

EHPS 2022

36th Annual Conference of the European Health Psychology Society

Final programme

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

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

Tuesday, 23 Aug

9:00 - 12:00 Morning Workshops

Workshop Challenges of teaching health psychology at Medical Universities. Interactive approach with scenarios
Room: Warsaw

9:00 Challenges of teaching health psychology at Medical Universities. Interactive approach with scenarios.
Elżbieta Wesolowska

Workshop Preregistration for fun, profit, and exploration – part A
Room: Bratislava

9:00 Preregistration for fun, profit, and exploration
Chris Noone, Gjalt-Jorn Peters

9:00 - 16:00 Full-day Workshop

Workshop Interpretative phenomenological analysis- a skill-based introductory workshop and update
Room: Kiev

9:00 Interpretative phenomenological analysis- a skill-based introductory workshop and update
Paul Flowers

13:00 - 16:00 Afternoon Workshops

Workshop Using the Person-Based Approach to develop successful health behaviour change interventions
Room: Warsaw

13:00 Using the Person-Based Approach to develop successful health behaviour change interventions
Katherine Bradbury, Kate Morton, Laura Dennison

Workshop Preregr for fun, profit, and adventure
Room: Bratislava

13:00 Preregr for fun, profit, and adventure
Gjalt-Jorn Peters, Chris Noone

18:00 - 19:30 Opening Ceremony
Room: University of Comenius, Šafárikovo námestie 6, 814 99, Bratislava

Welcome to Bratislava!

The story of the EHPS 2022 conference started in 2015, on board an airplane from Larnaca to Vienna. I approached Robbert Sanderman, then the EHPS president, and asked if it would be a good idea to host the EHPS annual conference in Bratislava.

Fast forward to the EHPS in Dubrovnik in 2019, and we are hosting a reception to announce EHPS 2020 in Bratislava. Now keep fast-forwarding, because due to the Covid-19 pandemic 2020 became 2021, and then 2022.

Now we are finally here, charting new territories in health psychology in Bratislava.

19:30 - 21:30 Welcome Reception
Room: Plaz Stare Mesto, Fajnorovo Nabrezie

Tuesday, 23 Aug

Wednesday, 24 Aug

8:30 - 9:30 EHPS Meeting (Forum)
Room: London

The type of future EHPS conferences

While the world strives to recover from the SARS-CoV-2 pandemic (and to cope with the unknown future of the pandemic and other challenges), we really hope that this year's conference will offer to as many of us as possible the opportunity to meet again in-person in picturesque Bratislava and continue our Society's long tradition of networking, collaboration, and friendship.

In the previous two years, with the invaluable support by Easy Conferences, the EHPS managed to organise two successful online conferences. The experience gained from these events may be useful for the organisation of similar events in the future.

Although physical presence and the opportunity to interact face-to-face with colleagues and friends during a conference are irreplaceable, our experience showed that online scientific communication and interaction is also feasible and fruitful. Moreover, the online conferences significantly contributed to the reduction of the carbon footprint of our conference and the accompanying events, and offered the opportunity to many colleagues from all over the world to attend in a less cumbersome (and less expensive) way...

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

Oral Session Predicting COVID-19 Protective Behaviours

Chair: Paul Norman

Room: London

- 9:30 Predicting health behaviors during the COVID-19 pandemic: A longitudinal study from April to July 2021
Olivier Luminet
- 9:45 Protection Motivation Theory as a framework for understanding adherence to preventive behaviours during COVID-19
Gabriel Nudelman
- 10:00 Applying an integrated social cognition model to explain Covid-19 protection behaviours
Paul Norman
- 10:15 Does autonomous motivation matter in COVID-19 prevention? Predicting personal protective behavior with motivation quality
Meri Pietilä
- 10:30 Identifying Key Belief-Based Targets for Promoting Uptake of COVID-19 Vaccinations in Australia
Jacob Keech
- 10:45 Habit formation of physical distancing and hand washing during the COVID-19 pandemic in the Netherlands
Marieke Adriaanse

Oral Session Adolescent health

Chair: Angela Rodrigues

Room: Rome

- 9:30 A participatory developed school-based intervention promoting healthy sleep in adolescents – a process evaluation
Janneke de Boer
- 9:45 How various forms of editing may affect adolescents' perception of health message credibility
Katarina Greskovicova

- 10:00 Understanding adolescent sleep health from a systems science perspective using a causal loop diagram
Daniqne Heemskerk
- 10:15 Short videos to interrupt university students' sedentary behavior during online-lectures – a pilot study
Sebastian Heller
- Online 10:30 Identifying barriers and facilitators to physical activity in female adolescents in Germany: A photo-voice study
Heide Busse
- 10:45 Harnessing adolescents' values for food choices: Co-creating food determinants maps
Sara Correia Simão

Roundtable Potential of new social approaches to study and influence health behaviors

Chair: Jutta Mata and Dolores Albarracin
Room: Paris

- 9:30 Potential of new social approaches to study and influence health behaviors
Jutta Mata, Dolores Albarracin, Urte Scholz, Rebecca Band, Annie (Haesung) Jung

Symposium Women's health in a cultural context: Identifying risks and opportunities for change

Chair: Efrat Neter
Room: Berlin

- 9:30 Pregnant women's pandemic-related stress, fear of childbirth, and postpartum post-traumatic stress symptoms
Yael Benyamini
- 9:45 The role of maternal depression symptoms and maternal-foetal attachment in predicting exclusive breastfeeding
Adriana Baban
- 10:00 Decision Coaching-Navigation Intervention for Cancer Genetic Risk Assessment: Large Effect Size but Room to Grow
Anita Y. Kinney
- 10:15 Stresses of COVID-19 and future expectations among women: A cross-cultural analysis using the femininity-masculinity dimension
Efrat Neter
- 10:30 Participatory Action Research: Addressing Inequalities in Cervical Cancer Screening in Bulgaria
Irina Todorova
- 10:45 Discussion
Karen Morgan

Symposium Impact of smartphone use on health-related outcomes: Do we need to worry about it?

Chair: Jan Keller
Room: Vienna

- 9:30 Activity promotion vs increase in screen time in children – balancing intended and non-intended effects
Jenny Frense
- 9:45 Constantly connected, constantly ignored. Systematic review and meta-analysis examining the associations between phubbing and well-being
Tania Nunez
- 10:00 Digital Detox as Response to Information Overload? The Role of Smartphone Literacy and Nomophobia
Desiree Schmuck
- 10:15 Take a break?! Effectiveness of digital detox on health-related outcomes – A systematic literature review
Theda Radtke
- 10:30 A mobile intervention for self-efficacious and goal-directed smartphone use: Randomized controlled trial
Jan Keller

10:45 Discussion
Felix Naughton

Oral Session Health behaviour in older adulthood

Chair: Jenny Groarke

Room: Warsaw

9:30 The acceptability of homebased exercise- and Tai-chi snacking in UK and Taiwanese older adults
Ian Ju Liang

9:45 Older adults' barriers and facilitators when formulating implementation intentions for physical activity- A qualitative study
Valérie Bösch

10:00 A qualitative study exploring music as a behaviour for managing older adult wellbeing during COVID19
Jenny Groarke

10:15 A cognitively enriched walking program for older adults to boost cognitive functioning: a pilot study
Pauline Hotterbeex

Online 10:30 "With a little help I manage": helpful support for residents with chronic-pain in long-term care
Marta Matos

10:45 Integration of illness into caregivers' identity: Associations with burden, wellbeing, and attachment
Karin Mashevich

Oral Session Stress, affect and well-being

Chair: Ainslea Cross

Room: Bratislava

9:30 Different Associations of Post-Traumatic Growth and Well-Being among the Dutch General Population during COVID-19 Pandemic
Maya Schroevers

Online 9:45 How does expecting positive events relate to event-related enjoyment, appraisals, and daily affect?
Patrick Klaiber

10:00 Do loneliness and depression mutually influence each other over time?
Hannes Mayerl

10:15 Substance use among middle school students: How does is related to psychological and social well-being?
Réka Dudok

Symposium Advancing habit research for health

Chair: Sally Di Maio

Room: Kiev

9:30 The impact of individual differences on habit formation following a flossing intervention
Gaby Judah

9:45 Which factors drive the formation of a higher-order nutrition habit? An intensive longitudinal diary study
Sarah Labudek

10:00 Transmission effects in habit formation after planning to form two new handwashing habits
Sally Di Maio

10:15 Predictors of initiation and maintenance for a simple vs a complex health behaviour
L. Alison Phillips

10:30 Advancing habit research for health
Barbara Mullan

10:45 Discussion
Phillippa Lally

11:00 - 11:30 Coffee Break

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

SOTA + Oral Climate change and sustainable diet

Session Chair: James Green

Room: London

11:30 Health Psychology and climate change: Time to address humanity's most existential crisis
Esther K. Papies

Online 12:15 Deliberate Ignorance—A Barrier for Information Interventions Targeting Reduced Meat Consumption?
Philipp Kadel

12:30 How experts perceive healthy and sustainable dietary behaviour: A qualitative study among an interdisciplinary panel
Anouk Mesch

Symposium Conducting behavior change intervention studies for infection prevention during an ongoing pandemic: Why and how

Chair: Jennifer Inauen

Room: Rome

11:30 An accessibility nudge, but not risk-related information increases COVID vaccination-related behaviors in the unvaccinated
Helge Giese

11:45 A just-in-time but still planned intervention to promote COVID-19-vaccination in university students: Lessons learned
Tugce Varol

12:00 Multiphase optimization strategy to promote hand hygiene during a pandemic: Optimization of the Soapp app
Jennifer Inauen

12:15 Pandemic trajectory and hand hygiene interventions: results from the secondary analysis of the Soapp trial
Dario Baretta

12:30 Daily diary-assessed hand washing during a 100-days hand washing challenge: Insights from the ERNA intervention
Noemi Lorbeer

12:45 Discussion
Susan Michie

Roundtable Exploring healthcare practitioners' perspective: How to best apply health psychology evidence in practice?

Chair: Dominika Kwasnicka

Room: Paris

11:30 Exploring healthcare practitioners' perspective: How to best apply health psychology evidence in practice?
Dominika Kwasnicka, Sebastian Potthoff, Keegan Knittle

Oral Session Tobacco use interventions

Chair: Robert West

Room: Berlin

11:30 The Effect of Self-Affirmation on Responses to Cigarette Warning Labels Among Daily Smokers in Turkey
Meryem Kaynak Malatyali

11:45 Co-use of tobacco and cannabis: exploring the support provided by stop smoking practitioners
Dayyanah Sumodhee

12:00 VR exposure to anti-tobacco posters : impact on memorization of messages, smoking attitudes and craving?
Solenne Bonneterre

Online 12:15 Systematic review and meta-analysis of volitional help sheet interventions for health behaviour change
Ross Stewart

Symposium Making brief interventions work: multi-stakeholder perspectives on implementation and effective components of health behaviour conversations

Chair: Oonagh Meade and Chris Keyworth

Room: Vienna

11:30 Iterative development of a training program in Motivational Communication
Anda I. Dragomir

11:45 Promoting healthy behaviours in adults in primary care: a systematic review and meta-analysis
Sophie Sun

12:00 Experiences of embedding brief interventions in an integrated care system
Jo Hart

12:15 Barriers and enablers to implementing Making Every Contact Count brief behavioural interventions- a survey study
Oonagh Meade

12:30 Patient perspectives and experiences of brief behavioural interventions
Chris Keyworth

12:45 Discussion
Molly Byrne

Symposium Consumption of sugar-sweetened beverages and water: Discussing health implications of drink choice and potential interventions

Chair: Amy Rodger

Room: Warsaw

11:30 From the fundamentals to the importance of hydration for health in the general population
Tiphaine Vanhaecke

Online 11:45 Cravings for non-alcoholic drinks including sugar-sweetened beverages
Joshua McGreen

12:00 Increasing motivation for bottled water through advertisements
Maria Almudena Claassen

Online 12:15 Reducing sugar-sweetened beverage consumption in children: a cluster randomized control trial in schools (Belgium)
Katia Castetbon

12:30 Can a simple plan change a complex behaviour? Implementation intentions and water drinking
Amy Rodger

12:45 Discussion
Eva Kemps

Symposium Utility and applications of Bayesian methods in health psychology: theory building and evidence evolution

Chair: Aliya Amirova

Room: Bratislava

Online 11:30 Bayes factors in health psychology to interpret statistically non-significant findings: is the p-value enough?
Emma Beard

Online 11:45 Expert Elicitation, Prior-Data Conflicts, Bayes Factors for Replication Effects, and the Bayes Truth Serum
Rens Van De Schoot

12:00 Discussion
Sarah Depaoli

12:15 Application of Bayesian approach in mixed methods reviews in health psychology
Aliya Amirova

Online 12:30 Reporting standards for studies applying Bayesian statistics: WAMBS checklist
Sarah Depaoli

12:45 Discussion
Sarah Depaoli

Oral Session Sleep and self-enhancing behaviours

Chair: Laura S. Belmon

Room: Kiev

11:30 Individual differences in sense-of-purpose moderates link between sleep and next-day anticipation of positive events
Jin Wen

11:45 Effects of Childhood Trauma on Sleep Quality and Stress-related Variables in Adulthood: Two Multilevel Studies
Daryl O'Connor

12:00 Does social media use impact sleep quality? Moving beyond self-report methodology
Thomas McAlpine

12:15 Promoting children's sleep health: Intervention Mapping meets Health in all Policies
Laura S. Belmon

Online 12:30 Does general and academic procrastination influence bedtime procrastination? The role of routines-related variables
André Oliveira

12:45 The effect of a body scan intervention on interoceptive processes and the HEP
Sandra Antonie Mai-Lippold

13:00 - 14:00 Lunch

13:00 - 14:00 BPS DHP Meeting
Room: London

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

Oral Session Implementation in Mental Health and Social Exclusion

Chair: Emily Oliver

Room: London

14:00 Treating distress in long-term conditions: Outcomes for an Improving Access to Psychological Therapy service
Natasha Seaton

14:15 Co-location in community spaces increases access to public mental health services by neutralising psychological barriers
Fiona Duncan

14:30 Autonomy in co-located mental health services: impacts on staff and service users
Emily Oliver

14:45 Barriers of the care system for adolescents with emotional and behavioural problems: care providers' perspectives
Lucia Bosakova

15:00 Mutual communication and relationship between health care providers and socially excluded Roma
Daniela Filakovska Bobakova

Roundtable Mechanisms of action of behaviour change interventions: Challenges in definitions and measurement

Chair: Marie Johnston

Room: Rome

Online 14:00 Mechanisms of action of behaviour change interventions: Challenges in definitions and measurement
Talea Cornelius, Susan Michie, Diane Dixon, Marie Johnston

Oral Session Physical activity, sedentary behaviour and alcohol

Chair: Richard Steel

Room: Paris

14:00 The Longitudinal Associations Between Wearable Technology, Physical Activity and Self-Determined Motivation
Richard Steel

14:15 New-onset alcohol use disorder after bariatric surgery : an interpretative phenomenological analysis
Esin ER

14:30 Identifying conducive contexts and mechanisms of sedentary behavior interventions in older adults: a realist review
Laura Van de Velde

Online 14:45 Within-person predictors of moderate-to-vigorous physical activity: Systematic review of Ecological Momentary Assessment studies
Verena Schneider

15:00 The relation between physical activity and executive functions in childhood: an inter- and intraindividual approach
Anne Eppinger Ruiz de Zarate

Online 15:15 Appearance-schema, trait physical anxiety and contextual online exposure increase body dissatisfaction and body anxiety
Mihaela Boza

Symposium Considerations for Development and Evaluation of Digital Health Projects

Chair: Ann DeSmet

Room: Berlin

14:00 The importance of contextual factors in smoking relapse: Ecological momentary assessment
Mathis Elling

14:15 Acceptability and usability of low-cost activity trackers among adults of lower socio-economic status
Ann DeSmet

14:30 Determinants of patients' (decision to use) online access to general practice medical records
Rosa Thielmann

14:45 Making sense of the impact of sexual health website Sense.info: results from a think-aloud study
Gido Metz

Online 15:00 Wrapped digital fRCT: Working with young people to develop a recruitment and retention strategy
Katie Newby

15:15 Discussion
Rosa Thielmann

Symposium Research on cancer screening participation: from a specific approach to an integrated model

Chair: Ronan O'Carroll

Room: Vienna

14:00 Exploring reasons for non-participation in colorectal cancer screening: a systematic review of qualitative studies
Alice Le Bonniec

Online 14:15 A decision aid on mammography screening: Do knowledge and attitude mediate the effect on intention?
Maren Reder

Online 14:30 Exploring the implementation of text message reminders for cervical screening in Ireland
Jenny Mc Sharry

- 14:45 Using the Integrated Screening Action Model (I-SAM) to guide intervention development in cancer screening programmes
Katie Robb
- 15:00 Including people of all abilities in screening research
Marie Kotzur, Astryd Jamieson
- 15:15 Discussion
Ronan O'Carroll

Oral Session Health psychology methods: systems approaches, machine-learning, attrition, and intervention fidelity

Chair: Thomas Gültzow

Room: Warsaw

- 14:00 Applying systems methodologies in designing health interventions in complex systems
Maartje van Stralen
- 14:15 Applying machine-learning to rapidly analyse large qualitative text datasets: Comparing human and machine-assisted analysis techniques
Ben Ainsworth
- Online 14:30 Assessing fidelity of receipt of a gait rehabilitation behaviour change intervention
Mandeep Sekhon
- Online 14:45 Resilience and Coping in Oncology Nurses During the COVID-19 Pandemic; An Interpretative Phenomenological Analysis
Courtney Atkins
- Online 15:00 Ethical dilemmas and well-being in teachers' work: A three-way, two-year longitudinal study
Mikko Heikkilä
- Online 15:15 Longitudinal changes in personal resources during the first COVID-19 lockdown: A moderation role of anxiety
Zuzanna Kwissa-Gajewska

Oral Session Family Health and Wellbeing

Chair: Evangelos Karademas

Room: Kiev

- 14:00 Resilience in Military Families
Alla Skomorovsky
- Online 14:15 A discursive examination of how pregnant women navigate and manage their position on physical activity
Rebecca Livingston
- 14:30 Development of mothers' health literacy: Findings from the KUNO-Kids study
Maja Pawellek
- 14:45 The interplay between self-efficacy and self-regulation indicators of child food intake among parent-child dyads
Anna Banik
- 15:00 The development of evidence-based guidance for parents on talking to children about weight
Fiona Gillison
- 15:15 Psychomotor development in early childhood: marginalized Roma children score worse in all domains
Stanislava Kováčová

15:30 - 17:00 Parallel Sessions: Posters

P01 Physical Activity and Sedentary Behaviour

Chair: Jane Walsh

Self-efficacy, sedentary behaviour, and sedentary habits: A longitudinal general population study
Dominika Wietrzykowska

Sedentary behavior and physical activity in the context of daily activities, contexts, and environments
Pam ten Broeke

Sitting is not a meaningful behaviour: Goal prioritisation and sitting
Benjamin Gardner

Insights into mechanisms of planning interventions: the effects on self-reported habit and collaborative social control
Ewa Kulis

Designing for active office work
Ida Damen

P02 Motives, adherence and psychosocial influences on behaviour

Chair: Angelos Kassianos

What if it doesn't go as planned? Adherence to physical rehabilitation following knee surgery
Shu M. Yu

Online Psychosocial factors influencing adherence to statins after acute coronary events. A multicenter follow-up study
István Tiringier

Online An integrated theory of planned behaviour model to understand cancer screening attendance
Marcella Bianchi

Online Vaccination intentions against COVID-19: Findings from three representative samples of the Portuguese population
Cristina Albuquerque Godinho

Transmission of vaccination attitudes and uptake based on Social Contagion Theory: A scoping review
Maria Karekla

How does context affect psychological predictors of alcohol consumption?
Richard Cooke

How is daily social control related to physical activity and affect in romantic partners?
Pascal Küng

Are we (m)eating like our friends? How social friendship networks influence meat consumption
Ira Elisa Herwig

Online The importance of psychosocial factors on health behaviour in pregnancy and postpartum: A systematic review
Erika Varnagiryté

A computational model of health behaviour choice in couples
James Allen

Online Condom use across different casual and committed relationships: The role of relationship characteristics
Cristina Albuquerque Godinho

P03 Health Behaviour

Chair: Barbara Mullan

Online Socio-cognitive and emotional determinants of edible insect consumption in the Kongo Central province (D.R. Congo)
Emmanuel Mopendo Mwisomi

Online Young Men in Chile: Porn consumption's impact on Sexual Risk Behaviors
Margarita Bernales

Re-examining the associations between sleep hygiene behaviours and sleep: An exploratory investigation
Thomas McAlpine

Effective behavioral theories in interventions promoting condom use among heterosexual youth: a systematic review
Alcira de Vries

P04 Developing health behaviour change interventions

Chair: Oonagh Meade

Developing an intervention to enhance medication adherence and minimise clinical inertia in hypertension: MIAMI study
Gerry Molloy

Individual pathways of changing interaction habits: Qualitative process evaluation of a training intervention
Elina Renko

Adapted Personal Project Analysis to measure inter-goal relations on physical activity and diet
Sara Kassas

Online Developing a digital intervention (iPREPWELL) using the behaviour change wheel to prepare patients for surgery
Rebecca Livingston

Online AIMS-AET: Promising adherence intervention for endocrine therapy after breast cancer – a randomized pilot design
Anna Janssen

Creation and evaluation of adolescent food choice prevention intervention based on a supermarket simulation
Florian Lecêtre

P05 Health behaviour change interventions

Chair: Alison Divine

Encouraging tooth-kind behaviours in children: evaluation of e-training for dental practitioners
Joanna Goldthorpe

Online Psychologically informed oral health interventions in pregnancy and type 2 diabetes: a scoping review
Camilla Kristensen

Why do people struggle to be self-compassionate to health goal lapses? A social cognitive perspective
Fuschia Sirois

Preliminary evidence for a combined intervention using implementation intentions and imagery for physical activity habits
Alison Divine

A systematic review of multiple health behaviour change interventions in healthcare
Carolina C. Silva

Effects of smoking cessation school – results
Latinka Basara

Online Positive Psychology Intervention in promoting safe sex among Chinese men who have sex with men
Meiqi Xin

P06 Psychosocial approaches to health behavior

Chair: Márcia Filipa Carvalho

Children's and young peoples' beliefs about chronic musculoskeletal pain: a scoping review
Danielle Mountain

The relationship between self-efficacy and sedentary behaviors in people with overweight and obesity
Hanna Zaleskiewicz

Online Sleep routines and bedtime procrastination in the times of COVID-19 lockdown
André Oliveira

Online Overcoming obstacles in achieving health-related goals
Monika Hricová

Roles of predictors and moderators in engagement in healthy lifestyle behaviours in BRCA1/2 alteration carriers
Nikolett Warner

Development of the Inclusion of Illness in the Self Scale: Theoretical foundations and initial validation
Hodaya Wolf

P07 Contemporary Topics in Self-Regulation

Chair: Catherine Grenier

Online The role of Self-Evaluation and Perceived Social Support in Adult's Problematic Smartphone Use

Sándor Csibi

Social identification and binge drinking practices: The impact of student vs. future professional identities

Catherine Grenier

P08 Informal caretakers

Chair: Pierre Gérain

Why don't informal caregivers use respite care services? A cluster-based study in Belgium

Pierre Gérain

Online Looking after the informal cancer caregiver's quality of life

Carolina Blom

The experiences of caregivers of children with respiratory illnesses during the COVID-19 pandemic

Michaëlle G. Anthony

Online A systematic review investigating the impact of a significant physical health event in informal caregivers

Prof Val Morrison

"We live two lives separately": an interpretative phenomenological analysis of spouses' experience facing Huntington's disease

Charlotte Manceau

P09 Social support in health behavior change

Chair: Heather Tulloch

Weight Loss Surgery Saboteurs: A Qualitative Exploration of Online Weight Loss Surgery Support Forums

Sophia Quirke-McFarlane

Relationship satisfaction, perceived social control, and a reduction of sedentary behavior: a longitudinal dyadic study

Maria Siwa

The role of companionship for physical activity: A dyadic longitudinal analysis

Patrick Stefan Höhener

The use of virtual reality in training professionals to understand ADHD and develop their competences

Annamária Antalová

Social support to diminish gender-based barriers to health behaviour: Testing the enabling hypothesis in Nepal

Vica Tomberge

Two of hearts: Relationship quality appraisals and cardiac patients' and spouses' functional health

Heather Tulloch

P10 Non-COVID vaccination uptake

Chair: Aurélie Gauchet

An umbrella review of interventions that aim to improve HPV vaccine uptake

Susan M Sherman

Psychological antecedents of HPV vaccine intention among French adolescents and their parents

Damien Oudin Doglioni

Exploring parents' willingness and preferences for the introduction of routine varicella vaccination in the UK

Susan M Sherman

How improve acceptability of vaccination against HPV? Focus groups with parents and school staff

Aurélie Gauchet

Online Italian Adaptation of the Vaccination Attitudes Examination (VAX) Scale: A Reliability and Validity Study

Renato Pisanti

P11 Mental health and emotion**Chair: Masha Remskar**

- Online Trajectory of mental health during COVID-19 pandemic in Spain: risk and protective factors
Paula Collazo-Castiñeira
- Emotional experience of the COVID-19 pandemic and lockdowns among college students
Dylan Muccia
- University students' attitudes and understanding of (mental) health maintenance through physical activity and mindfulness meditation
Masha Remskar
- Repeated listening to natural sounds at home may improve our mental health
Yasushi Suko
- Online Psychometric properties and measurement invariance of a European Portuguese version of fear of COVID-19 scale
Margarida Jarego
- Exploring responses to a fear-based COVID-19 vaccination advertisement
Jessica Charlesworth

P12 COVID-19**Chair: Gerry Molloy**

- Effects of life changes by COVID-19 pandemic on eating behaviors in general population in Japan
Mika Omori
- Online Nutrition and health during the first months of the COVID-19 in Italy: a qualitative study
Francesca Brivio
- Online Protecting others vs. the self: a diary manipulation targeting COVID-19 preventive behaviors
Celia Naivar Sen
- Motivations to get Covid-19 vaccinations: A cross-sectional lifespan analysis of an Irish iCare study sample
Gerry Molloy
- How Slovak people perceive vaccination against SARS-CoV-2
Veronika Korim
- The effects of psychological resilience on recognition of life recovery from the COVID-19 calamity
Shoji Ohtomo

P13 Dietary behaviours**Chair: Anila Allmeta**

- A scoping review of outdoor food marketing: exposure, power and impacts on behaviour and health
Amy Finlay
- Online Facilitators and barriers influencing weight management behaviours during pregnancy: a meta-synthesis of qualitative research
Tamara Escanuela Sanchez
- Online Nudging healthier choices from a café style menu using traffic light labels
Cherie Sim
- Easy or difficult? Investigating perceived ease to change aspects of eating behaviour and physical activity
Anila Allmeta
- The impact of a cooking intervention on food literacy skills and cooking behaviour
Lisa Harms
- Online Attentional Bias for High Calorie Food Cue by the Level of Hunger in Binge Eater
Jang-Han Lee

P14 Interventions in clinical or at-risk populations**Chair: Olivier Luminet**

- Online Predictors of UV-protection behaviours among people diagnosed with melanoma [WORK IN PROGRESS STREAM]
Caroline Charlton
- Online Public information on medication safety: sources, perceived reliability and the influence of educational level
Graça Andrade
- Video games and activities for money among adult gamblers
Samantha TESSIER
- The CRESCENDO program (inCRease physical Exercise and Sport to Combat ENDOmetriosis)
Géraldine Escriva-Boulley
- The impact of nurse-led ambulatory care point on wellbeing in patients with heart failure
Katarzyna Piotrowicz

P15 e-/mHealth interventions

Chair: Neil Coulson

- Do online support groups help individuals affected by HIV/AIDS? A scoping review of the literature
Neil Coulson
- An eHealth intervention for French diabetic's patients: "Slow Diabetes"
Coline Hehn
- Online An intervention research about telemedicine human factor: healthcare professionals and patients' perspectives and satisfaction
Irene Aiolfi
- Which factors influence practitioners' intention to use a robot with their clients with autism?
Louise Charpiot
- Online The use of humanoid robots for health education in diabetes – a feasibility study
Leona Ryan

P16 e-mental health

Chair: Hannah Durand

- Introducing the Tele-QoL index – a brief measure for quality of life assessment in telemedicine
Klara Greffin
- Understanding fatigue across different conditions using remote monitoring technologies
Laura Dennison
- Stress reduction in distance-learning students through digital mental health interventions
Andrea Haberstroh

P17 eHealth across the life span

Chair: David Healy

- Online Relationship between neutral and problematic adolescents' photo self-disclosure and privacy concerns: does the paradox exist?
Kristina Žardeckaitė-Matulaitienė
- A systematic review of behaviour change techniques in digital health interventions with midlife women
Hana Sediva
- Encouraging elders with eHealth: promoting an active lifestyle among senior citizens, a randomized field-experiment
Anna Nilstomt
- Older Adults' Experiences and Perceptions of Immersive Virtual Reality: A Systematic Review and Thematic Synthesis
David Healy
- Online A digital health platform to support aging in place: Experiences of people with dementia
Christian Wrede

P18 Digital health promotion

Chair: Eanna Kenny

Eliciting preferences for the uptake of smoking cessation apps: A Discrete Choice Experiment
Dorothy Szinay

How can apps help me move more? A Group Concept Mapping study in inactive adults
Maya Braun

Stressed! Grab a bite? An EMA study assessing stress and food intake in daily life
Alea Ruf

Mobile Phone Apps to Promote Sun Protection Behaviours: A Content Analysis
Angela Rodrigues

P19 Health psychology methods: Interventions and measurement

Chair: Eimear Morrissey

Diffusion of effective behavior change strategies: The distillation and dissemination approach (DADA)
Paschal Sheeran

A new resource for behavioural science - Developing tools for understanding the relationship between behaviours
Alexander Scott

Understanding and improving facilitation in the IMP2ART implementation trial: developing and using the FACE Instrument
Liz Steed

D1Now intervention for young adults with type 1 diabetes: Lessons learned from a pilot RCT
Eimear Morrissey

Health-related quality of life measures for children with Duchenne muscular dystrophy: A content analysis
Moritz Ilan Truninger

Online Feasibility and acceptability of the photo-voice methodology when working with female adolescents on physical activity
Heide Busse

Implicit measure of goal conflict in the promotion of a healthy diet and physical activity
Catherine Culot

17:00 - 18:00 Keynote Lecture: Falko Sniehotta

Chair: Susan Michie

Room: London

Developing and applying behavioural science to inform government policy

Falko Sniehotta is past president of the European Health Psychology Society, Associate Editor of Health Psychology Review, and member of the editorial boards of Psychology & Health and the British Journal of Health Psychology.

Overview

Citizens and patients have a right that healthcare and public policy is informed by best evidence. Whilst governments across the world recognise the need for evidence-based policy making, the process of translating science into public policy remains challenging.

In health and social care, most major policy challenges require an element of behaviour change of members of the public, patients or care providers. Health Psychology and related behavioural sciences have the potential to provide the understanding and the evidence about effective measures to guide policy makers towards effective and equitable policy solutions. The experience of managing the Covid-19 pandemic has accelerated the development of behavioural policy research and at the same time demonstrated some of the pitfalls in politicians 'following the science'.

Illustrated by examples from the NIHR UK Policy Research Unit Behavioural Science and other international units, this talk will highlight best practice in developing policy relevant behavioural science and translating it into policy. Developing the interface between behavioural science and public policy has the potential to benefit population health and decrease social inequalities.

18:00 - 19:00 National Delegates Meeting
Room: London

19:00 - 21:00 Celebrating EHPS Active Engagement sponsored by Taylor & Francis
Room: The Information Center of Comenius University

Thursday, 25 Aug

8:15 - 9:30 EHPS AGM
Room: London

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

Symposium Health Inequalities – why do they matter and how can we tackle them?
Chair: Wendy Stainton Rogers
Room: London

9:30 Title: “Why do poor people behave so poorly?”: Shifting the blame to class-based injustice
Bridgette Rickett

9:45 Box for the tallest man? Researching the effect of behaviour change interventions on health inequalities
Joanna Goldthorpe

Online 10:00 Mapping pathways to better healthcare for Brighton's homeless population – the value of co-production
Emma Anderson

10:15 The case of orphan diseases in Chile: Health decisions in contexts of precarity and inequality
Nicolás Schöngut-Grollmus

10:30 The role of cultural representation in presenting health information to underserved communities
Tushna Vandrevala

10:45 Discussion
Wendy Stainton Rogers

Symposium Specifying all dimensions of behaviour change interventions: The Behaviour Change Intervention Ontology
Chair: Alison Wright
Room: Rome

9:30 Overview of the Behaviour Change Intervention Ontology
Susan Michie

9:45 Specifying the potentially active content of interventions: the Behaviour Change Technique Ontology
Marie Johnston

10:00 Specifying theoretical processes of change: the Mechanisms of Action Ontology
Alison Wright

10:15 Specifying the behaviours targeted by interventions: development of the Human Behaviour Ontology
Robert West

Online 10:30 Development of BCIOVocab and BCIOVisual, online tools enabling researchers to browse and visualise the BCIO
Janna Hastings

Online 10:45 Discussion
Marta Marques

Roundtable Personalized context-aware digital health interventions: crossing boundaries between data science, geoscience and health psychology
Chair: Monique Simons
Room: Paris

- 9:30 Personalized context-aware digital health interventions: crossing boundaries between data science, geoscience and health psychology
Monique Simons, Susan Murphy, Felix Naughton, Laura König, Arend Ligtenberg

Oral Session Impact of Covid

Chair: Andrea B. Horn

Room: Berlin

- 9:30 Exposure to images showing (non)adherence to physical distance rules: Effect on adherence and perceived norms
Sanne Raghoobar
- 9:45 A longitudinal study on personality determinants of post-traumatic growth during the COVID-19 pandemic
Serena Petrocchi
- 10:00 Depression, stigma, and emotional support during COVID-19 pandemic among people with HIV/AIDS: no protective effects?
Ewa Gruszczynska
- 10:15 Interpersonal emotion regulation is associated with mental health during the Covid-19 pandemic across four countries
Olenka Dworakowski
- Online 10:30 Social interactions and health during the COVID-19 pandemic. The mediating role of perceived social support
Alexandra Zancu

Oral Session Implementation in Practice: Frameworks and Perspectives

Chair: Lucie Byrne-Davis

Room: Vienna

- 9:30 A realist evaluation of the sustainable implementation of the Healthy School Canteen program
Roos van Wijngaarden
- Online 9:45 Applying Health Psychology to Advance the Science of De-implementation
Andrea Patey
- 10:00 Exploring Antimicrobial Stewardship education and training interventions in the UK: an interview study
Lucie Byrne-Davis
- 10:15 Facing organ donation request in emerging donation procedures: the experience of bereaved relatives
María Soria-Oliver
- 10:30 Healthcare professional practices when requesting family consent for emergent organ donation procedures: a qualitative study
Jorge S. López Martínez
- 10:45 Temporal changes in attitudes towards adopting new biomedical HIV-prevention strategies: An Attitude Network Analysis
Hanne Zimmermann

Oral Session Vaccination, Covid 19 and quarantine

Chair: Susan M Sherman

Room: Warsaw

- Online 9:30 Predictors for Human Papillomavirus Vaccination Intent in European Parents: A Systematic Review and Meta-Analysis
Nicoleta Monica Jiboc
- 9:45 How to facilitate quarantine adherence and psychosocial wellbeing: different approaches for different kinds of quarantine?
Antje Bühler
- 10:00 Healthcare workers' acceptability of influenza vaccination nudges: Evaluation of a real-world intervention
Rachelle de Vries
- 10:15 Vaccine Public Health messaging: three studies targeting the role of autonomy, source and content
Vera Araújo-Soares

10:30 Determinants of vaccine willingness among the general population: a systematic review
Kristin Konnyu

Online 10:45 Rates and determinants of parental COVID 19 vaccine hesitancy for children in Singapore
Konstadina Griva

Oral Session Age Related Challenges to Quality of Life

Chair: Teresa Corbett

Room: Bratislava

Online 9:30 Dementia may diminish interdependence in quality of life and carer burden among married couples
Samuel Nyman

9:45 Socio-economic inequalities and trajectories of a new biopsychosocial metric of Active and Healthy Ageing (AHA)
Olivia Malkowski

10:00 Self-management by older people living with cancer and multi-morbidity: a qualitative study
Teresa Corbett

10:15 Psychosocial adaptive capacity and survival in very old persons
Jasminka Despot Lućanin

Online 10:30 Exploring older farmers' perspectives on machine-related accidents and factors influencing behaviour change-A focus group study
Aswathi Surendran

Online 10:45 Development and evaluation of a co-production course for caregiver interventions for people living with dementia
Gulcan Garip

Oral Session Health care professionals

Chair: Sarah Cotterill & Kathy Vogt

Room: Kiev

9:30 How and why was a digital diabetes self-management intervention changed during national roll-out? Mixed-methods study
David P French

9:45 Fidelity of behaviour change technique delivery in a nationally implemented digital diabetes prevention programme
Rhiannon Hawkes

10:00 Receipt and enactment of behaviour change technique content of a nationally-implemented digital diabetes prevention programme
Lisa Miles

10:15 Comparing face-to-face and digital delivery of the English NHS diabetes prevention programme: a non-inferiority study
Sarah Cotterill

10:30 Can we prepare UK Critical Care Nurses for, and aid recovery after, stressful events?
Katharina Vogt

11:00 - 11:30 Coffee Break

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

SOTA + Oral COVID-19 related research

Session Chair: Molly Byrne

Room: London

11:30 Psychology in policy and in practice: Advising government in the time of Covid19
Susan Michie

Online 12:15 What are the key behavioural factors associated with COVID-19 vaccination acceptance among healthcare workers?
Jacob Crawshaw

- 12:30 COVID-19 quarantine behavior and expected vs. experienced stigma
Sarah Eitze
- 12:45 Healthcare professionals' barriers and enablers to delivering behaviour change interventions during COVID-19: a qualitative study
Katharina Vogt

Oral Session Communicating about health and risks

Chair: Rebecca Lee

Room: Rome

- 11:30 Investigating children and young peoples' experiences and perceptions of pain communication in paediatric rheumatology
Rebecca Lee
- 11:45 Using signal detection theory to understand people's antibiotic expectations
Andriana Theodoropoulou
- Online 12:00 How Do Young Women Interpret the Cervical Screening Leaflet in England? A Mixed Methods Approach
Caroline Charlton
- 12:15 "I don't know what I'm looking for": A qualitative study examining young women's breast awareness
Sarah Hindmarch
- 12:45 Circulating tumour DNA monitoring and early treatment for relapse: views from patients with early-stage melanoma
Victoria Woof

Roundtable The EHPS in international health policy initiatives: current contributions and future opportunities

Chair: Vera Araujo Soares

Room: Paris

- 11:30 The EHPS in international health policy initiatives: current contributions and future opportunities
Alexandra Dima, Jo Hart, Vera Araujo Soares, Lucie Byrne-Davis, Adriana Baban, Marie Johnston

Symposium Embedding Open Science within Health Psychology research, methods and tools

Chair: James Green and Gjalt-Jorn Peters

Room: Berlin

- 11:30 Establishing Open Science Research Priorities in Health Psychology: A research prioritisation Delphi exercise
Emma Norris
- 11:45 An open science approach to study misinformation sharing on social media
Christopher Martin Jones
- 12:00 OpenDrawer: A project to document unpublished research
James Green
- 12:15 After the End of Construct Validity: Thinking About and Studying How Psychological Measurement Instruments Work
Gjalt-Jorn Ygram Peters
- 12:30 Embedding Registered Reports within Health Psychology: Reflections as Author and Recommender of Peer Community In
Charlotte Pennington
- 12:45 Discussion
Charlotte Pennington

Symposium Doctor knows best? Qualitative perspectives on interactions and relationships with healthcare workers from four countries

Chair: Rachael Fox

Room: Vienna

- 11:30 Doctor-patient relationship in an Italian emergency department during the COVID-19 pandemic: an ethnographic study
Sabrina Cipolletta
- Online 11:45 Family and domestic violence in remote Australian Emergency Departments: A critical analysis of institutional discourse
Sheree Moore
- 12:00 You can push them a little bit': Provider accounts of contraceptive care and long-acting contraception
Tracy Morison
- Online 12:15 Receiving bad news: cancer family carers managing initial interactions with healthcare services
Gianina-Ioana Postavaru
- 12:30 Moving forward with online interventions and therapeutic relationship online, Italian professionals' experiences from the pandemic
Silvia Caterina Maria Tomaino
- 12:45 Discussion
Tracy Morison

Oral Session eHealth intervention development & optimisation

Chair: Claire Reidy

Room: Warsaw

- 11:30 Adaptation of cardiovascular disease prevention programmes for digital delivery during the COVID-19 pandemic
Lisa Hynes
- 11:45 Patient, staff and stakeholder experiences with the national NHS App in general practice: Qualitative evaluation
Claire Reidy
- 12:00 A digital health program in bariatric surgery: a mixed method process evaluation
Charlene Wright
- 12:15 Psychological need satisfaction through an online intervention for diabetic patients
Coline Hehn
- 12:30 Experiences and acceptability of an online theory-based intervention to prevent and reduce self-harm
Chris Keyworth

Oral Session Adherence and Quality of Life in Chronic Disease

Chair: Emily Arden-Close

Room: Bratislava

- 11:30 Impact, coping and development challenges among perinatally HIV-infected adolescents
Filipa Teixeira
- 11:45 Medication adherence in Behcet's disease during COVID-19: cross-sectional study
Emily Arden-Close
- 12:00 Identifying different profiles of people with a stoma and their relationship with quality of life
William Goodman
- 12:15 An exploration of quality of life and treatment decision-making in men with benign prostatic hyperplasia
Margaret Husted
- 12:30 Multidimensional relationships between medication beliefs and adherence to medications among older adults living with multimorbidity
Louise Foley
- 12:45 Designing an intervention for young people with asthma and testing acceptability and feasibility
Pamela Rackow

Oral Session eHealth in cancer treatment & care

Chair: Paula Voorheis

Room: Kiev

- 11:30 Preliminary Efficacy of ImmunOncoTool: An Immune Checkpoint Inhibitors Adverse Event Management and Reporting eHealth Program
Chloe Taub
- 11:45 A process evaluation of a digital intervention for improving quality of life in cancer survivors
Katherine Bradbury
- 12:00 Effect of a digital health intervention to support total-skin-self-examination on psychological well-being of melanoma survivors
Peter Murchie
- Online 12:15 Telehealth interventions for people with cancer that cannot be cured: systematic review and meta-analysis
Laura Ashley
- 12:30 Integrating insights from behavioral science and design thinking to develop mHealth interventions: Systematic scoping review
Paula Voorheis

13:00 - 14:00 Lunch

13:30 - 14:00 Women Health SIG meeting
Chair: Efrat Neter
Room: London

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

Oral Session Understanding COVID-19 Vaccine Hesitancy
Chair: Ewa Gruszczynska
Room: London

- Online 14:00 Predicting COVID-19 vaccination intention among young adults using the theory of planned behavior
Celia Naivar Sen
- 14:15 Profiling hesitancy to COVID-19 vaccinations in six European countries: Behavioral, attitudinal and demographic determinants
Angelos Kassianos
- Online 14:30 Psychosocial factors associated with COVID-19 vaccine hesitancy in Romania
Irina Crumpei-Tanasă
- 14:45 Conspiracy beliefs and motivation to get vaccinated against COVID-19 in Costa Rica
Benjamin Reyes Fernandez
- Online 15:00 Conspiracy beliefs and COVID-19 vaccination intention: examining the mediating effects of trust and attitude
Miriam Capasso

Oral Session Health behavior change across the lifespan
Chair: Gerry Molloy
Room: Rome

- Online 14:00 Using a co-design approach to promote awareness of preconception health in central Scotland
Hannah Welshman
- Online 14:15 Effects and acceptability of an online decision aid (DA) about maternal pertussis vaccination (MPV)
Charlotte Anraad
- 14:30 How does a school-based intervention impact students' social cognitions on reducing sedentary behavior?
Matthias Aulbach
- 14:45 Dyadic behavior change techniques in health behavior change interventions with romantic couples: A systematic review
Karoline Villingier
- Online 15:00 Utilizing narrative persuasion to improve risky sexual behaviors among men who have sex with men
Meiqi Xin

- 15:15 Self-efficacy and action control as predictors of physical activity among patients with knee osteoarthritis
Ralf Schwarzer

Roundtable Ontologies of behaviour – current perspectives and future potential in health psychology

Chair: Thomas Webb and Susan Michie

Room: Paris

- 14:00 Ontologies of behaviour – current perspectives and future potential in health psychology
Thomas Webb, Susan Michie

Symposium The effectiveness of labelling interventions to improve population and planetary health

Chair: James Reynolds

Room: Berlin

- 14:00 Calorie labelling in the out-of-home food sector and socioeconomic position
Megan Polden

- 14:15 Effect of PACE labels on energy purchased in cafeterias: a stepped-wedge randomised controlled trial
James Reynolds

- 14:30 Impact of health warning labels and calorie information on selection and purchasing of alcohol
Natasha Clarke

- Online 14:45 Effect of environmental labelling on food choices: A randomised controlled trial in a virtual supermarket
Lucile Marty

- Online 15:00 The impact of ecolabels on the environmental impact of cafeteria purchases: A randomised controlled trial
Rachel Pechey

- 15:15 Discussion
James Reynolds

Symposium The role of interpersonal dynamics for health behavior and well-being using intensive longitudinal designs

Chair: Janina Lüscher and Corina Berli

Room: Vienna

- Online 14:00 Reciprocal association between social support and psychological distress in chronic health conditions
Caroline Debnar

- 14:15 Interpersonal affective Dynamics in Daily Life as a core process of wellbeing over the lifespan
Andrea B. Horn

- 14:30 Daily perceived buddy responsiveness in the context of smoking cessation
Janina Lüscher

- Online 14:45 Resource Activation in Peer Dyads 65+: Impact on Social Connection and Well-being
Zilla Marie Huber

- 15:00 Interpersonal processes of a dyadic smoking cessation app intervention in daily life
Corina Berli

- 15:15 Discussion
Jutta Mata

Oral Session Temporal Aspects of Health Attitudes and Habits

Chair: Barbara Mullan

Room: Warsaw

- Online 14:00 Predictors of Attitude Strength as Determinants of Attitude Stability and Attitude-Behaviour Relationships
Mark Conner

- 14:15 Describing, predicting and explaining adherence to total skin self-examination (TSSE) in people with melanoma
Julia Allan
- 14:30 Differential importance of intentional and non-intentional factors of behaviour across behavioural attributes and contexts
Indita Dorina
- 14:45 “Look, a streaker!” – Examining streaking as a habit formation technique for recreational running behaviour
Stephan Dombrowski
- 15:00 Comparing Computational Models of Habit Formation: A Study on Handwashing Behavior during COVID-19 with Sensors
Chao Zhang

Oral Session Quality of life
Chair: Tracy Epton
Room: Bratislava

- 14:00 INTERVENING TO ENHANCE QUALITY OF LIFE DURING A PANDEMIC: A PILOT STUDY
Tracy Epton
- 14:15 Individual Rituals Increase the Effects of Non-Deceptive Placebos on Wellbeing
Marco Valerio
- Online 14:30 Body appreciation in young adulthood: A new challenge in positive health psychology?
Hedvig Kiss
- 14:45 Quality of Life of Pediatric and Adult Osteogenesis Imperfecta Patients: A Systematic Review and Meta-Analysis
Susanne Wehrli
- 15:00 Caregivers' perspectives on health-related quality of life for young children with tuberculosis and respiratory illnesses
Michaile G. Anthony
- Online 15:15 Exploring perceptions of living with obesity and the prospect of having bariatric surgery
Rebecca Keyte

Oral Session eHealth for diet, physical activity, and smoking
Chair: Olga Perski
Room: Kiev

- Online 14:00 Evaluation of digital interventions for physical activity promotion: Scoping review of reviews
Karina Karolina De Santis
- 14:15 Exploring the content of the STAND-VR intervention: a qualitative interview study
David Healy
- 14:30 Towards more personalized digital health interventions: impact of emotions and physical complaints on action& coping plans
Helene Schróé
- 14:45 Predicting lapses in smokers attempting to stop with a popular smartphone app using machine learning
Olga Perski
- 15:00 Public self-monitoring of eating via social media – effects on eating and underlying mechanisms
Michael Kilb
- Online 15:15 eHealth guidelines for people with low socioeconomic position: recommendations via Delphi methodology
Isra Al-Dhahir

15:30 - 17:00 Parallel Sessions: Posters

P01 Personality and health
Chair: Ioana Podina

- Online Specificity in the relationships between emotional intelligence and quality of life with ischemic heart disease
Irina Tarasova
- Online Core Fear of Cancer Recurrence Symptoms in Cancer Survivors: A network approach
Ioana Podina
- Online Psychological distress in individuals with Rosacea: the interplay between trait emotional intelligence and social phobia
Nadia Barberis
- Online Cognitive impairment and mental health outcomes among treatment-naïve women with breast cancer
Snaefridur Gudmundsdottir Aspelund
- Online Eating Behaviours and Food-Related Emotional Regulation among Adults with Varying Levels of Depression and Anxiety
Justyna Modrzejewska
- Trauma Type Clusters and mental health: examining the role of gender differences
Martha Schneider
- Role of body mass index, perfectionism, and emotional regulation difficulties in eating disorders
Alessandra Pokrajac-Bullian
- Online Key dimensions of interoceptive sensitivity in relation to alexithymia, emotion regulation, and depressive symptoms
Lorena Desdentado
- The relationship of the heartbeat-evoked potential (HEP) to interoception and emotion in adolescents
Lorenz Rapp
- Online Examining Health Anxiety from the Perspective of Self-Evaluation, Coherence and Social Support in Hungarian adults
Sándor Csibi
- Online Developmental trajectories of depression and predictive associations with personality traits: A six-wave longitudinal study
Yusuke Takahashi
- Cognitive reserve predicts false memory paradigm effect in Latvian adults
Kristine Sneidere
- Online Sense of coherence and social support profiles: Associations with Demographic, wellbeing and Lifestyle Indicators
Francesca Brivio
- Online Health-protecting role of the intellectual activity in the stressful conditions of life
Eleonora Nosenko

P02 Personality and health-compromising behavior

Chair: Leonie Aßmann

Medical decision making beyond evidence: correlates of belief in complementary and alternative medicine and homeopathy
Leonie Aßmann

- Online Reducing blurred boundaries: results of a systematic review of correlates of workaholism and work addiction
Modesta Morkevičiūtė
- Online Narcissism, Fear of Missing Out and Social Capital as predictors of Social Media Usage
Corina Rugina
- Smartphone and social media addiction: are college students with attention deficit hyperactivity disorder at risk?
Vanessa Müller
- Examining the social contagion of attitudes towards childhood vaccination in parental networks: Work in Progress
Angelos Kassianos
- Effect of perceived social self-efficacy on attentional bias for game stimuli in multiplayer online games
Jang-Han Lee

P03 Coping with Cancer**Chair: Phillipa Lally**

Meaning-making process in cancer: the role of psychological flexibility

Aleksandra Kroemeke

Physical activity and well being among those living with and beyond cancer

Phillippa Lally

Acceptance and Commitment Therapy processes and distress in cancer– a systematic review and meta-analysis

Sophie Fawson

Profiles of mindfulness in cancer patients and associations with psychological outcomes and coping strategies

Jun Wang

Self-efficacy and intention mediate the association between barriers and physical activity after a cancer diagnosis

Johanna Depenbusch

Perceived Cognitive Impairment in Patients With Cancer in Croatia

Ivona Poljak

The impact of COVID-19 on health behaviours of people living with and beyond cancer

*Phillippa Lally***P04 Living with long term conditions****Chair: Pamela Rackow**

Online Coping strategies predicting post-traumatic growth in Multiple Sclerosis patients and caregivers

Irene Gil-González

Coping strategies of Slovak university students with and without special educational needs

Karin Černickaja

Online Psychological distress, illness perceptions, coping and quality of life in women with Premature Ovarian Insufficiency

Vassiliki Siafaka

Online Biopsychosocial predictors of mortality in patients with lymphedema: a longitudinal study

Katharina Traubnig

Determinants of physical activity in cancer survivors: an EMA study

Marie Van de Velde

A Qualitative Thematic Analysis on the Experiences of Living with Lynch Syndrome

Nikolett Warner

An investigation into social cognition and executive function in Multiple Sclerosis (MS)

Daniel Shaw

Online Subjective Cognitive Complaints in End-Stage Renal Disease: A Systematic Review

*Frederick Hui Fei Chan***P05 Subjective beliefs in chronic disease****Chair: Konstantin Schenkel**

Irritable bowel syndrome in inflammatory bowel disease: distinct, intertwined, unhelpful? Views and experiences of patients

Danielle Huisman

Online Weight loss-related beliefs and behaviours among adults with psoriasis and obesity: a qualitative interview study

Neli Pavlova

Online Help-seeking toward mental health professionals among patients with epilepsy

Kento Takahashi

Current Evidence in Psychodermatology on the Stigmatizing Experience of Visible Skin Diseases: A Meta-analysis Review
Caroline F. Z. Stuhlmann

Combining the SIA to Health with the ICF – participation experiences of people with MS
Elise-Marie Dilger

P06 Coping with COVID-19 stress and Fatigue Chair: Márcia Filipa Carvalho

Long-term fatigue due to COVID-19: the role of goal flexibility
Sarah Maes

A discriminant content validity study of fatigue assessment items in a transdiagnostic chronic medical population
Sarah Maes

Online Quality of Life and Medication Adherence Among People With Diabetes During the COVID-19 Pandemic
Evelyn Heckenberger-Nagy

Fatigue as symptom of long-COVID in relation to sleep quality and daily activities
Christina Bode

Men living alone during the COVID-19 pandemic report lower need satisfaction and wellbeing
Fanny Lalot

P07 Novel Interventions in the context of illness Chair: James Reynolds

Online Psychological impacts of an online genetic counselling narrative group intervention in people with hereditary ataxia
Maria Barbosa

Online HED-Start: A positive skills intervention to improve psychological adjustment in incident haemodialysis patients
Phoebe Lim

Hernia Active Living Trial: Feasibility study of an exercise intervention for people with parastomal bulging
William Goodman

Delivery of supported self-management in asthma reviews: an observational study nested in the IMP2ART programme
Emma Kinley

Optimising well-being and promoting wound healing in DFU: Psychological perspectives and patient informed intervention strategies
Michelle Hanlon

P08 Biopsychology of stress and coping Chair: Melanie Bamert

How do we regulate stress in daily life? An ambulatory heart rate variability study
Melanie Bamert

Cardiovascular reactivity during couple conflict: The influence of relationship quality and emotion regulation
Katharina Salo

Squeeze the beat: Enhancing cardiac vagal activity during resonance breathing via coherent pelvic floor recruitment
Josef Martin Tatschl

The coping heart: Vagal reactivity moderates the relation between cognitive reappraisal and advantageous decision-making
Valentin Magnon

Should we use the inverse movement to detect psychologically meaningful non-metabolic heart rate variability reductions
Andreas Schwerdtfeger

P09 Stress and Coping in Pandemic Times**Chair: Chantal den Daas**Well-being in Children and Adolescents with Hearing Impairment During the COVID-19 Pandemic
*Vera Gillé*Covid-19-vulnerable students are highly psychologically distressed
*Gabriele Helga Franke*COVID-19-related stress in students, examination of the CSSQ - a pilot study
*Melanie Jagla-Franke*Online Post-Acute Sequelae of COVID-19-Checklist (PASC-C): new screening tool for long-COVID physical, psychological, and cognitive symptoms
*Marina Maffoni*Online How have we been dealing with the COVID-19? Findings from a longitudinal study in Portugal
*Maria José Ferreira*Which factors have affected anxiety during COVID-19 outbreak? - a longitudinal study
*Gabriel Angelo Otesanu*Online Peculiarities of responses to the pandemic of local and foreign students at a Ukrainian university
*Olena Lutsenko***P10 Special populations****Chair: Chris Noone**Online Seasonal trends in depressive symptoms among women newly diagnosed with breast cancer
*Snaefridur Gudmundsdottir Aspelund*PTSD symptoms, driving stress, and anxious driving behavior at novice drivers
*Cornelia Mairean*Merging psychology and technology to develop an early warning system for driver stress and fatigue
*Rory Coyne*Online Relationships between distancing strategies, perspective taking, and forgiveness in anger-inducing events
*Megumi Oikawa*Attachment, shame and depersonalization mediate the relationship between Childhood maltreatment and physical and psychological wellbeing
*Jonathan Egan*Online The potential of an online mindfulness-based stress reduction intervention for police officers
*Erika Varnagiryté*Online The impact of interpersonal traumas in Portuguese women's psychological wellbeing
*Eleonora C. V. Costa*Examining the trajectories of burnout symptoms in Gaelic games players across two seasons
*Siobhán Woods*Alcohol and pregnancy: A cultural perspective
*Agnieszka Kosla***P11 Pain: Psychosocial mechanisms and interventions****Chair: Gabriele Helga Franke**Cluster of coping with pain and their differences in personality and distress
*Gabriele Helga Franke*The role of perfectionism in explaining different chronic pain coping patterns
*Marina Njegovan*The role of attention bias malleability in predicting pain and disability
Dimitri Van Ryckeghem

P12 Responses to Critical Stressors in a Cross-cultural Context**Chair: Wendy Maltinsky**

Cross-border differences in HIV-testing: data from a EuRegion in Belgium, Germany, and The Netherlands

Hanne Zimmermann

Interaction between age and country of origin predicts subjective well-being in unaccompanied refugee minors (URM)

Laura Scholaske

Online Psychological factors associated with conspiracy mentality during the COVID-19 pandemic
Irina Crumpei-Tanasă

Is conspiracy mentality a risk factor for the psychosocial wellbeing of informal caregivers?

Larissa Zwar

Vaccine Hesitancy of Parents for Their Children: Meaning Given to Health Practices in Switzerland

Chloé Michoud

P13 Gender and Sexualities: Inequities and Resilience**Chair: Maria del Rio Carral**

Navigating through a postfeminist social media culture: Young females' experiences of health and wellbeing (MeStories)

Eileen Jasmina Rabel

Using vignettes to explore how youth use sexual scripts to make sense of sexual consent

Siobhán Healy-Cullen

Experiences of Excised Women in Switzerland in the Digital Age

Yasmina Lotfi

FOREST: a qualitative study exploring health and sexuality of transmasculine individuals in France

Xavier Mabire

Online From parental victimization and internalized homophobia to LGBTQ+ resilience: mediating effect of outness and support

Mihaela Boza

Understanding how gay men construct 'good' chemsex participation through interpretative repertoires and discursive devices

Chris Noone

P14 Pregnancy, health behaviours and loss

Online Pregnant Smoking Women and Stigma Perpetrators

Deborah Loyal

Online Assessing Self-stigma in Pregnant Smoking Women

Deborah Loyal

Online Exploring first time mothers' experiences and knowledge about modifiable risk factors for stillbirth

Tamara Escanuela Sanchez

P15 Sustainable and healthy diet**Chair: Hanna Konttinen**

Experts' perceptions on motivators and barriers of healthy and sustainable dietary behaviour among adolescents

Sanne Raghoobar

Socioeconomic position and the impact of increasing availability of lower energy meals on energy intake

Tess Langfield

How values relate to the consumption of red meat and plant-based alternatives for meat?

Hanna Konttinen

One's meat another's poison? Different social norm perceptions across meat consumers

Sofia Wolfswinkel

What's in a (Dish) Name? Greater use of Consumption Simulation Language for Diet-Congruent Foods
Tess Davis

Socioeconomic position and the effect of portion size reduction: a 1-day dietary behaviour experimental study
Katie Clarke

P16 Environmental health behavior Chair: Ann DeSmet

Positive and negative spill-over effects within and between health-promoting and pro-environmental behaviours
Ann DeSmet

Online Similarities in determinants of health and climate mitigation behaviour; repertory grid study with international experts
Nienke Beerlage-de Jong

Online Geographic, sociodemographic and psychological factors related to active and Sustainable mobility
Claudia Teran Escobar

ISCycle: Planning for an intervention to promote inclusive and sustainable ebike uptake and use
James Green

17:00 - 18:00 Keynote Lecture: Zuzana Dankulincová Chair: Aleksandra Luszczynska Room: London

How to implement what we know from health psychology into practice?

Zuzana Dankulincová is an Associate Professor in Social Psychology. The aim of her work is to produce scientific evidence on health and determinants of health of vulnerable populations in Slovakia directly applicable in policy-making and intervention practice. In the last decade the focus of her work has been dedicated to the mental health of adolescents with special attention paid to the complex, mixed methods and participatory investigation of the system of care for children and adolescents. Her aim in this research is to improve the existing system of care from the viewpoint of all involved in the system of care.

Since 2011 Zuzana Dankulincová has served as a Slovak national delegate for the European Health Psychology Association and since 2016 as a Slovak national editor for the Practical Health Psychology blog.

Overview

Scientific knowledge is not always applied systematically or expeditiously to everyday practice. It is often the case that the road from awareness of evidence to widespread implementation takes a very long time to travel. Increasingly voices within scientific community have been heard trying to make sure that the scientific knowledge generated will be translated to everyday practice and used as researchers are more aware of responsibility to the participants of their research.

How can our research practices and research outcomes contribute more to health and social policy changes and what inhibits our contribution? Answers are to be found in the knowledge translation approach, that could be seen as the synthesis and ethically-sound application of knowledge within a complex system of interactions among researchers and stakeholders in order to accelerate the benefits of research through improved health, more effective services, and a strengthened health care system.

Illustrated by several examples from my own research experience, this talk will be oriented on the potential ways of going from data collection, analysis and knowledge formation to knowledge translation and implementation. What we could do as health psychologists to make sure that our knowledge will be used? What could help us, guide us when we decide to go on this path? What obstacles we might encounter? What might be lost along the way?

20:00 - 23:00 Conference Dinner

Friday, 26 Aug

8:30 - 9:30 SIG Meetings

8:30 - 9:30 EHPS Habit Special Interest Group SIG Meeting
Chair: Dr Benjamin Gardner
Room: London

8:30 - 9:30 Digital Health and Computer-tailoring SIG Meeting
Chair: Dr. Eline Smit, Dr. Laura M. König
Room: Rome

8:30 - 9:30 Equity, Global Health and Sustainability SIG Meeting
Chair: Prof. Jennifer Inauen
Room: Paris

The SIG Equity, Global Health and Sustainability aims to advance health psychology research and practice on the topics of equity, global health, and sustainability. During our meeting, we will update each other about the ongoing activities and topics of the SIG. Attendees will then have a chance to exchange in small groups, before we collect activities the SIG shall focus on in the coming year.

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

Oral Session Understanding Health Behaviour: Distinguishing Constructs

Chair: Marta Marques
Room: London

9:30 Determinants of recovery behaviours in Olympic swimmers: A qualitative investigation using the Reasoned Action Approach
Mathilde Pognard

9:45 Sedentary behavior after cardiac rehabilitation: Explicit and implicit attitudinal components and ambivalence
Tania Bermudez

Online 10:00 The role of autonomous motivation in predicting the adherence to the Mediterranean diet
Luigina Canova

10:15 Contrasting constructs or continuum? Examining the dimensionality of body appreciation and body dissatisfaction
Kimberly More

10:30 Rash impulsivity and sensitivity to reward predict soft drink consumption
Max Kulbida

10:45 Same construct, different names?: The jangle fallacy in evaluative and feasibility judgments of physical activity
Alexander Rothman

Symposium Innovative research approaches to developing social support interventions for chronic illness and changing health behaviors

Chair: Christine Rini
Room: Rome

9:30 Patients' individualized, changing written peer support needs throughout stem cell transplant: A longitudinal, mixed-methods study
Christine Rini

- Online 9:45 Social support and hindrance for completing a behavioral pain intervention: Implications for intervention outcomes
Alyssa Van Denburg
- 10:00 Intra-individual received support for leisure-time physical activity in workers: An ambulatory assessment, observational N-of-1 study
Lea O. Wilhelm
- 10:15 Supporting the dyadic partner to make plans: Randomized control trial explaining physical activity in dyads
Aleksandra Luszczynska
- 10:30 Discussion
Tracey Revenson
- 10:45 Discussion
Tracey Revenson

Oral Session Cardiovascular and psychosocial antecedents and consequences of health

Chair: Jo Hart
Room: Paris

- 9:30 Systematic review of behaviour change and cardiovascular disease self-management interventions on cardiovascular stress reactivity
Ainslea Cross
- 9:45 Vagal nerve activity moderates relationships between life events and cancer onset: Making things less vague
Laura Caton
- 10:00 Cardiac interoception in everyday life: The novel Graz ambulatory interoception task (GRAIT)
Christian Rominger
- 10:15 Predictors of resilience of university students to stressors during the Covid-19 pandemic: a longitudinal study
Jennifer L. Reichel

Oral Session Food and diet Chair: Julia Allan Room: Berlin

- Online 9:30 Descriptive versus evaluative nutrition labelling on food choices from an online supermarket
Eva Kemps
- 9:45 The use of item placement techniques to nudge healthy food choices from extended online menus
Indah Gynell
- 10:00 Process evaluation of a Mediterranean diet and exercise intervention among an older at-risk UK-based population
Stephanie T Jong
- 10:15 Developing a complex intervention to engage adolescents in eating better and moving more: EACH-B Programme
Wendy Lawrence
- Online 10:30 Instagram priming: nudging beverage choices from vending machines
Enola Kay

Symposium Trust and equality in blood donation across different populations: an international perspective

Chair: Elisabeth Vesnaver
Room: Vienna

- 9:30 How public trust and healthcare quality shape blood donation behavior: Comparative evidence
Eva-Maria Merz
- Online 9:45 Exploring trust, distrust and socio-political context on donation decisions in ethnic minority communities
Eamonn Ferguson

- Online 10:00 FAIR: how the UK moved to a more individualised blood donation policy
Claire Reynolds
- Online 10:15 Staff challenges to implementing new plasma donation criteria for men who have sex with men
Terrie Butler-Foster
- 10:30 Co-developing theory-informed interventions promoting plasma donation by newly eligible men who have sex with men
Elisabeth Vesnaver
- 10:45 Discussion
Ronan O'Carroll

Symposium Innovative approaches in informal care research: exploring new determinants, methods, and frameworks

Chair: Val Morrison

Room: Warsaw

- 9:30 Introduction
Val Morrison
- 9:45 Personal and geographical determinants of willingness to care and caregiver outcomes
Eva Bei
- 10:00 The role of perceived responsiveness in a multinational group of caregivers: a moderated mediation model
Giulia Ferraris
- 10:15 The use of psychological network analysis in informal care: an empirical illustration
Pierre Gérain
- Online 10:30 Using Photovoice and Interpretative Phenomenological Analysis to explore caregiving motivations
Mikolaj Zarzycki
- 10:45 Discussion
Ronan O'Carroll

Oral Session Mental health, social support and health-enhancing behaviours

Chair: Hannah Durand

Room: Bratislava

- 9:30 Individual Differences in Spontaneous Self-Affirmation and Mental Health
Peter Harris
- 9:45 The effect of discrimination on mental health: A meta-analysis of the causal evidence
Christine Emmer
- 10:00 The role of self-compassion in palatable eating motives and choices
Fuschia Sirois
- 10:15 Coping with primary dysmenorrhea: A qualitative analysis of period pain management among students who menstruate
Hannah Durand
- 10:30 The role of social support in a couple-based weight loss intervention for improving fertility
Emma Hunter
- Online 10:45 Preventing loneliness: Exploring students' desire for social distance from autistic peers of both genders
Indrė Muraškaitė

Oral Session Interventions to improve self-management and treatment adherence

Chair: Imogen Skene

Room: Kiev

- 9:30 A Cochrane review of interventions for improving medication adherence in solid organ transplant recipients
Lisa Mellon

- 9:45 Developing a theory-driven, evidence-based, complex intervention to improve treatment adherence in tuberculosis: the IMPACT study
Annie Jones
- 10:00 Effectiveness of an mHealth intervention targeting treatment adherence in breast cancer: a randomized controlled trial
Lyndsay Hughes
- 10:15 Sustaining self-management behaviours after attending type 2 diabetes self-management support intervention: A qualitative evidence synthesis
Márcia Carvalho
- 10:30 Exploring attitudes towards financial incentives to design a medication adherence intervention for children with asthma
Jasmine Hine
- 10:45 A systematic review of Emergency Department interventions to improve long-term management of asthma
Imogen Skene

11:00 - 11:30 Coffee Break

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

SOTA + Oral Session Health psychology methods: measurement and validity
Chair: Thomas Webb
Room: London

Online 11:30 What we Measure Matters: Core Outcome Sets and Health Psychology
Karen Matvienko-Sikar

12:15 Can we trust in self-reported average daily fruit and vegetable intake? Sometimes!
Viktoria Egele

12:30 A systematic review of how existing ontologies characterise behaviour
Harriet Baird

Oral Session Preventive health behaviours
Chair: Ben Gardner
Room: Rome

Online 11:30 Experimental evidence of gender differences regarding the unintended effects of treatability information on cancer prevention
Yingqiu Wu

11:45 SOFTPEERS: Peer-to-peer prevention program of binge-drinking in adolescents. A pilot experimental study
Florence Cousson-Gélie

12:00 Understanding the impact of motivational interviewing-supported behaviour change on caries prevention in high-risk children
Marc Edwards

12:15 Nasal sprays for respiratory tract infection prevention; intervention development using the Person-Based Approach
Laura Dennison

Online 12:30 The Challenges for Preventing Childhood Obesity in Vulnerable Population during the COVID-19 Pandemic in Korea
Jiyoung Park

Roundtable Mind the digital divide: How to reduce social inequalities in digital health promotion?
Chair: Laura König and Max Western
Room: Paris

11:30 Mind the digital divide: How to reduce social inequalities in digital health promotion?
Laura König, Max Western, Eline Smit, Efrat Neter, Falko Sniehotta

Symposium Novel psycho-technological solutions for alleviating caregivers' distress: The good, the bad, and the robot...

Chair: Noa Vilchinsky

Room: Berlin

- 11:30 Introduction
Noa Vilchinsky
- Online 11:45 AnhörigCoach: Role of culture in persuasive design of e-coaching application in the Swedish context
Shweta Premanandan
- 12:00 Needs and issues towards an eHealth tool to support young adult caregivers: A usability study
Srishti Dang
- 12:15 Internet-based interventions for alleviating caregivers' distress: from drafts to interventions
Michelle Semonella
- 12:30 Robots to the rescue: Informal Caregivers Disclose Increasingly More to a Social Robot Over Time
Guy Laban
- 12:45 Discussion
Noa Vilchinsky

Symposium The process of investigating a new infections: description, prediction, and intervention to reduce COVID-19 transmission

Chair: Marie Johnston

Room: Vienna

- 11:30 Introduction
Marie Johnston
- 11:45 Using readily available social media data to describe transmission-reducing behavioural sentiments during the Covid pandemic
Wendy Maltinsky
- Online 12:00 Describing the late response to COVID-19; transmission-reducing behaviours from the CHARIS representative national project
Mona Maier
- Online 12:15 Using three theories to understand adherence to COVID transmission-reducing behaviours
Diane Dixon
- 12:30 Time to test: Using a messaging intervention to increase self-efficacy for PCR-testing when symptomatic
Chantal den Daas
- 12:45 Discussion
Gerry Molloy

Oral Session Cultural Contexts of Health

Chair: Irina Todorova

Room: Warsaw

- 11:30 Lower socioeconomic position and obesity: examining the roles of executive function and health motivation
Eric Robinson
- 11:45 Awareness, understanding and HIV stigma in response to Undetectable = Untransmittable messages
Rory Coyne
- 12:00 Exploring professional lifestyle YouTubers' health-related videos: Healthism and postfeminism at play
Maria del Rio Carral
- 12:15 How youth make meaning of the ways gender and sexuality are portrayed in Internet pornography
Siobhan Healy-Cullen
- Online 12:30 Experiences of Living Through The COVID-19 Pandemic in Malaysia: A Qualitative Study
Jeevanisha Suresh

- Online 12:45 Does vaccination elicit risk compensation? Insights from the COVID-19 vaccination campaign in France
Kathleen McColl

Oral Session Health behavior change in diverse contexts

Chair: Neil Coulson

Room: Bratislava

- Online 11:30 A case study on safe drinking water through evidence-based interventions in the Rohingya refugee camps
Miriam Harter
- Online 11:45 Improving Hand Hygiene Adherence in Small Animal Hospitals: A Social Marketing Approach
Bettina Höchli
- 12:00 The effectiveness of nudging healthy food choices across different dimensions of socio-economic status
Laurens van Gestel
- Online 12:15 Effects of traffic light labelling and increased healthy range on beverage choices from vending machines
Ryan Calabro

Oral Session Self-regulatory approaches to chronic conditions and health behavior

Chair: Christel Salewski

Room: Kiev

- 11:30 A trans-diagnostic model of psychological adjustment to long-term conditions: Development and applications in clinical practice
Rona Moss-Morris
- 11:45 Benefits from autonomy support in patient-caregiver dyads facing cancer treatment
Aleksandra Kroemeke
- Online 12:00 Relationships between motivational-related factors and healthy eating: A project to prevent childhood obesity
Beatriz Pereira
- 12:15 Rehabilitation in a Covid-19 Hospital: Beliefs and Challenges perceived by the Multidisciplinary Healthcare Teams
Paulina Fernandez
- 12:30 Sleep priority as a predictor of sleep behavior
Liesemarie Albers
- Online 12:45 Illness perception schemas and psychosocial dimensions are associated with attitudes towards vaccines: a cluster analysis
Renato Pisanti

13:00 - 14:00 Lunch

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

Oral Session eHealth feasibility studies and trials

Chair: Felix Naughton

Room: London

- 14:00 Self-regulation techniques, narrative videos and a chatbot for promoting lifestyles and mental health in adolescents
Carmen Peuters
- 14:15 Online social reference intervention to reduce misinformation sharing behaviour on social media
Benjamin Schüz
- 14:30 Randomised Controlled Trial of the New Fourteen-day Online Emotion focused training for compassion satisfaction
Júlia Halamová
- 14:45 Does an explicit value clarification method increase a web-based smoking cessation decision aid's effectiveness?
Thomas Gültzow

- 15:00 A randomised controlled trial of a just-in-time adaptive smoking cessation app (Quit Sense)
Felix Naughton
- 15:15 Interdisciplinary consensus on describing behaviour change features of medication adherence technologies: a European Delphi consultation
Alexandra Dima

Symposium Which research designs to use when optimising behavioural interventions? Examples, challenges and a way forward

Chair: Angela Pfammatter

Room: Rome

- Online 14:00 Building expert-consulted guidance for the selection of research designs for optimising behavioural interventions
Marta Marques
- Online 14:15 Refining and Optimizing a behavioural intervention to Support Endocrine Therapy Adherence using a factorial trial
Samuel Smith
- 14:30 Sequential Multiple Assignment Randomized Trials to Answer Questions about How to Adapt Behavioral Treatments
Angela Pfammatter
- Online 14:45 Optimizing a Just-in-Time Adaptive Intervention using a Micro-Randomized Trial design: The Sense2Stop trial
Sam Battalio
- 15:00 Identifying research questions and match them to research designs
Jillian Strayhorn
- 15:15 Discussion
Linda Collins

Roundtable How can we close the gender and diversity data gap in health psychology?

Chair: Gertraud (Turu) Stadler

Room: Paris

- 14:00 How can we close the gender and diversity data gap in health psychology?
Gertraud (Turu) Stadler, Efrat Neter, Jennifer Inauen, Mariët Hagedoorn, Marie Johnston

Symposium Novel perspectives on distress, well-being and self-management in psychocardiology research

Chair: Jonathan Journiac

Room: Berlin

- 14:00 Mental health and adherence of adults under 45 years old facing a cardiac illness
Jonathan Journiac
- 14:15 Depression and anxiety among patients with and without Spontaneous Coronary Artery Dissection attending cardiac rehabilitation
Heather Tulloch
- Online 14:30 Understanding cardiac distress: A study of prevalence, severity and risk factors
Barbara Murphy
- Online 14:45 Psychological functioning in couples after left ventricular assist device implantation
Tanja Zimmermann
- 15:00 Interventions and eHealth interventions in psychocardiology: what can we do?
Jonathan Journiac
- 15:15 Discussion
Noa Vilchinsky

Oral Session Methods and interventions
 Chair: Dominika Kwasnicka
 Room: Vienna

- 14:00 Systematic review and meta-analysis of Ecological Momentary Assessment studies of five public health behaviours
Dominika Kwasnicka
- 14:15 A systematic review of physical activity ontologies: Content and Quality
Maya Braun
- 14:30 Evaluating the effects of symptom monitoring on menopausal health outcomes: a randomised controlled trial
Robin Andrews
- 14:45 Social Antecedents of Depressive Symptoms: Early Findings of Swiss Federal Survey of Young Adults (CHX-YASS)
Anahita Mehrpour

Symposium Towards a Better Understanding of Antibiotics Expectations and Use
 Chair: Miroslav Sirota
 Room: Warsaw

- Online 14:00 Respiratory Tract Infection Incidences, Health-Seeking Behaviours & Antibiotic Use Across England: A Comparison to Pre-Lockdown
Brieze Read
- Online 14:15 Patients' views of point-of-care tests when consulting for respiratory infections in European primary care
Sarah Tonkin-Crine
- 14:30 How to reframe antimicrobial resistance: Pronounceability of health terminology predicts public's memory and risk perception
Eva Krockow
- 14:45 Social feedback and intergenerational conflicts in the social dilemma of antibiotic intake
Robert Böhm
- 15:00 The intuitive desire for antibiotics: Wanting what we (don't) know we should not want?
Miroslav Sirota
- 15:15 Discussion
Lucie Byrne-Davis

Oral Session Child Health and Wellbeing
 Chair: Maartje van Stralen
 Room: Bratislava

- 14:00 Psychosocial determinants of adolescents' sleeping behavior – A longitudinal study
Lea Rahel Delfmann
- 14:15 Children's anxiety, academic self-efficacy, and intergenerational transmission of worries regarding transition to middle school
Cornelia Mairean
- 14:30 Stress perception of 5th graders in Germany during the CoViD-19 pandemic
Lena Fellbaum
- Online 14:45 Health-related quality of life in children during hospitalization after burn injuries
Martim Santos
- 15:00 Support for siblings of chronically ill children - First results from the project "Strong Siblings!"
Melanie Jagla-Franke
- Online 15:15 Experiences and Post Traumatic Growth in siblings of cancer childhood survivors
Margarida Santos

Oral Session Coping with Cancer
 Chair: Evangelos Karademas
 Room: Kiev

- 14:00 The relation of changes in self-efficacy to cope with breast cancer across time to well-being
Evangelos Karademas
- 14:15 Coping with medication-related side effects: a daily diary study in women surviving breast cancer
Walter Bierbauer
- 14:30 Acceptance and Commitment Therapy processes, distress and physical symptoms in women with breast cancer
Sophie Fawson
- 14:45 Does the paradigm of being physically active resonate with cancer patients' attitudes?
Alexander Haussmann
- 15:00 The looming cancer: A qualitative study on living with Chronic Lymphocytic Leukemia (CLL) without treatment
Dimitrios Kyrou
- 15:15 Prehabilitation to improve physical fitness and recovery from cancer surgery: Experiences of patients and clinicians
Rachael Powell

15:30 - 17:00 Parallel Sessions: Posters

P01 Family Health and Wellbeing
 Chair: Ronja Runge

The quality of the parent-child relationship and social functioning in deaf or hard-of-hearing children
Shannon Yuen

German adolescents' mental health, family cohesion and family conflict before and during the SARS-CoV2 pandemic
Ronja Runge

Adolescent exposure to coronavirus disease (COVID-19): associations with mental health and family relationships
Anna Alexandrova-Karamanova

Effects of an online health promotion program using indoor nature therapy for unmarried mothers
Kyung-Sook Bang

P02 Quality of life, mental health and wellbeing
 Chair: Dominika Ochnik

- Online Determining work addiction of adult children: the effect of addicted parents and work motivation
Modesta Morkevičiūtė
- Sense of coherence, coping strategies and life satisfaction among parents of children with heart defects
Patrycja Stawiarska
- Online A prospective study of parents' experiences with prenatal genomic testing after an abnormal ultrasound (PreGen)
Lauren Kelada
- Online Risk Perception, Mental Health Problems and Sleep Disturbances in University students during the COVID-19 pandemic
Omama Tariq
- Online Mental health condition of first-year college students during the COVID-19 pandemic in Japan
Etsuyo Nishigaki
- Online Relationship between vulnerability and suicidal ideation among Japanese university students
Shinji Yamaguchi
- Mental health and well-being education in schools across Europe: The role of psychology teachers
Lenka Sokolová

- Online The appreciation of body functionality affects life satisfaction through body trust: a mediated pathway
Lorena Desdentado
- Online Longitudinal Assessment of Posttraumatic Growth during a pandemic: COVID-19's inheritance
Paula Collazo-Castiñeira
- Online Predicting Situational and Global Meaning through Meaning-Making Processes following Bereavement
Deniz Okay
- Online The experience of loneliness, hardiness and psychological well-being of adults in a changing life situation
Inna Murtazina
- Mental Health in Young Adults from Four Countries during the COVID-19 Pandemic: A Longitudinal Study
Dominika Ochnik

P03 Issues in Child & Adolescent Health and wellbeing

Chair: Matthias Aulbach

- Autonomy in children with chronic diseases: a systematic literature review of the conceptualization and evaluation
Zoé Mallien
- Empathy, Sympathy, and Self-Esteem: The link with Preadolescents' Attitudes towards Children with Disabilities
Maței Alexandra
- Online Resilience and depression in adolescents with adverse childhood experiences
Dimitrinka Jordanova Peshevska
- Online Impact of having a sibling with celiac disease on life dimensions: A systematic review
Gabriela Figueiredo
- Risk factors during development in children with intellectual disability in institutional care
Margaréta Hapčová
- Mental Health Problems and Psychiatric Morbidity of Transgender Adolescents
Petra Orehovec

P04 Family health and relationships

Chair: John Bogue

- "Have they brushed their teeth this morning?" How did COVID-19 affect children's oral health behaviours?
Jo Hart
- „Enjoy your meal! “But how? Considering mealtime atmosphere in a more systematic way
Vanessa Knobl
- Somatic complaints, sedentary behavior and relatedness in adolescents during the second year of COVID-19 pandemic
Roma Jusiene
- Affective relationship, identity positioning and caregiving experience: An interpretative phenomenological analysis on spouse caregivers
Nicolas Westrelin

P05 Subjective health and wellbeing across the lifespan

Chair: Yael Benyamini

- A standard set of outcome measures for adolescent and adult Marfan Syndrome patients
Susanne Wehrl
- Role models for successful aging
Anna Kashina
- Mapping global variation in self-rated health across the lifespan
Maria Blöchl

Emotion regulation, negative affect, and somatic symptoms in daily life: a dyadic intensive longitudinal study
Julia Roseman

P06 Health Psychology and aging

Chair: Kevin McKee

- Online The ASPIDA project: Physical activity, physical function, falls and quality of life in older adults
Archontissa Kanavaki
- Preventing accidents and injuries: older adults' experiences, worries, and preventive measures regarding home hazards
Kevin McKee
- Online Subjective and objective cognitive decline in old adults
Radka Massaldjieva
- Relationship between cognitive reserve and memory in non-demented older adults
Kristine Sneidere
- Online MASCoD - Multidimensional Assessment of Subjective Cognitive Decline: a new screening for subjective cognitive decline
Marina Maffoni
- Online Frailty and rehabilitation outcome in older patients with cardiorespiratory disease: preliminary multidimensional data
Nicolò Granata
- Online Middle-aged and older adults' intentions to participate in community-based walking sports: A social-ecological mixed-methods approach
Hamsini Sivaramakrishnan
- Online Older People with Dementia's Adherence to a Tai Chi Exercise Intervention
Iram Bibi
- Online Development of a COM-B based sexual health model for mid-life and older adults
Victoria Giacomelli
- Online The effects of ageism on mental illness in the elderly during the Covid-19 pandemic
Anna Rosa Donizzetti
- Relationship of some psychosocial and biological factors with the life expectancy of older adults
Damir Lucanin

P07 Healthcare Delivery and Medical Decision Making

Chair: Joanna Goldthorpe

- Online Differences in compassion in response to acute v. chronic clinical presentations: an experimental study
Alina Pavlova
- Online Impact of uncertainty intolerance on clinical reasoning: a systematic review of the 21st century literature
Clémence Brun
- Online Systematic review of the effects of decision fatigue in healthcare professionals on medical decision making
Mona Maier
- Online Using a model of behaviour to conceptualise ethical preparedness in healthcare and health research settings
Lisa Ballard
- Integration of the biopsychosocial approach in primary health care in Burundi: facilitating and impeding factors
Bonaventure Nikoyandoye
- The effect of negative emotions on framing effect and overconfidence among medical students
Miroslava Galasová

P08 Healthcare Professionals: Perspectives and Relationships

Chair: Chris Keyworth

- Online **Barriers to care and presenteeism among Canadian Armed Forces healthcare providers**
Jennifer Born
- Online **Perspectives of healthcare professionals in Northern Cyprus on psychosocial care needs of patients receiving dialysis**
Buse Keskindag
- Impact of COVID-19 pandemic on high-risk prostate cancer treatment in the UK**
Jennifer Dunsmore
- Exploring healthcare professionals communication about children and young people with pain in paediatric rheumatology**
Rebecca Lee
- Contributors to a trusting physician-patient relationship - a critical review using a systematic search strategy**
Seraina Lerch

P09 Mental Health, Drug Use and Addiction

Chair: Jonathan Egan

- Online **Barriers and facilitators to the design and delivery of social prescribing services for mental health**
Matthew Cooper
- Online **Secondary traumatization associated to the treatment of patients with maxillofacial trauma caused by police repression**
Gonzalo Rojas-Alcayaga
- Attitudes and Beliefs about the Therapeutic Use of Psychedelic Drugs among Portuguese Mental Health Practitioners**
Jorge Encantado
- A Systematic Review of the Effects of Psychedelic Experiences in Naturalistic Settings**
Laura Carvalho
- Understanding the implementation strategy for a secondary care tobacco addiction treatment pathway: A behavioural analysis**
Angela Rodrigues

P10 Implementation in Chronic Condition Self-Management

Chair: Milou Fredrix

- Exploring perspectives of people with type-1 diabetes on goal-setting strategies within self-management education and care**
Milou Fredrix
- Barriers and facilitators of healthcare professionals supporting heart failure patients to increase physical activity levels**
Kirsten Ashley
- Identifying barriers and facilitators of heart failure patients becoming more physically active**
Cara Jordan
- Development of a patient-centred asthma review template to improve self-management in UK primary care**
Kirstie McClatchey
- IMPlimenting IMProved Asthma self-management as RouTine (IMP2ART): a cluster randomised controlled trial protocol**
Kirstie McClatchey
- Exploring psychological factors associated with perceived food intolerance**
Lyndsay D. Hughes

P11 Technology and Implementation

Chair: Jennifer Inauen

- Successfully implemented eHealth technologies to support informal care: a multiple case study**
Sofia Bastoni

- Online Development of an implementation strategy for a complex eHealth intervention within routine cardiac care
Renee IJzerman
- Identifying determinants of adoption of new antibacterial technologies in patient care: An interview study
Lieve Voncken
- Using validated measures to assess self-management, patient-centred care, and behaviour change delivery in implementation research
Emma Kinley

P12 Implementation at Scale and Across Contexts

Chair: Aleksandra Luszczynska

- A systematic review of frameworks for implementation of policies promoting healthy nutrition and physical activity
Aleksandra Luszczynska
- Adapting a Dutch participatory action research project with children to another context in Spain
Laura S. Belmon
- Validating Patient Safety Culture instruments and a Patient-Reported Incident Measure into the Estonian context
Signe Asi
- Online DecidHealth : Psychometric validation of the IUS-12 and IUS-12-H scales on French healthcare professionals
Clémence Brun

P13 Occupational Health among Health Care Workers during the COVID-19 Pandemic

Chair: Jean-Baptiste Fassier

- Online "I didn't feel like I was a doctor": Covid-19 experiences of occupational compassion and self-care
Helen Egan
- Mental health, posttraumatic growth and protective factors in healthcare professionals during the COVID-19 pandemic
Marta Guerra Corral
- Psychological support for hospital workers at the University Medical Center Ljubljana during the COVID-19 pandemic
Nataša Dernovšček Hafner
- Online Personality and mental health among long-term care home staff during the pandemic in southern Switzerland
Anna Maria Annoni
- Online PTSD Symptoms Among ICU Personnel During the Pandemic: Role of Sleep, Experience, Anxiety and Depression
Paula Repetto
- Survey of SARS-CoV-2 vaccine hesitancy among French healthcare workers in a university hospital
Jean-Baptiste Fassier

P14 Occupational Health across Sectors during the COVID-19 Pandemic

Chair: Inge Brechan

- Post-traumatic stress symptoms and predictors among Spanish Security Forces during the COVID-19 pandemic in Spain
Marta Guerra Corral
- How has the pandemic impacted the mental health of clinical psychologists?
David Preciado Rodríguez
- Psychological impact of the SARS-CoV-2 pandemic on teachers - Results of a German-wide survey
Clemens Köstner
- "Remote presenteeism" A survey of employees on presenteeism and detachment in remote working
Henrike Urbic

P15 The Breadth of Occupational Health

Chair: Kevin Roche

Inequality in context of work. A study about social inclusion of people with disabilities
Isabell Lülfi

Illegitimate tasks: make you feel insecure, exhausted, and hurt!
Maria U. Kottwitz

Online Does (in)congruence between personal and perceived organisational values predict burnout or compassion in healthcare?

Alina Pavlova

Online Health behaviours of partners of Fly-in Fly-out workers in Australia: a cross-sectional study

Bernard Asare

Online Health psychological factors influencing the adoption of digital technologies in agriculture by farm managers

Linda Reissig

P16 Developing tools and training towards better healthcare

Chair: Vivien Swanson

Online Measuring psycho-social perspective of Value-Based HealthCare: construction and initial validation of a new measure

Leda Marino

Online A virtual reality education and training tool to reduce weight stigma in primary practice

Leona Ryan

Does professional training in behaviour change last? A follow-up in St Helena

Vivien Swanson

Development of the Health Communication Orientations Scale: a questionnaire measuring health communication style preferences

Eline Smit

Challenges of teaching health psychology at Medical Universities. Interactive approach with scenarios

Elżbieta Wesolowska

P17 Shared decision making and patient-physician communication

Chair: Heather Buchanan

Doctor-Patient Communication in cancer care in China: A qualitative study

Heather Buchanan

Online Perceptions of Genetically Oriented Physicians Among Black and White Americans with Obesity

Matthew Lebowitz

Parent involvement in end-of-life care and decision making in NICU: neonatologists' self-reported practices and attitudes

Ana Bogdanic

Online Perceived risks, medical self-efficacy, patient-centered communication style, and SDM involvement on general public's treatment satisfaction

Ju-Chun Chien

Online Congruence in treatment decision-making models among the general public: Does one size fit all?

Ju-Chun Chien

P18 Perceptions of illness, treatment and risks

Chair: Nicola Cogan

Online Understanding and addressing COVID-19 Booster vaccine hesitancy: Rates, determinants and implications for health communication

Konstadina Griva

A preference for personally experienced status-quo affects vaccine-like decisions under risk
Miriam Kachelmann

Understanding COVID-19 vaccine hesitancy among health and social care workers during mass vaccination in Scotland
Nicola Cogan

Co-development of risk communication resources for people with a genetic predisposition to cancer
Kate Morton

How do women at increased risk of breast cancer appraise their risk? A systematic review
Victoria Woolf

17:00 - 18:00 **Keynote Lecture: Susan A. Murphy**
Chair: Paschal Sheeran
Room: London

Data, Personalization, Digital Health!

Susan Murphy's research focuses on improving sequential, individualized, decision making in health, in particular, clinical trial design and data analysis to inform the development of just-in-time adaptive interventions in digital health. Her lab works on online learning algorithms for developing personalized mobile health interventions. She developed the micro-randomized trial for use in constructing digital health interventions; this trial design is in use across a broad range of health-related areas. She is a 2013 MacArthur Fellow, a member of the National Academy of Sciences and the National Academy of Medicine, both of the US National Academies.

Overview

Digital Interventions provide support to individuals in their every-day life. Examples of these interventions include suggestions about how to be more active in their current setting, different types of reminders to perform self-care behaviors such as taking prescribed medications, motivational messages and reinforcements for positive behaviors. The interventions may be delivered via a wearable or other smart device. While digital interventions provide much promise in terms of providing support when and where-ever support is needed, these interventions can cause treatment burden resulting in disengagement. Thus it is critical to learn whether and in which settings, it is most effective to deliver the interventions. In this talk we discuss "micro-randomized trials" and how they can be used to improve digital health interventions and an artificial intelligence method, "reinforcement learning" and how it might be used to personalize digital health interventions.

18:00 - 19:00 **Meet the Editors**
Room: London

Saturday, 27 Aug

8:30 - 9:30 SIG Meetings

8:30 - 9:30 Open Science SIG meeting
Chair: James Reynolds
Room: London

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

Oral Session Embedding health behavior change in healthcare

Chair: Molly Byrne
Room: London

9:30 Developing an animation using the Behaviour Change Wheel to facilitate breast screening amongst under-represented groups
Amish Acharya

9:45 Are macro-level changes required to implement and embed CMV education into routine antenatal care?
Amy Montague

10:00 The Choosing Health process evaluation: feasibility and acceptability of a tailored weight loss intervention
Iga Palacz-Poborczyk

10:15 Enhancing Communication and Patient Safety in Obstetrics: Application of the Health Action Process Approach
Christina Derksen

Online 10:30 Health Psychology in Industry: Applying behavioural-science to develop a patient support programme for multiple sclerosis
Kate Hamilton-West

10:45 Psychosocial predictors of Physical Activity Adherence in Cancer Survivors: A Systematic Review and Meta-Analysis
Jorge Encantado

Oral Session Physical activity interventions

Chair: David French
Room: Rome

9:30 Using the health action process approach to improve physical activity in adolescents
Konstantin Schenkel

9:45 Do physical activity plans help to reduce sedentary behavior? A randomized controlled trial involving dyads
Zofia Szczuka

10:00 Older adults' intervention engagement and functional status are related to physical activity and social participation
Robin Rinn

Online 10:15 Increasing the uptake of deposit contracts for physical activity behavior change using a smartphone intervention
David de Buisonjé

10:30 Which 'self' makes us exercise more? An online RCT on future-best-possible, future-worst-possible and past-successful exercise-self
Lisa Marie Warner

- Online 10:45 Effectiveness of the Let's Move It intervention on physical activity and sedentary behavior: Cluster-randomised trial
Nelli Hankonen

Symposium Broadening the focus: Examples of non-WEIRD research in health psychology

Chair: Gudrun Sproesser

Room: Paris

- 9:30 Exploring psycho-social motives of health care seeking among Nicaraguan migrants in Costa Rica
Benjamin Reyes Fernandez
- Online 9:45 The effectiveness of Naluri app on clinical and psychological outcomes of cardiac patients in Malaysia
Darlina Fadil Azim
- 10:00 Increasing handwashing infrastructure functionality through increased psychological ownership in a refugee camp in Bangladesh
Nadja Contzen
- 10:15 Perceived distributive fairness and acceptance of decentralised wastewater treatment systems in Bangalore, India
Josianne Kollmann
- 10:30 Traditional and modern eating in a sample of older adults from Gujarat, Western India
Gudrun Sproesser
- 10:45 Discussion
Jo Hart

Oral Session Health services research applications

Chair: Laura König

Room: Berlin

- 9:30 Does the health belief model predict patients' uptake of therapeutic patient education programs?
Sophie Lelorain
- Online 9:45 Clustering the cognitive status indicators in cardiac surgery patients to assess the cognitive disorders risk
Irina Tarasova
- 10:00 «Doctor, doctor, please»: Evidence for more frequent doctor visits as a reaction to social exclusion
Christiane M. Büttner
- 10:15 A systematic review and meta-analysis of studies of reactivity to in-time-moment measurement of health behaviours
Laura König
- Online 10:30 What people think about medicines and its prescription by doctors _ a study in Portugal
Margarida Santos

Oral Session Stress management interventions

Chair: Liz Steed

Room: Vienna

- 9:30 Stress-management interventions for the irritable bowel syndrome: a systematic review and meta-analysis
Anna Horn
- 9:45 Mindfulness-Based Cognitive Therapy for fatigue in patients with Inflammatory Bowel Disease: A randomized controlled trial
Quirine Bredero
- 10:00 Feasibility Study of a three-week Chatbot-based Intervention for Stress Reduction and Health Improvement
Christine Schillings
- 10:15 Which Cognitive Behavioural Therapy interventions show most promise for treating Diabetes-related distress: A systematic review
Emma Jenkinson

- 10:30 RCT of a cognitive behavioural intervention (TANDEM) for individuals with COPD. Cost and effectiveness results
Liz Steed

Oral Session Technological and digital solutions in the context of illness

Chair: Efrat Neter

Room: Warsaw

- 9:30 Clinical efficacy of COMPASS, a digital therapeutic for treating anxiety/depression in long-term conditions: randomised-controlled trial
Rona Moss-Morris
- 9:45 A mixed-methods real-world evaluation of a novel transdiagnostic digital therapeutic designed to treat anxiety and depression related to living with a long-term condition
Natasha Seaton
- Online 10:00 Robot-assisted and Virtual Reality-based Neuromotor Rehabilitation: Evidence on Devices Experience of Use and Effectiveness
Francesco Zanatta
- 10:15 Behaviour change techniques and intervention characteristics in digital cardiac rehabilitation: A systematic review
Eanna Kenny
- 10:30 Usability, cybersickness and working mechanisms of virtual reality for chronic pain in Rheumatoid Arthritis
Anna de Jong

11:00 - 11:30 Coffee Break

11:30 - 12:30 Keynote Lecture: Urte Scholz

Chair: Noa Vilchinsky

Room: London

Better together? The role of others in health behavior change

Urte Scholz is full professor in the department of psychology at the University of Zurich and head of the applied social and health psychology unit. Her main research focus is on health behaviour change. She is most interested in examining self-regulation, and social and dyadic processes as well as the combination thereof in individuals and dyads (e.g., romantic partners, best friend dyads) for behaviour change in people's everyday lives. In her research Urte Scholz follows a theory-based approach, and is doing observational and intervention studies in people's everyday lives with the help of new technologies and objective assessments of behaviour.

In recognition of her work, she was elected fellow of the European Health Psychology Society and the International Association of Applied Psychology. She served as President of the Division of Health Psychology of the International Association of Applied Psychology and is currently President of the Swiss Society of Health Psychology. She has served as 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 happen in a social context. Most of the research on health-behavior change, however, strongly focus on people's own cognitions and beliefs while neglecting the role of others. I will provide an overview of the current state of research on interpersonal processes relevant for health behavior change and then highlight in particular the areas in which further research is needed. This includes better theoretical conceptions of interpersonal influences in health-behavior change and a more systematic investigation of which interpersonal processes are helpful for whom and when for successful behavior change.

12:30 - 13:15 Closing Ceremony

Room: London

13:15 - 14:00 Reception for EHPS 2023

Room: London