

## **Draft programme**

Please note that this is a draft programme and that enforced changes may still occur as a result of withdrawals etc. Where such a change involves moving a presentation to a different day, all corresponding authors affected will be contacted. Due to the amount of work required for even minor changes to the programme, the scientific committee cannot entertain requests for alterations to the day or time of individual presentations.

## Tuesday, 26 Aug

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### 9:00 - 15:00 Full Day Workshops

Workshop Formal and computational modelling to advance health psychology theories: Conceptual and practical considerations  
Chair: James Allen and Olga Perski

9:00 Formal and computational modelling to advance health psychology theories: Conceptual and practical considerations  
*James Allen, Olga Perski*

Workshop How to apply single-case studies for clinical questions in health psychology.  
Chair: Marij Zuidersma

9:00 How to apply single-case studies for clinical questions in health psychology  
*Marij Zuidersma, Harriëtte Riese*

### 9:30 - 12:30 Half Day Workshops

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

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

Workshop The next step: adapting and implementing interventions in a real-world context  
Chair: Marla Hahnrahts and Lisa Harms

9:30 The next step: adapting and implementing interventions in a real-world context  
*Marla Hahnrahts, Lisa Harms*

Workshop Challenges of (open) qualitative research in health psychology  
Chair: Gabriela Gore-Gorszewska

9:30 Challenges of (open) qualitative research in health psychology  
*Gabriela Gore-Gorszewska*

Workshop Bridging AI and qualitative research: a hands-on workshop on AI-driven qualitative analysis for health psychology  
Chair: Emma Ward and Sarah Jenner

9:30 Bridging AI and qualitative research: a hands-on workshop on AI-driven qualitative analysis for health psychology  
*Paulina Bondaronek, Felix Naughton, Emma Ward, Sarah Jenner*

### 9:30 - 12:30 EMPOWER Grant Writing Workshop

### 13:15 - 14:15 CREATE Annual General Meeting

### 15:30 - 16:30 Opening Ceremony

16:30 - 17:30 Keynote - Prof. Ellen Smets

**Anatomy of a clinical consultation: unraveling patient-provider communication**

17:45 - 18:45 Orals and Roundtables

Roundtable Advancing stress – health behavior research in daily life  
Chair: Jennifer Inauen

17:45 Advancing stress – health behavior research in daily life  
*Jennifer Inauen, Daryl O'Connor, Alea Ruf, Daniel Powell, Melanie Bamert, Jens Blechert*

Roundtable The EHPS Climate Cafe: an informal space to listen, share and act on climate change  
Chair: Daniella Watson and Sinéad Sheehan

17:45 The EHPS Climate Cafe: an informal space to listen, share and act on climate change  
*Daniella Watson, Sinéad Sheehan, Josianne Kollmann, Maud de Groot*

Oral Session Communicating Health Risks and Interventions

Online 17:45 Perceived oral cancer risk among at-risk groups in Germany  
*Lisa Felgendeff*

17:55 Effective Strategies for Communicating Genetic Risk in Obesity Prevention Interventions: Systematic Review  
*Zofia Szczuka*

18:05 Framing and emotions in communication about diet and physical activity to cancer survivors  
*Rachel Drbohlav Ollerton*

18:15 Vaccination as stress prevention: A simple communication intervention to increase vaccination intentions among geriatric nurses  
*Philipp Sprengholz*

18:25 Testing Different Prebunking Strategies Against Misinformation About Vaccines  
*Mauro Bertolotti*

18:35 The relationship between maternal and child healthcare professionals and fathers: a Q-study methodology  
*Femke Hilverda*

Oral Session Coping with symptoms and disease

17:45 Dynamics of Trauma Focus and Forward Focus Coping among Cancer Patients  
*Aleksandra Kroemeke*

17:55 Fear of cancer recurrence: exploring support needs, coping and social network among breast cancer survivors  
*Anneleen Dekker-Klaassen*

18:05 Legacy in substance use: using the arts to empower communities to break cycles of silence  
*Karen McGuigan*

18:15 Exploring Cultural Differences in Somatic Complaints: The Role of Mentalized Affectivity Dimensions  
*Gülşen Kaynar-Yaman*

18:25 Coping strategy switching: A scoping review on enacting multiple coping strategies in response to stress  
*Tenelle Maroney*

18:35 Effects of digital CBT (COMPASS-IBD) on inflammation and physical health outcomes in Inflammatory Bowel Disease  
*Natasha Seaton*

Oral Session Individual differences in health-related behaviors and outcomes

17:45 The relationship between trait self-control, discounting and modifiable risk factors for cardiovascular disease  
*Lili Kókai*

- 17:55 Self-warmth, self-coldness and mental health: A prospective study  
*Roeline Kuijer*
- 18:05 Profiles of non-adherence among solid organ transplant recipients; an innovative approach for individualizing adherence interventions?  
*Coby Annema*
- 18:15 Fatigue across different chronic kidney disease populations: experiences and needs of patients  
*Yvette Meuleman*
- 18:25 Coping With Anxiety Through Acceptance: Modeling the Process with a Qualitative Study  
*Julie Ribeyron*

### Oral Session Challenges in the workforce and in implementation

- 17:45 Emotional challenges and psychological needs in first-generation students' transition to the workforce: a diary study  
*Jennifer Töws*
- 17:55 Experiences of a national workplace walking challenge in and its impact: A theory-driven qualitative study  
*Gozde Ozakinci*
- Online 18:05 A Multidisciplinary Intervention Approach for Promoting Physical Activity in Sedentary Workers: Qualitative Study  
*Vineta Silkane*
- 18:15 Health impacts of elder caregiving responsibilities among industrial workers: A role strain perspective  
*Zsuzsanna Kerekes*
- 18:25 Evaluation of a postgraduate training program on healthy eating support: a quantitative study among nurses  
*Gerlinde den Hamer-Jordaan*
- 18:35 Predictive factors of bereaved relatives' consent to donate in emergent donation procedures: a cross-sectional study  
*Jorge S. López Martínez*

### Oral Session Mental Health and Psychological Resilience in Challenging Contexts

- 17:45 Mental Health of Palestinian Undergraduates During the War on Gaza: PTSD, CPTSD, Resilience, and Distress  
*Israa Baker*
- 17:55 Medium-term impact of COVID-19 measures on mental health of parents with young children (0-4 years)  
*Amber Sterenborg*
- 18:05 Positive affect and mortality in patients undergoing maintenance hemodialysis: A 4-year longitudinal study  
*Jieling Chen*
- 18:15 Assessing eustress in everyday challenging situations: Validation of the SAM2 Eustress instrument  
*Juliane Klöidt*
- 18:25 Retirement and Depression: A Systematic Review of Longitudinal Evidence  
*Gabriela Nazar*
- 18:35 Contamination aversion as a barrier to drinking fountain use in urban heat management  
*Robert W. Bruckmann*

### Oral Session Determinants and Interventions in Child & Adolescent Health (Behavior)

- 17:45 Parental cognitions, emotions and health behaviours surrounding routine vaccination in their infants and toddlers  
*Brian Jorge*
- 17:55 Adolescent attitudes toward vaccines: A co-produced qualitative study  
*Angie Pitt*
- 18:05 Child Self-Efficacy and Parental Autonomy Support as Predictors of Well-being and Future Anxiety  
*Sophia Chabursky*
- 18:15 Predictors of quality of life in adolescents with Sickle Cell Disease  
*Margarida Santos*

18:25 Exploring the longer-term effects of nutrition education during primary school on adolescents' food literacy  
*Marieke Battjes-Fries*

18:35 A body image intervention task-shifted to non-expert providers: Acceptability and preliminary efficacy RCT among Girl Guides  
*Nicole Paraskeva*

17:45 - 18:45 Digital Health and Computer-tailoring SIG Meeting

18:45 - 20:15 Welcome Reception

## Wednesday, 27 Aug

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### 9:00 - 10:30 Orals and Symposia

Symposium Social inequalities in dietary behaviors and health: A multi-method approach to promoting equity  
Chair: Christine Emmer and Carolin Marie Callies

- 9:00 Socioeconomic status and dietary behaviors in youth: Family stress as a mechanism across time  
*Christine Emmer*
- 9:15 Beyond the dinner table: Examining links between socioeconomic status, family mealtime-practices, and child dietary outcomes  
*Maria Almudena Claassen*
- 9:30 Pilot study "Status-Quo": an experimental manipulation of personal relative deprivation on snack choice  
*Carolin Marie Callies*
- 9:45 Detecting intersectional inequalities in fruit-vegetables consumption in Germany and Spain: contribution of decision trees  
*Núria Pedrós Barnils*
- 10:00 Understanding the impact of social assistance benefits policy interventions on health: a realist evaluation  
*Eline van Bennekom*
- 10:15 Discussion  
*Jeffrey Hunger*

Symposium Explaining the unknown; what we know about communicating uncertainty in health care  
Chair: Ellen Smets

- 9:00 Relevant concepts and theoretical frameworks regarding communication about uncertainty in healthcare  
*Marij Hillen*
- 9:15 How people respond to different forms of graphical, numerical and verbal representations of uncertainty  
*Alexandra Freeman*
- 9:30 ParadoX of Choice: Uncertainty during shared decision-making  
*Fiorella Huijgens*
- 9:45 How Non-Verbal Uncertainty Cues Shape Judgments of Verbal Risks  
*Ruben Vromans*
- 10:00 Activity  
*Marij Hillen*
- 10:15 Wrap up  
*Ellen Smets*

Symposium Sustainable antimicrobial use: Innovations in theory, practice and evidence

- Online 9:00 Saving our antibiotic goalkeepers: Developing novel metaphors for risk communication about antimicrobial resistance  
*Eva Krockow*
- 9:15 Using "small group" educational interventions to increase appropriate antibiotic prescribing in General Practice settings  
*Kevin Roche*

- 9:30 Behaviour change interventions addressing antibiotic treatment seeking behaviour in primary care settings  
*Anthony Maher*
- 9:45 Does the training of UK hospital health workforce address behavioural influences on antibiotic stewardship behaviours?  
*Jo Hart*
- 10:00 Triangulation and coproduction of recommendations for the design, delivery, and evaluation of Antimicrobial Stewardship training  
*Lucie Byrne-Davis*
- 10:15 Discussion  
*Eimear Morrissey*

## SOTA Session Innovations in primary care and caregiver support

- 9:00 Empowering Informal Caregivers to Create Safe Home Environments for Dependent Care Recipients  
*José Joaquín Mira*
- 9:45 Evaluation of a public health prevention programme in English maternity services: Qualitative insights  
*Maria Raisa Jessica (Ryc) Aquino*
- 10:00 Barriers and enablers to detecting and managing metabolic dysfunction-associated steatotic liver disease in primary care  
*Hollie Smith*
- 10:15 Developing implementation strategies for an antimicrobial stewardship intervention in primary care: participatory and theory-driven approaches  
*Sophie Gendolla*

## Oral Session Employees' mental health

- 9:00 The impact of work-family conflict on mental health: A meta-analysis  
*Vlad Lupu*
- 9:15 The effects of intervention to empower paid caregivers on occupational and mental wellbeing  
*Efrat Neter*
- 9:30 The Role Of Meaning In Life In Relation To Burn-Out Symptoms Among Early Career Nurses  
*hendrik van simaey*
- 9:45 Learning to Adapt: Pathways for Job Newcomers to Manage Daily Work Stressors  
*Sri Kruthi Devarakonda*
- 10:00 IGL00 resources for sustained work participation among employees with common mental disorders  
*Alexandra Sikora*
- Online 10:15 Vulnerability to burnout and occupational health issues: Identifying risk and protective factors  
*Ivana Mašková*

## Symposium Preventing psychological difficulties in siblings of children with chronic disorders

Chair: Torun Marie Vatne

- 9:00 Evaluation of the MiniSIBS intervention for preschool siblings of children with chronic disorders  
*Torun Marie Vatne*
- 9:15 Effectiveness of 'Broodles': A serious game for siblings (6-9 years) of children with disabilities  
*Linda Veerman*
- 9:30 Randomized controlled trial results from the SIBS intervention for siblings of children with chronic disorders  
*Krister Fjermestad*
- 9:45 Assessing contextual compatibility of the SIBS programme in UK eating disorder services: A mixed-methods approach  
*Amalie Schumann*
- 10:00 Activity  
*Torun Marie Vatne*

10:15 Discussion  
*Krister Fjermestad*

## Symposium Health in higher education

Chair: Stefanie Schnaedter and Christel Salewski

- 9:00 Factors related to professional help-seeking behaviour among medical students with depressive symptoms  
*Manja Vollmann*
- 9:15 Feasibility and efficacy of a stress management program for international students  
*Constance Karing*
- 9:30 Study conditions and subjective well-being of international students in Germany: The role of self-regulated learning  
*Hüseyin Hilmi Yildirim*
- 9:45 Differences in the perception of study demands and resources among on-campus and distance-learning students  
*Stefanie Schnaedter*
- 10:00 Burnout or Balance? Exploring the German Version of the University Demands-Resource Questionnaire (UD-RQ-D)  
*Andrea Haberstroh*
- 10:15 Discussion  
*Christel Salewski*

## SOTA Session Theories of behaviour change

- 9:00 Why might theory-based behaviour change interventions not work?  
*Marie Johnston*
- 9:45 Comparing the Theory of Planned Behaviour and Protection Motivation Theory in predicting Covid-19 preventive behaviours  
*Gabriel Nudelman*
- 10:00 A Social Network Theory of Planned Behavior in Healthy Eating and Meat Consumption  
*Stephanie Zintel*
- 10:15 Self-efficacy, planning, action control: Exploring some health behavior change mechanisms  
*Ralf Schwarzer*

## Oral Session Stress and health: From theory to intervention

- 9:00 Putting health in context: a systematic theoretical review of research on daily life stressors  
*Malin Katja Meyer*
- 9:15 Making sense of daily stress- presentation of the Stress-in-Action living systematic database  
*Solomiia Myroniuk*
- 9:30 Effects of Childhood Trauma and Perfectionism on Stress, Mood, Defeat and Entrapment  
*Daryl O'Connor*
- 9:45 A computational model for understanding situational stress in adolescents  
*James Allen*
- 10:00 Evaluation of an Online Imagery-Based Stress Mindset Intervention: Results of Two Preregistered Randomised Controlled Trials  
*Jacob Keech*
- 10:15 Ensuring sustained implementation of your evidence-based intervention after the grant runs out: in-depth case study  
*Yolanda Kooijmans*

10:30 - 11:00 Break session

10:30 - 11:30 Posters

Poster Session Pro-environmental behaviours and health



Environmental predictors of alternative protein food intake. A systematic review  
*Hanna Zaleśkiewicz*

Geographical context of European consumers' choices of alternative protein foods: A systematic review  
*Anna Kornafel*

Healthy or not? The influence of sustainability labels on food healthiness categorization and categorization times  
*Katharina Eichin*

Navigating Family Dynamics in the Transition to a Plant-Forward Diet: The Role of Social Support  
*Rebecca Gregson*

Preference for behavioral strategies towards more plant-based diets: empirical results on meal choices  
*Muriel Verain*

The perceived price barrier in organic food consumption: an exploratory study  
*Joyce Copier*

Neophobia and Inclusion of Plant-Based Alternative Protein Foods into Daily Diet: A Longitudinal Study  
*Natalia Paduszyńska*

Online Beliefs about tap water among young immigrants in Canada: A Reasoned Action Approach elicitation study  
*Lydi-Anne Vézina-Im*

Recycling Behaviours Among University Students in Portugal: A Cross-Sectional Survey of Behavioural Determinants  
*Aaliyah Boornois*

Validation of the Integrated Pro-Environmental Behaviours Scale (I-PEBS)  
*Cristina Curcio*

## Poster Session Lifestyle behaviours

Participant Attitudes on Integrating Smoking Cessation Support in (Lung Cancer) Screening  
*Dana Moldovanu*

The illusion of harm reduction: Messaging tactics of tobacco companies to market emerging tobacco products  
*Daniel Joni*

How smoking behaviours relate to building height, green spaces and sports facilities in Cyprus?  
*Angelos Kassianos*

Psychological influences on fruit and vegetable purchases in a supermarket - a field experiment  
*Katrin Brückner*

Public Acceptance of Food Environment Interventions: Balancing Health Policies and Individual Freedom  
*Sumit Mehra*

A holistic approach to multiple health behaviours and their determinants in older adults: study protocol  
*Kim Cnudde*

Protective Behavioral Strategies: does using the most protective pattern depend on subjective values?  
*Maëlle FLEURY*

Systematic Review of Behavioural Change Techniques (BCTs) for Promoting Healthy Lifestyles  
*Giulia Giordano*

Can communication, attitudes, media attention and perceived behavioural control predict healthy behavioural intention  
*Dimitrinka Jordanova Peshevska*

Exploring general practitioners' engagement with social prescribing: opportunities and challenges in primary care  
*Oana Petre*

## Poster Session Views of healthcare professionals and other stakeholders when implementing interventions

When and why will health care professionals (not) refer patients to lifestyle initiatives? Qualitative study  
*Sander Hermesen*

Decision biases in antidepressant prescribing: A qualitative study of UK primary healthcare professionals  
*Meghann Jones*

Barriers and enablers to delivering chronic disease preventive care in mental health settings: scoping review  
*Rebecca Trower*

Determinants of vascular surgeons' compliance to guidelines for abdominal aortic aneurysm repair: a qualitative study  
*Laurens van Gestel*

Self-management support in chronic kidney disease: does current practice match best practice?  
*Malin Ekholm*

Facilitating patient-reported outcome measures (PROMs) discussion and management in Dutch dialysis care: a qualitative study  
*Eline Schade van Westrum*

Field Test of the GLA:D BACK Self-Management Adherence and Competence Checklist (SMAC Checklist)  
*Bibi Heiberg*

Using an implementation framework to evaluate risk communication training in Canadian long-term care homes  
*Ishika Tripathi*

The usefulness of the Implementation-Stakeholder Engagement Model (I-STEM) in academic research settings: the RECENTRE program  
*Meyke Roosink*

Nurses' Knowledge, Learning Motivation, and Attitudes Towards Medical Device-Related Pressure Sore Prevention  
*Gulsum Nihal Curuk*

## Poster Session Lifestyle-related behavior change and digital health

Main Outcomes from a Cluster Randomised Controlled Trial of the OurFutures Vaping Program  
*Lyra Egan*

Online No effects of a Just-in-Time Adaptive Intervention on planned physical activity  
*Jens Blechert*

Association between stress and variance in craving – a precursor to unhealthy eating?  
*Christoph Bamberg*

Do theorized patterns of physical activity maintenance exist empirically? A prevalence analysis of 10,000 participants  
*Guillaume Chevanche*

A randomised controlled trial of digital weight loss support tailored to the individual's behavioural determinants  
*Iga Palacz-Poborczyk*

Differences in autonomous motivation between a digital and a conventional prevention program: a longitudinal quasi-experiment  
*Benedikt Broda*

The effectiveness of digital interventions for smoking cessation in pregnancy: A systematic review and meta-analysis  
*Esther Shackleton*

Investigating the delivery-enactment gap in lapse prevention strategy use promoted by digital stop smoking support  
*Felix Naughton*

Online Promoting uptake and usage of digital stop smoking interventions: a mixed methods review  
*Joanne Emery*

## Poster Session Digital Health in the context of chronic, long-term diseases, and cancer care

Co-designing a digital intervention targeting 'Big 6' lifestyle risk-factors for chronic disease among low-income families  
*Lily Davidson*

Using the behaviour change technique ontology in the analysis of hypertension self-management apps  
*Emily Motta-Yanac*

Co-designing the MedManageSCI prototype: A medication self-management toolkit for adults with spinal cord injury/ dysfunction  
*Lauren Cadel*

Dynamically tailored eHealth interventions for a healthy lifestyle in people with chronic diseases: systematic review  
*Anouk Middelweerd*

Inside Out: Perceptions and co-design of an on-gut digital device for bowel self-management  
*Wendy Maltinsky*

Co-design of a Tailored Text-Message Intervention to Improve Statin Adherence using the Behaviour Change Wheel  
*Javiera Rosenberg*

MyDiaMate: A novel self-help application for reducing diabetes distress in adults with type 1 diabetes  
*Theresa C. Mohr*

Motivational Language in Online Cannabis Recovery Spaces: Understanding Change and Sustain Talk in Relapse Contexts  
*Eva Eiling*

Understanding participant experiences of a digital pain education programme- An Interpretative Phenomenological Analysis  
*Maura McCarron*

VILPA for Cardiovascular Disease Prevention: Theory of Change and Logic Model for a Digital Intervention  
*Cecilie Thøgersen-Ntoumani*

## Poster Session Mental Health & Well-Being in Children and Adolescents

Impact of food allergy phenotypes on psychological burden in children and parents  
*MIZUHO KONISHI*

Perception of mental health problems and child and adolescent mental health services: qualitative study  
*Lubica Pamulová*

Excessive internet use mediates undesirable effect of avoiding coping strategy on mental health in girls  
*Maryna Fedorenko*

Carried forward: Junior-high student-teacher relationships forecast students' academic and mental well-being into college  
*Meng-Ting Chen*

Weight stigma and mental health: the mediating role of perceived family support and neuroticism  
*Ivana Ivančić*

The Moderating Role of Executive Function Between Anxiety and Quality of Life in Post-COVID Children  
*MAN CHING LI*

Beyond the Classroom: Psychological Well-Being of Homeschooled Students  
*Filip Stawski*

Adolescent emotional responses and coping with the COVID-19 pandemic  
*Anna Alexandrova-Karamanova*

Managing picky eating: the role of parental feeding styles in early childhood  
*Ilse van Lier*

## Poster Session Resilience, Emotional Flexibility, and Positive Psychology

Systematic Review of Benefit Finding in Adults with Somatic Non-Communicable Chronic Diseases  
*Zhunzhun Liu*

Spiritual intelligence, quality of life and life satisfaction – an integrative review  
*Maria Cristina Călin*

Effects of an intervention to think about the desired future on well-being: Randomized controlled trial  
*Taku Ito*

An ethno-phenomenographical approach to understanding physical activity enjoyment and its link to mental wellbeing  
*Indra Carey*

Psychological consequences of severe COVID-19: A qualitative analysis of Slovak COVID-19 survivors' post-COVID experiences  
*Peter Halama*

Feasibility of a supportive positive psychology intervention in post-COVID-19 patients – A mixed-methods evaluation  
*Christina Bode*

Perspective-taking ability moderates linguistic self-distancing effects on inaction regrets  
*Chin-Lan Huang*

Relationship between reappraisal flexibility and mental health  
*Megumi Oikawa*

Enhancing psychological well-being with tDCS neuromodulation: the mediating role of self-control  
*Łukasz Krzywoszański*

## Poster Session Individual differences, mental health and psychological well-being

Basic psychological needs, loneliness and sociodemographic characteristics: Who thrives and who struggles?  
*Natalia Józefacka*

Loneliness, stress, extroversion and sleep latency among wives of soldiers during the Iron Swords War  
*Yifat Bendrimer*

Understanding the role of empathy in (student) nurse retention: The mediating role of mental health  
*Tina Kavčič*

Empathy and Emotional Distress: The Moderating Role of Ego Boundaries and Emotion Regulation  
*Keti Sardlishvili*

Self-differentiation and emotion regulation in narcissism  
*Anna Czarna*

How Emotional Intelligence and Behavioral Camouflage Shape Adolescents Well-Being in Autism Spectrum Disorder  
*Mariam Iantbelidze*

Intelligence, personality, recreational drug use, and episodic prospective memory  
*Bob Uttl*

Online Impact of Sensory Processing Sensitivity on Big Five Personality Traits in Nepalese University Students  
*Aneesah Nishaat*

Childhood trauma and psychological well-being. The mediating role of psychological flexibility  
*Cornelia Mairean*

Constellations of sexual functioning, and their association with typologies of sexual, relationship, and psychological wellbeing  
*Chloe Tasker*

## Poster Session Decision-Making and Communication in Care and Digital Contexts

Protocol of a scoping review to assess determinants of ethicality perceptions of risk-adapted cancer screening  
*Kirsten Emmert*

Perceived severity and preferences for a preconception carrier screening panel: the perspectives of potential users  
*Celine Frank*

BRCA Diagnosis as Mothers: Experiences and Parental Decision-Making  
*Avital Gershfeld-Litvin*

Barriers and Facilitators to Decision-Making in Rare Tumour Risk Syndromes: A cross-cultural survey  
*Maiara Moreto*

Challenges in shared decision-making for rare cancer patients across socioeconomic groups: healthcare professionals' perspectives  
*Liza Hoveling*

Feeling (un)safe speaking up about patient safety concerns in hospital settings: Work in progress  
*Lucia Kupkovicova*

Implementation of the pharmacogenetic passport: A pilot study on uptake and its predictors  
*Suze Westervoorde*

## Poster Session Mental health and minority identity across the lifespan

Measurement Instruments for Sexual Identity Minority Stress : A Scoping Review and COSMIN Systematic Review  
*Maria Misevic-Kallenbach*

From Mental Health Literacy to Help-Seeking Intentions: Role of Self-Stigma and Attitude towards Mental Illness  
*Lakshika Malik*

Do neuro-divergent employees have a different look on appreciation?  
*Georg Hauck*

Teachers' emotional intelligence in relation to pupil inclusion, perceived stress and coping strategies  
*Eva Vancu*

Mental health and health behaviour of children and young people with disabilities  
*Renata Javorne Erdei*

Disability and mental health in Hungary  
*Ágota Barabás*

Less prejudice in a better world: The influence of primal world beliefs on outgroup prejudice  
*Meng Li*

Social interaction in neighborhoods: what works for teenage girls and women with non-Western migration backgrounds?  
*Geertje van Wijk*

Friends in Nature: a novel nature-based social prescription intervention to alleviate loneliness in chronic patients  
*Laia Briones-Buixassa*

SRH and HIV Stigma, and Mental Health in Young Mothers in South Africa  
*Zintle Mlomo*

## Poster Session Determinants of employee health and workability

Behind The Scenes: Antecedents of Hotel Receptionists' Emotional Labor in Taiwan  
*Yueh Fei Ho*

Breaking the silence: menstrual health and its relationship with work attendance and productivity  
*Pia Pezdíček*

The State of Occupational Health and Safety in Africa  
*Justice Mensah*

Diary study assessing impact of working conditions in microwork on worker well-being (work in progress)  
*Sofie Schuller*

Baby feeding methods and mothers' perceived mental and physical workability  
*Talma Kushnir*

Potential of work-life balance crafting as health behaviour dimension in occupational studies  
*Valentina Krumina*

Predictors of Selected Personal Resources and Emotion Regulation towards Self-Compassion, Hope and Empathy in Nurses  
*Ewa Wilczek-Ruzyczka*

Body Awareness in Building Sustainable Physical Activity Habits for Employees with Sedentary Jobs: Participants' Perspective  
*Kristīne Vende-Kotova*

Self-esteem as a resource for artists' health  
*Helena Wrona-Polanska*

Explicit Weight, Implicit Bias: How Body Mass Shapes Bystander Responses to Workplace Ostracism  
*Paulina Idziak*

## Poster Session Health behaviour change interventions

Effective behavior change techniques in lifestyle interventions among patients or survivors of breast cancer: Meta-review  
*Julia Kuzminska*

Qualitative research investigating 'RecoverEsupport' acceptability: A digital intervention to enhance recovery from breast cancer surgery  
*Rebecca Wyse*

Schools cancer prevention: A systematic review of school-based cancer prevention interventions for elementary school children  
*Mariana Brazão*

The Moderating Role of Cognitive Function on Enactment of Health Behaviour Change: A Systematic Review  
*Qianyu He*

An Empirical Ranking of the Importance of the Sources of Self-Efficacy  
*Viktoria Egele*

A Pre-Registered Experimental Investigation of Daily Mental Contrasting With Implementation Intentions on Reducing Bedtime Procrastination  
*Nikos Ntoumanis*

Breaking the Habit: A Comparison of Habit Decay Strategies to Reduce Social Media Use  
*Laura Gördes*

Intervening in Social Exchange Processes to Promote Physical Activity: An Investigation of Intrapersonal Mechanisms  
*Patrick Höhener*

Co-creating everyday life solutions to make plant-based diets more desirable, cookable and accessible  
*Nicole Neufingerl*

## Poster Session Inclusive healthcare and access: barriers, bias, and belonging

Weight stigma in the dental setting: exploring the experiences of people living with obesity  
*Heather Buchanan*

Online Experiences of healthcare access of minority ethnic parents of autistic children: A qualitative systematic review  
*Melis Duru Miri*

Barriers and facilitators to engaging in the therapeutic effects of nature amongst underserved/minoritised communities  
*Craig Donnachie*

Ethnic Variations and Perceived Barriers/Facilitators in Service Access for Unpaid Caregivers: A Scoping Review  
*Abdulmalik Olaosebikan*

Acceptability of implementation intentions: Perceptions of people with lower socio-economic position from think-aloud interviews  
*Loes van den Bekerom*

Effective implementation strategies for whole-of-community obesity prevention interventions in low socioeconomic contexts - systematic review  
*Maria Siwa*

Adjustment process and psychosocial needs of people with vascular Ehlers-Danlos syndrome (VEDs): preliminary qualitative findings  
*Camille Ribreau*

Online Perceived Stigmatization, Body Image, and Psychological Well-Being in Women Visiting Dermatologists for Aesthetic Treatments  
*omama tariq*

## 11:30 - 12:30 Orals and Roundtables

### Roundtable Science communication with policymakers, media and the general public

Chair: Nadja Contzen and Gudrun Sproesser

11:30 Science communication with policymakers, media and the general public  
*Nadja Contzen, Gudrun Sproesser, Jutta Mata, Laura König, Theresa Marteau, Claudia Teran-Escobar*

### Roundtable Somewhere Over the Rainbow: Defining the Future of the New LGBTQIA+ SIG

Chair: Thomas Gültzow and Anne van Dongen

11:30 Somewhere Over the Rainbow: Defining the Future of the New LGBTQIA+ SIG  
*Thomas Gültzow, Udi Davidovich, Chantal den Daas, Anne van Dongen*

### Roundtable Reflexivity in action: applying lessons learned

Chair: Sarah Stutterheim and Nils Keesmekers

11:30 Reflexivity in action: applying lessons learned  
*Sarah Stutterheim, Nils Keesmekers, Giselle Menting, Yara Sievers, Meredith Overman, Louise Zanni*

### Oral Session Nutrition and Physical activity interventions

11:30 Understanding the Factors Influencing Student Engagement after the Implementation of a Physical Education Intervention  
*Chiara Cimenti*

11:40 Understanding healthy eating and physical activity community-centred behaviour change interventions for underserved populations: a mixed methods rapid review  
*Jessica Marshall*

11:50 A physical activity intervention for individuals with knee osteoarthritis: moderators of change  
*Noemi Lorbeer*

12:00 Leveraging anticipated emotions to promote the Mediterranean Diet: an experiment comparing explicit and implicit interventions  
*Giulia Scaglioni*

12:10 Which behavior change techniques characterize efficient weight loss interventions in vulnerable populations? A meta-review  
*Paulina Krzywicka*

12:20 Self-control strategies to reduce meat consumption: An ecological momentary intervention  
*Alice Seffen*

### Oral Session Acceptance & real-world feasibility of new technologies for health

11:30 AI-Driven Virtual Human Training for Obesity Management in GPs: A Pilot Feasibility Test  
*Leona Ryan*

11:40 Critical Challenges in Scaling Gamified Digital Health Interventions in Municipal Policies  
*Ayla Schwarz*

11:50 Exploring the Acceptability of Digital Health Technology in People with Chronic Kidney Disease  
*Daphne Kaklamanou*

12:00 GPs' role in patients' trust in and acceptance of AI-based diagnoses and treatment plans.  
*Ilona McNeill*

- 12:10 Early-Stage Vaping Cessation Intervention Development: barriers and opportunities to offering vapers behavioural support to quit  
*Emma Ward*
- 12:20 Smart-home technology acceptance and drivers for research participation in patients with Mild Cognitive Impairment  
*Maria Adele Piccardo*

## Oral Session Understanding and measuring health behaviour in context

- 11:30 Investigating dynamics of automatic influences on physical activity using a brief smartphone-based implicit association test  
*Amanda Rebar*
- 11:40 Leisure-time physical activity in daily life: The role of social support, affect, self-efficacy, and planning  
*Lea O. Wilhelm*
- 11:50 Predictors of smoking and vaping in cognition, person and environment characteristics among 5th graders  
*Marina Hinssen*
- 12:00 Validation of a new Treatment Adherence Risk Assessment (TARA) measure  
*Rob Horne*
- 12:10 Weight Stigma and Engagement in Physical Health Behaviour: Two Meta-Analyses  
*Ankita Sehrawat*
- 12:20 Relationships with People and Spirit: Emphasis on the Social/Spiritual in the BioPsychoSocial Approach in India  
*Sonia Suchday*

## Oral Session Intervention in chronic disease management

- 11:30 Enhancing psychosexual well-being in Multiple Sclerosis: A feasibility randomized controlled trial  
*Ashley Brown*
- Online 11:40 COGNITIVE BIAS MODIFICATION INTERVENTION TARGETTING FATIGUE IN BREAST CANCER: Pilot results and RCT feasibility  
*Marcel Pieterse*
- 11:50 Barriers and facilitators for lifestyle changes in multimorbid individuals: a delphi study of healthcare professionals  
*Bo Brummel*
- 12:00 Experiences of Adolescents with Chronic Diseases: A Qualitative Study Based on Transition Theory  
*Hafize Özdemir Alkanat*
- 12:10 Effects of Complementary and Integrative Interventions on Pain and Delirium in Intensive Care: A Meta-Analysis  
*Ayşe Arıkan Dönmez*
- 12:20 Psychological and behavioural interventions for depression and anxiety in early-stage CKD: A systematic review  
*Pooja Schmill*

## Oral Session Insights on the physiology of stress and health

- 11:30 Physiological targets in psychosocial interventions for cancer: A review of systematic reviews  
*Chiara Gasteiger*
- 11:40 Self-compassion, gender and HRV-measured stress regulation: A mediating role of loneliness?  
*Dorota Mierzejewska-Floreani*
- 11:50 Autonomic Responses to Acute Exercise in Stress-Induced Exhaustion Disorder: Exploring HRV and Cortisol Levels  
*Jenny Kling*
- 12:00 Childhood Trauma and Cardiometabolic Disease: An Umbrella Review  
*Nan Zhao*
- 12:10 tDCS-induced increases in psychological flexibility mediate reductions in sleep delay propensity  
*Radosława Herzog-Krzywoszanska*



- 12:20 Moment-to-moment interplay between self-efficacy, leisure-time physical activity and perceived stress in daily life  
*Lotte-Eleonora Diering*

## Oral Session Biomedical intervention and screening

- 11:30 Survey of Public Knowledge and Attitudes Towards Antibiotic Use across England: Pre- and Post-Pandemic  
*Ellie Gilham*
- 11:40 Understanding and contextualising vaccine-related beliefs of pregnant people during first and n-th pregnancy  
*Raenhha Dhami*
- 11:50 Using the HAPA Model to Analyse UK Government Vaccination Communication: A Large Language Model Study  
*Mostafa Elgayar*
- 12:00 Understanding parental hesitancy about childhood flu vaccination: a qualitative study applying the Necessity Concerns Framework  
*Vivian Auyeung*
- 12:10 A qualitative analysis of factors in cervical screening attendance decision-making  
*Susanna Kola-Palmer*

12:30 - 14:00 EHPS Annual General Meeting

12:30 - 14:00 Lunch

14:00 - 15:30 Orals and Symposia

### Symposium Tackling vaccine hesitancy with empathy - Motivational and empathetic refutational interviewing in healthcare contexts Chair: Philipp Schmid

- 14:00 Impact of witnessing empathetic refutational and motivational interviews on trust and intentions to vaccinate  
*Philipp Schmid*
- 14:15 From data to dialogue: using HCWs' and parents' insights to shape communication trainings  
*Nora Schmid-Küpke*
- 14:30 Strengthening HCWs' vaccination communication in Germany: Developing, implementing and evaluating a demand-driven Motivational Interviewing intervention  
*Elisa Wulkotte*
- 14:45 A field test in Romania of empathetic refutational and motivational interviewing to address vaccine hesitancy  
*Angelo Fasce*
- 15:00 Activity  
*Jule Schmitz*
- 15:15 Discussion  
*Philipp Schmid*

### Symposium Accelerating sustainable mobility: examining the potential of ebikes as an active transport mode Chair: Marta Marques

- 14:00 Socio-cognitive beliefs towards active commuting among car/bike/e-bike/public transport pass owners: a cluster analysis  
*Ann DeSmet*
- 14:15 A systematic review and meta-analysis of the impact of e-bike availability on travel behaviour change  
*Paquito Bernard*
- 14:30 Is ebiking exercise or cheating? An experimental study estimating minutes of moderate physical activity  
*James Green*

- 14:45 E-biking among people living with chronic conditions: a scoping review  
*Louise Foley*
- 15:00 Activity  
*James Green & Louise Foley*
- 15:15 Discussion  
*Guillaume Chevance*

**Symposium** Understanding eating behavior: Pathways to health and sustainability  
Chair: Agnes Effert and Gudrun Sproesser

- 14:00 Promoting healthy and sustainable diets in Nordic country: perspectives on legumes from farm to fork  
*Hanna Konttinen*
- 14:15 Choosing plant-based: insights into facilitators and barriers for plant-based or non-plant-based choices  
*Janna de Graaf*
- 14:30 Sustainable diets - perceptions of ideal and current dietary sustainability for different wealth groups  
*Johanna Köchling*
- 14:45 Deepening our understanding of eating behaviour maintenance after weight loss: A qualitative phenomenological approach  
*Carole Lynn Rüttimann*
- 15:00 Beyond dieting and restriction: A qualitative approach to positive eating and health  
*Agnes Effert*
- 15:15 Discussion  
*Agnes Effert*

**Symposium** Developing Inclusive Medical AI: Integrating Multi-Stakeholders' Perspectives  
Chair: Sara Soriano Longarón and Ali Aboueldahab

- 14:00 Introduction  
*Lisa Ballard*
- 14:15 Public Perceptions of Artificial Intelligence in Mobile Health Applications  
*Ali Aboueldahab*
- 14:30 Public Perspectives on the Use of Artificial Intelligence in Healthcare  
*Sara Soriano Longarón*
- Online 14:45 Co-Creating Inclusive Medical AI: Exploring Requirements and Solutions  
*Patricia Pita Ferreira*
- 15:00 Realising Inclusive Medical AI: Prioritising Patient and Public Involvement  
*Lisa Ballard*
- 15:15 Activity  
*Lisa Ballard*

**Oral Session** Advancing Measurement and Models in Mental Health Research

- 14:00 Understanding suicide risk from an individual (within their context) perspective  
*Rory O'Connor*
- 14:15 A new measure to discriminate illness-related distress (IRD) from a primary mental health disorder  
*Rona Moss-Morris*
- 14:30 Structuring knowledge about mental health in an ontology: application to evidence synthesis  
*Micaela Santilli*
- 14:45 Change in psychological distress following cardiac rehabilitation: An ehealth intervention study with a one-year follow-up  
*Linda Breeman*
- 15:00 Daily Diary Study On Human-Urban Nature Interactions And Mental Health  
*Johanna Bock*

- 15:15 Mental-Health Risk Clusters in Diabetes & ESRD: Hospitalisation Prognosis and the Burden of Loneliness  
*Konstadina Griva*

## Oral Session Coping with symptoms: Mapping the needs

- 14:00 Association of fatigue and mortality in long-term cancer survivors: a population-based study  
*Melissa Thong*
- 14:15 Identifying research priorities for vulvodynia: A modified e-Delphi study  
*Hannah Durand*
- 14:30 Menstrual Pain in Norwegian Women: The Role of Perimenstrual Symptoms, Sexual Activity and Sociodemographic Factors  
*Anna Ivanova*
- 14:45 The grateful, the mechanic and the health architect: an idealtypic analysis of somatic symptom approaches  
*Aranka Ballering*
- 15:00 Met and unmet needs in users of a cancer information service  
*Daniela Doege*
- 15:15 Exploring the Dynamic Relationship Between Illness Beliefs and Physical Health in Breast Cancer  
*Evangelos Karademas*

## Oral Session Enhancing inclusivity in health psychology research and practice

- 14:00 Prevention for everyone: Insights into socioeconomic differences in dementia risk, lifestyle, and determinants of behavior  
*Jeroen Bruinsma*
- 14:15 Using creative and social approaches to engage low-income communities in health behaviour change research (CHERISH)  
*Wendy Hardeman*
- 14:30 Intersectionality and Cervical Screening: A community participatory action research with Habesha women in the UK  
*Pearl Lamptey*
- 14:45 Representativeness and inclusivity in Dutch psychosocial-oncology research: A survey on researchers' experiences and perspectives  
*Fabiola Müller*
- 15:00 Unraveling Sex and Gender Dynamics in Spinal Cord Injury: A Comprehensive Research Framework  
*Janina Lüscher*
- 15:15 Adoption of Transparency and Openness Promotion (TOP) guidelines within health psychology and behavioural medicine journals  
*Emma Norris*

## Oral Session Individual health behaviours

- 14:00 Supporting COVID-19 vaccination uptake by changing the default: a mixed methodological approach  
*Floor Kroese*
- 14:15 Opportunistic vaccination uptake amongst people from Gypsy, Roma and Traveller communities: A qualitative interview study  
*Sarah Denford*
- 14:30 Online vaccination discourse: Analyzing arguments and sentiments from both sides  
*Marijn Stok*
- 14:45 A theory-based randomised controlled trial to increase delivery of behaviour change interventions by healthcare professionals  
*Chris Keyworth*
- 15:00 Understanding social differences in heat- and sun-protective behaviours with COM-B factors  
*Benjamin Schüz*
- 15:15 Sex under the age of 25: The scientific basis for advancing adolescent sexual health  
*Hanneke de Graaf*

## Symposium Supporting healthy child growth and preventing obesity: Evidence and innovative methods in research and practice

Chair: Karen Matvienko-Sikar

- 14:00 Caregiver Responsive Infant Feeding Behaviours (CRIB) digital resource; collaboration with seldom-heard groups to prevent obesity  
*Sarah Redsell*
- 14:15 Developing a Core Outcome Measurement Set for Childhood Obesity Prevention  
*Karen Matvienko-Sikar*
- 14:30 Embedding health behaviour screening within Australian primary care to support early childhood growth and health  
*Dimity Dutch*
- 14:45 Parent-focused behavioural interventions for early childhood obesity prevention: systematic review and individual participant data meta-analysis  
*Anna Lene Seidler*
- 15:00 Learning health systems to improve child health  
*Luke Wolfenden*
- 15:15 Discussion  
*Anna Lene Seidler*

15:30 - 16:00 Break session

16:00 - 17:00 Spotlight Talks, Orals and Roundtables

### Spotlight Talks Tools for (or against) health: how digital tools can promote research and health - or undermine it

- 16:00 A pilot randomised controlled trial of a mobile app to facilitate sustainable and healthier diets  
*Esther Curtin*
- 16:10 Orchestrating the Gut-Brain Symphony: HRV Biofeedback for FGID Symptoms Relief  
*Vanessa Ruggiero*
- 16:20 Exploring the role of food within the household: enabling community action and advocacy through photovoice  
*Meredith Overman*
- 16:30 Behavioural and cognitive changes in young adults after exposure to digital food communication: systematic review  
*Shaniek Parks*
- 16:40 A qualitative inquiry into the role of Instagram in impacting body image of young people  
*Kriti Kelkar*
- 16:50 Discussion  
*Felix Naughton*

### Spotlight Talks Health inequalities, inclusion and representation

- 16:00 Development of an intervention strategy promoting management of menopause care, employing the BCW/COM-B model  
*Adele McLoughlin*
- 16:10 Addressing loneliness across diverse populations: an umbrella review  
*Annika Rohrmoser*
- 16:20 Riding the waves of (behaviour) change: the first wave of the MAI-HOME kitchen table interviews  
*Maud de Groot*
- 16:30 The Social Health Gap: Psychosocial Differences in Lifestyle Behaviours in Type 2 Diabetes  
*Elvire Landstra*
- 16:40 Universal near-peer education to raise awareness of smoking risks among adolescents from different school types  
*Dorottya Árvai*

16:50 Discussion  
*Anne Van Dongen*

## Spotlight Talks Exploring health-related decision-making and its determinants

- 16:00 Understanding environmental decision making: the association between stages of decision making and decisional conflict  
*Letizia Richelli*
- 16:10 Barriers and facilitators of university students' physical activity within the education system: A qualitative study.  
*Hannah Wood*
- 16:20 Associations between political party preference and usage of preventive measures in older adults in Germany  
*Jonathan Kolschen*
- 16:30 Exploring HIV Prevention Choices: Decision-Making Factors Among Men Who Have Sex With Men  
*Iris de Visser*
- 16:40 Exploring parental hesitancy towards routine childhood vaccinations post-pandemic: The role of personality and misinformation  
*Gabriella Annandale*
- 16:50 Discussion  
*Keegan Knittle*

## Spotlight Talks Stress, Work, and Psychological Well-being

- Online 16:00 More than a job: psychological health in institutional environments  
*Gianluca Bianchi*
- 16:10 Work-Related Challenges Among Healthcare Professionals in German Psychiatric-Psychosomatic Clinics: A Theory-Guided Evaluation  
*Katharina Schiffer*
- 16:20 The impact of stress and coping strategies on gut health and dietary behaviors  
*Marta Acampora*
- 16:30 The effect of daily stress and social support on personal growth  
*Louisa Albermann*
- 16:40 Age enhances the positive effect of psychological needs satisfaction on work engagement and well-being  
*Lara Schroth*
- 16:50 Discussion  
*Jennifer Inauen*

## Spotlight Talks Qualitative insights into the Experience of Enduring Conditions and Life Transitions

- 16:00 Support for autistic people across the perinatal period in the UK: A co-produced document analysis  
*Caitlin Thompson*
- 16:10 "We have to do things together": Understanding partners' influences in supporting women with gestational diabetes.  
*Fay O'Donoghue*
- 16:20 Exploring Adults with Neuromuscular Conditions Lived Experiences of Health-Related Quality of Life: A Qualitative Study  
*Brona Mulligan*
- 16:30 Life-Course Trajectories and Coping Strategies for Sleep Problems: A Qualitative Study of Recently Retired Finns  
*Marika Kontturi*
- 16:40 Discussion  
*David French*

Roundtable Youth-centred co-creation in European projects - challenges and successes

Chair: Mai Chin A Paw

- 16:00 Youth-centred co-creation in European projects - challenges and successes  
*Mai Chin A Paw, Teatske Altenburg, Leto Demetriadou, Claudia Dictus, Marjolijn Vos*

Oral Session Equity in access to care: Inclusive interventions for marginalized populations

- 16:00 Working in partnership with ethnic minority groups to encourage informed cancer screening: developing culturally-relevant interventions  
*Floor Christie-de Jong*
- 16:10 Improving access to cancer screening among people with intellectual disabilities: development of a complex intervention  
*Katie Robb*
- 16:20 Transgender and non-binary people with endometriosis experience of a lack of gender affirming endometriosis treatment  
*Cheryl Eder*
- 16:30 The impact of community-interventions on the health and wellbeing of disadvantaged men: a Scoping Review  
*Julie Cowie*
- 16:40 Alcohol use and intervention experiences of lower socioeconomic position populations: A qualitative focus group study  
*Sarah Dance*
- 16:50 Perceived discrimination in healthcare is associated with medication side-effects and adherence: A UK cross-sectional survey  
*Rebecca Webster*

Oral Session From screening to selfcare

- 16:00 Acceptability of a behaviour change intervention to improve care of deteriorating patients in acute hospitals  
*Mandeep Sekhon*
- 16:10 Barriers and Facilitators of Healthy Lifestyles in Type 2 Diabetes with Low SES: Qualitative Study  
*Dinah van Schalkwijk*
- 16:20 Simple letter intervention, co-designed to address screening determinants, increased lung cancer screening uptake  
*Gaby Judah*
- 16:30 Fostering expectant mothers' breastfeeding intentions and behavior: A longitudinal randomized control trial  
*Margherita Guidetti*
- 16:40 The third half: Testing an intervention to reduce alcohol consumption in Dutch amateur sports clubs  
*Saar Mollen*
- 16:50 Preventing return to smoking postpartum - process evaluation findings from the Babybreathe trial  
*Pippa Belderson*

Oral Session New Frontiers in Data Collection

- 16:00 Objective and Subjective Reactivity to the Sensor-Based Measurement of Physical Activity  
*Alea Ruf*
- 16:10 Appetite for Innovation: The Potential of Sensing Meals to Better Understand Eating in Social Contexts  
*Dario Leanza*
- 16:30 Using reflective diaries to explore decision-making about sharing genetic information with relatives  
*Maria Barbosa*
- 16:40 Qualitative data sharing and the challenges of informed consent  
*Gabriela Gore-Gorszewska*

16:50 Validation of The Acceptance of Cosmetic Surgery Scale in Indonesian  
*Aliffa Ananta*

17:00 - 18:00 Keynote - Prof. Theresa Marteau

**Changing Behaviour at Scale to Protect our Health and Planet: What Stops Us?**

## Thursday, 28 Aug

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### 9:00 - 10:30 Orals and Symposia

#### Symposium Women's reproductive health: Social and psychological aspects Chair: Yael Benyamini

- 9:00 The Role of Precarious Manhood in Reactions to the Male Contraceptive Pill  
*Shira Peleg*
- 9:15 Persevering in fertility treatment despite repeated failures – a qualitative investigation  
*Yael Benyamini*
- 9:30 Women's experiences of posttraumatic stress symptoms/disorder following a medically complicated pregnancy: A systematic review  
*Michelle Andipatin-Botha*
- 9:45 Women's understanding of and attitudes towards decision-making in birth in Switzerland  
*Louisa Arnold*
- 10:00 Women's support needs converge across birth modalities  
*Talya Miron-Shatz*
- 10:15 Discussion  
*Irina Todorova*

#### Oral Session Health Messaging, Misinformation, and Public Response

- 9:00 Segmentation of the Slovak Population Based on Their Responses to COVID-19 Vaccination  
*Radomír Masaryk*
- 9:15 Effective risk communication for citizens in future pandemics  
*Olga Damman*
- 9:30 Strategies of information intermediaries to address health misinformation among underserved groups during a pandemic  
*David Blanco-Herrero*
- 9:45 The role of the information source in debunking health myths using the Truth Sandwich format  
*Rebecca Blase*
- 10:00 Developing a Sexual Health Counseling Training Intervention for HIV Care Providers Using Intervention Mapping  
*Suzanne de Munnik*
- 10:15 Healthcare professionals' perspectives on managing multimorbidity: multiple clinical behaviours, behaviour change, role of digital solutions  
*Carolina C. Silva*

#### Oral Session Mitigation and adaptation strategies: Individual, structural and environmental factors

- 9:00 Environmental influences on daily step counts: the case of temperature alerts  
*Lenka Knapova*
- 9:15 Coping with heatwaves: HBM Model, Risk Perception, and Worry roles on Adaptive Behaviors  
*paula repetto*
- 9:30 Perceived Health and Responses to Heatwaves: Emergency Preparedness and Policy Support in Climate Crisis  
*Sofia Skipor*



- 9:45 Hungry for knowledge: using Protection Motivation Theory for intervention design to promote climate-friendly eating  
*Leonie Otten*
- 10:00 Exploring Family Food Systems: Meat Intake, Conflicts and Meal Frequency  
*Vanessa Knobl*
- 10:15 Determinants of Alternative Protein Choices: European Stakeholders' Perspective  
*Aleksandra Luszczynska*

## SOTA Session Physical Health in Children and Adolescents

- 9:00 Somatic symptoms in children and adolescents: a transgenerational perspective  
*Judith Rosmalen*
- 9:45 Physical symptoms in preschoolers, a multi-informant approach  
*Sterre van der Ziel*
- 10:00 Barriers and enablers of optimal healthcare transition from the perspectives of young people and parents  
*Caroline Heary*
- Online 10:15 A Structural Model of Self-Concept in Children with Epilepsy: Impact of Social and Epilepsy-Related Factors  
*Dana Buršíková*

## Symposium Self-compassion: why beneficial for us and can it be cultivated by interventions?

Chair: Maya Schroevers

- 9:00 The relationship between compassion for self and compassion for others: a systematic review and meta-analysis  
*Maya Schroevers*
- 9:15 Self-Compassion, Interpersonal Emotion Regulation, and Psychological Symptoms in College Students: A Moderated Mediation  
*Lei Zhu*
- 9:30 Self-Compassion, Sexual Quality of Life and Skin-Shame in Females with Skin-Conditions: The Role of Coping  
*Andrew Thompson*
- 9:45 Effectiveness of a Self-Compassion Programme to Reduce Self-Stigma in Chronic Skin Diseases: the HautKompass RCT  
*Juliane Traxler*
- 10:00 A multiple baseline study on the effects of a compassion-based app for patients with cancer  
*Jun Wang*
- 10:15 Discussion  
*Maya Schroevers*

## Symposium Dyadic data in daily life: inter- and intrapersonal perspectives on health and well-being in couples

Chair: Mariët Hagedoorn

- 9:00 The interpersonal benefits of self-compassion in romantic couples: a dyadic approach  
*Ning Jia*
- 9:15 The Inter- and Intraindividual Associations of Given Support with Closeness and Conflict in Romantic Relationships  
*Lilly Buhr*
- 9:30 Couples Coping with Type 2 Diabetes: Using ILMs to Study Partners' Role in Glucose Regulation  
*Jean-Philippe Laurenceau*
- 9:45 All about me, all about you, or all about about us? Choices for Dyadic Designs  
*Gertraud (Turu) Stadler*
- 10:00 Discussion  
*Mariët Hagedoorn*

10:15 Activity  
*Public engagement*

Symposium Getting (digitally) active: new perspectives for embedding physical activity into daily life  
Chair: Lena Fleig

- 9:00 Within-person predictors of moderate-to-vigorous physical activity: Meta-analysis of Ecological Momentary Assessment studies  
*Jan Keller*
- 9:15 BackUp: Feasibility of an ecological momentary intervention targeting exercise and back health in sedentary workers  
*Lena Fleig*
- 9:30 Streaking as a technique to change behaviour: a systematic scoping review  
*Stephan Dombrowski*
- 9:45 Two online RCTs on possible selves interventions for leisure time physical activity with mixed effects  
*Lisa Marie Warner*
- 10:00 A Web-Based Physical Activity Promotion Intervention for Inactive Parent-Child Dyads  
*Daniel Phipps*
- 10:15 Discussion  
*Jennifer Inauen*

Symposium Causal Inference in Health Psychology: Guidelines for Conceptualization, Measurement and Design  
Chair: Annick De Paepe

- 9:00 Introduction  
*Christoph Bamberg*
- 9:05 DAGs are all the rage: where can I get one? Guide for building causal DAGs  
*Jenny van Beek*
- 9:20 Into the Multiverse: Being Open and FAIR About the Decisions Forming Your Causal Inference Foundation  
*Gjalt-Jorn Peters*
- 9:35 From constructs to causal models: advancing causal thinking in health psychology  
*Annick De Paepe*
- 9:50 Using dynamic, causal models to inform the design of within-person experimental studies  
*Olga Perski*
- 10:05 Activity: create your own DAG  
*Jenny van Beek*
- 10:20 Summarizing and opening discussion  
*Christoph Bamberg*

Oral Session Psychosocial Resources and Resilience Across the Lifespan

- 9:00 A meta-analysis of fear of cancer recurrence and mental health in cancer survivor-cancer caregiver dyads  
*Teodora Vlad*
- 9:15 Nature relatedness and well-being: A mediation study among university students  
*Aija Ozola*
- 9:30 Unpacking the Interplay between Internet Usage and Well-being among Older Adults: A Socioemotional Selectivity Perspective  
*Jen-Ho Chang*

10:30 - 11:00 Break session

11:00 - 12:30 Orals and Symposia

## Symposium Health Literacy - an important concept for health prevention

Chair: Melanie Jagla-Franke

- 11:00 Health literacy and health behavior in students in Germany  
*Gabriele Helga Franke*
- 11:15 Digital Health Literacy in German students  
*Melanie Jagla-Franke*
- 11:30 Health literacy, HPV-literacy and preventive behaviour of participants at cervical cancer screening in Romania  
*Ágnes Sántha*
- 11:45 Health Literacy and Cardiovascular Perception Gap: The Role of HL in Cardiovascular Diseases  
*Zsófia Ocsóvszky*
- 12:00 Complex model of health literacy in an IBD patient sample  
*Orsolya Papp-Zipernovszky*
- 12:15 Discussion  
*Lies ter Beek*

## Symposium Climate (in)action and inequalities

Chair: Claudia Teran-Escobar

- 11:00 Privileged individuals in the UK show little willingness to change high-carbon lifestyles  
*Esther Papies*
- 11:15 Perceived plasticity of climate-relevant behaviors and policy support among high- and lower-income individuals  
*Kristian Steensen Nielsen*
- 11:30 Preliminary results on psychological and professional levers and obstacles to reducing air travel in Academia  
*Claudia Teran-Escobar*
- 11:45 Contribute less, suffer more? Inequalities in protective behaviors against ambient air pollution  
*Christopher Martin Jones*
- 12:00 The Resilience Project: the impact of peer support on climate anxiety and resilience for youth  
*Daniella Watson*
- 12:15 Discussion  
*Claudia Teran-Escobar*

## Symposium Quantitative and qualitative perspectives on pandemic preparedness: insights from five studies focusing on COVID-19

Chair: Adriana Solovei

- 11:00 A Multidimensional Approach to Loneliness: Development of a New Loneliness Scale  
*Robin Wollast*
- 11:15 Coping with COVID-19 health messages on social media: Interviews with students with varying depressive symptoms  
*Spela Dolinsek*
- 11:30 Assessing the scope of mental health (non)-recovery in the aftermath of the COVID-19 pandemic  
*Keenan A. Ramsey*
- 11:45 New insights into the relationship between trust in government and COVID-19 vaccination  
*Magali Beylat*
- 12:00 Polarisation and depolarisation in governmental press conferences during COVID-19  
*Adriana Solovei*
- 12:15 Discussion  
*Olivier Luminet*

## Oral Session Occupational Health

- 11:00 Cognitive Job Demands and Leisure-Time Physical Activity: Reciprocal Longitudinal Associations Using a Continuous-Time Approach  
*Juriena de Vries*
- 11:15 A qualitative study exploring the impact of the COVID-19 pandemic on healthcare workers workplace absence  
*Atiya Kamal*
- 11:30 Effectiveness of Yoga-Interventions in Improving the Well-being and Productivity of Desk-based Workers: Systematic-Review and Meta-Analysis  
*Vipin Wadhen*
- 11:45 Vocal Health Challenges Among Teachers: A Systematic Review of Risk Factors and Assessment Methods  
*Jonas Hauck*
- 12:00 The InCharge group intervention for employees on basic psychological need crafting and work motivation self-management  
*Nelli Hankonen*
- 12:15 Experienced pressure, self-regulation, and leadership behaviour in the operating room: A diary study  
*Pam ten Broeke*

**Symposium** Depression and (un)healthy behaviour: new insights in a relevant public health problem  
Chair: Marij Zuidersma

- 11:00 Time spent outdoors in daylight and depression risk after 2.5 years: Insights from Lifelines cohort  
*Nina Buschhausen*
- 11:15 Age-specific nonlinear association of BMI and depressive disorders in the general population  
*Meiyu Lu*
- 11:30 Exercise therapy adjunct to guideline-concordant care for depression: A pragmatic randomised controlled trial  
*Janna Vrijzen*
- 11:45 Behavioural mediators of the association between distress and mortality in people affected by cancer  
*Natalie Miller*
- 12:00 Discussion  
*Richard Oude Voshaar & Marij Zuidersma*
- 12:15 Activity  
*Jeroen Deenik*

**Oral Session** Growing old and staying healthy

- 11:00 Audiologists' perceptions of the barriers and facilitators to conducting hearing assessments with people with dementia.  
*Hannah Cross*
- 11:15 Understanding engagement and adherence in a multidomain lifestyle intervention: insights from FINGER-NL's intervention groups.  
*Rebecca Otte*
- 11:30 Prospective relationship between eHealth literacy and self-care among older adults with chronic diseases  
*Luyao Xie*
- 11:45 Well-Being and Proactive Adaptation in Aging: The Role of Social Support, Stress Coping, and Loneliness  
*Nilay Pekel Uludağlı*
- 12:00 Feasibility of VR Exergaming to Improve Mood and Blood Pressure in Middle-Aged and Older Adults  
*Janine Leonhard*

**Symposium** Integrating health psychology into behaviour change interventions to improve child oral health across Europe  
Chair: Marie K. Murphy and Denise Duijster

- 11:00 Oral health in children: behavioural foundations for lifelong health  
*Maddelon de Jong-Lenters*
- 11:15 Examining Children's Toothbrushing Performance: Observational Findings from Preschool to Adolescence  
*Zdenka Eidenhardt*
- 11:30 Optimising Childsmile's nursery supervised toothbrushing programme using implementation science methods - a mixed methods study  
*Jennifer Eaves*
- 11:45 Oral healthcare professionals' characteristics and competences in delivering a family-based behavior change intervention ('Uitblinkers')  
*Pomme van Maarschalkerweerd*
- 12:00 Discussion  
*Marie K. Murphy*
- 12:15 Activity  
*Maddelon de Jong-Lenters and Denise Duijster*

**Symposium** **Making ontologies useful and usable for behaviour change research**  
**Chair: Susan Michie**

- 11:00 Advancing behavioural sciences for disease prevention through ontology tools – the APRICOT Project  
*Marta Marques*
- 11:15 Experiences of characterising digital behavioural interventions for smoking cessation using the Behaviour Change Intervention Ontology  
*Lisa McDaid*
- 11:30 Applying Artificial Intelligence to integrate behaviour change theories  
*Susan Michie*
- 11:45 Enhancing Behaviour Change Intervention Ontology usability: Barriers and enablers for its application in intervention development  
*Paulina Schenk*
- 12:00 OntoSpreadEd: a tool to make ontology management more manageable  
*Maya Braun*
- 12:15 Discussion  
*Robert West*

**SOTA Session** **From Stress to Prevention - Sociocultural Perspectives on Health**

- 11:00 When Cancer is Sexually Transmitted: Health Psychology's Role in Prevention of HPV Cancer Inequities  
*Irina Todorova*
- 11:45 Views and experiences of HPV self-sampling for cervical screening in high-income countries: a systematic review  
*Alice Le Bonniec*
- 12:00 Development of the Socioeconomic Stress Inventory (SESI) for U.S.-Mexican and German-Turkish adults  
*Laura Scholaske*
- 12:15 How Physiological Stress from Threat and Challenge Shapes Migration Attitudes and Cognition  
*Joyce Snijdwint*

12:30 - 14:00 Lunch

13:00 - 14:00 Open Science SIG Meeting

13:00 - 14:00 LGBTQIA+ research SIG Meeting

13:00 - 14:00 Conceptualization, Formalization and Measurement SIG Meeting

14:00 - 15:30 Orals and Symposia

## Oral Session Communication and Decision-Making in Clinical Encounters

- 14:00 Strategies for communicating diagnostic uncertainty regarding post-viral syndromes  
*Elisabeth Sievert*
- 14:15 How healthcare professionals speak affects patients' wellbeing and treatment satisfaction  
*Amy Hollingworth*
- 14:30 Informed choices: patients' and healthcare professionals' perspectives on high-risk prostate cancer treatment decision-making  
*Caroline M. van der Starre*
- 14:45 Time to decide: Use of time in treatment decision-making consultations  
*Lisa Vlug*
- 15:00 "Two options: a bad one or a really bad one": shared decision-making in radiotherapy.  
*Anniek Rosalie van Hienen*
- 15:15 An interprofessional tool assessing person-centered communication of bad news : Integrating patients and professionals perspectives  
*Isabelle Bragard*

## Symposium Ensuring access to safe water: Research from environmental health psychology on mitigation and adaptation factors Chair: Nadja Contzen

- 14:00 Motivations for rain water collection of Dutch and Belgian consumers  
*Stefanie Salmon*
- 14:15 Maximising user acceptance of wastewater reuse through optimised socio-technical configurations: An experimental study in Bengaluru  
*Josianne Kollmann*
- 14:30 Framing messages to mitigate disgust: promoting Direct Potable Reuse  
*Estefanya Vazquez*
- 14:45 Public Acceptance of Decentralized Wastewater Systems and Their By-Products: A Multi-Study Approach  
*Cristina Gómez-Román*
- 15:00 Mandated on-site water reuse in San Francisco: The role of distributive fairness for policy acceptance  
*Nadja Contzen*
- 15:15 Discussion  
*Josianne Kollmann*

## Oral Session Policy and systems

- 14:00 Quality of behavioral and social science policy briefs during COVID-19: a multi-country analysis  
*Joni Jacobs*
- 14:15 Uncertainty management during COVID-19: experiences of scientists, policy makers and communication professionals  
*Danielle Timmermans*
- 14:30 Enforced versus voluntary behaviour change: using the Covid-19 pandemic to understand the impact of policies  
*Marijn de Bruin*
- 14:45 A systems approach to behavior: Fuzzy Cognitive Mapping for vaccination uptake  
*Charlotte Anraad*
- 15:00 Translating behavioural science advice into policy during a public health emergency; a behavioural perspective  
*Lucy Porter*
- 15:15 Why do the public and experts differ in beliefs about obesity policy?  
*Deirdre Robertson*

Symposium Applied Psychology with Digital and Personalized Interventions for Mental Health and Well-Being

Chair: Yiqun Gan

- 14:00 The Potential of m-Health Interventions in Reducing Stress and Promoting Mental Health Equality  
*Yiqun Gan*
- 14:15 A Single-Session Online Intervention on Reducing Anxiety and Depression and improving Well-being Among Chinese Adolescents  
*Huiqing Huang*
- 14:30 Personalized stress optimization intervention for adolescent mental health: A randomized controlled trial leveraging machine learning  
*Jinmeng Liu*
- 14:45 eHealth for safe communication: Evaluating the impact of collaboration on end user engagement  
*Sonia Lippke*
- 15:00 Discussion  
*John de Wit*
- 15:15 Activity

Symposium Empowering young people towards healthy and sustainable eating  
Chair: Annemien Haveman-Nies

- 14:00 Food literacy among Dutch adolescents aged 12-18 years: the current status and subgroup differences  
*Femke Hoefnagels*
- 14:15 SWITCH: Combined perspectives of adolescents and professionals regarding stimulating healthy and sustainable food in adolescence  
*Anouk Mesch*
- 14:30 Co-created school-based intervention: effects on food literacy and eating behaviors  
*Chiara Ferravante*
- 14:45 Co-Constructing Just and Sustainable Food futures with Youth: Insights from SESAM2030 School-Based Living Labs, Denmark  
*Subash Rana*
- 15:00 Ingredients for change: co-created school-based approaches for real-world impact on healthy, sustainable eating  
*Herman Peppelenbos*
- 15:15 Discussion  
*Herman Peppelenbos and Annemien Haveman*

SOTA Session Participatory intervention development and evaluation

- 14:00 Developmental Evaluation of a serious game for health promotion and interdisciplinary collaboration  
*Nils Keesmekers*
- 14:45 Public acceptance of AI in healthcare: Insights from Digital Pathology  
*Jenny Groarke*
- 15:00 Singaporean older adults' views, experience and recommendations for digital mental health tools: a qualitative study  
*Ruoyu Yin*
- 15:15 Preferences of cancer survivors and healthcare providers for a physical activity intervention: group concept mapping  
*Emma Tack*

Symposium EHP Special Issue Symposium: Intervention Development for Health Psychology Scholars

Chair: Rik Crutzen

- 14:00 The use of Core Processes when applying Intervention Mapping  
*Rik Crutzen*

- 14:15 Working with a planning group in Intervention Mapping: reflecting on challenges  
*Francine Schneider*
- 14:30 Co-creating behavior change interventions to reduce child wasting and stunting in Afghanistan  
*Tugce Varol*
- 14:45 Intervention Mapping and Intervention-Context Fit  
*Lisa Harms*
- 15:00 Activity  
*Filipa Teixeira*
- 15:15 Discussion  
*Filipa Teixeira*

**Symposium** Menstrual health in context: Societal, interpersonal, and individual perspectives

Chair: Theresa J. S. Koch and Lucia Volpi

- 14:00 Cross-cultural differences in menstrual health, literacy and stigma between White British and South Asian women  
*Michèle Denise Birtel*
- 14:15 Bidirectional relationships between menstrual symptoms and social disadvantage in adolescents  
*Gemma Sharp*
- 14:30 Between love and pain: A qualitative analysis of menstrual distress and romantic relationships  
*Laura M. König*
- 14:45 The longitudinal associations between psychosocial-behavioural risk factors and PMDD: A systematic review  
*Samantha Trevaskis*
- 15:00 Menstrual cycle effects on psychological predictors of nutrition and physical activity: a scoping review  
*Lucia Volpi*
- 15:15 Discussion  
*Hannah Durand*

**Oral Session** Biological and Psychological Factors in Food Intake

- 14:00 Is Hunger the Best Sauce? How It Affects Children's Intake of Familiar and Unfamiliar Fruits  
*Britt Fleischeuer*
- 14:15 The role of risk taking and reward and punishment sensitivity in preschoolers' food rejection  
*Anouk van den Brand*
- 14:30 Too sweet to resist? Exploring primary school children's views on sugar consumption  
*David Guedes*
- 14:45 Parents' knowledge about dietary guidelines for children and barriers in their implementation: a mixed-methods study  
*Michael Kilb*
- 15:00 Development and validation of a comprehensive food literacy scale among adolescents  
*Gertrude Zeinstra*
- 15:15 How distracted eating interferes with homeostatic regulation of food approach dynamics: Insights from experience sampling  
*Marina A.H. Hanssen*

**15:30 - 16:00** Break session

**16:00 - 17:00** Posters

**Poster Session** Consequences of the climate crisis and how we deal with them

Effects of expressive writing and planning on young individuals' climate anxiety, worry, and pro-environmental behavior  
*Nejc Plohl*



Effects of outdoor education activities on eco-anxiety: A double-edged path to environmental conservation  
*Chiemi Linda Saito*

Climate change – How to cope when all hope is lost?  
*Christina Saalwirth*

Adapting the Inventory of Climate Emotions in the Netherlands: Links between Eco-emotions, Health, and Environment  
*Mariel Juarez Castelan*

A qualitative evaluation of Active Hope: An intervention for coping with ecological distress  
*Sinead Sheehan*

Mitigating Urban Heat Stress with Smartwatch-Driven Interventions: Enhancing Sleep Quality and Productivity (Project Well-fit)  
*Martha Schneider*

Evaluating a framework for inclusive, co-produced, sustainable practices for environment-health research: Examining synergies and tensions  
*Sarah Golding*

Assessing online tools for sustainable behaviours: a mixed-method approach combining content analysis and user experience  
*Jenn Hudson*

What drives adolescents' susceptibility to planetary health mis- and disinformation?  
*Jil Laukamp*

## Poster Session Health in every phase: Digital health across the lifespan

Emergent study: Evaluating embers digitally supporting children's mental health  
*Jowinn Chew*

Adolescent Mental Health in the Digital Era: Social Media, Screen Time, and Digital Literacy  
*Marta Sechi*

Digital Health and Older Adults: Barriers and Opportunities for Technology Adoption  
*Cristina Camilo*

Motivation And Mobility Insights: Development And Evaluation Of A Monitoring App For Older Adults  
*Sandra Mümken*

Listen Up: Parental Needs Shaping the Digital Future of Self-Management Interventions for Neurodiverse Children  
*Elena Sofia Silva*

Validating the Model for Equitable Digital Health: Psychology Students' Perspectives on Digital Health and Person-Centeredness  
*Elzbieta Bobrowicz-Campos*

Mindful or mindless? Use and creation of social media well-being content among German emerging adults  
*Irina Catrinel Craciun*

Designing and disseminating digital lifestyle interventions for vulnerable young families: an interview study  
*Ashley Smit*

Social media and self-objectification in the prediction of eating disorder symptoms in adolescents  
*Alessandra Pokrajac-Bulian*

Exploring the impact of group interactions in a web-based cognitive training for older adults  
*Valentina Rossi*

## Poster Session Innovative methodologies in digital health studies

Measuring stress using WhatsApp voice messages – a feasibility and usability study  
*Janika Thielecke*

Exploring ECG and Eye-Tracking Biomarkers for Emotion Recognition: A Pilot Study  
*Johannes Pfeifer*

Beyond alerts: Evaluating the efficacy of a mobile health application for cardiovascular disease risk communication

*Yinqi Liu*

Exploring bias in online vaccination content using machine learning

*Lisa Vandenberg*

Perceptions of AI-generated nutrition information texts: An online experiment

*Helge Giese*

Artificial intelligence in critical care: Perspectives of Australian critical care nurses

*Julian Oldmeadow*

Exploring predictors of nursing students' willingness to use AI in future practice

*James Williams*

Understanding and Promoting AI Adoption in Healthcare: A Behavioural Science Perspective

*Madalena Ricoca-Peixoto*

Inferring Mobility Patterns Using Environmental Sensing with a Mobile Air Quality Device

*Robert Spang*

Scroll and Snack: An EMA-study into the effects of exposure to food-related social media content

*Monique Alblas*

## Poster Session Living with Chronic Conditions: Psychological and Behavioral Perspectives

Experiences and needs of Dutch cancer survivors regarding health behaviour counselling

*Anna Manshanden*

Cancer and Well-being: A Model for Understanding and Strengthening Patients' Psychological Resources

*Morgiane Bridou*

To live with a Left Ventricular Assist Device (LVAD)

*Marije Schoonbeek*

Psychological distress, fatigue and sleep problems in people with multiple sclerosis: A 9-year follow-up

*Pavol Mikula*

Polish adaptation of the Lung Transplant Quality of Life Questionnaire (LT-QOL)

*Aleksandra Stańska*

Beyond the Wound: A Scoping Review of the Psychosocial Impact of Diabetes-Related Foot Ulcers

*Michelle Hanlon*

More than Survival: A Meta-Analysis of Resilience and Mental Health in Cancer Survivorship

*Alexander Tudose*

Exploring the experiences of stigma in young adults living with type 1 diabetes

*Elmari Deacon*

Depression and anxiety in psoriasis and multiple sclerosis: the role of body image and personification

*Roy Aloni*

Development and implementation of a service delivery model for the management of hip/knee osteoarthritis

*Alexandre Moniz*

## Poster Session Digital Tools, AI, and Innovative Mental Health Methods

Does Chatting with AI Enhance Well-being? A Linguistic and Emotional Analysis

*Wei-Fang Lin*

Identifying Sleep Quality Patterns and Predictors in Community Adults: Latent Profile and Machine Learning Methods

*Yanze Li*

The Latent Structure of Insomnia in the Japanese Population: A Taxometric Analysis

*Yoshikazu Fukui*

Validation of the Niemann-Pick disease type C quality of life questionnaires  
*Jackson Pountney*

Take a break or push through? Development of a self-report scale assessing beliefs about exhaustion  
*Beatrice Tarapoanca*

A systematic review into the psychosocial outcomes following cosmetic surgery  
*Kirsty Garbett*

Relationship between Mindful Eating Tendencies and Well-being among College Students  
*Chiharu Mimura*

Dimensions And Challenges Associated With Mental Health Support Groups In Zambia: A Service Provider Perspective  
*Jackson Shawa*

## Poster Session Social support in adversity and challenges

The Impact of the Stamps App on Mental Well-being and Social Support During Difficult Times  
*Yil Severijns*

A biopsychosocial approach to enhance perceived social support in biologics-treated rheumatoid arthritis patients  
*Alexandra Husivargova Theofanidis*

Sexual well-being in older adults with chronic obstructive pulmonary disease (COPD)  
*Ingeborg Farver-Vestergaard*

Social support trajectories following bariatric surgery and their impact on health behavior and health outcomes  
*Sillke Hoekstra*

"I wouldn't be able to survive without my friends": Factors Influencing Self-Management Among Dialysis Patients  
*Olayinka Farris*

Behind closed emotions: perceived partner suppression's impact on support and pain in chronic illness  
*Ovgun Ses*

Satisfaction with helping among Poles supporting Ukrainian refugees  
*Zuzanna Kwissa-Gajewska*

Life After Childhood Leukaemia: Parents experiences of social support, resilience and quality of life  
*Avril Deegan*

COVID-19 and Childbirth Experiences in Slovakia: Insights from the Babies Born Better Survey  
*Katarina Greskovicova*

The Social Dimension of Movement: Companionship and Physical Activity Enjoyment  
*Judith Grünbichler*

## Poster Session Health behaviour research

Diet in prevention of cancer and cardiovascular diseases – a comparison of the EPPM groups  
*Dorota Włodarczyk*

Use of the Transtheoretical Model, Health-Action-Process-Approach and COM-B Model to structure food-safety improvement initiatives  
*Elizabeth Redmond*

Understanding Eating and Buying Behavior through Unified Theory of Behavior: Insight from Indian Urban Women  
*Gargi S Kumar*

Understanding how confidence in value-based decisions is constructed: examining variability- and value extremity of experiences  
*Bastiaan Tan*

Relationship-Specific Daily Associations of Health-Related Social Support and Control: An Individual Participant Data Meta-Analysis  
*Pascal Küng*

Socio-cognitive and structural predictors of the use of complementary and alternative medicine  
*Viktória Sunyik*

The use of ice in sport traumatology: An investigation of sociocognitive determinants  
*Alexis Ruffault*

Testing a social cognitive process model for re-donation behavior among blood donors: A longitudinal study  
*Phoenix Mo*

Neurodivergent consumer perceptions of food-safety risk, control and responsibility: implications for tailored food-safety education  
*Hollie Mitchell*

## Poster Session Persuasion, empathy and narratives in health and illness

The development of the COM-B Readiness to Promote Vaccination Questionnaire for healthcare professionals in Europe  
*Laura Panagi*

Transparency and persuasiveness in vaccine communication and its effects on trust and vaccine intention  
*Katja Kerman*

The effect of narratives on perceived antibacterial resistance susceptibility: A randomized trial among medicine students  
*Lieve Voncken*

Let's talk about opioids: enjoyment, credibility and attention in health communication through empathy and narratives  
*Leon Cassian Hammer*

Focus on Emotional Processes: How Lifestyle Recommendations Work in Doctor-Patient Communication  
*Sarah Terhorst*

The dose of induced eye-movements in health persuasion  
*Arie Dijkstra*

Developing a conceptual model to identify entry points for social inequality in digital health misinformation  
*Malika Mammadova*

Sociocultural influences on alternative medicine engagement: the predictive role of health beliefs  
*Anna Hakobjanyan*

## Poster Session Interventions in Disease Management

Developing an intervention to adjusting to diabetes management in South Africa: An action research approach  
*Maartje De Wit*

Online Psychosocial interventions in childhood cancer: key findings from a scoping review of reviews  
*Jéssica Pimentel*

From preclinical to clinical research: effect of environmental enrichment on addiction mechanisms and rehabilitation  
*Lila Barillot*

BREATHE: Co-development with stakeholders and patients to develop a biofeedback and breathing-based intervention for hypertension  
*Sian Jenkins*

Rationale and design of the HARMONY CR trial: Harmonica exercises' impact on cardiac rehabilitation outcomes  
*Katarzyna Piotrowicz*

The SuMMiT-D text message intervention for type 2 diabetes medication adherence: RCT mediation effects  
*David French*

Reducing internalized HIV stigma with Intervention Mapping: The design, implementation, and evaluation of RESET  
*Sarah E. Stutterheim*

Evaluating the efficacy of Acceptance and Commitment Therapy in body image. Descriptive review  
*Evelyn Torres*

Optimising digital Cardiac Rehabilitation (OsCaR) using the Multiphase Optimization Strategy: A mixed methods feasibility study  
*Eanna Kenny*

Implementing change for kidney patients: longitudinal analysis of patient free-text responses  
*Lucy Mackintosh*

## Poster Session Health and wellbeing in older age

Environmental correlates for active mobility behaviors in rural adults aged 75+  
*Karsten Valerius*

Study for development of a workbook aimed at enhancing the purpose of life for elderly  
*Koji Takenaka*

The impact of procrastination on cognitive decline: A work in progress  
*Cormac Monaghan*

SOC strategies, preparation confidence, and spiritual life: Key factors in retirement readiness for people over-45s  
*JU-CHUN CHIEN*

Parent-adult child communication on death and dying: a mixed-method systematic review  
*Liyan Chen*

Treating frailty in later life: A psychological perspective  
*Denise Hanssen*

In a lonely place: subjective and objective aspects of neighbourhood and loneliness in older adults  
*Kevin McKee*

Policies and practices supporting informal caregivers of community-dwelling older adults: Insights from a scoping review  
*Nikita Sharma*

Psychological profiles of healthcare workers and their association with residents' mental health in nursing homes  
*Amélie Bouche*

Effects of Enjoyment on Sedentary Time: A Longitudinal Study in Patient-Partner Dyads  
*Jowita Misiakowska*

## Poster Session Self-regulation in the context of environmental cues, illness and distress

Reflections on adapting the common sense model for youth with chronic conditions and their families  
*Katja Heyduck-Weides*

How does self-regulation really contribute to the management of chronic disease? A critical review  
*Karel Botha*

Coping with Freshers' Flu: A prospective study of illness self-regulation following symptom inception  
*Andriana Theodoropoulou*

Self-Determined Motivation and Musculoskeletal Injury Occurrence in Physically Demanding, High-Performance Domains; Systematic Review  
*Maddy Warmer*

Fast and Focused: Exploring If-Then Plans in Visual Identification and Cognitive Control of Food Stimuli  
*rabia Dilawar*

Online Investigating Addiction Through the Lens of Experiential Avoidance: A Network Analysis Approach  
*Eleana Lamprou*

Effects of Tapping Touch self-care program for improving sleep Part 2: Long-term effects  
*Shin-ichi Oura*

Food as an Icebreaker: Impact of Social Eating on Freezing Body Movements in Natural Conversations  
*Jana Sträßheim*

## Poster Session Burnout and other mental health indicators

Self-esteem, narcissistic admiration, narcissistic rivalry, organizational climate and professional burnout.  
Implications for health psychology  
*Patrycja Stawiarska*

Direct and indirect student violence against teachers: The latter's stronger predictability of teacher  
psycho-physical health  
*Yen-Ping Chang*

Affective and occupational outcomes of workaholism: A systematic review and meta-analysis  
*Modesta Morkevičiūtė*

Assessing emotional labor in pedagogical professions: a questionnaire for intra- and interpersonal  
emotion regulation  
*Julia Mai*

Experience Sampling of Self-Compassion and Problem-Solving Writing for Stress, Burnout, and Sleep in  
Academia  
*Abbie Bailey*

Bullying at work and burnout among administrative court employees in Poland  
*Katarzyna Orlak*

Job-related factors and behavioural risk factors associated with burnout among nurses  
*Iveta Nagyova*

Differences in depressive and psychosomatic symptoms and bone health between active and inactive  
depressed patients  
*Sanne Houtenbos*

Depressiveness, interpersonal trust, and locus of control in sustaining alcohol abstinence  
*Ewa Haladaj*

## Poster Session Preventing and coping with chronic conditions

The development of a health intervention promoting breast self-examination among women in Indonesia  
*Triana Kesuma Dewi*

"Rural Women's Self-Confidence, Fear, and Breast Cancer Risk in Mammography Participation"  
*Betul Guzelgol*

A psychosocial approach for promoting colorectal cancer screening in Italy: targeted vs tailored  
intervention protocol  
*Marcella Bianchi*

Evaluation of educational interventions to enhance cancer literacy regarding prevention: a qualitative pilot  
study (CLARO)  
*Mona Illmann*

CARE project: Examining breast cancer patients' stress markers and managing emotions via a  
homecare-digital-toolkit  
*Maria Karekla*

Development of HAPA-based scale for smoking cessation after head and neck cancer : Pilot study  
*Anaëlle PRÉAUBERT*

Managing chronic conditions in primary care; what's next after deciding research priorities?  
*Laura O'Connor*

Modifiable risk factors for hospital readmission – the role of patient beliefs  
*Amy Chan*

The beliefs Māori patients are discharged home with and their role in readmissions  
*Holly Wilson*

Predictors of 30-day preventable readmissions: the role of medication management and treatment beliefs  
*Gina Galloway*

## 17:00 - 18:00 Keynote - Prof. Justin Presseau

Moving from single to multiple behaviour approaches: Behaviour systems for health behaviour and  
healthcare practice change

from 19:30 Conference Dinner

## Friday, 29 Aug

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9:30 - 10:30 Keynote - Prof. Sabine Sonnentag

**Work and Well-Being: A Three-Layer Perspective**

10:30 - 11:00 Break session

11:00 - 12:30 Orals and Symposia

Symposium Health inequalities in LGBTQIA+ persons – overview, background, and ways forward

Chair: Anne van Dongen

11:00 Minority stress, resilience, and mental health outcomes among Dutch LGBTQI+ youth  
*Tessa Dekkers*

11:15 Chemsex, drugs, and social connection: Sexualized drug use among MSM in the Netherlands  
*Chantal den Daas*

11:30 What drives health inequalities in gay men and other sexual minorities?  
*Paul Flowers*

11:45 Beyond Boundaries: Assessing and Advancing LGBTQI+ Inclusion in Health Psychology Measurement Practices  
*Thomas Gültzow*

12:00 The Amsterdam Cohort Study Among Men Who Have Sex with Men (MSM): an example of the evolution of LGBTQI+ research  
*Udi Davidovich*

12:15 Discussion  
*Sarah Stutterheim*

Symposium Shifting Diets Towards Sustainability: Understanding and Influencing Meat Consumption

Chair: Jessica Schiller and Gudrun Sproesser

11:00 Behavioural Determinants of Plant-Based and Animal Meat Consumption Decisions: A Network Analysis  
*Jack Hughes*

11:15 German Version of the Motivations to Eat Meat Inventory (MEMI): Psychometric evaluation and predictive validity  
*Jessica Schiller*

11:30 Do unmatched plant-based and meat meals increase plant-based selections? Evidence from an online RCT  
*Emma Garnett*

11:45 A Randomized Controlled Trial to Evaluate the Effects of Disgust Messages on Plant-Based Food Choice  
*Patrizia Catellani*

12:00 Speaking up Smartly: LLM-Generated Persuasion to Reduce Meat Consumption with Minimal Social Costs  
*Elena Wurth*

12:15 Discussion  
*Gudrun Sproesser*



Symposium Understanding and relieving user burden of digital and hybrid health behaviour change interventions

Chair: Eline Smit and Ciska Hoving

- 11:00 Introduction  
*Eline S. Smit*
- 11:15 Exploring and measuring the user burden of an effective digital tailored smoking cessation intervention  
*Ciska Hoving*
- 11:30 Design considerations for a smoking cessation virtual reality intervention: A focus group study  
*Tosan Okpako*
- 11:45 Development and validation of an avatar-based questionnaire to measure smoking related beliefs  
*Eline Smit*
- 12:00 Remote CO monitoring to improve retention rates in a hybrid smoking relapse prevention intervention trial  
*Caitlin Notley*
- 12:15 Discussion  
*Katie Newby*

Symposium Promoting work well-being: new routes for occupational health psychology

Chair: Renato Pisanti

- 11:00 Linear and Non-Linear Predictors of Psychological Distress and Well Being  
*Renato Pisanti*
- 11:15 Burnout and Job Performance: Testing the Model Across Four Occupations in Two Work Conditions  
*Beata Basinska*
- 11:30 Do Cumulative Interruptions Hurt? Exploring the Associations Between Work Interruption Accumulation and Self-esteem  
*Wanyi Yang*
- 11:45 Effect evaluation of an organizational-level workplace intervention to improve medical doctors' sustainable employability  
*Anna van Duijnhoven*
- 12:00 Discussion  
*Margot van der Doef*

Symposium Giving and thriving? When and how social support provision enhances providers' well-being

Chair: Ewa Gruszczynska and Lisa Marie Warner

- 11:00 Caring under pressure: The role of caregiving intensity, social ties, and perfectionism in caregiver well-being  
*Pierre Gérard*
- 11:15 Informal caregivers' perceived choice to care: a qualitative photo-elicitation study on willingness and support needs  
*Mikolaj Zarzycki*
- 11:30 Anticipating future caregiving: do career factors and illness perceptions affect willingness to care?  
*Val Morrison*
- 11:45 Providing Support prevents negative mood for the provider - first results of the Prospect Study  
*Vivien Hajak*
- 12:00 Momentary affect and basic needs fulfillment: Evidence from three EMA bursts on daily support provision  
*Ewa Gruszczynska*
- 12:15 Discussion  
*Evangelos Karademas*

Oral Session Online and offline health behavior change interventions

- Online 11:00 An exploration of online health-seeking behaviour regarding sexual and reproductive health among female university students  
*Rizwana Roomaney*
- 11:15 Exploring Public Values in mHealth: Insights from Interviews on a Mobile Intervention for Student Wellbeing  
*Tonka Milošević*
- 11:30 Understanding engagement, implementation and context within a national trial of feedback facilitation (EQUIPD)  
*Elaine O'Halloran*
- 11:45 Habitual behaviour and stable behaviour: Delineation and definitions for health psychologists  
*Benjamin Gardner*
- 12:00 Testing habit decay strategies and reward for degrading unhealthy snacking habits: A randomized controlled trial  
*Robert Edgren*
- 12:15 Intention and habit as dynamic predictors of health behavior: a multilevel analysis of longitudinal data  
*Jakob Hedin*

### SOTA Session Individual differences and health: Searching for explanatory mechanisms

- 11:00 Better understanding emotional dysregulation and health: Towards an experimental, and processual affective science perspective  
*Olivier Luminet*
- 11:45 The role of tDCS neuromodulation in enhancing self-control and reducing physical activity procrastination  
*Wiktor Potoczny*
- 12:00 Avoidance in pain: Individual differences in exploration and exploitation  
*Angelos Kryptos*
- 12:15 Parent-Child Fit for Physical Education: Variance Modeling Reveals Independent Pathways  
*Eivind Ystrom*

### Oral Session Psychosocial and health support across various populations

- 11:00 Perspectives and experiences of adult patients with obesity on dietetic primary health care  
*Annemieke van de Riet*
- 11:15 Change in mental health in childhood cancer survivors after attending the state-of-the-art PanCareFollowUp care intervention  
*Gisela Michel*
- 11:30 Rapid access to personalised care for people with heavy alcohol use who self-harm: mixed-methods evaluation  
*Amy O'Donnell*
- 11:45 Perceived Self-Discontinuity Predicts Long-Term Relapse in Ex-Smokers  
*Jérôme Blondé*

### Symposium From Stressed to Refreshed: Mechanisms and Interventions for Stress and Recovery in Daily Life Chair: Melanie Bamert and Simone Lüthi

- 11:00 Are individual differences in HRV reactivity associated with momentary well-being?  
*Regina Schmid*
- 11:15 The bidirectional relationship between stress and sleep quality in daily life  
*Melanie Bamert*
- 11:30 The interrelation between subjective fatigue and autonomic recovery during sleep in everyday life  
*Katharina Salo*
- 11:45 The Immediate Stress-Lowering Effect of Slow-Paced Breathing Depends on Perceiving It as Natural  
*Johanna Rink*

12:00 Well-being and stress in individuals with spinal cord injury: A dyadic everyday life study

*Simone Lüthi*

12:15 Discussion

*Gertraud Stadler*

12:30 - 13:30 Lunch

12:30 - 13:30 National Delegate Meeting

13:00 - 13:30 EMPOWER Annual General Meeting

13:30 - 14:30 Posters

Poster Session Digital health for mental health and well-being

Determinants of patient use of telemental health services: Representative cross-sectional survey from Germany

*Ariana Neumann*

Effectiveness of digital interventions to prevent anxiety: Systematic review and meta-analysis of randomized controlled trials

*Sonia Conejo Cerón*

A Digital Solution for Anxiety Prevention – Baseline Findings from the prevANS randomized controlled trial

*Cristina García-Huércano*

Recruitment and Participant Motivation in Online Mental Health Interventions – Lessons from the prevANS trial

*Patricia Moreno Peral*

Understanding Engagement and Adherence in a Digital Behavior Change Intervention for Stress and Burnout

*Gesine Schrade*

MentalHealth4All: Promoting mental healthcare access for low language proficient migrants with a multilingual communication platform

*Liza van Lent*

Nature-Guided Imagery, Mindful Body Scan and Urban-Guided Imagery on Work-Related Rumination and Anxiety

*Nancy Malamateniou*

Social anxiety or compulsive social media use: which comes first?

*Arunas Ziedelis*

Mindless scrolling or meaningful mornings? A longitudinal RCT to promote eudaimonic well-being

*Ann-Kathrin Sowa*

Poster Session Beyond the screen: Immersive and conversational tech in health, well-being and beyond

Who is willing to use non-medical chatbots for health-related queries? A cross-sectional study

*Adela Svestkova*

Silently ignored: how attributional styles moderate the impact of phubbing on well-being in VR interactions

*Theresa Frohn*

Creating content for virtual reality games to develop selective and sustained attention in adolescent athletes

*Solvita Pleinica*

Evaluating the effectiveness of chatbot interventions for early-stage depression and anxiety: A pilot study

*Sneha Rao*

Online Cognitive Benefits of Immersive VR: the Link Between Presence, Memory, and Digital Health Interventions

*Gert Jan de Boer*

Motion and Audio as Extraneous Load in VR: The Protective Role of Visuospatial Skills  
*Vladimir Ivanov*

The method of Loci in VR: The effect of physical movement and cybersickness on memory  
*Eva Ansems*

SMS-coaching in digital primary healthcare: A mixed-methods pilot study  
*Siri Jakobsson Støre*

## Poster Session Identity, Transitions, and Mental Health

Personal Growth and Mental Health in Transition to Parenthood among Siblings of Individuals with Autism  
*Yael Karni-Visel*

Gender identity development amongst people with Klinefelter Syndrome  
*Athina Tripli*

Psychosocial Factors Contributing to Postpartum Depression and Anxiety in Latvian Women: A Thematic Analysis  
*Kristīne Mārtinsone*

Women's Psychological Wellbeing During Childbirth: A Qualitative Exploration  
*Veronika Sklenářová*

Women's Coping Strategies in Managing the Childbirth Experience: A Qualitative Analysis  
*Dominika Kunová*

The Impact of Parental Cancer on Parent's and Children's Psychological Functioning, Well-being and Identity  
*Alexandra Ioana Iorgu*

Sexual and reproductive health needs, concerns, interests, and health seeking behaviour among female university students  
*Wylene Saal*

The impact of school-based laughter therapy on the well-being of preschool children in multicultural classrooms  
*Nilgün Kuru Alici*

Socio-cultural Influences on Menopause: Challenges to Mental Well-being and Healthcare Access for Pakistani Women  
*Minahil Maryam*

## Poster Session Well Being and Mental Health

How healthy habits affect positive emotions and body image?  
*Izabela Pakula*

How student behaviors outside regular courses affect college adaptation  
*Koki Hayashida*

Prevalence and risks for mental health and addictions in students: experience from University of Catania  
*Alberto Sardella*

Online Coping with poor sleep: A qualitative study of university students' perceptions and implications for well-being  
*Afsane Riaz*

From Awareness to Action: Role of Mental Health Knowledge and Attitudes in Treatment-Seeking and Well-Being  
*Pooja Garg*

Promoting Awareness Of Depression Through A Mental Health Promotion Program  
*Nataša Dernovšek Hafner*

Pornography consumption and romantic well-being: the mediating role of sociosexual orientation  
*Anita Gębska-Kuczerowska*

Effects of virtual nature on the affect and restoration of university students  
*Rita Moura*

Exploring the Interplay Between Psychological Trauma, Body Awareness, and Marital Satisfaction:  
Unveiling Hidden Connections  
*Claudia Gomes*

Perceived effects on the grieving process of donating relatives' organs in emergent donation procedures  
*Maria Soria-Oliver*

## Poster Session Parents, partners, and informal caregivers in health and disease

The psychological interventions available for parents whose children face a chronic illness. A systematic review  
*Ioanna Partsounidou*

The Impact of Wearable Technology on Caregivers' Self-Efficacy and Quality of Life in Dementia Care  
*ECEM ÖZGÜL*

The Impact of Caregivers' Preparedness for Stroke Survivors on Psychological Resilience and Perceived Social Support  
*Hasret ERDEN*

Parental influence in sport and exercise setting: parent-child dyadic qualitative study  
*Diana Lin Yi Su*

The role of positive caregiving experiences on perceived burden among formal dementia caregivers  
*Marta Nemcikova*

Associations of we-talk on BMI and health behaviors in couples: A Longitudinal Actor-Partner Interdependence Model  
*Emily Carrese-Chacra*

Dual illness: a scoping review of couples with somatic illness in both partners  
*Nina Rottmann*

Healthcare Interventions to Support Informal Caregivers of People with Severe Mental Illnesses: A Scoping Review  
*Marjolijn Heslinga*

Exploring The Impacts of Online and In-Person Support on The Well-Being of SCI Family Caregivers  
*Somayyeh Mohammadi*

Assessing healthcare needs in endometriosis: a scoping review  
*Vladimira Timkova*

## Poster Session Health Behaviors in Adolescents and Young Adults

Sport specialization and burnout symptoms among adolescent athletes  
*Martin Kopp*

Effectiveness of a Stress Management Intervention (CBSM) for teenagers : pilot study  
*Aurelie Gauchet*

Do I look good enough? Self-presentation, social comparison & eating disorder symptoms in adolescents  
*Vivien Gudlin*

Predicting bedtime procrastination using temporal motivation theory  
*Shion Miyagawa*

School gardening with impact: development of the School Gardening Model Intervention  
*Iris de Leeuw*

Association Between Childhood Trauma and Osteoporosis in the United Kingdom: A Retrospective Cohort Study  
*Yangyang He*

## Poster Session Individual and system-perspectives on health communication, literacy and equity

Developing personas of people with limited health literacy: a qualitative study  
*Iris Koelmans*

Health literacy and health behavior of pregnant women in Hungary  
*Anita Katalin Molnárné Grestyák*

Qualitative exploration of everyday goals and health perceptions among people with low socioeconomic position  
*Satu Koivusaari*

Effects of culturally targeted health messaging on HPV vaccine receptivity among African American parents  
*Olivia Aspiras*

Addressing health inequalities: Preliminary findings from four research projects using system approaches  
*Stijn Horck*

The role of motivational and cognitive factors in exercise procrastination: A self-determination perspective  
*Pelin Özgür-Polat*

The effect of health literacy interventions on self-management in chronic diseases: A systematic review  
*Francisca Cabezas*

## Poster Session Individual differences and specific health conditions

Understanding food intake and eating regulation: From group averages to a personalized approach  
*Živa Krajnc*

Unhealthy healthy eating? Psychological predictors of healthy orthorexia and orthorexia nervosa in Bulgarian context  
*Mihaela Beloreska*

Validation of the French version of the Food Neophobia Scale using AI-Generated meals  
*Isabelle Carsana*

Impact of psychological factors on the CHD: The mediating of physiological reactions and health-related behaviors  
*Mohammadreza Seirafi*

The influence of perceived unpredictability and severity of rheumatoid arthritis (RA) on participants' wellbeing  
*Amy Wachholtz*

The Relationship Between Student Nurses' Healthy Lifestyle Behaviours and Health Beliefs for Colorectal Cancer Prevention  
*Burcu Duluklu*

PTGI Prediction Based on Personality Traits and Social Support: The Mediating Role of Resilience  
*Sima Babazadeh namini*

Predicting resilience in health crisis  
*Shulamith Kreitler*

Optimal timing/method for promoting adherence to lifestyle recommendations among breast cancer survivors: main results OPTIMUM  
*Meeke Hoedjes*

The relationship between Early Maladaptive Schemas, Self-Efficacy and Fear of Missing Out among young adults  
*Łukasz Zdunek*

## Poster Session Novel Tools and Frameworks in Health Psychology

What does it mean to be cognitively and socially active? Lessons from a qualitative study  
*Giselle Menting*

Psychometrics Validation Construct of The Flourishing Index on Patients with Chronic Diseases in Surabaya  
*Amherstia Pasca Rina*

Adapting the Diversity Minimal Item Set (DiMIS) for the Italian Context: A Stakeholder-Based Approach  
*Simona Quaglia*

Exploring the Relationship Between Health Behavior and Sleep utilizing a novel SleepECG Algorithm  
*Claudia Traunmüller*

Investigating food safety behaviour in the food-service sector through application of the Ecological Framework  
*Veronika Bulochova*

Incorporating the Good Lives Model as a new framework for substance misuse intervention  
*Lauren Murphy*

Social marketing to enhance sustainable and healthy food choices  
*Leonie Barelds-Cramer*

Views and preferences of study participants on open science and sharing of qualitative research data  
*Li Zi Leong*

## Poster Session Caregiver and patient perspectives

Impact of diagnostic delay in rare cancers: experiences and perspectives of patients and healthcare professionals  
*Saskia Duijts*

Parent-caregivers' experiences and perspectives on 'Fear of Hypoglycaemia' in Juvenile Type 1 Diabetes  
*Vivienne Howard*

Trajectories and predictors of meaning-making process – daily diary study following hematopoietic cell transplantation  
*Marta Kijowska*

Patients' sexual-related symptom burden and (un)met information and support needs in routine nephrology care  
*Anouk Haine*

Exploring Food-related Challenges in Inflammatory Bowel Disease: Perspectives from Individuals and Healthcare Professionals  
*Sophie Harding*

"Back to normal life" : A longitudinal reflexive thematic analysis in patients with lung cancer  
*Louise Zanni*

Parental Perspectives on the Effects and Challenges of Theater Viewing for Sick or Disabled Children  
*Ryo Takahashi*

Parenting with Multiple Sclerosis: Parental experiences and their perception of their adolescent child's experiences  
*Megan Snow*

Family Functioning and Adaptive Behaviors in Children with Intellectual Disabilities  
*Shamsul Haque*

Determinants of the use of pain-reducing interventions – a survey among professionals who vaccinate children  
*Bianca van Vreeswijk*

## Poster Session Stress and resources

Resilience as a moderator of stress-induced eating in nursing students  
*Stefanie Mayrhofer*

Network analysis to understand the relationship between emotions and physical activity in the post-CRC period  
*Fabienne Lemetayer*

Chronic and situational loneliness: Effects on cardiac vagal flexibility during executive function demands  
*Charlotte Roddick*

The Impact of Cognitive Strategies on Stress Reactions for Japanese Adults  
*Momono Kobayashi*

Exploring the Link Between Trauma, Physical Pain, and Autonomic Nervous System Reactivity  
*Eleonora C. V. Costa*

Online Psychological Stress and HRQoL in Cirrhosis and Portal Hypertension  
*Mei Feng*

Perceived Stress And Coping Styles During Pregnancy In Women With Gestational Diabetes In Pakistan  
*Alisha Rafiq Rizvi*

Locus of control and emotional factors in sustaining alcohol abstinence  
*Aleksandra Kuhn-Dymecka*

The boosting effects of impulsiveness on the relationship between habit and snacking behavior  
*Shoji Ohtomo*

Scoping Review: Parental interpersonal emotion regulation and child  
*Eva Katharina Matthias*

## Poster Session Interventions in Occupational Health

Evaluating Policy Effects on Employment Outcomes for Young Adults with Autism Spectrum Disorder  
*Azimeh Jafari Sadr*

Virtual reality work environments to support return to work after burnout sick leave  
*Stephanie Delroisse*

Preventing Healthcare Workers' Burnout Through a Stress Management Intervention (CBSM).  
*Nour Chiboub*

Collaboration between Social insurance agency, employer, patient, and care provider in stress-related rehabilitation  
*Johan Lidberg*

Understanding and facilitating sun protection among outdoor workers in the Netherlands  
*Yara Sievers*

Addressing workplace mental illness stigma: Evaluation and implementation of the programme "The Working Mind"  
*Emily Nething*

Process evaluation of a multimodal return to work aftercare intervention in psychiatric outpatient clinics  
*Fiona Starke*

Burnout reduction using a biopsychological approach : a pilot study evaluating an e-health intervention  
*Margot van der Doef*

## Poster Session Risks for acute and chronic conditions

COVID-19 and Childhood Vaccination: How Parents Perceive MMR Vaccine after the Pandemic  
*Alexandra Šurinová*

Online Evaluating Perceptions and Predictors of Seasonal Flu and COVID-19 Vaccination : A Mixed-Methods Study  
*Bárbara Gonzalez*

Challenges in Implementing Anti-Stigma Interventions in Context of COVID-19: Insights from Public Health Experts  
*Dafina Danqa*

Integrating health checks into vaccination services delivered within UK community pharmacies: A qualitative needs assessment  
*Jason Tang*

Acceptance of novel vaccines: a qualitative exploration of hesitancy, trust, and information needs  
*Paula Hanna Dau*

Behavioural determinants of willingness to test during a hypothetical avian influenza outbreak: a qualitative study  
*Rosa van Hoorn*

Intergenerational transmission of physical symptom approaches – a qualitative study  
*Elske Hogendoorn*

Gender differences in psychological risk factors for cardiovascular diseases: preliminary insights from the CV-PREVITAL project  
*Alessandra Gorini*

The Role of Eating Expectations and BMI in the Effect of Depression on Binge Eating  
*Seda Sapmaz Yurtsever*



## 14:30 - 15:30 Orals and Rountables

### Roundtable Walking the walk through the open door: realising open science infrastructures

Chair: Maya Braun and Gjalt-Jorn Peters

- 14:30 Walking the walk through the open door: realising open science infrastructures  
*Maya Braun, Gjalt-Jorn Peters, Paquito Bernard, James Green, Emma Norris*

### Roundtable We know intersectionality matters—Now what? Bridging theory, methods, and applications of intersectional approaches

Chair: Lisa Wolf and Christopher Martin Jones

- 14:30 We know intersectionality matters—Now what? Bridging theory, methods, and applications of intersectional approaches  
*Lisa Wolf, Christopher Martin Jones, Nuria Pedros, Keenan Ramsey, Christine Emmer*

### Oral Session Digital interventions for diet and physical activity

- Online 14:30 Effectiveness of a Mobile Approach-Avoidance Intervention in Supporting Dietary Goal Pursuit – a Randomized-Controlled Trial  
*Matthias Aulbach*
- 14:40 Dieters get hangry too: The impact of experimentally induced fasting on dieters' emotions  
*Nienke C. Jonker*
- 14:50 A factorial N-of-1 RCT examining goal-setting and feedback notifications for physical activity and goal achievement  
*Keegan Knittle*
- 15:00 Up and down, but how? Examining timing and shape of behavioral changes in physical activity  
*Dario Baretta*
- 15:10 Less Is More: Effects of frequency of monitoring on unhealthy snacking behaviors  
*Leonardo Pimpini*
- 15:20 Being transparent about personalization: Personalized digital “just-in time” nudges for healthier food choice  
*Nynke van der Laan*

### Oral Session Interpersonal and social processes in health and disease

- 14:30 Momentary impact of stress on work engagement: the role of interpersonal emotion regulation in couples  
*Mara Wietelmann*
- 14:40 Social vs. non-social smartphone use: Divergent impacts on psychological well-being  
*Krisna Adiasto*
- 14:50 A Social Support Just-In-Time Adaptive Intervention for Individuals with Elevated Depressive Symptoms: A Feasibility Study  
*Timon Elmer*
- 15:00 Interpersonal gratitude as a resource for individual and relational well-being in the dyadic coping process  
*Michelle Roth*
- 15:10 Dyadic coping in couples with different somatic illnesses  
*Tanja Zimmermann*
- 15:20 Sexual functioning among Adolescent and Young Adult (AYA) cancer survivors  
*Chiara Acquati*

### Oral Session Lifetime behaviour change

- 14:30 Planning a digital detox: Findings from a randomized controlled trial to reduce smartphone usage  
*Lina Christin Brockmeier*

- 14:40 Identifying dyadic intervention techniques (DITs) in couple interventions using the Compendium of DITs (v2.0)  
*Amelie Spliesgart*
- 14:50 Individual pathways of changing (de)motivating styles: Evaluating a training intervention through a complex systems lens  
*Elina Renko*
- 15:00 Developing an oral health intervention using the COM-B Model and Behaviour Change Wheel  
*Camilla Kristensen*
- 15:10 COM-B and Nudge Theory application to improve hygienic cleaning equipment storage compliance in food manufacturing  
*Laura Hewitt*
- 15:20 Non-antibiotic interventions to prevent recurrent urinary tract infections in women: an umbrella review  
*Sascha Miller*

### Oral Session Lifestyle and prevention

- 14:30 Parents' perspectives on how the living environment in Amsterdam-North influences their food choices.  
*Monique Van Der Veen*
- 14:40 Physical activities, sedentarism, and sleep on depression and psychological distress among middle-aged and older Canadians  
*Rosa Palazuelos*
- 14:50 Lifestyle is associated with survival in colorectal cancer survivors irrespective of BMI: PROFILES registry results  
*Nicole Ezendam*
- 15:00 Improving Dengue Health Communication: Policy Implications for Reducing Message Fatigue in High- and Low-Risk Areas  
*Chia-Hsien Lin*
- 15:10 Beyond The Price: Unpacking The Challenges And Enablers of Familial Hypercholesteremia (FH) Genetic Testing  
*Chaitanyasre Lenin*
- 15:20 A model of trauma-informed training to respond to disclosures of sexual violence and harassment  
*Liam McBrearty*

### Oral Session From individual behaviour to collective action and measurement

- 14:30 Psychosocial Determinants of Alternative Protein Consumption Among Omnivores, Flexitarians, and Vegetarians/Vegans: A Longitudinal Study  
*Anna Banik*
- 14:40 Effects of environmental volunteering on mental health in adults with obesity: case studies  
*Paul Calleja*
- 14:50 Longitudinal results of mediating effect of sleep in a 4 week stress intervention  
*Daniel Hagström*
- 15:00 Generalizability and Reporting Gaps in Observational Coding of Couple Interactions: Insights from a Narrative Review  
*Shelby Langer*
- 15:10 Context-conscious adaptations of the Dutch Diversity Minimal Item Set (DiMIS-NL): a systematic, stakeholder-informed approach  
*Paula M.C. Mommersteeg*
- 15:20 Making Geographic Information Systems an accessible tool for analyzing physical environments in health  
*Nourat Alazza*

### Oral Session Involving stakeholders in digital health development and evaluation

- 14:30 Overview and comparison of eHealth lifestyle interventions for low SES preschool children: A scoping review  
*Lea Hohendorf*

- 14:40 Co-creating a digital platform to teach the use of self-enactable BCTs for physical activity promotion  
*Alexandre Mazeas*
- 14:50 Stakeholder Involvement in Digital Health Intervention Development: A Systematic Review  
*Zhanna van Loenen-Sarukhanyan*
- 15:00 Co-designing an online platform with people with disability and carers to improve their health outcomes  
*Dominika Kwasnicka*
- 15:10 Mixed-methods evaluation of RUPERT: an anonymous online intervention for Emergency Medical Personnel experiencing mental distress  
*Milica Petrovic*
- 15:20 Measuring Socioeconomic Position in Older Adults: Examination of Different Measures and Recommendations for Future Research  
*Isaac Chung*

14:30 - 15:30 Equity, Global Health and Sustainability SIG Meeting

15:30 - 16:30 Closing Ceremony

16:30 - 17:00 Reception for EHPS 2026