

EHPS 2023

37th Annual Conference of the European Health Psychology Society

Final programme

All times in this document are in CEST, GMT+2

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

Monday, 04 Sep

9:30 - 17:00 Full Day Workshops

Workshop Open Digital Health: Leading digital health transformation in health promotion 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 Sanderma, 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 Open Coding 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
Room: HS2010

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.

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

19:15 - 21:00 Welcome Reception (co-sponsored by IAAP)
Room: Cafe Unique

We will welcome you at Café Unique just downstairs from the lecture theatres. Follow the signs and the noise and join us for a drink and nibbles

Tuesday, 05 Sep

8:30 - 9:30 EHPS Forum
Room: Hörsaal 2010

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

Oral Session Implementation of prevention and self-management interventions
Chair: Kirstie McClatchey
Room: B2900

9:30 Evaluation of social prescribers' decision-making approaches for referrals related to lifestyle advice
Oana Petre

Online 9:45 Impact of gender on prevention in primary care: preliminary results from a randomized vignette study
Julie O'Sullivan

10:00 Exploring dental undergraduate students' behavioural determinants to facilitate oral health behaviour change conversations with patients
George Kitsaras

10:15 IMPlenting IMProved Asthma self-management as RouTine (IMP2ART): pilot for a cluster randomised controlled trial
Kirstie McClatchey

10:30 Barriers and facilitators to social prescribing in youth mental health: Perspectives from the frontline
Daniel Hayes

10:45 Smoking prevention within social work organizations: a qualitative study about youngsters' and youth workers' perceptions
Kenji Leta

Symposium The power of participatory methods to align the perceptions of intervention developers and end-users
Chair: Francine Schneider and Rik Crutzen
Room: B2890

9:30 How do healthcare professionals perceive the threat of antibiotic resistance?
Lieve Vonken

9:45 The Public's Perspectives on Lifestyle-Related Behavior Change for Dementia Risk Reduction: A Qualitative Study
Jeroen Bruinsma

10:00 Perceived effect of online access on patient empowerment, the patient-provider relationship, and informed decision-making
Rosa Thielmann

10:15 Development and evaluation of personal role model stories for sexual health prevention
Gido Metz

10:30 When individuals at high risk of suicide meet emma, an assessment and prevention application.
Manon Leloup

10:45 Discussion
Francine Schneider

Oral Session Mental health and wellbeing
Chair: Gill Ten Hoor
Room: B2880

- Online 9:30 Longitudinal evidence shows that poor mental health in people living with obesity may be underestimated
Jilly Gibson-Miller
- 9:45 Predictors of well-being : longitudinal study among adults with overweight and obesity
Natalija Plasonja
- 10:00 Testing an intervention to reduce the negative effect of stress on mental health in students
Jennifer Töws
- 10:15 Causal attributions in people with depressive symptoms - an exploratory analysis of stability over time
Anna Katharina Reinhold
- Online 10:30 A valid and reliable tool for assessing the stress–drinking relationship
Julia Reichenberger
- 10:45 Gone Too Soon: Priorities to Prevent Premature Mortality Associated with Mental Illness and Mental Distress
Rory O'Connor

Oral Session Psychological experiences of health and health behaviours

Chair: Saar Mollen

Room: B1405

- 9:30 Psychological Correlates of Cancer Survival
Shulamith Kreitler
- Online 9:45 When East Meets West: Body image and eating behaviour concerns in young Middle-Eastern women
Melanie Deek
- 10:00 Awareness of COVID-19 cases in personal network and students' motivation to engage in protective behaviour
Ksenia Eritsyayn
- Online 10:15 COuples' OBesity (COOB) Initiative: Suitability of the interdependence and communal coping approach among couples
Inês Queiroz-Garcia
- Online 10:30 ME-WEL Project: A qualitative comparative study in menopausal transition based on Health Belief Model
Mafalda Leitão
- 10:45 „Vaccination? Ain't feelin' it.“: How young Slovaks tried to make sense of COVID-19
Radomír Masaryk

Symposium Women's health issues across the lifespan: Identifying risks and opportunities for change

Chair: Yael Benyamini and Irina Todorova

Room: B1410

- 9:30 Education sessions versus a planning intervention: effects on a reduction of sedentary time among women
Aleksandra Luszczynska
- 9:45 Social and Interpersonal Predictors of Cancer Genetic Risk Assessment in Women with Cancer
Anita Kinney
- 10:00 Does oxytocin administration during childbirth increase risk for postpartum post-traumatic stress symptoms?
Yael Benyamini
- 10:15 Dyadic regulation approach of coping and illness representations in female cancer patients and their partners.
Zoe Giannousi
- 10:30 Discussion
Efrat Neter
- 10:45 Audience Engagement Activity
Irina Todorova

Oral Session Risk perception and communication**Chair: Loes Janssen****Room: B1400**

- Online 9:30 Triadic communication in medical encounters regarding Congenital Heart Defects in the pediatric setting
Yael Karni-Visel
- 9:45 Psychological well-being and risk perception of patients with polycystic ovary syndrome
Erika Toth
- 10:00 Experiences and acceptability of risk-stratified breast screening: qualitative comparison of two European countries (MyPeBS trial)
Lorna McWilliams
- 10:15 Socio-economic differences in cancer perceptions in France: a representative sample of the general population
Philémon Aurouet
- 10:30 The effects of YouTube sexual health vlogs on young adults' safe sex attitudes and intentions
Loes Janssen

Roundtable Double, Double, Measurement Trouble, Sorry to Burst Your Construct Bubble**Chair: Talea Cornelius and Paulina Schenk****Room: HS 1010**

- 9:30 Double, Double, Measurement Trouble, Sorry to Burst Your Construct Bubble
Talea Cornelius, Marie Johnston, Paulina Schenk, Diane Dixon, Geert Crombez

Symposium Stigmatization and health: determinants, mechanisms and interventions**Chair: Sylvia van Beugen and Andrew Thompson****Room: HS 2010**

- 9:30 Predictors of stigmatizing attitudes towards people with psoriasis or Parkinson's disease
Sylvia van Beugen
- 9:45 Mechanisms of peer HIV-stigma among Men who have Sex with Men (MSM)
Udi Davidovich
- 10:00 Interventions targeting social and self-stigma among people with chronic skin disease- Results from RCTs
Juliane Traxler
- 10:15 Interactive storytelling design to reduce weight-related stigma
Valentijn Visch, Niko Vegt
- 10:30 Pregnancy smoking stigma reduction in healthcare student through a video intervention
Deborah LOYAL
- 10:45 Discussion
Andrew Thompson

11:00 - 11:30 Break session**11:00 - 11:30 Synergy AGM
Room: B3009****11:30 - 13:00 Parallel Sessions: Orals, Symposia and Roundtable****Symposium Loneliness and health: Understanding and overcoming challenges in times of crisis and beyond****Chair: Lisa Marie Warner and Sonia Lippke****Room: B2900**

- 11:30 The impact of the Covid-19 pandemic on socially isolated older people
Andrew Steptoe

- 11:45 "I am alone and I am stuck": University students' experiences of living alone during COVID-19
Jenny Groarke
- 12:00 Daily associations between loneliness and intra- and interpersonal ruminative thoughts in cancer patient-caregiver dyads
Aleksandra Kroemeke
- 12:15 Volunteering motives, loneliness, quality of life, and Health care use
Jessica S. Morton
- 12:30 ConnectUp – Developing a physical activity based social online platform with people with disabilities
Dominika Kwasnicka
- 12:45 Discussion
Tracey Revenson

Symposium Health-related quality of life in the wake of multifaceted stressor exposure in later adulthood

Chair: Susanne Wurm and Sarah K. Schäfer

Room: B2890

- 11:30 Longitudinal association between self-perceptions of aging and health-related quality of life in older stroke patients
Susanne Wurm
- 11:45 The comorbidity of depression before and after stroke: A network analysis
Maria Blöchl
- 12:00 Trajectories of well-being and self-rated health before and during the COVID-19 pandemic among German adults
Markus Wettstein
- 12:15 Quality of life in and after cardiac rehabilitation: a one-year longitudinal study
Walter Bierbauer
- 12:30 The mental health impact of the COVID-19 pandemic on older adults: A systematic review
Sarah K. Schäfer
- 12:45 Discussion
Yael Benyamini

Oral Session Digital health tools: development, engagement and evaluation

Chair: Jorinde Spook

Room: B2880

- 11:30 Equity, Inclusiveness and Transformation through co-creation: Improving user engagement in digital health tools.
Vinayak Anand-Kumar
- 11:45 Co-designing a psychological support app based on acceptance and commitment therapy for Parkinson's disease
Cathryn Pinto
- 12:00 Engagement with a digital intervention to support patients with long covid in the UK's NHS
Katherine Bradbury
- 12:15 Therapeutic respiratory exergaming in the Pediatric ICU: a pilot feasibility study
Jorinde Spook
- 12:30 Do Technology Acceptance Factors, Health Related Factors and Contextual Factors Predict Use Discontinuance of eHealth?
Nynke van der Laan
- 12:45 A systematic review and meta-analysis assessing the effectiveness of biofeedback for patients with hypertension
Sian Jenkins

Oral Session Motivational processes in health behaviour**Chair: Mark Conner****Room: B1405**

- 11:30 Relative Effects of Implicit and Explicit Attitudes on Behavior: Meta-Analysis and Test of Key Moderators
Daniel Phipps
- 11:45 Intention-health behavior moderators: Strength, stability and goal properties
Mark Conner
- 12:00 Identifying theory-informed behaviour change techniques in randomized trials of audit and feedback
Vivi Antonopoulou
- Online 12:15 Delay discounting mediates the effect of trait impulsivity on soft drink consumption
Max Kulbida
- Online 12:30 An extended Theory of Planned Behaviour model to understand cervical cancer screening attendance
Marcella Bianchi
- Online 12:45 Covid-19 vaccination intention in Italy: A repeated cross-sectional study applying the Theory of Planned Behaviour
Miriam Capasso

Symposium What makes an effective habit-based intervention?**Chair: Benjamin Gardner****Room: B1410**

- 11:30 The roles of habit and self-control in physical activity and healthy eating
Barbara Mullan
- 11:45 Identifying habitized elements of self-harm behaviours: An alternative approach to intervention?
Sheina Orbell
- Online 12:00 Maximizing the prophylactic impact of a salubrious diet: A higher-order habit intervention
Kimberly R. More
- 12:15 An app and brief habit-based behavioural support to promote physical activity after a cancer diagnosis
Rebecca Beeken
- 12:30 Can habit-based intervention components be adequately described using behaviour change technique taxonomies?
Benjamin Gardner
- 12:45 Discussion
Pam ten Broeke

Oral Session Exploring minoritisation and exclusion: How and why it happens**Chair: Irina Todorova****Room: B1400**

- 11:30 "Who will take care of those children?" Perspectives on prevention among underserved women in Bulgaria
Irina Todorova
- 11:45 Accessibility of mental health care for deaf and hard-of-hearing people: perspectives of caregivers and users
Roy A. Willems
- 12:00 The patient-provider relationship with aphasic patients: a study with nurses and care assistants
Camille Carpentier
- 12:15 "I don't know how to react": Emotional responses towards cervical cancer screening in vulnerable women
Diana Taut
- 12:30 A qualitative exploration of prisoner experiences during incarceration and its effect on exercising self-control
Sabryna Sas

12:45 Lifetime polyvictimization and mental health in women: A population based latent class analysis
Sandra P Arevalo

Roundtable Joining forces to improve environmental health effectively

Chair: Nadja Contzen and Josianne Kollmann

Room: HS 1010

11:30 Joining forces to improve environmental health effectively
Nadja Contzen, Josianne Kollmann, Cornelia Betsch, Jutta Mata, Rea Pärli, Anne van Valkengoed

State of the Art Innovative research strategies to gain insight into reasons for health inequalities

Chair: Rado Masaryk

Room: HS 2010

11:30 Innovative research strategies to gain insight into reasons for health inequalities
Wendy Stainton Rogers

13:00 - 14:00 Lunch

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 Understanding and improving wellbeing across the lifecourse

Chair: Juergen Hoyer

Room: B2900

14:00 Adolescent Well-Being during the COVID-19 Pandemic: Relation to Physical Activity, Social Contacts, and Screen Time
Anne Eppinger Ruiz de Zarate

14:15 How bedtime procrastination affects our daily mood – a diary-based study
Maria Vettiger

14:30 Cumulative associations between health behaviors and mental well-being over 30 years in mid-adulthood
Tiia Kekäläinen

14:45 Meaning on life matters: Implications for public health surveillance and promotion of mental well-being
Caroline Cohrdes

15:00 Behavioral activation and well-being: An update
Juergen Hoyer

Online 15:15 Living the transition to adulthood in Achondroplasia and Osteogenesis Imperfecta patients
Margarida Santos

Oral Session Habits and Physical Activity

Chair: Lenka Knapová

Room: B2890

14:00 Testing the usefulness of Social Cognitive Theory to explain physical activity behavior in German adults
Viktoria Egele

14:15 Psychosocial correlates of physical activity resilience: the case of step counts during the COVID-19 pandemic
Lenka Knapová

14:30 Physical activity maintenance: Holy grail or existing phenomenon?
Dario Baretta

14:45 Resilience moderates the relationship between physical activity enjoyment and habit
Susanne Weyland

- 15:00 An agent-based model of dyadic physical activity: a novel approach to understand social interactions
James Martin Allen
- 15:15 Computational modelling of real-world habit change: a conceptual review and practical guide
Chao Zhang

Oral Session Health communication: Communication strategies

Chair: Simone Dohle

Room: B2880

- 14:00 Icon arrays for communicating medical information: The role of color and icon type
Rebecca Blase
- 14:15 How to debunk misinformation? An experimental online study investigating text structures and headline formats
Helge Giese
- 14:30 Mind the Antibiotic Resistance Gap: Communication Strategies to Reduce Antibiotic Expectations in Ethnic Minority Groups
Miroslav Sirota
- 14:45 Health advice at face value: Valence and dominance effects on receptiveness for health information.
Chantal den Daas
- 15:00 Training nurses on distress screening to establish an interdisciplinary approach
Lara Dreismann
- 15:15 'What is old and natural is harmless': Traditional, complementary, and alternative medicine in online media
Aleksandra Lazic

Oral Session Risk and protective factors in chronic illness?

Chair: Uwe Flick

Room: B1405

- 14:00 "You develop realistic views on life": Peer relations and communication of chronically ill young adults
Uwe Flick
- 14:15 How do relatives of ill/ disabled people cope with their illness? A pilot study.
Melanie Jagla-Franke
- 14:30 The extent and context of subjective cognitive complaints in haemodialysis and implications for patient outcomes
Frederick H. F. Chan
- 14:45 Factors associated with depression and benefit finding in a Singapore population of incident hemodialysis patients
Phoebe Lim
- 15:00 Network and Dynamic Modelling of Physical and Psychological Symptoms in Rheumatoid Arthritis
Hsiu Yen Tung
- 15:15 Sexual problems in older age and barriers in help-seeking behaviours. A qualitative Polish study.
Gabriela Gore-Gorszewska

Symposium Social Relationships and Health: New Insights from Dyadic Research

Chair: Pascal Küng and Patrick Stefan Höhener

Room: B1410

- 14:00 Daily support and emotion regulation strategies in romantic couples: women's and men's intrapersonal experiences
Julia Roseman
- 14:15 Health-related social influences among siblings in families with Li-Fraumeni Syndrome
Chloe Huelsnitz
- 14:30 Impact of Social Influence Strategies on Romantic Couples' Daily Physical Activity and Affective Outcomes
Pascal Küng

- 14:45 Dyadic just-in-time adaptive interventions to increase physical activity in romantic couples: A micro-randomised trial
Patrick Stefan Höhener
- 15:00 A buddy support intervention for active commuting - Pre-post analysis of a dyadic N-of-1 study
Lea O. Wilhelm
- 15:15 Discussion
Niall Bolger

Symposium Development and delivery of prehabilitation interventions to support behaviour change and emotional well-being pre-surgery

Chair: Leah Avery and Rachael Powell

Room: B1400

- 14:00 A qualitative stakeholder analysis of beliefs, facilitators, and barriers for prehabilitation before lung cancer surgery
Melissa Voorn
- 14:15 Systematic development of an evidence and theory-informed digital prehabilitation intervention (iPREPWELL)
Leah Avery
- 14:30 Impact of a cancer prehabilitation and recovery programme on emotional well-being: A multi-perspective, qualitative evaluation
Amy Davies
- 14:45 Workshop: How can health psychology effectively contribute to the design and reporting of multidisciplinary prehabilitation research?
Leah Avery and Rachael Powell
- 15:15 Discussion
Carin Schröder

Roundtable Addressing and Overcoming Power Relations in Health Psychology (Research): An Interactive Discussion

Chair: Maria Blöchl, Vica Tomberge and Christine Emmer

Room: HS 1010

- 14:00 Addressing and Overcoming Power Relations in Health Psychology (Research): An Interactive Discussion
Maria Blöchl, Vica Tomberge, Christine Emmer, Anna Levke Brütt

Symposium Putting the Behaviour Change Intervention Ontology (BCIO) to work in health psychology

Chair: Susan Michie

Room: HS 2010

- 14:00 Characterising all aspects of behaviour change intervention scenarios using the Behaviour Change Intervention Ontology (BCIO)
Lisa Zhang
- 14:15 From BCTTv1 to Behaviour Change Technique Ontology (BCTO): What's the difference and what's the benefit?
Marie Johnston
- 14:30 Using the Human Behaviour Ontology (HBO) to precisely characterise behaviours in research and practice
Robert West
- 14:45 Formally specifying mechanisms of action for behavioural interventions: The Mechanism of Action Ontology
Paulina Schenk
- 15:00 Audience Engagement Activity
Susan Michie

15:15 Discussion
Molly Byrne

15:30 - 17:00 Parallel Sessions: Posters

Poster Session 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

Poster Session 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.
Caterina Bosio

Poster Session 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
Pascalle 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

Poster Session 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

Poster Session 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

Poster Session 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

Poster Session 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

Poster Session 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 Hintsa

Greater weekday sitting time is associated with better academic performance in Japanese students

Koji Yamatsu

Poster Session 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

Poster Session 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 Eritsyan

Poster Session 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

Poster Session 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 Gérardin

Online Mediators of Intervention Effects in a Randomized Controlled Trial Motivating Cancer Genetic Risk Assessment
Jinghua An

Poster Session 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

Poster Session 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

Poster Session 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

Poster Session 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

Poster Session Digital intervention development and evaluation studies

Chair: Chen-Chia Pan

Online 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

Poster Session 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 evidence-based 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 Uni

19:00 - 21:00 DGPs Fachgruppe Young Members Meeting
 Room: "Sielwall"

Wednesday, 06 Sep

8:00 - 9:30 EHPS AGM
Room: Hörsaal 2010

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

Oral Session Inequalities, cognitive functioning and mental health
Chair: Laura Scholaske
Room: B2900

9:30 Role of Acculturation and Acculturative Stress for Depression Risk Among Immigrants From Türkiye in Germany
Laura Scholaske

9:45 Discrimination, mental health and social inequalities in the UK during 2015-2020: a repeated cross-sectional study
Rosanna Maletta

10:00 Intersectional inequalities in the impact of becoming a grandparent on cognitive function: a longitudinal MAIHDA
Enrique Alonso-Perez

Online 10:15 Emic Views of mental illness among the Borena indigenous community in Southern Ethiopia
Yassin Mohammed Yesuf

10:30 The Physical and Psychological Consequences of Precarious Employment
Ayla Hocaoglu Uzunkaya

10:45 Moderating effect of grip strength in the association between cancer and depression symptomatology
Diogo Veiga

Oral Session Practical ways of making healthcare more inclusive
Chair: Karina De Santis
Room: B2890

9:30 Mentalhealth4all: Development of an online platform to improve access to mental healthcare for migrants/refugees
Melanie de Looper

9:45 Photovoice as Inclusion: Transforming University Education for Future Health Advocates
Mala Matacin

10:00 Addressing positive health literacy: a pilot intervention study in the Netherlands
Lies ter Beek

10:15 Community-partnership incentive-based interventions aimed at achieving or maintaining healthy weight: A Systematic Review
Julie Cowie, Scott Findlay

10:30 A practical step-by-step approach for patient and public involvement in eHealth intervention research
Milon H. M. van Vliet

10:45 Bridging the gap: A guide to developing inclusive eHealth interventions
I. Al-Dhahir

Symposium Innovative research approaches to developing self-management interventions for diabetes
Chair: Sara Simao
Room: B2880

- 9:30 Context and mechanisms of an evidence-based text message intervention for people with type 2 diabetes
Sara Simao
- 9:45 Development of an e-program to improve quality-of-life of diabetics based on ACT therapy
Coline Hehn
- 10:00 Exploring active ingredients of type 2 diabetes self-management programmes: A content analysis of two programmes
Márcia Carvalho
- 10:15 Development of an innovative multi-factorial management intervention to address multi-morbidity in early-onset type 2 diabetes.
Michelle Hadjiconstantinou
- 10:30 Audience Engagement Activity
Sara Simao and Coline Hehn
- 10:45 Discussion
Leah Avery

Oral Session Job factors and employee health

Chair: Beata Basinska

Room: B1405

- 9:30 Associations between workplace design and office workers' sitting patterns: A field study.
Pam ten Broeke
- 9:45 Nature contact in the workplace, stress and workability: Nature connectedness as a moderating variable
Talma Kushnir
- 10:00 Profiles of employees' well-being over a one-year period: latent profile and latent transition analysis
Beata Basinska
- 10:15 The Role of Organizational Climate in the Psychological Health of Canadian Armed Forces Members
Alla Skomorovsky

Symposium Theory-Informed Dyadic Health Research: From Design to Analysis

Chair: Talea Cornelius

Room: B1410

- 9:30 Compendium of dyadic intervention techniques for health behavior change: State of research and conceptual implications
Corina Berli
- 9:45 Family-Authored ICU Diaries to reduce Fear in Patients Experiencing a Cardiac Arrest (FAID Fear)
Talea Cornelius
- 10:00 Utilizing Attachment Theory to Enhance Relationship Quality and Mental Health Among Cardiac Couples
Heather Tulloch
- 10:15 How minority stress acts as a potential additive stressor for same-gender couples
Nathalie Meuwly
- 10:30 Should we focus on the dyad or the two individuals? Ways of conceptualizing dyadic data
Gertraud (Turu) Stadler
- 10:45 Discussion
Talea Cornelius

Oral Session Eating disorders and bodily awareness

Chair: Jazz Bartholomew

Room: B1400

- 9:30 Role of self-esteem and anxiety in the relationship between emotional competence and eating disorders
Alessandra Pokrajac-Bulian
- 9:45 Self-compassion, self-coldness and healthy eating behaviour
Roeline Kuijjer

- Online 10:00 From Alexithymia to Eating Disorders symptoms: the mediating role of Mental Pain
Nadia Barberis
- 10:15 Loneliness and preferences for palatable versus healthy food: The role of coping
Fuschia Sirois
- 10:30 The relationship between emotional intelligence, anxiety and risky behaviour: Sensing internal signals from the body
Khatuna Martskvishvili
- 10:45 The role of personality on weight loss interventions in people with metabolic conditions
Jazz Bartholomew

Symposium Smartphone use in daily life: Do we have to worry about our health?

Chair: Theda Radtke and Jan Keller

Room: HS 1010

- 9:30 Identifying person-specific associations between smartphone use and predictors of mental wellbeing with an N-of-1 design
Eline Smit
- 9:45 Resource recovery at work? The impact of private smartphone use on employees' work and health
Ann-Kathrin Sowa
- 10:00 Exploring the Phenomenon of Smartphone Disconnection: A Systematic Review of Detox Practices
Lise-Marie Nassen
- 10:15 Study Smart! – The effects of a planning intervention targeting smartphone separation on health-related outcomes
Lina Christin Brockmeier
- 10:30 Are offline meals healthy meals? — A smartphone field experiment to promote healthy family meals
Theda Radtke
- 10:45 Discussion
Dominika Kwasnicka

Symposium IAAP Health Psychology Division Symposium: Scalable health behavior change interventions and their effective mechanisms

Chair: Yiqun Gan and John de Wit

Room: HS 2010

- 9:30 Habit-stacking and salience nudge interventions increase hand washing in the office environment
Marijn Stok
- 9:45 Promoting preventive behavior during the COVID-19 pandemic: A randomized controlled trial of the Soapp application
Jennifer Inauen
- 10:00 Examining the Psychological Pathways Underlying a HAPA-based Influenza Prevention Intervention for Older Adults
Chun-Qing Zhang
- 10:15 Online Regulation of Craving Training to Promote Healthy Diet under Stress: A Randomized Control Trail
Yiqun Gan
- 10:30 Audience Engagement Activity
Sonia Lippke
- 10:45 Discussion
John de Wit

11:00 - 11:30 Break session

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

Oral Session Care & Caregiving

Chair: Val Morrison

Room: B2900

- 11:30 Portraits of Care: Exploring experiences of caring for people living with Alzheimer's across four continents
Tina Cartwright
- 11:45 A fate worse than death?: Longitudinal analysis of suicidal ideation among informal caregivers in Europe
Larissa Zwar
- 12:00 Care-related interactions in families caring for children with rare genetic or undiagnosed diseases
Laura Koehly
- Online 12:15 A spiritual support intervention can prevent anxiety, depression and PTSD among relatives of ICU patients
paula repetto
- 12:30 The experience of living with hidradenitis suppurativa for affected individuals and their partners
Andrew Thompson
- 12:45 Cross-country variations in caregiver values, meaning in life, illness beliefs and outcomes – ENTWINE-iCohort Study
Mikolaj Zarzycki

Symposium Highlighting the importance of health psychology and psychological research in improving vaccine uptake?

Chair: Olivier Luminet and Aurélie Gauchet

Room: B2890

- 11:30 Randomized Controlled Trials of Interventions to Change Vaccination Behavior: A Meta-Analysis
Aurelie Gauchet
- 11:45 Predicting vaccination at different stages of the pandemic: Motivation, health concerns, risk perception, trust, context
Olivier Luminet
- 12:00 Shared HPV vaccine readiness within families: a psychometric analysis of parent-adolescent dyads in France
Damien Oudin Doglioni
- 12:15 Are the 7C antecedents of COVID-19 vaccination an expression of personality or economic preferences?
Judith Mueller
- 12:30 Audience Engagement Activity
Judith Mueller
- 12:45 Discussion
Kyra Hamilton

Symposium Psychological health & well-being: Insights from behavioral and molecular genetics

Chair: Marco Deppe and Dmitry V. Kuznetsov

Room: B2880

- 11:30 Youth depression symptoms during COVID-19: Longitudinal evidence from a twin study on resilience factors.
Marco Deppe
- 11:45 Polygenic score analyses of subjective well-being in the German TwinLife sample.
Charlotte K. L. Pahnke
- 12:00 The mediation of shame between coping style and day-to-day stress. Applying the biometrical mediation model
Dmitry Kuznetsov
- 12:15 The impact of polygenic risk and environments on stress-related disorders: a predictive modeling approach.
Vera Karlbauer

12:30 Is well-being indeed a personal(ity) thing? a quasi-replication and extension of previous twin studies
Christian Kandler

12:45 Discussion
Christian Kandler

Oral Session Health professional behaviours

Chair: Benjamin Schüz

Room: B1405

11:30 Hip replacement surgery recommendations: Orthopaedic surgeons' perspectives on implementation
Rachael Powell

11:45 Implementation of a whole genome sequencing report form (SRF) to reduce UK hospital-based nosocomial SARS-CoV-2
Ruth Leiser

12:00 Development of a CDSS and patient portal for the joint management of medication-related fall risks
Leonie Westerbeek

12:15 Health professionals' behavioural responses to patient complaints: A systematic literature review and theoretical analysis
Alison R. McKinlay

12:30 Regional variations in antibiotic prescribing in Germany: Understanding differences through an adapted Theoretical Domains Framework.
Benjamin Schüz

12:45 Barriers and facilitators to sustainable operating theatres: a systematic review using the Theoretical Domains Framework.
Aws Almukhtar

Symposium Innovative approaches and to understanding psychosocial adaptation to chronic illness

Chair: Tracey Revenson and Urte Scholz

Room: B1410

11:30 Social and sexual well-being among young adults coping with stigma of visible chronic skin disease
Caroline F. Z. Stuhlmann

11:45 Well-being trajectories in breast cancer and their predictors: A machine-learning approach
Evangelos Karademas

12:00 Social support interventions using mobile applications to improve cancer outcomes: A systematic review
Karoline Villingner

12:15 HED-Start: A positive skills intervention to improve psychological adjustment in new haemodialysis patients
Konstadina Griva

12:30 Audience Engagement Activity
Tracey A Revenson

12:45 Discussion
Tracey A Revenson

Oral Session The role of individual factors in occupational health

Chair: Ilona McNeill

Room: B1400

11:30 Segmentation Preference Moderates the Workload – Work-Life Conflict – Stress Relationship Amongst Mental Health Professionals
Ilona McNeill

11:45 Daily affect, stress, and self-efficacy in German preschool teachers during the COVID-19 pandemic
Lilly Buhr

Online 12:00 Explaining work addiction through behaviors of significant persons in family and organization: does gender matter?
Modesta Morkevičiūtė

Roundtable How Practical is Health Psychology? Health communication and misinformation

Chair: Dominika Kwasnicka and Gill ten Hoor
Room: HS 1010

11:30 How Practical is Health Psychology? Health communication and misinformation
Dominika Kwasnicka, Gill ten Hoor, Ainslea Cross, Keegan Knittle

State of the Art Views on Ageing in the Context of Health Psychology for all: Insights into Age Discrimination

Chair: Rory O'Connor
Room: HS 2010

11:30 Views on Ageing in the Context of Health Psychology for all: Insights into Age Discrimination
Verena Klusmann

13:00 - 14:00 Lunch

13:00 - 14:00 DGPs Fachgruppe AGM
Room: Hörsaal 1010

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

Oral Session Understanding COVID-related behaviours

Chair: Aleksandra Luszczynska
Room: B2900

14:00 Who keeps distance when? Physical distancing across settings in different stages of the COVID-19 pandemic
Carlijn Bussemakers

14:15 Determinants of handwashing to minimise COVID-19: a systematic review
Martin Dempster

14:30 Exploring media use during the COVID-19 pandemic in the Netherlands: a longitudinal study
Adriana Solovei

14:45 Investigating vaccination intentions and uptake in the context of COVID-19: A multi-country, prospective, longitudinal study
Angelos Kassianos

15:00 A qualitative study exploring the legacy of Covid-19 vaccine communications and implications for future practice
Atiya Kamal

Symposium A New Wave of Cardiac Rehabilitation: A Focus on Psychosocial Recovery

Chair: Heather Tulloch
Room: B2890

14:00 Couples' coping strategies with Left Ventricular Assist Device Implantation (LVAD) – A qualitative dyadic study
Maya Golan

14:15 Acceptability of a couples-based intervention for patients with cardiac disease and their partners
Karen Bouchard

14:30 Young females post-SCAD: Unique challenges and needs in recovery
Kathleen Lalande

- 14:45 Health related quality of life in heart failure patients undergoing a new model of medicaltelecare.
Katarzyna Piotrowicz
- 15:00 Significant improvements to psychosocial outcomes following a digital cardiovascular disease prevention and rehabilitation programme
Lisa Hynes
- 15:15 Discussion
Noa Vilchinsky

Oral Session Physical Activity
Chair: Dominika Kwasnicka
Room: B2880

- 14:00 The mediating effects of process measures on smoking and physical activity in the TARS RCT
Adrian Taylor
- 14:15 MedEx-UK: Feasibility trial of a Mediterranean diet and physical activity intervention among an at-risk population
Wendy Hardeman
- 14:30 Wellbeing behaviour benefits of co-designed park improvements: Natural experimental study in a deprived urban area
David French
- 14:45 Better TWOgether? A planning intervention to increase the physical activity among adolescent friends' dyads
Konstantin Schenkel

Oral Session Public and population health
Chair: Sabrina Cipolletta
Room: B1405

- Online 14:00 Public Perceptions of Cervical Screening Following a National Public Health Controversy
Olga Poluektova
- 14:15 Knowledge and understanding of Fibromyalgia Syndrome in Ireland: Findings from a cross-sectional survey.
Natalia Duda
- 14:30 A digital Informal care support platform: Covid-19 impact on functionality use and implementation recommendations
Sofia Bastoni
- 14:45 Divergent views on healthcare transformation: The social representation of telemedicine in the Italian public sphere
Edoardo Zulato
- 15:00 Post-mortem organ donation in Italy, a large-scale focus group study on people's perceptions and beliefs
Sabrina Cipolletta
- Online 15:15 Attitude, intention and will expression on post-mortem organ donation in the Italian population
Silvia Caterina Maria Tomaino

Symposium The Queen takes Ivermectin? Combatting health-related misinformation in times of crisis
Chair: Christopher Martin Jones
Room: B1410

- 14:00 A Systematic Review of the Association of Belief in Conspiracy Theories and Vaccination Intention
Frederike Taubert
- 14:15 Beliefs in and sharing of health-related misinformation on social media: Two scoping reviews
Christopher Martin Jones
- 14:30 Enhancing the tacit knowledge behind true and fake news discrimination
Ariana Modirrousta-Galian

14:45 Bridging evidence and policy: EC's behavioural science support for COVID-19 vaccination communication
Marianna Baggio

15:00 Discussion
Christopher Martin Jones

Oral Session Self-regulation in chronic disease

Chair: Vica Tomberge

Room: B1400

14:00 Promoting self-regulation in chronic disease: A systematic review and meta-analysis of behaviour change interventions
Olayinka Farris

14:15 The perennial puzzle of fatigue: testing explanations following acute cardiac events in men and women
Derek Johnston

Online 14:30 Trajectories of illness perceptions in patients receiving dialysis: a longitudinal study
Buse Keskindag

14:45 Seeking help for stigmatised urogynaecological symptoms: a mixed methods systematic literature review.
Hannah Durand

Online 15:00 The common sense model applied to Urinary incontinence: a qualitative analysis(PURIPRO, Portuguese Urinary Incontinence Project)
Marta G. Porto

15:15 The neglected source of self-efficacy: Investigating physiological arousal during a self-efficacy intervention using the FaceReader
Vica Tomberge

Symposium How does stress relate to eating behavior? Insights from studies in daily life

Chair: Jennifer Inauen

Room: HS 1010

14:00 Day-Level and Within-Day Level Stress and the Intention-Behavior Relation in Dietary Behavior
Matthias Aulbach

14:15 The dynamic relationship of physiological stress and snacking in healthy adults
Melanie Bamert

14:30 Interindividual differences in emotional eating: a multi-method approach
Jens Bleichert

14:45 Effects of Trait Stress Eating and Momentary Stress on the Consumption of Different Food Categories
Ann-Kathrin Arend

15:00 Which type of stressor increases unhealthy snacking? Insights from an everyday life study
Simone Lüthi

15:15 Discussion
Daryl O'Connor

Roundtable Health Psychology & Pride! Where is LGBTQ+ in health psychology?

Chair: Thomas Gültzow

Room: HS 2010

14:00 Health Psychology & Pride! Where is LGBTQ+ in health psychology?
Thomas Gültzow, Udi Davidovich, Neil Coulson, Chantal den Daas, Chris Noone, Siobhán D. Thomas

15:30 - 17:00 Parallel Sessions: Posters

Poster Session 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

Online 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

Poster Session The role of individual factors in occupational health
Chair: Renato Pisanti

Online 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

Online Motivational differences of work addiction and workaholism
Modesta Morkevičiūtė

Online Lifestyle and quality of work life of seafarers onboard
Francesco Buscema

Poster Session 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

Online 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

Online Poor health behaviors among nureses: the role of work stress
Nadine Ungar

Online 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

Poster Session 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

Poster Session 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

Poster Session 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 Švestková

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

Online Parents and young people's communications about sex and sexuality: meaning-making and affect
Ragnar Anderson

Poster Session Biopsychosocial interactions in childhood health

Chair: Heide Busse

Online 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

Online In the eyes of the beholder: Child-physician rapport at a neurodevelopmental clinic
Yael Karni-Visel

Poster Session Wellbeing in adolescence and early adulthood

Chair: Elida Sina

Self-Control Fluctuates in Parallel to Life Satisfaction in Young Adults' Everyday Lives
Tomasz Moschko

Online 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

Poster Session 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

Poster Session 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

Online 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

Poster Session Coping, Adversity and wellbeing

Chair: Marie Kotzur

Death-thought accessibility and spiritual transcendence just after the outbreak of war in Ukraine

Dorota Mierzejewska-Floreani

Online 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

Poster Session 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

Poster Session Health (behaviors) in midlife and old age
 Chair: Laura Cachon Alonso

Online 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).
Jorinde Spook

How does adaptive goal-setting change older adults' self-determination and physical activity? A mixed-methods intervention study
Valérie Bösch

Online 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

Poster Session Social Support and Health
 Chair: Aleksandra Kroemeke

Interpersonal variables and caregiving partners' burden in cardiac illness: a longitudinal study
Eran Katz

Online 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

Poster Session 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

Poster Session Physical activity and sedentary behaviours
Chair: Maya Braun

Online 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

Poster Session Food and drink consumption
Chair: Esther Papies

Online Spatial separation promotes healthier food and drink choices from online fast-food menus
Eva Kemps

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

Online 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

Poster Session 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

Online 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. Penforinis

Lessons learnt in developing a virtual coach for smoking cessation and physical activity promotion.
Kristell M. Penforinis

Poster Session Self-care and treatment adherence

Chair: Mika Omori

Sleep is also important: Development and validation of a German measure of sleep priority
Liese Marie Albers

Predictors and mediators of foot self-care behaviors among primary care patients with diabetic foot ulcer
Konstadina Griva

Online 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

Poster Session 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

Online 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: Jutta Mata
Chair: Benjamin Schüz
Room: Hörsaal 2010

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

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.

Overview

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.

18:00 - 19:00 National Delegates Meeting
Room: Hörsaal 2010

20:00 - 22:00 Conference Dinner

Thursday, 07 Sep

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

Oral Session Behaviour change interventions

Chair: Barbara Mullan

Room: B2900

- Online 9:30 Visual cues and primes for nudging consumption-related behaviours: A meta-analysis and systematic review
Enola Kay
- 9:45 The role of transparency and motivation for the acceptability of nudging vegetarian lunch options
Laurens van Gestel
- Online 10:00 Can self-enactable techniques affect behavioral determinants from self-determination theory? An expert opinion study
Keegan Knittle
- 10:15 Effects of VAT changes on policy acceptance and food consumption in Germany: An online experiment
Hellen Temme
- 10:30 "Clients are problem owners": qualitative study of smoking cessation care for smokers with mental illness
Eline Meijer

Oral Session eHealth and mHealth

Chair: Nynke van der Laan

Room: B2890

- 9:30 A digital platform showcasing trustworthy health and wellbeing apps: Lessons learned from a national experiment
J Aardoom
- 9:45 Comparative efficacy of app-based interventions for stress: a Bayesian network meta-analysis
Huanya Zhu
- 10:00 momenTUM research platform: an open-source, reproducible research infrastructure for digital health
Anna Magdalena Biller
- 10:15 Feasibility and effectiveness of digital interventions for behaviour change in people with schizophrenia: Systematic review
Urska Arnautovska
- 10:30 Exploring the Unintended Consequences of Popular Health Apps Through Social Listening: Evidence from Twitter
Paulina Bondaronek
- 10:45 Coproducing a digital App for lay health workers to support delivery of mental health intervention.
Maham Saleem

Symposium Nutrition education across educational settings to promote healthy and sustainable diets along the life course

Chair: Annemien Haveman-Nies and Maria del Rio Carral

Room: B2880

- 9:30 I'VE GROWN: Effects of school gardening on children's eating behaviour and development, a scoping review.
Iris de Leeuw
- 9:45 Integrating health and sustainability in Dutch school food programmes within the secondary school context
Anouk Mesch

- 10:00 Analysing Food Practices Embedded in School Life Spaces: Meanings around Sustainable Diets.
Chloé Michoud
- 10:15 Promising intervention elements to support healthy and sustainable eating among young adults
Gertrude Zeinstra
- 10:30 Factors associated with dietary behaviour change support in patients and educational needs of community nurses.
Gerlinde den Hamer-Jordaan
- 10:45 Discussion
Sanne Raghoobar

Oral Session Chronic Disease
Chair: Nina Knoll
Room: B1405

- 9:30 A randomized controlled trial of the PrevOP-Psychological Adherence Program to reduce symptoms of osteoarthritis
Nina Knoll
- 9:45 A systematic review of multiple health behaviour change interventions for patients with chronic conditions
Carolina C. Silva
- 10:00 A psychological adherence program to enhance physical activity in patients with knee osteoarthritis
Noemi Lorbeer
- 10:15 RCT of an SMS and animated video intervention to increase breast cancer screening uptake
Gaby Judah
- 10:30 'DEVIL IN THE CORNER': LINGUISTIC AND PSYCHOLOGICAL METHODS TO UNDERSTAND HEALTH COGNITIONS IN CHRONIC PAIN
Jasmine Hearn
- 10:45 Social support for functional dependence, activity patterns and chronic pain maladjustment: A cross-lagged panel study
Sónia Bernardes

Symposium Measurement Reactivity in Ambulatory Assessment Behavioral Research
Chair: Jaclyn Maher
Room: B1410

- 9:30 Measurement reactivity in dietary Ecological Momentary Assessment: Does familiarity with tracking make a difference?
Anila Allmeta
- 9:45 Measurement reactivity in objective physical activity assessment: Does researcher observation play a role?
Laura König
- 10:00 Physical Activity Measurement Reactivity: An Ecological Momentary Assessment Study among Women with Elevated CVD Risk
Danielle Arigo
- 10:15 Investigating Measurement Reactivity in an Ecological Momentary Assessment Study of Movement-Related Behaviors in Older Adults
Jaclyn Maher
- 10:30 Self-reported measurement reactivity and compliance in EMA assessment of movement-related behaviours in adults
Ann DeSmet
- 10:45 Discussion
David French

Oral Session Critical Perspectives on Health Psycholog
Chair: Abigail Locke
Room: B1400

- 9:30 Exploring the intervention potential of Critical Health Psychology
Abigail Locke
- 9:45 The cultural right to include traditional healing alongside Western medicine for health treatment
Glenis Mark
- 10:00 Horizontal individualism for mass vaccination: a qualitative study of COVID-19 vaccination in Serbia
Sonja Janičić
- 10:15 Drinking practices and views about alcohol-related health risks in adults at midlife
Antonia Lyons

Symposium Health and Sustainability
Chair: Valentina Giovanna Bancale
Room: HS 1010

- 9:30 Spillover beliefs within and between health and pro-environmental behaviors: associations and correlates
Valentina Giovanna Bancale
- 9:45 InterMob: First results of a 24-month intervention to reduce car use among regular car users
Claudia Teran Escobar
- 10:00 Associations between beverage consumption, hydration status and carbon footprint
Maria Almudena Claassen
- 10:15 Eating Together For The Planet: How Do Generations Differ In Advocating Sustainable Family Meals?
Vanessa Knobl
- 10:30 (M)eating like your friends: Meat consumption similarity, social selection, and social influence in friendship networks
Ira Elisa Herwig
- 10:45 Discussion
Marta Moreira Marques

Symposium Acceptance of sustainability measures for environmental health protection
Chair: Jan Keller
Room: HS 2010

- 9:30 Acceptance of Carbon Capture and Storage: The role of core values, ambivalence, and information selection
Nadja Contzen
- 9:45 Perceived distributive fairness and acceptance of mandated on-site wastewater treatment in Bengaluru, India
Josianne Kollmann
- 10:00 Behaviour change interventions on individual and community level improve caretaking and use of safe-water infrastructure
Benjamin Ambuehl
- 10:15 Acceptability and effects of a school-based program for climate change education in Germany
Jan Keller
- 10:30 Effects of a university-wide climate challenge program: A one-arm pilot study
Amelie Spliesgart
- 10:45 Discussion
Marieke Adriaanse

11:00 - 11:30 Break session

11:30 - 12:15 Parallel Sessions: Orals

Oral Session Theories about making health services more inclusive
Chair: Ewa Gruszczynska
Room: B2900

- 11:30 COVID-19 Booster Vaccine Acceptance in UK Ethnic Minorities: A mixed-methods study using Protection Motivation Theory
Judith Eberhardt
- 11:45 Stigma Accumulation Among People Living With HIV: A Role of General and Relative Minority Status
Ewa Gruszczynska
- 12:00 Willingness of people with HIV to engage with HIV cure research: Perceived necessity and concerns
Maaïke A.J. Noorman

Oral Session Implementation: digital tools and mental health I

Chair: Laura McGowan

Room: B2890

- 11:30 Stakeholder perspectives on implementation of e-mental health interventions for caregivers of adults with kidney conditions
Chelsea Coumoundouros
- 11:45 Commissioners' views of implementing virtual wards in England: a qualitative exploration of benefits and challenges
Laura McGowan
- Online 12:00 Factors affecting patient uptake and engagement with a multibehavioural digital prehabilitation intervention.
Nathan Griffiths

Oral Session Individual, environmental and policy approaches to dietary behaviours

Chair: Michael Kilb

Room: B2880

- 11:30 Can the local food environment be changed to promote plant-based consumption? Interviews with food outlets.
Ward van Hoeven
- 11:45 European food-based dietary guidelines for children and adolescents – Scoping Review on recommendations and methodology
Michael Kilb
- 12:00 Perspectives on healthy eating of adult populations in high-income countries: A qualitative synthesis
Urte Klink

Oral Session Reactions and processing of adversity

Chair: David French

Room: B1405

- 11:30 The effect of conspiracy mentality on the level and stability of subjective well-being
Alexandra Zapko-Willmes
- Online 11:45 Insecure Rivalries: Attachment, Competition and the Risk to Mental Health
Sebastian Odell
- 12:00 Did health fare better than the economy? Comparing individual and national optimism during COVID-19
Julia E. Koller

Discussion Stakeholder Engagement

Chair: Chantal Den Daas

Room: B1410

Oral Session Implementation: digital tools and mental health II

Chair: Hanna Reich

Room: B1400

- 11:30 Digital interventions for depression in Arabic language: implementation for public use and into routine care
Hanna Reich

- 11:45 An implementation plan for delivering mental health screening and digital CBT in inflammatory bowel disease
Annie Jones
- 12:00 Mental health interventions using non-specialists and digital technology in low-middle income countries: Preliminary results of a systematic review
Kalpani Wijekoon Wijekoon Mudiyansele

State of the Art Digital behaviour change interventions - From individual-level change to population-level impact

Chair: Mark Conner

Room: HS 2010

- 11:30 Digital behaviour change interventions - From individual-level change to population-level impact
Tina Jahnel

12:25 - 13:10 Parallel Sessions: Flashlight Talks

Flashlight Talks Understanding Challenges to Health in Context

Chair: Alea Ruf and Julia Koller

Room: B2900

- 12:25 Looking at antimicrobial resistance "beyond the microscope": a qualitative meta-synthesis of the scientific literature
Marta Acampora
- 12:32 Women and alcohol consumption at midlife: Social meanings and life circumstances.
Kate Kersey
- 12:39 Weight scarring: The psychological impact and mortality outcomes associated with past obesity
I Gusti Ngurah Edi Putra
- 12:46 Dilemmas of Well-Being in Neoliberal Working Life
Venla Okkonen
- 12:53 Self-isolation and psychological wellbeing in the context of infectious disease
Alex Martin
- 13:00 Identifying stress-, commitment-, and motivation-related predictors of change in athlete burnout symptoms over time
Siobhán Woods

Flashlight Talks Promoting Health, Equity, and Sustainability

Chair: Christopher Jones

Room: B2890

- 12:25 The use of behavioural science within public health: A cross-sectional survey of UK local authority
Abby Moffat
- 12:32 ISCycle: Examining the effect of an ebike loan intervention on transport behaviour in Ireland
Louise Foley
- 12:39 A pesticide risk prevention intervention using farmers adapted educational methods and based on psychosocial theories
Morgane Bresson
- 12:46 Effectiveness of picture narratives for lung cancer screening information provision: a randomised controlled trial
Lauren Gatting
- 12:53 The impact of pictorial information about atherosclerosis on risk perception and lifestyle modification - gender perspectives
Elin Andersson
- 13:00 A qualitative exploration of the self-regulation strategies aiding unassisted smoking cessation in Scotland
Effie Marathia

Flashlight Digital interventions to promote health**Talks Chair: Maya Braun****Room: B2880**

- 12:25 How Are Digital Health Resources Assisting People with the Prioritisation of Health-Related Change Goals?
Ilona McNeill
- 12:32 Determinants of uptake and engagement with smartphone- & wearable-based activity trackers
Chen-Chia Pan
- 12:39 Development of a decision support tool for the assessment of VR Exergames in psychological research
Sandra U. Schwab
- 12:46 Healthcare professionals' views on multimorbidity management, goal setting and the role of digital health solutions
Carolina C. Silva
- 12:53 Attitudes towards a combined nurse and digitally delivered intervention to improve adherence to hypertension medication.
Catalina Trama Alvarez
- 13:00 Empowering cardiac patients with low SEP through eHealth: Preparing for rehabilitation during their waiting period
Jasper Faber

Flashlight Transforming Health Care Systems**Talks Chair: Daniella Watson****Room: B1405**

- 12:25 Assessing decision fatigue in general practitioners' prescribing decisions using the BEACH dataset
Mona Maier
- 12:32 A thematic analysis about the influences on health professionals' responses to patient complaints
Paulina Schenk
- 12:39 Characterising processes and outcomes of tailoring implementation strategies in healthcare: A scoping review
Jane Murphy
- 12:46 Implementing health psychology counseling into primary care practice in Switzerland – a pilot study
Seraina Petra Lerch
- 12:53 Development of clinician training to effectively promote physical activity to patients with heart failure (BeActive-HF)
Leah Avery
- 13:00 Examining the effectiveness of training dietitians in behaviour change techniques
Hayley Breare

Flashlight Ensuring Inclusiveness in Managing Diseases**Talks Chair: Maria Blöchl****Room: B1410**

- 12:25 Exploring treatment burden measurement: a discriminant content validation (DCV) study.
Lisa Duncan
- 12:32 What are the challenges faced by individuals with ME/CFS? Preliminary results of a cross-sectional study.
Natalia Duda
- 12:39 Bedtime story; nocturnal caregiving for juveniles living with Type 1 Diabetes – a systematic review
Vivienne Howard
- 12:46 Lessons learned from conducting an online longitudinal study of romantic dyads' COVID-19 and cancer-related behaviors
Jennifer Bowers
- 12:53 Cervical cancer screening in young women and people with a cervix: A qualitative study.
Sonia Shpendi

13:00 - 14:00 Lunch

13:00 - 14:00 Meet the editors (Applied Psychology: Health and Well-Being)
Room: B2880

13:00 - 14:00 Meet the editors (European Journal of Health Psychology)
Room: B2890

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

Oral Session Health screening, testing, and health prevention behaviours

Chair: Paul Flowers

Room: B2900

14:00 Increasing uptake of colorectal screening: a trial testing a suggested deadline and a planning tool
Katie Robb

14:15 Exploring the acceptability of Artificial Intelligence in breast screening: a qualitative focus group study.
Lauren Gattling

Online 14:30 Factors Influencing Cervical Cancer Screening Intention and Preferences in Romanian Women
Nicoleta Monica Jiboc

14:45 Improving COVID-19 testing in care home staff: A behaviour change wheel analysis of published literature
Paul Flowers

15:00 Association between physical activity motivation and physical activity among chronic musculoskeletal disorders patients: a meta-analysis
Matthieu Haas

15:15 Having fun in prevention? Process evaluation of Food Game, a gamified school-based health promotion intervention
Giovanni Aresi

Oral Session Cutting edge digital health behaviour interventions

Chair: Philipp Kadel

Room: B2890

14:00 Challenges in designing (personalized) digital "just-in-time" nudges for healthy food choice: Two pilot studies
Rachelle de Vries

14:15 #vegan - Instagram as an Informational Environment and Its Associations with Eating Behavior
Philipp Kadel

14:30 Optimising the STAND-VR intervention: a mini-focus group interview study
David Healy

14:45 Confront your cravings: a mixed-methods approach to designing VR scenarios for virtual cue-exposure interventions
Solenne Bonneterre

15:00 Effects and acceptability of a dynamically tailored mHealth intervention to reduce excessive drinking among students
Hilde van Keulen

15:15 Chatbots promoting smoking cessation: A mixed-methods study comparing motivational interviewing and confrontational counselling
Linwei He

Oral Session Effective Information Provision

Chair: David Comer

Room: B2880

14:00 The influence of information seeking on vaccination decisions
Marina Groß

- Online 14:15 Healthy vending machines on campus: The effect of traffic light labelling on choice
Ryan Calabro
- 14:30 HPV vaccination in gbMSM: Predictors, dynamic norms, and connectedness to the LGBT+ community
David Comer
- Online 14:45 Effects of Mental Contrasting on Sleep and Associations with Stress: A Randomized Controlled Trial
Laura Schmidt
- Online 15:00 Developing theory-informed training for professionals to optimise delivery of social prescribing for mental health needs.
Matt Cooper
- 15:15 The role of mental well-being in the effects of persuasive health messages: A scoping review
Spela Dolinsek

Oral Session Individual and social resources for health in older adults
Chair: Paul Gellert
Room: B1405

- 14:00 The link between control beliefs, physical activity and, blood glucose among older adults
Sonia Lech
- 14:15 Habits and planning in relation with GPS-assessed out-of-home mobility in old age
Paul Gellert
- 14:30 Fear of falling carries over into overprotection in old age: a cross-lagged panel analysis
Greta Magdalena Steckhan
- 14:45 Personality traits and loneliness among older adults in England
Thamara Tapia-Munoz

Roundtable Tackling the digital divide: Forming recommendations for health psychologists
Chair: Eline Smit and Heide Busse
Room: B1410

- 14:00 Tackling the digital divide: Forming recommendations for health psychologists
Eline Smit, Heide Busse, Tina Jahnel, Barbara Schouten, Lee Mercer

Oral Session Mental health in cancer patients
Chair: Diana Todea
Room: B1400

- 14:00 CANCER. Is this forever? Trauma centrality and fear of cancer recurrence: A Moderated Mediation Approach
Diana Maria Todea
- 14:15 Sexual health concerns and daily functioning in partnered long-term head and neck cancer survivors
Anna Ivanova
- 14:30 Reasons for acceptance and refusal of early palliative care in cancer patients
Mathilde Lochmann

Symposium Understanding Antibiotic Use: In the Lab and in the Wild
Chair: Miroslav Sirota
Room: HS 1010

- 14:00 Disclosing diagnostic uncertainty during antibiotic prescribing
Elisabeth Sievert
- 14:15 Fostering appropriate antibiotic use in a delayed prescribing task
Robert Böhm
- 14:30 The effect of base rates of viral infections on people's antibiotic expectations
Andriana Theodoropoulou

- 14:45 Measuring knowledge, attitudes, and behavior regarding antibiotics use and AMR development
Mattis Geiger
- 15:00 The experiences of working cross-nationally in Commonwealth partnerships for antimicrobial stewardship
Lucie Byrne-Davis
- 15:15 Discussion
Cornelia Betsch

Symposium Planetary Health: Towards a better understanding of food-related communication, cognitions, and behavior

Chair: Laura König and Gudrun Sproesser

Room: HS 2010

- 14:00 'Not my kind of food': How diet shapes the presentation of sustainable food choices
Tess Davis
- 14:15 Revealing the beliefs behind meat reduction intentions
Alice Seffen
- 14:30 Experts' perceptions on motivators and barriers of healthy and sustainable dietary behaviour among adolescents
Sanne Raghoobar
- 14:45 The healthy-sustainable heuristic: Do meal or individual characteristics affect the association between sustainability- and healthiness-perceptions?
Gudrun Sproesser
- 15:00 Cross-cultural comparison of sustainable diet perceptions using a Fake Food Buffet.
Laura König
- 15:15 Discussion
Laura König

15:30 - 17:00 Parallel Sessions: Posters

Poster Session 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

Poster Session 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

Poster Session 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
Alexis Ruffault

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

Poster Session Illness-related perceptions, attitudes, and identity in chronic illness Chair: Walter Bierbauer

Online 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

Online 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

Poster Session 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

Online 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

Poster Session Self-regulation of health risk behaviours

Chair: Mark Conner

Online The role of sadness and self-criticism in proneness to smoke; an intensive longitudinal study

Milad Ravanbakhsh Bousjin

"ProGress" – 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 ("stealthing"): Associated risk factors

Kelly Davis

Is Drinking the Psychedelic Ayahuasca Associated with Improved Health and Health Behaviors?

Jorge Encantado

Poster Session Mental Health

Chair: Mihaela Beloreshka

Online 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

Poster Session 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

Poster Session Coping with chronic illness

Chair: Tina Cartwright

Deliberate meaning-making and well-being: a systematic review in cancer patients
Marta Kijowska

Online 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

The determinants of the quality of life of Parkinson's carers : about the carer-cared-for dyad
Florence Sordes

Poster Session 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

Poster Session 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.
Urska Arnautovska

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

Poster Session 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 its 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

Poster Session 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 Josefine Torner

Online Associations between psychological distress and COVID-19 disease course: a retrospective cohort study of 3084 cases.
Gwendy Darras

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

Posttraumatic Stress Disorder, Childhood Trauma, and Health Behaviors in Victims of Intimate Partner Violence
Eleonora C. V. Costa

Profile of adults seeking voluntary HIV testing and counseling in Portugal
Eleonora C. V. Costa

Poster Session Coping

Chair: Andrea Haberstroh

- Online 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

Poster Session 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

Poster Session Scale development

Chair: Teresa Martins

- Online Psychometric Properties of the King's Health Questionnaire Symptom Severity Scale
Marta G. Porto
- Online 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
- Online 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

Poster Session Researching health issues

Chair: Paul Norman

- A systematic review of online platforms for integrating research findings: Implications for health psychology.
Paul Norman

Interater 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

Poster Session Virtual Reality in Health Psychology

Online The effects of immersive virtual nature on psychological outcomes: Preliminary results of a meta-analysis
Rita Moura

Online Reconnect with nature: discovering the benefits of forest bathing through virtual reality
Dagmar Szitás

Online How to finish unfinished busines: Empty Chair Intervention for virtual reality.
Lenka Ottingerová

Poster Session 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
Chair: Falko Sniehotta
Room: Hörsaal 2010

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

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.

Overview

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.

18:00 - 19:30 Reception for EHPS 2024

20:00 - 22:00 Challenge Night

Friday, 08 Sep

8:00 - 9:30 SIG Parallel Meetings

8:00 - 9:30 Open Science
Room: B2900

8:00 - 9:30 Digital Health and Computer Tailoring
Room: B2890

8:00 - 9:30 N-of-1 Designs in Health Psychology
Room: B1405

8:00 - 9:30 Equity, Global Health and Sustainability
Room: B1410

8:00 - 9:30 Habit: Theory and Application
Room: B1400

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

Symposium Methodological solutions to challenges in undertaking single case design studies in health psychology

Chair: Joanna McHugh Power

Room: B2900

9:30 Analysis of single case data using the logistic model
Peter Verboon

9:45 Sharing single case participant summary data during qualitative interviews to deepen insights and promote engagement
Felix Naughton

10:00 Need-to-Know: A Researchers Guide to Embarking on Quality SCD Studies
Michelle E Kelly

10:15 A Bland-Altman approach to replacing multiple-item measures with a single item measure in longitudinal studies
Bill Calvey

10:30 Using the single case design to evaluate a community-embedded befriending service: Practical Challenges
Joanna McHugh Power

10:45 Discussion
Derek Johnston

Symposium Advances in implementation of health behaviour change interventions within healthcare

Chair: Molly Byrne

Room: B2890

9:30 Health service staff experiences of implementing the Making Every Contact Count chronic illness prevention programme
Oonagh Meade

- 9:45 Optimising implementation of the Making Every Contact Count programme in Ireland – a consensus study
Molly Byrne
- 10:00 Understanding successful implementation of an opportunistic mental wellbeing behaviour change intervention
Jo Hart
- 10:15 Development of a behaviour change counselling training program and assessment tool for health care professionals
Anda I. Dragomir
- 10:30 Predictors of COVID-19-related impacts on delivery of behaviour change interventions: A survey amongst healthcare professionals
Chris Keyworth
- 10:45 Discussion
Anda Dragomir

Oral Session Researching health
Chair: Antonia Lyons
Room: B2880

- 9:30 Consistency between definitions and measurement of mindfulness in eating and physical activity: A scoping review
Christian Preissner
- 9:45 Estimating true effectiveness of smoking cessation interventions under variable comparator conditions: systematic review and meta-regression
Marijn de Bruin
- Online 10:00 'I'm letting them down': The perceived challenges for women when making life changes for health
Jackie Fox
- 10:15 Would I lie to you? Exploration of Covid-19 test falsification behaviours in England.
Raenhha Dhami
- 10:30 Period pain and treatment uptake amongst allistic and autistic menstruators: A Thematic Analysis
Hannah Durand
- 10:45 Stress eating in adult ADHD – An Ecological Momentary Assessment study
Alea Ruf

Oral Session Parenting stress, coping and resilience
Chair: Ulrike Gisch
Room: B1405

- 9:30 Dyadic coping as a moderator for parenting stress and emotions in youth sport
Valeria Eckardt
- 9:45 Adversity triggers resilience: understanding resilience among young mothers affected by HIV in South Africa
Wylene Saal
- 10:00 Long-term Functioning of Childhood Cancer Survivors: Longitudinal Associations With the Parental Context
Elise Van Laere
- 10:15 Comparing youth with and without type 1 diabetes on perceived parenting and peer functioning
Koen Raymaekers
- Online 10:30 Modifiable and non-modifiable vulnerability factors for perinatal stress and anxiety: An umbrella review and framework
Karen Matvienko-Sikar
- 10:45 Validation and psychometric properties of the parent-rated Child Intuitive Eating Scale-2 (C-IES-2-P)
Ulrike Gisch

Roundtable EHPS' United Nations committee: Advancing SDGs in policy and practice

Chair: Efrat Neter

Room: B1410

- 9:30 EHPS' United Nations committee: Advancing SDGs in policy and practice
Efrat Neter, Maria Karekla, Josianne Kollmann, Claudia Teran Escobar, Benjamin Ambuehl

Oral Session Psychophysiological pathways towards health and disease: From basic research to interventions

Chair: Daryl O'Connor

Room: B1400

- Online 9:30 PSYCHONEUROIMMUNOLOGICAL PATHWAYS: IMMUNE-NEUROENDOCRINE PATTERNING AND RESPONSE TO STRESS. A LATENT PROFILE ANALYSIS IN ELSA
Odessa S. Hamilton
- 9:45 Daily stress and eating in adolescents and young adults: Exploring cortisol reactivity and eating styles
Daryl O'Connor
- 10:00 Development and initial evaluation of a Cardiovascular stress reactivity treatment model for hypertension
Ainslea Cross
- 10:15 Are virtual reality breathing interventions effective in improving mental health? Systematic review and Meta-analysis
Elke Vlemincx
- Online 10:30 Standard 0.1 Hz breathing induces stronger cardiac vagal activity than super-slow 0.05 Hz yoga breathing.
Josef Martin Tatschl
- 10:45 Is alexithymia demanding for vagal activity during an interpersonal stress task?
Fantini-Hauwel carole

Symposium Health Psychology in 2023: Transforming Paradigms

Chair: Rik Crutzen and Gjalt-Jorn Peters

Room: HS 1010

- 9:30 The Regression Trap: Why Regression Analyses Are Not Suitable For Pretty Much Anything in Psychology
Rik Crutzen
- 9:45 Knowing What We're Talking About: Facilitating Decentralized, Unequivocal Reference to Psychological Construct Definitions and Instructions
Gjalt-Jorn Peters
- 10:00 Towards Improving the Precision of Health Psychology Theories: Translating Narrative Theories into Dynamical Systems Models
Olga Perski
- 10:15 Qualitative/Unified Exploration of State Transitions (QUEST): taking time into account in qualitative research
Szilvia Zörgő
- 10:30 Encouraging causal thinking in applied health research with causal Directed Acyclic Graphs (DAGs)
Annick De Paepe
- 10:45 Discussion
Olga Perski and Szilvia Zörgő

State of the Art Health Psychology for All: Supporting Equity, Inclusiveness and Transformation in Healthcare addressing Professionals and Parents-to-be

Chair: Natalie Schuez

Room: HS 2010

9:30 Health Psychology for All: Supporting Equity, Inclusiveness and Transformation in Healthcare addressing Professionals and Parents-to-be
Sonia Lippke

11:00 - 11:30 Break session

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

Oral Session Promoting health in adolescence

Chair: Stefanie Do

Room: B2900

Online 11:30 Measuring anhedonia in adolescents - construction and validation of the Youth Anhedonia Scale (YAS)
Romana de Jonge

11:45 How do we best engage young people in decision-making about their health? A scoping review
Daniella Watson

Online 12:00 Treatment beliefs in children and adolescents with chronic health conditions: a scoping review
Gloria Metzner

Online 12:15 School-based stress management interventions – results from a meta-analysis
Ágnes Juhász

12:30 Active Living, Social Networks, and Digital Interventions in Adolescents: a Qualitative Focus Group Study
Sander Hermesen

Online 12:45 Weight-teasing, internalizing symptoms and disordered eating in early adolescents. Mediating role of internalized weight bias
Alexandra S. Zancu

Symposium Occupational E-Mental Health - current developments in protecting, fostering and treating mental-health in stressed employees

Chair: Dirk Lehr

Room: B2890

11:30 Telephone-delivered versus written guidance on demand in a digital resilience intervention: A randomized-controlled non-inferiority trial
Dirk Lehr

11:45 Live online group against individual web-based stress management training in employees: a randomized pilot study
Sandy Hannibal

12:00 A serial mediation analysis on the impact of recreational behavior in digital interventions for insomnia
Hanna Brückner

12:15 Discussion
Dirk Lehr

Oral Session Interventions for People Living with Chronic Conditions

Chair: Efrat Neter

Room: B2880

11:30 Personalized intervention to improve medication adherence for persons with Multiple Sclerosis
Efrat Neter

Online 11:45 Interventions on the Posttraumatic Growth of Adults with Cancer: Initial findings from a Systematic Review
Nikolaos Vrontaras

12:00 Mindfulness Based Cognitive Therapy in Breast Cancer Patients in Turkey: A Randomised Controlled Trial Study
Seda Ariturk

12:15 Impact of digital interventions on health behaviour in patients with chronic obstructive pulmonary disease
Katja Matthias

Symposium An examination of obesity-related policies and public acceptability of these policies

Chair: Amy Finlay and Megan Polden

Room: B1410

- 11:30 Calorie labelling and proportional pricing on food and beverage orders through a virtual delivery app
Amy Finlay
- 11:45 The evolution of packaging cues in food products aimed at children in 2018-2022
Alazne Arraztio Córdoba
- 12:00 Consumer behaviour changes following implementation of mandatory calorie labelling in the English out-of-home food sector
Megan Polden
- 12:15 Perceptions of obesity policies in UK adults with eating disorders and other mental health conditions
I Gusti Ngurah Edi Putra
- 12:30 Increasing public support for obesity policies: a rapid review
James Reynolds
- 12:45 Discussion
Megan Polden

Symposium Using the smartphone as a naturalistic assessment tool: Social interactions, health, and well-being

Chair: Anne Milek

Room: HS 1010

- 11:30 Sleeping off stress? The association between stress in daily life and nocturnal autonomic recovery
Katharina I. Salo
- 11:45 Psychological availability in daily co-regulation of affective well-being in young and old couples
Andrea B. Horn
- 12:00 Studying naturalistic supportive interactions in couples' dyadic management of type II diabetes
Janina Lüscher
- 12:15 How is everyday smartphone usage related to well-being? An intensive longitudinal smartphone sensing study
Fenne große Deters
- 12:30 What's phub? Parental phubbing behavior and children's affective wellbeing in daily life
Anne Milek
- 12:45 Discussion
Aleksandra Luszczynska

13:00 - 13:30 Closing Ceremony
Room: Hörsaal 2010

13:30 - 14:30 Lunch