



**35**<sup>TH</sup>

Annual Conference of the  
European Health  
Psychology Society

AUGUST 23 – AUGUST 27, 2021

**Handbook**





# CONTENTS

**Welcoming message from the President of the EHPS..... Page 4**

**Welcoming message from the chair & co-chair of the EHPS 2021.... Page 5**

**Keynotes ..... Page 6-9**

**Scientific Committee ..... Page 10-11**

**Scientific Programme. Overview ..... Page 12-16**

Workshops ..... Page 17

**The SIG Programme continues on the next page..... Page 18-23**

**Detailed Scientific Programme ..... Page 24-60**

Monday, 23 Aug 2021 ..... Page 24-31

Tuesday, 24 Aug 2021 ..... Page 32-37

Wednesday, 25 Aug 2021 ..... Page 37-50

Thursday, 26 Aug 2021 ..... Page 51-55

Friday, 27 Aug 2021 ..... Page 56-60

**General Conference Information ..... Page 61-62**

**Awards ..... Page 63-67**

Herman Schaalman Award 2021..... Page 64

Fellowship Award 2021 ..... Page 65

Stan Maes Early Career Award 2021 ..... Page 66-67

**Upcoming Conferences ..... Page 68-69**

## Welcoming message from the President of the EHPS

Dear Members of the European Health Psychology Society,

*This is the second year that our annual conference is held virtually due to the SARS-CoV-2 pandemic. This year, however, thanks to the great efforts of the Scientific Committee, we are happy to have a conference with a full five-day program.*

On behalf of the entire EHPS Executive Committee, I would like to thank Robbert Sanderman, Chair of the Scientific Committee, Marta Marques, co-Chair of the SC, and all the members of the SC, for their wonderful work in putting together an excellent scientific program, despite the constraints imposed by the pandemic.

We would also like to thank the keynote speakers and all participants for presenting their work and offering their valuable input on a variety of topics and, of course, Easy Conferences for helping us organize a great conference.

Dear Colleagues

Last year was a difficult one. The outbreak of the pandemic, the high risk of infection, and the strict measures that were taken to control the situation triggered many changes in our way of life and our work. Many of these changes were not pleasant. At the same time though, this difficult condition gave health psychologists the opportunity to demonstrate their striking ability to swiftly react and use all available resources in order to study and understand human behavior in times of crisis, improve individual and community preparedness in reducing the risk of infection and controlling a global health threat, and help people manage the psychological impact of the situation. And what a great job we did! The readiness of our community to reach out and develop international research collaborations, as well as devise novel research methods in order to produce new relevant knowledge was astonishing.

Several aspects of the knowledge and experience gained by health psychologists from across the world, during the pandemic and regarding the pandemic, will be presented in our virtual conference.

Dear Friends & colleagues

*Welcome to the 35th annual conference of the European Health Psychology Society.*

I hope you will enjoy it and I also hope that next year we will be able to celebrate the many scientific achievements of health psychologists in a face-to-face conference!

Evangelos Karademas, PhD  
President of the EHPS

Dear Colleagues,

## Welcoming message from the chair & co-chair of the EHPS 2021

On behalf of the scientific committee, we would like to welcome you to the 35rd Conference of the European Health Psychology (EHPS) – again online. We are – as every one – keen in meeting up in person next year at the EHPS. However, since we have to deal with the current situation and have this conference again online, we wanted to make it a very enjoyable experience. We have a lot of presentations and added some new formats (like the “Labseries” and the “Give me 5-minutes”), which will certainly add to the dynamics of the EHPS conference. Hence a lot of content and given the variety in formats we trust it to be anything than a boring week.

Apart from program based on accepted abstracts (i.e.: posters and orals/symposia) we also have other meetings like the Special Interest Groups and Workshops. Please feel free also to join these other events. And, when you are new in this conference/the EHPS – do know that we have a warm and open atmosphere of interaction and really do feel welcome and interact if you wish so.

You will find information on how to navigate in this (virtual) conference space on the website of the conference. In short: the conference will make use of ZOOM facilities in combination with a system developed by Easy Conferences in collaboration with the EHPS. We are confident that this system will give you an easy access to the conference and it will be easy to go from one session to the other. It is quite a buzzy program and we will miss out the natural breaks where we can hang out together. So, our advice is to put your personal program together and in doing so also plan breaks here and there and when possible, also meet up with colleagues in breakout rooms and the like.

One of the challenges for the Scientific Committee was to try to fit so many abstracts into the conference programme which comprises 18 symposia, 4 roundtables, 6 lab series, 1 state-of-the-art presentation, 212 regular oral, 86 “give me 5 minutes” and 164 poster presentations, and 4 workshops. We will also have 4 SIG sessions. We are privileged to welcome four renowned keynote speakers: Mariet Hagerdoorn (Netherlands), Andrea Gecková (Slovakia), Daryl O’Connor (United Kingdom) and Geert Crombez (Belgium).

We are indebted to the members of the Scientific Committee and the track chairs who dedicated their time and energy to review so many abstracts in a short time period. We thank everyone who accepted to chair the sessions this year. We would like to extend our thanks to Easy Conferences team; for their hard work, enthusiasm, and their efficient organizational and professional skills should not go unrecognized. Needless to say that without the contribution of many hundreds of competent health psychologists who sent their abstracts, the conference could not exist. Together, we hope that we have produced a varied, high quality scientific programme that will be of interest to conference delegates from all areas of health psychology.

*We wish you a fantastic conference!*

Robert Sanderman  
Scientific committee chair

Marta Marques  
Scientific committee co-chair





## Prof. Mariët Hagedoorn

Professor of Health Psychology at the University Medical Center Groningen, the Netherlands

### **How to deal with the “Informal Care Gap”? Transdisciplinary perspectives on sustainable informal care.**

Her research focuses on adaptation to chronic and life-threatening illness in a dyadic context, that is focusing on both patients and their significant others or caregivers. She makes use of longitudinal surveys and daily diary methods to unravel (daily) support and caregiving processes in couples or other dyads (e.g., adult child caregiver and older parent), and experimental designs and eHealth interventions to test how we may improve psychosocial care and support. Her work is supported by Dutch grant organisations as well as the EU (Marie Skłodowska-Curie: ENTWINE informal care).

Mariët is past president of the Association for Researchers in Psychology and Health in the Netherlands and Belgium, and Associate Editor of the British Journal of Health Psychology.

#### **Abstract**

Informal caregiving is the backbone of our care systems. Without people who provide care to their loved-ones with health problems, disability or frailty, our systems would simply collapse. Though most caregivers provide care out of love and report positive experiences, caregiving often puts a high toll on them. To make informal care more sustainable, a transdisciplinary approach in which different disciplines --among others psychology, economics, policy and technical sciences-- work together is needed. I will talk about the “informal care gap,” where we stand in the field of informal caregiving research and research needed, potential solutions, and our innovative training network “ENTWINE informal care.”



## Prof. Andrea Gecková

Professor of Social Psychology, Department of Health Psychology and Research Methodology, Medical Faculty, Pavol Jozef Safarik University in Kosice, Slovakia

### **Telling patient’s stories online as a new territory in Health Psychology.**

Prof. Andrea Madarasová Gecková, PhD. (1972) serves as a professor in social psychology and expert in research on social determinants of health, and research capacity building. Since 2002 she has been responsible for the PhD research projects done within international collaboration of universities in Slovakia, the Netherlands and later on also Czech republic.

Together with dr. D. Selko, they introduced Health psychology in Slovakia and she served as a first national delegate for the European Health Psychology Association (2007-2011).

She serves as a member of the editorial board of International Journal of Public Health responsible for Central and Eastern European region for more than 10 years.





## Prof. Daryl O'Connor

Professor of Psychology at the School of Psychology,  
University of Leeds, United Kingdom

### Stress: The Quiet Killer.

Daryl's current research focuses on: i) investigating the effects of stress and psychological interventions on health outcomes (e.g. suicide behaviour, blood pressure, eating behaviours, cortisol reactivity and diurnal cortisol levels) and understanding the role of individual differences variables (e.g. perseverative cognition, conscientiousness) within the stress process; ii) exploring the effects of implementation intentions-based interventions on screening behaviours. His work has been published extensively in leading international journals in his field and it has frequently featured on radio and television and in the national and international press. In addition, to his own recent work Daryl has also been actively involved in promoting Open Science and improving psychological science nationally and across Europe.

Daryl is a past Chair of the British Psychological Society's (BPS) Division of Health Psychology and the BPS Psychobiology Section and he is currently Chair of BPS Research Board and Chair of the European Federation of Psychology Associations (EFPA) Board of Scientific Affairs and is a Trustee of the BPS. Daryl was joint Editor-in-Chief of the journal Psychology & Health from 2011 and 2019. In 2011, Daryl was elected a Fellow of the Academy of Social Sciences, in 2014 he was elected a Fellow of the Royal Society of Arts, in 2015, he was elected a Distinguished International Affiliate of the American Psychological Association's Division 38 (Health Psychology). In 2017 he was elected Fellow to the Academy of Behavioral Medicine Research and in 2019 he was made Fellow of the European Health Psychology Society.



## Prof. Geert Crombez

Professor of Health Psychology, Ghent University, Belgium

### The Challenge of 'Pain

His research focuses upon the role of psychology in the experience of (chronic) pain and disability. Foundational to his research is a motivational perspective that is built around the powers of goals and self-regulation. He has developed innovative experimental paradigms, and integrative models of pain perception. He is keen on stimulating critical and reflective thinking about theoretical concepts (e.g. somatization, acceptance), of relevance of empirical data (e.g. statistical vs clinical significance), and the practice of science. Currently, he is interested in how to bring the lab to the real world (via ecological momentary assessment & intervention, and diary methodologies). Geert Crombez is (has been) associate editor of various journals in the field of health psychology (Psychology & Health, Health Psychology Review) and in the field of pain (PAIN, European Journal of Pain, Journal of Pain, PainReports). He chaired an European education committee that developed a core curriculum for pain psychologists. He is a fellow of the European Health Psychology Society and of the Association for Psychological Science.

### Abstract

The evidence is perplexing. Despite diagnostic and therapeutic advancements in medical science, many chronic somatic complaints, such as fatigue and pain, remain "medically unexplained" and prove stubbornly hard to change. Worse perhaps, there has been a dramatic increase in the report of disability and suffering, with health complaints given as the primary cause of distress.

In this presentation historical and current psychological science will be reviewed as it attempts to both explain and influence people's sense of suffering associated with chronic pain. The work of the pioneering behavioural psychologist Wilbert Fordyce and physiological psychologist Ronald Melzack will set the stage. These scientists provided the ground for a now 'taken for granted' biopsychosocial perspective, in which a dynamic interplay between and amongst physiological, psychological and social processes has to be taken into account in order to understand pain and suffering. Next, I will dissect pain and suffering as a multilayered phenomenon. Starting with the kernel idea that pain is a biologically hard-wired signal of bodily threat that demands attention and interrupts behaviour, I will explore how individuals with persistent pain gradually become fixed in a pattern of pain-related fear and avoidance behaviour. In daily life, pain may then expand from a sign of bodily threat to a fundamental threat to the identity of individuals: Chronic pain calls into question "who we are" and "who we want to be". Paradoxically, research indicates that active and persistent attempts to solve the pain in order to protect identity and aspirations, may only fuel frustration and suffering. The lecture will end with how a multilayered and functional analysis of the disruptive nature of pain leads to recent advancements in a psychological science of chronic pain. In doing so, I will call for a health psychology approach of chronic pain, in which patients are considered as normal individuals, albeit in an abnormal situation.

## Scientific Committee



**Robbert Sanderman** *Chair*

The Netherlands



**Marta Marques** *Vice-Chair*

Portugal/Ireland



**Ewa Gruszczynska** *Member*

Poland



**Maria Joao Figueiras** *Member*

Portugal/Abu Dhabi



**Lucie Byrne** *Member*

UK



**Efrat Neter** *Member*

Israel



**Miroslav Sirota** *Member*

UK/Slovakia



**Sebastian Potthoff** *Member*

UK/Germany

## Track Chair

1.	Kwasnicka Dominika Dima Alexandra	<b>Health Behaviour Models</b>
2.	Hamilton Kyra Marques Marta	<b>Health Behaviour Change Interventions</b>
3.	Figueiras Maria João Rackow Pamela	<b>Self-Regulation in Health and Illness</b>
4.	Salewski Christel Plass Anne Marie	<b>Individual Differences and Health</b>
5.	Bode Christina DeLongis Anita	<b>Coping with Chronic Disease</b>
6.	Groarke Jenny Doyle Frank	<b>Interventions in Chronic Disease</b>
7.	Nurmi Johanna Luminet Olivier	<b>Stress, Physiology &amp; Health</b>
8.	Van ryckeghem Dimitri Neter Efrat	<b>Coping with Pain and Psychosomatic Issues</b>
9.	Hennesy Marita Verhofstadt Lesley	<b>Health, Families, and Children</b>
10.	Figueiras Maria João Lee Christina	<b>Well-being and Quality of Life Across the Lifespan</b>
11.	Warner Lisa Marie Dixon Diane	<b>Health Psychology and Ageing</b>
12.	Neter Efrat Pauly Theresa	<b>Social Support, Caregiving, and Health</b>
13.	Dombrowski Stephan Crutzen Rik	<b>Public Health and Health Promotion</b>
14.	McCleary Nicola Byrne-Davis Lucie	<b>Implementation &amp; Health Services Research</b>
15.	König Laura Leah Bührmann	<b>eHealth and mHealth</b>
16.	Gardner Benjamin Pisanti Renato	<b>Occupational Health</b>
17.	Sirota Miroslav Masaryk Radomír	<b>Health Care Communication, including Risk Perception</b>
18.	Schüz Benjamin Orbell Sheina	<b>Culture, Social change and health</b>
19.	Inauen Jennifer Rehackova Lucia	<b>Health inequalities, climate change and sustainability</b>
20.	Peters Gjalt-Jorn Ygram Green James	<b>Methodology</b>



# Scientific Programme. Overview

# Monday, 23 Aug 2021

8:00 - 10:00	Workshops
10:00 - 11:00	Opening Ceremony
11:00 - 11:05	Short break (5 mins)
11:05 - 12:35	Parallel Sessions: Oral Presentations
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
15:15 - 15:25	Short break (10 mins)
15:25 - 16:25	Parallel Sessions: Give me 5 Minutes
16:30 - 17:30	EHPS Members Meeting

# Tuesday, 24 Aug 2021

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
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
15:15 - 15:25	Short break (10 mins)
15:25 - 16:55	Parallel Sessions: Oral Presentations

# Wednesday, 25 Aug 2021

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
12:35 - 12:45	Short break (10 mins)
12:45 - 13:45	Parallel Sessions: State of the Art Lectures and Lab Series
13:45 - 14:15	Break - Networking (30 mins)
14:15 - 15:15	Parallel Sessions: Symposia
15:15 - 15:25	Short break (10 mins)
15:25 - 16:55	Parallel Sessions: Posters

# Thursday, 26 Aug 2021

9:30 - 11:00	SIG Open Science
11:00 - 11:35	Networking
11:35 - 12:35	Parallel Sessions: Give me 5 Minutes
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
15:15 - 15:25	Short break (10 mins)
15:25 - 16:55	Parallel Sessions: Oral Presentations



# Friday, 27 Aug 2021

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
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
15:15 - 15:20	Short break (5 mins)
15:20 - 16:20	Closing Ceremony and Presentation of Next Conference
16:25 - 16:55	Networking



Have a look on Workshops All times in this document are in CEST, GMT+2

Monday, 23 Aug 2021

# Workshops

- 8:00 - 10:00 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





**Special Interest Groups  
continues on the next page**



Tuesday, 24 Aug 2021

9:30 - 11:00

# SIG N-of-1

**Chairs:** Nicky O'Brien, Suzanne McDonald

**Overview of the SIG session:**

During the N-of-1 SIG this year, we will provide a summary of activities in the previous year, an introduction to SIG committee members and roles, and explore the needs and preferences of SIG members for future activities.

**Attendees:**

The SIG will be open to those who are already members of the SIG or indicate interest in joining as a member of the SIG before the meeting. Prior registration for the meeting is required.

9:30 - 11:00

# SIG Equity, Global Health, and Sustainability

**Chairs:** Jennifer Inauen and Lucia Rehackova

**Overview of session:**

In this session of the SIG Equity, Global Health and Sustainability, we will hear a keynote lecture by Niels Peter Rygaard, head and founder of Fairstart Global and recipient of the APA international award for humanitarian work. His lecture is entitled "Climate Change: Theory, Effects on Families, and Global Online Interventions". The second half of the session is dedicated to updates of the SIG's activities and setting goals for the upcoming year.

**Attendees:**

All delegates are welcome to join our session (no preregistration required).

Wednesday, 25 Aug 2021

9:30 - 11:00

# SIG Habit:

**Chairs:** Dr Benjamin Gardner & Dr Phillippa Lally

**Overview of SIG session:**

During the N-of-1 SIG this year, we will provide a summary of activities in the previous year, an introduction to SIG committee members and roles, and explore the needs and preferences of SIG members for future activities.

**Title:**

Flexible habits: Advancing Dual-Process Models of Health Behavior Using Intensive Longitudinal Data in the Era of COVID-19

**Description:**

This session will discuss new theoretical and methodological directions in the study of habit and health behaviour. Guest speaker Prof Genevieve Dunton will discuss the concept of 'flexible habits' and how it might best be captured using real-world data, followed by group discussions of arising theoretical and applied questions and future research directions.

**Attendees:**

Open to anyone attending the conference, no registration required.

9:30 - 11:00

# SIG Digital health & computer tailoring:

**Chairs:** Eline Smit, Laura Konig

**Overview:**

The Digital Health & Computer-tailoring SIG is looking forward to meeting you all digitally. We will hold our annual general meeting to update all members and interested conference attendees on our recent and planned activities before facilitating networking activities. The agenda for this session is as follows **(all times CEST)**

**9:30 - 10:00 am:** annual general meeting: introduction of the SIG and SIG committee and update on past and ongoing activities

**10:00 - 11:00 am:** networking and discussion about future SIG activities

Thursday, 26 Aug 2021

9:30 - 11:00

# SIG Open Science :

**Chairs: Elaine Toomey, Emma Norris**

**Overview of session:**

- Updates on SIG activities this year (no. members, newsletter, webinars, conference sessions, intro article in European Health Psychologist, Award etc.)
- Reminder of how to sign-up
- Update on Research Prioritisation project
- Announcement of the EHPS OS SIG ECR Bursary 2021 winner
- Brainstorm initiative ideas for next year
- Making EHPS Conference more open
- Recruitment of SIG committee members

**Attendees:**

Open to anyone attending the EHPS conference





The background of the entire page is a solid orange color. Overlaid on this background is a large, dense crowd of people walking from left to right. The figures are represented as white silhouettes, showing various ages, genders, and styles of dress, including men in suits, women in dresses, and children. The silhouettes are layered, creating a sense of depth and movement.

The Programme continues on the next page

**Monday, 23 Aug 2021**

Determinants in preventive health behaviours	Self-regulation, beliefs and chronic conditions	Coping with pain and psychosomatic issues	Assessing and promoting physical and wellbeing in mid and late life	Implementation and health services research	e- and mHealth for physical activity, dietary behaviours and weight management	COVID-19
<b>11:05</b> Psychosocial determinants of seasonal influenza vaccine uptake among healthcare workers in long-term care facilities <i>Eanna Kenny</i>	Exploring beliefs about end-of-life among substitute decision makers using the Common-Sense SelfRegulation Model <i>Jacob Crawshaw</i>	Risk and resilience predictors for recovery after spinal fusion surgery in adolescents with idiopathic scoliosis <i>Melanie Beeckman</i>	Health-related behaviours among stroke survivors: an 18 months post-stroke assessment <i>Ana Moura</i>	What behaviour change techniques are used in 262 randomized trials of audit and feedback interventions? <i>Carly Meyer</i>	Systematic review of RCTs comparing face-to-face vs remote behaviour change interventions for weight management <i>Stephan Dombrowski</i>	Stigmatization of Chinese and Asian-looking people during the COVID-19 pandemic in Germany <i>Julia Koller</i>
<b>11:17</b> Motivation and opportunity as predictors of care seeking among Canadian Military healthcare providers <i>Jennifer Born</i>	Illness and treatment beliefs as predictors of rehabilitation outcome in patients with affective disorders <i>Rieka von der Warth</i>	The evolution of the psychosomatic child: psychological characteristics and psychiatric comorbidity <i>Avital Gershfeld-Litvin</i>	Psychosocial and behavioural Predictors of Self-Efficacy in Treatment Adherence among older hypertensive Patients with Diabetes <i>Francesco Zanatta</i>	What works to increase patient participation in critical care rehabilitation: a systematic review <i>Catherine Lawrence</i>	Is there a digital divide? A systematic review of mobile interventions for weight-related behaviours <i>Cynthia Forbes</i>	Loneliness and mental health in lockdown: a longitudinal analysis <i>Jenny Groarke</i>
<b>11:29</b> A population survey investigating psychological barriers and motivators of cervical cancer screening uptake <i>Gaby Judah</i>	Illness perceptions of patients receiving haemodialysis: a systematic review of qualitative studies <i>Buse Keskindag</i>	Endometriosis : physical and psychological impact of pain <i>Cassandra Guillemot</i>	The Clinical Frailty Scale employment in the frailty assessment of chronic patients: a systematic review <i>Nicolò Granata</i>	Health Behaviour Change Technique in Routine Practice in HIV Counselling and Testing sessions in Uganda <i>Faith Martin</i>	Effects of avatar appearance on healthy eating intentions: exploring the effects of avatar body size <i>Nadine van der Waal</i>	Health behaviors and mental health during the COVID-19 pandemic: A longitudinal population-based survey <i>Jutta Mata</i>
<b>11:41</b> The clustering of motivational constructs for diet and physical activity and their associations with behavior <i>Juul M.J. Coumans</i>	Social distancing as a Chance for Sleep Timing: A Daily Diary Study on Bedtime Procrastination <i>Liesemarie Albers</i>	Does Functional Somatic Symptoms measurement differ across Sex and Age? <i>Angelica Acevedo-Mesa</i>	Promoting volunteering among older adults: Two randomized controlled trials <i>Lisa Marie Warner</i>	Non-Clinical Patient Factors: Assisting or Hindering Mental Health-Related Clinical Decisions? A Data Linkage Study <i>Lauren Burns</i>	Effects of suggestions and nudges in mobile self-scanning applications on healthy choices in the supermarket <i>Nynke van der Laan</i>	Hope in a crisis: Evaluation of a digital intervention for people with cancer during COVID-19 <i>Hayley Wright</i>
<b>11:53</b> Facilitators and barriers to substance-free pregnancies in high-income countries: a meta-synthesis of qualitative research <i>Tamara Escanuela Sanchez</i>	Exploring the relationship between self-reported adherence, clinical data and psychosocial factors among kidney transplant recipients <i>Abigail Hucker</i>	Adapting the AIMS Intervention for Breast Cancer Survivors following Adjuvant Endocrine Therapy using Intervention Mapping <i>Anna Janssen</i>	Depression and attenuated physiological responses to acute stress: the moderating role of early life adversity <i>Tracey Keogh</i>	Using focus group discussions to explore the use of routinely collected health data: lessons learned <i>Lisa Ballard</i>	Do food tracking apps differ in acceptability, induced food-related cognitions and behaviour? A pilot study <i>Anila Allmeta</i>	One quick needlestick, one giant leap for mankind: How to increase COVID-19 vaccination intention <i>Astrid Carolus</i>
<b>12:05</b> Systematic review: Indirect and moderating effects of social inequality on health behaviours via TDF variables <i>Benjamin Schüz</i>	Lesson Learned: What influences dietary intake in daily life? Multilevel two-part modelling for semicontinuous outcomes <i>Alea Ruf</i>	Young women's experiences of an endometriosis diagnosis and subsequent support <i>Georgina Wren</i>	Portuguese colonial war veterans' mental and physical health: 45 years later, what do we know? <i>Diogo Morgado</i>	Preparing handover instructions for primary care at patient discharge: an ethnography of the hospital environment <i>Ola Markiewicz</i>	Effectiveness of digital physical activity interventions in low SES individuals: a systematic review and meta-analysis <i>Max Western</i>	Lithuanian informal caregiver burden and support needs during COVID-19 and beyond <i>Ieva Biliunaite</i>
<b>12:17</b> Exploring the influence of socio-economic status on sugar-sweetened beverage consumption in everyday life <i>Christopher Martin Jones</i>	Exploring the perspectives of young adult participants with Type 1 diabetes: The D1Now pilot RCT <i>Elizabeth McCarthy</i>		A systematic review of active ingredients of social prescribing interventions targeting mental health <i>Matt Cooper</i>	Implementing a text messaging system for diabetes medication adherence in general practice: A qualitative study <i>Jenny Mc Sharry</i>	Ecological momentary assessment to examine associations of psychological factors with dietary intake: A systematic review <i>Daniel Powell</i>	How Covid-19 is affecting eating behaviour on peri/postmenopausal women? <i>Mafalda Leitão</i>

Women`s health issues across the lifespan: Identifying risks and opportunities for change	Advances and innovations in the use of implicit measures to assess & modify health-related processes	Open Science and Health Psychology: Case studies of applying principles to practice	Digital decision aids: Considerations for design and evaluation	Coping with the COVID-19 pandemic: individual and collective regulation of emotional distress	Habit formation and disruption as mechanisms for sustainable health behaviour change
<b>14:15</b> Opening Efrat Neter	<b>14:15</b> The effect of a contextual motivational state on attentional bias for food Eva Kemps	<b>14:15</b> Factors impacting open science practices of early career healthcare researchers: a mixed methods study’ Elaine Toomey	<b>14:15</b> Opening Thomas Gültzow	<b>14:15</b> The language of Covid-19: Official communications and emotional responses across countries Olenka Dworakowski	<b>14:15</b> Changes in hygiene habits during the COVID-19 pandemic: An international, repeated measures study Amanda Rebar
<b>14:17</b> Mother-infant contact after birth can reduce postpartum post-traumatic stress by reducing birth-related fear and guilt Yael Benyamini			<b>14:17</b> Integrating Behaviour Change Interventions & Patient Decision Aids: How to accomplish synergetic effects? Thomas Gültzow		
<b>14:27</b> The role of hereditary cancer risk perception in defensive coping Anita Y. Kinney	<b>14:27</b> Assessing sleep-related attitudes with the IAT: a preliminary investigation Carmen Peuters	<b>14:25</b> Developing an open educational resource for open research: the PaPOR TRAIL project Karen Matvienko-Sikar	<b>14:29</b> Reproductive decision-making: An online decision aid for couples at risk of transmitting a genetic disease Yil Severijns	<b>14:27</b> The Psychosocial Impact of COVID-19 on Diet-Related Motives and Behaviours Rebecca Gregson	<b>14:30</b> When behaviour becomes a habit: how older adults form and maintain lifestyle-integrated exercise habits Sarah Labudek
<b>14:37</b> The impact of cultural and health-care system differences on psychological adaptation to breast cancer Evangelos Karademas	<b>14:39</b> Comparing direct and indirect measures of attentional bias to pain in men and women Edmund Keogh	<b>14:35</b> Do “Evidence-Based” Interventions Need to Be Based on Open Science? An Analysis of Clearinghouse Standards Sean Grant		<b>14:39</b> Coping with Covid-19: mental health outcome and emotion regulation across the lifespan in 4 countries Zilla Marie Huber	
<b>14:47</b> Effects of three planning interventions on physical activity in woman patient—women partner dyads Monika Boberska		<b>14:45</b> Exploring the barriers and facilitators to research preregistration Emma Norris	<b>14:41</b> The Contraception Choices digital decision-aid Julia Bailey		<b>14:45</b> Script Elicitation as a method for changing habitually executed sleep hygiene routines among short sleepers Benjamin Gardner
<b>14:57</b> Discussion Karen Morgan	<b>14:51</b> Self-concept IAT and Attentional Bias towards fatigue: demonstration and user tests of measures and CBM Jody Geerts	<b>14:55</b> Q&A Marta Marques	<b>14:53</b> Values clarification strategies: what are they and do they work? Jesse Jansen	<b>14:51</b> The Role of Embitterment in Individual’s Intend to Vaccine against COVID-19 Dennis Koroma	
<b>15:05</b> Q & A	<b>15:03</b> Discussion Dimitri Van Ryckeghem		<b>15:05</b> Discussion Eline Smit	<b>15:03</b> Stories of life during a pandemic: experiences of individuals in different speaking parts of Switzerland Zlatina Kostova	<b>15:00</b> Discussion Phillippa Lally

Theories of behaviour change	Health behaviour change interventions	Coping and adjustment to Chronic Disease	Health, families, and children		Digital health behaviour interventions	Health and wellbeing in the workplace	Doctor-patient and public health communication
15:25 Leveraging behavioural science to understand facial ‘T-zone’ touching to reduce the spread of infectiousdiseases Mackenzie Wilson	Health behaviour change interventions for heart failure self-care: a theory-based manual Amanda Whittal	Exploring understandings of cystic fibrosis patients and their spouses' parenthood experiences through focus groups Anne Jacob	Parental Self-Efficacy as a Predictor of Children’s Nutrition Ricarda Möhler		Digitisation and health-related behaviour: Results of a nationwide survey in Germany Tina Jahnel	Intensified job demands as a risk for stress of conscience: Nurses experiences during organizational change Mikko Heikkilä	Physiological linkage during doctor-patient interactions in oncology Marta Vigier
15:33 Using the capability, opportunity, and motivation model of behaviour to explore sun-protection behaviours in adults Michele A. Mulqueen	A tailored intervention to reduce the transmission risk of antimicrobial-resistant bacteria through food handling Vivianne Visschers	Fading effect of positive reappraisal: A Measurement-Burst Diary Study among People Living with HIV Ewa Gruszczynska	Being a Parent of a Child with Down’s Arthritis-An Interpretative Phenomenological Analysis Kelly McDonagh		Towards personalised digital healt interventions: clustering method of action and coping plans to promote PA Helene Schroé	ACT in the workplace: A meta-analytic examination of randomized controlled trials Irina Unruh	Measurement of person-centred consultation skills in practitioners: a systematic review of reviews of validated studies Anne van Dongen
15:41 Social cognitive predictors of intention to obtain the human papillomavirus vaccine among Indonesian young adults Amelia Citra Kirana	An educational video and risk message to reduce consumers` risk of antimicrobial-resistant bacteria in food Claudia Freivogel	Endometriosis and infertility : psychological impact on couples Josephine Klinkenberg	How partnership, reproduction, and housing life courses are linked to mental and physical subjective health Laura Altweck		What goes on in DBCIs for weight loss maintenance targeting physical activity: A Scoping Review Jorge Encantado	Psychometric validation of the Italian version of Edmondson’s Psychological Safety Scale in the organizational context Mariantonella Todaro	Pediatric oncologists' difficulties related to context when announcing resistance to anti-tumor treatements: A qualitative study Johanna Terrasson
15:49 Psychosocial Determinants of Edible InsectConsump-tion Intentions and Behavior in Western Democratic Republic of Congo Emmanuel Mopendo Mwisomi	S.A.I.N.T.S.: Co-development and delivery of the MAP behaviour change training in St Helena Wendy Maltinsky	A thematic analysis: experiences of being identified with pathogenic variants in BRCA1/2 in Ireland Nikolett Warner	The Influence of Parental Self-Efficacy Expectations on Children's Physical Activity and Media Behavior Katrin Kieslinger		A feasibility randomised controlled trial evaluating a context aware smoking cessation app (Quit Sense) Aimie Hope	Alcohol prevention at the workplace and its impact on selected health outcomes Laura Bielefeld	Factors Influencing the General Public’s SDM Involvement, Perceived Patient-Centered Communication Style, and Medical Treatment Satisfaction Ju-Chun Chien
15:57 A Cognitive-Emotional Model to Explain Message Framing Effects: Reducing Meat Consumption Valentina Carfora	Evaluation of evidence-based and population-tailored behaviour change interventions in the context of humanitarian aid Miriam Harter	HIV coping strategies in French Guiana : a qualitative approach in health psychology Anne-Sophie Petit	Preventing and reducing Parental Burnout: Effects of Cognitive Behavioral Stress Management and Positive Psychology interventions Agata Urbanowicz		Germ Defence digital behaviour change intervention to reduce the spread of viruses in the home Sascha Miller	Investigating Sedentary Office Workers Movement in Varied Workplaces: A Qualitative Exploration Kailas Jenkins	Healthcare providers’ views on medication adherence across chronic health conditions: A Qualitative Study Angelos P. Kassianos
16:05 Lyme Disease Social Representations After a Tick-bite: How Do Patients Attribute Their Post-bite Health Problems? Costanza Puppo	Selecting relevant socio-cognitive determinants for interventions on adult 24-hour movement behaviours using the CIBER approach Ann DeSmet	Early life environmental unpredictability predicts vulnerability to pain in adulthood Eszter Simon			Breast cancer survivors’ and main carers’ perspectives on the acceptability of internet-delivered cognitive behavioural therapy Selin Akkol-Solakoglu	An exploration of COVID-19 related psychological distress among frontline healthcare workers in Ireland and Italy Laura O'Connor	Using routinely-collected health data to investigate automatic cognitive processes in clinical behaviour: a scoping review Nicola McCleary
16:13		The impact of Naluri app on depression, anxiety and quality of life among cardiac patients Darlina Fadil Azim			Attitudes towards health, healthcare, and eHealth in a disadvantaged neighborhood: A community-based participatory research approach Jasper Faber	Beyond the physical risk: Psychosocial impact and coping in healthcare professionals during the COVID-19 pandemic Theodora Fteropoulli	Using routinely-collected health data to investigate automatic cognitive processes in clinical behaviour: a scoping review Nicola McCleary



# Tuesday, 24 Aug 2021



Individual differences in health behaviour	Interventions in Chronic Disease	Caregivers' outcomes and well-being
<b>11:05</b> Barriers and Facilitators to Physical Activity at Midlife: A Systematic Review <a href="#">Sinead Bracken</a>	A psychosocial intervention for individuals with chronic kidney disease: a pilot randomised controlled trial <a href="#">Zoe Jenkins</a>	Do informal caregivers expect to die earlier?: Findings from a population-based, longitudinal study from Germany <a href="#">Larissa Zwar</a>
<b>11:17</b> OBJECTIVE and Subjective Impulsivity Differentially Moderate Within- and Between-Person Associations between Exercise and Drinking <a href="#">Laian Najjar</a>	Pilot of an intensive community-based intervention for people with type 2 diabetes in Kupang, Indonesia <a href="#">James Green</a>	Quality of life among lymphoma patients' natural caregivers <a href="#">Dylan Muccia</a>
<b>11:29</b> Identification of psychological profiles among overweight patients: what links with depression and wellbeing? <a href="#">Natalija Plasonja</a>	Personalised adherence intervention improves photoprotection amongst adults with Xeroderma Pigmentosum: results from the XPAND trial <a href="#">Jessica Walburn</a>	Emotio-spatial distances in informal care: Evidence from a cross-sectional study in Israel <a href="#">Eva Bei</a>
<b>11:41</b> Emotion regulation and perfectionism: The mediating role of different eating patterns on eating disorder symptoms <a href="#">Tamara Mohoric</a>	Let's not reinvent the wheel- adapting the Adherence improvement self-management Strategy (AIMS) to Heart Failure <a href="#">Joëlle Dam</a>	Sleep characteristics among informal caregivers of stroke survivors: duration, satisfaction and quality <a href="#">Filipa Teixeira</a>
<b>11:53</b> Trait vs. state sensitivity to physiological signals of satiation and hunger: Two construct validity studies <a href="#">Aikaterini Palascha</a>	Does self-compassion facilitate change in psychological functioning and well-being 12 months after bariatric surgery? <a href="#">Johanna Pyykkö</a>	The use of intensive longitudinal methods in informal dementia care: a scoping review <a href="#">Pierre Géraïn</a>
<b>12:05</b> Compliance to ecological momentary assessment as behavioural indicator of psychopathology: Results from a representative sample <a href="#">Hanna Reich</a>	Does acceptance of disability help improving psychological well-being among mobility impaired individuals? <a href="#">Laura Alčiauskaitė</a>	Interventions in Europe to support healthcare professionals after the occurrence of adverse events <a href="#">José Joaquín Mira</a>
<b>12:17</b> Who practices mindfulness after an intervention? Latent profile analyses of social cognitive responses <a href="#">Marguerite Beattie</a>	Factors associated with uptake and adherence to a VLCD in non-alcoholic fatty liver disease patients <a href="#">Leah Avery</a>	Impact of social support on hospitalisation risks, unplanned readmission and post-discharge mortality in chronic diseases <a href="#">Lucy Bayer-Oglesby</a>

11:05 - 12:35 Parallel Sessions: Oral Presentations Tuesday, 24 Aug 2021			14:15 - 15:15 Parallel Sessions: Roundtables and Lab Series Tuesday, 24 Aug 2021	
COVID-19 related perceptions and behaviour	Risk communication and health behaviour	COVID-19	Roundtables	Lab Series
			<b>14:15</b> Paving the Way for Health Climate Action: The role of Health Psychology <a href="#">Marieke Adriaanse</a> , <a href="#">Vera Araujo Soares</a> , <a href="#">Susan Michie</a> , <a href="#">Paquito Bernard</a> , <a href="#">Rob Ruiter</a>	Benefits and Risks of Optimizing Reproducibility and Transparency of Data and Analyses in Qualitative Research <a href="#">James Green</a> , <a href="#">Tracy Epton</a> , <a href="#">Kristina Newman</a> , <a href="#">Szilvia Zorgo</a> , <a href="#">Gjalt-Jorn Peters</a> , <a href="#">Jenny Mc Sharry</a> , <a href="#">Karen Matvienko-Sikar</a>
<b>11:05</b> Health Anxiety, Coping Strategies, and Psychological Well-being of Covid-19 patients and inpatients: A Longitudinal Study <a href="#">Selin Karaköse</a>	Evidence-based vs. promoting vaccination information material: Does it matter for risk appraisals? <a href="#">Leonie Otten</a>	Socioeconomic differences in COVID-protective behaviours: Differential effects of Reasoned Action Approach constructs for multiple behaviours <a href="#">Mark Conner</a>	<b>14:15</b> Using app stores and innovative trial designs to evaluate and optimise health behaviour change apps <a href="#">Claire McCallum</a> , <a href="#">Sebastian Potthoff</a> , <a href="#">Leah Bührmann</a> , <a href="#">Olga Perski</a> , <a href="#">Amit Baumel</a> , <a href="#">Dominika Kwasnicka</a> , <a href="#">Gill ten Hoor</a>	Evaluation and Population Health Impact of Digital Health Interventions <a href="#">Julian Wienert</a> , <a href="#">Tina Jahnel</a> , <a href="#">Benjamin Schüz</a>
<b>11:17</b> News media framing of vaccination uptake and herd immunity: a content analysis <a href="#">Aleksandra Lazic</a>	Faking Self-Reports: A Serious Threat in the Assessment of Health Behavior <a href="#">Viktoria Egele</a>	Physical distancing intervention: Increasing intentions through a self-efficacy manipulation in the CHARIS project <a href="#">Chantal den Daas</a>	15:25 - 16:55 Parallel Sessions: Oral Presentations Tuesday, 24 Aug 2021	
			Health behaviours in time	Individual differences in coping with health issues
			<b>15:25</b> Donor career development – how past behaviour influences future blood donation intention <a href="#">Klara Greffin</a>	The hoax conspiracy as a soothing but maladaptive escape from the COVID-19 pandemic reality <a href="#">Philipp Schmid</a>
<b>11:29</b> Exploring the barriers and facilitators of physical distancing in the context of the COVID-19 pandemic <a href="#">Karen Farrell</a>	Optimising the delivery of breast cancer risk estimates to women aged 30-39 years <a href="#">Sarah Bellhouse</a>	Lifestyles and sociodemographic predictors of adherence to COVID-19 restrictions in fragile patients <a href="#">Roberto Capelli</a>	<b>15:37</b> The Temporal Dynamics of Sitting Behavior <a href="#">Pam ten Broeke</a>	Positive psychological traits are associated with dietary behavior during the COVID-19 lockdown <a href="#">Margaux Robert</a>
<b>11:41</b> Adherence to physical distancing guidance in Ireland: A nationally representative analysis from the iCARE study <a href="#">Hannah Durand</a>	Effect of antibiotic resistance messages and their framing on the reduction of inappropriate antibiotic expectations <a href="#">Miroslav Sirota</a>	Prevalence of psychological distress among healthcare workers in Ireland and Italy during the COVID-19 pandemic <a href="#">Jack Flynn</a>	<b>15:49</b> The change-readiness model: A grounded behaviour change theory <a href="#">Marianne Therese Smogeli Holter</a>	Risk factors for anxiety and depression: a population-based study <a href="#">Camilla Hakelind</a>
<b>11:53</b> Exploring factors associated with COVID-19 vaccine intention to inform public health interventions in England <a href="#">Vivi Antonopoulou</a>	The effect of risk knowledge and risky behaviours on cervical screening attendance <a href="#">Sue Sherman</a>	Occupational stress and health during the Covid-19 pandemic: mediating effects of work-related rumination <a href="#">Louisa Pavey</a>	<b>16:01</b> Practice makes perfect: Repeatedly dealing with self-control conflict facilitates its resolution <a href="#">Marleen Gillebaart</a>	Coping with recent COVID-19 deaths: A Qualitative Study with grieving family members in Italy <a href="#">Lorenza Entilli</a>
<b>12:05</b> 5 Implementing the 'Germ Defence' digital behaviour-change intervention using rapid person-based optimisation methods <a href="#">Ben Ainsworth</a>	Development of a PtDA integrating risk information supporting SDM about personalised surveillance after breast cancer <a href="#">Jet W. Ankersmid</a>	Quality of working life during COVID-19: a test of the Job Demands Resource model <a href="#">Renato Pisanti</a>	<b>16:13</b> Daily associations of intrinsic reward, anticipated regret, and self-efficacy with automaticity across 12 weeks <a href="#">Sally Di Maio</a>	Exploring the needs of spousal and adult children informal caregivers: A mixed-method systematic review <a href="#">Srishti Dang</a>
<b>12:17</b> What does it mean to choose health? A photo elicitation study <a href="#">Iga Palacz-Poborczyk</a>	Experiences of medication reviewing in Primary Care – Lessons for optimization of a multimorbidity intervention <a href="#">Lisa Hynes</a>	Understanding COVID-19 vaccination intention: the role of anticipated affective reactions <a href="#">Miriam Capasso</a>	<b>16:25</b> Association between self-esteem and weight change depends on initial weight status in a general population <a href="#">Sandrine Peneau</a>	The role of consumption and reward simulations in the motivation for sugar-sweetened beverages <a href="#">Almudena Claassen</a>
			<b>16:37</b>	Insights into dynamic association between physical symptoms and affect from longitudinal data in inflammatory arthritis <a href="#">Hsiu Yen Tung</a>

Contextual factors affecting child and adolescent health behaviours	Quality of life in context	eHealth and COVID-19	Persuasive and informative health communication
<b>15:25</b> Media Influence Components as Predictors of Children's Body Image and Eating Problems Jolien De Coen	The impact of unemployment and childbirth on trajectories of life satisfaction in different social contexts Stefanie Hahm	#StrongerTogether: Utilizing health behavior and technology acceptance models to predict adoption of COVID-19 tracing apps Samuel Tomczyk	<b>15:25</b> Ambivalent attitudes and the intention to undergo Whole Genome Sequencing Efrat Neter
<b>15:37</b> The role of others – effects of group composition in the treatment of childhood obesity Andrea Zumbrunn	Posttraumatic Growth and Quality of Life in Fathers of Children with Special Needs Gulsen Filazoglu Cokluk	Development of an app-based behavior change intervention to promote hand hygiene during a pandemic Melanie Amrein	<b>15:37</b> Consuming media, consuming food: A time-use diary survey on TV viewing and concurrent food intake Monique Alblas
<b>15:49</b> Behaviour change interventions improve maternal and child nutrition in sub-Saharan Africa: systematic review Daniella Watson	Mechanisms behind the association between fear of falling and quality of life in old age Greta M. A. Steckhan	Short- and longer-term effects of a brief online intervention on handwashing during the COVID-19 pandemic Noemi Lorbeer	<b>15:49</b> Developing an online decision-aid and CenteringPregnancy intervention promoting informed decision making about maternal pertussis vaccination Charlotte Anraad
<b>16:01</b> A qualitative investigation of the health behaviours of young children from refugee families: Photo Elicitation Maha Alsubhi	Quality of life dimensions in clinical care of breast cancer survivors: a Delphi study Urška Smrke	A pilot randomised controlled trial exploring feasibility of online expressive writing during the COVID-19 pandemic Daisy McInnerney	<b>16:01</b> The impact of sharing life events and current issues on decision-making for breast reconstructive surgery Lorelle Dismore
<b>16:13</b> A meta-analysis of the parental social-cognitive correlates of oral hygiene behavior in preschoolers Stephanie Smith	Assessing wellbeing in early life using retrospective recall: the example of addicts in recovery Emily Arden-Close	Engagement with online fitness videos on YouTube and Instagram during COVID-19: a longitudinal study Wuyou Sui	
<b>16:25</b> The Communities That Care Youth Survey: Unidimensionality and predictive power of risk factors in Germany Maren Reder	“Everything was destroyed”: Resilience of older adults with disabilities during hurricane Maria in Puerto Rico Mariana Guzzardo	Feasibility Randomised Controlled Trial of the Hope Programme for Parents of Autistic Children during COVID-19 Kim Bul	
<b>16:37</b> What groups of measures would promote healthy early childhood development in marginalized Roma communities? Shoshana Chovan	Life on a temporary surface; A qualitative study on loneliness among highly skilled migrants Neda Bayat		



The Programme continues on the next page

# Wednesday, 25 Aug 2021

**1.0 Health behaviour and theory**

- 1.1 Changing social norms are a stronger predictor for health behavior than static social norms  
Sabrina Stöckli
- 1.2 Differences in exercise motives of University of Zagreb students with regarding leisure-time physical activity level  
Janko Babic
- 1.3 Identity mechanisms and interventions in the context of smoking and physical-activity: a scoping review protocol  
Kristell M. Penfornis
- 1.4 Beliefs about Healthy Sleep Habits in Adults With and Without Diabetes: A Reasoned Action Approach  
Lydi-Anne Vézina-Im
- 1.5 Snack consumption among young people. Eating style and the theory of planned behavior  
Luigina Canova
- 1.6 Scoping review of theories and classification systems of multiple behaviours and goals in behavioural science  
Carolina C. Silva
- 1.7 The need for support in engaging in physical activity among patients with cancer in Japan  
Tomoko Matsui
- 1.8 The influences of dietary lifestyles and environments on the intention-behavior consistency  
Shoji Ohtomo
- 1.9 Middle school students' attitudes toward the HPV vaccine and psychological antecedents of vaccination  
Catherine Juneau
- 1.10 Weight-related health beliefs in adolescents and young adults  
Radina Stoyanova
- 1.11 Sense of coherence and somatic symptoms  
Ivana Marcinko
- 1.12 Motivational predictors of physical activity in women with fibromyalgia  
Sofia López-Roig
- 1.13 Cultural differences in Physical Activity: The Effect of Goal Orientation and Basic Psychological Needs  
Duygu Gurleyik
- 1.14 FOODLIT-PRO: Conceptual and empirical development of the Food Literacy Wheel  
Raquel Rosas

**2.0 Self-regulation and health and interventions in Chronic Illness**

- 2.1 On the changeability of subjective illness perceptions and stigmatising attitudes towards mental health problems  
Thomas McLaren
- 2.2 Overcoming goal obstacles in chronic pain: Exploring the role of goal characteristics and obstacle features  
Monika Hricová
- 2.3 Role and group identity and adjustment to running group disbandment  
Sasha Kullman

- 2.4 Aspirin non-adherence in pregnant women at risk of preeclampsia (ANA): a qualitative study  
Raya Vinogradov
- 2.5 Evaluating the influence of symptom-monitoring on menopausal health outcomes: a systematic review and meta-analysis  
Robin Andrews
- 2.6 iHOPE for PCOS: Qualitative evaluation of an online peer support intervention for polycystic ovary syndrome  
Carol Percy
- 2.7 Emotional and cognitive processes in psychological interventions for children with chronic physical conditions  
Mareike Kaemmerer
- 2.8 Which behaviors are targeted in self-care interventions for patients with hypertension?  
Heleen Westland
- 2.9 Developing an intervention to improve type 2 diabetes care for people with severe mental illness  
Tracey Dorey
- 2.10 Self-regulation in sustainable food purchases: The role of motivation, self-control and depletion  
Natasha Auch

**3.0 Coping with chronic illness**

- 3.1 Medication Adherence in Chronic Conditions: A Scoping Review of Barriers, Facilitators and Interventions  
Maria Karekla
- 3.2 Development of the Patient-Reported Impact of Dermatological Disease (PRIDD) measure: a concept elicitation study  
Rachael Pattinson
- 3.3 Couples facing the honeymoon period of Parkinson's disease: a qualitative study of dyadic functioning  
Charlotte Manceau
- 3.4 Differences between three groups of neurological patients regarding their adherence to medication  
Gabriele Helga Franke
- 3.5 The relationship between depression, anxiety and quality of life in patients with inflammatory bowel disease  
Michal Bártek
- 3.6 Psychosocial Functioning of Vitiligo Patients in the Face of Stigmatization: A systematic review  
Simona Lysáková
- 3.7 Being a person or being a patient: adaptive resources in long-term survivors after heart transplantation  
Anna Mierzynska
- 3.8 Living with cystic fibrosis: patients' experiences of diagnosis in adulthood  
Nisha Sharma
- 3.9 A Qualitative Analysis of Psychosocial Adjustment Process of Veteran Soldiers with Amputation  
İrem Berna Güvenç
- 3.10 Management of the disease by osteoporotic patients  
Laura Lepage



3,11	Exploring personality and coping strategies in chronic pain patients Morana Radman
3,12	Supported self-management in asthma reviews: a mixed methods observational study nested in the IMP2ART programme Emma Kinley
3,13	THEORETICALLY informed education to support asthma self-management in primary care: part of the IMP2ART programme Kirstie McClatchey
3,14	The impacts of COVID-19 lockdown on mental health in patients with Inflammatory Arthritis Melissa Sweeney

4.0 Youth and family mental health

4.1	Positive youth development and mental health of Bulgarian adolescents Anna Alexandrova-Karamanova
4.2	How to establish supportive peer relationships: a qualitative study with early adolescents Ina Krammer
4.3	Social discourse and stigmatisation as a barrier to a child and adolescent mental health services Zuzana Dankulincova Veselska
4.4	Prevalence of mental disorders in youth with chronic skin conditions: A systematic review and metaanalysis Clodagh Flinn
4.5	Parental rejection and social appearance anxiety: The mediating role of self-concept clarity Celia K. Naivar Sen
4.6	Parental Health Status and Adolescents' Psychological Distress: The Role of Parentification Cliff Yung-Chi Chen
4.7	Intergenerational transmission of posttraumatic orientation to bodily signals within mother-daughter dyads Noga Tsur
4.8	Mindfulness mediates the relationship between parenting stress and relationship satisfaction Julia Eggermann
4.9	Relationship satisfaction and depression in patient-partner dyads: longitudinal associations Karolina Lobczowska
4.10	Economic status and depression: Mediating role of self-rated health in students during the COVID-19 pandemic Dominika Ochnik

5.0 Quality of life in community and clinical populations

5.1	Loss of self or an internal struggle? Investigating experiences of depression in Greek-Cypriot patients Maria Orphanidou
5.2	Relationship between suicidal ideation and self-rated health indicators in general population Nijole Gostautaite Midttun

5.3	Family and non-family intergenerational relationships: implications for students' subjective health, life satisfaction and psychological well-being Olga Strizhitskaya
5.4	The role of school climate in Jordanian high school students' life satisfaction Abdullah Alshammari
5.5	Reconceptualization of quality of life due to the lockdown among women with or without cancer Stéphéline Ginguené
5.6	How emotional intelligence and emotional skills are linked with well-being, health, work ability and recovery? Taina Hintsa
5.7	Is work-life balance important for Portuguese adults' productivity? Bárbara Pinheiro
5.8	Effects of brief mindfulness program for medical students Etsuyo Nishigaki
5.9	Positive Well-Being in Heart Failure Patients Katarzyna Piotrowicz
5.10	Sexual quality of life of cancer patients Florence Sordes
5.11	A qualitative meta-synthesis examining spirituality as experienced by individuals living with terminal cancer Lucy Hayden
5.12	Utilizing Interpretative Phenomenological Analysis in Researching Sexual Health: Working with Women at Temporary Shelters Anna Alexandrov

6.0 Social support, caregiving, and health

6.1	Inclusion of Illness in the self among cardiac patients and their caregiving partners Shira Galin Soibelman
6.2	Communal Motivation to Provide Care: Evidence from a Multinational iCohort Study on Informal Care Giulia Ferraris
6.3	The place of sick peers in adolescents and young adults with cancer. Preliminary quantitative results Jeff Phan
6.4	Health and psychosocial correlates of being a spouse carer of a person with dementia Marcus Falk Johansson
6.5	People living with type 2 diabetes in Pakistan: Nutritional practices and family roles Omama Tariq
6.6	Adjustment and maintenance of couple relationships following a spinal cord injury Luned Mair
6.7	Life Review Intervention Among Patients In Palliative Care Constance Garrousteigt
6.8	Psychosocial, pregnancy and delivery characteristics of mothers at risk of postpartum depression Lubica Banovcಿನova

6.9	Feasibility of a multi-modular program for pediatric brain tumor survivors: what is their experience ? Lucille Karsenti
6.10	Stigma Toward Smoking Pregnant Women in the French General Population. A Qualitative-Mixed Approach Deborah Loyal

7.0 Understanding and protecting employee health and wellbeing

7.1	Shift working nurses with symptoms of depression report insomnia, hyperarousal and lower circadian rhythm amplitude Katarzyna Gustavsson
7.2	Burnout among healthcare workers at the Ljubljana Division of Internal Medicine's Geriatric Medicine Center Nataša Dernovšek Hafner
7.3	Understanding the etiology of workaholism: results of a systematic review Modesta Morkevičiūtė
7.4	Pilot study of a communication skills program for home-visiting staffs Noriko Watanabe
7.5	Development of best practice guidelines for frontline healthcare workers: A novel Delphi approach Cathal Ffrench
7.6	Health psychology meets biomechanics: Does work context matter for self-regulation, physical activity and back health? Nina Lederle
7.7	Effects of self-care and communication skills training on employees in mid-level management positions Rie Ishikawa
7.8	Mindfulness and compassion training for clinicians: a qualitative study Clémence Brun
7.9	'Dear Doctor': Results from a randomised controlled trial to reduce burnout in trainee anaesthetists Alix Brazier
7.10	Defining emotional competencies of Artists in Healthcare: Development of a Competency Framework Anatoli Karypidou

12:45 - 13:45 Parallel Sessions: State of the Art Lectures and Lab Series Wednesday, 25 Aug 2021

State of the Art	Lab Series
12:45 Dyadic Health Behavior Change: Potential and Pitfalls Corina Berli	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
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	12:45 Providing care for care providers: innovative eHealth solutions across Europe Srishti Dang, Mariët Hagedoorn, Giulia Ferraris, Milica Petrovic, Leva Biliunaite, Sofia Bastoni

Planetary Health: The need for integrating insights from health psychology and environmental communication	Measurement and other methodological challenges for health psychology research in low resource and cross-country settings	Co-designing health behaviour change interventions face-to-face and remotely: involving target groups to maximise effectiveness
14:15 Opening Eline Smit	14:15 Barriers to collecting longitudinal data in a public health setting in South Africa Rizwana Roomaney	14:15 Virtual poll Katie Robb
14:20 Promoting climate action using fear appeals: addressing collective efficacy Marieke Adriaanse	14:25 Reflections on conducting qualitative interviews with couples in South Africa (SA) to inform intervention optimisation Katherine Morton	14:16 Co-design with multiple stakeholders: developing a health literacy intervention for new parents Julie Ayre
14:30 Stimulating Sustainable Food Choices Using Virtual Reality: Taking an Environmental vs Health Communication Perspective Marijn Meijers	14:35 Measuring psychological ownership in the context of health related infrastructure in India Benjamin Ambuehl	14:27 Involving young adults with type 1 diabetes in intervention refinement and piloting: the D1Now study Eimear Morrissey
14:40 Who accepts nudges? A scenario study exploring acceptability of nudges targeting healthy and sustainable eating Laurens van Gestel	14:45 Dyadic health psychology theory and methods to explain protective maternal health behavior in Nepal Vica Marie Jelena Tomberge	14:38 Co-designing lung screening information with people from low-resource neighbourhoods: Community workshops and remote design interviews Lauren Gattin
14:50 The potential of virtual reality to stimulate healthy and environmentally friendly food consumption among children Eline Smit	14:55 Similar or different? A quantitative, comparable assessment of food cultures across ten countries Gudrun Sproesser	14:49 The potential of virtual reality to stimulate healthy and environmentally friendly food consumption among children Eline Smit
15:00 Discussion Heide Busse	15:05 Discussion Lucie Byrne-Davis	15:00 Discussion Lesley McGregor



Making the most of what we know about behaviour change: Challenges and opportunities		Health behavior models and the COVID-19 pandemic		The potential of digital technologies for understanding and changing eating behavior		Understanding health behaviour change and its psychosocial correlates in everyday life		8.0 Health-care communication from patients’ and physicians’ perspectives	
14:15	Behavioural theories: An ontology-based modelling system for integration Susan Michie	14:15	Introduction Olivier Luminet, Nadine Berndt	14:15	Comfort eating: An observational study of affect in the hours immediately before, and after, snacking Stuart G. Ferguson	14:15	The role of daily perceived responsiveness, daily smoking and well-being from a quit attempt on Janina Lüscher	8.1	How oncologists experience the announcement of treatment resistance? The one who announced the breaking new Aude Rault
		8.2	From risk communication to lifestyle modification -the importance of interaction between cognition & emotion Elin Andersson						
		14:17	Predicting physical distancing over time during the COVID-19 pandemic Kyra Hamilton					8.3	The diagnosis of neuromuscular disease in adulthood through communicative processes and its psychological experience Bettina Beaujard
		8.4	Impact of an Informational Care Resource on Patient Perceptions of Care/Rehabilitation following a Spinal Cord Injury Kate Jobbins						
		14:29	Cognitive and Emotional Determinants to predict Handwashing and Limitation of Social Contacts Olivier Luminet	14:27	Colourful meals are healthy meals: Results from a smartphone-based Ecological Momentary Assessment Laura König	14:27	An evening on the couch? Links between everyday health-compromising behaviours in couples and relationship functioning Theresa Pauly	8.5	The agreement between patients’ and doctors’ perspectives of doctors’ communication skills : A dyadic analysis Zuzanna Kwissa-Gajewska
								8.6	Value based health care in a psycho-social perspective: A systematic literature review Leda Marino
14:30	Making the most of behavioural evidence: Development of an ontology of human behaviours Marie Johnston			14:39	Quality over quantity: Increasing need-supportive communication in online support groups via a brief intervention video Michael Kilb	14:39	How do stress and health behavior relate in daily life? Feasibility study of mobile electrocardiography Jennifer Inauen	8.7	Online Assessment as an indicator for Case Management. When is Case Management really needed? Wim Nieuwenboom
								9.0 Instrument development and psychometric quality	
14:45	Linking Measures to Mechanisms of Action: An Expert Consensus Study Talea Cornelius	14:41	Using Core Processes to explore the determinants of university students’ adherence to COVID-19 guidelines Tugce Varol					9.1	How to increase heart rate variability based on breathing exercises? Laura Caton
								9.2	The Self-efficacy Scale for physical activity in women with fibromyalgia María-Ángeles Pastor-Mira
		14:51	No party, stay home. Impact of COVID-19 on drug behaviour among recreational users in Luxembourg Nadine Berndt	14:51	User engagement with app-based food Go/No-Go training and dietary intake: An opportunistic observational study Matthias Aulbach	14:51	Habit formation following routine-based versus time-based cue planning Jan Keller	9.3	Assessment method of physical inactivity (Hypodynamia questionnaire) – development and application Olena Lutsenko
								9.4	Slovak version of the Edinburgh Postnatal Depression scale- psychometric properties and factor structure Zuzana Škodová
15:00	Discussion Molly Byrne	15:03	Discussion Rik Crutzen	15:03	Discussion Daniel Powell	15:03	Discussion Gertraud (Turu) Stadler	9.5	A Scoping Review of Methods used to assess Medication Adherence in Patients with Chronic Conditions Pinelopi Konstantinou
								9.6	“Basic Psychological Need Satisfaction and Frustration Scale”: validation of a French adaptation in health context Stephanie Mussel
								9.7	The Activity Patterns Scale structure in patients with fibromyalgia: A confirmatory factor analysis approach Fermin Martinez-Zaragoza
								9.8	Polish Adaptation of the Stress Mindset Measure (SMM): A Reliability and Validity Study Dorota Mierzejewska-Floreani
								9.9	Developing a standardised measure of psychological safety Liza Morton
								9.10	Validation of a Pandemic Fatigue Scale in a sample of Portuguese adults Maria C. Ferreira

10.0 Health behaviour change interventions

10.1	Addictive disorders: Horse Assisted Therapy as a creative behavior change intervention Charlène Leconstant
10.2	Effects of three types of planning interventions on self-reported planning: A validation study Ewa Kulis
10.3	Motivation by communication? A systematic review on brief motivational interviewing interventions targeting physical activity Lara Thiel
10.4	A randomised controlled trial to promote walking behaviour among university students Daniela Caso
10.5	Sedentary behavior and depression in patient-partner dyads: longitudinal associations Maria Siwa
10.6	Perceived peer drinking norms in elite rugbymen before and after an alcohol intervention Aude Rault
10.7	Effectiveness of an intervention to reduce adolescents' sedentary behaviour using a participatory approach Veerle Van Oeckel
10.8	InterMob: a randomized controlled intervention targeting a more active and sustainable mobility in France Claudia Teran Escobar
10.9	Changing Behaviors: preventing Injuries using Theory-based Techniques (ChaBITT). Preliminary investigations in elite women team sports Alexis Ruffault
10.10	Increase in HPV Vaccination Rate: Using a Planning Technique and Anticipated Regret Aurélie Gauchet
10.11	Tackling physical inactivity through social prescribing: Developing and piloting a training package for Link Workers Sarah Hotham
10.12	How and why do we prepare? An approach to forest fire preparedness from health psychology Paola Cordon

11.0 Individual differences impacting health

11.1	A case-control study on physical activity preferences, motives and barriers in patients with mental disorders Martin Kopp
11.2	Why loneliness matters? Júlia Švecová
11.3	The relationship among Quality of Life, character strengths, and physical activity experiences in Japanese children Shintaro Endo
11.4	Conscientiousness and self-perceived and calculated life expectancy Yusuke Takahashi

11.5	Men's health behaviour obstructed: The role of social identification with men and proving one's masculinity Aster Van Rossum
11.6	Relationship between smartphone addiction and flow experience among Japanese university students Yusuke Kiyono
11.7	Profile of adults seeking voluntary HIV testing and counseling in Portugal Eleonora C. V. Costa
11.8	Self-compassion's relationship with cardiovascular disease risk factors in community women: Depression, physical inactivity and frailty Brittany Semenchuk
11.9	Factors influencing family decision about organ donation of a deceased relative in emergent donation procedures Jorge S. López Martínez

12.0 Youth and family health

12.1	Sexual behavior in women attempting pregnancy Julia Roseman
12.2	The effectiveness of weight-loss interventions for improving fertility in women and men: systematic review update Emma Hunter
12.3	Happy meals are healthy meals: Family mealtime routines and their relation to child nutritional health Vanessa Knobl
12.4	Differences in perceptions of obesogenic environment between parent-child dyads with excessive and normal body mass Karolina Zarychta
12.5	Body composition and family affluence contribute to difference between self-reported and measured weight Viktoryia Karchynskaya
12.6	Is sufficient physical activity and good health associated with cardiorespiratory fitness among adolescents? Jaroslava Kopcakova
12.7	Associations between asthma and traumatization in childhood Martina Petrikova
12.8	Anxiety in young adults before dental surgical procedures and its effect on postoperative pain intensity Radka Massaldjieva
12.9	Young adults' attitudes towards people with depression: gender matters Kristina Žardeckaitė-Matulaitienė
12.10	Gender-based stereotypes, the family environment, and food intake among adolescents in Costa Rica Benjamin Reyes Fernandez



13.0 eHealth and mHealth

13.1	Increasing self-regulation technique use in a health app with reminders and feedback: Factorial N-of-1 RCT Johanna Nurmi
13.2	Exploring behavioural predictors of psychological distress among adults with and without diabetes using digital phenotyping Amy Mc Inerney
13.3	Online Self-Care Training Programme to reduce Burnout and promote Work Engagement in Psychologists: MAGO Study Pablo Hernández Lillo
13.4	Validation of the Digital Literacy Scale with both Portuguese adolescents and adults Mónica M. Dias
13.5	An evaluation of a functionality based positive body image intervention in students Eglé Urvelyté
13.6	Individual and environmental determinants of physical activity and sedentary behavior: an ecological momentary assessment Julie Delobelle
13.7	What Do You Find When Searching for Online Cancer-Related Information: Two Experimental Studies Saba Chopard
13.8	The degree of self-imposed goal achievement and levels of attainment within family members in SMARTFAMILY Kathrin Wunsch
13.9	Fitbit's accuracy to measure short bouts of physical activity and sedentary behavior: a validation study Elieen Lebuf
13.10	Older adults' experiences and perceptions of immersive virtual reality: a systematic review and thematic synthesis David Healy
13.11	The road from interviews and focus groups to a digital eHealth tool Anne Looijmans
13.12	A Systematic Review of Ontologies in the context of Physical Activity Maya Braun

14.0 Stress, physiology and health

14.1	On the effect of cardiac interoceptive biofeedback on interoceptive abilities and emotion regulation Georgios Karanassios
14.2	Effects of a cardiac interoceptive biofeedback training on interoceptive abilities and stress Christine Schillings
14.3	The role of anxiety in changes of dietary behaviour among acute coronary syndrome patients Francesca Brivio
14.4	Affective Cognitive Flexibility predicts Examination Stress Elise Grimm
14.5	Opposing emotion-mediated effects of stress on body mass index for healthy- and over-weight Latvians Ieva Salina

14.6	Adult attachment styles and tolerance to distress Mária Kénesy Túnyiová
14.7	Physiological pain regulation and the buffering effect of social support in patients with chronic pain Marie Neubert
14.8	Minority stress, ways of coping with stress and depression in non-heterosexual persons in Poland Patrycja Stawiarska
14.9	Facets of COVID-19 stress and their relationship to various aspects of well-being Christina Saalwirth
14.10	Psychological predictors of stage fright in the health context Helena Wrona-Polanska

15.0 ROOM COVID-19 Session

15.1	Investigating associations between health beliefs and COVID-19 vaccine hesitancy in Ireland Ailbhe Lawlor
15.2	Containment measures against COVID-19 in Italy: the role of Protection Motivation and Values Cristian Di Gesto
15.3	Title: Emotional Distress, Treatment and Lifestyle Adherence Among People With Diabetes During the COVID-19 Pandemic Evelyn Heckenberger-Nagy
15.4	Protecting children's wellbeing during public health emergencies: positive parental communication strategies about the COVID-19 Alessandro Pepe
15.5	Quality of Life and Psychological Resilience of Turkish Psychologist in Times of the COVID-19 Pandemic Feride Alkan
15.6	Covid-19 stress, burnout and risk perception among health and social care workers in Scotland Nicola Cogan
15.7	Trajectories of depression in Japanese undergraduates during COVID-19 Mayuko Matsumoto
15.8	Cognitive Emotion Regulation Strategies in the Relationship between the Fear of Covid-19 and Psychological Distress Hatice Nur Koçak
15.9	Substance Use During the Covid-19 Pandemic: The Role of Covid-19 Fear, Emotion Regulation and Loneliness Selin Işık
15.11	Disordered eating symptoms and body image among Polish women with different levels of COVID-19-related stress Kamila Czepczor-Bernat
15.12	Prenatal mental and physical health, health behaviours, and maternity care experiences during the COVID-19 pandemic Johanna Pope
15.13	Psychological challenges and the coping strategies during COVID-19 in 2020: A systematic review Manissha Vijayan

- 15.14 The effects of physical activity on the psychosocial well-being of Italians during the Coronavirus lockdown  
Anna Rosa Donizzetti
- 15.15 Short-term psychological outcomes in post Covid-19 patients  
Luca Ranucci



The Programme continues on the next page

Thursday,  
26 Aug 2021



Exercise, nutrition, and risky health behaviours explained through the prism of health behaviour change models	Health behaviour change interventions	Coping and adjustment to Chronic Disease	Understanding interventions in chronic disease	Mobile health and digital innovations	COVID-19 session
<b>11:35</b> Nutrition information-seeking practices as a double-edge sword in female college students <a href="#">Mika Omori</a>	'Let's Eat Healthy' obesity-prevention intervention to improve eating behavior for low-income children in South Korea <a href="#">Jiyoung Park</a>	Living with Type 2 Diabetes: A qualitative study in India <a href="#">Naphisabet Kharsati</a>	<b>11:35</b> Understanding determinants of community cardiac rehabilitation attendance: a qualitative study using the Theoretical Domains Framework <a href="#">Oonagh Meade</a>	A smartphone application for adherence to inhaled corticosteroids in young adults with asthma: Feasibility study <a href="#">Jane Murphy</a>	Can lifestyle behaviors prior to the pandemic predict adherence to behaviors to reduce COVID-19 transmission? <a href="#">Gabriel Nudelman</a>
<b>11:43</b> Measuring Food-Related Attentional Bias <a href="#">Stefania Franja</a>	Effect evaluation of a participatory developed healthy sleep intervention for adolescents <a href="#">Ann Vandendriessche</a>	Exploring and redefining Refractory Inflammatory Arthritis: Delphi study with patients and multidisciplinary healthcare professionals <a href="#">Hema Chaplin</a>	<b>11:43</b> An evaluation of a narrative pedagogy knowledge translation tool in the National Health Service (NHS) <a href="#">Fiona Leggat</a>	An App a Day: feasibility trial of a food-specific inhibition training app for families <a href="#">Lucy Porter</a>	The impact of COVID-19 on health behaviours of the UK population: a cross-sectional study <a href="#">Elizabeth Ruddy</a>
<b>11:51</b> Evaluative bias and self-regulatory control contribute to soft drink consumption <a href="#">Joshua McGreen</a>	Developing an intervention to improve adolescents' sleep behavior by combining participatory research and Intervention Mapping <a href="#">Maïté Verloigne</a>	The Sense of Grip on chronic disease in the experience of adults with Hereditary Angioedema <a href="#">Assunta Maiello</a>	<b>11:51</b> Impact of bariatric surgery on depressive symptomatology in patients with non-alcoholic fatty liver disease <a href="#">Jesús Funuyet-Salas</a>	Non-usage attrition of adolescents in a mobile health promotion intervention <a href="#">Laura Maenhout</a>	Diet, alcohol, physical activity, and BMI during the COVID pandemic, among cancer survivors <a href="#">Phillippa Lally</a>
<b>11:59</b> Associations between early adversity, (risky) health behaviours and the discounting of future misery <a href="#">Jeanette Hadaschik</a>	Pilot trial of a Self-Compassion intervention to improve adolescent body image on social media <a href="#">Ciara Mahon</a>	Effects of physical activity on mild Alzheimer's disease patients through cognitive performances <a href="#">Tamara Mitanskova</a>	<b>11:59</b> Experiences of psychological interventions in neurodegenerative diseases: a systematic review and thematic synthesis <a href="#">Cathryn Pinto</a>	An EMA study in older adults: the variability of emotions, physical complaints, intention and self-efficacy <a href="#">Iris Maes</a>	Is it time to stock up? Understanding panic buying during the COVID-19 pandemic in Australia <a href="#">Karina Rune</a>
<b>12:07</b> Psychosocial determinants of intention to use non-prescribed stimulants among N.Irish students: an integrated theoretical approach <a href="#">Emma Berry</a>	Using Intervention Mapping to improve weight loss intervention content <a href="#">Paulina Idziak</a>	Protective effects of relationship quality on psychological health among patients with cardiovascular disease and partners <a href="#">Karen Bouchard</a>	<b>12:07</b> Subjective impact of ventilatory self-management in Obstructive Sleep Apnea patients: a prospective study <a href="#">Martina Vigore</a>	Using a diabetes self-management app to increase health literacy and diabetes self-management: Pilot implementation <a href="#">Diana Taut</a>	Covid-19 Coping Survey: analysis of free-text survey responses from people with and without health conditions <a href="#">Rachael Hewitt</a>
<b>12:15</b> Positive relationship with eating: associations with weight management and food intake <a href="#">Cynthia Sob</a>	Users' support of various nudging strategies intended to increase fruit and vegetable purchase in cafeteria <a href="#">Sunghwan Yi</a>	How codependency affects dyadic coping and life satisfaction <a href="#">Zsuzsa Hopp</a>	<b>12:15</b> Do positive psychology interventions have beneficial effects on chronic pain? a systematic review and meta-analysis <a href="#">Céline Braunwalder</a>	Social Robots for Long-Term Speech-Based Health Interventions <a href="#">Guy Laban</a>	Vaccination against COVID-19: Behavioural intention predictors among a representative sample of the Portuguese population <a href="#">Cristina Albuquerque Godinho</a>
<b>12:23</b>	Can social media nudge healthy eating? An online pilot intervention study <a href="#">Lily Hawkins</a>	Depression, anxiety, and progression from normoglycemia to prediabetes and diabetes: preliminary findings <a href="#">Sonya Deschênes</a>	<b>12:23</b> Diabetes Community Champions: Local implementation and impact <a href="#">Jörg Huber</a>	Development of a collaborative interactive digital graphic novel <a href="#">Katharina Stiehl</a>	

14:15 - 15:15 Parallel Sessions: Roundtables and Lab Series Thursday, 26 Aug 2021					15:25 - 16:55 Parallel Sessions: Oral Presentations Thursday, 26 Aug 2021						
Roundtables		Lab Series			15:25	Systematic review of self-determination theory based interventions for dietary behaviour change in adolescents Sara Simão		The interplay between burden of family caregivers and older adults’ frailty & optimism Alberto Sardella	#safesex – The effectiveness of social media influencers as ambassadors of sexual health behavior Loes Janssen		
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	Towards meaningful interdisciplinary collaborations in digital health psychology: Challenges and actionoriented solutions Olga Perski, Eline Smit, Laura König, Ann DeSmet, Laura Maenhout, Katie Newby									
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	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									
					Stress and risk factors		Culture and health		Determinants and interventions to change alcohol-related behaviours		
Health Behaviour change interventions		Coping & psychological adjustment to Chronic Disease		Social support, caregiving and health		Engagement with & effectiveness of digital interventions		15:25	The relationship between stress and food craving / intake in daily life Julia Reichenberger	Associations of cultural identity with health behaviors and health outcomes Christine Emmer	"I'd be crawling under my skin" - An Interpretative Phenomenological Analysis of students' alcoholrelated FoMO Joel Crawford
15:25	Intention and Planning predict Physical Activity: Conditional Process Analysis involving Habit Strength and Body Fat Ralf Schwarzer	Couples dealing with cancer: the relation of dyadic copying to emotional well-being and relationship satisfaction Alexandra Palli		The effects of starting dialysis on symptoms of depression and anxiety in patient-partner dyads Currie Moore		Uptake of and engagement with health apps in app stores and on health app portals Dorothy Szinay		15:37	Nature’s effect on stress and diet: lab-study and questionnaire on nature aspects and indoor integration Nathalie Michels	Perceptions of health and weight among pre-teen girls from disadvantaged communities in Dublin Mckenzie Dow	Modifiable determinants of intentions to consume alcohol while pregnant Tess Fletcher
15:37	PROPELS trial: an intervention to promote sustained increases in physical activity in an at-risk population Wendy Hardeman	Cancer-related lymphoedema and body image: a systematic review Emma Byrne		Emotions, anxiety and depression in individuals living with asthma and their intimate partners Judit Varkonyi-Sepp		Which engagement strategies have been used in digital interventions for mental health promotion? Scoping review Heide Busse		15:49	Pilot N-of-1 randomised controlled trials evaluating mental imagery and planning techniques for stress appiasal Ainslea Cross	Clear-cut terms, characteristics and cultural normativity of casual sexual relationships among Portuguese emerging adults Rita Luz	Pragmatic approaches for addressing alcohol in primary care: Development of a tailored implementation intervention Sebastian Potthoff
15:49	Does regulatory fit between regulatory focus and health message affect dual-model processes of daily walking? Rinat Avraham	Women under50 and adaptation process to the breast cancer experience: a longitudinal narrative sensemaking analysis Daniela Lemmo		Coping efficacy beliefs and received social support in patient-caregiver daily adaptation to cancer Aleksandra Kroemeke		Patients' experiences of using smartphone applications to support self-man-agement in hypertension: A qualitative study Gerard J Molloy		16:01	Changing Stress Mindsets with a Novel Imagery Intervention: A Pre-Registered Randomised Controlled Trial Jacob Keech	Discrimination experiences are associated with lower psychological well-being in people of Asian origin in Germany Laura Scholaske	The effect of health messages on intentions to consume alcohol during the Covid-19 pandemic Fiona Walker
16:01	Do motivational messages enhance older adults’ implementation intentions on physical activity? A randomized-controlled pilot trial Valérie Bösch	Meta-analytic review of psychological, behavioral and social predictors of adjustment to lupus and disease activity Sofia Silva-Ribeiro		Personal values and motivations for being informal caregivers: a dyadic mixed-method study Mikolaj Zarzycki		Effectiveness of online decision aid tools for breast cancer screening: a systematic review Alice Le Bonniec		16:13	A Systematic Review of the Factors Associated with Athlete Burnout in Team Sports Siobhán Woods	Increase HIV testing uptake among MSM: the psychosocial levers Renaud Mabire	Primary alcohol prevention in the workplace Lena Fellbaum
16:13	Mechanisms of action in a behavioural weight-management programme: Latent growth curve analysis Sarah Bates	The traumatic sequelae of Multiple Sclerosis: Roy Aloni		Transition to Civilian Life among Canadian Armed Forces Members with Illness/Injury and Their Families Alla Skomorovsky		Effectiveness of tailored text message smoking cessation support for pregnant women: MiQuit3 randomised controlled trial Felix Naughton		16:25	Life events and associations with cardiac reactivity during acute psychological stress Martha Schneider	FAMILY members’ roles in decisions about hereditary cancer genetic testing in minority populations Julianne Ani	
								16:37	Coherent singing induces distinct autonomic reactivity patterns compared to coherent breathing during a laboratory stress-task Josef Tatschl	Risk factors for insomnia and burnout. A longitudinal epidemiological study of a population based sample Per Höglund	





The Programme continues on the next page

# Friday, 27 Aug 2021



## 11:05 - 12:35 Parallel Sessions: Oral Presentations Friday, 27 Aug 2021

Health behaviour change interventions: Nudging and contextual factors	Chronic disease self-management and adherence	Dealing with health and illness-related challenges within families
<b>11:05</b> Nudging healthier food and beverages choices from an online fast-food ordering menu <a href="#">Melanie Deek</a>	Loneliness and use of primary health care: A meta-analysis and conceptual model <a href="#">Fuschia Sirois</a>	Loss and Gain: Experiences of IVF egg donation pregnancies <a href="#">Clare Harris</a>
<b>11:17</b> Can Vending Machine Artwork Promote Healthier Beverage Choices? <a href="#">Ryan Calabro</a>	Myocardial infarctions as teachable moments for cardiovascular patients and partners: an Interpretative Phenomenological Analysis <a href="#">Michelle Brust</a>	Multidimensional assessment on child maltreatment prevention readiness in North Macedonia <a href="#">Dimitrinka Jordanova Peshevska</a>
<b>11:29</b> Using item placement to nudge healthy food choices from physical and online menus <a href="#">Indah Gynell</a>	Understanding motivation to self-manage in people with Chronic Obstructive Pulmonary Disease: A selfdetermination theory perspective <a href="#">Liam Knox</a>	Tackling bias-based bullying in children using a serious game approach: Results from the GATE-BULL project <a href="#">Roy Willems</a>
<b>11:41</b> Nudging Vending Machine Choices: Visual Cues and Primes <a href="#">Enola Kay</a>	‘Just keep taking them, keep hoping they’ll work’: multimorbidity and adherence to medications <a href="#">Louise Foley</a>	Parents experience ongoing financial and employment challenges after their child has completed cancer treatment <a href="#">Lauren Kelada</a>
<b>11:53</b> Soundscapes’ animateness and the framing of environments: Influence on predicted recreation time <a href="#">Paulina Krzywicka</a>	Exploring impact of COVID-19 on self-management behaviours and healthcare access for people with Inflammatory Arthritis <a href="#">Emma Caton</a>	What about me? Distress and resources of siblings of chronically ill and/ or disabled persons <a href="#">Melanie Jagla-Franke</a>
<b>12:05</b> Gundo-So program: an illustration of the importance of community support <a href="#">Mathilde Perray</a>	Comparison of coping responses to SARS-CoV-2 by people with and without existing health conditions <a href="#">Chris Bundy</a>	Dyads’ emotional responses to cancer in the COVID-19 pandemic. An actor-partner interdependence modelling approach <a href="#">Konstadina Griva</a>
<b>12:17</b>	Feasibility of SEA-CHANGE: A SELF-management After Cancer of the Head And Neck Group intErvention <a href="#">Nicholas Clarke</a>	Patient and Practitioner experiences of reducing antidepressant medication within the REDUCE feasibility RCT <a href="#">Claire Reidy</a>

11:05 - 12:35 Parallel Sessions: Oral Presentations Friday, 27 Aug 2021				14:15 - 15:15 Parallel Sessions: Symposia Friday, 27 Aug 2021	
Understanding and promoting behaviour change	Health at work: Occupational health psychology	Methodology	New insights into the roles of self-regulation and cognitive control in health-related outcomes	Health behaviours and climate change adaptation and mitigation	Dyadic studies of health and well-being: How others lift us up and bring us down
11:05 Effects of calorie labeling, motivation and habits on items selected from a coffee shop menu Katy Tapper	Self-determination theory at work: A complexity-focused EMA study of motivational regulations and basic psychological needs Keegan Knittle	Bridging the qualitative and quantitative with Epistemic Network Analysis: a worked example Szilvia Zorgo	14:15 A Dual-Pathway Perspective on Adolescents' Food Choices: The Role of Loss of Control over Eating Eva Van Malderen	14:15 Introduction Guillaume Chevance	14:15 The indirect effects of parental depression on child body mass: longitudinal findings from parent-child dyads Anna Banik
11:17 Physical activity in short breaks: Effects on cognition and potential for implementation in students' life Martin Niedermeier	Using Ecological Momentary Assessment to Examine Work Stress Predictors of Fatigue in Teachers Teresa McIntyre	People as interconnected systems: What health psychology can learn from complexity theory Matti Heino	14:30 Self-control training as an adjunct to inpatient treatment for youth with obesity: an exploratory analysis Tiffany Naets	14:23 Developing a classification of health and climate mitigation behaviours: an inductive approach to explore variations Nienke Beerlage-de Jong	14:25 Linking intra-individual fluctuations in children's inattentive and hyperactive-impulsive behavior to parentchild interactions in everyday life Tomasz Moschko
11:29 Energy labelling and availability interventions to promote healthier food choice across socioeconomic position Lucile Marty	Unmet work expectations and actual turnover among homecare professionals in Belgium Annalisa Casini	Funnel plots of patient-reported outcomes (PROs) to evaluate healthcare quality: basic principles, pitfalls and considerations Esmee M. van der Willik	14:45 Attentional bias modification under elevated states of anxiety: The role of attentional control Helle Larsen	14:35 Climate change and physical activity: a systematic review Paquito Bernard	14:35 Dyadic coping of kidney transplant recipients and their partners: Sex and role difference Tanja Zimmermann
11:41 A training of implementers for a nutrition-related health promotion intervention Ines Schröder	Does mental workload mediate the expression of physical disorders in workers exposed to ICTs? María Soria-Oliver	Evaluation of a novel method to validate Clinical Outcome Assessments for rare diseases Katharina Sophie Vogt	15:00 Discussion Eva Kemps	14:47 Sustainable diets: in the spotlight of a new app-based behavioral change intervention Ujué Fresán	14:45 When partners beg to differ in dyadic longitudinal data: How reliable are dyadic differences? Gertraud (Turu) Stadler
11:53 Party Panel: Mapping the Determinants of Nightlife-related Risk Behaviors Gjalt-Jorn Ygram Peters	Changes to work practices and incidental health behaviours among home-workers during the UK COVID-19 lockdown Samuel Keightley	Characteristics of systematic reviews based on their overall confidence ratings on AMSTAR2: A crosssectional study Karina Karolina De Santis		14:59 Discussion Vera Araujo-Soares	14:55 Daily Support and Negative Control During a Quit Attempt in Single-Smoking Couples Marrit Tuinman
12:05 Design of financial incentive programmes for smoking cessation: A discrete choice experiment Rachel Breen	Health and wellbeing of rotation workers in the resources and construction industry: a systematic review Bernard Asare	Hybrid systematic review for network meta-analysis: the good, the bad and the ugly Frank Doyle			15:05 Discussion Caterina Gawrilow
12:17 Understanding men who have sex with men's willingness to participate in a plasma donation program Elisabeth Vesnaver	WORKSHOP wonders: The personal benefits of leading on Community Men's Sheds in Western Europe Andy Wood	Null Hypothesis Significance Testing (NHST) and its prerogatives: an epistemological reflection for Health and Science Jacopo Stringo			

Using habit theory to predict and change behaviour	Qualitative perspectives on experiences of the COVID-19 pandemic in different cultural contexts
<b>14:15</b> A Cross-Lagged Model of Habit, Implicit Attitude, Autonomous Motivation, and Physical Activity During COVID-19 Daniel Phipps	<b>14:15</b> Introduction Sabrina Cipolletta
<b>14:30</b> A longitudinal exploration of forming and breaking habits Barbara Mullan	<b>14:20</b> Combining qualitative and quantitative analysis to understand traumatic experiences during the COVID-19 pandemic Sabrina Cipolletta
<b>14:45</b> The Role of Habit, Self-control and Intention on Medication Adherence Behaviours: A Meta-Analysis Caitlin Liddelow	<b>14:30</b> Life on Pause: Stories of Living During a Pandemic in Bulgaria Irina Todorova
<b>15:00</b> Considering the promise and limitations of habitual action for health behaviour maintenance L. Alison Phillips	<b>14:40</b> COVID-19 stories in the UK: a personal construct perspective David Winter
	<b>14:50</b> Caregiving for a parent with dementia during the pandemic, challenges and stories from Northern Italy Silvia Caterina Maria Tomaino
	<b>15:00</b> Discussion María del Río Carral



Easy Conferences Ltd has been in business since 1992 and has been specializing in the complete coordination and organization of conferences and all related activities. Through the development of its own online registration software, in recent years the company has expanded its operations in various countries. We have extensive experience in organizing events ranging from 20 to 2000 participants. We consult, manage and assist in every step of the process of any event, and strive to deliver top professional service throughout.

Our services extend from digital support, media promotion, conference website development and management, management of all related activities, complete interaction with suppliers and participants, online/on-site registration with secretariat, technical equipment and 24/7 phone support. We are a adaptable and extremely flexible as we are aware of the unique requirements and budget restrictions that each conference may have. Our services may be provided on an all-inclusive or on an a-la-carte basis.

 P.O.Box 24420, 1704, Nicosia, Cyprus

 +357 22 591900

 +357 22 591700

 info@easyconferences.eu

FLEXIBLE SOLUTIONS  
TO SUIT YOUR CONFERENCE NEEDS

Special emphasis should be given to our own custom-made, one-stop-shop Conference Management System, [www.easyconferences.org](http://www.easyconferences.org), which offers participants the ability to sign up and within minutes, submit papers which can be evaluated online, register for the conference and workshops, book accommodation, airport transfers, social activities (participants and accompanying persons) and other related services, and finally pay for all services instantly online.

Our extensive experience and personal attention to every participant's needs, backed up by a careful selection of our team and also the right partners, has created an impeccable track record that is our guarantee for watertight planning and coordination.

Please visit our company website, [www.easyconferences.eu](http://www.easyconferences.eu), for more information on our services, a list of upcoming and completed events, and several referrals from satisfied customers.

[www.easyconferences.eu](http://www.easyconferences.eu)  
[www.easyconferences.org](http://www.easyconferences.org)







**If not, join the EHPS at [www.ehps.net/ehps-membership](http://www.ehps.net/ehps-membership) and become part of our great network!**

#### Benefits of membership include

Reduced rates for EHPS conferences where you will have plenty of opportunities for networking with key researchers and to participate and/or propose and organise workshops  
Access to EHPS grant opportunities  
Opportunity to publish in EHPS' new Open Access Journals Health Psychology and Behavioural Medicine and Health Psychology Bulletin at preferential rates  
Access to our established journals Psychology and Health [IF 1.983] and Health Psychology Review [IF 8.976]  
Receiving our bulletin The European Health Psychologist  
Receiving news about career opportunities, calls for papers, and other relevant news for health psychologists  
Possibility to engage in our Practical Health Psychology Blog: a blog about cutting edge Health Psychology and how to apply it in practice  
[www.practicalhealthpsychology.com](http://www.practicalhealthpsychology.com)  
Possibility to engage in CREATE: a network of early career researchers  
Possibility to engage in the annual Synergy Expert Meeting: an opportunity for synergistic discussion between health psychologists conducting research in core fields within health psychology  
Full membership only 75 EUR/year  
Reduced membership 25 EUR/year (for postgraduate students and for colleagues from a number of countries)

#### The Practical Health Psychology Blog

The Practical Health Psychology Blog  
[www.practicalhealthpsychology.com](http://www.practicalhealthpsychology.com) is a new initiative within the European Health Psychology Society (EHPS). It is a blog about cutting edge Health Psychology and how to apply it in practice. Our aim is to translate rigorous and peer reviewed research submitted by world leading experts to simple and clear blog posts which are translated into several European languages.  
Our mission is to translate research to practice, one blog post at a time. Our National Editors are recruited through the EHPS Society. They provide their expertise and translate the blog posts. We aim to distribute findings from health psychology research to the practitioners using several European languages. If your first language is different than English, feel free to distribute it among your colleagues who may benefit from the translation. We cover English, Bulgarian, Czech, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Latvian, Lithuanian, Polish, Portuguese, Romanian, Russian, Slovak and Ukrainian. We would like to encourage you to check out our blog and to sign-up for our monthly posts.  
Many thanks and warm greetings from the Editorial Team of the Practical Health Psychology Blog!

# Awards



[www.ehps.net](http://www.ehps.net)



EHPSociety



# Herman Schaalman Award 2021



## Dr Jacob Keech

Dr Jacob Keech received his PhD from Griffith University in 2019. His dissertation research aimed to advance theory, measurement, and intervention in the area of stress mindset. This included the development of a new measure of stress mindset, and the conceptualisation and testing of a model that outlines mechanisms through which stress mindset influences stress-related outcomes. The research program concluded with the development and testing a novel intervention to change stress mindset. Dr Keech is currently a Lecturer in Psychology in the School of Health and Behavioural Sciences at the University of the Sunshine Coast in Queensland, Australia. Prior to taking up this role, he was a Postdoctoral Research Fellow in the School of Applied Psychology at Griffith University. Dr Keech's research has been published in leading journals in the field including Annals of Behavioral Medicine, Emotion, and Drug and Alcohol Review. Dr Keech is also a Section Editor of the journal Stress & Health, and an Editorial Board Member of the journal Psychology & Health. Dr Keech is an active proponent of health psychology, teaching health psychology at the undergraduate level, and serving on the Queensland Executive Committee of the Australian Psychological Society College of Health Psychologists since 2014.

# Fellowship Award 2021



**Prof. Vera Araújo Soares**  
(Netherlands)

Vera Araújo Soares is a Professor of Health Psychology and Planetary Health at the University of Twente in the Netherlands. She has previously held posts in health psychology and public health in Portugal, Scotland and England. Vera has been an active EHPS member for more than 20 years and played leading roles in the development of CREATE and Synergy and as a chair of the EHPS UN committee. She is currently the Past President of the EHPS and the regional Vice President of the Psychology Coalition of NGO's accredited at the United Nations. Vera's research interest is in intervention science; development, assessment and implementation of evidence-based interventions for health promotion and prevention and self-management of chronic conditions. She is passionate about translating theory and empirical evidence into practice to exert impact. In recent years she has increasingly applied principles of intervention science to the One Health/Planetary Health agenda (attain optimal health for people, animals and environment). Her current research aims to apply behavioural science to the pursuit of the health of the planet and, as a result, the health of the population and to work with NGOs and policy makers to implement evidence based policy to achieve those goals.

<https://people.utwente.nl/vera.araujo-soares?tab=about-me>



**Prof. Noa Vilchinsky**  
(Israel)

Noa Vilchinsky is an Associate Professor and the Head of the Psycho-Cardiology Research Lab in the Department of Psychology at Bar-Ilan University, Israel. She is also a certified rehabilitation psychologist and has been working with patients and families for many years. The studies in her research laboratory are broad-based and comprehensive, as they aim to target multiple aspects of coping with an acute cardiac event: the personal, the dyadic, the familial, the socio-cultural, and the interactions between them. Her findings have contributed greatly to the novel dyadic perspective of health and illness. She has shown that it is crucial to understand the interaction between the patients' characteristics on the one hand, and their caregivers' features on the other, in order to have a more precise understanding of the circumstances under which partners' support is beneficial to patients' adjustment. Noa has collaborated to write the first scientific book on the subject, titled: Caregiving in the Illness Context (Revenson et al., Palgrave-Macmillan, 2016). This book has made a major contribution to the literature, as well as to caregivers. Aiming to move the field of caregiving research forward she, as the leader of the Israeli group, has collaborated with colleagues from the Netherlands, England, Italy, and Sweden, and won the prestigious HORIZON 20/20 grant for our CAREGIVING project (ENTWINR-ITN). Since 2010, Noa is a devoted member of the EHPS, presenting her work in the conferences, organizing symposia and roundtables, and invited to be a chair, reviewer and discussant. She has served as a National Delegate, editor for the EHPS PHP blog, and co-chair of the Scientific Committee for the 31st EHPS Annual Conference. As of 2020 she is serving as the EHPS secretary.

<https://vilchinskynoa.wixsite.com/psychocardiolab>



# Stan Maes Early Career Award 2021



## Dr Eimear Morrissey

Dr Eimear Morrissey is a Postdoctoral Research Associate at the National University of Ireland, Galway and a member of the Health Behaviour Change Research Group directed by Prof Molly Byrne. She completed her PhD in Health Psychology under the supervision of Dr. Gerry Molloy and Dr. Jane Walsh in the School of Psychology at NUI Galway in 2018, focusing on developing the evidence base for digital interventions to enhance adherence to medication in people with hypertension. This work was recognised with the Ruth Curtis Postgraduate Excellence in Research Award from the Psychological Society of Ireland.

She currently manages D1 Now, a large publically-funded programme of research aiming to improve self-management for young adults living with type 1 diabetes. A key aspect of this role involves working with a Patient and Public Involvement (PPI) panel of young adults living with type 1 diabetes. Owing to her experience and dedication in this area, Eimear has been invited to deliver seminars on PPI, including contributing to a highly impactful documentary entitled 'The Patient Effect'.

Eimear is actively involved in the wider health psychology community, having served as treasurer of CREATE from 2016-2018 and is currently a committee member of the Psychological Society of Ireland Division of Health Psychology and National Delegate for Ireland at EHPS. Her research interests centre on self-management of chronic disease, digital health and patient and public involvement. Other interests include novels, nature and walking with her dog Daisy.



## Dr. Nicola McCleary

Dr. Nicola McCleary is a Postdoctoral Fellow at the Centre for Implementation Research and Deputy Lead of the Psychology and Health Research Group at the Ottawa Hospital Research Institute in Ottawa, Canada. She completed her PhD in 2016 at the University of Aberdeen in Scotland. In her research, Nicola applies approaches from Health Psychology and Implementation Science to improve the translation of health evidence into practice through a focus on behaviour change, and is currently funded through a Health System Impact Fellowship awarded by the Canadian Institutes of Health Research. She is particularly interested in understanding the influence of automaticity on healthcare professional behaviour, and has expertise in conducting process evaluations alongside pragmatic trials to understand the mechanisms of behaviour change interventions. Her work has been published in leading journals such as Health Psychology. Nicola also teaches graduate students at the University of Ottawa, focusing on the application of Health Psychology theory to implementation and healthcare quality improvement. Nicola is an active member of the EHPS: she routinely presents at conferences, has participated in the Synergy Expert Meeting, is a member of the EHPS Habit Special Interest Group, and this year served as co-Track Chair for the Implementation & Health Services Research track. Nicola also serves as a peer reviewer for EHPS journals, as the National Editor for Canada for the Practical Health Psychology Blog, and is an Associate Editor of the European Health Psychologist Magazine.



## Dr. Corina Berli

Dr Corina Berli is a postdoctoral research and teaching fellow at the University of Zurich in the Applied Social and Health Psychology research group (Prof. Dr. Urte Scholz). She received her PhD in 2014 at the University of Bern, Switzerland. Her research focuses on understanding the role of the close relationship context in shaping health behavior change in daily life, and how these processes can be effectively targeted in theory-based dyadic interventions with innovative designs. Corina for example investigated how mobile technology (e.g. text messaging, mobile applications) can be used to promote couples' physical activity or to facilitate smoking cessation via a support buddy. Her work routinely uses a dyadic perspective, intensive longitudinal methods and objective outcome assessments.

Corina's work has been published in several key journals in the field of Health and Social Psychology. As Principal Investigator she was recently awarded a three-year research grant from the Swiss National Science Foundation (SNSF) and the Deutsche Forschungsgemeinschaft (DFG) to develop a taxonomy of dyadic behavior change techniques. Corina received the Early Career Research Award of the Division of Health Psychology of the German Psychological Society (DGPs) in 2019.

Corina is a regular and active participant of the EHPS conferences. She has organized several symposia, and regularly participated in Create workshops and Synergy meetings. She served as National Editor for Switzerland, Germany, and Austria of the Practical Health Psychology Blog of the EHPS between January 2018 and October 2020. Since October 2019 she serves as Associate Editor for Applied Psychology: Health and Well-Being.







# EHPS 2022

36<sup>th</sup> Annual Conference of the  
European Health Psychology Society  
August, 23 to August, 27 2022





