaining insight and understanding

Chair: Emma Waite

Room: Sintra

- 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*

16:00 - 16:30 Coffee break and Networking

Room: Foyer

16:00 - 17:00 Parallel Sessions: Posters

Poster Session Coping with pain and symptom perception

Room: Carcavelos

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*

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

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

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

Room: Carcavelos

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

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

*Zuzana Dankulincova Veselska*

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

*Daniela Husarova*

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

*Aideen Scriney*

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

*Agata Kolodziejczyk*

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

*Maria Domenica Sauta*

Online Early clinical predictors of developmental outcomes in preterm infants

*Ana Bogdanic*

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

Room: Ericeira

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

*Meryem Kaynak Malatyali*

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*

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 **Promoting Health and Well-Being in Diverse Work Environments**

Room: Ericeira

"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 Health Promoting Behaviors  
Room: Guincho

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

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

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

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

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

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

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

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

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

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

Affect Regulation and Help Seeking for Dementia  
*Isaac Duncan-Cross*

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

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

Poster Session Risk perception in health and healthcare  
Room: Tamariz

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 **Health literacy**  
Room: Tamariz

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

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

Promoting health information seeking behavior prior to vaccination decisions  
*Marina Groß*

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

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

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

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

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

Poster Session **Self-Regulation Concerning Disease and Health Behaviours**  
Room: Sereia

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 Social Support and Caregiving across Contexts Room: Cascais

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 Health in context Room: Cascais

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*

Epidauré Market: Evaluating the effectiveness and transferability of school-based intervention to improve food choices  
*Aurélié 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 Gender and health  
Room: Estoril

- Online 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*

17:00 - 18:00 Keynote - Prof. Sónia Dias  
Chair: Marta Marques  
Room: Auditorium

**Public Health challenges and how to address them: the valuable contribution of the social sciences**

Many of the current public health challenges, like the impact of climate change in health and well-being, population aging, the increase in chronic diseases, loneliness, mental health needs and health inequities, put growing pressure on health systems and call for a paradigm shift towards efforts to attain good health for all. This presentation will discuss the relevance of socio-behavioural sciences for informing policies development and health interventions to achieving and maintaining health throughout life. Insights on people’s needs, resources and life contexts, as well as on dynamics, barriers and facilitators can help deeply understand ‘How can we best promote health and well-being at all ages?’ and ‘How can we effectively tackle social determinants and reduce health inequities?’. Participatory and co-creation approaches are valuable to ensure communities engagement and local ownership in addressing public health challenges. Within this perspective, public health efforts can boost the creation of health-promoting environments and empower people, communities and organizations to take action and implement effective and sustained interventions, thus contributing to achieve the global goals for sustainable development leaving no one behind.

from 19:30 Conference Dinner  
Room: Salão Preto e prata at Casino Estoril

## Friday, 06 Sep

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

Oral Session Eating and physical activity goes digital  
Chair: Laura König  
Room: Carcavelos

- 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*

Symposium Advances in Psychodermatology: From public perception of skin patients to behavioral patterns and interventions  
Chair: Christina Schut and Jennifer Schmidt  
Room: Ericeira

- 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*

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

- 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

Room: Tamariz

- 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  
*Tania Gaspar*
- 9:48 Discussion  
*Tânia Gaspar*

Symposium Addressing Disparities in Pain Care: Perspectives for Inclusive Healthcare

Chair: Liesbet Goubert and Sónia Bernardes

Room: Sereia

- 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*

Oral Session Healthy Diets

Chair: Chevance Guillaume

Room: Cascais

- 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

Room: Estoril

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

Room: Sintra

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*

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

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

Chair: Tugce Varol

Room: Auditorium

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

ECR Session Health professionals

Chair: Carolina Silva and Leona Ryan

Room: Carcavelos

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*

**Oral Session** Measurement  
Chair: Dominika Kwasnicka  
Room: Ericeira

- 10:00 Examining how self-report measures capture engagement with digital health  
*Madison Milne-Ives*
- 10:12 A co-constructed survey on how to better support patients undergoing metabolic and bariatric surgery  
*Annabelle Fortin*
- 10:24 Do psychometrics 'matter'? Mixed methods study of applying advanced psychometrics in depression treatment trials  
*Frank Doyle*
- 10:36 Older adults' compliance with mobile ecological momentary assessments in health behavior research: future recommendations  
*Sofie Compernelle*

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

- 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*

**Symposium** Connections that heal: Innovative approaches to reduce loneliness  
Chair: Sabrina Cipolletta and Lisa Marie Warner  
Room: Tamariz

- 10:00 Preventing falls together: Effects of a group-based exercise program on social and physical well-being  
*Greta Magdalena Steckhan*
- 10:12 Loneliness among young adults with cancer: A blueprint for intervention  
*Tracey Revenson*
- 10:24 Comfort and Connection: A qualitative study exploring young adults' experiences using music for loneliness regulation  
*Jenny Groarke*



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

10:48 Discussion  
*Andrew Steptoe*

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

Chair: Christopher M. Jones  
Room: Sereia

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*

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

Chair: Yael Benyamini  
Room: Cascais

Online 10:00 Sources, experiences, and support needs for perinatal stress and anxiety  
*Karen Matvienko-Sikar*

10:12 The body experience during pregnancy, childbirth, and breastfeeding, and their associations with mother-infant bonding  
*Yael Benyamini*

10:24 A Critical Analysis of Baby Sleep Advice  
*Abigail Locke*

10:36 Crossover effects of depression symptoms and sedentary behavior in mother-child dyads: A longitudinal study  
*Maria Siwa*

10:48 Discussion  
*Yael Benyamini*

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

Chair: Ann Meulders  
Room: Estoril

10:00 Racial disparities in interpersonal pain perception: the role of attention  
*Dimitri Van Ryckeghem*

10:12 Understanding experiences of gender diverse youth with pain: A critical step towards inclusive pain care  
*Lauren Harrison*

10:24 Social support: A unique safety signal in pain-related fear and avoidance learning?  
*Ann Meulders*

10:36 Profiles of romantic partners' responses to pain- and well-behaviors and chronic musculoskeletal pain adjustment  
*Sónia Bernardes*

10:48 Discussion  
*Ann Meulders*

Oral Session Implementing better care for lifestyle-related diseases

Chair: Sheena McHugh  
Room: Sintra

10:00 Provider perspectives on the psychosocial impacts of lung cancer screening  
*Kathleen McFadden*

- 10:07 Bowel cancer screening pathway in Ireland: How to improve patient colonoscopy experience?  
*Alice Le Bonniec*
- 10:14 Shared decision-making models in cancer care: Systematic review and formal representation  
*Laura del Carpio*
- 10:21 Advice after urgent suspected cancer referral when cancer is not found: survey of patients' preferences  
*Ruth Evans*
- 10:28 Move to Improve: Co-designing a hospital-based physical activity program for children with chronic health conditions  
*Hamsini Sivaramakrishnan*
- 10:35 Optimising general practitioners' obesity-related clinical practices: from insight to intervention  
*Leona Ryan*
- 10:42 Design preferences for diabetes audit and feedback in general practice: a qualitative study  
*Sheena McHugh*

11:00 - 11:30 Coffee break and Networking  
Room: Foyer

11:00 - 11:30 Synergy AGM  
Chair: James Green and Anne Van Dongen  
Room: Meeting Room (D5)

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

Symposium Applying ontologies across the research ecosystem to advance health psychology  
Chair: Susan Michie  
Room: Carcavelos

- 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 The Psychology of Sustainable Use of Antibiotics  
Chair: Miroslav Sirota  
Room: Ericeira

- 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*

Oral Session Advances in education to improve wellbeing and health (psychology)

Chair: Ewa Gruszczynska

Room: Guincho

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

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

Chair: Christine Emmer

Room: Tamariz

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

Chair: Melanie Bamert and Daryl O'Connor

Room: Sereia

- 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 Sustainable diet  
Chair: Milica Vasiljevic  
Room: Cascais

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  
Room: Estoril

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 Risk perception and communication in chronic illness  
Chair: Danielle Timmermans  
Room: Sintra

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*

13:00 - 14:00 Lunch and Networking  
Room: Foyer

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

Roundtable Personalizing digital health interventions: sharing and advancing best practices

Chair: Laura Winkens

Room: Auditorium

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

ECR Session Emotions, Mental Health and Wellbeing

Chair: Christine Emmer and Vanessa Knobl

Room: Carcavelos

- 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*

Symposium The Use of the Multiphase Optimization Strategy to Advance Interventions in Health Psychology

Chair: Angela Pfammatter

Room: Ericeira

- 14:00 Optimising digital cardiac rehabilitation (OsCaR): the preparation phase of the Multiphase Optimization Strategy  
*Eanna Kenny*
- 14:12 Applying the Multiphase Optimization Strategy (MOST) for optimizing cognitive behavioral therapy for insomnia (CBTI)  
*Robert Zachariae*

- 14:24 Improving questionnaire response with SMS messages using a Sequential Multiple Assignment Randomised Trial (SMART) design  
*Samuel G. Smith*
- 14:36 Adapting, optimizing and testing the Parenting for Lifelong Health Program: Results from all three phases  
*Heather Foran*
- 14:48 Discussion  
*Molly Byrne*

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

Chair: Daphne van Wees

Room: Guincho

- 14:00 How Quality of Motivation for Adhering to Public Health Measures Interplays with the COVID-19 Epidemiology  
*Joachim Waterschoot*
- 14:12 Behavioural adaptation to health threats and authorities' recommendations in mathematical modelling: the example of mpox  
*Maria Xiridou*
- 14:24 Unravelling the multidimensional interplay between individual and social determinants of vaccination behaviour  
*Alessia Melegaro*
- 14:36 Developing and validating a framework for collecting and integrating behavioural data in transmission models  
*Ilja van Bergen*
- 14:48 Discussion  
*Chantal den Daas*

**Symposium** Interpersonal processes and health: advances in dyadic research applied to health psychology

Chair: Stephanie Alves and Raquel Pires

Room: Tamariz

- 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*

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

Chair: Lisa Zhang and Nelli Hankonen

Room: Sereia

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

**Oral Session** Digital support for chronic health conditions

Chair: Ainslea Cross

Room: Cascais

- 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 Itouchene*
- 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*
- 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

Room: Estoril

- 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

Chair: Jorge Encantado

Room: Sintra

- 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*

## 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

Room: Auditorium

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

ECR Session Prevention and health promotion

Chair: Maya Braun and Karolina Kolodziejczak

Room: Carcavelos

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*

Oral Session Child & family health and illness

Chair: Viola Sallay

Room: Ericeira

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*

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

Chair: Phoebe George and Rachael Parker

Room: Guincho

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  
*Emma Shaw Evangelist*
- 15:40 Discussion  
*Rachael Parker*
- 15:50 Activity  
*Emma Shaw Evangelista*

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

**Chair: Anna Alexandrova-Karamanova and Peter Halama**

**Room: Tamariz**

- 15:00 Overcoming adversity: the severe COVID-19 illness experience  
*Aissa Suci*
- 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*

**Oral Session Behavior Change Interventions II**

**Chair: Vera Araujo-Soares**

**Room: Cascais**

- 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 Social networks, social support, and health

Chair: Marta Matos

Room: Estoril

- 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 Self-regulation in health and illness

Chair: Chiara Gasteiger

Room: Sintra

- 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*

16:00 - 16:30 Coffee break and Networking

Room: Foyer

16:00 - 17:00 Parallel Sessions: Posters

Poster Session Interventions in health behaviour change

Room: Carcavelos

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 **Advances in understanding health behaviours**  
**Room: Carcavelos**

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 **Understanding Work Dynamics: Exploring Workaholism, Work-Life Balance, and Burnout Across Professions**  
**Room: Ericeira**

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*

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**  
Room: Ericeira

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 **Child health**  
Room: Ericeira

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*

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 **Methodology**  
Room: Tamariz

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 Well being and climate change  
Room: Sereia

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

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

Feasibility of online screening for excessive daytime sleepiness  
*Jan Hlodak*

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

Factors associated with trauma symptoms: a study on oncologic patients  
*Violeta Stefania Rotarescu*

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

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

Poster Session Illness experience and body image  
Room: Cascais

Severe psychological distress in females suffering from lipedema  
*Gabriele Helga Franke*

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

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

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

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

Self-reported and actual body focus  
*Eszter Ferentzi*

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

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

## Poster Session Coping with illness and mental health Room: Cascais

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

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 Themes in Patient Experiences, Health Literacy and Cultural Aspects Room: Estoril

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*

17:00 - 18:00 Keynote - Prof. Jeremy Grimshaw  
Chair: Marie Johnston  
Room: Auditorium

**Implementing evidence-based policies, practices and behaviours: building the evidence base**

Despite the growing evidence base about interventions and programs to improve societies and citizen well-being, there are often evidence-practice gaps (ie societies and services fail to optimally deliver policies, practices and behaviours). This has led to substantial interest in implementation and implementation science (initially in the health and public health systems). This presentation will introduce core concepts and approaches from implementation science and consider the rich intersection with health psychology.

18:00 - 18:30 Closing Ceremony  
Room: Auditorium

18:30 - 19:30 Reception for EHPS 2025  
Room: Foyer