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**

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

- Motivation and opportunity as predictors of care seeking among Canadian Military healthcare providers
  Jennifer Born

- A population survey investigating psychological barriers and motivators of cervical cancer screening uptake
  Gaby Judah

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

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

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

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

**Self-regulation, beliefs and chronic conditions**

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

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

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

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 Bilunaite

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 Intent 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
Social cognitive predictors of intention to obtain the human papillomavirus vaccine among Indonesian young adults
Amelia Citra Kirana

Psychosocial Determinants of Edible Insect Consumption Intentions and Behavior in Western Democratic Republic of Congo
Emmanuel Mopendo Mwisomi

A Cognitive-Emotional Model to Explain Message Framing Effects: Reducing Meat Consumption
Valentina Carfora

Lyme Disease Social Representations After a Tick-bite: How Do Patients Attribute Their Post-bite Health Problems?
Costanza Puppo

**Health behaviour change interventions**

Health behaviour change interventions for heart failure self-care: a theory-based manual
Amanda Whittal

A tailored intervention to reduce the transmission risk of antimicrobial-resistant bacteria through food handling
Vivianne Visschers

An educational video and risk message to reduce consumers’ risk of antimicrobial-resistant bacteria in food
Claudia Freivogel

S.A.I.N.T.S.: Co-development and delivery of the MAP behaviour change training in St Helena
Wendy Maltinsky

Evaluation of evidence-based and population-tailored behaviour change interventions in the context of humanitarian aid
Miriam Harter

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**

Exploring understandings of cystic fibrosis patients and their spouses’ parenthood experiences through focus groups
Anne Jacob

Fading effect of positive reappraisal: A Measurement-Burst Diary Study among People Living with HIV
Ewa Gruszczynska

Endometriosis and infertility: psychological impact on couples
Josephine Klinkenberg

A thematic analysis: experiences of being identified with pathogenic variants in BRCA1/2 in Ireland
Nikolett Warner

HIV coping strategies in French Guiana: a qualitative approach in health psychology
Anne-Sophie Petit

Early life environmental unpredictability predicts vulnerability to pain in adulthood
Eszter Simon

The impact of Naluri app on depression, anxiety and quality of life among cardiac patients
Darlina Fadil Azim

**Health, families, and children**

Parental Self-Efficacy as a Predictor of Children’s Nutrition
Ricarda Möhler

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
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 Pleroupoli

**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

**Interventions in Chronic Disease**

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
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 Gérain

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 Ruiters

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 Zumbrunn

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
Posttraumatic Growth and Quality of Life in Fathers of Children with Special Needs
Gülşen Filazoglu Cokluk

Mechanisms behind the association between fear of falling and quality of life in old age
Greta M. A. Steckhan

Quality of life dimensions in clinical care of breast cancer survivors: a Delphi study
Urška Smirke

Assessing wellbeing in early life using retrospective recall: the example of addicts in recovery
Emily Arden-Close

“Everything was destroyed”: Resilience of older adults with disabilities during hurricane Maria in Puerto Rico
Mariana Guzzardo

Life on a temporary surface; A qualitative study on loneliness among highly skilled migrants
Neda Bayat

eHealth and COVID-19

#StrongerTogether: Utilizing health behavior and technology acceptance models to predict adoption of COVID-19 tracing apps
Samuel Tomczyk

Development of an app-based behavior change intervention to promote hand hygiene during a pandemic
Melanie Amrein

Short- and longer-term effects of a brief online intervention on handwashing during the COVID-19 pandemic
Noemi Lorbeer

A pilot randomised controlled trial exploring feasibility of online expressive writing during the COVID-19 pandemic
Daisy McInnerney

Engagement with online fitness videos on YouTube and Instagram during COVID-19: a longitudinal study
Wuyou Sui

Feasibility Randomised Controlled Trial of the Hope Programme for Parents of Autistic Children during COVID-19
Kim Bul

Persuasive and informative health communication

Ambivalent attitudes and the intention to undergo Whole Genome Sequencing
Efrat Neter

Consuming media, consuming food: A time-use diary survey on TV viewing and concurrent food intake
Monique Alblas

Developing an online decision-aid and CenteringPregnancy intervention promoting informed decision making about maternal pertussis vaccination
Charlotte Anraad

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. Penfornis

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

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
Sofia 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 Krammer

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 Gostautaite 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 Ginguené

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

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
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

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
Natasa Dernovscek Hafner

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

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
Emilie 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 Biliunaitė, 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 Gatting

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
Comfort eating: An observational study of affect in the hours immediately before, and after, snacking
Stuart G. Ferguson

Colourful meals are healthy meals: Results from a smartphone-based Ecological Momentary Assessment
Laura König

Quality over quantity: Increasing need-supportive communication in online support groups via a brief intervention video
Michael Kilb

User engagement with app-based food Go/No-Go training and dietary intake: An opportunistic observational study
Matthias Aulbach

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 new
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 rugbymen 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 Cordón

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
Viktoria Karchynskaya

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

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
Elien 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
Maria 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 Stawiarcka

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 Psychologist 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
Maïté 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
Exploring and redefining Refractory Inflammatory Arthritis: Delphi study with patients and multidisciplinary healthcare professionals
Hema Chaplin

The Sense of Grip on chronic disease in the experience of adults with Hereditary Angioedema
Assunta Maiello

Effects of physical activity on mild Alzheimer’s disease patients through cognitive performances
Tamara Mitanovska

Protective effects of relationship quality on psychological health among patients with cardiovascular disease and partners
Karen Bouchard

How codependency affects dyadic coping and life satisfaction
Zsuzsa Happ

Depression, anxiety, and progression from normoglycemia to prediabetes and diabetes: preliminary findings
Sonya Deschênes

Understanding determinants of community cardiac rehabilitation attendance: a qualitative study using the Theoretical Domains Framework
Oonagh Meade

An evaluation of a narrative pedagogy knowledge translation tool in the National Health Service (NHS)
Fiona Leggat

Impact of bariatric surgery on depressive symptomatology in patients with non-alcoholic fatty liver disease
Jesús Funuyet-Salas

Experiences of psychological interventions in neurodegenerative diseases: a systematic review and thematic synthesis
Cathryn Pinto

Subjective impact of ventilatory self-management in Obstructive Sleep Apnea patients: a prospective study
Martina Vigorè

Do positive psychology interventions have beneficial effects on chronic pain? a systematic review and meta-analysis
Céline Braunwalder

Diabetes Community Champions: Local implementation and impact
Jörg Huber

A smartphone application for adherence to inhaled corticosteroids in young adults with asthma: Feasibility study
Jane Murphy

An App a Day: feasibility trial of a food-specific inhibition training app for families
Lucy Porter

Non-usage attrition of adolescents in a mobile health promotion intervention
Laura Maenhout

An EMA study in older adults: the variability of emotions, physical complaints, intention and self-efficacy
Iris Maes

Using a diabetes self-management app to increase health literacy and diabetes self-management: Pilot implementation
Diana Taut

Social Robots for Long-Term Speech-Based Health Interventions
Guy Laban

Development of a collaborative interactive digital graphic novel
Katharina Stiehl
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>11:35</td>
<td>Can lifestyle behaviors prior to the pandemic predict adherence to behaviors to reduce COVID-19 transmission?</td>
<td>Gabriel Nudelman</td>
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<td>11:43</td>
<td>The impact of COVID-19 on health behaviours of the UK population: a cross-sectional study</td>
<td>Elizabeth Ruddy</td>
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<td>11:51</td>
<td>Diet, alcohol, physical activity, and BMI during the COVID pandemic, among cancer survivors</td>
<td>Phillipa Lally</td>
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<td>11:59</td>
<td>Is it time to stock up? Understanding panic buying during the COVID-19 pandemic in Australia</td>
<td>Karina Rune</td>
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<td>12:15</td>
<td>Vaccination against COVID-19: Behavioural intention predictors among a representative sample of the Portuguese population</td>
<td>Cristina Albuquerque Godinho</td>
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<td>12:35 - 12:45</td>
<td>Short break (10 mins)</td>
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<td>12:45 - 13:45</td>
<td>Keynote Lecture: Daryl O’Connor</td>
<td><strong>Stress: The Quiet Killer</strong></td>
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<td>13:45 - 14:15</td>
<td>Break - Networking (30 mins)</td>
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<tr>
<td>14:15 - 15:15</td>
<td>Parallel Sessions: Roundtables and Lab Series</td>
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<td>14:15</td>
<td>On the Interrelation of Health and Environmental Issues: Making a Case for Environmental Health Psychology</td>
<td>Philipp Kadel, Josianne Kollmann, Nadja Contzen, Max Friedrich, Jennifer Inauen</td>
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<td>14:15</td>
<td>Integrating behavioural science in government pandemic response: lessons for the future from the COVID-19 pandemic</td>
<td>Justin Presseau, Marie Johnston, Molly Byrne, Marijn de Bruin, Susan Michie</td>
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<td>14:15</td>
<td>Towards meaningful interdisciplinary collaborations in digital health psychology: Challenges and action-oriented solutions</td>
<td>Olga Perski, Eline Smit, Laura König, Ann DeSmet, Laura Maenhout, Katie Newby</td>
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<td>14:15</td>
<td>Chartering New Territories in Practical Health Psychology</td>
<td>Sebastian Potthoff, Dominika Kwasnicka, Urszula Ambroz, Ainslea Cross, Anne van Dongen, Gill ten Hoor, Keegan Knittle, Jiyoung Park, Gjalt-Jorn Ygram Peters, Noa Vilchinsky</td>
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<td>15:15 - 15:25</td>
<td>Short break (10 mins)</td>
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<td>15:25 - 16:55</td>
<td>Parallel Sessions: Oral Presentations</td>
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<td>15:25</td>
<td>Intention and Planning predict Physical Activity: Conditional Process Analysis involving Habit Strength and Body Fat</td>
<td>Ralf Schwarzer</td>
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<td>15:37</td>
<td>PROPELS trial: an intervention to promote sustained increases in physical activity in an at-risk population</td>
<td>Wendy Hardeman</td>
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<tr>
<td>15:49</td>
<td>Does regulatory fit between regulatory focus and health message affect dual-model processes of daily walking?</td>
<td>Rinat Avraham</td>
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Do motivational messages enhance older adults’ implementation intentions on physical activity? A randomized-controlled pilot trial
Valérie Bösch

Mechanisms of action in a behavioural weight-management programme: Latent growth curve analysis
Sarah Bates

Systematic review of self-determination theory based interventions for dietary behaviour change in adolescents
Sara Simão

Systematic review identifying active ingredients of training interventions promoting physical activity in heart failure patients
Kirsten Ashley

**Coping and psychological adjustment to Chronic Disease**

Couples dealing with cancer: the relation of dyadic coping to emotional well-being and relationship satisfaction
Alexandra Palli

Cancer-related lymphoedema and body image: a systematic review
Emma Byrne

Women under50 and adaptation process to the breast cancer experience: a longitudinal narrative sensemaking analysis
Daniela Lemmo

Meta-analytic review of psychological, behavioral and social predictors of adjustment to lupus and disease activity
Sofia Silva-Ribeiro

The traumatic sequelae of Multiple Sclerosis:
Roy Aloni

**Social support, caregiving and health**

The effects of starting dialysis on symptoms of depression and anxiety in patient-partner dyads
Currie Moore

Emotions, anxiety and depression in individuals living with asthma and their intimate partners
Judit Varkonyi-Sepp

Coping efficacy beliefs and received social support in patient-caregiver daily adaptation to cancer
Aleksandra Kroemeke

Personal values and motivations for being informal caregivers: a dyadic mixed-method study
Mikolaj Zarzycki

Transition to Civilian Life among Canadian Armed Forces Members with Illness/Injury and Their Families
Alla Skomorovsky

The interplay between burden of family caregivers and older adults’ frailty and optimism
Alberto Sardella

Emotional support, cardiovascular risk factors and subclinical atherosclerosis
Steven Nordin

**Engagement with and effectiveness of digital interventions**

Uptake of and engagement with health apps in app stores and on health app portals
Dorothy Szinay

Which engagement strategies have been used in digital interventions for mental health promotion?
Scoping review
Heide Busse

Patients’ experiences of using smartphone applications to support self-management in hypertension: A qualitative study
Gerard J Molloy

Effectiveness of online decision aid tools for breast cancer screening: a systematic review
Alice Le Bonniec
Effectiveness of tailored text message smoking cessation support for pregnant women: MiQuit3 randomised controlled trial
Felix Naughton

#safesex – The effectiveness of social media influencers as ambassadors of sexual health behavior
Loes Janssen

Optimising Baby, Me & NRT: a theory-guided intervention promoting nicotine replacement therapy adherence in pregnancy
Lisa McDaid

**Stress and risk factors**

The relationship between stress and food craving / intake in daily life
Julia Reichenberger

Nature’s effect on stress and diet: lab-study and questionnaire on nature aspects and indoor integration
Nathalie Michels

Pilot N-of-1 randomised controlled trials evaluating mental imagery and planning techniques for stress appraisal
Ainelea Cross

Changing Stress Mindsets with a Novel Imagery Intervention: A Pre-Registered Randomised Controlled Trial
Jacob Keech

A Systematic Review of the Factors Associated with Athlete Burnout in Team Sports
Siobhán Woods

Life events and associations with cardiac reactivity during acute psychological stress
Martha Schneider

Coherent singing induces distinct autonomic reactivity patterns compared to coherent breathing during a laboratory stress-task
Josef Tatschl

**Culture and health**

Associations of cultural identity with health behaviors and health outcomes
Christine Emmer

Perceptions of health and weight among pre-teen girls from disadvantaged communities in Dublin
Mckenzie Dow

Clear-cut terms, characteristics and cultural normativity of casual sexual relationships among Portuguese emerging adults
Rita Luz

Discrimination experiences are associated with lower psychological well-being in people of Asian origin in Germany
Laura Scholaske

Increase HIV testing uptake among MSM: the psychosocial levers
Renaud Mabire

FAMILY members’ roles in decisions about hereditary cancer genetic testing in minority populations
Julianne Ani

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**

“I’d be crawling under my skin” - An Interpretative Phenomenological Analysis of students’ alcohol-related FoMO
Joel Crawford

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
Multidimensional assessment on child maltreatment prevention readiness in North Macedonia
Dimitrinka Jordanova Peshevska

Tackling bias-based bullying in children using a serious game approach: Results from the GATE-BULL project
Roy Willems

Parents experience ongoing financial and employment challenges after their child has completed cancer treatment
Lauren Kelada

What about me? Distress and resources of siblings of chronically ill and/or disabled persons
Melanie Jagla-Franke

Dyads’ emotional responses to cancer in the COVID-19 pandemic. An actor-partner interdependence modelling approach
Konstadina Griva

Patient and Practitioner experiences of reducing antidepressant medication within the REDUCE feasibility RCT
Claire Reidy

Understanding and promoting behaviour change

Effects of calorie labeling, motivation and habits on items selected from a coffee shop menu
Katy Tapper

Physical activity in short breaks: Effects on cognition and potential for implementation in students’ life
Martin Niedermeier

Energy labelling and availability interventions to promote healthier food choice across socioeconomic position
Lucile Marty

A training of implementers for a nutrition-related health promotion intervention
Ines Schröder

Party Panel: Mapping the Determinants of Nightlife-related Risk Behaviors
Gjalt-Jorn Ygram Peters

Design of financial incentive programmes for smoking cessation: A discrete choice experiment
Rachel Breen

Understanding men who have sex with men’s willingness to participate in a plasma donation program
Elisabeth Vesnaver

Health at work: Occupational health psychology

Self-determination theory at work: A complexity-focused EMA study of motivational regulations and basic psychological needs
Keegan Knittle

Using Ecological Momentary Assessment to Examine Work Stress Predictors of Fatigue in Teachers
Teresa McIntyre

Unmet work expectations and actual turnover among homecare professionals in Belgium
Annalisa Casini

Does mental workload mediate the expression of physical disorders in workers exposed to ICTs?
Maria Soria-Oliver

Changes to work practices and incidental health behaviours among home-workers during the UK COVID-19 lockdown
Samuel Keightley

Health and wellbeing of rotation workers in the resources and construction industry: a systematic review
Bernard Asare

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

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