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 Sanderman, Gill ten Hoor, Keegan Knittle, Lenka Knapova, Anne van Dongen

**Workshop**  Closing the diversity data gap: Proposing country-specific versions of a Diversity Minimal Item Set (DiMIS)  
Chair: Gertraud (Turu) Stadler and Stephanie Haering  
Room: B2890

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

**Workshop**  An Introduction to Research Data Management - Challenges and Opportunities in Health Psychology  
Chair: Sandra Zänkert  
Room: B1400

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

9:30 - 12:30  Morning Workshops

**Workshop**  Knowing what you’re talking about: creating comprehensive construct definitions and making them useful in practice  
Chair: Gjalt-Jorn Peters and Rik Crutzen  
Room: B2880

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

14:00 - 17:00  Afternoon Workshops

**Workshop**  Qualitative research in the age of open science: the Reproducible 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
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**  
  IMPlementing 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
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

A valid and reliable tool for assessing the stress-drinking relationship
Julia Reichenberger

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

When East Meets West: Body image and eating behaviour concerns in young Middle-Eastern women
Melanie Deek

Awareness of COVID-19 cases in personal network and students' motivation to engage in protective behaviour
Ksenia Eritsyan

COUPES' OBesity (COOB) Initiative: Suitability of the interdependence and communal coping approach among couples
Inês Queiroz-Garcia

ME-WEL Project: A qualitative comparative study in menopausal transition based on Health Belief Model
Mafalda Leitão

"Vaccination? Ain't feelin' it.": How young Slovaks tried to make sense of COVID-19
Radomir Masaryk

Symposium Women's health issues across the lifespan: Identifying risks and opportunities for change
Chair: Yael Benyamini and Irina Todorova
Room: B1410

Education sessions versus a planning intervention: effects on a reduction of sedentary time among women
Aleksandra Luszczynska

Social and Interpersonal Predictors of Cancer Genetic Risk Assessment in Women with Cancer
Anita Kinney

Does oxytocin administration during childbirth increase risk for postpartum post-traumatic stress symptoms?
Yael Benyamini

Dyadic regulation approach of coping and illness representations in female cancer patients and their partners.
Zoe Giannousi

Discussion
Efrat Neter

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
An agent-based model of dyadic physical activity: a novel approach to understand social interactions
James Martin Allen

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-Gorszewksa

**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
15:30 - 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*

*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 Olchoswa-Kotela*

- What is “coaching” in oncology? Preliminary results of a Delphi study in Belgium  
  *Pierre Gérain*

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

- 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-Abbaday

- 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**
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 MAHDA  
  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 Hocaoğlu 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  
Marcia 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 Kuijer
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  
Laure 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  
Aurélie 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

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 Villinger

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 medical telecare. 
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 Blechert

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  
Dali 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 Dobrzarska

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

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

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

Anna Hakobianyan

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. Penfornis

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

Poster Session  Self-care and treatment adherence  Chair: Mika Omori

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

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

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. *Chloë 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 Raghoebar*

**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
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
Maaike 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 Mudiyanselage

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 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
   Siobhan Woods

Flashlight 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 Talks  Digital interventions to promote health  
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 Talks  Transforming Health Care Systems  
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 Talks  Ensuring Inclusiveness in Managing Diseases  
Chair: Maria Blöchli  
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  

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 Gatting*

**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
*Soline 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 Raghoebert

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 Misiakowsk

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 Zaleskiewicz

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 HinBen

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
Gülu 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

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

Can 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
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 Stawiar ska

Quality of life, illness perception, and action crisis in orthopaedic post-trauma rehabilitation - pilot study
Katarzyna Pietrowicz

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 Kołodziejczak*

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*

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

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 Zorgó*

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 Hermsen

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: Hörssaal 2010

13:30 - 14:30  Lunch