

EHPS 2024

38th Annual Conference of the European Health Psychology Society

Final programme

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

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

Monday, 02 Sep

9:00 - 17:30 SYNERGY and CREATE

9:00 - 17:30 Research synergies for the future: Advancing environmental health psychology
Chair: Nadja Contzen, Jutta Mata and Lorraine Whitmarsh
Room: Hotel Inglaterra

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 Empowering Collaboration: Patient and Public Involvement in Health Research
Chair: Anna Levke Brütt and Elspeth Mathie
Room: Hotel Inglaterra

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

9:00 - 15:00 SYNERGY and CREATE

9:00 - 15:00 Research synergies for the future: Advancing environmental health psychology
Chair: Nadja Contzen, Jutta Mata and Lorraine Whitmarsh
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9:00 - 14:50 Full Day Workshops

9:00 - 14:50 EHPS Open Science Special Interest Group 'Hackathon'
Chair: Elaine Toomey and Emma Norris
Room: Carcavelos

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

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 Orals and Symposia

SOTA 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

Bem-vindos/as/es a Portugal!

We are delighted to host the EHPS 2024 conference in Cascais (Estoril). From the moment we began to explore with the EHPS Executive the possibility of bringing the conference to Portugal, Cascais was our first choice. Known as the "Portuguese Riviera" and guided by the slogan "the best place to live a day or a life- time!", this village is rich in history, culture, and scenic landscapes over the Atlantic Ocean. Neither "too big" nor "too small", with a large and very well-equipped conference venue, and just a 30-minutes train ride from Lisbon, Cascais is the perfect location for an EHPS conference.

We wish you a wonderful conference, and we hope that when you return home, you will begin to understand the unique Portuguese feeling of "saudade".

19:00 - 20:30 Welcome Reception

Room: Estoril Congress Center

We are excited to have you join us for a cocktail to kick off **EHPS 2024!** The cocktail reception will be at **Estoril Congress Center** immediately following the first day of the conference.

We look forward to seeing you there!

Wednesday, 04 Sep

9:00 - 10:00 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 Pothoff

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

Chair: Iris Maes

Room: Sereia

9:00 Introduction
Iris Maes

9:05 Older adults' experiences with self-regulation strategies used in mHealth intervention to improve physical activity
Fien De Block

- 9:19 Unveiling the digital pathways to active aging: an exploratory mixed methods study in older adults
Iris Maes
- 9:33 Feasibility and acceptability of a smartphone-based, activity-triggered Ecological Momentary Assessment study among low-income older adults
Olivia Malkowski
- 9:47 Discussion
Efrat Neter

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

Chair: Vasilis Vasiliou

Room: Sereia

- 10:00 Tackling societal harms: Network analyses of Psychological Flexibility “foci” processes for stigma in chronic illness
Vasilis Vasiliou
- 10:15 Affect shift dynamics in the prediction of psychological flexibility and well-being
Pandelis Perakakis
- 10:30 Discussion
Susan Michie

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 Gattig

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 Orals and Symposia

SOTA 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 Gérardin

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
Eva 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 Orals and Symposia

SOTA Session Bio-psych indicators
Chair: Ryan Rhodes
Room: Auditorium

- Online 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: Diana Taut

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 The role of psychosomatic symptoms on mental health and life satisfaction in Romanian adolescents
Diana Taut
- Online 15:18 Childhood emotional abuse and binge watching: The role of vulnerable narcissism and emotion dysregulation
Daniilo Calaresi
- Online 15:30 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
- 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 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

Tell me where and when you work, and I'll tell you how you recover
Madalena Mascarenhas

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

The pandemic and digital impact on neurodevelopment of children up to 3 years old
Claudia Bandeira de Lima

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

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 **EHPS Members Forum**
Room: Auditorium

19:00 - 20:30 **SIG social event, EMPOWER kick-off event & ND/PHP reception**
Room: Foyer

More details soon

Thursday, 05 Sep

9:00 - 10:00 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
- 9:35 Autonomous vs. Controlling Communications about Home Heating Consumption: Spillover to Energy-Saving and Health Intentions
Léo Toussard
- Online 9:42 An integrated TPB and VBN framework to understand plant-based meat consumption drivers
Raffaele Pasquariello
- 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
- 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 Uptake of Patients with Mental Health Needs in Social Prescribing in Lisbon: A Mixed-methods approach
Sónia Dias
- Online 9:42 Disentangling the effect of WHO Self-help Plus on alleviating depressive symptoms
Jiaer Lin

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 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: Márcia Carvalho and Leona Ryan

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

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
- 10:28 The role of automatic-reflective affect on physical activity habits: does convergence matter?
Alison Divine
- Online 10:35 Enhancing intention to reduce meat consumption: The role of self- and social pro-environmental identities
Miriam Capasso

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 Orals and Symposia

SOTA 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: Maartje Poelman

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 Hoveen
- 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 Orals and Symposia

SOTA 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 I

- 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

14:30 - 16:00 Local Projects and Policies for Health, Sustainability and Equity: Synergies with Academia
Chair: Philipp Kadel, Claudia Teran-Escobar and Marta Marques
Room: Carcavelos II

Susana Graca, Cascais City Hall
Joao Esteves, Cascais City Hall
Tania Soeiro, Cascais City Hall
Ana Cristina Cadete, Cascais City Hall
Andre Miguel, Cascais City Hall

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 15:42 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
- 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
- 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 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 Malatyalı

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

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

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

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

Psychophysiological effects of affective touch
Ferenc Köteles

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

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 Dhami

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

Sumit Mehra

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

Anna Nilstomt

Affect Regulation and Help Seeking for Dementia

Isaac Duncan-Cross

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

Lauren Murphy

How health beliefs shape physical health: Investigating perceived immunity

Liron Rozenkrantz

Poster Session 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

Contribution of Health Psychology to SO-RISP : a multidisciplinary network for Population Health Intervention Research
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
Tajana Krstić

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

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

Influence of disease representation on fatigue perception in a french population of MS patients
Damien Oudin Doglioni

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

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

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

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

Poster Session Gender and health
 Room: Estoril

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

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

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

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

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

We are excited to welcome all of you to our traditional conference dinner, which this year will be held in the **Black & Silver Room at Casino Estoril**. This venue has an amazing indoor atmosphere, with ample space for dinner and a stage to celebrate the EHPS 2024 in the best Portuguese manner.

How to get to Casino Estoril:

Casino Estoril is a 2-minute walk from the conference venue (Estoril Congress Center). Upon entering the Casino, the Black & Silver Room will be directly ahead on your right.

Friday, 06 Sep

9:00 - 10:00 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

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 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 Rory Coyne

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: Melanie Bamert 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 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

- Online 11:30 Student experiences of health psychology in the US (STEP-US): A mixed methods study
Jenny Mc Sharry
- 11:42 Hope and dynamics in couples faced with their child's cancer: a dyadic phenomenological interpretative analysis
Laurine Milville
- 11:54 Parental profiles of fear of hypoglycemia and their associations of digital health technology use
Maria Dora Horvath
- 12:06 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 Zaleskiewicz

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-stigmatise and de-stigmatised 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

Online 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 Woolf

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 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 Feasibility and pilot study: Associations between dietary intake, mental health, and inflammation in Australian adolescents
Bridie Osman

14:07 The Impact of Social Support and Traditionalism on Help-Seeking Behavior: a Cross-Cultural Comparison
Anna Joy Russ

14:14 Stigma as a barrier to accessing support among female migrants in Southeast England: Qualitative study
Patrick Nyikavaranda

14:21 Association of childhood and adult socioeconomic status with adult social relationships: A causal mediation analysis
Laura Cachón Alonso

14:28 Involvement of older adults in the UK in decision-making about care transitions: A narrative review
Lucia Halamova

14:35 Job demands-resources, sedentary lifestyle, and physical activity: exploring their relationship with burnout?
Marieke Späh

Online 14:42 Students' emotional experiences with climate change and how universities can help
Chiara Hill-Harding

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

Online 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
Vittoria Offeddu

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: Isa Felix

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 Ittouchene
- 14:14 Adapting COMPASS; a digital-CBT intervention for people with Multiple Sclerosis (MS) and co-morbid psychological distress
Emma Jenkinson
- 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 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 Louise Foley

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 term 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

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 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

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 Kopicakova

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)

Radomir 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

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

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

Maëva Piton

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

Jan Sandora

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

Ana Ferraz

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

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

17:00 - 18:00 Keynote - Prof. Jeremy Grimshaw
Chair: Susan Michie
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