

EHPS 2025

39th Annual Conference of the European Health Psychology Society

Final programme - Generated 12 August 2025

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

Tuesday, 26 Aug

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

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

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

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
Sillke 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

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 Sunyik

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

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

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 Vonken

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 Straßheim

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

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 (City Center)

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 Krypotos
- 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

Chair: Christina Boda

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 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

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

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 Beloreshka

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