Draft programme

As stipulated in our submission guidelines, the maximum number of presentations for presenting authors was one oral presentation and one poster presentation. However, in certain cases where the original presenting author could not attend the conference and the only replacement available was already presenting, the scientific committee waived this restriction on presentations.

Please note that this is a draft programme and that enforced changes may still occur as a result of withdrawals etc. Where such a change involves moving a presentation to a different day, all corresponding authors affected will be contacted. Due to the amount of work required for even minor changes to the programme, the scientific committee cannot entertain requests for alterations to the day or time of individual presentations.
### Wednesday, 24 Aug

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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| 9:00 - 10:30 | **Parallel sessions**

**Symposium: Emotions and health**
Chair: Dr Lee Shepherd, Northumbria University
Room: Fleming auditorium

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<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker</th>
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<tr>
<td>9:00</td>
<td>Cortisol reactivity and suicidal behaviour: the role of hypothalamic-pituitary-adrenal axis responses to stress in suicide</td>
<td>Daryl O'Connor</td>
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<td>9:15</td>
<td>A volitional helpsheet to reduce hospital-treated self-harm: a randomised trial</td>
<td>Rory O'Connor</td>
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<td>9:30</td>
<td>The role of emotions in promoting and deterring health behaviours</td>
<td>Lee Shepherd</td>
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<td>9:45</td>
<td>Regrets? I've had a few...</td>
<td>Ronan O'Carroll</td>
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<tr>
<td>10:00</td>
<td>Discussion</td>
<td>Denise de Ridder</td>
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<tr>
<td>10:15</td>
<td>General discussion</td>
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**Self-management interventions in long term conditions**
Chair: Prof Brian Oldenburg, Monash University
Room: Crombie A suite

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<tr>
<td>9:00</td>
<td>Development of a nurse-led self-management intervention for kidney transplant recipients using intervention mapping: the ZENN-study</td>
<td>Denise Beck</td>
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<td>9:15</td>
<td>Self-management support for sodium restriction in patients with chronic kidney disease: randomised controlled ESMO trial</td>
<td>Yvette Meuleman</td>
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<td>9:30</td>
<td>Quality of life in patients receiving telemedicine enhanced chronic heart failure management: a meta-analysis</td>
<td>Liam Knox</td>
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<td>9:45</td>
<td>The IMPACT Pso Well® practitioner training: motivational interviewing and psoriasis management</td>
<td>Anna Chisholm</td>
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<td>10:00</td>
<td>Can a digital health program improve diabetes self-management and psychosocial functioning?</td>
<td>Brian Oldenburg</td>
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<tr>
<td>10:15</td>
<td>Changing patients' beliefs about acupuncture: testing the effects of a new educational website</td>
<td>Felicity Bishop</td>
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**Symposium: Paediatric pain: facing the challenge!**
Chair: Dr Brian McGuire, NUI Galway
Room: Crombie B suite

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<tr>
<td>9:00</td>
<td>Passive versus active distraction and parental coaching in reducing child pain and distress during venipunctures</td>
<td>Line Caes</td>
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<td>9:15</td>
<td>Pain management for school age children: design and development of a web-based programme</td>
<td>Angeline Traynor</td>
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<td>9:30</td>
<td>Adolescent chronic pain: the influence of autonomy on functional outcomes</td>
<td>Annina Riggenbach</td>
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9:45  The relationship between young Irish adults’ attachment style, current psychological well-being and somatic pain presentation
Jonathan Egan

10:00  An interactive illustration of participative research process workshops with youth
Siobhán O’Higgins

10:15  Is it time to take a sex and gender approach to childhood pain?
Edmund Keogh

**Stress and health: processes and interventions in healthy and clinical populations**
Chair: Dr Daniel Powell, University of Aberdeen
Room: Balmoral Suite

9:00  The differential impact of interpersonal and health related chronic stress on HPA axis functioning
Kimberly Dienes

9:15  Walking in nature has a stress-buffering effect on chronic but not acute stress
Gunnthora Olafsdottir

9:30  Life satisfaction and cardiovascular reactivity to mental stress
Andreas Schwerdtfeger

9:45  Cognitive avoidance and the processing of self-threatening information: a neuroimaging study
Bernhard Weber

10:00  The relationship between psychological and biological factors in patients with acute coronary syndrome (ACS)
Anna Trzcieniecka-Green

10:15  A core eating network and its modulations underlie diverse eating phenomena
Lawrence Barsalou

**Public health: screening and immunisation programmes**
Chair: Dr Alison Wright, King’s College London
Room: Gordon A Suite

9:00  Psychological effects of colorectal cancer screening participation: a randomised trial
Benedicte Kirkøen

9:15  ‘Not that one’: understanding why women screen for breast and cervical, but not bowel cancer
Marie Kotzur

9:30  Can the question-behaviour effect enhance uptake of cardiovascular health checks in primary care?
Alison J Wright

9:45  Impact of theory-based messages on intention to vaccinate against pandemic influenza
Cristina Godinho

10:00  The HIV self-test for gay men: a mixed methods exploratory study for intervention development
Paul Flowers

10:15  Collective immunity in the age of individualism: exploring arguments of vaccination opponents
Radomír Masaryk

**Symposium: Engagement and disengagement with digital interventions**
Chair: Dr Mary Steele, University of Southampton
Room: Gordon B Suite

9:00  Using a qualitative approach to assess motives for non-uptake and disengagement in digital interventions
Francine Schneider

9:15  Improving uptake and engagement in a digital intervention for hypertension
Katherine Bradbury

9:30  Engagement and usage of a digital intervention for people with lower levels of health literacy
Ingrid Muller

9:45  Usage analysis of engagement in an online weight-management intervention
Mary Steele
10:00 Differences in user appreciations and effects in Dutch computer tailored interventions
   Hein de Vries

10:15 Discussion
   Rik Crutzen

**Promoting healthy eating patterns and associated behaviours**
   Chair: Dr Barbara Mullan, Curtin University
   Room: Forbes Suite

9:00 Questioning behavioural intentions increases both healthy and unhealthy snacking in three studies
   Sarah Wilding

9:15 Modifying approach bias in the health domain: a systematic review of the literature
   Naomi Kakoschke

9:30 Efficacy of neurofeedback vs. mental imagery for subclinical binge eating is differentially affected by impulsivity
   Jennifer Schmidt

9:45 Can eating fruits compensate for missing a fitness session? Findings from a clustered controlled trial
   Katarzyna Byrka

10:00 Using mindfulness- and imagery-based techniques to reduce chocolate cravings
   Sophie Schumacher

10:15 Effectiveness of a self-regulation intervention for non-western immigrants with a high risk for cardiometabolic disease
   Sandra van Dijk

10:30 - 11:00 Coffee break

11:00 - 12:30 Parallel sessions

**Creating reflective and impulsive choices for health behaviour change**
   Chair: Dr Britta Renner, University of Konstanz
   Room: Fleming auditorium

11:00 State of the art
   Unresolved questions in nudging research: putting the psychology back in nudging
   Denise de Ridder

11:45 Behaviour change, dual processing-models and the ethics of health promotion
   Rebecca Brown

12:00 Reduction of unhealthy eating behaviour by diet priming
   Shoji Ohtomo

12:15 Does inhibitory control training protect against the effect of ego-depletion on eating behaviour?
   Vanessa Allom

**Symposium: On the role of interoception and alexithymia for embodied health**
   Chair: Prof Olga Pollatos, Ulm University and Elena Georgiou, Ulm University
   Room: Crombie A suite

11:00 Impaired categorical perception of emotional facial expressions in alexithymia
   Delphine Grynberg

11:15 Gastric interoception and gastric myoelectrical activity in bulimia nervosa and binge eating disorder
   Zoë van Dyck

11:30 Interoceptive accuracy and the heartbeat-evoked brain potential in adolescents
   Sandra Mai

11:45 Interoceptive processes in anorexia nervosa in the time course of cognitive-behavioural therapy
   Dana Fischer

12:00 Describe me your feelings: body illusion related to alexithymia among adolescents
   Eleana Georgiou
12:15 Discussion
Georgia Panayiotou, Elena Georgiou

Symposium: Choice and control over my body and health? Women’s reproductive health in socio-cultural context
Chair: Heidi Preis, Tel Aviv University
Room: Crombie B suite

11:00 Introduction: Video presentation and audience engagement
Yael Benyamini

11:15 Knowledge of and attitudes to the use of long acting reversible contraceptives among Malaysian women
Karen Morgan

11:30 Adolescents seeking abortions in Israel: a longitudinal study examining health behaviours
Heidi Preis

11:45 Adjustment in fertility treatments: the role of infertility centrality in women’s identity and goal adjustment
Efrat Neter

12:00 Conceptual analysis and empirical test of multi-dimensional perceptions of control in childbirth
Yael Benyamini

12:15 Discussion
Irina Todorova

Symposium: Implicit and automatic processes in eating behaviour
Chair: Dr Marleen Gillebaart, University of Utrecht
Room: Balmoral Suite

11:00 Effortless diet and exercise: self-control promotes health behaviour by force of habit
Marleen Gillebaart

11:15 Sleep deprivation and food choice: effects of cognition and preference
Jeroen Benjamins

11:30 Body mass index moderates the effect of social exemplars on food choice
Betty Chang

11:45 Discrepancy between implicit and explicit preferences for food portions in obesity
Renata Cserjesi

12:00 Poverty & obesity: how poverty and hunger influence food choices
Maria Almudena Claassen

12:15 Audience discussion
Marleen Gillebaart

Self-regulation of health and illness
Chair: Dr Kirby Sainsbury, Newcastle University
Room: Gordon A Suite

11:00 Regaining weight for emotional reasons: relationship with behavioural self-regulation and weight loss strategy use
Kirby Sainsbury

11:15 Childhood self-control predicts trajectories of weight gain and obesity throughout life in two British cohorts
Michael Daly

11:30 Predictors of physical activity after bariatric surgery - the role of self-regulation abilities
Irmelien Bergh

11:45 Temporal self-regulation theory: some methodological Issues
Timea Berkes

12:00 Gratitude and health behaviours: the role of future-orientation
Fuschia M. Stros

12:15 Specific sensitivities or general vulnerability? Trigger beliefs moderate acquisition and generalization of symptom expectancies
Thomas Janssens
Treatment adherence  
Chair: Dr Emma Godfrey, Kings College London  
Room: Gordon B Suite

11:00  
Barriers to adherence to treatment in chronic illness - patient perspectives  
Agnieszka Bojanowska

11:15  
How an ordeal becomes the norm: home haemodialysis patients' experiences of self-cannulation  
Currie Moore

11:30  
Understanding barriers to tamoxifen adherence in women with breast cancer: a qualitative study  
Zoe Moon

11:45  
A measure to assess adherence to prescribed home exercise: the Exercise Adherence Rating Scale (EARS)  
Emma Godfrey

12:00  
‘Manage backs’ group intervention: applying a biopsychosocial explanation of low back pain at physiotherapy care pathway entry  
Jennifer Moses

12:15  
Determinants of objective adherence to nebulised medications among adults with cystic fibrosis  
Zhe Hui Hoo

Caring and being cared for in later life  
Chair: Dr Christina Bode, University of Twente  
Room: Forbes Suite

11:00  
Maintaining effectiveness of the self-management of well-being intervention after implementation in health and social care  
Martine Goedendorp

11:15  
Developing and delivering a health psychology service across health and social care  
Heather Locke

11:30  
Living well to the end: a phenomenological analysis of life in extra care housing  
Rachel Shaw

11:45  
Shared decision-making in palliative cancer care: a life span perspective  
Christina Bode

12:00  
Moderators of the effect of stress exposure on executive functioning in spousal dementia caregivers  
Caoimhe Hannigan

12:15  
Mechanisms linking benefit finding and psychological wellbeing in spousal dementia caregivers  
Maria Pertl

Measuring and managing stress: assessment and intervention in health  
Chair: Prof Daryl O’Connor, University of Leeds  
Room: Room 10

11:00  
Stress of perceived threat: negative associations between HIV-cognitions and mental health for uninfected gay/bisexual men  
Sarit Golub

11:15  
Assessing health anxiety with the Greek SHAI: psychometric properties and identification of correlates and predictors  
Chrysanthi Leonidou

11:30  
Effects of a two-day stress management intervention - an experimental study  
Viktor Vehreschild

11:45  
Investigating the associations between stress and mindfulness  
Leanne Duggan

12:00  
Rumination, but not suppression contributes to gender effects in non-clinical disordered eating behaviour  
Mareile Opwis

12:15  
Interventions to combat and prevent cyberbullying  
Nicole Gunther

12:30 - 14:00  
Lunch
12:30 - 14:00  EHPS discussion forum

14:00 - 15:30  Parallel sessions

**Symposium: Why we eat what we eat: new findings in eating psychology**
Chair: Dr Marijn Stok, University of Konstanz
Room: Fleming auditorium

14:00  
The eating motivation survey in three countries: results from the USA, India, and Germany
Britta Renner

14:15  
Motives underlying food selection and socioeconomic disparities in vegetable/fruit intake: a 7-year population-based prospective study
Hanna Konttinen

14:30  
Food evaluations and eating decisions: are judgments contagious?
Gulbanu Kaptan

14:45  
Evidence for conflict resolving qualities of self-licensing: an experience sampling study
Sosja Prinsen

15:00  
Visual deprivation hinders food recognition (but may improve monitoring of consumption quantity)
Marijn Stok

15:15  
Discussion
Jane Ogden

**Chronic disease and transplantation**
Chair: Prof Ronan O'Carroll, University of Stirling
Room: Crombie A suite

14:00  
Existential questions and modifications in the context of renal transplantation: a qualitative longitudinal research
Chantal Piot-Ziegler

14:15  
Effects of gender and type of transplantation on daily affect after hematopoietic stem cell transplantation
Zuzanna Kwissa-Gajewska

14:30  
Liver transplantation: recipients’ evaluation of life from the perspective of living donors
M. Rita Krespi Boothby

14:45  
Cognitive processing of exercise and activity-related information in chronic fatigue syndrome, asthma and healthy controls
Iana Alexeeva

15:00  
Illness trajectories in patients suffering from ALS: a qualitative study
Sabrina Cipolletta

15:15  
Infertility treatment? Adoption? Remaining childless? Psychological consequences of each decision
Aleksandra Dembirska

**Symposium: Making an impact on older adults’ well-being: resources and risk factors for active ageing**
Chair: Dr Lisa Marie Warner, Freie Universitat Berlin
Room: Crombie B suite

14:00  
Predicting trajectories of physical activity after transition to retirement
Lisa Marie Warner

14:15  
Perspectives on physical activity from older adults and exercise programme providers in low socioeconomic environments
Angela Devereux-Fitzgerald

14:30  
Acceptability of physical activity to inactive older adults: a systematic review and meta-synthesis
Laura McGowan

14:45  
The effects of vacations on well-being in a large sample of Belgian elderly people
Marlène Mélon
15:00  Heterogeneity of subjective health changes after retirement transition: is meaning in life a protective resource?  
Ewa Gruszczynska

15:15  Discussion  
Yael Benyamini

**Understanding risk, risk perception and risky behaviour**  
Chair: Dr Anita Kinney, University of New Mexico  
Room: Balmoral Suite

14:00  Why ineffective medicines appear to work: online medical reviews suggest widespread over-reporting of positive outcomes  
Mícheál de Barra

14:15  Patterns of defensive responding to health risk information  
Tracy Epton

14:30  Modern health worries are not associated with health protective behaviours  
Zsuzsanna Dömötör

14:45  Psychosocial predictors of genetic testing uptake in a cluster-randomised non-inferiority trial of telephone counselling  
Anita Kinney

15:00  Driving through floodwater: exploring driver decisions through the lived experience  
Kyra Hamilton

15:15  Correlates and outcomes of different suicidal ideation presentations in the emergency department: a longitudinal study  
Joanna Bhaskaran

**Symposium: Social exchange processes and their association with couples’ health regulation and health-related outcomes**  
Chair: Ms. Diana Hilda Hohl, Freie Universität Berlin and Mr. Jan Keller, Freie Universität Berlin  
Room: Gordon A Suite

14:00  Couples’ emotional disclosure and affect after negative events: a combined dyadic experience-sampling and laboratory approach  
Antje Rauers

14:15  The role of invisible social control for dual-smoker couples’ joint quit attempt  
Janina Lüscher

14:30  Co-regulation in the context of physical activity: Inter-relations among social control and self-efficacy in couples  
Diana Hilda Hohl

14:45  Specificity of plans for physical activity: does a planning partner make a difference?  
Jan Keller

15:00  Discussion  
Gertraud Stadler

15:15  General discussion

**Roundtable**  
Different perspectives on the conceptualization of motivation for health-related behaviours  
Chair: Prof Robert West, UCL and Dr David Williams, Brown University  
Room: Gordon B Suite  
David Williams, Robert West, Mark Conner, Marie Johnston, Alex Rothman, Susan Michie

Understanding and measuring well-being and quality of life in patient and community populations  
Chair: Dr Katrina Forbes-McKay, Robert Gordon University  
Room: Forbes Suite
14:00 Predictors of enhanced mental wellbeing in women 13 months post-miscarriage
Katrina Forbes-McKay

14:15 A salutogenic perspective of wellness: a comparative study of those with and without miscarriage
Sarah Henderson

14:30 Multiple sclerosis carers’ views on their quality of life: an interpretative phenomenological analysis
Gogem Topcu

14:45 Understanding psychological distress and mental well-being in partners of cancer patients: the role of self-compassion
Constance Drossaert

15:00 The impact of “coming out” on the psychological wellbeing of British Pakistanis with same-sex attraction
Karim Mitha

15:15 Validation of the English version of the Scale for Psychosocial Factors in Food Allergy (SPS-FA)
Rebecca Knibb

Delivering healthcare services to meet patients’ needs
Chair: Dr Rachael Powell, University of Manchester
Room: Room 10

14:00 Testing a theory of clinic attendance behaviour among young adults with type 1 diabetes
Lisa Hynes

14:15 Choice, communication and relaxation: co-designing patient-centred breast diagnostic services
Lauren Caveney

14:30 Psychosocial mechanisms underpinning PROMs in clinical practice for pain: a realist review and theoretical framework
Michelle Holmes

14:45 General practitioners’ perspectives on prostate cancer patients’ discharge from secondary care to primary care
Charikleia Margariti

15:00 Transition to adult care in survivors of childhood cancer: a review of psychological obstacles
Gisela Michel

15:15 Pre-operative psychological interventions’ impact on post-surgical pain, affect and hospital stay: systematic review and meta-analysis
Rachael Powell

15:30 - 17:00 Interactive posters & coffee

eHealth and mHealth 1
Chair: Dr Theda Radtke, University of Zurich

Therapeutic affordances and outcomes of online support groups: an online study of women with endometriosis
Neil Coulson

Web-based computer-tailoring to improve practice nurses’ adherence to smoking cessation guidelines: protocol for an RCT
Eline Smit

WebParc - Evaluation of a website for parents of children with Juvenile Idiopathic Arthritis (JIA)
Pauline Whiteslaw

Ecological momentary assessment of depression, anxiety and coping using smartphones after mild stroke
Camille Vansmaeys

Acceptability of technology that detects fatigue while driving
Efrat Neter

Can a text message programme modify illness and medication beliefs in people with inflammatory disease?
Sumira Riaz

A B C digital heart manual: lessons learned
Carolyn Deighan
Lifestyle, health behaviours, and resilience factors  
Chair: Dr Evangelos Karademas, University of Crete

Does personality matter for physical activity and sport involvement?  
Dario Baretta

Spontaneous self-concept in successful weight losers – a pluralist qualitative study  
Filipa Pimenta

Effects of beliefs and coping on resilience and stress responses in Japanese nurses  
Junko Seino

Personality predictors of health behaviours as means of affective regulation among Slovak health professionals  
Lukas Pitel

Procrastination, discounting and personality traits relations to health behaviour  
Vineta Silkane

Attitudes towards risky driving in a sample of traffic offenders: does personality profile matter?  
Justina Slavinskienė

Psychological inflexibility, externalizing and internalizing problems and satisfaction with life in children and adolescents  
Eszter Szemenyei

Assessing and combating stress  
Chair: Dr Stephanie Archer, Imperial College London

DIMENSIONS underlying the Brief COPE in surgical patients: psychometric construct validation of new scales  
Stephanie Archer

Validity and feasibility of a nurses’ coping questionnaire for its use in ecological momentary assessment  
Fermin Martinez-Zaragoza

The relationship between hardiness, coping with stress and psychosocial adjustment in adult psychology students  
Galina Kozhukhar

The ABI-MS: a coping inventory focusing on medical settings  
Sarah Sturmbauer

Comparing effectiveness of heart rate variability biofeedback, mindfulness, and mindfulness-based heart rate variability biofeedback for workplace stress reduction: a three-armed randomised controlled trial  
Amelie Brinkmann

Self-regulation in illness  
Chair: Keegan Knittle, University of Helsinki

Comparing two models of health behaviour to explain tamoxifen non-adherence in women with breast cancer  
Zoe Moon

Medication non-adherence in hypertension: the role of health literacy, empowerment and medication beliefs  
Lilla Nafradi

Physiotherapists’ fidelity to delivery of a self-determination theory based, group self-management programme: needs supportive communication  
Alison Keogh

From day hospital back to school: identifying conditions for successful school reintegration  
Leona Hellwig

Perceived autonomy supportiveness of the health care climate and anxiety in sarcoma patients  
Celeste Bastos

The roles of goal cognitions and goal achievement in behavioural activation treatment for depression  
Keegan Knittle

Pain  
Chair: Dr Brian McGuire, NUI Galway
It's not fair. The effects of a recalled injustice on the experience of acute pain
Joanna McParland

Distress, fear of movement, walking behaviour and disability in fibromyalgia
Maria-Ángeles Pastor-Mira

Investigating the biopsychosocial factors involved in chronic pain in people with a spinal cord injury
Margaret Tilley

Daily dynamics of positive and negative affect in the context of chronic migraine
Yvette Ciere

**Chronic disease**
Chair: Dr Lisa Mellon, Royal College of Surgeons, Ireland

Disease-specific quality of life: End-Stage Renal Disease Symptom Checklist – Transplantation Module (ESRD-SCL-TM) in “public domain”
Gabriele Helga Franke

The relationship between psychological distress and somatic symptoms in organic neurological disorders
Maeve Butler

Time is (not) on my side: time-related factors and distress after heart transplantation
Anna Mierzyńska

Impact of depression on cognitive performance of brain tumour patients
Aistė Pranckevičienė

Cowhage-induced itch is associated with neuroticism in patients with atopic dermatitis
Christina Schut

**Interventions for weight loss**
Chair: Prof Jane Ogden, University of Surrey

Effect of commitments and contracts on outcomes among obese and overweight populations: a systematic review
Nia Coupe

Predicting long-term success in adolescents’ overweight reduction after participation in a lifestyle intervention trial
Emily Finne

Quasi-experimental pilot trial: 6 months follow-up of a multidisciplinary intervention for obese adults
Wiebke Goehner

Evaluation of a weight management programme for individuals in a forensic, high-secure psychiatric setting
Kate Lynch

24 months follow-up of a multidisciplinary intervention for obese adults – preliminary results
Wiebke Goehner

Psychosocial versus surgical weight loss interventions and their effect on body image: a systematic review
Claire Hamlet

**Caregiving in older age: Integrated perspectives**
Chair: Dr Noa Vilchinsky, Bar Ilan University

The influence of relatives’ expressed emotion on psychological wellbeing in persons with dementia
Alison Wearden

The lived experience of having a parent in a residential home – the daughters’ perspective
Elaine Cutajar

The perceived value of complementary therapy for carers
Alison Killen

“Inside out”: developing the MEDREV intervention for carers of people with dementia using COM-B
Rachel Shaw

Hospital at home compared to in-patient care in exacerbations of COPD: patients’ and carers’ perspectives
Lorelle Dismore
How is autonomy promoted in care home settings from entry to the end of life?
I-Ling Yeh

Health in the family
Chair: Dr Ester Sleddens, Maastricht University

Promoting self-regulation and executive functions in children: evaluating the effectiveness of brief physical activity interventions
Petra Bugl

Electronic communication with parents as a predictor of family functioning and adolescents’ life satisfaction
Izabela Tabak

The persuasiveness of British accents in enhancing parental self-efficacy to promote children’s oral health
Zoe Adams

Analysis of dyadic relationships between mothers and adolescents cancer survivors using the actor-partner interdependence model
Manon Florquin

Siblings of children with autism spectrum disorder. Distressed and restricted in their quality of life?
Melanie Jagla

Well-being and quality of life in clinical, work and community settings
Chair: Dr Francis Quinn, Robert Gordon University

The social experience of exercise in public places: an exploratory qualitative study
Francis Quinn

Social networks behaviour as predictor of life satisfaction and health-related outcomes
Irina Zinovieva

Perceived social support as a moderator of QoL and self-efficacy among Greek CKD patients
Eleni Korovesi

Reciprocal influences in the adjustment of couples facing return to work after cancer
Marie Saramago

The motivations to volunteer in therapeutic care and impact on psychological well-being
Kate Byrnes

Application of character strengths, work-engagement and burnout: implications for health and well-being in medical education
Melanie Hausler

Identifying barriers and facilitators of health behaviour change
Chair: Dr Gareth Hollands, University of Cambridge

Ongoing development of a typology of physical micro-environment, or choice architecture, interventions
Gareth Hollands

Barriers and enablers to diabetic retinopathy screening attendance: a theory-based systematic review
Ella Graham-Rowe

Determinants of medication adherence in children presenting to the emergency department with asthma
Amy Chan

Construct or context? Associations with healthy nutrition and physical activity - a systematic review and meta-analysis
Maryam Gholami

Motivational process of eating behaviour in diabetes patients: applying theories of planned behaviour and self-determination
Liuda Sinkariova

The role of men’s body attitudes, implicit, and explicit motivation toward gym attendance
David Keatley

Predicting and explaining ‘at-risk’ online older women’s condom use intentions using an extended two-component TPB
Jen MacDonald
Understanding when and how behaviour change techniques work

Chair: Dr Julia Allan, University of Aberdeen

Is there an upward spiral between mastery experiences and self-efficacy during smoking quit attempts?
Lisa Marie Warner

To slack off or not to slack off? Regulatory focus moderates paradoxical effects of feedback
Fanny Lalot

Does diagnosis of gestational diabetes provide a "teachable moment"?
Corina Mason

Health goal priming: how to benefit from nonconscious motivational routes to health behaviour
Esther Papies

Regulatory focus moderates the boomerang effect of positive feedback on individuals’ further behaviours
Fanny Lalot

Interventions targeting implicit and explicit processes

Chair: Dr Dominika Kwasnicka, Curtin University

Tailored action planning improves decontamination practice when providers are hugely variant in implementing guidance recommendations
Debbie Bonetti

Psychological, behavioural and clinical effects of Intra Oral Camera use in adults with gingivitis
Cristina Godinho

The effect of approach-avoidance training on approach bias and healthy food intake
Naomi Kakoschke

Comparing self-regulatory and automatic processes in a computer-tailored physical activity intervention in frontline healthcare professionals
Dominika Kwasnicka

Does implementing intentions rely on automatic or controlled processes? A test through inhibitory motor training
Oulmann Zerhouni

Lights out and off to bed: combining implementation intentions and nudging to combat bedtime procrastination
Sanne Nauts

Promoting healthy eating

Chair: Dr Eleni Mantzari, University of Cambridge

Obesity among farmers and an effective public health approach for weight reduction
Rudolf Schoberberger

How do people respond to nutrition claims on vegetables? A quantitative and qualitative analysis
Maria D.G.H. Mulders

University students’ dietary practices and significations regarding their health perception: qualitative exploration of discourses
Fabienne Fasseur

Promoting healthy product choices among (aware) cafeteria customers
David Marchiori

Perceived impact of small-sized bottles of sugar-sweetened beverages on consumption: a qualitative analysis
Eleni Mantzari

How you eat doesn’t affect what you eat: a study among French adolescents
Laura Rennie

The efficacy of nationally distributed Smart Family - lifestyle counselling method
Marja Kinnunen

Risk perception, risk communication and understanding risk behaviour

Chair: Dr Anne Marie Plass, NIVEL
Society’s understanding and perception of risk descriptors in medicine
Rebecca Webster

Young people’s beliefs about the risk of bowel cancer and its link with physical activity
Katie Newby

Fear or humour in anti-smoking campaigns? Effects on emotions, perceived effectiveness, and anti-smoking policies
Patrícia Arriaga

How to conduct alcohol screening and counselling? Attitudes of social work professionals and their clients
Elina Renko

Relationship between risky driving attitudes and difficulties in emotion regulation in the sample of driver-learners
Rasa Markšaltytė

Relationship between resistance to peer influence and risky driving attitudes in sample of Lithuanian driver-learners
Justina Slavinskienė

Contribution of attentional bias, emotional promiscuity, sexual promiscuity, and affective outcome expectancies for condom use
Isher Kehal

Improving mental health services
Chair: Ms Kirstie McClatchy, Edinburgh Napier University

Psychoeducation for people with intellectual disabilities and anxiety or schizophrenic disorders
Melanie Jagla

Mentally ill parents with minor children – a nationwide survey in German adult psychiatric services
Olga Włodarczyk

DEVELOPING a clinically meaningful and feasible suicide risk assessment measure for use in emergency settings
Kirstie McClatchey

A systematic review and expert consensus study of patient safety in mental health
Bethan Thibaut

Changes in self-harm ideation and self-rated health in depressive patients during hospitalization
Antanas Goštautas

Sexual health in the mental health care setting: experiences and perceptions of health care providers
Kristi Urry

Cultural aspects in health and health behaviours
Chair: Prof Paul Flowers, Glasgow Caledonian University

Factors associated with sexual risk for HIV among women in Russia
Alla Shaboltsa

“If you listen to the doctor, you still have to die”
Hina Zahid

Illness perceptions, psychological well-being, and unmet needs among Indian parents of children with neurological illnesses
Mahati Chittem

Omani parents’ customs, knowledge and beliefs regarding their children’s diet and nutrition
Naomi Betts

Occupational health: individual and organisational issues
Chair: Associate Professor Ewa Wilczek-Rużyczka, Cracow University, Poland

Selected predictors of occupational burnout of healthcare workers. Implications for interventions
Ewa Wilczek-Rużyczka

Social-demographic profile, professional training and practices of psychologists in health services in Brasilia, Brazil
Eliane Seidl
Leadership style in Romanian police. Implications for well-being at work
Cristina Dan

The quality of voice emission and the professional burnout among school teachers
Patrycja Stawiarska

Real-time perception of demand-control and effort-reward related to daily tasks and burnout in nurses
Jordi Fernández Castro

The importance of work – life balance for well-being of Lithuanian emigrants and non-emigrants
Rasa Markšaitytė

Development and analysis of effect of the team communication training for Japanese care staffs
Okuta Noriko

Psychophysiology of health
Chair: Prof Daryl O’Connor, University of Leeds

Priming and prevention of risk taking in winter sports: physiological correlates
Mathieu Pinelli

What makes sense in our body? Psychological and sensory correlates of somatosensory amplification
Ferenc Köteles

The influence of emotion regulation on experiential, expressive, and physiological reactions while experiencing sadness
Mareile Opwis

Electrophysiological correlates of chocolate stimuli in binge disorders and healthy controls
Ines Wolz

Emotional, personal and behavioural correlates of arachnophobia
Renata Hacklova

Service development and training in implementation research
Chair: Ms Hanna Kampling, Medical Center - University of Freiburg

Use of theory in process evaluations of healthcare professional behaviour change interventions: a systematic review
Stephen McIntyre

Is there scope to use the COM-B model for developing an online health psychology module?
Gulcan Garip

Students’ experiences of studying MSc health psychology programmes in the UK: a qualitative study
Jenny Mc Sharry

Critical implementation conditions in interventions and policies for obesity prevention: findings from DEDIPAC case study
Karolina Horodyska

Development and implementation of evidence-based practice guidelines for psychological interventions in post-stroke rehabilitation
Hanna Kampling

Journal clubs for postgraduate health psychology students: experiences and perceived impact on skills development
Sarah Dean

Implementing enhanced recovery pathways: a literature review with realist synthesis
Astrid Coxon

From theory based research to service development: integrating behaviour change with psoriasis management
Alasdair L. Henry

17:00 - 18:00  Keynote Lecture
The social brain, health, and well-being
Professor John Cacioppo, University of Chicago, USA
Chair: Professor Urte Scholz, University of Zurich
18:00 - 19:15  Roundtable: Policy makers, practitioners, health psychologists
Thursday, 25 Aug

9:00 - 10:30 Parallel sessions

Symposium: Making an impact on health services: the influence of context on healthcare professional behaviour
Chair: Prof Marie Johnston, University of Aberdeen
Room: Fleming auditorium

9:00 The relationship between habit and healthcare professional behaviour: a systematic review
  Sebastian Potthoff

9:15 The influence of context on the antibiotic prescribing behaviour of healthcare professionals: implications for intervention
  Sarah Tonkin-Crine

9:30 Healthcare behaviours associated with stress in trainee doctors: a real-time investigation of ward rounds
  Cheryl Bell

9:45 A real-time investigation of nursing tasks and stress
  Barbara Farquharson

10:00 Using psychological theory to better implement evidence in healthcare: literature review and proposed theoretical framework
  Nick Fahy

10:15 Discussion
  Justin Presseau

Behaviour change in health promotion
Chair: Dr Felix Naughton, University of Cambridge
Room: Crombie A suite

9:00 Effectiveness of motivational interviewing on adult behaviour change: an overview of reviews
  Stephan Dombrowski

9:15 Virtual traveller: a behaviour change intervention to increase physical activity during primary school lessons
  Emma Norris

9:30 Effective behaviour change techniques to promote physical activity in inactive adults: systematic review and meta-analysis
  Angel Chater

9:45 Trial of a very brief pedometer intervention to promote physical activity in preventative health checks
  Joanna Mitchell

10:00 DHP award winning abstract
  The effects of nutrition label format on healthier dietary choices: a forced choice eye-tracking study
  Sarah Higgins

10:15 Effects of a worksite intervention on autonomous motivation, exercise and health: a randomised controlled trial
  Cathrine Pedersen

Symposium: Cost-effectiveness and dissemination of Internet interventions for the treatment of somatic and mental health conditions
Chair: Jiaxi Lin, University of Freiburg
Room: Crombie B suite

9:00 Economic evaluations of Internet- and mobile-based interventions for depression: a systematic review
  Sarah Paganini
9:15  Effectiveness of an online-based acceptance and commitment therapy for chronic pain: a three-armed RCT  
     Jiaxi Lin

9:30  Feasibility evaluation of a tailored online cognitive-behavioural therapy intervention for improving distress in dialysis (iDiD)  
     Joanna Hudson

9:45  Internet- and mobile-based treatment of comorbid depression in chronic back pain patients on sick leave  
     Sandra Schlicker

10:00 An internet-based guided self-help intervention for vaginismus. Results of a randomised controlled proof-of-concept trial  
     Anna-Carlotta Zarski

10:15 Discussion  
     Katherine Bradbury

**Novel methods for studying behaviour change**  
Chair: Dr Frank Doyle, Royal College of Surgeons in Ireland  
Room: Balmoral Suite

9:00  The importance of separating between- and within- person effects as a basis for theory-based intervention  
     Derek Johnston

9:15  Recall measures overlook information about daily life experience: a focus on fatigue in multiple sclerosis  
     Daniel Powell

9:30  Which combinations of behaviour change techniques are effective? Assessing interaction effects in meta-analysis  
     Elise Dusseldorp

9:45  Behaviour change techniques in control groups: development of a treatment-as-usual checklist for smoking cessation trials  
     Maarten Eisma

10:00 Application of a theoretical framework to assess intervention acceptability: a semi-structured interview study  
     Mandep Sekhon

10:15 To what extent do interventions target barriers to change? A novel systematic review method  
     Ella Graham-Rowe

**Symposium: Considering the dyad in promoting positive health change: from observation to intervention**  
Chair: Prof Tracey Revenson, City University of New York  
Room: Gordon A Suite

9:00  Illness representations and psychological symptoms of couples dealing with cancer: dyadic, interaction and perception-dissimilarity effects  
     Evangelos Karademas

9:15  Synchronous improvements in cardiovascular disease risk factors within married couples  
     Tracey Revenson

9:30  Patients' relational entitlement, partners' caregiving style and cardiac patients' medication taking  
     Noa Vilchinsky

9:45  Partner support in couples-focused physical activity interventions as a complex, skill-based behaviour affecting behaviour change  
     Christine Rini

10:00 Discussion  
     Konstadina Griva

10:15 Audience discussion, Q&A  
     Tracey Revenson

**Symposium: Adherence to medication: measurements and cognitions**  
Chair: Prof Hein de Vries, Maastricht University  
Room: Gordon B Suite
9:00 Conscientiousness and adherence to oral contraceptives: what are the mechanisms?
Gerry Molloy

9:15 The INCA (Inhaler Compliance Aid) – validation against established measures of adherence
Lisa Mellon

9:30 Adherence to diabetes medication: perspectives of patients and professionals on adherence and involved cognitions
Stan Vluggen

9:45 The impact of human and social resources on medication and lifestyle adherence: a sociological perspective
Marcia Vervloet

10:00 Differences in common medication adherence measurements illustrated through a diabetes outcomes study
Carrie McAdam-Marx

10:15 Discussion
Marijn de Bruin

**Illness and treatment perceptions**
Chair: Prof Mariet Hagedoorn, University of Groningen
Room: Forbes Suite

9:00 The influence of illness perceptions and self-efficacy on emotional outcomes after joint replacement
Val Morrison

9:15 Why lay people use diagnostic self-tests instead of consulting a health professional
Pinar Kucucukbalaban

9:30 Impact of Illness perception in the quality of life of Brazilians living with HIV/AIDS
Eliane Seidl

9:45 Concerns about medicines predict medication adherence in rheumatoid arthritis after 3 and after 12 months
Susanne Brandstetter

10:00 The psychosocial context of bodily sensations - embodied perception in the setting of alternative medicine
Szilvia Zörgő

10:15 The role of illness beliefs in disrupted sleep in people with psoriasis
Alasdair L. Henry

10:30 - 11:00 Coffee break

11:00 - 12:30 Parallel sessions

**Improving health through theory-based behaviour change interventions**
Chair: Dr Stephan Dombrowski, University of Stirling
Room: Fleming auditorium

11:00 State of the art
Behaviour change in primary care: very brief interventions for physical activity
Sally Pears

11:45 Behaviour change interventions for low-income groups: meta-analysis of behaviour change techniques, delivery and context
Eleanor Bull

12:00 Using theory and evidence to increase physical activity: let’s move it school-based multi-level intervention
Nelli Hankonen

12:15 Effects of a weight loss maintenance intervention on eating behaviours and theoretical mediators: NULevel RCT
Falko Sniehotta

**Goals and self-management**
Chair: Dr James Reynolds, University of Sheffield
Room: Crombie A suite

11:00 Negative affect associated with goal progress does not lead to health behaviour change
James Reynolds
Goal disturbance and perceived control pre-post renal transplantation relate to distress changes: a longitudinal study  
Alicia M. de Vries

Autonomy support and autonomous functioning in relation to drinking and drinking motivation among university students  
Jozef Benka

Perceptions of blood glucose self-monitoring for non-insulin treated type 2 diabetes: a qualitative interview study  
Stephen McIntyre

Procrastination and sleep insufficiency: the role of self-regulation skills and motivational orientation  
Romana Kadzikowska-Wrzosek

A typology of bedtime procrastinators  
Sanne Nauts

Pain and distress  
Chair: Dr Jonathan Egan, NUI Galway  
Room: Crombie B suite

Chronic low back pain among athletes: how is it related to physical and mental stress?  
Jahan Heidari

ACT now! Acceptance & commitment therapy processes are associated with chronic low-back pain (CLBP) disability  
Vari Wileman

The role of pain catastrophizing in eliciting pain, distress, and suicidality among chronic pain patients  
Gal Noyman-Veksler

Effects of older adults’ preferences for social support of functional autonomy/dependence on chronic pain-related disability  
Sónia Bernardes

Cancer pain management: complexities, trade-offs, and implications for pain management interventions  
Rosalind Adam

Exploring factors related to psychological distress in inflammatory bowel disease: a qualitative study  
Lyndsay Hughes

Social support and health  
Chair: Prof Anne Hickey, Royal College of Surgeons in Ireland  
Room: Balmoral Suite

Testing the stress-buffering hypothesis of social support in couples coping with early-stage dementia  
Paul Gellert

Social support and affect: daily associations in patients after haematopoietic stem cell transplantation  
Aleksandra Kroemeke

Promoting functional autonomy versus dependence in older adults with chronic pain: social support buffering effect  
Marta Matos

Operation transformation: facebook’s role in shifting participants from behavioural intention to behavioural commitment  
Niamh Gately

Higher social norms are linked with lower activity enjoyment, particularly for persons with low self-efficacy  
Lesley Ann Hernandez

I and We- ruminative self-focus and we-ness in couples and wellbeing  
Andrea B. Horn

Children’s and young people’s health  
Chair: Dr Rachel Shaw, Aston University  
Room: Gordon A Suite
11:00 An exploration into parental awareness of sugar consumption in children’s diets
Emily Robson

11:15 Social support as a factor protecting adolescents against subjective health complaints related to school stress
Izabela Tabak

11:30 Screen-based behaviour and school difficulties among adolescents: the role of sleep problems and dietary habits
Daniela Husarova

11:45 The impact of self-crafting vegetable snacks on children’s vegetable liking and consumption
Sanne Raghoebar

12:00 Young men with intellectual disabilities, the HPV vaccine, and constructions of sexual health risk
Carol Gray Brunton

12:15 Is school-environment and degree of urbanization supportive for being more physically active and less sedentary?
Jaroslava Kopcakova

Symposium: Testing and integrating social cognitive models of health behaviour (change)
Chair: Prof Hein de Vries, Maastricht University
Room: Gordon B Suite

11:00 Motivation and behaviour change techniques based on self-determination theory: a consensus analysis
Pedro Teixeira

11:15 The I-Change Model and how it contributes to explaining health behaviour
Stefanie Gomez Quiñonez

11:30 Experiential attitude and anticipated affect as influences on health behaviours
Mark Conner

11:45 Combining self-affirmation, theory of planned behaviour messages, and implementation intentions to reduce students’ alcohol consumption
Paul Norman

12:00 Discussion
Hein de Vries

12:15 Audience engagement activity
Hein de Vries

Culture, health and illness
Chair: Dr Tina Rochelle, City University London
Room: Forbes Suite

11:00 Exploring men’s breast cancer experiences through an ethno-photographic lens: a multi-method phenomenological study
Kerry Quincey

11:15 Constructions of masculinity and health behaviour among Chinese and Western men in Hong Kong
Tina Rochelle

11:30 Exploring the mediating role of self-objectification between sexual harassment, disordered eating, and psychological distress
Jana Menssink

11:45 Lesbian, gay, bisexual and trans* individuals living with multiple sclerosis: a visual ethnophenomenological exploration
Periklis Papaloukas

12:00 Challenges and recommendations in increasing homeless persons’ access to palliative care: an international systematic review
Briony Hudson

12:15 Analysing life satisfaction of immigrants benefitting from the welcome and integration contract in Luxembourg
Michèle Baumann
Challenging stress: individual differences and resilience  
Chair: Dr Julie Turner-Cobb, University of Bath  
Room: Room 10

11:00 The role of interdependencies between different settings for perceived psychological distance, health and well-being  
Eike von Lindern

11:15 Development of resilience in young children: a mixed methods dyadic analysis of stress and coping  
Tara Cheetham

11:30 Are all stressors the same: coping with natural disasters and PTSD  
Paula Repetto

11:45 Resource loss moderates the association between child abuse and current PTSD symptoms among women  
Eleonora C. V. Costa

12:00 Academic burnout and stigma of help seeking in Lithuanian psychology and social works students  
Aistė Pranckevičienė

12:15 Subjective and objective health of patients with leukaemia after bone marrow transplantation – psychological predictors  
Helena Wrona-Polanska

12:30 - 14:00 Lunch

12:30 - 14:00 EHPS members meeting

14:00 - 15:30 Parallel sessions

Symposium: From theory-inspired to theory-based interventions: linking behaviour change techniques to their mechanisms of action  
Chair: Prof Marijn de Bruin, University of Aberdeen  
Room: Fleming auditorium

14:00 The application of theory to designing and evaluating interventions to change behaviour  
Susan Michie

14:15 Links between behaviour change techniques and mechanisms of action: evidence from the published intervention literature  
Rachel Carey

14:30 Links between behaviour change techniques and mechanisms of action: examining experts’ consensus  
Marie Johnston

14:45 Does expert consensus reflect the literature? Triangulation of results from the theories and techniques project  
Alexander Rothman

15:00 Discussion: Reflections from within the team  
Mike Kelly

15:15 Discussion: Reflections from outside the team  
Karina Davidson

14:00 - 15:30 Roundtable  
Health promotion among musicians: opportunities for health psychology  
Chair: Dr Raluca Matei, Royal Northern College of Music and Jane Ginsborg, Royal Northern College of Music  
Room: Crombie A suite  
Ann Shoebridge, Naomi Norton, Jill Francis, Agneta Larsson, Raluca Matei

Symposium: Implicit cognitions in health behaviour change  
Chair: Prof Martin Hagger, Curtin University  
Room: Crombie B suite

14:00 The relationship of implicit health or appearance associations to explicit motives and adherence to exercise  
Tanya Berry
The moderating role of implicit attitudes on intention and physical activity behaviour  
Carolin Muschalik  
14:30 Implicit social cues and food intake  
Britta Renner  
14:45 Do social groups have an automatic impact on smoking?  
Sabina Pereira  
15:00 Impact of presenting images of foods with images of health consequences on attitudes and choices  
Gareth Hollands  
15:15 Discussion  
Hein de Vries  

**eHealth and mHealth interventions**  
Chair: Dr Hilde van Keulen, TNO Leiden  
Room: Balmoral Suite  

14:00 Development of a theory based online intervention for post-treatment cancer survivors  
Teresa Corbett  
14:15 Effects of online tailored education on informed HPV-vaccination decision making among mothers of invited girls  
Hilde van Keulen  
14:30 Investigating the efficacy of a smartphone application: breast awareness and breast cancer worry  
Emma Carr  
14:45 Patient acceptability and reliability of an electronic adherence intervention in asthma  
Amy Chan  
15:00 Use of the behaviour change wheel to develop an application supporting adherence to nicotine replacement therapy  
Aleksandra Herbec  
15:15 Integrative theoretical model of e-interventions for Riga Stradins University (Latvia) students  
Jelena Kolesnikova  

**Symposium: Parental influences on childhood obesity**  
Chair: Mr Gill ten Hoor, Maastricht University  
Room: Gordon A Suite  

14:00 The association between parent-child weight-communication and indicators of children’s wellbeing: a meta-analysis  
Fiona Gillison  
14:15 Effects of child and parental perceptions of obesogenic environment on diet, exercise, and body fat  
Karolina Horodyska  
14:30 Validation of the comprehensive general parenting questionnaire and associations with children’s overweight-related behaviour and BMI  
Ester Sleddens  
14:45 Aerobic and strength exercises for youngsters aged 12 to 15: what do parents think?  
Gill ten Hoor  
15:00 Audience discussion, Q&A  
Gerjo Kok  
15:15 Discussion  

**6th methods in health psychology symposium:**  
Measurement in health psychology: combining theory, qualitative, and quantitative methods to do it right  
Chair: Dr Gjalt-Jorn Ygram Peters, Open University of The Netherlands  
Room: Gordon B Suite  

14:00 Pragmatic nihilism: how a theory of nothing can help health psychology to progress  
Gjalt-Jorn Ygram Peters
Valid or not valid that’s the question: the limited validity of measurement instruments ‘proven valid’
Anne Marie Plass

Scale quality: alpha is an inadequate estimate and factor-analytic evidence is needed firstly
Rik Crutzen

The revealing structure of concepts: R-based 6-step analysis for health psychology research
Alexandra Dima

Introducing Concerto, an open-source platform designed to realise the potential of modern measurement theories
Chris Gibbons

Discussion and integration
Frank Doyle

**Roundtable**
Health psychology practice in Europe: taking stock and moving forward together
Chair: Dr Molly Byrne, NUI Galway and Dr Vivien Swanson, University of Stirling
Room: Forbes Suite
Molly Byrne, Vivien Swanson, Molly Byrne, Barbara Mullan, Rudolf Schoberberger, Angelos Kassianos

Health outcomes and Illness perceptions
Chair: Dr Diane Dixon, University of Strathclyde
Room: Room 10

Developing a theoretical framework of health outcomes: how are health outcomes related?
Diane Dixon

Illness perception clusters are useful determinants of diabetes distress in adults with type 2 diabetes
Emma Berry

Adjustment to a progressive disease over time: a 2-year longitudinal qualitative study
Angeliki Bogosian

Longitudinal relations between changes in self-efficacy and positive adaptation in patients with polyarthritis
Erik Taal

Emotional suppression and distress mediate the relationship between beliefs about emotions and outcomes in fibromyalgia
Hannah Bowers

Predictors of on-going fatigue after acute infection: a systematic review
Katrin Hulme

**Interactive posters & coffee**
eHealth and mHealth 2
Chair: Dr Felix Naughton, University of Cambridge

The mental health first aid eLearning course for medical students: a pilot evaluation study
Bethan Davies

Cancer-patients’ and relatives’ needs for online information: quality evaluation and Influence on patient-doctors’ relationships
Chantal Martin-Soelch

Engagement with digital behaviour change interventions: a structured review using techniques from critical interpretive synthesis
Olga Perski

Seeking for health-related information on the internet: expert-based toothbrushing recommendations on German websites
Stefanie Ebel

Investigation of the health benefits of an internet personalized program in obese pregnant women
Sophie Lelorain
Novel technology and analysis techniques for monitoring COPD treatment adherence using the Inhaler Compliance Aid
Garrett Greene

The many faces of stress
Chair: Dr Christina Schut, University of Giessen

High levels of stress go along with more skin symptoms: a study in German students
Christina Schut

Financial strain, dyadic coping and couples’ well-being: a dyadic mediation study in Greek couples
Evangelos Karademas

The relationship between different changes in personality under acute stress
Svetlana Burkova

Predictors of emotional distress in pregnant women: the mediating role of relationship intimacy
Eleonora C. V. Costa

Coping with stage fright and health of students from music schools
Helena Wrona-Polanska

The effect of qualitative job insecurity on work engagement: testing moderating role of organization-based self-esteem
Francesco De Paola

Loss of resources, health habits, self-esteem and psychological health of victims of intimate partner violence
Filomena Ponte

Self-regulation in health behaviours
Chair: Dr Fuschia M. Sirois, University of Sheffield

Rumination and health behaviours: a self-regulation resource perspective
Fuschia M. Sirois

Desire escalation - an interactive model of desire emergence
Amir Ghoniem

Does ruminative responding to a health behaviour goal failure reduce health behaviour intentions?
Megan Bean

A neglected spot in self-control - the influence of attitudes towards impulses on self-control
Amir Ghoniem

Exploring the experiences of managing and monitoring diet and weight: an IPA analysis
Heather Semper

Matching and accepting assistive technology in MS: the perspective of patients, carers and OTs
Val Morrison

Cognition and emotion in chronic illness
Chair: Prof Maryanne Martin, University of Oxford

Predictors of anxiety and depression after a mild stroke: a pilot one-year follow-up study
Camille Vansmaeys

Examination of binge eating disorder criteria in an obese patient population in Paris area
Alexis Ruffault

Food intolerance – evidence for functional somatic syndrome?
Maryanne Martin

The role of emotions in the perpetuation of symptoms and disability in chronic fatigue syndrome
Claire Willis

Somatic symptom distress and holistic thinking style are the major dimensions behind IEI-EMF
Renata Szemerszky

Prevalence and severity of cognitive impairment in HIV- positive adults, with and without antiretroviral therapy
Radka Massaldjieva
Observer perspective in autobiographical memory predicts symptom severity in CFS/ME
Maryanne Martin

Coping with chronic illness
Chair: Dr David Keatley, University of Lincoln

Emotional feeling, coping strategies and apathy in amyotrophic lateral sclerosis
Johanna Unglik

Coping in children and adolescents with a food allergy – a systematic review
Jennifer Hammond

Emotional distress counteracts the positive effects of health literacy on diabetes self-management
Marlène Mélon

Is type of depressive symptoms related to need for psychological treatment and efficacy of treatment?
Loek van der Donk

The costs and benefits of various coping forms with cancer: self-efficacy and trauma symptoms
Inese Lietaviete

Activity perception in chronic fatigue syndrome and asthma: development of a new measure
Iana Alexeeva

Prediction of students’ social distance towards mentally ill using affective and cognitive components of stigma
Kristina Žardeckaitė-Matulaitėnė

Interventions to enhance help-seeking and well-being
Chair: Dr Konstadina Griva, National University of Singapore

Development of an online intervention to increase help-seeking in Parkinson’s disease
Catherine Hurt

Psychosocial interventions for quality of life and wellbeing in adults with neuromuscular disorders: systematic review
Claire Hamlet

Mindfulness Based Stress Reduction in Infertility (MBSR-I)- information on the implementation of a new method
Aleksandra Dembińska

Patients care pathway in a radiotherapy service through a new architectural project: the waiting rooms
Anne-Marie Etienne

Emotions and cognitions in later life
Chair: Dr Eleonora Bielawska-Batorowicz, University of Łódz

The effects of manipulation with positive, negative, neutral stereotypes about aging on expectations regarding aging
Anna Pietrasiriska

Relationships between beliefs on menopause and menopausal symptoms. The prospective study with Polish women
Eleonora Bielawska-Batorowicz

Association between subjective cognitive decline and Young’s early maladaptive schemas
Caroline Tandetnik

Social support and health
Chair: Prof Alison Wearden, University of Manchester

Social support and medication adherence in older adults
Ligia Lima

Social support and depression in sarcoma patients, in different phases of disease
Celeste Bastos

The relationship of partner support and expressed emotion to cortisol reactivity in a community sample
Kimberly Dienes
A psychosocial intervention to support ALS informal caregivers: study protocol for a randomised controlled trial  
Jessica de Wit

Relationship between types of social support, coping strategies, and depression in individuals after heart transplantation  
Irena Milaniak

Social support and anxiety in nursing students in clinical teaching  
Márcia Cruz

Experiences of palliative care patients accessing psychosocial support through telehealth  
Joseph Keenan

Parental health behaviour  
Chair: Dr Maria Karekla, University of Cyprus

The use of parental support-related self-regulatory strategies, family environment, and children’s nutrition  
Anna Januszewicz

Psychosocial predictors of IVF success: a one year follow-up study  
Tony Cassidy

Pilot mindfulness based intervention for children born with oesophageal atresia  
Pascal Antoine

Psychological adjustment of a couple after the disclosure of a diagnosis of foetal anomaly  
Elisabeth Spitz

Effects of the introductory coaching workshop for parents  
Kazuyo Mori

Depression and perceived autonomy support during pregnancy as a predictor of poor mother-infant bonding  
Hannachi Nawel

Prenatal diagnostic of a foetal anomaly: coping strategies and postnatal adjustment to parenthood  
Elisabeth Spitz

An internal picture of health and the system of a control over the health-promoting behaviour  
Elena Nikolaeva

Quality of life and well-being in clinical populations  
Chair: Dr Rachael Powell, University of Manchester

Quality of life and help-seeking for possible cancer symptoms: a systematic review  
Nicola Gartland

The impact of atopic dermatitis on quality of life in adults: a systematic review  
Gurkiran Birdi

The influence of an active lifestyle on the quality of life of stroke patients  
Kayo Konuma

The effect of fruit and vegetable consumption on psychological wellbeing in young adults  
Kate Brookie

Development of quality of life (QoL) scales for patients affected by Niemann-Pick disease type C  
Lydia Aston

Impact of disease perception: coping strategy, quality of life of people living with HIV  
Carolina Catunda

Biopsychosocial influences on health behaviour change  
Chair: Dr Pamela Rackow, University of Zurich

Vegetarians lead the way: the influence of relationships on food choice  
Chelsea Christie

The impact of perceived social norms on hand-washing behaviour in a UK student sample  
Lynn Williams
The relation of personality, smoking, and physical activity in the general population
Jelena Kolesnikova

Comparing motivational characteristics across activity contexts: a self-determination theory perspective
Anne-Marie Selzler

Snacking in context: we’re not all the same
Daniel Powell

Clinical and psychological correlates of hearing aid use
Chelsea Sawyer

An integrated theoretical model of young peoples’ condom use in sub-Saharan Africa
Cleo Protogerou

Understanding and improving quality of life
Chair: Dr Melanie Jagla, University of Applied Sciences Magdeburg-Stendal

Associations between sedentary behaviours and quality of life: a systematic review
Monika Boberska

Development of a stress management behaviour model based on HAPA for Japanese high school students
Yasuo Shimizu

The factors influencing moderate intensity and strengthening activity intentions across the menopausal transition
Julie Doherty

Self-perceived cyberbullying of Spanish adolescents: underlying mechanisms
Isabel Cuadrado-Gordillo

Promoting health, well-being, and health behaviour
Chair: Dr Lena Fleig, Free University Berlin

Behavioural incentive interventions for health behaviour change in 5-18 year olds: systematic review and meta-analysis
Rekesh Corepal

Who benefits from a single-arm online intervention to improve physical activity? A longitudinal pilot study
Lena Fleig

Acceptance and commitment-based approaches for promoting physical activity: a systematic review and narrative synthesis
Anthony Whalley

Community intervention to recruit target audiences and enhance their physical activity in Japan
Koji Takenaka

Health behaviours in offshore workers: exploration of behavioural determinants using the Theoretical Domains Framework (TDF)
Katherine Gibson Smith

TrainyourMind: enhancing executive functions among elementary school children to promote physical and mental well-being
Joachim Bervoets

Effectively influencing students’ possible selves: a pilot study
Boris Brandhorst

Theory-based approaches to facilitate behaviour change
Chair: Dr Hanna Konttinen, University of Helsinki

Classroom-based healthy eating workshops: are targeted motivational and volitional techniques effective at facilitating behaviour change?
Lisa Cowap

Psychosocial intervention to promote fruit and vegetable intake among at-risk women: moderation by intention stability
Lydi-Anne Vézina-Im

Testing cognitive defusion and guided imagery as food craving reduction techniques in the field
Sophie Schumacher
'Addressing spirituality with healthy eating education works:' participants’ experiences of a Christian weight management programme
Riya Patel

Taste and see: a church-based, intuitive eating programme: preliminary results of a mixed methods study
Riya Patel

The development of lasting impact: a theory-based concussion education programme
Lindsay Sullivan

An evaluation of lasting impact: a concussion education programme for youth athletes
Lindsay Sullivan

Risk behaviours and health promotion
Chair: Dr Katherine Brown, Coventry University

The school in the prevention of alcohol and drug abuse: a preliminary study
Maria Lizabete Souza

Substance use prevention in special education: effectiveness of the Dutch ‘healthy school and drugs’ intervention
Marcel Pieterse

Audit of smoking cessation service at Hammersmith and Fulham’s Improving Access to Psychological Therapies (IAPT)
Gareth O’Halloran

Health interventions for black and minority ethnic men who have sex with men: an evaluation
Periklis Papaloukas

Exploring the knowledge, attitudes and behaviours of university students regarding STI screening
Holly Martin-Smith

Thoughts and feelings about the reality of dating violence in Spanish adolescents
Inmaculada Fernández-Antelo

REPLACE2: Community-based intervention development and pilot evaluation addressing FGM in Europe
Katherine Brown

Predictors of bowel scope (flexible sigmoidoscopy) screening knowledge: findings from a retrospective survey
Bernardette Bonello

Patient-centred healthcare
Chair: Dr Karen Morgan, RCSI, Ireland

Sexuality in patients with autism: how do educational and paramedical staff deal with it?
Anne-Emmanuelle Krieger

Readability of web-based patient education materials from the Polish Ministry of Health
Edyta Charzyńska

Links between perceptions of the health-care professionals and their patient education practices: a systematic review
Sandrine Roussel

Supporting staff and patients to move towards collaborative care; integration of behavioural health consultants
Hannah Dale

What matters most to the therapeutic relationship in neurorehabilitation?
Nicola Kayes

The communication of benign biopsy results in the NHS breast screening programme
Sian Williamson

How psychological science can inform the quality of health communication in midwifery practice
Sophie John

Training healthcare professionals
Chair: Dr Justin Presseau, Ottawa Hospital Research Institute
Seeing new opportunities to help smokers quit: optometrist delivered behavioural support interventions
Fabiana Lorencatto

Teaching communication in medicine, what psychologists are doing and how we can be better
Kate Jansen

Effective use of feedback for professional behaviour change and quality improvement in healthcare
Bethan Thibaut

Role congruence in pharmacists’ provision of weight loss advice to overweight patients with cardiovascular disease
Kirsty Killick

Efficacy of a coaching psychology-based intervention for public health nurses
Rie Ishikawa

Preparing undergraduate pharmacists for practice: supporting patient adherence to medication
Delyth James

Questions as intervention: differences between solution-focused and problem-focused questions
Marie-Carmen Neipp

Methods and measurement tools
Chair: Dr Alexandra Dima, University of Amsterdam

Measuring fatigue in haemodialysis patients: psychometric properties of the Chalder Fatigue Questionnaire (CFQ)
Federica Picariello

Utilising the induced change blindness paradigm to investigate implicit food processing in restrained eaters
Christopher O’Donnell

Investigating different measures of interoception
Eszter Ferentzi

Perception of body mass in Malaysia: an initial pilot of a Body Image Scale (BIS)
Mohammad Zabri Johari

Combining photographs with interviews in the context of phenomenological research around chronic illness: an evaluation
Kerry Quincey

Critical discursive psychology as methodology for exploring ambivalence around the HPV vaccine amongst marginalised groups
Carol Gray Brunton

Clinical studies in implementation research
Chair: Dr Jenny Mc Sharry, NUI Galway

The feasibility of delivering a physical activity intervention for adults within routine diabetes care
Mary McCallum

Physiotherapists’ fidelity to delivery of a theory-driven group based self-management programme: behaviour change techniques
Alison Keogh

Preventing pressure ulcers in nursing homes using a care bundle
Jacqueline Lavallee

Investigating the fidelity of a community-based physical activity intervention
Ivana Oracova

Barriers to and facilitators for referral to blended internet-based depression treatment in primary care
Ingrid Titzler

Real time suspected suicide early alert system: a case study approach
Grant J. McGeechan

17:00 - 18:00 Keynote Lecture
Making behavioural science fit for behaviour change interventions
Professor Marie Johnston, University of Aberdeen, Scotland
Chair: Professor Gerjo Kok, Maastricht University
18:00 - 22:00  Conference dinner
Friday, 26 Aug

9:00 - 10:30 Parallel sessions

9:00 - 10:30 **Roundtable**
Challenges in assessment in health psychology
Chair: Prof Yael Benyamini, Tel Aviv University and Dr Evangelos Karademas, University of Crete
Room: Fleming auditorium
Yael Benyamini, Evangelos Karademas, Aleksandra Luszczynska, Sofía López-Roig, María-Ángeles Pastor, Ronan O’Carroll, Marie Johnston

Temporal and social processes in health behaviour change
Chair: Prof Paul Norman, University of Sheffield
Room: Crombie A suite

9:00 Using temporal self-regulation theory to predict healthy and unhealthy eating intentions and behaviour
Rachel Evans

9:15 What do adolescents think that their peers are eating at school?
Sofie van Rongen

9:30 Temporal and individual differences in the perception accuracy of college peers’ alcohol consumption
Helge Giese

9:45 Predicting heavy episodic alcohol drinking using an extended temporal self-regulation theory
Nicola Black

10:00 The HIV revelation model: predicting the disclosure of HIV seropositivity during casual sex between men
Patrick Murphy

10:15 There is no time like the future: a systematic literature review of possible selves theory
Winifred Gebhardt

**Symposium: Goal management in chronic illness – from assessment to intervention**
Chair: Ms Yvette Ciere, University of Groningen
Room: Crombie B suite

9:00 Coping with personal goal disturbance in the context of breast cancer: key findings and implications
Natalie Stefanic

9:15 How do patients with chronic headache manage their personal goals? – a qualitative study
Yvette Ciere

9:30 How to cope with multiple sclerosis: goal adjustment or persistence?
Stefaan Van Damme

9:45 Goal management intervention for polyarthritis patients with mild depressive symptoms: results from a quasi-experimental study
Christina Bode

10:00 Discussion/audience activity: Assessment of goal management
Joke Fleer, Yvette Ciere

10:15 Discussion
Joke Fleer

**Interventions for long term conditions across the life span**
Chair: Dr Rachel Rahman, Aberystwyth University
Room: Balmoral Suite
9:00  Age-specific self-management skills training: young people’s experiences of type 1 diabetes education  
       Barbara Johnson

9:15  An educational course for young people with type 1 diabetes: impact on self-management and well-being  
       Marta Krasuska

9:30  Adolescent-caregiver dyad perceptions of asthma and asthma treatment: exploration of relations to  
       adolescents’ illness self-management  
       Katja Heyduck

9:45  Patient and professional acceptability of telehealth to monitor COPD and diabetes  
       Rachel Rahman

10:00 An online intervention to maintain physical activity levels in COPD patients after pulmonary rehabilitation  
       Lenneke van Genugten

10:15 Impact of mindfulness-based stress reduction on depression, anxiety and stress in people with Parkinson’s  
       disease  
       Linda Dubrow-Marshall

Symposium: Risk communication and behaviour - in context of genetic and  
personalised information  
Chair: Dr Ari Haukkala, University of Helsinki  
Room: Gordon A Suite

9:00  Contagious risk and social precautionary withdrawal behaviour  
       Martina Gamp

9:15  Impact of communicating genetic risk estimates on risk-reducing health behaviour: systematic review with  
       meta-analysis  
       Theresa Marteau

9:30  Can communicating personalized disease risk promote healthy behaviour change? A systematic review of  
       systematic reviews  
       David French

9:45  Informing cancer risk via index patients or direct healthcare contacts - challenges for risk communication  
       Ari Haukkala

10:00 Preconception carrier screening in the Netherlands: high societal support, low perceived risk  
       Edwin Meeuwen

10:15 Discussion  
       David Hevey

Symposium: Systematic reviews of behaviour change interventions: using BCT  
taxonomies for evidence synthesis  
Chair: Ms Milou Fredrix, NUI Galway  
Room: Gordon B Suite

9:00  Goal-setting as a behaviour change technique in diabetes self-management: a systematic review of  
       intervention studies  
       Milou Fredrix

9:15  Self-efficacy in the initiation of physical activity in clinical samples: a systematic review with meta-analysis  
       Mei Yee Tang

9:30  Digital weight management lifestyle interventions in adults: systematic review of behaviour change theories  
       and techniques  
       Marta Marques

9:45  Using the CALO-RE taxonomy to identify behaviour change techniques associated with physical activity in  
       pregnancy  
       Ellinor Olander

10:00 Applying the BCT taxonomy to code sedentary behaviour reduction interventions: challenges and reflections  
       Fabiana Lorenatto

10:15 Discussion  
       Jenny Mc Sharry
Advances in eHealth and mHealth  
Chair: Dr Efrat Neter, The Hebrew University of Jerusalem  
Room: Forbes Suite

9:00 Attitudes and eye movements during vegetable choice tasks  
*Laura König*

9:15 Designing a personal health record to achieve behavioural change  
*Fiona Fylan*

9:30 Factors determining physical activity of emerging young adults: a mobile-based Ecological Momentary Assessment (mEMA) study  
*Jorinde Spook*

9:45 **DHP award winning abstract**  
Understanding engagement with a novel smoking cessation smartphone application: an exploratory analysis of usage data  
*Olga Perski*

10:00 Web-based interventions for mental health promotion in employees: a systematic review and meta-analysis  
*Dirk Lehr*

10:15 Timeout from smartphone use – Impact on adult employees’ work and health-related variables  
*Theda Radtke*

10:30 - 11:00 Coffee break

11:00 - 12:30 Parallel sessions

**Health behaviour change interventions in health care: patients and providers**  
Chair: Prof Chris Armitage, University of Manchester  
Room: Fleming auditorium

11:00 **State of the art**  
Planning and implementing an n of 1 behaviour change service: innovative health services research  
*Karina Davidson*

11:45 Behaviour-change techniques in pharmacy interventions: systematic review identifying opportunities for increased effectiveness and improved reporting  
*Claire Scott*

12:00 Promoting volitional self-efficacy to uptake colorectal cancer screening using implementation intentions  
*Sheina Orbell*

12:15 What determines plan enactment? Exploring relationships between action plan specificity and enactment among rehabilitation patients  
*Lena Fleig*

**Culture, health, behaviours and beliefs**  
Chair: Dr Heather Buchanan, University of Nottingham  
Room: Crombie A suite

11:00 Socioeconomic status and health compromising behaviour: it’s all about perception  
*Natascha de Hoog*

11:15 Investigating health professionals’ experiences of South Asian patients’ adherence to self-management with type 2 diabetes  
*Tasneem Patel*

11:30 Health-mediation for segregated Roma: evaluation of a community-based participatory program in Slovakia  
*Andrej Belak*

11:45 Miles to go before we sleep: how illness experiences shape health behaviours in India  
*Mahati Chittem*

12:00 Post-migration stress among refugees – development of a new scale and associations with wellbeing  
*Andreas Malm*

12:15 The revised dental beliefs survey: reliability and validity in a Chinese population  
*Heather Buchanan*
Coping and managing chronic illness
Chair: Prof Rona Moss-Morris, King’s College London
Room: Crombie B suite

11:00 The Essen Coping Questionnaire (ECQ) in “public domain”
Gabriele Helga Franke

11:15 Antecedents, appraisal, coping, and legitimisation: factors affecting help seeking in men with cancer
Hannah Dale

11:30 The importance of relationships in patient experiences of leg ulcer treatment
Philippa Tollow

11:45 Fear of movement in patients with heart failure - correlates and associations with accelerometry data
Heike Spaderna

12:00 Who loses weight and keeps it off? A representative population survey of 2000 overweight/obese adults
Elizabeth Evans

12:15 Task engagement decreases pain perception in response to controlled pressure pain
Vera Araujo Soares

Individual correlates of health-related resilience
Chair: Prof Christina Lee, University of Queensland
Room: Balmoral Suite

11:00 Longitudinal relationship trajectories of young Australian women: are they associated with physical and mental health?
Christina Lee

11:15 Personality makes a difference: attachment orientation moderates theory of planned behaviour prediction of medication adherence
Noa Vilchinsky

11:30 How can social connectedness foster patient resilience? Implications for health care practice and health campaigns
Lilla Nafradi

11:45 Association between impulsivity and weight status in a general population
Marc Bénard

12:00 Are better blood glucose levels linked to resilience in young adults with type 1 diabetes?
Jörg Huber

12:15 Personality correlates of breast cancer patients
Shulamith Kreitler

Interventions for healthcare professionals
Chair: Dr Sarah Tonkin-Crine, University of Oxford
Room: Gordon A Suite

11:00 Practice nurses’ adherence to smoking cessation guidelines and needs for web-based support: a needs assessment
Eline Smit

11:15 Evaluating and improving multidisciplinary team working in breast cancer: the consensus approach to behaviour change
Tayana Soukup

11:30 Supporting healthcare professional behaviour change through personalized feedback: a qualitative study of doctors’ prescribing practices
Chris Keyworth

11:45 The gender awareness approach in health: a scoping review
Rita Morais

12:00 Exploring knee osteoarthritis patients’ views of talking about weight with health professionals
Anne Dewhurst

12:15 How does physician empathy interact with patient emotional skills to predict patient quality of life?
Sophie Lelorain
Symposium: Social support and beyond: social co-regulation and health-related outcomes in couples and close others
Chair: Prof Nina Knoll, Freie Universitat Berlin
Room: Gordon B Suite

11:00
Social support and life satisfaction in first semester students
*Caterina Gawrilow*

11:15
Social support and survival: mixed methods study of blood and lymphoid cancer patients after transplant
*Gertraud (Turu) Stadler*

11:30
Co-regulation of fatigue and biopsychological stress measures in couples’ everyday lives
*Beate Ditzen*

11:45
The role of positive and negative social control for physical activity, reactance and affect
*Urte Scholz*

12:00
Days in (light) motion: a dyadic planning intervention with couples to increase daily physical activity
*Nina Knoll*

12:15
Discussion
*Tracey Revenson*

Maintaining health and well-being in older age: the role of strategy use and health behaviour change
Chair: Dr Clare Cooper, University of Aberdeen
Room: Forbes Suite

11:00
Effect of physical activity characteristics on activities of daily living in older adults: systematic review
*Christine Roberts*

11:15
Barriers and enabling factors to participation of older adults in physical activity/exercise prior to surgery
*Leah Avery*

11:30
Psychological determinants of medication adherence in stroke survivors: a systematic review of observational studies
*Elise Crayton*

11:45
A systematic review of studies examining the selection, optimisation and compensation model in older adults
*Jennifer Dryden*

12:00
Emotion perception and quality of life in aging
*Clare Cooper*

12:15
Longitudinal psychosocial predictors of life satisfaction in old persons
*Jasminka Despot Lucanin*

Occupational health: determinants and interventions
Chair: Dr Margot van der Doef, University of Leiden
Room: Room 10

11:00
Professional recognition as protective factor against burnout
*Annalisa Casini*

11:15
Effects of work load on decision making in the workplace: implications for work health status
*Maria Soria*

11:30
Understanding sedentary behaviour in office workers: a qualitative study using the COM-B model of behaviour
*Ailsa Niven*

11:45
Stress and subjective health as indicators of psychological intervention need among firefighters in Lithuania
*Nijole Gostautaite Midttun*

12:00
An evaluation of an eight week mindfulness based stress reduction course, focusing on work-related factors
*Anjulie Dhillon*

12:15
Predictors of work ability in employees with migraine/severe headaches
*Margot van der Doef*

12:30 - 14:00 Lunch
12:30 - 14:00  EHPS national delegates meeting & DHP members meeting

14:00 - 15:30  Parallel sessions

**Symposium: Digital behaviour change interventions: design and evaluation**
Chair: Dr Ildiko Tombor, University College London
Room: Fleming auditorium

14:00  Development of a smartphone app (‘Drink Less’) to reduce excessive drinking: selection of intervention content
*Claire Garnett*

14:15  Evaluating intervention components in the SmokeFree Baby smartphone app to aid smoking cessation in pregnancy
*Ildiko Tombor*

14:30  Multicentre, randomised controlled trial of a smoking cessation text message intervention for pregnant smokers (MiQuit)
*Felix Naughton*

14:45  PRECIOUS: Digitally integrating motivational techniques to increase engagement with volitional processes for health behaviour change
*Johanna Numi*

15:00  Improving engagement with an alcohol reduction app: the impact and importance of usability testing
*David Crane*

15:15  Discussion
*Keegan Knittle*

**Adherence to medications: evidence synthesis strategies for intervention development**
Chair: Dr Gerry Molloy, NUI Galway
Room: Crombie A suite

14:00  Medication adherence and apparent-treatment resistant hypertension: systematic review and meta-analysis
*Hannah Durand*

14:15  Taking oral medications for type 2 diabetes: a systematic review and meta-synthesis of qualitative studies
*Jenny Mc Sharry*

14:30  Adherence to disease modifying therapies (DMTs) in multiple sclerosis: a thematic meta-synthesis of qualitative research
*Elaine Cameron*

14:45  Effectiveness and content analysis of interventions to improve medication adherence in hypertension: a systematic review
*Eimear Morrissey*

15:00  Supporting medication adherence using Interactive-Voice-Response (IVR): development and delivery of a theory- and evidence-based intervention
*Katerina Kassavou*

15:15  Discussion
*Ronan O’Carroll*

**Symposium: New determinants and barriers of (un)healthy food behaviours**
Chair: Dr Olivier Luminet, Université catholique de Louvain
Room: Crombie B suite

14:00  Determinants of (colic) vegetable consumption, discussing the theory of planned behaviour and compensatory health beliefs
*Valérie Broers*

14:15  Longitudinal study on eating behaviours from childhood to adolescence
*Sandra Fernandes-Machado*

14:30  Changing the fate of impulsivity – using heuristics to promote impulsive choices to healthy choices
*Tracy Cheung*
14:45 Emotional or restraint? The influence of eating behaviour trait on attention for food
Giorgia Zamariola

15:00 When in doubt, follow the crowd. Resolved ambiguity as underlying mechanism in social proof nudge
A.G. (Tina) Venema

15:15 Discussion
Olivier Luminet

Efficacy and mechanisms of theory-based behaviour change interventions
Chair: Prof Aleksandra Luszczynska, University of Social Sciences and Humanities, Wroclaw
Room: Balmoral Suite

14:00 Effectiveness of behaviour change strategies for pelvic floor muscle training in urinary incontinence: a meta-analysis
Diana Taut

14:15 An intervention study to decrease compensatory health beliefs for physical activity
Melanie Amrein

14:30 Randomised trial of the effects of omitting affective attitudes on intention to donate organs
Frank Doyle

14:45 Forming a habit in a novel behaviour: the role of cues to action and self-monitoring
Barbara Mullan

15:00 When and how does normative feedback reduce intentions to drink irresponsibly? An experimental investigation
Joanne Smith

15:15 Mechanisms of health behaviour change with dental hygiene as an example
Ralf Schwarzer

14:00 - 15:30 Roundtable
Using Bayesian analysis to get the most out of health psychology data: a practical primer
Chair: Prof Susan Michie, UCL
Room: Gordon A Suite
Susan Michie, Robert West, Matti Heino, Niall Bolger

Symposium: Use of economic evaluations by health psychologists and the relevance of their work for policy-making
Chair: Prof Hein de Vries, Maastricht University
Room: Gordon B Suite

14:00 Introduction to health technology assessment and economic evaluations
Silvia Evers

14:15 Social costs of illegal drugs, alcohol and tobacco in the European Union: a systematic review
Pablo Barrio

14:30 Valuing eHealth: cost-effectiveness of a web-based computer-tailored alcohol prevention program for adolescents
Ruben Drost

14:45 The cost-effectiveness of the adherence improving self-management strategy (AIMS) in HIV-care: a Markov model
Marjin de Bruin

15:00 The most important barriers and facilitators to the use of HTA by policy makers
Kei Long Cheung

15:15 Discussion
Nadine Berndt

Adherence and maintenance issues in health behaviour change
Chair: Prof Madelynne A. Arden, Sheffield Hallam University
Room: Forbes Suite
14:00 Applying the theoretical domains framework to adherence to nebuliser treatment in adults with cystic fibrosis
Madelynne A. Arden

14:15 Predicting medication adherence: testing the health action process approach at the inter- and intrapersonal level
Walter Bierbauer

14:30 Predicting adherence to combination antiretroviral therapy for HIV in Tanzania using an extended TPB model
Kasia Banas

14:45 Mediators and moderators of maintenance of physical activity behaviour change: a systematic review
Jennifer Murray

15:00 Strategies and factors of successful weight loss: a pluralistic qualitative research
Filipa Pimenta

15:15 The social cognitive predictors of adherence to an exercise referral scheme
Michael Eynon

Patient experience
Chair: Dr Vera Araujo Soares, University of Newcastle
Room: Room 10

14:00 “Not all in my head”: a qualitative exploration of living with fibromyalgia and its treatments
Simon Ashe

14:15 Illness specific cognitive biases in chronic fatigue syndrome independent of mood and attentional control deficits
Alicia Hughes

14:30 Emotional processing in individuals with Irritable bowel syndrome: a qualitative study
Alice Sibelli

14:45 Sexual problems and relationship satisfaction among people with cardiovascular disease
Molly Byrne

15:00 A systematic review and qualitative analysis of anxiety among people with multiple sclerosis
Ellen Butler

15:15 Illness representations and life satisfaction of chronic pain patients and their partners
Christel Salewski

15:30 - 17:00 Interactive posters & coffee

eHealth and mHealth 3
Chair: Prof Robert West, UCL

Qualitative analysis of health education need and mHealth feasibility in Chikwawa, Malawi
Rebecca Laidlaw

Public views on e-mental health services – a systematic review of the current evidence
Jennifer Apolínário-Hagen

“It was so comforting knowing she was okay”: evaluation of a neonatal care e-health intervention
Susan Kerr

Run’n’Play: promoting physical activity and intention control using an app-based game and fitness tracker
Dana Fischer

eHealth and mHealth 4
Chair: Dr Marta Marques, University of Lisbon

SIGMA: A Self-help, Integrated, and Gamified Mobile-phone Application for weight management in young adults
Ioana Podina

Patients’ experience in the development of an app for self-management of hypertension: a qualitative study
Jane Walsh

Increasing skin self-examination after melanoma: an intervention using text and tablet delivery
Julia Allan
Online social networking attitudes and health behaviour
Eliza Ivanova

Resilience in illness and disability
Chair: Dr Ewa Gruszczyńska, University of Social Sciences and Humanities, Warsaw

Resilience following chronic disability: a longitudinal study after the onset of spinal cord injury
Claudio Peter

The association between Type D personality and insomnia in breast cancer patients
Leanne Fleming

Psychosocial factors and problems with voice production
Anna Guzy

Resilience, parental attitudes and cooperation in adolescents with chronic diseases in the therapeutic process
Marta Anna Biernacka

Reverse relationships between utilization of personal resources and psychopathology
Marek Celinski

Association between mental speed and quality of life: age effect in healthy women
Anna Yashanina

Prevalence and factors associated to post-traumatic stress disorder among French mountain rescuers
Delphine Traber

Maladaptive personality traits in a sample of patients with opioid dependence
Radka Massaldjieva

Personality, negative emotional states and self-determination of gambling involvement
Daniel Petrov

Cognitions, performance and behaviour in stress and coping
Chair: Ms Tara Cheetham, University of Bath

Mental performance strategies as determinants of flow, performance satisfaction and performance among soccer players
Magdalena Kruk

 Stranger and nonstranger harassment: coping strategies and barriers to support seeking
Jana Menssink

Does cognitive control predict everyday emotions and control strategies? An ecological momentary assessment study
Wai Kai Hou

Coping with cyberbullying: which strategy works?
Francine Dehue

Cyberbullying: improving awareness of perpetrators, adults, and bystanders
Trijntje Vollink

Cyberbullying and health: what can be done to combat cyberbullying and prevent negative health consequences?
Conor Mc Guckin

Treatment beliefs and illness perceptions
Chair: Dr Thomas Janssens, KU Leuven

Global prevalence of dental anxiety in adult population: a systematic review
Matias Rios-Erazo

Facial expression to emotional stimuli in non-psychotic disorders: a systematic review and meta-analysis
Ines Wolz

The relationship between the quality of life, hardiness and parameters of autonomic balance
Elena Nikolaeva

The relationship between irrational cognitions and mindfulness in clinical and non-clinical subjects
Violeta Rotarescu
Psycho-social issues and chronic disease  
Chair: Ms Hannah Dale, University of St Andrews

Self versus context: the experience of mobility disability in the Romanian social and built environment  
Ana Pașcalău-Vrabete

Adjustment to coronary heart disease: associations with gender-related traits  
Tünde Nagy

Development of a questionnaire to identify the levers of adhesion to patients’ medication: QUILAM  
Carine Meslot

Improving care after heart transplantation: factors related to patients’ expectations toward medical staff  
Anna Mierzyńska

The impact of learning within a self-management patient education programme  
Gemma Stevens

Improving beliefs about emotions and quality of life in IBS: a single case experimental design  
Hannah Bowers

Determinants of physical activity and dietary choices in adolescents with intellectual disability: a feasibility study  
Gemma Stevens

Patient experience  
Chair: Dr Sabrina Cipolletta, University of Padua

Patients’ expectations of cancer treatment: a qualitative study  
Sam Cockle

Life after a coronary artery bypass graft: the lived experience of Maltese men  
Paula Hili

Pregnancy and motherhood with congenital heart disease: exploring lived experience, difficulties, resources and coping strategies  
Julia Bänziger

Co-constructed dyadic illness experience in the discourse of couples living with severe uncontrolled asthma  
Judit Varkonyi-Sepp

Living with grief: a phenomenological analysis of the lived experience of PCOS  
Shanu Sadhwani

Living with diabetes in adolescence: a mixed methods study  
Ligia Lima

Psychosocial interventions in long-term conditions 1  
Chair: Dr Gerry Molloy, NUI Galway

A meta-analytic systematic review of the effectiveness of psychosocial interventions for end-stage kidney disease fatigue  
Federica Picariello

Impact of a personalized support programme for patients with ACS: beliefs, persistence, and lifestyle change  
Lucy Ashwoth

Increasing self-efficacy to reduce injecting risk-taking behaviour in drug users on hepatitis C treatment  
Amy Malaguti

ACT Now! Guided self-help to improve self-management and emotional wellbeing type 2 diabetes  
Holly Martin-Smith

The cognitive-behavioural training, compliance and metabolic status among patients with diabetes type 2. Pilot study  
Marta Banout

Enhancing physical activity in patients and equipping nurses to deliver a behaviour change intervention  
Heleen Westland

Psychosocial interventions in long-term conditions 2  
Chair: Dr Keegan Knittle, University of Helsinki
Comparative efficacy of three psychotherapeutic interventions (CBSM, ACT, relaxation) for patients with chronic pain
Aurélie Gauchet

Development and pilot testing of a communication training for persons with rheumatic and musculoskeletal diseases
Andrea C. Schöpf

Challenges and learnings of implementing a medication adherence service in clinical practice
Joyca Lacroix

Effects of neurofeedback training on behaviour and quality of life in children with ADHD
Friederike Blume

Improving health and well-being in later life: behavioural approaches
Chair: Dr Samuel Nyman, Bournemouth University

Depression, anxiety and level of memory complaint promote memory clinic help-seeking for subjective cognitive decline
Caroline Tandetnik

Understanding help-seeking behaviour in older people with urinary incontinence
Kevin McKee

Use of behaviour change techniques in the TACIT trial: TAI ChI for people with dementia
Samuel Nyman

Investigating an extended theory of planned behaviour to predict exercise in women aged 40 years+
Cathrin Jones

A proposed interactive activity for the elderly involving an entertainment robot
Mitsuru Naganuma

Promoting health behaviour
Chair: Dr Nelli Hankonen, University of Tampere

Effects of growth hormone therapy on psychosocial characteristics in children born small for gestational age
Ryo Takahashi

Body image and health complaints among adolescents: role of life satisfaction and weight reduction behaviour
Zuzana Dankulíncová Veselská

More than just food: a meta-analysis of family mealtime practices and children’s nutritional health
Mattea Dallacker

Mediating role of interpersonal emotion regulation in adolescent’s close friendships
Delia Cristescu

ACTmind: a mindfulness and acceptance and commitment therapy program for cultivating emotional health in children
Maria Karekla

Adolescent marijuana use: family but not peer use is associated when developing a dependence
Mónica Lobato

Quality of life and well-being across the lifespan
Chair: Dr Constance Drossaert, Twente University

Emotional intelligence, body image dissatisfaction and HRQoL in children
Olga Pollatos

Can effects of expressive writing be enhanced using an emotion processing model from psychotherapy research?
Anne Golden

Feeling loved, a novel self-report health measure: convergent and discriminant validity
Bruce Barrett

Acute affective responses in uphill mountain hiking - a randomised controlled trial
Martin Kopp
Emotional intelligence-related health status in young and aged women
Olga Razumnikova

The changes in eating behaviours and lifestyles among middle-aged women with body shape in obese
Mayumi Inoue

Purpose in life and psychosomatic symptoms among Japanese women at midlife
Yoriko Matsuda-Chapman

Aloneness need not be lonely: varieties and predictors of positive solitude experiences in daily life
Jennifer Lay

Health expectations and experiences
Chair: Dr Tanya Berry, University of Alberta

Implicit and explicit believability of prevention messages for breast cancer and heart disease
Tanya Berry

Experiences of lifestyle management and support during pregnancy: a qualitative study
Caragh Flannery

An exploration of health perceptions and factors influencing participation in health behaviours in cancer
survivors
Sarah Hardcastle

Identifying psychosocial predictors of medication non-adherence following acute coronary syndrome: a
systematic review
Jacob Crawshaw

Interventions targeting health risk behaviour and sexual health
Chair: Dr Richard Cooke, Aston University

A randomised controlled trial of self-incentives to boost cessation in community based stop smoking services
Emma Brown

A logic model outlining the processes involved in an intervention for smoking cessation during pregnancy
Mary Steele

Do implementation intentions reduce alcohol consumption? A meta-analysis
Richard Cooke

Effect of omega-3 fatty-acids on alcohol attentional bias, craving and consumption: a randomised controlled
trial
Oulmann Zerhouni

Interventions to reduce risky sexual behaviour in gay men: systematic review and intervention development
Paul Flowers

Promoting health and health behaviour among high risk individuals
Chair: Dr Sandra van Dijk, Leiden University

The relationship between patients’ memory and readiness to change health behaviour in cardiac
rehabilitation
Raimonda Petroliene

Motivational interviewing in low socioeconomic adolescents with overweight or obesity
Laurent Muller

Applying the intervention mapping protocol to a multimodal physical activity intervention for trauma-afflicted
refugees
Henrik Nilsson

Interpersonal problems of alcohol patients undergoing an exercise intervention – the influence of social
aspects
Kirsten K. Roessler

Charismatic and non-charismatic physician counselling and its effects on the patient's motivation
Maria Tunyiova

Somatic complaints in a healthy population: effectiveness and working mechanisms of a worry reduction
intervention
Lynn Mobach
Public health insights 1
Chair: Dr Daniela Harnacke, Justus-Liebig-University Giessen

Exploring vets' and farmers' beliefs about prudent antibiotic use
Sarah E Golding

Susceptibility to medicine advertising is associated with poorer health behaviours
James Green

Which conceptualisations of autonomy are addressed in the ethical discussion on nudging?
Anastasia Vugts

Mission accomplished? Oral hygiene skills at the end of oral health group prevention programs
Daniela Harnacke

Effect of health literacy on oral health and oral health behaviour
Eva Cepova

Patient experience of healthcare
Chair: Prof Gisela Michel, University of Lucerne

Being in safe hands: what's important to patients attending a regional cancer centre?
Lynda Appleton

Adherence to exercise after joint replacement surgery: patients' and health professionals’ perceptions
Val Morrison

How do couples undergoing IVF treatment experience a preconception dietary intervention?
Wendy Lawrence

Understanding the lived experience of Russell-Silver syndrome - recommendations for health care professionals
Lisa Marie Ballard

Patients' experiences of melanoma from diagnosis to post-treatment using illness grids
Rebecca Healey

Promoting personal autonomy is the context of awake surgery: from fear and apprehension to acceptance
Tushna Vandrevala

Social factors, media and health
Chair: Ms Kate Adkins, Sheffield University

The importance of social trust for prediction of well-being of Lithuanians and Lithuanian emigrants
Kristina Žardeckaité-Matulaitienė

A qualitative investigation of advertisement portrayals of acne in British women’s magazines 1972-2008
Kate Adkins

Identification of psychosocial factors affecting job retention of women with breast cancer. A pilot study
Bertrand Porro

Organ donation in Romanian media: a content analysis
Oana Petre

Comparing organ donor attitudes between immigrant and native population: implication for Spanish donation promotion policies
Jorge Santiago López

Study design and conduct
Chair: Dr Anna Levke Brütt, University of Hamburg

What impact do monetary incentives and questionnaire length have on mailed health psychology survey response?
Lauren Gatting

How to improve recruitment to pregnancy trials: learning from the experiences of participants and refusers
Sofia Strömmer

N-of-1 methods in health behaviour research: a systematic review
Francis Quinn
The role of sequence analysis in understanding health and post-injury behaviours
David Keatley

Recruiting of and in general practices
Anna Levke Brütt

Chemotherapy-related cognitive changes in colorectal cancer patients: a feasibility trial
Marie-Rose Dwek

Article retraction in health related fields of psychology: are there reasons for concern?
Armin Günther

Public health insights 2
Chair: Dr Lesley McGregor, University College London

A randomised controlled trial of a reminder intervention to promote bowel scope screening uptake
Lesley M. McGregor

Why do people who agreed to participate in lung screening change their mind?
Hannah Scobie

Interventions to reduce the negative effects of alcohol consumption in older adults: a systematic review
Roxanne Armstrong-Moore

RISK factors for physical health of university students from Romania: preliminary results
Raluca Tomsa

17:00 - 18:00  Keynote Lecture
From personal health data to population health improvement: new data, new insights and new challenges
Professor Kevin Patrick, Family Medicine and Public Health, UC San Diego School of Medicine, USA
Chair: Professor Robert West, University College London
Saturday, 27 Aug

9:00 - 10:30  Parallel sessions

**Implicit and controlled processes in health behaviour change**
Chair: Dr Frank Eves, University of Birmingham  
Room: Fleming auditorium

9:00  Implicit processes, autonomous motivation and controlled motivation influence on levels of daily activity  
*Stacey Oliver*

9:15  Examining relationships between behaviour change technique enactment, self-determined motivation and objectively measured physical activity  
*Matti Heino*

9:30  Testing the process model of self-control: real time inhibitory control, fatigue and high-calorie snacking  
*Julia Allan*

9:45  Embodied perception of locomotor challenge in overweight individuals  
*Frank Eves*

10:00  Intention - behaviour gap: self-efficacy, explicit motives and implicit associations in the initiation of exercise  
*Alison Divine*

*Pamela Rackow*

**Models and interventions in implementation research**
Chair: Dr Fabiana Lorencatto, City University London  
Room: Crombie A suite

9:00  Long-term effects of healthcare professional behaviour change interventions: a systematic review of Cochrane reviews  
*Julie McLellan*

9:15  Identifying behaviour change techniques reported in trials of implementation interventions to improve diabetes healthcare  
*Justin Presseau*

9:30  Implementation of sexuality education: a process model  
*Sanne van Lieshout*

9:45  Making an impact on health: developing a synthetic framework  
*Carmen Lefevre*

10:00  Changing physiotherapy behaviour to optimise outcome: feasibility of a knowledge translation intervention  
*Nicola Kayes*

10:15  Answering the call for evidence-based telephone support: an intervention development study  
*Camilla During*

**Health in the family and parental health behaviour**
Chair: Dr Fiona Gillison, University of Bath  
Room: Crombie B suite

9:00  Illness intrusiveness in parents and glycaemic control in youth with type 1 diabetes: intergenerational processes  
*Sofie Prikken*

9:15  “It feels like wearing a giant sandbag.” Understanding fatigue in paediatric multiple sclerosis  
*Susan Carroll*
A ‘photo-phenomenological’ investigation of caregiving burden amongst British mothers of daughters with Rett syndrome
Iain Williamson

9:45 Illness perceptions and parental predictors of adherence to treatment in young people with haemophilia
Sarah Bérubé

10:00 Immunisation for children in Indonesia: it is the father’s decision
Anna Wahyuni Widayanti

10:15 Antenatal physical activity: a qualitative study exploring women’s experiences and acceptability of a walking group
Sinéad Currie

Psychosocial functioning and well-being in patient populations and the community
Chair: Dr Lucy Piggin, City University London
Room: Balmoral Suite

9:00 A comparison of adolescents with/without type 1 diabetes on peer support and psychosocial functioning
Emily Doe

9:15 Relationship of posttraumatic growth and adjustment to spinal cord injury: moderated by posttraumatic depreciation?
Simon Kunz

9:30 Perceived cognitive deficits during adjuvant chemotherapy: exploring the experiences of colorectal cancer patients
Lucy Piggin

9:45 The impact of surgical complications on patient wellbeing: a longitudinal study
Stephanie Archer

10:00 Shame as a predictor of psychological morbidity in patients after bariatric surgery
Noelle Robertson

10:15 Outcomes from the city of Ballarat employee health and wellbeing program
Liz Temple

Health promotion and addictive behaviour
Chair: Dr James Green, University of Otago
Room: Gordon A Suite

9:00 Testimonial of a recovered drugs-addict in the class room: wise or foolish?
Bas van den Putte

9:15 Brief classroom-based tobacco denormalisation intervention reduces willingness to smoke in French adolescents
Laura J. Rennie

9:30 Real-world uptake of a tailored, text message, pregnancy smoking cessation programme (MiQuit) when offered online
Joanne Emery

9:45 Understanding Foetal Alcohol Spectrum Disorders (FASD) and maternal alcohol consumption during pregnancy
Sylvia Roozen

10:00 Systematically informing the development of alcohol warning messages for health promotion
Kirsten Robertson

10:15 “Go hard or go home”: moderate drinking is “a waste of money and calories”
James Green

User perspective in eHealth and mHealth
Chair: Dr Rik Crutzen, Maastricht University
Room: Gordon B Suite

9:00 The virtual care climate questionnaire: development and validation
Eline Smit
9:15 Exploring the impact of social media use on psychological and physical health  
Bridget Dibb

9:30 SoaSeksCheck; An intelligent e-counsellor to estimate STI risk and ease access to test facilities  
Pepijn van Empelen

9:45 Self-monitoring creatinine after kidney transplantation: adherence to measurement protocol and reliability of patient reported data  
Céline van Lint

10:00 Self-care behaviours of COPD patients over a 12-month period in the WSD Evaluation  
Lorna Rixon

10:15 Using the web to encourage help-seeking for symptoms indicative of lung cancer: a feasibility study  
Julia Mueller

Mechanisms of change and experiences of interventions  
Chair: Dr Emily Arden Close, Bournemouth University  
Room: Forbes Suite

9:00 Adherence in multimorbidity: mixed methods study of patients with diabetes and end stage renal disease  
Konstadina Griva

9:15 How psychological interventions reduce symptom severity in irritable bowel syndrome: a systematic review of mechanisms  
Sula Windgassen

9:30 “A light bulb moment!” Experiences of delivering Physiotherapy informed by Acceptance and Commitment Therapy (PACT)  
Emma Godfrey

9:45 Experiences of breathing training for asthma: qualitative process analysis of participants in the BREATHE trial  
Emily Arden-Close

10:00 Acceptability of a workbook intervention to support return-to-work for cancer survivors  
Pernille Woods

10:15 Living well with a chronic condition: service users’ perspectives of a self-management intervention  
Nicola Stenberg

10:30 - 11:00 Coffee break

11:00 - 12:00 Keynote Lecture  
Ways to increase the impact of behaviour change interventions in a real-world setting  
Professor Aleksandra Luszczynska, University of Social Sciences and Humanities, Wroclaw, Poland  
Chair: Professor Martin Hagger, Curtin University

12:00 - 12:45 Closing ceremony and introduction next conference

12:45 - 13:30 Reception

13:30 - 18:00 Social programme excursions departs from AECC & return in city