
Event Agenda

ISRII Annual Meeting 2024

Sun, Jun 02, 2024

7:30 AM - 5:00 PM

Registration

Location: Kemmy Lobby

8:45 AM - 5:00 PM

Pre-Conference Workshop

Location: KBG13

Speakers: Linda Collins, Inbal Billie Nahum-Shani, Ph.D.

8:45 AM - 5:00 PM

Pre-Conference Workshop

Location: KBG14

Speakers: Steven Ondersma, Eva Noack, Frank Mueller, Philipp Geisler

8:45 AM - 5:00 PM

Pre-Conference Workshop

Location: KBG15

Speakers: Tobias Kowatsch, Marcia Nißen, Dr. Mia Jovanova, Akshaye Shenoj, Marc-Robin Grüner

12:30 PM - 5:00 PM

Pre-Conference Workshop

Location: KBG11

Speakers: Darragh Glavin, Eoin Grua

Mon, Jun 03, 2024

7:30 AM - 5:00 PM

Registration

Location: Kemmy Lobby

8:30 AM - 10:00 AM

Welcome/Plenary

Location: KBG12

Speaker: Professor Norelee Kennedy; Keynote Speaker: Lee Ritterband, Gerhard Andersson, Professor Helen Christensen, Professor Heleen Riper; Chair: Pepijn Van de Ven

10:00 AM - 10:30 AM

Coffee Break

Location: KBG12

10:30 AM - 11:30 AM

Session 1A: Implementation of Digital Mental Health Interventions

Location: KBG12

Speakers: Jen Nicholas, Gavin Rackoff, Jinane Abi Ramia, Sally Khoury, Anton Käll, Friederike Fenski

Integrated digital mental health technologies and blended care: Barriers and enablers to large-scale real-world implementation

10:30 AM - 11:30 AM

Location: KBG12

Speaker: Jen Nicholas

Development and Initial Evaluation of an Audio-Based Digital Behavioral Activation Intervention for Depression

10:30 AM - 11:30 AM

Location: KBG12

Speaker: Gavin Rackoff

Feasibility and Uptake of a Digital Mental Health Intervention for Depression among Lebanese and Syrian Displaced People in Lebanon: A Qualitative Study.

10:30 AM - 11:30 AM

Location: KBG12

Speakers: Jinane Abi Ramia, Sally Khoury

Internet-based Interpersonal Psychotherapy Against Depression – Results from a randomized controlled trial

10:30 AM - 11:30 AM

Location: KBG12

Speaker: Anton Käll

The Worst of Two Worlds? Negative Effects in Blended Care

10:30 AM - 11:30 AM

Location: KBG12

Speaker: Friederike Fenski

10:30 AM - 11:30 AM

Session 1B: Innovative Chatbot Interventions

Location: S205

Chair: Eoin Grua ; Speakers: Florian Onur Kuhlmeier, Jamie Lachman, Seonmi Lee, Costas Glavas

Challenges and opportunities of personalizing a chatbot for young people with depressive symptoms

10:30 AM - 11:30 AM

Location: S205

Speaker: Florian Onur Kuhlmeier

Optimizing Engagement and Effectiveness of a Hybrid Chatbot-Led Parenting Intervention for Low- Income Parents of Adolescent Girls to Reduce Risks Associated with Physical, Emotional, and Sexual Violence in South Africa

10:30 AM - 11:30 AM

Location: S205

Speaker: Jamie Lachman

Effectiveness of a guided and chatbot enhanced IMI to prevent relapses after inpatient treatment in youth with depressive disorders: the iCAN project

10:30 AM - 11:30 AM

Location: S205

Speaker: Florian Onur Kuhlmeier

Development and Validation of AI Chatbot Managing Procrastination for University Students : Mixed Method Study

10:30 AM - 11:30 AM

Location: S205

Speaker: Seonmi Lee

Exploring the feasibility of digital voice assistants for delivery of a home-based exercise intervention in older obese adults with type 2 diabetes mellitus: Randomised Controlled Trial

10:30 AM - 11:30 AM

Location: S205

Speaker: Costas Glavas

10:30 AM - 11:30 AM

Session 1C: Engaging Caregivers and Youth with Digital Health Interventions

Location: S206

Chair: Katrina Champion ; Speakers: Kelly Shaffer, Chitra Laloo, Emily Harle, Nicole Alberts

High-intensity family caregiver engagement with an Internet-delivered insomnia program: Quantitative and qualitative perspectives

10:30 AM - 11:30 AM

Location: S206

Speaker: Kelly Shaffer

iCanCope with Sickle Cell Disease (SCD): Randomized controlled trial of a cognitive-behavioural digital health intervention for youth with SCD pain

10:30 AM - 11:30 AM

Location: S206

Speaker: Chitra Laloo

Sexual consent amongst young men who have sex with women: how it can be conceptualised, practiced and influenced.

10:30 AM - 11:30 AM

Location: S206

Speaker: Emily Harle

Targeting pain after cancer: Results from a feasibility randomized controlled trial of wearable respiratory intervention for chronic pain in childhood cancer survivors

10:30 AM - 11:30 AM

Location: S206

Speaker: Nicole Alberts

Technology Access and Preferences for Smartphone App Intervention to Optimize Iron Chelation Adherence among Adolescents, Young Adults, and Parents of Individuals Receiving Chronic Transfusions

10:30 AM - 11:30 AM

Location: S206

10:30 AM - 11:30 AM

Session 1D: Advancing Standards and Insights in Digital Health

Location: CSG01

Chair: Professor Helen Christensen ; Speakers: Phil Batterham, Zareen Khan, Gareth Hopkin

The informativeness of clinical trials in digital mental health

10:30 AM - 11:30 AM

Location: CSG01

Speaker: Phil Batterham

Developing a Checklist of Program Costs of Digital Health Interventions: A Scoping Review and Empirical Case Study

10:30 AM - 11:30 AM

Location: CSG01

Speaker: Zareen Khan

Considerations for Regulation and Evaluation of Digital Mental Health Technologies

10:30 AM - 11:30 AM

Location: CSG01

Speaker: Gareth Hopkin

10:30 AM - 11:30 AM

Session 1E: Symposium - Utilizing Passive Sensing and Intensive Longitudinal Data to Advance Precision Mental Health Care

Location: KBG13

Moderator: Zachary Cohen ; Speakers: Fridtjof Petersen, Darsol Seok, Nate Choukas ; Discussant: Nicholas Jacobson

Training Window Selection Methods for Passive Sensing

10:30 AM - 11:30 AM

Location: KBG13

Speaker: Fridtjof Petersen

Symptom-level inference of depression severity using mobile sensing data

10:30 AM - 11:30 AM

Location: KBG13

Speakers: Darsol Seok, Zachary Cohen

Understanding Digital Therapy Response Through Digital Phenotyping: Protocol for a Pilot Study in Community College Students

10:30 AM - 11:30 AM

Location: KBG13

Speakers: Nate Choukas, Zachary Cohen

11:30 AM - 12:30 PM

Poster Talk

Location: KBG12

Chair: Amit Baumel ; Speakers: Shimin Zhu, Susan Wenzel, Sara Fernández, Mathijs Lucassen, Tara Guckel, Flor Gil-Bernal, Helene Skaarnes, Coleen Leung, Emma Osborne, Gary Donohoe, Noëmi Seewer, Mirjana Subotic-Kerry, Ananya Bhattacharjee, Stefanie Schmidt, Ria Nagar, Aderonke Bamgbose Pederson

Examining the efficacy of web-based single-session growth mindset interventions for adolescent mental health: a four-armed randomised controlled trial study

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Socioeconomic and geographical factors as moderators of intervention efficacy: Insights from a digital school-based intervention

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Exploring the Acceptability of CoolMinds: An Internet-Based Cognitive Behavioral Intervention for Adolescents with Anxiety Disorders

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Speaker: Helene Skaarnes

Development of an online brief intervention for alcohol and other drug use in public safety personnel

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A Supported Digital Self-Help Intervention for Recurrent Binge Eating: A Pilot Effectiveness Study

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Exploring co-production of accessible digital mental health tools in collaboration with young people from marginalised backgrounds: A Scoping Review

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User engagement in the development and evaluation of a transdiagnostic internet-delivered self-help program for indicated prevention in adolescence

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Speaker: Stefanie Schmidt

ASA- Attitudes Towards Self-Guided Applications

11:30 AM - 12:30 PM
Location: KBG12
Speaker: Ria Nagar

Design of a Mobile Mental Health Stigma Reducing Intervention for Black Adults

11:30 AM - 12:30 PM
Location: KBG12
Speaker: Aderonke Bamgbose Pederson

11:30 AM - 12:30 PM

Poster Talk

Location: CSG01
Chair: Alexis Whitton ; Speakers: Page Anderson, Abhishek Pratap, Fang Tong, Eline Henrotte, Laura Diaz Sanahuja, Phil Batterham, Phil Chow, Kenneth Rasinski, Anja Zimmer, Melody Kim, Shalini Lal, Noelia Jiménez-Orenga, Matthias Domhardt, Sophie Eicher, Nicholas Jacobson

'Knock Knock, Who's There?' A Systematic Review of Participant Characteristics in Randomized Clinical Trials of Virtual Reality Exposure Therapy for Anxiety and Related Disorders

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Recruiting and Retaining Cancer Survivors for a Large Digital Mental Health Intervention Trial in the US: Insights and Challenges

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CATCH-IT in Arabic: Evaluating the Feasibility and Preliminary Efficacy in Reducing Depressive Symptoms among University Students in Jordan

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Effectiveness and Implementation of Digital Mental Health Interventions in Germany

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Breaking the Silence: Insights into the Untold 'Needs and Wants' of Youth Navigating Mental Health Service Waitlists

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Youth Perspectives on the Potential Usefulness of an Online Referral Tool to Access Mental Health Services

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A Randomized Controlled Trial Testing the Feasibility, Acceptability, and Preliminary Effectiveness of a Mobile Intervention for Depression and Anxiety among Persons Receiving Medication Treatment for Opioid Use Disorder

11:30 AM - 12:30 PM

Location: CSG01

Speaker: Nicholas Jacobson

12:30 PM - 1:30 PM

Lunch

Location: Concert Hall Atrium

Poster Viewing

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speakers: Gemma Rides, Inji Jeong, Panitda Huynh, Leslie De Leon, Snigdha Kamarsu, Eliza Walsh, Maria Loades, Emma Giberson, Matthijs Noordzij, Sofia Pavarini, Tomer Savir, Jacob Andrews, Sally Hunt, Jonas Culmsee, Fanny Kählke, Eduardo Bunge, Shimin Zhu, Susan Wenze, Sara Fernández, Mathijs Lucassen, Tara Guckel, Flor Gil-Bernal, Helene Skaarnes, Emma Osborne, Gary Donohoe, Noëmi Seewer, Mirjana Subotic-Kerry, Ananya Bhattacharjee, Stefanie Schmidt, Ria Nagar, Page Anderson, Abhishek Pratap, Fang Tong, Eline Henrotte, Laura Diaz Sanahuja, Phil Batterham, Phil Chow, Kenneth Rasinski, Anja Zimmer, Melody Kim, Shalini Lal, Noelia Jiménez-Orenga, Matthias Domhardt, Sophie Eicher, Nicholas Jacobson, Soledad Quero

Are there attentional differences on social media for young people with higher levels of social anxiety?

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Gemma Rides

Exploring real-world college student mental health monitoring metrics using active and passive EMAs

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Inji Jeong

Digital Health Technologies for Metabolic Disorders in Older Adults: A Scoping Review

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Panitda Huynh

Barriers and Facilitators to Participant Recruitment and Retention for an mHealth Randomized Controlled Trial in a Rural Setting

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Leslie De Leon

More Barriers to Face-to-Face Therapy, More Skepticism Towards iCBT

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Snigdha Kamarsu

Ecological Momentary Assessment and Intervention for Mental Health

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Eliza Walsh

The feasibility, acceptability and utility of a CBT based single session online intervention, The Common Elements Toolbox (COMET) for UK university students

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Maria Loades

The Development and Utility of a Self-Report Measure of Perceived Competency in E-therapy Delivery

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Emma Giberson

Compassionate technology: The value of compassion in the design and use of mental health interventions

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Matthijs Noordzij

iSupport-Brasil: A Pilot Study on the Effects of a Program for Informal Caregivers of People Living with Dementia regarding Caregiver Burden and Positive Aspects of Caregiving

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Sofia Pavarini

Design process of a complete mental health screening tool with automatic feedback delivered via an online research platform

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Tomer Savir

Applications of Natural Language Processing in Mental Health, Neurodegenerative and Neurodevelopmental Conditions: A Scoping Review

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Jacob Andrews

Use of e-Mental Health for Suicide Prevention in Clinical Practice: a Cross Sectional Survey of Mental Health Professionals in NSW, Australia

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Sally Hunt

Effects and User Engagement of an App-Based Aftercare for Young People with Depressive Symptoms: The iCAN Project and Results of the Pilot Study SMARDY

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Jonas Culmsee

Digital Mindfulness Interventions for Diverse Student Populations: Feasibility Trials, and Future Insights

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Sumeyye Balci

Effectiveness of an Internet-Based Intervention for Procrastination in German-Speaking College Students: A Randomized Controlled Trial

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Ann-Marie Kuechler

Promoting mental health in university students: new strategies and perspectives

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Fanny Kählke

Mental health services for German university students: acceptance of intervention targets and preference for delivery modes

12:30 PM - 1:30 PM
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Thera-Turing Test: A Framework for Evaluating Mental Health Artificial Intelligence-Based Chatbots

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Technology-supported interventions for Prolonged Grief Disorder: study protocol for a randomized controlled trial

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Soledad Quero

12:30 PM - 1:30 PM

Demonstration: Randomised controlled trial of Shift, a smartphone application to support the mental health and wellbeing of junior physicians

Location: Concert Hall Atrium
Speaker: Lauren Lai

12:30 PM - 1:30 PM

Demonstration: Medly: Disruptive Innovation in Heart Failure and Chronic Disease Management

Location: Concert Hall Atrium
Speakers: Noor El-Dassouki, Camila Benmessaoud

1:30 PM - 2:30 PM

Session 2A: Enhancing Youth Mental Health with Innovative Technology

Location: KBG12
Chair: Bridi O'Dea ; Speakers: Imogen Bell, Sandra Bucci, Auguste Nomeikaite, Fareha Nishat, Shannon Smith

User centred design and pilot trial of Orygen Virtual Worlds: the next generation of telehealth for youth mental health

1:30 PM - 2:30 PM
Location: KBG12
Speaker: Imogen Bell

Co-producing Digital Health Interventions: important considerations

1:30 PM - 2:30 PM
Location: KBG12
Speaker: Sandra Bucci

The Role of Tailored Reminders in Enhancing Engagement and Outcomes of Internet-Delivered Stress Recovery Intervention for Healthcare Workers: A Randomised Controlled Trial

1:30 PM - 2:30 PM
Location: KBG12
Speaker: Auguste Nomeikaite

User-Centered Design of an AI-Enhanced Social Robot for the Pediatric Emergency Department: Perspectives of Children, Caregivers and Healthcare Providers

1:30 PM - 2:30 PM
Location: KBG12
Speaker: Fareha Nishat

Engaging teen and adult participants in a technology-enabled service study: what works, what doesn't, and where to go from here

1:30 PM - 2:30 PM
Location: KBG12
Speaker: Shannon Smith

1:30 PM - 2:30 PM

Session 2B: Global Reach of Digital Health Innovations

Location: S205

Chair: Fanny Kählke ; Speakers: Nagi Abouzeid, Puna Whakaata Maniapoto-Love, Katrina Champion, Kristofer Vernmark, Debra Rios, Caroline Figueroa

The Role of Sociodemographic Factors on the Acceptability of Digital Mental Health Care: A Scoping Review

1:30 PM - 2:30 PM

Location: S205

Speaker: Nagi Abouzeid

Kia Haumanu: Digital serenity through cultural resonance.

1:30 PM - 2:30 PM

Location: S205

Speaker: Puna Whakaata Maniapoto-Love

A web-based intervention targeting multiple risk behaviours in Australian school students: Process evaluation of the Health4Life Initiative

1:30 PM - 2:30 PM

Location: S205

Speaker: Katrina Champion

Stakeholder perspectives of digital mental health interventions for refugees and migrants – A survey of psychologists in the private and public healthcare sectors

1:30 PM - 2:30 PM

Location: S205

Speaker: Kristofer Vernmark

A Digital Lifeline: Results from A Mobile Diabetes Prevention Trial in Rural Hispanics

1:30 PM - 2:30 PM

Location: S205

Speaker: Debra Rios

Diversity, Equity, and Inclusion Considerations in Mental Health Apps for Young People: a Scoping review

1:30 PM - 2:30 PM

Location: S205

Speaker: Caroline Figueroa

1:30 PM - 2:30 PM

Session 2C: Symposium - Innovations in digital tools for child and adolescent mental and behavioural health: Involving young people, peers, caregivers, and clinicians

Location: S206

Chair: Sonja March ; Speakers: Alison Calear, Louise Birrell, Louise Thornton, Steph Kershaw, Phil Batterham, Katrina Champion

Evaluation of an online mental health and suicide gatekeeper resource for parents and caregivers

1:30 PM - 2:30 PM

Location: S206

Speakers: Alison Calear, Lou Farrer, Phil Batterham

The Mind your Mate Study: co-design and 12-month evaluation of a digital prevention program focused on adolescents' supporting friends

1:30 PM - 2:30 PM

Location: S206

Speakers: Louise Birrell, Louise Thornton

"I hate messages that have nothing to do with me": Co-design of text messages to engage adolescents with ehealth approaches

1:30 PM - 2:30 PM

Location: S206

Speaker: Louise Thornton

"Momentum"- a tailored digital platform for child and adolescent anxiety and depression: Co-design with young people, parents, and clinicians

1:30 PM - 2:30 PM

Location: S206

Speakers: Sonja March, Alison Calear

The Illicit Project: Development and Evaluation of a Neuroscience-Based Substance Use Harm Reduction Program for Older Adolescents

1:30 PM - 2:30 PM

Location: S206

Speakers: Steph Kershaw, Louise Birrell, Katrina Champion, Alison Calear

1:30 PM - 2:30 PM

Session 2D: Symposium - Healthcare Delivery Organization Based Depression Prevention for Adolescents using Information and Communication Technology

Location: CSG01

Speakers: Tracy Gladstone, Benjamin Van Voorhees, Olga Gupta, Xiaolong Zhang, Nina Liu

Preventing Youth Depression through an Internet-Based Primary Care Intervention: 6–24-month Outcomes

1:30 PM - 2:30 PM

Location: CSG01

Speakers: Benjamin Van Voorhees, Tracy Gladstone

Adaptation of an ICT-Based Depression Prevention Intervention for College Students: Quantitative and Qualitative Findings from a Pilot Study

1:30 PM - 2:30 PM

Location: CSG01

Speaker: Tracy Gladstone

Internet Based Cognitive Behavioral Therapy Intervention for Youth with Type 1 Diabetes and Depressive Symptoms: a pilot and feasibility study

1:30 PM - 2:30 PM

Location: CSG01

Speaker: Olga Gupta

The Efficacy of Chinese language CATCH-IT in Adolescents with Moderate to Severe Depression

1:30 PM - 2:30 PM

Location: CSG01

Speakers: Xiaolong Zhang, Nina Liu

1:30 PM - 2:30 PM

Session 2E: Panel Discussion - Artificial Intelligence & Ethics

Location: KBG13

Chair: Page Anderson ; Panelist: Matthew Chester, Kashyap Rajesh, Trina Histon

2:30 PM - 3:30 PM

Session 3A: Innovative Digital Behavioral Health and Wellbeing Interventions

Location: KBG12

Chair: Tara Donker ; Speakers: Jason Colditz, Filip Drozd, Christine Rini, Robin Zhou, Sally Hunt, Alex Ajayi

Portrayal of Popular “Recovery Music” and Music Therapy on Addiction Treatment Provider Websites in the US

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Jason Colditz

The impact of a guided behavioral sleep intervention on parents' cognitions and depressive symptoms: A multiple baseline study

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Filip Drozd

Meeting the peer support needs of stem cell transplant caregivers with Mosaic—a website using technology to deliver peer support in a user-centered, accessible written format

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Christine Rini

Is Less More When it Comes to Sleep? Preliminary Outcomes of a Brief Online Sleep Program

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Robin Zhou

Feasibility Trial of VapeX: A Digital Health Intervention to Promote Vaping Cessation Among Adolescents with Depressive Symptoms

2:30 PM - 3:30 PM

Location: KBG12

Acceptability and feasibility of an online Cognitive Behaviour Therapy intervention for multiple health behaviours in Australian women

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Sally Hunt

Peer-Supported Hybrid Trauma-Informed ACT Intervention for College Students: A Pilot Randomized Controlled Trial

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Alex Ajayi

2:30 PM - 3:30 PM

Session 3B: Insights into Implementing Digital Mental Health Interventions

Location: S205

Chair: Kim Mathiasen ; Speakers: Sarah Popowski, Jørn Heggelund, Fien Buelens, Hannah Ball, Lou Farrer, Steph Kershaw

Adapting a Text Messaging Tool to Support the Mental Health of Non-Treatment Seeking Black Adults

2:30 PM - 3:30 PM

Location: S205

Speaker: Sarah Popowski

Implementation of guided internet-delivered treatment in Norway: A comparative study of service delivery in four hospitals

2:30 PM - 3:30 PM

Location: S205

Speaker: Jørn Heggelund

Digital or Analog? Attitudes and expectations towards (digital) mental health support in a general population

2:30 PM - 3:30 PM

Location: S205

Speaker: Fien Buelens

The implementation of digital remote monitoring systems in mental health services for people with psychosis: mental health professionals' views and expectations

2:30 PM - 3:30 PM

Location: S205

Speaker: Hannah Ball

Navigating the new normal: using mixed-methods to understand the implementation and normalisation of telehealth for mental health care

2:30 PM - 3:30 PM

Location: S205

Speaker: Lou Farrer

Cracks in the Ice: What is the role of digital translation portals in changing attitudes?

2:30 PM - 3:30 PM

Location: S205

Speaker: Steph Kershaw

Evaluating the Online Family and Friends Support Program: A Pilot Study

2:30 PM - 3:30 PM

Location: S205

Speaker: Steph Kershaw

2:30 PM - 3:30 PM

Session 3C: Digital Interventions for Mental Health Support and Wellness

Location: S206

Chair: Louise Thornton ; Speakers: Alexander Daros, Austeja Dumarkaite, Shaminka Mangelsdorf, Lauren Lai, Emily Lattie, Ryan Shafer, Eduardo Bunge, Karolina Stasiak

Perceptions and engagement of a mindfulness-based meditation app for individuals waiting for outpatient and community care.

2:30 PM - 3:30 PM

Location: S206

Speaker: Alexander Daros

The efficacy of internet-delivered mindfulness-based intervention for youth with PTSD and complex PTSD symptoms

2:30 PM - 3:30 PM

Location: S206

Speaker: Austeja Dumarkaite

Transdiagnostic mechanisms of smartphone interventions for youth and adult mental health conditions: a systematic review and meta-analysis

2:30 PM - 3:30 PM

Location: S206

Speaker: Shaminka Mangelsdorf

Protocol for a randomised controlled trial testing the efficacy of a smartphone application designed to improve the mental health and wellbeing of junior physicians

2:30 PM - 3:30 PM

Location: S206

Speaker: Lauren Lai

Examining the clinical effects of asynchronous, therapist-guided practice sessions in blended care therapy for anxiety and depression

2:30 PM - 3:30 PM

Location: S206

Speaker: Emily Lattie

Adolescents' Beliefs about a Behavioral Activation Chatbot for Depression

2:30 PM - 3:30 PM

Location: S206

Speakers: Ryan Shafer, Eduardo Bunge

Headstrong: Advancing adolescent mental wellbeing with digital innovation in New Zealand

2:30 PM - 3:30 PM

Location: S206

Speaker: Karolina Stasiak

2:30 PM - 3:30 PM

Session 3D: Panel Discussion - The Digital transformation journey: What's needed for the road ahead? Experiences from pioneering countries in the adoption of Digital Mental Health solutions

Location: CSG01
Panelist: Daniel Duffy, Derek Richards, PhD, Angel Enrique, PhD

2:30 PM - 3:30 PM

Session 3E: Panel Discussion - Multi-Sector Partnerships for Digital Mental Health Solutions in Schools

Location: KBG13
Chair: Katie Cohen ; Panelist: Louisa Salhi, Mallory Dobias

3:30 PM - 4:00 PM

Coffee Break

Location: KBG12

4:00 PM - 5:00 PM

Session 4A: Symposium - Not Just a One-Time Thing: Building Community-Engaged Partnerships with Pediatric Populations to Build more Engaging and Effective Digital Health Interventions

Location: KBG12
Speakers: Colleen Stiles-Shields, Emily Moscato, Alexandra Psihogios, Emily Lattie

Iterative digital co-design of the Preparing for Life and Academics for Young survivors (PLAY) program with a caregiver advisory board

4:00 PM - 5:00 PM
Location: KBG12
Speaker: Emily Moscato

Partnering with Social Media Influencers to Equitably Improve Adolescent and Young Adult Cancer Outcomes: A Novel Digital Partnership Model to Support Cancer Care Delivery

4:00 PM - 5:00 PM
Location: KBG12
Speaker: Alexandra Psihogios

"I think that would be a help in my life": Designing and Implementing Engaging Digital Mental Health Interventions through Collaboration

4:00 PM - 5:00 PM
Location: KBG12
Speaker: Colleen Stiles-Shields

4:00 PM - 5:00 PM

Session 4B: Symposium - How to E-mental Health? Pitching Practical Guidelines for Developing, Conducting, and Evaluating Assessment and Intervention E-mental Health Studies

Location: S205
Chair: Johanna Löchner ; Speakers: Lea Vogel, Narges Esfandiari, Björn Schuller, Yannik Terhorst, Per Carlbring

E-mental health development: Where to start? Intervention content development (Building Blocks of E-mental Health: from Concept to Creation)

4:00 PM - 5:00 PM
Location: S205
Speaker: Narges Esfandiari

User-centered design and participatory approaches in the development of e-mental health interventions

4:00 PM - 5:00 PM
Location: S205
Speaker: Lea Vogel

Artificial Intelligence in E-Mental Health

4:00 PM - 5:00 PM
Location: S205
Speaker: Björn Schuller

Smart Sensing in Mental Health: Results from a systematic review and novel developments in the field.

4:00 PM - 5:00 PM
Location: S205
Speaker: Yannik Terhorst

Optimizing mHealth Randomized Controlled Trials: A Definitive Guide to Selecting and Describing Control Conditions

4:00 PM - 5:00 PM
Location: S205
Speaker: Per Carlbring

4:00 PM - 5:00 PM

Session 4C: Symposium - Lost in translation: The challenge of and insights for sustainable digital mental health implementation

Location: S206

Speakers: Jen Nicholas, Professor David Mohr, Emily Eisner, Paul Farrand, James Woollard

Development of an Implementation Playbook for Integrating Digital Mental Health Services into Healthcare Organizations

4:00 PM - 5:00 PM

Location: S206

Speaker: Professor David Mohr

Barriers and facilitators of user engagement with digital mental health tools for people with severe mental health problems: Systematic review of quantitative and qualitative evidence

4:00 PM - 5:00 PM

Location: S206

Speaker: Emily Eisner

From Islamic to Systemic level barriers: Considerations for implementation of digital CBT interventions for the treatment of mental health difficulties in Saudi Arabia.

4:00 PM - 5:00 PM

Location: S206

Speaker: Paul Farrand

All talk, tech and transformation: Adoption of digital psychological interventions for common mental health disorders in England

4:00 PM - 5:00 PM

Location: S206

Speaker: James Woollard

An adaptive model of digital mental health implementation: Outcomes and insights from a large-scale real-world integration of a digital tool into a network of youth mental health services

4:00 PM - 5:00 PM

Location: S206

Speaker: Jen Nicholas

4:00 PM - 5:00 PM

Session 4D: Symposium - Combining theory with digital advances to optimise health interventions

Location: CSG01

Speakers: Petra Staiger, Charles Abraham, Paschal Sheeran

Improving our ability to predict treatment response to digital interventions: Challenging underlying assumptions

4:00 PM - 5:00 PM

Location: CSG01

Using AI to Enhance Health Communication

4:00 PM - 5:00 PM

Location: CSG01

Speaker: Paschal Sheeran

Personalized, digital coaches can revolutionize health care

4:00 PM - 5:00 PM

Location: CSG01

Speaker: Charles Abraham

4:00 PM - 5:00 PM

Session 4E: Panel Discussion - Ethics, scalability, and sustainability of human support in digital health intervention

Location: KBG13

Moderator: Ahmad Jabir ; Panelist: Tobias Kowatsch, Gemma Sharp, Daniel Duffy

5:00 PM - 6:00 PM

Session 5A: Symposium - Engagement strategies for adolescents in digital health interventions

Location: KBG12

Speakers: Rachel Kornfield, Ashley Knapp, Jacob Gordon, Alexandra Psihogios

Use of Discord as an engagement tool for a human-centered adaptation design of a text-based HIV intervention for SGM youth: A methods case study for co-design

5:00 PM - 6:00 PM

Location: KBG12

Speaker: Jacob Gordon

Adapting an automated text messaging tool to support mental health self-management for non-treatment seeking adolescents with depression or anxiety

5:00 PM - 6:00 PM

Location: KBG12

Speaker: Rachel Kornfield

A micro-randomized pilot trial of app engagement strategies with adolescents and young adults with cancer

5:00 PM - 6:00 PM

Location: KBG12

Speaker: Alexandra Psihogios

5:00 PM - 6:00 PM

Session 5B: Symposium - Digital prevention for farmers: Clinical and cost-effectiveness of tailored internet-based and personalized tele-based psychological interventions in the long-term perspective (12-/18-/36m)

Location: S205

Chair: Ingrid Titzler, Claudia Buntrock ; Speakers: Lina Braun, Jennifer Kulke, Janika Thielecke, Johanna Freund

Is a tailored internet intervention program for depression prevention long-term effective in agriculturists? 24- and 36-month follow-up results of the pragmatic randomized controlled trial (PROD-A)

5:00 PM - 6:00 PM

Location: S205

Speaker: Lina Braun

Preventing depression in green professions: health economic evaluation of digital interventions alongside a randomized controlled trial (PROD-A)

5:00 PM - 6:00 PM

Location: S205

Speaker: Jennifer Kulke

Evaluation of preventive psychological telephone coaching for farmers – Long-term RCT results and user experience

5:00 PM - 6:00 PM

Location: S205

Speaker: Janika Thielecke

Is the effectiveness of evidence-based digital interventions for the prevention of depression in farmers also evident in routine care? Longitudinal results of post- and 1-year follow-up data alongside an implementation study

5:00 PM - 6:00 PM

Location: S205

Speaker: Johanna Freund

5:00 PM - 6:00 PM

Session 5C: Symposium - Predicting Outcome in ICBT: Evaluating New Types of Predictors, Integration Methods, and Using Explainable AI to Open the 'Black Box' for Therapists

Location: S206

Speakers: Erik Forsell, Viktor Kaldo, Olly Kravchenko, Nils Hentati Isacson, Magnus Boman, Pontus Bjurner

How accurately did we need to predict treatment failure and what factors mattered in a randomized controlled trial of an adaptive treatment strategy for insomnia?

5:00 PM - 6:00 PM

Location: S206

Speakers: Erik Forsell, Viktor Kaldo

Predicting treatment outcome in ICBT for depression and anxiety disorders – do polygenic risk scores and register data increase predictive accuracy?

5:00 PM - 6:00 PM

Location: S206

Speaker: Olly Kravchenko

Predicting depression severity from patient-reported text in ICBT: challenges and preliminary results

5:00 PM - 6:00 PM

Location: S206

Speakers: Nils Hentati Isacson, Magnus Boman, Viktor Kaldo

The clinical potential of using SHAP-values to explain to ICBT therapists which Machine Learning predictors that are important for a patient's final treatment outcome – a randomized laboratory experiment.

5:00 PM - 6:00 PM

Location: S206

Speakers: Pontus Bjurner, Erik Forsell, Viktor Kaldo

5:00 PM - 6:00 PM

Session 5D: Symposium - “Shaping the future together: Co-designing internet-delivered health interventions for diverse and underserved populations”

Location: CSG01

Speakers: Katrina Champion, Lyra Egan, Emma Devine, Tara Guckel

Co-designing a parent-based digital intervention to improve the health of socio-economically disadvantaged adolescents in Australia

5:00 PM - 6:00 PM

Location: CSG01

Speaker: Katrina Champion

Adapting internet-delivered alcohol and drug prevention in partnership with Aboriginal and Torres Strait Islander communities: Strong & Deadly Futures

5:00 PM - 6:00 PM

Location: CSG01

Speaker: Katrina Champion

Shaping the future together: Adapting a digital alcohol prevention program for Colombian adolescents

5:00 PM - 6:00 PM

Location: CSG01

Speakers: Lyra Egan, Katrina Champion

A hot TikTok take on youth engagement: Engaging young people in the development and promotion of a vaping resource on Positive Choices.

5:00 PM - 6:00 PM

Location: CSG01

Speakers: Emma Devine, Tara Guckel

5:00 PM - 6:00 PM

Session 5E: Symposium - Digital health interventions for childhood behavioural and emotional problems: opportunities for scientific and clinical innovation.

Location: KBG13

Speakers: Kasia Kostyrka-Allchorne, Jessica Penhallow, Claire Ballard, Petr Slovak

myHealthE: The effectiveness of a digital tool for recruitment to clinical research in children and young people’s mental health services

5:00 PM - 6:00 PM

Location: KBG13

Speaker: Jessica Penhallow

The OPTIMA trial: Overview of the STEPS app and baseline participants’ characteristics

5:00 PM - 6:00 PM

Location: KBG13

Speaker: Claire Ballard

Can a dedicated universal digital parenting intervention reverse the effects of the COVID-19 pandemic on children’s conduct and emotional problems in a cost-effective way? Evidence from a rapid implementation randomised controlled trial within a cohort.

5:00 PM - 6:00 PM

Location: KBG13

Speaker: Kasia Kostyrka-Allchorne

Feasibility, perceived impact, and acceptability of a socially assistive robot to support emotion regulation across anxiety, eating disorders, and self-harm.

5:00 PM - 6:00 PM

Location: KBG13

Speaker: Petr Slovak

6:00 PM - 7:00 PM

Welcome Event

Location: Concert Hall Atrium

7:00 PM - 8:00 PM

Early Career Event

Location: TBD

Tue, Jun 04, 2024

7:00 AM - 5:00 PM

Registration

Location: Kemmy Lobby

8:00 AM - 9:00 AM

Session 6A: Symposium - How are mixed realities technologies supporting interventions in mental health care? Different interventions based on augmented and virtual reality in mental health

Location: KBG12

Speakers: Soledad Quero, Tara Donker, Annemieke van Straten, Jorge Grimaldos, Laura Diaz Sanahuja, Marit Hidding, Sylvie Bernaerts

Effectiveness of Self-guided App-Based Virtual and Augmented Reality Cognitive Behaviour Therapy for Specific Phobia

8:00 AM - 9:00 AM

Location: KBG12

Speakers: Tara Donker, Annemieke van Straten

Improving the Efficacy of Exposure Therapy Using Projection-Based Augmented Reality for the Treatment of Cockroach Phobia: Preliminary results from a Randomized Clinical Trial

8:00 AM - 9:00 AM

Location: KBG12

Speakers: Jorge Grimaldos, Laura Diaz Sanahuja, Soledad Quero

Facing your inner critic: a randomized controlled Virtual Reality experiment for excessive self-criticism

8:00 AM - 9:00 AM

Location: KBG12

Speaker: Marit Hidding

Smartphone-based virtual reality for relaxation: from user preferences to app development

8:00 AM - 9:00 AM

Location: KBG12

Speaker: Sylvie Bernaerts

8:00 AM - 9:00 AM

Session 6B: Symposium - Integrating Technology into Mental Health Care Delivery in Europe (ICare)

Location: S205

Chair: Anna-Carlotta Zarski, Corinna Jacobi ; Speakers: Barbara Nacke, Karin Waldherr

Eating disorder treatment and prevention

8:00 AM - 9:00 AM

Location: S205

Speakers: Barbara Nacke, Corinna Jacobi

Internet-based transdiagnostic prevention of eating disorders and obesity in schools: results of the ICare Healthy Teens @ Schools program

8:00 AM - 9:00 AM

Location: S205

Speaker: Karin Waldherr

Cultivating our resilience (CORE): Assessing the Efficacy of an Online Intervention to Enhance Coping Strategies in University Students

8:00 AM - 9:00 AM

Location: S205

Speaker: Corinna Jacobi

Effects of Internet- and Mobile-based Indicated Prevention on the Incidence and Symptom Severity of Anxiety and Depressive Disorders: A Three-Armed Randomized Clinical Trial

8:00 AM - 9:00 AM

Location: S205

Speakers: Anna-Carlotta Zarski, Corinna Jacobi

8:00 AM - 9:00 AM

Session 6C: Symposium - Innovations in Artificial Intelligence for Mental Health: Transforming Research and Treatment

Location: S206

Chair: Imogen Bell ; Speakers: Marketa Ciharova, Alexis Whitton, Lee Valentine, Jen Nicholas, Shaminka Mangelsdorf, annet Kleiboer, Aimy Slade, Professor Helen Christensen, Professor Heleen Riper

Characteristics and Effectiveness of AI-Enhanced Digital Mental Health Interventions: A State-of-the-Art Systematic Review and Meta-Analysis

8:00 AM - 9:00 AM

Location: S206

Speakers: Lee Valentine, Jen Nicholas, Shaminka Mangelsdorf

Harnessing personalized, context-aware algorithms within Just-In-Time Adaptive Interventions (JITAI) to disrupt transdiagnostic mechanisms in real time for young people with depression and anxiety: a pilot RCT of Mello

8:00 AM - 9:00 AM

Location: S206

Speakers: Jen Nicholas, Lee Valentine

Machine-learning stress prediction using vocal, facial and physiological cues: A laboratory experiment

8:00 AM - 9:00 AM

Location: S206

Speakers: Marketa Ciharova, annet Kleiboer, Professor Heleen Riper

Conductor: A novel trial platform that combines artificial intelligence with adaptive trial methodology to accelerate personalised digital mental health treatment research

8:00 AM - 9:00 AM

Location: S206

Speakers: Alexis Whitton, Aimy Slade, Professor Helen Christensen

8:00 AM - 9:00 AM

Session 6D: Symposium - Ethical Challenges in Digital Health Research

Location: CSG01

Chair, Speaker: Nicole Alberts ; Speakers: Becca Hardy, Associate Professor Charles Jonassaint

Ethics in Pediatric Digital Health Research: Opportunities and Challenges

8:00 AM - 9:00 AM

Location: CSG01

Speaker: Nicole Alberts

Research Using CCTV and Artificial Intelligence in Suicide Prevention: Perceptions from the Public, First Responders, and People with Lived Experience of Suicide

8:00 AM - 9:00 AM

Location: CSG01

Speaker: Becca Hardy

Managing Suicide Risk in Digital Health Trials: An Ethical Imperative

8:00 AM - 9:00 AM

Location: CSG01

Speaker: Associate Professor Charles Jonassaint

8:00 AM - 9:00 AM

Session 6E: Panel Discussion - The Path to Implementation: Building Effective Partnerships Between Academia and Developers

Location: KBG13

Chair: Chris Hollis ; Panelist: Terry Fleming, Aislinn Bergin

9:00 AM - 10:00 AM

Plenary

Location: KBG12

Chair: Professor Nick Titov ; Speaker: Professor David Mohr

10:00 AM - 10:30 AM

Coffee Break

Location: KBG12

10:30 AM - 11:30 AM

Session 7A: Digital Interventions Enhancing Youth Resilience and Well-being

Location: KBG12

Chair: Professor Heleen Riper ; Speakers: Annika Reinhold, Joanne Williams

Sustained effects and mechanisms of SELFIE, a mobile intervention for improving self-esteem in youth exposed to childhood adversity

10:30 AM - 11:30 AM

Location: KBG12

Speaker: Annika Reinhold

A randomised control trial of an online school-based intervention to address common adolescent health problems: The Supporting Healthy Image, Nutrition and Exercise (SHINE) program

10:30 AM - 11:30 AM

Location: KBG12

Speaker: Joanne Williams

Next level prevention: Promoting resilience and mental health in students by playing a gamified mobile mental health app (eQuoo). Insights from a large-scale RCT.

10:30 AM - 11:30 AM

Location: KBG12

10:30 AM - 11:30 AM

Session 7B

Location: S205

Chair: Gerhard Andersson ; Speakers: Shalini Lal, Gemma Sharp, Mairead Moloney

Adapting a digital mental health intervention for international implementation: The Horizons-Canada Experience

10:30 AM - 11:30 AM

Location: S205

Speaker: Shalini Lal

Pilot study of ED ESSI(TM): A single session intervention chatbot for eating disorders

10:30 AM - 11:30 AM

Location: S205

Speaker: Gemma Sharp

"I never really connected drinking with sleeping": A Qualitative Assessment of Digital Cognitive Behavioral Therapy for Insomnia in Heavy Drinkers with Insomnia

10:30 AM - 11:30 AM

Location: S205

Speaker: Mairead Moloney

10:30 AM - 11:30 AM

Session 7C: Symposium - Digital Implementation: Training the Psychological Workforce for Digital Practice

Location: S206

Speakers: Helen Pote, Alesia Moulton-Perkins, Gemma Rides, Graham Thew

A Digital Competence Framework for Psychological Practitioners

10:30 AM - 11:30 AM

Location: S206

Speakers: Helen Pote, Alesia Moulton-Perkins

Developing and Evaluating an E-Learning Package to develop Psychological Practitioners' Digital Competencies

10:30 AM - 11:30 AM

Location: S206

Speakers: Alesia Moulton-Perkins, Gemma Rides, Graham Thew

Working Collaboratively with XR Digital Industries to Develop Effective Products and Digital Competencies

10:30 AM - 11:30 AM

Location: S206

Speaker: Helen Pote

10:30 AM - 11:30 AM

Session 7D: Symposium - MOBILE HEALTH APPS FOR ASSESSMENT AND INTERVENTIONS IN VULNERABLE TARGET GROUPS

Location: CSG01

Chair: Jörg Wolstein ; Speakers: Johanna Löchner, Eva Boehlke, Carmen Henning, Natalie Schoemann

E-health meets biology: assessing stress in parent-child dyads during the transition to parenthood

10:30 AM - 11:30 AM

Location: CSG01

Speaker: Johanna Löchner

Effects of the I-PREGNO mHealth Intervention on weight management in pregnant women - A clustered Randomized Controlled Trial

10:30 AM - 11:30 AM

Location: CSG01

Speaker: Eva Boehlke

Feasibility, acceptance, and usability of a cognitive-behavioral (blended-counseling) mHealth intervention for (psychosocial burdened) mothers in the postpartum period

10:30 AM - 11:30 AM

Location: CSG01

Speakers: Carmen Henning, Eva Boehlke

Effects of the I-GENDO mHealth Intervention on Food Related Inhibitory Control and Impulsivity in Individuals with Overweight and Obesity - A Randomized Controlled Trial

10:30 AM - 11:30 AM

Location: CSG01

Speaker: Natalie Schoemann

10:30 AM - 11:30 AM

Session 7E: Symposium - Persuasive by Design: The Science of Engagement and Effectiveness in Digital Mental Health Interventions

Location: KBG13

Speakers: Lee Valentine, Hugh McCall, Saskia Kelders, Lea Hohendorf

Does Persuasive Design Enhance Engagement and Effectiveness with Digital Mental Health Apps? A Systematic Review and Meta-Analysis

10:30 AM - 11:30 AM

Location: KBG13

Speaker: Lee Valentine

Impact of Social Support Principles of Persuasive Design via a Discussion Forum in Self-Guided Internet-Delivered Cognitive Behavioural Therapy Tailored for Public Safety Personnel: A Randomized Trial

10:30 AM - 11:30 AM

Location: KBG13

Speaker: Hugh McCall

Enhancing Digital Health Interventions: Personalization, Engagement, and Wellbeing in University Students

10:30 AM - 11:30 AM

Location: KBG13

Speaker: Saskia Kelders

Investigating engagement with mental health interventions: Do patients benefit from the interventions on Therapieland and what determines their success?

10:30 AM - 11:30 AM

Location: KBG13

Speaker: Lea Hohendorf

Poster Talk

Location: KBG12

Chair: Anna-Carlotta Zarski ; Speakers: Jessica Smith, Helen Pote, Niharika Bhardwaj, Eric Andrews, Mara Ulloa, Lisanne Robbmond, Lee Valentine, Jonas Eimontas, Lauri Lukka, Alejandro Dominguez Rodriguez, Eduardo Bunge, Nicole Carre, Davinny Sou, Marc-Robin Grüner

Fitbit engagement in an mHealth physical activity intervention for young adult cancer survivors: A secondary analysis of the IMPACT randomized controlled trial

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Jessica Smith

Young People's Experiences of an Augmented Reality Wellbeing Game: Engagement and Psychological Mechanisms of Change

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Helen Pote

An Augmented Reality Boardgame for Adolescent Wellbeing; Intervention Effects and Mechanisms of Change

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Helen Pote

Machine Learning Enhanced Short Time-Series Analysis

11:30 AM - 12:30 PM

Location: KBG12

Patterns of Thought Characteristics in Everyday Life as Predictors of Psychological Well-Being and Possible Targets for Personalized Treatment - A Mind Window Study

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Eric Andrews

Co-Designing Patient-Facing Machine Learning for Prenatal Stress Reduction

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Mara Ulloa

The barriers and facilitators in using VR relaxation for burnout and psychiatric patients: A qualitative analysis

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Lisanne Robbmond

Exploring Young People's Experiences with Mello: A Personalised, Transdiagnostic Smartphone Intervention Targeting Repetitive Negative Thinking for Depression and Anxiety

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Lee Valentine

Results of a randomized controlled trial assessing the efficacy of intervention for public speaking anxiety using virtual reality-based exposure followed by internet-delivered self-help

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Jonas Eimontas

Measuring digital intervention user experience with a novel ecological momentary assessment (EMA) method, CORTO

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Lauri Lukka

Machine learning algorithms to identify the reasons for dropout in a web-based intervention aimed at reducing complicated grief symptoms: A secondary analysis

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Alejandro Dominguez Rodriguez

Chatbots for Parents of Children with Disruptive Behavioral: From Rule-Based to Generative Artificial Intelligence

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Eduardo Bunge

Talking about Mental Health with AI-based Digital Personas: Understanding What Users Disclose

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Nicole Carre

VOGUE: Influence of the Menstrual Cycle on Technology Usage

11:30 AM - 12:30 PM

Location: KBG12

Speakers: Davinny Sou, Marc-Robin Grüner, Marcia Nißen, Tobias Kowatsch

Poster Talk

Location: CSG01

Chair: Emily Lattie ; Speakers: Tine Nordgreen, Emily Hersch, Cecilia Svanborg, Annika Reinhold, Karen Basen-Engquist, Jenna Duffecy, Shaminka Mangelsdorf, Kathleen Turmaine, Nele De Witte, Nabila Puspakesuma, Anne Etzelmueller, Alicia Salamanca Sanabria, Mariebelle Kaus

Guided internet-delivered treatment for adults with ADHD

11:30 AM - 12:30 PM

Location: CSG01

Speaker: Tine Nordgreen

Can I Help With That? Understanding First-Year College Students' Goal Setting within a Peer Mentoring App

11:30 AM - 12:30 PM

Location: CSG01

Speaker: Emily Hersch

Development and status of SibeR, the Swedish national quality registry for internet-based psychological treatment

11:30 AM - 12:30 PM

Location: CSG01

Speaker: Cecilia Svanborg

Learnings from a human-centered design approach to co-create a mobile app to support young people with emotion regulation in daily life

11:30 AM - 12:30 PM

Location: CSG01

Speaker: Annika Reinhold

Initial testing of a tailored text message program to reduce sedentary behavior: Text2Move

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Implementation of a Digital CBT Intervention for Medical Students

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Development of a new Service Model for Moderated Online Social Therapy (MOST)

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Facilitators and barriers to the implementation of the StopBlues digital mental health intervention in France

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A culturally-sensitive approach to technology acceptance: the process of applying the UTAUT2 model in the Philippines

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Health Responsibility and Digital Health: A Scoping Review of the literature

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Speaker: Nabila Puspakesuma

What steps can I take to ensure that my intervention is utilized in the real world? - Determinants and strategies for digital mental health implementation

11:30 AM - 12:30 PM

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A Holistic Lifestyle Mobile Health Intervention for the Prevention of Type 2 Diabetes and Common Mental Disorders in Asian Women with a History of Gestational Diabetes: A Randomized Control Trial

11:30 AM - 12:30 PM

Location: CSG01

Speaker: Alicia Salamanca Sanabria

Survey of Real-World Use, Awareness, and Acceptance of Digital Mental Health Interventions for Prevention in the General Population of Saxony-Anhalt, Germany: Study Protocol

11:30 AM - 12:30 PM

Location: CSG01

Speaker: Mariebelle Kaus

11:30 AM - 12:30 PM

Sounding Board

Location: KBG13

Chair: Lee Ritterband ; Speakers: Mathijs Lucassen, Emily Harle, Arka Ghosh, Ria Nagar, Page Anderson, Chantelle Roulston, Oscar Castro, Wanling Cai, Reidar Nævdal

It gets tricky: Ethical issues and challenges in the area of sex, sexuality or gender diversity research and internet interventions

11:30 AM - 12:30 PM

Location: KBG13

Speakers: Mathijs Lucassen, Emily Harle

Instances and implications of dark patterns in the design of mental health apps

11:30 AM - 12:30 PM

Location: KBG13

Speaker: Arka Ghosh

Self-Guided Mobile Mental Health Application for Adolescents: Understanding the feasibility of an application targeted towards underserved/minoritized adolescents in the U.S.

11:30 AM - 12:30 PM

Location: KBG13

Speakers: Ria Nagar, Page Anderson

Adapting a Single Session Intervention to Reduce Depression and Enhance Mental Health Help-Seeking for Black Youth

11:30 AM - 12:30 PM

Location: KBG13

Speaker: Chantelle Roulston

Moving past traditional evidence synthesis approaches by developing an ontology-informed, artificial intelligence-based study registration system in behavioural science

11:30 AM - 12:30 PM

Location: KBG13

Speaker: Oscar Castro

Exploring User Mental Models of Health Wearables and Implications for Security and Privacy

11:30 AM - 12:30 PM

Location: KBG13

Speaker: Wanling Cai

Does Technology affect implementation of guided internet-delivered cognitive behavioural therapy, and how can it be explored?

11:30 AM - 12:30 PM

Location: KBG13

Speaker: Reidar Nævdal

Discussing the Ethics of AI-based chatbot therapy

11:30 AM - 12:30 PM

Location: KBG13

Speakers: Page Anderson, Varun Joshi

12:30 PM - 1:30 PM

Lunch

Location: Concert Hall Atrium

Poster Viewing

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speakers: Myungsung Kim, Marit Hidding, Anthony Harris, Maija Satamo, Alicia Monreal, Min Jeon, Sieun Kim, Grant Christie, Jeong-in Heo, Isabel Rooper, Adrian Ortega, PhD, Jill Bjarke, Oscar Castro, Annika Sannes

Evaluating Mental Health Before and After Four Weeks of Engagement with a Social Chatbot and Analysis of User Feedback

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Myungsung Kim

A Single-Session VR Intervention Addressing Self-Compassion and Self-Criticism With and Without Perspective Change: Results of a Randomized Controlled Experiment

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Marit Hidding

Factors affecting how Australian doctors view and use social media: a follow-up national survey

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Anthony Harris

Restrictive and Supportive Factors for Recruitment in Game-based Intervention for Individuals with Psychotic Disorders

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Maija Satamo

Effectiveness of an online program based on an Escape Room "Get out of the game" for the prevention of pathological gambling among young people Effectiveness of an online program based on an Escape Room "Get out of gambling" for the prevention of pathologi

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Alicia Monreal

Investigating the Determinants Influencing College Counselor's Adoption of Virtual Reality Exposure Therapy: An Exploratory Study

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Min Jeon

Co-Creation of a Digital Mental Health Game for Young Individuals.

12:30 PM - 1:30 PM
Location: Concert Hall Atrium

Title: Digital Phenotype-Based Chatbot System for Behavioral Activation Therapy: Clustering Users and Designing Chatbot Architecture

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Sieun Kim

Change It: Addressing Youth Addiction via Digital Innovation

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Grant Christie

Rewards, Alarms and Notifications Mitigate the Influence of Individual Traits on Experimental Compliance: An Observational Study

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Jeong-in Heo

Optimizing the Design of Testimonials for Behavior Change in Digital Health Interventions

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Isabel Rooper

Individual traits that influence App Engagement could not be identified: in observational study

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Jeong-in Heo

Co-Designing Prediction Data Visualizations for a Digital Binge Eating Intervention

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Adrian Ortega, PhD

Engagement with a digital follow-up program after concentrated treatment affects illness perception and patient activation

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Jill Bjarke

The LvL UP trial: Protocol for a sequential, multiple assignment, randomized controlled trial to assess the effectiveness of a blended holistic mobile lifestyle intervention

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Oscar Castro

Barriers and Facilitators to Implementation of Internet-delivered Therapist-guided Therapy in Child and Adolescent Mental Health Services: A Systematic Review and Meta-Analysis

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Annika Sannes

Fitbit engagement in an mHealth physical activity intervention for young adult cancer survivors: A secondary analysis of the IMPACT randomized controlled trial

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Jessica Smith

Young People's Experiences of an Augmented Reality Wellbeing Game: Engagement and Psychological Mechanisms of Change

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Helen Pote

An Augmented Reality Boardgame for Adolescent Wellbeing; Intervention Effects and Mechanisms of Change

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Helen Pote

Machine Learning Enhanced Short Time-Series Analysis

12:30 PM - 1:30 PM
Location: Concert Hall Atrium

Patterns of Thought Characteristics in Everyday Life as Predictors of Psychological Well-Being and Possible Targets for Personalized Treatment - A Mind Window Study

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Eric Andrews

Co-Designing Patient-Facing Machine Learning for Prenatal Stress Reduction

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Mara Ulloa

The barriers and facilitators in using VR relaxation for burnout and psychiatric patients:

A qualitative analysis

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Lisanne Robbmond

Exploring Young People's Experiences with Mello: A Personalised, Transdiagnostic Smartphone Intervention Targeting Repetitive Negative Thinking for Depression and Anxiety

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Lee Valentine

Results of a randomized controlled trial assessing the efficacy of intervention for public speaking anxiety using virtual reality-based exposure followed by internet-delivered self-help

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Jonas Eimontas

Measuring digital intervention user experience with a novel ecological momentary assessment (EMA) method, CORTO

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Lauri Lukka

Machine learning algorithms to identify the reasons for dropout in a web-based intervention aimed at reducing complicated grief symptoms: A secondary analysis

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Alejandro Dominguez Rodriguez

Chatbots for Parents of Children with Disruptive Behavioral: From Rule-Based to Generative Artificial Intelligence

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Eduardo Bunge

Talking about Mental Health with AI-based Digital Personas: Understanding What Users Disclose

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Nicole Carre

VOGUE: Influence of the Menstrual Cycle on Technology Usage

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speakers: Davinny Sou, Marc-Robin Grüner

Guided internet-delivered treatment for adults with ADHD

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Tine Nordgreen

Can I Help With That? Understanding First-Year College Students' Goal Setting within a Peer Mentoring App

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Emily Hersch

Development and status of SibeR, the Swedish national quality registry for internet-based psychological treatment

12:30 PM - 1:30 PM

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A Holistic Lifestyle Mobile Health Intervention for the Prevention of Type 2 Diabetes and Common Mental Disorders in Asian Women with a History of Gestational Diabetes: A Randomized Control Trial

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Speaker: Alicia Salamanca Sanabria

Survey of Real-World Use, Awareness, and Acceptance of Digital Mental Health Interventions for Prevention in the General Population of Saxony-Anhalt, Germany: Study Protocol

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Mariebelle Kaus

12:30 PM - 1:30 PM

Demonstration: Tunnel Runner: Measuring Cognitive Processes in an Infinite Runner Game

Location: Concert Hall Atrium
Speaker: Max Birk

12:30 PM - 1:30 PM

Demonstration of an online referral tool to facilitate access to youth mental health services

Location: Concert Hall Atrium
Speaker: Shalini Lal

12:30 PM - 1:30 PM

Demonstration: Cerina- Cognitive Behavioural Therapy based mobile application for managing GAD symptoms

Location: Concert Hall Atrium
Speaker: Ozlem Eylem-van Bergeijk

1:30 PM - 2:30 PM

Session 8A: Smartphone Apps for Mental Health Support

Location: KBG12
Chair: Steph Kershaw ; Speakers: Madelyne Bisby, Mark Deady, Melinda Achilles, Ozlem Eylem-van Bergeijk, annet Kleiboer

Things You Do: a randomised controlled trial of an ultra-brief treatment based on daily actions for managing depression and anxiety

1:30 PM - 2:30 PM
Location: KBG12
Speaker: Madelyne Bisby

Naturalistic evaluation of HeadGear: A smartphone app to reduce depressive symptoms in workers

1:30 PM - 2:30 PM
Location: KBG12
Speaker: Mark Deady

MobiliseMe: A randomised controlled trial of a new self-directed CBT smartphone app for adolescent depression

1:30 PM - 2:30 PM
Location: KBG12
Speaker: Melinda Achilles

Cerina- Cognitive Behavioural Therapy based mobile application for managing GAD symptoms: A Pilot Feasibility Randomized Controlled Trial

1:30 PM - 2:30 PM
Location: KBG12
Speaker: Ozlem Eylem-van Bergeijk

Sustainable upscaling of an online intervention for the prevention of depression (SPRINT): a full-factorial trial

1:30 PM - 2:30 PM
Location: KBG12
Speaker: annet Kleiboer

1:30 PM - 2:30 PM

Session 8B: Games, sensors, wearables, and more!

Location: S205

Chair: Professor David Mohr ; Speakers: Ariel Teles, Taylor Braund, Gabriela Pavarini, André Kerber, Nicholas Jacobson

A Location-based Serious Game (AphasiaGo) for Aphasia Rehabilitation: Co-design-based Development and Usability Study

1:30 PM - 2:30 PM

Location: S205

Speaker: Ariel Teles

Tapping into Truth: Are Psychomotor Symptoms Associated with Typing Behaviour?

1:30 PM - 2:30 PM

Location: S205

Speaker: Taylor Braund

Ethical implications of digital gaming interventions for mental health: Systematic review and critical appraisal

1:30 PM - 2:30 PM

Location: S205

Speaker: Gabriela Pavarini

Cross-modal assessment of psychological impact factors in face-to-face and internet-based interventions - Finding a common ground

1:30 PM - 2:30 PM

Location: S205

Speaker: André Kerber

From Weeks to Months: Leveraging Wearables to Understand Variability in Depressive Symptoms Across Time Scales

1:30 PM - 2:30 PM

Location: S205

Speaker: Nicholas Jacobson

1:30 PM - 2:30 PM

Session 8C: Examining Impact and Attitudes in Digital Health

Location: S206

Chair: Camilla Babbage ; Speakers: Caroline Allenhof, Laura Simon, Pavle Zagorscak, Giulia Maistrello, Mirjana Subotic-Kerry

Negative effects of digital intervention for depression - results of the Get.Started study and review of the current literature

1:30 PM - 2:30 PM

Location: S206

Speaker: Caroline Allenhof

Exploring negative effects in internet-delivered cognitive behavioral therapy for insomnia

1:30 PM - 2:30 PM

Location: S206

Speaker: Laura Simon

(No) Cause for Concern? The Impact of Participating in an Internet-based Intervention on the Willingness to seek Face-to-Face Psychotherapy

1:30 PM - 2:30 PM

Location: S206

Speaker: Pavle Zagorscak

Utilization and engagement with an employer-provided digital mental health platform: an international perspective

1:30 PM - 2:30 PM

Location: S206

Speaker: Giulia Maistrello

While they wait: A cross-sectional survey examining attitudes towards digital interventions from Australian youth awaiting mental health services

1:30 PM - 2:30 PM

Location: S206

Speaker: Mirjana Subotic-Kerry

1:30 PM - 2:30 PM

Session 8D: Symposium - Centering the Experiences of Racially and Ethnically Minoritized Groups in the Design and Improvement of Internet Interventions

Location: CSG01

Chair: Stephen Schueller ; Speakers: Page Anderson, Justine Bautista, Rosa Hernandez-Ramos, Gio Ramos

Put Your Measurement where Your Mouth Is: Development and Validation of a Spanish version of the Attitudes Towards Psychological Online Interventions Scale

1:30 PM - 2:30 PM

Location: CSG01

Speaker: Page Anderson

Understanding Opportunities for Mental Health Technologies Among “Gen Z” and “Millennial” Asian Americans: Insights from Focus Groups

1:30 PM - 2:30 PM

Location: CSG01

Speaker: Justine Bautista

Development and Cultural Adaptation of a Training Manual for Latinx Human Supporters for Digital Cognitive Behavioral Therapy

1:30 PM - 2:30 PM

Location: CSG01

Speaker: Rosa Hernandez-Ramos

Using Human Support to Promote Engagement in an Internet Intervention for Racially/Ethnically Minoritized Individuals Who Experience Discrimination: The Mind-Us Program

1:30 PM - 2:30 PM

Location: CSG01

Speaker: Gio Ramos

1:30 PM - 2:30 PM

Session 8E: Symposium - Examining the Impact of Intervention Design on User Engagement: Insights from Multiple Studies on Current Methodologies and New Conceptualizations

Location: KBG13

Chair: Amit Baumel ; Speakers: Saskia Kelders, Robert Jakob, Chen Saar

Using engagement to personalize digital mental health interventions

1:30 PM - 2:30 PM

Location: KBG13

Speaker: Saskia Kelders

Factors Influencing Adherence to Digital Health Interventions Delivered via Conversational Agents

1:30 PM - 2:30 PM

Location: KBG13

Speaker: Robert Jakob

Assessing the Role of Therapeutically Persuasive Design in Engaging Users and Reducing the Need in Human Support

1:30 PM - 2:30 PM

Location: KBG13

Speaker: Chen Saar

2:30 PM - 3:30 PM

Session 9A: Digital Interventions for Youth Mental Health

Location: KBG12

Chair: Petra Staiger ; Speakers: Anthony Harris, Christina Schulte, Sanne Van Luenen, Noemi Walder, Louise Thornton, Eva Van Assche, Fien Buelens, Anna McHale

Use of a wearable device to predict relapse of mental illness in young people with severe mental illness – the unWIRED project

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Anthony Harris

Digital trauma treatment for youth – what works and what doesn't? Results of a feasibility study on a digital trauma-focused guided self-help intervention for youth with post-traumatic stress disorder

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Christina Schulte

Evaluation of a guided online self-help intervention to improve the mental well-being of college students

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Sanne Van Luenen

Prevention and treatment of social anxiety disorder in adolescence. Adolescents' experiences in a mixed method randomised controlled trial evaluating the efficacy of the online guided self-help intervention SOPHIE.

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Noemi Walder

Enhancing Adolescents Engagement with eHealth: The Triple E Project

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Louise Thornton

A Belgian platform for well-being and mental health apps: exploring end users' attitudes, interaction and perceived strengths and limits.

2:30 PM - 3:30 PM

Location: KBG12

Speakers: Eva Van Assche, Fien Buelens

'TYF Schools': Exploring perspectives on utilising a web and smartphone-based mental wellbeing intervention in Irish second-level schools.

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Anna McHale

2:30 PM - 3:30 PM

Session 9B: Advancing Mental Health with Next Generation Interventions and Technology

Location: S205

Chair: Eduardo Bunge ; Speakers: Ruth Melia, Caitlin Stamatis, Prosper Azaglo, Maria Loades, Anthony Kelly, Gemma Sharp, Jacob Andrews, Christine Schillings

The Application of Artificial Intelligence to Ecological Momentary Assessment Data in Suicide Research

2:30 PM - 3:30 PM

Location: S205

Speaker: Ruth Melia

Using a Safety Planning Mobile App with Young People Accessing Child and Adolescent Mental Health Services: A Case Series Study

2:30 PM - 3:30 PM

Location: S205

Speaker: Ruth Melia

Evaluating the clinical validity of a real-time cognitive metric derived from AKL-T03, a digital therapeutic targeting attentional control, in the treatment of depression

2:30 PM - 3:30 PM

Location: S205

Speaker: Caitlin Stamatis

Machine Learning Models for Unobtrusive Monitoring of Perceived Control and the Prediction of Stress

2:30 PM - 3:30 PM

Location: S205

Speaker: Prosper Azaglo

What do adolescents in the UK think about online self-help single session interventions? The Can We Connect study

2:30 PM - 3:30 PM

Location: S205

Speaker: Maria Loades

Design, Architecture and Safety Evaluation of an AI chatbot for an educational approach to health promotion in chronic medical conditions

2:30 PM - 3:30 PM

Location: S205

Speaker: Anthony Kelly

Co-designing a single session intervention conversational artificial intelligence agent for eating disorders

2:30 PM - 3:30 PM

Location: S205

Speaker: Gemma Sharp

R-SPEAK: Revolutionizing Speech Enhancement in Aphasia Using Knowledgeable-AI

2:30 PM - 3:30 PM

Location: S205

Speaker: Jacob Andrews

A chatbot-based intervention with ELME to improve health-related parameters in a stressed sample

2:30 PM - 3:30 PM

Location: S205

Speaker: Christine Schillings

2:30 PM - 3:30 PM

Session 9C: Adoption and Impact of Digital Health

Location: S206

Chair: Claudia Buntrock ; Speakers: Milly Cowling, Reidar Nævdal, Gavin Rackoff, Professor Helen Christensen, Christine Parsons, Carmen Schaeuffele

Beyond the Digital Frontier: Kooth's Theory of Change-Powered Journey in Behavioral Health

2:30 PM - 3:30 PM

Location: S206

Speaker: Milly Cowling

Investigating Therapist Adoption of Internet-Delivered Cognitive Behavioural Therapy using the Technology Acceptance Model

2:30 PM - 3:30 PM

Location: S206

Speaker: Reidar Nævdal

Utilization of Digital Health Tools by Adults in the United States

2:30 PM - 3:30 PM

Location: S206

Speaker: Gavin Rackoff

App based prevention and the voltage drop: The Future Proofing Trial

2:30 PM - 3:30 PM

Location: S206

Speaker: Professor Helen Christensen

Breaking Down Barriers: Unveiling the Landscape of Consumer Challenges in Embracing Digital Mental Health Services in Routine Care

2:30 PM - 3:30 PM

Location: S206

Smartphone monitoring of treatment engagement in Mindfulness-Based Stress Reduction in a large community sample

2:30 PM - 3:30 PM

Location: S206

Speaker: Christine Parsons

Can Blended Care with Transdiagnostic and Transtheoretical Online Modules increase the Effectiveness of Psychotherapy? Results of a Randomized Controlled Trial in Routine Outpatient Psychotherapy in Germany

2:30 PM - 3:30 PM

Location: S206

Speaker: Carmen Schaeuffele

2:30 PM - 3:30 PM

Session 9D: Symposium - Digital Interventions for Problematic Substance Use: Content Innovation, (Cost-)Effectiveness and Machine Learning Based Tailoring

Location: CSG01

Chair: Matthijs Blankers ; Speakers: Fay Bänffer, Marleen Olthof

Content Innovation for a Blended Digital Alcohol Intervention using End User Input

2:30 PM - 3:30 PM

Location: CSG01

Speaker: Fay Bänffer

Outcomes and Cost-Effectiveness of Beating the Booze: a Digital Add-On Alcohol Intervention to Complement Depression Treatment for Young Adults

2:30 PM - 3:30 PM

Location: CSG01

Speaker: Matthijs Blankers

Predicting Success in Digital Cannabis Self-Help Tools: a Machine Learning Study

2:30 PM - 3:30 PM

Location: CSG01

Speaker: Marleen Olthof

Ethical Aspects and User Preferences in Applying Machine Learning to Adjust eHealth Addressing Substance Use: a Mixed-Methods Study

2:30 PM - 3:30 PM

Location: CSG01

Speaker: Matthijs Blankers

General Discussion

2:30 PM - 3:30 PM

Location: CSG01

Speaker: Matthijs Blankers

2:30 PM - 3:30 PM

Session 9E: Symposium - Uncovering the Active Elements of Internet Interventions

Location: KBG13

Chair: Benji Kaveladze, Arka Ghosh ; Speaker: Madison Taylor

Identifying Active Elements in Digital Single-Session Interventions

2:30 PM - 3:30 PM

Location: KBG13

Speaker: Arka Ghosh

Comparing the Effectiveness of a Single-Session Digital Cognitive Behavioral Therapy (Digital-CBT) and a Digital Strengths-Based Single-Session Intervention (Shamiri-Digital) with Kenyan Youths

2:30 PM - 3:30 PM

Location: KBG13

Get to the Point! An Eight-Minute Mental Health Intervention Outperformed a 23-Minute Version

2:30 PM - 3:30 PM

Location: KBG13

Speaker: Benji Kaveladze

Shared and Unique Contributions of Pre-Post Changes in Proximal Targets to 3-Month Changes in Depression Symptoms in Two Web-Based Single-Session Interventions for Depressed Adolescents

2:30 PM - 3:30 PM

Location: KBG13

Understanding Real World Impact: An Analysis of Outcomes from Brief DMHIs on an Online Screening and Intervention Platform

2:30 PM - 3:30 PM

Location: KBG13

Speaker: Madison Taylor

3:30 PM - 4:00 PM

Coffee Break

Location: KBG12

4:00 PM - 5:00 PM

Session 10A: Mostly Youth-Focused Innovations in Digital Mental Health Interventions

Location: KBG12

Chair: Jonas Eimontas ; Speakers: Sandra Bucci, Professor Nick Titov, Arka Ghosh, Aimy Slade, Bonnie Clough

i-Minds: a Digital Intervention to Improve Mental Health and Interpersonal Resilience in Young People Who Have Experienced Technology-Assisted Sexual Abuse

4:00 PM - 5:00 PM

Location: KBG12

Speaker: Sandra Bucci

The Big 5: Identifying important actions we can take to improve our mental health. A summary of 6 studies

4:00 PM - 5:00 PM

Location: KBG12

Speaker: Professor Nick Titov

Project Engage: a digital single-session intervention to bolster student confidence in classroom settings

4:00 PM - 5:00 PM

Location: KBG12

Speaker: Arka Ghosh

The Vibe Up study: Using artificial intelligence (AI)-driven optimisation to deliver brief digital interventions for psychological distress in young adults

4:00 PM - 5:00 PM

Location: KBG12

Speaker: Aimy Slade

Eye-Robot: Investigating the Utility of Robot-Piloted Virtual Reality for Fear of Injections Exposure Therapy

4:00 PM - 5:00 PM

Location: KBG12

Speaker: Bonnie Clough

4:00 PM - 5:00 PM

Session 10B: Advancing Mental Health Research with Machine Learning

Location: S205

Chair: Pepijn Van de Ven; Speakers: Garrett Hisler, Clara Khuon, Karen Kusuma, Jessica Lipschitz, Monika Lind

Incorporating a deep-learning client outcome prediction tool as feedback in supported internet-delivered cognitive behavioral therapy for depression and anxiety: A randomized-controlled trial within routine clinical practice

4:00 PM - 5:00 PM

Location: S205

Speaker: Garrett Hisler

Exploring syntactic complexity of written text as a structural linguistic marker of depression: Insights from a machine learning approach

4:00 PM - 5:00 PM

Location: S205

Speaker: Clara Khuon

Age-stratified Predictions of Suicide Attempts Using Machine Learning in Middle and Late Adolescence

4:00 PM - 5:00 PM

Location: S205

Speaker: Karen Kusuma

An application of digital phenotyping in major depressive disorder: Using Fitbit data to detect mood episodes

4:00 PM - 5:00 PM

Location: S205

Speaker: Jessica Lipschitz

Peer support platforms can do more to help adolescents help each other: Lessons from a machine learning study of a large online peer support platform for self-harm

4:00 PM - 5:00 PM

Location: S205

Speaker: Monika Lind

4:00 PM - 5:00 PM

Session 10C: Panel Discussion - Transformative Shift: How to make Diverse, Inclusive and Equitable Digital Health the New Standard

Location: S206

Panelist: Caroline Figueroa, Colleen Stiles-Shields, Marte van der Bijl

4:00 PM - 5:00 PM

Session 10D: Symposium - Innovations in Digital Mental Health Treatment: Insights from Virtual Coaches, Chatbot-Based CBT, and iCBT Platforms

Location: CSG01

Speakers: Zachary Cohen, Nate Choukas, Professor David Mohr, Jun Ma, Judith Mildner, Claire Gillan, Nicholas B. Allen

“Alexa, launch Coach Lumen”: A Virtual Voice-based Coach for Depression and Anxiety – Hope or Hype?

4:00 PM - 5:00 PM

Location: CSG01

Speaker: Jun Ma

Engagement, acceptability, and effectiveness of the Vira digital behavior change platform: A randomized trial comparing self-care and coach-supported versions in young adults at risk for depression.

4:00 PM - 5:00 PM

Location: CSG01

Speaker: Nicholas B. Allen

Predicting Treatment Response from Language Use at the Outset of Chatbot-Based CBT

4:00 PM - 5:00 PM

Location: CSG01

Speakers: Judith Mildner, Claire Gillan

4:00 PM - 5:00 PM

Session 10E: Symposium - iCBT in Denmark - past present and future. Moving from small pilot projects to national coverage. Moving from "black magic" to routine care.

Location: KBG13

Speakers: Kim Mathiasen, Helene Skaarnes, Nikita Marie Sørensen, Anja Elliott, Trine T.H. Sainte-Marie, Viktor Kaldo

CoolMinds: Extending the reach of Internet-based treatment at The Internet Psychiatry a Danish routine care online clinic. Preliminary results of feasibility study and protocol for the randomised, controlled trial.

4:00 PM - 5:00 PM

Location: KBG13

Speakers: Helene Skaarnes, Nikita Marie Sørensen

How can we engage municipalities in implementing a Randomized Controlled Trial into routine care?

4:00 PM - 5:00 PM

Location: KBG13

Speaker: Anja Elliott

PERSONAE – A protocol for a rule engine supported patient-centered matched, stepped care for depression.

4:00 PM - 5:00 PM

Location: KBG13

Speakers: Trine T.H. Sainte-Marie, Viktor Kaldo, Kim Mathiasen

5:00 PM - 6:00 PM

ISRII Association General Meeting

Location: KBG12

6:00 PM - 10:00 PM

Social Event at the Pavilion

Location: The Pavilion

Wed, Jun 05, 2024

7:30 AM - 5:00 PM

Registration

Location: Kemmy Lobby

8:00 AM - 9:00 AM

Session 11A: Symposium - Addressing self-injurious thoughts and behaviors within digital interventions: More than just referral to crisis services

Location: KBG12

Chair: Jonah Meyerhoff ; Speakers: Bridi O'Dea, Natasha Josifovski, Kaylee Kruzan, Jessica Schleider

"Look out, look out, adverse events about": Suicidal ideation among depressed adolescents in a smartphone app therapy trial.

8:00 AM - 9:00 AM

Location: KBG12

Speaker: Bridi O'Dea

Addressing safety in the development of a digital intervention for young adults that engage in nonsuicidal self-injury

8:00 AM - 9:00 AM

Location: KBG12

Speaker: Kaylee Kruzan

"Little notes to yourself...of why life is worth it:" Design considerations for an automated digital safety planning tool for young adults experiencing suicide-related thoughts and behaviors

8:00 AM - 9:00 AM

Location: KBG12

Speaker: Jonah Meyerhoff

Learnings from a randomised controlled trial of a smartphone app to reduce suicidal ideation

8:00 AM - 9:00 AM

Location: KBG12

Speaker: Natasha Josifovski

Deploying a Self-Guided, Single-Session Safety Planning Tool within Digital Mental Health Interventions for Adolescent Depression

8:00 AM - 9:00 AM

Location: KBG12

Speaker: Jessica Schleider

8:00 AM - 9:00 AM

Session 11B: Symposium - Clinician experiences and perspectives on the implementation of digital interventions in the real world: insights from diverse approaches and settings

Location: S205

Chair: Sonja March ; Speakers: Lou Farrer, Jen Nicholas, Imogen Bell

The experiences and recommendations of Clinicians when delivering adaptive, stepped-care digital CBT for child and adolescent anxiety

8:00 AM - 9:00 AM

Location: S205

Speaker: Sonja March

Understanding the successful implementation of digital mental health tools in clinical settings: a case study approach

8:00 AM - 9:00 AM

Location: S205

Speaker: Lou Farrer

COVID-19 as a catalyst for technology use in mental health care delivery: Clinicians perspectives

8:00 AM - 9:00 AM

Location: S205

Speaker: Jen Nicholas

Attitudes towards the use and implementation of virtual reality within early psychosis services amongst clinicians and young people

8:00 AM - 9:00 AM

Location: S205

Speaker: Imogen Bell

8:00 AM - 9:00 AM

Session 11C: Symposium - Using digital methods to enable digital coproduction with young people

Location: S206

Speakers: Camilla Babbage, Jo Lockwood, Aislinn Bergin, Maria Loades, Rhys Bevan Jones, Sandra Bucci ; Chair: Rebecca Woodcock

Growing coproduction amongst researchers: a series of coproduced videos

8:00 AM - 9:00 AM

Location: S206

Speaker: Maria Loades

Co-development of a digital programme to support young people with their mood and wellbeing

8:00 AM - 9:00 AM

Location: S206

Speaker: Rhys Bevan Jones

Creative approaches to digital PPI and co-production with young people: 3 case studies for digital mental health

8:00 AM - 9:00 AM

Location: S206

Speakers: Jo Lockwood, Camilla Babbage, Aislinn Bergin

Voiceln: a digital platform to support patient and public involvement and engagement (PPIE) in research

8:00 AM - 9:00 AM

Location: S206

Speaker: Sandra Bucci

The e-nabling digital co-production framework

8:00 AM - 9:00 AM

Location: S206

Speakers: Aislinn Bergin, Rebecca Woodcock

8:00 AM - 9:00 AM

Session 11D: Symposium - Appreciation of online cognitive behavioral therapy for insomnia (CBT-I) in routine care, special target groups and prevention

Location: CSG01

Speakers: Janika Thielecke, Dirk Lehr, Vanessa Danzer, Anna-Carlotta Zarski

Indirect prevention and treatment of depression using an online intervention for insomnia. Efficacy and Moderation analysis using individual-participant data

8:00 AM - 9:00 AM

Location: CSG01

Speaker: Janika Thielecke

Efficacy and effectiveness of a digital health application (DiGA) for people with insomnia in Germany: Results from a randomised-controlled trial (RCT) and real-world evidence (RWE)

8:00 AM - 9:00 AM

Location: CSG01

Speaker: Vanessa Danzer

How extensive does an intervention need to be? Results of a randomized controlled study on the efficacy of an internet-based intervention compared to digital psychoeducation for insomnia in students

8:00 AM - 9:00 AM

Location: CSG01

Speaker: Anna-Carlotta Zarski

Effectiveness of an online cognitive behavioral therapy for insomnia for nurses (SleepCare) with shift work sleep disorder: Results of a randomized controlled trial

8:00 AM - 9:00 AM

Location: CSG01

Speaker: Dirk Lehr

8:00 AM - 9:00 AM

Session 11E: Symposium - Machine Learning methods and novel ways to increase the accuracy of treatment outcome predictions in ICBT and diagnostic classifications

Location: KBG13

Speakers: Darragh Glavin, Nils Hentati Isacsson, Zahraa Abdulhussein, Magnus Boman

Evaluation of strategies to maximize the effect of Machine Learning predictions based on weekly symptom measures

8:00 AM - 9:00 AM

Location: KBG13

Speaker: Nils Hentati Isacsson

Dynamic Shortening of Psychometric Questionnaires: A Focus on PHQ-9

8:00 AM - 9:00 AM

Location: KBG13

Speaker: Zahraa Abdulhussein

Use-cases of common mental disorder ultra-brief questionnaires: Beyond the binary classification of a disorder

8:00 AM - 9:00 AM

Location: KBG13

Speaker: Darragh Glavin

Combining small samples for better precision - Trading-off data heterogeneity with dataset size in Internet Interventions dropout predictions

8:00 AM - 9:00 AM

Location: KBG13

Speaker: Nils Hentati Isacsson

9:00 AM - 10:00 AM

Plenary

Location: KBG12

Chair: Lee Ritterband ; Keynote Speaker: Sarah Vigerland, Associate Professor Charles Jonassaint, Alexis Whitton

10:00 AM - 10:30 AM

Coffee Break

Location: KBG12

10:30 AM - 11:30 AM

Session 12A: Digital Health Initiatives for Global Impact

Location: KBG12

Chair: Bruce Rollman ; Speakers: Roselinde Janowski, Heidi sturk, Derek Richards, PhD

Optimisation of engagement in an offline first app for parents of adolescents to reduce sexual violence in Tanzania

10:30 AM - 11:30 AM

Location: KBG12

Speaker: Roselinde Janowski

Building health workforce capability to utilise digital mental health: Learnings from the eMHPPrac program in Australia

10:30 AM - 11:30 AM

Location: KBG12

Speaker: Heidi sturk

Scaling digital mental health interventions in Ireland: The Health Service Executive (HSE) National Digital CBT Service.

10:30 AM - 11:30 AM

Location: KBG12

Speaker: Derek Richards, PhD

10:30 AM - 11:30 AM

Session 12B: Symposium - Online parent-led CBT interventions: The journey from evidence base to implementation and beyond

Location: S205

Chair: Chloe Chessell ; Speakers: Emily Whitaker, Lucy Radley, Lucy Taylor

Guided, parent-led digital interventions for preadolescent children with emotional and behavioural problems: a systematic review

10:30 AM - 11:30 AM

Location: S205

Speaker: Emily Whitaker

Co-CAT: a randomised controlled non-inferiority trial to evaluate an online CBT intervention in routine child mental health services

10:30 AM - 11:30 AM

Location: S205

Speakers: Lucy Radley, Lucy Taylor

Implementation of a brief online, therapist guided, parent-led CBT intervention for child anxiety problems in UK mental health services

10:30 AM - 11:30 AM

Location: S205

Speakers: Chloe Chessell, Emily Whitaker

Discussion

10:30 AM - 11:30 AM

Speaker: Chloe Chessell

10:30 AM - 11:30 AM

Session 12C: Symposium - Brief, available and effective – Evaluation and exploration of strategies to make Internet Interventions easier to engage with and disseminate without decreasing their effectiveness

Location: S206

Speakers: Martin Kraepelien, Dorian Kern, Amira Hentati, Madelyne Bisby, Vanessa Peynenburg, Susanna Österman, Viktor Kaldo, Marcie Nugent

New developments of brief digital self-care interventions – comparing the approach and outcomes of disorder-specific versus transdiagnostic, individually tailored, interventions

10:30 AM - 11:30 AM

Location: S206

Speakers: Martin Kraepelien, Susanna Österman

Optimization of a Digital Self-Care Intervention for Insomnia: A Randomized Factorial Experiment

10:30 AM - 11:30 AM

Location: S206

Speakers: Amira Hentati, Viktor Kaldo, Martin Kraepelien

What can digital self-care interventions do for people with atopic dermatitis?

10:30 AM - 11:30 AM

Location: S206

Speakers: Dorian Kern, Martin Kraepelien

An online therapist-guided ultra-brief transdiagnostic treatment for depression and anxiety: a randomized controlled trial

10:30 AM - 11:30 AM

Location: S206

Speaker: Madelyne Bisby

Evaluation of Brief Additional Resources in Transdiagnostic Internet-delivered Cognitive Behaviour Therapy: Implications for Routine Care

10:30 AM - 11:30 AM

Location: S206

Speakers: Vanessa Peynenburg, Marcie Nugent

10:30 AM - 11:30 AM

Session 12D: Symposium - Let's implement evidence-based digital interventions: How to bridge the gap between research, theory and practice?

Location: CSG01

Chair: Ingrid Titzler ; Speakers: Johanna Freund, Naira Topooco, Christiaan Vis

Implementing internet- and tele-based interventions to prevent depression in farmers (ImplementIT): First results on reach and usage of two digital interventions in routine care using RE-AIM framework

10:30 AM - 11:30 AM

Location: CSG01

Speaker: Johanna Freund

Factors that help and hinder college students' pathway to care for mental health problems: Qualitative study

10:30 AM - 11:30 AM

Location: CSG01

Speaker: Naira Topooco

Effectiveness of Self-guided Tailored Implementation Strategies in Implementing iCBT in Routine Mental Health Care: Results of the ImpleMentAll project, a Stepped-Wedge Cluster Randomized Trial

10:30 AM - 11:30 AM

Location: CSG01

Speaker: Christiaan Vis

Digital health applications (German DiGA) for mental health disorders on prescription in Germany: Does the translation of research into practice succeed?

10:30 AM - 11:30 AM

Location: CSG01

Speaker: Ingrid Titzler

10:30 AM - 11:30 AM

Session 12E: Symposium - Implementing ICBT in real world settings – Evaluations and experiences of different organizational models, reaching specific populations, and applying an established implementation framework

Location: KBG13

Speakers: Professor Nick Titov, Cecilia Svanborg, Heather Hadjistavropoulos, Viktor Kaldo, Sarah Vigerland

Four Models of ICBT services in Australia: Reaching the hard-to-reach

10:30 AM - 11:30 AM

Location: KBG13

Speaker: Professor Nick Titov

Influence of organizational models on the implementation of ICBT in primary care: A mixed methods study using the RE-AIM framework

10:30 AM - 11:30 AM

Location: KBG13

Speaker: Cecilia Svanborg

Internet-delivered cognitive behavioral therapy for youth – Experiences from implementation in Stockholm

10:30 AM - 11:30 AM

Location: KBG13

Speaker: Sarah Vigerland

Internet-Delivered Cognitive Behavioral Therapy Tailored to Public Safety Personnel: a RE-AIM Evaluation

10:30 AM - 11:30 AM

Location: KBG13

Speaker: Heather Hadjistavropoulos

Poster Talk

Location: KBG12

Chair: Sonja March ; Speakers: Diana Gürtler, Aaron Philipp-Muller, Kara Wiseman, Vanessa Peynenburg, Anders Houe Wisnewski, Ahmad Jabir, Min-Jeong Yang, Janika Thielecke, Ana Filipa Oliveira, Alicia Salamanca Sanabria, Mai Kadi, Jennifer Kulke, Kelly Shaffer

User engagement in a modular app-based addiction prevention program for vocational school students

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Diana Gürtler

Proactivity as active intervention ingredient – improving health equity of eHealth interventions

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Speaker: Aaron Philipp-Muller

Who engages in ecological momentary assessments and how does engagement support smoking cessation?

11:30 AM - 12:30 PM

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Examining brief insomnia interventions in a transdiagnostic internet-delivered cognitive behaviour therapy course

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Multiple single-case time series studies of changes in pain, cognitions and function during pain education for patients with high-impact chronic pain

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User experience with the LvL UP mobile health intervention: An Agile approach using think-aloud sessions

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An mHealth mindfulness-based intervention for smoking cessation among patients diagnosed with cancer: A study protocol for prototype development

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Usability and needs assessment for a monitoring app to support individuals with post-COVID syndrome

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Active Components in Digital Interventions on Sleep among Adolescents and Youth: A Systematic Review of Randomized Controlled Trials

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Speaker: Alicia Salamanca Sanabria

Exploring cigarettes smoked, craving level, and mood with participation in Ecological Momentary Assessments: Secondary analysis of the quitSTART incentivization trial

11:30 AM - 12:30 PM

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Speakers: Mai Kadi, Kara Wiseman

Bridging the health care gap with an app-based intervention for individuals waiting for psychotherapy: Study protocol for a three-arm randomized controlled trial

11:30 AM - 12:30 PM

Location: KBG12

Speaker: Jennifer Kulke

11:30 AM - 12:30 PM

Poster Talk

Location: CSG01

Chair: Terry Fleming ; Speakers: Alicia Monreal, Sophie Nestler, Stephen Austin, Anne van Woezik, Melody Kim, Lorena Desdentado, Evaldas Kazlauskas, Mariebelle Kaus, Maria Hanano, Christopher Sundström, Laura Diaz Sanahuja, Novia Wong, Florian Onur Kuhlmeier, James Denison-Day

Effectiveness and implementation of an online intervention (MINDxYOU) for reducing stress and promote mental health among healthcare workers in Spain: a stepped wedge cluster randomized trial

11:30 AM - 12:30 PM

Location: CSG01

Speakers: Alicia Monreal, Yolanda López-Del-Hoyo

Efficacy and moderator evaluation of an Internet-based intervention fostering resilience in German university students: A Randomized Controlled Trial

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Do patients and clinicians really want telepsychiatry? Implementing Video Consultations in a Rural Psychiatric Outpatient Clinic: A Feasibility Study

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Evaluation of a web-based guided self-help intervention to reduce perfectionism in college students: preliminary results from a feasibility study

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A systematic review of digital waitlist-specific interventions for youth mental health: addressing the growing crisis in awaiting care

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A pilot randomized controlled study of mobile-based mindfulness interventions focused on visceral, somatosensory, and external cues

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Feasibility of stress recovery internet-intervention for youth: A randomized controlled pilot trial

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Time to onset of major depressive disorder: One year results from the EVIDENT-study, an RCT of an internet intervention for depression

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Speaker: Mariebelle Kaus

Does motivation moderate improvement on a self-guided web-based interventions for depression and anxiety in university students? Secondary analyses of a randomized controlled trial

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Development and feasibility of a digital intervention for common mental health problems among older adults in Sweden and India

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Exploring Asian American Mental Health Content from Mental Health Professionals and Young Adults on TikTok

11:30 AM - 12:30 PM

Location: CSG01

Speaker: Novia Wong

Effectiveness of Digital Mental Health Interventions for Children and Adolescents with Anxiety and Depressive Symptoms: A Systematic Review and Meta-Analysis

11:30 AM - 12:30 PM

Location: CSG01

Speaker: Florian Onur Kuhlmeier

11:30 AM - 1:30 PM

Panel Discussion: A Scientific Consensus Meeting for the Roadmap to Open Science in the Field of Digital Phenotyping (lunch included)

Location: KBG13

Chair: Bridi O'Dea ; Speakers: Alex Leow, Associate Professor Christian Webb; Panelist: Alexis Whitton, Professor Helen Christensen

12:30 PM - 1:30 PM

Lunch

Location: Concert Hall Atrium

Poster Viewing

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speakers: Nicolas Hesse, Victoria Bruegger, Rachele Ramsey, France Talbot, Helena Moreira, Jonas Eimontas, Sofia Pavarini, Soledad Quero, Karen Kallesøe, Fanny Kählke, Diana Gürtler, Aaron Philipp-Muller, Kara Wiseman, Vanessa Peynenburg, Anders Houe Wisnewski, Ahmad Jabir, Min-Jeong Yang, Janika Thielecke, Ana Filipa Oliveira, Mai Kadi, Jennifer Kulke, Alicia Monreal, Sophie Nestler, Stephen Austin, Anne van Woezik, Melody Kim, Lorena Desdentado, Evaldas Kazlauskas, Mariebelle Kaus, Maria Hanano, Christopher Sundström, Laura Diaz Sanahuja, Novia Wong, Aderonke Bamgbose Pederson, Florian Onur Kuhlmeier, Tim Martin–Döring

Advancing Prevention of Metabolic Disorders: Wearables and passive sensing for non-invasive blood glucose prediction among non-insulin dependent individuals

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Nicolas Hesse

Mapping the landscape of digital health tool measures for monitoring and managing modifiable lifestyle behaviors to promote metabolic health: A scoping review

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Victoria Bruegger

Using stepped-care interventions delivered via technology to improve adherence in adolescents with asthma

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Rachele Ramsey

Moving Forward: A new internet-delivered program integrating life review therapy and self-compassion may lessen depression and anxiety in people facing life transitions

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: France Talbot

Parents of Little Ones: Formative evaluation of an internet-based intervention for parents of infants and toddlers with high levels of parenting stress

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Helena Moreira

The Emotions Detectives In-Out: Pilot randomized controlled trial of a blended version of the Unified Protocol for transdiagnostic treatment of emotional disorders in children

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Helena Moreira

Acceptability of Blended Psychological Interventions for Children with Emotional Disorders among Parents and Mental Health Professionals

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Helena Moreira

The role of relatives and other people in the process of internet-delivered intervention for tinnitus: a qualitative study

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Jonas Eimontas

iSupport-Brasil: the Usability and Acceptability of an Online Program to Assist Informal Caregivers of People Living with Dementia

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Sofia Pavarini

“My Symptoms Young”- online self-help intervention for young patients with persistent physical symptoms in primary care

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Karen Kallesøe

Digital interventions for children and adolescents

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Karen Kallesøe

Thera-Turing Test: A Framework for Evaluating Mental Health Artificial Intelligence-Based Chatbots

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Karen Kallesøe

E-MICHI – Blended therapy for adolescents with depression

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Tim Martin–Döring

Internet-CBT for functional abdominal pain disorders in children and adolescents: Trajectory of effectiveness from a Single Case Design Study

12:30 PM - 1:30 PM

Location: Concert Hall Atrium

Speaker: Karen Kallesøe

Improving student mental health by developing, evaluating, and implementing effective web-based interventions: results from the Caring Universities project

12:30 PM - 1:30 PM

Location: Concert Hall Atrium
Speaker: Sascha Struijs

User engagement in a modular app-based addiction prevention program for vocational school students

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Speaker: Christopher Sundström

Exploring Asian American Mental Health Content from Mental Health Professionals and Young Adults on TikTok

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Novia Wong

Design of a Mobile Mental Health Stigma Reducing Intervention for Black Adults

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Aderonke Bamgbose Pederson

Effectiveness of Digital Mental Health Interventions for Children and Adolescents with Anxiety and Depressive Symptoms: A Systematic Review and Meta-Analysis

12:30 PM - 1:30 PM
Location: Concert Hall Atrium
Speaker: Florian Onur Kuhlmeier

12:30 PM - 1:30 PM

Demonstration of an Internet-Delivered Sexual Health Intervention for Breast Cancer Survivors

Location: Concert Hall Atrium
Speaker: Kelly Shaffer

12:30 PM - 1:30 PM

Demonstration: LifeGuide+: Supporting the next generation of digital intervention development

Location: Concert Hall Atrium
Speaker: James Denison-Day

1:30 PM - 2:30 PM

Session 13A: Enhancing Wellbeing with Co-Designed Digital Interventions

Location: KBG12

Chair: Viktor Kaldo ; Speakers: Petra Staiger, Rhys Bevan Jones, Jill Price, Ananya Bhattacharjee, Emma Osborne

Replace It - A Co-Designed App to Reduce Alcohol Consumption: A Randomised Controlled Trial

1:30 PM - 2:30 PM

Location: KBG12

Speaker: Petra Staiger

Co-designed digital support for young people with their mood & wellbeing

1:30 PM - 2:30 PM

Location: KBG12

Speaker: Rhys Bevan Jones

Perceptions of Case Stories in Internet-Delivered Cognitive Behavioural Therapy for Public Safety Personnel: A Mixed-Methods Study

1:30 PM - 2:30 PM

Location: KBG12

Speaker: Jill Price

Analyzing Emotional Predictors of Stigmatizing Language by Helpline Callers Supporting a Loved One Overcome Addiction

1:30 PM - 2:30 PM

Location: KBG12

Speaker: Ananya Bhattacharjee

Experiences of Using Digital Mindfulness-Based Interventions: Rapid Scoping Review and Thematic Synthesis

1:30 PM - 2:30 PM

Location: KBG12

Speaker: Emma Osborne

1:30 PM - 2:30 PM

Session 13B: Digital Solutions for Behavioral and Mental Health Challenges

Location: S205

Chair: Heather Hadjistavropoulos ; Speakers: Min Chong, Marie Feiler, Jorge Palacios, Jacinta Jardine, Sharon Chi Tak Lee

Addressing Suicidal Ideation and Behaviours in Youth Mental Health Services: A Novel Digital Approach

1:30 PM - 2:30 PM

Location: S205

Speaker: Min Chong

Insights Into the Effectiveness of Digital Acceptance and Commitment Therapy for the Treatment of Chronic Pain in Routine Care Based on Real-World Evidence

1:30 PM - 2:30 PM

Location: S205

Speaker: Marie Feiler

A Digitally Enhanced Opioid Use Disorder Treatment Program: Exploring the Impact of Applied Research on Process and Clinical Outcomes

1:30 PM - 2:30 PM

Location: S205

Speaker: Jorge Palacios

Between Rhetoric and Reality: Real-world Barriers to Uptake and Early Engagement in Digital Mental Health Interventions

1:30 PM - 2:30 PM

Location: S205

Speaker: Jacinta Jardine

Estimating the prognostic value of cross-sectional network connectivity for treatment response in depression

1:30 PM - 2:30 PM

Location: S205

Speaker: Sharon Chi Tak Lee

1:30 PM - 2:30 PM

Session 13C: Healthcare Access and Support with Digital Innovations

Location: S206

Speakers: Susan Peterson, Daniel Duffy, Louise Thornton, Kenneth Rasinski

Implementation of remote patient monitoring for medically underserved patients receiving chemotherapy in a US safety-net oncology setting

1:30 PM - 2:30 PM

Location: S206

Speaker: Susan Peterson

Closing the gap from bench to bedside: the role of implementation science in optimising clinical outcomes from internet-delivered cognitive behavioural therapy in a routine care setting

1:30 PM - 2:30 PM

Location: S206

Speaker: Daniel Duffy

eClIPSE: A digital ecosystem facilitating access to evidence-based support for co-occurring mental health and substance use problems

1:30 PM - 2:30 PM

Location: S206

Speaker: Louise Thornton

CATCH-IT Nigeria

1:30 PM - 2:30 PM

Location: S206

Speaker: Kenneth Rasinski

1:30 PM - 2:30 PM

Session 13D: Panel Discussion - Virtual healing: Opportunities and challenges of digital innovations in child and adolescent psychiatry and psychotherapy

Location: CSG01

Chair: Karen Kallesøe ; Speakers: Johanna Löchner, Chris Hollis, Chloe Chessell, Sarah Vigerland

1:30 PM - 2:30 PM

Session 13E: Symposium - Let's blend: Dressing traditional psychotherapy in a modern digitalized guise

Location: KBG13

Chair: Ingrid Titzler, Lena Sophia Steubl ; Speakers: Laura Bielinski, Solveig Behr

Lessons learned from the study of blended treatment with an emotion regulation focus in both the outpatient and inpatient settings

1:30 PM - 2:30 PM

Location: KBG13

Speaker: Laura Bielinski

PSYCHOnlineTHERAPY – Results of a Multicenter Cluster-Randomized Blended Care Study for Patients with Depression and Anxiety Disorders

1:30 PM - 2:30 PM

Location: KBG13

Speaker: Lena Sophia Steubl

„Blended therapy is diverse and inspiring“ – Qualitative insights on therapist's perspectives on barriers, facilitators and intervention aspects of the implementation (PSYCHOnlineTHERAPY)

1:30 PM - 2:30 PM

Location: KBG13

Speaker: Ingrid Titzler

Blended psychotherapy in routine care from the participant's perspective - results of a qualitative study of the project PSYCHOnlineTHERAPY

1:30 PM - 2:30 PM

Location: KBG13

„Like Puzzle Pieces: my Therapy + TONI“: Exploring the Experiences of Practitioners and Patients with Blended Care in Outpatient Routine Care

1:30 PM - 2:30 PM

Location: KBG13

Speaker: Solveig Behr

2:30 PM - 3:30 PM

Session 14A: Understanding Engagement in Digital Health Interventions

Location: KBG12

Chair: Janika Thielecke ; Speakers: Lara Baez, Lee Valentine, Katharina Scholze, Dara Leung, Caoimhe Barry Walsh

Intervention Participation and Usability Analysis for LiveWell, a Smartphone-Based Self-Management Intervention for Individuals with Bipolar Disorder

2:30 PM - 3:30 PM

Location: KBG12

Characterizing engagement with a personalized text messaging intervention for affective symptoms in adults

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Lara Baez

Enhancing Engagement with Digital Youth Mental Health Interventions: A Mixed Methods Exploration of Experiential Factors Impacting Engagement

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Lee Valentine

Does format matter? Comparison of adherence of a guided self-management program for mild to moderate depression between a browser-based version and a smartphone app.

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Katharina Scholze

Factors influencing family carers' involvement in supporting people living with dementia using information and communication technology

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Dara Leung

Exploring attitudes of physiotherapists towards group-based telerehabilitation delivery and the acceptability of mixed-condition group programmes for people with chronic conditions: A qualitative study

2:30 PM - 3:30 PM

Location: KBG12

Speaker: Caoimhe Barry Walsh

2:30 PM - 3:30 PM

Session 14B: Internet-Based Behavioral Interventions for Diverse Health Challenges

Location: S205

Chair: Phil Chow ; Speakers: Emma Devine, Alicia Monreal, Viviane Compère, Jeannette Brodbeck, Alexander Daros, Ekaterina Ivanova, Pedro Moreno-Sánchez, Laura D'Adamo, Alejandro Dominguez Rodriguez

Learning with FASD: Design, development, evaluation, and promotion of an online initiative to disseminate evidence-based resources on Fetal Alcohol Spectrum Disorder for primary school educators.

2:30 PM - 3:30 PM

Location: S205

Speaker: Emma Devine

Efficacy of a low-intensity internet-delivered psychological therapy in patients with multimorbidity in primary care: a randomized controlled clinical trial

2:30 PM - 3:30 PM

Location: S205

Speakers: Alicia Monreal, Yolanda López-Del-Hoyo

Feasibility and acceptance of an internet-based preoperative intervention optimizing patients' expectations to improve outcomes after heart surgery (the iHEART trial)

2:30 PM - 3:30 PM

Location: S205

Speaker: Viviane Compère

Comparison of a standardised and a self-tailored delivery format of a web-based self-help intervention for coping with the loss of a partner

2:30 PM - 3:30 PM

Location: S205

Speaker: Jeannette Brodbeck

Internet-delivered dialectical behavior therapy for individuals with alcohol and substance use disorders: Predictors of engagement, dropout, and symptom change.

2:30 PM - 3:30 PM

Location: S205

Speaker: Alexander Daros

Internet-based Behaviour Therapy for adults with Tourette Syndrome or Chronic Tic Disorder: a Feasibility Trial

2:30 PM - 3:30 PM

Location: S205

Speaker: Ekaterina Ivanova

ASSESSING DROPOUTS IN WEB-BASED INTERVENTION FOR MENTAL HEALTH SUPPORT OF HEALTH CARE PROFESSIONALS IN COVID19 TIMES: A MACHINE LEARNING APPROACH.

2:30 PM - 3:30 PM

Location: S205

Speakers: Pedro Moreno-Sánchez, Alejandro Dominguez Rodriguez

Leveraging digital self-monitoring to examine trajectories of therapeutic skills use and their dynamic relations to symptom change during cognitive-behavioral therapy for bulimia nervosa

2:30 PM - 3:30 PM

Location: S205

Speaker: Laura D'Adamo

2:30 PM - 3:30 PM

Session 14C: Digital Health Interventions: Insights and Innovations

Location: S206

Chair: Nele De Witte ; Speakers: Jessica Apeldoorn, Aswin Ratheesh, Xiaolong Zhang, Katharine Daniel, Filip Drozd, Silje Haga, Alayna Gretton, Ellen Solstad Olavesen

Telepsychiatry in a Time of Crisis: A Longitudinal Study on Clinicians' and Clients' Perspectives

2:30 PM - 3:30 PM

Location: S206

Speaker: Jessica Apeldoorn

Bipolar Early intervention using New Digital technologies (BLEND): a pilot randomised controlled trial of a novel blended-digital early intervention model of care for youth with Bipolar Disorder

2:30 PM - 3:30 PM

Location: S206

Speaker: Aswin Ratheesh

Evaluating a Smartphone-Based Symptom Self-Monitoring App for Psychosis in China (YouXin): a Non-Randomised Validity and Feasibility Study with a Mixed-Methods Design

2:30 PM - 3:30 PM

Location: S206

Speaker: Xiaolong Zhang

Patient use of "therapy in their pocket": Patterns of skills review in a cognitive behavioral therapy for depression smartphone app

2:30 PM - 3:30 PM

Location: S206

Speaker: Katharine Daniel

Subjective well-being in partners of perinatal women receiving an internet-based program (Mamma Mia) to enhance subjective well-being: A randomized controlled trial

2:30 PM - 3:30 PM

Location: S206

Speakers: Filip Drozd, Silje Haga

Transdiagnostic Internet Delivered Cognitive Behavioural Therapy for Patients with Suicidal Thoughts and Behaviours: Exploration of Therapy Engagement and Satisfaction

2:30 PM - 3:30 PM

Location: S206

Speaker: Alayna Gretton

Evaluation of Implementation of a Guided Digital Intervention ("Mamma Mia") 3 Months Post-Training: A Qualitative Study

2:30 PM - 3:30 PM

Location: S206

Speaker: Ellen Solstad Olavesen

2:30 PM - 3:30 PM

Session 14D: Symposium - Clinical and cost-effectiveness of blending digital technologies into routine mental health care

Location: CSG01

Speakers: Professor Heleen Riper, Claire Van Genugten, Kim Mathiasen, Shaminka Mangelsdorf

Clinical and cost-effectiveness of blended CBT for Major Depression in routine care: non-inferiority RCT

2:30 PM - 3:30 PM

Location: CSG01

Speaker: Professor Heleen Riper

Ecological Momentary Assessment (EMA) methods for depression: clinical and research tool

2:30 PM - 3:30 PM

Location: CSG01

Speaker: Claire Van Genugten

Results and implications of the impact on the working alliance in blended cognitive behavioral therapy. Presentation and interpretation of secondary analyses from the E-Compared study.

2:30 PM - 3:30 PM

Location: CSG01

Speaker: Kim Mathiasen

Is blended care better? A systematic review and meta-analysis of smartphone interventions for the treatment of youth and adult mental health conditions

2:30 PM - 3:30 PM

Location: CSG01

Speaker: Shaminka Mangelsdorf

2:30 PM - 3:30 PM

Session 14E: Panel Discussion: ISRII Implementation – Special Interest Group – Experiences of what works and what doesn't and recommendations for the future

Location: KBG13

Speaker: Professor Nick Titov ; Panelist: Heather Hadjistavropoulos, Erik Forsell, Derek Richards, PhD, Kristofer Venmark, Jen Nicholas, Emily Lattie

3:30 PM - 4:00 PM

Coffee Break

Location: KBG12

4:00 PM - 5:00 PM

Session 15A: Web-Based Interventions Promoting Well-being and Behavior Change

Location: KBG12

Chair: Tine Nordgreen ; Speakers: Lina Stallmann, Benji Kaveladze, Sonja March, Brad Brazeau

FACE – A web-based self-help app for fostering resilience and well-being among emerging adults with adverse childhood experiences targeting emotion regulation and social information processing

4:00 PM - 5:00 PM

Location: KBG12

Speaker: Lina Stallmann

Comparing the Effectiveness of Evidence-Based Internet Interventions and Popular Online Content

4:00 PM - 5:00 PM

Location: KBG12

Speaker: Benji Kaveladze

A digital self-help platform for child and adolescent anxiety (BRAVE): Data from eight years of service delivery

4:00 PM - 5:00 PM

Location: KBG12

Speaker: Sonja March

Evaluating the impact of motivational interviewing on engagement and outcomes in a web-based self-help intervention for gambling disorder: A randomised controlled trial.

4:00 PM - 5:00 PM

Location: KBG12

Speaker: Brad Brazeau

4:00 PM - 5:00 PM

Session 15B: Real-world Insights on Digital Health Intervention

Location: S205

Chair: Robin Kok ; Speakers: Luisa Balzus, Carina Akemi Nakamura, Tanvi Lakhtakia, Melody Kim, Susanna Österman

Effectiveness of Digital Cognitive Behavioral Therapy for Panic Disorder – Insights Based on Real-World Evidence

4:00 PM - 5:00 PM

Location: S205

Speaker: Luisa Balzus

Self-help mobile messaging intervention for depression among older adults in socioeconomically deprived area of Brazil: the PRODIGITAL-D randomised controlled trial

4:00 PM - 5:00 PM

Location: S205

Speaker: Carina Akemi Nakamura

Daily affective dynamics mediate the relationship between sleep quality and depression symptoms

4:00 PM - 5:00 PM

Location: S205

Speaker: Tanvi Lakhtakia

“Anything is better than nothing, and nothing is what we have”: Clinicians’ ‘needs and wants’ while supporting those on the mental health services waitlist. Authors

4:00 PM - 5:00 PM

Location: S205

Speaker: Melody Kim

Effectiveness of Internet-based cognitive behavior therapy for severe health anxiety in clinical psychiatry

4:00 PM - 5:00 PM

Location: S205

Speaker: Susanna Österman

4:00 PM - 5:00 PM

Session 15C: Symposium - Around the world with SPARX: Lessons in digital therapy for adolescents

Location: S206

Speakers: Mathijs Lucassen, Terry Fleming, Yvonne Bohr, Camilla Babbage, Chris Hollis, Karolina Stasiak

A digital decade: Reflections on 12 years of SPARX implementation in New Zealand

4:00 PM - 5:00 PM

Location: S206

Speakers: Karolina Stasiak, Terry Fleming

Supporting youth mental health in Arctic communities: Evaluating the usefulness of Inuit-SPARX (I-SPARX), a culturally adapted cognitive behavioural e-intervention

4:00 PM - 5:00 PM

Location: S206

Speaker: Yvonne Bohr

Enhancing SPARX for under-served adolescents in Aotearoa New Zealand: Lessons learned

4:00 PM - 5:00 PM

Location: S206

Speaker: Mathijs Lucassen

Precision internet-based cognitive behavioural therapy (iCBT) for adolescents with depression: a pilot and feasibility randomised controlled trial (SPARX-UK)

4:00 PM - 5:00 PM

Location: S206

Speaker: Camilla Babbage

4:00 PM - 5:00 PM

Session 15D: Symposium - Developing and testing clinical effectiveness of Precision ICBT – Clinicians and A.I. collaborating in treatment selection and personalization

Location: CSG01

Speakers: Trine T.H. Sainte-Marie, Kim Mathiasen, Eduardo Maekawa, Erik Forsell, Viktor Kaldo

PERSONAE – Plan for an adaptive digital intervention employing both stepped care and individualized content for depression

4:00 PM - 5:00 PM

Location: CSG01

Speaker: Trine T.H. Sainte-Marie

Choosing the right treatment - Integrating Clinicians' Expert Knowledge and Bayesian Networks for Multiclass Classification in Predicting the most suitable intervention

4:00 PM - 5:00 PM

Location: CSG01

Speaker: Eduardo Maekawa

What do therapists do when told by an algorithm to do "more"? Clinical adaptations used in a successful Adaptive Treatment Strategy in ICBT for insomnia.

4:00 PM - 5:00 PM

Location: CSG01

Speaker: Erik Forsell

Clinical efficacy of a Machine Learning based Clinical Decision Support System for therapists treating patients with Internet Cognitive Behavioral Therapy – A triple blind randomized clinical trial

4:00 PM - 5:00 PM

Location: CSG01

Speaker: Viktor Kaldo

4:00 PM - 5:00 PM

Session 15E: Symposium - Inclusive Design of Digital Mental Health Tools Using Community Based Participatory Methods

Location: KBG13

Speakers: Ashley Knapp, Shona Louis, Terika McCall, Rachel Kornfield

VISOR VR-Therapy: A co-produced intervention for social cognition and functioning in young people with emerging psychosis

4:00 PM - 5:00 PM

Location: KBG13

Speaker: Shona Louis

Design Recommendations for Digital Mental Health Tools to Support Black Women Returning from Incarceration

4:00 PM - 5:00 PM

Location: KBG13

Speaker: Terika McCall

Teen Mental Health Services within Public Libraries: Feedback from Teens from Two Design Sessions

4:00 PM - 5:00 PM

Location: KBG13

Speaker: Ashley Knapp

Taking a Participatory Approach to Designing a Digital Intervention for Young Adults With Self-injury

4:00 PM - 5:00 PM

Location: KBG13

Discussion

4:00 PM - 5:00 PM

Speaker: Rachel Kornfield