

EHPS 2021

35th Annual Conference of the European Health Psychology Society

Final programme

Information about the session chairs will be added in due course. If you notice any mistake on the details of your presentation, please contact us through support@easyconferences.eu

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

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

Monday, 23 Aug

8:00 - 10:00 Workshops

Development and Use of Core Outcome Sets in Health Psychology
Karen Matvienko-Sikar

Qualitative research in the age of open science: the Reproducible Open Coding Kit (ROCK)
Szilvia Zorgo, Gjalt-Jorn Ygram Peters

Analysing N-of-1 data in health psychology: step-by-step introduction to visual and statistical analysis using SPSS
Nicola O'Brien, Suzanne McDonald, Derek Johnston

Supportive Conversations – a brief, upscalable and cost-effective behaviour change intervention
Wendy Lawrence, Judit Varkonyi-Sepp, Daniella Watson

10:00 - 11:00 Opening Ceremony

11:00 - 11:05 Short break (5 mins)

11:05 - 12:35 Parallel Sessions: Oral Presentations

Determinants in preventive health behaviours

11:05 Psychosocial determinants of seasonal influenza vaccine uptake among healthcare workers in long-term care facilities
Eanna Kenny

11:17 Motivation and opportunity as predictors of care seeking among Canadian Military healthcare providers
Jennifer Born

11:29 A population survey investigating psychological barriers and motivators of cervical cancer screening uptake
Gaby Judah

11:41 The clustering of motivational constructs for diet and physical activity and their associations with behavior
Juul M.J. Coumans

11:53 Facilitators and barriers to substance-free pregnancies in high-income countries: a meta-synthesis of qualitative research
Tamara Escanuela Sanchez

12:05 Systematic review: Indirect and moderating effects of social inequality on health behaviours via TDF variables
Benjamin Schüz

12:17 Exploring the influence of socio-economic status on sugar-sweetened beverage consumption in everyday life
Christopher Martin Jones

Self-regulation, beliefs and chronic conditions

11:05 Exploring beliefs about end-of-life among substitute decision makers using the Common-Sense Self-Regulation Model
Jacob Crawshaw

11:17 Illness and treatment beliefs as predictors of rehabilitation outcome in patients with affective disorders
Rieka von der Warth

11:29 Illness perceptions of patients receiving haemodialysis: a systematic review of qualitative studies
Buse Keskindag

- 11:41 Social distancing as a Chance for Sleep Timing: A Daily Diary Study on Bedtime Procrastination
Liesemarie Albers
- 11:53 Exploring the relationship between self-reported adherence, clinical data and psychosocial factors among kidney transplant recipients
Abigail Hucker
- 12:05 Lesson Learned: What influences dietary intake in daily life? Multilevel two-part modelling for semi-continuous outcomes
Alea Ruf
- 12:17 Exploring the perspectives of young adult participants with Type 1 diabetes: The D1Now pilot RCT
Elizabeth McCarthy

Coping with pain and psychosomatic issues

- 11:05 Risk and resilience predictors for recovery after spinal fusion surgery in adolescents with idiopathic scoliosis
Melanie Beeckman
- 11:17 The evolution of the psychosomatic child: psychological characteristics and psychiatric comorbidity
Avital Gershfeld-Litvin
- 11:29 Endometriosis : physical and psychological impact of pain
Cassandra Guillemot
- 11:41 Does Functional Somatic Symptoms measurement differ across Sex and Age?
Angelica Acevedo-Mesa
- 11:53 Adapting the AIMS Intervention for Breast Cancer Survivors following Adjuvant Endocrine Therapy using Intervention Mapping
Anna Janssen
- 12:05 Young women's experiences of an endometriosis diagnosis and subsequent support
Georgina Wren

Assessing and promoting physical and wellbeing in mid and late life

- 11:05 Health-related behaviours among stroke survivors: an 18 months post-stroke assessment
Ana Moura
- 11:17 Psychosocial and behavioural Predictors of Self-Efficacy in Treatment Adherence among older hypertensive Patients with Diabetes
Francesco Zanatta
- 11:29 The Clinical Frailty Scale employment in the frailty assessment of chronic patients: a systematic review
Nicolò Granata
- 11:41 Promoting volunteering among older adults: Two randomized controlled trials
Lisa Marie Warner
- 11:53 Depression and attenuated physiological responses to acute stress: the moderating role of early life adversity
Tracey Keogh
- 12:05 Portuguese colonial war veterans' mental and physical health: 45 years later, what do we know?
Diogo Morgado
- 12:17 A systematic review of active ingredients of social prescribing interventions targeting mental health
Matt Cooper

Implementation and health services research

- 11:05 What behaviour change techniques are used in 262 randomized trials of audit and feedback interventions?
Carly Meyer
- 11:17 What works to increase patient participation in critical care rehabilitation: a systematic review
Catherine Lawrence
- 11:29 Health Behaviour Change Technique in Routine Practice in HIV Counselling and Testing sessions in Uganda
Faith Martin

- 11:41 Non-Clinical Patient Factors: Assisting or Hindering Mental Health-Related Clinical Decisions? A Data Linkage Study
Lauren Burns
- 11:53 Using focus group discussions to explore the use of routinely collected health data: lessons learned
Lisa Ballard
- 12:05 Preparing handover instructions for primary care at patient discharge: an ethnography of the hospital environment
Ola Markiewicz
- 12:17 Implementing a text messaging system for diabetes medication adherence in general practice: A qualitative study
Jenny Mc Sharry

e- and mHealth for physical activity, dietary behaviours and weight management

- 11:05 Systematic review of RCTs comparing face-to-face vs remote behaviour change interventions for weight management
Stephan Dombrowski
- 11:17 Is there a digital divide? A systematic review of mobile interventions for weight-related behaviours
Cynthia Forbes
- 11:29 Effects of avatar appearance on healthy eating intentions: exploring the effects of avatar body size
Nadine van der Waal
- 11:41 Effects of suggestions and nudges in mobile self-scanning applications on healthy choices in the supermarket
Nynke van der Laan
- 11:53 Do food tracking apps differ in acceptability, induced food-related cognitions and behaviour? A pilot study
Anila Allmeta
- 12:05 Effectiveness of digital physical activity interventions in low SES individuals: a systematic review and meta-analysis
Max Western
- 12:17 Ecological momentary assessment to examine associations of psychological factors with dietary intake: A systematic review
Daniel Powell

COVID-19

- 11:05 Stigmatization of Chinese and Asian-looking people during the COVID-19 pandemic in Germany
Julia Koller
- 11:17 Loneliness and mental health in lockdown: a longitudinal analysis
Jenny Groarke
- 11:29 Health behaviors and mental health during the COVID-19 pandemic: A longitudinal population-based survey
Jutta Mata
- 11:41 Hope in a crisis: Evaluation of a digital intervention for people with cancer during COVID-19
Hayley Wright
- 11:53 One quick needlestick, one giant leap for mankind: How to increase COVID-19 vaccination intention
Astrid Carolus
- 12:05 Lithuanian informal caregiver burden and support needs during COVID-19 and beyond
Ieva Biliunaite
- 12:17 How Covid-19 is affecting eating behaviour on peri/postmenopausal women?
Mafalda Leitão

12:35 - 12:45 Short break (10 mins)

12:45 - 13:45 Keynote Lecture: Geert Crombez
The Challenge of 'Pain'

13:45 - 14:15 Break - Networking (30 mins)

14:15 - 15:15 Parallel Sessions: Symposia

Women's health issues across the lifespan: Identifying risks and opportunities for change

- 14:15 Opening
Efrat Neter
- 14:17 Mother-infant contact after birth can reduce postpartum post-traumatic stress by reducing birth-related fear and guilt
Yael Benyamini
- 14:27 The role of hereditary cancer risk perception in defensive coping
Anita Y. Kinney
- 14:37 The impact of cultural and health-care system differences on psychological adaptation to breast cancer
Evangelos Karademas
- 14:47 Effects of three planning interventions on physical activity in woman patient—women partner dyads
Monika Boberska
- 14:57 Discussion
Karen Morgan
- 15:05 Q & A

Advances and innovations in the use of implicit measures to assess and modify health-related processes

- 14:15 The effect of a contextual motivational state on attentional bias for food
Eva Kemps
- 14:27 Assessing sleep-related attitudes with the IAT: a preliminary investigation
Carmen Peuters
- 14:39 Comparing direct and indirect measures of attentional bias to pain in men and women
Edmund Keogh
- 14:51 Self-concept IAT and Attentional Bias towards fatigue: demonstration and user tests of measures and CBM
Jody Geerts
- 15:03 Discussion
Dimitri Van Ryckeghem

Open Science and Health Psychology: Case studies of applying principles to practice

- 14:15 Factors impacting open science practices of early career healthcare researchers: a mixed methods study
Elaine Toomey
- 14:25 Developing an open educational resource for open research: the PaPOR TRAIL project
Karen Matvienko-Sikar
- 14:35 Do "Evidence-Based" Interventions Need to Be Based on Open Science? An Analysis of Clearinghouse Standards
Sean Grant
- 14:45 Promoting open behaviour science through ontologies: The case of the tailoring ontology
Marta Marques
- 14:55 Q & A
Emma Norris

Digital decision aids: Considerations for design and evaluation

- 14:15 Opening
Thomas Gültzow
- 14:17 Integrating Behaviour Change Interventions & Patient Decision Aids: How to accomplish synergetic effects?
Thomas Gültzow
- 14:29 Reproductive decision-making: An online decision aid for couples at risk of transmitting a genetic disease
Yil Severijns
- 14:41 The Contraception Choices digital decision-aid
Julia Bailey
- 14:53 Values clarification strategies: what are they and do they work?
Jesse Jansen
- 15:05 Discussion
Eline Smit

Coping with the COVID-19 pandemic: individual and collective regulation of emotional distress

- 14:15 The language of Covid-19: Official communications and emotional responses across countries
Olenka Dworakowski
- 14:27 The Psychosocial Impact of COVID-19 on Diet-Related Motives and Behaviours
Rebecca Gregson
- 14:39 Coping with Covid-19: mental health outcome and emotion regulation across the lifespan in 4 countries
Zilla Marie Huber
- 14:51 The Role of Embitterment in Individual's Intend to Vaccine against COVID-19
Dennis Koroma
- 15:03 Stories of life during a pandemic: experiences of individuals in different speaking parts of Switzerland
Zlatina Kostova

Habit formation and disruption as mechanisms for sustainable health behaviour change

- 14:15 Changes in hygiene habits during the COVID-19 pandemic: An international, repeated measures study
Amanda Rebar
- 14:30 When behaviour becomes a habit: how older adults form and maintain lifestyle-integrated exercise habits
Sarah Labudek
- 14:45 Script Elicitation as a method for changing habitually executed sleep hygiene routines among short sleepers
Benjamin Gardner
- 15:00 Discussion
Phillippa Lally

15:15 - 15:25 Short break (10 mins)

15:25 - 16:25 Parallel Sessions: Give me 5 Minutes

Theories of behaviour change

- 15:25 Leveraging behavioural science to understand facial 'T-zone' touching to reduce the spread of infectious diseases
Mackenzie Wilson
- 15:33 Using the capability, opportunity, and motivation model of behaviour to explore sun-protection behaviours in adults
Michele A. Mulqueen

- 15:41 Social cognitive predictors of intention to obtain the human papillomavirus vaccine among Indonesian young adults
Amelia Citra Kirana
- 15:49 Psychosocial Determinants of Edible Insect Consumption Intentions and Behavior in Western Democratic Republic of Congo
Emmanuel Mopendo Mwisomi
- 15:57 A Cognitive-Emotional Model to Explain Message Framing Effects: Reducing Meat Consumption
Valentina Carfora
- 16:05 Lyme Disease Social Representations After a Tick-bite: How Do Patients Attribute Their Post-bite Health Problems?
Costanza Puppo

Health behaviour change interventions

- 15:25 Health behaviour change interventions for heart failure self-care: a theory-based manual
Amanda Whittal
- 15:33 A tailored intervention to reduce the transmission risk of antimicrobial-resistant bacteria through food handling
Vivianne Visschers
- 15:41 An educational video and risk message to reduce consumers` risk of antimicrobial-resistant bacteria in food
Claudia Freivogel
- 15:49 S.A.I.N.T.S.: Co-development and delivery of the MAP behaviour change training in St Helena
Wendy Maltinsky
- 15:57 Evaluation of evidence-based and population-tailored behaviour change interventions in the context of humanitarian aid
Miriam Harter
- 16:05 Selecting relevant socio-cognitive determinants for interventions on adult 24-hour movement behaviours using the CIBER approach
Ann DeSmet

Coping and adjustment to Chronic Disease

- 15:25 Exploring understandings of cystic fibrosis patients and their spouses' parenthood experiences through focus groups
Anne Jacob
- 15:33 Fading effect of positive reappraisal: A Measurement-Burst Diary Study among People Living with HIV
Ewa Gruszczynska
- 15:41 Endometriosis and infertility : psychological impact on couples
Josephine Klinkenberg
- 15:49 A thematic analysis: experiences of being identified with pathogenic variants in BRCA1/2 in Ireland
Nikolett Warner
- 15:57 HIV coping strategies in French Guiana : a qualitative approach in health psychology
Anne-Sophie Petit
- 16:05 Early life environmental unpredictability predicts vulnerability to pain in adulthood
Eszter Simon
- 16:13 The impact of Naluri app on depression, anxiety and quality of life among cardiac patients
Darlina Fadil Azim

Health, families, and children

- 15:25 Parental Self-Efficacy as a Predictor of Children's Nutrition
Ricarda Möhler
- 15:33 Being a Parent of a Child with Down's Arthritis- An Interpretative Phenomenological Analysis
Kelly McDonagh

- 15:41 How partnership, reproduction, and housing life courses are linked to mental and physical subjective health
Laura Altweck
- 15:49 The Influence of Parental Self-Efficacy Expectations on Children's Physical Activity and Media Behavior
Katrin Kieslinger
- 15:57 Preventing and reducing Parental Burnout: Effects of Cognitive Behavioral Stress Management and Positive Psychology interventions
Agata Urbanowicz

Digital health behaviour interventions

- 15:25 Digitisation and health-related behaviour: Results of a nationwide survey in Germany
Tina Jahnel
- 15:33 Towards personalised digital health interventions: clustering method of action and coping plans to promote PA
Helene Schroé
- 15:41 What goes on in DBCIs for weight loss maintenance targeting physical activity: A Scoping Review
Jorge Encantado
- 15:49 A feasibility randomised controlled trial evaluating a context aware smoking cessation app (Quit Sense)
Aimie Hope
- 15:57 Germ Defence digital behaviour change intervention to reduce the spread of viruses in the home
Sascha Miller
- 16:05 Breast cancer survivors' and main carers' perspectives on the acceptability of internet-delivered cognitive behavioural therapy
Selin Akkol-Solakoglu
- 16:13 Attitudes towards health, healthcare, and eHealth in a disadvantaged neighborhood: A community-based participatory research approach
Jasper Faber

Health and wellbeing in the workplace

- 15:25 Intensified job demands as a risk for stress of conscience: Nurses experiences during organizational change
Mikko Heikkilä
- 15:33 ACT in the workplace: A meta-analytic examination of randomized controlled trials
Irina Unruh
- 15:41 Psychometric validation of the Italian version of Edmondson's Psychological Safety Scale in the organizational context
Mariantonella Todaro
- 15:49 Alcohol prevention at the workplace and its impact on selected health outcomes
Laura Bielefeld
- 15:57 Investigating Sedentary Office Workers Movement in Varied Workplaces: A Qualitative Exploration
Kailas Jenkins
- 16:05 An exploration of COVID-19 related psychological distress among frontline healthcare workers in Ireland and Italy
Laura O'Connor
- 16:13 Beyond the physical risk: Psychosocial impact and coping in healthcare professionals during the COVID-19 pandemic
Theodora Fteropoulli

Doctor-patient and public health communication

- 15:25 Physiological linkage during doctor-patient interactions in oncology
Marta Vigier
- 15:33 Measurement of person-centred consultation skills in practitioners: a systematic review of reviews of validated studies
Anne van Dongen

- 15:41 Pediatric oncologists' difficulties related to context when announcing resistance to anti-tumor treatments: A qualitative study
Johanna Terrasson
- 15:49 Factors Influencing the General Public's SDM Involvement, Perceived Patient-Centered Communication Style, and Medical Treatment Satisfaction
Ju-Chun Chien
- 15:57 Healthcare providers' views on medication adherence across chronic health conditions: A Qualitative Study
Angelos P. Kassianos
- 16:05 Using routinely-collected health data to investigate automatic cognitive processes in clinical behaviour: a scoping review
Nicola McCleary

16:30 - 17:30 EHPS Members Meeting

Tuesday, 24 Aug

9:30 - 11:00 SIG N-of-1

9:30 - 11:00 SIG Equity, Global Health, and Sustainability

11:00 - 11:05 Short break (5 mins)

11:05 - 12:35 Parallel Sessions: Oral Presentations

Individual differences in health behaviour

- 11:05 Barriers and Facilitators to Physical Activity at Midlife: A Systematic Review
Sinead Bracken
- 11:17 OBJECTIVE and Subjective Impulsivity Differentially Moderate Within- and Between-Person Associations between Exercise and Drinking
Laian Najjar
- 11:29 Identification of psychological profiles among overweight patients: what links with depression and well-being?
Natalija Plasonja
- 11:41 Emotion regulation and perfectionism: The mediating role of different eating patterns on eating disorder symptoms
Tamara Mohoric
- 11:53 Trait vs. state sensitivity to physiological signals of satiation and hunger: Two construct validity studies
Aikaterini Palascha
- 12:05 Compliance to ecological momentary assessment as behavioural indicator of psychopathology: Results from a representative sample
Hanna Reich
- 12:17 Who practices mindfulness after an intervention? Latent profile analyses of social cognitive responses
Marguerite Beattie

Interventions in Chronic Disease

- 11:05 A psychosocial intervention for individuals with chronic kidney disease: a pilot randomised controlled trial
Zoe Jenkins
- 11:17 Pilot of an intensive community-based intervention for people with type 2 diabetes in Kupang, Indonesia
James Green
- 11:29 Personalised adherence intervention improves photoprotection amongst adults with Xeroderma Pigmentosum: results from the XPAND trial
Jessica Walburn
- 11:41 Let's not reinvent the wheel- adapting the Adherence improvement self-management Strategy (AIMS) to Heart Failure
Joëlle Dam
- 11:53 Does self-compassion facilitate change in psychological functioning and well-being 12 months after bariatric surgery?
Johanna Pyykkö
- 12:05 Does acceptance of disability help improving psychological well-being among mobility impaired individuals?
Laura Alčiauskaitė
- 12:17 Factors associated with uptake and adherence to a VLCD in non-alcoholic fatty liver disease patients
Leah Avery

Caregivers' outcomes and well-being

- 11:05 Do informal caregivers expect to die earlier?: Findings from a population-based, longitudinal study from Germany
Larissa Zwar
- 11:17 Quality of life among lymphoma patients' natural caregivers
Dylan Muccia
- 11:29 Emotio-spatial distances in informal care: Evidence from a cross-sectional study in Israel
Eva Bei
- 11:41 Sleep characteristics among informal caregivers of stroke survivors: duration, satisfaction and quality
Filipa Teixeira
- 11:53 The use of intensive longitudinal methods in informal dementia care: a scoping review
Pierre Gérard
- 12:05 Interventions in Europe to support healthcare professionals after the occurrence of adverse events
José Joaquín Mira
- 12:17 Impact of social support on hospitalisation risks, unplanned readmission and post-discharge mortality in chronic diseases
Lucy Bayer-Oglesby

COVID-19 related perceptions and behaviour

- 11:05 Health Anxiety, Coping Strategies, and Psychological Well-being of Covid-19 patients and inpatients: A Longitudinal Study
Selin Karaköse
- 11:17 News media framing of vaccination uptake and herd immunity: a content analysis
Aleksandra Lazic
- 11:29 Exploring the barriers and facilitators of physical distancing in the context of the COVID-19 pandemic
Karen Farrell
- 11:41 Adherence to physical distancing guidance in Ireland: A nationally representative analysis from the iCARE study
Hannah Durand
- 11:53 Exploring factors associated with COVID-19 vaccine intention to inform public health interventions in England
Vivi Antonopoulou
- 12:05 Implementing the 'Germ Defence' digital behaviour-change intervention using rapid person-based optimisation methods
Ben Ainsworth
- 12:17 What does it mean to choose health? A photo elicitation study
Iga Palacz-Poborczyk

Risk communication and health behaviour

- 11:05 Evidence-based vs. promoting vaccination information material: Does it matter for risk appraisals?
Leonie Otten
- 11:17 Faking Self-Reports: A Serious Threat in the Assessment of Health Behavior
Viktoria Egele
- 11:29 Optimising the delivery of breast cancer risk estimates to women aged 30-39 years
Sarah Bellhouse
- 11:41 Effect of antibiotic resistance messages and their framing on the reduction of inappropriate antibiotic expectations
Miroslav Sirota
- 11:53 The effect of risk knowledge and risky behaviours on cervical screening attendance
Sue Sherman
- 12:05 Development of a PtDA integrating risk information supporting SDM about personalised surveillance after breast cancer
Jet W. Ankersmid

- 12:17 Experiences of medication reviewing in Primary Care – Lessons for optimization of a multimorbidity intervention
Lisa Hynes

COVID-19

- 11:05 Socioeconomic differences in COVID-protective behaviours: Differential effects of Reasoned Action Approach constructs for multiple behaviours
Mark Conner
- 11:17 Physical distancing intervention: Increasing intentions through a self-efficacy manipulation in the CHARIS project
Chantal den Daas
- 11:29 Lifestyles and sociodemographic predictors of adherence to COVID-19 restrictions in fragile patients
Roberto Capelli
- 11:41 Prevalence of psychological distress among healthcare workers in Ireland and Italy during the COVID-19 pandemic
Jack Flynn
- 11:53 Occupational stress and health during the Covid-19 pandemic: mediating effects of work-related rumination
Louisa Pavey
- 12:05 Quality of working life during COVID-19: a test of the Job Demands Resource model
Renato Pisanti
- 12:17 Understanding COVID-19 vaccination intention: the role of anticipated affective reactions
Miriam Capasso

12:35 - 12:45 Short break (10 mins)

12:45 - 13:45 Keynote Lecture: Mariët Hagedoorn
How to deal with the “Informal Care Gap”? Transdisciplinary perspectives on sustainable informal care

13:45 - 14:15 Break - Networking (30 mins)

14:15 - 15:15 Parallel Sessions: Roundtables and Lab Series

Roundtables

- 14:15 Paving the Way for Health Climate Action: The role of Health Psychology
Marieke Adriaanse, Vera Araujo Soares, Susan Michie, Paquito Bernard, Rob Ruiter
- 14:15 Using app stores and innovative trial designs to evaluate and optimise health behaviour change apps
Claire McCallum, Sebastian Potthoff, Leah Bührmann, Olga Perski, Amit Baumel, Dominika Kwasnicka, Gill ten Hoor

Lab Series

- 14:15 Benefits and Risks of Optimizing Reproducibility and Transparency of Data and Analyses in Qualitative Research
James Green, Tracy Epton, Kristina Newman, Szilvia Zorgo, Gjalt-Jorn Peters, Jenny Mc Sharry, Karen Matvienko-Sikar
- 14:15 Evaluation and Population Health Impact of Digital Health Interventions
Julian Wienert, Tina Jahnel, Benjamin Schüz

15:15 - 15:25 Short break (10 mins)

15:25 - 16:55 Parallel Sessions: Oral Presentations

Health behaviours in time

- 15:25 Donor career development – how past behaviour influences future blood donation intention
Klara Greffin

- 15:37 The Temporal Dynamics of Sitting Behavior
Pam ten Broeke
- 15:49 The change-readiness model: A grounded behaviour change theory
Marianne Therese Smogeli Holter
- 16:01 Practice makes perfect: Repeatedly dealing with self-control conflict facilitates its resolution
Marleen Gillebaart
- 16:13 Daily associations of intrinsic reward, anticipated regret, and self-efficacy with automaticity across 12 weeks
Sally Di Maio
- 16:25 Association between self-esteem and weight change depends on initial weight status in a general population
Sandrine Peneau

Individual differences in coping with health issues

- 15:25 The hoax conspiracy as a soothing but maladaptive escape from the COVID-19 pandemic reality
Philipp Schmid
- 15:37 Positive psychological traits are associated with dietary behavior during the COVID-19 lockdown
Margaux Robert
- 15:49 Risk factors for anxiety and depression: a population-based study
Camilla Hakelind
- 16:01 Coping with recent COVID-19 deaths: A Qualitative Study with grieving family members in Italy
Lorenza Entilli
- 16:13 Exploring the needs of spousal and adult children informal caregivers: A mixed-method systematic review
Srishti Dang
- 16:25 The role of consumption and reward simulations in the motivation for sugar-sweetened beverages
Almudena Claassen
- 16:37 Insights into dynamic association between physical symptoms and affect from longitudinal data in inflammatory arthritis
Hsiu Yen Tung

Contextual factors affecting child and adolescent health behaviours

- 15:25 Media Influence Components as Predictors of Children's Body Image and Eating Problems
Jolien De Coen
- 15:37 The role of others – effects of group composition in the treatment of childhood obesity
Andrea Zumbunn
- 15:49 Behaviour change interventions improve maternal and child nutrition in sub-Saharan Africa: systematic review
Daniella Watson
- 16:01 A qualitative investigation of the health behaviours of young children from refugee families: Photo Elicitation
Maha Alsubhi
- 16:13 A meta-analysis of the parental social-cognitive correlates of oral hygiene behavior in preschoolers
Stephanie Smith
- 16:25 The Communities That Care Youth Survey: Unidimensionality and predictive power of risk factors in Germany
Maren Reder
- 16:37 What groups of measures would promote healthy early childhood development in marginalized Roma communities?
Shoshana Chovan

Quality of life in context

- 15:25 The impact of unemployment and childbirth on trajectories of life satisfaction in different social contexts
Stefanie Hahm

- 15:37 Posttraumatic Growth and Quality of Life in Fathers of Children with Special Needs
Gulsen Filazoglu Cokluk
- 15:49 Mechanisms behind the association between fear of falling and quality of life in old age
Greta M. A. Steckhan
- 16:01 Quality of life dimensions in clinical care of breast cancer survivors: a Delphi study
Urška Smrke
- 16:13 Assessing wellbeing in early life using retrospective recall: the example of addicts in recovery
Emily Arden-Close
- 16:25 "Everything was destroyed": Resilience of older adults with disabilities during hurricane Maria in Puerto Rico
Mariana Guzzardo
- 16:37 Life on a temporary surface; A qualitative study on loneliness among highly skilled migrants
Neda Bayat

eHealth and COVID-19

- 15:25 #StrongerTogether: Utilizing health behavior and technology acceptance models to predict adoption of COVID-19 tracing apps
Samuel Tomczyk
- 15:37 Development of an app-based behavior change intervention to promote hand hygiene during a pandemic
Melanie Amrein
- 15:49 Short- and longer-term effects of a brief online intervention on handwashing during the COVID-19 pandemic
Noemi Lorbeer
- 16:01 A pilot randomised controlled trial exploring feasibility of online expressive writing during the COVID-19 pandemic
Daisy McInerney
- 16:13 Engagement with online fitness videos on YouTube and Instagram during COVID-19: a longitudinal study
Wuyou Sui
- 16:25 Feasibility Randomised Controlled Trial of the Hope Programme for Parents of Autistic Children during COVID-19
Kim Bul

Persuasive and informative health communication

- 15:25 Ambivalent attitudes and the intention to undergo Whole Genome Sequencing
Efrat Neter
- 15:37 Consuming media, consuming food: A time-use diary survey on TV viewing and concurrent food intake
Monique Alblas
- 15:49 Developing an online decision-aid and CenteringPregnancy intervention promoting informed decision making about maternal pertussis vaccination
Charlotte Anraad
- 16:01 The impact of sharing life events and current issues on decision-making for breast reconstructive surgery
Lorelle Dismore

Wednesday, 25 Aug

9:30 - 11:00 SIG Habit: Theory and Application

9:30 - 11:00 SIG Digital Health and Computer Tailoring

11:00 - 11:05 Short break (5 mins)

11:05 - 12:35 Parallel Sessions: Posters

Health behaviour and theory

Changing social norms are a stronger predictor for health behavior than static social norms
Sabrina Stöckli

Differences in exercise motives of University of Zagreb students with regarding leisure-time physical activity level
Janko Babic

Identity mechanisms and interventions in the context of smoking and physical-activity: a scoping review protocol
Kristell M. Penforinis

Beliefs about Healthy Sleep Habits in Adults With and Without Diabetes: A Reasoned Action Approach
Lydi-Anne Vézina-Im

Snack consumption among young people. Eating style and the theory of planned behavior
Luigina Canova

Scoping review of theories and classification systems of multiple behaviours and goals in behavioural science
Carolina C. Silva

The need for support in engaging in physical activity among patients with cancer in Japan
Tomoko Matsui

The influences of dietary lifestyles and environments on the intention-behavior consistency
Shoji Ohtomo

Middle school students' attitudes toward the HPV vaccine and psychological antecedents of vaccination
Catherine Juneau

Weight-related health beliefs in adolescents and young adults
Radina Stoyanova

Sense of coherence and somatic symptoms
Ivana Marcinko

Motivational predictors of physical activity in women with fibromyalgia
Sofía López-Roig

Cultural differences in Physical Activity: The Effect of Goal Orientation and Basic Psychological Needs
Duygu Gurleyik

FOODLIT-PRO: Conceptual and empirical development of the Food Literacy Wheel
Raquel Rosas

Self-regulation and health and interventions in Chronic Illness

On the changeability of subjective illness perceptions and stigmatising attitudes towards mental health problems
Thomas McLaren

Overcoming goal obstacles in chronic pain: Exploring the role of goal characteristics and obstacle features

Monika Hricová

Role and group identity and adjustment to running group disbandment

Sasha Kullman

Aspirin non-adherence in pregnant women at risk of preeclampsia (ANA): a qualitative study

Raya Vinogradov

Evaluating the influence of symptom-monitoring on menopausal health outcomes: a systematic review and meta-analysis

Robin Andrews

iHOPE for PCOS: Qualitative evaluation of an online peer support intervention for polycystic ovary syndrome

Carol Percy

Emotional and cognitive processes in psychological interventions for children with chronic physical conditions

Mareike Kaemmerer

Which behaviors are targeted in self-care interventions for patients with hypertension?

Heleen Westland

Developing an intervention to improve type 2 diabetes care for people with severe mental illness

Tracey Dorey

Self-regulation in sustainable food purchases: The role of motivation, self-control and depletion

Natasha Auch

Coping with chronic illness

Medication Adherence in Chronic Conditions: A Scoping Review of Barriers, Facilitators and Interventions

Maria Karekla

Development of the Patient-Reported Impact of Dermatological Disease (PRIDD) measure: a concept elicitation study

Rachael Pattinson

Couples facing the honeymoon period of Parkinson's disease: a qualitative study of dyadic functioning

Charlotte Manceau

Differences between three groups of neurological patients regarding their adherence to medication

Gabriele Helga Franke

The relationship between depression, anxiety and quality of life in patients with inflammatory bowel disease

Michal Bártek

Psychosocial Functioning of Vitiligo Patients in the Face of Stigmatization: A systematic review

Simona Lysáková

Being a person or being a patient: adaptive resources in long-term survivors after heart transplantation

Anna Mierzynska

Living with cystic fibrosis: patients' experiences of diagnosis in adulthood

Nisha Sharma

A Qualitative Analysis of Psychosocial Adjustment Process of Veteran Soldiers with Amputation

İrem Berna Güvenç

Management of the disease by osteoporotic patients

Laura Lepage

Exploring personality and coping strategies in chronic pain patients

Morana Radman

Supported self-management in asthma reviews: a mixed methods observational study nested in the IMP2ART programme

Emma Kinley

THEORETICALLY informed education to support asthma self-management in primary care: part of the IMP2ART programme
Kirstie McClatchey

The impacts of COVID-19 lockdown on mental health in patients with Inflammatory Arthritis
Melissa Sweeney

Youth and family mental health

Positive youth development and mental health of Bulgarian adolescents
Anna Alexandrova-Karamanova

How to establish supportive peer relationships: a qualitative study with early adolescents
Ina Kramer

Social discourse and stigmatisation as a barrier to a child and adolescent mental health services
Zuzana Dankulincova Veselska

Prevalence of mental disorders in youth with chronic skin conditions: A systematic review and meta-analysis
Clodagh Flinn

Parental rejection and social appearance anxiety: The mediating role of self-concept clarity
Celia K. Naivar Sen

Parental Health Status and Adolescents' Psychological Distress: The Role of Parentification
Cliff Yung-Chi Chen

Intergenerational transmission of posttraumatic orientation to bodily signals within mother-daughter dyads
Noga Tsur

Mindfulness mediates the relationship between parenting stress and relationship satisfaction
Julia Eggermann

Relationship satisfaction and depression in patient-partner dyads: longitudinal associations
Karolina Lobczowska

Economic status and depression: Mediating role of self-rated health in students during the COVID-19 pandemic
Dominika Ochnik

Quality of life in community and clinical populations

Loss of self or an internal struggle? Investigating experiences of depression in Greek-Cypriot patients
Maria Orphanidou

Relationship between suicidal ideation and self-rated health indicators in general population
Nijole Gostautaitė Midttun

Family and non-family intergenerational relationships: implications for students' subjective health, life satisfaction and psychological well-being
Olga Strizhitskaya

The role of school climate in Jordanian high school students' life satisfaction
Abdullah Alshammari

Reconceptualization of quality of life due to the lockdown among women with or without cancer
Stéphéline Ginguéné

How emotional intelligence and emotional skills are linked with well-being, health, work ability and recovery?
Taina Hintsä

Is work-life balance important for Portuguese adults' productivity?
Bárbara Pinheiro

Effects of brief mindfulness program for medical students
Etsuyo Nishigaki

Positive Well-Being in Heart Failure Patients
Katarzyna Piotrowicz

Sexual quality of life of cancer patients
Florence Sordes

A qualitative meta-synthesis examining spirituality as experienced by individuals living with terminal cancer
Lucy Hayden

Utilizing Interpretative Phenomenological Analysis in Researching Sexual Health: Working with Women at Temporary Shelters
Anna Alexandrov

Social support, caregiving, and health

Inclusion of Illness in the self among cardiac patients and their caregiving partners
Shira Galin Soibelman

Communal Motivation to Provide Care: Evidence from a Multinational iCohort Study on Informal Care
Giulia Ferraris

The place of sick peers in adolescents and young adults with cancer. Preliminary quantitative results
Jeff Phan

Health and psychosocial correlates of being a spouse carer of a person with dementia
Marcus Falk Johansson

People living with type 2 diabetes in Pakistan: Nutritional practices and family roles
Omama Tariq

Adjustment and maintenance of couple relationships following a spinal cord injury
Luned Mair

Life Review Intervention Among Patients In Palliative Care
Constance Garrouteigt

Psychosocial, pregnancy and delivery characteristics of mothers at risk of postpartum depression
Lubica Banovcinova

Feasibility of a multi-modular program for pediatric brain tumor survivors: what is their experience ?
Lucille Karsenti

Stigma Toward Smoking Pregnant Women in the French General Population. A Qualitative-Mixed Approach
Deborah Loyal

Understanding and protecting employee health and wellbeing

Shift working nurses with symptoms of depression report insomnia, hyperarousal and lower circadian rhythm amplitude
Katarzyna Gustavsson

Burnout among healthcare workers at the Ljubljana Division of Internal Medicine's Geriatric Medicine Center
Nataša Dernovšek Hafner

Understanding the etiology of workaholism: results of a systematic review
Modesta Morkevičiūtė

Pilot study of a communication skills program for home-visit helpers
Noriko Watanabe

Development of best practice guidelines for frontline healthcare workers: A novel Delphi approach
Cathal Ffrench

Health psychology meets biomechanics: Does work context matter for self-regulation, physical activity and back health?
Nina Lederle

Effects of self-care and communication skills training on employees in mid-level management positions
Rie Ishikawa

Mindfulness and compassion training for clinicians: a qualitative study
Clémence Brun

'Dear Doctor': Results from a randomised controlled trial to reduce burnout in trainee anaesthetists
Alix Brazier

Defining emotional competencies of Artists in Healthcare: Development of a Competency Framework
Anatoli Karypidou

12:35 - 12:45 Short break (10 mins)

12:45 - 13:45 Parallel Sessions: State of the Art Lectures and Lab Series

State of the Art

12:45 Dyadic Health Behavior Change: Potential and Pitfalls
Corina Berli

13:15 What are (be)friends for? The impact of befriending services on health: A dyadic analysis
Eimile Holton

13:27 Planning in context: dyadic and individual planning for physical activity in obese individuals' daily diaries
Lea O. Wilhelm

Lab Series

12:45 Show and tell: Learning and doing translational health psychology together
Jo Hart, Lucie Byrne-davis, Paul Chadwick, Danielle D'Lima, Sarah Hotham, Wendy Maltinsky

12:45 Providing care for care providers: innovative eHealth solutions across Europe
Srishti Dang, Mariët Hagedoorn, Giulia Ferraris, Milica Petrovic, Leva Biliunaite, Sofia Bastoni

13:45 - 14:15 Break - Networking (30 mins)

14:15 - 15:15 Parallel Sessions: Symposia

Planetary Health: The need for integrating insights from health psychology and environmental communication

14:15 Opening
Eline Smit

14:20 Promoting climate action using fear appeals: addressing collective efficacy
Marieke Adriaanse

14:30 Stimulating Sustainable Food Choices Using Virtual Reality: Taking an Environmental vs Health Communication Perspective
Marijn Meijers

14:40 Who accepts nudges? A scenario study exploring acceptability of nudges targeting healthy and sustainable eating
Laurens van Gestel

14:50 The potential of virtual reality to stimulate healthy and environmentally friendly food consumption among children
Eline Smit

15:00 Discussion
Heide Busse

Measurement and other methodological challenges for health psychology research in low resource and cross-country settings

14:15 Barriers to collecting longitudinal data in a public health setting in South Africa
Rizwana Roomaney

14:25 Reflections on conducting qualitative interviews with couples in South Africa (SA) to inform intervention optimisation
Katherine Morton

14:35 Measuring psychological ownership in the context of health related infrastructure in India
Benjamin Ambuehl

- 14:45 Dyadic health psychology theory and methods to explain protective maternal health behavior in Nepal
Vica Marie Jelena Tomberge
- 14:55 Similar or different? A quantitative, comparable assessment of food cultures across ten countries
Gudrun Sproesser
- 15:05 Discussion
Lucie Byrne-Davis

Co-designing health behaviour change interventions face-to-face and remotely: involving target groups to maximise effectiveness

- 14:15 Virtual poll
Katie Robb
- 14:16 Co-design with multiple stakeholders: developing a health literacy intervention for new parents
Julie Ayre
- 14:27 Involving young adults with type 1 diabetes in intervention refinement and piloting: the D1Now study
Eimear Morrissey
- 14:38 Co-designing lung screening information with people from low-resource neighbourhoods: Community workshops and remote design interviews
Lauren Gattling
- 14:49 Co-creating a faith-based intervention for Muslim women to reduce cancer screening barriers: participatory online workshops
Marie Kotzur
- 15:00 Discussion
Lesley McGregor

Making the most of what we know about behaviour change: Challenges and opportunities

- 14:15 Behavioural theories: An ontology-based modelling system for integration
Susan Michie
- 14:30 Making the most of behavioural evidence: Development of an ontology of human behaviours
Marie Johnston
- 14:45 Linking Measures to Mechanisms of Action: An Expert Consensus Study
Talea Cornelius
- 15:00 Discussion
Molly Byrne

Health behavior models and the COVID-19 pandemic

- 14:15 Introduction
Olivier Luminet, Nadine Berndt
- 14:17 Predicting physical distancing over time during the COVID-19 pandemic
Kyra Hamilton
- 14:29 Cognitive and Emotional Determinants to predict Handwashing and Limitation of Social Contacts
Olivier Luminet
- 14:41 Using Core Processes to explore the determinants of university students' adherence to COVID-19 guidelines
Tugce Varol
- 14:51 No party, stay home. Impact of COVID-19 on drug behaviour among recreational users in Luxembourg
Nadine Berndt
- 15:03 Discussion
Rik Crutzen

The potential of digital technologies for understanding and changing eating behavior

- 14:15 Comfort eating: An observational study of affect in the hours immediately before, and after, snacking
Stuart G. Ferguson
- 14:27 Colourful meals are healthy meals: Results from a smartphone-based Ecological Momentary Assessment
Laura König
- 14:39 Quality over quantity: Increasing need-supportive communication in online support groups via a brief intervention video
Michael Kilb
- 14:51 User engagement with app-based food Go/No-Go training and dietary intake: An opportunistic observational study
Matthias Aulbach
- 15:03 Discussion
Daniel Powell

15:15 - 15:25 Short break (10 mins)

15:25 - 16:55 Parallel Sessions: Posters

Health-care communication from patients' and physicians' perspectives

How oncologists experience the announcement of treatment resistance? The one who announced the breaking news
Aude Rault

From risk communication to lifestyle modification -the importance of interaction between cognition and emotion
Elin Andersson

The diagnosis of neuromuscular disease in adulthood through communicative processes and its psychological experience
Bettina Beaujard

Impact of an Informational Care Resource on Patient Perceptions of Care/Rehabilitation following a Spinal Cord Injury
Kate Jobbins

The agreement between patients' and doctors' perspectives of doctors' communication skills : A dyadic analysis
Zuzanna Kwissa-Gajewska

Value based health care in a psycho-social perspective: A systematic literature review
Leda Marino

Online Assessment as an indicator for Case Management. When is Case Management really needed?
Wim Nieuwenboom

Instrument development and psychometric quality

How to increase heart rate variability based on breathing exercises?
Laura Caton

The Self-efficacy Scale for physical activity in women with fibromyalgia
María-Ángeles Pastor-Mira

Assessment method of physical inactivity (Hypodynamia questionnaire) – development and application
Olena Lutsenko

Slovak version of the Edinburgh Postnatal Depression scale- psychometric properties and factor structure
Zuzana Škodová

A Scoping Review of Methods used to assess Medication Adherence in Patients with Chronic Conditions
Pinelopi Konstantinou

“Basic Psychological Need Satisfaction and Frustration Scale”: validation of a French adaptation in health context
Stephanie Mussel

The Activity Patterns Scale structure in patients with fibromyalgia: A confirmatory factor analysis approach

Fermin Martinez-Zaragoza

Polish Adaptation of the Stress Mindset Measure (SMM): A Reliability and Validity Study

Dorota Mierzejewska-Floreani

Developing a standardised measure of psychological safety

Liza Morton

Validation of a Pandemic Fatigue Scale in a sample of Portuguese adults

Maria C. Ferreira

Health behaviour change interventions

Addictive disorders: Horse Assisted Therapy as a creative behavior change intervention

Charlène Leconstant

Effects of three types of planning interventions on self-reported planning: A validation study

Ewa Kulis

Motivation by communication? A systematic review on brief motivational interviewing interventions targeting physical activity

Lara Thiel

A randomised controlled trial to promote walking behaviour among university students

Daniela Caso

Sedentary behavior and depression in patient-partner dyads: longitudinal associations

Maria Siwa

Perceived peer drinking norms in elite rugby men before and after an alcohol intervention

Aude Rault

Effectiveness of an intervention to reduce adolescents' sedentary behaviour using a participatory approach

Veerle Van Oeckel

InterMob: a randomized controlled intervention targeting a more active and sustainable mobility in France

Claudia Teran Escobar

Changing Behaviors: preventing Injuries using Theory-based Techniques (ChaBITT). Preliminary investigations in elite women team sports

Alexis Ruffault

Increase in HPV Vaccination Rate: Using a Planning Technique and Anticipated Regret

Aurélie Gauchet

Tackling physical inactivity through social prescribing: Developing and piloting a training package for Link Workers

Sarah Hotham

How and why do we prepare? An approach to forest fire preparedness from health psychology

Paola Cerdón

Individual differences impacting health

A case-control study on physical activity preferences, motives and barriers in patients with mental disorders

Martin Kopp

Why loneliness matters?

Júlia Švecová

The relationship among Quality of Life, character strengths, and physical activity experiences in Japanese children

Shintaro Endo

Conscientiousness and self-perceived and calculated life expectancy

Yusuke Takahashi

Men's health behaviour obstructed: The role of social identification with men and proving one's masculinity
Aster Van Rossum

Relationship between smartphone addiction and flow experience among Japanese university students
YUSUKE KIYONO

Profile of adults seeking voluntary HIV testing and counseling in Portugal
Eleonora C. V. Costa

Self-compassion's relationship with cardiovascular disease risk factors in community women: Depression, physical inactivity and frailty
Brittany Semenchuk

Factors influencing family decision about organ donation of a deceased relative in emergent donation procedures
Jorge S. López Martínez

Youth and family health

Sexual behavior in women attempting pregnancy
Julia Roseman

The effectiveness of weight-loss interventions for improving fertility in women and men: systematic review update
Emma Hunter

Happy meals are healthy meals: Family mealtime routines and their relation to child nutritional health
Vanessa Knobl

Differences in perceptions of obesogenic environment between parent-child dyads with excessive and normal body mass
Karolina Zarychta

Body composition and family affluence contribute to difference between self-reported and measured weight
Viktoryia Karchynskaya

Is sufficient physical activity and good health associated with cardiorespiratory fitness among adolescents?
Jaroslava Kopicakova

Associations between asthma and traumatization in childhood
Martina Petrikova

Anxiety in young adults before dental surgical procedures and its effect on postoperative pain intensity
Radka Massaldjieva

Young adults' attitudes towards people with depression: gender matters
Kristina Žardeckaitė-Matulaitienė

Gender-based stereotypes, the family environment, and food intake among adolescents in Costa Rica
Benjamin Reyes Fernandez

eHealth and mHealth

Increasing self-regulation technique use in a health app with reminders and feedback: Factorial N-of-1 RCT
Johanna Nurmi

Exploring behavioural predictors of psychological distress among adults with and without diabetes using digital phenotyping
Amy Mc Inerney

Online Self-Care Training Programme to reduce Burnout and promote Work Engagement in Psychologists: MAGO Study
Pablo Hernández Lillo

Validation of the Digital Literacy Scale with both Portuguese adolescents and adults
Mónica M. Dias

An evaluation of a functionality based positive body image intervention in students
Eglė Urvelytė

Individual and environmental determinants of physical activity and sedentary behavior: an ecological momentary assessment
Julie Delobelle

What Do You Find When Searching for Online Cancer-Related Information: Two Experimental Studies
Saba Chopard

The degree of self-imposed goal achievement and levels of attainment within family members in SMARTFAMILY
Kathrin Wunsch

Fitbit's accuracy to measure short bouts of physical activity and sedentary behavior: a validation study
Elieen Lebuf

Older adults' experiences and perceptions of immersive virtual reality: a systematic review and thematic synthesis
David Healy

The road from interviews and focus groups to a digital eHealth tool
Anne Looijmans

Who moves how, when, where and with whom? A scoping review of relevant ontologies
Maya Braun

Stress, physiology and health

On the effect of cardiac interoceptive biofeedback on interoceptive abilities and emotion regulation
Georgios Karanassios

Effects of a cardiac interoceptive biofeedback training on interoceptive abilities and stress
Christine Schillings

The role of anxiety in changes of dietary behaviour among acute coronary syndrome patients
Francesca Brivio

Affective Cognitive Flexibility predicts Examination Stress
Elise Grimm

Opposing emotion-mediated effects of stress on body mass index for healthy- and over-weight Latvians
Ieva Salina

Adult attachment styles and tolerance to distress
Mária Kénesy Túnyiová

Physiological pain regulation and the buffering effect of social support in patients with chronic pain
Marie Neubert

Minority stress, ways of coping with stress and depression in non-heterosexual persons in Poland
Patrycja Stawiarska

Facets of COVID-19 stress and their relationship to various aspects of well-being
Christina Saalwirth

Psychological predictors of stage fright in the health context
Helena Wrona-Polanska

ROOM COVID-19 Session

Investigating associations between health beliefs and COVID-19 vaccine hesitancy in Ireland
Ailbhe Lawlor

Containment measures against COVID-19 in Italy: the role of Protection Motivation and Values
Cristian Di Gesto

Title: Emotional Distress, Treatment and Lifestyle Adherence Among People With Diabetes During the COVID-19 Pandemic
Evelyn Heckenberger-Nagy

Protecting children's wellbeing during public health emergencies: positive parental communication strategies about the COVID-19
Alessandro Pepe

Quality of Life and Psychological Resilience of Turkish Psychologists in Times of the COVID-19 Pandemic
Feride Alkan

Covid-19 stress, burnout and risk perception among health and social care workers in Scotland
Nicola Cogan

Trajectories of depression in Japanese undergraduates during COVID-19
Mayuko Matsumoto

Cognitive Emotion Regulation Strategies in the Relationship between the Fear of Covid-19 and Psychological Distress
Hatice Nur Koçak

Substance Use During the Covid-19 Pandemic: The Role of Covid-19 Fear, Emotion Regulation and Loneliness
Selin Işık

Disordered eating symptoms and body image among Polish women with different levels of COVID-19-related stress
Kamila Czepczor-Bernat

Prenatal mental and physical health, health behaviours, and maternity care experiences during the COVID-19 pandemic
Johanna Pope

Psychological challenges and the coping strategies during COVID-19 in 2020: A systematic review
Manissha Vijayan

The effects of physical activity on the psychosocial well-being of Italians during the Coronavirus lockdown
Anna Rosa Donizzetti

Short-term psychological outcomes in post Covid-19 patients
Luca Ranucci

Thursday, 26 Aug

9:30 - 11:00 SIG Open Science

9:30 - 11:00 SIG Practical Health Psychology Blog Meeting

11:00 - 11:35 Networking

11:35 - 12:35 Parallel Sessions: Give me 5 Minutes

Exercise, nutrition, and risky health behaviours explained through the prism of health behaviour change models

- 11:35 Nutrition information-seeking practices as a double-edge sword in female college students
Mika Omori
- 11:43 Measuring Food-Related Attentional Bias
Stefania Franja
- 11:51 Evaluative bias and self-regulatory control contribute to soft drink consumption
Joshua McGreen
- 11:59 Associations between early adversity, (risky) health behaviours and the discounting of future misery
Jeanette Hadaschik
- 12:07 Psychosocial determinants of intention to use non-prescribed stimulants among N.Irish students: an integrated theoretical approach
Emma Berry
- 12:15 Positive relationship with eating: associations with weight management and food intake
Cynthia Sob

Health behaviour change interventions

- 11:35 'Let's Eat Healthy' obesity-prevention intervention to improve eating behavior for low-income children in South Korea
Jiyoung Park
- 11:43 Effect evaluation of a participatory developed healthy sleep intervention for adolescents
Ann Vandendriessche
- 11:51 Developing an intervention to improve adolescents' sleep behavior by combining participatory research and Intervention Mapping
Maiïté Verloigne
- 11:59 Quasi-randomised control trial of compassion-focused intervention to improve adolescent body image on social media
Ciara Mahon
- 12:07 Using Intervention Mapping to improve weight loss intervention content
Paulina Idziak
- 12:15 Users' support of various nudging strategies intended to increase fruit and vegetable purchase in cafeteria
Sunghwan Yi
- 12:23 Can social media nudge healthy eating? An online pilot intervention study
Lily Hawkins

Coping and adjustment to Chronic Disease

- 11:35 Living with Type 2 Diabetes: A qualitative study in India
Naphisabet Kharsati

- 11:43 Exploring and redefining Refractory Inflammatory Arthritis: Delphi study with patients and multi-disciplinary healthcare professionals
Hema Chaplin
- 11:51 The Sense of Grip on chronic disease in the experience of adults with Hereditary Angioedema
Assunta Maiello
- 11:59 Effects of physical activity on mild Alzheimer's disease patients through cognitive performances
Tamara Mitanovska
- 12:07 Protective effects of relationship quality on psychological health among patients with cardiovascular disease and partners
Karen Bouchard
- 12:15 How codependency affects dyadic coping and life satisfaction
Zsuzsa Happ
- 12:23 Depression, anxiety, and progression from normoglycemia to prediabetes and diabetes: preliminary findings
Sonya Deschênes

Understanding interventions in chronic disease

- 11:35 Understanding determinants of community cardiac rehabilitation attendance: a qualitative study using the Theoretical Domains Framework
Oonagh Meade
- 11:43 An evaluation of a narrative pedagogy knowledge translation tool in the National Health Service (NHS)
Fiona Leggat
- 11:51 Impact of bariatric surgery on depressive symptomatology in patients with non-alcoholic fatty liver disease
Jesús Funuyet-Salas
- 11:59 Experiences of psychological interventions in neurodegenerative diseases: a systematic review and thematic synthesis
Cathryn Pinto
- 12:07 Subjective impact of ventilatory self-management in Obstructive Sleep Apnea patients: a prospective study
Martina Vigorè
- 12:15 Do positive psychology interventions have beneficial effects on chronic pain? a systematic review and meta-analysis
Céline Braunwalder
- 12:23 Diabetes Community Champions: Local implementation and impact
Jörg Huber

Mobile health and digital innovations

- 11:35 A smartphone application for adherence to inhaled corticosteroids in young adults with asthma: Feasibility study
Jane Murphy
- 11:43 An App a Day: feasibility trial of a food-specific inhibition training app for families
Lucy Porter
- 11:51 Non-usage attrition of adolescents in a mobile health promotion intervention
Laura Maenhout
- 11:59 An EMA study in older adults: the variability of emotions, physical complaints, intention and self-efficacy
Iris Maes
- 12:07 Using a diabetes self-management app to increase health literacy and diabetes self-management: Pilot implementation
Diana Taut
- 12:15 Social Robots for Long-Term Speech-Based Health Interventions
Guy Laban
- 12:23 Development of a collaborative interactive digital graphic novel
Katharina Stiehl

COVID-19 session

- 11:35 Can lifestyle behaviors prior to the pandemic predict adherence to behaviors to reduce COVID-19 transmission?
Gabriel Nudelman
- 11:43 The impact of COVID-19 on health behaviours of the UK population: a cross-sectional study
Elizabeth Ruddy
- 11:51 Diet, alcohol, physical activity, and BMI during the COVID pandemic, among cancer survivors
Phillippa Lally
- 11:59 Is it time to stock up? Understanding panic buying during the COVID-19 pandemic in Australia
Karina Rune
- 12:07 Covid-19 Coping Survey: analysis of free-text survey responses from people with and without health conditions
Rachael Hewitt
- 12:15 Vaccination against COVID-19: Behavioural intention predictors among a representative sample of the Portuguese population
Cristina Albuquerque Godinho

12:35 - 12:45 Short break (10 mins)

12:45 - 13:45 Keynote Lecture: Daryl O'Connor
Stress: The Quiet Killer

13:45 - 14:15 Break - Networking (30 mins)

14:15 - 15:15 Parallel Sessions: Roundtables and Lab Series

Roundtables

- 14:15 On the Interrelation of Health and Environmental Issues: Making a Case for Environmental Health Psychology
Philipp Kadel, Josianne Kollmann, Nadja Contzen, Max Friedrich, Jennifer Inauen
- 14:15 Integrating behavioural science in government pandemic response: lessons for the future from the COVID-19 pandemic
Justin Presseau, Marie Johnston, Molly Byrne, Marijn de Bruin, Susan Michie

Lab Series

- 14:15 Towards meaningful interdisciplinary collaborations in digital health psychology: Challenges and action-oriented solutions
Olga Perski, Eline Smit, Laura König, Ann DeSmet, Laura Maenhout, Katie Newby
- 14:15 Chartering New Territories in Practical Health Psychology
Sebastian Potthoff, Dominika Kwasnicka, Urszula Ambrozy, Ainslea Cross, Anne van Dongen, Gill ten Hoor, Keegan Knittle, Jiyoung Park, Gjalt-Jorn Ygram Peters, Noa Vilchinsky

15:15 - 15:25 Short break (10 mins)

15:25 - 16:55 Parallel Sessions: Oral Presentations

Health Behaviour change interventions

- 15:25 Intention and Planning predict Physical Activity: Conditional Process Analysis involving Habit Strength and Body Fat
Ralf Schwarzer
- 15:37 PROPELS trial: an intervention to promote sustained increases in physical activity in an at-risk population
Wendy Hardeman
- 15:49 Does regulatory fit between regulatory focus and health message affect dual-model processes of daily walking?
Rinat Avraham

- 16:01 Do motivational messages enhance older adults' implementation intentions on physical activity? A randomized-controlled pilot trial
Valérie Bösch
- 16:13 Mechanisms of action in a behavioural weight-management programme: Latent growth curve analysis
Sarah Bates
- 16:25 Systematic review of self-determination theory based interventions for dietary behaviour change in adolescents
Sara Simão
- 16:37 Systematic review identifying active ingredients of training interventions promoting physical activity in heart failure patients
Kirsten Ashley

Coping and psychological adjustment to Chronic Disease

- 15:25 Couples dealing with cancer: the relation of dyadic coping to emotional well-being and relationship satisfaction
Alexandra Palli
- 15:37 Cancer-related lymphoedema and body image: a systematic review
Emma Byrne
- 15:49 Women under50 and adaptation process to the breast cancer experience: a longitudinal narrative sensemaking analysis
Daniela Lemmo
- 16:01 Meta-analytic review of psychological, behavioral and social predictors of adjustment to lupus and disease activity
Sofia Silva-Ribeiro
- 16:13 The traumatic sequelae of Multiple Sclerosis:
Roy Aloni

Social support, caregiving and health

- 15:25 The effects of starting dialysis on symptoms of depression and anxiety in patient-partner dyads
Currie Moore
- 15:37 Emotions, anxiety and depression in individuals living with asthma and their intimate partners
Judit Varkonyi-Sepp
- 15:49 Coping efficacy beliefs and received social support in patient-caregiver daily adaptation to cancer
Aleksandra Kroemeke
- 16:01 Personal values and motivations for being informal caregivers: a dyadic mixed-method study
Mikolaj Zarzycki
- 16:13 Transition to Civilian Life among Canadian Armed Forces Members with Illness/Injury and Their Families
Alla Skomorovsky
- 16:25 The interplay between burden of family caregivers and older adults' frailty and optimism
Alberto Sardella
- 16:37 Emotional support, cardiovascular risk factors and subclinical atherosclerosis
Steven Nordin

Engagement with and effectiveness of digital interventions

- 15:25 Uptake of and engagement with health apps in app stores and on health app portals
Dorothy Szinay
- 15:37 Which engagement strategies have been used in digital interventions for mental health promotion? Scoping review
Heide Busse
- 15:49 Patients' experiences of using smartphone applications to support self-management in hypertension: A qualitative study
Gerard J Molloy
- 16:01 Effectiveness of online decision aid tools for breast cancer screening: a systematic review
Alice Le Bonniec

- 16:13 Effectiveness of tailored text message smoking cessation support for pregnant women: MiQuit3 randomised controlled trial
Felix Naughton
- 16:25 #safesex – The effectiveness of social media influencers as ambassadors of sexual health behavior
Loes Janssen
- 16:37 Optimising Baby, Me & NRT: a theory-guided intervention promoting nicotine replacement therapy adherence in pregnancy
Lisa McDaid

Stress and risk factors

- 15:25 The relationship between stress and food craving / intake in daily life
Julia Reichenberger
- 15:37 Nature's effect on stress and diet: lab-study and questionnaire on nature aspects and indoor integration
Nathalie Michels
- 15:49 Pilot N-of-1 randomised controlled trials evaluating mental imagery and planning techniques for stress appraisal
Ainslea Cross
- 16:01 Changing Stress Mindsets with a Novel Imagery Intervention: A Pre-Registered Randomised Controlled Trial
Jacob Keech
- 16:13 A Systematic Review of the Factors Associated with Athlete Burnout in Team Sports
Siobhán Woods
- 16:25 Life events and associations with cardiac reactivity during acute psychological stress
Martha Schneider
- 16:37 Coherent singing induces distinct autonomic reactivity patterns compared to coherent breathing during a laboratory stress-task
Josef Tatschl

Culture and health

- 15:25 Associations of cultural identity with health behaviors and health outcomes
Christine Emmer
- 15:37 Perceptions of health and weight among pre-teen girls from disadvantaged communities in Dublin
Mckenzie Dow
- 15:49 Clear-cut terms, characteristics and cultural normativity of casual sexual relationships among Portuguese emerging adults
Rita Luz
- 16:01 Discrimination experiences are associated with lower psychological well-being in people of Asian origin in Germany
Laura Scholaske
- 16:13 Increase HIV testing uptake among MSM: the psychosocial levers
Renaud Mabire
- 16:25 FAMILY members' roles in decisions about hereditary cancer genetic testing in minority populations
Julianne Ani
- 16:37 Risk factors for insomnia and burnout. A longitudinal epidemiological study of a population based sample
Per Höglund

Determinants and interventions to change alcohol-related behaviours

- 15:25 "I'd be crawling under my skin" - An Interpretative Phenomenological Analysis of students' alcohol-related FoMO
Joel Crawford
- 15:37 Modifiable determinants of intentions to consume alcohol while pregnant
Tess Fletcher

- 15:49 Pragmatic approaches for addressing alcohol in primary care: Development of a tailored implementation intervention
Sebastian Potthoff
- 16:01 The effect of health messages on intentions to consume alcohol during the Covid-19 pandemic
Fiona Walker
- 16:13 Primary alcohol prevention in the workplace
Lena Fellbaum

Friday, 27 Aug

10:00 - 11:00 EHPS National Delegates meeting

10:00 - 11:00 BPS-DHP board meeting

11:00 - 11:05 Short break (5 mins)

11:05 - 12:35 Parallel Sessions: Oral Presentations

Health behaviour change interventions: Nudging and contextual factors

- 11:05 Nudging healthier food and beverages choices from an online fast-food ordering menu
Melanie Deek
- 11:17 Can Vending Machine Artwork Promote Healthier Beverage Choices?
Ryan Calabro
- 11:29 Using item placement to nudge healthy food choices from physical and online menus
Indah Gynell
- 11:41 Nudging Vending Machine Choices: Visual Cues and Primes
Enola Kay
- 11:53 Soundscapes' animateness and the framing of environments: Influence on predicted recreation time
Paulina Krzywicka
- 12:05 Gundo-So program: an illustration of the importance of community support
Mathilde Perray

Chronic disease self-management and adherence

- 11:05 Loneliness and use of primary health care: A meta-analysis and conceptual model
Fuschia Sirois
- 11:17 Myocardial infarctions as teachable moments for cardiovascular patients and partners: an Interpretative Phenomenological Analysis
Michelle Brust
- 11:29 Understanding motivation to self-manage in people with Chronic Obstructive Pulmonary Disease: A self-determination theory perspective
Liam Knox
- 11:41 'Just keep taking them, keep hoping they'll work': multimorbidity and adherence to medications
Louise Foley
- 11:53 Exploring impact of COVID-19 on self-management behaviours and healthcare access for people with Inflammatory Arthritis
Emma Caton
- 12:05 Comparison of coping responses to SARS-CoV-2 by people with and without existing health conditions
Chris Bundy
- 12:17 Feasibility of SEA-CHANGE: A SELF-management After Cancer of the Head And Neck Group intervention
Nicholas Clarke

Dealing with health and illness-related challenges within families

- 11:05 Loss and Gain: Experiences of IVF egg donation pregnancies
Clare Harris

- 11:17 Multidimensional assessment on child maltreatment prevention readiness in North Macedonia
Dimitrinka Jordanova Peshevska
- 11:29 Tackling bias-based bullying in children using a serious game approach: Results from the GATE-BULL project
Roy Willems
- 11:41 Parents experience ongoing financial and employment challenges after their child has completed cancer treatment
Lauren Kelada
- 11:53 What about me? Distress and resources of siblings of chronically ill and/ or disabled persons
Melanie Jagla-Franke
- 12:05 Dyads' emotional responses to cancer in the COVID-19 pandemic. An actor-partner interdependence modelling approach
Konstadina Griva
- 12:17 Patient and Practitioner experiences of reducing antidepressant medication within the REDUCE feasibility RCT
Claire Reidy

Understanding and promoting behaviour change

- 11:05 Effects of calorie labeling, motivation and habits on items selected from a coffee shop menu
Katy Tapper
- 11:17 Physical activity in short breaks: Effects on cognition and potential for implementation in students' life
Martin Niedermeier
- 11:29 Energy labelling and availability interventions to promote healthier food choice across socioeconomic position
Lucile Marty
- 11:41 A training of implementers for a nutrition-related health promotion intervention
Ines Schröder
- 11:53 Party Panel: Mapping the Determinants of Nightlife-related Risk Behaviors
Gjalt-Jorn Ygram Peters
- 12:05 Design of financial incentive programmes for smoking cessation: A discrete choice experiment
Rachel Breen
- 12:17 Understanding men who have sex with men's willingness to participate in a plasma donation program
Elisabeth Vesnaver

Health at work: Occupational health psychology

- 11:05 Self-determination theory at work: A complexity-focused EMA study of motivational regulations and basic psychological needs
Keegan Knittle
- 11:17 Using Ecological Momentary Assessment to Examine Work Stress Predictors of Fatigue in Teachers
Teresa McIntyre
- 11:29 Unmet work expectations and actual turnover among homecare professionals in Belgium
Annalisa Casini
- 11:41 Does mental workload mediate the expression of physical disorders in workers exposed to ICTs?
María Soria-Oliver
- 11:53 Changes to work practices and incidental health behaviours among home-workers during the UK COVID-19 lockdown
Samuel Keightley
- 12:05 Health and wellbeing of rotation workers in the resources and construction industry: a systematic review
Bernard Asare
- 12:17 WORKSHOP wonders: The personal benefits of leading on Community Men's Sheds in Western Europe
Andy Wood

Methodology

- 11:05 Bridging the qualitative and quantitative with Epistemic Network Analysis: a worked example
Szilvia Zorgo
- 11:17 People as interconnected systems: What health psychology can learn from complexity theory
Matti Heino
- 11:29 Funnel plots of patient-reported outcomes (PROs) to evaluate healthcare quality: basic principles, pitfalls and considerations
Esmee M. van der Willik
- 11:41 Evaluation of a novel method to validate Clinical Outcome Assessments for rare diseases
Katharina Sophie Vogt
- 11:53 Characteristics of systematic reviews based on their overall confidence ratings on AMSTAR2: A cross-sectional study
Karina Karolina De Santis
- 12:05 Hybrid systematic review for network meta-analysis: the good, the bad and the ugly
Frank Doyle
- 12:17 Null Hypothesis Significance Testing (NHST) and its prerogatives: an epistemological reflection for Health and Science
Jacopo Stringo

12:35 - 12:45 Short break (10 mins)

12:45 - 13:45 Keynote Lecture: Andrea Gecková
Telling patient's stories online as a new territory in Health Psychology

13:45 - 14:15 Break - Networking (30 mins)

14:15 - 15:15 Parallel Sessions: Symposia

New insights into the roles of self-regulation and cognitive control in health-related outcomes

- 14:15 A Dual-Pathway Perspective on Adolescents' Food Choices: The Role of Loss of Control over Eating
Eva Van Malderen
- 14:30 Self-control training as an adjunct to inpatient treatment for youth with obesity: an exploratory analysis
Tiffany Naets
- 14:45 Attentional bias modification under elevated states of anxiety: The role of attentional control
Helle Larsen
- 15:00 Discussion
Eva Kemps

Health behaviours and climate change adaptation and mitigation

- 14:15 Introduction
Guillaume Chevance
- 14:23 Developing a classification of health and climate mitigation behaviours: an inductive approach to explore variations
Nienke Beerlage-de Jong
- 14:35 Climate change and physical activity: a systematic review
Paquito Bernard
- 14:47 Sustainable diets: in the spotlight of a new app-based behavioral change intervention
Ujué Fresán
- 14:59 Discussion
Vera Araujo-Soares

Dyadic studies of health and well-being: How others lift us up and bring us down

- 14:15 The indirect effects of parental depression on child body mass: longitudinal findings from parent-child dyads
Anna Banik
- 14:25 Linking intra-individual fluctuations in children's inattentive and hyperactive-impulsive behavior to parent-child interactions in everyday life
Tomasz Moschko
- 14:35 Dyadic coping of kidney transplant recipients and their partners: Sex and role difference
Tanja Zimmermann
- 14:45 When partners beg to differ in dyadic longitudinal data: How reliable are dyadic differences?
Gertraud (Turu) Stadler
- 14:55 Daily Support and Negative Control During a Quit Attempt in Single-Smoking Couples
Marrit Tuinman
- 15:05 Discussion
Caterina Gawrilow

Using habit theory to predict and change behaviour

- 14:15 A Cross-Lagged Model of Habit, Implicit Attitude, Autonomous Motivation, and Physical Activity During COVID-19
Daniel Phipps
- 14:30 A longitudinal exploration of forming and breaking habits
Barbara Mullan
- 14:45 The Role of Habit, Self-control and Intention on Medication Adherence Behaviours: A Meta-Analysis
Caitlin Liddelow
- 15:00 Considering the promise and limitations of habitual action for health behaviour maintenance
L. Alison Phillips

Qualitative perspectives on experiences of the COVID-19 pandemic in different cultural contexts

- 14:15 Introduction
Sabrina Cipolletta
- 14:20 Combining qualitative and quantitative analysis to understand traumatic experiences during the COVID-19 pandemic
Sabrina Cipolletta
- 14:30 Life on Pause: Stories of Living During a Pandemic in Bulgaria
Irina Todorova
- 14:40 COVID-19 stories in the UK: a personal construct perspective
David Winter
- 14:50 Caregiving for a parent with dementia during the pandemic, challenges and stories from Northern Italy
Silvia Caterina Maria Tomaino
- 15:00 Discussion
María del Río Carral

Understanding health behaviour change and its psychosocial correlates in everyday life

- 14:15 The role of daily perceived responsiveness, daily smoking and well-being from a quit attempt on
Janina Lüscher
- 14:27 An evening on the couch? Links between everyday health-compromising behaviours in couples and relationship functioning
Theresa Pauly
- 14:39 How do stress and health behavior relate in daily life? Feasibility study of mobile electrocardiography
Jennifer Inauen
- 14:51 Habit formation following routine-based versus time-based cue planning
Jan Keller

15:03 Discussion
Gertraud (Turu) Stadler

15:15 - 15:20 Short break (5 mins)

15:20 - 16:20 Closing Ceremony and Presentation of Next Conference

16:25 - 16:55 Networking