

Online Programme Schedule | Thursday 8 September 2022

8.30 – 10.00

Symposium 1

Re-thinking Beck: confirming and extending propositions from Beck's original and generic cognitive model

Chair: **Janna Vrijzen**, Radboud University Medical Center & Pro Persona Mental Health Care, Nijmegen, the Netherlands

8.30 What happens in the past, stays in the future: Investigating the effects of a smartphone-based autobiographical memory training in dysphoria

Nessa Ikani, Radboud University, the Netherlands

8.50 Moment-to-moment interplays between negative cognitive biases and affective states during daily life functioning: A novel experience sampling approach

Alvaro Sanchez-Lopez, Complutense University of Madrid, Spain

9.10 Memory bias predicts increase in mental problems and decrease in positive mental health

Pascal Fleurkens, Pro Persona Mental Health Care, Nijmegen, the Netherlands

9.30 A new, easy to administer, and innovative measure of automatically-activated beliefs: The MT-PEP

Jamie Cummins, Ghent University, Belgium

9.50 Discussion

Eni Becker, Radboud University, the Netherlands

Symposium 2

Involving mental imagery in the assessment and treatment of emotional disorders in children and adolescents

Chair: **Marjolein Thunnissen**, University of Groningen, the Netherlands

8.30 Characterising negative mental imagery in adolescent social anxiety

Kenny Chiu, University of East Anglia, UK

8.50 Is future mental imagery associated with reduced impact of the COVID-19 pandemic on negative affect and anhedonic symptoms in young people?

Taryn Hutchinson, King's College London, UK

9.10 Interventions targeting negative mental imagery in social anxiety: a systematic review and meta-analysis of characteristics and outcomes

Maike Nauta, University of Groningen, the Netherlands

9.30 Negative 'flashforward' imagery in children and adolescents with social anxiety disorder: A pilot study of an imagery interview and an EMDR intervention

Marjolein Thunnissen, University of Groningen, the Netherlands

9.50 Discussion

Caroline Braet, Ghent University, Belgium

Symposium 3

Imagery Rescripting: clinical applications and underlying mechanisms

Chair: **Sophie Rameckers**, University of Amsterdam, the Netherlands

8.30 Treating PTSD with Imagery rescripting in underweight eating disorder patients: a multiple baseline case series study

Marieke Ten Napel-Schutz, GGNet, Amaram, the Netherlands

8.50 The working mechanisms of Imagery Rescripting and Eye Movement Desensitization and Reprocessing

Sophie Rameckers, University of Amsterdam, the Netherlands

9.10 Future-oriented Imagery Rescripting and Imaginal Exposure for social anxiety symptoms: mechanisms and outcomes in an analogue study

Snir Barzilay and **Jonathan Huppert**, The Hebrew University of Jerusalem, Israel

9.30 Training therapists based in Kurdistan to use Cognitive Restructuring and Imagery Modification (CRIM) to treat Yazidi Women reporting feelings of being contaminated following sexual assault

Sameena Akbar, Woodfield Trauma Service, Central North West London NHS Trust, UK

9.50 Discussion

Online Programme Schedule | Thursday 8 September 2022

■ Symposium 4

gameChange virtual reality (VR) cognitive therapy: from housebound to the world outside

Chair: **Daniel Freeman**, University of Oxford, UK

8.30 Introduction

Daniel Freeman, University of Oxford, UK

8.35 gameChange virtual reality (VR) cognitive therapy: from housebound to the world outside

Laina Rosebrock, University of Oxford, UK

8.50 Developing an automated VR cognitive treatment for psychosis: gameChange VR therapy

Sinéad Lambe, University of Oxford, UK

9.05 Does gameChange work? results of a multicenter, randomised controlled trial evaluation with mediation and moderation analyses

Daniel Freeman, University of Oxford, UK

9.20 A safe place to learn: the patient experience of automated virtual reality (VR) therapy

Felicity Waite, University of Oxford, UK

9.35 Delivering gameChange VR therapy – two case examples

Kate Chapman, Avon and Wiltshire Partnership NHS Foundation Trust, UK

9.50 Discussion

10.30 – 12.00

■ Symposium 9

Adapting CBT and beyond; Scalable interventions delivered by non-professional helpers to address common mental disorders across the globe

Chair: **Marit Sijbrandij**, VU University, Amsterdam, Netherlands

10.30 A controlled trial of a lay provider delivered behavioural intervention for Syrian refugees and their children

Richard Bryant, University of New South Wales, Sydney, Australia

10.50 Effectiveness of a peer-refugee provided behavioral intervention for Syrian refugees in the Netherlands

Anne De Graaff, VU University, Amsterdam, Netherlands

11.10 Testing and scaling-up problem management plus with Arabic-speaking refugees in Switzerland – results from a randomized controlled trial

Naser Morina, University Hospital Zurich, Switzerland

11.30 Comparing mindfulness-based stress reduction versus escitalopram for anxiety

Eric Bui, University of Caen, France

11.50 Discussion

■ Symposium 10

Reactions to social challenges in social anxiety: Sensitivity and reactivity to social status and affiliation signals and events across the developmental continuum

Convenor and chairs: **Idan Aderka & Eva Gilboa-Schechtman**

10.30 Children's social anxiety and their perception of likeability by peers

Mike Rinck, Radboud University, Nijmegen, the Netherlands

10.50 The longitudinal link between social status and social anxiety across adolescence

Eni Becker, Radboud University, Nijmegen, the Netherlands

11.10 Swipe right, swipe left: initial interactions among individuals with SAD

Naama Rozen, Haifa University, ramat Gan, Israel

11.30 The scarring impact of status loss in social anxiety: an evolutionary perspective

Roy Azoulay, Bar Ilan University, ramat Gan, Israel

11.50 Discussant

Jonathan Huppert, Hebrew University, Jerusalem, Israel

■ Symposium 11

Physical activity as augmentation strategy for Cognitive Behavioural Therapy

Chair: **Eline Voorendonk**, Radboud University Nijmegen and Research Department PSYTREC, the Netherlands

10.30 Feasibility of exercise as augmentation strategy for cognitive behavior therapy

Janna Vrijksen, Radboud University Medical Center and Pro Persona Mental Health Care, the Netherlands

10.50 Community-based smoking cessation treatment for adults with high anxiety sensitivity: a randomized clinical trial

Jasper Smits, Department of Psychology and Institute for Mental Health Research, The University of Texas at Austin, USA

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- 11.10 An online mental health informed physical activity intervention for emergency service workers and their families: A stepped-wedge trial
Simon Rosenbaum, Faculty of Clinical Medicine, UNSW Sydney, Australia
- 11.30 Effectiveness of physical activity added to an intensive trauma-focused treatment programme for patients with post-traumatic stress disorder (PTSD)
Eline Voorendonk, Radboud University Nijmegen and Research Department PSYTREC, the Netherlands
- 11.50 Discussion

Symposium 12

Trauma, dissociation, and psychosis: From the lab to clinical practice

Convenors and Chairs: **Wencke Donath** and **Rafaële Huntjens** University of Groningen, the Netherlands

- 10.30 Me, Myself, and I: sense of self in schizophrenia spectrum and other psychotic disorders – a systematic review
Marieke Pijnenborg, University of Groningen, the Netherlands
- 10.45 Differences in self-concept structure between individuals with Dissociative Identity Disorder, Psychosis, and non-clinical adults
Wencke Donath, University of Groningen, the Netherlands
- 11.00 Brain scans prove dissociative identity disorder?
Ante Schlesselmann and **Vera De Vries**, University of Groningen, the Netherlands
- 11.15 To prepare or not? Phase-based treatment versus direct trauma-focused treatment in patients with a PTSD related to childhood abuse.
Noortje Van Vliet, Dimence, the Netherlands
- 11.30 Theoretical misunderstandings and new insights in treating dissociative identity disorders
Rafaële Huntjens, University of Groningen, the Netherlands
- 11.45 Questions and answers

12.05 – 13.00

Keynote Address 1

There are benefits when therapists walk the talk: But questions remain

James Bennett-Levy, University of Sydney, Australia

Chair: **Maria do Céu Salvador**, University of Coimbra, Portugal

Keynote Address 2

Adolescents and emerging adults: Profiles, risks and clinical opportunities

Anne Marie Albano, New York Presbyterian Hospital's Youth Anxiety Center at CUCARD

Chair: **Shirley Reynolds**, University of Reading, UK

Keynote Address 3

Bridging the gap between positive psychology and clinical interventions: Is it possible?

Carmelo Vazquez, Complutense University, Madrid, Spain

Chair: **Miquel Tortella-Feliu**, Universitat de les Illes Balears, Spain

Open Paper Symposium 3

Early intervention for psychosis

Chair: **David Raune**, Harrow & Hillingdon Early Intervention in Psychosis Service, London, UK

- 12.05 Introduction to the Lived Experience Symptom Survey.
Monica Huerga, Central and Northwest London NHS Foundation Trust, UK
- 12.10 Cognitive features of verbal auditory hallucinations: their role in physical harm in the early course of psychosis and implications for early intervention CBT (Recorded)
Cassie Hazell, University of Westminster, London, UK
- 12.25 Hallucinations in visual, olfactory, gustatory and tactile/somatic modalities in early-course psychosis: role in physical harm prevalence, and implications for early-intervention CBT
Zareena Ahmed, Central and Northwest London NHS Foundation Trust & University College London, UK
- 12.40 Cognitive features of delusions: their role in physical harm in the early course of psychosis and implications for early intervention CBT
Roman Hamza, Central and Northwest London NHS Foundation Trust & University College London, UK

14.00 – 16.00

Symposium 19

Unified Protocol for transdiagnostic treatment of emotional disorders in Europe: Feasibility and efficacy studies in Denmark, Germany, Portugal, and Spain

Chair: **Jorge Osma**, Universidad de Zaragoza e Instituto de investigación Sanitaria de Aragón, Teruel, Spain

- 14.00 An introduction for the Unified Protocol for Transdiagnostic Treatment of emotional disorders
Elizabeth Eustis, Boston University, USA
- 14.20 The Unified Protocol in Danish Mental Health Services – from the clinic to research and back again
Nina Reinholdt, Research Unit for Psychotherapy and Psychopathology, Copenhagen, Denmark
- 14.40 Benefits and barriers of applying the Unified Protocol as an internet-based intervention in Germany
Carmen Schaeuffele, Freie Universität Berlin, Germany
- 15.00 Results of a feasibility study of the Unified Protocol for children among Portuguese children
Cristina Canavarro, University of Coimbra, Portugal
- 15.20 Long-term effectiveness of the Unified Protocol for the transdiagnostic treatment of emotional disorders in group format in Spain: Results at 12-Months follow-up.
Jorge Osma, Universidad de Zaragoza e Instituto de investigación Sanitaria de Aragón, Teruel, Spain
- 15.40 Discussion

Symposium 20

Optimizing the assessment and treatment of childhood anxiety

Chair: **Lynn Mobach**, Utrecht University, the Netherlands

- 14.00 Improving access to evidence-based interventions for child anxiety problems
Tessa Reardon, University of Oxford, UK
- 14.20 The role of distorted cognitions in mediating treatment outcome in children with social anxiety disorder: A preliminary study
Lynn Mobach, Utrecht University, the Netherlands
- 14.40 No parents - no success? On the role of parental involvement in exposure treatment of children with anxiety disorders
Silvia Schneider, Bochum University, Germany
- 15.00 Interpretation training as a pre-treatment for cognitive behavioral therapy for obsessive-compulsive disorder in youth: A randomized controlled trial
Elske Salemink, Utrecht University, the Netherlands
- 15.20 What will you do in the face of anxiety? - Development of a state emotion regulation questionnaire targeting anxiety in adolescence
Nadine Vietmeier, Humboldt University, Berlin, Germany
- 15.40 Discussion

Symposium 21

The Feeling Safe programme: the most effective psychological treatment for persecutory delusions

Chair: **Daniel Freeman**, University of Oxford, UK

- 14.00 Introduction
Daniel Freeman, University of Oxford, UK
- 14.05 Treating persecutory delusions: the spirit, style, and content of the Feeling Safe programme
Felicity Waite, University of Oxford, UK
- 14.25 Feeling Safe: the development of the programme
Daniel Freeman, University of Oxford, UK
- 14.45 The physical activity profiles of patients with persecutory delusions and the application of the Feeling Safe programme approach to increasing activity
Rowan Diamond, University of Oxford, UK
- 15.05 Feeling Safe in action: case examples
Louise Isham, University of Oxford, UK
- 15.25 The Feeling Safe-NL Programme
Eva Tolmeijer, Vrije Universiteit Amsterdam, the Netherlands
- 15.45 Discussion

EABCT

52nd Annual Congress

UNIVERSITAT UPF-CAMPUS DE LA CIUTADELLA

Online Programme Schedule | Thursday 8 September 2022

16.30 – 17.30

■ Keynote Address 4

Compassion as an integrative process in psychotherapy

Paul Gilbert, University of Derby, UK

Chair: tbc

■ Keynote Address 5

Re-thinking the future: Strategies to maximize the global impact of the CBTs

Keith Dobson, University of Calgary, Canada

Chair: **Nikola Petrovic**, University of Belgrade, Serbia

■ Keynote Address 6

Can Cognitive Behaviour Therapy for psychosis be safe and effective without concurrent antipsychotic medication?

Tony Morrison, University of Manchester, UK

Chair: **Mar Rus-Calafell**, Ruhr-Universität Bochum, Germany

■ Symposium 29

Providing parents with strategies to help prevent or treat anxiety in their children.

Chair: **Monika Walczak**, University of Copenhagen, Denmark

16.30 Preventing anxiety in children of parents with anxiety disorders

Samantha Cartwright-Hatton, University of Sussex, UK

16.50 Preliminary effects of a randomized clinical trial investigating the effects of a self-help "Get a grip on anxiety" program with and without therapist-led workshops.

Sonja Breinholst, University of Copenhagen, Denmark

17.10 Predictors and moderators of the effects of a self-help "Get a grip on anxiety" program with and without therapist-led workshops.

Monika Walczak, University of Copenhagen, Denmark

EABCT

52nd Annual Congress

UNIVERSITAT UPF-CAMPUS DE LA CIUTADELLA

Online Programme Schedule | Friday 9 September 2022

8.30 – 10.00

■ Symposium 30

Kill two birds with one stone or one bird with two stones? Innovating CBT by combining it with interventions that target other mechanisms

Chair: **Claudi Bockting**, Amsterdam UMC, University of Amsterdam, the Netherlands

8.30 Short-term effectiveness of neurocognitively-enhanced online cognitive behavioural therapy for mild to moderate depression

Maria Semkovska, University of Southern Denmark, Odense, Denmark

8.50 Interventions for partial remitted depression: a systematic review and meta-analysis

Joost Gülpén, Amsterdam UMC, University of Amsterdam, the Netherlands

9.10 Treatment response following adaptive PASAT training for depression vulnerability: a systematic review and meta-analysis

Yannick Vander Zwalmén, Ghent University, Belgium

9.30 Improving exposure-based therapy for anxiety disorders by reducing negative mental imagery.

Evi-Anne Van Dis, Utrecht University, the Netherlands

■ Adult mental health. ■ Children & Adolescents ■ Long term mental health ■ Professional Issues, Training & Supervision ■ Basic Processes and Experimental Psychopathology ■ Public health (including COVID-19) ■ Digital health ■ Behavioural Medicine ■ Eating disorders ■ Older Adults

Online Programme Schedule | Friday 9 September 2022**Symposium 31****Evidence-based positive interventions in mental disorders: from the laboratory to the clinic**Chair: **Carmelo Vázquez**, Complutense University at Madrid, Spain

- 8.30 Positive CBT in the treatment of major depressive disorder: a randomized order within-subject comparison with traditional CBT
Nicole Geschwind, Maastricht University, the Netherlands
- 8.50 Clinical and cognitive changes after CBT vs positive psychology interventions for clinical depressed women
Carmelo Vázquez, Complutense University at Madrid, Spain
- 9.10 A positive group intervention for treating geriatric depression in older adults
Chiara Ruini, University of Bologna, Italy
- 9.30 Cultivating wellbeing and resilience in people with severe psychiatric conditions
Carmen Valiente, Complutense University at Madrid, Spain

Symposium 32**Novel approaches to repetitive negative thinking: Understanding mechanisms, and improving assessment and intervention**Convenor and Chair: **Thomas Ehring**, Munich, Germany

- 8.30 Reduced attention towards accomplishments mediates the effect of self-critical rumination on counterfactual thinking
Jens Allaert, Ghent University, Belgium
- 8.50 Repetitive negative thinking in daily life predicts psychopathology: validation of an ecological momentary assessment paradigm
Thomas Ehring, LMU Munich, Germany
- 9.10 Countering repetitive negative thinking using positive memory specificity training
Eline Belmans, KU Leuven, Belgium
- 9.30 Reducing worry and rumination in young adults via a mobile phone app
Daniel Edge, University of Exeter, UK
- 9.50 Discussant
Pierre Phillipot, Université Catholique de Louvain, Belgium

Symposium 33**The role of schema therapy in the treatment of personality disorders and depression**Convenor and Chair: **Johannes Kopf-Beck**, LMU Munich; Max Planck Institute of Psychiatry, Munich, Germany

- 8.30 Effectiveness of combined individual-group Schema Therapy, predominantly group schema therapy, and optimal treatment as usual for borderline personality disorder
Carlijn J.M. Wibbelink, University of Amsterdam, the Netherlands
- 8.50 PRO*BPD: effectiveness of outpatient treatment PROgrams for borderline personality disorder: a comparison of Schema Therapy and Dialectical Behavior Therapy (Pre-recorded presentation)
Eva Fassbinder, Christian-Albrechts-University, Kiel, Germany
- 9.10 Group schema therapy for cluster-C personality disorders: results of a multicenter open pilot study
Anne-Sophie Venhuizen, University of Amsterdam, the Netherlands
- 9.30 Long term effects of schema therapy for depression: results from an inpatient RCT
Johannes Kopf-Beck, LMU Munich; Max Planck Institute of Psychiatry, Munich, Germany
- 9.50 Discussion
Johannes Kopf-Beck, LMU Munich; Max Planck Institute of Psychiatry, Munich, Germany

10.30 – 12.00**Symposium 40****The dark side of the moon - Negative effects in psychological treatments**Chair: **Johanna Boettcher**, Psychologische Hochschule Berlin, Germany

- 10.30 Negative effects in internet-based interventions – who experiences which side effect and why?
Friederike Fenski, Psychologische Hochschule Berlin, Germany
- 10.50 Adverse effects in internet-based cognitive-behavior versus psychodynamic therapy
Per Carlbring, Stockholm University, Sweden
- 11.10 Profiling side effects of behavioural insomnia treatment in research and real world
Leonie Maurer, Oxford University, UK
- 11.30 Does routine informed consent for psychotherapy include information about risks and side effects? A survey about psychotherapists' attitudes and practices in Germany
Leonie Gerke, Helmut-Schmidt Universitaet, Hamburg, Germany

Online Programme Schedule | Friday 9 September 2022

■ Symposium 41

The evolution of mindfulness (- based cognitive therapy) into new formats, populations, and contexts

Chair: **Shannon Maloney**, University of Oxford, UK

10.30 Introduction

Shannon Maloney, University of Oxford, UK

10.40 Effectiveness and cost-effectiveness of universal school-based mindfulness training compared with normal school provision: the MYRIAD cluster randomised controlled trials

Willem Kuyken, University of Oxford, UK

10.55 MBCT finding peace in a frantic world and MBCT for life to improve well-being and mental health in teachers and healthcare workers: two randomised controlled trials

Jesus Montero-Marin, Research and Innovation Unit, Parc Sanitari Sant Joan de Déu, Sant Boi de Llobregat, Spain

11.10 Taking it Further compared to wait-list control in the promotion of well-being and mental health: a randomised controlled trial with graduates of MBCT and MBSR

Shannon Maloney, University of Oxford, UK

11.25 The effect of mindfulness-based programmes on elite athlete mental health: a systematic review and meta-analysis

Kearnan Myall, University of Oxford, UK

11.40/50 Brief discussion and questions

Anne Speckens, Radboud University Medical Center Research Nijmegen, the Netherlands

■ Symposium 42

Identifying active ingredients in effective interventions for adolescent mental health: Prevention, intervention, and relapse management

Chair: **Marc Bennett**, MRC Cognition & Brain Science Unit, University of Cambridge, UK

10.30 Affective awareness: A foundational skill for the prevention and early intervention of youth depression

Joanne Beames, Black Dog Institute, Sydney, Australia

10.45 What role does emotional granularity play in adolescent depression and anxiety? A scoping review

Darren Dunning, MRC Cognition & Brain Science Unit, University of Cambridge, UK

11.00 Notice, observe, step back and experience: An investigation of psychological decentering in adolescent mental health

Rachel Knight, MRC Cognition & Brain Science Unit, University of Cambridge, UK

11.15 Emotion regulation as an active ingredient across interventions for depression and anxiety

Alexander Daros, Centre for Addiction and Mental Health, Toronto, Canada

11.30 Discussant

Saz Ahmed, Wellcome Trust, London, UK

■ Symposium 43

CBT for psychosis – new treatment targets, mechanisms, and techniques.

Chair: **Felicity Waite**, University of Oxford, UK

10.30 The meaning in grandiose delusions

Louise Isham, University of Oxford, UK

10.45 Voices of paranoia: differences in severity, cognitive processes, and cooccurrence of other delusion subtypes between paranoid delusions and persecutory voices

Mar Rus-Calafell, Mental Health Research and Treatment Centre, Ruhr-Universität Bochum, Germany

11.00 Body image concerns in patients with psychosis: a new treatment target.

Felicity Waite, University of Oxford, UK

11.15 Beliefs about the self and others in paranoia.

Poppy Brown, University of Oxford, UK

11.30 Post traumatic mechanisms in voice hearing

Eva Tolmeijer, Vrije Universiteit Amsterdam, the Netherlands

12.05 – 13.00

■ Keynote Address 7

Trauma-focused treatments for post-traumatic stress disorder in refugees and asylum seekers

Kerry Young, Woodfield Trauma Service, CNWL NHS Foundation Trust, London, UK and Oxford Rose Clinic, John Radcliffe Hospital, Oxford, UK

Chair: **Daniel Vega**, Universitat Autònoma de Barcelona, Spain

Online Programme Schedule | Friday 9 September 2022

Keynote Address 8

Internet-delivered CBT: state of the art and future challenges

Gerhard Andersson, Linköping University, Karolinska Institute, Sweden

Chair: **Lorena Fernández de la Cruz**, Karolinska Institutet, Sweden

Keynote Address 9

A (wo)man is not alone on an island: the sustainability of our interventions and why it is time to 'zoom' out.

Claudi L.H. Bockting, University of Amsterdam, the Netherlands

Chair: **Arnold van Emmerik**, University of Amsterdam, the Netherlands

Symposium 48

Implementation and evaluation of evidence-based psychological treatment on psychiatric inpatient wards

Chair: **Tobias Lundgren**, Karolinska Institutet, Stockholm, Sweden

12.00 Transdiagnostic ultra-brief behavior therapy for psychiatric inpatients: A multiple-baseline single-case design

Mårten Tyrberg, Region Vastmanland - Uppsala University, Västerås, Sweden

12.15 Acceptance and Commitment Therapy for inpatients with psychosis –an acceptability and feasibility single case AB designed study

Thomas Parling, Karolinska Institutet, Stockholm, Sweden

12.30 Value-based behavioural activation in inpatient psychiatric care, an evaluation of a controlled before-after study

Johan Holmberg, Karolinska Institutet, Stockholm, Sweden

12.45 Discussant:

Tobias Lundgren, Karolinska Institutet, Stockholm, Sweden

14.00 – 16.00

Symposium 49

Current contributions and future prospects of personalization for CBT research and clinical practice

Chair: **Claudi Bockting**, Amsterdam UMC, University of Amsterdam, the Netherlands

14.00 The prospects of using individual participant data to personalise psychological relapse prevention interventions in recurrent depression

Josefien Breedvelt, National Centre for Social Research, London, UK

14.25 For whom does it work? Trait-like moderators of between- and within-patient effects of positive and negative affect in an Internet-based treatment for emotional disorders

Javier Fernández-Álvarez, Jaume I University, Castellón de la Plana, Spain

14.50 Effects of diverse relapse prevention strategies on temporal affect and emotional dynamics and its impact on depressive relapse using network analysis: a randomized controlled trial

Junus Van Der Wal, Amsterdam UMC, University of Amsterdam, the Netherlands

15.15 Development and pilot implementation of personalized, transdiagnostic, modular digital CBT (recorded)

Zachary Cohen, University of California, Los Angeles, USA

15.40 Discussion

Symposium 50

New developments in depression and stress prevention across diverse at-risk child and adolescent populations

Chair: **Sanne Rasing**, Mental Health Institute GGZ Oost Brabant | Radboud University, the Netherlands

14.00 A randomized controlled trial of a preventive intervention for the children of parents with depression: mid-term effects, mediators and moderators

Johanna Löchner, German Youth Institute | University of Tübingen, Germany

14.20 I-PREGNO: An mHealth-enhanced intervention for the prevention of psychosocial problems and unhealthy weight gain in vulnerable families during pregnancy and the postpartum period

Lea Vogel, German Youth Institute, München, Germany

14.40 Strong Teens and Resilient Minds (STORM): evaluation of a depression prevention approach in school communities

Sanne Rasing, Mental Health Institute GGZ Oost Brabant | Radboud University, the Netherlands

15.00 Preventing youth depression through an internet-based primary care intervention: review of outcomes and next steps in intervention refinement and implementation

Tracy Gladstone, Wellesley College, USA

15.20 Comprehensive prevention: an evaluation of peripheral outcomes of a school-based prevention program

Patrick Pössel, University of Louisville, USA

15.40 Discussion

Online Programme Schedule | Friday 9 September 2022

■ Symposium 51

COVID 19, mental health and psychosocial factors: lessons from a pandemic

Chair: **Anton Martinez**, University of Sheffield, UK

- 14.00 Refuting the myth of a 'tsunami' of mental ill-health in populations affected by COVID-19: evidence that response to the pandemic is heterogeneous, not homogeneous
Richard Bentall, University of Sheffield, UK
- 14.20 What can qualitative studies tell us about the experiences of people living through the COVID-19 pandemic?
Kate Bennett, Liverpool University, UK
- 14.40 The psycho-social impact of COVID-19 in Italy: adversities, challenges, and the ecological resilience model
Anna Panzeri, University of Padova, Italy
- 15.00 Prevalence of Covid-19 paranoia: an international analysis (recorded).
Lyn Ellett, University of Southampton, UK
- 15.20 The dark and the bright side of the COVID-19 pandemic: a 2-year trajectory of distress and well-being among the Spanish population.
Carmen Valiente, Complutense University of Madrid, Spain
- 15.40 Discussion
Anton Martinez, University of Sheffield, UK

■ Symposium 52

Family-focused practice in the care of parents with psychosis

Convenor and Chair: **Lynsey Gregg**, University of Manchester, UK

- 14.00 A qualitative exploration of the parenting experiences of parents who experience psychosis
Anja Wittkowski, University of Manchester, UK
- 14.25 Adult mental health service engagement with patients who are parents: evidence from 15 English Mental Health Trusts
Abigail Dunn, University of Sussex, UK
- 14.50 Barriers to family-focused practice when working with parents with psychosis in UK adult mental health teams
Jessica Radley, University of Oxford, UK
- 15.15 Facilitators of family-focused practice in adult mental health services
Lynsey Gregg, University of Manchester, UK
- 15.40 Discussion

16.30 – 17.30

■ Keynote Address 10

Targeting neuroticism in psychological treatment: A unified transdiagnostic approach

Todd Farchione, Boston University, USA

Chair: **Jorge Osma**, Universidad de Zaragoza, Spain

■ Keynote Address 11

Integrating emotion regulation training in the treatment of adolescents

Caroline Braet, Ghent University, Belgium

Chair: **Anca Dobrea**, Babes-Bolyai University, Romania

■ Keynote Address 12

Somatic complaints and the body: a new look on their relationship

Omer van den Bergh, University of Leuven, Belgium

Chair: **Miquel Tortella-Feliu**, Universitat de les Illes Balears, Spain

■ Open Paper Symposium 16

Specific Phobias

Chair: **Arnold van Emmerik**, University of Amsterdam, the Netherlands

- 16.30 ArachnophobiaRelief: A gamified spider app to reduce spider fear and avoidance
Anke Haberkamp, Philipps-University, Marburg, Germany
- 16.45 Machine learning prediction of exposure treatment response in patients with spider phobia based on clinical and neurofunctional data
Joscha Böhnlein, University of Münster, Germany
- 17.00 Testing your fear behaviour after a brief intervention for spider phobia is crucial for treatment success
Jacqueline Peters, University of Amsterdam, the Netherlands
- 17.15 A validation study of innovative methods to measure interpretation biases in acrophobia
Beray Macit, Ruhr University Bochum, Germany

Online Programme Schedule | Saturday 10 September 2022**8.30 – 10.30****Symposium 58****How and when does imagery rescripting work?**Chair: **Elze Landkroon**, Utrecht University/Tilburg University, the Netherlands

- 8.30 The effects of imagery rescripting vs. extinction on the generalization of extinction
Mandy Woelk, Utrecht University and Behavior, KU Leuven, the Netherlands
- 8.50 What can we learn from experimental analogue studies about how Imagery Rescripting works?
Thomas Ehring, Ludwig-Maximilians-Universität München, Germany
- 9.10 Imagery rescripting for individuals at risk for eating disorders
Julie Krans, Radboud University; Pro Persona Overwaal centre; KU Leuven, the Netherlands
- 9.30 Future-oriented imagery rescripting facilitates conducting behavioral experiments in social anxiety
Elze Landkroon, Utrecht University/Tilburg University, the Netherlands
- 9.50 Discussant:
Emily Holmes, Uppsala University and Karolinska Institutet, Sweden

Symposium 59**Uncertainty processing in diverse groups and contexts: from intolerance of uncertainty to uncertainty distress**Convenor and Chair: **Pablo Romero Sanchiz**, University of Roehampton, UK

- 8.30 The longitudinal association between intolerance of uncertainty and emotional processing in Italian nonclinical girls and boys: Preventive and clinical implications
Gioia Bottesi, University of Padua, Italy
- 8.50 Differences in the experience of gender-specific uncertainty distress: a mixed methods study
Raquel Nogueira Arjona, University of Roehampton, UK
- 9.10 Quality and quantity of COVID-19-related information and uncertainty distress (US) in a Greek sample. (Recorded)
Meropi Simou, Aristotle University of Thessaloniki, Greece
- 9.30 Influence of ethnicity in the experience of uncertainty and threat in ethnic minorities: a mixed-methods pilot study
Pablo Romero Sanchiz, University of Roehampton, UK
- 9.50 Discussion

Symposium 60**Digital beyond the disorder-specific: different applications of transdiagnostic internet-based interventions**Convenor: **Laura Luisa Bielinski**, University of Bern, SwitzerlandChair: **Gerhard Andersson**, Linköping University, Karolinska Institute, Sweden

- 8.30 One size fits all? Applying the Unified Protocol as an internet-based intervention for emotional disorders
Carmen Schäuffele, Freie Universität Berlin, Germany
- 8.45 A transdiagnostic internet-based intervention with an emotion regulation focus (REMOTION): Preliminary findings from two ongoing pilot randomized controlled trials in two different settings
Laura Luisa Bielinski, University of Bern, Switzerland
- 9.00 Internet-based interventions for loneliness – The specific efficacy of a CBT approach in reducing loneliness?
Anton Käll, Linköping University, Sweden
- 9.15 Evaluating the efficacy of a guided and an unguided internet-based self-help intervention for chronic loneliness: First results of a three-arm RCT trial
Noëmi Seewer, University of Bern, Switzerland
- 9.30 Discussant:
Gerhard Andersson, Linköping University, Sweden

Symposium 61**Novel approaches to understanding cognitive factors in depression-related pathology**Chair: **Mary E. Mcnamara**, University of Texas at Austin, USA

- 8.30 Multifactorial prediction of depression symptom dimensions
Mary E. Mcnamara, University of Texas at Austin, USA
- 8.50 Neurocognitive predictors of self-reported reward responsivity and approach motivation in depression: a data-driven approach
Kean Hsu, Georgetown University, Washington, DC, USA

Online Programme Schedule | Saturday 10 September 2022

- 9.10 Cognitive control and emotion regulation in the context of unemployment
Ernst Koster, Ghent University, Belgium
- 9.30 Reinforcement learning correlates of symptom improvement after CBT in depression
Vanessa Brown, University of Pittsburgh, USA
- 9.50 Discussant
Christopher Beevers, University of Texas at Austin, USA

10.30 – 12.00**Symposium 66****Driven by the Unknown - Behaviour Related to Intolerance of Uncertainty**Convenor: **Helmut Appel**, University of Cologne, GermanyChairs: **Helmut Appel**, University of Cologne, Germany and **Shannon Wake**, University of Reading, UK

- 10.30 Intolerance of uncertainty, fear of missing out, and problematic internet use.
Mark Freeston, Newcastle University, UK
- 10.50 Can curiosity and Intolerance of Uncertainty (IU) be differentiated at the behavioural and emotional level?
Zoe Ryan, University of Reading, UK
- 11.10 The role of individual differences in self-reported intolerance of uncertainty and obsessive-compulsive features on subjective, behavioural, and physiological indices during a checking task
Shannon Wake, University of Reading, UK
- 11.30 Making it worse by trying to make it better – Intolerance of uncertainty is associated with maladaptive safety behavior in decision making
Helmut Appel, University of Cologne, Germany
- 11.50 Discussant:
Gioia Bottesi, University of Padua, Italy

Symposium 67**Enhancing emotional competence in the young: A principle, evidence-based, mobile-health approach to prevent mental disorders and promote mental wellbeing**Convenor: **Azucena Garcia-Palacios**, Universitat Jaume I, SpainChairs: **Edward Watkins**, University of Exeter, UK and **Heleen Riper**, Vrije Universiteit, Amsterdam, the Netherlands

- 10.30 The ECoWeB project: Background, aims, rationale, and the development of the MyMoodCoach-App
Thomas Ehring, Ludwig-Maximilians Universität München, Germany
- 10.50 Relationship between EC components and wellbeing cross-sectionally and at baseline
Azucena Garcia-Palacios, Universitat Jaume I, Spain
- 11.10 Overall ECoWEB trial results: PREVENT and PROMOTE
Edward Watkins, University of Exeter, UK
- 11.30 Using implementation science to enhance the implementation and sustainability of mental health apps
Holly Bear, Department of Psychiatry, University of Oxford, Oxford, UK
- 11.50 Discussant,
Heleen Riper, Vrije Universiteit, Amsterdam, the Netherlands

Symposium 68**Digital interventions for psychosis: examining subjective users' experiences, implementation challenges and generalisation of responses using qualitative and naturalistic methods.**Chair: **Mar Rus-Calafell**, Ruhr Universität Bochum, Germany

- 10.30 Participants' experiences of AVATAR therapy for distressing voices: a thematic qualitative evaluation.
Mar Rus-Calafell, Ruhr Universität Bochum, Germany
- 10.50 The service user experience of SlowMo, a blended digital therapy for reasoning in people with psychosis: a co-produced thematic analysis.
Kathryn Greenwood, University of Brighton, UK
- 11.10 EMPOWER in Daily Life: A qualitative investigation of end user experience of a blended digital intervention for relapse prevention in schizophrenia in a cluster randomised controlled feasibility trial.
Stephanie Allan, University of Glasgow, UK
- 11.30 Effectiveness of stand-alone Temstem, an app for voice-hearing individuals
Alyssa Jongeneel, Parnassia Psychiatric Institute, Den Haag, the Netherlands
- 11.50 Discussant:
Felicity Waite, University of Oxford, UK

Online Programme Schedule | Saturday 10 September 2022**Symposium 69****Mental health problems and psychological scalable interventions to reduce distress and promote resilience during the COVID-19 pandemic**Chair: **Naser Morina**, University Hospital Zurich, University of Zurich, Switzerland

10.30 Impact of COVID-19 on common mental health outcomes in the early phase of the pandemic: an umbrella review of the evidence

Anke B. Witteveen, Vrije Universiteit Amsterdam, the Netherlands

10.50 Sustained negative mental health outcomes among healthcare workers over the first year of the COVID-19 pandemic: a prospective cohort study

Roberto Mediavilla, Universidad Autónoma de Madrid (UAM), Spain

11.10 Effectiveness of a videoconferencing-delivered psychological intervention for mental health problems during COVID-19: A proof-of-concept randomized clinical trial

Richard A. Bryant, University of New South Wales, Sydney, Australia

11.30 Efficacy of a brief psychological intervention to reduce distress in healthcare workers during the COVID-19 Pandemic: A Randomized controlled trial

Naser Morina, University Hospital Zurich, University of Zurich, Switzerland

11.50 Discussant:

Marit Sijbrandij, Vrije Universiteit Amsterdam, the Netherlands**12.05 – 13.00****Keynote Address 13****Rethinking and revisualising: mental imagery and mental health science****Emily Holmes**, Uppsala University, and Karolinska Institutet's Department of Clinical Neuroscience, SwedenChair: **Miquel Angel Fullana**, Chair of EABCT 2022 Scientific Committee**Keynote Address 14****Clinical interventions for persistent symptoms: transdiagnostic or symptom focused****Trudie Chalder**, Kings College, London, UKChair: **Shirley Reynolds**, University of Reading, UK**Keynote Address 15****Shifting psychotherapy research from brands and categories to active ingredients****Ioana Cristea**, University of Padova, Italy

Winner of the EABCT Scientist-practitioner Early Career Award 2021

Chair: **Anca Dobrea**, Babes-Bolyai University, Romania**Symposium 73****Improving access to the diagnosis and treatment of adolescent body dysmorphic disorder**Convenor and Chair: **Lorena Fernández de la Cruz**, Karolinska Institutet, Stockholm, Sweden

12.00 Internet-delivered cognitive-behaviour therapy for adolescents with body dysmorphic disorder: a feasibility trial

Daniel Rautio, Karolinska Institutet, Stockholm, Sweden

12.15 Clinical characteristics and treatment outcomes in young people with comorbid body dysmorphic disorder and autism spectrum disorder

Amita Jassi, South London and Maudsley NHS Foundation Trust, London, UK

12.30 Supervised digital training of clinicians to assess and deliver cognitive behaviour therapy for young people with body dysmorphic disorder: A feasibility study

Martina Gumpert, Karolinska Institutet, Stockholm, Sweden

12.45 Discussion

Lorena Fernández de la Cruz, Karolinska Institutet, Stockholm, Sweden

Online Programme Schedule | Saturday 10 September 2022**14.00 – 15.30****Symposium 75****“Down and up (again): Emotion regulation and emotional problems in youth and young adults”**Convenor and Chair: **Leentje Vervoort**, Radboud University, Nijmegen, the Netherlands

- 14.00 EMMERGED: a model for emotion regulations skills and emotion regulation strategies in youth
Leentje Vervoort, Radboud University, Nijmegen, the Netherlands
- 14.20 The relationship between perceived stress and depressive symptoms in adolescents during high stress: The moderating role of emotion regulation
Jolien Braet, Ghent University, Belgium
- 14.40 Effects of emotion regulation training on psychophysiological stress responses in children and adolescents with obesity
Heleen Goemaere and **Annelies Van Royen**, Ghent University, Belgium
- 15.00 Reducing the risk of relapse, what works in young individuals in remission of depression and/or anxiety
Bas Kooiman, University of Groningen, the Netherlands and **Suzanne Robberegt**, Depression Expertise Centre-Youth, GGZ Oost Brabant, Boekel, the Netherlands
- 15.20 Discussant
Maaïke Nauta, University of Groningen, the Netherlands

Symposium 76**Pitfalls in intervention development in e-mental health: How can we develop, design, and advance digital interventions?**Convenor: **Carmen Schäuffele**, Freie Universität Berlin, GermanyChair: **Johanna Boettcher**, Psychologische Hochschule Berlin, Germany

- 14.00 From practice for practice – participatory intervention development of an integrative transdiagnostic online intervention for blended psychotherapy
Solveig Behr, Freie Universität Berlin, Germany
- 14.20 Participatory and user driven app development: Digital mental health and psychosocial support for Arabic-speaking refugees in Switzerland
Rilana Stöckli, Universität Bern, Switzerland
- 14.40 Lessons learned from 'TRAbec' – a large full-factorial designed study (n=2400) targeting depression and/or anxiety
Per Carlbring, Stockholm University, Sweden
- 15.00 Predicting response to transdiagnostic iCBT for emotional disorders from patient and therapist involvement: implications for treatment advancement and personalization
Javier Fernández-Álvarez, Universidad de Zaragoza, Spain
- 15.20 Discussion
Johanna Boettcher, Psychologische Hochschule Berlin, Germany

Open Paper Symposium 27**Treatment of children/adolescents in different contexts**Chair: **Anca Dobrea**, Babes-Bolyai University, Romania

- 14.00 A cognitive behavioural therapy smartphone app for adolescent depression and anxiety: co-design of ClearlyMe using novel processes
Sophie Li, Black Dog Institute, Randwick, Australia
- 14.20 Development and Usability of the KibA app: An mHealth Application to Support Exposure Therapy for Childhood Specific Phobias
Annelieke Hagen, Leiden University, the Netherlands
- 14.40 Treatment plan for female adolescents in the grip of chronic suicidality
Marthe Van De Koppel, Depression Expertise Centre for Youth at GGZ Oost Brabant Oss, the Netherlands

Symposium 77**Mechanisms in psychotherapy: A complex system approach**Chair: **Sverre Urnes Johnson**, University of Oslo, Norway

- 14.00 A Network approach to Mental Problems and Their Mechanisms of Change
Sverre Urnes Johnson, University of Oslo, Norway
- 14.15 Is it too early for early warning signals? A study of rising autocorrelation and variance as personalized predictors of transitions towards depressive symptom improvement in individual patients
Marieke Helmich, University of Oslo, Norway

- 14.30 Depressive symptomatology during the COVID-19 pandemic and the psychopathological processes intertwined with these symptoms
Omid V Ebrahimi, University of Oslo, Norway
- 14.45 The attention training technique delivered in a group format for anxiety and depression in coronary heart disease outpatients. A pilot feasibility study
Toril Dammen, Medical faculty (UiO), Drammen, Norway
- 15.00 Presentation and preliminary findings of a two-week MCT treatment of anxiety disorder in a group setting
Therese Snuggerud, Modum Bad, Vikersund, Norway
- 15.15 Discussion

15.45– 16.15

Closing ceremony

Auditori de la Cuitadella

Online Poster Programme Schedule | Thursday 8 September 2022

9.30 – 13.30

Poster Session 1

■ **Adult Mental Health: Processes and interventions.**

■ **Professional Issues**

1. Reach Out to Me: the involvement of another person in imagery rescripting Interventions
Hila Sorka, The Hebrew University of Jerusalem, Israel
2. Does Imagery Rescripting selectively change emotional memory of aversive experiences but not the memory for factual information?
Milena Aleksic, Department of Psychology, LMU Munich, Germany
3. Imagery rescripting in schema therapy and compassion focused therapy: The similarities and differences of the two protocols with indications for clinicians.
Julia Bączek, SWPS University of Social Sciences and Humanities, Warsaw, Poland
4. Keep calm, and carry on: Suppression training improves mental health
Zulkayda Mamat, University of Cambridge, UK
5. Intolerance of uncertainty: A risk or protective factor for moral pain?
Michelle Birch, University of Ottawa, Canada
6. Efficacy of cognitive-behavioral therapy (CBT) in anger management: A systematic review
Judith Castro Egea, Fundació Althaia - Xarxa Assistencial Universitària, Manresa, Spain
7. The experience and expression of anger in hoarding
Wenting Chen, University of New South Wales, Sydney Australia
8. Evolution of pharmacological usage during a transdiagnostic group intervention based on the Unified Protocol in the Spanish Public Health System: Results at 12 months of follow-up.
Óscar Peris Baquero, Universidad de Zaragoza, Teruel, Spain
9. Gender differences in the application of the Unified Protocol for transdiagnostic treatment of emotional disorders: A narrative review
Óscar Peris Baquero, Universidad de Zaragoza, Teruel Spain
10. Completion of cognitive-behavioral interventions in a public adult mental health service
Yolanda Martinez Ortega, Althaia, Xarxa Assistencial i Universitària de Manresa, Spain
11. Predicting mental health in fire fighters in a 2-year longitudinal study
Miriam Lommen, University of Groningen, the Netherlands
12. The role of material, social and emotional resources in the prediction of intimate partner violence revictimization by the same or different aggressors.
Ana Bellot Valenzuela, Universidad Autónoma de Madrid, Spain
13. Intimate partner violence pre and during COVID-19: results from the International sexual health and reproductive (I-SHARE) survey in Luxembourg
Alice Einloft Brunnet, Univeristé Paris Nanterre, France
14. Patient satisfaction with digital group-based CBT for domestic violence: Preliminary findings.
Merete Berg Nasset, St. Olav's University Hospital, Trondheim, Norway
15. Adverse childhood experiences and loneliness: a meta-analysis
Miruna Gabriela Canache, Babeş-Bolyai University, Cluj-Napoca, Romania
16. Finding predictors of treatment adherence and drop-out in two group psychological interventions
Marta Espinosa Guardiola, Guardiola Hospital Clinic de Barcelona, Spain
17. The self of self-criticism and the dysregulation of emotions
Ausiàs Cebolla Marti, Universitat de València, Spain
18. Development and validation of the European Portuguese version of the Multidimensional Emotional Disorder Inventory (MEDI) in a community sample
Marco Pereira, University of Coimbra, Center for Research in Neuropsychology and Cognitive-Behavioral Intervention, Portugal
19. Machine learning based positive and negative specific autobiographical memory classification
Hale Yapıcı Eser, Koc University Graduate School of Health Sciences, Istanbul, Turkey

20. The efficacy of guided and unguided game-based CBT in reducing distress in college students
Cristina Tomoiaga, Babes-Bolyai University, Cluj-Napoca, Romania
 21. Research advances in the implementation of transdiagnostic interventions for addressing emotion dysregulation
María Vicenta Navarro Haro, University of Zaragoza, Spain
 22. Extending our understanding of the association between symptoms of emotional disorders and distress intolerance, negative automatic thoughts, and irrational beliefs: A network analysis approach
Razvan Predatu, Babes-Bolyai University Cluj-Napoca, Romania
 23. Categorical vs dimensional assessment of emotional disorders: A clinical case using the Multidimensional Emotional Disorders Inventory
Óscar Peris Baquero, Universidad de Zaragoza e Instituto de Investigación Sanitaria de Aragón Teruel Spain
 24. Exposure to intrusive thoughts using virtual reality
Eliška Nosková, National Institute of Mental Health Klecany, Czech Republic
 25. Translation and validation of the Japanese version of the State Cognitive Fusion Questionnaire
Rae Na Kang, Graduate School of Human Sciences, Waseda University, Japan
 26. Hunger increases negative and decreases positive emotions in women with a healthy weight
Mégane Ackermans, University of Groningen, the Netherlands
 27. The effect of hunger-induced negative emotions and habitual emotion regulation on food intake in women with a healthy weight
Mégane Ackermans, University of Groningen, the Netherlands
 28. Cognitive developmental level and psychopathological symptoms
Selin Tutku Tabur, Hasan Kalyoncu University, Ankara, Turkey
 29. Degree of suggestibility and avatar embodiment in virtual reality. Individual differences in personality and therapeutic implications.
José Ruiz-Rodríguez, University of Barcelona, Department of Clinical Psychology and Psychobiology, Spain
 30. A latent profile analysis of technostress related to the use of New Information and Communications Technologies (NICT): a transdiagnostic approach
Patrícia M. Pascoal, Universidade Lusófona de Humanidades e Tecnologias, Lisbon, Portugal
 31. Is psychological change really non-linear? Initial study on the comparison of the pace of therapeutic change between videoconferencing psychotherapy and face-to-face therapy.
Diego Fernández-Regueras, Universidad Autónoma de Madrid, Spain
 32. Internet-based psychological intervention for prolonged grief disorder: a pilot study protocol in Brazil
Alice Brunnet Einloft, Université Paris Nanterre, France
 33. Early shame experiences and psychopathology: the mediating role of social support and self-compassion
Daniel Seabra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention, Coimbra, Portugal
 34. Empathy, compassion and attitudes towards transgender individuals: a preliminary analysis in a community sample of Portuguese adults.
Sérgio Carvalho Andrade, Lusófona University, Lisbon, Portugal
 35. Closing the gap between empirical evidence and clinical practice: implementing virtual reality in an outpatient psychotherapy setting - A mixed-methods feasibility study
Julia Wöllner, MEU - Study Center of Diploma University of Applied Science, Magdeburg, Germany
 36. Improving students' self-esteem with an online group intervention based on the Fennell model: an open-label, uncontrolled pilot trial
Luana-Maria Alexa, West University of Timisoara, Romania
 37. An innovative EMDR online application: Tested for You!
Klara De Cort, Maastricht University- Expertisecentrum, Mondriaan Mental Health Center, the Netherlands
 38. Paralinguistic predictors of psychotherapy outcomes in ecological online environments: Proof-of-concept study
Snir Barzilay, The Hebrew University of Jerusalem, Israel
 39. Measuring interpretation biases using the AST-D-II: disorder-specific or unspecific?
Marius Kunna, Ruhr University, Bochum, Germany
 40. Emotions embodied: a meta-analysis on emotion perception and interoception
Anna Pohl, Institute of Clinical Psychology and Psychotherapy, Germany
 41. Distributional semantic models and affective structure
Horea-Radu Oltean, Babeş-Bolyai University, Romania
 42. Emotion regulation as a mechanism of change in group cognitive behavior therapy for anxiety and depression
Nina Reinhold, Research Unit for Psychotherapy and Psychopathology, Slagelse, Denmark
 43. Predictive processing in depression.
Irene Ramos-Grille, Consorci Sanitari de Terrassa, Spain
- Professional Issues**
44. Challenges in psychotherapy: the views of patients, therapists, and supervisors
Sven Alfnsson, Karolinska Institutet, Stockholm, Sweden
 45. Experience of managing countertransference through self-guided imagery in meditation among healthcare professionals
Olaug Julie Aasan, Oslo University Hospital, Norway
 46. Learning in cognitive-behavioral therapy of clinical psychologists in training
Yolanda Martínez Ortega, Althaia, Xarxa Assistencial i Universitària de Manresa, Spain
 47. Observational coding system of the therapist-client interaction for the study of the therapeutic relationship
María Cristina Guerrero- Escagedo, Universidad Autónoma de Madrid, Spain
 48. Personality and discomfort in a therapeutic skills training program using experiential methodology
Adela Fusté-Escolano, Faculty of Psychology, University of Barcelona, Spain
 49. Saudi therapists' lived experience of self-awareness
Noor Abdullah Al-Khudair, Al Faisal University, Riyadh, Saudi Arabia
- Posters on online platform only**
50. Relevance and utility of pilot studies: The example of the Mempositiv Program for female survivors of intimate partner violence
Ana Asunción Antón Riquelme, Universidad Complutense de Madrid, Spain
 51. The feasibility, acceptability and utility of a CBT based single session online intervention, the Common Elements Toolbox (COMET) for UK university students
María Loades University of Bath, UK
 52. A randomized controlled trial of a cognitive behavioral therapy-based online group self-help program: 3-Month follow-up
Minkyung Yim, Korea University, Seoul, South Korea

Poster Session 2

 **Adult Mental Health: Depression, Anxiety, OCD, Trauma,**

1. The effect of Individual cognitive behavioral therapy on anxiety, depression and quality of life of the elderly living in a community
Radka Kozáková, University of Ostrava, Department of Nursing and Midwifery, Czech Republic
2. VR-Moodboost: An innovative Virtual Reality intervention for treating depression
Nancy Schipper-Kramer Freher, Amsterdam University Medical Centers, the Netherlands
3. The efficacy of CBT for depression in China in comparison with other countries: a systematic review and meta-analysis
Keith Dobson, University of Calgary, Canada
4. Disentangling the mechanism underlying the effect of memory bias on depression: the role of savouring
Marta Miragall Montilla, University of Valencia, Spain
5. Metacognition and behavioural activation: associations between metacognitive beliefs and daily consequences of depressive symptomatology.
Julia Beatriz Cano-López, University of Málaga, Spain
6. New stage of behavioural activation programme – the development of D-press project in an outpatient ward
Joanna Salbert, Warsaw Institute of Psychiatry and Neurology, Poland
7. Preventative cognitive training for depression: health-economic insights
Constance Nève De Mévergnies, University of Ghent, Belgium
8. Belief updating in depression in response to positive and negative performance feedback: the influence of current affect and affect-regulation strategies
Edith Stadlmeier, University of Koblenz-Landau, Germany
9. The effect of peripheral information on the intensity of affective responses in depression
Tamar Amishav Eisenstock, The Hebrew University of Jerusalem, Israel
10. Networked as a group - evaluation of video-based outpatient group CBT for depressive disorders
Jana Schneider, MEU - Study Center of Diploma University of Applied Science, Magdeburg, Germany
11. Risk behaviors and depressive symptoms in Brazilian teenagers
Beatriz Neufeld, University of São Paulo, Brazil
12. The experience of adults bereaved by suicide and their stigma
Juana Bretón López, Universitat Jaume I, Castelló, Spain
13. Adoption of DBT treatment and changes in burnout and concerns in treating suicidal behavior in Hispanic therapists receiving a DBT Intensive Training
María Vicenta Navarro Haro, University of Zaragoza, Spain
14. The impact of aversive childhood experiences, self-criticism, and entrapment on desire for suicide
Paula Castiljo, University of Coimbra, Portugal.
15. Negative emotional memories and suicidality: the mediating role of entrapment, moderated by self-compassion and distress tolerance
Paula Castiljo, University of Coimbra, Portugal
16. Comorbid depression and treatment of anxiety disorders, OCD, and PTSD: diagnosis versus severity
Joppe Klein Breteler, Radboud University, the Netherlands
17. Study protocol: Optimizing cognitive-behavioral therapy for social anxiety disorder using the factorial design: what works best and how does it work?
Dajana Šipka, University of Bern, Switzerland
18. Beneficial effects of role reversal in comparison to role-playing on negative cognitions about other's judgments for social anxiety disorder
Hanieh Abeditehrani, University of Amsterdam, the Netherlands
19. Effect of individual cognitive behavioral therapy for antidepressant-resistant social anxiety disorder in resting-state functional MRI
Kohei Kurita, Chiba University, Chiba city, Japan
20. Fear learning, interpretation bias training and global-local processing in social anxiety: an individual differences study
Snir Barzilay, The Hebrew University of Jerusalem, Israel
21. Social Anxiety is Associated with a Deficit in Positive Updating even while Neutralizing the Impact of Avoidance
Reut Zabag, Bar Ilan University, Israel
22. Cognitive-behavioral therapy versus integrative CBT augmented with virtual reality (ICBT-VR) for medical students with generalized anxiety disorder
Popa Octavian Cosmin, George Emil Palade University of Medicine, Pharmacy, Science, and Technology of Targu, Mures, Romania
23. Basic processes and clinical applications of mental imagery in generalised anxiety disorder: a systematic review
Lauren Stavropoulos, University of New South Wales, Sydney, Australia
24. The role of conditioning experiences in the aetiology of anxiety disorders: testing a novel questionnaire
Gaëtan Mertens, Tilburg University, the Netherlands
25. The association between salivary fibroblast growth factor-2 and physiological and psychological components of human stress and anxiety.
Emma Bryant, University of New South Wales, Sydney, Australia
26. Disgust-based approach-avoidance modification training for individuals suffering from elevated stress: A randomized controlled pilot study
Hannah Streit, Friedrich Alexander-Universität Erlangen-Nürnberg, Germany
27. University students who are dealing with severe stress and their coping strategies
Jóhanna Bernhardsdóttir, University of Iceland, Reykjavík, Iceland
28. (Exploratory) research on spontaneous emotion regulation after stress induction
Jente Depoorter, Department of Experimental Clinical and Health Psychology, Ghent University, Belgium
29. Moderate aerobic endurance training as an adjunct to trauma-focused psychotherapy: study protocol of a randomized controlled trial
Charina C. Lüder, Saarland University, Germany
30. The role of maladaptive posttraumatic cognitions on treatment outcomes in a sample of inpatients with post-traumatic stress disorder
Silvia Gradi, Karl Landsteiner University of Health Science, Vienna, Austria
31. Blended cognitive behaviour therapy for PTSD delivered in routine care: a feasibility study
Johan Lundin, Karolinska institutet, Stockholm Sweden

32. Implementing Post-Traumatic growth in a couples' cognitive behavioral conjoint treatment PTSD protocol: successes and challenges
Yael Shoval-Zuckerman, Bar Ilan University, Israel
 33. The effect of online social appraisal on mood and intrusive memories after an analogue trauma experience
Lisa Espinosa, Karolinska Institutet, Stockholm Sweden
 34. Group metacognitive therapy for OCD. A pre-post study.
Otto Weingartner Enríquez, Consorci Sanitari del Maresme, Spain
 35. esTOCma, an app developed to dismiss self-stigma and increase mental health literacy about obsessive-compulsive disorder: how does it perform in a clinical sample?
José López-Santiago, Servicio de Salud Mental, Gerencia Atención Integrada de Albacete, Spain
 36. Efficacy of a mental health app intervention on family members of OCD patients
José López-Santiago, Universitat de València, Spain
 37. Mental health literacy and stigma associated with obsessive-compulsive content dimensions: effectiveness of an intervention via smartphone
José López-Santiago, Universitat de València, Spain
 38. Usability and feasibility of esTOCma, a gamified mobile application to reduce stigma and increase mental health literacy associated with obsessive-compulsive disorder
José López-Santiago, Universitat de València, Spain
 39. Psychological treatment of a person with obsessive compulsive disorder
Rafael Gil Ortega, Universidad Autónoma de Madrid, Spain
 40. Motivation, treatment expectancy and credibility as predictors of outcome in difficult to treat patients with OCD using concentrated exposure treatment
Håvard Opstad, Møre og Romsdal Hospital Trust, Molde Hospital, Norway
 41. Treatment adherence as predictor of outcome in concentrated exposure treatment for obsessive-compulsive disorder
Kristian Tjelle, Helse More og Romsdal Molde, Norway
 42. Predictive value of extinction, avoidance and generalization for exposure therapy outcome
Naomi Carpentier KU Leuven, Belgium
 43. Effects of a positive affect online induction in people with fear of public speaking
Marta Miragall Montilla, University of Valencia, Spain
 44. Usage characteristics as predictors of dropouts and adherence in Internet-based CBT (ICBT) for panic disorder
Hadar Arnon The Hebrew University of Jerusalem, Israel
 45. The Bergen 4-Day Eide treatment for panic disorder: replication in a new setting
Thorstein Eide, Olsen, Center for Crisis Psychology, University of Bergen, Norway
 46. The map of cognitive processes in flight anxiety: a path analysis
Roxana Oltean, Babeş-Bolyai University, Romania
- Posters on virtual platform only**
47. Mental health in emerging adults: An analysis of the interplay among protective resilience and social support factors on the risk for depression and anxiety
Patricia Regina Mecha, Universidad Complutense de Madrid, Spain
 48. Study of slow art observation technique for young adults with depression
Kristina Timonen, University of Turku, Finland
 49. What makes a perinatal woman suicidal? A grounded theory study
Holly Reid, University of Manchester UK
 50. "Do you know the lakes of Africa?": associations of anticipatory processing with different dimensions of perfectionism are over and above the social anxiety.
Gamze Şener, University İstanbul Turkey
 51. Exploring the role of virtual reality technologies for relaxation and anxiety management in different application domains
Susanna Pardini, University of Padua, Padova, Italy
 52. Predictors of PTSD clusters in women victims of intimate partner violence.
Ignacio Montorio Cerrato, Universidad Autónoma de Madrid, Spain
 53. Managing emotions in panic disorder: a Critical review of studies related to emotional Intelligence, alexithymia, emotion regulation, and coping
Abdellah Oussi, Université Paris Nanterre, France
 54. Mindfulness-based Cognitive Therapy (MBCT) and Mindfulness-Based Stress Reduction (MBSR) in the treatment of Post-Traumatic Stress Disorder (PTSD): a Systematic Literature Review
Carolina Wagner, Coventry University, UK

Online Poster Programme Schedule | Friday 9 September 2022

9.30 – 13.30

■ Poster Session 3 Children and Adolescents

1. The role of exposure in the treatment of anxiety in children and adolescents: A systematic review and meta-analysis
Katharina Sommer, Mental Health Research and Treatment Center (MHRTC), Ruhr-University Bochum, Germany
2. Side effects of exposure therapy in children and adolescents with anxiety disorders
Verena Pflug, Mental Health Research and Treatment Center, Ruhr University, Bochum, Germany
3. What explains social anxiety in adolescents with social anxiety disorder and health controls? the applicability of the Clark and Wells' model
Diana Vieira Figueiredo, University of Coimbra, Portugal
4. An ACT-based case study of social anxiety disorder in adolescence
Francisca Alves, University of Coimbra. Portugal

5. Adolescent social anxiety: a new maintenance model and intervention implications
Anne Miers, Leiden University, the Netherlands
6. Differential conditioning effects in children with anxiety disorders compared to children without anxiety disorders
Tabea Flasiński, Mental Health Research and Treatment Center, Ruhr-University Bochum Germany
7. Comparison of effects of online and face-to-face problem-solving training on anxiety traits and cognitive distortions in upper elementary school students
Chikaze Sugiyama, J. F. Oberlin University, Tokyo, Japan
8. Effects of cognitive restructuring on anxiety in elementary school students: a comparison of face-to-face and online interventions
Shunsuke Koseki, J. F. Oberlin University, Tokyo, Japan
9. Examining the effectiveness of a coping skills intervention for anxiety for junior high school students amidst the COVID-19 pandemic
Rina Kishino, J. F. Oberlin University, Tokyo, Japan
10. The efficacy of a compassion, acceptance, and mindfulness-based pilot intervention for test anxiety: a case study with a high school student
Cláudia Pires, University of Coimbra, Portugal
11. The role of repetitive negative thinking in accounting for gender differences in depression and anxiety levels during adolescence
Fabiola Espinosa, Complutense University of Madrid, Spain
12. Children's depression following intimate partner violence exposure: the effect of time and experiences of revictimization
Román Ronzón-Tirado, Universidad Autónoma de Madrid, Spain
13. Thought-fusion beliefs in children and youth with OCD – predictors of treatment outcome?
Marie Louise Reinholdt-Dunne, Forskningsenheden MODIG and Dept. of Psychology, University of Copenhagen, Denmark
14. Metacognitive group therapy for children and youth with OCD – a pilot study
Marie Louise Reinholdt-Dunne, Forskningsenheden MODIG and Dept. of Psychology, University of Copenhagen, Denmark
15. Empathy and different bullying roles in children and adolescents – a systematic review and meta-analysis
Alexandra-Marie Sabou, Babeş-Bolyai University, Cluj-Napoca, Romania
16. Barriers to emergency department clinicians' confidence in providing paediatric trauma-informed care
Nimrah Afzal, University of Bath, UK
17. Experiences of conducting adolescent community reinforcement approach, A-CRA, in compulsory institutional care for youth
Ida Mälarstig, Karolinska Institute, Stockholm, Sweden
18. Future-oriented cognition: link to mental health problems and mental well-being in preschool-aged children
Jessica Marks, Mental Health Research and Treatment Centre (MHRTC), Ruhr-University, Bochum, Germany
19. Positive parenting skills: Preliminary results from a transdiagnostic group program in clinical population
Sara Lera-Miguel, Hospital Clinic, Barcelona, Spain
20. The contribution of child self-reported measures for the assessment of Sluggish Cognitive Tempo
Belén Sáez Vicens, University of Valencia & University of the Balearic Islands, Spain
21. A compassion-based intervention for adolescents living in residential care homes
Maria Do Céu Salvador, University of Coimbra, Portugal
22. Children and adolescents with autism spectrum disorder compared to those with attention-deficit/hyperactivity disorder: exploring gender, age, and parent differences
Julia Offermans, UvA minds and the Research Institute of Child Development and Education, University of Amsterdam, the Netherlands
23. Effectiveness of online cognitive behavioral therapy (CBT-PAC) to understand children with autism spectrum tendencies and to deal with parenting stress: a pilot study protocol
Tomoko Kawasaki, CHIBA University, Japan
24. Quell the dwell: rumination mediates the relationship between gender and insomnia in adolescents.
Sophie Li, Black Dog Institute, Australia
25. A randomized clinical noninferiority trial of group-delivered vs internet-delivered parent training for children with disruptive behavior problems
Johanna Engelbrektsson, Karolinska Institutet and Stockholm Health Care Services Region, Stockholm, Sweden
26. The transdiagnostic role of schemas and metacognitive beliefs across different types of aggression.
Esperanza García-Sancho, University of Cordoba, Spain
27. Psychopathological dimensions and its relationship with emotional regulation and temperament in a sample of adolescents
Daniel Adrover Roig, Universitat de les Illes Balears, Palma, Spain
28. Preliminary investigation of ADHDCoach, an internet-based intervention for parents of children diagnosed with ADHD
Costina-Ruxandra Păsărelu, Babeş-Bolyai University, Cluj-Napoca, Romania
29. Co-development of a digital mental health intervention for parents of children with ADHD: a mixed methods study
Costina-Ruxandra Păsărelu, Babeş-Bolyai University, Cluj-Napoca, Romania
30. The FEST program for 10–12-year-old children with high functioning autism: Friendship and emotion skills training.
Dagmar Kr Hannesdóttir, University of Iceland, Department of Psychology, Iceland
31. Prevalence of adverse childhood experiences in children and adolescents with autism spectrum disorder
Mireia Querol González and Aurelia Rafael Linares, Universidad Autónoma de Barcelona Spain
32. Psychometric properties of the Turkish form of Piaget Developmental Tasks Inventory (IPTD)
Mehmet Hakan Turkcapar, Social Sciences University of Ankara, Turkey
33. Neural markers of emotion regulation in childhood maltreatment: Prospective association with psychopathology
Stefania Maria Crisan, Babeş-Bolyai University, Cluj-Napoca, Romania
34. The relationship between psychopathic traits and social behavioral problems in children and early adolescent boys from a clinical population
Aurelia Rafael Linares, Barcelona, Spain
35. Is a brief body scan helpful for adolescent athletes' sleep problems and anxiety symptoms?
Lis Johles, Stockholm, Sweden
36. New insights into the transdiagnostic role of attachment relationships for explaining and treating psychopathology in middle childhood.
Lien Goossens, Ghent University, Belgium
37. Body dissatisfaction and low self-esteem in elementary school-aged children: The role of media pressure and a positive parent-child relationship
Jolien De Coen, Ghent University, Belgium
38. Middle Childhood attachment-based family therapy: restoring secure attachment relationships in 8- to 12-year-old children referred to treatment for mental health problems
Leen Van Vlierberghe, Catholic University Leuven, Belgium

39. The role of parental thoughts, emotion regulation, and actions in the relationship between parental style and children's mental problems
Ioana Alexandra Iuga, Evidence based psychological assessment and interventions Doctoral School, Babeş-Bolyai University, Romania
40. Conscious and resilient? associations between temperament, emotional awareness, and emotion regulation strategies in youth
Sarah Struyf, Ghent University, Belgium
41. Closing the gap between early detection and prevention: the experiences of public health care workers in a multi-modal school-based depression and suicide prevention programme
Marloes Braam, GGZ Oost Brabant | Radboud University, the Netherlands
42. Protocol to explore the efficiency of a translational intervention to improve child mental health by enriching the school and family environment with mentalization (iMentalize)
Sergi Ballespí, Universitat Autònoma de Barcelona, Spain

Posters on online platform only

43. Efficacy of intensive cognitive behavioral therapy for paediatric obsessive-compulsive disorder: preliminary results of a randomized controlled trial
Laura Hermida Barros, Hospital Clínic of Barcelona, Spain
44. Efficacy of intensive exposure and response prevention in children and adolescents with obsessive-compulsive disorder: 3 and 6-month follow-up results
Eduard Forcadell, Hospital Clínic of Barcelona, Psychiatry and Child and Adolescent Psychology Service, Spain
45. Cognitive behavioral play therapy (Cbpt) and aggressive behavior and conduct disorders: A single case study
Argento Ornella, Research Center "CBPT-Cognitive Behavioral Play Therapy", Rome, Italy
46. Culturally adapting CBT Program START NOW for migrants
Lyla Schwartz, University of Basel, Switzerland
47. Relationship between social foster care institutional staff's knowledge of behavioral theories and their efficacy in fostering children in residential care. (moved from in person)
Ayako Takii, The Joint Graduate School in Science of School Education, Hyogo University of Teacher Education, Japan

13.45 – 18.00

Poster Session 4

Behavioural medicine, Public Health, Covid 19 and Sexual Health

Behavioural Medicine

1. The role of metacognition in the prediction of depressive and anxiety symptoms in chronically ill patients
Agata Kolodziejczyk, Department and Clinic of Psychiatry, Wrocław Medical University, Poland
2. Can CBT provide a new way of living with endometriosis? Results of a qualitative feasibility study
Cornelia Weise, Philipps-University of Marburg, Germany
3. Comparing effects of cognitive-behavioral therapy and acceptance and commitment therapy for chronic pain
Saša Jerko, University Rehabilitation Institute, Ljubljana, Republic of Slovenia
4. Understanding the emotional functioning after acquired brain injury: the role of interoception
Marta Miragall Montilla, University of Valencia, Spain
5. Internet-delivered Acceptance and Commitment Therapy added to multimodal pain rehabilitation: a cluster randomized controlled trial
Nina Bendelin, Pain and Rehabilitation Centre, Department of Health, Medicine and Caring Sciences, Linköping University, Sweden
6. The predictive role of photo-based behaviors on muscle dysmorphic disorder symptoms and the moderation effect of body functionality appreciation among male adult Instagram users.
Paolo Mancin, Department of General Psychology, University of Padova, Italy
7. The relationship between cognitions and fatigue in a community sample
Nusaibah Islam, University of New South Wales, Sydney, Australia
8. Interdisciplinary cognitive - behavioural therapy for odontophobia and dental anxiety related to psychological trauma.
Yngvill Ane Stoke Westad, Møre and Romsdal County Dentist Department Molde, Norway
9. Implementation and verification of the medication counselling using the cognitive behavioral therapy approach in the community pharmacy for the patient with insomnia: a study protocol
Motohisa Hirose, Chiba University, Japan
10. Cognitive-Behavioural Therapy to approach a neurological functional disorder (NFD): developed from a case
Aleix Jorba Chacón, Althaia, Xarxa Assistencial Universitària de Manresa Spain
11. Treatment of sleep disturbances in refugees: preliminary results of a context-sensitive group therapy program
Britta Dumser, Ludwig-Maximilians-Universität, Munich, Germany
12. Be a mom, a web-based CBT intervention for maternal mental health in the postpartum period: efficacy results at four months post-intervention among women with low and high risk for postpartum depression
Fabiana Monteiro, Center for Research in Neuropsychology and Cognitive and Behavioral Intervention, University of Coimbra, Portugal
13. Psychosocial functioning in adolescents with a congenital heart disease: The role of attachment and emotion regulation.
Saskia Mels, Ghent University Hospital, Belgium
14. Emotion dysregulation during assisted reproductive treatments: usefulness of a brief Unified Protocol Preventive Program to learn emotion regulation skills.
Verónica Martínez-Borba, Universitat Jaume I, Castellón, Spain.
15. Quantitative and qualitative opinion of women who participated in an online Unified Protocol Preventive Program during assisted reproductive techniques
Verónica Martínez-Borba, Universitat Jaume I, Castellón, Spain.
16. User's opinion about the use of smartphone applications to provide online psychological CBT-based programs during assisted reproductive techniques
Verónica Martínez-Borba, Universitat Jaume I, Castellón, Spain.
17. Study protocol for the randomized controlled trial of the Mind programme: an Acceptance and Commitment Therapy and compassion-based intervention for women with breast cancer
Inês A. Trindade, University of Coimbra, Center for Research in Neuropsychology and Cognitive-Behavioral Intervention, Portugal

Posters on online platform only

18. Psychological support needs of highly distressed patients with chronic illnesses in Japan
Kotone Hata, Waseda University Saitama, Japan

19. Cognitive-behavioural therapy in a patient with fibromyalgia
Markella Fiste, Aegean College-Psychiatric Hospital of Athens Dromokaiteio, Greece
 20. Adherence to self-management and psychosocial variables in type 1 diabetes patients; differences in impact of adherence between adults and adolescents
Emi Tajima, Waseda University, Saitama, Japan
 21. Description of a treatment program incorporating positive memory work into a trauma-focused cognitive-behavioral treatment for women survivors of IPV. Development and preliminary results (MEMPOSITIV project).
Alejandro Miguel-Alvaro, Complutense University of Madrid, Spain
- Marital and sexual**
22. Initial validation of the first diagnostic interview for sexual dysfunctions (DISEX) following the diagnostic guidelines of DSM-5 & ICD-11.
Rebekka Schwesig, Technische Universität Dresden, Germany
 23. Personality Factors and attachment styles in men with premature ejaculation
Cátia Oliveira, Universidade Lusófona do Porto, Portugal
 24. The Female Sexual Subjectivity Inventory" (FSSI): adaptation and validation for the Portuguese women
Cátia Oliveira, Universidade Lusófona do Porto, Portugal
 25. A validation study of the female sexual self-efficacy in the Portuguese population
Cátia Oliveira, Universidade Lusófona do Porto, Portugal
 26. Sexual functioning and sexual satisfaction: Influence of sexual distress in the Portuguese population
Cátia Oliveira, Universidade Lusófona do Porto, Portugal
 27. Impact of sexual attraction and self-efficacy in the presence of female sexual pain
Cátia Oliveira, Universidade Lusófona do Porto, Portugal
 28. Preliminary validation of the Emotional Ambivalence in Couples Scale (EACS)
Isabel Cabrera Lafuente, Universidad Autónoma de Madrid, Spain
- Public Health**
29. Development and application of a positive emotion training (PoET)
Christina Totzeck, Clinical Psychology & Psychotherapy, Ruhr University, Bochum, Germany
 30. The CONFAMI study: exploring parents' experiences, risks and resources during confinement
Rafika Zebdi, Université Paris Nanterre, France
 31. Predictors of long-term benzodiazepine prescribing in Sweden: population-based register-based study
Kayoko Isomura, Centre for Psychiatry Research, Karolinska Institutet, & Stockholm Health Care Services, Region Stockholm Sweden
 32. A stepped-care programme of online psychological interventions for healthcare workers with psychological distress: study protocol for the RESPOND-HCWs randomised trial
Roberto Mediavilla Torres, Universidad Autónoma de Madrid, Spain
 33. Creative evidence-based communication about mental health
Ketevan Abdushelishvili, Tbilisi Family Mental Health Center, Georgia
 34. The cultural adaptation of a psychosocial stepped-care programme for labour migrants living in the Netherlands.
Rinske Roos, Vrije Universiteit, Amsterdam, Netherlands
 35. Long-term outcomes at 24- and 36-month follow-up in the intervention arm of the randomized controlled trial of prompt mental health care
Robert Smith, Norwegian Institute of Public Health, Norway
 36. The extension of the cognitive-behavioural model from individual-level analysis to regional- and country-level analysis: an empirical investigation
Silviu Matu, Babes-Bolyai University, Romania
- COVID-19**
37. Rumination and meta-cognition during the lockdown: the effect of cognitive control training
Celia Domingo-Gil, Universidad Complutense de Madrid, Spain
 38. Ecological Momentary Assessment (EMA)-based smartphone app to measure anxiety levels during the COVID-19 pandemic.
Claudia Rodríguez-Torrella Hospital Clínic de Barcelona, Spain
 39. Psychological consequences of experiencing the COVID-19 coronavirus pandemic: early maladaptive schemas, mental health and well-being
Joanna Urbanska, Adam Mickiewicz University, Poznan, Poland
 40. Mental health problems and needs of frontline healthcare workers during the COVID-19 pandemic in Spain: a qualitative analysis
Roberto Mediavilla Torres, Universidad Autónoma de Madrid, Spain
 41. Perceptions of the use of telehealth during COVID-19 pandemic by professionals and patients of the Spanish public mental health system
María Vicenta Navarro-Haro, University of Zaragoza, Spain
 42. How do we cope with generalized anxiety disorder symptoms during the COVID-19 Pandemic?
Yasemin Meral Ögütçü, Izmir University of Economics, Turkey
 43. Latent profiles of psycho-spiritual distress and associated dispositional characteristics in the context of moral stressors experienced during the COVID-19 pandemic
Stephanie Houle, University of Ottawa, Canada
 44. The Bergen 4-Day treatment for panic disorder during the covid pandemic
Kay Morten Hjelle, University of Bergen, Norway
 45. Psychological factors in postcovid adaptation - alexithymia, social and health anxiety
Julia Kamburidis, Sofia University Sofia, Bulgaria
 46. Death anxiety in the COVID-19 pandemic: testing REBT models of psychopathology and psychological health of death anxiety.
Elisa Dumitru, Babeş-Bolyai University Cluj-Napoca, Romania
 47. Mind the Mom – an e-mental health tool grounded on CBT to promote maternal mental health in the context of the COVID-19 pandemic: results on its usability and acceptability
Fabiana Monteiro, Center for Research in Neuropsychology and Cognitive and Behavioral Intervention, University of Coimbra, Portugal
 48. European CBT therapists transitioning to remote CBT during the pandemic: theREMOTEcBT project
Marija Mitkovic-Voncina, SRABCT, Serbia
- Posters on online platform only**
49. Fear of COVID-19 and ability to stay mindful affects subjective mental health during the COVID-19 pandemic
Giedre Zalyte, Laboratory of Behavioral Medicine, Neuroscience Institute, Lithuanian University of Health Sciences Lithuania

Online Poster Programme Schedule | Saturday 10 September 2022

9.30 – 13.30

Poster Session 5

- Long term Mental Health.
- Eating Disorders, Addiction
- Older adults

Eating Disorders

1. Orthorexic eating behaviors are not all pathological: A French validation of the Teruel Orthorexia Scale (TOS)
Clotilde Lasson, Université Toulouse-Jean Jaurès France
2. Determining the potential link of self-compassion with eating pathology and body image among women: a longitudinal mediational study
Fidan Turk, University of Sheffield, UK
3. Predicting intuitive eating in women through positive body image factors: the role of body compassion vs. body acceptance by others
Marta Miragall Montilla, Polibienestar Research Institute, University of Valencia, Spain
4. Restrictive intake moderates the relationship between binge eating and binge drinking in college youths
Marta Miragall Montilla, Polibienestar Research Institute, University of Valencia, Valencia, Spain
5. Binge eating and emotional (dys)regulation in a Portuguese community sample: the protective role of self-compassion and committed action.
Sérgio Carvalho Andrade, Lusófona University, Lisbon, Portugal
6. Relationship between eating disorders and obsessive-compulsive disorder: Analysis of obsessive dysfunctional beliefs with eating and body image content
Martha Giraldo-O'meara, University of Prince Edward Island Charlottetown, Canada
7. Orthorexia nervosa-related beliefs: associations with orthorexia, food restriction and obsessive symptoms
Martha Giraldo-O'meara University of Prince Edward Island Charlottetown, Canada
8. A new mobile app to address the dysfunctional beliefs and the internal dialogue about eating and body image: Protocol for a randomized controlled trial
Martha Giraldo-O'meara University of Prince Edward Island Charlottetown, Canada
9. Changes in eating disorder symptoms during inpatient treatment: associations with eating disorder diagnoses, depression, and anxiety
Kärol Soidla, University of Tartu, Estonia
10. Satisfaction with meaningful life domains and the course of anorexia nervosa
Sanne Van Doornik University of Groningen, the Netherlands
11. Punishment sensitivity and the persistence of anorexia nervosa: High punishment sensitivity is related to a less favourable course of anorexia nervosa
Nienke Jonker, University of Groningen, the Netherlands
12. A trainee counsellor's assessment and treatment of a former Athlete with OCD and a comorbid eating disorder.
Alexandra Bletsis, The American College of Greece, Athens, Greece
13. Effectiveness in weight loss maintenance of cognitive behavioral therapy-based group treatment for obesity: A systematic review
Aina Pineda Comellas, Fundació Althaia -Xarxa Assistencial i Universitària de Manresa, Spain
14. When (not) eating Causes Distress: Applying the Tripartite model of Emotion Regulation to Picky Eating in Young Children
Juliette Taquet, Ghent University, Belgium
15. The Portuguese short form (seven-items) Eating Disorder Examination-Questionnaire: Validity and reliability of a non-nested version in middle aged and older women
Ana Telma Pereira, Faculty of Medicine, Coimbra University, Portugal
16. The Portuguese version of the Screen for disordered eating: Validity and reliability in middle aged and older women
Ana Telma Pereira, Faculty of Medicine, Coimbra University, Portugal

Posters on online platform only

17. Emotional Schema and eating behaviors: Mediator role of emotional dysregulation and moderator role of perfectionism
Şener Gamze, Zeynep Lal Caan Koç University İstanbul Turkey
18. Detection of post-traumatic stress disorder in adolescents with eating disorders admitted to a day hospital
Flavia Piazza Suprani, Institute of Neuroscience, Hospital Clinic of Barcelona, Spain

Addictions

19. Emotion regulation and codependence linked to cocaine use
Vera Walburg, Institut Catholique De Toulouse France
20. Smoking mostly alone as a risk factor for cannabis use and use-related disorders
Jean Chassagne, Centre d'Etudes et de Recherche en Psychopathologie et Psychologie de la Santé, University Jean Jaurès, France
21. Examining social media posts of General #selflove Discourse and within alcohol and other drug recovery: A topic modelling approach
Kelly L Ziemer University of California, Berkeley, USA
22. Cognitive behavioral therapy for cryptocurrency addiction: Apropos of a case
Esther Martin Santander, Althaia, Xarxa Assistencial Universitària de Manresa Spain
23. Associations between risky alcohol use and empathy: drinking motives as a moderator
Isabelle Baltariu Bulai, University of Groningen, the Netherlands
24. Spanish adaptation and validation of the Gambling Symptom Assessment Scale (G-SAS) in the general population.
Laura Diaz Sanahuja, Universitat Jaume I Castellón de la Plana Spain
25. Craving in gambling disorder: a systematic review
Núria Mallorquí-Bagué, Hospital de la Santa Creu i Sant Pau, Biomedical Research Institute Sant Pau (IIB Sant Pau), Spain
26. Self-regulation profiles in addictive behaviors among adolescents: A transdiagnostic approach
Eva Van Malderen, Ghent University, Belgium
27. Craving, emotion regulation and treatment outcome differences in cocaine use disorder according to the severity of withdrawal symptoms at inpatient detoxification treatment
Alba Palazón-Llecha, Hospital de la Santa Creu i Sant Pau, Biomedical Research Institute Sant Pau (IIB Sant Pau). Spain

Posters on virtual platform only

28. Cognitive-behavioral treatment plus contingency management for a smoker with obesity: A case study
Gloria García-Fernández, Department of Psychology, University of Oviedo Spain
29. A randomized controlled trial of cognitive-behavioral treatment plus contingency management for smokers with overweight or obesity
Gloria García-Fernández, Department of Psychology, University of Oviedo Spain
30. Online vs in-person smoking cessation treatment: difference in abstinence rates
María Barroso-Hurtado, Smoking Cessation and Addictive Disorders Unit, University of Santiago de Compostela. Spain
31. Measurement Invariance of The Internet Gaming Disorder Scale Across Age, Gender, and Informant
Iulia Cosa, Babeş-Bolyai University, Romania
32. "SinHumo App": Development of a novel smoking cessation App as a complement to a cognitive-behavioral intervention to quit
Daniel Suárez-Castro, Smoking and Addictive Disorders Unit, University of Santiago de Compostela. Spain

Longer term mental health and Older Adults

33. Intrusive Mental Images in Borderline-Personality Disorder: Perspectives and Implications for Psychotherapy
Julia Kroener, Christophsbad Goeppingen Germany
34. IRIS – A two-session short intervention using imagery rescripting to treat non-suicidal self-injury in Borderline Personality Disorder. Results from a Randomized Controlled Trial.
Julia Kroener, Christophsbad Goeppingen, Germany
35. Personality Disorders in a Sample of Argentinean CBT Outpatients
Alicia Facio, Asociacion Terapia Cognitiva y Conductual del Litoral, Argentina
36. Promoting well-being in a clinical sample of young adults with paranoid tendencies; a Randomized Clinical Trial
Regina Espinosa, Camilo José Cela University Madrid Spain
37. Reactivity in response to a psychosocial stress-inducing virtual reality scenario
Anna Francova, National Institute of Mental Health/Third Faculty of Medicine (Charles University) Klecany/Prague Czech Republic
38. Effects of a group-based Cognitive-Behavioral Therapy (CBT) program in patients with a first-episode psychosis (FEP): A pilot study.
Judith Castro Egea, Fundació Althaia, Xarxa Assistencial Universitària de Manresa Spain
39. Do cognitive function profiles differentiate subtypes of unipolar affective disorder?
Joana Guarach i Domènech, Hospital Clinic Barcelona, Universitat De Barcelona, Spain
40. Heightened state rejection sensitivity during bipolar depression relates to an increase in suicidal ideation
Anna Ehnvall, Institute of Clinical Neuroscience, Gothenburg University, Sweden
41. Application of the Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders for comorbid emotional symptoms in Ultra High Risk of Psychosis Patients: A randomized trial Study Protocol
Trinidad Peláez, Parc Sanitari Sant Joan De Déu, Spain
42. Schema therapy with exposure and response prevention for the treatment of chronic anxiety with comorbid personality disorder: a multiple baseline study.
Nancy Peeters, Pro Persona Overwaal Centre and Radboud University Nijmegen Netherlands
43. Clinical insight in first-episode psychosis: clinical, neurocognitive and metacognitive predictors
Esther Pousa Tomas, Hospital de Sant Pau, Barcelona, Spain
44. Experience of a virtual reality-based intervention designed for patients with schizophrenia: Preliminary results
Lajos Simon, HABCT, Hungary
45. Assessment of differential traits in personality disorders with low levels of affiliation.
Francisco Valdesoiro, Hospital Clinic de Barcelona, Spain
46. Study Protocol of a Randomized Controlled Trial of Videoconference delivered Cognitive Behavioral Therapy for Adults with Attention Deficit/Hyperactivity Disorder
Aiko Eto, Department of Cognitive Behavioral Physiology, Graduate School of Medicine, Chiba University, Japan
47. Network analysis of comorbid depressive and anxiety symptoms in family caregivers of a person with dementia. The role of caregivers' reaction to stress.
Inés García-Batalloso, Universidad Autónoma de Madrid, Spain
48. Guilt for perceiving oneself as a burden. Associated factors and age differences
María Del Sequeros Pedrosa-Chaparro, Autónoma de Madrid, Spain
49. Maintaining the quality of life in early dementia
Brigitte Jenull, Universität Klagenfurt, Austria
50. Coping with aging – do we need interventions based on values?
Brigitte Jenull, University of Klagenfurt, Austria
51. Supporting The mental health of elderly living in the community through Group Cognitive Behavioral Therapy "Aging Wisely "
Radka Bužgová, University of Ostrava, Department of Nursing and Midwifery, Czech Republic
52. Positive emotional experiences in dementia family caregiving: development of a brief scale to measure them and analysis of its correlates.
Isabel Cabrera Lafuente, Universidad Autónoma de Madrid, Spain
53. Final findings on user experience and usability of the European ehcoBUTLER platform
Cristina Botella, Universitat Jaume I Castellón, Spain

Poster on online platform only

54. Development of an online self-management intervention based on a CBT approach for people with schizophrenia in Indonesia
Sri Padma Sari, Centre for Intelligent Healthcare, Coventry University, UK