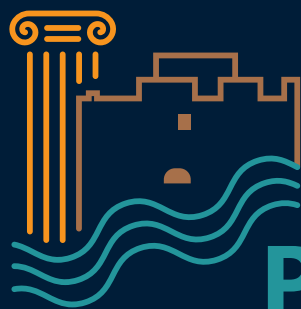




EHPS

PAFOS 2026

40th Annual Conference of the
European Health Psychology Society

Digital Innovations in Health:
Harnessing the Power of Technology and AI

1-4 September 2026, Pafos, Cyprus



<https://2026.ehps.net>



EHPS
EUROPEAN HEALTH
PSYCHOLOGY
SOCIETY



EHPS

PAFOS 2026

40th Annual Conference of the European Health Psychology Society

Digital Innovations in Health:
Harnessing the Power of Technology and AI

1-4 September 2026, Pafos, Cyprus

Coordinator:



Organizers:



<https://2026.ehps.net/>



Table of Contents

Committees 6

Keynote Speakers 9

Venue Floor Map 11

State of the Art 12

Workshops 18

Overview Programme 27

Tuesday, 01 September 2026 28

Wednesday, 02 September 2026 36

Thursday, 03 September 2026 50

Friday, 04 September 2026 64

Social Events 73

About Cyprus 74

About Paphos 78

Committees

Local Organising Committee



CHAIR
ANGELOS KASSIANOS
Cyprus University of Technology
Limassol



MEMBER
LAURA PANAGI
Cyprus University of Technology
Limassol



MEMBER
MARIA KAREKLA
University of Cyprus
Nicosia



MEMBER
SOTIA NESTOROS
University of Cyprus
Nicosia



MEMBER
ELENI EIPHANIIOU
European University of Cyprus
Nicosia



MEMBER
NUNO FERREIRA
University of Nicosia
Nicosia



MEMBER
THEODORA FTEROPOULLI
University of Cyprus
Nicosia

Committees

Scientific Committee



CHAIR
EVANGELOS KARADEMAS
University of Crete
Greece



CO-CHAIR
MARIA KAREKLA
University of Cyprus
Nicosia



LOC REPRESENTATIVE
ANGELOS KASSIANOS
Cyprus University of Technology
Limassol



EC REPRESENTATIVE
GOZDE OZAKINCI
University of Stirling
United Kingdom



MEMBER
VAL MORRISON
Bangor University
United Kingdom



MEMBER
LAURA GÖRDES
University of Bern
Switzerland



MEMBER
MARIE MURPHY
University of Glasgow
United Kingdom



Keynote Speakers



PROF. JANE WALSH

From Theory to Transformation: How Psychology Drives Digital Health Innovation



PROF. GERTRAUD (TURU) STADLER

Understanding heterogeneity in health psychology



PROF. ALEX GILLESPIE

Using AI to analyze patient voice and hospital listening: insights into patient safety



DR. NICOS MIDDLETON

Digital innovations and behavioural insights for (Dis)Respectful Maternity Care in Cyprus: From co-creation to reflections for systemic change

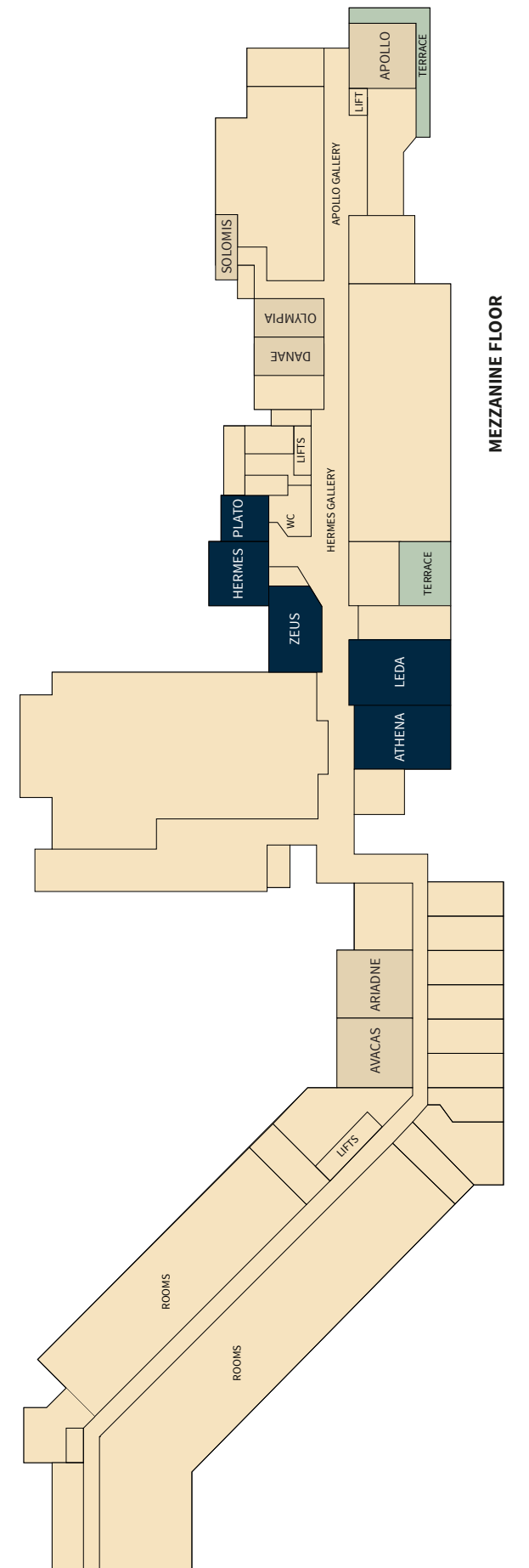
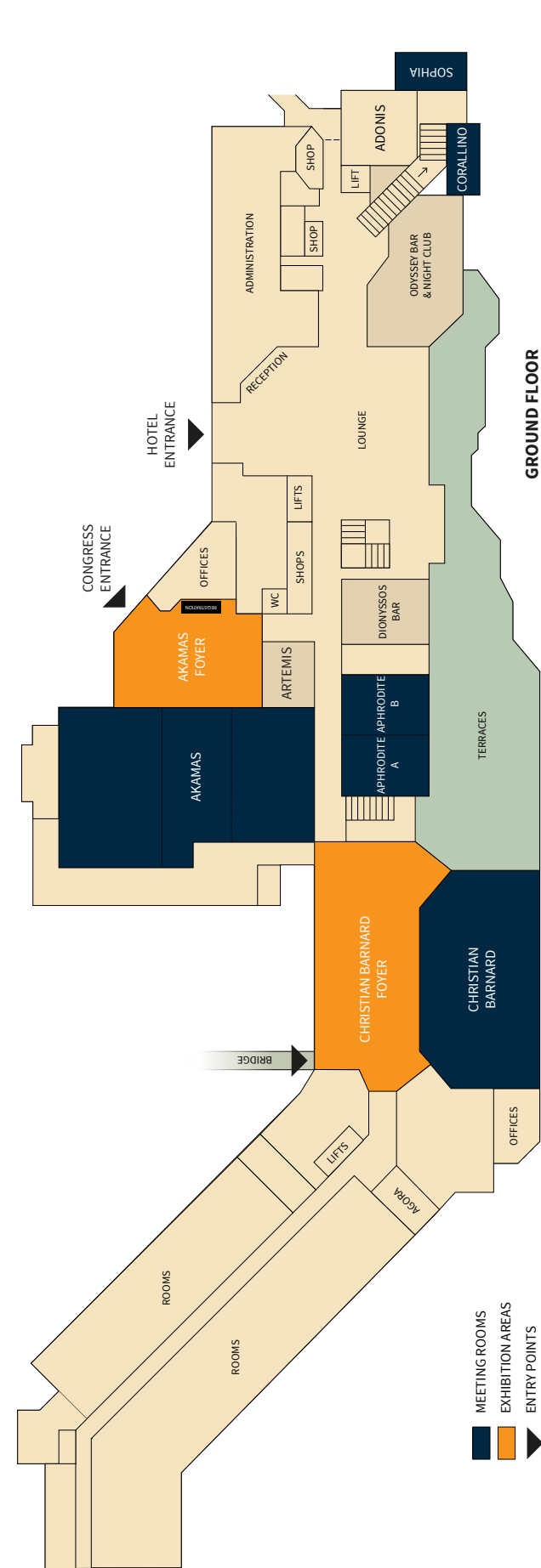
Watch Keynote Speakers' interviews here:





Avakas Gorge

Venue Floor Plans



State of the Art

A total of six (6) **State-of-the-Art** submissions have been chosen for presentation during the EHPS 2026, through the submission and review process.

Title:

Partnership Matters: How Meaningful Collaboration Increases Access to Coproduced Evidence-Based Impactful Resources for Visible Differences

Author:

Diana Harcourt, University of the West of England, United Kingdom

Abstract:

Over 10 million people in Europe have a visible difference (an appearance that differs to ‘the norm’ due to injury, acquired or congenital conditions, or treatment) including burns, craniofacial conditions, alopecia and skin conditions. The psychosocial impact can be extensive and enduring, yet health psychology can make a significant difference to the lives of those affected and their families/carers.

Research exploring the generic and condition-specific challenges facing people impacted by visible differences has repeatedly shown that some could benefit from appropriate support. However, systematic reviews (e.g., Bessell & Moss, 2007; Waite et al., 2024) report a dearth of appropriate readily available, evidence-based and rigorously evaluated interventions. In addition, there is a pressing need to address societal stigma and negative stereotypes, and for better media representation of visible difference.

This presentation will showcase a 9-year programme of applied health psychology research, driven by the priorities of 25 UK charities and conducted in close collaboration with these support organisations and people with relevant lived experience, to develop and evaluate a novel range of acceptable and accessible evidence-based interventions and resources. This includes an e-book, an app, a board game and guidance on social media use. These are now freely available through an easily accessible website (www.VisibleDifferenceSupportHub.com) developed in collaboration with the charities, and where new resources will continue to be added in the future.

This presentation will highlight the value of genuinely involving charitable support organisations and people with relevant lived experience at all stages of the research, from inception to implementation, and how this collaborative approach underpinned the success and impact of this major programme of work. Challenges encountered and overcome along the way will be shared in this illustration of how health psychology can make a real impactful difference to increase understanding and help address the needs of under-represented groups.

Title:

Starting from where users are: How to support researchers to use ontologies for precision science

Authors:

Susan Michie, University College London, United Kingdom

Robert West, University College London, United Kingdom

Abstract:

Ontologies—formal, structured frameworks that represents knowledge within specific domains—offer powerful tools for achieving precision in health psychology. By providing standardised vocabularies and explicit relationships between concepts, ontologies facilitate unambiguous communication, data integration and evidence synthesis across studies. They also provide a means of linking knowledge across topic and disciplinary silos. However, their technical complexity and steep learning curve create barriers to adoption by researchers and practitioners.

This talk will discuss findings from a usability study on the Behaviour Change Intervention Ontology (BCIO) that identified barriers to its use. It will use this as a stepping off point for setting out an approach to democratising ontology use through user-centred design. Rather than expecting users to navigate complex ontological structures or master formal logic, the talk will present tools that start from users’ existing conceptual frameworks and language about behaviour and behaviour change, and help link these to the BCIO in a digestible format. The approach involves three key stages: (1) structured prompts that guide users to articulate their research constructs in their own terminology, (2) generative AI that maps user descriptions to candidate ontology classes by analysing semantic similarity and contextual fit, and (3) interactive interfaces in which users can review recommended matches and make informed choices. The system will then generate annotated documents using selected ontology classes, creating machine-readable outputs that support data integration, automated reasoning, and precise knowledge representation.

We illustrate this approach with a user-friendly interface (CACTISS 2.0) that helps engage with the Behaviour Change Technique Ontology and the Mechanism of Action Ontology within the Behaviour Change Intervention Ontology to develop behavioural interventions. By reducing technical barriers whilst preserving ontological rigour, such tools can accelerate the adoption of precision science practices in health psychology. The talk will present opportunities for community engagement in developing these resources.

State of the Art

Title:

Can LLMs Perform Theory-Driven Coding of Interviews? Comparing AI and Human Performance in Qualitative Research

Authors:

Sumit Mehra, National Institute for Public Health and the Environment (RIVM), Netherlands
Jurriaan Biesheuvel, National Institute for Public Health and the Environment (RIVM), Netherlands
Dennis Nguyen, Utrecht University, Netherlands
Anne Wester, National Institute for Public Health and the Environment (RIVM), Netherlands

Abstract:

Background. Interview and focus group analysis requires systematic coding, often by multiple researchers to enhance reliability and reduce subjectivity. This process is resource-intensive and may delay research progress. Large Language Models (LLMs) are increasingly used to support research tasks, yet their suitability for qualitative analysis remains contested. Some argue that interpreting qualitative data is inherently human and cannot be outsourced. We empirically examined whether an LLM can deductively code interview transcripts and how its results compare to human coding.

Methods. We used OpenAI's GPT-4o (ChatGPT) in an isolated environment to analyze 25 interviews previously coded by two researchers using a Health Belief Model-based codebook. The model received the transcripts and the codebook, along with 5–15 few-shot examples from one coded transcript. Through prompt engineering on 14 uncoded transcripts, we developed the final prompt over 46 iterations, which was then applied to 10 unseen transcripts.

Findings. Across the 10 transcripts, the LLM generated 756 coded fragments. Of these, 224 (30%) matched the human coding exactly. In 280 cases (37%), the LLM assigned a different code, and in 252 cases (33%), it coded fragments not coded by humans. Expert assessment showed that 220 (29%) of the 280 deviating codes were useful alternatives to those assigned by the human coders, and 168 (22%) of the 252 additional codes were also useful. Overall, 612 codes (81%) were either identical to or considered useful relative to the human benchmark.

Discussion. Although the LLM did not fully replicate human coding, the vast majority of its codes were meaningful. Discrepancies also exposed ambiguities in the codebook. LLMs may therefore not only accelerate qualitative analysis but also stimulate critical reflection and improve coding quality. This study suggests that LLMs are promising, cutting-edge tools for qualitative research. Implications, safeguards, and future directions will be discussed.

Title:

The New Nicotine: Examining the Predictors Nicotine Use in Young People Across Multiple Nations

Authors:

Daniel Phipps, University of Jyväskylä, Finland
Martin Hagger, University of California Merced, United States
Kyra Hamilton, Griffith University, Australia

Abstract:

While cigarette smoking has declined substantially across many Western nations over recent decades, this public health success is increasingly threatened by the rapid uptake of new nicotine delivery formats — particularly e-cigarettes and nicotine pouches — among young people. Understanding why young people initiate and continue using these products is critical for developing effective prevention strategies, yet the psychological determinants of new nicotine use have remained largely untested until recently.

This presentation synthesises findings from a programme of research conducted across Australia, California, and Finland (total N > 2,000), examining social-cognitive predictors of vaping, pouch use, and cigarette smoking in young people aged 15–25. Drawing on an augmented Theory of Planned Behaviour framework, studies incorporated affective and instrumental attitudes, subjective and descriptive norms, perceived behavioural control, habit, implicit attitudes, and nicotine dependence as predictors of nicotine use intentions and behaviour.

Across all contexts and nicotine products, affective (enjoyment-based) attitudes emerged as the most consistent predictor of use, while harm perceptions and instrumental attitudes showed negligible effects. Social norms predicted initial uptake but not frequency of continued use, where habit and dependence became the dominant drivers. Latent profile analysis identified distinct smoker like vaping subtypes, constant, social, and sporadic vapers, characterised by different cue-behaviour relationships. Hurdle modelling further revealed that the determinants of ever trying a product differ meaningfully from those driving frequent use. Comparative analyses across Finland, Australia, and the US indicate these patterns are largely consistent across regulatory contexts, despite substantial differences in nicotine policy.

These findings challenge the dominant public health approach of targeting harm perceptions and suggest that prevention efforts must also focus on affective attitudes and the short-term experiential consequences of nicotine use.

State of the Art

Title:

Bridging the gap between behaviour change techniques and deliverable interventions: A framework for developing messages

Authors:

Chantal den Daas, University of Aberdeen, United Kingdom

Marie Johnston, University of Aberdeen, United Kingdom

Abstract:

Background

In intervention development, determinants from behavioural theories, mechanisms of action (MoA), and associated behaviour change techniques (BCTs) specify what should influence behaviour, but not how they become deliverable interventions. A translational gap remains for development regarding content, design, and delivery context, requiring a systematic framework.

Methods

We present a framework, illustrated across multiple behavioural domains (including bowel cancer screening, vaping, condom use negotiation), populations, and targeted MoAs:

Step 0. Identify MoAs and BCTs relevant to the population and behaviour

Step 1. Choose feasible mode of delivery (this might take place after Step 2).

Step 2. Translate each (combination of) selected BCTs into message content

Step 3. Design messages to align with mode of delivery

Step 4. Refine content collaboratively while maintaining theoretical fidelity

Step 5. Evaluate messages proof-of-principle randomised controlled trials (PoP RCTs).

Step 6. Select messages shown to change MoAs

Step 7. Implement

Findings

Using the framework enabled translation of BCTs into deliverable messages in 8 illustrations. Many decisions (steps 1-3) shape intervention effectiveness. For example, translating BCT 5.1 ‘Information about health consequences’ allows alternative framings that may differentially influence MoA. Linguistic and contextual input supported population-appropriate messaging. Creative delivery options, including comics, require adaptation beyond written text.

Refined messages (step 4) required researcher and implementer judgements, followed by empirical evaluation assessing change in targeted MoA. Across illustrations, some but not all messages demonstrated measurable change in intended MoA resulting in rejection of some messages.

Discussion

This framework clarifies the translation of BCTs into deliverable interventions with evidence-based messages suitable for implementation. It positions MoA change, assessed via PoP RCTs, as an early indicator of intervention promise and implementation feasibility. The approach functions as a methodological bridge between experimental research, theory-based identification of BCTs and MoAs and large pragmatic trials, supporting cumulative development of scalable prevention interventions.

Title:

A complex systems frame for understanding and shaping health behaviour change

Author:

Matti Heino, Heidelberg University, Medical Faculty Mannheim, Germany

Tampere University, Finland

Abstract:

Background: Behavioural science in health policy has been dominated by behavioural insights approaches targeting individual-level influences on diet, physical activity, and other health behaviours. Results have been “disappointingly modest,” prompting calls to move from an individual-based i-frame towards a systems-based s-frame. Yet this shift risks losing individual agency entirely. I introduce a complex systems frame (cs-frame) that relieves this tension, and conceptualises behaviour change as shifts between stable states known as attractors. Attractors have been argued to remedy linear thinking when it is unwarranted, and work as unifying concepts across scales.

Methods: The primary aim is theoretical: to articulate the cs-frame and its implications for health psychology. Two datasets serve as proof-of-concept illustrations. First, an N-of-1 dataset containing 381 weekly measures of occupational health (work motivation, basic needs satisfaction, work engagement) was assessed for non-linear dynamics using stationarity, linearity, and surrogate data tests. Second, a cross-sectional dataset of 26,097 participants’ civil health emergency preparedness items (e.g. food and water supplies, plans with family and neighbours, battery-operated radio) was analysed with CatBoost and vector embedding. These models operationalised personalised recommendations for reaching adjacent attractor states.

Findings: In the time series data, most or all of the 60 variables depicted non-stationarity and non-linearity ($p < 0.05$), consistent with attractor shifts rather than linear change. The “adjacent possible” attractor proved conceptually useful for producing next-step recommendations at varying scales, from individuals to municipalities.

Discussion: The cs-frame resolves the i-frame versus s-frame tension by treating them as ends of a spectrum. If the scope of investigation is a nation, subsystems contain individuals, neighbourhoods, and municipalities – akin to how years contain days, weeks, and months. Attractors can be understood on all of these scales, and adjacent attractors act as achievable next steps. This perspective reinforces working across scales instead of choosing between them.

Workshops (Full Day)

FULL DAY WORKSHOP 2

Behaviour Change Intervention Ontology in Action: Harnessing the ontology for better evidence synthesis of Interventions

Abstract:

Rationale: Learning from behavioural sciences evidence can improve health interventions. Numerous systematic reviews, meta-analyses and broader evidence synthesis efforts aim to organise and integrate our growing knowledge base. The Behaviour Change Intervention Ontology (BCIO) provides a detailed framework for structuring information about interventions, their contexts and outcomes. It supports developing coding schemas, comparing and integrating studies and laying the groundwork for automated evidence synthesis. As engaging with the full BCIO can be resource-intensive, projects may draw selectively on components, such as the Behaviour Change Techniques Ontology (BCTO) and delivery-related ontologies.

Objectives: This workshop will train participants to apply the BCIO for evidence synthesis on intervention content and delivery. It will cover:

1. The BCIO's scope, structure and its component ontologies, specifically the BCTO and delivery-related ontologies.
2. How to navigate the BCIO's online tools
3. How to use the BCIO to code information for evidence synthesis (e.g., in systematic reviews)
4. How to present synthesised evidence in publications

Activities: This workshop will present the BCIO as a method of representing and organising knowledge that enables precise communication and better integration of evidence. It will focus on five component ontologies: BCTO, Mode of Delivery Ontology, Source Ontology, Style of Delivery Ontology and Schedule Ontology.

Practical examples will illustrate the BCIO's application in systematic reviews and meta-analyses. Hands-on activities will guide participants in exploring these ontologies and identifying relevant classes for evidence synthesis. Participants will also practise coding and developing coding schemas. The workshop will conclude with guidance on reporting the ontologies' use in evidence synthesis.

Facilitators expertise: Paulina, Carolina, Maya and Micaela have extensive experience in health psychology ontologies, including their development, application in evidence synthesis and delivering training on BCIO applications.

Intended participants: Anyone interested in evidence synthesis and/or using the BCIO.

Facilitators:

Paulina Schenk

University College London, United Kingdom
paulina.schenk.13@ucl.ac.uk

Carolina Silva

University College London, United Kingdom
carolina.silva@ucl.ac.uk

Maya Braun

University College London, United Kingdom
Ghent University, Belgium
maya.braun@ugent.be

Micaela Santilli

University College London, United Kingdom
micaela.santilli.21@ucl.ac.uk

Room: Hermes

FULL DAY WORKSHOP 3

Digital Health Interventions in Health Psychology: From Design and Regulation to Real World Delivery

Abstract:

Digital health interventions are increasingly central to health psychology research and practice. However, researchers face a range of complex challenges, including navigating regulatory classification (wellness app vs. software as a medical device), integrating lived-experience input in digital contexts, designing studies and governance processes when regulators are involved, managing clinical investigations and adverse-event reporting, supporting integration of innovations into existing clinical pathways, and addressing cross-country regulatory differences (UKCA vs CE marking).

This workshop will provide practical guidance and lessons learned using a range of products developed by the team including a digital intervention for MS fatigue (REFUEL-MS) as case studies. The workshop aims to encourage knowledge exchange to support high-quality and compliant digital health research which has a better chance of successful real-world implementation.

By the end of the workshop, participants will be able to:

1. Identify early regulatory considerations including differentiating between wellness apps and software as a medical device (SaMD), consider cross-country differences and share lessons learned about how to integrate regulation into digital intervention planning and study designs.
2. Embed implementation science and lived experience throughout the entire digital intervention journey.
3. Liaise with industry and policy makers to scale evidenced based products.
4. Design an approach to developing and translating their own digital innovation that navigates challenges around regulation and implementation.

The workshop will include discussions, group work and interactive quizzes. This workshop is suitable for early to midcareer researchers, PhD students working on digital health, health psychologists developing or evaluating digital interventions and researchers collaborating with industry or tech partners. No prior regulatory expertise required and no maximum number of participants. The convener declares no conflicts of interest.

Facilitators:

Sophie Fawson

King's College London, United Kingdom
sophie.fawson@kcl.ac.uk

Rona Moss-Morris

King's College London, United Kingdom
rona.moss-morris@kcl.ac.uk

Madison Milne-Ives

King's College London, United Kingdom
madison.milne-ives@kcl.ac.uk

Room: Christian Barnard



Workshops (Half Day)

HALF DAY WORKSHOP 1

Mixed-methods in health psychology research: What? Why? How?

Outline

Mixed-methods can allow deeper and broader understanding of health issues than single-method studies. They can add experiential ‘flesh’ from qualitative methods to statistical ‘bones’ from quantitative studies. They also allow well-rounded skill development for PhD candidates.

Learning outcomes

- Understand when and how to apply mixed-methods
- Balance philosophical and pragmatic concerns
- Design a mixed-methods study
- Plan writing and publication

Activities

Participants will be asked to bring an outline of a mixed-method project, or research questions that could be addressed using mixed-methods.

In each of five sections, the facilitator will outline key principles, and participants will apply these to the outlines/questions they bring to the workshop:

- 1] Why consider mixed-method research? We will discuss why mixed-method studies can offer more than single-method studies, and what the various components could be.
- 2] Philosophical issues. Quantitative and qualitative methods may have different ontological and epistemological foundations. We will discuss how to balance philosophical issues with a pragmatic focus on producing meaningful and useful results.
- 3] Planning mixed-method research. We will discuss how to arrange different components within an overall study design – conceptually and temporally – using examples of different concurrent and sequential designs, and apply these to participants’ outlines/questions.
- 4] Integrating findings across studies. We will discuss different ways to combine the findings of component studies to produce a coherent overall conclusion. Examples of different approaches will be given, and applied to participants’ outlines/questions.
- 5] Writing and publishing. Combining the components of mixed-method designs into a coherent narrative is essential. We will address different approaches to reporting mixed-method designs in the context of restrictive word limits and within dissertations.

Facilitator:

Richard de Visser

Brighton & Sussex Medical School, United Kingdom
r.o.devisser@bsms.ac.uk

Room: Leda

Workshops

CREATE INTERACTIVE WORKSHOP

AI IN RESEARCH: UTILIZING LLMS IN EVIDENCE SYNTHESIS

Workshop Description

Artificial intelligence is rapidly transforming how research is conducted. This hands-on workshop introduces early-career researchers to practical ways to use large language models (LLMs) rigorously and responsibly in evidence synthesis. Focusing on systematic review workflows, participants will learn how to develop effective system instructions and prompts, generate structured summaries to support screening decisions using chain-of-thought prompting, and improve data extraction accuracy through expert-informed few-shot prompting. The workshop will also address key limitations of LLMs, including issues such as context degradation (“context rot”) and positional bias, and discuss practical strategies for mitigating these challenges in applied research settings. Led by Ian Kellar and João Craveiro, the session combines methodological guidance with applied exercises. Participants will work through concrete examples and develop prompts that can be directly implemented in their own review projects. No prior technical or programming experience is required.

The workshop is not only about developing practical skills but also about connecting. Expect to meet like-minded early-career researchers and learn more about the EHPS before the conference even officially begins. Organized by CREATE, a subdivision of the EHPS, the workshop opens the door to how AI can be used in evidence synthesis. Join us to move beyond experimentation with AI and toward more transparent, thoughtful, and methodologically sound applications in scientific practice.

Early Career Researcher Workshop

CREATE organizes interactive workshops each year. Prominent experts within the field of Health Psychology are invited to lead these workshops. The overall aim of these workshops is to enhance the knowledge and skills of early-career researchers working in Health Psychology.

The CREATE pre-conference workshop is a separate format from the conference workshops, and registration follows its own procedure.

Practical Information

Sun 30th and Mon 31st of August 2026 (+ social activity on Sun 30th August), Room: Aphrodite A

Facilitators:

Prof. Ian Kellar

School of Psychology
the University of Sheffield

M.Sc. João Craveiro

School of Psychology
the University of Sheffield



SYNERGY EXPERT MEETING

IMPLEMENTING EQUALITY, DIVERSITY AND INCLUSION IN HEALTH PSYCHOLOGY RESEARCH

Meeting Description:

The 2026 Synergy Expert Meeting will explore how Equality, Diversity and Inclusion (EDI) principles are implemented across the health psychology research process. EDI in research refers to the intentional inclusion of diverse perspectives, populations and experiences at every stage of the research process – from conception to dissemination – including research design, participant recruitment, data collection and analysis, and dissemination.

There is a growing recognition of the critical role that EDI plays in shaping robust and meaningful research outcomes, particularly in health psychology. However, inequalities and biases persist in research practices, hindering the advancement of knowledge. As funding bodies are calling for meaningful EDI implementation in grant applications, there is an urgent need to embed these principles across research methods and practices. This meeting offers a timely opportunity to reflect on how EDI is currently implemented and provides a collaborative space for knowledge exchange across European contexts.

The meeting will culminate in the development of a practical EDI guidance document for health psychologists, informed by attendees’ contributions and case studies.

This meeting is open to health psychologists at all career stages – PhD students, early-career researchers, senior academics and practitioners – whether you are already implementing EDI in your research or just beginning to explore these concepts. If you are committed to equality, inclusive practices and representation in research, this meeting is for you.

Specific Objectives:

This meeting will provide a collaborative space to:

- Examine current EDI practice across health psychology research contexts.
- Identify barriers and opportunities for more consistent implementation.
- Share case studies and examples of best practice around EDI.
- Co-develop a practical EDI guidance document for health psychologists, grounded in real-world examples.

Practical Information

Sun 30th and Mon 31st of August 2026, Room: Aphrodite B

Facilitators:

Joanna Semlyen is Professor of Psychology and Equality at the University of East Anglia. She is PI for the MRC IAA funded Grant: Equality, Diversity and Inclusion in To research and innovation (EDIT) and Academic Lead for the Wellcome Trust funded Institutional Fund for Research Culture Grant: Increasing Diversity and Equality of Access (IDEA).

Leanne Tyson is a Research Associate on the MRC IAA funded EDIT project and the Wellcome Trust funded IDEA project at the University of East Anglia.

Zoe Vaill is a Senior Research Associate on the Wellcome Trust funded IDEA project at the University of East Anglia.



Workshops

EMPOWER WORKSHOP

EMPOWER 2026 – DOING SCIENCE DIFFERENTLY: BALANCING SCIENTIFIC INNOVATION, COMMUNITY, AND SELF-CARE

Workshop Description

Pushing boundaries in academia is exciting, but it can also be isolating, exhausting, and uncertain. How do researchers challenge established habits and the status quo while still building a sustainable career and taking care of themselves?

This interactive workshop is designed for early- and mid-career researchers who feel the tension between professional development and questioning how academia operates. Whether you are questioning traditional methodologies, addressing hierarchy, or exploring the relationship between activism and science, this is a space to acknowledge that wanting to do things differently is valid. Together, we will create a reflective and supportive environment to connect with peers, share experiences, and engage in open discourse on the shared pressures of modern academia. Rather than navigating this alone, this session is an opportunity to cultivate a community of practice to leverage each other's strengths and get input on the specific hurdles within your own sub-domain. We want to create a space where you can share concerns, exchange ideas and collaborate on practical ways to drive change while supporting yourself and one another.

What's the Plan?!

- Identify the specific norms and structures hindering progress in your field and tap into the collective experience of the group to generate potential solutions.
- Use tools like the Privilege Wheel to recognise how our institutional positions and backgrounds influence our capacity to act as change agents.
- Explore strategies to optimise your work's reach and identify stakeholders, acknowledging that output can look different when you are disrupting the status quo.
- Develop practical frameworks for managing well-being while driving systemic change, shifting the focus from burnout toward sustainable impact.

The goal of the workshop focuses on moving away from isolated effort toward collective action. You will (hopefully :) leave with a clearer strategy for your specific change goals, a map of your stakeholders and a peer network committed to prioritising both scientific disruption and personal sustainability.

Practical Information

Facilitators:

Leona Ryan is a health psychology researcher with expertise in behavioural science, health behaviour change, and applied research methods. She contributes to collaborative training and capacity-building initiatives within health psychology, with a strong focus on translating theory into practical tools for research and intervention development.

Gjalt-Jorn Peters is a health psychologist and methodological expert. His work focuses on improving scientific practices in psychology, including open science, research methods, and theory formalization. He has played a prominent role within the European Health Psychology Society and

is known for developing tools and resources that support more rigorous and transparent research.

Format:

The workshop will be held in a hybrid format. The participation is possible both in person and online.

Timing:

The workshop will take place on **Sunday, 30th**, and **Monday, 31st of August**, Room: Athena

On the 30th of August, there will be a city tour and dinner after the workshop.

On the 31st of August, there will be the Annual General Meeting in a bar with free drinks after the workshop.

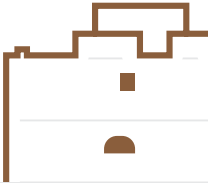


Pafos Municipal Library



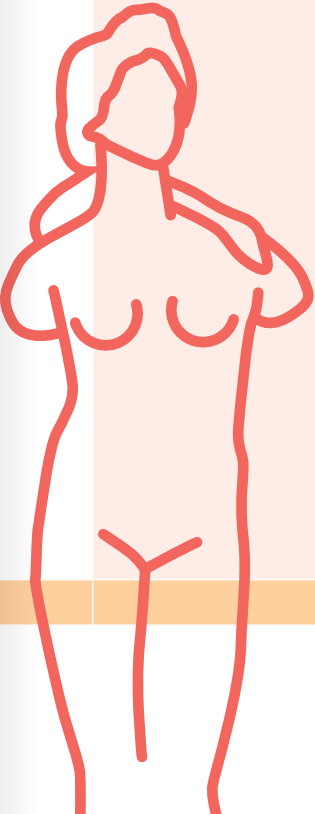
Coral Beach Hotel & Resort

Program Overview

	MONDAY 31 August	TUESDAY 01 September	WEDNESDAY 02 September	THURSDAY 03 September	FRIDAY 04 September
09:00			Short Orals, Round Tables	Short Orals, Round Tables	
09:30	Pre-conference Workshops	Brief Welcome			
10:00		Short Orals, Round Tables	Posters	Posters	Short Orals, Round Tables
10:30	Coffee Break				
11:00		Coffee Break			
11:30	Pre-conference Workshops	Orals & Symposia	Orals, Symposia & SOTA	Orals, Symposia & SOTA	Orals, Symposia & SOTA
12:00					
12:30					
13:00	Lunch Break	Lunch Break			
13:30					Lunch Break
14:00					Posters
14:30	Pre-conference Workshops	Orals, Symposia & SOTA	Orals, Symposia & SOTA	Orals & Symposia	
15:00					Keynote
15:30	Coffee Break				
16:00		Orals & Round Tables	Coffee Break		Closing Ceremony
16:30	Pre-conference Workshops		Spotlight Talks	Short Orals, Roundtables	Reception for EHPS 2027
17:00		Coffee Break			
17:30		Keynote	Keynote	Keynote	
18:00					
18:30		Opening Ceremony & Welcome Reception	Active Networks Event		
19:00					
19:30					
20:00					
20:30				Conference Dinner	
21:00					
21:30					

Tuesday 01 September 2026

09:30	Brief Welcome		Room: Akamas	
session	The EHPS Climate Café: an informal space to listen and share on climate change	Closing the gap: The urgent need for gender equity in academic career paths	Behavioural Mechanisms and Intervention Implementation	Engagement in digital health: working towards a unified framework of conceptualisation and measurement
	Room: Hermes	Room: Sophia	Room: Corallino	Room: Aphrodite A
type	roundtable	roundtable	short oral	roundtable
chair	Maud de Groot and Claudia Teran Escobar	Esther Metting	Angela Rodrigues	Madison Milne-Ives
10:00	799 The EHPS Climate Café: an informal space to listen and share on climate change Maud de Groot and Claudia Teran Escobar	21 Closing the gap: The urgent need for gender equity in academic career paths Esther Metting	250 Filling your own Plate Exploring the influence of autonomy on children's vegetable intake Rosalie Mourmans	702 Engagement in digital health: working towards a unified framework of conceptualisation and measurement Madison Milne-Ives, Christina Pearce, Jeni Baykoca, Laura Bijkerk, Saskia Kelders
10:10			475 (online) Shared steps: supporting exercise behaviour change in Parkinson's Louisa Lawrie	
10:20			387 Delivery of behaviour change techniques in community-based physical activity interventions: a focused ethnographic case study Jessica Marshall	
10:30			614 Co-creating an HIV-prevention decision-aid based on preferences and values of men having sex with men Iris de Visser	
10:40			778 Addressing psychosocial heterogeneity in colorectal cancer screening: Clustering non-adherers to inform targeted and tailored interventions Marcella Bianchi	
10:50			456 Indoor sunbed use among young adults: Theoretical determinants and implications for skin cancer prevention Tracy Epton	
11:00	Coffee Break			



Brief Welcome Room: Akamas			
Rethinking theory-based behavior change interventions through the lens of complex systems	Theoretical Models and Frameworks	Psychosocial factors, prevention & public health	Innovative Assessments and Measures to Evaluate Quality of Life in Various Settings
Room: Aphrodite B	Room: Christian Barnard	Room: Athena	Room: Leda
roundtable	short oral	short oral	oral
Dario Baretta and Matti T. J. Heino	Lela Lezhava	Zuzanna Kwissa-Gajewska	Jennifer Lay
652 Rethinking theory-based behavior change interventions through the lens of complex systems Dario Baretta, Matti T. J. Heino, Olga Perski, Sarah Denford, Christopher Jones	176 (online) The transtheoretical model of change and its extensions in health-promoting lifestyle behaviors: a scoping review Camille Giauffer	869 Preventing exposure to endocrine-disrupting chemicals among European adults: A cross-sectional study on theory-based social-cognitive factors Cristina Godinho	192 Developing a consensus-based definition of sexual quality of life: a delphi study Léa Demeulenaere
	902 The Neglected Body: What Health Psychology Keeps Missing Lela Lezhava	194 “Lead a horse to water, but you can’t make it drink.” Perceptions of IBD non-adherence Kathryn King	870 Measuring vasomotor menopausal symptoms: an update on a systematic review of valid instruments Ana Rita Nunes
	896 Barriers and drivers of flu vaccination: evidence from the 7C-Model Greta Magdalena Steckhan	806 The role of health psychology in improving biosecurity conversations to protect human and animal health Maria Jose Hun López	918 Dissociative disorder symptoms among UK university students: EMA Jennifer Lay
	160 (online) Toward a personalized physical activity promotion approach: mapping the Transtheoretical Model to Behavior Change Techniques Fabienne d’Arripe-Longueville	515 Understanding Lung Cancer Screening Motivation: Cognitive, Affective, and Thought-Based Predictors in a UK Screening-Eligible Sample Andriana Theodoropoulou	942 (online) A Framework for Measuring Stress: Integrating Psychological Assessment, Farmers’ Mental Health, and Social Sustainability Research Linda Reissig
	962 (online) Behavioural Drivers and Influences on Food-Safety Practices in UK Hospitals: A COM-B Analysis Elizabeth Redmond	913 (online) Self-compassion and compassion in the association between childhood BMI and adult weight outcomes Moona Rannankari	190 (online) A Framework for Measuring Stress: Integrating Psychological Assessment, Farmers’ Mental Health, and Social Sustainability Research Linda Reissig
		110 Exploring Future Cervical Screening in Young Adults From Northeast England Using the Behaviour Change Wheel Faye Doughty	942 Heart Rate Variability and Executive Function in Children: Findings from a Czech Child Cohort Vera Jandačková
Coffee Break			

Tuesday 01 September 2026

session	Health Communication and Antibiotic Stewardship	THE Journey from Cancer Diagnosis to Survivorship	Current Approaches to Healthy Ageing: Integrating Behavioural Theory, Lived Experience, and Innovative Intervention Design
	Room: Athena	Room: Sophia	Room: Corallino
type	symposium	symposium	oral
chair	Miroslav Sirota and Robert Böhm	Sotia Nestoros and Maria Karekla	Emma Godfrey
11:30	185 Willful Ignorance in the Context of Antibiotic Prescribing <i>Alina Schneider</i>	580 Just after breast cancer diagnosis: Patient-reported distress, biological stress responses and determinants <i>Chrysanthi Leonidou</i>	699 Attitudinal determinants of digital health use in older adults: A Theory of Planned Behaviour approach <i>Cristina Camilo</i>
11:45	353 Determinants of antibiotic prescribing in Irish General Practice: A qualitative study to inform curriculum content <i>Kevin Roche</i>	729 Multimodal deep learning to estimate quality of life in advanced cancer patients <i>Angelos Kassianos</i>	461 Emotion regulation mediates age differences in loneliness, and its effects vary across adulthood <i>Jenny Groarke</i>
12:00	252 Improving Public Understanding of Antimicrobial Resistance Through Infection-Based Communication <i>Miroslav Sirota</i>	623 Mental health in cancer survivorship <i>Anja Mehnert-Theuerkauf</i>	875 Getting Back to Living: Pathways out of Loneliness in Adults aged 50+: a qualitative study <i>Emma Godfrey</i>
12:15	188 Reducing Existential Risk By Reducing The Allure Of Unwarranted Antibiotics: Two low-cost interventions <i>Nick Byrd</i>	571 PSYCHOLOGICAL interventions for adult survivors of childhood and adolescent cancer: A scoping review <i>Sotia Nestoros</i>	249 An intergenerational cognitive-physical activity program for early cognitive decline: cognitive and behavioural benefits <i>Julie Latomme</i>
12:30	Discussion Robert Bohm	666 Emotional resilience after a cancer diagnosis: Moving beyond toxic positivity toward trauma-informed psycho-oncology <i>Stephanie Christodoulidou</i>	99 Development of a partner-based dance intervention for people with subjective memory complaints: A co-creation study <i>Kristina Pfeffer</i>
12:45	Discussion Robert Bohm	634 Could cancer return? Fear of recurrence and how to cope with it <i>Marianna Zacharia</i>	
13:00	Lunch		
13:00	CREATE Annual Meeting	Room: Aphrodite A	
13:00	National Delegates Meeting	Room: Aphrodite B	

Understanding and improving experiences across the care pathway	Psychosocial well-being in Healthcare Contexts	Co-regulating health and well-being in couples: Conceptualization, measurement, and intervention	From digital traces to digital care: Leveraging technology to understand and support mental well-being
Room: Aphrodite A	Room: Aphrodite B	Room: Christian Barnard	Room: Leda
oral	oral	symposium	symposium
Valerie Morrison	Magdalena Grabowska	Janina Lüscher and Corina Berli	Theresa Frohn and Ann-Kathrin Sowa
101 Implementation of patient-reported outcome and experience measures in cancer screening: results from the EUCanScreen project <i>Theodora Fteropoulli</i>	92 Health-related quality of life and psychosocial functioning in women undergoing breast cancer surgery in Cyprus <i>Eleni Tzounaka</i>	711 Do Parents Cope Differently? Dyadic Coping in Everyday Versus Child-Related Stress Conversations <i>Eva Katharina Matthias</i>	771 Digital traces at work: Rethinking private smartphone use as a recovery resource for daily well-being <i>Ann-Kathrin Sowa</i>
521 Service-user experiences of integrated care for physical and mental health: A behavioural science-informed systematic review <i>Alison McKinlay</i>	260 Temporal relationships between dysmenorrhea and depression in Norwegian women <i>Anna Ivanova</i>	508 Common dyadic coping and emotional well-being in spinal cord injury: insights from a video study <i>Maria Chiara Piani</i>	570 Mobility matters: Smartphone-derived GPS features as within-person signals of mental health <i>Krisna Adiasto</i>
583 Barriers and Enablers to Uptake of Rare Tumour Risk Syndrome Care Pathways: A Mixed-Methods Study <i>Maïara Moreto</i>	619 Do reproductive factors shape depression stability? Early menarche, endometriosis and PMS in longitudinal registry data <i>Eivind Ystrom</i>	910 (online) Co-Regulation of affect and subjective health in younger and older couples: A dynamic network analysis Andrea B. Horn	561 Tell me why: How disclaimers for smartphone use influence well-being outcomes in VR interactions <i>Theresa Frohn</i>
121 Overcoming biases and barriers to help-seeking: A practice-oriented digital health solution for men's mental health <i>Shauna L. Rohner</i>	8 Relationship Satisfaction, Well-Being, and Emotional Support in Individuals Living with HIV <i>Magdalena Grabowska</i>	707 Let's go for a walk: Shared physical activity and relationship well-being in couples' everyday life <i>Corina Berli</i>	677 A Cluster Analysis of Adolescents' Online Short Video Use for Mental Health Information and Support <i>Eline Smit</i>
362 Digital patient safety interventions in primary care: A systematic review and meta-analysis <i>Maria Panagioti</i>	818 (online) Can an online yoga intervention reduce perceived stress in healthcare workers? A randomised controlled trial <i>Lucy Doyle</i>	538 Effectiveness of dyadic interventions:The impact of who is doing what for whom during dyadic interventions <i>Karoline Villinger</i>	756 Evaluating An Online Tool to Reduce Undesirable Coping Strategy Use <i>Jacob Keech</i>
106 Psychological predictors of sustained delivery of behaviour change interventions: a longitudinal study of healthcare professionals <i>Chris Keyworth</i>		Audience engagement activity Janina Lüscher	Discussion Olga Perski
Lunch			
CREATE Annual Meeting	Room: Aphrodite A		
National Delegates Meeting	Room: Aphrodite B		

Tuesday 01 September 2026

session	Social Contexts, Stigma, and underserved groups	What's in a 'habit'? Operationalising habit and its influence on health behaviour	From Theory to Method and Back Again: Deconstructing Dyadic Research in Behavioral Health	Physical health promotion within mental health care settings
	Room: Hermes	Room: Sophia	Room: Corallino	Room: Aphrodite A
type	oral	symposium	symposium	symposium
chair	Abbi Mathews	Benjamin Gardner	Gertraud Stadler	Oonagh Meade
14:30	186 Brief online parasocial contact to reduce stigma toward individuals with visible differences <i>Abbi Mathews</i>	656 How Has Habit Been Measured? A Scoping Review Across Disciplines <i>Laura M. Gördes</i>	Audience engagement activity Gertraud Stadler	67 Barriers and enablers to delivering chronic disease preventive care in mental health settings: scoping review <i>Rebecca Trower</i>
14:45	111 "I probably dialled down social interactions": addressing social contexts in temporary abstinence challenges <i>Richard de Visser</i>	491 'Something I do automatically': Reflections on the Self-Report Behavioural Automaticity Index <i>Benjamin Gardner</i>	431 (online) Effects of a dyadic just-in-time-adaptive intervention for promoting physical activity in couples <i>Urte Scholz</i>	170 Effectiveness of physical activity promotion interventions in mental health care: A systematic review and meta-analysis <i>Lasse Eini</i>
15:00	865 Who Gets Seen as a "Real" Family? A Scoping Review of Stigma, Institutions, and Health <i>Adar Hoffman</i>	815 Studying habits in the lab: behavioral and neural mechanisms of latent habits <i>Eike Kofi Buabang</i>	382 Dyadic disruption and the Heart2Heart study: Theory, methodology, and pragmatism <i>Talea Cornelius</i>	74 Factors influencing healthcare staff delivery of weight-related conversations in mental health services: mixed methods study <i>Angela Rodrigues</i>
15:15	763 (online) Understanding Behavioural Determinants of Treatment and Adherence in Black Men with Advanced Prostate Cancer <i>Ayşenur Kılıç</i>	485 Exploring sedentary behavior habits in older adults: a sensor-triggered event-based ecological momentary assessment study <i>Sofie Compernelle</i>	670 Theoretical and methodological dyadic approaches to financial health: contrasting parental and social support dyads <i>Stine Berlin</i>	75 Online group fitness training for first-episode psychosis: the Remote Exercise And Lifestyle (REAL) study <i>Chelsea Sawyer</i>
15:30	551 A qualitative study of the mental health consequences of racism among Roma <i>Monika Mihaličková</i>	490 The habit-intention interaction hypothesis revisited: Within-person evidence from an intensive-longitudinal study <i>Dario Baretta</i>	Discussion Corina Berli	Activity session Oonagh Meade
15:45	51 Improving information about cervical cancer screening with women from underserved groups from deprived urban areas <i>Olga Damman</i>	Discussion Robert Edgren	Discussion Corina Berli	Discussion Molly Byrne

Gender in health-related stigma: the micro, meso and macro-level	Co-producing person-centred support: From evidence to practice	GenAI-supported behaviour change interventions: what is the role of health psychology?	Forgotten factors in long-term conditions: everyday behaviours, psychological mechanisms and intervention targets	Public reactions to population health problems
Room: Aphrodite B	Room: Christian Barnard	Room: Athena	Room: Leda	Room: Zeus
symposium	sota	symposium	symposium	oral
Aranka Ballering	Angelos Kassianos	David Haag	Sophie Harding and Vari Wileman	James Reynolds
177 (online) Gendered health-related stigma: an introduction <i>Melissa Ceuterick</i>	36 Partnership Matters: How Meaningful Collaboration Increases Access to Co-produced Evidence-Based Impactful Resources for Visible Differences <i>Diana Harcourt</i>	819 Augmenting AI-generated just-in-time adaptive interventions with health behaviour theory: Do users notice? <i>David Haag</i>	655 Exploring the spectrum of restrictive eating behaviours in Inflammatory Bowel Disease: A systematic review <i>Sophie Harding</i>	12 How to measure public support for health policies: cognitive interviews <i>Maria Goodwin</i>
83 How social identities shape endorsement of the sick role: intersectional analyses of persistent somatic symptoms <i>Aranka Ballering</i>		593 Making Every Moment Count: Context-Aware Recommendations for Short Bouts of Physical Activity <i>Faith Young</i>	616 Sex with Multiple Sclerosis: Examining sexual and relational distress before and after psychosexual support <i>Ashley Brown</i>	829 Characterising Interventions to Influence Public Support for Policies: A Scoping Review <i>Tess Langfield</i>
87 The gendered public chronic pain stigma: intersections with pain type, media framing, cultural contexts <i>Liesbet Goubert</i>		695 (online) Convincing Without Conflict? A Comparative Study of AI- and Literature-Based Strategies to Promote Meat Reduction <i>Elena Wurth</i>	625 Barriers and Facilitators to Engagement with Pain-related Psychological Interventions in Multiple Sclerosis: Mixed-Methods Systematic Review <i>Goretti Hurtado Barbeito</i>	245 Testing an Expectancy-Value Theory of public support for policies <i>James Reynolds</i>
98 (online) Understanding provider gender biases in pain care: a socioecological interaction-based model <i>Sónia Bernardes</i>	244 From behavioural science to practice: co-producing dietary support for social prescribing <i>Oana Petre</i>	781 Affective and Behavioral Reactions to Health-Related Social Control by Social Robots <i>Jiaxin Xu</i>	633 Why is implementation of behavioural interventions for chronic fatigue so difficult? The Dutch experience <i>Hans Knoop</i>	334 Public responses to CDC statements on vaccines and autism <i>Robert Böhm</i>
Discussion Maya Schroevers	909 Putting person-centeredness into reality <i>Anne Marie Plass</i>	714 Co-designing a chatbot-led comprehensive digital stop smoking service for pregnancy <i>Felix Naughton</i>	710 Digital self-management improves quality of life in inflammatory bowel disease via cognitive, behavioural, emotional pathways <i>Vari Wileman</i>	523 Trends in public trust in the providers of health information in Ireland and Canada 2022-2025 <i>Gerry Molloy</i>
Discussion Maya Schroevers		Discussion Keegan Knittle	Discussion Rona Moss-Morris	959 Effective social and behavioural science advice during major infectious disease outbreaks: an expert consensus study <i>Joni Jacobs</i>

Tuesday 01 September 2026

session	Joint efforts to close the gender data gap: a multi-country perspective	Let’s talk more about teeth: what can health psychology and dentistry do for each other?	Interventions for Substance Use and Dietary Intake	Individual processes and well-being
	Room: Hermes	Room: Sophia	Room: Corallino	Room: Aphrodite A
type	roundtable	roundtable	short oral	short oral
chair	Marcella Bianchi and Gertraud Stadler	Marie K. Murphy	Maddie Sinclair	Pierre Gérain
16:10	762 Joint efforts to close the gender data gap: a multi-country perspective Marcella Bianchi, Christine Parsons, Keenan Ramsey, Simona Quaglia, Gertraud Stadler	780 Let’s talk more about teeth: what can health psychology and dentistry do for each other? Marie K. Murphy, Maddelon de Jong-Lenters, Pomme van Maarschalkerweerd, Zdenka Eidenhardt	739 SoftPeers-Mechanisms: optimizing peer-led binge drinking prevention in French high schools Julien Quesne	118 Miscarriage and Post-Traumatic Stress Disorder: Study of Partner Attachment Style, Gestational Stage, and Post-Loss Period Antonia Andreou
16:20			680 Escape the Vape: cocreating a vaping-prevention activity in prevocational secondary education Anne Zijp	315 (online) Resilience and Mental Health in Inmate Populations: A Systematic Review Vasileia Nitsa-Goudeli
16:30			807 Behaviour shifts without attitude change: evidence from an 8-week meat reduction study Maddie Sinclair	331 (online) Cancer identity and mental health outcomes in adult survivors of childhood cancer Claire Galvin
16:40			233 An ethno-phenomenological analysis of playful physical activity to promote physical activity in adults Indra Carey	328 Adapted physical activity and emotional regulation on psychological sick leave Marieke Späh
16:50			133 Nutri’way: Feasibility and behavior change effectiveness of a nutritional education intervention for families and students Rebecca Shankland	892 Problematic swiping: Motives for dating app use and mental health in young adults Matea Kramarić
17:00				52 (online) Digital nudges for healthier smartphone use: Effects on wellbeing, vigilance and behavior Catharina Muench
17:10	Coffee Break			
17:30	Keynote - Prof. Jane Walsh From Theory to Transformation: How Psychology Drives Digital Health Innovation Chair: Valerie Morrison			Room: Akamas
18:45	Opening Ceremony & Welcome Reception (18:45-20:00)		Room: Akamas	

Self Management, Engagement and Behaviour Change	On Wicked Measurement Problems and the Tendency to do Things the Glinda Way	Understanding and Improving Patient Outcomes in Chronic Conditions	Wellbeing in Healthcare Contexts
Room: Aphrodite B	Room: Christian Barnard	Room: Athena	Room: Leda
short oral	roundtable	short oral	oral
Alexandre Mazeas	Gjalt-Jorn Peters	Ben Ainsworth	Anja Mehnert
312 Optimising men’s surgical treatment decision making in Benign Prostatic Hyperplasia (BPH) <i>Charlotte Hollands</i>	89 On Wicked Measurement Problems and the Tendency to do Things the Glinda Way <i>Talea Cornelius, Gjalt-Jorn Peters, Maya Braun, Paulina Schenk, Marie Johnston</i>	675 Medicines support and social prescribing to address patient priorities in multimorbidity (MIDAS): Trial protocol <i>Eanna Kenny</i>	2 Pulmonary Symptoms and Psychological Distress in Lung Transplant Recipients <i>Aleksandra Stańska</i>
174 Strategies for treatment decision-making among esophagogastric cancer patients with lower health literacy: a qualitative study <i>Merel Van Eick</i>		857 (online) Weight regain and health-related quality of life after bariatric surgery in Swedish Obese Subjects study <i>Hanna Konttinen</i>	708 (online) Quality of life in patients undergoing hemodialysis: the indirect effect of symptom burden <i>Ana Cristina Bernardo</i>
567 A pilot RCT to test the feasibility of a self-enactable behavior change technique training <i>Alexandre Mazeas</i>		958 Understanding the DEFINE RCT: Mixed methods process analysis of FeNO-guided Asthma Management in 2600 Patients <i>Ben Ainsworth</i>	833 (online) Psychosocial needs of survivors of pediatric cancer - a qualitative study <i>Jéssica Pimentel</i>
399 A review of barriers and facilitators to lifestyle intervention uptake and adherence among adults <i>Ellen Van den Haute</i>		653 (online) Embedding psychosocial oncology in Greece: an evidence-informed policy analysis and stepped-care pathway <i>Antonios Bozas</i>	904 Post-pulmonary embolism concerns, emotions and hope in posttraumatic growth <i>Dorota Włodarczyk</i>
607 Smart Goal-setting and Flow in Physical Activities and Other Domains <i>Dwight Tse</i>		136 Harmonica-Based Breathing in Hybrid Cardiac Telerehabilitation: Psychological Outcomes of a Randomized Trial <i>Katarzyna Piotrowicz</i>	635 Existential rehabilitation. Adapting and further developing a meaning-centred intervention for cardiac patients and their relatives <i>Nina Rottmann</i>
459 Physical activity, psychosocial outcomes and habits in cancer survivors using an app-based physical activity intervention <i>Phillippa Lally</i>			
	Coffee Break		
	Keynote - Prof. Jane Walsh From Theory to Transformation: How Psychology Drives Digital Health Innovation <i>Chair: Valerie Morrison</i>		
	Opening Ceremony & Welcome Reception (18:45-20:00)		

Wednesday 02 September 2026

session	Advancing measurement, monitoring, and implementation in health research and practice	Couples, families, and social support in health and illness	Digital applications, eHealth, and technology-supported care	Communication, trust, and relationships in healthcare
	Room: Hermes	Room: Sophia	Room: Corallino	Room: Aphrodite A
type	short oral	short oral	short oral	short oral
chair	Konstantina Griva	Maria Karekla	Emily White	Michael Kilb
09:00	91 How do We Measure Intimate Partner Violence? A Comparative Content Analysis of Major IPV Scales <i>Lalou Holdt</i>	517 Illness perceptions, couple support behaviours, and health-related outcomes in asthma patients and their romantic partners <i>Liuyu Wei</i>	520 Mechanisms of Engagement with Mobile Health Apps for Adults with Long-Term Conditions: A Meta-Review <i>Jeni Baykoca</i>	246 Exploring the impact of healthcare professional conversations about pain on children, young people, and parents <i>Rebecca Lee</i>
09:10	228 (online) Evaluation of instruments to measure infant feeding and weight-related outcomes for early childhood obesity prevention <i>Dimity Dutch</i>	38 Communal coping, health-related social control, and changes in health behaviours and relationship satisfaction in couples <i>Jean-Philippe Gouin</i>	112 Acceptance of large language models for health information under structural healthcare constraints <i>Rita Phillips</i>	295 Dynamics of self-efficacy, symptoms, and affect among dermatology patients. the importance of doctor-patient communication <i>Zuzanna Kwissa-Gajewska</i>
09:20	321 Straight to the Point: Validating Simple Measures for (Oral) Health Behaviour Predictors <i>Renate Deinzer</i>	271 “In the Same Boat”: A Dyadic Qualitative Study of Good-Parent Beliefs in Chinese Pediatric Oncology <i>Changyuan Tang</i>	518 Adapting A Digital Psychosexual Intervention for Managing Sexual Difficulties in People Living with Multiple Sclerosis <i>Emily White</i>	299 Trust in doctors among Czech older adults: When expertise meets partnership in doctor-patient interaction <i>Zuzana Scott</i>
09:30	605 Vaccine hesitancy: The association between open- and closed response questions <i>Helena Pires</i>	385 Co-development and Feasibility Testing of the COMPANION: An eHealth Intervention for Family Caregivers <i>Somayyeh Mohammadi</i>	844 Evaluation of a health partnership approach in designing an online supportive care intervention in oncology <i>Nathalie Touma</i>	789 Experiences of recovery from myalgic encephalomyelitis/ chronic fatigue syndrome: implications for clinician-patient communication <i>Brian Curtin</i>
09:40	169 Development of a Novel Fidelity Monitoring Tool for Guided Self-Help Interventions: GSH-FMT Version 1 <i>Tamla Evans</i>	624 Co-Designing the “Compassionate Carer”: A Compassion-Focused Therapy and Acceptance-Based Digital Application to Support Informal Caregivers <i>Demetra Christodoulou</i>	769 Developing a national implementation strategy for digital mental health interventions in Irish higher education institutions <i>Leona Ryan</i>	344 (online) Conflict Narratives and Self-Justification among Healthcare Professionals: A Cross-Cultural Qualitative Study with Occupational Health Implications <i>Dóra Kocsis</i>
09:50	95 Who Engages in Precision Medicine Governance? Participation, Motivations, and Equity Gaps in a National Cohort <i>Konstadina Griva</i>	288 The provision of social support in a digital-based self-management type 2 diabetes programme (MyDESMOND) <i>Michelle Hadjiconstantinou</i>		832 (online) Relational and professional resources in preventing burnout among Romanian physicians <i>Daniela Muntele</i>
10:00	Posters Christian Barnard Foyer			

It’s time for the bubble to pop: Exploring hidden impacts of unpaid care and solutions	Developing a European Joint Masters in the Behavioural Sciences for Health (EMBESH): Challenges and Opportunities	Innovations in Methods and Reporting Standards	The why and how of science communication: sharing health psychology with non-academic audiences
Room: Aphrodite B	Room: Christian Barnard	Room: Athena	Room: Leda
roundtable	roundtable	short oral	roundtable
Thomas Gültzow	Erik Olsson and Molly Byrne	Talea Cornelius	Kari Leibowitz
720 It’s time for the bubble to pop: Exploring hidden impacts of unpaid care and solutions <i>Thomas Gültzow, Tuğçe Varol, Hanne Zimmermann, Sanne Raghoobar, Sarah E. Stutterheim, Matthias Burkard Aulbach</i>	600 Developing a European Joint Masters in the Behavioural Sciences for Health (EMBESH): Challenges and Opportunities <i>Erik Olsson, Molly Byrne, Olga Perski, Marta Moreira Marques, Adelita Ranchor</i>	817 Advancing Multimodal Assessment of Dispositional Affect with EMA, Trait Questionnaires & Digital Behavioral Markers <i>Nato Lagidze</i>	The why and how of science communication: sharing health psychology with non-academic audiences <i>Kari Leibowitz, Lauren Heathcote, Laura König</i>
		277 (online) Reflecting on reflexivity and positionality in health psychology research <i>Lenka Sokolová</i>	
		401 Beyond tokenism: Embedding meaningful lived experience involvement across the five-year ENTRUST health psychology research programme <i>Claudia R. Knowles</i>	
		175 Reporting of micro-randomised trials: a systematic methodological review <i>Zainab Haider</i>	
		681 Citizen Science Through Photovoice: Empowering Communities to Improve Health and Wellbeing <i>Pepijn van Empelen</i>	
Posters Christian Barnard Foyer			

Wednesday 02 September 2026

Christian Barnard Foyer

10:00 - 11:00 Posters

Session: Psychosocial Vulnerability, Support, and Well-Being Across Contexts (ERC)
Chair: Vivien Hajak

- 15 - Exploring the Relationship Between Antisocial Personality Disorder, Self-Compassion and Compassion to Others
Valentini Kitazou
- 22 (online) - From childhood neglect to borderline traits: The mediating roles of internalized shame and self-compassion
Irena Tumba
- 231 - The Role of Values in Marital Satisfaction and Health Among Pregnant Women
Mor Mizrahi
- 317 (online) - Evidence-based interventions for university student mental health: a narrative review and implications for Spanish universities
Alejandro Peña Gutiérrez
- 443 (online) - Examining the Relationship Between Number of Sexual Partners and Self-Esteem, Sexual Risk, and Psychological Health
Afrodite Papapetropoulou
- 827 - Risk and Resilience Under Parental Migration: Social Support and Character Strengths as Protective Mechanisms
Nato Lagidze
- 903 (online) - Knowledge level about kidney transplantation and severity of depression and anxiety in patients before transplantation
Mirella Wojciechowska
- 417 - A dyadic hypnosis intervention in Alzheimer’s disease: a controlled pilot study
Elisa Ryckewaert
- 406 - Developing a hospital based peer mentor delivered intervention to support patients with alcohol dependence
Georgia Foote

Session: Strenghtening health for all
Chair: Diana Taut

- 152 - Gender-sensitive smoking and vaping cessation: A systematic review of efficacy and safety
Julia Weiss
- 324 - Applying Community-Based Participatory Approach to Identify Enablers and Barriers for Obesity Prevention and Health Equity
Ewa Kulis
- 374 - Barriers and facilitators to participation in public health research among underserved populations: a qualitative study
Marente Mol
- 408 - Mapping the environmental health-promoting resources in the local neighborhood: Community Stakeholders’ perspective
Julia Kuźmińska
- 455 - How do local health assets support obesity prevention? Photovoice evidence from the rural, low-income community
Zofia Szczuka
- 537 - Nutrition Literacy Among Rural Residents Engaged in a Digital Behavioral Weight Loss Program
Rebecca Krukowski

Christian Barnard Foyer

10:00 - 11:00 Posters

- 608 - Stigma, Advocacy, and Politics: Representations of HIV and PrEP on X in the Greek Context
Konstantina Stavrogianni
- 788 - Perspectives of vulnerable women and healthcare professionals on women’s HPV-related health literacy needs and barriers
Anca Albu
- 945 - Role of gender differences and inequities in antibiotic use and antimicrobial resistance: an umbrella review
Emma Berry
- 728 - Anti-burnout puzzle: a resilience based intervention for burnout in academic professionals
Nuno Ferreira
- 813 - Identifying barriers and facilitators of olfactory communication in breastfeeding initiation: A qualitative evidence synthesis
Vivien Swanson
- Session: Psychological Pathways to Health, Coping, and Well-Being
Chair: Marie Murphy
- 834 (online) - Predictors of sleep quality in university students: The role of stress, personality, and mindfulness
Afsane Riazi
- 713 - Adverse childhood experiences and eating behaviors in adulthood
Mihaela Beloshka
- 775 - Exploring experiences of diabetic retinopathy screening in Ireland: comparison between age groups transitioning to adulthood
Alice Le Bonniec
- 234 - A narrative review of the psychosocial experiences of young adults with early-onset type 2 diabetes
Molly Caba
- 430 - Preoperative expectations linked to postoperative QOL in parkinsonian patients candidate to deep brain stimulation
Elisabeth Spitz
- 446 - Psychological Pathways to Health and Well-Being in Fibromyalgia: Gender-Specific Mechanisms of Depression and Anxiety
Ronit Avitsur-Hamiel
- 157 - The Social Power of Disgust: Evidence for the Dominance of Moral Disgust
Iva Poláčková Šolcová
- 546 - Personality Traits as Predictors of Perceived Lack of Social Support Deprivation in a Clinical Sample
Laura Petersone
- 554 - Experiences of Coping Strategy Switching in University Students: An Interview Study
Tenelle Maroney
- 235 - Metabolic and inflammatory biomarkers in anxiety and depression: a psychometabolic framework (work in progress)
Petra Riedlova
- 531 - Factors associated with mental health outcomes in adults with cancer: A systematic review
Paula Proestou
- 394 - Predictors of Quality of Life and Sexual Function in newly diagnosed HPV-positive women
Vassiliki Siafaka

Wednesday 02 September 2026

Christian Barnard Foyer

10:00 - 11:00 Posters

Session: Advances in health risk communication

Chair: Masaryk Radomír

73 - Cognitive and sociotechnical framing of hydrogeological risk: A protocol for alpine digital risk communication
Mariagrazia Monaci

84 (online) - An exploratory multilevel study of type 2 diabetes risk communication from patient and provider perspectives
Nicolle Simonovic

224 - Understanding head and neck cancer through the public eye: social media responses to celebrity cases
Rhianne Kiley

241 - Emotions and support needs in parents’ vaccination decision-making for young children
Thomas Emonds

530 - Scoping review: Why am I using a diagnostic self-test? Exploring intention and behavior using TPB
Barbara Sassen

200 - Features of Experience-Based Learning: Control, Accumulation, and Generation Processes
Nikita Abalakin

899 - Motherhood with HBOC: experiencing preventive disruption
Tsipi Hanalis-Miller

601 - Interventions to Improve Sexual Health Communication in Chronic Care: A Systematic Review
Milou Fredrix



Session: Implementation of AI and digital health solutions

Chair: Jennifer Inauen

434 - Virtual Reality for Mental Health in Noncommunicable Diseases and Implementation Determinants: A Scoping Review
Bingyan Lin

452 - Acceptance, opportunities, and possibilities of humanoid robots in nursing care to foster health
Shanice Schüle

306 - The AI-assisted screening in a systematic review on the association between body composition and depression
Meiyu Lu

20 - Personalized digital healthcare advice to bridge the digital divide: A pragmatic evaluation in GP practice
Esther Metting

457 - TouchTex – Usability of a haptic remote-communication system in clinical and everyday contexts
Sonja Dana Roelen

463 - AI Adoption in Breast Cancer Diagnostics: Barriers and Facilitators Among Physicians With and Without Experience
Marlene Kritz

451 - Digital Health Enablement: An integrative theoretical model for understanding who benefits from digital health technologies
Max Western

Christian Barnard Foyer

10:00 - 11:00 Posters

Session: Interventions to Change Health and Lifestyle Behaviour

Chair: Keegan Knittle

6 - Reducing sedentary behavior in older adults: a full factorial randomized trial
Noemi Lorbeer

302 - Testing the feasibility of the Super Challenge: a self-determination theory-based workplace physical activity intervention
Aurélia Violette

206 - Upward choices: Do Footprint Nudges Motivate Stair Use at the University?
Dana Braß

125 - Co-Health Brussels: a co-creative school-based intervention for healthy, climate-friendly nutrition and transport in young adolescents
Fien De Block

811 (online) - From forecast to behaviour: a micro-randomised thermal risk platform for heat-adaptive running
Robert W. Bruckmann

744 - A mixed methods evaluation of an identity-and autonomy-based training to promote healthy behaviors in pregnancy
Rukiye Turkeli

347 - Combinations of behavior change techniques in lifestyle interventions for breast cancer survivors: Systematic meta-review
Monika Boberska

432 - How is Self-Determination Theory operationalised in health behaviour change interventions? - A Scoping Review
Eva Cooney

887 - Effective Strategies For Successful Weight Control In Adults: A Qualitative Study
Beatriz Branco



Session: Understanding Health Behaviours: Motivation, Processes and Change

Chair:

342 - Motivation for Health Behavior and Health Behavior Change
Elisa Wiedemann

134 (online) - Post-Earthquake Trauma and Health Behaviour Change: Testing the Health Belief Model in a Disaster-Affected Population
Gulsen Filazoglu Cokluk

253 - Predicting protective intentions from outbreak information in emerging infections: an online experiment in France
Renaud Mabire-Yon

280 - Behavioural Determinants of Antibiotic Use: Insights from a General Population Survey in Poland
Iga Palacz-Poborczyk

912 (online) - “Just a little bit more”: development and validation of Vamping Self-Report Habit Index (VSRHI)
Renato Pisanti

“908 (online) - Understanding condom use in sexually transmitted infection prevention through the Theory of Planned Behavior
Vasiliki Efsthathiou

Wednesday 02 September 2026

Christian Barnard Foyer

10:00 - 11:00 Posters

963 (online) - Using COM-B to explore the influence of social media misinformation on domestic cooking and cleaning practices of adults who use an air fryer
Elizabeth Redmond

615 - Sweets and Candy Distribution in School: A Cross-Sectional Study among Ultra-Orthodox Teachers in Israel
Rinat Avraham

210 - A Self-Determination Theory Perspective on Psychedelic Integration and Health Behavior Change
Marcela Ohlgart

352 - Sources of self-efficacy and adherence to injury-preventive behaviors in athletes
Alexis Ruffault



Session: Digital Interventions to Change Behaviours

Chair: Robert Edgren

823 - Digital Interventions for Youth Vaping Cessation: A Systematic Review of RCTs
Eleana Lamprou

314 - Designing personalisation: A systematic scoping review of user involvement and decision-making in personalised lifestyle interventions
Ece Şekerli

151 - Evaluation of a digitally supported multimodal care model for severe menstrual pain: the MeMaF study
Stefanie Lysk

319 - Co-creating a technology-supported intervention to promote healthy and sustainable eating among Dutch practical education students
Madelief Engels

383 - 'E-diary helped reduce snacking!' Experiences of intervention fidelity and unintended effects of habit degradation intervention
Robert Edgren

420 - A mixed-method evaluation of the Playground Heroes Program to promote positive bystander behavior to racist-bullying
Karen Sieben-Adufol

EHPS POSTER AWARDS 2026 SPONSOR



Taylor & Francis
by informa...



The Medieval Fort of Kato Pafos

Wednesday 02 September 2026

11:00	Coffee Break				
session	Trust, Acceptance, and Use of Digital and AI-Based Health Technologies: A Health Psychology Perspective Room: Hermes	Psychological Adaptation in Long-term Health Conditions Room: Sophia	How researchers, decision-makers, and prevention stakeholders design school-based interventions for health promotion in nutrition? Room: Corallino	Embodiment and women’s health across cultural contexts Room: Aphrodite A	
type	symposium	oral	symposium	symposium	
chair	Chiara Guglielmetti	Sotia Nestoros	Florence Cousson-Gélie	Irina Todorova and Yael Benyamini	
11:30	Introduction Chiara Guglielmetti	609 Daily associations between physical activity, outdoor light exposure, and sleep during chemotherapy Alexander Haussmann	687 Health Promotion: Policy issues. The Example of the French Ten-Year Cancer Control Strategy Anne-Fleur Guillemin	836 (online) Gendered Stress, Embodied Minds: Associations between the Burden of Sexism and Cognition Sandra P Arévalo	
11:45	723 Activating Patients in Digital Heart Failure Care: Longitudinal Evidence from a Telemonitoring Study Chiara Guglielmetti	648 Fear of Cardiac Disease Recurrence and Progression Sarah Tomoyo Clarke	487 Interventions for Health Promotion: Practical and theoretical issues, the example of a cancer prevention center Florence Cousson-Gélie	506 Autonomic dysregulation links childhood trauma to pain and health risks in women Eleonora C. V. Costa	
12:00	734 How AI Communication Style and Illness Severity Shape Patient Trust and Willingness to Use Serena Petrocchi	709 Illness representation and health anxiety in patients with mitral valve prolapse Orsolya Papp-Zipernovszky	764 Epidaure Market: Development of a theory-driven health psychology intervention on sustainable food for adolescents Florian Lecêtre	497 Women's confidence in their body's ability to give birth: Conceptualization and instrument development and validation Yael Benyamini	
12:15	792 (online) Just-in-time support for healthy eating: Feasibility, user experience, and implications for AI-driven interventions Laura Winkens	760 Understanding characteristics of pain-processing subgroups in people with chronic low back pain Lea O. Wilhelm	488 Effectiveness of Epidaure Market: results from a cluster-randomized trial on food choice motivation Aurélie Curnier	548 Women’s embodiment and self-objectification in context of eating disorder symptoms in Croatia and North Macedonia Alessandra Pokrajac-Bulian	
12:30	880 (online) Are LLMs Psychometrically Plausible Respondents? Trust and Representation in AI-Generated Health Self-Reports Alessandra Gorini	772 Illness representations and dyadic coping in female cancer couples: The moderating role of communication Maria Vasilopoulou	542 The Great Live and Move Challenge: results from a two-year cluster-randomized trial on physical activity Mathieu Gurlan	824 Embodied experiences and restricted spaces: Puerto Rican women’s perceptions during COVID-19 pandemic Irina Todorova	
12:45	Discussion Alessandra Gorini	893 Fatigue dimensions and dynamics: a mixed methods study with people with multiple sclerosis Daniel Powell	Discussion Marie Johnston	Discussion Konstadina Griva	
13:00	Lunch				
13:00	EHPS Annual General Meeting Room: Akamas				

Coffee Break				
Digital tools and well-being Room: Aphrodite B	Complexity in behaviour change: interventions and their reporting Room: Christian Barnard	Motivation, Identity, and Mental Health Dynamics Across the Lifespan Room: Athena	Advancing health psychology through heart rate variability: An integrative perspective on autonomic functioning and behavior Room: Leda	
oral	sota	oral	symposium	
Olga Perski	Frank Doyle	Theodora Vlad	Katharina Salo	
256 (online) Machine learning for personalised digital mental health support: Insights from real-world Employee Assistance Programme data Gillian Cameron	939 SOTA: A complex systems frame for understanding and shaping health behaviour change Matti Heino	243 How do overall identity and mental well-being develop and interrelate in adulthood? Liinu Marin	563 What happens around unhealthy eating? Stress, affect, and heart rate variability in daily life Carole Lynn Rüttimann	
577 Pregnancy apps enhance health literacy through emotional and social pathways: a Bayesian network study Hanne Spelt		450 (online) Implications of Long-Term Sexual Activity Trajectories for Individual and Relational Well-Being in Romantic Couples Michelle Roth	579 Moving less when stressed? Perceived stress, heart rate variability and physical activity in daily life Melanie Bamert	
337 From needs analysis to co-design: a community-based digital app for social connectedness in older adults Sabrina Cipolletta		743 Advancing physical activity motivation theory with and for people experiencing mental ill-health and neurodivergence Amanda Rebar	591 Are individual differences in psychological stress reactivity associated with nocturnal heart rate variability? Katharina Salo	
454 Digital Compassion: How a REDCap Platform Transformed Access to Hardship Support in the NHS Anne L. Stagg	604 Uncovering Vaccination Readiness Profiles through Exploratory Clustering: Risk–Benefit Weighting as a Primary Separator Lorenz Eckhard	750 Developing an integrative framework of goal flexibility and mental health: a systematic review and meta-analysis Timothy Budden	536 Effectiveness of a heart rate variability-triggered box breathing intervention on psychophysiological and work-related outcomes Regina Franziska Schmid	
858 (online) Unmet Expectations in AI Companionship and Mental-Health Chatbots: A MATA analysis of User Reviews Cristina Quinones	676 ‘High-certainty’ but low integrity? Low research integrity ratings in e-cigarette intervention studies for smoking cessation Frank Doyle	851 Mental Health and Fear of Cancer Recurrence within the Cancer Survivor-Caregiver Dyads: A SEM Meta-Analysis Teodora Vlad	589 Slow-paced breathing and body-brain coupling: Pelvic contractions modulate cardiac-brain dynamics linked to emotion regulation Josef Tatschl	
930 Habitual Control of Smartphone Use: Evidence from a Decoy App Paradigm Tim van Timmeren		856 Latent Trajectories of Mental Health Across the Course of the COVID-19 Pandemic in the UK Keenan Ramsey	Discussion Anne Milek	
Lunch				
EHPS Annual General Meeting Room: Akamas				

Wednesday 02 September 2026

session	Eating behaviour, habits and body-related well-being	Health, trust, and complex decisions	Fresh from the press: New developments in the practice of conceptual clarification	AI, digital tools, and remote health interventions
	Room: Hermes	Room: Sophia	Room: Corallino	Room: Aphrodite A
type	oral	oral	symposium	oral
chair	Angelos Kassianos	Justin Presseau	Sarah Stutterheim	Vasilis S. Vasiliou
14:30	107 Associations between children's food rejection and parental feeding styles: longitudinal data <i>Ilse van Lier</i>	527 Strategies to build, rebuild, and maintain trust in healthcare: Cross-disciplinary scoping review of 327 studies <i>Justin Presseau</i>	796 Do we know what we're talking about? An exploration of hidden heterogeneity in the wild <i>Gjalt-Jorn Peters</i>	349 A Systematic Review of the Use of Artificial Intelligence in Mental Health-Based Diabetes Care <i>Anna Serlachius</i>
14:45	117 Associations between tactile sensitivity, tactile appreciation, and food rejections in preschool-aged children: a longitudinal study <i>Anouk van den Brand</i>	809 UK transplant clinicians' perspectives on liver transplantation for severe alcoholic hepatitis: A reflexive thematic analysis. <i>Eleni Vangeli</i>	689 From text to concept: A hybrid approach to understanding pain-related fear <i>Julie Dendaauw</i>	428 Factors Driving Usage of a Guided Web-Based Therapy for Long-Term Conditions <i>Christina Joanne Pearce</i>
15:00	86 The Influence of Positive Reinforcement, Negative Reinforcement and Exposure on Children's Food Intake and Liking <i>Britt Fleischeuer</i>	700 Signals on vaccination concerns: social listening via local public health professionals <i>Masha Zee</i>	749 Why are we asking this? Towards clarity on purposes of self-report questionnaires <i>Maya Braun</i>	581 Agents of ChAlnge: Expert perspectives on designing LLM-based conversational agents for chronic care interventions <i>Martha Kreuzberg</i>
15:15	427 Evaluation of an evidence-based podcast episode to improve body image and mood among millennial women <i>Sharon Haywood</i>	894 Promotion of immune health among European citizens: exploring socio-cognitive factors across different environmental risks <i>Rita Luz</i>	602 From conceptualization to operationalization: Lessons from research on cognitive and social engagement in activities <i>Giselle Menting</i>	264 Barrier and Facilitator Analysis, and Implementation Plan Development for AI Assistants in Radiotherapy Workflows <i>Fre Behets</i>
15:30	163 Designing and validating a game-based paradigm for habit research <i>Chao Zhang</i>	59 From crisis moves to planning ahead: Co-producing tool for older adults' everyday care and support <i>Lucy Halamova</i>	Discussion Talea Cornelius	706 Adapting Behaviour Change Interventions for Remote Delivery: Implications for Implementation and Intervention Fidelity <i>Ella Howes</i>
15:45		742 (online) Health Worry, Emotion Regulation, and Cancer Screening Intentions: The Age-Related Moderating Role of Expressive Suppression <i>Daniela Lemmo</i>	Discussion Talea Cornelius	759 Effects of augmented reality technology on vigorous intermittent lifestyle physical activity (VILPA): A feasibility study <i>Jonathan Bird</i>
16:00	Coffee break			

Understanding behavior change as a dynamic process through intensive longitudinal data	Innovative methods, approaches, and tools	Nothing about us without us - involving LGBTQIA+ persons in research and intervention development	Mindset interventions in health and healthcare: Digital applications and beyond
Room: Aphrodite B	Room: Christian Barnard	Room: Athena	Room: Leda
symposium	sota	symposium	symposium
Darko Jekauc	Robert West	Anne van Dongen	Alia Crum and Lauren Heathcote
373 Intention and Habit as Dynamic Predictors of Physical Activity: A Smartphone-Based EMA Study <i>Jakob Hedin</i>	227 SOTA: Can LLMs Perform Theory-Driven Coding of Interviews? Comparing AI and Human Performance in Qualitative Research <i>Sumit Mehra</i>	603 The intersection between trans*-identity and migrant background: barriers and facilitators to healthcare in The Netherlands <i>Hanne Zimmermann</i>	632 Harnessing mindsets in 21st century healthcare <i>Alia Crum</i>
284 Anticipated affect as a predictor of physical activity attendance and the mediating role of intention <i>Milana D'Agostino</i>		578 Exploring needs and wishes of transgender and gender diverse individuals for gender-related eMental health interventions <i>Tessa Dekkers</i>	553 Changing mindsets to improve whole-person health in patients with early-stage cancer receiving systemic treatment <i>Chiara Gasteiger</i>
"303 (online) The role of stress in the formation and implementation of dietary intentions in daily life <i>Matthias Aulbach</i>		647 Queer-EMH – Participatory Research to Create a Psychosocial eMental Health Intervention for the LGBTQIA+ Community <i>Ana Tibubos</i>	617 Changing body mindsets: A randomised controlled trial in childhood and young adult cancer survivors <i>Lauren Heathcote</i>
308 The dynamic intention-behaviour gap: meta-analytic evidence from intensive longitudinal studies in physical activity <i>Yifei Wang</i>	438 A human-centred evaluation of AI (LDA, BERTopic, 3 LLMs) for textual analysis - GRACE <i>Paulina Bondaronek</i>	830 HIV/STI Prevention Patterns and Sexual Well-being Among Trans and Non-binary Populations in Europe <i>Liana Aphami</i>	643 Changing mindsets about physical symptoms: A series of randomised controlled trials <i>Rachael Yelder</i>
290 Balancing burden and compliance in intensive longitudinal studies: A meta-analysis of stress-health behavior research <i>Jennifer Inauen</i>	225 (online) The importance of caregiver involvement in choosing and refining appropriate tools for childhood obesity research <i>Karen Matvienko-Sikar</i>	715 Popular, but is it valid? Comparing psychometric and cognitive validation approaches in STI decision-making research <i>Thomas Gültzow</i>	557 Implementing remote biomarker collection in decentralized digital intervention trials: Methods and practical solutions <i>Lexi Straube</i>
Discussion Darko Jekauc and Jens Blechert	935 Attentional biases toward health-threat stimuli: Eye-tracking evidence from a dot-probe paradigm <i>Athina Manoli</i>	Discussion Chantal den Daas	Discussion Alia Crum
Coffee break			

Wednesday 02 September 2026

session	Food, diet, and eating behaviour	Reproductive, sexual, and perinatal health	Vulnerability, adversity, and well-being
	Room: Leda	Room: Sophia	Room: Corallino
type	ERC	ERC	ERC
chair	Alice Seffen and Jessica Schiller	Noemi Lorbeer and Theresa Frohn	Seraina Lerch and Vivien Hajak
16:30	558 Mapping operationalizations and measures of the momentary food environment Nourat Alazza	63 Anticipated stigma and cultural norms in endometriosis diagnostic delay among sexual orientation minority individuals Ellen Frost	524 Effects of childhood trauma on executive function, impulsivity, rumination and worry: an umbrella review Sophie Höfels
16:40	351 Mapping the Landscape of Meat Consumption: Psychological and Socioeconomic Drivers for Tailored Interventions Isabelle Carsana	698 Exploring young women's interpretation and engagement with digital cervical screening information: A mixed methods study. Panagiota Kalou	79 Coping after critical illness: Exploring associations between coping and physical, psychological, cognitive and social impairments Naira Ruch
16:50	853 (online) Post-Stress Snack Intake and Short-Term Affective Recovery: Moderation by Emotional Eating and Emotion Regulation Difficulties Yanyuan Wang	356 A Dyadic Perspective on Gestational Diabetes: Women's and Partners' Experiences Fay O'Donoghue	247 Virtual reality nature exposure for emotional regulation in incarcerated individuals and correctional staff Gianluca Bianchi
17:00	805 A missed opportunity: people do not perceive that UK food-based dietary guidelines communicate sustainable diets Maddie Sinclair	193 Understanding sexually transmitted infection (STI) testing among young people in Ireland Alana Powell	777 Prosthetic Embodiment in Daily Life: Cognitive Load and Resilience after Transfemoral Amputation Maria Del Carmen Cortes-Molina
17:10	400 The healthy=sustainable heuristic: scope of the effect and the role of knowledge Katharina Eichin	659 (online) Early Parental Distress After Neonatal Intensive Care Unit (NICU) Admission: Gender Differences and Protective Factors Raquel Bertaccini	122 Danish college students' perceptions and attitudes of intimate partner violence Christina Mandrup Jäderholm
17:20	202 Reactance and overcompensation in response to dietary policies explored at a fake food buffet Jessica Schiller		
17:30	Keynote - Prof. Alex Gillespie Using AI to analyze patient voice and hospital listening: insights into patient safety Chair: Gozde Ozakinci		
18:30	Active Networks Event (18:30 - 19:30)		

Living with (chronic) health conditions	Mental health and behaviour	Challenges in care provision and health promotion	Pathways to Health: From Understanding to Intervening
Room: Aphrodite A	Room: Aphrodite B	Room: Christian Barnard	Room: Athena
ERC	ERC	ERC	ERC
Lea Wilhelm and Melanie Bamert	Ann-Kathrin Sowa and Abdulmalik Olaosebikan	Carolina Silva and Maiara Moreto	Laura Gördes and Tenelle Maroney
33 Modifiable Lifestyle behaviours in Barrett's oesophagus: A scoping review of prevalence, variation, and lived experience. Diana Cooke	336 Beyond the barriers: Informing the development of a digital tool promoting men's mental health help-seeking Bastian Berghändler	191 Support needs of clinicians in pediatric or adult congenital heart care: a trinalational qualitative study Julia Baenziger	638 Behavioral pathways to health: Reducing wasting and stunting in Afghanistan through behavior change interventions Tugce Varol
142 Barriers and enablers to capsule sponge testing for targeted Barrett's Oesophagus screening: a qualitative study. Ninian Schmeising-Barnes	375 Feeling the pressure: AI anxiety and emotional creativity among early-career researchers Cen Cong	368 Gender Bias and Sexual Diversity as Practical Challenges in Nursing Education: Perspectives of Nursing Academics Laura Rodríguez-González	392 Beyond the family: a critical health psychology perspective on intergenerational health inequality Klaske Tiemstra
161 A behaviourally informed systematic review of pharmaceutical-led patient support for individuals with cancer Lorelei Boston	746 (online) A group-based prevention program fostering mental health and physical activity: Session-level mechanisms and program-level outcomes Mareike Röttger	405 Integrating digital and community-based approaches for social connectedness in older adults: a randomised controlled trial Valentina Rossi	39 Learning habits: Bridging educational and health psychology Ann-Kathrin Krause
384 A Randomised Controlled Trial of a Psychological Intervention for Children with Coeliac Disease Rachel Francois	741 (online) Does negative affect increase craving? Evidence from two EMA samples Živa Krajnc	45 (online) The role of attachment styles in cultural competence and caring behavior in post-stroke nursing Valeriya Huendgen	482 How effective are Credible Sources in changing physical activity behaviour? Jack Hamer
541 Identifying barriers and facilitator for home haemodialysis: A qualitative study Aine Earley	42 Menstrual Distress as a Domain-Specific Psychological Burden: Development of the Distress Related to Menstruation Scale Julia Kluska	289 Medically misogynistic interactions with healthcare professionals: the impact on women's relationships with the healthcare system Jillian Gash	222 Understanding What Moves Cancer Survivors: Determinants of Physical Activity from Evidence and Lived Experience Emma Tack
Keynote - Prof. Alex Gillespie Using AI to analyze patient voice and hospital listening: insights into patient safety Chair: Gozde Ozakinci			
Active Networks Event (18:30 - 19:30)			

Thursday 03 September 2026

session	Clinicians and patient experiences: Insights into real-world healthcare	Digital Health, Information Seeking, and Hybrid Work	Research to Inform the Design of Behaviour Change Interventions	Consultancy in Health Psychology: an interactive panel discussion
	Room: Hermes	Room: Sophia	Room: Corallino	Room: Aphrodite A
type	short oral	short oral	oral	roundtable
chair	Vasilis S. Vasiliou	Cristina Godinho	Ron Borland	Daniella Watson
09:00	354 (online) Pregnancy smoking cessation: healthcare providers practices and patient experiences Camille Auriol	662 Co-creating patient information materials about artificial intelligence in healthcare Sara Soriano Longarón	484 Behavior Change Techniques and Theories in Digital Interventions for Physical Activity and Nutrition: Scoping Review Valerie Wandres	697 Consultancy in Health Psychology: an interactive panel discussion Daniella Watson, Evangelos Karademas, Lucie Byrne-Davis, Jo Hart, Marie Johnston
09:10	102 From Determinants to Recommendations:Applying the Behaviour Change Technique Ontology to Improve Clinicians' Glucocorticoid Toxicity Assessment Vasilis Vasiliou	704 Conceptualizing autonomy in online health information seeking: pathways to attitudes and medical interventions avoidance Yadviga Sinyavskaya	"736 Effective engagement features of digital health interventions for youth via intermediaries: a systematic review Rayéla Haegdorens	
09:20	755 Do brands matter? Healthcare professionals' beliefs and responses to oral cancer treatment brand switching Rebecca Todd	795 Barriers to implementing recommendations for higher-quality remote and hybrid work: Interview study among employees Elina Renko	916 Stakeholder Involvement in Digital Health Interventions Development for Youth: A Systematic Review Zhanna van Loenen-Sarukhanyan	
09:30	388 Patient-reported usability of three shared decision-making questionnaires in oncology care Claudia Offermann	178 (online) Online health-seeking behaviour in relation to sexual and reproductive health among female university student Rizwana Roomaney	57 Co-creating 'Cook Healthy, Eat Well' (CHEW): Development of a healthy eating toolkit for food-insecure adults Abigail Stephen	
09:40	496 Black Caribbean men's views towards testing for prostate cancer. A Qualitative Study Stephen McIntosh	886 (online) Designing Better Hybrid Work: A Behaviour-Change Approach to Improving Basic Psychological Needs, Safety, and Productivity Nelli Hankonen	254 From story to impact: A quality framework for digital storytelling for behavior change Irina Catrinel Craciun	
09:50	272 (online) Navigating menstruation in university: experiences and concealment strategies Kitso Setswe		270 A task-oriented approach to characterising the components of effective behaviour change Ron Borland	
10:00	Posters	Christian Barnard Foyer		

Stress, physiological mechanisms, and health	Modelling the dynamics of habit: Theory, computation, and adaptive intervention	Debate: This house believes health psychology researchers should embrace Large Language Models for qualitative analysis	From CBT to Virtual Reality: New Directions in Psychosocial Oncology
Room: Aphrodite B	Room: Christian Barnard	Room: Athena	Room: Leda
short oral	roundtable	roundtable	short oral
Georgia Panayiotou	Amanda Rebar	Felix Naughton	Gozde Ozakinci
248 Does nature work digitally? Effects of real and virtual nature exposure on sleep and emotions Constance Karing	735 Modelling the dynamics of habit: Theory, computation, and adaptive intervention Amanda Rebar, Benjamin Gardner, Chao Zhang, Harvey Wang	721 Debate: This house believes health psychology researchers should embrace Large Language Models for qualitative analysis Felix Naughton, Paulina Paulina Bondaronek, Robert West, Sumit Mehra, Thomas Gultzow	23 Online Group CBT for Body Image in Breast Cancer Survivors: A Randomised Feasibility Trial Helena Lewis-Smith
668 (online) Patient health engagement as a mediator of the stress-symptom association in inflammatory bowel disease self-management Dilara Usta			791 ADIE-BC - Aligning Dimensions of Interoceptive Experience after Breast Cancer: A Pilot Clinical Trial Georgina Lockwood-Taylor
701 Quietly measuring brain mechanisms of interoception for mental health research in cancer: a pilot study Christina Kampourelis			274 (online) Tumour outpatient follow-up through video-based value-oriented behavioural activation (ViVA): Results from a randomised controlled trial Maren Reder
333 (online) Brain physiology indicators to classify the risk towards comorbidity in mental disorders Rita Pasion			339 Improving the patient experience: virtual reality for reducing stress during breast cancer screening Anat Laronne
294 Patient-staff concordance in anxiety and depression during radiotherapy: the moderating role of perceived social support. Yuval Shoef			398 Models and Practices of Psychosocial Oncology Care Provision in EU countries: A Scoping Review Veronica Hadjipanayi
			439 Acceptance and commitment therapy versus meaning restoration: A multiple-baseline experimental case study in cancer patients Aleksandra Kroemeke
Posters	Christian Barnard Foyer		

Thursday 03 September 2026

Christian Barnard Foyer

10:00 - 11:00 Posters

Session: Gender, Intersectionality, and Health Inequalities

Chair: Esther Metting

672 - From Risk to Presence: Cultural and Media-Related Determinants of Orthorexia Nervosa in Female Football Players
Wiktorja Stařkiewicz-Bartecka

826 - Experience in close relationships and self-objectification as predictors of eating disorders
Dimitrinka Jordanova Peshevska

96 - Bhāva and Rasa as Forms of Spiritual Resilience: Embodied Devotion and Transformation through Durgā Saptaśatī
Vineet Gairola

416 - Bridging Cognitive Security and Mental Health in the Age of Identitarian Attacks
Eva Klusova

500 (online) - Do Self-Care Practices Predict Quality of Life in Brazilian Adults with Sickle Cell Disease?
Eduardo Remor



Session: Adapting to climate change and performing pro-environmental behaviors

Chair: Benjamin Schüz

503 - Promoting Heat Resilience among Older Adults through Group-Based Arts
Aryana Mohammed

532 - Physical Activity During Heatwaves in Nursing Home Residents: An Ambulatory Study
Katja Ceplak

293 - Climate change in rural areas: psychosocial and health impact
Evy van Gestel

418 - The greenhouse gas emissions of psychological conferences and what we can do about it
Lisa Marie Warner

597 - Climate change perceptions and health-related behaviors: A construal level theory approach
Julie Tournikian

330 - Health and environmental goals as joint drivers of behavior
Gabriel Nudelman

367 - Promoting Sustainable Diets: Does Asking About Alternative Protein Intake Affect Intentions and Consumption?
Natalia Paduszynska

529 - Food Environment Policies as Potential Drivers of Alternative Protein Food Intake: Food System Stakeholders' Perspective
Gabriela Sorsa

801 - Choose your own energy adventure!: the second wave of the MAI-HOME kitchen table interviews
Maud de Groot

882 - Psychometric properties of Environmental Health Literacy instruments – a systematic review based on PRISMA-COSMIN guidelines
Holger Muehlan

Christian Barnard Foyer

10:00 - 11:00 Posters

Session: Healthy Ageing: New directions in research, intervention, and measurement

Chair: Chrysanthi Leonidou

49 - The role of health indicators in predicting driving self restriction among older adults
Aukse Endriulaitiene

758 - Barriers and facilitators to engaging with hearing assessments for people with dementia
Hannah Cross

877 - Cognitive reserve estimation based on longitudinal changes of cognition and behavior
Matěj Seifert

897 (online) - Self-Rated Health as an Independent Predictor of Mortality: Exploring Psychosocial Mechanisms
Nijolė Goštautaitė Midttun

46 - Acceptability and feasibility of a workbook to encourage older adults to perform meaningful activities
Koji Takenaka

613 - How should we measure loneliness in older adults? A comparison of single- and multi-item measures
Kevin McKee



Session: Challenges in work and the workplace

Chair: Maria Karekla

132 - “e EU elikto”: A Self-Help Digital Stress Management Tool for Frontline Healthcare Professionals
Evangelos C. Karademas

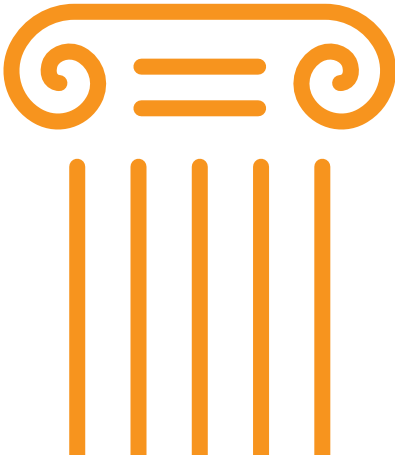
329 - Israeli nurses' experiences in breast cancer surgery preparation
Tsipi Hanalis-Miller

938 (online) - Gendered Ageism In The Workplace: Study Of Protective Factors And Consequences For Older Women
Anna Rosa Donizzetti

171 - Personal Outcomes of Workaholism: Meta-Analytic Results
Modesta Morkevičiūtė

114 - BIS/BAS Temperament, Dark Triad Components, and Workaholism: Implications for Health Psychology
Patrycja Stawiarska

358 - A network analysis of sleep, work-related risk factors, and mental health symptoms
Marika Kontturi



Thursday 03 September 2026

Christian Barnard Foyer

10:00 - 11:00 Posters

Session: From Risk to Behaviour: Mechanisms of Health, Symptoms, and Self-Management
Chair: George Koulierakis

- Research in Health Behaviours and Behaviour Change
- 205 - Lifestyle determinants, morbidity and mortality in individuals with multiple chronic diseases: the LifeMeds cohort study
Meeke Hoedjes
- 390 - Understanding persistent symptoms after cancer: an experimental predictive-processing approach
Abigail Smakowski
- 512 - The Role of Threat in Breathlessness Perception in Healthy Individuals and People Living with Asthma
Nathan Healey
- 599 - Health Literacy and Self-Management in People Living With and After Prostate Cancer: Preliminary Quantitative Results
Sarah Sheehan
- 773 - Development and implementation of a model of service delivery for the management of hip/knee osteoarthritis
Alexandre Moniz



Session: Chronic Illness, and caregiving: Psychosocial Adaptation and Protective Factors
Chair: Eleni Epiphaniou

- 159 - Prevalence, predictors and outcomes of modifiable risk factors among kidney transplant candidates
Francisca Cabezas
- 238 - Psychosocial adaptation in families of children with rare diseases: a systematic review and best-fit-framework-synthesis
Sarah A. Jenny
- 848 - Exploring Chronic Pain Narratives: Meaning Making and Its Relation to Psychological Wellbeing
Maria Symela Chalkidou
- 158 - Social Support Exchange and Relationship Satisfaction Among Couples Living With HIV
Barbara Sosińska
- 395 (online) - Adolescents' Perceptions of Social Support and Help-Seeking in Offline and Online Contexts.
Tamara Selecka
- 68 - Beyond the patient: Psychosocial support for family members affected by developmental and epileptic encephalopathies
Maddison Smith
- 115 - Loss, grief, and changed everyday life among informal caregivers of people with traumatic disabilities
Sophie Lykkegaard Ravn

Christian Barnard Foyer

10:00 - 11:00 Posters

Session: Research in Health Behaviours and Behaviour Change
Chair: Nuno Ferreira

- 425 (online) - Network Analysis of Social Networking Addiction Using the Japanese Version of the SNAS (SNAS-J)
Yoshikazu Fukui
- 251 - Translating meaningful lived experience contributions into clinical trial design: development of ADIE BC
Cindy Chan
- 147 (online) - Development of Ontology in Health Behavior Research: A Cumulative Synthetic Framework of Methodologies
Stephanie Meriaux-Scoffier
- 691 - Supporting Behaviour Change in Families: Healthcare Professionals' Barriers and Facilitators in Lifestyle Interventions
Pomme van Maarschalkerweerd
- 932 - Determinants to Sustainment of Health Initiatives in Community and Clinical Settings: An Umbrella Review
William Pascoe
- 93 - Exploring the determinants of (sustainable) lifestyle change in multimorbid individuals: insights from semi-structured interviews
Bo Brummel
- 423 (online) - Stigma of pregnant smokers and healthcare providers' practices.
Deborah Loyal



Session: Risk factors and Consequences in Mental Health
Chair: Ewa Gruszczyńska

- 474 - Societal worries and mental health in adolescents: Does gender play a role?
Mária Lesičková
- 640 - From self-blame to self-compassion: A longitudinal qualitative study of bullied adolescents' inner voice
Eleni Andreou
- 924 (online) - Rethinking Youth Mental Health in Times of Societal Disruption: A Transdiagnostic and Contextual Perspective
Irena Bolko
- 230 - A Computational Exploration of Optimism and Pessimism in Online Discourse of Individuals with Depression
Liviú Dinu
- 369 - Self-report questionnaire to assess executive functions: the Executive Functions in Healthy Adults Questionnaire (EFHAQ)
Ines Pfeiffer
- 852 (online) - Examination of stimulant use and cardiovascular diseases in middle-aged women with ADHD in Primary Care
Mélanie Joannis
- 346 (online) - Exploring Embodiment and Self-Objectification Across Different Levels of Eating Disorder Symptoms
Marija Miletić
- 292 - Remapping peripersonal space through tool-based and movement training in virtual reality
Christodoula Gavriel
- 895 - Body Image Distortions, Estimation Accuracy of Own, Others', and Objects' Figure, and Psychological Flexibility.
Dafni Kyriakou

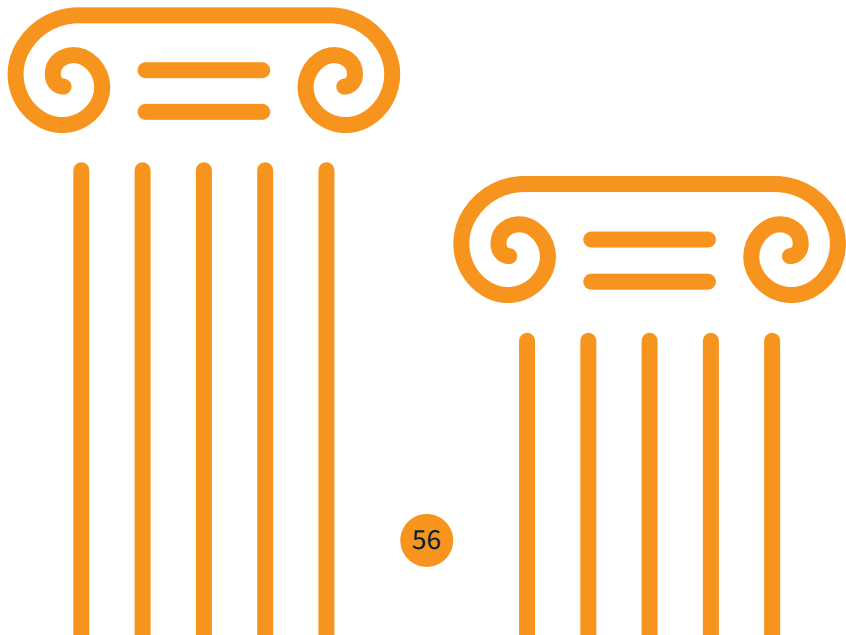
Thursday 03 September 2026

Christian Barnard Foyer

10:00 - 11:00 Posters

Session: Stress, Life Stressors, and Psychosocial Adaptation at Various Settings and Across the Lifespan
Chair: Evangelos Karademas

- 44 - The relationship between self-stigma and quality of life in women with generalised anxiety disorder
Ellina Glebova
- 126 (online) - Alpine Vacations and Self-Reported Health Parameters
Martin Kopp
- 181 (online) - ADHD symptoms and romantic relationship outcomes in couples: The moderating role of empathy
Maya Tzur
- 340 (online) - Maternal psychological stress during the perinatal period: A scoping review of patient-reported outcome measures
Andri Christoforou
- 471 (online) - Disordered Eating Patterns in Pregnancy: Assessing Cognitive Restraint, Uncontrolled Eating, and Emotional Eating
Erika Gibé
- 866 - Spirituality in the life and work of wellbeing and psychosocial support professionals
Inguna Rubene
- 34 - Ethical Dimensions of Assistive Technologies for People Living with Dementia: An Overview of Review Evidence
Melina Evripidou
- 28 (online) - Minority Stressors and Mental Health in Turkish-Origin Adults in Germany: The Role of Coping Strategies
Laura Scholaske
- 285 - Suicidal Outcomes in Mental Health Nurses: Systematic Review of Prevalence, Risk Factors and Support Mechanisms
Elizabeth Davies
- 774 (online) - Resilience in Undergraduate Paramedic Education: A Systematic Mixed-methods Review
Anatoli Karypidou
- 365 - A Prospective Study of Psychological and Behavioral Changes Following Naturalistic Psychedelic Use
Pedro J. Teixeira
- 692 - Trauma Exposure, Body Awareness, and Marital Satisfaction: A Comparative Study of Victims and Non-Victims
Eleonora C. V. Costa



Thursday 03 September 2026

11:00	Coffee Break				
session	Communication, risk and behaviour	Individual differences in different health contexts	Behaviour Change and Equity in Climate Action: Advancing Evidence, Big Team Science, and Collaboration	Health Behavior in Close Relationships: Moderation, Mechanisms, and Heterogeneity	
	Room: Hermes	Room: Sophia	Room: Corallino	Room: Aphrodite A	
type	oral	oral	symposium	symposium	
chair	Aurelie Gauchet	Sabrina Cipolletta	Vasiliki Christodoulou	Patrick S. Höhener	
11:30	914 Shame and Empathy Appeals in Binge-Drinking Communication: Effects on Perceived Message Effectiveness and Mental Well-Being Spela Dolinsek	153 (online) Decisional balance profiles across multiple health-promoting behaviors in adults with ADHD: a person-centered approach Meggy Hayotte	Introduction Vasiliki Christodoulou	594 Does Daily Persuasion Reduce or Elicit Reactance? It Depends on the Dyadic Context! Pascal Küng	
11:45	797 Promoting moderation of risky drinking: a protective behavioral strategy to reduce students' alcohol drinking quantity Maëlle Fleury	307 Feeling healthier than you are predicts hospital use in later life: A prospective cohort study Bill Calvey	837 Synthesising Behavioural Interventions for Climate Action: An umbrella review Gizem Öztürk	576 Social control, relationship satisfaction and sedentary behavior in parent-child dyads: longitudinal perspectives Maria Siwa	
12:00	172 Beyond awareness: shifting determinants of sexual behavior following new chlamydia testing guidelines in the Netherlands Ilja van Bergen	480 (online) The interplay between personality traits, subjective health and mental well-being across midlife: A network analysis Johanna Ahola	820 Leaving No One Behind? Reviewing Equity, Diversity and Inclusion in Pro-environmental Behaviour Change Interventions Vasiliki Christodoulou	783 Two hearts under pressure: Dyadic stress and emotional well-being in couples with spinal cord injury Simone Lüthi	
12:15	90 Perceived illness serious influences side-effect expectations and the experience of side-effects to placebo vaccines Monika Heller	300 Motivation and adherence in a digital prevention program: a longitudinal quasi-experimental study Benedikt Broda	816 Nature as a climate-resilient health resource: Behavioural profiles of nature engagement and mental health Aija Ozola	566 Investigating the heterogeneity in the volitional determinants of the dyadic Health Action Process Approach Patrick S. Höhener	
12:30	296 Comparative effects of four educational materials on cancer prevention beliefs, information overload and behavioral intentions Mona Illmann	472 (online) Personalized Communication Model for Inherited Cardiovascular Risk: Lessons from Romania Bianca Cucos	839 A Big Team Science Approach for Climate Change - Mental Health Nexus Biljana Gjoneska	574 (online) Inter-coder agreement in the identification of dyadic behavior change techniques (DBCTs) in intervention descriptions Amelie Spliesgart	
12:45	478 Risk, Heuristics, and Uncertainty in Potentially Inappropriate Prescribing for Older Patients Martin Zielina		Panel discussion and activity Vasiliki Christodoulou and Biljana Gjoneska	Discussion Nina Knoll	
13:00	Lunch				

Coffee Break			
Feeling the heat: risk perception and resilience in older adulthood	Nicotine	Design and acceptability of AI and digital health interventions	Understanding and Reducing Health Inequalities
Room: Aphrodite B	Room: Christian Barnard	Room: Athena	Room: Leda
symposium	sota	oral	symposium
Patrick Klaiber and Theresa Pauly	Susan Michie	Timothy Houtman	Christine Emmer and Carolin Marie Callies
798 Heat Risk, Perception, and Protection among Adults Aged 50–74 Dominik Daube	555 SoTA: The New Nicotine: Examining the Predictors Nicotine Use in Young People Across Multiple Nations Daniel Phipps	24 Would you share your internet use data for research on early detection ? Christina Derksen	664 The roller coaster ride of social inequality: Unraveling intragenerational occupational mobility's within-person impact on health Carolin Marie Callies
466 Heat Risk Perception and Coping in Older Adults Theresa Pauly		236 (online) Understanding Young Adults' Acceptance of AI Health Assistants: An Extended Technology Acceptance Model Ilona McNeill	874 Promoting healthy and sustainable eating among youth with a practical education background Marijn Stok
514 Social Connections- a Protective Factor for Older Adults' Health and Mental Health During Extreme Heat Rona Zimmerman Bar-Lev		492 Theory-based Design and Acceptability of the tala-med Cardio Fitness Coaching Feature George Jogho	925 Inequality at the table: Gendered diet inequality and food allocation norms in rural social networks Maria Almudena Claassen
453 Stuck in the heat? Temperature, mobility, social contact, and well-being among Hong Kong older adults Zhixuan (Molly) Lin	684 Does Nicotine Replacement Therapy reduce smoking when pregnant people cannot quit abruptly? A within-person analysis Joanne Emery	499 Patient informational needs and communication strategies for AI-assisted clinical decision-making: A qualitative study Simone Mingels	724 Identifying mediators of intersectional differences in health behaviours: Comparing two regression-based approaches Benjamin Schüz
447 Subjective Age Predicts Heat Risk Perceptions but Not Protective Action Patrick Klaiber	790 “If you don’t vape, it’s abnormal”: Attitudes towards vaping and becoming nicotine-free in Ireland Rory Coyne	794 Using genAI as a design tool to co-create personalized digital depression interventions Timothy Houtman	658 (online) Effectiveness of Self-Stigma-Reducing Interventions for Mental Health: A Meta-Analysis Christine Emmer
Activity Dwight Tse		682 AI supported personal value tailored financial incentives for health promotion: A Randomized Field Experiment Valentijn Visch	Discussion Wendy Hardeman
Lunch			

Thursday 03 September 2026

13:00		Open Science SIG Meeting	Habit SIG Meeting	Digital Health and Computer Tailoring SIG Meeting
		Room: Sophia	Room: Corallino	Room: Aphrodite A
session	Occupational stress and health	From Structural Evidence to Digital Personalization: Behaviour Change Strategies for Healthy and Sustainable Protein Transitions	Theory-informed approaches to improving clinical practice	Lost in translation? Building shared understanding with ontologies and terminologies in the health psychology
	Room: Hermes	Room: Sophia	Room: Corallino	Room: Aphrodite A
type	oral	symposium	oral	symposium
chair	George Koulierakis	Valentina Carfora	Vivi Antonopoulou	Marta Marques
14:30	257 Direct and moderating effects of sensory processing sensitivity on work-related stress and motivation <i>Veronique de Gucht</i>	767 (online) Interventions to reduce meat demand: a systematic review and meta-analysis <i>Rachel Pechey</i>	361 (online) Experimentally testing mode of administration of psychoeducation to modify treatment knowledge, beliefs and adherence <i>Lyndsay Hughes</i>	433 (online) Ontology-Driven Evidence Synthesis for Scalable Digital Physical Activity Interventions <i>John O'Neill</i>
14:45	639 Perfectionism and the workplace stressor–health relationship: A daily diary study <i>Thomas Curran</i>	364 (online) An experimental insight on social influence, masculinity, and meat symbolism <i>Giulia Scaglioni</i>	402 Implementation strategies for delivering brief psychological interventions for common mental disorders: a systematic review <i>Khatia Antia</i>	"627 Classifying and recording physical activity behaviours using an ontology <i>Carolina C. Silva</i>
15:00	585 (online) Can Health Complaints Lead to More Hindrance and Fewer Challenge Stressors? <i>Nils D. K. H. Tritschler</i>	964 (online) Health Communication and novel foods: enhancing cultured meat acceptance through safety perception <i>Daniela Caso</i>	479 Behavioural and implementation influences on commissioning and delivery of integrated physical–mental health care: systematic review <i>Vivi Antonopoulou</i>	678 (online) Mapping the GLA:D BACK Self-Management Adherence and Competence Checklist (SMAC Checklist) to BCIO <i>Bibi Heiberg</i>
15:15	229 Moral injury among healthcare professionals: a qualitative analysis across emergency and non-emergency settings <i>Cornelia Mairean</i>	509 From Bin to Freezer: Applying Protection Motivation Theory to Reduce Meat Waste <i>Cas Huisman</i>	669 (online) Developing a TDF-Guided Behaviour Change Intervention for C-Reactive Protein Supported Antibiotic Stewardship in Primary Care <i>Isil Coklar-Okutkan</i>	403 The GALENOS Data Browser: enabling open access to mental health research data with ontologies <i>Micaela Santilli</i>
15:30	94 Burnout and Occupational Depression in the Job Demands–Performance Relationship: A Comparative Two-Group Mediation Study <i>Beata Basinska</i>	359 Tailoring dietary goals in smartphone interventions: Comparing user-driven and system-driven approaches <i>Valentina Carfora</i>	890 (online) Targeting psychosocial determinants of antibiotic prescribing in primary care: a theory-informed behavioural protocol <i>Marta Acampora</i>	458 Improving communication and collaboration in applied global health: A behavioural insights glossary for public health <i>Paulina Schenk</i>
15:45	705 Online yoga for desk-based workers: MRC-guided randomised controlled trial of health and work outcomes <i>Vipin Wadhen</i>	Discussion Patrizia Catellani		Discussion Olga Perski
16:00	Coffee break			

Equity, Global Health and Sustainability SIG Meeting	Women’s Health SIG Meeting	LGBTQIA+ research SIG Meeting	Conceptualization, Formalization and Measurement SIG Meeting
Room: Aphrodite B	Room: Christian Barnard	Room: Athena	Room: Leda
Social experiences in digital and physical environments, and well-being	Social contexts of physical activity: From dyads and communities to digital ecosystems and policy	Women’s health, men’s health – biopsychosocial perspectives	Connected Care: Digital and Social Support Interventions
Room: Aphrodite B	Room: Christian Barnard	Room: Athena	Room: Leda
oral	symposium	symposium	oral
Stephanie Christodoulidou	Theda Radtke and Anna Banik	Yael Benyamini and Irina Todorova	Rachael Yelder
166 Problematic Social Media Use and Adolescent Depression, Anxiety, Alcohol Use: Is Parental Monitoring a Moderator? <i>Lyra Egan</i>	559 Synchrony of physical activity in everyday life of couples living with spinal cord injury <i>Johanna Rink</i>	765 Assessing women’s cardiovascular health risk: role of health Non-Profit Companies (NPCs) in identifying behavioral risk <i>Pamela Naidoo</i>	56 Psychological Flexibility and Internet-Delivered ACT: Improving Quality of Life in Adults Experiencing Persistent Physical Symptoms <i>Sanna Selinheimo</i>
522 Longitudinal association between social media alternate account use and psychological well-being in young adults <i>Xinyi Wang</i>	592 Latent profiles of TPB constructs among inactive parent-child dyads: Associations with physical activity behavior <i>Keegan Knittle</i>	674 Digital health literacy interventions for enhancing cervical cancer prevention among vulnerable women – a meta-analysis <i>Diana Taut</i>	712 A healthcare professional-supported digital intervention for fatigue in multiple sclerosis: The process of co-developing “REFUEL-MS” <i>Sophie Fawson</i>
598 (online) Associations of Individual Pornography Use with Relationship Quality and Sexual Satisfaction: A Systematic Review <i>Aikaterini Trempela</i>	636 When planning meets peers: Testing collaborative planning strategies for adolescents’ physical activity <i>Theda Radtke</i>	957 (online) Randomized Controlled Trial of a Midwife-Led Postpartum Debriefing Intervention to Prevent CB-PTSD <i>Chen Levine</i>	843 Nine-month distress reduction benefits of a cancer-specific stress management app: the RESTORE extension trial <i>Chloe Taub</i>
683 Looking beyond usage: engagement dynamics in a mental well-being intervention <i>Laura Bijkerk</i>	646 Fostering social connection to support physical activity: beta testing the co-designed digital platform ConnectUp <i>Dominika Kwasnicka</i>	422 Sex- and Gender-Sensitive Risk Prediction Model of Psychological Distress Following Spinal Cord Injury Rehabilitation <i>Susanne Ott</i>	226 Patient-initiated follow-up in cancer care and what it means for fear of cancer recurrence <i>Gozde Ozakinci</i>
348 Affective Well-Being of Support Providers in Daily Life: Temporal, Recipient, and Modality Effects <i>Ewa Gruszczynska</i>	831 Which physical activity policy domains reduce socioeconomic inequalities in weight-related outcomes? An umbrella review <i>Anna Banik</i>	686 Sex-and Gender-Sensitive dynamics in mental health outcomes in individuals with physical impairment: A systematic review <i>Manuela Valencia</i>	55 (online) Effects of a Digital Intervention for Children of Divorce: Mental and Physical Health <i>Daniel Bach Johnsen</i>
464 The Role of Basic Need Satisfaction in how you feel after supporting your partner <i>Vivien Hajak</i>	Discussion Urte Scholz	Discussion Efrat Neter	

Thursday 03 September 2026

session	Pro-environmental behaviors in different contexts	Digital Health Innovations: Equity, Access, and Implementation	The Future of Inclusive Co-Production in Health Psychology: Frameworks, Emerging Technologies and Critical Challenges	Vaccinations and antibiotics
	Room: Hermes	Room: Sophia	Room: Corallino	Room: Aphrodite A
type	short oral	short oral	roundtable	short oral
chair	Lisa Warner	Max Western	Sarah Denford	Daphne van Wees
16:30	371 Between- and within-person variability in the intention to adopt multiple pro-environmental behaviours among adults Ann DeSmet	187 Using Team Science to develop a framework for supporting equity in digital self-management of MLTC Emily McBride	891 The Future of Inclusive Co-Production in Health Psychology: Frameworks, Emerging Technologies and Critical Challenges Sarah Denford, Atiya Kamal, Alex Martin, Radomir Masaryk, Paulina Bondaronek, Gjalt-Jorn Peters	149 Between intention and action: maternal hesitancy and rotavirus vaccination uptake in a Dutch cohort study Daphne van Wees
16:40	841 Demographic Influences on Eco-Emotions and Environmental Action in the Netherlands: A Cross-Sectional Study Alejandro Dominguez Rodriguez	204 (online) Social Inequities in Digital Health Misinformation: A Scoping Review and New Conceptual Model Malika Mammadova		208 Sociodemographic and Antimicrobial Resistance-related Belief Determinants of Vaccine Hesitancy and Confidence across Ireland Caoimhe Shields
16:50	850 CLIMACTION project: Can subjective norms mediate the relationship between biospheric values and green eating? Marta Uva	595 Voices that shape care: Using multi-stakeholder insights to develop inclusive eHealth for socioeconomically disadvantaged families Lea Hohendorf		389 Understanding of antibiotic resistance and its implications for health behaviours: a survey and qualitative interviews Iga Palacz-Poborczyk
17:00	810 Where there is change, there is resistance: understanding different types of resistance to meat reduction Sanne Raghoobar	544 Mental Health Literacy, Stigma and Help Seeking in Individuals with Pathological Skin Picking Jennifer Schmidt		525 Factors Influencing Artificial Intelligence Use in Antimicrobial Stewardship: Systematic Review Using the Theoretical Domains Framework Massar Dabbous
17:10	97 Could smart technology reduce incontinence product waste? An interdisciplinary analysis combining LCA, Materials and Behaviour Ayşe Lisa Allison	4 Teletherapy: Useful for many but could miss some patients Amy Wachholtz		366 Infodemic Preparedness Through Social Listening: Understanding (Mis) Information About Measles Vaccination Kirsten Bisschops
17:20		871 When Innovations Meet Employees: A Scoping Review of Resistance During Organizational Implementation Roniwan Abbas		
17:30	Keynote - Prof. Gertraud Stadler Uerstanding Heterogeneity in Health Psychology Chair: Maria Karekla			Room: Akamas
20:00	Conference Dinner			

Diverse Health and Intervention	Towards a shared agenda for multiple behaviour change: Advancing theory, measurement and strategies	Co-Designed and Digital Interventions for Chronic Disease Care	Social Contexts and Behavioural Health
Room: Aphrodite B	Room: Christian Barnard	Room: Athena	Room: Leda
short oral	short oral	short oral	short oral
Diana Harcourt	Marta Marques	Wendy Hardeman	Anna Banik
30 The Visible Difference Parenting Toolkit: evaluating an intervention for parents/ carers of children with appearance-affecting conditions/injuries Maia Thornton	917 Towards a shared agenda for multiple behaviour change: Advancing theory, measurement and strategies Justin Presseau, Susan Michie, Theda Radtke, Carolina Silva, Marta Marques, Ann DeSmet	156 (online) A Pilot Randomized Clinical Trial of a Virtual-Reality Psychosocial Intervention for Bone Marrow Transplant Recipients Hermioni Amonoo	16 Negotiating cancer care for adults with intellectual disability: A candidacy and stigma analysis Natalie Gil
32 Evaluating an ACT-based podcast to support adults with visible differences navigate intimacy and romantic relationships Emma Waite		207 Co-design of a UK online group intervention for managing diabetes distress through emotion regulation Dr iliatha Papachristou Nadal	754 How are obesity and overweight represented on TikTok? Cliodhna O'Connor
239 Cerina-Cognitive Behavioural Therapy based mobile application for GAD symptoms: A pilot feasibility RCT Ozlem Eylem-van Bergeijk		"766 Tracking temporal changes to a behavioural cognitive muscular therapy integrating in-clinic treatment with digital components Wendy Maltinsky	956 An analysis of #Diabetes content on TikTok: representations and stigma Siobhan Power
273 Evaluation of resilience-oriented and adherence-focused dyadic interventions among adolescents and mothers living with HIV Chenxi Wang		"926 (online) Integrating Digital Support with Theory-Driven Psychosocial Intervention to Improve Psychological Adjustment in Cancer Patients Gulsen Filazoglu Cokluk	685 Context matters: how public values shape students' decisions of using a university-based mental wellness app Tonka Milošević
465 From referral to recovery: a health psychology exploration of CBT for bulimia nervosa Anne-Mairead Folan		"53 (online) Reflections on being a participant of a study on transgender and non-binary people with endometriosis Cheryl Eder	275 Co-creating an Individualized Social Incentive Intervention to Promote Physical Activity in Patients with Cardiovascular Disease Linda Breeman
237 Stigma and treatment experiences of GLP-1 weight loss injection users Sarah-Jane Stewart			951 Developing an evidence-based peer-led mall-walking intervention for older adults using participatory insights: The PATH study Marlene Kritz
Keynote - Prof. Gertraud Stadler Uerstanding Heterogeneity in Health Psychology Chair: Maria Karekla			
Room: Akamas			
Conference Dinner			

Friday 04 September 2026

session	Human-centred design methods for meaningful involvement of people with lived experience across the research lifecycle	BEST BEHAVIOUR: Better Evidence Synthesis to Target Behaviour Change in Health & Healthcare	Health and environment: From individual to policy level	Well-being and digital environments
	Room: Hermes	Room: Sophia	Room: Corallino	Room: Aphrodite A
type	roundtable	roundtable	short oral	short oral
chair	Aleksandra Kustra-Mulder and Marijke Melles	Ukachukwu Abaraogu	Claudia Teran-Escobar	
10:00	575 Human-centred design methods for meaningful involvement of people with lived experience across the research lifecycle <i>Aleksandra Kustra-Mulder, Marijke Melles, Ece Şekerli, Deanne Spek, Merel Van Eick, Abigail Smakowski, Claudia Knowles</i>	667 BEST BEHAVIOUR: Better Evidence Synthesis to Target Behaviour Change in Health & Healthcare <i>Tracy Epton, Jenny McSharry, Ukachukwu Abaraogu, Sarah Rhodes</i>	661 Factors influencing adaptive behaviours to extreme heat across urban and rural areas: a systematic review <i>Katrin Brückner</i>	25 (online) Effects of exposure to virtual nature on emotional regulation and well-being in university students <i>Rita Moura</i>
10:10			804 Handling (or hoping for) heatwaves? Experiences of extreme heat among older adults in temperate climates <i>Tess Davis</i>	29 Immersive Health Psychology: Augmented-Reality-Based Intervention for Chronic Low Back Pain Management <i>Robin Conen</i>
10:20			727 Recipes in an AI-enabled health and wellbeing app: ingredient and greenhouse gas emission analysis <i>Esther Curtin</i>	940 Digital phenotyping in higher education: students' readiness and attitudes toward AI-based wellbeing monitoring <i>Ksenia Eritsyan</i>
10:30			847 Disagreeing on purpose: Can planned interpersonal disagreements about the environment and health catalyze change? <i>Christin Scholz</i>	61 Algorithmic vulnerability and adolescent mental health in AI-driven digital environments <i>Eirini Korompilia</i>
10:40			748 Public support for Net Zero policies: A nationally representative survey of the UK population <i>Samira Hiesl</i>	355 (online) A Privacy-Preserving Chatbot Framework, leveraging Open-Source Large Language Models, for Patient Simulation in Psychotherapy Training <i>Pasquale Caponnetto</i>
10:50				
11:00	Coffee break			

Understanding Behaviour Change Determinants Room: Aphrodite B	Integrating Health Psychology's Fragmented Theory and Evidence Base Room: Christian Barnard	Communication & decision making Room: Athena	Health care through an equity lens Room: Leda
oral	roundtable	short oral	short oral
Paulina Schenk	Marta Marques	Michael Kilb	Olga Damman
322 Intention, change in intention, recent intention and the intention-behaviour gap: predicting attendance at cardiac rehabilitation <i>Derek Johnston</i>	145 Integrating Health Psychology's Fragmented Theory and Evidence Base <i>Marta Marques, Susan Michie, Robert West, Marie Johnston, Olga Perski</i>	370 Developing a Personalized Communication Model to Enhance risk communication in inherited dyslipidemias in Cyprus <i>Andrie Panayiotou</i>	849 Understanding Adjuvant Endocrine Therapy Experiences Among Black Women in the UK: A Qualitative Study <i>Nimreth Kaur Sidhu</i>
278 Does experience predict future behaviour ? Insights from repeated mosquito-borne disease outbreaks on Réunion Island. <i>Kathleen McColl</i>		665 Processing Risk: How Narratives and Health Literacy Influence Reasoning in a Digital Breast Cancer Decision-Aid <i>Madeline Therrien</i>	516 Screening for poverty in a paediatric hospital: a pilot study of the Financial Risk Questionnaire <i>Ashley Smit</i>
572 An expert-informed causal loop diagram of adherence to public health measures during respiratory disease outbreaks <i>Yannick Helms</i>		413 The Effects of Plain Packaging of Energy Drinks on Consumer Perceptions and Purchasing Intentions <i>Matan Koklanski</i>	212 Ethnic Variation in Wellbeing and Service Use Among Unpaid Caregivers in Wales <i>Abdulmalik Olaosebikan</i>
378 Understanding physical activity maintenance as a dynamic process: Introducing PAAM 2.0 <i>Darko Jekauc</i>		872 Communicating healthy child nutrition: Germany-wide survey of willingness and frequency among pediatricians and kindergarten teachers <i>Michael Kilb</i>	473 Between Shame and Prejudice: Validation of a Short German Public Stigma Scale <i>Leon Cassian Hammer</i>
			621 Associations Between Childhood Maltreatment and Breastfeeding: A Population-Based Study <i>Seraina Lerch</i>
			108 Developing an accessible Pain Science Education intervention to encourage physical activity whilst awaiting joint replacement <i>Anna Hurley-Wallace</i>
Coffee break			

Friday 04 September 2026

session	Burnout in all its forms	Environment, behaviour, and health	Social Dynamics in Adolescent Health	Nutrition, dietary change, and weight-related behaviours
	Room: Hermes	Room: Sophia	Room: Corallino	Room: Aphrodite A
type	symposium	oral	oral	oral
chair	Aurelie Gauchet	Daniella Watson	Nicole Alberts	Laura König
11:30	449 Preventing burn-out among healthcare workers using a cognitive behavioural stress management program (CBSM) <i>Nour Chiboub</i>	240 (online) Psychological impact of the 2024 floods in Spain: Exposure, resilience, and institutional response <i>Paula Collazo-Castiñeira</i>	129 From parent-adolescent interaction quality to self-harm through self-esteem: a longitudinal and dyadic study <i>Anna Joy Russ</i>	198 (online) Does prioritizing specific food categories improve overall adherence to the Mediterranean diet? <i>Miriam Capasso</i>
11:45	414 Comparing Two Intervention Approaches to Prevent Parental Burnout: Efficacy and Mechanisms <i>Celine Stinus</i>	180 (online) Behavioral Interventions and Heat Exposure: Effects on Daily Functioning and Sleep Quality (WELLFIT) <i>Martha Schneider</i>	268 Characterizing pain in young childhood cancer survivors: Impacts of child and parent mental health <i>Jada Benedictson</i>	732 Time for Sugar Free: An Intervention to Reduce Sugar Sweetened Beverage consumption in Sports Clubs <i>Saar Mollen</i>
12:00	419 (online) Psychological Interventions to Reduce Burnout in Academia and Associated Mediators of Change: A Scoping Review <i>Maddy Metras</i>	610 “If we all come together and fight this as one”: climate impacts on young Australians <i>Daniella Watson</i>	266 (online) Health-related communication in adolescents and young adults with sickle cell disease <i>Tori Langmuir</i>	411 An experimental test of dietary self-monitoring schedules on adherence and effectiveness <i>Laura König</i>
12:15	424 The burden-burnout-depression conundrum in informal care: an exploratory analysis <i>Pierre Gérain</i>	412 The association between parks’ socioeconomic location, their maintenance, and their attendees’ behaviors. <i>Efrat Neter</i>	286 Explaining the decline in vaccination uptake among children under two: impact of the covid pandemic <i>Hilde van Keulen</i>	287 Increased availability of meat-free hospital meals promotes sustainable food choices without reducing satisfaction <i>Alice Seffen</i>
12:30	Discussion <i>Aurelie Gauchet</i>	258 Behavioural pathways between energy poverty and health: insights from time-use diaries <i>Celine Fox</i>		747 Can a virtual patient encourage healthcare professionals compassionate weight management conversations? A mixed methods evaluation <i>Catherine Haighton</i>
12:45				
13:00	Lunch			
14:00	Posters	Christian Barnard Foyer		
15:00	Keynote - Dr. Nicos Middleton Digital innovations and behavioural insights for (Dis)Respectful Maternity Care in Cyprus: From cocreation to reflections for systemic change <i>Chair: Angelos Kassianos</i>			Room: Akamas
16:00	Closing Ceremony	Room: Akamas		
17:00	Reception for EHPS 2027	Room: Akamas		

Sedentary behaviour and active living	Making behaviour change frameworks actionable	Neurophysiological markers distress and recovery in illness	Open enough? Balancing transparency and privacy to make open science work for health psychology
Room: Aphrodite B	Room: Christian Barnard	Room: Athena	Room: Leda
oral	sota	oral	symposium
James Green	Marie Johnston	Yori Gidron	Rory Coyne
282 Co-designed park improvements produce long-term impacts on physical activity and wellbeing: 7-year natural experimental study David French	80 SOTA: Starting from where users are: How to support researchers to use ontologies for precision science Susan Michie	879 (online) Heart Rate Variability as a Marker of Vulnerability in Breast Cancer: Associations with Medical Characteristics Ioanna Kazalaki	486 (online) Awareness and usage of open research practices in health psychology and beyond Emma Norris
148 Motivated and responsive: Peer-leader attributes supporting delivery of a national walking program Cecilie Thøgersen-Ntoumani		441 Daily stress and worry are additional triggers of symptom fluctuations in individuals living with Long-COVID Daryl O'Connor"	489 Reporting Data Note articles describing qualitative health and social care research datasets: The DeNOTE guidance Jo Brooks
493 Perceived physical, social, and emotional benefits of reducing sedentary time and changes in sedentary behavior Paulina Krzywicka		429 Invisible challenges of parenting a child with type 1 diabetes: a longitudinal study in Portugal Vasco Costa	731 Interpretable machine learning meets open science: A framework for transparent explanations Jonas Hauck
900 Perceptions and barriers to cycling among parents and older adults in under-resourced communities Paula R. Gisbert		889 CAT-BRAIN: Feasibility and preliminary efficacy of a hybrid cognitive rehabilitation model in chronic brain injury Fofi Constantinidou	Discussion Rory Coyne
941 ISCycle: Long-term effects of an ebike loan intervention on transport behaviour in Ireland James Green		965 Does Heart-Rate Variability Moderate Relations Between Inflammation and Stroke Risk: The MESA study Yori Gidron	Activity Rory Coyne
814 Maintaining exercise behaviour in prostate cancer: results of the STAMINA trial Liz Steed			
Lunch			
Posters	Christian Barnard Foyer		
Keynote - Dr. Nicos Middleton Digital innovations and behavioural insights for (Dis)Respectful Maternity Care in Cyprus: From cocreation to reflections for systemic change Chair: Angelos Kassianos			
Closing Ceremony	Room: Akamas		
Reception for EHPS 2027	Room: Akamas		

Friday 04 September 2026

Christian Barnard Foyer

14:00 - 15:00 Posters

Session: Caregivers’ difficulties and potential solutions

Chair: Filipa Teixeira

948 - Loneliness in informal carers and care-recipients in Sweden
Lena Dahlberg

944 - A Scoping Review on Factors Associated with Community Transition Following Informal Caregiving Cessation
Filipa Teixeira

301 - Dynamic communication between parents and adult children in caregiving: Weekly self-disclosure and protective buffering
iyan Chen

757 - Exploring Motivation to Become a Peer Mentor among Heart Transplant Recipients
Zsófia Ocsovszky

Session: Individual Differences in Self-Regulation: Contexts, Mechanisms, and Outcomes

Chair: Aleksandra Kroemeke

144 - Who feels capable to be active? Identifying self-efficacy source profiles using latent profile analysis
Viktoria Egele

376 - Individual Differences in Attachment–Sensitivity Profiles: Implications of Play for Empathy and Peer Relationship Quality
Matilde Melotto

440 - Personality-Related Protective Factors in Orientations to Happiness: A Cluster-Analytic Approach
Zoltán Erős

435 - Effects of achievement motivation and interpersonal dependency on problematic and adaptive digital engagement
Shin-ichi Oura

27 - Exploring the experiences of social media influencers with appearance-affecting health conditions/injuries using photo-elicitation interviews
Ella Guest

Session: From Apps to AI: Digital Pathways to Mental Health and Well-Being

Chair: Carolina Silva

35 - Social media-supported brief digital mindfulness intervention for Chinese international students: a mixed-method pilot study
Jiawan Zhong

141 - Digital interventions for promoting undergraduate student well-being: barriers, facilitators, and recommendations
Elena Ruyant Belabbas

556 - Mobile applications for suicide prevention: An overview of reviews
Siri Jakobsson Støre

Christian Barnard Foyer

14:00 - 15:00 Posters

641 - Emotionally Available Machines: Attachment and Emotional Dependence on ChatGPT in Young Adulthood
Rosalyne Constantine

220 (online) - Development and validation of the Socio-Affective AI Use Scale (SAAI-S) among italian high school students
Simone Festa

722 - Ontological construals of conversational AI and trust in AI-generated health information
Yadviga Sinyavskaya

840 - ePsychological health & well-being in Portuguese: A short & simplified scoping review
Rute F. Meneses

878 - The New First Listener: Daydreaming Styles and Self-Compassion Predict Adolescent Disclosure to AI in ADHD
Amy Cheung

822 (online) - From Self-Tracking to Healthcare Interactions: Women’s Experiences Using Symptom-Tracking Apps and Wearables
Jennifer Cooney-Quane

752 - AI and digital mental health tool use in young adults (18–24) in Cyprus
Andria Theodoulou

726 - From scores to stories: Evaluating the quality of LLM-generated narratives about patient-reported outcomes
Linwei He

Session: Illness Experiences, Health Communication, and Preventive Behaviour

Chair: Efrat Neter

18 - The Role of Spirituality in Adaptation and Health Outcomes in Oncology: A Scoping Review
Kristine Mārtinsone

196 - Patient experiences of coping with low-grade 2 glioma: a qualitative study in Greece
George Koulterakis

305 - The psychological experiences of haemodialysis patients with end-stage kidney disease: An ACT-informed qualitative study
Eleni Konstantinou

213 - Making sense of chronic pain: a Grounded Theory approach
Christina Papachristou

341 - “I call it a bastard”: Textual statistical analysis of discourse of patients with lung cancer.
Louise Zanni

629 - Exploring fear of cancer recurrence in breast cancer survivors: a qualitative study
Maria Inês Griff

85 (online) - Time on Hemodialysis, Psychological Inflexibility, and Coping: Pathways to Depression and Quality of Life
Francisco Montesinos

793 - Mapping themes, sponsorship, and information quality in anti-obesity medication content on social media
Cathalijne Cornelissen

Friday 04 September 2026

Christian Barnard Foyer

14:00 - 15:00 Posters

- 105 - Risk prediction models for COVID-19 and influenza vaccination status based on socioeconomic and health-related factors
Hanna-Kai Reimand
- 569 - Between Prevention and Polarization: Social Representations of Vaccination Among Parents in Slovakia
Alexandra Šurinová

Session: Mental health, nature, and tobacco
Chair: Maria Karekla

- 628 (online) - Psychosocial Determinants of Public Stigma Towards Mental Health: Implications for Behaviour-Focused nterventions
Nataša Dernovšček Hafner
- 751 - Developing a school-based intervention to support balanced screen use among adolescents through participatory design
Maria Grante
- 409 - Cross-sector stakeholder engagement in nature-based interventions in adult healthcare
Aivija Knīse - Repša
- 868 - Bridging Healthcare and Nature: Professional Perspectives on the Implementation of Nature-Based Interventions
Aivija Knīse - Repša
- 649 - Implementing parkrun practices in primary care: opportunities, barriers, and pathways to sustainable engagement
Jessica Marshall
- 611 - Identifying high-risk urban locations and contexts for nicotine craving in Amsterdam: a mixed-methods study
Joop van den Nagel

Session: Psychosocial and Digital Interventions in Chronic Disease Care
Chair: Theodora Fteropoulli

- 88 - Empowering Endometriosis Decisions Through Technology: Focus Group Co-Design of a Chatbot-based Patient Decision Aid
Océane Pittet
- 100 (online) - Effects of an Acceptance-based Therapy on Psychological Flexibility, Coping, and Emotional Symptoms in Hemodialysis Patients
Sonia Diéguez Mantecón
- 209 - Co-creation of the 3D Programme: An internet-based cognitive behavioural therapy intervention for women with depression
Natalia Angarita-Osorio
- 393 - Enhancing engagement in digital mental health through lived experience: Evidence from the EMBody intervention
Emily Todd
- 543 - Aligning Dimensions of Interoceptive Experience (ADIE) Therapy for breast cancer survivors: a clinical trial protocol
Amy Morton

Christian Barnard Foyer

14:00 - 15:00 Posters

- 547 - Theory-based eHealth intervention enhancing adjustment and quality of life in breast cancer patients
Joanna Tomczyk
- 550 (online) - Defining psychological intervention needs in hypertensive disorders of pregnancy
Kathleen Lalande
- 803 - Where theory meets experience: building meaningful support for people with Multiple Sclerosis
Jessica Walburn
- 19 (online) - Building Municipal Capacity for Health in All Policies Through Decentralized Prevention Counselling: A Process Evaluation
Melanie Jagla-Franke

Session: Psychosocial Determinants of Children, adolescents, and student Mental Health and Wellbeing
Chair:Laura Gördes

- 11 - Motivation and Emotion Regulation in Education as Risk and Protective Factors for Mental Health
Eva Vancu
- 139 (online) - Resilience, stress, and mental health outcomes in nurses and nursing students
Tina Kavčič
- 150 - Innovation for student wellbeing: Using “”My Competence Portfolio”” to foster self-efficacy in STEM
Madalina Jäger
- 360 (online) - Sleep quality, daytime sleepiness and student self-efficacy: psychosocial predictors of well-being and stress
Davide Serpe
- 511 - Who Knows More About Mental Health? Differences Across Majors in German University Students
Alice Fedotova
- 620 - Meaning in Studies of Medical Freshmen: Associations with Well-being and Burnout
Sarah Baumgartner
- 442 - Eating disorders among adolescents as an attempt to improve self-esteem
Agnieszka Białek-Dratwa
- 688 - Psychosocial determinants of orthorexia: the role of appearance internalization and body composition
Agata Kiciak
- 203 - Moral Identity and Moral Injury in the Cyclical Dynamics of Adolescent Cyberbullying
Cobzeanu Alexandra
- 587 - Coping families in adolescents’ online questions: age and gender patterns in help-seeking
Torstein de besche
- 495 - What challenges do parents face in talking to adolescents about weight?
Fiona Gillison



Social Events

WELCOME COCKTAIL

Date: Tuesday, 01 September 2026

Time: 18:45

Where: Venue Hotel (Coral Beach & Resort)

Welcome Cocktail is the first social gathering between all conference delegates and it will take place at the Venue Hotel. It will be a relaxing evening during which delegates will have the opportunity to talk to colleagues and peers, while enjoying local drinks and ample canapés.



CONFERENCE DINNER

Date: Thursday, 03 September 2026

Time: 20:00-22:00

We will gather in the lobby of the Venue Hotel from where we will go to the dinner location. Once there, participants will be treated to extensive buffets featuring the finest local specialties, complemented by a selection of drinks.



About Cyprus

Geography

Cyprus is the third largest island in the Mediterranean, after Sicily and Sardinia, with an area of 9.251 sq. kms (3.572 sq. miles). It is situated at the north-eastern corner of the Mediterranean, at a distance of 300 km north of Egypt. Cyprus' coastal line is indented and rocky in the north with long sandy beaches in the south. The north coastal plain, covered with olive and carob trees, is backed by the steep and narrow Pentadaktylos mountain range of limestone, rising to a height of 1.042 m. In the south, the extensive mountain massif of Troodos, covered with pine, dwarf oak, cypress and cedar, culminates in the peak of Mount Olympus, 1.953 m. above sea level. Between the Troodos range and the Pentadaktylos mountain range lies the fertile plain of Mesaoria. Arable land constitutes 46.8 per cent of the total area of the island. There are no rivers, only torrents which flow after heavy rain.

Demography

The population of the Republic of Cyprus is 952.100 (2012) of whom 681.000 belong to the Greek Cypriot community, (71,5%), 90.100 (9,5%) to the Turkish Cypriot community (estimate) and 181.000 (19,0%) are foreign citizens residing in Cyprus. The language of the Greek Cypriot community is Greek and the community adheres predominantly to the Autocephalous Greek Orthodox Church of Cyprus. The language of the Turkish Cypriot community is Turkish and the members of the community are Sunni Muslims.



Ancient Amathus, Limassol



Kolossi castle, Limassol



Flamingos in Larnaca salt lake



Troodos mountains

History

The earliest presence of human beings in Cyprus dates back 10,500 years. Noteworthy from the prehistoric period are a burial dating back to 7,500 BC, which contained the remains of a cat, making it the earliest evidence of feline domestication in the world and the Neolithic settlement for Choirokoitia, which dates back to 6,800 BC and is a Unesco World Heritage site.

The introduction of copper made Cyprus one of the most important exporters of the metal in the Middle East and beyond and during this time we find Cyprus being mentioned in letters between its kings and the kings of Egypt, the Hittite kingdom and the kingdoms of the Levant. It is during the second millennium BC that contact with the Minoan civilization and then the Mycenaeans from Greece brought the first waves of Greek colonization to the island. By the end of the second millennium BC the Greek identity was firmly established on the island. This is also the time that the modern name, Cyprus (Κύπρος in Greek), appeared for the first time.

Other peoples from the Levant, like the Phoenicians, Assyrians, Egyptians, and Persians interacted with Cyprus, either by setting up trading posts or by bringing Cyprus under their direct or indirect control. Alexander the Great seized the island in 333 BC and subsequently it was passed on to Ptolemaic Egypt and then Rome. Christianity was preached in Cyprus by Apostle Paul in the first half of the first century AD and it is said that the Roman proconsul of Cyprus, Sergius Paulus, converted to Christianity, becoming the first Christian ruler. Christianity remains the predominant religion on the island.

The island then passed to the Eastern Roman Empire in 330 AD. The island was invaded by the Arabs in 649 AD and from 688 AD it was considered a condominium between the Byzantines and the Arabs. During this time the Arabs repeatedly raided the island, killing, looting, destroying churches and settlements and carrying the inhabitants away to be sold as slaves. It is during this period that the villages on the mountains were built, as a defense to the Arab raids. This lasted until 965 AD when the Arabs were defeated by the Byzantine Emperor Nicephorus II Fokas. In 1191 AD King Richard the Lionheart conquered Cyprus and sold it to the Knights Templars who, in turn, sold it to Guy de Lusignan, the former King of the Kingdom of Jerusalem. He was the first King of the Frankish dynasty which ruled Cyprus until 1489 when the widow of the last king, Catherine Cornaro, abdicated her throne in favor of the Republic of Venice. In 1570 the Ottoman Turks invaded Cyprus which fell after a year of fighting. The Ottoman occupation lasted until 1878 when Cyprus became a British Protectorate and, from 1925, a Crown Colony.

After an armed struggle by the Greek Cypriots in 1955-59, the island was granted independence in 1960. In 1974 Turkey invaded the north of the island in response to a coup which overthrew the

About Cyprus

electd president of the Republic of Cyprus and has been occupying 37% of the island since. This resulted in the mass displacement of 160,000 Greek Cypriots to the south while 40,000 Turkish Cypriots from the south were transported by the British Army to the north, occupying the homes and properties of the Greek Cypriot refugees. Several hundred thousand turks from mainland Turkey moved to the north part of Cyprus where they make up the majority of the population. Today the island is a European Union Member State, but the northern part is not controlled by the internationally recognized government of the Republic of Cyprus.

Cypriot Flag

The flag of the Republic of Cyprus was defined in 1960 when Cyprus became an independent sovereign state.

The background is white with a copper-coloured (pantone 1385 C) silhouette of the map of Cyprus in the centre of the flag, above two crossed olive-green-coloured (pantone 574 C) olive branches. The copper colour has a dual symbolism: first, the name of the island is said to derive from an ancient word for copper (Eteocypriot or Sumerian); and second, copper is closely associated with Cyprus since antiquity when the island became a major producer and supplier of this mineral resource. The olive branches are symbols of peace.



Climate

Cyprus has a Mediterranean climate: hot, dry summers from June to September and mild, wet winters from November to March, which are separated by short Autumn and Spring seasons. Sunshine is abundant during the whole year, particularly from April to September when the daily average exceeds eleven hours. Winds are on the whole light to moderate. Gales are very infrequent and heavy storms rare.

Snow hardly falls in the lowlands and on the northern range, but is a frequent feature, every winter on ground above 1.000 metres in the Troodos range. During the coldest months it lies in considerable depth for several weeks, attracting skiers.

Food and Drink

The food of Cyprus reflects the rich and turbulent history of the island and its indelible Greek culture. You will find tastes influenced by the Middle East, Asia Minor and the Venetians, all using fresh local ingredients, herbs and spices and olive oil. The Mediterranean diet, with its grains and pulses, sun-ripened fresh fruit and vegetables, high-protein fish, lean meat and poultry and wine, is a healthy option.

Cyprus is known for its Hallumi chese which is made from goat milk and unlike other cheeses it can be cooked in a variety of ways without melting.

Cyprus has a long tradition in winemaking that goes back over 4,000 years. In ancient times wine was a major source of wealth for the island. The island supplied the Pharaohs of Egypt and Cyprus wines were in great demand amongst the ancient Greeks and Romans.

Commandaria is acknowledged to be the oldest wine in the world and was probably the first to be given an 'Appellation d'Origin' (label of geographical origin). Legend says that Commandaria was originally made for Richard the Lionheart and the Crusaders. The dessert wine, which has a taste like sweet sherry, has been made using the same method for hundreds of years. The grapes are picked late, dried in the sun to enhance their sugar content and then pressed. The run-off is collected and fermented in tanks or in huge earthen ware jars. The sweet wine of Cyprus became known throughout Europe under the name Commandaria depicting its geographical origin "Commandarie" which was the name given to the land owned by the Knights Templar and later the Knights of St. John.



Nissi beach, Ayia Napa

76



77



About Pafos

About

- Paphos is a small, charming harbor town.
- Geographically located in the western part of the island, with a population of 52.800 people.
- Pafos is entwined with Greek mythology, and the legendary birth of Afrodite on her shores brought fame and worshippers there to follow the cult of the Goddess.
- This part of the island possesses all the elements of a perfect holiday location, conference meetings, dining, shopping and nightlife; as the choices are too many to suit each one's preferences.



QUALITY LIVING

Named the most liveable small city in the world, according to Compare the Market AU.



RICH CULTURE

Several UNESCO World Heritage Sites, including the famous Tombs of the Kings, are in the area.



NATURAL BEAUTY

The green landscapes, and clean beaches provide an inspiring environment.



Pafos old town

Sightseeing and Activities

Paphos, a city rich in history and culture, offers a unique blend of ancient ruins, beautiful landscapes, and modern amenities. From its stunning coastline to its charming old town, Paphos is a destination that captivates visitors with its fascinating stories and welcoming atmosphere.



Culture and Creativity

Whether you're a history enthusiast, art lover, or simply curious traveler, this guide will provide you with essential tips to make the most of your visits to Paphos attractions.



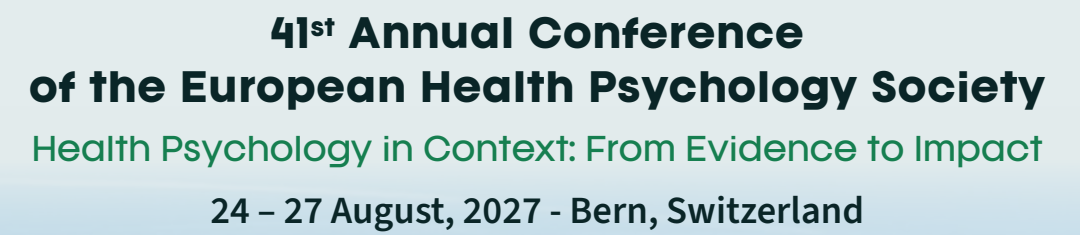
Gastronomy and Nightlife

Experience the delightful gastronomy of Paphos, where traditional Cypriot flavors meet Mediterranean cuisine. Learn about the local Culinary Destinations, Coffee Spot Areas, Street Food and After-Dark Adventures.



Notes

[illegible][illegible]

[illegible]



we take
care of
every detail

for your
conference
needs

FLEXIBLE SOLUTIONS TO SUIT YOUR SPECIFIC NEEDS

EasyConferences Ltd has been in business since 1992 and has been specializing in the complete coordination and organization of conferences and all related activities. Through the development of its own online registration software, the company has expanded its operations outside Cyprus. We have extensive experience in organizing events ranging from 20 to 2000 participants for physical, hybrid or online participation. We consult, manage and assist in every step of the process of any event and we deliver top professional services throughout.

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

EasyConferences can provide organizers with a complete paper submission evaluation system at www.easyacademia.org. We also have our own, custom-made one-stop-shop Conference Management System, www.easyconferences.org, which offers the ability to sign up and within minutes register for the conference and its extra activities, book accommodation, airport transfers, social activities for themselves and their accompanied persons and allows them to pay instantly online.

Our extensive experience and personal attention to every participant's needs, backed by our team members' unrivaled expertise in their field, as well as the selection of the right partners, has resulted in our impeccable track record that is our guarantee for perfectly organizing any conference or event.

Please visit our website, www.easyconferences.eu for more information on our services, a list of upcoming and past events, as well as referrals from our customers.

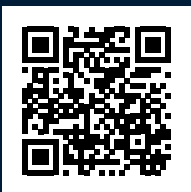
📍 P.O.Box 24420, 1704, Nicosia, Cyprus
☎ +357 22 591900
📠 +357 22 591700
✉ info@easyconferences.eu

www.easyconferences.eu
www.easyconferences.org

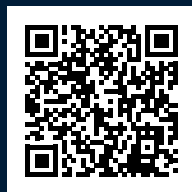




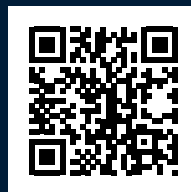
Have you connected with us on social media yet?



<https://www.facebook.com/ehpsconference>



<https://www.linkedin.com/company/ehpsconference>



<https://mastodon.social/@ehpsconference>



<https://bsky.app/profile/ehpsconference.bsky.social>