

# **EHPS 2025**

*39th Annual Conference of the European Health Psychology Society*

## **Final programme - Generated 6 August 2025**

**All times in this document are in CEST, UTC+2**

## Tuesday, 26 Aug

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### 9:00 - 14:30 EMPOWER Grant Writing Workshop Room: Zaal 10b

The workshop offers a dynamic and interactive program designed to support participants through key stages of the grant writing process. You will hear from leading experts in health psychology — Robert West, Eline Smit, Susan Michie, Falko Sniehotta, Benjamin Schüz, Sarah Stutterheim, Emely de Vet, and James Green — as they share how they generate innovative research ideas and turn them into fundable projects. Two dedicated sessions will focus specifically on idea generation and grant writing strategies.

The program also includes panel discussions, where these experts will reflect on how they plan, write, and submit successful grant applications. Crucially, they will also offer insights from their experience as grant reviewers, giving you a clear understanding of what makes a proposal stand out in the review process.

To put theory into practice, participants will have dedicated working time to begin developing their own proposals, especially with a view toward applying for the EHPS 2026 Innovative Initiatives Grant.

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

Workshop The next step: adapting and implementing interventions in a real-world context  
Chair: Marla Hahnrahts and Lisa Harms  
Room: Zaal 11a

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

Workshop Bridging AI and qualitative research: a hands-on workshop on AI-driven qualitative analysis for health psychology  
Chair: Felix Naughton and Emma Ward  
Room: Zaal 11b

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*

13:15 - 14:15 CREATE Annual General Meeting  
Room: University Medical Center Groningen

15:30 - 16:30 Opening Ceremony  
Room: Plenary

16:30 - 17:30 Keynote - Prof. Ellen Smets  
Chair: Mariët Hagedoorn  
Room: Plenary

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

Good communication between patients and their healthcare providers is widely regarded as essential for providing high-quality care. This raises the question of what constitutes 'good' communication. In my presentation, I will first discuss how scholars have argued in recent decades that good communication should be patient-centred and goal-oriented, and more recently, support shared decision-making. Using examples of observational research, I will then examine the anatomy of a consultation, illustrating what patient-provider communication actually looks like in clinical practice with a focus on the exchange of information and decision-making. I will also discuss the challenges that patients and providers face when trying to have a patient-centred, goal-oriented conversation that supports shared decision-making. Additionally, I will demonstrate how communication can positively affect desired patient outcomes, such as patients' memory of the information provided to them, using experimental studies and reviews. Finally, I will discuss the impact of online health information and emerging health technologies on the interaction between patients and their providers.

17:45 - 18:45 Orals and Roundtables

Oral Session Communicating Health Risks and Interventions

Chair: Radomír Masaryk

Room: Plenary

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 Determinants and Interventions in Child & Adolescent Health (Behavior)

Chair: Lily Davidson

Room: Zaal 1

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*

Oral Session Individual differences in health-related behaviors and outcomes

Chair: Katharina Eichin

Room: Zaal 2

- 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*

Roundtable Advancing stress – health behavior research in daily life

Chair: Jennifer Inauen

Room: Zaal 5+6

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

Oral Session Challenges in the workforce and in implementation

Chair: Gozde Ozakinci

Room: Zaal 11a

- 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*
- 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

Chair: Molly Byrne

Room: Zaal 11b

- 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 Kloidt*
- 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 Coping with symptoms and disease

Chair: Jacob Keech

Room: Zaal 12a

- 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 Coping strategy switching: A scoping review on enacting multiple coping strategies in response to stress  
*Tenelle Maroney*
- 18:25 Effects of digital CBT (COMPASS-IBD) on inflammation and physical health outcomes in Inflammatory Bowel Disease  
*Natasha Seaton*

Roundtable The EHPS Climate Cafe: an informal space to listen, share and act on climate change

Chair: Daniella Watson and Sinéad Sheehan

Room: Zaal 12b

- 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*

17:45 - 18:45 Digital Health and Computer-tailoring SIG Meeting  
Room: Zaal 10b

18:45 - 20:15 Welcome Reception

## Wednesday, 27 Aug

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9:00 - 10:30 Orals and Symposia

SOTA Session Theories of behaviour change

Chair: Gemma Sharp

Room: Plenary

- 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*

Symposium Social inequalities in dietary behaviors and health: A multi-method approach to promoting equity

Chair: Christine Emmer and Carolin Marie Callies

Room: Zaal 1

- 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  
*Jutta Mata*

Symposium Explaining the unknown; what we know about communicating uncertainty in health care

Chair: Ellen Smets

Room: Zaal 2

- 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*

## SOTA Session Innovations in primary care and caregiver support

Chair: Rona Moss-Morris

Room: Zaal 5+6

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

Chair: Renato Pisanti

Room: Zaal 10b

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 IGLoo 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

Room: Zaal 11a

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*

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

Chair: Katharina Salo

Room: Zaal 11b

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*

## Symposium Health in higher education

Chair: Stefanie Schnaedter and Christel Salewski

Room: Zaal 12a

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*

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

Chair: Kevin Roche and Anthony Maher

Room: Zaal 12b

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  
*Gerry Molloy*

10:30 - 11:00 Break session

10:30 - 11:30 Posters

Poster Session Pro-environmental behaviours and health

Chair: Gudrun Sproesser

Room: Springerfoyer

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*

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*

Poster Session Lifestyle behaviours

Chair: Alea Ruf

Room: Springerfoyer

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*

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

Chair: Meyke Roosink

Room: Springerfoyer

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

Chair: Olga Perski

Room: Springerfoyer

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 Cheavance*

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

Chair: Gaby Judah

Room: Springerfoyer

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*

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*

VILPA for Cardiovascular Disease Prevention: Theory of Change and Logic Model for a Digital Intervention

*Cecilie Thøgersen-Ntoumani*

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

*Eva Eiling*

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

Chair: Sophia Chabursky

Room: Springerfoyer

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

*L'ubica 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*

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**

Chair: Efrat Neter

Room: Springerfoyer

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

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**

Chair: Pierre Gerain

Room: Springerfoyer

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*

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*

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

Chair: Philipp Sprengholz

Room: Springerfoyer

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

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

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*

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

Poster Session Mental health and minority identity across the lifespan

Chair: Sarah Stutterheim

Room: Springerfoyer

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

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*

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*

Poster Session Determinants of employee health and workability

Chair: Alexandra Sikora

Room: Springerfoyer

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*

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

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

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

Poster Session Health behaviour change interventions

Chair: Marta Marques

Room: Springerfoyer

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*

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*

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

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

Chair: Ann DeSmet

Room: Springerfoyer

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

### Oral Session Nutrition and Physical activity interventions

Chair: Dominika Kwasnicka

Room: Plenary

- 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 Which behavior change techniques characterize efficient weight loss interventions in vulnerable populations? A meta-review  
*Paulina Krzywicka*
- 12:10 Self-control strategies to reduce meat consumption: An ecological momentary intervention  
*Alice Seffen*

### Oral Session Intervention in chronic disease management

Chair: Val Morrison

Room: Zaal 1

- 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 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

Chair: Daryl O'Connor

Room: Zaal 2

- 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  
*Radoslaw 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 Acceptance & real-world feasibility of new technologies for health

Chair: Nynke van der Laan

Room: Zaal 5+6

- Online 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 GPs' role in patients' trust in and acceptance of AI-based diagnoses and treatment plans.  
*Ilona McNeill*
- 12:00 Early-Stage Vaping Cessation Intervention Development: barriers and opportunities to offering vapers behavioural support to quit  
*Emma Ward*
- 12:10 Smart-home technology acceptance and drivers for research participation in patients with Mild Cognitive Impairment  
*Maria Adele Piccardo*

## Roundtable Reflexivity in action: applying lessons learned

Chair: Sarah Stutterheim and Nils Keesmekers

Room: Zaal 10b

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

## Oral Session Understanding and measuring health behaviour in context

Chair: Gerry Molloy

Room: Zaal 11a

- 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*

## Oral Session Biomedical intervention and screening

Chair: Katie Robb

Room: Zaal 11b

- 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  
*Zoe Moon*



12:10 A qualitative analysis of factors in cervical screening attendance decision-making  
*Susanna Kola-Palmer*

Roundtable Science communication with policymakers, media and the general public

Chair: Nadja Contzen and Gudrun Sproesser

Room: Zaal 12a

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

Room: Zaal 12b

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

12:30 - 14:00 EHPS Annual General Meeting

Room: Plenary

12:30 - 14:00 Lunch

14:00 - 15:30 Orals and Symposia

Symposium Accelerating sustainable mobility: examining the potential of ebikes as an active transport mode

Chair: Marta Marques

Room: Plenary

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  
*Anna Barrero*

14:45 E-biking among people living with chronic conditions: a scoping review  
*James Green*

15:00 Activity  
*James Green & Louise Foley*

15:15 Discussion  
*Guillaume Chevance*

Symposium Tackling vaccine hesitancy with empathy - Motivational and empathetic refutational interviewing in healthcare contexts

Chair: Philipp Schmid

Room: Zaal 1

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

Chair: Karen Matvienko-Sikar

Room: Zaal 2

- 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*

**Symposium** Understanding eating behavior: Pathways to health and sustainability

Chair: Agnes Effert and Gudrun Sproesser

Room: Zaal 5+6

- 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*

**Oral Session** Individual health behaviours

Chair: Mauro Bertolotti

Room: Zaal 10b

- 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** Developing Inclusive Medical AI: Integrating Multi-Stakeholders' Perspectives  
Chair: Sara Soriano Longarón and Ali Aboueldahab  
Room: Zaal 11a

- 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*
- 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** Coping with symptoms: Mapping the needs  
Chair: Rachael Powell  
Room: Zaal 11b

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

**Oral Session** Advancing Measurement and Models in Mental Health Research  
Chair: Evangelos Karademas  
Room: Zaal 12a

- 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*

Oral Session Enhancing inclusivity in health psychology research and practice

Chair: Christine Emmer

Room: Zaal 12b

- 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*

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

Chair: Maya Braun and Noemi Lorbeer

Room: Plenary

- 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*
- Online 16:30 Behavioural and cognitive changes in young adults after exposure to digital food communication: systematic review  
*Shaniek Parks*
- 16:40 Discussion  
*Felix Naughton*

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

Chair: Yil Severijns and Maiara Moreto

Room: Zaal 1

- 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 Discussion  
*Keegan Knittle*

**Spotlight Talks** Stress, Work, and Psychological Well-being  
Chair: Melanie Bamert and Simone Lüthi  
Room: Zaal 2

- 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 Age enhances the positive effect of psychological needs satisfaction on work engagement and well-being  
*Lara Schroth*
- 16:40 Discussion  
*Jennifer Inauen*

**Spotlight Talks** Health inequalities, inclusion and representation  
Chair: Christine Emmer and Abdulmalik Yemi Olaosebikan  
Room: Zaal 5+6

- 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*

**Roundtable** Youth-centred co-creation in European projects - challenges and successes  
Chair: Mai Chin A Paw  
Room: Zaal 10b

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

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

Chair: Carolina Silva and Brona Mulligan

Room: Zaal 11a

- 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*

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

Chair: Anne van Dongen

Room: Zaal 11b

- 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 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

Chair: Gjalt-Jorn Peters

Room: Zaal 12a

- 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  
*Sabita Soedamah-Muthu*
- 16:20 Simple letter intervention, co-designed to address screening determinants, increased lung cancer screening uptake  
*Gaby Judah*
- Online 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

Chair: Emma Norris

Room: Zaal 12b

- 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*
- 16:20 Using reflective diaries to explore decision-making about sharing genetic information with relatives  
*Maria Barbosa*
- 16:30 Qualitative data sharing and the challenges of informed consent  
*Gabriela Gore-Gorszewska*

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

Chair: Laura König

Room: Plenary

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

Changing five sets of behaviour - smoking, eating unhealthy diets, drinking alcohol, physical inactivity and travel powered by fossil fuels - could prevent about 40 % of cancers, 75 % of type 2 diabetes and heart diseases, avoid about a third of premature deaths globally each year, and cut greenhouse gas emissions by around a quarter.

We have good-enough evidence on the most effective interventions to achieve change at the scale needed to realise these benefits. What stops us?

Misleading ideas dominate citizens and policymakers thinking about changing behaviour including the beguiling quick fixes of information, nudges without regulation and technologies that circumvent the need for us to change our behaviour at all.

Powerful minority interests are well-served by these ideas to the neglect of citizens' interests.

Weak policy-making institutions provide insufficient checks on these ideas and interests, resulting in ineffective policies.

How can we reverse this?

Four changes to our weak systems of policymaking will be outlined that could prioritise evidence and citizens interests by default, resulting in policies that change our behaviour at the scale needed so all life thrives.

18:00 - 19:00 EHPS SIGs Networking Event

## Thursday, 28 Aug

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

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

Chair: Lena Fleig and Lisa Warner

Room: Plenary

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

Chair: Mariët Hagedoorn

Room: Zaal 1

- 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 Causal Inference in Health Psychology: Guidelines for Conceptualization, Measurement and Design

Chair: Annick De Paepe

Room: Zaal 2

- 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*

**SOTA Session** Physical Health in Children and Adolescents  
**Chair: Michael Kilb**  
**Room: Zaal 5+6**

- 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*

**Oral Session** Psychosocial Resources and Resilience Across the Lifespan  
**Chair: Olivier Luminet**  
**Room: Zaal 10b**

- 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*

**Oral Session** Mitigation and adaptation strategies: Individual, structural and environmental factors  
**Chair: Jane Walsh**  
**Room: Zaal 11a**

- 9:00 Environmental influences on daily step counts: the case of temperature alerts  
*Lenka Knapova*
- 9:15 Perceived Health and Responses to Heatwaves: Emergency Preparedness and Policy Support in Climate Crisis  
*Sofia Skipor*
- 9:30 Hungry for knowledge: using Protection Motivation Theory for intervention design to promote climate-friendly eating  
*Leonie Otten*
- 9:45 Exploring Family Food Systems: Meat Intake, Conflicts and Meal Frequency  
*Vanessa Knobl*

- 10:00 Determinants of Alternative Protein Choices: European Stakeholders' Perspective  
*Aleksandra Luszczynska*

Oral Session Health Messaging, Misinformation, and Public Response

Chair: Christopher Jones

Room: Zaal 11b

- 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*

Symposium Women's reproductive health: Social and psychological aspects

Chair: Yael Benyamini

Room: Zaal 12a

- 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*

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

Chair: Maya Schroevers

Room: Zaal 12b

- 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*

10:30 - 11:00 Break session

11:00 - 12:30 Orals and Symposia

Symposium Climate (in)action and inequalities

Chair: Claudia Teran-Escobar

Room: Plenary

- 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 Depression and (un)healthy behaviour: new insights in a relevant public health problem

Chair: Marij Zuidersma

Room: Zaal 1

- 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*

SOTA Session From Stress to Prevention - Sociocultural Perspectives on Health

Chair: Rory Coyne

Room: Zaal 2

- 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*

**Symposium** **Making ontologies useful and usable for behaviour change research**

**Chair: Susan Michie**

**Room: Zaal 5+6**

- 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*

**Oral Session** **Growing old and staying healthy**

**Chair: Rosa Palazuelos**

**Room: Zaal 10b**

- 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*
- Online 11:30 Well-Being and Proactive Adaptation in Aging: The Role of Social Support, Stress Coping, and Loneliness  
*Nilay Pekel Uludağlı*
- 11:45 Feasibility of VR Exergaming to Improve Mood and Blood Pressure in Middle-Aged and Older Adults  
*Janine Leonhard*

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

**Chair: Melanie Jagla-Franke**

**Room: Zaal 11a**

- 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  
*Ingrid Steenhuis*

Symposium Integrating health psychology into behaviour change interventions to improve child oral health across Europe  
Chair: Marie K. Murphy and Denise Duijster  
Room: Zaal 11b

11:00 Oral health in children: behavioural foundations for lifelong health  
*Madelon 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  
*Madelon de Jong-Lenters and Denise Duijster*

Oral Session Occupational Health  
Chair: Nelli Hankonen  
Room: Zaal 12a

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 Quantitative and qualitative perspectives on pandemic preparedness: insights from five studies focusing on COVID-19  
Chair: Adriana Solovei  
Room: Zaal 12b

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*

12:30 - 14:00 Lunch

13:00 - 14:00 Open Science SIG Meeting  
Room: Zaal 1

13:00 - 14:00 LGBTQIA+ research SIG Meeting  
Room: Zaal 2

13:00 - 14:00 Conceptualization, Formalization and Measurement SIG Meeting  
Room: Zaal 10b

13:00 - 14:00 Habit SIG Meeting  
Room: Zaal 11b

13:00 - 14:00 Women's Health SIG Meeting  
Room: Zaal 5+6

14:00 - 15:30 Orals and Symposia

SOTA Session Participatory intervention development and evaluation  
Chair: Anouk Middelweerd  
Room: Plenary

- 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 Applied Psychology with Digital and Personalized Interventions for Mental Health and Well-Being  
Chair: Yiqun Gan  
Room: Zaal 1

- 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  
Room: Zaal 2

- 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*

Symposium EHP Special Issue Symposium: Intervention Development for Health Psychology Scholars  
Chair: Rik Crutzen  
Room: Zaal 5+6

- 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 Ensuring access to safe water: Research from environmental health psychology on mitigation and adaptation factors  
Chair: Nadja Contzen  
Room: Zaal 10b

- 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*

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

Chair: Laura M. König and Lucia Volpi

Room: Zaal 11a

- 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

Chair: Marieke Battjes-Fries

Room: Zaal 11b

- 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 Parents' knowledge about dietary guidelines for children and barriers in their implementation: a mixed-methods study  
*Michael Kilb*
- 14:45 Development and validation of a comprehensive food literacy scale among adolescents  
*Gertrude Zeinstra*
- 15:00 How distracted eating interferes with homeostatic regulation of food approach dynamics: Insights from experience sampling  
*Marina A.H. Hanssen*

Oral Session Communication and Decision-Making in Clinical Encounters

Chair: David French

Room: Zaal 12a

- 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*

Oral Session Policy and systems  
Chair: Marijn de Bruin  
Room: Zaal 12b

- 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*

15:30 - 16:00 Break session

16:00 - 17:00 Posters

Poster Session Consequences of the climate crisis and how we deal with them  
Chair: Alice Seffen  
Room: Springerfoyer

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*

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

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

Online 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

Chair: Valentina Rossi

Room: Springerfoyer

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

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

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

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

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

Chair: Daniel Powell

Room: Springerfoyer

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*

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*

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

Chair: Angelos Kassianos

Room: Springerfoyer

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*

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

Chair: Jenny Groarke

Room: Springerfoyer

Does Chatting with AI Enhance Well-being? A Linguistic and Emotional Analysis  
*Wei-Fang Lin*

Online 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*

Online 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

Chair: Mikołaj Zarzycki

Room: Springerfoyer

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

*Silke Hoekstra*

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*

Online The Social Dimension of Movement: Companionship and Physical Activity Enjoyment

*Judith Grünbichler*

## Poster Session Health behaviour research

Chair: Nikos Ntoumanis

Room: Springerfoyer

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

*Dorota Włodarczyk*

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

*Elizabeth Redmond*

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 Sunyk*

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*

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

*Hollie Mitchell*

Understanding Eating and Buying Behavior through Unified Theory of Behavior: Insight from Indian Urban Women

*Gargi S Kumar*

## Poster Session Health communication: Empathy, narratives and beliefs

Chair: Elisabeth Sievert

Room: Springerfoyer

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*

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*

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

## Poster Session Interventions in Disease Management

Chair: Jane Walsh

Room: Springerfoyer

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*

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

Chair: Kevin McKee

Room: Springerfoyer

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*

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*

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

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

Chair: Jana Sträßheim

Room: Springerfoyer

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

Chair: Beata Basinska

Room: Springerfoyer

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*

Online 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*

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*

Poster Session Preventing and coping with chronic conditions

Chair: Susanna Kola-Palmer

Room: Springerfoyer

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*

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

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

17:00 - 18:00 Keynote - Prof. Justin Presseau  
 Chair: Val Morrison  
 Room: Plenary

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

The contexts of daily life and work can be characterised by the pursuit of multiple goals by engaging in multiple behaviours. However, predominant theory, methods and evaluative approaches used to understand and support health behaviour and health professional behaviour change tend to consider a given behaviour and its theory-informed psychological, social and environmental factors (and change techniques) in isolation from its wider behaviour system, without directly accounting for how behaviours co-occur, interact, and compete. Broadening perspectives on health behaviour and behaviour change to consider the wider behaviour system in which a given health behaviour or health professional behaviour of interest is embedded opens novel theoretical, methodological and interventional opportunities. In this keynote, I will explore advances, approaches and opportunities for considering behaviour systems across multiple types of health behaviours and multiple methodological and theory-informed approaches applied to how we best support the general public, patients and the work behaviours of healthcare professionals in prioritising and navigating their behaviour systems.

from 19:30 Conference Dinner  
 Room: Martini Church

## Friday, 29 Aug

9:30 - 10:30 Keynote - Prof. Sabine Sonnentag  
Chair: Renato Pisanti  
Room: Plenary

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

Work is an important life domain for most adults. In this keynote presentation, I will address well-being from the perspective of work and organizational psychology. I will argue that as the fundamental first layer of protecting well-being at work, job design is important. I will show that work characteristics such as job autonomy and learning opportunities are crucial. In addition, as a second layer, employees' job-crafting efforts can improve well-being. By job crafting, employees can adjust aspects of the work situation to their individual preferences. Finally, as the third layer, stress-management and recovery approaches play a core role in enhancing well-being. In this presentation, I will discuss the practical implications for both organizations and individuals that result from this three-layer approach.

10:30 - 11:00 Break session

11:00 - 12:30 Orals and Symposia

SOTA Session Individual differences and health: Searching for explanatory mechanisms

Chair: Roeline Kuijer  
Room: Plenary

- 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*

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

Chair: Renato Pisanti  
Room: Zaal 1

- 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 Health inequalities in LGBTQIA+ persons – overview, background, and ways forward  
 Chair: Anne van Dongen  
 Room: Zaal 2

- 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 Understanding and relieving user burden of digital and hybrid health behaviour change interventions  
 Chair: Eline Smit and Ciska Hoving  
 Room: Zaal 5+6

- 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  
*Felix Naughton*
- 12:15 Discussion  
*Katie Newby*

Oral Session Online and offline health behavior change interventions  
 Chair: Alexandre Mazeas  
 Room: Zaal 10b

- 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*

Symposium Shifting Diets Towards Sustainability: Understanding and Influencing Meat Consumption

Chair: Jessica Schiller and Gudrun Sproesser

Room: Zaal 11a

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

Chair: Ewa Gruszczynska and Lisa Marie Warner

Room: Zaal 11b

- 11:00 Caring under pressure: The role of caregiving intensity, social ties, and perfectionism in caregiver well-being  
*Pierre Gérain*
- 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*

Symposium From Stressed to Refreshed: Mechanisms and Interventions for Stress and Recovery in Daily Life

Chair: Melanie Bamert and Simone Lüthi

Room: Zaal 12a

- 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*

Oral Session Psychosocial and health support across various populations

Chair: Anna Banik

Room: Zaal 12b

- 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*

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

Chair: John de Wit

Room: Springerfoyer

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*

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

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

Room: Springerfoyer

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*

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

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

Chair: Udi Davidovich

Room: Springerfoyer

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

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*

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

## Poster Session Well Being and Mental Health

Chair: Micaela Santilli

Room: Springerfoyer

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

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

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

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

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

Chair: Tanja Zimmermann

Room: Springerfoyer

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*

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

Chair: Hanneke de Graaf

Room: Springerfoyer

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

Chair: Chantal den Daas

Room: Springerfoyer

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

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*

Context-conscious adaptations of the Dutch Diversity Minimal Item Set (DiMIS-NL): a systematic, stakeholder-informed approach  
*Keenan A. Ramsey*

## Poster Session Individual differences and specific health conditions

Chair: Aleksandra Kroemeke

Room: Springerfoyer

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

Online 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*

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

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

## Poster Session Novel Tools and Frameworks in Health Psychology

Chair: Rik Crutzen

Room: Springerfoyer

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

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*

Online 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*

## Poster Session Caregiver and patient perspectives

Chair: Yael Benyamini

Room: Springerfoyer

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

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

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*

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

## Poster Session Stress and resources

Chair: Jennifer Inauen

Room: Springerfoyer

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*

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

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

Room: Springerfoyer

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*

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

Chair: Helge Giese

Room: Springerfoyer

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*

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

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

Chair: Ciska Hoving

Room: Plenary

- 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 Measuring Socioeconomic Position in Older Adults: Examination of Different Measures and Recommendations for Future Research  
*Isaac Chung*

### Oral Session Lifetime behaviour change

Chair: Ann Kathrin Sowa

Room: Zaal 1

- 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 Developing an oral health intervention using the COM-B Model and Behaviour Change Wheel  
*Camilla Kristensen*
- Online 15:00 COM-B and Nudge Theory application to improve hygienic cleaning equipment storage compliance in food manufacturing  
*Laura Hewitt*
- Online 15:10 Non-antibiotic interventions to prevent recurrent urinary tract infections in women: an umbrella review  
*Sascha Miller*



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

Chair: Guillaume Chevance

Room: Zaal 2

- 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 Generalizability and Reporting Gaps in Observational Coding of Couple Interactions: Insights from a Narrative Review  
*Shelby Langer*
- 15:00 Making Geographic Information Systems an accessible tool for analyzing physical environments in health  
*Nourat Alazza*

## Oral Session Digital interventions for diet and physical activity

Chair: Laura König

Room: Zaal 5+6

- 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 Lifestyle and prevention

Chair: Benjamin Schüz

Room: Zaal 11a

- 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*

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

Chair: Mikołaj Zarzycki

Room: Zaal 11b

- 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*

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

Chair: Maya Braun and Gjalt-Jorn Peters

Room: Zaal 12a

- 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

Room: Zaal 12b

- 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*

14:30 - 15:30 Equity, Global Health and Sustainability SIG Meeting  
Room: Zaal 10b

15:30 - 16:30 Closing Ceremony

16:30 - 17:00 Reception for EHPS 2026