



32nd

CONFERENCE OF THE EHPS

Health Psychology Across
The Lifespan:
Uniting Research,
Practice and Policy

21-25 August 2018
Galway, Ireland

CONFERENCE PROGRAMME
www.ehps2018.net



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WELCOME NOTE

Dear Colleagues,

On behalf of the Local Organising Committee I would like to warmly welcome you to the 32nd Annual Conference of the European Health Psychology Society (EHPS) hosted by the School of Psychology at NUI Galway. The EHPS annual conference returns to NUI Galway this year after hosting the event back in 2005 when it was chaired by Professor Ruth Curtis and where more than 600 delegates participated. We are honoured to host the event for a second time and delighted to see how the EHPS conference has flourished over the past 13 years.

The conference theme this year is “Health Psychology Across the Lifespan: Uniting Research, Practice and Policy”. The two calls for emphasis and focus in this theme are developmental processes in our psychological science and Unity of Purpose in how our research achieves impact on practice and policy. The response to the call for abstracts exceeded our expectations with more than 950 abstracts submitted from across the globe. This is the largest response in recent years. Our scientific chairs, Dr David Hevey and his co-chair Professor Nina Knoll together with their Scientific Committee, have shaped an excellent conference programme with 4 world leading keynotes in Professor Molly Byrne (NUI Galway), Professor Alex Rothman (University of Minnesota), Professor Yael Benyamin (Tel Aviv University) and Professor Jill Francis (City University of London). We thank the Scientific Chairs, the scientific committee and the track chairs for their tireless and efficient management of our scientific programme.



In addition to the main Scientific Programme we have an excellent series of pre-conference events including 7 training workshops, the Create early career workshop and the Synergy expert meeting. Many thanks to all of those involved in the organisation and facilitation of these events. The quality and depth of these offerings contributes greatly to the success of the annual EHPS Conferences and indeed the strong sense of community within the EHPS.

I would like to thank our conference sponsors who are listed on the back cover of the conference handbook and in particular the Health Research Board (HRB) who awarded significant conference and event sponsorship funding to our conference. The award of this HRB funding acknowledges the value of the research presented at EHPS to improve patient care and inform health policy and practice.

Finally, I would like to thank the local organising committee, the Conference Office at NUI Galway, the EHPS executive committee, Easy Conferences and the team of conference volunteers who have all worked hard on this event for almost two years and will continue to do so over the coming week. We are confident that there is an excellent and memorable few days ahead in store and that for some, you will be profoundly transformed by this unique wild place on the edge of Europe.

I hope that you enjoy the conference and take the opportunity to experience some of the beauty of Galway and the ‘Wild Atlantic Way’.

Dr Gerry Molloy
Chair - Local Organising Committee





It has been a great pleasure to serve as Chair of the Scientific Committee for the EHPS 2018 and it has been a privilege to work with my wonderful co-chair, Professor Nina Knoll, the excellent Scientific Committee, and all the supportive and diligent track chairs. The programme would not exist without the invaluable contributions of all of these selfless and dedicated health psychologists from across the EHPS who gave their time, energy and academic insights to this process. The collaborative and constructive nature of the process exemplifies the inclusive and supportive ethos of the EHPS.

The exceptionally high quality of the almost 1,000 submissions provided challenges for the Scientific Committee team, who strived to put together a programme, which we hope reflects the breadth and depth of high quality research that advances our discipline. The programme presents research that addresses the conference theme of Health Psychology Across the Lifespan: Uniting Research, Practice and Policy.

We are delighted to have 4 keynote presentations by outstanding international leaders in health psychology whose research impacts on psychological science, theory, practice and policy. The programme comprises 24 Symposia, 4 Roundtables and 49 oral sessions. There are 3 State of the Art talks, which address cutting-edge aspects of core theoretical, methodological and intervention issues for health psychology. We have introduced the Rapid Communication session to provide an novel presentation format to disseminate research findings. In addition, there are over 60 poster sessions spread across three days of the conference. Your active participation in the oral and poster sessions will add to the richness of this conference for all.

I am sure that you will enjoy this conference and that you will find it a stimulating, enriching and informative event.

Wishing you a wonderful scientific, cultural and social time in Galway.

Dr David Hevey
Chair - Scientific Committee



KEYNOTE SPEAKERS



MOLLY BYRNE

Professor of Health Psychology, Health Behaviour Change Research Group and the School of Psychology, National University of Ireland, Galway, Ireland

KEYNOTE TITLE

Increasing the impact of behaviour change intervention research: Is there a role for patient and public involvement?

ABSTRACT

There is powerful evidence that changing people's health-related behaviour can impact the leading causes of mortality and morbidity. However, despite the significant potential to improve health and clinical outcomes, behaviour change interventions frequently fall short of expected reach or impact.

Patient and public involvement (PPI), where patients and members of the public are actively involved in the activities, organisation and governance of research, has been proposed as a strategy to improve the quality, reach and impact of research. Using PPI across the whole research process can make it more likely that behaviour change interventions are relevant to users' needs, better designed, more likely to be implemented and, ultimately, more effective.

In this talk, Molly will introduce the key concepts of PPI and critically evaluate the current evidence for PPI as a strategy to improve research quality and impact.

Molly will present a selection of studies, all with a strong PPI component, conducted within the Health Behaviour Change Research Group at NUI Galway. These include a research prioritisation project which sought the views of people with diabetes, services providers and policy makers to identify research priorities in behavioural diabetes research. In another study, Molly and her team used consensus methods to identify a core outcome set for young adults with Type 1 Diabetes. In another study (the D1Now Study), a 'young adult panel' of young adults with diabetes joined the research team to develop an intervention to promote self-management and better outcomes among this population.

Finally, Molly will reflect on the experience of using these strategies, outline lessons learned and offer guidance for future attempts to embed PPI within behaviour change intervention research.

BIOGRAPHY

Molly Byrne is a Professor of Health Psychology at the National University of Ireland, Galway. In 2014 she was awarded a Health Research Board (Ireland) Research Leadership Award to establish and direct the Health Behaviour Change Research Group (HBCRG). This group aims to improve population health by developing and promoting an evidence-based behavioural science approach to health behaviour change interventions.

Within the team, researchers work closely with 'health partners' to develop novel approaches to increase the implementation and impact of behaviour change interventions, with particular interest in participatory approaches involving patients and public. Molly is currently leading a number of intervention development studies, pilot trials of interventions, implementation studies and definitive intervention trials, in areas including: self-management among young adults with Type 1 Diabetes; attendance at structured education programmes for people with Type 2 Diabetes; delivery of sexual counselling within hospital cardiac rehabilitation; interventions to increase physical activity among overweight pregnant women and interventions to promote healthy infant feeding delivered in primary care.

Molly has published extensively in the field of health behaviour change interventions and has secured over 9 million euro in research funding in the last 15 years to build her programme of research. She was recipient of an Irish Canada University Foundation James Flaherty Visiting Professor Award 2016-17 and a Wellcome Trust Research Leadership Development Award 2017. She is a member of the Scientific Advisory Board of the European Joint Programming Initiative 'A Healthy Diet for a Healthy Life'. She is part of the team who secured a Health Research Board PPI Ignite Award 2017 – to support Public and Patient Involvement in Research across NUI Galway and nationally.

Molly is past Chair of the Psychological Society of Ireland Division of Health Psychology and former Irish National Delegate and Grants and Education Officer of the EHPS. She established, and currently co-directs, the first Health Psychology Practitioner training programme in Ireland, the Structured PhD in Health Psychology Practice.



KEYNOTE SPEAKERS



ALEX ROTHMAN

Professor, Department of Psychology, University of Minnesota

KEYNOTE TITLE

In pursuit of principles that are practical: pasteur's quadrant and the study of health behavior change

ABSTRACT

Pasteur's Quadrant (Stokes, 1997) illuminates the potential for research programs to simultaneously pursue advances in both understanding and use. Yet, efforts to realize this potential face an array of challenges. Looking across several programs of research on health behavior change, I examine how we have pursued linkages between theory and interventions; reflect on the disconnect between our theories and our interventions that, too often, constrain these pursuits; and explore how efforts to optimize the design and delivery of interventions to promote healthy behavior can facilitate advances in psychological science.

BIOGRAPHY

Alex Rothman (PhD, Yale University) is a Professor in the Department of Psychology, University of Minnesota. From 2011-2016, he served as the Associate Dean for Research and Graduate Programs. Dr. Rothman's primary program of research concerns the application of social psychological theory to illness prevention and health promotion and is comprised of a synthesis of basic research on how people process and respond to health information with the development and evaluation of theory-based interventions to promote healthy behavior. Working across a broad array of health domains, Dr. Rothman and his colleagues have addressed a range of issues including why and

when different health communication strategies are most effective, the decision processes that underlie the initiation and maintenance of behavior change, how interpersonal processes shape health beliefs and health behavior change, and the development of strategies for optimizing the integration of theory and practice. Dr. Rothman received the APA 2002 Distinguished Scientific Award for Early Career Contribution to Psychology in the area of Health Psychology and is a fellow of the Society for Health Psychology (APA), the European Health Psychology Society, the Association of Psychological Science, the Society of Personality and Social Psychology, and the Society of Behavioral Medicine. He is the founding President of the Social Personality and Health Network and recently completed a term as President of the Society for Health Psychology (APA). Dr. Rothman has served as Associate Editor of Health Psychology Review and as a co-editor of several special issues, including one in Health Psychology on theoretical innovations in social and personality psychology and their implications for health. Throughout his career, Dr. Rothman has been a leading advocate for forging tighter linkages between theories of health behavior and intervention practices and policies. He has been involved in a range of NIH-initiatives including having co-led the NCI/NIH-sponsored Advanced Training Institute on Health Behavior Theory since its inception in 2004 and is currently co-chairing the NCI Cognitive, Affective, and Social Processes in Health Workgroup, and the NHLBI/NIH Accumulating Data to Optimally Predict Obesity Treatment (ADOPT) Core Measures Project.

KEYNOTE SPEAKERS



Yael Benyamini

Professor, Bob Shapell School of Social Work, Tel Aviv University, Israel

KEYNOTE TITLE

What can we learn from what people say about their health? A psychologist's view of an epidemiological finding

ABSTRACT

Can we trust individuals' subjective evaluations of their health? And if so, should we convince health care providers to do so? Self ratings of health have consistently been found to predict mortality and future morbidity: They have an independent contribution to the prediction of future health, even after controlling for a variety of other known predictors. The talk will provide a historical overview as well as state-of-the art evidence regarding these intriguing findings, based on studies of midlife and aging, specific chronic diseases and health events, and individuals who have encountered severe trauma. The evidence will serve to highlight possible mechanisms that could account for the validity of self-rated health as well as the limits to its validity. Finally, practical issues regarding the assessment of self-rated health will be discussed.

BIOGRAPHY

Yael Benyamini is a Professor at the Bob Shapell School of Social Work of the Tel Aviv University. She attained her BA and MA at the Hebrew University in Jerusalem and her PhD in health and social psychology at Rutgers University in New Jersey. Prof. Benyamini studies how people think about their health. Her research focuses on subjective perceptions of health and illness and their effects on coping with health threats and ultimately on the psychological and physical outcomes. She has co-authored with Prof. Ellen Idler the now classic 1997 review on self-rated health, cited over 3,600 times to date, which has provided a theoretical framework

for understanding the validity of subjective ratings of health. This review has led to a dramatic expansion of research on self-ratings of health and was recognized as one of the most highly cited articles in the social sciences (http://www.in-cites.com/papers/Idler_Benyamini.html). Prof. Benyamini has continued to make significant contributions to this field and to expand her research from perceptions of global health to those of specific conditions. Her numerous grants and publications focused on the way people think about their health and cope with it in the context of women's health issues (infertility, high-risk-pregnancy, childbirth, menopause), chronic diseases (coronary heart disease and chronic pain, among others), and ageing. She is currently involved in two COST Action networks on seemingly opposite topics: Aging and Childbirth. This underscores the generalized principle behind her research and thinking, applied in various contexts: How and why do people form perceptions of health, illness and aging? Why are these perceptions resistant to change? When and why do they change? What are their effects and what can we learn from them?

Professor Benyamini is an elected Fellow of the European Health Psychology Society (EHPS). She served as Secretary of the EHPS for four years and as an Associate Editor of *Psychology & Health* for eight years. She was involved in various scientific roles in all EHPS conferences for an entire decade, from 2006 on. She is co-editor of the 2016 book on *Assessment in Health Psychology*. She was recently elected by the Tel-Aviv University Senate to the University's Executive Council and to the Board of Governors. Yael is also an avid mountain cyclist.



KEYNOTE SPEAKERS



JILL FRANCIS

Professor of Health Services Research, School of Health Sciences, City University of London, England

KEYNOTE TITLE

Multi-level approaches to behaviour change in implementation research: How far can we push our theories?

ABSTRACT

It is sometimes claimed that theories and models used in health psychology target behaviour change at the level of the individual. However, it has been argued that implementation research (i.e., research that investigates behaviour change among healthcare professionals, to enhance the quality of care they deliver) requires consideration of four levels of change: the individual healthcare professional; team; organisation; and health system. This talk illustrates the multi-level nature of theoretically-informed, behaviourally-focused implementation research. Using a matrix framework, with columns being the four levels and rows being key elements of the research (sampling, randomisation, intervention delivery, intervention receipt, primary outcome measurement and process evaluation), a conceptual analysis is presented of implementation projects conducted in healthcare settings (community, primary care, hospital care) in several healthcare systems. These projects show that behaviourally-focused implementation research is demonstrably a multi-level endeavour. However, applying theoretical models of behaviour change at different levels may require adaptation of methods for operationalising models of behaviour change and for measuring theoretical constructs. These methods are discussed.

BIOGRAPHY

Jill Francis is a Professor of Health Services Research in the School of Health Sciences at City, University of London, where she leads the Centre of Health Services Research and the implementation research group within the Centre. This group applies theories and methods from health psychology to implementation research and is part of a larger Health Psychology Group at City.

Jill leads the behavioural science components of funded projects focusing on a wide range of behaviours, including: prescribing of, and adherence to, appropriate polypharmacy for older people; reduction of antibiotic prescribing; detecting and managing deteriorating patients in hospital contexts; and reducing inappropriate blood transfusions in hospital settings. A particular focus is the application of theoretical frameworks and models to enhance the design and delivery of 'audit and

feedback' interventions. These types of interventions pervade health systems, with the assumption that feeding back summary information to healthcare professionals, about their clinical performance, will change their behaviour and improve the quality of care that they provide. At a methodological level, Jill applies and contributes to complex intervention methods, including intervention design and specification, theory-based process evaluations, and studies of intervention fidelity and effectiveness.

Jill plays a significant role in international networks. She is an Honorary Senior Scientist in the Centre for Implementation Research at the Ottawa Hospital Research Institute in Canada, and a member of the international steering group for an Audit and Feedback 'meta-laboratory' group involving Canada, the UK, USA and Netherlands. She has recently initiated an international consortium on organ donation research across the UK, Canada and Australia and is part of a European network recently funded to conduct a hybrid effectiveness-implementation study to support patients with psychotic disorders in low- and middle-income countries in South Eastern Europe.

Initially trained in Australia, Jill has worked in the UK for the past 16 years, holding research posts at the Universities of Newcastle and Aberdeen prior to moving to London. She has published over 170 peer-reviewed papers and has been involved in funded research to the value of over 20 million euro in the UK, wider Europe, Canada, Australia and New Zealand.

Jill is a Chartered Psychologist with the British Psychological Society and a Practitioner Health Psychologist registered with the UK Health and Care Professions Council. She was an Associate Editor of the British Journal of Health Psychology for seven years, the first elected general Secretary of the UK Society for Behavioural Medicine in 2006-7, Chair of the Scientific Committee for the annual Division of Health Psychology conference in 2014, and Track Chair for the Implementation Research track at the EHPS conference in 2016. She has served on funding panels for the UK National Institute of Health Research, Cancer Research UK and the Health Research Board in Ireland.

GENERAL CONFERENCE INFO

LOCAL ORGANISING COMMITTEE

Gerry Molloy / **Chair**
Molly Byrne / **Co-chair**
AnnMarie Groarke
Brian McGuire
Jenny McSharry
Jane Walsh
Maeve Egan
John Bogue
Create local organiser: Eimear Morrissey
Synergy local organiser: Elaine Toomey

SCIENTIFIC COMMITTEE

David Hevey (Ireland) / **Chair**
Nina Knoll (Germany) / **Co-Chair**
Rik Crutzen (Netherlands)
Jasminka Despot Lučanin (Croatia)
David French (UK)
Konstadina Griva (Singapore)
Dominika Kwasnicka (Australia)
Jenny McSharry (Ireland)
Marie-Carmen Neipp (Spain)
Rachael Powell (UK)

VENUE

EHPS 2018 will take place at the National University Ireland, Galway (NUI Galway), University Road, which is located in Galway city on the West Coast of Ireland.

CONFERENCE WORKSHOPS

The **Conference Workshops** will take place on Tuesday, 21 August between 09:30 – 16:30 in the Arts Millennium Building in rooms AM104, AM105, AM107, AM108, AM109.

The **Create workshops** will take place on Monday, 20 August and Tuesday, 21 August between 09:00 – 17:00 in the School of Psychology, the Arts Millennium Building in rooms GO36, GO67.

The **Synergy workshops** will take place on Monday, 20 August and Tuesday, 21 August between 09:00 – 17:00 in the School of Psychology, Arts Millennium Building in rooms GO65, GO66.

OPENING CEREMONY

The Opening Ceremony will take place on Tuesday, 21 August between 18:00 – 19:30 in the Bailey Allen Hall followed by a Welcome Reception between 19:30 – 21:00 in Sult Bar, which is adjacent to the Bailey Allen Hall.

CLOSING CEREMONY

The Closing Ceremony will take place after the conclusion of the conference programme on Saturday, 25 August in the Bailey Allen Hall.

KEYNOTE LECTURES

The keynote lectures will be held daily in the Bailey Allen Hall. See Scientific Program for more detail.

PARELLEL SESSIONS

The parallel sessions will be held in the Arts/Science Building. There will be 8 parallel sessions, 3 times a day (except Saturday)

All lectures halls are equipped with a computer running Microsoft Power Point. Please bring a USB stick in advance of your session and upload onto the laptop in your scheduled room. Volunteers in each venue can assist you with uploading your presentation. The use of personal laptops are not permitted.

INTERACTIVE POSTER SESSIONS

The Interactive Poster sessions will be held on the Concourse of the Arts/Science Building. Poster numbers are listed in the scientific programme section of this programme and on the respective poster boards. Authors are required to put their posters up the morning of their scheduled session (09.30 – 11.30). Authors must be present during the interactive poster session to give a 3-4 minute presentation when instructed to, by the session chair. Authors are required to take down posters at the end of the day. Posters not taken down will be removed.

A Rapid Communications session will take place during the Interactive Poster Session on Friday, 24 August in Room 202, Arts/Science Building. See Scientific Programme for more detail.

CONFERENCE DINNER

The note 'incl. Conference Dinner' appears on the name badges of participants attending the event.

Accompanying persons attending the Conference Dinner will be provided with a ticket, which can be collected at the registration desk.

COFFEE BREAKS & LUNCHES

All coffee breaks will take place along the Concourse in the Arts/Science Building Wednesday - Friday and in the Bailey Allen Hall on Saturday. Lunch will be served in the main University Restaurant and in the Bailey Allen Hall on Saturday.

EC MEETING

The EC Meeting will be held on Tuesday 21 August between 09:30 – 16:30 in the board room AM2070, School of Psychology, in the Arts Millennium Building.

SYNERGY ANNUAL MEETING

The Synergy Annual Meeting will be held on Wednesday, 22 August between 10:30-11:00 in Room GO65 in the School of Psychology, the Arts Millennium Building.

GENERAL CONFERENCE INFO

EHPS DISCUSSION FORUM

The EHPS Discussion Forum will be held on Wednesday 22 August between 12:30 – 13:30 in Kirwan lecture theatre, in the Arts/Science Building. Packed lunches will be provided to delegates attending this meeting, which will be available for collection from 12:00 outside the meeting venue.

BPS DHP MEETING

The BPS DHP Meeting will be held on Wednesday 22 August between 13:30- 14:00 in Kirwan lecture theatre, in the Arts/Science Building, following the EHPS Discussion Forum.

EHPS MEMBERS MEETING

The EHPS Members Meeting will be held on Thursday, 23 August between 12:30 – 14:00 in Kirwan lecture theatre, in the Arts/Science Building. Packed lunches will be provided to delegates attending this meeting, which will be available for collection from 12:00 outside the meeting venue.

EHPS NATIONAL DELEGATES MEETING

The EHPS National Delegate Meeting will be held on Friday, 24 August between 12:30 – 13:30 in Room 201 in the Arts/Science Building. Packed lunches will be provided to delegates attending this meeting, which will be available for collection from 12:00 outside the meeting venue.

MEET THE EDITORS MEETING

The Meet the Editors Meeting will be held on Friday, 24 August between 13:30 - 14:00 in ROOM 201 in the Arts/Science Building.

AWARDS & FELLOWSHIPS

The European Health Psychology Society has two Early Career Awards: The Herman Schaalma PhD Award and the EHPS Early Career Award.

The **Herman Schaalma Award** for an outstanding PhD thesis in health psychology is awarded annually to acknowledge a PhD dissertation in the field of health psychology of outstanding excellence in terms of originality, significance and rigour. The award aims to highlight excellence in PhD level research and to reinforce early career researchers to address key challenges in health psychology and adopt novel and rigorous theory and methodology. The award is named after Professor Herman Schaalma, in memory of an outstanding scholar and mentor in health psychology who sadly died on 25 July 2009.

EHPS Early Career Award aims to recognise outstanding research excellence, contributions made to the EHPS and/or contributions to professional practice, made by EHPS members within 5 years of their PhD.

EHPS Honorary Fellowship: EHPS Fellowship is the highest grade of membership. Since its inception in 2005, 22 Honorary Fellows were elected. EHPS Fellowship is

awarded to EHPS members in recognition for their exceptional contribution to the advancement or dissemination of health psychology knowledge or practice either by research, training, publication or public service.

The Herman Schaalma Award, the EHPS Early Career Award and the EHPS Honorary Fellowships, will be awarded during the Opening Ceremony.

Poster Awards: All posters are eligible for nomination for the Best Poster Awards, provided they meet the requirements and guidelines of the EHPS. This year's Poster Awards will be announced during the closing ceremony.

REGISTRATION / SUPPORT DESK OPENING HOURS

Tuesday, 21 Aug	08:30 - 17:00
Wednesday, 22 Aug	08:30 - 17:00
Thursday, 23 Aug	08:30 - 17:00
Friday, 24 Sep	08:30 - 17:00
Saturday, 25 Sep	08:30 - 13:00

WELCOME RECEPTION

When: Tuesday, 21 August 2018

Time: 19:30

Where: Sult Bar, NUI Galway

The Welcome Reception is the first social gathering for the conference delegates. The reception will take place at Sult Bar, which is adjacent to the Bailey Allen Hall (where the Opening Ceremony will be held). This will be an evening of catching up and networking with drinks and an array of canapés served. A local live band will be playing at the reception.

Welcome Reception (19:30 - 21:00) is inclusive in all Registration Fees.

Price per accompanying person: € 30.00

CONFERENCE DINNER

When: Thursday, 23 August 2018

Time: 19:00

Where: The Galmont Hotel, Lough Atalia Road.

A sumptuous meal of local produce will be offered in the beautiful Galmont Hotel followed by live entertainment. The night will continue for the more adventurous between 23:00 – 01:00 with a DJ and cash bar.

Dinner is inclusive only in Full Registration Fees.

Conference Dinner Cost: €60.00

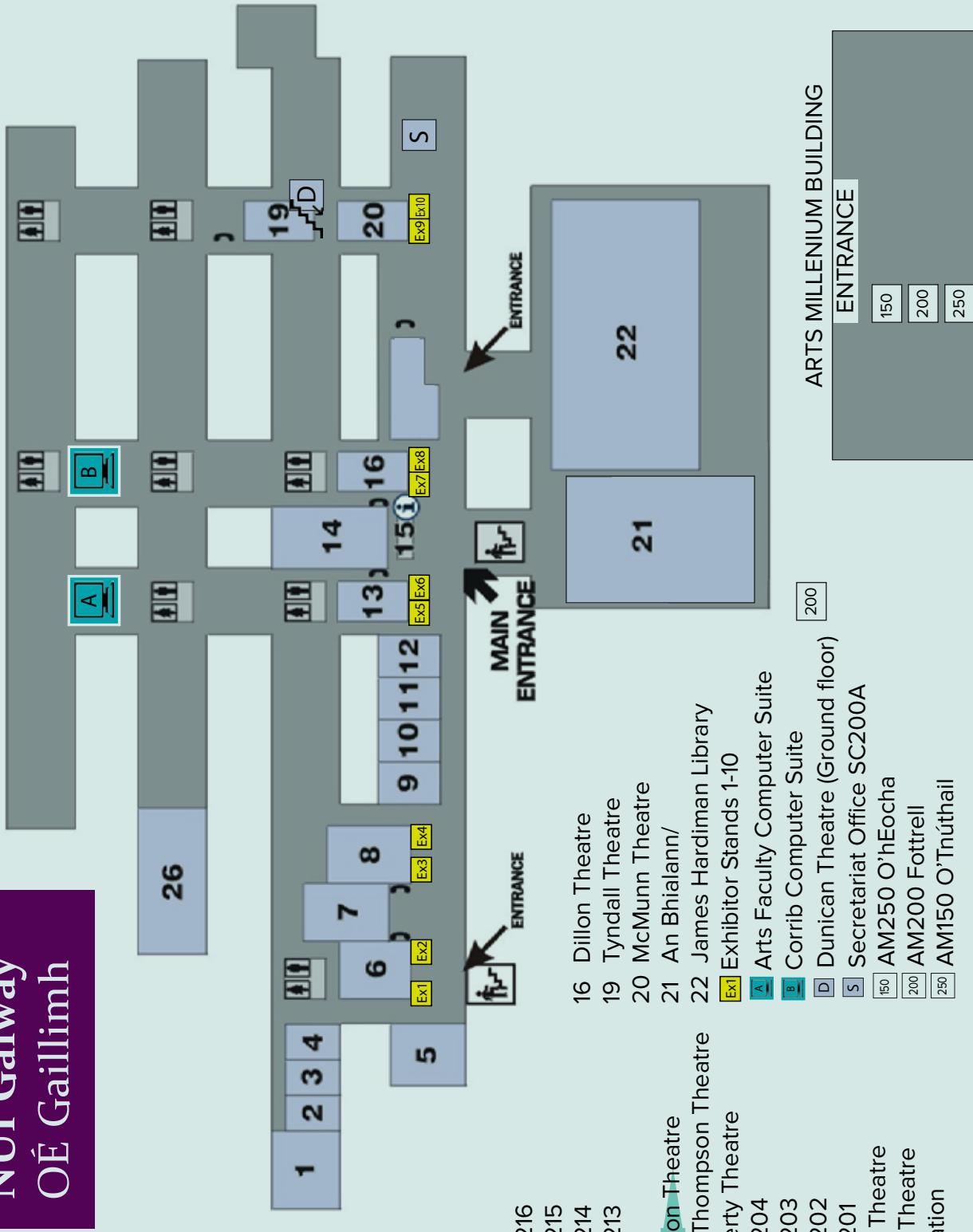


CAMPUS MAPS





NUI Galway
OÉ Gaillimh





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needs



FLEXIBLE SOLUTIONS TO SUIT YOUR CONFERENCE NEEDS

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

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

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

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

Please visit our company website, www.easyconferences.eu, for more information on our services, a list of upcoming and completed events, and several referrals from satisfied customers.

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If not, join the EHPS at www.ehps.net/ehps-membership and become part of our great network!

BENEFITS OF MEMBERSHIP INCLUDE

Reduced rates for EHPS conferences where you will have plenty of opportunities for networking with key researchers and to participate and/or propose and organise workshops

Access to EHPS grant opportunities

Opportunity to publish in EHPS' new Open Access Journals **Health Psychology and Behavioural Medicine and Health Psychology Bulletin** at preferential rates

Access to our established journals **Psychology and Health** [IF 1.983] and **Health Psychology Review** [IF 8.976]

Receiving our bulletin **The European Health Psychologist**

Receiving news about career opportunities, calls for papers, and other relevant news for health psychologists

Possibility to engage in our Practical Health Psychology Blog: a blog about cutting edge Health Psychology and how to apply it in practice www.practicalhealthpsychology.com

Possibility to engage in CREATE: a network of early career researchers

Possibility to engage in the annual Synergy Expert Meeting: an opportunity for synergistic discussion between health psychologists conducting research in core fields within health psychology

Full membership only 75 EUR/year

Reduced membership 25 EUR/year (for postgraduate students and for colleagues from a number of countries)

THE PRACTICAL HEALTH PSYCHOLOGY BLOG

The Practical Health Psychology Blog www.practical-healthpsychology.com is a new initiative within the European Health Psychology Society (EHPS). It is a blog about cutting edge Health Psychology and how to apply it in practice. Our aim is to translate rigorous and peer reviewed research submitted by world leading experts to simple and clear blog posts which are translated into several European languages.

Our mission is to **translate research to practice, one blog post at a time**. Our National Editors are recruited through the EHPS Society. They provide their expertise and translate the blog posts. We aim to distribute findings from health psychology research to the practitioners using several European languages. If your first language is different than English, feel free to distribute it among your colleagues who may benefit from the translation. We cover English, Bulgarian, Czech, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Latvian, Lithuanian, Polish, Portuguese, Romanian, Russian, Slovak and Ukrainian. **We would like to encourage you to check out our blog and to sign-up for our monthly posts.**

Many thanks and warm greetings from the Editorial Team of the Practical Health Psychology Blog!



www.ehps.net

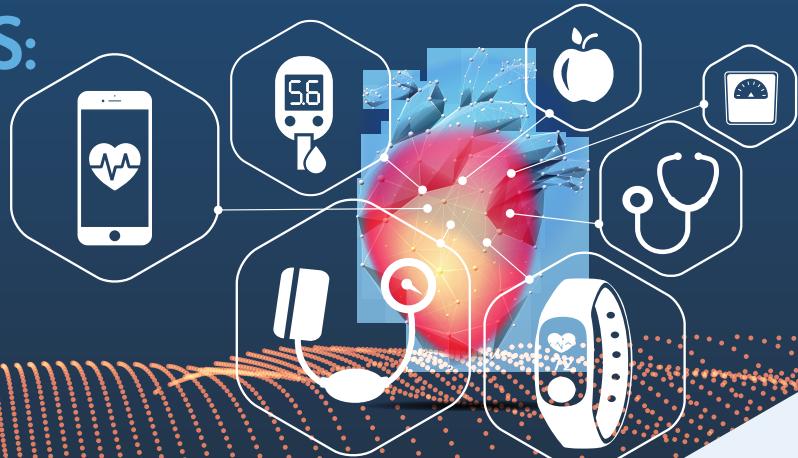


EHPsociety

PREVENTION MATTERS: MAKING the DIFFERENCE

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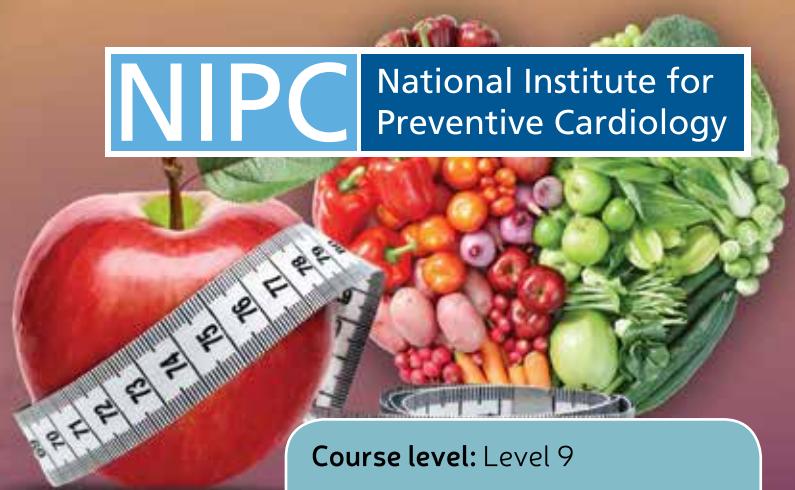


Friday 23 November 2018

Johnstown Estate Hotel, Enfield, Co Meath



NUI Galway
OÉ Gaillimh



Masters and Postgraduate Diploma in Preventive Cardiology - Multidisciplinary Approaches to CVD Health and Disease Prevention

This innovative programme in Preventive Cardiology, delivered in the Croí Heart & Stroke Centre, provides students with the knowledge and practical skills required to make meaningful contributions to the discipline of Preventive Cardiology. Delivered within the wider context of chronic disease management, this course will enable students to provide effective self-management support to individuals living with cardiovascular disease, diabetes and other related long-term conditions.

Course level: Level 9

Duration: 1 year full-time in service (MSc); 9 months full-time in service (PG Diploma), using blended learning

Fees: €5,500 (EU PG Dip);
€6,500 (EU MSc);
€15,000 (non-EU PG Dip/MSc)

Applying:
www.pac.ie/nuigalway

Closing date: Open call

Scientific programme



OVERVIEW PROGRAMME

Monday, 20 Aug	Tuesday, 21 Aug	Wednesday, 22 Aug	Thursday, 23 Aug	Friday, 24 Aug	Saturday, 25 Aug
9.00		09.00- 10.30 Parallel Sessions	09.00- 10.30 Parallel Sessions	09.00- 10.30 Parallel Sessions	09.00- 10.30 Parallel Sessions
9.30					
10.00					
10.30		10.30-11.00 Coffee Break The Concourse	10.30-11.00 Coffee Break The Concourse	10.30-11.00 Coffee Break The Concourse	10.30-11.00 Coffee Break Aras na Mac Leinn
11.00		11.00 - 12.30 Parallel Sessions	11.00 - 12.30 Parallel Sessions	11.00 - 12.30 Parallel Sessions	11.00 - 12.00 Keynote Lecture (BAH) Jill Francis
11.30					
12.00					
12.30	CREATE & SYNERGY WORKSHOPS Arts Millennium Building	12.30 - 14.00 Lunch (An Bhialann) & EHPS Discussion Forum (Kirwan Theatre)	12.30 - 14.00 Lunch (An Bhialann) & EHPS Members Meeting (Kirwan Theatre)	12.30 - 14.00 Lunch (An Bhialann) & EHPS National Delegate's Meeting (ROOM 201)	12.00- 12.45 Closing Ceremony (BAH)
13.00					
13.30					
14.00		14.00-15.30 Parallel Sessions	14.00-15.30 Parallel Sessions	14.00-15.30 Parallel Sessions	12.45 - 13.30 Reception for EHPS 2019 SULT
14.30					
15.00					
15.30		15.30 - 17.00 Interactive Posters & Sessions (Concourse)	15.30 - 17.00 Interactive Posters & Sessions (Concourse)	15.30 - 17.00 Interactive Posters & Sessions (Concourse)	
16.00					
16.30					
17.00		17.00 - 18.00 Keynote Lecture (BAH) Molly Byrne	17.00 - 18.00 Keynote Lecture (BAH) Alex Rothman	17.00 - 18.00 Keynote Lecture (BAH) Yael Benyamin	
17.30					
18.00		Opening Reception 18.00-19.30 Bailey Allen Hall (BAH)			
18.30					
19.00					
19.30		Welcome Reception 19.30-21.00 SULT			19.30 Conference Dinner & Entertainment The Galmont
20.00					
20.30					
21.00					
21.30					
22.00					
23.00					

WORKSHOPS

21ST OF AUGUST, 2018

	ROOM AM104	ROOM AM105	ROOM AM107	ROOM AM108	ROOM AM109
9.30					
10.00	N-of-1 design: Opportunities, challenges and solutions for undertaking within participant investigations				
10.30					
11.00	Felix Naughton, Dominika Kwasnicka				
11.30	PART 1 9.30 - 12.30				
12.00					
12.30					
13.00					
13.30	N-of-1 design: Opportunities, challenges and solutions for undertaking within participant investigations				
14.00					
14.30					
15.00	Felix Naughton, Dominika Kwasnicka				
15.30	PART 2 13.30 - 16.30				
16.00					
16.30					
18.00			OPENING CEREMONY 18.00 - 19.30		
19.30			WELCOME RECEPTION 19.30 - 21:00		



PARALLEL SESSIONS					
9:00	O'FLAHERTY	ANDERSON	KIRWAN	LARMOR	DILLON
	ROUNDTABLE: HEALTH PSYCHOLOGY PRACTICE IN EUROPE AND OTHER COUNTRIES REPRESENTED IN THE EHPS: MOVING FORWARD TOGETHER Chair: Anne Marie Plass	HEALTH BEHAVIOUR AND CHRONIC DISEASE Chair: Val Morrison	STRESS: HPA AXIS AND INFLAMMATION Chair: Daryl O'Connor	SYMPOSIUM: THE RELEVANCE OF INTEROCEPTION FOR HEALTH AND DISEASE Chair: Beate M. Herbert	DIETARY BEHAVIOUR CHANGE Chair: Marijn de Bruin
9:00 - 10:30	9:00 Short introduction Anne Marie Plass 9:05 Highlight upon HP education Jenny McSharry 9:10 Highlight upon employability of HPs Kyra Hamilton 9:15 Highlight upon cooperation of HPs with other professions Sam Norton 9:20 Short summary Angelos Kastanios 9:25 Introducing the various definitions of HP 9:40 Identifying differences and similarities 9:55 Discussing possible overarching definitions of HP 10:10 Discussing the future steps necessary to creating global consensus 10:25 Conclusion and closing the session Anne Marie Plass	9:00 Coping with insomnia in prostate cancer: investigating the role of predisposing, precipitating and perpetuating factors Rebecca Maguire 9:15 Ultraviolet radiation exposure in people with Xeroderma Pigmentosum: daily diary study Sam Norton 9:30 Identifying distinct patterns of change in habit strength for taking medication in adults with diabetes Rachel Burns 09:45 The psychological implications of writing online – blogging about visible, long-term skin conditions Selina Tour 10:00 Investigating decision-making in bone-anchored hearing aid candidates: Two qualitative approaches. Rachael Powell 10:15 Discussion	9:00 Effects of Childhood Trauma, Daily Stress and Emotions on Cortisol in Individuals Vulnerable to Suicide Daryl O'Connor 9:15 Pubertal tempo, pubertal timing and health: mediating effects of cortisol stress reactivity. Samantha Dockray 9:30 Stress and metabolic syndrome: The Chilean study of psychological predictors of obesity and metabolic syndrome Manuel Ortiz 9:45 Post-mastectomy breast reconstruction wound healing and the association of perceived stress and serum cortisol levels Lauren Schumacher 10:00 Driving Under Pressure: The Effects of Stress on Driving Performance Colm Doody	9:00 Social exclusion and attentional bias towards high-calorie food: The role of interoceptive Accuracy and Sensibility Giorgia Zanaria 9:15 Multimodal interoception in overweight and obesity Beate Herbert 9:30 Interoceptive sensitivity, accuracy and awareness in obese patients Delphine Grynborg 9:45 Modification of interoceptive abilities using neurostimulation and mindfulness-based techniques Olga Politos 10:00 Discussion Beate Herbert	9:00 Acceptability, effectiveness and cost-effectiveness of weight loss interventions for severe obesity: A health technology assessment Marijn de Bruin 9:15 Changing diet and physical activity behaviour in type 2 diabetes Kevin Cradock 9:30 Eating As Treatment (EAT): A health behaviour change intervention for head and neck cancer patients Kristen McCarter 9:45 Behavioral context effect on goal-priming intervention for reducing unhealthy eating Shoji Ohitomo 10:00 How I deal with a diagnosis of Juvenile Idiopathic Arthritis for my child. Wendy Costello 10:15 Discussion Sónia Bernardes
10:30					9:00 Worries, mindfulness and parenting: A diary study in parents of children with type 1 diabetes Cynthia Van Gampelere 9:15 Illness intrusiveness and well-being in mothers and fathers of youth with type 1 diabetes Sofie Prirkken 9:30 Understanding the impact of paediatric inflammatory bowel disease on the entire family Line Caes 9:45 Child pain and well-being: The role of parental perceptions of injustice. Fleur Baert 10:00 Online information seeking about breast cancer symptoms: Capturing online behaviour with an Internet browsing tracking tool Afreida Marcu 10:15 Are people tweeting about exercise also talking about fat? A descriptive study of Twitter communities. Ahuitz Rojas-Sánchez

PARALLEL SESSIONS					
11.00	O'FLAHERTY	ANDERSON	KIRWAN	LARMOR	DILLON
McMUNN	ROOM 201				
11.00 - 12.30					
11:00	SYMPORIUM: INTEGRATING AND APPLYING BEHAVIOUR CHANGE THEORY: A FOCUS ON MECHANISMS OF ACTION Chair: Rachel Carey	LIVING WITH CHRONIC DISEASE Chair: Andrew Thompson	LOOKING FORWARD AND LOOKING BACK: FEASIBILITY AND ACCEPTABILITY OF INTERVENTIONS Chair: Falko Sniehotta	STRESS: CARDIOVASCULAR PHYSIOLOGY Chair: Andreas Schwerdtfeger	SYMPORIUM: OBESITY ACROSS CHILDHOOD AND ADOLESCENCE Chair: Marita Hennessy
11:00	11:00 The Contributions of the Science of Behaviour Change Program to Advance Basic Behaviour Change Mechanisms Talea Cornelius	11:00 Women with IBS have similar levels of disease burden to those with IBD: Clinicians listen! Jonathan Egan	11:00 Patients' and practitioners' views on intensive management for moderate rheumatoid arthritis: a qualitative study Louise Prothero	11:00 Attachment, social support and cardiovascular reactivity in young adults Grace McMahon	11:00 Early life obesity prevention: A systematic review of the effectiveness of health professional-delivered interventions Marita Hennessy
11:15	11:15 Benefit finding in renal transplantation and associated psychological and clinical correlates: a prospective study Alicia de Vries	11:15 Acceptability and Feasibility of a self-management intervention to improve adherence rates in women prescribed tamoxifen Zoe Moon	11:15 Burnout: Merely a subjective complaint? Claudia Trammler	11:15 How can routine feedback from National Child Measurement Programmes be harnessed to support behaviour change? Lou Atkinson	11:15 Establishing ways to improve smoking cessation behavioural support for pregnant women: A modified Delphi survey Libby Ferrie
11:30	11:30 Fatigue in prevalent haemodialysis patients predicts all-cause mortality and kidney transplantation Joseph Chilcott	11:30 Intervention development and tailoring using N-of-1 data: Improving photoprotection in patients with xeroderma pigmentosum Kirby Sainsbury	11:30 What is the role of cardiovascular reactivity (CVR) in health behaviour change? Ainslea Cross	11:30 Impact of parental perceptions of child obesity and HQoL on subsequent child weight outcomes Laura Cutler	11:30 Improving school health and tobacco for low-educated adolescents: Overview of nine experiments. Bas van den Putte
11:45	11:45 The parent child experience of pre-adolescent alopecia: an interpretative phenomenological analysis. Andrew Thompson	11:45 Investigating mechanisms of interventions Supporting Long-term Adherence and Decreasing cardiovascular events (ISLAND)	11:45 Gender differences in adolescents' body areas satisfaction explaining body mass via physical activity and diet Karolina Zarychta	11:45 Self-efficacy mediates effects of multilevel, pediatric-office based intervention on bivarified smoking cessation among low-income parents Stephen Lepore	11:45 Methods for Understanding Ecological Momentary Assessment Data Nested within Longitudinal Epidemiological Cohort Studies Sydney O'Connor
12:00	12:00 A stakeholder informed feasibility study of tele-coaching to improve adherence in patients with cystic fibrosis Christina Duncan	12:00 Momentary feelings of resilience are associated with vagal withdrawal to episodes of stress in firefighters Andreas Schwerdtfeger	12:00 Does the nature of the stress task influence the relationship between reappraisal and cardiovascular reactivity? Siobhan M. Griffin	12:00 School food environments and adolescent health Colette Kelly	12:00 Pre-intervention modelling: Applying observational n-of-1 design to develop and conduct precision behaviour change studies Fabiola Müller
12:15	12:15 The experience of self-conscious emotions in Inflammatory Bowel Disease: A Thematic Analysis Noelle Robertson	12:00 Diabetes ReMission Clinical Trial (DIRECT) a Psychological Analysis Nicola McCleary Falko Sniehotta	12:15 Momentary feelings of resilience are associated with vagal withdrawal to episodes of stress in firefighters Andreas Schwerdtfeger	12:15 Discussion Caroline Heany	12:15 Evaluating reach of the Smoking Treatment Optimisation in Pharmacies (STOP) intervention using simulated smoker feedback Sandra Jumbe
12:30	12:00 Discussion Alexander Rothman	12:00 Diabetes ReMission Clinical Trial (DIRECT) a Psychological Analysis Nicola McCleary Falko Sniehotta	12:15 Robot-assisted therapy in chronic stroke patients: Adherence to at-home treatment recommendations Walter Bierbauer	12:15 Discussion Geert Crombez	12:15 Discussion Dominika Kwasnicka

PARALLEL SESSIONS					
14:00	O'FLAHERTY	ANDERSON	KIRWAN	DILLON	ROOM 201 McMUNN
					SYMPORIUM: YOU ONLY LIVE ONCE: YOUTH CULTURE AND HEALTH Chair: Adriana Baban
14:00 - 15:15	STATE OF THE ART: SELF-REGULATION IN SICKNESS AND IN HEALTH Chair: Pamela Rackow	SYMPORIUM: MEDICATION ADHERENCE IN CHRONIC ILLNESS: THEORY, METHODS AND INTERVENTION DEVELOPMENT Chair: Hannah Durand	SYMPORIUM: FOCUSING ON FIDELITY: IMPROVING METHODOLOGY OF INTERVENTION FIDELITY ASSESSMENT WITHIN BEHAVIOUR CHANGE INTERVEN- TION RESEARCH Chair: Elaine Toomey	SYMPORIUM: PSYCHO-SOCIAL AND NEUROPSYCHOLOGICAL ASPECTS IN CARDIAC PATIENTS AND FAMILY MEMBERS: INNOVATIONS IN ASSESS- MENT AND THERAPY Chair: Edward Callus	SYMPORIUM: BETTER TOGETHER? REGULATING HEALTH WITHIN CLOSE RELATIONSHIPS Chair: Janina Lüscher & Corina Berli
15:30					15:30 - 17:00 INTERACTIVE POSTERS & COFFEE BREAK
17:00					17:00 - 18:00 KEYNOTE LECTURE: MOLLY BYRNE INCREASING THE IMPACT OF BEHAVIOUR CHANGE INTERVENTION RESEARCH: IS THERE A ROLE FOR PATIENT AND PUBLIC INVOLVEMENT?

P1	e/m health applications for smoking and alcohol Chair: Jane Walsh
1	Does smoker profile determine adoption of a decision aid to improve evidence-based cessation support uptake? <i>Thomas Gützow</i>
2	Understanding usage patterns of mHealth smoking cessation support to improve treatment delivery <i>Tina Jähnel</i>
3	Teenagers perception of Instagram alcohol related content on health-related quality of life <i>Boris Chapoton</i>
4	A RCT protocol comparing two smoking cessation programs for students: face-to-face intervention vs webbased intervention <i>Amandine Schoumacker</i>
5	Required content of a decision-aid to improve cessation support uptake: A study protocol <i>Thomas Gützow</i>
P2	Understanding uptake and usability of e/mHealth interventions Chair: Ray Tait
6	Reducing cancer-related fatigue in (former) cancer patients using an app: the uptake of the Untire-app. <i>Simon Spahrkäss</i>
7	A review on best practices for digital interventions to improve engagement and adherence in users <i>Maria Karelka</i>
8	Feasibility and validity of an ecological momentary assessment of coping at home-return after a stroke. <i>Camille Vansimaeys</i>
9	Emotional and mental support using entertainment robots for elderly nursing home residents with dementia <i>Mitsuru Naganuma</i>
P3	Alcohol, physical activity and obesity Chair: Bas van den Putte
10	The effects of teacher communication during a health intervention on adolescents' alcohol use. <i>Mathijs Mesman</i>
11	The effect of gain-frame message content on intention to drink alcohol. <i>Fiona Walker</i>
12	Alcohol consumption in Austrian college students – does physical activity matter? <i>Martin Kopp</i>
13	Office workers' experiences of an early-phase sitting-reduction intervention (the ReSiT Study): A qualitative analysis <i>Benjamin Gardner</i>
14	Reciprocal associations between physical activity enjoyment, moderate-to-vigorous physical activity and depressive symptoms in non-clinical adults <i>Magdalena Kruk</i>
P4	Health & wellbeing issues associated with romantic relationships & parenting roles Chair: Jonathan Egan
15	Health behaviors influence selection of romantic partners <i>Brittany Canady</i>
16	The effect of alexithymia on relationship functioning is mediated by affectionate experience <i>Julia Eggermann</i>
17	Food consumption habits in Romanian families and adolescents - a pilot study <i>Violeta Stefanía Rotarescu</i>
18	Alcohol related knowledge and drinking behaviour: survey for pregnant women and mothers in Japan <i>Kazuko Eto</i>
19	The experience of teenage pregnancy and its effect on the couples' relationship: a retrospective study <i>Claudia Azzopardi</i>
20	Post-Traumatic Stress disorder after childbirth: Prospective study of risk factors on French and Tunisian populations. <i>Hannachi Nawel</i>

P5	Paediatric chronic illness & disability Chair: Katelynn Boerner
21	Child with epilepsy in regular school: sociometric status and teacher support <i>Jiri Kohout</i>
22	Parental health literacy and numeracy as it relates to youth asthma symptom control <i>Kristine Durkin</i>
23	Quality of life and coping strategies among siblings of children living with cystic fibrosis <i>Camille Ricatte</i>
24	An Adaptation of the Beliefs about Medicine Questionnaire for Young People With Asthma (BMQ-YPWA) <i>Christina Pearce</i>
25	"In the wild": Conducting paediatric pain research outside of traditional clinical settings <i>Grace O'Sullivan</i>
P6	Lifestyle Behaviour Change Chair: Rachel Carey
26	A systematic review of breastfeeding interventions among postpartum women using the Behaviour Change Techniques taxonomy <i>Angelos Kassianos</i>
27	Improving breastfeeding in Scotland: co-production of a breast pump service <i>Nicola Gillespie</i>
28	Using Implementation Intentions to Improve Adolescent Anger Management: A Research Protocol <i>Laura Castillo-Eito</i>
29	Implementation intention on vaccination behavior against fluenza with healthcare workers. <i>Aurélie Gauchet</i>
30	Reducing high-calorie snack consumption: increasing implementation intention effectiveness for those low in eating self-efficacy <i>Susan Churchill</i>
31	Associations between sedentary behaviors and self-efficacy: a systematic review <i>Zofia Szczuka</i>
P7	Risk perception and preventive behaviours Chair: Robbert Sanderman
32	Korean mothers' health beliefs of cervical cancer prevention and daughters' vaccination against Human papilloma virus <i>Hae Won Kim</i>
33	Vaccination decisions: what could be added to Health Belief Model? <i>Ksenia Ertsyan</i>
34	How to predict participation in colorectal cancer screening? The contribution of Theory of Planned Behaviour <i>Alice Le Bonniec</i>
P8	Physical activity and health promoting behaviours Chair: Lena Fleig
35	Experimental investigation of decision-making processes in daily physically active behaviors using a virtual reality set-up <i>Alexis Ruffault</i>
36	Maternal guidance: The importance of psycho-social variables to predict children's media consumption and physical activity <i>Konstantin Schenkel</i>
37	How cognizance influence the motivation to change regarding both sedentary behaviour and physical activity. <i>Stefanie Kasten</i>
38	The mechanisms by which high treatability information negatively influences intention to prevent skin cancer <i>Yingqiu Wu</i>
39	Exploring a laypersons understanding of health-habit formation: a network diagram approach <i>Daniel J Brown</i>
P9	Well-being and quality of life in adolescents and young adults Chair: Adriana Baban
40	Resource control, psychosocial health, and well-being in emerging adulthood <i>Leanna Closson</i>
41	Electronic device use at night by young adults: Effect on sleep and mental health. <i>Susan Crebbin</i>
42	Subjective Health Complaints in Adolescence - Validity of the HBSC Symptom Checklist in Luxembourg <i>Carolina Catunda</i>
43	A validation study of a German short-form of the Child Humor Orientation Scale <i>Samuel Tomczyk</i>
44	Promoting subjective well-being in transition year students through a multi-target positive psychology intervention <i>Daisy Beth Gibbons</i>
45	Self-compassion and healthy eating behaviours among emerging adults <i>Satoru Ishikawa</i>

P10	Factors influencing quality of life within the context of pain Chair: Line Caes
46	Pain chronicity regulates the relationship between emotions and sleep in Complex Regional Pain Syndrome <i>Jeongwi An</i>
47	Differential effects of attentional engagement and disengagement on daily function in patients with chronic pain <i>Hyeji Kim</i>
48	Quality of life and its determinants in chronic pain patients <i>Urszula Ziętalewicz</i>
49	Understanding the experience of chronic pain from the perspective of people with an intellectual disability <i>Dominique Phillips</i>
50	How do patients treated by haemodialysis cope with pain? <i>Christel Vioulac</i>
51	Changing pictorial representations of pain when attending a Pain Management Programme: an interpretative phenomenological analysis <i>Isabella E Nizza</i>
52	Communication, coping and clinical status: a holistic perspective on surgical patients to improve satisfaction <i>Tessa Dekkers</i>
P11	Resilience and risk factors in pain experiences Chair: Gabriele Franke
53	The power of resilience in chronic pain patients <i>Gabriele Helga Franke</i>
54	Mediating Role of Psychological Flexibility Parameters between Head Pain Interference and Headache-Related Disability <i>Pinelopi Konstantinou</i>
55	The role of dissociation in experiencing pain: a normal function or a deteriorating process? <i>Magdalini Flouri</i>
56	Somatic complaints, attachment style, childhood trauma, self-compassion and depersonalisation in young Irish adults <i>Cathal Ó Curraoin</i>
57	Gender stereotype threat and pain tolerance in young adults <i>Ewa Wojtyna</i>
58	Temporal Estimation of Treatment Preferences in Fibromyalgia Patients <i>Elia Valentini</i>
P12	Methods for improving research participant diversity Chair: Diane Dixon
59	Strategies for successful male involvement in the population-based survey: Lessons learned from UN Multi-Country Survey <i>Nurul Kodriati</i>
60	Examining the influence of an informational video on participant retention in a randomised controlled trial <i>Laura O'Connor</i>
61	Assessing health information literacy by a standardized knowledge test <i>Anne-K. Mayer</i>
62	Conducting Social Cognitive Theory Based interviews with adults with learning disabilities and their carers <i>Kiran Bains</i>
P13	Personal, social, and environmental resources and health Chair: Evangelos C. Karademas
63	Resilience in adolescents in institutional care <i>Ana Camarneiro</i>
64	Acceptance and identity change: an interpretative phenomenological analysis of carers' experiences in ME/chronic fatigue syndrome <i>Gulcan Garip</i>
65	Long-term effects of coping on psychological distress in caregivers of patients with Amyotrophic Lateral Sclerosis <i>Jessica de Wit</i>
66	Cognitive impairment in stroke patients is associated with anxious and depressive symptoms in family members <i>Anne Hickey</i>
67	Feasibility testing of a staff training programme to improve the mealtime experience in care homes <i>Ross Watkins</i>
68	Eating well: Understanding and shaping the mealtime experience of older adults in residential care <i>Ross Watkins</i>
69	A qualitative exploration of the health and well-being among religious leaders. <i>Peter Kelly</i>

P14	Innovative Interventions in Chronic Disease Chair: Anita DeLongis
70	A randomised controlled feasibility trial of an intervention to reduce distress in Inflammatory Bowel Disease <i>Lyndsay Hughes</i>
71	Quality of life and ventilatory self-management in Obstructive Sleep Apnoea Syndrome patients: a prospective study <i>Martina Vigoré</i>
72	Promoting Medication AdheRence and Self-management among kidney transplant recipients (MARS-trial): development of an intervention protocol <i>Denise Beck</i>
73	Comparing interventions to increase physical activity to anti-hypertensive monotherapy in people with hypertension <i>Chris Noone</i>
P15	The work environment and employee health Chair: Massimo Miglioretti
74	Simulator sickness in man-man-machine interaction in complex virtual environment <i>Adam Galuska</i>
75	Dynamic office workstations: initial insights into user usability evaluations and motivation <i>Alice Heinrich</i>
76	Sleep quality and environmental workplace factors associated with mental health status of workers in Singapore <i>Gerard Dunleavy</i>
P16	Individual differences in stress reactivity, emotion-regulation, and coping Chair: Peter Harris
77	Individual differences in Work-related Behavior and Experience Patterns: Relations to Positive and Negative Affectivity <i>Hanna Hofmann</i>
78	Identifying risk for depression, anxiety symptoms and maladaptive coping according to time perspective <i>Hélène Kaya Lefèvre</i>
79	Assessing the interaction between SSRI use and weight status in predicting levels of depression <i>Robbie Woods</i>
80	To sleep or not-to-sleep: Psychological distress, intolerance of uncertainty and sleep among informal cancer caregivers <i>Aliza Panjwani</i>
81	Developing and testing an individual differences measure of self-affirmation: Predicting health-related responding <i>Peter Harris</i>
P17	Stress & Physiology: work in progress Chair: Samantha Dockray
82	Heart rate variability recovery as a marker of autonomic functioning in lonely individuals <i>Charlotte Roddick</i>
83	A scoping review of the intergenerational transmission of altered cortisol parameters following trauma. <i>Esther Purkiss</i>
84	Loneliness and cardiovascular reactivity to acute stress in older adults <i>Eoin Gavin Brown</i>
85	Building trauma resilience among military personnel: A pre-deployment resilience-building programme - Phase 1 Systematic review <i>Colm Doody</i>
86	The precise threshold of blunted cardiovascular reactivity: A systematic review <i>Adam O' Riordan</i>
87	The associations between the personality traits of openness to experience and cardiovascular stress responsivity. <i>Anna Soye</i>
88	Theory-based development of an experimental paradigm to examine the influence of coping on stress <i>Alina Schäfer</i>

P18	Self-management, medication adherence and chronic illness Chair: Joseph Chilcot
89	Examining adherence to anticoagulant and antiarrhythmic medication in patients with atrial fibrillation (AF) <i>Elena C. Taylor</i>
90	Psychosocial predictors of non-adherence to tamoxifen in breast cancer survivors: A longitudinal analysis <i>Zoe Moon</i>
91	Influence of Sickle-cell disease representation on compliance: orientations for health intervention. <i>Damien Oudin</i>
92	Symptom appraisal of potential lung cancer symptoms in people with Chronic Obstructive Pulmonary Disease <i>Katie Robb</i>
93	Body change stress, illness perception and benefit finding as predictors of distress among cancer patients <i>Rizwana Roomaney</i>
94	Illness representations and health behavior of coronary heart patients and patients diagnosed with colorectal cancer <i>Szidalisz Teleki</i>
P19	Attitudes and Personality in Relation to Older Adults' Health Chair: Jasminka Despot Lucanin
95	Medicalization of old age and attitudes towards the elderly people <i>Eryka Probierz</i>
96	An investigation of the relationship between health literacy and influenza vaccination among older adults. <i>Louise Burke</i>
97	Examining the moderating effect of conscientiousness on the relationship between prospective memory and medication adherence. <i>Jack Flynn</i>
98	Why does the protective effect of optimism for maintaining mental health decreases in older age? <i>Christel Salewski</i>
P20	Psychological practice in health settings Chair: Kate Hamilton-West
99	Implementing lifestyle interventions in clinical practice within mental health services can be challenging <i>Agatha Conrad</i>
100	Preliminary examination of cognitive-behavioral cancer stress management group implementation in clinical care <i>Lisa Gudenkauf</i>
101	Development and evaluation of a long-term conditions training programme for primary care mental health workers <i>Kate Hamilton-West</i>
102	Increasing patient expectations about acupuncture treatment: an online experiment. <i>Anja Zieger</i>
P21	Health Communication Chair: Delyth James
103	Co-development with health professionals: an online communication training resource <i>Daisy Bradbury</i>
104	Patient engagement and communication behaviours around prompt urinary catheter removal: a prospective theory-based correlational study <i>Rashmi Bhardwaj-Gosling</i>
105	Interventions to increase adherence to medication amongst individuals with low health literacy: A systematic review <i>Delyth James</i>
106	Exploring cardiomyopathy diagnoses: the clinicians' perspective <i>Jennifer Rees</i>
107	Living with age-related macular degeneration: a qualitative study of consultations at diagnosis <i>Tawanda Pendeke</i>
108	Reversing social gradient: Impact of patients' communication with their practitioners on adherence to preventive behaviours <i>Michèle Baumann</i>

PARALLEL SESSIONS						
11:00	O'FLAHERTY D'ARCY THOMPSON	ANDERSON	KIRVAN	LARMOR	DILLON	ROOM 201 McMUNN
	ROUNDTABLE: BEYOND ACADEMIA: OPPORTUNITIES AND CHALLENGES OF APPLYING HEALTH PSYCHOLOGY RESEARCH IN PRACTICAL SETTINGS Chair: Rachel Carey	SYNPOSIMUM: WOMEN'S HEALTH ISSUES ACROSS THE LIFESPAN: IDENTIFYING RISKS AND OPPORTUNITIES FOR CHANGE Chair: Efrat Neter	COMMUNICATING HEALTH: HEALTH, RISK, AND DECISION MAKING Chair: Anne Marie Plass	AUTOMATICITY AND IMPLICIT COGNITIONS Chair: Kyra Hamilton	SYMPOSIUM: LONGITUDINAL PERSPECTIVES ON CLOSE RELATIONSHIPS AND HEALTH - FROM MICROPROCESSES TO MACROPROCESSES Chair: Urte Scholz & Gertraud Stadler	BEHAVIOUR CHANGE: THEORY INFORMED PRACTICE Chair: Rik Crutzen
11:00 Welcome and opening remarks Rachel Carey	11:00 HPV vaccination acceptability among Romanian young women Adriana Baban	11:00 Development of targeted communication strategies to promote prudent antibiotic usage: needs assessment among the public Vanessa Feck	11:00 Predicting the provision of positive health-related social control in dual-smoker couples Urte Scholz	11:00 Communicating evidence of effectiveness for government policies and its impact on public support: A meta-analysis James Reynolds	11:00 Evolutionary learning processes as the foundation for behaviour change Rik Crutzen	
11:05 Policy Perspective Nelli Hankonen	11:15 The difficult road to infertility treatment: Women's experiences of interacting with medical providers Irina Todorova	11:15 Understanding health professionals' experiences of discussing HPV with head and neck cancer patients Mailead O'Connor	11:15 Feeling all over the place: Daily variability in negative affect and cue responsiveness in snacking Benjamin Schütz	11:15 Taxes, labels, or nudges? Public acceptance of various interventions aimed at reducing sugar intake Gertraud (Turu) Stadler	11:15 Self-managing motivation and behaviour change: Developing a taxonomy and toolkit of self-enactable techniques Keegan Knittle	
11:17 Healthcare Professional Perspective Fabiana Lorenzatto	11:30 Exercising in a commercial pregnancy-specific setting: Comparison to sedentary and long-exercising pregnant women Efrat Neter	11:30 Using positively framed risk information in patient information leaflets to reduce side-effect reporting Rebecca Webster	11:30 Invisible, visible and no support from recent acquaintances impact the stress response in the lab Niall Bolger	11:30 Consumption of sugar sweetened beverages: Informed choice or a product of an obesogenic environment James Green	11:30 Examining the effectiveness of a proximity nudge on food choice with few and many options Laurens van Gestel	
11:29 Multinational Health Technology Company Perspective Joyca Lacroix	11:45 Women's perceptions and parental practices as predictors of child energy expenditure behaviors and body mass Monika Boberska	11:45 Exploring Approach Bias for Exercise Cues: An Application of the Implicit Association Test Thomas Hannan	11:45 Children's Unhealthy Eating and Body Fat Explained by Parental Pressure to Consume Food at Meals Aleksandra Luszczynska	11:45 Reducing loneliness in older adults: Using RE-AIM to evaluate community-based physical activity programmes. Sarah Hotham	11:45 A person-based process evaluation: implementing a digital intervention for hypertension in primary care Katherine Morton	
11:41 Digital Health Startup: UX Perspective Carmen Lejevre-Lewis	11:45 Change and Habituation in Risk Perception after Health Risk Feedback Josianne Kollmann	12:00 How conscious and unconscious cognitions jointly determine reduced red meat intake Carolin Muschalik	12:00 Early family stress predicts divorce in stepfamilies: findings from a 20-year prospective study Anita DeLongis	12:00 Testing a self-efficacy based intervention to improving acute stroke response: An experimental online study Lea Wilhelm	12:00 Testing a self-efficacy based intervention to improving acute stroke response: An experimental online study Lea Wilhelm	
11:53 Social Impact Startup Perspective Rachel Carey	12:05 General Discussion	12:15 Testing an integrated dual process, dual-phase model for sugar consumption among university students Kyra Hamilton	12:15 Discussion Caterina Gawlikow	12:15 Identifying micro actions in colorectal cancer screening: a secondary analysis of qualitative data Marie Kotzur	12:15 Visual attention when using a patient decision aid: an eye-tracking study among older cancer patients Olga Damman	
12:25 Summing up and next steps						
11:00 - 12:30						
12:30	12:30 - 14:00 LUNCH & EHPS MEMBERS' MEETING					

14:00	O'FLAHERTY	D'ARCY THOMPSON	ANDERSON	KIRWAN	LARMOR	DILLON	ROOM 201	McMUNN
	STATE OF THE ART: IMPROVING THE INTERPRETATION OF RESEARCH FINDINGS Chair: David Hevey	THEORY TESTING AND DEVELOPMENT IN HEALTH BEHAVIOUR CONTEXT Chair: Rory O'Connor	BEHAVIOURAL SCIENCE APPROACHES IN IMPLEMENTATION AND HEALTH SERVICES RESEARCH Chair: Jenny McSharry	CHRONIC DISEASE IN YOUNG PEOPLE Chair: Caroline Heary	STRESS AND HEALTH BEHAVIOURS Chair: AnnMarie Groarke	INDIVIDUAL DIFFERENCES IN COPING WITH CHRONIC ILLNESSES AND SYNDROMES Chair: Helke Spaderna	SYMPHOSIUM: SEX, GENDER AND PAIN: A LIFESPAN PERSPECTIVE Chair: Edmund Keogh	DIGITAL INTERVENTIONS FOR HEALTH BEHAVIOR CHANGE Chair: Jane Walsh
14:00 - 15:30	14:00 Are Theory-Based Interventions More Effective Than Non-Theory Based Interventions? A Systematic Review Of Systematic Reviews Rebecca Dalgatty	14:00 Uncertainties tied to developmental tasks among young adults with hematologic malignancies: An abductive, qualitative analysis Aliza Panjwani	14:00 Understanding social disadvantage and smoking through the experience of daily stress Tina Jahnel	14:00 Personality functioning in adolescents and emerging adults with type 1 diabetes: A longitudinal approach Jessica Rassart	14:00 The impact of digitally-supported personalised goals to reduce sedentary behaviour in a clinically obese population Jane Walsh	14:00 Sex, gender and pain: an introduction Edmund Keogh	14:00 The impact of digitally-supported personalised goals to reduce sedentary behaviour in a clinically obese population Jane Walsh	14:00 The impact of digitally-supported personalised goals to reduce sedentary behaviour in a clinically obese population Jane Walsh
	14:15 Do coping plans really help to cope? Exploring relationships between coping plan characteristics and self-efficacy Lena Fleig	14:15 Methods to help non-psychologists to identify the health professional behaviours that need to change Lucie Byrne-Davis	14:15 The impact of the relapsing-remitting cycle in eczema in young people: a secondary qualitative analysis Daniela Ghio	14:15 Relationship between time perspective and self-monitoring of blood glucose among people with type 1 diabetes Jolanta Eniko	14:15 MAPS: a highly tailored intervention to support medication-adherence in primary care. A randomized feasibility trial. Katerina Kassavou	14:15 Understanding the influence of gender on pain in the parent-child context Katelynn Boerner	14:15 MAPS: a highly tailored intervention to support medication-adherence in primary care. A randomized feasibility trial. Katerina Kassavou	14:15 MAPS: a highly tailored intervention to support medication-adherence in primary care. A randomized feasibility trial. Katerina Kassavou
	14:45 Control group support varies between trials and affects outcomes: A meta-analysis of smoking cessation trials Nicola Black	14:30 Barriers/enablers to implement guiding principles: a theory-based study, investigating healthcare-professional behaviours around prompt urinary catheter removal Roshni Bhardwaj-Gosling	14:30 "Irish children and teachers insights on proactively supporting primary school children with Juvenile Idiopathic Arthritis". Siobhan O'Higgins	14:30 Self-compassion and psycho-physiological recovery from recalled sport failure Agathe Lainé	14:30 The role of psychosocial factors on the relapse of Crohn disease Harriet M. Baird	14:30 Self-compassion and psycho-physiological recovery from recalled sport failure Agathe Lainé	14:30 The impact of an mHealth self-management intervention on health outcomes in cancer survivors. Jenny Groarke	14:30 The impact of an mHealth self-management intervention on health outcomes in cancer survivors. Jenny Groarke
	15:00 Enhancing reproducibility and comprehension of research findings; Transparent communication of quantitative results using modern tools Matti Heino	14:45 What predicts the uptake of mindfulness practice in youth? Applying the Reasoned Action Approach Marguerite Beattie	14:45 Online pain management for pre-adolescent children: articipative research meaningfully informs intervention design and development. Angeline Traynor	14:45 Does listening to music support coping with induced stress? Comparing self-chosen and research-chosen music AnnMarie Groarke	14:45 Association between psychiatric disorders and vulnerability to stress-related asthma attacks Claudia Gemme	14:45 Evaluation of the German Version of the German Version of the Stress and Adversity Inventory for Adults (Adult STRAIN) Sarah C. Sturmabauer	14:45 Social exchange in smartphone-based chat groups: Mechanisms of an mHealth intervention to promote healthy eating Jennifer Inauen	14:45 Social exchange in smartphone-based chat groups: Mechanisms of an mHealth intervention to promote healthy eating Jennifer Inauen
	15:15 What do they really measure? Examining the content validity of self-efficacy scales Alison Burnell	14:45 Physical pain sensitivity and suicide risk: the relationship between entrapment and acquired capability for suicide Rory O'Connor	14:45 A feasibility study using the Behaviour Change Wheel with healthcare teams in organisations implementing change Eleanor Bull	15:00 Investigating the feasibility and acceptability of a psychosocial intervention for adolescent diabetes Caroline Heary	15:00 Cognitive Bias Modification to relieve fatigue symptoms: preliminary results from a self-identity fatigue IAT Marcel Pieterse	15:00 The effects of Rescued Remedy and enhanced consultation on stress: A placebo-controlled RCT Triona O'Donnell	15:00 A smartphone app with personalised text messaging to target alcohol use in an ex-serving population Laura Goodwin	15:00 A smartphone app with personalised text messaging to target alcohol use in an ex-serving population Laura Goodwin
	15:15 Influencing factors of risk-taking behaviour in high-risk sports Martin Kopp	15:15 Exploring a method for using The Behaviour Change Technique Taxonomy to live code education interventions Jo Hart					15:15 Ethical challenges in international m-health intervention studies. Simon Sparirkas	15:15 Ethical challenges in international m-health intervention studies. Simon Sparirkas
15:30							15:30 - 17:00 COFFEE BREAK & INTERACTIVE POSTERS	
17:00							17:00 - 18:00 KEYNOTE LECTURE: ALEX ROTHMAN IN PURSUIT OF PRINCIPLES THAT ARE PRACTICAL: PASTEUR'S QUADRANT AND THE STUDY OF HEALTH BEHAVIOR CHANGE	
19:30							19:30 - 23:00 CONFERENCE DINNER	

P1	e/mHealth for changing health behaviours Chair: Kathrin Wunsch
1	Tablet use is associated with increased physical activity and decreased loneliness in older adults <i>Theresa Pauly</i>
2	Everyday music listening and its impact on affect regulation and physical activity. <i>Orna Murray</i>
3	To identify efficacious self-regulation techniques in an e- and mHealth intervention targeting an active lifestyle. <i>Helene Schroé</i>
4	Sex difference in physical activity changes to an e-health behaviour change intervention. <i>Prerna Deshpande</i>
5	Activity Matters: A Web-based resource to enable people with Multiple Sclerosis to become more active. <i>Blathin Casey</i>
6	A family-based m-health intervention to promote physical activity and healthy eating <i>Kathrin Wunsch</i>
7	Examining the association between food outlets and eating behaviour: A Geographic Information System (GIS) study <i>Katherine Elliston</i>
P2	E/mHealth for Supporting those with Chronic Illness Chair: Cynthia C Forbes
8	Reducing the patient interval for breast cancer: developing a digital intervention using the Person-Based Approach <i>Emma Carr</i>
9	Designing eHealth interventions for self-management of chronic conditions: Identifying facilitators and barriers from patient perspectives. <i>Paul O'Reilly</i>
10	The influence of music on affect regulation and post-traumatic growth in a cancer population. <i>Nikolett Warner</i>
11	Health information seeking on Internet and chronic back pain: a mixed methods study <i>Claudia Véron</i>
12	Web-based video-animated and text-tailored advice for Dutch type 2 diabetes patients for improving treatment adherence <i>Stan Vluggen</i>
13	Developing brief messages to support medication adherence in people with type 2 diabetes. <i>Hannah Long</i>
14	The ACTIOn randomised-control-trial: An online Acceptance-and-Commitment Therapy intervention for people with chronic pain and multimorbidity. <i>Brian Slattery</i>
15	Feasibility of tailored eHealth/mHealth physical activity and sedentary behaviour change advice among breast cancer survivors <i>Cynthia C Forbes</i>
P3	Mental health promotion & occupational health Chair: John Bogue
16	Mental Health Promotion for Japanese City Employees <i>Koji Takenaka</i>
17	Nursing students lifestyles throughout their university degree course <i>Márcia Cruz</i>
18	Embedding practitioner experience in health psychology student training: Development of a student-delivered health coaching service <i>Julia Allan</i>
19	Seasonal flu vaccination: what (de)motivates health employees? <i>Nataša Dernovšček Hafner</i>
20	Work and health needs in the aging population: an analysis on Italian employees. <i>Massimo Miglioretti</i>
P4	Family & Health Chair: Tony Cassidy
21	Family Health Culture, Health Locus of Control and Health Behaviours in older children <i>Tony Cassidy</i>
22	Family Assets and Their Associations with Positive Youth Development in Early Adolescence <i>Jaroslava Macková</i>
23	Well-being orientations within the family: hypotheses of intergenerational transmission. <i>Matilde Nicolotti</i>
24	"It's not fair!" Parental perceptions of injustice in the interpersonal context of pediatric pain. <i>Fleur Baert</i>
25	Infertility practitioners experience of the psychological sequelae of unmet parental goals: A Delphi Consensus Study <i>Siobhan Moore</i>
26	How do people experience a family member's highly lethal self-harm? A qualitative study <i>Karen Matvienko-Sikar</i>
27	Medicine use in early childhood: Which vaccines, branded or generic medicines do parents choose? <i>James Green</i>

P5	Stress, coping & wellbeing during childhood & adolescence Chair: Daniela Ghio
28	The role of individualism and collectivism in flexible coping with stress of Polish adolescents <i>Agnieszka Kruczek</i>
29	Do more adverse childhood experiences also mean more emotional and behavioural problems? <i>Miriama Lackova Rebicova</i>
30	Factors associated with mental health and quality of life of young carers: a study protocol. <i>Eléonore Jarrige</i>
31	How the use of Instagram impacts on adolescents' well-being: An Italian study <i>Sabrina Cipolletta</i>
32	Exploring sex differences in expressive writing intervention <i>Maria Luisa Martino</i>
33	Electronic media and young children's health: are there more risks behind the screens? <i>Roma Jusiene</i>
34	Image and Emotions; Body Dissatisfaction in Puberty and Adolescence <i>Isabella Muscolino</i>
35	Violence exposure and risk behaviours in South African adolescents: the moderating role of emotion dysregulation <i>Xincheng Sui</i>
P6	Behaviour Change principles and practices Chair: Gerjo Kok
36	Moderating effect of anticipated regret in intention-behaviour relationship in the case of daily water intake <i>Daniela Caso</i>
37	Feasibility randomized trial of risk communication interventions for promoting cancer genetic risk assessment <i>Anita Kinney</i>
38	6 months follow-up of a motivational-volitional intervention for patients with breast cancer <i>Wiebke Goehner</i>
39	Health behaviour change through lifestyle-integrated functional training: results of a pilot study <i>Sarah Labudek</i>
40	Intervention planning for a digital intervention to reduce risk of diabetic foot re-ulceration <i>Katy Sivyer</i>
41	Patterns of weight loss and their determinants in overweight adults <i>Michelle Eykelenboom</i>
P7	Smoking, alcohol and substance use Chair: Emma L Davies
42	Examination of the acquired preparedness model: affect-related expectancies mediate effects of impulsivity on smoking addiction <i>Yanki Süsen</i>
43	How do Compensatory Health Beliefs affect smoking behaviour after a quit attempt? A multilevel study <i>Melanie Amrein</i>
44	Living and doing health behaviour: a meta-synthesis and sub-group analysis <i>Gulcan Garip</i>
45	Fidelity, alcohol use and the effectiveness of the universal drug prevention program Unplugged <i>Marcela Štefaniková</i>
46	Evidence of behaviour change in people who inject drugs on treatment for hepatitis C infection. <i>Amy Malaguti</i>
P8	Quality of life and well-being in chronic disease and ageing Chair: Anne Hickey
47	The predictors of positive and negative consequences after transplantation. <i>Paulina Rosińska</i>
48	Strength interventions for people with chronic diseases: a systematic review of approaches and effects <i>Christina Bode</i>
49	Empirical Testing of the Lazarus' Hope Model <i>Monika Malkiewicz</i>
50	Detecting potential gaps between patient-reported outcome criteria and instruments in telemedical settings: a systematic review <i>Klara Greffin</i>
51	Examination of the Relationship between Resilience, Rumination, and Subjective Well-being in Individuals with Autoimmune Disorders. <i>Renae McNair</i>

P9	Measurement tools & evaluation of psychological aspects of chronic illness Chair: Bronwyne Coetze
52	Profiles of Psychological Adaptation to Spinal Cord Injury at Rehabilitation Discharge <i>Mayra Juliana Galvis Aparicio</i>
53	Cultural adaptation of the Goal Pursuit Questionnaire (GPQ) for Spanish women with fibromyalgia <i>Ana Lledó</i>
54	COPD patients: psychological and neuropsychological assessment in a rehabilitative setting <i>Antonia Pierobon</i>
55	Neuropsychological and psychological aspects in Myotonic Dystrophy Type 1 patients <i>Enrico Giuseppe Bertoldo</i>
56	Development and validation of a self-report measure of practical barriers to adherence (PBAQ) <i>Amy Chan</i>
P10	Psychological and emotional aspects of chronic disease Chair: Karen Morgan
57	The influence of personality traits on anxiety and coping in glaucoma and diabetic retinopathy patients <i>Cristina Dan</i>
58	Health-related quality of life in Chilean women with Sjögren's Syndrome <i>Matias Rios-Erazo</i>
59	Patient-related barriers in the uptake of psychological care in cancer patients with depressive symptoms <i>Esmée Bickel</i>
60	The effect of interoceptive awareness on Depressive Mood and Reward Perception <i>Hiroyoshi Ogishima</i>
61	Personal resources - resiliency and hope and flexibility in coping with stress among oncological patients <i>Małgorzata A. Basińska</i>
62	Psychological well-being in patients with obstructive sleep apnoea: the role of hostility and coping <i>Vladimira Timkova</i>
63	Do preoperative depression and disordered eating patterns influence weight changes among post-bariatric surgery patients? <i>Kim L. Lavoie</i>
64	Self-compassion, adaptive reactions, and health behaviours among people with prediabetes and diabetes: A systematic review <i>Brittany Semenchuk</i>
P11	Psycho-social issues and chronic disease Chair: Noelle Robertson
65	Breast cancer and younger women: narrative markers of coping during medical Treatment phases <i>Maria Luisa Martino</i>
66	Using internet to obtain information about an unknown disease; the case of the Sjögren Syndrome <i>Gonzalo Rojas-Alcayaga</i>
67	Ambulatory care point influence on quality of life and psychological well-being in heart failure patients. <i>Katarzyna Piotrowicz</i>
68	Health literacy associations with selected health status indicators among patients with cervical dystonia: preliminary results <i>Peter Kolarcik</i>
69	Examining adaptation after stroke using the model of selection, optimisation and compensation <i>Diane Dixon</i>
P12	Psychometric properties of measures in health psychology Chair: Karen Matvienko-Sikar
70	The Flexibility Coping Questionnaire - 14 (FCQ - 14) in Polish adolescents <i>Izabela Grzankowska</i>
71	Examination of the brief smoking consequences questionnaire-adult: information related to its psychometric properties <i>Yanki Süsen</i>
72	Personality structure measured by BFI-10 cannot be replicated in Portuguese dialysis patients <i>Krister Cromm</i>
73	Core Outcome Sets and Health Psychology <i>Karen Matvienko-Sikar</i>
74	Psychometric validation of the Dutch Rivermead Post-Concussion Symptoms Questionnaire (RPQ) after Traumatic Brain Injury (TBI) <i>Anne Marie Plass</i>
75	Validation of Slovak Version of the Irrational Health Belief Scale <i>Lukas Pitel</i>

P13	Just Do It: Lifestyle Health Behaviour Intervention Chair: Benjamin Gardner
76	Scoping reviews: causes of non-adherence in people with Multiple Sclerosis and response to intervention <i>Clare Moloney</i>
77	An educational intervention to reduce epilepsy related stigma <i>Radomir Masaryk</i>
78	Feasibility Study- Individual Physical Activity Behaviour Change Intervention for Breast Cancer Survivors within the NHS. <i>Marie-Clare Johnson</i>
79	Psychosocial interventions to increase physical activity in young people living with and beyond cancer <i>Ainslea Cross</i>
80	To reveal or conceal? Construction of a decision aid for employees with a chronic condition <i>Jana Felicitas Bauer</i>
81	An intervention to support treatment management for the chronic disease of HIV: The SUPA Intervention. <i>Kathryn King</i>
82	Implementation and evaluation of a digital coaching ecosystem in primary care to support chronic patients <i>Joyca Lacroix</i>
P14	Stress in occupational and lifestyle contexts Chair: Stephen Gallagher
83	Psychological factors, somatic concerns and secondary traumatic stress in female domestic violence support specialists <i>Soraya Matthews</i>
84	Factors contributing to occupational stress among remand prison staff: findings from qualitative research <i>Loreta Gustainiene</i>
85	Effects of personality traits on the resilience of Japanese nurses <i>Junko Seino</i>
86	Impact of psychological stressors on vulnerability among Japanese university athletes <i>Shinji Yamaguchi</i>
P15	Individual differences in health cognitions Chair: Olivier Luminet
87	Alexithymia and vulnerability to somatic and mental disorders: The role of cognitive and emotional processes <i>Olivier Luminet</i>
88	Humour, laughter, and health: A social-cognitive approach <i>David Korotkov</i>
89	Investigating the role of positive psychology approaches for understanding body dissatisfaction in women <i>Sandy Belle Rosales Cadena</i>
90	Exploring Social Network Visualisation: Individual Differences, Stress and Health in Adults with Autism and Controls <i>Tim Gamble</i>
91	The role of social support and failure mind-sets in the procrastination and stress appraisals relationship <i>Sisi Yang</i>
92	Predicting partner notification intentions for sexually transmitted infections: The role of outcome beliefs and self-efficacy. <i>Niki Nearchou</i>
93	What drives severe haemophilia patients' decisions to change treatment? A qualitative study. <i>Lucy Ashworth</i>
94	Profiling the health and dispositional related correlates of the Underdog <i>David Korotkov</i>
P16	Global Health, Culture and Well-Being Chair: Irina Todorova
95	Autonomy, migration and well-being among university students <i>Jozef Benka</i>
96	Social cohesion and identity protect adults exposed to an earthquake from PTSD <i>Paula Repetto</i>
97	Social position and health: Social norms guide impulsive behaviours towards money and food <i>Maria Almudena Claassen</i>
98	Exploring supported self-management practices of healthcare professionals for South Asian patients with asthma <i>Liz Steed</i>
99	Raising sustainability awareness: a participatory action approach in health among higher education students in Switzerland <i>Sébastien Miserez</i>
100	Medicalization of ageing – cultural and global aspects based on selected movies and media messages <i>Eryka Probierez</i>
101	#MeToo: examining the differential impacts of sexual harassment and assault on women's health and wellbeing <i>Liz Temple</i>
102	Modified HBM: neuroticism, risk-perception, perceived barriers of emigration and emigration intentions <i>Marta Kulanová</i>

P17	Stress & Physiology Chair: Paraic Ó Súilleabáin
103	Dysfunctional emotion regulation mediates the relationship between emotional intelligence and cardiovascular recovery from stress <i>Aisling Costello</i>
104	Self-compassion and cardiovascular recovery from stress. <i>Samantha Dockray</i>
105	Cognitive effects of increased noradrenergic activity by yohimbine in patients with major depression <i>Christian Eric Deuter</i>
106	Type D personality, social interactions and perceived life events stress <i>Adam O' Riordan</i>
107	Does Heart Rate variability a real proxy of self emotion regulation? <i>Carole Fantini</i>
P18	Health Prevention and Interventions in Older Adults Chair: Maria Pertl
108	Understanding the experience of Alzheimer's disease diagnosis disclosure: the patient-carer dyads' lived experience <i>Christian Borg Xuereb</i>
109	Aging and trauma survivors – The longitudinal impact of captivity and PTSD on cognitive performance <i>Roy Aloni</i>
110	Exercise participation and adherence in adults with Mild Cognitive Impairment (MCI): A mixed methods study. <i>Leona Connolly</i>
111	Relationship between physical fitness and falls among community-dwelling elderly in Japan <i>Koji Yamatsu</i>
112	What motivates older adults to participate in a falls prevention program? <i>Greta Magdalena Anna Steckhan</i>
113	Co-designing a behaviour change intervention for older adults living with cancer: determining a theoretical basis. <i>Lynsey Brown</i>
P19	Health professionals' roles in supporting health behaviours Chair: Jo Hart
114	Investigating midwives' beliefs about their Public Health practitioner role <i>Sinéad Currie</i>
115	Supporting health behaviours in young pregnant and postnatal women: an interview study with healthcare professionals <i>Ellinor Olander</i>
116	Adults with asthma and pharmacist-led medication adherence support in general practice <i>Marissa Ayano Mes</i>
117	Midwives views of providing specialist care for pregnant women with a BMI\geq40kg/m². <i>Sinéad Currie</i>
118	Collaborating with health professionals to support women with a BMI$>$30kg/m² to breastfeed <i>Stephanie Lyons</i>
119	Health Care Professionals' Support For Adherence to Multiple Medications <i>Julia Roseman</i>
120	Personal risk readiness and the framing effect in medical doctors <i>Yulia Krasavtseva</i>
P18	Change in health care services Chair: Rachael Powell
121	"Around the edges": characterising a multilevel implementation intervention using behaviour change techniques <i>Sheena McHugh</i>
122	Applying a theoretical framework to assess acceptability of a patient-initiated service: a qualitative analysis <i>Mandeep Sekhon</i>
123	"BGM-innovativ": Workplace-related, cross-provider healthcare management of company health insurance funds <i>Lara Lindert</i>
124	Assessing readiness for implementing a measurement based care system in military mental health treatment facilities <i>Jennifer Lee</i>

PARALLEL SESSIONS								
9:00	O'FLAHERTY	D'ARCY THOMPSON	ANDERSON	KIRWAN	LARMOR	DILLON	ROOM 201	McMUNN
		THE ROLE OF BARRIERS AND MOTIVATIONAL PROCESSES FOR SELF-REGULATION AND BEHAVIOR CHANGE; OLIVER LUMINET Chair: Fanny Lalot	PERCEPTIONS AND EXPERIENCES OF HEALTHCARE DELIVERY Chair: Kenneth Ward	INDIVIDUAL, SOCIAL AND SOCIETAL INFLUENCES ON HEALTH AND WELL-BEING Chair: Carmen Lefevre	EMOTIONS AND ADAPTATION IN CHRONIC DISEASE Chair: Jorg Huber	HEALTH AND WELL-BEING IN THE FACE OF DISEASE Chair: Sabrina Cipolletta	CHRONIC ILLNESS DURING CHILDHOOD: EXPERIENCES OF CHILDREN & THEIR FAMILIES Chair: Siobhan O'Higgins	INTERVENTIONS FOR PULMONARY DISEASES ACROSS ADOLESCENTS AND ADULTS Chair: Kim Lavoie
9:00	Effects of multidisciplinary lung cancer care on patients' satisfaction and psychosocial outcomes Kenneth Ward	9:00 Is healthcare dyadic fit negatively associated with providers' burnout and intent to leave? Preliminary results Magali Genet	9:00 The relationships of dispositional compassion with psychological well-being and happiness Aino Savinen	9:00 Psychosocial Resilience Contributors To Better Glycemic Control In People Living With Type 1 Diabetes Jörg Huber	9:00 Exploring the measurement of fatigue in adolescents with HIV in South Africa Bronwyn Coetzee	9:00 Impact of behavior change targeting physical activity on psychological and cognitive outcomes in COPD patients Kim Lavoie	9:00 Longitudinal trajectories of psychological adaptation after the onset of chronic health conditions (Work in progress) Caroline Debnar	9:00 Impact of behavior change targeting physical activity on psychological and cognitive outcomes in COPD patients Kim Lavoie
9:15	Regulatory focus and self-determination theory: A fit account to predict intention to improve nutrition habits. Fanny Lalot	9:15 Transitional care following acute coronary syndrome: patients' perceptions and early experiences in two countries Jacob Crawshaw	9:15 The impact of weight perception in health and well-being: A multiple mediation model David Dias Neto	9:15 Positive affect and positive affect are related to the experience of fatigue in rheumatic disease. Erik Tønæs	9:15 Validation of a quality of life battery for carers of people with Multiple Sclerosis (MSQoL-C) Gørgen Topcu	9:15 Qualitative feasibility and acceptability assessment of a technology-supported pediatric asthma management intervention. Lisa Hynes	9:15 Do individuals with and without chronically ill and/or disabled siblings differ in empathy and personality? Melanie Jagla	9:15 What are the effective aspects of adherence interventions for inhaled corticosteroids in children with asthma? Christina Joanne Pearce
9:30	How are SDT-based interventions put into practice in relation to established taxonomies of behaviour change? Fiona Gillison	9:30 Quality of care and childbirth management behavior: The HAPA framework even predicts stress reactions in Japanese office workers. Elijana Stankovic	9:30 Peer versus Family Support: Effect on the Life Satisfaction of Luxembourgish Adolescents Carolina Catunda	9:30 "It was a relief, to know what I was suffering with": Patients' experiences with tachalasia. Amelia Hollywood	9:30 Children and young people's experiences of self-management of type 1 diabetes: A qualitative metasynthesis Ella Tuohy	9:30 Well-being in autoinflammatory diseases: impact of illness perception, coping strategies and the distribution of dependency Sabrina Cipolletta	9:45 Perfectionism in youth living with inflammatory bowel disease Sara Ahola Kohut	9:45 Qualitative process analysis of the BREATH trial Emily Arden-Close
9:45	The associations among motivation, health-related behaviours, and the DNA methylation of TNFa Richard Steel	9:45 Exploring health care professionals approach to lifestyle management in pregnant women with a BMI ≥25 Caragh Flannery	9:45 Mechanisms of transmission of health and health beliefs across three generations over the life-course Nienke Slagboom	9:45 Effects of mindfulness-based cognitive therapy on self-reported psoriasis, anxiety, depression, well-being and quality of life. Alan Maddock	9:45 Relationship between the life-style and long-term mortality among middle-aged men Antanas Gostaitus	9:45 Relationship between the life-style and long-term mortality among middle-aged men Antanas Gostaitus	10:00 The impact of adolescents' type 1 diabetes self-management on parent well-being Caroline Rawdon	10:00 Participant retention and fidelity assessment informing intervention refinement: Pilot phase of the TANDEM study Liz Steed
10:00	New cultural competences needed for health teams as a priority in chronic healthcare. Angela Odero	10:00 Understanding societal judgements of health conditions in the United Kingdom and Germany Carmen Lefevre	10:00 Encountering and enacting masculinity in the context of breast cancer: A multi-method qualitative inquiry. Kerry Quincey	10:00 Posttraumatic growth following spinal cord injury: the relationships between cognitive processes, social support and mood. Brian O Ceallaigh	10:15 Communication between parents and grandparents with Chronic Kidney Disease and their children/grandchildren Heather Buchanan	10:15 The associations among motivation, health-related behaviours, and the DNA methylation of TNFa Richard Steel	10:15 Patient's perspective on COPD-related fatigue: Impact on daily life and perceived treatment opportunities Christina Bode	10:15 Symptoms of job burnout: results from a 10-day diary study among public servants Beata Bosinska
9:00 - 10:30							10:30 - 11:00 COFFEE BREAK	

PARALLEL SESSIONS								
11:00	O'FLAHERTY	D'ARCY THOMPSON	ANDERSON	KIRWAN	LARMOR	DILLON	ROOM 201	McMUNN
	STATE OF THE ART: METHODOLOGICAL ADVANCES Chair: Gjalt-Jorn Ygram Peters	DEMENTIA - OLDER ADULT AND CAREGIVER PERSPECTIVES Chair: Alison Warden	BARRIERS AND ENABLERS TO HEALTHCARE CHANGE AND IMPLEMENTATION Chair: Konstadina Griva	TREATMENT AND PREVENTION OF PAIN DISORDERS Chair: Brian McGuire	HEALTH BEHAVIOR MODELS TESTED AND APPLIED IN HEALTHCARE CONTEXTS Chair: Julia Allan	SYMPORIUM: THE 'HOW' AND 'WHY' OF SELF-REGULATION TECHNIQUES IN AND MHEALTH Chair: Katherine Bradbury	LIFESTYLE CHANGE Chair: Bradley Collins	
11:00 'Looking beyond delivery': toward more scientific and multidimensional assessments of intervention fidelity of behaviour change interventions	Fabiiana Lorenzatto Nelli Hankonen	11:00 Relationship between significant other distress and patient psychological symptoms in persons recently diagnosed with dementia.	Nimrata Dharni	11:00 Implementation of a novel continuity of care model: a qualitative study with midwives and mothers	Jorge S. Lopez Martínez	11:00 Psycho-social analysis of relatives' decision about deceased or organ donation: multicenter study in the Spanish context	11:00 Determinants of children's unhealthy sleep behavior perceived by children and parents: a concept mapping study	Maartje van Stralen
11:45 Published where and when: evaluation of reporting quality of smoking cessation interventions and comparators	Maria Perlt	11:15 Predictors of 12-month long-term care placement among persons with dementia cared for by their spouse.	Konstadina Griva	11:15 Barriers and facilitators of exercise adherence in patients with persistent musculoskeletal pain: qualitative interview study	Laura Neade	11:15 Nurses make different decisions before and after breaks: decision fatigue effects in clinical decision making	11:15 Evaluating the implementation of a social emotional well-being programme in disadvantaged post-primary schools	Wim Nieuwenboom
12:00 Using Confidence Interval-Based Estimation of Relevance (CIBER) to Select Social-Cognitive Determinants for Behavior Change Interventions	Gjalt-Jorn Ygram Peters	11:30 Sleep, loneliness, and their impact on aspects of brain health: Findings from TILDA.	Shanu Sadhwani	11:30 OSTQOL - A measure of quality of life for patients in opioid substitution treatment	Gabriele Helga Franke	11:30 Comparing usage of a web- and smartphone-delivered stress management intervention: An observational study	11:45 Does sleep mediate the association between school pressure, physical activity, screen-time and psychological distress?	Ann Vandendriessche
12:15 Development of an observation tool for measuring physical activity and well-being in urban spaces: MOHAWK	Jack Benton	11:45 Stigma, nihilism, and uncertainty: Barriers to diagnosing dementia. A qualitative study.	Iain Williamson	11:45 Fibromyalgia biopsychosocial stress profile: heart rate variability, distress and stressors.	Ana Lledó	12:00 Using lifestyle coaches to promote use of self-regulation techniques within the mHealth intervention Changing Health	12:00 Differences in the long-term stress levels among preschool children	Elvira Lehto
12:00 Premature aging among trauma survivors: the impact of sleep disruptions on telomeres and cognitive performance	Roy Aloni	12:00 An examination of clinical judgment making regarding chronic lower back pain: Three studies	Christophor Dwyer	12:00 The influence of health hardiness on the relations between depression and physical activity	Prasanna Reddy	12:15 A skeptical look at acceptance and commitment therapy for pain	12:15 Can we predict alcohol-related harms in adolescence?	Martin Dempster
		12:15 Changing one's motivating style: Pre-service PE teachers' experiences in using motivational intervention techniques in practice	Elinna Renko	12:15 Optimising a toolkit to support hospital responses to feedback on transfusion practice	James Coyne	12:15A qualitative study of men's attitudes to UV exposure and a facial morphing intervention	12:15 The direction of relationship between smoking and self-efficacy during a quit attempt: an n-of-1 study	Felix Naughton
11:00 - 12:30							12:30 - 14:00 LUNCH & NATIONAL DELEGATES MEETING	

PARALLEL SESSIONS								
14:00	O'FLAHERTY	D'ARCY THOMPSON	ANDERSON	KIRWAN	LARMOR	DILLON	ROOM 201	McMUNN
	ROUNDTABLE: MAKING A DIFFERENCE: HOW HEALTH PSYCHOLOGY INFLUENCES HEALTH GLOBALLY AND WHAT MORE CAN WE DO? Chair: Vera Araujo Soares	SYMPORIUM: RISK COMMUNICATION IN NEWERA OF GENOMICS Chair: Ari Haukkala	SYMPORIUM: SELF-REGULATION AND HEALTH BEHAVIORS IN CONTEXT: AN ECOLOGICAL APPROACH WITH IMPLICATIONS FOR INTERVENTIONS Chair: E.A. Hennessy & B.T. Johnson	INDIVIDUAL DIFFERENCES: BODY IMAGE, BEHAVIOR AND HEALTH Chair: Simon Bacon	INTERVENTIONS FOR PAIN, FATIGUE, AND ARTHRITIS Chair: Emma Godfrey	FAMILIES AND CAREGIVERS FACING CHRONIC ILLNESS Chair: Laura Koehly	SYMPORIUM: USING MOBILE TECHNOLOGY TO ASSESS AND IMPROVE HEALTH BEHAVIORS: HOW CAN WE DO MUCH BETTER? Chair: Geert Crombez	SYMPOSIUM: ATTENTIONAL BIAS MODIFICATION TRAINING IN HEALTH PSYCHOLOGY Chair: Geert Crombez
14:00-15:30	14:00 Introduction Vera Araujo Soares 14:05 Influencing policy and practice through dissemination of high quality research Robert West 14:10 Changing practice by developing tools that others can use Susan Michie 14:15 Influencing practice through co-development Lucie Byrne-Davis 14:20 Making an impact on policy through lobbying and engagement Patrick Paul Walsh Adriana Babant 14:30 Discussion summary Joanne Hart 15:10 Discussion summary Patrick Paul Walsh	14:00 Willingness to receive four different types of genetic risk information – A population based study Ari Haukkala 14:15 Skin cancer genetic testing in diverse primary care: Interest across demographic diversity and cultural context Andrew Sussman 14:30 Colorectal cancer survivors' interest in genomic testing to guide communication about recurrence risk management Anita Kinney 14:45 Does the type of disease matter when receiving genetic secondary findings? A qualitative vignette study Marleena Vornanen 15:00 Risk provision in Breast Cancer Screening: health-care professionals' views regarding impact on services and implementation Fiona Ulph 15:15 Discussion Shoshana Shiloh	14:00 Social media support vs significant others - differences in support and control for healthy eating. Pamela Rackow 14:15 Childhood self-control forecasts adult smoking, weight gain, and midlife health Michael Daly 14:30 Self-regulation as a target mechanism of behaviour change interventions: A meta-review Emily Alden Hennessy 14:45 Discussion Martin Hagger	14:00 A social identity model of weight stigma resistance and psychological wellbeing in higher-weight individuals Angela Meadows 14:15 Sex-differences in bariatric surgery induced changes to depressive symptoms Simon Bacon 14:30 Visual attention for palatable food cues on tv predicts unhealthy food intake: an eye-tracking study Monique Alblas	14:00 An acceptance & commitment group intervention for primary headache sufferers- a randomized wait-list controlled Trial Vasilis Vasiliou 14:15 Physiotherapy informed by acceptance and commitment therapy (PACT) versus usual physiotherapy for persistent back pain Emma Godfrey 14:30 The Pain Course: An internet-delivered intervention - randomized controlled trial with adults living in Ireland Catherine Navin 14:45 Does motivation to change unhealthy behaviour differs according to disease? Comparing cardiac and musculoskeletal patients. Liudia Šimkariova	14:00 Communal coping as a network process: emotional support in families affected by Lynch syndrome Laura Koehly 14:15 How do I talk about breast cancer with my parents? Kristyna Anna Cernilkova 14:30 Family members of chronic kidney disease patients: Who are they, what is their illness perception? Lucile Montalescot 14:45 The effect of providing end-of-life care on family caregivers' wellbeing: a census survey Christine Rowland 15:00 Is a Chronic Illness Diagnosis a Teachable Moment to Quit Smoking for Patients and Spouses? DA Ayuningtyas 15:15 Discussion Eline Roordink	14:00 The impact of mobile interventions on diet- and health-related outcomes: A systematic review and metaanalysis Karoline Villinger 14:15 Evaluation of an mHealth program for people with type 2 diabetes - My Diabetes Coach Brian Oldenburg 14:30 "Shopping" healthy habits for prevention: Engagement to the Stop Diabetes BitHabit app Pilviiki/Absetz 14:45 The "healthy = happy" association: Investigating in-the-moment eating happiness using an ecological momentary assessment Deborah R. Wahl 15:00 Happy eater: A mobile intervention for boosting experienced eating Britta Renner 15:15 Discussion Ralf Schwarzer	14:00 Attentional bias modification in health psychology: Back to the future Geert Crombez 14:15 To train or not to train: The impact of attentional bias modification on pain outcomes Dimitri Van Ryckeghem 14:30 Attentional bias modification affects food choice and intake in overweight individuals Eva Kemp 14:45 The Effectiveness of Online Cognitive Bias Modification on Smoking Cessation Helle Larsen 15:00 Gamified attentional bias modification training: A systematic review of the evidence Julie F. Vermeir 15:15 Discussion Dimitri Van Ryckeghem
15:30	15:30 - 17:00 COFFEE BREAK INTERACTIVE POSTERS RAPID COMMUNICATIONS*							
17:00	17:00 - 18:00 KEYNOTE LECTURE: Yael Benyamin WHAT CAN WE LEARN FROM WHAT PEOPLE SAY ABOUT THEIR HEALTH? A PSYCHOLOGIST'S VIEW OF AN EPIDEMIOLOGICAL FINDING							

P1	Users' perspectives in e/mHealth Chair: Hanna Kampling
1	The experience of using a user-centred design approach in a third-level setting <i>Samantha Dick</i>
2	The psychological experiences of women who survived HELLP syndrome as constructed online <i>Michelle Andipatin-Botha</i>
3	Factors associated with cyberbullying perpetration and -victimization: a cross-sectional study among Dutch adolescents <i>Francine Schneider</i>
4	Social media tools for health behaviour change interventions: How effective are they and why? <i>Diana Taut</i>
5	The electronic Clinical Reasoning Skills Educational Simulation Tool (eCREST): improving medical students' clinical reasoning <i>Angelos Kassianos</i>
6	OREST – Developing an Online Screening for the Need of Medical Rehabilitation: Practicability & Acceptance <i>Hanna Kampling</i>
7	An evidence, theory and person-based approach to intervention planning: A digital intervention for cancer survivors <i>Katherine Bradbury</i>
P2	Developing and evaluating e/mHealth interventions Chair: Caoimhe Hannigan
8	ProACT: Fostering patient and public involvement within the design of digital health solutions for multimorbidity. <i>Mary Galvin</i>
9	ProACT (Integrated Technology Ecosystems for ProACTive Patient Centred Care) Proof of Concept trial: Study protocol <i>Caoimhe Hannigan</i>
10	A Network Meta-Analysis of the Modalities used to deliver eHealth Interventions for Chronic Pain. <i>Stephanie Haugh</i>
11	Evaluation of an online information platform for back pain patients and their GPs <i>Andrea Schöpf</i>
12	An exploration into affect, coping and post-traumatic growth in cancer patients: a two-phase study. <i>Nikolett Warner</i>
13	Do electronic adherence monitoring devices work? Systematic review and meta-analysis of effect on medication adherence <i>Amy Chan</i>
14	Mobile health technology interventions for suicide prevention: A systematic review and meta-analysis <i>Ruth Melia</i>
P3	Health protection, screening and primary care Chair: Caroline Kelleher
15	Psychosocial predictors of HIV rapid testing among men who have sex with men in Ireland <i>Rachel McAuley</i>
16	STI and HIV behavioural surveillance in Ireland: future-proofing public health prevention efforts through consensus-building <i>Caroline Kelleher</i>
17	Using Intervention Mapping to design a sexual health service for women on opioid substitution treatment <i>Laura Medina Perucha</i>
18	Interventions for Promoting Policy Adoption or Change: a Systematic Review <i>Sakarias Bank</i>
19	Decision-making styles and grocery shopping behaviors <i>Femke de Boer</i>
20	Using primary care to help increase uptake of bowel scope screening in Yorkshire: a protocol <i>Lesley M. McGregor</i>
21	Making lung screening decisions EASier with visual narratives: creating Engaging, Accessible and Supportive Information material <i>Lauren Gatting</i>
22	Identifying why people do not attend an agreed appointment for a lung cancer screening trial? <i>Hannah Scobie</i>
23	Driving fear, self-efficacy, and attitudes towards road risk as risky driving antecedents among novice drivers <i>Kristina Žardekaite-Matulaitiene</i>
P4	Health behaviours in the early years: the prenatal period to adolescence Chair: Caroline Rawdon
24	Profiles of youth and parent information management strategies: An exploratory look at adolescent ecigarette use <i>Desiréé Williford</i>
25	Protective factors for excessive internet use in adolescents with and without subculture affiliation. <i>Zuzana Dankulincova Veselska</i>
26	Are adolescents who report low socioeconomic status at higher risk of excessive Internet use? <i>Laura Urbanová</i>
27	Longitudinal associations between dyadic, individual, and collaborative plans: parent-child dyadic study <i>Ewa Kulls</i>
28	Psychological impact of Folic Acid supplementation during pregnancy on children aged ten years. <i>Tony Cassidy</i>

P5	Lifestyle Behaviour Change Chair: Molly Byrne
29	Four-week, pre-cessation exercise with coping skills training reduces quit day smoking cue reactivity vs control <i>Bradley Collins</i>
30	Quitlink: Accessible smoking cessation support for people living with severe and enduring mental illness <i>Kristen McCarter</i>
31	Risk Behavior in Adolescence: Understanding and Bringing Change <i>Sangeeta Bhatia</i>
32	Modifying attentional and approach biases for reducing energy drink consumption <i>Eva Kemps</i>
33	Starting, stopping, slowing down: A systematic review of third-level students' motivations for psychoactive substance use <i>Eadaoin Whelan</i>
P6	Changing Behaviour: Challenges and solutions Chair: Rachel Burns
34	Physician perceptions of the importance of behavior change counselling and their ability to deliver it <i>Vincent Gosselin Boucher</i>
35	How effective are psychosocial interventions delivered by healthcare professionals for weight-management? A review of reviews. <i>Tracy Epton</i>
36	A comparison of possible selves interventions on physical activity and physical activity self-definition model variables <i>Shaelyn Strachan</i>
37	Evolife: A pilot trial of a web-based, evolutionary mismatch-framed intervention targeting physical activity and diet <i>Elisabeth Grey</i>
38	Physical activity interventions for overweight and obesity during pregnancy: A systematic review <i>Caragh Flannery</i>
39	What inspires youth to take up physical activity? Critical incidents in trial participants' interviews <i>Katri Kostamo</i>
40	What inspires youth to take up physical activity? Critical incidents in trial participants' interviews <i>Katri Kostamo</i>
41	Preventing sedentary behavior at work: An intervention mapping approach for data-driven mhealth consulting <i>Nathalie Berninger</i>
42	Optimising implementation of the ARK (Antibiotic Review Kit) Intervention: Addressing antibiotic overuse in hospitals <i>Katy Sivyer</i>
P7	Healthy eating and weight Chair: Michael Daly
43	Barriers and facilitators towards the uptake of the "MIND" diet in a Northern Irish population. <i>Deirdre Timlin</i>
44	Eating three portions of fruit per day. A two-wave TPB-based multi-group study <i>Luigina Canova</i>
45	Weight stigma, exercise self-efficacy, and active identity development in higher-weight individuals: A conceptual model <i>Angela Meadows</i>
46	Impact of emotion regulation and interoceptive awareness on the development and maintenance of obesity. <i>Clemence Willem</i>
47	Shifting from meat-based to plant-based diets: A systematic review and integration of current evidence. <i>Cristina Godinho</i>
P8	Perceptions of well-being and quality of life across the lifespan Chair: Lisa Warner
48	Health Care Students' perceptions of Spirituality, Religion and Health: A Mixed Methods Study. <i>Riya Patel</i>
49	Age related health and quality of life differences in general and psychiatric outpatient populations <i>Nijole Gostautaitė Midttun</i>
50	Characteristics of adults' quality of life and coping behavior <i>Olga Strizhitskaya</i>
51	Does illness perception influences anxiety after 5 years? <i>Andrea Greco</i>

P9	The experience of having a chronic illness Chair: Erik Taal
52	Disease Experiences of Chilean Women with Sjögren's Syndrome <i>Andrea Herrera Ronda</i>
53	Exploring the breast cancer experience amongst women in South Africa who access primary healthcare <i>Bronwyne Coetze</i>
54	The Experience of Financial Stress among Emerging Adult Cancer Survivors <i>Sugandha Gupta</i>
55	Death enters the scene in the ICU: Families facing a terminal condition <i>Mayla Cosmo Monteiro</i>
56	The experience of Polycystic Ovary Syndrome (PCOS) in women of South Asian Origin. <i>Gulcan Garip</i>
57	"I must be strong for my ill son": adjustment to treatment in hypertrophic cardiomyopathy patients <i>Anna Mierzynska</i>
58	Does intelligence and memory associate with anxiety and depression in the sample of IHD patient's? <i>Liuda Šinkariová</i>
P10	Cognition, mental health and adaptation to Chronic Illness Chair: Christian Borg Xuereb
59	"Shielded from death": the lived experience of maltese men who have an Implantable cardioverter defibrillator <i>Christian Borg Xuereb</i>
60	The impact of stigma on self-concept in individuals with concealable chronic illnesses. <i>Andrea Habenicht</i>
61	Resilience resources and psychosocial adjustment in young adults with type 1 diabetes: a longitudinal study. <i>Matilde Nicolotti</i>
62	Activity Memories in Asthma: Enhanced Specificity and its Implications <i>Maryanne Martin</i>
P11	The many faces of social support and their correlates Chair: Nina Knoll
63	Seeking support to master cravings during smoking cessation. A daily diary study in dual-smoker couples <i>Philipp Schwaninger</i>
64	The effect of social support behaviours on cortisol reactivity to an acute Stress task <i>Kimberly Dienes</i>
65	A qualitative survey exploring the relationship between companion pets and their owners' health. <i>Michele Andrea Mulqueen</i>
66	Psychological well-being in persons with multiple sclerosis: The role of social participation and social support <i>Pavol Mikula</i>
67	Adherence to a psychoeducational group for caregivers of bone marrow transplant patients: a preliminary study <i>Giulia Crispino</i>
68	Caregivers of person with young onset dementia: Exploring their perception of an acceptance home-based program <i>Clotilde Laroche</i>
P12	Interventions in Cardiometabolic and Vascular Disease Chair: Frank Doyle
69	Stroke survivor experiences of a group self-management intervention. <i>Ella Clark</i>
70	Booklet-based intervention for activity, participation, and QOL improvement of stroke survivors: Quasiexperimental designs <i>Kayo Miura</i>
71	Addressing post-stroke cognitive impairment through psychological intervention: Systematic review and meta-analysis of non-randomised interventions <i>Anne Hickey</i>
P13	Employee health and well-being Chair: Lara Lindert
72	Does perceived transformational leadership style contribute to employee workaholism <i>Modesta Morkevičiūtė</i>
73	Burnout in Agriculture before the Context of Finance, Health and Interconnection of Family and Farm <i>Linda Reissig</i>
74	The association between job-related demands, individual resources and 4 types of exhaustion <i>Annalisa Casini</i>
75	Development of a self-coaching scale to assess the effectiveness of coaching interventions <i>Rie Ishikawa</i>

P14	Individual differences in coping behaviors and provided treatment in different medical contexts Chair: Corline Brouwers
76	Temporal proximity of behavioural outcomes and motivations for positive health behaviour <i>Lisa Murphy</i>
77	Psychosocial factors characterizing people who participate or not to screening prevention programs in Italy <i>Alessandra Gorini</i>
78	The role of eating motivations in dietary habits of adolescents with different bodyweight <i>Katalin Szabó</i>
79	Cancer survivors and return to work : the influence of workload <i>Marie Saramago</i>
P15	Stress: Sociocultural Factors and Specialist Populations Chair: Beata Basinska
80	Mindfulness, stress and well-being in Bulgarian socio-cultural context <i>Biserka Zarbova</i>
81	Multitasking predicts psychosomatic complaints in hematologists and oncologists – a study on work stress <i>Sabrina Zeike</i>
82	Perceived stress and strain among students– A comparison between distance-learning and on-campus universities <i>Marie Drüge</i>
83	Gender and age differences in stress, health resources, and health outcomes among distance-learning students <i>Lara Fritzsche</i>
84	Comparative analysis of daily stressors and preferred coping strategies among men and women <i>Inna Murtazina</i>
P16	New directions in researching self-regulation in health and illness Chair: Emily Hennessy
85	The Impact of Implicit Theories of Health on Maintaining New Year's Resolutions <i>Mike Schreiber</i>
86	Inner Health Picture as a mental model of self-regulation in 7-8 year old children <i>Svetlana Burkova</i>
87	A new measure of defensive reappraisal opens new horizons for understanding self-regulation processes <i>Shoshana Shiloh</i>
88	Do yoga and meditation moderate the relationship between negative life events and depression? <i>Romy Lauche</i>
89	Perceptions of diet, eating control, and self-efficacy in the process of weight reduction. <i>Anna Januszewicz</i>
90	The "natural" as embodied metaphor - its role in therapy choice and self-regulation <i>Szilvia Zorgo</i>
P17	Medication and Adaptation in Older Adults with Chronic Conditions Chair: Deborah Owen
91	HIV testing in people age 50+: a qualitative study of patients' and clinicians' perspectives <i>Elaney Youssef</i>
92	Potentially serious alcohol-medicine interactions among community-dwelling older adults: a national cohort study <i>Cora Keeney</i>
93	Reablement for older persons by an interprofessional home rehabilitation team: An ongoing RCT <i>Magnus L Elfström</i>
94	The Instrumental-Expressive Social Support Scale - validation in a sample of older adults <i>Ligia Lima</i>
P18	Delivery of patient care and health promotion Chair: Lisa Mellon
95	High incidence of diagnostic error of endometriosis in Australia, Canada, Ireland, Romania, and the UK <i>Allyson Bontempo</i>
96	Adverse Childhood Events and Health Service Utilisation in Later Life: a primary care-based study. <i>Lisa Mellon</i>
97	What UK healthcare practitioners know about HPV and implications for training <i>Sue Sherman</i>
98	Co-creating research priorities for childhood obesity prevention research: Uniting research, practice and policy <i>Marita Hennessy</i>
99	Goal-setting in DAFNE: Educators' perspectives on the implementation of goal-setting techniques within diabetes self-management education. <i>Milou Fredrix</i>

P19	Health Risk Communication and Decision Making Chair: Daisy Bradbury
100	Barriers and facilitators to discussing child weight with parents: A meta-synthesis of qualitative studies <i>Daisy Bradbury</i>
101	Couples experience of a mastectomy for breast cancer and thoughts regarding breast reconstruction decision-making <i>Kristopher Lamore</i>
102	Getting (Not) What You Expect: Responses Towards Unexpected, Multiple Health Risk Feedback <i>Luka Johanna Debbeler</i>
103	Nurses announcing the start of replacement therapy: towards a better shared decision-making in nephrology <i>Christel Vioulac</i>
P20	Methodological Applications to Health Chair: William Day
104	The importance of mixing methods: Qualitative interviewing elucidates findings in laboratory stress testing with children <i>Tara Cheetham</i>
105	A Foucauldian-inspired discursive Media Framing Analysis of the UK's "employment and support allowance" welfare benefit. <i>William Day</i>
106	Exploring the collaboration between health psychology and user-centred design in intervention design <i>Tessa Dekkers</i>
107	Toward an integrative theoretical and measurement model of patients' and providers' attitudes to their relationship <i>Magali Genet</i>
108	The bright side of dark introjection: an overview on conceptualisations and operationalisations of introjected regulation <i>Anna Wasserkampf</i>
109	Intensive long-term Ecological Momentary Assessment of bio-signals and self-reports during treatment for alcohol dependency: feasibility <i>Marcel Pieterse</i>
P21	*Rapid Communications (ROOM 202, Concourse, Arts/Science Building) Chair: David Hevey
110	Validation of the Wagnild y Young resilience scale in the context of adolescent residential care <i>Ana Gonçalves</i>
111	Social predictors of vegetable consumption and nudging for change <i>Maria Almudena Claassen</i>
112	The use of mobile device applications to support medication adherence: a systematic review with metaanalysis. <i>Katerina Kassavou</i>
113	Men's drive for muscularity and well-being: the role of sexual orientation and psychosocial variables <i>Camilla Matera</i>
114	Can we reduce missed appointments in primary care? A population-level intervention in a General Practice. <i>Eleanor. R. Bull</i>

PARALLEL SESSIONS						
9:00	O'FLAHERTY	D'ARCY THOMPSON	ANDERSON	KIRWAN	LARMOR	DILLON
	SYNOPSIS: THE INTEGRATION OF BEHAVIOUR MODELS/ THEORIES TO BETTER UNDERSTAND HEALTH BEHAVIOR Chair: Hein de Vries	FACTORS OF HEALTHY AGEING Chair: Jasmina Despot Lucanin	COPING AND PSYCHOSOCIAL ADAPTATION TO CHRONIC ILLNESS Chair: Alexandra Dima	SYNPOSIUM: THE ROLE OF INTEROCEPTION FOR CLINICAL RESEARCH Chair: Sandra Mai	MOBILE TECHNOLOGY AND SELF-MANAGEMENT Chair: Johanna Nurmi	BEHAVIOUR CHANGE STRATEGIES AND PROCESS Chair: Mark Grindle
9:00 - 10:30	9:00 Childhood maltreatment and poorer physical health in later life: the moderating role of social isolation Robert Fox	9:00 Theoretical assumptions and active ingredients in interventions Ralf Schwarzer	9:00 Cross cultural differences in coping. Hina Zahid	9:00 Sensing Your Body: Interoceptive Awareness and Medically Unexplained Symptoms Tabea Fasinski	9:00 How does social innovation impact on health of elderly homecare sector workers? Annalisa Casini	9:00 Towards a Digital Narrative Approach to Health Behaviour Change Mark Grindle
10:30	9:15 What to do when asthma worsens: behavioural beliefs versus exacerbation management actions Alexandra Dima	9:15 Reassured action approach to understanding health protection and health risk behaviours Mark Conner	9:15 Precious n-of-1 trial: how within-person variation in motivational determinants explains changes in daily physical activity Johanna Nurmi	9:15 Interoceptive contributions to cognitive-affective symptoms in dysautonomia Andrew Owens	9:15 Job strain, coping, and mental health among Canadian military personnel: Does mental health training help? Jennifer Lee	9:15 "My child can watch TV, because it is exercising" Mother's handling of children's media consumption Theda Radtke
11:00 - 12:30	9:30 The association between perceived control and loneliness among healthy older people: A systematic review. Raquel Lorente	9:30 Self-efficacy for physical activity - a question of item framing and age? Lisa Marie Warner	9:30 Help-seeking behaviour and pathways to care in patients with Primary Sjögren's Syndrome: mixed methods exploration Jess Williams	9:30 Testing an mHealth-based mindful eating intervention to improve students' eating behaviours: A randomised controlled trial Sandra Mai	9:30 Work stress and psychological problems in teachers: what is the role of self-directedness? Taina Hintska	9:30 Examining determinants of eating patterns in preschool settings in disadvantaged areas in Ireland Sainiuya Dashdondog
12:30	9:45 Which depressive symptom change in response to exercise? Results from a randomised controlled trial Cleo Protoporou	9:45 Comparison of Life Satisfaction Determinants in Old Persons from Different Living Environments Jasmina Despot Lucanin	9:45 Can you feel it? Increased somatosensory attending in the context of pain Stefaan Van Damme	9:45 Mobile food reporting rates in real-life; early drop-outs vs. selective meal reporting Lukke Van Rhon	9:45 The effect of age on the correlation between work intensity and mental well-being Lara Lindert	9:45 Effects of maternal stress, depression and self-esteem on children's dietary intake at 18 months Sarah Buggy
13:00 - 14:30	10:00 Goal adjustment is not related to cognitive inflexibility in persons with an acquired brain injury Günther Van Bost	10:00 Ageing is in the eye of the beholder: Capturing images of ageing with photographs Verena Klusmann	10:00 Effects of acute yohimbine administration on interception Linn Kuehl	10:00 A content analysis of tailored feedback videos delivered in an eHealth weight loss intervention Kathleen Ryan	10:00 Do new organizational patterns of Video Display Terminals use affect workers' psychosocial and physical health? Maria Soriano-Oliver	10:00 The family response to fussy eating in school-aged children: A qualitative study Hazel Wolstenholme
14:30	10:15 Discussion Hein de Vries	10:15 Activity: Audience engagement activity Hein de Vries	10:15 Discussion Sandra Mai	10:15 Discussion Chloe Maxwell-Smith	10:15 Efficacy of Physician Training in Behavioural Change Counseling: A Systematic Review Andrea Dragomir	10:15 Discussion Andrea Dragomir
15:00 - 16:30	11:00 - 12:00 KEYNOTE LECTURE: JILL FRANCIS	11:00 - 12:00 COFFEE BREAK	12:00 - 12:45 CLOSING CEREMONY	12:45 - 13:30 RECEPTION FOR EHPS 2019	12:00 - 12:45 RECEPTION FOR EHPS 2019	12:00 - 12:45 RECEPTION FOR EHPS 2019
16:30 - 18:00	15:00 - 16:30 MULTI-LEVEL APPROACHES TO BEHAVIOUR CHANGE IN IMPLEMENTATION RESEARCH: HOW FAR CAN WE PUSH OUR THEORIES?	15:00 - 16:30 COFFEE BREAK	16:30 - 18:00 CLOSING CEREMONY	16:30 - 18:00 RECEPTION FOR EHPS 2019	16:30 - 18:00 RECEPTION FOR EHPS 2019	16:30 - 18:00 RECEPTION FOR EHPS 2019

AWARD WINNERS

Fellowship Award winners



**DR. WINIFRED (WINNIE) A. GEBHARDT
(THE NETHERLANDS)**

Winnie Gebhardt is an associate professor of Health Psychology at the Institute of Psychology at Leiden University in The Netherlands, and senior researcher at the Leiden Institute of Brain and Cognition. Her major research interests lie in the development of theory to explain, predict and influence health behavior. She has widely published on the dynamic interaction of health and other personal goals. More recently her research focus has been extended to incorporate the importance of identity processes of health behavior change. Winnie Gebhardt's work applies to a broad range of behaviors and people. In healthy populations she has investigated safer sexual practices, exercise, smoking and alcohol behavior amongst adolescents, the elderly and those with a lower socio-economic background. In patient populations she has studied outcomes such as pain experience, goal frustration and quality of life. Moreover, she has evaluated the effects and investigated implementation of interventions to encourage healthier lifestyles or to improve patients' outcomes and quality of life.

Winnie Gebhardt has been an active member of the EHPS since 1992 and has attended the EHPS almost every year. She was a member and National Delegates Officer of the EHPS executive committee from 2006-2008. Together with Efrat Neter she chaired the EHPS task force for European Master's programs in Health Psychology from 2012-2013. She has also been part of the organizing committee for the EHPS conference in 2000 and has been member of the international program committee for the conferences in 2005, 2007, 2008, and 2011. Winnie Gebhardt has been on the Editorial Board of EHPS' scientific journal "Psychology and Health" from 2011-2013 and was an Associate Editor of the Journal from 2013-2016. Winnie Gebhardt was also an associate editor of the International Journal of Behavioral Medicine from 2011-2015 and is currently a member of its' scientific board.



**PROF. EVANGELOS (VANGELIS)
KARADEMAS (GREECE)**

Evangelos (Vangelis) Karademas is a professor of Clinical Health Psychology at the Department of Psychology, University of Crete, Greece. He is also collaborating with the University of Crete School of Medicine and is a Research Fellow at the Foundation of Research and Technology – Hellas (FORTH). His main scientific interest is to analyse factors that define chronic patients' quality of life, with a special focus on the complex relationships and the feedback loops between various aspects of the self-regulation and adaptation to illness process. He serves as an Associate Editor for the Translational Behavioral Medicine, and he is an editorial board member of six major journals related to Health Psychology. Professor Karademas is an EHPS member since 2004 and has served as the Greek National Delegate for several years. He helped in the organization of five EHPS conferences as a Scientific Program Track Chair. In 2011, he served as the Chair of the Organizing Committee and President of the 25th EHPS Conference in Crete; in 2015, he served as the Liaison Officer and member of the Scientific Committee of the 29th EHPS Conference in Limassol. For the last two years, he serves as a co-opted member of the EHPS Executive Committee.



**DR. GERRY MOLLOY
(IRELAND)**

Gerry is a Lecturer in Psychology in the School of Psychology at the National University of Ireland, Galway and a Vice-Dean for Equality, Diversity and Inclusion. Currently Gerry's main research interests focus on treatment adherence across the lifespan and methodologies used to assess the comparative effectiveness of behavioural and biomedical interventions to improve health. He was a twice-elected member of the Executive Committee of the EHPS between 2010 and 2014 where he served as grants co-ordinator and Chair of the publications committee. He also served as the Chair of the Psychological Society of Ireland-Division of Health Psychology between

2015-2016. Gerry is a past associate editor of both the British Journal of Health Psychology (2013-2016) and the International Journal of Behavioural Medicine (2015-2017). He has been on the editorial board of Psychology & Health since 2011 and was joint Editor of the European Health Psychologist between 2008 and 2010. He was the first external examiner of a new MSc in Health Psychology at University of Aberdeen that was established in 2014. In 2011 he served as the joint-Chair of the Local Organising and Scientific Committee of the UK Society for Behavioural Medicine Annual Scientific Meeting. This year he is the Chair of the Local Organising Committee of the EHPS Annual Conference in NUI Galway.



**PROF. TRACEY A. REVENSON
(USA)**

Tracey A. Revenson is full professor of Psychology in the Department of Psychology at Hunter College and a member of the doctoral faculty of The Graduate Center at the City University of New York, where she is Director of Research Training for Health Psychology & Clinical Science. Trained as one of the first generation of health psychologists, Prof. Revenson brings a social-ecological perspective to the study of how stress and coping processes affect psychological adjustment to chronic physical illness, and how coping processes are influenced by the social context. Her longtime research interests examine risk and resilience factors among individuals, couples, and families facing rheumatoid arthritis, cancer and COPD, as well as the influence of gender and race/ethnicity on psychosocial adaptation. In addition to numerous chapters and articles, Prof. Revenson is the co-author or co-editor of 12 volumes, among them the Handbook of Health Psychology (3rd edition, 2019), Couples Coping with Stress (2005), Cambridge Handbook of Psychology, Health & Medicine (2018), and Caregiving in the Illness Context (2016), which emerged from an EHPS Network Conference in 2015 on Ameliorating Caregiver Stress: Integrating Dyadic Coping and Cultural Frameworks. That book is co-authored by EHPS members Nadia Griva, Aleks Luszczynska, Val Morrison, Efi Panagopoulou, Noa Vilchinsky, & Mariët Hagedoorn. Prof. Revenson was an invited keynote speaker at the EHPS conference in Crete (2010), has chaired multiple symposia and roundtables, and currently serves as Track Chair (with Nadia Griva) for Interventions in Chronic illness. Prof. Revenson is the Editor-in-Chief of the International Journal of Behavioral Medicine, the former Senior Editor of Annals of Behavioral Medicine, and a member of the Editorial Board of Health Psychology. A Past-President of the Society for Health Psychology of the American Psychological Association, she is a fellow of the American Psychological Association, the Society for Health Psychology, and the Society for Behavioral Medicine. In 2013, she was awarded the Nathan Perry Award for Career Contributions to Health Psychology from the Society for Health Psychology.

Herman Schaalma Award winner



**DR. GILL TEN HOOR
(THE NETHERLANDS)**

Gill ten Hoor was awarded his PhD from Maastricht University in 2017 – Thesis: “Focus on Strength - Design, Development, Production, Implementation, and Evaluation of an Overweight Prevention Program”, a series of studies funded by The Netherlands Organization for Health Research and Development (ZonMw). Gill ten Hoor combined biological knowledge with psychological insights in an innovative interdisciplinary approach, providing a practical intervention to the serious issue of obesity and obesity prevention. Currently, he is working as post-doc researcher at the dept. of Work & Social Psychology of Maastricht University, and as adjunct instructor at the dept. of Health Promotion & Behavioral Sciences at The University of Texas School of Public Health at Houston. In his commitment to, and belief in the EHPS, he is the Dutch National Delegate of the EHPS, one of the initiators of Practical Health Psychology, and executive editor for Health Psychology Bulletin.

Early Career Award winners



**DR. THEODORE D. COSCO
(UK/CANADA)**

Dr. Theodore D. Cosco is a Postdoctoral Research Fellow in the Gerontology Research Centre at Simon Fraser University and the Oxford Institute of Population Ageing at the University of Oxford. He holds a Canadian Institutes of Health Research Postdoctoral Fellowship examining psychological resilience in the face of physiological adversity. Dr. Cosco is a Chartered Psychologist (British Psychological Society) trained in applied social research methods (MSc 2011, Trinity College Dublin,) and epidemiology (PhD 2015, University of Cambridge). Recently, he received the Early Career Achievement Award from the American Psychological Association (2017), the Young Investigator Colloquium Scholarship from the American Psychosomatic Society (2017), as well as becoming the youngest recipient of the Canadian Association on Gerontology’s Recognition Award for Excellence in Longitudinal Research in Honour of Betty Havens (2017). At age 12 Dr. Cosco began volunteering at a long-term care facility, beginning what would

become a life-long passion for gerontology and the ageing process. Using both qualitative and quantitative approaches Dr. Cosco examines the role of individual, social, and environmental resources in the dynamic interplay between psychological wellbeing and physical functioning in older adults.



DR. JENNIFER INAUE
(SWITZERLAND)

Dr. Inauen is a research group leader (tenure track) in environmental and health psychology at the Swiss Federal Institute of Aquatic Science & Technology (Eawag). She was awarded her PhD by the University of Zurich in 2013, and subsequently conducted her postdoctoral research there and at the University of Konstanz. In 2015, she joined Columbia University and New York University on a postdoctoral fellowship awarded to her by the Swiss National Science Foundation. Dr. Inauen's research has significantly contributed to understanding health behaviour change in daily life, including the intention-behaviour gap. Furthermore, she extended health psychology theory and methods to the domain of safe water consumption and hygiene in low- and middle-income countries. She has published numerous papers in key journals of the field, including Annals of Behavioral Medicine. Dr. Inauen is an active member of the EHPS who has regularly presented her work at the EHPS conferences, chaired symposia, and has participated in CREATE and Synergy workshops since 2009. She served as a track chair for the mHealth track of the 2017 EHPS conference.



DR. ANGELOS KASSIANOS
(UK/CYPRUS)

Dr. Kassianos was awarded his PhD from the University of Surrey in 2014 and is working in the UK since then. Dr. Kassianos managed research projects and taught in different Universities including Imperial College London, the University of Cambridge, the University of Cyprus and Cyprus University of Technology and the University of Turin. In 2015, he was awarded a Fulbright Visiting Research Scholarship at the Harvard Medical School in the US. He is using health behaviour change evidence and theories to contribute towards cancer prevention, early diagnosis and care. An overarching theme of his research is also using innovative new technologies to optimize behaviour change as well as to collect patient-reported outcomes. He is currently working at the University College London (UCL), Department of Applied Health Research as a Research Associate where he is also a Co-Investigator on

two Cancer Research UK (CRUK) Innovation Grants and holds a 2016 Global Engagement Fund (GEF). He was awarded a 2017 Young Transatlantic Innovation Leaders Initiative (YTI-LI) Fellowship by the US German Marshall Fund recognizing his work on developing innovation from his research work. He was also an invited speaker at the European Parliament in 2016 to talk about mHealth research evidence. Dr. Kassianos has been contributing to the EHPS participating and presenting at the Annual Conferences since 2012, serving as an EHPS-UN sub-committee member and as a Guest Editor to a European Health Psychologist Special Issue in 2017. He is currently the EHPS National Delegate (ND) of Cyprus.



DR. THEDA RADTKE
(SWITZERLAND)

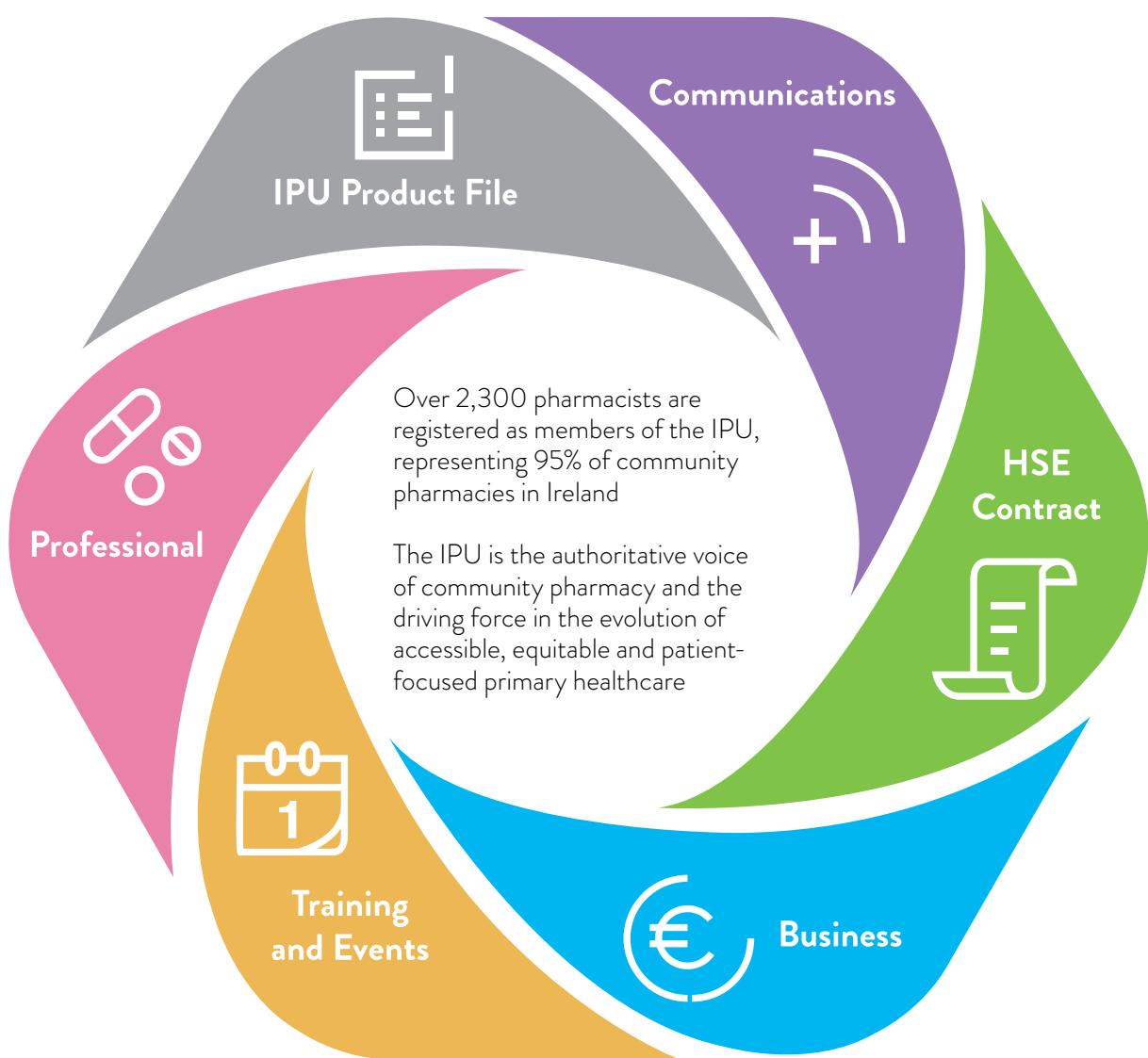
Dr. Radtke earned her doctorate in 2011 from the University of Zurich (UZH), at which she now works as a senior teaching and research associate. Her main research interests are on health behavior change in children, adolescents, and families with a strong focus on compensatory health beliefs (CHBs). As one of the first researchers, Dr. Radtke found evidence for the negative impact of CHBs on health behavior change in different health domains. She further collaborates with renowned experts in the field of health psychology and worked at different universities worldwide contributing to joint scientific publications and collaborative grant acquisition. Dr. Radtke is a regular and active participant of the EHPS conferences (Poster award 2009). Since 2017, she is also one of the head editors of the Practical Health Psychology Blog (PHP) of the EHPS. Furthermore, Dr. Radtke was co-speaker of the junior scientists of the health psychology section of the German Psychology Society. In this role, she continuously contributed to networking and professional training of other young researchers.

Health Research Board (HRB) Early Career Conference Bursary

This HRB Early Career Conference Bursary is supported by a HRB Conference and Event Sponsorship Award 2018. The bursary aims to enable a HRB-funded early career researcher to attend EHPS 2018.

The bursary is awarded to Ms Angela Hickey, PhD candidate, School of Psychology, Trinity College Dublin, Ireland. Angela is supervised by Dr David Hevey and her PhD is entitled: 'The effects of training adolescents in a proven method for behaviour change'.

THE IRISH PHARMACY UNION IS THE PROFESSIONAL, REPRESENTATIVE ORGANISATION FOR COMMUNITY PHARMACISTS IN IRELAND



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The voice of
community pharmacy

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**THINK
PHARMACY**

galway insider's guide



IMPORTANT INFO

POLICE 999

FIRE DEPARTMENT 112

AMBULANCE 999

LOCAL POLICE (GARDA)

+353 91 538 000

HOSPITAL UNIVERSITY COLLEGE HOSPITAL GALWAY (UCHG), NEWCASTLE RD, GALWAY

999 (Emergencies)

+353 91 524 222 (Switchboard)

THE WEATHER in Galway in August is generally mild with average temperatures of 19 degrees. Occasional showers can occur; we recommend you pack a rain jacket!

SHOPPING OPENING HOURS

Monday – Wednesday 09.00 – 18.00,

Thursday & Friday 09.00 -20.00,

Saturday 09.00-18.00,

Sunday closed

(supermarkets and some retail shops open 12.00-17.00)

BANKS can be found all over the city, particularly around Eyre Square with opening hours 09.00 -17.00, Monday - Friday. Debit and credit cards are accepted almost everywhere.

CHILDCARE AND ACTIVITIES FOR CHILDREN

BABY CHANGE AND NURSING FACILITIES ON THE CONCOURSE

There are baby change facilities along the concourse and there are nursing rooms available on campus. For further details please contact the conference registration desk.

PLAYGROUNDS

Millennium Children's Park and Playground can be found on University Road on the way into the city from the University just over the canal bridge. Other playgrounds around the city can be found here: <https://www.galwaycity.ie/playgrounds-information>.

ZOOLOGY AND MARINE BIOLOGY MUSEUM

The Zoology and Marine Biology Museum has a collection of over 500 specimens, both native and exotic. This is located near to the Bailey Allen Hall on the ground floor of the Martin Ryan Institute, across from the Quadrangle in the south campus.

PLACES TO VISIT IN GALWAY

GALWAY'S medieval streets offer an intimate, old charm to the city. Known the world over for its friendliness, charming streets, traditional music and lively atmosphere, Galway is the perfect place to unwind. Visit the famous Galway Farmers Market in Church Lane for lots of great

Irish delicacies and enjoy the wonderful atmosphere. The main thoroughfare through the city (Shop Street) is pedestrianised, so it is the perfect city for an evening stroll. Located on the Wild Atlantic Way, Galway offers easy access to some of the most beautiful landscapes in the country.

HISTORY/ARCHITECTURE: Galway City Museum, Galway Fisheries Watchtower Museum; Galway City Cathedral; St. Nicholas' Collegiate Church

VISUAL ARTS:

Galway Arts Centre, Dominick Street; Gallery 126

WALKS: The Salthill Promenade starts on the west side of the Corrib River at Nimmo's pier in the Claddagh (once an old fishing village) and stretches for 5km along the Atlantic coast past Salthill (a seaside suburb of Galway). Check out the diving board at Blackrock at high tide to see some adventurous divers! The Atlantaquarium in Salthill features marine life native to the west coast of Ireland, if the weather is wet!

MUSIC: Galway is well-known as a traditional Irish music hub, and several pubs have traditional Irish music sessions in the early evening and at night, including Taaffe's Bar and Tigh Coili's on Shop Street, Tigh Neachtain's on Cross Street, Fox's on Eyre Square near the train station, and the Crane Bar on Sea Road (probably the best place for Irish music in Galway).

PLACES TO VISIT AROUND GALWAY

CLIFFS OF MOHER & THE BURREN

Take a drive through the Wild Atlantic Way and into the lunar-like Burren region towards the 200-metre high, 8kms long Cliffs of Moher - Ireland's No. 1 Tourist Attraction which recently appeared in Harry Potter's Half-Blood Prince. Enjoy stunning views over the Atlantic Ocean and the Aran Islands and take your time to soak up the natural beauty of the spectacular cliffs.

CONNEMARA

To see the hidden Ireland off the main tourist track, discover a truly magical day out in the typical Irish countryside of Connemara. Entering Connemara on the Lough Nafooey route allows you to see the stark beauty of the hidden valleys of Connemara. Killary Fiord and the village of Leenane and national park make for a beautiful stops.

ARAN ISLANDS

From the picturesque fishing village of Doolin, you can take a ferry to Inis Oírr – the smallest and most vibrant of the Aran Islands. A closer option is to take a ferry from Ros a' Mhíl (40 minute drive from Galway city) and take a ferry to the biggest Island Inis Mór, home to the best-known prehistoric hill fort, Dún Aonghasa

IMPORTANT INFO

BEACH LIFE

There are plenty of beautiful beaches along the West Coast of Ireland within an hours' drive from Galway stretching from Mulranny in Co Mayo to the surfer's village of Lahinch.

RESTAURANTS

LOAM (MICHELIN STAR)

Fairgreen Rd, Galway

KAI

22 Sea Rd, Galway

BLACK CAT,

Salthill, Galway

OSCAR'S

(Seafood Speciality)

Dominick Street Lower, Galway

UNIVERSAL (Light Bites)

9 William St, Galway

SHERIDAN'S (Wine and Cheese)

14 Church Yard Lane, Galway

ROUGE (French)

38 Dominick St, Galway

HOOKED (Fancy Fish and Chips)

65 Henry St, Galway

DELA

51 Dominick St, Galway

ARD BIA

Spanish Arch, Galway

CAVA BODEGA (Tapas)

1 Middle St, Galway

CHEAP & CHEERFUL

LIGHTHOUSE CAFE (Veg/Vegan)

8 Abbeygate St. Upper, Galway

BITECLUB (Good For Groups)

36 Abbeygate Street Upper, Galway

THE KITCHEN

(brunch and lunch – good for groups)
Galway Museum, Spanish Arch

MCCAMBRIDGES

38-39 Shop St, Galway

PAPA RICH (Asian)

Daly's Place, 3, Woodquay, Galway

DELI LA TASCA (Tapas)

1 Dominick St. Upper, Galway,

CORRIB TEA ROOMS

3 Waterside, Galway

DOUGH BROS (Pizza)

1, Cathedral Building, Middle St, Galway

IL VICOLO (ITALIAN)

The Bridge Mills, O'Briens Bridge, Galway

GOOD COFFEE

BADGER AND DODO

Fairgreen Rd, Galway

COFFEWERK AND PRESS

4 Quay St, Galway

URBAN GRIND

8 William St, Galway

SECRET GARDEN

4 William St, Galway

LE PETIT DELICE

7 Mainguard St, Galway

CORRIB TEA ROOMS

3 Waterside, Galway

CUPAN TAE

8 Quay Lane, Galway

BARS/PUBS

SALTHOUSE

Raven Terrace, Galway

BIERHOUSE

2 Henry St, Galway

TIGH NEACHTAINS

Quay St, Galway

TIGH COILI

Mainguard St, Galway

THE CRANE

2 Sea Rd, Galway

UNIVERSAL

9 William St, Galway

THE BLUE NOTE

3 William St, Galway

MASSIMOS

10 William St, Galway

O'CONNORS

Salthill, Galway

ROISIN DUBH

9 Dominick Street Upper, Galway

MONROES

14 Dominick St. Upper, Galway

OSLO

226 Upper Salthill, Galway



HOTEL & CITY MAP



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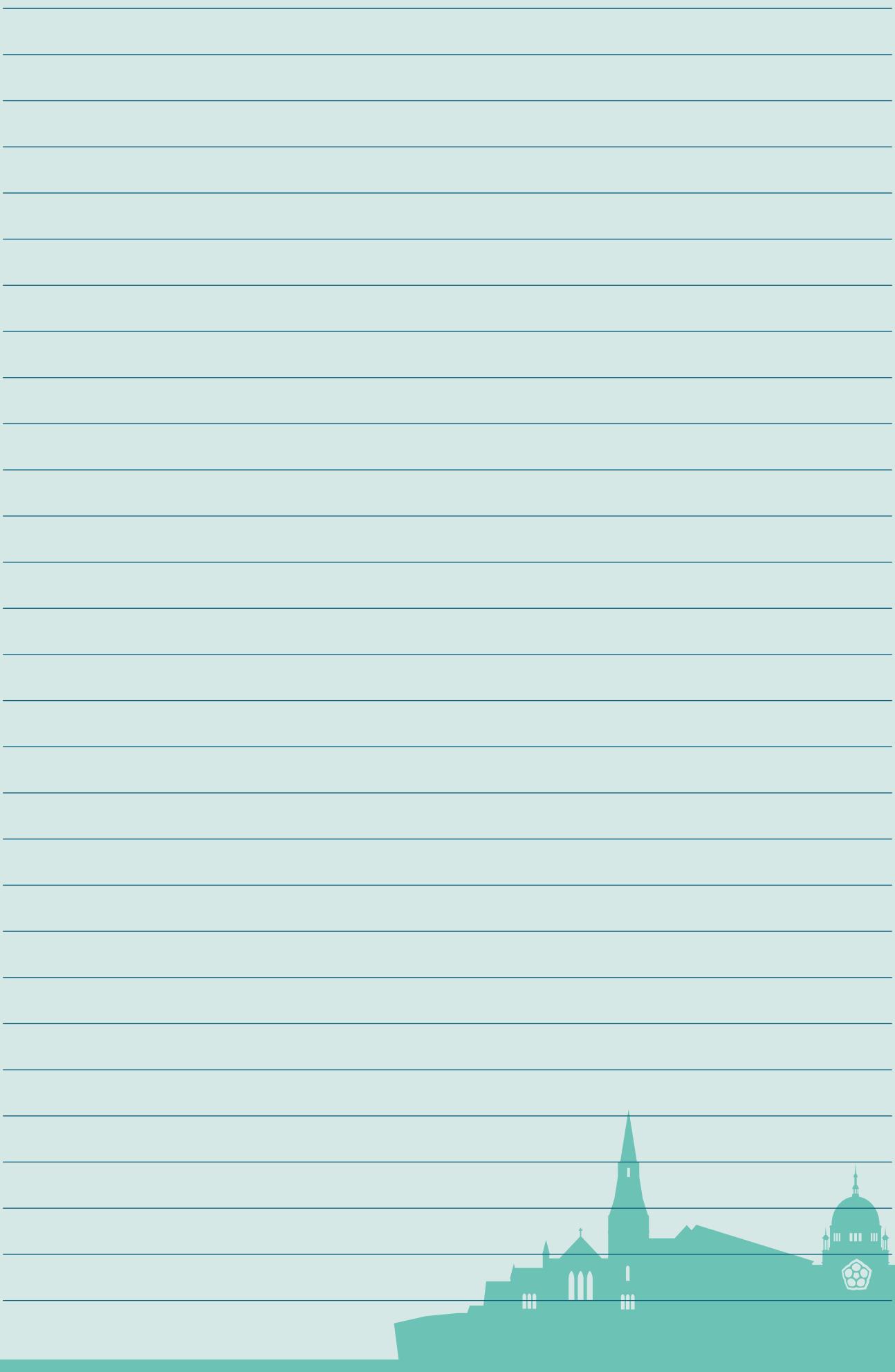
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