



Health Psychology for all:  
Equity, Inclusiveness and  
Transformation



[www.2023.ehps.net](http://www.2023.ehps.net)

**37th Annual Conference  
of the European  
Health Psychology Society**

**4-8 September, 2023**  
Bremen, Germany



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Bremen, Germany

● 37th Annual Conference of the European Health Psychology Society



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# Welcome Note

Dear friends, dear colleagues – welcome to Bremen!

We are honoured and absolutely chuffed to be hosting the EHPS 2023 conference here in Bremen, together with the Division of Health Psychology of the German Psychological Society. With the typical enthusiasm and exuberant emotionality that is so characteristic of Bremen and its citizens, we might even say “Reicht doch!” – “Yeah, good enough”.

The idea of holding a conference here was born in Dubrovnik in 2019, partly because of a lack of suitable applications for the then 2021 conference, but mainly to finally bring the EHPS to Germany and to bring the EHPS and the Division of Health Psychology in the German Psychological Society closer together.

Germany is one of the first countries to institutionalise a department of Health Psychology (in Berlin) and has a long history of important theoretical and practical contributions to the field. The Division of Health Psychology of the German Psychological Society has more than 150 active members and a peer-reviewed journal, the “European Journal of Health Psychology” (IF 2.1 and welcoming high-quality submissions). Health Psychology has become an integral part of undergraduate and postgraduate psychology teaching in Germany, and we are very proud to highlight some of this excellent work here at the conference.

Bremen is the ideal location for such a conference: For a relatively young university (we celebrated our 50th birthday last year), Bremen has a very high profile in the health sciences, especially in prevention and health promotion. Interdisciplinarity is at the core of our work, and the theme of this year’s conference “Health Psychology for All: Equity, Inclusiveness and Transformation” reflects that the key challenges for improving health services all over the globe – population-wide reach, evidence-based practice and transformation can only be achieved through collaborative approaches.

We are looking forward to an exciting programme with excellent keynote speakers and over 800 abstracts submitted to highlight and showcase such approaches.

A conference such as this requires the contributions of many people and organisations. We would like to thank all those who made this event possible: The Rector and Chancellor of the University of Bremen, the Senator for Science and Ports of Bremen, the excellent Scientific Committee, the Executive Committees of both the EHPS and the Fachgruppe Gesundheitspsychologie, all reviewers, track chairs, session chairs, workshop facilitators, our sponsors, Easyconferences, and of course our local organising team and our fantastic student volunteers.

Now, after two postponements due to the COVID-19 pandemic, we are really and finally here. There’s an old saying - “Dreimal ist Bremer Recht“, which often is applied to Werder Bremen’s interesting approach to defence or to Bremen’s history of failed Hanseatic ventures – but mainly to emphasise that we usually get it right the third time.

We are delighted that you are joining us on this endeavour and wish you a successful conference – and wonderful time in our lovely city.

Moin – und willkommen in Bremen!



Prof Benjamin Schüz  
for the local organising committee

# Welcome Note

Dear Colleagues,

The EHPS 2023 Scientific Committee is delighted to welcome you to the joint conference of the European Health Psychology Society (EHPS) and the German Health Psychology chapter within the German Psychological Society (DGPs).

We began our work in February 2022 with the first milestone being selecting and inviting keynotes. We are very happy that we can now welcome four distinguished keynote speakers in Bremen. All of them are world-class experts in their areas and will speak on diverse topics.

Our second milestone was agreeing on new formats, in addition to the well-established oral presentations, posters, symposia, roundtables / debates, and state-of-the-art presentations. For this conference, we introduce flashlight talks of early-career researchers presenting their research in a short, concentrated oral format. In addition, we introduce a challenge night, where the floor is set to discuss things that might not be addressed in regular presentations: challenges, difficulties, failures, lessons learnt.

The third milestone were the 884 submissions that we received until the submission deadline and we would like to thank all contributors for their important scientific contributions to the conference. Still, before accepting the abstracts, we needed to go through all these submissions. Here we would like to express our greatest gratitude to the 42 track chairs who did the tireless reviewing and compiled coherent sessions. Also, we would like to acknowledge the team of Easy Conferences, who provided incredible support in all steps of the committees' work.

Together, all these efforts resulted in, what we believe is, an excellent scientific program with four keynotes, four state-of-the-art presentations, 212 oral presentations, 31 symposia, seven roundtables, 29 flashlight talks, one stakeholder engagement, and 321 poster presentations, across 21 themed tracks. In addition, there are six excellent pre-conference workshops, the SYNERGY expert meeting and the CREATE early career workshop, which might make choosing between them difficult. We really hope that this will be an inspiring health psychology conference for all of you, promoting equity, inclusiveness and transformation.

## EHPS 2023 Scientific Committee

*Prof. Gudrun Sproesser (Johannes Kepler University Linz, Austria),*

*Prof. Mark Conner (University of Leeds, UK),*

*Prof. Benjamin Schüz (University of Bremen, Germany),*

*Maria Blöchl (Charité - Universitätsmedizin Berlin, Germany),*

*Julia Koller (University of Konstanz, Germany),*

*Prof. Thomas Kubiak (Johannes Gutenberg University Mainz, Germany),*

*Prof. Antonia Lyons (Victoria University of Wellington, New Zealand),*

*Prof. Kevin McKee (Dalarna University, Sweden),*

*Prof. Val Morrison (University of Bangor, UK),*

*Prof. Noa Vilchinsky (Bar Ilan University, Israel), and Prof. John de Wit (Utrecht University, Netherlands)*

## Keynote Speakers

### Cornelia Betsch



*Psychologist and professor of Health Communication at the University of Erfurt, Germany*

### Cornelia Betsch

is a psychologist and professor of Health Communication at the University of Erfurt. She also heads the Health Communication working group at the Bernhard Nocht Institute for Tropical Medicine, Hamburg. Her work aims at understanding principles of health behavior by applying a judgment and decision-making and strategic-interaction perspective to planetary health behavior. Even before the Corona pandemic, she was doing research in the field of psychology and infectious diseases control. During the COVID-19 pandemic, she engaged in generating behavioural insights for

crisis management with the COVID-19 Snapshot Monitoring (COSMO). For this work, she received the German Psychology Prize in 2021 and the Thuringian Research Prize in 2022. She presently is a member of the German government's COVID-19 Expert Advisory Council, of the WHO Technical Advisory Group on Behavioral and Cultural Insights, and of the Interdisciplinary Commission for Pandemic Research by the German Research Foundation (DFG). She is currently setting up an interdisciplinary research institute on Planetary Health Behaviour at the University of Erfurt.



# Adriana Baban



*Professor of Health Psychology, Psychosomatic and Behavioral Medicine at Babes-Bolyai University, Cluj-Napoca*

## Adriana Baban

is a Professor of Health Psychology, Psychosomatic and Behavioral Medicine at Babes-Bolyai University, Cluj-Napoca, and coordinator of Health Psychology MA Program and of Health Psychology Research Center. She was a regular Visiting Professor at the University of California, Los Angeles, School of Public Health, Department of Community Health Sciences, and has been an International Consultant for UNICEF, WHO, European Centre for Disease Control.

Her research interests include: women 'sexual and reproductionhealth, screening and cancer prevention, psychosocial dimensions of vaccination, the health of vulnerable population, abuse and trauma. She has published more than 160 papers, books and chapters. Adriana has been a member of EHPS since 1995 and in 2014 she was awarded with the title of Fellow of European Society of Health Psychology for outstanding contributions to the development of health psychology in Europe.

### ● Stories behind choices in sexual and reproductive health

Sexual and reproductive health (SRH) is fundamental to people's health and wellbeing and is connected to the 2030 UN's Agenda for Sustainable Development Goals (SDGs). While remarkable progress towards the implementation of SRH has been made at global, regional and national levels, many critical gaps and inequalities in health services in Eastern Europe still remain. The ability to exercise reproductive and sexual rights and employ preventive behaviours are often compromised by structural (e.g. poverty, discrimination), cultural (e.g., traditions, religious tenets), and political (e.g., parties and politicians' ideologies) constraints.

Reproductive justice requires acknowledging and tackling the barriers embedded in the economy, policies, social values and norms, individual's beliefs and lived experiences. This talk will highlight how contextual, psychological and behavioral factors influence women's decisions regarding their reproductive choices, peri- and postnatal experiences, and cervical cancer prevention through screening and HPV vaccine. Health Psychology plays a key role in developing and promoting responsive, equity-focused prevention programs and policies, as well as ethical standards for personalized care, by anchoring research and practice in contexts.

# Jutta Mata



*Professor of Health Psychology at the University of Mannheim and director at the Mannheim Center for Data Science*

## Jutta Mata

is Professor of Health Psychology at the University of Mannheim and director at the Mannheim Center for Data Science. She is also an associate researcher at the Max Planck Institute for Human Development in Berlin and among others has previously worked at Stanford University, the Technical University of Lisbon, and the University of Basel.

Jutta's research aims to understand the factors underlying health and disease, particularly related to eating, physical activity, and obesity. She is particularly interested in how social contexts - such as partners, families, or friends - influence eating behavior, psychological aspects of inequality in health, and the relation between health behaviors and environmental protection.

Jutta has been part of science to policy working groups on several topics including obesity, future of work, and Covid-19 of the German National Academy of Sciences Leopoldina, is member of the Task Force People, Climate, Sustainability of the German Psychological Society (DGPs), member of the Scientific Advisory Board of the German Institute for Economic Research (DIW), the Socioeconomic Panel (SOEP), and a past member of the scientific advisory committees to Federal Institutes and Networks.

### ● Food for thought: The potential of a social approach to promote healthy eating and sustainability

Unbalanced nutrition and related diseases are currently among the biggest challenges to public health in industrialized societies. Many behavioral change interventions have had limited success in long-term change of nutrition and eating behaviors. One possible explanation is that past interventions have conceptualized eating as individual behavior. Yet, eating is a social activity: Over the course of evolution, humans have used food to establish social bonds; by the age of 20, a person has eaten about 20,000 meals, the majority in company. In this talk, I start by presenting a theoretical synthesis on the role of social context in eating behavior that is helpful to understand eating in various social contexts, including romantic couples, families, peers, and online communities. I then showcase empirical research that uses the tools of the psychological and computational social sciences, such as experiments, intensive ecological recordings, and analyses of social media, to assess social aspects of eating behavior. I will talk about how a social approach could further increase the synergies between promoting healthier eating and sustainability. I end by proposing that health psychology should aim to harness the power of a social approach to achieving long-term change of eating behaviors and nutrition, as well as health behaviors more broadly, and discuss the potential of social approaches to tackle issues of sustainability, such as climate change, health equity, and inclusiveness.

# Urte Scholz



*Professor of Applied Social and Health Psychology, University of Zurich, Switzerland*

## Urte Scholz'

research aims to understand and capitalize on the role of social relationships for health behaviors of individuals and dyads. She is most interested in examining social and dyadic processes and their effects on health behaviors in people's everyday lives. She and her lab investigate these research questions in correlational and intervention studies during daily life.

Urte Scholz is a fellow of the European Health Psychology Society and the International Association of Applied Psychology. She is currently President of the Swiss Society of Health Psychology and served as President of the Division of Health Psychology of the International Association of Applied Psychology. She was associate editor of "Anxiety Stress and Coping", and the "British Journal of Health Psychology" and is editorial board member in leading journals of her field.

- Better together? The role of social relationships in health behavior change

Health-related behaviors usually take place in a social context. However, most research on health behavior change focuses heavily on processes within the individual and neglects the role of others. I will provide an overview of the current state of research on interpersonal processes relevant to health behavior change and present recent developments in the field. These include introducing a more systematic approach to examining the role of social relationships in behavior change, beginning with a differentiation of various forms of dyadic interventions along a continuum and the development of a common nomenclature for dyadic intervention techniques. I will conclude by highlighting those areas where more research is urgently needed to further improve our understanding of the role of social relationships in health behaviors.

# Conference Information

## Local Organising Committee

Benjamin Schüz  
Chen-Chia Pan  
Christopher Jones  
Emily Mena  
Hunny Singh  
Inga Schachtebeck-Schunn  
Jonathan Kolschen  
Nuria Pedros Barnils  
Tina Jahnel  
Urte Klink  
Victoria Härtling

## Scientific Committee

**Co-Chair: Prof. Gudrun Sproesser,**  
Johannes Kepler University Linz, Austria

**Co-Chair: Prof. Mark Conner,** University of Leeds, UK

**Maria Blöchl,** Charité- Universitätsmedizin Berlin, Germany

**Julia Koller,** University of Konstanz, Germany

**Prof. Thomas Kubiak,** Johannes Gutenberg University  
Mainz, Germany

**Prof Antonia Lyons,** Victoria University of Wellington,  
New Zealand

**Prof. Kevin McKee,** Dalarna University, Sweden

**Prof. Val Morrison,** University of Bangor, UK

**Prof. Noa Vilchinsky,** Bar Ilan University, Israel

**Prof. John de Wit,** Utrecht University, Netherlands

## Venue

Conference will take place at the University of Bremen

## Registration Fee

Registration fee includes access to parallel and plenary sessions, conference material, daily coffee breaks, daily lunches, welcome reception and access to the opening and closing ceremony. Conference Dinner is included in Full Registration Fees only. Tickets for the Conference Dinner as well as tickets for the Welcome Reception are available to purchase from Easyconferences registration desk on site.

## Access to the conference

Wearing your conference badge is mandatory during all conference activities.

## Conference Proceedings

Conference Proceedings are available for download. Please check the conference website for more information.

## Certificate of Attendance

Certificates of Attendance will be sent electronically to all participants after the conference. Presentation Certificates will be sent electronically upon request. Please contact: [info@easyconferences.eu](mailto:info@easyconferences.eu)

## Drinking water

Please note that all tap water is safe to drink and monitored constantly. Bring your own water bottles to stay hydrated!

## Program and Schedule Updates

Please remember to check the conference twitter account @ehps2023 (<https://twitter.com/ehps2023>) for programme and schedule updates

## Language

English is the official language of the conference. No oral translation will be available.

## WiFi

Free WiFi is available throughout the venue. If your home institution does not participate in eduroam or if you have problems connecting, individual codes for WiFi are available at the registration desk. Please note by law we are obliged to record your names and emails for individual codes. Individual codes allow only one device at a time - you will need separate codes for e.g., smartphones and laptops.

## Pre-Conference Workshops

The pre-conference workshops will take place on **Monday 04 September 2023** at the University of Bremen, and will be followed by a Welcome Reception. See Scientific Programme for more details.

## Opening Ceremony

The Opening Ceremony will be held on Monday, **04 September 2023**, 18:00 at Hörsaal 2010 (large lecture theatre), lecture theatre building, University of Bremen.

## Closing Ceremony

The closing ceremony will be held after the conclusion of the conference programme on **Friday, 08 September 2023, 15:00 at Hörsaal 2010** (large lecture theatre) in the lecture theatre building.

## Keynote Lectures

The keynote lectures will be held daily in Hörsaal 2010 (large lecture theatre) in the lecture theatre building

## Parallel Sessions

The parallel sessions will be held at the main conference venue (GW2 building). There will be 8 parallel sessions, for room details please see the conference programme.

## Interactive Poster Sessions

All poster sessions will be held in rooms B3009 and B3010 (upper floor) in the main conference venue.

Authors are required to put their posters up the morning of the day on which their poster is scheduled (between 09:00-11:00). Authors must stay by their posters and give a 3-4 minutes presentation when instructed to, by the session chair. Posters must be taken down at the end of the day. Posters not taken down will be removed.

Online poster presentations, for which a poster printing fee has been paid, will be mounted for their allocated sessions by the organisers.

## Vouchers

Entrance to daily lunches, the Welcome Reception and the Conference Dinner will be allowed, with presentation of the voucher for each activity. You can find the vouchers inside your name badge.

## Coffee Breaks & Lunches

Coffee breaks will be provided in the main conference venue and weather permitting, outside the main conference venue. Lunches will be provided in the Mensa (University Cafeteria), a 3 minute walk from the main conference building over the covered walkway.

Additionally, you can buy coffee, drinks and sandwiches from the university coffee shops. These are open Mon-Fri 07:30-17:30. Please note that Mensa only accepts cash or Uni Bremen cash cards. Unique Cafe accepts credit cards too.

## **EHPS & Fachgruppe Gesundheitspsychologie**

### **COVID-19 Information**

Please note: This year's conference will be hosted at a working public university. This means that we will be sharing public spaces (corridors, lunch cafeteria, foyers) with staff and students. Even though the conference runs during the semester breaks, research and exam activities are ongoing. We monitor ongoing COVID-19 developments and will adjust the below information and recommendations if necessary. Currently, there are no legally binding measures in place that would affect the conference.

### **Specific information for the conference venue and features:**

**Ventilation:** All conference rooms are ventilated through a central air conditioning system with filtered fresh air. Filters are ISO 16890 certified ePM1 Filter with 60% efficiency, this means that the filter has been tested and is known to remove 60% of particles in the size range 0.3 - 1 µm. For comparison, respiratory droplets and dried droplet nuclei are predominantly 1 µm in size and larger. In addition, many conference rooms can (additionally) be ventilated through windows and outside doors.

**COVID-19 self-tests:** We provide one self-test in each conference bag and encourage participants to self-test prior to attending the conference. More self-tests are available at the conference desk free of charge.

- Poster presentations with more space and more rooms
- We provide an outdoor coffee break option
- We suggest following the general recommendations for the prevention of infections by SARS-CoV-2 and other respiratory viruses by the Robert-Koch-Institute ([https://www.rki.de/SharedDocs/FAQ/NCOV2019/FAQ\\_Liste\\_Infektionsschutz.html](https://www.rki.de/SharedDocs/FAQ/NCOV2019/FAQ_Liste_Infektionsschutz.html); current version 4 April 2023):
  - Stay at home (or in your hotel room) if you are experiencing symptoms of any respiratory infection. Reduce contacts and wear a mask during unavoidable contacts with others. Do not attend or return to the conference!
  - Make sure your vaccinations against COVID-19 and influenza are up-to-date
  - Wear a surgical or FFP-2 mask in crowded indoor spaces
- Ventilate regularly
- If your talk or poster is affected by staying at home, we will find a technical solution to enable your participation on line or via pre-recorded talks, even on short notice. Please contact the conference desk by calling 00357 97 889718. This number will be in use throughout the conference.

**EHPS Forum:** The EHPS forum will be held on Tuesday, 05 Sep, 08:30 to 09:30 in Hörsaal 2010 (large lecture theatre) in the lecture theatre building.

**EHPS National delegates meeting:** The EHPS National Delegates Meeting will be held on Wednesday, 06 Sep, 18:00 to 19:00 in Hörsaal 2010 (large lecture theatre) in the lecture theatre building.

### **EHPS Annual General Meeting**

The EHPS AGM will be held on Wednesday, 06 September from 08:00 - 09:00 in Hörsaal 2010 (large lecture theatre) in the lecture theatre building.

### **Fachgruppe Gesundheitspsychologie Annual General Meeting**

The Annual General Meeting for Fachgruppe Gesundheitspsychologie will be held on Wednesday, 06 September 2023 from 13:00 - 14:00 in Hörsaal 1010 (small lecture theatre). Lunch will be provided in lunch bags.

**Meet the Editors Forum:** Meet the editors forums will be held during lunch time on Thursday, 07 September - either on dedicated tables in the University Cafeteria (Mensa) or in rooms (tba).

### **Challenge Night:**

The challenge night event will be held on Thursday, 20:30 at Fehrfeld pub, Fehrfeld 58/59 in Bremen. See p.84 for more information.

### **SIG Meetings: Friday morning, 08:00 - 09:30**

Room B2900: Open Science  
Room B2890: Digital Health and Computer Tailoring  
Room B2880: Women's Health  
Room B1405: N-of-1 Designs in Health Psychology  
Room B1400: Habit: Theory and Application  
Room B1410: Equity, Global Health and Sustainability

### **Awards & fellowships**

The European Health Psychology Society has two Early Career Awards:

The **Herman Schaalma** award for an outstanding PhD thesis in health psychology is awarded annually to acknowledge a PhD dissertation in the field of health psychology of outstanding excellence in terms of originality, significance and rigour. The award aims to highlight excellence in PhD level research and to reinforce early career researchers to address key challenges in health psychology and adopt novel and rigorous theory and methodology. The award is named after Professor Herman Schaalma, in memory of an outstanding scholar and mentor in health psychology who sadly died on 25 July 2009.

The **Stan Maes Early Career Award** aims to recognise outstanding research excellence, contributions made to EHPS and/or contributions to professional practice, made by EHPS members within 5 years of their PhD. From this year on, this award has been renamed to honour the memory of late Professor Emeritus Stan Maes, the founder of EHPS, who sadly died on 15 October 2018. EHPS Honorary Fellowship: EHPS Fellowship is the highest grade of membership. EHPS Fellowship is awarded to EHPS members in recognition for their exceptional contribution to the advancement or dissemination of health psychology knowledge or practice either by research, training, publication or public service.

The Herman Schaalma Award, the Stan Maes Early Career Award, and the EHPS Honorary Fellowships will be awarded during the Opening Ceremony.

Poster Awards: All posters are eligible for nomination for the Best Poster.

Awards, provided they meet the requirements and guidelines of the EHPS. This year's Poster Awards will be announced during the closing ceremony.

### **Registration / support desk opening hours (GW2 Building - Lobby area):**

Monday: 08:30-13:00, 14:00-17:30  
Tuesday: 7:30 -13:00, 14:00-17:30  
Wednesday: 7:30 -13:00, 14:00-17:30  
Thursday: 08:30-13:00, 14:00-17:30  
Friday: 7:30 -13:00, 14:00-15:30

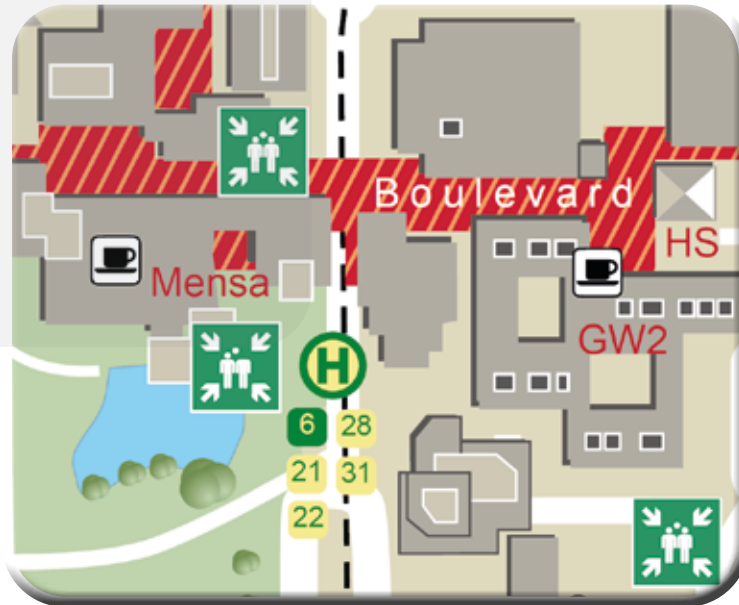
### **Welcome reception - 4th Sept. at 19:15**

Welcome reception, will be held just after the Opening Ceremony at building GW2 (Lower Floor and garden); follow signage and noise! There will be ample canapés, drinks and live music to accompany this first networking event. Cost is included in all onsite registration fees. Accompanying persons can get tickets at the registration desk for €50.00.

### **Conference Dinner - 6th Sept. at 20:00**

Conference Dinner is included in all Full onsite registration fees. It will be held at El Mundo restaurant, reachable as per directions on page 84. Big buffet with Vegetarian, fish and meat options drinks and music by a DJ, will make this event unforgettable! Fee for accompanying persons and participants with non-full registration is €85.00, from the registration desk.

# MAPS

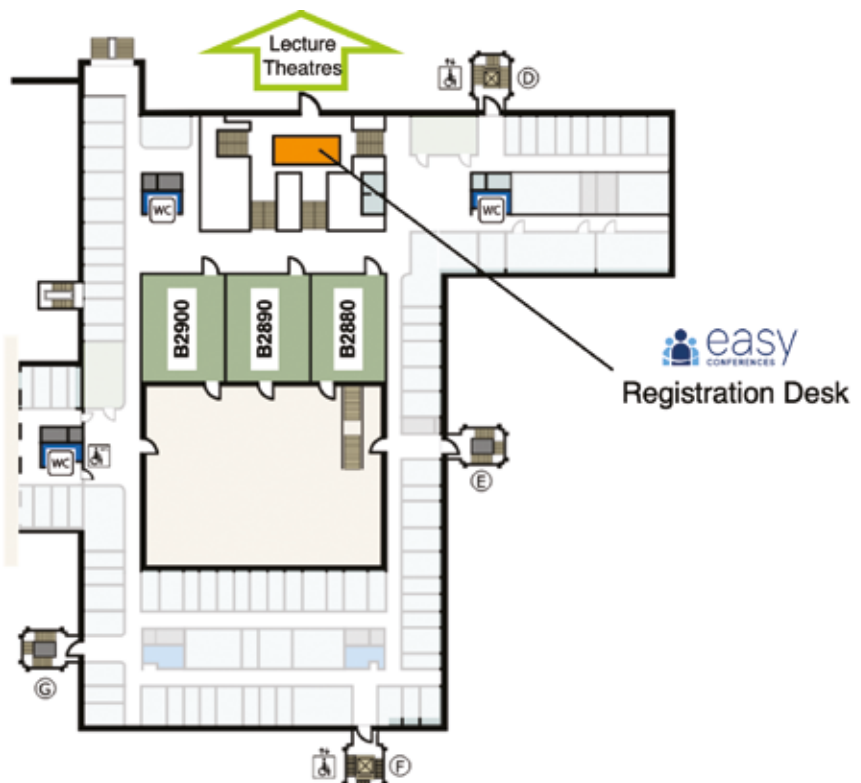


# Venue Floor Plans

Floor plan GW2  
(lower level)

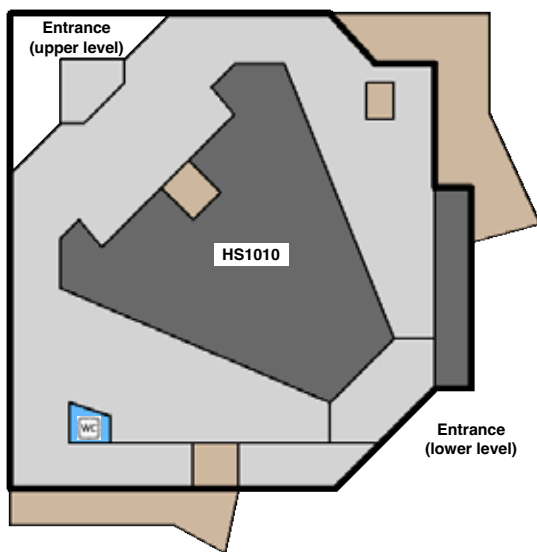
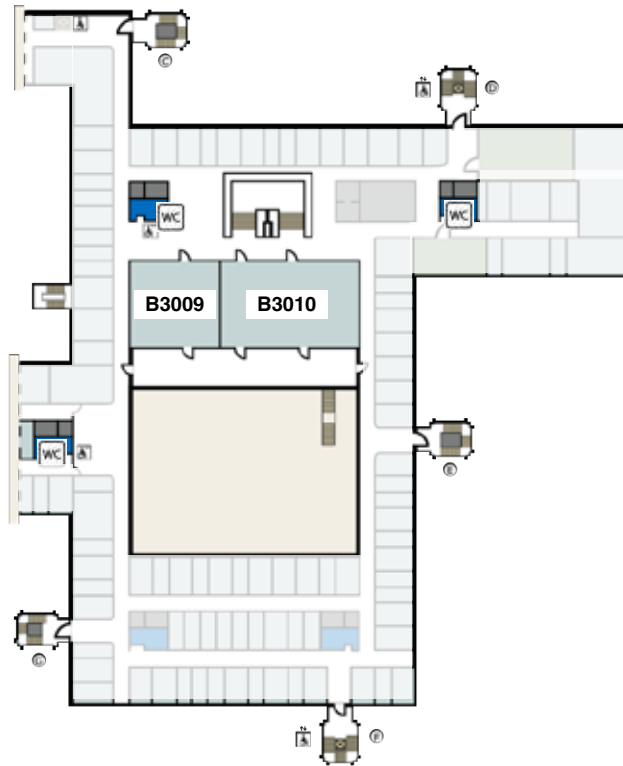


Floor plan GW2  
(ground level)



# Venue Floor Plans

Floor plan GW2  
(upper level)



Floor plan Lecture  
Theatre Building  
(lower level)



Floor plan Lecture  
Theatre Building  
(upper level)





**OVERVIEW PROGRAMME**

# Overview Programme

	Monday 4 <sup>th</sup>	Tuesday 5 <sup>th</sup>	Wednesday 6 <sup>th</sup>	Thursday 7 <sup>th</sup>	Friday 8 <sup>th</sup>
08:00					
08:30			08:00-09:30 EHPS AGM		08:00-9:30 SIG Parallel Meetings
09:00		08:30-09:30 EHPS Forum			
09:30	09:00-12:30 Morning Half-Day Workshop	09:30-11:00 Parallel Sessions, Orals, Symposia & Roundtables	09:30-11:00 Parallel Sessions, Orals, Symposia & Roundtables	09:30-11:00 Parallel Sessions, Orals, Symposia & Roundtables	09:30-11:00 Parallel Sessions, Orals, Symposia & Roundtables
10:00					
10:30					
11:00		11:00-11:30 Coffee Break	11:00-11:30 Coffee Break	11:00-11:30 Coffee Break	11:00-11:30 Coffee Break
11:30		11:00-11:30 SYNERGY AGM			
12:00		11:30-13:00 Parallel Sessions, Orals, Symposia & Roundtables	11:30-13:00 Parallel Sessions, Orals, Symposia & Roundtables	11:30-13:00 Parallel Sessions, Orals, Symposia & Roundtables	11:30-12:30 Keynote Lecture Jutta Mata
12:30				12:25-13:10 Parallel Sessions Flashlight Talks	
13:00					12:30-13:30 Lunch
13:30		13:00-14:00 Lunch	13:00-14:00 Lunch	13:00-14:00 Lunch	
14:00		13:00-14:00 SIG Women's Health	13:00-14:00 DGPs Fachgruppe AGM		13:30-15:00 Parallel Sessions, Orals, Symposia & Roundtables
14:30		14:00-15:30 Parallel Sessions, Orals, Symposia & Roundtables	14:00-15:30 Parallel Sessions, Orals, Symposia & Roundtables	14:00-15:30 Parallel Sessions, Orals, Symposia & Roundtables	
15:00					15:00-15:30 Closing Ceremony
15:30	14:00-17:00 Afternoon Half-Day Workshops				
16:00		15:30-16:00 Coffee Break	15:30-16:00 Coffee Break	15:30-16:00 Coffee Break	
16:30		15:30-17:00 Parallel Sessions Posters	15:30-17:00 Parallel Sessions Posters	15:30-17:00 Parallel Sessions Posters	
17:00					
17:30		17:00-18:00 Keynote Lecture Cornelia Betsch	17:00-18:00 Keynote Lecture Adriana Baban	17:00-18:00 Keynote Lecture Urte Scholz	
18:00	18:00-19:00 Opening Ceremony				
18:30		18:20-21:00 DGPs Fachgruppe Young Members Meeting Room: bus stop "Zentralbereich" at the Uni	18:00-19:00 National Delegates Meeting	18:00-19:30 Reception for EHPS 2024	
19:00					
19:30		19:00-21:00 DGPs Fachgruppe Young Members Meeting Room: "Sielwall"			
20:00	19:15-21:00 Welcome Reception (co-sponsored by IAAP)		20:00-22:00 Conference Dinner		
20:30				20:30-22:00 Challenge Night	
21:00					
21:30					
22:00					



## TRACKS

## TRACKS

### HEALTH PSYCHOLOGY IN CONTEXT

#### 1. Health inequalities and inclusiveness

Social, political and cultural dimensions Research on how inequalities impact on health and how to tackle such effects, including inclusiveness approaches.

#### 2. Culture, social change and health and illness

Cultural aspects of health and illness, health effects of social change; critical health psychology.

#### 3. Health Care Communication, including Risk Perception

Communication with health professionals (e.g., doctor-patient), including perception and communication of health risk (e.g., genetic risk and procession of health-risk information).

#### 4. Climate change and sustainability

Psychosocial and health impact of climate change; behavior change for preserving the environment, mitigating negative consequences of climate change and ensuring sustainable development.

### HEALTH PSYCHOLOGY AND HEALTH SYSTEMS

#### 5. Public Health, Health Promotion and health policy

Public health, health promotion and healthy policy interventions delivered to a group or population, including environmental interventions and interventions at the worksite (for work and health, see “Occupational Health” track).

#### 6. Implementation & Health Services Research

Theory, methods, and evidence to promote the uptake of research findings into routine clinical work with patients and family members, and in organisational or policy contexts. Quality of health care, medical performance and medical mistakes in clinical practice.

#### 7. eHealth and mHealth

The use of information technology, social media, or mobile and wireless devices in health psychology research and interventions

#### 8. Occupational Health

Research on the influence of work and organisational factors and environments on health and disease

### HEALTH PSYCHOLOGY ACROSS THE LIFESPAN/FAMILY

#### 9. Health, Families, and Children

Issues in health and illness associated with development of children and adolescents and with family relations

#### 10. Well-being and Quality of Life Across the Lifespan

Health, illness and positive aspects such as positive emotions, life satisfaction, and functioning

#### 11. Health Psychology and Ageing

Issues in health and illness with a focus on older age and/or ageing (e.g., disability), including research on healthy ageing

#### 12. Social Support, Caregiving, and Health

The influence of social support and caregiving on health outcomes (of recipients and/or providers).

## TRACKS

### HEALTH BEHAVIOUR AND THEORY

#### 13. Health Behaviour Models

The application of theoretical models (e.g., social cognition models, dual process models) to the prediction of health behaviour and health behaviour change; research on health behaviours

#### 14. Health Behaviour Change Interventions

Theory-based interventions aimed at health behaviour change

#### 15. Self-Regulation in Health and Illness

Contributions related to goal or self-regulation theory, including self-determination theory, the common sense model and illness perceptions

#### 16. Individual Differences/Personality and Health

Individual difference variables such as personality characteristics and their relationship to health and illness

### HEALTH PSYCHOLOGY AND ILLNESS/BIOLOGICAL PSYCHOLOGY

#### 17. Coping with Disease

Coping with disease and its consequences (except interventions, see “Interventions in Disease” track)

#### 18. Interventions in Disease

Interventions delivered to people diagnosed with disease or high risk groups (e.g., hypertension, obesity), focused on quality of life and/or health behavior.

#### 19. Stress, Physiology & Health

The influence of psychosocial demands and resources on biological systems (including psychoneuroimmunology, endocrinology, cardio-vascular psychophysiology and neurophysiology), emotional distress, coping and health outcomes (except coping with chronic illness, see “Coping with Chronic Disease” track).

#### 20. Coping with Pain and Psychosomatic Issues

Health and illness related issues associated with pain or psychosomatic issues (except interventions, see “Interventions in Chronic Disease” track).

### METHODOLOGY

#### 21. Methodology

Methodological issues in health psychology – techniques, analyses, and critiques, including research on recruitment, informed consent and retention.

## award winners

- **EHPS FELLOWSHIP AWARD WINNERS 2023**
- **STAN MAES EARLY CAREER AWARD 2023**
- **HERMAN SCHAALMA AWARD 2023**
- **EHPS OS SIG STUDENT AWARD 2023**

## EHPS FELLOWSHIP AWARD WINNERS 2023



*Mariët Hagedoorn (The Netherlands)*

**Mariët Hagedoorn** is full professor and head of the section Health Psychology at the department of Health Sciences, University Medical Center Groningen. She is also a member of the management team of the UMCG Research Institute “Science in Healthy Ageing and health caRE” (SHARE). Her research interests focus on how individuals and their significant others adapt to stressful events, particularly chronic or life-threatening illness. The three main themes in her work include dyadic coping, health behaviour in a couples’ context, and informal caregiving. Mariët makes use of qualitative and quantitative research methods, including daily diary methods to unravel (daily) support and coping processes in couples or other dyads, and experimental designs and eHealth interventions to test how we may improve psychosocial care and support. Her work has been supported by national and European grants, such as the Marie Skłodowska-Curie Innovation Training Network, ENTWINE, that examined a broad spectrum of challenges in informal caregiving and issues concerning the development and use of innovative psychology-based and technology-based interventions to support willingness and opportunity to provide informal care. She has published her work in over 140 peer-reviewed articles and book chapters.

From 2010-2018, she was Chair of the Dutch/Belgium “Association for Researchers in Psychology and Health” (ARPH), which aims to stimulate and coordinate the academic study of psychological approaches to health and illness by providing a platform for researchers to exchange knowledge and research initiatives. She has been an Associate Editor of the British Journal of Health Psychology (2015-2021), Consulting Editor for Health Psychology (2013-2017), and an ad hoc reviewer for many journals in the psychosocial and health domain. Mariët also has been Chair of the Scientific Committee of the European Health Psychology Society (EHPS; 2017) and Track Chair for the EHPS conference (2023).

<https://www.rug.nl/staff/mariet.hagedoorn>

<https://entwine-itn.eu>

## EHPS FELLOWSHIP AWARD WINNERS 2023



*Olivier Luminet (Belgium)*

**Olivier Luminet** is research director at the Belgian Fund for Scientific Research (FRS-FNRS), full professor at the University of Louvain (UCLouvain), and associate professor at the Free University of Brussels (ULB).

His research is largely interdisciplinary. It includes the interactions between emotion regulation, personality and health, more specifically understanding why some deficits in emotion awareness and expression make people more vulnerable to mental and physical diseases. He also investigates behavior changes related to vegetable consumption in Belgium and insect consumption in Africa. Since the beginning of the Covid pandemic, he is involved in research tracking health-related motivation, health behaviors and well-being.

Olivier Luminet teaches health psychology at bachelor, master, and doctoral level at the University of Louvain for more than 20 years. Since 2022, he is co-chair of the permanent group on mental health at the Belgian Superior Health Council. He was a founding member of the expert group “Psychology and corona”, which is giving advices to Belgian public authorities and Belgian media about psychological implications of the covid-19 pandemic.

In addition to publishing his work in scientific outlets, Olivier Luminet is active to disseminate health psychology research in the media. He is EHPS national delegate for Belgium since 2012.

<https://sites.google.com/site/illumnetttilab/home>



## EHPS FELLOWSHIP AWARD WINNERS 2023



*Marijn de Bruin (The Netherlands)*

### Professor **Marijn de Bruin**

(@Radboud University Medical Center and Public Health Institute RIVM) has attended the EHPS conference for the last 18 years. In that time, he presented, chaired, and organised symposia, co-introduced the Methodology and Implementation tracks, and hosted the conference in Aberdeen (Scotland) in 2016. In his research, Marijn and his team have made substantial scientific contributions in three main domains. First, Marijn has done extensive research on medication adherence, including one of the few multi-center trials on adherence interventions that has demonstrated clinical and cost-effectiveness. His intervention is now part of the national Dutch guidelines for HIV treatment. His second key interest is on advancing research methodology in systematic reviews and meta-analyses. His work showing that you need to account for variability in control groups in meta-analyses of behavioural intervention trials in order to better estimate interventions' true effectiveness, is particularly noteworthy. Third, Marijn and his team have done extensive research during COVID-19, including

interviews, surveys, scenario studies and discrete choice experiments, pragmatic trials, and narrative research. This also reflects the most recent chapter in his career, in which he combined his academic work with being the scientific lead of the Corona Behavioural Unit at the Dutch Public Health Institute (RIVM). There he also served as the media spokesperson, advised civil servants, trained public health and communication professionals, and advised the Dutch Cabinet directly. Building on this work by the Corona Behavioural Unit, the public health institute is now seeking to integrate social and behavioural sciences in their institute more broadly. Marijn is regularly consulted by the European Center for Disease Control, serves in the technical advisory group of the WHO's Behavioural and Cultural Insights unit, and chairs and participates in numerous committees (funding, health care professional, policy advice).

Scientific staff (iqhealthcare.nl)

## EHPS FELLOWSHIP AWARD WINNERS 2023



*Rik Crutzen (The Netherlands)*

**Rik Crutzen** is Professor of Behaviour Change and Technology at Maastricht University's Care And Public Health Research Institute (CAPHRI), where he also chairs the Department of Health Promotion. Furthermore, he is an Honorary Professorial Fellow within the Melbourne School of Psychological Sciences, University of Melbourne (Australia). More specifically, the Melbourne Centre for Behaviour Change. Besides expertise on behaviour change in general, his work has a specific focus on if and how we can use technological innovations to improve both reach and efficacy of behaviour change interventions to improve health and quality of life.

When he was a first year PhD candidate, in 2007, the EHPS Conference was organized at his alma mater and he became an active member. He has served the maximum of two terms as elected member of the Executive Committee and he has also been a track chair for many years. In 2012, he received the EHPS Early Career Award.

<https://www.crutzen.net>

## EHPS FELLOWSHIP AWARD WINNERS 2023



*Maria Karekla (Cyprus)*

**Maria Karekla**, Ph.D., is a licensed clinical psychologist, peer-reviewed Acceptance and Commitment Therapy trainer, and Associate Professor, University of Cyprus, and heads the “ACTHealthy: Clinical Psychology and Behavioral Medicine” laboratory. Her research focuses on areas of health promotion and the investigation of individual difference factors (especially psychological flexibility parameters) as they relate to the development and maintenance of various behavioural difficulties. She also examines the treatment of these difficulties utilizing process-based and Contextual Behavioral Science principles and innovative delivery methods (e.g., digital interventions, virtual reality) in line with precision and personalized medicine. This led to very successful digital interventions for which she received numerous local, European and international grants, and awards.

Dr. Karekla was instrumental in establishing programs of teaching and research in Health Psychology in Cyprus. She is appointed by the Cyprus Minister of Health to the National Advisory Committee for Tobacco Control, and the Board on Medically Assisted Reproduction and previously in the National Bioethics Committee, and the Cyprus Licensing Board of Professional Psychologists. Dr. Karekla aided in establishing the legal parameters of the field of psychology in Cyprus and the Cyprus Smoking law.

Dr. Karekla is active within EHPS (Cyprus national delegate 2006-2015, Synergy board 2011-2015, conference scientific co-chair and as part of the organizing committee for the EHPS conference in Cyprus, and EHPS Unit-

ed Nations committee since 2018 with representation at the Psychologist Coalition at the United Nations). She is currently the convenor of the European Federation of Psychology Associations’ (EFPA) Psychology and Health committee and is a member of the e-health task force. Presently, she is the President of the Association for Contextual Behavioral Science (ACBS), from where she received the status of “Fellow” in 2019. In 2021 she became a fellow of the Society of Behavioral Medicine, whereas in 2018 she was nominated as Cyprus “Woman of the Year: Academic/Researcher category.” She has published more than 120 peer-reviewed scientific articles, 13 chapters in edited books, 3 books, 4 technical reports and numerous papers in scientific conference proceedings. Her first psychotherapeutic children’s story book was nominated for the 2017 National Literary Awards (category Children/Adolescents) and for her illustrations for the book. She is active in scientific journal editorial boards (e.g., Journal of Contextual Behavior Science). Moreover, she is a TEDx speaker and she has been hosted and interviewed for her work by numerous podcasts, newspapers, TV and radio stations nationally and internationally.

<http://ucy.ac.cy/dir/el/component/comprofiler/user-profile/mkarekla>

## STAN MAES EARLY CAREER AWARD 2023



*Dr Olga Perski*

**Dr Olga Perski** is a Marie Skłodowska-Curie Postdoctoral Research Fellow at the University of California, San Diego (USA) and Tampere University (Finland). She completed a PhD in Health Psychology at University College London (UK) in 2018 under the supervision of Prof Susan Michie and Prof Robert West, with a thesis focused on the definition, measurement, and promotion of user engagement with digital behaviour change interventions. Dr Perski's work sits at the intersection of health psychology and digital health. Her research is focused on the development, optimisation, and evaluation of interventions for smoking cessation and alcohol reduction delivered via smartphone apps, chatbots and virtual reality. She is interested in the technology-enabled, real-time assessment and modelling of within-person processes and associated “just-in-time adaptive interventions”, which provide the right support to people, at the right time. Dr Perski is an advocate of Open Science and serves as Co-Director for the international and interdisciplinary Open Digital Health Initiative, which aims to scale and share evidence-based digital health interventions. She acts as committee member for the EHPS Special Interest Group in Digital Health & Computer-Tailoring.

## STAN MAES EARLY CAREER AWARD 2023



*Dr. Jan Keller (Germany)*

**Ph.D., Dr. Jan Keller** is a postdoctoral researcher working in the Division of Health Psychology at Freie Universität Berlin. He received his PhD from Freie Universität Berlin in 2018. His research includes a variety of topics in the field of behaviour change and health promotion, including processes of habit formation, the involvement of social partners in health interventions, and the use of digital health tools for behaviour change. His work has an inter- and transdisciplinary focus. For example, Jan is collaborating with computer scientists from the University of Melbourne in order to gain insights into healthy and problematic smartphone habits by using mobile health methods. Furthermore, he is co-leading a junior research group, in which he investigates the role of active mobility (e.g., walking, cycling, public transport use) for health and climate change together with practice partners and researchers from public health, sociology, sustainability management, and meteorology.

As an emerging scholar, his contribution to the field has been recognized through numerous publications, presentations at EHPS conferences since 2013, and chaired conference symposia. In 2016, Jan was Visiting Scholar at Columbia University in New York, which was supported by a CREATE Tandem Grant. Moreover, he was Visiting Scholar at the University of British Columbia, Vancouver, in 2017. Showing his continuous commitment to the EHPS, Jan has served on the EHPS e-courses (2015-2017), CREATE (2013-2016), and SYNERGY (2016-2021) executive committees, helping to organize scientific meetings for the health psychology community. In 2021, he contributed to the development of the EHPS Ari Haukkala Mentoring Programme, which he currently coordinates as part of the Mentoring Task and Finish group. Jan was awarded with the Graduate Student Achievement Award from the IAAP (Division 8) in 2018 as well as with the Herman Schaalma Award from the EHPS in 2019.

## STAN MAES EARLY CAREER AWARD 2023



*Dr Chris Noone*

**Dr Chris Noone** is a Lecturer in the School of Psychology at the University of Galway, from where he was awarded his PhD in 2017 before working as a postdoctoral researcher with Prof Molly Byrne and Prof Gerry Molloy. Chris leads a programme of health psychology research focused on health and wellbeing in the LGBT+ community. His research is driven by questions around how identity, stigma and cultural differences relate to different experiences of health and healthcare.

Chris is an active member of the EHPS: he routinely presents at conferences, has participated in the Synergy Expert Meeting, is a founding committee member of the EHPS Open Science Special Interest Group, and co-facilitated the CREATE workshop in 2019.

Chris co-founded the interdisciplinary Irish Sexualities & Genders Research Network in 2019. He is also a board member for the National LGBT Federation – Ireland's oldest LGBT community organisation. Chris will host the International Society for Critical Health Psychology conference in Galway in 2025.

## HERMAN SCHAALMA AWARD 2023



*Dr Jane Murphy*

**Dr Jane Murphy** completed her PhD in the School of Psychology at University of Galway in 2021, under the supervision of Professor Gerry Mollloy, Dr Jenny McSharry and Dr Lisa Hynes. Dr Murphy's PhD research employed multiple methods to evaluate the role of digital health interventions to support medication adherence in young adults living with asthma. This included a multi-method feasibility evaluation of a commercially available asthma app to support adherence in a young adult population. In recognition of the high quality of this work, she was awarded the Psychological Society of Ireland Division of Health Psychology Ruth Curtis Award for Excellence in Postgraduate Research and Practice.

Dr Murphy is currently a Postdoctoral Researcher on the CUSTOMISE (Comparing and Understanding Tailoring Methods for Implementation Strategies) project in the Health Implementation Research Hub at the School of Public Health, University College Cork. In CUSTOMISE, she is leading the evaluation of the tailoring approach for an ongoing national study developing tailored strategies to enhance the implementation of Dose Adjustment for Normal Eating (DAFNE), a patient education

programme for people living with type 1 diabetes. Dr Murphy is also working on an update of a Cochrane review on tailored interventions to address determinants of professional practice, along with leading a scoping review to characterise the processes and outcomes of tailoring in healthcare. Prior to this, she worked as a Postdoctoral Researcher on the Horizon2020 SEURO (Scaling EUROpean citizen driven transferable and transformative digital health) project at Trinity College Dublin.

Dr Murphy served on the CREATE executive committee (2019-2021) and contributed to the organisation of the annual pre EHPS-conference workshops. She has contributed to teaching on several programmes in the School of Psychology and College of Medicine, Nursing, & Health Sciences at University of Galway, and the School of Nursing & Midwifery at Trinity College Dublin. Dr Murphy's research interests include self-management of chronic conditions across the lifespan, digital health and implementation science.

## EHPS OS SIG Student Award 2023



*Andriana Theodoropoulou*  
*PhD student in Psychology, University of Essex*

### Andriana Theodoropoulou

Member of the department Open Science Working Group for 5 years, Psychological Science Accelerator for 4 years

Worked as a research assistant on Open Science on the H2020 “YUFERING: YUFE Transforming Research and Innovation through Europe-wide Knowledge Transfer project

Pre-registered MSc dissertation study and all 6 studies of her PhD, including a Stage 1 Registered Report

Pre-registers all aspects - hypotheses, variables and conditions, exclusions, sample size justification and analyses

All research stored on Open Science Framework

Teaching and peer-mentoring of undergraduate and PhD students regarding OS practices





scientific conference  
programme

## Monday, 04 September 2023

## 9:30 - 17:00 Full-day Workshops

**workshop** **Open Digital Health: Leading digital health transformation in healthpromotion and treatment, most prominent issues**

**Chair:** *Dominika Kwasnicka and Anne van Dongen*

Room: B2900

**9:30** Open Digital Health: Leading digital health transformation in health promotion and treatment, most prominent issues  
*Dominika Kwasnicka, Robbert Sanderman, Gill ten Hoor, Keegan Knittle, Lenka Knapova, Anne van Dongen*

**workshop** **Closing the diversity data gap: Proposing country-specific versions of a Diversity Minimal Item Set (DiMIS)**

**Chair:** *Gertraud (Turu) Stadler and Stephanie Haering*

Room: B2890

**9:30** Closing the diversity data gap: Proposing country-specific versions of a Diversity Minimal Item Set (DiMIS)  
*Gertraud (Turu) Stadler, Stephanie Haering, Pichit Buspavanich, Martina Schraudner*

**Workshop** **An Introduction to Research Data Management - Challenges and Opportunities in Health Psychology**

**Chair:** *Sandra Zänkert*

Room: B1400

**9:30** An Introduction to Research Data Management - Challenges and Opportunities in Health Psychology  
*Sandra Zänkert, Heike Thöricht, Lena Steinmann, Rolf Drechsler*

## 9:30 - 12:30 Morning Workshops

**Workshop** **Knowing what you're talking about: creating comprehensive construct definitions and making them useful in practice**

**Chair:** *Gjalt-Jorn Peters and Rik Crutzen*

Room: B2880

**9:30** Knowing what you're talking about: creating comprehensive construct definitions and making them useful in practice  
*Gjalt-Jorn Peters, Rik Crutzen*

## 14:00 - 17:00 Afternoon Workshops

**workshop** **Qualitative research in the age of open science: the Reproducible OpenCoding Kit (ROCK)**

**Chair:** *Szilvia Zörgő and Gjalt-Jorn Peters*

Room: B1405

**14:00** Qualitative research in the age of open science: the Reproducible Open Coding Kit (ROCK)  
*Szilvia Zörgő, Gjalt-Jorn Peters*

**workshop** **Patient involvement in health research**

**Chair:** *Anna Levke Brütt*

Room: B1410

**14:00** Patient involvement in health research  
*Anna Levke Brütt*

## 18:00 - 19:00 Opening Ceremony

Hörsaal 2010 (large lecture theatre)

## 19:15 - 21:00 Welcome Reception (co-sponsored by IAAP)

GW2 - Lower Floor (Follow signage and noise)

# Tuesday, 05 September 2023

8:30 - 9:30 EHPS Forum - Hörsaal 2010 (large lecture theatre) in the lecture theatre building

9:30 - 11:00 Parallel Sessions: Orals, Symposia and Roundtable

Oral Session	Symposium	Oral Session	Oral Session
<b>Implementation of prevention and self-management interventions</b>  <b>Chair: Kirstie McClatchey</b>	<b>The power of participatory methods to align the perceptions of intervention developers and end-users</b>  <b>Chair: Francine Schneider and Rik Crutzen</b>	<b>Mental health and wellbeing</b>  <b>Chair: Gill Ten Hoer</b>	<b>Psychological experiences of health and health behaviours</b>  <b>Chair: Saar Mollen</b>
<b>Room: B2900</b>	<b>Room: B2890</b>	<b>Room: B2880</b>	<b>Room: B1405</b>
<b>9:30</b> Evaluation of social prescribers' decision-making approaches for referrals related to lifestyle advice <i>Oana Petre</i>	How do healthcare professionals perceive the threat of antibiotic resistance? <i>Lieve Vonken</i>	<b>(On-line)</b> Longitudinal evidence shows that poor mental health in people living with obesity may be underestimated <i>Jilly Gibson-Miller</i>	Psychological Correlates of Cancer Survival <i>Shulamith Kreitler</i>
<b>9:45 (On-line)</b> Impact of gender on prevention in primary care: preliminary results from a randomized vignette study <i>Julie O'Sullivan</i>	The Public's Perspectives on Lifestyle-Related Behavior Change for Dementia Risk Reduction: A Qualitative Study <i>Jeroen Bruinsma</i>	Predictors of well-being : longitudinal study among adults with overweight and obesity <i>Natalija Plasonja</i>	<b>(On-line)</b> When East Meets West: Body image and eating behaviour concerns in young Middle-Eastern women <i>Melanie Deek</i>
<b>10:00 (On-line)</b> Exploring dental undergraduate students' behavioural determinants to facilitate oral health behaviour change conversations with patients <i>George Kitsaras</i>	Perceived effect of online access on patient empowerment, the patient-provider relationship, and informed decision-making <i>Rosa Thielmann</i>	Testing an intervention to reduce the negative effect of stress on mental health in students <i>Jennifer Töws</i>	Awareness of COVID-19 cases in personal network and students' motivation to engage in protective behaviour <i>Ksenia Eritsyanyan</i>
<b>10:15</b> IMPlimenting IMProved Asthma self-management as RouTine (IMP2ART):pilot for a cluster randomised controlled trial <i>Kirstie McClatchey</i>	Development and evaluation of personal role model stories for sexual health prevention <i>Gido Metz</i>	Causal attributions in people with depressive symptoms - an exploratory analysis of stability over time <i>Anna Katharina Reinhold</i>	<b>(On-line)</b> COuples' OBEsity (COOB) Initiative: Suitability of the interdependence and communal coping approach among couples <i>Inês Queiroz-Garcia</i>
<b>10:30</b> Barriers and facilitators to social prescribing in youth mental health: Perspectives from the frontline <i>Daniel Hayes</i>	When individuals at high risk of suicide meet emma, an assessment and prevention application. <i>Manon Leloup</i>	<b>(On-line)</b> A valid and reliable tool for assessing the stress-drinking relationship <i>Julia Reichenberger</i>	<b>(On-line)</b> ME-WEL Project: A qualitative comparative study in menopausal transition based on Health Belief Model <i>Mafalda Leitão</i>
<b>10:45</b> Smoking prevention within social work organizations: a qualitative study about youngsters' and youth workers' perceptions <i>Kenji Leta</i>	Discussion <i>Francine Schneider</i>	Gone Too Soon: Priorities to Prevent Premature Mortality Associated with Mental Illness and Mental Distress <i>Rory O'Connor</i>	Vaccination? Ain't feelin' it.": How young Slovaks tried to make sense of COVID-19 <i>Radomír Masaryk</i>

11:00 - 11:30

Break Session

8:30 - 9:30 **EHPS Forum** - Hörsaal 2010 (large lecture theatre) in the lecture theatre building9:30 - 11:00 **Parallel Sessions: Orals, Symposia and Roundtable**

Symposium	Oral Session	Roundtable	Symposium
<b>Women's health issues across the lifespan: Identifying risks and opportunities for change</b> <b>Chair: Yael Benyamini and Irina Todorova</b>	<b>Risk perception and communication</b> <b>Chair: Loes Janssen</b>	<b>Double, Double, Measurement Trouble, Sorry to Burst Your Construct Bubble</b> <b>Chair: Talea Cornelius and Paulina Schenk</b>	<b>Stigmatization and health: determinants, mechanisms and interventions</b> <b>Chair: Sylvia van Beugen and Andrew Thompson</b>
<b>Room: B1410</b>	<b>Room: B1400</b>	<b>Room: HS 1010</b>	<b>Room: HS 2010</b>
<b>9:30</b> Education sessions versus a planning intervention: effects on a reduction of sedentary time among women <i>Aleksandra Luszczynska</i>	<b>(On-line)</b> Triadic communication in medical encounters regarding Congenital Heart Defects in the pediatric setting <i>Yael Karni-Visel</i>	<b>Room</b> Double, Double, Measurement Trouble, Sorry to Burst Your Construct Bubble <i>Talea Cornelius, Marie Johnston, Paulina Schenk, Diane Dixon, Geert Crombez</i>	Predictors of stigmatizing attitudes towards people with psoriasis or Parkinson's disease <i>Sylvia van Beugen</i>
<b>9:45</b> Social and Interpersonal Predictors of Cancer Genetic Risk Assessment in Women with Cancer <i>Anita Kinney</i>	Psychological well-being and risk perception of patients with polycystic ovary syndrome <i>Erika Toth</i>		Mechanisms of peer HIV-stigma among Men who have Sex with Men (MSM) <i>Udi Davidovich</i>
<b>10:00</b> Does oxytocin administration during childbirth increase risk for postpartum post-traumatic stress symptoms? <i>Yael Benyamini</i>	Experiences and acceptability of risk-stratified breast screening: qualitative comparison of two European countries (MyPeBS trial) <i>Lorna McWilliams</i>		Interventions targeting social and self-stigma among people with chronic skin disease- Results from RCTs <i>Juliane Traxler</i>
<b>10:15</b> Dyadic regulation approach of coping and illness representations in female cancer patients and their partners. <i>Zoe Giannousi</i>	Socio-economic differences in cancer perceptions in France: a representative sample of the general population <i>Philémon Aurouet</i>		Interactive storytelling design to reduce weight-related stigma <i>Valentijn Visch, Niko Vegt</i>
<b>10:30</b> Discussion <i>Efrat Neter</i>	The effects of YouTube sexual health vlogs on young adults' safe sex attitudes and intentions <i>Loes Janssen</i>		Pregnancy smoking stigma reduction in healthcare student through a video intervention <i>Deborah Loyal</i>
<b>10:45</b> Audience Engagement Activity <i>Irina Todorova</i>			Discussion <i>Andrew Thompson</i>

11:00 - 11:30

Break Session

# Tuesday, 05 September 2023

11:00-11:30 Synergy AGM Room: B3009

11:00-11:30 Parallel Sessions: Orals, Symposia and Roundtable

Symposium	Symposium	Oral	Oral Session
<b>Loneliness and health: Understanding and overcoming challenges in times of crisis and beyond</b> Chair: Lisa Marie Warner and Sonia Lippke Room: B2900	<b>Health-related quality of life in the wake of multifaceted stressor exposure in later adulthood</b> Chair: Susanne Wurm and Sarah K. Schäfer Room: B2890	<b>Digital health tools: development, engagement and evaluation</b> Chair: Jorinde Spook Room: B2880	<b>Motivational processes in health behaviour</b> Chair: Mark Conner Room: B1405
<b>11:30</b> The impact of the Covid-19 pandemic on socially isolated older people <i>Andrew Steptoe</i>	Longitudinal association between self-perceptions of aging and health-related quality of life in older stroke patients <i>Susanne Wurm</i>	Equity, Inclusiveness and Transformation through co-creation: Improving user engagement in digital health tools. <i>Vinayak Anand-Kumar</i>	Relative Effects of Implicit and Explicit Attitudes on Behavior: Meta-Analysis and Test of Key Moderators <i>Daniel Phipps</i>
<b>11:45</b> “I am alone and I am stuck”: University students’ experiences of living alone during COVID-19 <i>Jenny Groarke</i>	The comorbidity of depression before and after stroke: A network analysis <i>Maria Blöchl</i>	Co-designing a psychological support app based on acceptance and commitment therapy for Parkinson’s disease <i>Cathryn Pinto</i>	Intention-health behavior moderators: Strength, stability and goal properties <i>Mark Conner</i>
<b>12:00</b> Daily associations between loneliness and intra- and interpersonal ruminative thoughts in cancer patient- caregiver dyads <i>Aleksandra Kroemeke</i>	Trajectories of well-being and self-rated health before and during the COVID-19 pandemic among German adults <i>Markus Wettstein</i>	Engagement with a digital intervention to support patients with long covid in the UK’s NHS <i>Katherine Bradbury</i>	Identifying theory-informed behaviour change techniques in randomized trials of audit and feedback <i>Vivi Antonopoulou</i>
<b>12:15</b> Volunteering motives, loneliness, quality of life, and Health care use <i>Jessica S. Morton</i>	Quality of life in and after cardiac rehabilitation: a one-year longitudinal study <i>Walter Bierbauer</i>	Therapeutic respiratory exergaming in the Pediatric ICU: a pilot feasibility study <i>Jorinde Spook</i>	<b>(On-line)</b> Delay discounting mediates the effect of trait impulsivity on soft drink consumption <i>Max Kulbida</i>
<b>12:30</b> ConnectUp – Developing a physical activity based social online platform with people with disabilities <i>Dominika Kwasnicka</i>	The mental health impact of the COVID-19 pandemic on older adults: A systematic review <i>Sarah K. Schäfer</i>	Do Technology Acceptance Factors, Health Related Factors and Contextual Factors Predict Use Discontinuance of eHealth? <i>Nynke van der Laan</i>	<b>(On-line)</b> An extended Theory of Planned Behaviour model to understand cervical cancer screening attendance <i>Marcella Bianchi</i>
<b>12:45</b> Discussion <i>Tracey Revenson</i>	Discussion <i>Yael Benyamini</i>	A systematic review and meta-analysis assessing the effectiveness of biofeedback for patients with hypertension <i>Sian Jenkins</i>	<b>(On-line)</b> Covid-19 vaccination intention in Italy: A repeated cross-sectional study applying the Theory of Planned Behaviour <i>Miriam Capasso</i>

13:00 - 14:00

Lunch

11:00-11:30 Synergy AGM Room: B3009

11:00-11:30 Parallel Sessions: Orals, Symposia and Roundtable

Symposium	Oral Session	Roundtable	State of the Art
<b>What makes an effective habit-based intervention?</b>  <b>Chair: Benjamin Gardner</b>  <b>Room: B1410</b>	<b>Exploring minoritisation and exclusion: How and why it happens</b>  <b>Chair: Irina Todorova</b>  <b>Room: B1400</b>	<b>Joining forces to improve environmental health effectively</b>  <b>Chair: Nadja Contzen and Josianne Kollmann</b>  <b>Room: HS 1010</b>	<b>Innovative research strategies to gain insight into reasons for health inequalities</b>  <b>Chair: Rado Masaryk</b>  <b>Room: HS 2010</b>
<b>11:30</b> The roles of habit and self-control in physical activity and healthy eating <i>Barbara Mullan</i>	Who will take care of those children?" Perspectives on prevention among underserved women in Bulgaria <i>Irina Todorova</i>	Joining forces to improve environmental health effectively <i>Nadja Contzen, Josianne Kollmann, Cornelia Betsch, Jutta Mata, Rea Pärli, Anne van Valkengoed</i>	Innovative research strategies to gain insight into reasons for health inequalities <i>Wendy Stainton Rogers</i>
<b>11:45</b> Identifying habitized elements of self-harm behaviours: An alternative approach to intervention? <i>Sheina Orbell</i>	Accessibility of mental health care for deaf and hard-of-hearing people: perspectives of caregivers and users <i>Roy A. Willems</i>		
<b>12:00 (On-line)</b> Maximizing the prophylactic impact of a salubrious diet: A higher-order habit intervention <i>Kimberly R. More</i>	The patient-provider relationship with aphasic patients: a study with nurses and care assistants <i>Camille Carpentier</i>		
<b>12:15</b> An app and brief habit-based behavioural support to promote physical activity after a cancer diagnosis <i>Rebecca Beeken</i>	"I don't know how to react": Emotional responses towards cervical cancer screening in vulnerable women <i>Diana Taut</i>		
<b>12:30</b> Can habit-based intervention components be adequately described using behaviour change technique taxonomies? <i>Benjamin Gardner</i>	A qualitative exploration of prisoner experiences during incarceration and its effect on exercising self-control <i>Sabryna Sas</i>		
<b>12:45</b> Discussion <i>Pam ten Broeke</i>	Lifetime polyvictimization and mental health in women: A population based latent class analysis <i>Sandra P Arevalo</i>		

13:00 - 14:00

Lunch

# Tuesday, 05 September 2023

13:00 - 14:00 Women's Health SIG Meeting

Room: Mensa, cordoned area

14:00 - 15:30 Parallel Sessions: Orals, Symposia and Roundtable

Oral Session	Oral Session	Oral Session	Oral Session
<b>Understanding and improving wellbeing across the lifecourse</b>	<b>Habits and Physical Activity</b>	<b>Health communication: Communication strategies</b>	<b>Risk and protective factors in chronic illness?</b>
<b>Chair: Juergen Hoyer</b>	<b>Chair: Lenka Knapová</b>	<b>Chair: Simone Dohle</b>	<b>Chair: Uwe Flick</b>
<b>Room: B2900</b>	<b>Room: B2890</b>	<b>Room: B2880</b>	<b>Room: B1405</b>
<p><b>14:00</b> Adolescent Well-Being during the COVID-19 Pandemic: Relation to Physical Activity, Social Contacts, and Screen Time <i>Anne Eppinger Ruiz de Zarate</i></p> <p><b>14:15</b> How bedtime procrastination affects our daily mood – a diary-based study <i>Maria Vettiger</i></p>	<p>Testing the usefulness of Social Cognitive Theory to explain physical activity behavior in German adults <i>Viktoria Egele</i></p> <p>Psychosocial correlates of physical activity resilience: the case of step counts during the COVID-19 pandemic <i>Lenka Knapová</i></p>	<p>Icon arrays for communicating medical information: The role of color and icon type <i>Rebecca Blase</i></p> <p>How to debunk misinformation? An experimental online study investigating text structures and headline formats <i>Helge Giese</i></p>	<p>“You develop realistic views on life”: Peer relations and communication of chronically ill young adults <i>Uwe Flick</i></p> <p>How do relatives of ill/ disabled people cope with their illness? A pilot study. <i>Melanie Jagla-Franke</i></p>
<p><b>14:30</b> Cumulative associations between health behaviors and mental well-being over 30 years in mid-adulthood <i>Tiia Kekäläinen</i></p>	<p>Physical activity maintenance: Holy grail or existing phenomenon? <i>Dario Baretta</i></p>	<p>Mind the Antibiotic Resistance Gap: Communication Strategies to Reduce Antibiotic Expectations in Ethnic Minority Groups <i>Miroslav Sirota</i></p>	<p>The extent and context of subjective cognitive complaints in haemodialysis and implications for patient outcomes <i>Frederick H. F. Chan</i></p>
<p><b>14:45</b> Meaning on life matters: Implications for public health surveillance and promotion of mental well-being <i>Caroline Cohrdes</i></p>	<p>Resilience moderates the relationship between physical activity enjoyment and habit <i>Susanne Weyland</i></p>	<p>Health advice at face value: Valence and dominance effects on receptiveness for health information. <i>Chantal den Daas</i></p>	<p>Factors associated with depression and benefit finding in a Singapore population of incident hemodialysis patients <i>Phoebe Lim</i></p>
<p><b>15:00</b> Behavioral activation and well-being: An update <i>Juergen Hoyer</i></p>	<p>An agent-based model of dyadic physical activity: a novel approach to understand social interactions <i>James Martin Allen</i></p>	<p>Training nurses on distress screening to establish an interdisciplinary approach <i>Lara Dreismann</i></p>	<p>Network and Dynamic Modelling of Physical and Psychological Symptoms in Rheumatoid Arthritis <i>Hsiu Yen Tung</i></p>
<p><b>15:15 (On-line)</b> Living the transition to adulthood in Achondroplasia and Osteogenesis Imperfecta patients <i>Margarida Santos</i></p>	<p>Computational modelling of real-world habit change: a conceptual review and practical guide <i>Chao Zhang</i></p>	<p>‘What is old and natural is harmless’: Traditional, complementary, and alternative medicine in online media <i>Aleksandra Lazic</i></p>	<p>Sexual problems in older age and barriers in help-seeking behaviours. A qualitative Polish study. <i>Gabriela Gore-Gorszewska</i></p>

13:00 - 14:00 Women's Health SIG Meeting

Room: Mensa, cordoned area

14:00 - 15:30 Parallel Sessions: Orals, Symposia and Roundtable

Symposium	Symposium	Roundtable	Symposium
<p><b>Social Relationships and Health: New Insights from Dyadic Research</b></p> <p><b>Chair: Pascal Küng and Patrick Stefan Höhener</b></p> <p><b>Room: B1410</b></p>	<p><b>Development and delivery of prehabilitation interventions to support behaviour change and emotional well-being pre-surgery</b></p> <p><b>Chair: Leah Avery and Rachael Powell</b></p> <p><b>Room: B1400</b></p>	<p><b>Addressing and Overcoming Power Relations in Health Psychology (Research): An Interactive Discussion</b></p> <p><b>Chair: Maria Blöchl, Vica Tomberge and Christine Emmer</b></p> <p><b>Room: HS 1010</b></p>	<p><b>Putting the Behaviour Change Intervention Ontology (BCIO) to work in health psychology</b></p> <p><b>Chair: Susan Michie</b></p> <p><b>Room: HS 2010</b></p>
<p><b>14:00</b> Daily support and emotion regulation strategies in romantic couples: women's and men's intrapersonal experiences <i>Julia Roseman</i></p>	<p>A qualitative stakeholder analysis of beliefs, facilitators, and barriers for prehabilitation before lung cancer surgery <i>Melissa Voorn</i></p>	<p>Addressing and Overcoming Power Relations in Health Psychology (Research): An Interactive Discussion <i>Maria Blöchl, Vica Tomberge, Christine Emmer, Anna Levke Brütt</i></p>	<p>Characterising all aspects of behaviour change intervention scenarios using the Behaviour Change Intervention Ontology (BCIO) <i>Lisa Zhang</i></p>
<p><b>14:15</b> Health-related social influences among siblings in families with Li-Fraumeni Syndrome <i>Chloe Huelsnitz</i></p>	<p>Systematic development of an evidence and theory-informed digital prehabilitation intervention (iPREPWELL) <i>Leah Avery</i></p>		<p>From BCTTv1 to Behaviour Change Technique Ontology (BCTO): What's the difference and what's the benefit? <i>Marie Johnston</i></p>
<p><b>14:30</b> Impact of Social Influence Strategies on Romantic Couples' Daily Physical Activity and Affective Outcomes <i>Pascal Küng</i></p>	<p>Impact of a cancer prehabilitation and recovery programme on emotional well-being: A multi-perspective, qualitative evaluation <i>Amy Davies</i></p>		<p>Using the Human Behaviour Ontology (HBO) to precisely characterise behaviours in research and practice <i>Robert West</i></p>
<p><b>14:45</b> Dyadic just-in-time adaptive interventions to increase physical activity in romantic couples: A micro-randomised trial <i>Patrick Stefan Höhener</i></p>	<p>Workshop: How can health psychology effectively contribute to the design and reporting of multidisciplinary prehabilitation research? <i>Leah Avery and Rachael Powell</i></p>		<p>Formally specifying mechanisms of action for behavioural interventions: The Mechanism of Action Ontology <i>Paulina Schenk</i></p>
<p><b>15:00</b> A buddy support intervention for active commuting - Pre-post analysis of a dyadic N-of-1 study <i>Lea O. Wilhelm</i></p>	<p>Discussion <i>Carin Schröder</i></p>		<p>Audience Engagement Activity <i>Susan Michie</i></p>
<p><b>15:15</b> Discussion <i>Niall Bolger</i></p>			<p>Discussion <i>Molly Byrne</i></p>



# Tuesday, 05 September 2023

15:30 - 17:00 Parallel Sessions: Posters

## EXPERIENCING EXCLUSION

Chair: Phoebe McKenna-Plumley

- Being an autistic woman – experiences, social stressors and protecting factors: a qualitative study  
*Aleksandra Grzeszak*
- The relationship of minority stress, resources, and health among German gay and bisexual men  
*Marcel Hackbart*
- Associations of LTC status, access, engagement, and treatment modality offered in UK IAPT services.  
*Emma Jenkinson*
- Systematic Review Protocol for a critical discourse analysis of research on HIV PrEP among gbMSM  
*David Comer*
- Experiences of loneliness across the lifespan: a qualitative systematic review  
*Phoebe McKenna-Plumley*
- Social, emotional, and existential dimensions of loneliness from youth to older adulthood  
*Phoebe McKenna-Plumley*

## INTERVENTIONS TO PREVENT EXCLUSION

Chair: Mikolaj Zarzycki

- Improving access to cancer screening among people with intellectual disabilities: development of a complex intervention  
*Marie Kotzur*
- The influence of SES on the success of an online counseling service for children/youth  
*Franziska Rarey*
- Uptake, engagement, and delivery of community-based dietary interventions within low socioeconomic populations  
*Abigail Stephen*
- Photo and graphic elicitation in health psychology: methodological considerations on the analysis of visual data  
*Mikolaj Zarzycki*
- Evaluating the process of adapting a co-created intervention to promote healthy sleep among adolescents  
*Lea Rahel Delfmann*
- **(Online)** Equitable and culturally-inclusive digital patient empowerment interventions: lessons learned from the AFFIRMO project.  
*Serena Barello*

## PROMOTING HEALTH AND WELLBEING FOR ALL

Chair: Christine Emmer

- Social inequalities in mental health and the mediating role of psychosocial resources  
*Caroline Debnar*
- The role of physical activity for well-being and integration in acculturative stress  
*Christine Emmer*
- Understanding health professionals' responses to patient complaints – a behavioural systems analysis  
*Vivi Antonopoulou*
- Dutch adolescents' sexual health and wellbeing: A qualitative comparison of high and low educated youth  
*Pascalie Heijligenberg*
- Preliminary testing the acceptability of an information brochure for colorectal cancer screening: a qualitative analysis  
*Océane Pittet*
- Psychosocial aspects of high cancer risk status: a systematic review and meta-analysis  
*Elaine Lowry*

## 15:30 - 17:00 Parallel Sessions: Posters

## CLIMATE ACTION AND SUSTAINABILITY

Chair: Lisa Marie Warner

- Jetting around the globe for 15-minute presentations? Comparison of face-to-face versus hybrid EHPS- conference travel emissions  
*Lisa Marie Warner*
- Low urgency, low agency: Exploring climate change perceptions of high SES people in the UK  
*Sophie Duncan*
- Situational predictors of climate anxiety  
*Chiara Hill-Harding*
- Coping with climate anxiety: A narrative literature review  
*Leonie Otten*
- **(Online)** A Scoping Review and Behavioural Analysis of Factors Underlying Overuse of Antimicrobials  
*Olga Poluektova*
- Patients' perspective on sustainable healthcare  
*Marieke Adriaanse*

## CONSUMPTION, SUSTAINABILITY AND ACTION

Chair: Laura König

- Combining audit & feedback with other interventions to optimise GP antibiotic prescribing: systematic review protocol  
*Kevin Roche*
- Food for future - The impact of menu design on food choice in a hospital  
*Julia Meis-Harris*
- Carbon foo(d)prints – Perceived carbon emissions for food items from German retailers  
*Jana Straßheim*
- Co-designing a new international master's Programme in psychology applied to food, health and environment  
*Giovanni Aresi*
- **(Online)** Fostering local seasonality: an extended Theory of Planned Behaviour model to understand sustainable food choices.  
*Raffaele Pasquariello*

## UNDERSTANDING AND ADDRESSING MENTAL HEALTH

Chair: Laura Kudlek

- The benefits of playful physical activity on psychological health  
*Indra Carey*
- The Influence of a Self-induced Laughter Intervention on Expatriates' Happiness, Well-being, and Experience of Homesickness  
*Gulcan Garip*
- Affective and cognitive symptoms associated with burnout in a general population  
*Anna Sundström*
- Bi-directional relationships between self-rated health and burnout, sleep quality and somatic symptoms  
*Maria Nordin*
- A qualitative study of emotional eating in an acceptance and commitment therapy-based weight management programme  
*Laura Kudlek*
- The impacts of gratitude writing on mental health of college students: a randomized controlled trial  
*Chun-Qing Zhang*

## 15:30 - 17:00 Parallel Sessions: Posters

### COVID-19-RELATED BEHAVIOURS, CONSEQUENCES, AND LESSONS LEARNED

Chair: Shoji Ohtomo

- Did the COVID-19 restrictions frustrate the fulfillment of important psychological needs? – Longitudinal evidence  
*Anna Pretscher*
- **(Online)** Health Belief Concerns and Preventive Measures in Lawyers During Early Years of Covid-19 In Pakistan  
*Omama Tariq*
- Academic behavioural science impacting public health policy and practice: Implementing a collaboration process model  
*Mona Maier*
- The effects of psychological resilience and habit on adaptation to living with COVID-19  
*Shoji Ohtomo*
- Exploring university students' information needs and beliefs towards COVID-19 vaccination: Implications for policy and practice  
*Tugce Varol*
- Cognitive complaints and fatigue over time following COVID 19  
*Konstadina Griva*

### EXPLORING ENERGY-BALANCE RELATED BEHAVIOURS

Chair: Aleksandra Luszczynska

- The role of psychosocial well-being and emotion-driven impulsiveness in food choices among European adolescents  
*Stefanie Do*
- To understand whole-grain consumption among young adults in Sweden applying HAPA Construct study  
*Ingela Marklinder*
- Placebo effects on the intention to be physically (more) active – first results  
*Martin Kopp*
- Awareness of Implementation of Food Environment Policies: Engaging Youth Through Photovoice  
*Aleksandra Luszczynska*
- Participant narratives on workplace interventions' impact on physical activity and Theory of Planned Behavior constructs  
*Eleonoora Hintsä*
- Greater weekday sitting time is associated with better academic performance in Japanese students  
*Koji Yamatsu*

### INNOVATIVE METHODS IN HEALTH BEHAVIOUR INTERVENTIONS

Chair: Sarah E. Stutterheim

- Intervention Mapping as a guide to developing, implementing, and evaluating health-related stigma reduction interventions  
*Sarah E. Stutterheim*
- Preventing smoking initiation in adolescents living in vulnerable socioeconomic situations: a study protocol  
*Babette Demeester*
- Does co-creating an implementation plan with school staff improve the implementation of a school-based intervention?  
*Janneke de Boer*
- Self-initiated breathing exercises and sleep quality increase daily work engagement  
*Lena Grabo*
- Scaling up the Dental RECUR Brief Negotiated Interview for improving oral health in children nationally.  
*Marc Edwards*
- Health behavior change through psychedelics: an international population survey.  
*Laura Cabral da Ponte Carvalho*

## 15:30 - 17:00 Parallel Sessions: Posters

## INNOVATIVE APPROACHES

Chair: Nuria Pedros Barnils

- Endometriosis knowledge and stigmatization in a German online sample over 16 years of age  
*Sarah Eitze*
- Perceived symptoms of smoke related to the use of biomass fuel cooking stoves in Rwanda  
*Mana Asada*
- Awareness of Physical Activity-Related Policies Operating in Local Environment: a Photovoice Study of Adolescents' Perceptions  
*Anna Banik*
- **(Online)** Psychosocial factors influencing Italians' vaccination acceptance during the Covid-19 pandemic: A grounded theory approach  
*Miriam Capasso*
- **(Online)** Why did I get engaged in cancer screening? women positioning in narratives about preventive practices  
*Daniela Lemmo*
- University-based mental health counselling in Russia: audit of existing models and challenges  
*Ksenia Eritsyayn*

## IMPLEMENTATION OF HEALTH PSYCHOLOGY INTERVENTIONS

Chair: Laura McGowan

- Rolling out a physical activity digital intervention for older adults; a qualitative study of implementation  
*Laura Dennison*
- Improving cancer preventive behaviours in cancer surgery patients and their families: a feasibility study  
*Clara Kurtidu*
- Moving diabetes prevention programs into the real world: Systematic search and review on implementation strategies  
*Tineke Dineen*
- Optimizing Implementation: Elucidating the Role of BCTs and Corresponding Strategies on Determinants and Implementation Performance  
*Evelien Dubbeldeman*
- Behavior change techniques and effectiveness of interventions targeting people with lower socio-economic position: Scoping review  
*Loes van den Bekerom*
- Understanding contextual adaptation, implementation barriers and facilitators for psychosocial interventions in South Asia: Scoping Review  
*Thomas Klein*

## COMMUNICATION IN HEALTH SERVICES

Chair: Heather Buchanan

- Obstetric violence in the words of Lithuanian mothers: perceptions and lived experiences  
*Gabija Jarašiūnaitė-Fedosejeva*
- Barriers and facilitators to the delivery of smoking cessation advice in private dental consultations  
*Heather Buchanan*
- Exploring physiotherapists views of ACT informed Physiotherapy for patients with persistent pain in routine care  
*Zora Honzlova*
- How should the probability of side effects be verbally expressed? A pilot study in Poland  
*Agnieszka Olchowska-Kotala*
- What is "coaching" in oncology? Preliminary results of a Delphi study in Belgium  
*Pierre Gérain*
- **(Online)** Mediators of Intervention Effects in a Randomized Controlled Trial Motivating Cancer Genetic Risk Assessment  
*Jinghua An*

## 15:30 - 17:00 Parallel Sessions: Posters

### DIGITAL CHRONIC DISEASE MANAGEMENT

Chair: **Angelos Kassianos**

- Developing a digital intervention for helping chronic patients adhere to their medication: The Stay-On-Track tool  
*Angelos Kassianos*
- Motor Neurone Disease online support groups: A qualitative analysis of posted messages and member interviews  
*Neil Coulson*
- Feasibility of a digital behaviour change intervention (VITALISE) for adults with non-alcoholic fatty liver disease.  
*Hollie Smith*
- Sources of support and views of e-mental health among caregivers of adults with kidney conditions  
*Chelsea Coumoundouros*
- Attitudes towards Digital Health Technology of people with Chronic Kidney Disease  
*Miznah Al-Abbadey*
- Augmented Reality for Chronic Back Pain: Psychoeducational Intervention Design - A Scoping Review  
*Robin Conen*
- What means individualized telemedicine in palliative care?  
*Kristýna Anna Černíková*

### DIGITAL MENTAL HEALTH AND WELLBEING

Chair: **Thomas Gültzow**

- “MyDoula” - Mobile app-based intervention program for pregnant women to promote mental wellbeing (RCT)  
*Gerlind Grosse*
- **(Online)** Optimization of a transdiagnostic emotion regulation mobile intervention for university students: a mixed - methods study  
*Tajda Laure*
- Mental health related services in healthcare for people living with HIV (PLHIV) in Croatia  
*Ivana Benković*
- Attitudes towards digital technology use in health context according to a nationwide survey in Germany  
*Karina Karolina De Santis*

### DIGITAL PHYSICAL ACTIVITY INTERVENTIONS

Chair: **Wiebke Goehner**

- Acceptability of a reward-based walking application in older adults: a latent profile transition analysis  
*Meggy Hayotte*
- Healthcare students’ perceptions of technologies to promote physical activity: influence of explicit weight bias  
*Meggy Hayotte*
- Effectiveness of an app-based blended care intervention to maintain physical activity in the rehabilitation setting  
*Wiebke Goehner*
- Efficacy of online physical activity interventions with mobile elements within adults aged over 50 years  
*Eline Collombon*
- Perspectives of neighborhood sport coaches towards using gamification to promote physical activity in the neighborhood  
*Ayla Schwarz*

### DIGITAL CARDIORESPIRATORY CARE

Chair: **Ainslea Cross**

- Out of the Box: Co-creative multistakeholder study to enhance the effectiveness of cardiology eHealth intervention.  
*Sara Hondmann*
- Exploring patient experiences of participating in digital cardiac rehabilitation: A qualitative study  
*Eanna Kenny*
- Efficacy and feasibility of a mHealth intervention to promote healthy lifestyle behaviors in cardiac patients  
*Sophie von Kleist*

## 15:30 - 17:00 Parallel Sessions: Posters - Tuesday, 05 September 2023

## DIGITAL INTERVENTION DEVELOPMENT AND EVALUATION STUDIES

Chair: Chen-Chia Pan

- **(On-line)** Designing a health-promoting digital health intervention for midlife women using co-production and behaviour change theory  
*Hana Sediva*
- Protocol for a multi-center, randomized controlled non-inferiority trial of internet-delivered CBT-I compared to face-to-face CBT-I  
*Sandy Hannibal*
- Pilot study with the Asthma app: promoting responsible Short-Acting Beta2-Agonist use in people with asthma  
*Liselot van den Berg*
- Successes and areas for improvement from an online diabetes prevention program coach training platform  
*Kaela Cranston*

## ONLINE RISK EXPOSURE

Chair: Helge Giese

- The determinants and persuasive effects of virtual body ownership of an overweight virtual body  
*Nadine van der Waal*
- Exposure to eating-related content on social media, body image and eating behaviours: A systematic review  
*Phoebe Wu*
- Digital media use and cognitive functioning in European children and adolescents – the I.Family study  
*Elida Sina*
- Phubbing in romantic relationships - a threat to fundamental needs?  
*Eva Katharina Matthias*
- Adolescents' online opportunities and risks: a mixed-methods observational study on new communication methods  
*Laura Fagnani*

15:30 - 16:00 Coffee Break

17:00 - 18:00 Keynote Lecture: Cornelia Betsch  
Chair: Gudrun Sproesser

Room: Hörsaal 2010

**Unlocking Health Psychology's Potential: From Research to Policy and Communication**

Cornelia Betsch is a psychologist and professor of Health Communication at the University of Erfurt. She also heads the Health Communication working group at the Bernhard Nocht Institute for Tropical Medicine, Hamburg. Her work aims at understanding principles of health behavior by applying a judgment and decision-making and strategic-interaction perspective to planetary health behavior. Even before the Corona pandemic, she was doing research in the field of psychology and infectious diseases control. During the COVID-19 pandemic, she engaged in generating behavioural insights for crisis management with the COVID-19 Snapshot Monitoring (COSMO). For this work, she received the German Psychology Prize in 2021 and the Thuringian Research Prize in 2022. She presently is a member of the German government's COVID-19 Expert Advisory Council, of the WHO Technical Advisory Group on Behavioral and Cultural Insights, and of the Interdisciplinary Commission for Pandemic Research by the German Research Foundation (DFG). She is currently setting up an interdisciplinary research institute on Planetary Health Behaviour at the University of Erfurt.

**Overview**

L'art pour l'art? The Corona pandemic and the climate crisis show that as health researchers we have to leave our ivory towers and that it is not sufficient to conduct our research just for the sake of understanding health behaviours. In this talk I will discuss opportunities and boundaries of evidencebased health policy making and communication - also given the limitations of psychological research.

18:20 - 21:00 DGPs Fachgruppe Young Members Meeting  
Room: bus stop "Zentralber-eich" at the Uni19:00 - 21:00 DGPs Fachgruppe Young Members Meeting  
Room: "Sielwall"

# Wednesday, 06 September 2023

8:00 - 9:30 EHPS AGM - Hörsaal 2010 (small lecture theatre)

9:30 - 11:00 Parallel Sessions: Orals and Symposia

Oral Session	Oral Session	Symposium	Oral Session
<b>Inequalities, cognitive functioning and mental health</b>	<b>Practical ways of making healthcare more inclusive</b>	<b>Innovative research approaches to developing self-management interventions for diabetes</b>	<b>Job factors and employee health</b>
<b>Chair: Laura Scholaske</b>	<b>Chair: Karina De Santis</b>	<b>Chair: Sara Simao</b>	<b>Chair: Beata Basinska</b>
<b>Room: B2900</b>	<b>Room: B2890</b>	<b>Room: B2880</b>	<b>Room: B1405</b>
<b>9:30</b> Role of Acculturation and Acculturative Stress for Depression Risk Among Immigrants From Türkiye in Germany <i>Laura Scholaske</i>	Mentalhealth4all: Development of an online platform to improve access to mental healthcare for migrants/refugees <i>Melanie de Looper</i>	Context and mechanisms of an evidence-based text message intervention for people with type 2 diabetes <i>Sara Simao</i>	Associations between workplace design and office workers' sitting patterns: A field study. <i>Pam ten Broeke</i>
<b>9:45</b> Discrimination, mental health and social inequalities in the UK during 2015-2020: a repeated cross-sectional study <i>Rosanna Maletta</i>	Photovoice as Inclusion: Transforming University Education for Future Health Advocates <i>Mala Matacin</i>	Development of an e-program to improve quality-of-life of diabetics based on ACT therapy <i>Coline Hehn</i>	Nature contact in the workplace, stress and workability: Nature connectedness as a moderating variable <i>Talma Kushnir</i>
<b>10:00</b> Intersectional inequalities in the impact of becoming a grandparent on cognitive function: a longitudinal MAIHDA <i>Enrique Alonso-Perez</i>	Addressing positive health literacy: a pilot intervention study in the Netherlands <i>Lies ter Beek</i>	Exploring active ingredients of type 2 diabetes self-management programmes: A content analysis of two programmes <i>Márcia Carvalho</i>	Profiles of employees' well-being over a one-year period: latent profile and latent transition analysis <i>Beata Basinska</i>
<b>10:15</b> Emic Views of mental illness among the Borena indigenous community in Southern Ethiopia <i>Yassin Mohammed Yesuf</i>	Community-partnership incentive-based interventions aimed at achieving or maintaining healthy weight: A Systematic Review <i>Julie Cowie, Scott Findlay</i>	Development of an innovative multi-factorial management intervention to address multi-morbidity in early-onset type 2 diabetes. <i>Michelle Hadjiconstantinou</i>	The Role of Organizational Climate in the Psychological Health of Canadian Armed Forces Members <i>Alla Skomorovsky</i>
<b>10:30</b> The Physical and Psychological Consequences of Precarious Employment <i>Ayla Hoccoğlu Uzunkaya</i>	A practical step-by-step approach for patient and public involvement in eHealth intervention research <i>Milon H. M. van Vliet</i>	Audience Engagement Activity <i>Sara Simao and Coline Hehn</i>	
<b>10:45</b> Moderating effect of grip strength in the association between cancer and depression symptomatology <i>Diogo Veiga</i>	Bridging the gap: A guide to developing inclusive eHealth interventions <i>I. Al-Dhahir</i>	Discussion <i>Leah Avery</i>	

11:00 - 11:30

Break Session

8:00 - 9:30 **EHPS AGM** Hörsaal 2010 (small lecture theatre)9:30 - 11:00 **Parallel Sessions: Orals and Symposia**

Symposium	Oral Session	Symposium	Symposium
<b>Theory-Informed Dyadic Health Research: From Design to Analysis</b>	<b>Eating disorders and bodily awareness</b>	<b>Smartphone use in daily life: Do we have to worry about our health?</b>	<b>IAAP Health Psychology Division Symposium: Scalable health behavior change interventions and their effective mechanisms</b>
<b>Chair: Talea Cornelius</b>	<b>Chair: Jazz Bartholomew</b>	<b>Chair: Theda Radtke and Jan Keller</b>	<b>Chair: Yiqun Gan and John de Wit</b>
<b>Room: B1410</b>	<b>Room: B1400</b>	<b>Room: HS 1010</b>	<b>Room: HS 2010</b>
<b>9:30</b> Compendium of dyadic intervention techniques for health behavior change: State of research and conceptual implications <i>Corina Berli</i>	Role of self-esteem and anxiety in the relationship between emotional competence and eating disorders <i>Alessandra Pokrajac-Bulian</i>	Identifying person-specific associations between smartphone use and predictors of mental wellbeing with an N-of-1 design <i>Eline Smit</i>	Habit-stacking and salience nudge interventions increase hand washing in the office environment <i>Marijn Stok</i>
<b>9:45</b> Family-Authored ICU Diaries to reduce Fear in Patients Experiencing a Cardiac Arrest (FAID Fear) <i>Talea Cornelius</i>	Self-compassion, self-coldness and healthy eating behaviour <i>Roeline Kuijer</i>	Resource recovery at work? The impact of private smartphone use on employees' work and health <i>Ann-Kathrin Sowa</i>	Promoting preventive behavior during the COVID-19 pandemic: A randomized controlled trial of the Soapp application <i>Jennifer Inauen</i>
<b>10:00</b> Utilizing Attachment Theory to Enhance Relationship Quality and Mental Health Among Cardiac Couples <i>Heather Tulloch</i>	<b>(On-line)</b> From Alexithymia to Eating Disorders symptoms: the mediating role of Mental Pain <i>Nadia Barberis</i>	Exploring the Phenomenon of Smartphone Disconnection: A Systematic Review of Detox Practices <i>Lise-Marie Nassen</i>	Examining the Psychological Pathways Underlying a HAPA-based Influenza Prevention Intervention for Older Adults <i>Chun-Qing Zhang</i>
<b>10:15</b> How minority stress acts as a potential additive stressor for same-gender couples <i>Nathalie Meuwly</i>	Loneliness and preferences for palatable versus healthy food: The role of coping <i>Fuschia Sirois</i>	Study Smart! – The effects of a planning intervention targeting smartphone separation on health-related outcomes <i>Lina Christin Brockmeier</i>	<b>(On-line)</b> Online Regulation of Craving Training to Promote Healthy Diet under Stress: A Randomized Control Trail <i>Yiqun Gan</i>
<b>10:30</b> Should we focus on the dyad or the two individuals? Ways of conceptualizing dyadic data <i>Gertraud (Turu) Stadler</i>	The relationship between emotional intelligence, anxiety and risky behaviour: Sensing internal signals from the body <i>Khatuna Martskvishvili</i>	Are offline meals healthy meals? – A smartphone field experiment to promote healthy family meals <i>Theda Radtke</i>	Audience Engagement Activity <i>Sonia Lippke</i>
<b>10:45</b> Discussion Talea Cornelius	The role of personality on weight loss interventions in people with metabolic conditions <i>Jazz Bartholomew</i>	Discussion <i>Dominika Kwasnicka</i>	Discussion <i>John de Wit</i>

11:00 - 11:30

Break Session



# Wednesday, 06 September 2023

## 11:30 - 13:00 Parallel Sessions: Orals, Symposia and Roundtable

Oral Session	Symposium	Symposium	Oral Session
<b>Care &amp; Caregiving</b>  <b>Chair: Val Morrison</b>  <b>Room: B2900</b>	<b>Highlighting the importance of health psychology and psychological research in improving vaccine uptake?</b> <b>Chair: Olivier Luminet and Aurélie Gauchet</b>  <b>Room: B2890</b>	<b>Psychological health &amp; well-being: Insights from behavioral and molecular genetics</b>  <b>Chair: Marco Deppe and Dmitry V. Kuznetsov</b>  <b>Room: B2880</b>	<b>Health professional behaviours</b>  <b>Chair: Benjamin Schüz</b>  <b>Room: B1405</b>
<b>11:30</b> Portraits of Care: Exploring experiences of caring for people living with Alzheimer's across four continents <i>Tina Cartwright</i>	Randomized Controlled Trials of Interventions to Change Vaccination Behavior: A Meta-Analysis <i>Aurelie Gauchet</i>	Youth depression symptoms during COVID-19: Longitudinal evidence from a twin study on resilience factors. <i>Marco Deppe</i>	Hip replacement surgery recommendations: Orthopaedic surgeons' perspectives on implementation <i>Rachael Powell</i>
<b>11:45</b> A fate worse than death?: Longitudinal analysis of suicidal ideation among informal caregivers in Europe <i>Larissa Zwar</i>	Predicting vaccination at different stages of the pandemic: Motivation, health concerns, risk perception, trust, context <i>Olivier Luminet</i>	Polygenic score analyses of subjective well-being in the German TwinLife sample. <i>Charlotte K. L. Pahnke</i>	Implementation of a whole genome sequencing report form (SRF) to reduce UK hospital-based nosocomial SARS-CoV-2 <i>Ruth Leiser</i>
<b>12:00</b> Care-related interactions in families caring for children with rare genetic or undiagnosed diseases <i>Laura Koehly</i>	Shared HPV vaccine readiness within families: a psychometric analysis of parent-adolescent dyads in France <i>Damien Oudin Doglioni</i>	The mediation of shame between coping style and day-to-day stress. Applying the biometrical mediation model <i>Dmitry Kuznetsov</i>	Development of a CDSS and patient portal for the joint management of medication-related fall risks <i>Leonie Westerbeek</i>
<b>12:15</b> A spiritual support intervention can prevent anxiety, depression and PTSD among relatives of ICU patients <i>Paula Repetto</i>	Are the 7C antecedents of COVID-19 vaccination an expression of personality or economic preferences? <i>Judith Mueller</i>	The impact of polygenic risk and environments on stress-related disorders: a predictive modeling approach. <i>Vera Karlbauer</i>	Health professionals' behavioural responses to patient complaints: A systematic literature review and theoretical analysis <i>Alison R. McKinlay</i>
<b>12:30</b> The experience of living with hidradenitis suppurativa for affected individuals and their partners <i>Andrew Thompson</i>	Audience Engagement Activity <i>Judith Mueller</i>	Is well-being indeed a personal(ity) thing? a quasi-replication and extension of previous twin studies <i>Christian Kandler</i>	Regional variations in antibiotic prescribing in Germany: Understanding differences through an adapted Theoretical Domains Framework. <i>Benjamin Schüz</i>
<b>12:45</b> Cross-country variations in caregiver values, meaning in life, illness beliefs and outcomes – ENTWINE- iCohort Study <i>Mikolaj Zarzycki</i>	Discussion <i>Kyra Hamilton</i>	Discussion <i>Christian Kandler</i>	Barriers and facilitators to sustainable operating theatres: a systematic review using the Theoretical Domains Framework. <i>Aws Almkhtar</i>

13:00 - 14:00

DGPs Fachgruppe AGM Room: Hörsaal 1010

13:00 - 14:00

Lunch

## 11:30 - 13:00 Parallel Sessions: Orals, Symposia and Roundtable

Symposium	Oral Session	Roundtable	State of the Art
<b>Innovative approaches and to understanding psychosocial adaptation to chronic illness</b> Chair: Tracey Revenson and Urte Scholz	<b>The role of individual factors in occupational health</b> Chair: Ilona McNeill	<b>How Practical is Health Psychology? Health communication and misinformation</b> Chair: Dominika Kwasnicka and Gill ten Hoor	<b>Views on Ageing in the Context of Health Psychology for all: Insights into Age Discrimination</b> Chair: Rory O'Connor
Room: B1410	Room: B1400	Room: HS 1010	Room: HS 2010
<b>11:30</b> Social and sexual well-being among young adults coping with stigma of visible chronic skin disease <i>Caroline F. Z. Stuhlmann</i>	Segmentation Preference Moderates the Workload – Work-Life Conflict – Stress Relationship Amongst Mental Health Professionals <i>Ilona McNeill</i>	How Practical is Health Psychology? Health communication and misinformation <i>Dominika Kwasnicka, Gill ten Hoor, Ainslea Cross, Keegan Knittle</i>	Views on Ageing in the Context of Health Psychology for all: Insights into Age Discrimination <i>Verena Klusmann</i>
<b>11:45</b> Well-being trajectories in breast cancer and their predictors: A machine-learning approach <i>Evangelos Karademas</i>	Daily affect, stress, and self-efficacy in German preschool teachers during the COVID-19 pandemic <i>Lilly Buhr</i>		
<b>12:00</b> Social support interventions using mobile applications to improve cancer outcomes: A systematic review <i>Karoline Villinger</i>	<b>(On-line)</b> Explaining work addiction through behaviors of significant persons in family and organization: does gender matter? <i>Modesta Morkevičiūtė</i>		
<b>12:15</b> HED-Start: A positive skills intervention to improve psychological adjustment in new haemodialysis patients <i>Konstadina Griva</i>			
<b>12:30</b> Audience Engagement Activity <i>Tracey A Revenson</i>			
<b>12:45</b> Discussion <i>Tracey A Revenson</i>			

13:00 - 14:00

DGPs Fachgruppe AGM Room: Hörsaal 1010

13:00 - 14:00

Lunch

# Wednesday, 06 September 2023

## 14:00 - 15:30 Parallel Sessions: Orals, Symposia and Roundtable

Oral Session	Symposium	Oral Session	Oral Session
<p><b>Understanding COVID-related behaviours</b></p> <p><b>Chair: Aleksandra Luszczynska</b></p> <p><b>Room: B2900</b></p>	<p><b>A New Wave of Cardiac Rehabilitation: A Focus on Psychosocial Recovery</b></p> <p><b>Chair: Heather Tulloch</b></p> <p><b>Room: B2890</b></p>	<p><b>Physical Activity</b></p> <p><b>Chair: Dominika Kwasnicka</b></p> <p><b>Room: B2880</b></p>	<p><b>Public and population health</b></p> <p><b>Chair: Sabrina Cipolletta</b></p> <p><b>Room: B1405</b></p>
<p><b>14:00</b> Who keeps distance when? Physical distancing across settings in different stages of the COVID-19 pandemic <i>Carlijn Bussemakers</i></p>	<p>Couples' coping strategies with Left Ventricular Assist Device Implantation (LVAD) – A qualitative dyadic study <i>Maya Golan</i></p>	<p>The mediating effects of process measures on smoking and physical activity in the TARS RCT <i>Adrian Taylor</i></p>	<p>Public Perceptions of Cervical Screening Following a National Public Health Controversy <i>Olga Poluektova</i></p>
<p><b>14:15</b> Determinants of handwashing to minimise COVID-19: a systematic review <i>Martin Dempster</i></p>	<p>Acceptability of a couples-based intervention for patients with cardiac disease and their partners <i>Karen Bouchard</i></p>	<p>MedEx-UK: Feasibility trial of a Mediterranean diet and physical activity intervention among an at-risk population <i>Wendy Hardeman</i></p>	<p>Knowledge and understanding of Fibromyalgia Syndrome in Ireland: Findings from a cross-sectional survey. <i>Natalia Duda</i></p>
<p><b>14:30</b> Exploring media use during the COVID-19 pandemic in the Netherlands: a longitudinal study <i>Adriana Solovei</i></p>	<p>Young females post-SCAD: Unique challenges and needs in recovery <i>Kathleen Lalande</i></p>	<p>Wellbeing behaviour benefits of co-designed park improvements: Natural experimental study in a deprived urban area <i>David French</i></p>	<p>A digital Informal care support platform: Covid-19 impact on functionality use and implementation recommendations <i>Sofia Bastoni</i></p>
<p><b>14:45</b> Investigating vaccination intentions and uptake in the context of COVID-19: A multi-country, prospective, longitudinal study <i>Angelos Kassianos</i></p>	<p>Health related quality of life in heart failure patients undergoing a new model of medicaltelecare. <i>Katarzyna Piotrowicz</i></p>	<p>Better TWogether? A planning intervention to increase the physical activity among adolescent friends' dyads <i>Konstantin Schenkel</i></p>	<p>Divergent views on healthcare transformation: The social representation of telemedicine in the Italian public sphere <i>Edoardo Zulato</i></p>
<p><b>15:00</b> A qualitative study exploring the legacy of Covid-19 vaccine communications and implications for future practice <i>Atiya Kamal</i></p>	<p>Significant improvements to psychosocial outcomes following a digital cardiovascular disease prevention and rehabilitation programme <i>Lisa Hynes</i></p>		<p>Post-mortem organ donation in Italy, a large-scale focus group study on people's perceptions and beliefs <i>Sabrina Cipolletta</i></p>
<p><b>15:15</b></p>	<p>Discussion <i>Noa Vilchinsky</i></p>		<p><b>(On-line)</b> Attitude, intention and will expression on post-mortem organ donation in the Italian population <i>Silvia Caterina Maria Tomaino</i></p>

## 14:00 - 15:30 Parallel Sessions: Orals, Symposia and Roundtable

Symposium	Oral Session	Symposium	Roundtable
<b>The Queen takes Ivermectin? Combatting health-related misinformation in times of crisis</b>	<b>Self-regulation in chronic disease</b>	<b>How does stress relate to eating behavior? Insights from studies in daily life</b>	<b>Health Psychology &amp; Pride! Where is LGBTQ+ in health psychology?</b>
<b>Chair: Christopher Martin Jones</b>	<b>Chair: Vica Tomberge</b>	<b>Chair: Jennifer Inauen</b>	<b>Chair: Thomas Gültzow</b>
<b>Room: B1410</b>	<b>Room: B1400</b>	<b>Room: HS 1010</b>	<b>Room: HS 2010</b>
<b>14:00</b> A Systematic Review of the Association of Belief in Conspiracy Theories and Vaccination Intention <i>Frederike Taubert</i>	Promoting self-regulation in chronic disease: A systematic review and meta-analysis of behaviour change interventions <i>Olayinka Farris</i>	Day-Level and Within-Day Level Stress and the Intention-Behavior Relation in Dietary Behavior <i>Matthias Aulbach</i>	Health Psychology & Pride! Where is LGBTQ+ in health psychology? <i>Thomas Gültzow, Udi Davidovich, Neil Coulson, Chantal den Daas, Chris Noone, Siobhán D. Thomas</i>
<b>14:15</b> Beliefs in and sharing of health-related misinformation on social media: Two scoping reviews <i>Christopher Martin Jones</i>	The perennial puzzle of fatigue: testing explanations following acute cardiac events in men and women <i>Derek Johnston</i>	The dynamic relationship of physiological stress and snacking in healthy adults <i>Melanie Bamert</i>	
<b>14:30</b> Enhancing the tacit knowledge behind true and fake news discrimination <i>Ariana Modirrousta-Galian</i>	(On-line) Trajectories of illness perceptions in patients receiving dialysis: a longitudinal study <i>Buse Keskindag</i>	Interindividual differences in emotional eating: a multi-method approach <i>Jens Blechert</i>	
<b>14:45</b> Bridging evidence and policy: EC's behavioural science support for COVID-19 vaccination communication <i>Marianna Baggio</i>	Seeking help for stigmatised urogynaecological symptoms: a mixed methods systematic literature review. <i>Hannah Durand</i>	Effects of Trait Stress Eating and Momentary Stress on the Consumption of Different Food Categories <i>Ann-Kathrin Arend</i>	
<b>15:00</b> Discussion <i>Christopher Martin Jones</i>	(On-line) The common sense model applied to Urinary incontinence: a qualitative analysis(PURIPRO, Portuguese Urinary Incontinence Project) <i>Marta G. Porto</i>	Which type of stressor increases unhealthy snacking? Insights from an everyday life study <i>Simone Lüthi</i>	
<b>15:15</b>	The neglected source of self-efficacy: Investigating physiological arousal during a self-efficacyintervention using the FaceReader <i>Vica Tomberge</i>	Discussion <i>Daryl O'Connor</i>	

# Wednesday, 06 September 2023

## 15:30 - 17:00 Parallel Sessions: Posters

### FOSTERING EMPLOYEE HEALTH THROUGH WORKPLACE INTERVENTIONS

Chair: Gulcan Garip

- Exploring teachers' perceptions of stress and wellbeing following laughter breaks in the classroom  
*Gulcan Garip*
- Preparation of a collegial support program at the Austrian Hietzing Clinic  
*Victoria Klemm*
- **(On-line)** What drives MOOCs success in Healthcare? Organizational Learning Culture and Training Transfer among Physicians  
*Giovanni Schettino*
- PEAK mood, mind and marks: developing an exercise intervention for university students  
*Catherine Brown*
- Engaging university students in an exercise intervention to PEAK their mood, mind and marks  
*Catherine Brown*

### THE ROLE OF INDIVIDUAL FACTORS IN OCCUPATIONAL HEALTH

Chair: Renato Pisanti

- **(On-line)** What makes people craft? An exploratory study using ecological momentary assessments  
*Yasushi Suko*
- The change in workers' eating styles: a qualitative-quantitative survey in the post-pandemic period  
*Andrea Greco*
- Does better mental, physical, and occupational well-being predict later intended retirement age in 61- year-old Finns?  
*Emmi Reinilä*
- **(On-line)** Motivational differences of work addiction and workaholism  
*Modesta Morkevičiūtė*
- **(On-line)** Lifestyle and quality of work life of seafarers onboard  
*Francesco Buscema*

### JOB FACTORS AND EMPLOYEE HEALTH

Chair: Steven Nordin

- Psychosocial work factors associated with mental and somatic health in a general adult population  
*Steven Nordin*
- Development of the Japanese version of ME-Work modular meaning of work inventory  
*Satoshi Shimai*
- **(On-line)** The relationship between perceived stress and alpha-amylase/lysozyme among staff members of a heart catheterization lab  
*Yangyang He*
- Opening up? How to support staff' & students' decisions to disclose mental health issues.  
*Thomas Gültzow*
- **(On-line)** Poor health behaviors among nurses: the role of work stress  
*Nadine Ungar*
- **(On-line)** A test of job demands-resource model among university students: the role of stress mindset  
*Renato Pisanti*
- Social support when facing job insecurity: Effects on energy and daily recovery of healthcare professionals  
*Luis Manuel Blanco-Donoso*

## 15:30 - 17:00 Parallel Sessions: Posters

## PARENTAL HEALTH BEHAVIOURS

Chair: Markus A. Wirtz

- Analyzing health literate access to health information by fathers of infants using the HLSEU-Q47  
*Markus A. Wirtz*
- Determinants of exclusive breast-feeding intention: A cross-sectional study among pre-labor women  
*Rinat Avraham*
- A Survey on Drinking Alcohol for Parents of Infants and Pregnant Mothers in Japan  
*Mana Asada*
- A meta-analysis to identify effective elements in preventive interventions on parenting behaviour  
*Merel Sprenger*
- Caregivers' views about receiving behaviour change conversations in childcare settings to promote children's oral health  
*Dalil Alshammari*

## INTERGENERATIONAL IMPACTS ON HEALTH

Chair: Melanie Jagla-Franke

- "Strong Siblings!" - Are support programs for healthy siblings of chronically ill children effective?  
*Melanie Jagla-Franke*
- The mental health of HIV-affected young mothers: qualitative insights from South Africa  
*Chuma Busakhwe*
- Adolescents' experiences of parental multiple sclerosis using photo images: A South African based study  
*Megan Snow*
- Chronic stress of working parents and the impact on families and their children's health  
*Olga Pollatos*

## CHILD AND ADOLESCENT EXPERIENCE AND HEALTH OUTCOMES

Chair: Ryo Takahashi

- Influence of types of play during the Covid-19 pandemic on Japanese nursery school children  
*Ryo Takahashi*
- Health anxiety in adolescents: the roles of online health information seeking and parental health anxiety  
*Adéla Svestkova*
- Exposure to victimization by peers predicting stress in students  
*Dimitrinka Jordanova Peshevska*
- Digital peer violence as predictor for depression and suicidal behaviors in students  
*Dimitrinka Jordanova Peshevska*
- **(On-line)** Parents and young people's communications about sex and sexuality: meaning-making and affect  
*Ragnar Anderson*

# Wednesday, 06 September 2023

## 15:30 - 17:00 Parallel Sessions: Posters

### BIOPSYCHOSOCIAL INTERACTIONS IN CHILDHOOD HEALTH

Chair: Heide Busse

- **(On-line)** Predictors of body dissatisfaction among children with intellectual disabilities: parents feeding practise and child-specific factors  
*Julia Dobrzańska*
- Weight stigmatization and eating self-regulation: Prospective interplay and effects on middle childhoods weight, eating behavior  
*Nele Westermann*
- **(On-line)** In the eyes of the beholder: Child–physician rapport at a neurodevelopmental clinic  
*Yael Karni-Visel*

### WELLBEING IN ADOLESCENCE AND EARLY ADULthood

Chair: Elida Sina

- Self-Control Fluctuates in Parallel to Life Satisfaction in Young Adults' Everyday Lives  
*Tomasz Moschko*
- **(On-line)** Well-being of children with special educational needs: Thematic analysis of interviews with professionals  
*Dagmar Majerechová*
- Mental health in youth: The role of mindfulness, basic psychological needs, and sport practice  
*Isabel Rasteiro*
- Associations among quality of life and specific psychosocial impairment in Spanish adolescents with eating disorders  
*Marie-Carmen Neipp*
- Institutional identification and well-being: towards a healthier environment in higher education  
*Lucia Valjentová*
- Relations between Self-Compassion and Psychological Help-seeking Stigma in Young Adults  
*Kristina Žardeckaitė-Matulaitienė*

### SOCIAL RELATIONSHIPS AND WELLBEING

Chair: Maria José Ferreira

- Loneliness in childhood and adolescence. On the prevalence of a risk factor for mental health  
*Raphael Schütz*
- The capacity to love and well-being: A comparative study between emerging and middle-aged adults  
*Maria José Ferreira*
- Satisfaction and quality in romantic relationships: The role of capacity to love, gender and age  
*Maria José Ferreira*
- Emotion profiles and compassion fatigue among Poles helping Ukrainian citizens  
*Zuzanna Kwissa-Gajewska*
- Experiential Avoidance moderates the relationship between Attachment Anxiety and Material Values  
*Emrullah Ecer*
- Health without Borders: Lessons Learned from a Cancer Prevention Program for Ethnic Minorities  
*Marta Acampora*

## 15:30 - 17:00 Parallel Sessions: Posters

## HEALTH BEHAVIOURS AND WELLBEING

Chair: Daphne Kaklamanou

- Interrelations between depression symptoms, physical activity, and sedentary behavior  
*Anna Kornafel*
- Health behaviors of Colombian first-semester university students and influencing factors  
*Chrys Gesualdo*
- **(On-line)** The well-being of Italians: the role of physical activity during and after the Coronavirus lockdown  
*Cristina Curcio*
- Health behavior and well-being in students with hearing impairment in the context of the pandemic  
*Vera Gillé*
- Subjective well-being during the Covid-19 pandemic: the predictive role of Covid-related adaptive behavior.  
*Anna Hakobjanyan*
- Applying the COM-B model to help-seeking behaviours for Mental Health in Higher Education Students  
*Daphne Kaklamanou*

## COPING, ADVERSITY AND WELLBEING

Chair: Marie Kotzur

- Death-thought accessibility and spiritual transcendence just after the outbreak of war in Ukraine  
*Dorota Mierzejewska-Floreani*
- **(On-line)** Associations between well-being, quality of life, illness perception, and life orientation among hematology patients  
*Hedvig Kiss*
- Coping and health-related quality of life – Prospective within-person bidirectional effects in children and adolescents  
*Daniel Groß*
- Psychological adjustment of patients with lung cancer: a systematic review.  
*Louise Zanni*
- Individualism-collectivism, attitude towards money and well-being of IT-professionals: before and during Russia's invasion of Ukraine  
*Victoria Kholmanova*

## IMPROVING WELLBEING

Chair: Stephanie Kurzenhäuser-Carstens

- Music as an equity and inclusiveness tool: a case study of Community Music in Sardinia  
*Simona Quaglia*
- The Implementation of Meaningful Activities to enhance Mental Health  
*Koji Takenaka*
- Can imagery effect the performance and level of self-criticism of athletes?  
*Veronika Korim*
- Control matters: Recovery experiences, gift-giving activities and well-being of employees before Christmas  
*Stephanie Kurzenhäuser-Carstens*
- Reciprocal associations between body image flexibility and body appreciation during COVID-19: A prospective, cross-lagged study  
*Nicole Behrend*
- Prognoses of Burnout, Insomnia and their comorbidity over a six-year period  
*Camilla Hakelind*
- Travel habits of women in menopause  
*Emese Panyik*



# Wednesday, 06 September 2023

## 15:30 - 17:00 Parallel Sessions: Posters

### HEALTH (BEHAVIORS) IN MIDLIFE AND OLD AGE

Chair: Laura Cachon Alonso

- **(On-line)** Does your first job predict your last job? Evidence from China  
*Ge Yu*
- Experiences and perceptions of ebiking/pedelecs among older adults: a qualitative study  
*James Green*
- Physical resilience in hip fracture patients: associations between functional status and grip work (pilot study).  
*Femke Kleijssen*
- How does adaptive goal-setting change older adults' self-determination and physical activity? A mixed- methods intervention study  
*Valérie Bösch*
- **(On-line)** Motivators, facilitators and barriers pursuing a lifestyle change around retirement age  
*Paula Collazo-Castiñeira*
- Loneliness and cognitive function in older adults: longitudinal analysis in 15 countries  
*Laura Cachón Alonso*

### SOCIAL SUPPORT AND HEALTH

Chair: Aleksandra Kroemeke

- Interpersonal variables and caregiving partners' burden in cardiac illness: a longitudinal study  
*Eran Katz*
- **(On-line)** Contribution of interpersonal variables on burden and depression among caregivers in the context of ACS  
*Daniel Becker*
- Health and psychosocial factors associated with negative outcomes of informal care in working carers.  
*Kevin McKee*
- The impact of a significant health event in informal caregivers: findings from a systematic review  
*Valerie Morrison*
- Investigating the impact of a cancer diagnosis in an informal caregiver: a qualitative study  
*Valerie Morrison*

### SOCIAL SUPPORT

Chair: Ingrid Steenhuis

- Perceived Sabotage and Negative Social Norms Regarding Weight Loss: Scale development and Exploratory Factor Analysis  
*Ingrid Steenhuis*
- Association of relationship satisfaction and blood pressure in rural Burkina Faso's elderly population.  
*Felicitas M. Jaspert*
- Providing Social Support and Health: Conditions and Temporal Dynamics – Pilot RCT on healthy helping  
*Vivien Hajak*
- Coping with LVAD Implantation: Post-Traumatic Stress Disorder among Patients and Their Partners  
*Hodaya Wolf*
- An Evaluation of Singing Support Services for People Living with Dementia and their Carers  
*Megan Polden*
- Severe and critical COVID-19 survivors' experiences of social support during acute disease and post- COVID period  
*Anna Alexandrova-Karamanova*

## 15:30 - 17:00 Parallel Sessions: Posters

## PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Chair: Maya Braun

- **(On-line)** Identifying factors influencing health-promoting lifestyle-behaviours in midlife women to inform the design of a DHI  
*Hana Sediva*
- Problem solutions for physical activity plans: first steps based on existing classification systems  
*Maya Braun*
- Substituting an old commuting habit with a more active and sustainable commuting habit  
*Sally Di Maio*
- Bidirectional associations between planning and self-efficacy predict sedentary behaviour among dyads  
*Zofia Szczuka*
- Do motivational profiles moderate the relationship between physical activity and habits?  
*Natalie Hopkins*
- Health implications of body posture in motion  
*Eva Tzschaschel*

## FOOD AND DRINK CONSUMPTION

Chair: Esther Papies

- **(On-line)** Spatial separation promotes healthier food and drink choices from online fast-food menus  
*Eva Kempes*
- Exploring relationships of shame and guilt between mindfulness-based constructs and eating behaviours among queer men.  
*Harvey Regan*
- Focusing on sensory or context experiences of eating is associated with consumption intentions and behaviour  
*Stephanie Farrar*
- Food preference and choice across eating and weight disorders  
*Katharina Eichin*
- **(On-line)** Latent Change Score Model investigating the association of Alcohol consumption and mental health over time  
*Henriette Markwart*
- The Value of the Value Based Choice Model for Behavioral Prediction and Intervention Design  
*Saar Mollen*
- Effects of a two-month vegetarian diet intervention on (neuro-) endocrine functioning in men  
*Jana Strahler*

## HEALTH PROMOTING AND PROTECTIVE BEHAVIOURS

Chair: Fuschia Sirois

- Using goal stocktaking to promote health behaviour change  
*Fuschia Sirois*
- Classes of health-related behaviors: a longitudinal study among middle-aged adults  
*Johanna Ahola*
- Protection behavior (PB) and subjective well-being (SWB)  
*Petra Ziegler*
- **(On-line)** You do read food labels, don't you? Exploring psycho-social factors influencing mothers' choices  
*Raffaele Pasquariello*
- Targeting identity in digital smoking cessation and physical activity promotion interventions  
*Kristell M. Penformis*
- Lessons learnt in developing a virtual coach for smoking cessation and physical activity promotion.  
*Kristell M. Penformis*

# Wednesday, 06 September 2023

## 15:30 - 17:00 Parallel Sessions: Posters

### SELF-CARE AND TREATMENT ADHERENCE

Chair: Mika Omori

- Sleep is also important: Development and validation of a German measure of sleep priority  
*Liesemarie Albers*
- Predictors and mediators of foot self-care behaviors among primary care patients with diabetic foot ulcer  
*Konstadina Griva*
- **(On-line)** Factors that influence oral health behaviour in women with gestational diabetes: a qualitative study.  
*Camilla Kristensen*
- Identification of psychosocial factors associated with treatment adherence for glaucoma  
*Mika Omori*
- Psychosocial and behavioural predictors of Premenstrual Dysphoric Disorder symptom severity: a systematic review and meta-analysis  
*Samantha Trevaskis*
- Psychological interventions for acute pain management – A scoping review of randomized controlled trials  
*Kevin Efrain Tololiu*
- Psychological factors associated with medication non-adherence in kidney transplant patients  
*Rosie Heape*
- Immunosuppression non-adherence in kidney transplant patients  
*Rosie Heape*

### UNDERSTANDING PEOPLE'S COVID-19 DECISIONS

Chair: Aleksandra Lazic

- Sociodemographic and psychological variables of Latvians who choose not to get vaccinated  
*Gatis Upesleja*
- Why did you do it? Reasons for vaccination and non-vaccination among young adults in Serbia  
*Aleksandra Lazic*
- **(On-line)** Using the COM-B to qualitatively explore barriers and facilitators to COVID-19 vaccine uptake during pregnancy  
*Emma Berry*
- Coping with a pandemic – the impact of defense styles and religiousness  
*Martina Wernicke*
- Predicting QR code check-in compliance behaviors during COVID-19 using an integrated social cognition model  
*Kyra Hamilton*

15:30 - 16:00 Coffee Break

17:00 - 18:00 Keynote Lecture: Adriana Baban  
Chair: Irina Todorova

18:00 - 19:00 National Delegates Meeting

20:00 - 22:00 Conference Dinner



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Our mission is to translate research to practice, one blog post at a time. Our National Editors are recruited through the EHPS Society. They provide their expertise and translate the blog posts. We aim to distribute findings from health psychology research to the practitioners using several European languages. If your first language is different than English, feel free to distribute it among your colleagues who may benefit from the translation. We cover English, Bulgarian, Czech, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Latvian, Lithuanian, Polish, Portuguese, Romanian, Russian, Slovak and Ukrainian. We would like to encourage you to check out our blog and to sign-up for our monthly posts.

Many thanks and warm greetings from the Editorial Team of the Practical Health Psychology Blog!



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# Thursday, 07 September 2023

## 9:30 - 11:00 Parallel Sessions: Orals and Symposia

Oral Session	Oral Session	Symposium	Oral Session
<b>Behaviour change interventions</b>  <b>Chair: Barbara Mullan</b>  <b>Room: B2900</b>	<b>eHealth and mHealth</b>  <b>Chair: Nynke van der Laan</b>  <b>Room: B2890</b>	<b>Nutrition education across educational settings to promote healthy and sustainable diets along the life course</b>  <b>Chair: Annemien Haveman-Nies and Maria del Rio Carral</b>  <b>Room: B2880</b>	<b>Chronic Disease</b>  <b>Chair: Nina Knoll</b>  <b>Room: B1405</b>
<b>9:30 (On-line)</b> Visual cues and primes for nudging consumption-related behaviours: A meta-analysis and systematic review <i>Enola Kay</i>	A digital platform showcasing trustworthy health and wellbeing apps: Lessons learned from a national experiment <i>J Aardoom</i>	I've grown: Effects of school gardening on children's eating behaviour and development, a scoping review. <i>Iris de Leeuw</i>	A randomized controlled trial of the PrevOP-Psychological Adherence Program to reduce symptoms of osteoarthritis <i>Nina Knoll</i>
<b>9:45</b> The role of transparency and motivation for the acceptability of nudging vegetarian lunch options <i>Laurens van Gestel</i>	Comparative efficacy of app-based interventions for stress: a Bayesian network meta-analysis <i>Huanya Zhu</i>	Integrating health and sustainability in Dutch school food programmes within the secondary school context <i>Anouk Mesch</i>	A systematic review of multiple health behaviour change interventions for patients with chronic conditions <i>Carolina C. Silva</i>
<b>10:00</b> Can self-enactable techniques affect behavioral determinants from self-determination theory? An expert opinion study <i>Keegan Knittle</i>	MomenTUM research platform: an open-source, reproducible research infrastructure for digital health <i>Anna Magdalena Biller</i>	Analysing Food Practices Embedded in School Life Spaces: Meanings around Sustainable Diets. <i>Chloé Michoud</i>	A psychological adherence program to enhance physical activity in patients with knee osteoarthritis <i>Noemi Lorbeer</i>
<b>10:15</b> Effects of VAT changes on policy acceptance and food consumption in Germany: An online experiment <i>Hellen Temme</i>	Feasibility and effectiveness of digital interventions for behaviour change in people with schizophrenia: Systematic review <i>Urska Arnautovska</i>	Promising intervention elements to support healthy and sustainable eating among young adults <i>Gertrude Zeinstra</i>	RCT of an SMS and animated video intervention to increase breast cancer screening uptake <i>Gaby Judah</i>
<b>10:30</b> "Clients are problem owners": qualitative study of smoking cessation care for smokers with mental illness <i>Eline Meijer</i>	Exploring the Unintended Consequences of Popular Health Apps Through Social Listening: Evidence from Twitter <i>Paulina Bondaronek</i>	Factors associated with dietary behaviour change support in patients and educational needs of community nurses. <i>Gerlinde den Hamer-Jordaan</i>	'Devil in the corner': linguistic and psychological methods to understand health cognitions in chronic pain <i>Jasmine Hearn</i>
<b>10:45</b>	Coproducing a digital App for lay health workers to support delivery of mental health intervention. <i>Maham Saleem</i>	Discussion <i>Sanne Raghoobar</i>	Social support for functional dependence, activity patterns and chronic pain maladjustment: A cross-lagged panel study <i>Sónia Bernardes</i>

11:00 - 11:30

Break Session

## 9:30 - 11:00 Parallel Sessions: Orals and Symposia

Symposium	Oral	Symposium	Symposium
<b>Measurement Reactivity in Ambulatory Assessment Behavioral Research</b>	<b>Critical Perspectives on Health Psycholog</b>	<b>Health and Sustainability</b>	<b>Acceptance of sustainability measures for environmental health protection</b>
<b>Chair: Jaclyn Maher</b>	<b>Chair: Abigail Locke</b>	<b>Chair: Valentina Giovanna Bancale</b>	<b>Chair: Jan Keller</b>
<b>Room: B1410</b>	<b>Room: B1400</b>	<b>Room: HS 1010</b>	<b>Room: HS 2010</b>
<b>9:30</b> Measurement reactivity in dietary Ecological Momentary Assessment: Does familiarity with tracking make a difference? <i>Anila Allmeta</i>	Exploring the intervention potential of Critical Health Psychology <i>Abigail Locke</i>	Spillover beliefs within and between health and pro-environmental behaviors: associations and correlates <i>Valentina Giovanna Bancale</i>	Acceptance of Carbon Capture and Storage: The role of core values, ambivalence, and information selection <i>Nadja Contzen</i>
<b>9:45</b> Measurement reactivity in objective physical activity assessment: Does researcher observation play a role? <i>Laura König</i>	The cultural right to include traditional healing alongside Western medicine for health treatment <i>Glenis Mark</i>	InterMob: First results of a 24-month intervention to reduce car use among regular car users <i>Claudia Teran Escobar</i>	Perceived distributive fairness and acceptance of mandated on-site wastewater treatment in Bengaluru, India <i>Josianne Kollmann</i>
<b>10:00</b> Physical Activity Measurement Reactivity: An Ecological Momentary Assessment Study among Women with Elevated CVD Risk <i>Danielle Arigo</i>	Horizontal individualism for mass vaccination: a qualitative study of COVID-19 vaccination in Serbia <i>Sonja Janičić</i>	Associations between beverage consumption, hydration status and carbon footprint <i>Maria Almudena Claassen</i>	Behaviour change interventions on individual and community level improve caretaking and use of safe- water infrastructure <i>Benjamin Ambuehl</i>
<b>10:15</b> Investigating Measurement Reactivity in an Ecological Momentary Assessment Study of Movement- Related Behaviors in Older Adults <i>Jaclyn Maher</i>	Drinking practices and views about alcohol-related health risks in adults at midlife <i>Antonia Lyons</i>	Eating Together For The Planet: How Do Generations Differ In Advocating Sustainable Family Meals? <i>Vanessa Knobl</i>	Acceptability and effects of a school-based program for climate change education in Germany <i>Jan Keller</i>
<b>10:30</b> Self-reported measurement reactivity and compliance in EMA assessment of movement-related behaviours in adults <i>Ann DeSmet</i>		(M)eating like your friends: Meat consumption similarity, social selection, and social influence in friendship networks <i>Ira Elisa Herwig</i>	Effects of a university-wide climate challenge program: A one-arm pilot study <i>Amelie Spliesgart</i>
<b>10:45</b> Discussion <i>David French</i>		Discussion <i>Marta Moreira Marques</i>	Discussion <i>Marieke Adriaanse</i>

## 11:30 - 12:15 Parallel Sessions: Orals

Oral Session	Oral Session	Oral Session	Oral Session
<p><b>Theories about making health services more inclusive</b></p> <p><b>Chair: Ewa Gruszczynska</b></p> <p><b>Room: B2900</b></p>	<p><b>Implementation: digital tools and mental health I</b></p> <p><b>Chair: Laura McGowan</b></p> <p><b>Room: B2890</b></p>	<p><b>Individual, environmental and policy approaches to dietary behaviours</b></p> <p><b>Chair: Michael Kilb</b></p> <p><b>Room: B2880</b></p>	<p><b>Reactions and processing of adversity</b></p> <p><b>Chair: David French</b></p> <p><b>Room: B1405</b></p>
<p><b>11:30</b> COVID-19 Booster Vaccine Acceptance in UK Ethnic Minorities: A mixed-methods study using Protection Motivation Theory <i>Judith Eberhardt</i></p> <p><b>11:45</b> Stigma Accumulation Among People Living With HIV: A Role of General and Relative Minority Status <i>Ewa Gruszczynska</i></p>	<p>Stakeholder perspectives on implementation of e-mental health interventions for caregivers of adults with kidney conditions <i>Chelsea Coumoundouros</i></p> <p>Commissioners' views of implementing virtual wards in England: a qualitative exploration of benefits and challenges <i>Laura McGowan</i></p>	<p>Can the local food environment be changed to promote plant-based consumption? Interviews with food outlets. <i>Ward van Hoeven</i></p> <p>European food-based dietary guidelines for children and adolescents – Scoping Review on recommendations and methodology <i>Michael Kilb</i></p>	<p>The effect of conspiracy mentality on the level and stability of subjective well-being <i>Alexandra Zapko-Willmes</i></p> <p><b>(On-line)</b> Insecure Rivalries: Attachment, Competition and the Risk to Mental Health <i>Sebastian Odell</i></p>
<p><b>12:00</b> Willingness of people with HIV to engage with HIV cure research: Perceived necessity and concerns <i>Maaike A.J. Noorman</i></p>	<p><b>(On-line)</b> Factors affecting patient uptake and engagement with a multibehavioural digital prehabilitation intervention. <i>Nathan Griffiths</i></p>	<p>Perspectives on healthy eating of adult populations in high-income countries: A qualitative synthesis <i>Urte Klink</i></p>	<p>Did health fare better than the economy? Comparing individual and national optimism during COVID-19 <i>Julia E. Koller</i></p>

## 11:30 - 12:15 Parallel Sessions: Orals

Discussion	Oral Session	State of the Art	
Stakeholder Engagement	Implementation: digital tools and mental health II	Digital behaviour change interventions - From individual-level change to population-level impact	
Chair: Chantal Den Daas	Chair: Hanna Reich	Chair: Mark Conner	
Room: B1410	Room: B1400	Room: HS 2010	
11:30	Digital interventions for depression in Arabic language: implementation for public use and into routine care <i>Hanna Reich</i>	Digital behaviour change interventions - From individual-level change to population-level impact <i>Tina Jahnelt</i>	
11:45	An implementation plan for delivering mental health screening and digital CBT in inflammatory bowel disease <i>Annie Jones</i>		
12:00	Mental health interventions using non-specialists and digital technology in low-middle income countries: Preliminary results of a systematic review <i>Kalpani Wijekoon Wijekoon Mudiyansele</i>		



# Thursday, 07 September 2023

## 12:25 - 13:20 Flashlight Talks

Flashlight Talks	Flashlight Talks	Flashlight Talks	
<b>Understanding Challenges to Health in Context</b>	<b>Promoting Health, Equity, and Sustainability</b>	<b>Digital interventions to promote health</b>	
<b>Chair: Alea Ruf and Julia Koller</b>	<b>Chair: Christopher Jones</b>	<b>Chair: Maya Braun</b>	
<b>Room: B2900</b>	<b>Room: B2890</b>	<b>Room: B2880</b>	
<b>12:25</b> Looking at antimicrobial resistance “beyond the microscope”: a qualitative meta-synthesis of the scientific literature <i>Marta Acampora</i>	The use of behavioural science within public health: A cross-sectional survey of UK local authority <i>Abby Moffat</i>	How Are Digital Health Resources Assisting People with the Prioritisation of Health-Related Change Goals? <i>Ilona McNeill</i>	
<b>12:32</b> Women and alcohol consumption at midlife: Social meanings and life circumstances. <i>Kate Kersey</i>	ISCycle: Examining the effect of an ebike loan intervention on transport behaviour in Ireland <i>Louise Foley</i>	Determinants of uptake and engagement with smart-phone- & wearable-based activity trackers <i>Chen-Chia Pan</i>	
<b>12:39</b> Weight scarring: The psychological impact and mortality outcomes associated with past obesity <i>I Gusti Ngurah Edi Putra</i>	A pesticide risk prevention intervention using farmers adapted educational methods and based on psychosocial theories <i>Morgane Bresson</i>	Development of a decision support tool for the assessment of VR Exergames in psychological research <i>Sandra U. Schwab</i>	
<b>12:46</b> Dilemmas of Well-Being in Neoliberal Working Life <i>Venla Okkonen</i>	Effectiveness of picture narratives for lung cancer screening information provision: a randomised controlled trial <i>Lauren Gattung</i>	Healthcare professionals’ views on multimorbidity management, goal setting and the role of digital health solutions <i>Carolina C. Silva</i>	
<b>12:53</b> Self-isolation and psychological wellbeing in the context of infectious disease <i>Alex Martin</i>	The impact of pictorial information about atherosclerosis on risk perception and lifestyle modification - gender perspectives <i>Elin Andersson</i>	Attitudes towards a combined nurse and digitally delivered intervention to improve adherence to hypertension medication. <i>Catalina Trama Alvarez</i>	
<b>13:00</b> Identifying stress-, commitment-, and motivation-related predictors of change in athlete burnout symptoms over time <i>Siobhán Woods</i>	A qualitative exploration of the self-regulation strategies aiding unassisted smoking cessation in Scotland <i>Effie Marathia</i>	Empowering cardiac patients with low SEP through eHealth: Preparing for rehabilitation during their waiting period <i>Jasper Faber</i>	

13:00 - 14:00

Lunch

13:00 - 14:00

Meet the Editors

## 12:25 - 13:20 Flashlight Talks

Flashlight Talks	Flashlight Talks	
<b>Transforming Health Care Systems</b>	<b>Ensuring Inclusiveness in Managing Diseases</b>	
<b>Chair: Daniella Watson</b>	<b>Chair: Maria Blöchl</b>	
<b>Room: B1405</b>	<b>Room: B1410</b>	
<p><b>12:25</b> Assessing decision fatigue in general practitioners' prescribing decisions using the BEACH dataset <i>Mona Maier</i></p>	<p>Exploring treatment burden measurement: a discriminant content validation (DCV) study. <i>Lisa Duncan</i></p>	
<p><b>12:32</b> A thematic analysis about the influences on health professionals' responses to patient complaints <i>Paulina Schenk</i></p>	<p>What are the challenges faced by individuals with ME/CFS? Preliminary results of a cross-sectional study. <i>Natalia Duda</i></p>	
<p><b>12:39</b> Characterising processes and outcomes of tailoring implementation strategies in healthcare: A scoping review <i>Jane Murphy</i></p>	<p>Bedtime story; nocturnal caregiving for juveniles living with Type 1 Diabetes – a systematic review <i>Vivienne Howard</i></p>	
<p><b>12:46</b> Implementing health psychology counseling into primary care practice in Switzerland – a pilot study <i>Seraina Petra Lerch</i></p>	<p>Lessons learned from conducting an online longitudinal study of romantic dyads' COVID-19 and cancer-related behaviors <i>Jennifer Bowers</i></p>	
<p><b>12:53 (On-line)</b> Development of clinician training to effectively promote physical activity to patients with heart failure (BeActive-HF) <i>Kirsten Ashley</i></p>	<p>Cervical cancer screening in young women and people with a cervix: A qualitative study. <i>Sonia Shpendi</i></p>	
<p><b>13:00</b> Examining the effectiveness of training dietitians in behaviour change techniques <i>Hayley Breare</i></p>		

13:00 - 14:00

Lunch

13:00 - 14:00

Meet the Editors

## 14:00 - 15:30 Parallel Sessions: Orals and Symposia

Oral Session	Oral Session	Oral Session	Oral Session
<b>Health screening, testing, and health prevention behaviours</b>  <b>Chair: Paul Flowers</b>  <b>Room: B2900</b>	<b>Cutting edge digital health behaviour interventions</b>  <b>Chair: Philipp Kadel</b>  <b>Room: B2890</b>	<b>Effective Information Provision</b>  <b>Chair: David Comer</b>  <b>Room: B2880</b>	<b>Individual and social resources for health in older adults</b>  <b>Chair: Paul Gellert</b>  <b>Room: B1405</b>
<b>14:00</b> Increasing uptake of colorectal screening: a trial testing a suggested deadline and a planning tool <i>Katie Robb</i>	Challenges in designing (personalized) digital “just-in-time” nudges for healthy food choice: Two pilot studies <i>Rachelle de Vries</i>	The influence of information seeking on vaccination decisions <i>Marina Groß</i>	The link between control beliefs, physical activity and, blood glucose among older adults <i>Sonia Lech</i>
<b>14:15</b> Exploring the acceptability of Artificial Intelligence in breast screening: a qualitative focus group study. <i>Lauren Gatting</i>	#vegan – Instagram as an Informational Environment and Its Associations with Eating Behavior <i>Philipp Kadel</i>	<b>(On-line)</b> Healthy vending machines on campus: The effect of traffic light labelling on choice <i>Ryan Calabro</i>	Habits and planning in relation with GPS-assessed out-of-home mobility in old age <i>Paul Gellert</i>
<b>14:30 (On-line)</b> Factors Influencing Cervical Cancer Screening Intention and Preferences in Romanian Women <i>Nicoleta Monica Jiboc</i>	Optimising the STAND-VR intervention: a mini-focus group interview study <i>David Healy</i>	HPV vaccination in gbMSM: Predictors, dynamic norms, and connectedness to the LGBT+ community <i>David Comer</i>	Fear of falling carries over into overprotection in old age: a cross-lagged panel analysis <i>Greta Magdalena Steckhan</i>
<b>14:45</b> Improving COVID-19 testing in care home staff: A behaviour change wheel analysis of published literature <i>Paul Flowers</i>	Confront your cravings: a mixed-methods approach to designing VR scenarios for virtual cue-exposure interventions <i>Solenne Bonneterre</i>	Effects of Mental Contrasting on Sleep and Associations with Stress: A Randomized Controlled Trial <i>Laura Schmidt</i>	Personality traits and loneliness among older adults in England <i>Thamara Tapia-Munoz</i>
<b>15:00</b> Association between physical activity motivation and physical activity among chronic musculoskeletal disorders patients: a meta-analysis <i>Matthieu Haas</i>	Effects and acceptability of a dynamically tailored mHealth intervention to reduce excessive drinking among students <i>Hilde van Keulen</i>	Developing theory-informed training for professionals to optimise delivery of social prescribing for mental health needs. <i>Matt Cooper</i>	
<b>15:15</b> Having fun in prevention? Process evaluation of Food Game, a gamified school-based health promotion intervention <i>Giovanni Aresi</i>	Chatbots promoting smoking cessation: A mixed-methods study comparing motivational interviewing and confrontational counselling <i>Linwei He</i>	The role of mental well-being in the effects of persuasive health messages: A scoping review <i>Spela Dolinsek</i>	

## 14:00 - 15:30 Parallel Sessions: Orals and Symposia

Roundtable	Oral Session	Symposium	Symposium
<b>Tackling the digital divide: Forming recommendations for health psychologists</b> Chair: Eline Smit and Heide Busse	<b>Mental health in cancer patients</b> Chair: Diana Todea	<b>Understanding Antibiotic Use: In the Lab and in the Wild</b> Chair: Miroslav Sirota	<b>Planetary Health: Towards a better understanding of food-related communication, cognitions, and behavior</b> Chair: Laura König and Gudrun Sproesser
Room: B1410	Room: B1400	Room: HS 1010	Room: HS 2010
<b>14:00</b> Tackling the digital divide: Forming recommendations for health psychologists <i>Eline Smit, Heide Busse, Tina Jahnelt, Barbara Schouten, Lee Mercer</i>	<b>CANCER. Is this forever? Trauma centrality and fear of cancer recurrence: A Moderated Mediation Approach</b> <i>Diana Maria Todea</i>	Disclosing diagnostic uncertainty during antibiotic prescribing <i>Elisabeth Sievert</i>	'Not my kind of food': How diet shapes the presentation of sustainable food choices <i>Tess Davis</i>
<b>14:15</b>	Sexual health concerns and daily functioning in partnered long-term head and neck cancer survivors <i>Anna Ivanova</i>	Fostering appropriate antibiotic use in a delayed prescribing task <i>Robert Böhm</i>	Revealing the beliefs behind meat reduction intentions <i>Alice Seffen</i>
<b>14:30</b>	Reasons for acceptance and refusal of early palliative care in cancer patients <i>Mathilde Lochmann</i>	The effect of base rates of viral infections on people's antibiotic expectations <i>Andriana Theodoropoulou</i>	Experts' perceptions on motivators and barriers of healthy and sustainable dietary behaviour among adolescents <i>Sanne Raghoobar</i>
<b>14:45</b>		Measuring knowledge, attitudes, and behavior regarding antibiotics use and AMR development <i>Mattis Geiger</i>	The healthy-sustainable heuristic: Do meal or individual characteristics affect the association between sustainability- and healthiness-perceptions? <i>Gudrun Sproesser</i>
<b>15:00</b>		The experiences of working cross-nationally in Commonwealth partnerships for antimicrobial stewardship <i>Lucie Byrne-Davis</i>	Cross-cultural comparison of sustainable diet perceptions using a Fake Food Buffet. <i>Laura König</i>
<b>15:15</b>		Discussion <i>Cornelia Betsch</i>	Discussion <i>Laura König</i>

# Thursday, 07 September 2023

## 15:30 - 17:00 Parallel Sessions: Posters

### PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Chair: Anna Banik

- Crossover associations between depressive symptoms and sedentary behavior: Findings from a longitudinal dyadic study  
*Maria Siwa*
- Symptoms of depression, self-regulation, and physical activity  
*Jowita Misiakowska*
- The effects of physical activity planning intervention on body fat changes  
*Ewa Kulis*
- Sedentary behaviors patterns in 2019-2022: small town versus big city  
*Paulina Krzywicka*
- Sedentary behaviors predict self-efficacy: Longitudinal associations among people with overweight and obesity  
*Hanna Zaleśkiewicz*
- Predictors of interest in participating in a lifestyle trial among adults living with cancer  
*Rebecca Beeken*
- Digital technology use for physical activity promotion: Results of a nationwide survey in Germany  
*Karina Karolina De Santis*

### CHRONIC DISEASE AND HEALTH PROFESSIONAL TRAINING

Chair: Gaby Judah

- Development and evaluation of an intervention to improve participation in colorectal cancer screening in Ireland  
*Alice Le Bonniec*
- Financial INcentives to improve Asthma (FINA): a pilot RCT to improve medication adherence for children  
*Jasmine Hine*
- Can we teach an old dog new tricks? Teaching behaviour change to practitioners in Paraguay  
*Claudia Teran Escobar*
- A soft skills intervention in Higher Education: A randomized controlled trial  
*Gabriela Cortez Vazquez*
- Supporting GPs and people with hypertension to maximise medication use: MIAMI pilot cluster RCT protocol  
*Louise O'Grady*
- Let's talk CKD: supporting Primary Care Physicians to talk to patients about their CKD diagnosis  
*Sandra van Os*
- Development of theoretically informed audit and feedback to improve asthma self-management in UK primary care  
*Kirstie McClatchey*

### BEHAVIOUR CHANGE

Chair: Tina Jahnel

- Design and evaluation of a gender-sensitive intervention to prevent smoking in schools: Work in Progress  
*Marina Hinßen*
- Habit decay in daily life: an intensive-longitudinal study on unhealthy snacking  
*Robert Edgren*
- Efficacy of a self-regulation intervention on physical activity in dyads: A randomized control trial  
*Gülru Horozoglu*
- Acceptability and Feasibility of an Online Theory-Based Tool to Reduce Stress-Induced Eating  
*Jacob Keech*
- Providing recovery education: a preliminary investigation on the determinants of the recovery behaviors in swimmers  
*Mathilde Poinard*
- Effective Behavior Change Techniques (BCTs) for successful weight loss maintenance among adults: A meta-analysis  
*Pepijn van Empelen*
- A Novel Imagery Intervention to Change Implicit Theories About Self-Control and Improve Health- Related Behaviour  
*Jacob Keech*

## 15:30 - 17:00 Parallel Sessions: Posters

## ILLNESS-RELATED PERCEPTIONS, ATTITUDES, AND IDENTITY IN CHRONIC ILLNESS

Chair: Walter Bierbauer

- Can illness perception predict Tuberculosis patients' coping strategy? Applying CSM in North-western Ethiopia  
*Yassin Mohammed Yesuf*
- Illness perceptions in preoperative Parkinson's disease patients undergoing subthalamic nucleus deep brain stimulation.  
*Elisabeth Spitz*
- What can we learn from online comments about attitudes toward the Covid-19 vaccine?  
*Rizwana Roomaney*
- Illness Identity and Well-being in Congenital Heart Disease: Directionality of Effects and Developmental Trajectories  
*Sara Campens*
- **(On-line)** Do illness perceptions predict health outcomes in adults with Long COVID?  
*Sarah Keith*
- Illness perceptions and adjustment to Crohn's disease in young adults  
*Nathalie Touma*

## SELF-REGULATION OF HEALTH

Chair: Kyra Hamilton

- Longitudinal associations between physical environment perceptions, self-regulation, and physical activity  
*Dominika Wietrzykowska*
- Vertical inter-goal relations between health goals and personal values among the emerging adult population  
*Sara Kassas*
- Understanding Self-regulation in Hot Spotters  
*Kimberley Leming*
- **(On-line)** Supporting GPs and people with hypertension to maximise medication use: development of the MIAMI intervention  
*Gerry Molloy*
- A meta-analysis of social cognition predictors of drowning preventive behaviours  
*Kyra Hamilton*

## SELF-REGULATION OF HEALTH RISK BEHAVIOURS

Chair: Mark Conner

- **(On-line)** The role of sadness and self-criticism in proneness to smoke; an intensive longitudinal study  
*Milad Ravanbakhsh Bousjin*
- "ProGRes" – Reduce procrastination to improve students' health – Analysis of a pilot intervention  
*Tamara Schneider*
- Testing an integrative self-regulation model of bedtime procrastination  
*Liesemarie Albers*
- Young men's self-reported nonconsensual condom removal ("stealthings"): Associated risk factors  
*Kelly Davis*
- Is Drinking the Psychedelic Ayahuasca Associated with Improved Health and Health Behaviors?  
*Jorge Encantado*

# Thursday, 07 September 2023

## 15:30 - 17:00 Parallel Sessions: Posters

### MENTAL HEALTH

Chair: Mihaela Beloreshka

- **(On-line)** Body awareness, health anxiety, emotional regulation in preventive choices: a preliminary study on colorectal screening  
*Daniela Lemmo*
- The German National Cohort (NAKO) – a resource to investigate depression in the general population  
*Carolin Marie Callies*
- Understanding relationships between anxiety and interoception in panic patients - the role of emotional intelligence  
*Mariami Janjgava*
- Investigating the role of mindfulness in healthy lifestyle behaviors and mental health: A longitudinal study  
*Christian Preissner*
- Psychological aspects of orthorexia nervosa in Bulgarian context.  
*Mihaela Beloreshka*
- Borderline Personality Disorder mediates the relationship between Insecure Attachment Styles and Working Memory Deficits  
*Emrullah Ecer*
- Better living with self-care and mindfulness? – Effects of a health promotion intervention for teachers  
*Teresa Noichl*

### HEALTH, HEALTH BEHAVIORS AND COPING

Chair: Fuschia Sirois

- War impact on the quality of life and wellbeing among Ukrainian university students and staff  
*Alexander Reznik*
- Personal and Illness Identity in Youth with Type 1 Diabetes: Developmental Trajectories and Associations  
*Janne Vanderhaegen*
- Validation of a French version of the “Brief Experiential Avoidance Questionnaire” (BEAQ) in non-clinical adults  
*Esin ER*
- Self-compassion, adherence and stress in the context of psoriasis  
*Fuschia Sirois*
- A Massive Open Online Courses: contribution to caregivers’ knowledge  
*Maria Rui Sousa*
- Easiness, usefulness, and intention to use a MOOC for caregivers  
*Maria José Lumini*

### COPING WITH CHRONIC ILLNESS

Chair: Tina Cartwright

- The determinants of the quality of life of Parkinson’s carers : about the carer-cared-for dyad  
*Florence Sordes*
- Deliberate meaning-making and well-being: a systematic review in cancer patients  
*Marta Kijowska*
- **(On-line)** Self-Management of Long-Term Physical Conditions during Emerging Adulthood: A Systematic Review  
*Orla Mooney*
- Yoga use, physical and mental health, and quality of life in adults with IBS  
*Tina Cartwright*
- Afraid of what? Barriers to medical rehabilitation from the perspective of the “sent” rehabilitant  
*Carolin Baur*
- Behavioral interventions to promote treatment adherence in Chronic Kidney Disease: A systematic review and meta-analysis  
*Malin Ekholm*

**15:30 - 17:00 Parallel Sessions: Posters****INTERVENTIONS ADDRESSING CHRONIC DISEASE – FROM INTERVENTION DEVELOPMENT TO INITIAL EFFECTIVENESS AND MAINTENANCE OF CHANGE** Chair: Jane Murphy

- Development of a toolkit promoting sustained lifestyle change among multimorbid individuals: the LifeMeds study  
*Meeke Hoedjes*
- Using the person-centered approach to adapt a digital therapy for inflammatory bowel disease  
*Annie Jones*
- Behaviour change after a type 2 diabetes self-management programme: A longitudinal qualitative study (Phase 1)  
*Márcia Carvalho*
- Maintenance of lifestyle changes following lifestyle interventions in breast cancer survivors: a systematic review  
*Meeke Hoedjes*
- Stakeholder's experiences of tailoring implementation of the DAFNE structured education programme for type 1 diabetes  
*Jane Murphy*

**IMPROVING THE LIVES OF PEOPLE WITH CHRONIC CONDITIONS – APPROACHES TO INTERVENTION**

## Chair: Angelos Kassianos

- Biopsychological perspective on increasing physical activity in people with schizophrenia: pathways to adoption and maintenance.  
*Urška Arnavtavska*
- Efficacy of a motivational and implementation intentions intervention on walking behaviour in women with fibromyalgia  
*Ainara Nardi-Rodríguez*
- The general trust and CoVID-19 fear role on the variance of anxiety during balneological treatment  
*Angelo Gabriel Otesanu*
- Patients with severe asthma receiving mepolizumab report stronger positive emotions than mepolizumab-naïve patients  
*Judit Varkonyi-Sepp*
- Reducing self-stigma in people living with HIV in the Netherlands: Preliminary results of the RESET- intervention  
*Roy Willems*
- Understanding pain-related avoidance with the exploration-exploitation dilemma.  
*Maryna Alves*

**GENDER**

## Chair: Agnes Effert

- The role of sex and gender role self-concept in the Trier Social Stress Test  
*Stephanie Zintel*
- Internalized heterosexism among LGBTQ+ Lithuanians and it's associations with psychological distress and well-being  
*Kristina Žardeckaitė-Matulaitienė*
- Barriers to self-disclosure and emotionality in young men: Creating a more equitable future  
*Lucy Eldred*
- Gendered eating: Can gender role orientations explain gender differences in healthy eating?  
*Agnes Effert*
- Exploring the construction of gender identity in young women living with Polycystic Ovary Syndrome  
*Michelle Andipatin-Botha*



# Thursday, 07 September 2023

## 15:30 - 17:00 Parallel Sessions: Posters

### CRISES AND TRAUMA

Chair: Eleonora C. V. Costa

- A comparison of individuals affected by SARS-CoV-2 and controls: Impairment in working memory and fatigue  
*Anna Josefina Torner*
- **(On-line)** Associations between psychological distress and COVID-19 disease course: a retrospective cohort study of 3084 cases.  
*Gwendy Darras*
- Posttraumatic Stress Disorder, Childhood Trauma, and Health Behaviors in Victims of Intimate Partner Violence  
*Eleonora C. V. Costa*
- Psychological determinants of intention to volunteering. Study of Polish and Ukrainian volunteers during the war.  
*Patrycja Stawiarska*
- Quality of life, illness perception, and action crisis in orthopaedic post-trauma rehabilitation - pilot study  
*Katarzyna Piotrowicz*
- To act or not to act – what drives our behaviour in times of crises?  
*Keenan Ramsey*
- Critical Health Psychology after Fukushima Nuclear Disaster: Discourses concerning “Next-generation Innovative Reactors”  
*Yasuhiro Igarashi*
- Profile of adults seeking voluntary HIV testing and counseling in Portugal  
*Eleonora C. V. Costa*

### COPING

Chair: Andrea Haberstroh

- **(On-line)** The moderating role of type of screen time on the relationship between loneliness and insomnia  
*Ruth Brombach*
- Do study-related and personal resources buffer the impact of study demands on academic burnout?  
*Manja Vollmann*
- “I get by with a little help...” social support and wellbeing in multiply burdened students  
*Andrea Haberstroh*
- Health of music and acting schools’ students and coping with stage fright  
*Helena Wrona-Polanska*
- Validation of the Italian Version of the Stress Control Mindset Measure in University Students  
*Renato Pisanti*
- **(On-line)** A test of job demands-resource model among university students: the role of stress mindset  
*Renato Pisanti*

### PSYCHOLOGICAL - PHYSICAL PATHWAYS

Chair: Heike Spaderna

- Effects of autogenic training on subjective stress indicators and physical functioning in chronic heart failure  
*Heike Spaderna*
- The impact of eating behavior and emotional state on the severity of Irritable Bowel Syndrome  
*Magdalena Mróz*
- Leaving the laboratory: Daily life dynamics between physical activity and low back pain  
*Karolina Kolodziejczak*
- Personality traits of future health leaders: Lessons learned from the Young Physician Leadership Program  
*Biljana GJoneska*
- The physiological effect of non-driving-related tasks in conditionally automated driving: a systematic review and meta-analysis  
*Rory Coyne*

## 15:30 - 17:00 Parallel Sessions: Posters

## SCALE DEVELOPMENT

Chair: Teresa Martins

- **(On-line)** Psychometric Properties of the King ´ s Health Questionnaire Symptom Severity Scale  
*Marta G. Porto*
- **(On-line)** Intuitive Eating Scale-2: an adaption for Italian university students  
*Marcella Bianchi*
- Translation and validation of the Diabetes Acceptance and Action Revised Questionnaire in French  
*Coline Hehn*
- Study of the cutoff points of the informal caregiver burden assessment questionnaire  
*Teresa Martins*
- **(On-line)** COuples' OBesity (COOB) Initiative: Validation of the COuples' OBesity Life Impact Profile in Portuguese couples  
*Inês Queiroz-Garcia*
- Assessing attitudes during the recovery process in the of long term care context  
*Teresa Martins*

## RESEARCHING HEALTH ISSUES

Chair: Paul Norman

- A systematic review of online platforms for integrating research findings: Implications for health psychology.  
*Paul Norman*
- Interrater reliability of guideline recommendations for early childhood allergy prevention by experts in public health  
*Markus A. Wirtz*
- Schools in the interplay between genetic risk for high BMI and academic performance  
*Eivind Ystrom*
- A new case-definition for the SCL-90 for quality assurance  
*Gabriele Helga Franke*
- Using photography to capture health-related perceptions: A systematic review of health-related photo- based studies  
*Iga Palacz-Poborczyk*
- Opportunities to support spousal dementia caregivers during the transition to long term care  
*Joanna McHugh Power*

## VIRTUAL REALITY IN HEALTH PSYCHOLOGY

Chair:

- **(On-line)** The effects of immersive virtual nature on psychological outcomes: Preliminary results of a meta-analysis  
*Rita Moura*
- **(On-line)** Reconnect with nature: discovering the benefits of forest bathing through virtual reality  
*Dagmar Sztítás*
- **(On-line)** How to finish unfinished busines: Empty Chair Intervention for virtual reality.  
*Lenka Ottingerová*

# Thursday, 07 September 2023

## 15:30 - 17:00 Parallel Sessions: Posters

### TRUST AND EFFECTS OF DIGITAL HEALTH INTERVENTIONS

Chair: Alexandre Mazeas

- Quality label for app certification: evaluating healthcare professionals' willingness to recommend apps  
*Ieva Biliunaite*
- Reduced confidence in online health information based on nationwide surveys in Germany  
*Chen-Chia Pan*
- The effectiveness and psychological mechanisms of a gamified digital intervention to promote physical activity.  
*Alexandre Mazeas*
- Better understanding the heterogeneity observed in gamified digital interventions.  
*Alexandre Mazeas*

15:30 - 16:00

Coffee Break

17:00 - 18:00 Keynote Lecture: Urte Scholz

18:00 - 19:30 Reception for EHPS 2024

20:00 - 22:00 Challenge Night



**SIG SESSIONS**

# Friday, 08 September 2023

8:00 - 9:30 SIG Sessions (Details on page 12)

8:00 - 9:30 Habit SIG "Towards a taxonomy of habit change strategies"

8:00 - 9:30 Simple EHPS Equity, Global Health and Sustainability Special Interest Group

9:30 - 11:00 Parallel Sessions: Orals, Symposia and Roundtable

Symposium	Symposium	Oral Session	Oral Session
<p><b>Methodological solutions to challenges in undertaking single case design studies in health psychology</b> Chair: Joanna McHugh</p>	<p><b>Advances in implementation of health behaviour change interventions within healthcare</b> Chair: Molly Byrne</p>	<p><b>Researching health</b> Chair: Antonia Lyons</p>	<p><b>Parenting stress, coping and resilience</b> Chair: Ulrike Gisch</p>
Room: B2900	Room: B2890	Room: B2880	Room: B1405
<p>9:30 Analysis of single case data using the logistic model <i>Peter Verboon</i></p>	<p>Health service staff experiences of implementing the Making Every Contact Count chronic illness prevention programme <i>Oonagh Meade</i></p>	<p>Consistency between definitions and measurement of mindfulness in eating and physical activity: A scoping review <i>Christian Preissner</i></p>	<p>Dyadic coping as a moderator for parenting stress and emotions in youth sport <i>Valeria Eckardt</i></p>
<p>9:45 Sharing single case participant summary data during qualitative interviews to deepen insights and promote engagement <i>Felix Naughton</i></p>	<p>Optimising implementation of the Making Every Contact Count programme in Ireland – a consensus study <i>Molly Byrne</i></p>	<p>Estimating true effectiveness of smoking cessation interventions under variable comparator conditions: systematic review and meta-regression <i>Marijn de Bruin</i></p>	<p>Adversity triggers resilience: understanding resilience among young mothers affected by HIV in South Africa <i>Wylene Saal</i></p>
<p>10:00 Need-to-Know: A Researchers Guide to Embarking on Quality SCD Studies <i>Michelle E Kelly</i></p>	<p>Understanding successful implementation of an opportunistic mental wellbeing behaviour change intervention <i>Jo Hart</i></p>	<p><b>(On-line)</b> 'I'm letting them down': The perceived challenges for women when making life changes for health <i>Jackie Fox</i></p>	<p>Long-term Functioning of Childhood Cancer Survivors: Longitudinal Associations With the Parental Context <i>Elise Van Laere</i></p>
<p>10:15 A Bland-Altman approach to replacing multiple-item measures with a single item measure in longitudinal studies <i>Bill Calvey</i></p>	<p>Development of a behaviour change counselling training program and assessment tool for health care professionals <i>Anda I. Dragomir</i></p>	<p>Would I lie to you? Exploration of Covid-19 test falsification behaviours in England. <i>Raenhha Dhami</i></p>	<p>Comparing youth with and without type 1 diabetes on perceived parenting and peer functioning <i>Koen Raymaekers</i></p>
<p>10:30 Using the single case design to evaluate a community-embedded befriending service: Practical Challenges <i>Joanna McHugh Power</i></p>	<p>Predictors of COVID-19-related impacts on delivery of behaviour change interventions: A survey amongst healthcare professionals <i>Chris Keyworth</i></p>	<p>Period pain and treatment uptake amongst allistic and autistic menstruators: A Thematic Analysis <i>Hannah Durand</i></p>	<p><b>(On-line)</b> Modifiable and non-modifiable vulnerability factors for perinatal stress and anxiety: An umbrella review and framework <i>Karen Matvienko-Sikar</i></p>
<p>10:45 Discussion <i>Derek Johnston</i></p>	<p>Discussion <i>Anda Dragomir</i></p>	<p>Stress eating in adult ADHD – An Ecological Momentary Assessment study <i>Alea Ruf</i></p>	<p>Validation and psychometric properties of the parent-rated Child Intuitive Eating Scale-2 (C-IES-2-P) <i>Ulrike Gisch</i></p>

11:00 - 11:30

Break Session

11:30 - 12:30

Keynote Lecture: Jutta Mata

12:30 - 13:30

Lunch

8:00 - 9:30 SIG Sessions (Details on page 12)

8:00 - 9:30 Habit SIG “Towards a taxonomy of habit change strategies”

8:00 - 9:30 Simple EHPS Equity, Global Health and Sustainability Special Interest Group

9:30 - 11:00 Parallel Sessions: Orals, Symposia and Roundtable

Roundtable	Oral Session	Symposium	State of the Art
<p><b>EHPS’ United Nations committee: Advancing SDGs in policy and practice</b></p> <p><b>Chair: Efrat Neter</b></p>	<p><b>Psychophysiological pathways towards health and disease: From basic research to interventions</b></p> <p><b>Chair: Daryl O’ Connor</b></p>	<p><b>Health Psychology in 2023: Transforming Paradigms</b></p> <p><b>Chair: Rik Crutzen and Gjalt-Jorn Peters</b></p>	<p><b>Health Psychology for All: Supporting Equity, Inclusiveness and Transformation in Healthcare addressing Professionals and Parents-to-be</b></p> <p><b>Chair: Natalie Schuez</b></p>
<b>Room: B1410</b>	<b>Room: B1400</b>	<b>Room: HS 1010</b>	<b>Room: HS 2010</b>
<p><b>9:30</b> EHPS’ United Nations committee: Advancing SDGs in policy and practice <i>Efrat Neter, Maria Karekla, Josianne Kollmann, Claudia Teran Escobar, Benjamin Ambuehl</i></p>	<p>Psychoneuroimmunological pathways: immune-neuroendocrine patterning and response to stress. a latent profile analysis in elsa <i>Odessa S. Hamilton</i></p>	<p>The Regression Trap: Why Regression Analyses Are Not Suitable For Pretty Much Anything in Psychology <i>Rik Crutzen</i></p>	<p>Health Psychology for All: Supporting Equity, Inclusiveness and Transformation in Healthcare addressing Professionals and Parents-to-be <i>Sonia Lippke</i></p>
<p><b>9:45</b></p>	<p>Daily stress and eating in adolescents and young adults: Exploring cortisol reactivity and eating styles <i>Daryl O’Connor</i></p>	<p>Knowing What We’re Talking About: Facilitating Decentralized, Unequivocal Reference to Psychological Construct Definitions and Instructions <i>Gjalt-Jorn Peters</i></p>	
<p><b>10:00</b></p>	<p>Development and initial evaluation of a Cardiovascular stress reactivity treatment model for hypertension <i>Ainslea Cross</i></p>	<p>Towards Improving the Precision of Health Psychology Theories: Translating Narrative Theories into Dynamical Systems Models <i>Olga Perski</i></p>	
<p><b>10:15</b></p>	<p>Are virtual reality breathing interventions effective in improving mental health? Systematic review and Meta-analysis <i>Elke Vlemincx</i></p>	<p>Qualitative/Unified Exploration of State Transitions (QUEST): taking time into account in qualitative research <i>Szilvia Zorgo</i></p>	
<p><b>10:30</b></p>	<p><b>(On-line)</b> Standard 0.1 Hz breathing induces stronger cardiac vagal activity than super-slow 0.05 Hz yoga breathing. <i>Josef Martin Tatschl</i></p>	<p>Encouraging causal thinking in applied health research with causal Directed Acyclic Graphs (DAGs) <i>Annick De Paepe</i></p>	
<p><b>10:45</b></p>	<p>Is alexithymia demanding for vagal activity during an interpersonal stress task? <i>Fantini-Hauwel carole</i></p>	<p>Discussion <i>Olga Perski and Szilvia Zörgő</i></p>	
<b>11:00 - 11:30</b>	Break Session		
<b>11:30 - 12:30</b>	Keynote Lecture: Jutta Mata		
<b>12:30 - 13:30</b>	Lunch		

# Friday, 08 September 2023

## 13:30 - 15:00 Parallel Sessions: Orals and Symposia

Oral Session	Symposium	Oral Session	
<b>Promoting health in adolescence</b>	<b>Occupational E-Mental Health - current developments in protecting, fostering and treating mental-health in stressed employees</b>	<b>Interventions for People Living with Chronic Conditions</b>	
<b>Chair: Stephanie Do</b>	<b>Chair: Dirk Lehr</b>	<b>Chair: Efrat Neter</b>	
<b>Room: B2900</b>	<b>Room: B2890</b>	<b>Room: B2880</b>	
<b>13:30 (On-line)</b> Measuring anhedonia in adolescents - construction and validation of the Youth Anhedonia Scale (YAS) <i>Romana de Jonge</i>	Telephone-delivered versus written guidance on demand in a digital resilience intervention: A randomized-controlled non-inferiority trial <i>Dirk Lehr</i>	Personalized intervention to improve medication adherence for persons with Multiple Sclerosis <i>Efrat Neter</i>	
<b>13:45</b> How do we best engage young people in decision-making about their health? A scoping review <i>Daniella Watson</i>	Live online group against individual web-based stress management training in employees: a randomized pilot study <i>Sandy Hannibal</i>	<b>(On-line)</b> Interventions on the Posttraumatic Growth of Adults with Cancer: Initial findings from a Systematic Review <i>Nikolaos Vrontaras</i>	
<b>14:00 (On-line)</b> Treatment beliefs in children and adolescents with chronic health conditions: a scoping review <i>Gloria Metzner</i>	A serial mediation analysis on the impact of recreational behavior in digital interventions for insomnia <i>Hanna Brückner</i>	Mindfulness Based Cognitive Therapy in Breast Cancer Patients in Turkey: A Randomised Controlled Trial Study <i>Seda Ariturk</i>	
<b>14:15 (On-line)</b> School-based stress management interventions – results from a meta-analysis <i>Ágnes Juhász</i>	Discussion <i>Dirk Lehr</i>	Impact of digital interventions on health behaviour in patients with chronic obstructive pulmonary disease <i>Katja Matthias</i>	
<b>14:30</b> Active Living, Social Networks, and Digital Interventions in Adolescents: a Qualitative Focus Group Study <i>Sander Hermsen</i>			
<b>14:45</b> Weight-teasing, internalizing symptoms and disordered eating in early adolescents. Mediating role of internalized weight bias <i>Alexandra S. Zancu</i>			

15:00 - 15:30

Closing Ceremony Hörsaal 2010 (large lecture theatre)

## 13:30 - 15:00 Parallel Sessions: Orals and Symposia

Symposium	Symposium	
<p><b>An examination of obesity-related policies and public acceptability of these policies</b></p> <p><b>Chair: Amy Finlay and Megan Polden</b></p> <p><b>Room: B1410</b></p>	<p><b>Using the smartphone as a naturalistic assessment tool: Social interactions, health, and well-being</b></p> <p><b>Chair: Anne Milek</b></p> <p><b>Room: HS 1010</b></p>	
<p><b>13:30</b> Calorie labelling and proportional pricing on food and beverage orders through a virtual delivery app <i>Amy Finlay</i></p>	<p>Sleeping off stress? The association between stress in daily life and nocturnal autonomic recovery <i>Katharina I. Salo</i></p>	
<p><b>13:45</b> The evolution of packaging cues in food products aimed at children in 2018-2022 <i>Alazne Arraztio Córdoba</i></p>	<p>Psychological availability in daily co-regulation of affective well-being in young and old couples <i>Andrea B. Horn</i></p>	
<p><b>14:00</b> Consumer behaviour changes following implementation of mandatory calorie labelling in the English out-of-home food sector <i>Megan Polden</i></p>	<p>Studying naturalistic supportive interactions in couples' dyadic management of type II diabetes <i>Janina Lüscher</i></p>	
<p><b>14:15</b> Perceptions of obesity policies in UK adults with eating disorders and other mental health conditions <i>I Gusti Ngurah Edi Putra</i></p>	<p>How is everyday smartphone usage related to well-being? An intensive longitudinal smartphone sensing study <i>Fenne große Deters</i></p>	
<p><b>14:30</b> Increasing public support for obesity policies: a rapid review <i>James Reynolds</i></p>	<p>What's phub? Parental phubbing behavior and children's affective wellbeing in daily life <i>Anne Milek</i></p>	
<p><b>14:45</b> Discussion <i>Megan Polden</i></p>	<p>Discussion <i>Aleksandra Luszczynska</i></p>	
<b>15:00 - 15:30</b>	Closing Ceremony - Hörsaal 2010 (large lecture theatre)	



# About Bremen

The Hanseatic city of Bremen is the vibrant heart of north-west Germany and home of the famous Bremen Town Musicians. It's a city where different aspects of history, tradition, science, nature and culture come together to form a fascinating whole. Simply put, Bremen is well worth discovering.

Bremen, the cosmopolitan city on the river Weser, is steeped in history. The locals are proud of their Hanseatic heritage, but it's not something they would ever boast about. They enjoy having a coffee on the market square outside the magnificent UNESCO-listed town hall, or a refreshing beer on the bustling Schlachte Embankment. Here, it's easy to imagine days gone by, when ships from all over the world were docked in the harbour. Even today, you can still see traditional sailing ships here, such as the Alexander von Humboldt. If you walk through the Schnoor quarter, Bremen's oldest district, or the elegant Böttcherstrasse with its distinctive architecture, you experience history at every turn.



Schnoor

## Main Attractions

The Local Organizing Committee has put together recommendations for places in Bremen for sightseeing on the conference website. On the relevant page click on the name of the place to go to its website, when one is available, and click on the Google Map link to see its location on a map.

- **Schnoor**

The oldest part of Bremen with its very narrow alleys is definitely a place to visit. It is close to the river Weser and many other sights in the heart of the city.

- **Weserstadion**

Bit of a no-brainer, really. If you're lucky, you might even get seats for a Werder Bremen home game (<https://www.werder.de/tickets/heimspiele/>), but don't hold your breath. There is a better chance to get tickets to the excellent women's team (Bundesliga). The Werder Bremen museum in the stadium is worth a visit for the footie aficionados – revel in glories long past (well, 2009 – last national cup).

- **Metalhenge**

Is it... a metal Stonehenge on a tip? Yes, indeed it is. Spinal Tap would be proud. Climb up the tip, Bremen's highest elevation (debatable) and enjoy a fantastic view over the city and surrounds. The metal sculptures follow astronomical points of interest – see Aldebaran, Betelgeuze and others when they rise.

- **Hole of Bremen (Bremer Loch)**

If you ever wonder what do the famous Bremen Town Musicians sound like, just toss a coin into the hole, you will be surprised!

- **Tiergehege (Mini zoo)**

It's a teeny tiny zoo within the citizen's park in Bremen city center. If you are lucky you will find the peacock strolling on the road right next to you!

- **Utkiek**

It's a former rubbish dump that is now renaturalized and part of a recreation area. In other regions you would not even call it a hill, but in the north german plain it is one of the highest places between the cities Bremen, Osnabrück and Oldenburg.



Weserstadion



Metalhenge



Bremer Loch



Utkiek

# Places to Eat



Plantenköök

The Local Organizing Committee has put together recommendations for places in Bremen where you can enjoy a meal on the conference website. On the relevant page click on the name of the establishment to go to its website, when one is available, and click on the Google Map link to see its location on a map.

- Isaak's Garden

Lovely mediterranean meze-style restaurant – situated in Schwachhausen, not too far from the University. Sit outside, have a glass of their excellent wine selection and watch the world (and the trams pass by) while nibbling on some e.g. lovely chargrilled saganaki cheese. If the weather is the Bremen usual, they do have very cosy rooms downstairs. Easily one of my favourite eating spots.



Isaak's Garden

- Markthalle Acht

Essentially a quirky food court with food stalls from all over the world and great atmosphere. Live music Thurs-Sat. Smack bang in the centre of town. Personally, I particularly like the Korean, Ukrainian and Ghanaian stalls. They are open for lunch and dinner (until 8pm, Thurs-Sat until 10pm).



Markthalle Acht

- Onkel Ba's Street Kitchen

Tiny Vietnamese street food shop – there are only a few seats inside, a couple more outside. But if you are prepared (and if the weather is cooperative) to sit outside or on the stairs, there is some lovely Vietnamese food in store for you, lots of fresh green herbs and great flavours. They also have a stall at Markthalle Acht.



Onkel Ba's Street Kitchen

- Tampopo Sushi & Nikkei Kitchen

Japanese-Peruvian fusion restaurant. In particular the finger food and ceviche is worth a small detour, they also have a more than decent wine list.



Tampopo Sushi & Nikkei Kitchen

- Vengo die Gemüseküche

Vegan Restaurant that offers a wide variety of affordable meals.

- Yalla Yalla Falafel

Best place in town to eat a wide range of original vegetarian rollos (Bremen's own word for durum)!

- Plantenköök

Plant-based, seasonal and homemade food restaurant. They are a newly open Restaurant that aim to promote climate-friendly meals for all. They offer a donation based meal for those who cannot afford the stated prices.

# Places to Shop

The Local Organizing Committee has put together recommendations for places in Bremen where you can shop on the conference website. On the relevant page click on the name of the establishment to go to its website, when one is available, and click on the Google Map link to see its location on a map.



Manufactum Warenhaus

- **Manufactum Warenhaus**

Granted, this is chain for high-end household, gardening and office items is not unique to Bremen. Their location however is quite unique in a lovely renovated 19th century bank. Browse the wares – lots of high-quality everyday items such as cast-iron pens, excellent writing papers, stable (!) kitchenware, some pricey but classic clothes, you might even find surprisingly affordable and enjoyable stuff. Their food corner with selected cheeses and cuts is excellent, and they do bake their own bread and cake. Next to Markthalle8.

- **Black Plastic**

Black Plastic is my favourite record store (of two favourite ones) in Bremen. They have an excellent selection of Punk and Indie, and some decent Jazz and Latin vinyl as well. Good bargain bins – and both new and used vinyl in excellent condition. I do spend far too much money here.

- **Holtorfs Heimathaven**

This little shop has mainly local produce – coffee, chocolate, spirits, whatnot. The main attraction however is the shop itself – the entire interior is an original 19th century shop. Get your treats here. Oh, and while you are here, they brew a seriously good coffee, too.

- **Hot Shot Records**

The largest independent record store (probably the largest in any case) in Bremen with an excellent vinyl selection if you like your music loud – very good metal, punk and crossover selection. Also make sure to check the new arrivals, and they do sell rarities from large private collections from time to time. Get your merchandise (shirts, stickers, posters, paraphernalia) at GoBäng! on the same floor.

- **Juli liebt Kaffee**

Very calm and welcoming coffee, were many international people meet to have a chat while enjoying cakes, toasts and good coffee and tea.



Black Plastic



Holtorfs  
Heimathaven



Hot Shot Records



Juli liebt Kaffee

# Places to Hang Out

The Local Organizing Committee has put together recommendations for places in Bremen where you can hang out on the conference website. On the relevant page click on the name of the establishment to go to its website, when one is available, and click on the Google Map link to see its location on a map.



## Harbour Coffee

No doubt the best cinnamon roll (Zimtschnecke) in town, great coffee as well!

- **Haus am Walde**

Difficult to imagine at the time of writing (February), but this really is a fantastic place to hang out in summer and early autumn. Certainly one of Bremen's nicest beer gardens, with a selection of mainstream brews on taps (but including Störtebeker). Very popular with students, uni staff and everyone at the end of the day – and what's better than sitting under the lime and chestnut trees, sipping a non-alcoholic (yes, there are excellent non-alcoholic beers available as well) or alcoholic beer and chatting with friends and colleagues. The Haus am Walde is hardly a secret, though, so expect to share the table.

- **Yellow Bird Coffee**

If you are taking your brew seriously (as you should), this is one of the best places in Bremen to have a coffee or two. Not exactly close to the university, but if you are based in Neustadt or happen to be in the neighbourhood, the yellow bird is definitely worth a visit.

- **KUKOON**

KUKOON is an alternative cultural center organized by a collective and has a lot to offer: interesting events, concerts, but also culinary delights: lunch, coffee and cake, and evening meals. In between, you can relax and hang out with friends there. Open 12-X

- **Wohnzimmer**

Cozy and unique bar that looks like your grandmas living room.

- **Schauburg cafe**

If you want to enjoy a delicious coffee surrounded by a film atmosphere and with a spectacular view on the busiest street of Viertel



Haus am Walde



Yellow Bird Coffee

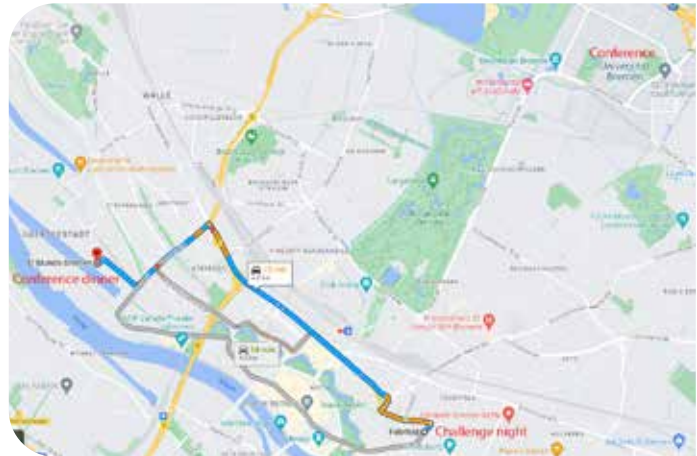


KUKOON



Wohnzimmer

# Social Events



## Conference Dinner (Wednesday, 06 September, 20:00) El Mundo (Konsul-Smidt-Straße 10a, 28217 Bremen)

Welcome to this year's conference dinner! We are looking forward to welcoming you to El Mundo, one of Bremen's most popular dining locations. Situated right at the waterfront in an old store building (Schuppen 1, a grade-listed building), El Mundo boasts a stylish interior and a fantastic outdoor patio with room for everyone. Enjoy a relaxed evening with us, have some of El Mundo's popular international cuisine, have a drink and watch the sun go down – and then dance the night away with our DJ and a musical surprise. Oh, and they do have the most popular beers in Bremen, too.

We look forward to seeing you all – it's included in the full registration fee!

**How to get to El Mundo:** From the university, take Tram 6 (direction Airport), disembark at Domsheide (City Centre) and change to Tram 3 (direction Gröpelingen). Disembark after 6 stops at "Konsul-Smidt-Straße" and walk left into Konsul-Smidt-Straße. Can't miss it!

Also make sure to check our online map at <https://2023.ehps.net/venue/> for directions.

## Challenge Night (Thursday, 07 September, 20:30) Fehrfeld (Fehrfeld 58/59, 28203 Bremen)

Welcome to an EHPS first – the Challenge Night! Ever wondered whether you were the only person who got null results in their study, botched research design, or printed the wrong questionnaire? Well, wonder no more – you are not alone. Join us for a fun night (and yes, it is supposed to be fun) learning from other peoples' mistakes and poking fun at some of your favourite professors and bigwigs who will present their most embarrassing mistakes so that you don't have to make them. Want to present your own favorite failure? We will have an open mic for you to step up to. Also, have a drink or two and relax in one of our favourite pubs in Bremen, the Fehrfeld. Too much science? They also have a table football in the basement and did we mention their excellent drinks selection?

We look forward to seeing you – included in your registration, no reservation necessary, just show up and bring some laughs.



**How to get to Fehrfeld:** From the university, take Tram 6 (direction Airport), disembark at Bremen HBF (Central Station) and change to Tram 10 (direction Sebaldsbrück). Disembark after 4 stops at "Sielwall". Alternatively, take Tram 6 and disembark at Domsheide (City Centre) and take tram 3 (direction Weserwehr) or Tram 2 (direction Sebaldsbrück). Disembark after 3 stops at "Sielwall". Then, take a left into Fehrfeld. Can't miss it!

Also make sure to check our online map at <https://2023.ehps.net/venue/> for directions.



[www.2024.ehps.net](http://www.2024.ehps.net)

# 38<sup>th</sup> Annual Conference of the European Health Psychology Society

2 - 6 September, 2024  
Cascais, Portugal



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