



**ISBM**  
International  
Society of  
Behavioral  
Medicine



**UKSBM**  
UK Society for Behavioural Medicine

# 16th International Congress of Behavioural Medicine

“Interdisciplinary behavioural medicine:  
systems, network and interventions.”



7th - 11th June 2021



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# Welcome!

Dear Congress Attendees,

On behalf of the Scientific Programme Committee and the International Society of Behavioral Medicine (ISBM), we welcome you to the 16th International Congress of Behavioral Medicine (ICBM)! This is the first online ICBM Congress ever. Initially we had hoped to run a face to face Congress in 2021 and to welcome people from all corners of the world to the city of Glasgow and the beautiful country of Scotland. The ongoing uncertainty with COVID-19 has meant that we made the difficult decision to make the Congress fully online.

Along with the Scientific Programme Committee, we have selected an outstanding scientific programme representing excellent behavioral medicine research from across the world. We received 704 submitted abstracts from 49 different countries. We hope you will enjoy our programme with many presentations covering this year's theme "Interdisciplinary behavioural medicine: systems, networks and interventions".

Our opening ceremony on Monday, 07/06/21 at 12:00 - 14:00 (UK time) will not only formally welcome all attendees to the Congress and recognize a distinguished group of awardees but will also include our Irmela Florin lecture delivered by the incoming President of the ISBM Anne Berman. During the closing ceremony on Friday, 11/06/21 at 16:30 -17:30 (UK Time), we introduce the incoming Board Members of ISBM and our next Congress venue.

We encourage you to take full advantage of all opportunities this week to attend the Congress.

We are looking forward to meeting you!



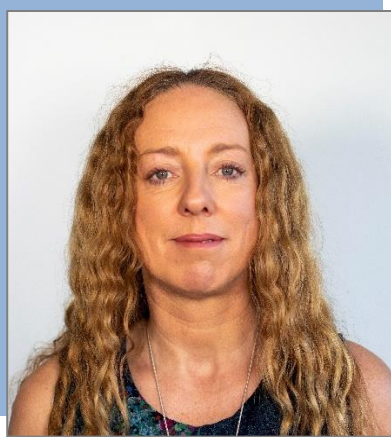
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**President ISBM**  
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## *Dear ICBM 2021 Delegates, Fàilte ('welcome' in Scots Gaelic)*

On behalf of the Local Organizing Committee and the UK Society of Behavioral Medicine, I am delighted to welcome you to the sixteenth International Congress of Behavioral Medicine.

We had hoped to be hosting ICBM for the first time in the United Kingdom and are very sad not to be welcoming you all to our beautiful city of Glasgow.

We were really pleased to have received such a great response to our call for abstracts from 49 countries across the globe. The Congress theme of "Interdisciplinary Behavioural Medicine: Systems, Networks and Interventions" has drawn some exciting cutting edge research and we have an excellent programme, including world leading keynote and master lecturers.

We are very grateful to members of the International Society of Behavioral Medicine who have contributed to the enormous amount of work involved in planning and executing this Congress, in particular the members of the Scientific Programme Committee and the Track Chairs and co-Chairs.

We hope that you all enjoy the Congress and are able to take advantage of some of the networking opportunities afforded by the platform. We also hope that some day soon you will be able to visit Scotland to enjoy our fascinating culture, beautiful country and friendly people.

Very Best Wishes,

**Sharon Simpson**    sharon.simpson@glasgow.ac.uk

**Chair of the Local Organising Committee 2019-21**  
Co-Chair of the Scientific Programme Committee

University of Glasgow, United Kingdom



# Committees

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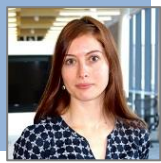
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### Local Organising Committee 2019-2021



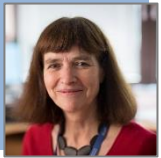
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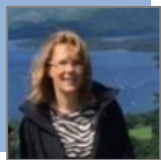
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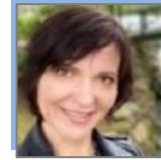
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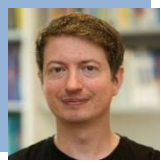
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# ICBM

## Executive Committee



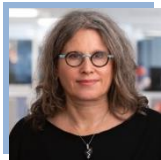
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**Maria Kleinstäuber, Secretary**

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# ICBM

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President ISBM	Urs M Nater, Austria
President Elect	<a href="#">Anne H. Berman, Sweden</a>
Secretary	Maria Kleinstaeuber, New Zealand
<a href="#">Awards Committee Chair and Past President</a>	<a href="#">Frank J. Penedo, USA</a>
Education and Training Committee	Pernilla Asenlöf (Chair), Sweden
<a href="#">INSPIRE Committee</a>	<a href="#">Briony Hill (Chair), Australia</a>
International Journal of Behavioral Medicine	Michael Hoyt (Editor), USA
<a href="#">Nominations Committee</a>	<a href="#">Mette Terp Høybye (Chair), Denmark</a>
Scientific Programme Committee	Judith Prins (Chair), Netherlands
Treasurer	<a href="#">Beate Ditzen, Germany</a>
Newsletter Editor	Susanne Fischer, Switzerland
<a href="#">Communications Committee</a>	<a href="#">Kerry Sherman (Chair), Australia</a>
Finance Committee	Sherry Sheinfeld Gorin (Chair)
<a href="#">International Collaborations Committee</a>	<a href="#">Kazuhiro Yoshiuchi (Chair), Japan</a>
Membership Committee	Lara Traeger (Chair), USA
<a href="#">Organizational Liaison Committee</a>	<a href="#">Elizabeth Seng (Chair), USA</a>
Strategic Planning Committee	Bernd Leplow (Chair), Germany
Member-At-Large	<a href="#">Joost Dekker, The Netherlands</a>

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[American Psychosomatic Society](#)  
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[Australasian Society of Behavioural Health and Medicine](#)  
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## General Information

UK Time Zone British Summer Time (BST)

Language English



### Opening ceremony

The opening ceremony will take place on Monday, 07/06/21 at 12:00 - 14:00

**12:00 - 12:30**

Welcome Address

**Professor Sharon A Simpson**

**Professor Urs M. Nater**

**Professor Judith Prins**

**12:30 - 13:00**

Awards Presentations

The International Society of Behavioral Medicine is honored to present the following 2021 awards:

Lifetime Achievement Award

Distinguished Scientist Award

Outstanding New Investigator Award

International Collaborations Award

Distinguished Career Contributions Award

**Professor Frank J. Penedo**

Chair, Awards Committee

Awards Presentation to Early Career Award Recipients

**Professor Pernilla Åsenlöf**

Chair, ISBM Education and Training Committee

Awards Presentation to Meritorious Scientific Abstracts

Professor Judith Prins

IJBM-Springer Excellence in Behavioral Medicine

Publishing Awards

**Dr Michael A. Hoyt**

Associate Professor

**13:00 - 14:00**

Irmela Florin Lecture

**Professor Anne H. Berman**, President Elect

Lowering the threshold for access to evidence-based care:

Focus on addiction and mental health.



### Closing ceremony

The closing ceremony will take place after the conclusion of the Congress programme on Friday 11/06/21 16:30 - 17:30

**16:30 - 16:40**

Outgoing ISBM President's Address

**Professor Urs M. Nater**

**16:40 - 16:45**

Poster Awards Presentation

**Professor Judith Prins**

**16:45 - 16:55**

Remarks and recognition of the ISBM Board & Committees

**Professor Urs M. Nater, Professor Judith Prins, Professor**

**Sharon A Simpson**

**16:55 - 17:05**

Introduction of the Incoming ISBM Board

**Professor Urs M. Nater**

**17:05 - 17:15**

Incoming ISBM President's Address Remarks and Plans for the Future; Announcement of the 2023 Meeting Location.

**Professor Anne H. Berman**

**17:15 - 17:30**

Introduction from the 2023 ICBM Host Country (Vancouver, Canada)

**Professor Ryan Rhodes** Chair, 2023 ICBM Local Organizing Committee



# Opening address

## Professor Anne H. Berman

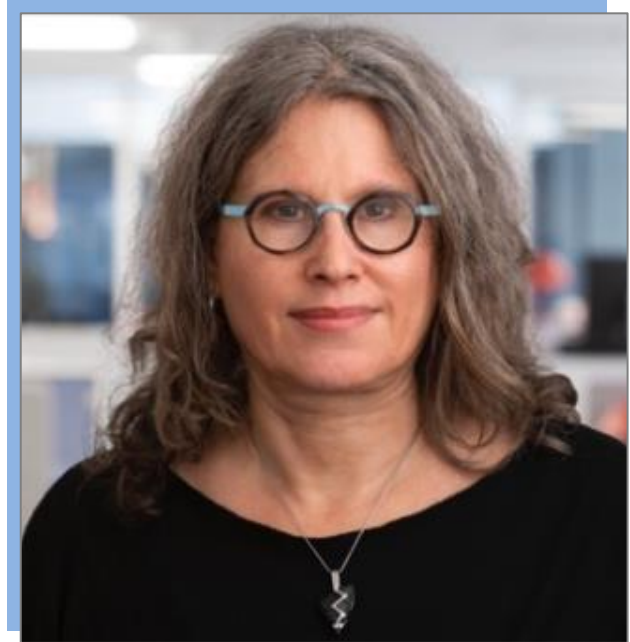
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Uppsala University, Sweden  
Karolinska Institutet, Sweden  
Irmela Florin Lecture

### Lowering the threshold for access to evidence-based care: Focus on addiction and mental health

Healthy behavior change among individuals with addictive behaviors and mental health issues can take place in a large variety of ways. It is well known that proportionately few individuals seek formal treatment, in a large part due to stigma and lack of treatment access. While unassisted recovery from addictive behaviors is common, mental health issues often persist through the life course. The volume of research on digital interventions for both these problems is rapidly increasing.

In this presentation I will address problematic use of alcohol, drugs and gambling, presenting meta-analytic data on treatment-assisted behavior change and findings from my own research on a stepped care model of digital intervention for problematic alcohol use. I will also describe ongoing work to address addiction and mental health issues among university students. Turning to the concept of recovery from addictive behaviors and mental health issues, I will briefly review recent research and reflect on the possible role of digital interventions in facilitating individual recovery. In conclusion, I will suggest meaningful research questions to go forward with.

The presentation should increase knowledge about digital interventions for addictive behaviors and mental health issues and contribute to understanding of what the role of the digital intervention in recovery pathways might be.



### Biography

Anne H Berman, PhD, is a clinical psychologist, with a research focus on assessment and low-threshold digital treatment of addiction and mental health issues within a behavioral medicine perspective.

Her overall research goal is to reduce the treatment gap which arises when people with signs and symptoms of problematic addictive behaviors, as well as mental health issues, remain unaware of their inner experiences as problems that can be assessed and treated, and do not seek help. Based at Uppsala University and Karolinska Institutet, her research focuses on digital interventions for problematic substance use and for university students with mental health issues. She has authored over 100 publications, including 90 peer-review articles, 4 books and 10 book chapters.

Clinically, she has worked as a psychotherapist in addictions for 10 years, followed by four years as director of the Swedish National Helpline for problem gamblers and their family members. Through her a longstanding interest in behavioral medicine, she has produced a Massive Online Open Course (MOOC) on behavioral medicine, KIBEHMEDx, available without cost on Canvas (earlier edX). After serving as ISBM Education and Training Chair 2010-2018, she received a Distinguished Career Contribution Award in Behavioral Medicine in 2018. She is the incoming ISBM President.

# Keynote Speaker

## Professor Laurence Moore

MSc PhD FAcSS FFPH  
University of Glasgow, UK

### **Behaviour change interventions: an interdisciplinary, systems informed, perspective**

A natural focus of behaviour change research is on understanding and influencing the deliberative decision making processes of individuals. This approach has underpinned numerous behaviour change techniques and models which have informed the development of effective interventions.

However, relying solely on this focus is subject to a number of limitations. To highlight a few examples: (1) much of our behaviour is driven by context and environmental cues and will thus not be substantially changed by a focus on deliberative decision making; (2) individual-targeted interventions that require sustained agency are less effective among those with fewer resources and are hard to sustain over time; (3) interventions may not be readily transferred across settings and the magnitude and maintenance of behaviour change will often be context dependent. An interdisciplinary, systems informed perspective offers the potential to address these and other limitations, through the synergistic application of complementary approaches and a recognition of the dynamic interdependence of the many factors acting at multiple levels that shape the behaviour of individuals and societies.

The presentation will highlight the implications, benefits and challenges of this perspective for complex intervention research and behaviour change models.



### **Biography**

Professor Moore is Director of the Medical Research Council/Chief Scientist Office Social and Public Health Sciences Unit in the University of Glasgow and was the founding Director of DECIPHer, a UKCRC Public Health Research Centre of Excellence.

He has a track record in the development and evaluation of interventions to improve public health, conducted in collaboration with policy makers, practitioners and the public to maximise impact on policy and practice. These include school based interventions on smoking prevention, diet and sexual health; family based interventions on the prevention of drug and alcohol use; and social and community based interventions to increase physical activity and encourage sustained weight loss.

He is a leading expert in the interdisciplinary evaluation of complex interventions and is increasingly interested in the application of complex systems concepts and methods to population health intervention research. He was a member of the National Prevention Research Initiative Scientific Committee, the NIHR Public Health Research Programme Research Funding Board, the MRC/NIHR Methodology Research Programme Panel and the MRC Population Health Strategy Group.

Laurence has been PI or Co-Investigator on Research Unit, Centre and capacity building grants totalling c.£60M and Research project grants totalling c.£27M.

# Keynote Speaker

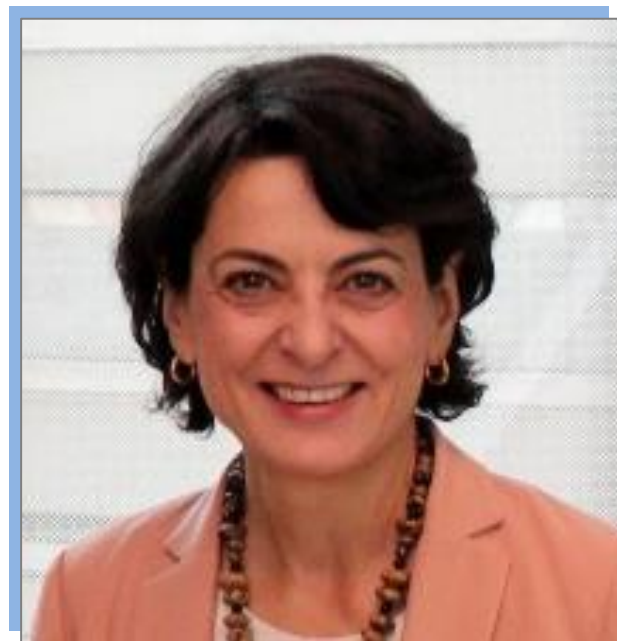
## Professor Viola Vaccarino

Emory University, USA

### Stress and Heart Disease: A Focus on Younger Women

Women have approximately a doubling of the rates of stress-related mental disorders such as depression and posttraumatic stress disorder compared with men, and have higher exposure to adversity beginning early in life than men. This psychosocial profile may disproportionately increase the risk of cardiometabolic conditions linked to stress, including coronary heart disease, among exposed women.

In addition to having a higher prevalence of psychosocial stressors, women appear to be more vulnerable to the adverse effects of psychological stress on the risk of coronary heart disease. This vulnerability may be especially true for younger women. We hypothesize that exposures to stress beginning early in life may accelerate cardiovascular risk in women leading to early-onset coronary heart disease. I will illustrate the model of women with early-onset coronary heart disease to illuminate pathophysiological pathways of heart disease related to stress in women. Women's potential vulnerability to psychosocial stress could help explain female-specific cardiovascular risk mechanisms including propensity toward abnormal coronary vasomotion, inflammation and microvascular disease



### Biography

Viola Vaccarino, M.D., Ph.D., is the Wilton Looney Chair of Cardiovascular Research and Professor in the Department of Epidemiology at the Rollins School of Public Health, Emory University. She holds a joint appointment at the Emory School of Medicine, Department of Medicine, Division of Cardiology. Dr. Vaccarino received an M.D. from the University of Milan, Italy, and a Ph.D. in Epidemiology from Yale University. Between 1995 and 2000 she was on the faculty at the Yale School of Public Health. In 2000, she joined the Emory faculty in the School of Medicine, Division of Cardiology, and between 2010 and 2018 she served as the Chair of the Department of Epidemiology at the Rollins School of Public Health of Emory University.

Dr. Vaccarino research interests lay in cardiovascular epidemiology and prevention with emphasis on social and behavioural determinants of cardiovascular disease, cardiovascular health inequalities and women's health. A focus of her research is mind-body relationships with an emphasis on the role of psychological stress and mental health factors on cardiovascular risk, especially among women. Dr. Vaccarino has over 450 research publications, has an extensive record of research funding from the National Institutes of Health, and is highly engaged in the training and mentoring of the next generation of investigators in these areas.

# Keynote Speaker

## Professor Omer Van den Bergh

University of Leuven, Belgium

### **Symptoms and the body: A investigative journey into their relationship**

How does the experience of physical symptoms come about? Afferent information from peripheral physiology is an important source, but a variety of interoceptive processes can make the relationship between symptoms and physiological dysfunction vary from almost perfect to zero. When the latter happens, which is all too often, symptoms cannot be or are poorly related to physiological dysfunction, frustrating both the doctor and the patient and leading to excessive health care consumption.

We will review experimental evidence demonstrating when symptoms are closely related to peripheral physiology and when and why they are not. This evidence prompts a new way to understand symptom perception. Much as in visual perception, symptom perception is conceived of as a dynamic constructive process balancing afferent peripheral input and information generated by the brain: under some conditions, the eventual percept of a symptom closely reflects the afferent input, while in other conditions it may more closely reflect (implicit) prior expectations. In both cases, however, symptoms rely on the same constructive mechanisms and have the same phenomenal quality of "trueness". This view suggests that current clinical interventions in somatization should broaden their scope. Rather than mainly focusing on treating symptom related distress (worrying, rumination, attentional and interpretation biases), interventions are needed that may change the perceptual processes themselves.



### **Biography**

Omer Van den Bergh studied clinical psychology and obtained a Ph.D. in experimental psychology at the University of Leuven, Belgium. He followed a postdoc training at the NIMH Center for the Study of Attention and Emotion (Prof. P.J. Lang, U. Florida) and a postgraduate training in cognitive behavior therapy. He is supervisor of the Flemish Association for Behavior Therapy. He taught health psychology at the University of Leuven to students of psychology, medicine and physical education, was associate editor of "Biological Psychology" between 1999 and 2015, and former president of the International Society for the Advancement of Respiratory Psychophysiology (ISARP). He was director of the Research Group on Health Psychology at the University of Leuven from 1998 till 2015. He is emeritus professor since October 2018, the year in which he obtained an ISBM Lifetime Achievement Award.

His research focuses on the psychology of aversive somatic experiences with a specific interest in self-reported health, symptom perception, stress and respiratory psychophysiology. His research mainly involves laboratory experiments targeting to understand mechanistic processes in these areas.  
<https://www.kuleuven.be/wieiswie/en/person/00005032>



# Master lecturer

## Prof. Dr. Andrea W.W. Evers

Leiden University, The Netherlands

### Expectations matter: How to use placebo effects in research and clinical practice.

Placebo and nocebo studies have evolved from predominantly methodological research into a far-reaching interdisciplinary field that is unraveling the neurobiological, behavioral and clinical underpinnings of these phenomena in a broad variety of conditions. For example, physical complaints, such as itch or pain, can be effectively altered by placebo effects, due to induction of expectations of a possible beneficial treatment outcome (“Pain already reduces when seeing the painkiller”).

The same is true for nocebo effects which are induced by expectations of a possible unfavorable treatment outcome or side effects. In addition, placebo mechanisms also play a role for immune functioning through pharmacological conditioning.

The results have direct implications for the treatment of many patients. Treatment outcomes might be optimized by using both conscious and automatic strategies of optimizing expectancy effects, for example, by applying conditioning principles for therapy adherence, adding environmental cues to the preferred outcome strategies or replacing regular pharmacological treatments partly by expectancy interventions.

Moreover, there is an increasing demand from health professionals to develop expert recommendations about evidence-based and ethical use of placebo and nocebo effects for clinical practice.



### Biography

Prof. Dr. Andrea W.W. Evers is professor of Health Psychology and chair of the Health-Medical-and-Neuropsychology-Unit at Leiden University, the Netherlands. After her PhD (cum laude), Andrea Evers obtained several personal grants and awards for excellent researchers (e.g. NWO-Veni, NWO-Vidi, NWO Vici, ERC Consolidator Grant) for her innovative, interdisciplinary and translational research on psychoneurobiological mechanisms and treatments for health and disease.

In addition to her broad clinical experience as a registered clinical psychologist, she uniquely combines fundamental and applied science in her translational research, by focusing both on basic research on psychoneurobiology (e.g. placebo mechanisms) and translational research on screening and innovative interventions for somatic conditions (e.g. e-health tools).

In 2019, she was elected as a member of the Dutch Royal Academy of Science and Arts (KNAW) and received the Stevin Award, the highest award in the Netherlands for scientific research with societal impact. She published more than 200 international papers or chapters in her research field.

# Master lecturer

## Dr Elizabeth Seng

Yeshiva University, USA

### Not All Pain: How Type and Time Course of Pain

The patient experience of chronic musculoskeletal pain has been well characterized by the behavioral medicine community. Behavioral treatment approaches have demonstrated efficacy and are commonly acknowledged to be an important component of multidisciplinary treatment. For these reasons, research from chronic musculoskeletal pain often serves as the jumping-off point for research related to the patient experience and behavioral treatment of other types of pain, such as migraine, neuropathic pain, and dermatologic pain.

This presentation will describe ways in which existing behavioral medicine models for chronic musculoskeletal pain translate well to other types of pain, and the unique challenges for behavioral medicine research and treatment providers presented by other types of pain, with a focus on migraine. Migraine is a common neurologic disorder characterized by episodes of severe head pain and associated neurologic symptoms including nausea/vomiting and sensitivity to light and sound. Migraine is the second leading specific cause of years lived in disability worldwide. The episodic nature of migraine shapes the patient experience. Among most people with migraine, most days will not include an attack. However, when attacks occur, they are extremely aversive and can completely disrupt role functioning. Separate neurologic and behavioral treatment strategies are typically employed to treat each attack and to reduce attack frequency. Typical pharmacologic pain strategies are often ineffective for migraine.

This presentation will discuss the ramifications of these characteristics of migraine, compared to the more familiar chronic musculoskeletal pain conditions, on patient experience and behavioral treatment.



### Biography

Dr. Elizabeth Seng, Ph.D. is an Associate Professor of Psychology at Yeshiva University and a Research Associate Professor of Neurology at Albert Einstein College of Medicine in New York, USA, where she directs the Headache & Adherence Lab. She received her undergraduate degree in psychology from Kent State University and her Ph.D. in clinical psychology in the health track at Ohio University in Ohio, USA. She completed her internship and post-doctoral training at the West Haven Veteran's Health Administration Hospital and Yale School of Medicine in Connecticut, USA.

Her work focuses on improving the quality of life of people with migraine and pain due to chronic medical conditions by: 1) understanding modifiable factors associated with migraine-related disability and pain interference, 2) understanding factors associated with adherence to pharmacologic and non-pharmacologic treatments for migraine and painful chronic conditions, for migraine and painful chronic conditions, and 3) developing behavioural treatments to reduce migraine frequency and migraine-related disability, particularly using technology to reduce barriers to accessing care.

# Master lecturer

## Professor Akihito Shimazu

Keio University, Japan

### Positive mental health at the workplace: From a perspective of work engagement

Since the beginning of this century, increased attention is paid to what has been coined positive psychology: the scientific study of human strengths and optimal functioning. This recent trend to concentrate on strengths and optimal functioning also aroused attention in organizational psychology. One of these positive states is work engagement. Work engagement is assumed to be negatively related to burnout. While burnout is usually defined as a syndrome of exhaustion, cynicism, and reduced professional efficacy, engagement is defined as a positive, fulfilling, work-related state of mind that is characterized by vigor, dedication, and absorption.

Engaged employees have a sense of energetic and effective connection with their work activities. Work engagement is a unique concept that is best predicted by job resources (e.g., autonomy, supervisory coaching, and performance feedback) and personal resources (e.g., optimism, self-efficacy, and self-esteem) and is predictive of psychological/physical health, proactive organizational behavior, and job performance.

In my master lecture, I will start with background of why 'positive' mental health at the workplace is important. Then, I will introduce the concept and measurement of work engagement, followed by an updated review of empirical findings especially on the relation with health outcomes and performance. Finally, I will refer to organization- and individual-focused approaches to improve work.



### Biography

Akihito Shimazu is Professor of Faculty of Policy Management, Keio University. He earned a PhD in Clinical Psychology in 2000 from Waseda University. His major area of research expertise is in Occupational Health Psychology, in particular: job stress, work engagement, workaholism, stress coping, work-life balance, recovery experiences. He has published ten edited books and over 350 papers/ book chapters.

He has expertise in developing and implementing evidence-based interventions for workers and organizations to improve health and performance. He is on the Editorial Board for Journal of Occupational Health (Editor of mental health and Psychosocial factors at work), Frontiers in Psychology: Positive Psychology (Associate editor) and Journal of Occupational and Organizational Psychology (Consulting editor). He serves as President of Japanese Society of Behavioral Medicine from 2016 to 2020.

He also served as Co-chair of the International Commission of Occupational Health - Work Organization & Psychosocial Factors (ICOH-WOPS) Scientific Committee between 2013 and 2015, as Secretary between 2015 and 2018, and as chair since 2018.

# ICBM Awards

The International Society of Behavioral Medicine (ISBM) is most pleased to announce the recipients of the ISBM Awards 2021. Recipients will be officially recognized during the Opening Ceremony of the International Congress of Behavioral Medicine, 07/06/21.

## Lifetime Achievement Award

This award recognizes substantial contributions to behavioral medicine over the whole of a career. Recipients are recognized for distinguished scholarly contributions to the science of behavioral medicine across a productive career.



### Norito Kawakami

Professor, Department of Mental Health, Graduate School of Medicine, The University of Tokyo, Japan



### Johannes Siegrist

Professor, PhD Senior Professorship "Work Stress Research" Heinrich-Heine University Duesseldorf, Germany

## Distinguished Scientist Award

This award recognizes distinguished theoretical or empirical contributions to behavioral medicine. Recipients have made several outstanding contributions to the science of behavioral medicine.



### Joseph Tak-Fai Lau

Emeritus Professor/Research Professor, JC School of Public Health and Primary Care (JCSPHPC), the Chinese University of Hong Kong (CUHK), China



### Ulrike Ehler

Professor for Clinical Psychology and Psychotherapy at the University of Zurich, Switzerland

## Outstanding New Investigator Award

This award recognizes an outstanding contribution by a new investigator to the science of behavioral medicine. Recipients have made a specific, outstanding contribution to the science of behavioral medicine, and are more experienced than those who apply for the Early Career Award.



### Inês Trindade

Post Doctoral Fellow Institute of Medicine, Sahlgrenska Academy at the Gothenburg University, Sweden



### Jojo Kwok

Assistant Professor School of Nursing, Li Ka Shing Faculty of Medicine, The University of Hong Kong, Hong Kong

## Distinguished Career Contribution Award

This award recognizes a distinguished career as a leader in the field of behavioral medicine. Recipients have made distinguished contributions at national or regional level to the development of behavioral medicine. Contributions can be to behavioral medicine as a clinical field or as a field in public health and health promotion; to teaching of behavioral medicine; or to mentoring in the field of behavioral medicine.



### Petra Lindfors

Professor of Psychology, Stockholm University, Sweden



### Adrienne Stauder

Associate Professor, Semmelweis University, Hungary

## Contributions to International Collaborations

This award recognizes important contributions to facilitate international collaboration in the field of behavioral medicine. Recipients have made distinguished contributions to facilitate collaboration between ISBM member societies, or between ISBM and organizations outside ISBM.



### Susan Czajkowski

Chief, Health Behaviors Research Branch Behavioral Research Program, National Cancer Institute, NIH, DHHS, USA



IJBM-Springer Excellence in Behavioral Medicine Publishing Awards



**2019 Awarded Paper:**

Epel, E., Laraia, B., Coleman-Phox, K., Leung, C., Vieten, C., Mellin, L., Kristeller, J.L., Thomas, M., Stotland, N., Bush, N., Lustig, R.H., Dallman, M., Hecht, F.M., & Adler, N. (2019).

***Effects of mindfulness-based intervention on distress, weight gain, and glucose control for pregnant low-income women: A quasi-experimental trial using the ORBIT Model. International Journal of Behavioral Medicine, 26, 461-473.***  
Lead Author: Elissa Epel, Ph.D. Professor and Vice Chair University of California, USA



**2020 Awarded Paper:**

Shelton, R. C., Lee, M., Brotzman, L.E., Wolfenden, L., Nathan, N., & Wainberg, M.L. (2020).

***What is dissemination and implementation science? An introduction and opportunities to advance behavioral medicine and public health globally? International Journal of Behavioral Medicine, 27, 3-20.***  
Lead Author: Rachel Shelton, Ph.D. Associate Professor Sociomedical Sciences Columbia University, USA

**Meritorious Abstract Awards**

*The Scientific Program Committee has identified 10 meritorious abstracts by peer review.*

**612**

***Learning mechanisms in nocebo hyperalgesia: the role of conditioning and attenuation processes***

MSc Mia A. Thomaidou, Dr Dieuwke S., Veldhuijzen, Dr Kaya J. Peerdeman, MSc Naomi Z. S., Wiebing, MSc Joseph S. Blythe, Prof. Dr Andrea W. M. Evers Leiden University, Leiden Institute of Brain and Cognition, Leiden University Medical Center, Netherlands

Track - Pain & Musculoskeletal Disorders (Pain: mechanisms and interventions)  
Oral Session Thursday 10th June, 16:45 (UK time)

**472**

***A clinical practice change intervention to improve the provision of antenatal care addressing alcohol consumption by women during pregnancy: a randomised controlled trial***

Professor John Wiggers, Ms Emma Doherty, Ms Belinda Tully, Ms Sarah Ward, Professor Ian Symonds, Mr Chris Rissel, Ms Carol Azzopardi, Ms Karen Gill, Professor Elizabeth Elliott, Ms Melanie Kingsland

University of Newcastle, Hunter New England Local Health District, Australia. Foundation for Alcohol Research and Education, Australia. The University of Adelaide, Australia. NSW Office of Preventive Health, University of Sydney, Australia  
Track - Health Systems (Health systems in behavioural medicine)  
Oral Session: Monday 7th June, 14:45 (UK time)

**250**

***Depression increases HIV transmission risk in HIV-positive older adults who engage in condomless sex with serodiscordant partners***

Dr. Travis Lovejoy, Dr. Timothy Heckman, Mr. Shiwei Tang, Dr. Ye Shen, Ms. Alissa Phelps, Mr. Mark Sutton, Ms. Julia Holloway, Dr. Marilyn Huckans, Dr. Sarah Feldstein Ewin

Oregon Health & Science University, USA. University of Georgia, USA  
Track - Tropical medicine, HIV/AIDS and other infectious diseases  
Oral Session: Thursday 10th June, 13:30 (UK time)

**350**

***Treatment fidelity in the Gait Rehabilitation in Early Rheumatoid Arthritis Trial (GREAT) feasibility study***

Dr Emma Godfrey, Dr Mandeep Sekhon, Dr Gordon Hendry, Professor Nadine E. Foster, Dr Samantha Hider, Dr Marike van der Leeden, Dr Helen Maso, Dr Alex McConnachie, Professor Iain McInnes, Ms Aimie Patience, Professor Catherine Sackley, Professor Martijn Steultjens, Dr Anita Williams, Professor Jim Woodburn, Ms Aliya Amirova, Dr Lindsay Bearne King's College, United Kingdom. Glasgow Caledonian University, United Kingdom. Keele University, United Kingdom. VU University Amsterdam, Netherlands. University of Glasgow, United Kingdom. University of Salford, United Kingdom

Track - Pain & Musculoskeletal Disorders (Pain: mechanisms and interventions)  
Oral Session: Thursday 10th June, 17.15 (UK time)

**473**

***Improving opioid prescribing in primary care: examining the active ingredients and behavioural targets of existing audit & feedback and academic detailing initiatives***

Dr Nicola McCleary, Dr Celia Laur, Dr Laura Desveaux, Ms Catherine Reis, Dr Justin Presseau, Dr Gail Dobell, Mr Jonathan Lam, Ms Sharon Gushue, Ms Katie Hagel, Ms Lena Salach, Dr Noah Ivers.

Ottawa Hospital Research Institute, University of Ottawa, Canada. Women's College Research Institute, Women's College Hospital Institute for Health System Solutions and Virtual Care, University of Toronto, Health Quality Ontario, Centre for Effective Practice, Canada  
Track - Health Systems (Health systems in behavioural medicine)  
Oral Session: Monday 7th June, 15:00 (UK time)

## Meritorious Abstract Awards

476

***Mental health burden after stroke: a propensity-score-matched analysis of two population-based cohort studies***

MSc MSc Maria Blöchl, Dr Steffen Nestler

University of Münster, Münster, Germany. Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, Germany.

International Max Planck Research School NeuroCom, Leipzig, Germany

Track - Cardiovascular

Oral Session: Wednesday 9<sup>th</sup> June 12.15 (UK time)

259

***Employment contracts and stress: An experimental study***

Dr Julia Allan, Dr Nicole Andelic, Professor Keith Bender, Dr Daniel Powell, Dr Sandro Stoffel, Professor Ioannis Theodossiou

University of Aberdeen, Aberdeen, United Kingdom. University College London, London, United Kingdom

Track – Occupational Health

Oral Session: Tuesday 8<sup>th</sup> June 14:00 (UK time)

332

***Work life expectancies for people with type 1 and type 2 diabetes: Results from a Danish retrospective cohort study.***

Dr Mette Nexø, Dr Jacob Pederse, Dr Ingelise Andersen<sup>3</sup>, Dr Bryan Cleal<sup>1</sup>, Dr Jakob Bjoerner

Steno Diabetes Center Copenhagen, Gentofte, Denmark. The National Research Center for the Working Environment, Copenhagen, Denmark. Copenhagen University, Copenhagen, Denmark. 4Optum Patient Insights, Minneapolis, USA

Track – Occupational Health

Track – Occupational Health

Oral Session: Tuesday 8<sup>th</sup> June 14:15 (UK time)

623

***Trends in pre-military sexually transmitted infections and associated risk behaviours in Canadian Armed Forces recruits***

Dr Heather McCuaig Edge

Department of National Defence, Ottawa, Canada

Track - Tropical medicine, HIV/AIDS and other infectious diseases

Oral Session: Thursday 10<sup>th</sup> June 13:00 (UK time)

254

***Workplace social capital and refraining from seeking medical care in Japanese employees: a one-year prospective cohort study***

Dr. Akiomi Inoue, Prof. Akizumi Tsutsumi, Prof. Hisashi Eguchi, Dr. Yuko Kachi, Prof. Akihito Shimazu, Prof. Koichi Miyaki, Dr.

Masaya Takahashi, Prof. Sumiko Kurioka, Dr. Kazuhiko Enta, Dr. Yuki Kosugi, Dr. Takafumi Totsuzaki, Prof. Norito Kawakami

University of Occupational and Environmental Health, Japan, Kitakyushu, Japan. Kitasato University School of Medicine,

Sagamihara, Japan. Keio University, Fujisawa, Japan. University of South Australia, Adelaide, Australia. Research Institute of

Occupational Mental Health (RIOMH), Tokyo, Japan. 6Nagoya University, Nagoya, Japan. Kyoto University, Kyoto, Japan. National

Institute of Occupational Safety and Health, Japan, Kawasaki, Japan. St. Andrew's University of Education, Sakai, Japan. Central

Japan Railway Company, Nagoya, Japan. Kosugi Health Management Office, Toyama, Japan. Mizuho Health Insurance Society,

Tokyo, Japan. The University of Tokyo, Tokyo, Japan

Track – Occupational Health

Poster session: All posters are available to view throughout the Congress.

Early Career Awards 2021



**Anne-Kathrin Bräscher**

Johannes Gutenberg University, Mannheim  
Germany



**Luo Sitong**

The Chinese University of Hong Kong,  
China



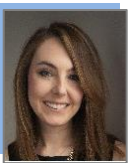
**Caryn Mei Hsien Chan**

National University of Malaysia, Kuala Lumpur



**Nicola J Paine**

Loughborough University, UK



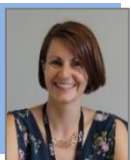
**Gemma Taylor**

University of Bath, UK



**Shiriin Sindi**

Karolinska Institute, Sweden



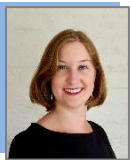
**Kate Faasse**

UNSW Sydney, Australia



**Susanne Fischer**

University of Zurich, Switzerland



**Kate MacKrill**

University of Auckland, New Zealand



**Kanami Tsunoo**

Kanagawa University of Human Services,  
Japan

# Programme-at-a-glance

Please see the website for the detailed **up to date** programme.

## **Monday, 07/06/21**

12:00-14:00 – Opening Ceremony  
14:00-15:30 – Parallel sessions  
15:30-15:45 – Comfort Break  
15:45-16:45 – Poster Viewing Session 1  
16:45-17:30 – Master Lecture, Dr Elizabeth Seng, USA  
17:30-18:30 – Food Break  
18:30-20:00 – Parallel sessions

## **Tuesday, 08/06/21**

14:00-15:30 – Parallel sessions  
15:30-15:45 – Comfort Break  
15:45-16:45 – Keynote - Omer Van den Bergh, Belgium  
16:45-17:30 – Poster Viewing Session 2  
17:30-18:30 – Food Break  
18:30-20:00 – Parallel sessions

## **Wednesday, 09/06/21**

07:00-08:30 - Parallel sessions  
08:30-08:45 – Comfort Break  
08:45-10:15 – Parallel sessions  
10:15-10:30 – Comfort Break  
10:30-11:30 – Keynote - Professor Laurence Moore, UK  
11:30-13.00 – Parallel sessions  
13.00-13.45 – Master Lecture - Akihito Shimazu, Japan  
13:45-15:00 – Lunch and Poster Viewing Session 3  
15:00-16.30 – Parallel sessions

## **Thursday, 10/06/21**

13:00-14:30 - Parallel sessions  
14:30-14:45 – Comfort Break  
14:45-15:45 – Keynote - Viola Vaccarino, USA  
15:45-16:30 – Poster Viewing Session 4  
16:30-18:00 – Parallel sessions  
18:00-19:00 – Food Break  
19:00-20:30 – Parallel sessions  
20:30-21:15 – Poster Viewing Session 5

## **Friday, 11/06/21**

13:00-14:00 – Poster Viewing Session 6  
14:00-15:30 - Parallel sessions  
15:30-15:45 – Comfort Break  
15:45-16:30 – Master Lecture - Andrea Evers, The Netherlands  
16:30-17:30 – Closing ceremony and ICBM 2023



# Monday 7th June 2021

Time	Parallel 1	Parallel 2	Parallel 3	Parallel 4	Parallel 5	Parallel 6
12:00	<b>Opening Ceremony</b> <b>Irmela Florin lecture by the incoming president</b>					
<b>Track</b>	Behaviour Change and interventions (Behaviour change and mental health)	Health Systems (Health systems in behavioural medicine)	Diabetes (Interventions and outcomes in diabetes)	Behaviour change and interventions (Behaviour change and prevention)	Symposium Global Approaches to Prevent HIV in Vulnerable Populations	Late Breaking Abstracts
<b>Chair</b>	Prof Michael A Diefenbach Donald and Barbara Zucker School of Medicine Hofstra/Northwell, USA	Asst Prof Jamie Jacobs Harvard Medical School, USA	Asst Prof Rachel Millstein Massachusetts General Hospital, USA	Dr Lesley McGregor University of Stirling, UK	Dr Nilda Peragallo Montano University of North Carolina at Chapel Hill, USA	Dr Avril Johnstone University of Glasgow, UK
<b>Discussant</b>					Dr Natalia Villegas University of Miami, USA	
14:00	Development of a national distress brief intervention	Understanding the implementation of the Antibiotic Review Kit (ARK) intervention in hospitals: Healthcare professionals' perspectives	Predicting 5- and 10-Year Mortality Risk in Older Adults with Diabetes Mellitus	Fidelity of implementation of a diabetes preventive programme targeting women with prior gestational diabetes mellitus and their families: The Face-it programme	Bridging the Gap for HIV Prevention among Minority Black and Hispanic Older Women Living with HIV	Canteen manager feedback reports and online menu-labelling for encouraging healthier student lunch orders: a pilot cluster randomised controlled trial in NSW primary school canteens
	Dr Ambrose Melson University of Glasgow, UK	Dr Fiona Mowbray University of Southampton, UK	Kevin Griffith Boston University, USA	Nanna Husted Jensen Aarhus University, Denmark	Dr Rosina Cianelli University of Miami, USA	Dr Jacklyn Jackson University Of Newcastle
14:15	Do males and females differ in their response to an individualized proactive e-health intervention promoting a lifestyle against depression: Results of a randomized controlled trial on depressive symptoms, affectand well-being	Obstetric and medical factors rather than psychosocial characteristics explain why eligible women do not complete the Enhanced Recovery after Elective Caesarean (EREC) pathway: a prospective cohort study.	A Comparative Effectiveness Trial for Students with Type 1 Diabetes to Reduce Alcohol Use at University	Comparing social norms around smoking in adolescents using Game Theory based experiments and self-reports: Insights from the MECHANISMS Study	Innovations in hiv prevention for young latinas	Impact of increasing the relative availability of meat-free options on food selection: A natural field experiment and an experimental online study
	Dr Anne Moehring University Medicine Greifswald, Germany	Ms Christianna Digenis University of Adelaide, Australia	Dr Lauren Wisk David Geffen School of Medicine at UCLA, USA,	Dr Jennifer M. Murray, Queen's University Belfast, UK	Dr Natalia Villegas University of Miami, USA	Dr Rachel Pechey University Of Oxford

# Monday 7th June 2021

14:30	Exploring Resilience Factors and Daily Cortisol Levels in Individuals Vulnerable to Suicide	Extending the screening interval for women at low risk of breast cancer as part of a risk-stratified Breast Screening Programme: Views from two Professional stakeholder groups	Developing and piloting a theory-based implementation intervention to increase uptake of diabetic retinopathy screening	Using arts-based methods as enquiry for non-communicable disease prevention in Tanzania and Malawi	Randomized controlled trial to reduce alcohol use and hiv-related risk factors in Mexican young women	Strategies to promote health behaviours in parents with small children – a systematic review and realist synthesis of behavioural interventions
	Professor Daryl O'Connor, University of Leeds, UK	Dr Lorna McWilliams, University of Manchester, UK	Dr Fiona Riordan University College Cork, Ireland	Maria Bissett University of Glasgow, UK	Dr Martha Dalila Mendez Ruiz School of Nursing, Mexico	Ms Anne Timm Steno Diabetes Center Copenhagen, Denmark
14:45	A computer-tailored motivational intervention to foster depression preventive behaviors among proactively recruited medical care patients: results from a randomized controlled trial	A clinical practice change intervention to improve the provision of antenatal care addressing alcohol consumption by women during pregnancy: a randomised controlled trial	A micro-costing of the development of an intervention to facilitate implementation and uptake of diabetic retinopathy screening	Tobacco use pattern, oral cancer awareness and behavioral change after counselling among seafarers in VOC Port, Tuticorin, Tamilnadu, India	The dissemination of an HIV prevention intervention to reduce health disparities and HIV risk among diverse Latino communities	Prevalence and correlates of atypical symptom presentation in older adults hospitalized for Covid-19
	Dipl.-Psych. Kristian Krause University Medicine Greifswald, Germany	Professor John Wiggers University of Newcastle, Australia	Dr Fiona Riordan University College Cork, Ireland	Dr Delfin Lovelina Francis TamilNadu Dr MGR Medical University, India	Dr Nilda (Nena) Peragallo Montano University of North Carolina at Chapel Hill, USA	Professor Allison Marziliano Northwell Health
15:00	'Mindfulness in Sounds': A Randomized Controlled Feasibility Trial of Sound Meditation for Anxiety and Depression for People with Parkinson's Disease	Improving opioid prescribing in primary care: examining the active ingredients and behavioural targets of existing audit & feedback and academic detailing initiatives	Using the common-sense model to explore the role of illness representation on diabetes distress and self-care behaviors among Chinese patients with type-2 diabetes mellitus	Effect of a video-based visualization of intensity levels to reduce the gap between self-reported and accelerometer-based physical activity	Discussion	School-based prevention for depression, anxiety, and substance use: effectiveness and long-term follow-up of the climate schools combined study
	Dr Jojo Yan Yan Kwok The University of Hong Kong, Hong Kong	Dr Nicola McCleary Ottawa Hospital Research Institute, Canada	Dr Meiqi Xin The Chinese University of Hong Kong, Hong Kong	Lisa Voight University Medicine Greifswald, Germany		Miss Ainsley Furneaux-Bate The Matilda Centre for Research in Mental Health and Substance Use

# Monday 7th June 2021

15:15	SAFETEL: a randomised controlled feasibility trial of a safety planning intervention to reduce suicidal behaviour	Return on Investment (ROI) for a community-based diabetes prevention program		Effects of Psychological Inoculation on condom use and barriers: An RCT with an automatised counselor-free system		The Effects of the Families Improving Together (FIT) for Weight Loss Trial on Physical Activity Outcomes in African American Families.
	Professor Sharon Simpson University of Glasgow, UK	Professor Paul Brown University of California Merced, USA		Professor Yori Gidron, University of Haifa, Israel		Dr. Dawn Wilson University Of South Carolina, USA
15:30	<b>Comfort Break</b>					
15:45	<b>Poster Viewing Session</b>					
16:45	<b>Master Lecture</b> Elizabeth Seng, USA Chair - Judith Prins					
17:30	<b>Food Break</b>					
<b>Track</b>	Child and Adolescent Health (Lifestyle issues in childhood and adolescence)	Symposium State of the science in understanding and promoting organ donation	Symposium International Progress in Behavioural Ontologies: Advancing Evidence Integration and Interpretation	Symposium Novel interventions for treating comorbid substance use and mental health problems	Symposium Multi-level Considerations for Implementing Precision Population-Based Breast Cancer Screening in International Contexts	Symposium Women's Health during Phases of Hormone Transition in the Life Course: On Psychobiological Predictors of Psychopathology and Resilience
<b>Chair</b>	Dr Nothando Ngwenya Durban, South Africa	Prof Ronan O'Carroll University of Stirling, Stirling, UK	Prof Marie Johnston University of Aberdeen, UK	Dr Gemma Taylor University of Bath, UK	Dr Colleen McBride Emory Rollins School of Public Health, USA	Prof Beate Ditzen Heidelberg University Hospital, Germany
<b>Discussant</b>			Dr Bill Riley National Institute of Health, USA	Prof Amanda Baker University of Newcastle, Australia		Prof Ulrike Ehler University of Zurich, Switzerland
18:30	Understanding and Addressing Behavioral Risks with Medically Vulnerable Youth: Current Gaps and Opportunities to Promote Health and Well-Being	'If it's opt-out you remove their choice and their voice': Exploring the views of people who plan to opt-out of organ donation	The Behavior Change Intervention Ontology: Vision and Development	Investigating reasons for alcohol use among young people living with severe mental ill-health	Testing theory-based persuasive communication strategies to foster women's willingness to de-adopt unwarranted mammography screening	Sex hormones and related polymorphisms in perimenopausal depression – systematic review
	Dr Lauren Wisk David Geffen School of Medicine at UCLA, USA	Jordan Miller University of Stirling, UK	Professor Susan Michie University College London, UK	Sonja Pohlman The University of Newcastle, Australia	Dr Yue Guan Emory University, USA	Dr Susanne Fischer University of Zurich, Switzerland

# Monday 7th June 2021

18:45	Mental Illness Stigma and Help-Seeking Behaviors and Referrals among Parents of Adolescents: A Longitudinal Assessment	A typology of Deceased Organ Donor Under an "Opt-Out" Policy	Ontologies Meet Artificial Intelligence	A Teachable Moment/Window of opportunity: qualitative analysis from a pilot randomised trial of a brief intervention for co-occurring severe mental health and substance use problems	Exploring the Roles of CHWs in Improving Uptake of Family Cancer History Assessment for Improved Risk-Stratified Cancer Screening	Psychological resilience in the perimenopause - Findings from the Swiss Perimenopause Study
	Dr Alice Villatoro The University of Texas at Austin, USA	Professor Eamonn Ferguson University of Nottingham, UK	Dr Pól Mac Aonghusa IBM Research, Ireland	Dr Emma Griffith University of Bath, UK	Caitlin Allen Emory University, USA	Hannah Süß University of Zurich, Zurich, Switzerland
19:00		Understanding and promoting organ donation registration: Three systematic reviews of theory-based barriers and enablers, correlates and trials of interventions	Progress on Behavioral Ontologies at the National Institutes of Health	intEgrating Smoking Cessation treatment As part of usual Psychological care for dEpression and anxiety (ESCAPE): preliminary results for a randomised and controlled, multicentre, acceptability, feasibility and implementation trial	Discussion	Toward the reliable and valid diagnosis of DSM-5 premenstrual dysphoric disorder: Advances based on three within-person studies
		Dr Justin Presseau Ottawa Hospital Research Institute, Canada	Dr Christine Hunter National Institutes of Health, USA	Dr Gemma Taylor University of Bath, UK		Katja M. Schmalenberger University Hospital Heidelberg, Germany
19:15		Exploring the experiences and perspectives of substitute decision-makers involved in decisions about deceased organ donation	Discussion	Cannabidiol for the treatment of cannabis use disorder: Phase IIa double-blind placebo-controlled randomised adaptive Bayesian dose-finding trial		Progesterone antagonist as treatment of premenstrual dysphoric disorder
		Dr Jacob Crawshaw Ottawa Hospital Research Institute, Canada		Dr Tom Freeman University of Bath, UK		Professor Inger Sundström Poromaa, Uppsala University, Sweden
19:30		Discussion		Discussion		Discussion
20:00	Day 1 Close					

# Tuesday 8th June 2021

Time	Parallel 1	Parallel 2	Parallel 3	Parallel 4	Parallel 5	Parallel 6
<b>Tracks</b>	Persistent physical symptoms (Mechanisms and interventions)	Occupational Health (Occupational health and work stress)	Behaviour change and interventions (Health promotion)	Symposium Core Outcome Sets (COS) for Alcohol Brief Intervention (ABI) trials: Applications in implementation, criminal justice and health economics research	Symposium Therapeutic Processes in Long Term Physical Health Conditions: Mindfulness, Self-Compassion, or Psychological Flexibility?	Symposium The new UK Medical Research Council Framework for Developing and Evaluating Complex Interventions.
<b>Chair</b>	Prof Henriette van der Horst Amsterdam University Medical Centres, The Netherlands	Dr Anne Martin University of Glasgow, UK	Prof Cindy Gray University of Glasgow, UK	Prof Anne H Berman Uppsala University, Sweden	Prof Lance McCracken Uppsala University, Sweden	Prof Sharon Simpson University of Glasgow, UK
<b>Discussant</b>				Prof Dorothy Newbury-Birch, Teesside University, UK		
<b>14:00</b>	Chronic stress and functional somatic disorders. The DanFunD study	Employment contracts and stress: An experimental study	Results of a cluster controlled trial examining the effects of a health promotion program targeting pre-schoolers at 62 daycare facilities	The Outcome Reporting in Alcohol Brief Intervention Trials (ORBITAL) core outcome set: Global consensus on key outcomes in efficacy and effectiveness trials of alcohol brief interventions	The role of Psychological Flexibility and Distress in Vulvodynia: exploring their contributions to Pain, Interference, and Emotional Functioning	Introduction to the new framework (Complexity and Research Perspectives)
	Professor Torben Jørgensen, University of Copenhagen, Denmark	Dr Nicole Andelic, University of Aberdeen, UK	Prof Claudia Pischke, University of Duesseldorf, Germany	Dr Gillian Shorter Ulster University, UK	Claudia Chisari, King's College London, UK	Professor Laurence Moore University of Glasgow, UK
<b>14:15</b>	Multiple chemical sensitivity and physical fitness described in the general population. The DanFunD study	Work life expectancies for people with type 1 and type 2 diabetes: Results from a Danish retrospective cohort study	Patient Perspectives on the Acceptability and Utility of Physician-led Health Behavior Change Interventions in Primary Care	Development of a COS for implementation studies on alcohol brief interventions	Self-Compassion, Psychological Flexibility, and Chronic Pain: Intercorrelations and Contributions to Daily Functioning	Core Elements of the New Framework Part I.
	Dr Anne Ahrendt Bjerregaard Copenhagen University Hospital, Denmark	Dr Mette Nexø Steno Diabetes Center Copenhagen, Denmark	Dr Stephanie Hooker HealthPartners Institute, UK	Dr Zarnie Khadjesari University of East Anglia, UK	Professor Lance McCracken, Uppsala University, Sweden	Dr Lynsay Matthews University of Glasgow



# Tuesday 8th June 2021

14:30	Using an empirical approach to develop a cognitive behaviourally informed physiotherapy treatment for chronic dizziness	Work-family conflict and weight gain in four years of follow up: results from ELSA-Brasil	Systematic review of dietary behaviour change interventions in adolescents based on self-determination theory	Developing a COS for health economic research on alcohol brief interventions	Weekly Changes in Pain Acceptance, Self-Compassion, and Craving in the Prediction of Outcome Following Integrated Treatment for Chronic Pain & Hazardous Opioid Use	Core Elements of the New Framework Part II.
	David Herdman King's College London, UK	Dr Rosane Harter Griep Oswaldo Cruz Institute, Brazil	Sara Simao Southampton, UK	Professor Jeremy Bray UNCG, USA	Professor Kevin Vowles, Queens University Belfast, UK	Professor Sharon Simpson University of Glasgow, UK
14:45	Efficacy of an internet-based cbt for persistent physical symptoms (ISOMA) in university students	Detecting workplace bullying from demographics, health/occupational outcomes, and psychosocial factors at work: a cross-sectional study applying machine learning	Messages about the Gut Microbiome Framed with Risk-Action Coherence and Metaphoric Strategies: Impact on Healthy Diet Behavior	Is there a place for a core outcome set for ASBI in the criminal justice setting?	Mindfulness Yoga for Parkinson's disease: Mediating Effects of Spiritual Resilience on Mental Health and Health-related Quality of Life	Discussion
	Dr Severin Hennemann University of Mainz, Germany	Dr Kazuhiro Watanabe The University of Tokyo, Japan	Professor Linda Cameron University Of California, USA	Professor Dorothy Newbury-Birch Teesside University, UK	Dr Jojo Yan Yan Kwok, The University of Hong Kong, Hong Kong	
15:00		Longitudinal examination of the extended job demands-resources model among Japanese workers using a new burnout assessment tool (BAT-J)		Discussion	Discussion	
		Associate Professor Keiko Sakakibara Tokyo University, Japan				
15:15						
15:30	<b>Comfort Break</b>					
15:45	<b>Keynote</b> <b>Omer van den Bergh</b> <b>Chair: Michael Diefenbach</b>					
16:45	<b>Poster Viewing Session</b>					
17:30	<b>Food Break</b>					

# Tuesday 8th June 2021

Tracks	Symposium New insights from different perspectives into the aetiology of and interventions for frequent persistent physical symptoms	Symposium To vape or not to vape? The health effects of e-cigarettes and implications for smoking cessation and policy	Symposium Comparators in behavioral trials: from trial design to evidence synthesis	Symposium Learned pain: Understanding learning processes involved in pain	Symposium Innovative remotely-delivered psychosocial interventions for cancer patients: technological developments and study designs
Chair	Dr Cornelia Weise Philipps-University of Marburg, Germany	Prof Kim Lavoie University of Quebec at Montreal (UQAM), Canada	Prof Marie Johnston University of Aberdeen, UK	Asst Prof Kaya Peerdeman Leiden University, Netherlands	Prof Michael Antoni University of Miami, USA
Discussant	Dr Ricarda Mewes University of Vienna, Austria		Prof Bill Riley National Institute of Health/UMC, USA	Prof Amanda Baker University of Newcastle, Australia	
<b>18:30</b>	Aetiological understanding of fibromyalgia, irritable bowel, chronic fatigue syndrome and somatoform disorders: a systematic umbrella review	Acute e-cigarette smoking and cardiorespiratory health: healthier than combustible cigarettes?	The Pragmatic Model for Comparator Selection in Health-Related Behavioral Trials	Generalization of fear and avoidance in the context of pain	Video-conferenced stress management and relaxation training (VSmart) for older women undergoing treatment for breast cancer
	Dr Maria Kleinstäuber University of Otago, New Zealand	Dr Nicola J Paine Loughborough University, UK	Dr. Kenneth Freedland Washington University School of Medicine, USA	Dr Ann Meulders Maastricht University, Belgium	Dr Michael Antoni University of Miami, USA
<b>18:45</b>	Body and mind cross-talk: an integrative model for fibromyalgia	The (human) health effects of acute e-cigarettes usage: A systematic review and meta-analyses	Underreporting of comparators in behavioural intervention trials: A systematic review and meta-analysis of randomized trials of smoking cessation interventions	Nocebo effects on pain: an investigation of behavioural and neural learning processes	Effects of a mHealth psychosocial intervention on psychosocial and physiological adjustment in men with advanced prostate cancer
	Ana Margarida Pinto University of Coimbra, Portugal	Dr Simon Bacon Concordia University, Canada	Prof Marijn de Bruin Radboud University, Netherlands	Joseph Blythe Leiden University, Netherlands	Dr. Frank Penedo University of Miami, USA

# Tuesday 8th June 2021

<b>19:00</b>	Predictors Of Treatment Outcome In Cognitive Behavioral Therapies For Patients With Somatic Symptom Disorder: A Systematic Review And Meta-Analysis	The efficacy of e-cigarettes for smoking cessation	Determinants of control group choice in clinical trials	Pain-related fear as a facilitator of nocebo hyperalgesia: an experimental study	Using digital humans to deliver stress management to patients with cancer
	Lena Sarter Philipps-University Marburg, Germany	Dr. Robert Reid University of Ottawa Heart Institute, Canada	Prof. Dr. Stefan Gold Charite - Universitätsmedizin Berlin, Germany	Mia A. Thomaidou Leiden University, Netherlands	Professor Elizabeth Broadbent The University of Auckland, New Zealand
<b>19:15</b>	Neurofeedback to reduce tinnitus-related distress – does frequency specificity matter? Preliminary results of a randomized controlled trial	Discussion	Variability and effectiveness of control group interventions in smoking cessation trials: A systematic review and meta-analysis	The bright and dark side of generalization in pain	Developing and comparing different stress management apps for breast cancer survivors in Norway
	Eva Hüttenrauch Philipps-University of Marburg, Germany		Prof Marijn de Bruin Radboud University, Netherlands	Prof Christian Büchel UKE, Germany	Professor Hege R. Eriksen Western Norway University of Applied Sciences, Norway
<b>19:30</b>	The effects of music listening on somatic symptoms and stress: a comparative ambulatory assessment study with two patient samples		Discussion	Discussion	Discussion
	Anja C. Feneberg University of Vienna, Austria				
<b>19:45</b>	Discussion				
<b>20:00</b>	<b>Day 2 Close</b>				

# Wednesday 9th June 2021

Time	Parallel 1	Parallel 2	Parallel 3	Parallel 4	Parallel 5	Parallel 6
Tracks	Aging, Health and Age Related Diseases (Aging and health behaviours)	Child, adolescent and family health (Young people symptoms and health)	Digital Health (Digital approaches to improving health)	Child, adolescent and family health (Family and young people: behaviour and health)	Lifestyle behaviours (Lifestyle behaviours: diet and physical activity)	Other (Recent developments and novel methods)
Chair	Prof Michael A Diefenbach Donald and Barbara Zucker School of Medicine Hofstra/Northwell, USA	Dr Sinead Currie University of Stirling, UK	Prof Barbara Mullan Curtin University, Australia	Prof Elizabeth Broadbent University of Auckland, New Zealand	Dr Mette Andersen Nexø Steno Diabetes Center Copenhagen, Denmark	Prof Pernilla Åsenlöf Uppsala University, Sweden
07:00	Digitally supported dietary counseling increases protein intake in community dwelling older adults: subgroup-analysis of the VITAMIN RCT	Current obesity management within primary school settings: A behaviour change communication perspective	Programme on Adherence to Medication. A very brief face to face intervention, followed by a text message and/or smartphone app to support medication adherence in people prescribed treatment for hypertension in primary care. A feasibility randomised controlled trial	Preschool children's emotional wellbeing during covid-19 restrictions: A qualitative examination.	Do technical and further education (FAFE) students intend to change their health risk behaviours?	Investigating The Suitability Of The Critical Appraisal Skills Programme (CASP) Qualitative Checklist Tool For Appraising Study Quality In Qualitative Evidence Synthesis (QES)
	Jantine van den Helder University of Applied Sciences, Netherlands	Dr Anna Chisholm University of Liverpool, UK	Dr Aikaterini Kassavou University of Cambridge, UK	Dr Stephanie Chambers University of Glasgow, UK	Prince Atorkey University of Newcastle, Australia	Hannah Long University of Manchester, UK
07:15	Sleep disturbances and the speed of multimorbidity development in old age: results from a longitudinal population-based study	Help-seeking in individuals with symptoms suggestive of attention-deficit/hyperactivity disorder (ADHD): a systematic review and narrative synthesis	Using an online canteen ordering system to improve school lunch purchases: 12-month outcomes of the 'Click & Crunch' Cluster RCT	An eHealth intervention to prevent multiple lifestyle risk factors among Australian adolescents: Baseline results from the Health4Life Initiative	Understanding Obesity-Related Eating and Drinking Behaviours in Pakistani University Students: A Conceptual Model Through Qualitative Enquiry	Using wearable technology to evaluate physical activity (PA) among urban African American women: Two methods to classify wear time intervals
	Dr Shireen Sindi Karolinska Institute, Sweden	Dr Vibhore Prasad King's College London, UK	Dr Rebecca Wyse University of Newcastle, Australia	Dr Katrina Champion The University of Sydney, Australia	Amina Sadia Queensland University of Technology (QUT), Australia	Tiffany Powell-Wiley NHLBI, USA

# Wednesday 9th June 2021

07:30	Keeping active in residential elderly (KARE): the feasibility and impact of a specialised strength training intervention to improve multi-dimensional healthy ageing in frail older adults in residential care	From the Glasgow Effect to the Scottish Paradox: Outdoor play and learning in early childhood for health and wellbeing	Personalised e-health intervention improves medication adherence in type 2 diabetes	Antenatal care for modifiable health risk behaviours: women's receipt and acceptability of guideline recommended care to support a healthy start to life	Self-compassion and ambivalence toward healthy and unhealthy food	Development of an ontology of the mechanisms of action of behaviour change interventions
	Bridgitte Swales University of Stirling, UK	Dr Anne Martin University of Glasgow, UK	Olivia Anstis Atlantis Healthcare, New Zealand	Dr Melanie Kingsland The University of Newcastle, Callaghan	Dr Roeline Kuijer University of Canterbury, New Zealand	Paulina Schenk University College London, UK
07:45	Nutritional inadequacy of individuals aged 65-75 years and the associations with macronutrient composition: The Nutrition for Healthy Living (NHL) Study	Systematic literature review of the relationship between adolescents' screen time, sleep and mental health	Co-development of an interactive digital intervention for and with young adolescents	Psychological Disorder in Children with Chronic Food Hypersensitivity		Eliciting placebo and nocebo effects with and without participants' awareness: effects of suggestions about a sham transdermal caffeine patch on itch
	Rebecca Luong University of Sydney, Australia	Dr Anne Martin University of Glasgow, UK	Katharina Stiehl Ludwig Boltzmann Gesellschaft, Austria	Associate Professor Karena Burke Central Queensland University, Australia		Dr Stefanie Meeuwis Leiden University, Netherlands
08:00	Recruitment of hard-to-reach smokers using a social media strategy	The association between nature-based early childhood education and children's physical activity levels and motor competence: a mixed-methods systematic review	Associations among patient-reported measures of psychological and physical functioning and willingness to share social media data among adolescents with a chronic rheumatic condition	Assessing Children's Swimming Competence: From Public Health Impact to Scientific Research		Preliminary effectiveness of CBT-based cancer distress management in healthcare delivery: Results of a hybrid implementation-effectiveness trial.
	Pamela Smith Cardiff University UK	Dr Avril Johnstone University Of Glasgow, UK	Dr Elissa R Weitzman Boston Children's Hospital, USA	Dr Derwin K C Chan The Education University of Hong Kong, Hong Kong		Dr Shawna Ehlers May Clinic, USA
08:15						Using innovative methods to explore psychosocial determinants of behavioural patterns: within-person N-of-1 study
						Dr Dominika Kwasnicka Poland & Curtin University, Australia



# Wednesday 9th June 2021

08:30	Comfort Break 3					
Tracks	Other (Behavioural medicine and mental health)	Symposium - The importance of preventative care and behavioural medicine in preconception	Symposium - Uncovering novel behavioural targets to alleviate the burden of persistent pain	Symposium Challenges and solutions to developing and evaluating health behaviour change interventions for younger-onset type 2 diabetes: an international perspective	Symposium Open Science in Behavioral Medicine: International Perspectives and Provocative Questions	Symposium Acceptance and decline of psychosocial support in patients with cancer
Chair	Prof Kerry Sherman Macquarie University , Australia	Dr Briony Hill Monash University, Australia	Asst Prof Ann Meulders Maastricht University, Netherlands	Prof Helle Maindal Aarhus University, Denmark	Prof Michael Hoyt University of California, USA	Prof Joost Dekker Amsterdam University Medical Centers, Netherlands
Discussant						Prof Judith Prins Radboudumc, Netherlands
08:45	Client uptake of and views towards a 'healthy lifestyle clinician' in a community mental health service	Defining preconception: Exploring the concept of a preconception population	Pain and attention: somatosensory enhancement or suppression during movement?	Overview of clinical and psychosocial characteristics and quality of chronic care among people with younger-onset type 2 diabetes: a country specific example from Denmark	You Broke It, You Bought It: Open Science in North America	Use of support services among patients and carers with cancer who contacted Cancer Council support services: uptake of and reasons for non-use of services
	Dr. Caitlin Fehily University of Newcastle, Australia	Dr Sinead Currie University of Stirling	Dr. Stefaan Van Damme Ghent University, Belgium	Dr Anne Bo Aarhus University, Denmark	Dr. Suzanne Segerstrom, University of Kentucky, USA	Professor Christine Paul University of Newcastle, Australia
09:00	Anxiety as a mediator of the relationship between perfectionism and perceived stress	International preconception research priorities for maternal obesity prevention	Pre-exposing away nocebo-induced pain	Development of an Education Programme for Children and Teenagers living with Type 2 Diabetes (iCAN)	Open Science in Europe: Some trials, tribulations and exciting ways forward	Reasons for Non-Participation in a Psychological Intervention Trial for Distress in Colorectal Cancer Survivors
	Yuta Takano Fukuyama University, Japan	Dr Briony Hill Monash University, Australia	Associate Professor Ben Colagiuri University of Sydney, Australia	Dr Michelle Hadjiconstantinou University of Leicester, UK	Professor Daryl O'Connor University of Leeds, UK	Professor Judith Prins Radboud University, Netherlands

# Wednesday 9th June 2021

09:15	Early life social environment and thermoregulatory abnormalities in depression – findings from a population-based survey	The UK Preconception Partnership: Improving preparation for pregnancy	Modulating body-image in people with chronic back pain using virtual reality	Challenges and solutions to conducting evaluations of clinical and health behavior change interventions for people with younger-onset type 2 diabetes	Open Science in Behavioral Medicine: Asia Perspectives	Acceptance and decline of psychological interventions in hospitalized patients with cancer
	Dr Susanne Fischer University of Zurich, Switzerland	Danielle Schoenaker University of Southampton, UK	Dr Daniel Harvie Griffith University, Australia	Dr Amelia Lake The Australian Centre for Behavioural Research in Diabetes, Australia	Dr Derwin K C Chan The Education University of Hong Kong, Hong Kong	Theresia Pichler Comprehensive Cancer Center Munich, Germany
09:30	National assessment and e-health interventions for mental health problems among university students: Swedish partnership in the WHO-World Mental Health International College Student (WHM-ICS) consortium	Virtual patient advocates and promoting behaviour change during the preconception period <sup>9</sup>	When the good gets bad: return of pain-related fear and avoidance after response prevention with extinction	Discussion	Open science in behavioral medicine: an australian perspective	Discussion
	Assoc. Professor Anne H Berman Karolinska Institutet, Sweden	Dr Ruth Walker Monash Centre for Health Research and Implementation, Australia	Dr Ann Meulders Maastricht University, Netherlands		Associate Professor Kyra Hamilton Griffith University, Australia	
09:45		Discussion	Discussion		Discussion	
10:00						
10:15	<b>Comfort Break</b>					
10:30	<b>Keynote</b> Laurence Moore Chair - Colin Greaves					

# Wednesday 9th June 2021

Chair	Prof Joost Dekker Amsterdam University Medical Centers, the Netherlands	Dr David Blane University of Glasgow, UK	Prof Sherri Sheinfeld Gorin University of Michigan, USA	Dr Katie Robb University of Glasgow, UK	Dr Emma Baldry University Hospitals of Leicester NHS Trust, UK
11:30	Factors influencing length of meals in Young Australian Adults (18-30 years old) assessed using wearable cameras.	Higher blood pressure is associated with fewer depressive symptoms and greater well-being in the uk biobank	Long-term Impacts of the National Cervical Cancer Screening and School-Based Human Papillomavirus (HPV) Inoculation Programmes in Scotland	Physical activities and its association with perceived stress of older people living with HIV in china	When Do Side-Effect Warnings Cause Nocebo Effects?: An Experimental Examination of Message Complexity and Cognitive Processing Level as Moderators
	Virginia Chan The University of Sydney, Australia	H. Lina Schaare Max Planck Institute for Human Cognitive and Brain Sciences, Germany	Dr Tim Palmer Pathology, University of Edinburgh, UK	Dr Sitong Luo The Chinese University of Hong Kong	Kelly S Clemens University of Toledo, USA
11:45	Combining behavior change techniques and material incentives for effective weight loss programs: a meta-analysis	Cardiovascular disease risk perception in urban and Rural Malawi	Psychosocial impact of primary HPV testing: 12 months into the renewal of the Australian National Cervical Screening Program	The association of mood disorders with cancer recurrence and survival	Choose wisely: how the number of treatment options impacts the nocebo effect
	Milon van Vliet, Health Leiden University, Netherlands	Dr Stephen Kasenda Malawi Epidemiology and Intervention Research Unit, Malawi	Dr Rachael Dodd University of Sydney, Australia	Dr Caryn Mei Hsien Chan National University of Malaysia, Malaysia	Associate Professor Ben Colagiuri University of Sydney, Australia
12:00	Barriers and facilitators of successful weight loss during participation in behavioural weight management programmes: a systematic review	Tackling Statin Intolerance with N-of-1 trials in primary care (TaSINI): testing the feasibility of a GP delivered behavioural intervention to increase statin adherence	Elimination of Cervical Cancer as a Public Health Problem	Self-Management and Psychosocial Predictors of Glycemic Control Trajectories among Adolescents/Young Adults with Type 1 Diabetes	Can we use positive framing to inhibit nocebo side effects?
	Meigan Thomson University of Glasgow, UK	Professor Paul Aveyard University of Oxford, UK	Massimo Ghidinelli Pan American Health Organization, Washington	Dr Lauren Wisk Harvard Medical School, USA	Associate Professor Ben Colagiuri University of Sydney, Australia

# Wednesday 9th June 2021

12:15	What Doesn't Work? Exploring the Perceived Unsuccessful Weight Loss Strategies in Adults, through mixed-methods methodology	Mental health burden after stroke: a propensity-score-matched analysis of two population-based cohort studies		Discussion		Increasing trust as acting mechanism of an educational intervention to improve the pain-relieving effect of generic medicines
	Dr.Filipa Pimenta SPA - Instituto Universitário, Portugal	Maria Blöchl University of Münster, Germany				Dr Maria Kleinstäuber University of Otago, New Zealand
12:30	A proof of concept trial of a positive psychology and motivational interviewing group intervention to promote physical activity among people with metabolic syndrome					Discussion
	Dr Rachel Millstein Massachusetts General Hospital, USA					
12:45						
13:00	<b>Master Lecture</b> <b>Akihito Shimazu, Tokyo</b> <b>Chair - Beate Ditzen</b>					
13:45	<b>Poster Viewing Session</b>					
Tracks	Symposium Getting the most out of clinical trials: moderators, mechanisms and comparators	Symposium Beliefs about stress - from psycho-biological mechanisms to interventions	Symposium Longitudinal data on the course of fear of cancer recurrence:trajectories, predictors and mechanisms	Symposium Behavioral Physical Activity Interventions for Underserved Populations: Innovative Approaches to Reduce Health Disparities	Symposium ICBM tribute to Kristina Orth-Gomér	Symposium From offering to guiding: Digital health approaches to supporting addictive and compulsive behavior change
Tracks	Prof Marie Johnston University of Aberdeen, UK	Dr Susanne Fischer University of Zurich, Switzerland	Prof Gerry Humphris University of St Andrews, UK	Asst Prof Rodney Joseph Arizona State University	Prof Dr Urs Nater University of Vienna, Austria	Asst Prof Bettina Hoepfner Harvard Medical School, USA
Discussant		Prof Dr Johannes Laferton Psychologische Hochschule Berlin, Germany				

# Wednesday 9th June 2021

15:00	Theory and Techniques in Developing and Evaluating Behavioural Interventions	Believing is seeing: the association between stress beliefs and stressor appraisals	Course and Trajectories of Fear of Cancer Recurrence in Patients with Newly-diagnosed Head and Neck Cancer: a Longitudinal Study	Leveraging e- and mHealth technology to Increase Physical Activity and Reduce Cardiometabolic Disease Risk among African American women	Behavioral medicine research in Coronary Artery Disease – where we are going?	Development of SURE Recovery: an app to help people who use substances self-monitor and track their recovery
	Professor Susan Michie University College London, UK	Christopher Kilby Macquarie University, Australia	HAE Deuning-Smit, Department of Medical Psychology Radboud University Medical Center, Netherlands	Dr Rodney Joseph Arizona State University, USA	Neil Schneiderman	Dr Joanne Neale King's College London, UK
15:15	Comparator Formidability and the Efficacy of Behavioral Interventions	Examining cross-lagged associations between stress mindset, psychological health, and health behaviors	The role of anxiety in predicting change of fear of cancer recurrence in people with head and neck cancer: a latent change model	Translating an evidence-based intervention into rural communities using a community-engaged approach	Stress responses trigger the development of CAD – new insights in men and women	Promoting the uptake of health promotion apps via electronic health records (OptiMine study)
	Dr Kenneth Freedland Washington University School of Medicine, USA	Dr Jacob Keech University of the Sunshine Coast, Australia	Professor Gerry Humphris University of St Andrews, UK	Dr Scherezade Mama The Pennsylvania State University, USA	Andrew Steptoe, London	Dr Zarnie Khadjesari University of East Anglia, UK
15:30	Understanding the mechanisms of action in developing behavioral interventions	Changing beliefs about stress (C-BAS): effects on emotional and physiological responses to acute psychosocial stress	A comparison between weekly 'snap-shot' and daily diary methods of measuring fear of cancer recurrence in patients with breast cancer	Integrating IVR-supported phone counseling and community health worker support in underserved Black Belt counties	Life events and type A behaviour - a start and a continuation of psychosocial cardiology in Stockholm. My collaboration with Kristina Orth Gomér at the Karolinska Institute in the early 1970s	Evaluating modifications made based on user feedback for a smartphone app to support smoking cessation in nondaily smokers
	Assistant Professor Mark Butler Feinstein Institutes for Medical Research, USA	Dr Susanne Fischer University of Zurich, Switzerland	Professor Gerry Humphris University of St Andrews, UK	Dr. Dori Pekmezi University of Alabama at Birmingham, USA	Töres Theorell, Stockholm	Dr. Bettina Hoepfner Harvard Medical School, USA



# Wednesday 9th June 2021

15:45	Moderators, Mediators and Effect Sizes in Behavioral Clinical Trials	Changing beliefs about stress (C-BAS): a pilot randomized wait-list-controlled trial optimizing stress beliefs in university students	A Longitudinal Examination of Fear of Cancer Recurrence at Two Time Scales in Couples Coping with Breast Cancer: The Role of Inhibited Disclosure	Discussion	Social support and beneficial methods to treat women with CAD	Designing a randomized clinical trial to assess digital services for psychotherapy: A case study
	Dr Peter Kaufmann Villanova University College of Nursing, USA	Dr. Johannes Laferton Psychologische Hochschule Berlin, German	Professor Jean-Philippe Laurenceau, University of Delaware, USA		Sarah Wamala, Stockholm	Dr Susanne Hoepfner Massachusetts General Hospital, USA
16:00					The gender issue in CAD – in a genetic and behavioral view Redford Williams, Durham	
16:15	Discussion	Discussion	Discussion		Psycho-cardiology - Behavioural and Psychosomatic Medicine in an interdisciplinary perspective Hans-Christian Deter, Berlin	Discussion
16:30	Day 3 Close					

# Thursday 10th June 2021

Time	Parallel 1	Parallel 2	Parallel 3	Parallel 4	Parallel 5	Parallel 6
<b>Tracks</b>	Ageing/Healthy ageing	Tropical medicine, HIV/AIDS and other infectious diseases	Health Inequalities and Other	Cancer prevention and control	Systems and network approaches to improving health (Systems and social networks)	Symposium Behavioral Cancer Interventions: Identifying Psychological, Social, and Biological Influences and Outcomes Across the Translational Research Spectrum
<b>Chair</b>	Asst Prof Allison Marziliano Northwell Health, USA	Dr Christina Psaros Harvard Medical School, USA	Prof Colin Greaves University of Birmingham, UK	Ass. Prof Jamie Jacobs Harvard Medical School, USA	Dr Lynsay Matthews University of Glasgow, UK	Dr Asst Prof Michael Hoyt University of California, USA & Tracey Revenson Hunter College
<b>Discussant</b>						Prof Annette Stanton, University of California, USA
<b>13:00</b>	Self-rated health and frailty as predictors of mortality in older adults	Trends in pre-military sexually transmitted infections and associated risk behaviours in Canadian Armed Forces recruits	Minority stress associated with risky sexual behaviors and anxiety among transgender women sex workers in China	Online and Phone Assistance for Lung Cancer Patients (OPAL): Uptake and outcomes for telephone versus online support in a randomised controlled trial	The value of partnerships and networks in practice based evaluation	Continuing decisional process benefits post-implementation for breconda, an online decision support intervention in the breast cancer context
	Professor Yael Benyamini Tel Aviv University, Israel	Dr Heather McCuaig Edge Department of National Defence, Canada	Dr Rui She The Chinese University of Hong Kong, Hong Kong	Professor Christine Paul University of Newcastle, Australia	Judith Fynn University of East Anglia, UK	Professor Kerry Sherman Macquarie University, Australia
<b>13:15</b>	Sex and family history of heart disease in the inflammatory response to acute stress	Depression increases HIV transmission risk in HIV-positive older adults who engage in condomless sex with serodiscordant partners	The Effect of Symptom Tracking Apps on Symptom Reporting	Navigating chronic cancer-related fatigue: an interpretative phenomenological analysis	Can influential students diffuse sexual health messages via their school friendship networks? A feasibility trial of the STASH intervention	Behavioral Cancer Interventions: Identifying Psychological, Social, and Biological Influences and Outcomes Across the Translational Research Spectrum
	Dr Charles Emery The Ohio State University, USA	Dr Travis Lovejoy Oregon Health & Science University, USA	Kate MacKrell University of Auckland, New Zealand	Tom Bootsma Netherlands Tilburg University, Netherlands	Professor Kirstin Mitchell University of Glasgow, UK	Dr Michael Hoyt University of California, USA

# Thursday 10th June 2021

13:30	Active arts engagement and depression in older adults in the United States: Longitudinal evidence from the Health and Retirement Study	The role of information in adherence to treatment for people living with hiv: results of a qualitative study in a Colombian city	Psychobiological Impact of Chronic Ethnic Discrimination in Turkish Immigrants Living in Austria	Not as stable as we think: A descriptive study of 12 monthly assessments of fear of cancer recurrence amongst curatively-treated breast cancer survivors 0-5 years after surgery	“Learning together and from each other”: the benefits of a theory- and community-based intergenerational program on older and younger individuals’ well-being in Hong Kong	Feasibility and acceptability of a dyadic Intervention for couples after prostate surgery
	Dr Jessica Bone University College London, UK	Dr Mariantonia Lemos Universidad EAFIT, Colombia	Andreas Goreis University of Vienna, Austria	Professor Judith Prins, Radboudumc, Netherlands	Professor Nelson C. Y. Yeung The Chinese University of Hong Kong, Hong Kong	Professor Tracey Revenson Hunter College, USA
13:45		Depressive symptoms and physical activity level mediated the association between HIV sero-status and neurocognitive performance among Chinese people aged 50 years or above	IMPROVING ACCESS TO WEIGHT MANAGEMENT SERVICES: APPLICATION AND DEVELOPMENT OF CANDIDACY THEORY USING A MIXED METHODS CASE STUDY	The effects of knowledge, attitude, and subjective norms on intention to obtain HPV vaccine: A longitudinal study	Network Analysis of associations between clinical variables and psychological symptomsin Testing and Identifying Targets in Rheumatoid Arthritis Therapy (TITRATE) dataset	Interpersonal influences on health outcomes within the context of a behavioral weight loss intervention for high-risk breast cancer survivors
		Dr Zixin Wang The Chinese University of Hong Kong, Hong Kong	Dr David N Blane University of Glasgow, UK	Sali Rahadi Asih University Of Indonesia	Hsiu Yen Tung King's College London, UK	Dr Dara Sorkin University of California, USA
14:00		Languageless animated gifs to communicate covid-19 preventive behaviours to adults in Guatemala: development and evaluation of efficacy			Homophily and peer influence effects for spreading adolescent smoking and vaping norms, and other smoking outcomes, in schools: The MECHANISMS study.	Discussion
		Dr Nicola O'Brien Northumbria University, UK			Dr. Jennifer Marie Murray Queen's University Belfast, UK	
14:15					What are the mechanisms by which adolescents chose to smoke or vape? A qualitative study in Bogotá and Northern Ireland	
					Ms Sharon Sanchez Franco Universidad De Los Andes	
14:30	<b>Comfort Break</b>					

# Thursday 10th June 2021

Keynote Viola Vaccarino, USA Chair - Sherri Sheinfeld Gorin						
Poster Viewing Session						
Tracks	Behaviour change and interventions (Behaviour change: physical activity)	Pain & Musculoskeletal Disorders (Pain: mechanisms and interventions)	Cancer prevention and control (Cancer prevention and control: Interventions)	Symposium Teaching and learning behaviour change in different contexts	Symposium Cardiovascular and pulmonary health and disorders, and critical care medicine	Symposium Cardiometabolic Health in Racial/Ethnic Minorities across the Cancer Continuum: Prevention to Survivorship
Chair	Prof Sharon Simpson University of Glasgow, UK	Dr Katie Gallacher University of Glasgow, UK	Asst Prof Lara Traeger Harvard Medical School, USA	Prof Pernilla Åsenlöf Department of Neuroscience, Uppsala University, Sweden	Prof Kenneth Freedland Washington University School of Medicine, USA	Asst Prof Patricia Moreno Northwestern University Feinberg School of Medicine, USA
16:30	Meaning in Life is Associated with Body Composition, but not Physical Fitness, in Previously Inactive Exercise Initiates	Is the ICD-11 chronic pain classification clinically useful? First results from field testing in India	The social cognitive processing model of emotional adjustment to cancer: support from a smartphone-enabled ecological momentary assessment study	Teaching and learning behaviour change strategies in physiotherapy education, in undergraduate and graduate programmes and courses	Psychosocial Factors in Self-Care of Heart Failure	Psychological stress, depressive symptoms, and metabolic syndrome in Chilean adults: A longitudinal study
	Dr Stephanie A. Hooker HealthPartners Institute, USA	Beatrice Korwisi University of Marburg, Germany	Dr Shelby Langer Arizona State University, USA	Maria Sandborgh Mälardalen University, Sweden	Dr. Kenneth Freedland Washington University School of Medicine, USA	Dr. Manuel S. Ortiz Universidad de La Frontera, Chile
16:45	Daily social influences on physical activity among midlife women with CVD risk: an ecological momentary assessment study	Learning mechanisms in nocebo hyperalgesia: the role of conditioning and attenuation processes	Volunteer Lifestyle coaching to support reduction of post- menopausal cancer risk factors – The ActWELL study	Simulated patients and coaching in behavioural medicine trainings	Measuring the Multiple Dimensions of Medication Adherence	Anti-inflammatory dietary intervention among overweight and obese US breast cancer survivors
	Dr Danielle Arigo Rowan University, USA	Mia A. Thomaidou Leiden University, Netherlands	Professor Annie Anderson University of Dundee, UK	Konstadina Griva Lee Kong Chian School of Medicine, Singapore	Dr Corrine Voils University of Wisconsin-Madison, USA	Dr Amelie Ramirez University of Texas Health Science Center at San Antonio, USA

# Thursday 10th June 2021

17:00	Time Preference and Present Bias: An Intervention to Increase Physical Activity	Guided Internet-Based Cognitive-Behavioral Therapy for Patients with Rheumatic Conditions: A Systematic Review	Enhanced Coping and Self-Efficacy in Caregivers of Stem Cell Transplant Recipients: Identifying Mechanisms of a Multimodal Psychosocial Intervention	Matching behaviour change strategies to functional behaviour analyses: examples from training of physiotherapy students in higher education	Self-management of emotional distress after a myocardial infarction: a qualitative content analysis from the U-CARE Heart study	Cardiometabolic Health in Prostate Cancer Survivors: Addressing Prevalent Comorbidities in a Growing and Aging Population
	Uma Thomas University of Aberdeen, UK	Jessy Terpstra Leiden University, Netherlands	Dr Jamie M. Jacobs Harvard Medical School, USA	Hedvig Zetterberg Uppsala University, Sweden	Dr Erik Olsson, Uppsala University, Uppsala, Sweden	Dr. Frank Penedo University of Miami, USA
17:15	The psychological effects of reading a mobile phone while walking	Treatment fidelity in the Gait Rehabilitation in Early Rheumatoid Arthritis Trial (GREAT) feasibility study	Assessing barriers to self-completed fit colorectal cancer screening and potential solutions: a cross-sectional study	Teaching and learning behaviour change in a clinical context – experiences of successful and unsuccessful methods	Discussion	Cardiometabolic Comorbidities in Hispanic/Latino Cancer Survivors: Prevalence and Impact on Health-Related Quality of Life
	Professor Elizabeth Broadbent University of Auckland, New Zealand	Dr Emma Godfrey King's College London, UK	Dr Marie Kotzur University of Glasgow, UK	Johanna Fritz Mälardalen University, Sweden		Dr Patricia Moreno Northwestern University Feinberg School of Medicine, USA
17:30			A national hybrid type II effectiveness-implementation trial: UV4me2 intervention costs and impact on young adult skin cancer risk behaviors	Discussion		Discussion
			Dr. Carolyn Heckman Rutgers Cancer Institute of New Jersey, USA			
17:45				Closing Remarks  Joost Dekker Amsterdam University Medical Centers, the Netherlands		
18:00	<b>Food Break</b>					



# Thursday 10th June 2021

Tracks	Behaviour change and intervention (Behaviour change: Smoking)	Occupational health (Occupational health: negative impact of work)	Health Inequalities	Symposium The work of treatment and self-care: exploring treatment burden in those managing chronic health conditions	Symposium Behavioural aspects of cardiac rehabilitation - Unresolved problems and new solutions	Symposium Cannabis Use in Vulnerable Populations: International Perspectives from Laboratory to Field Studies
Chair	Prof Annie Anderson University of Dundee, UK	Prof Laurence Moore University of Glasgow, UK	Dr Marie Kotzur University of Glasgow, UK	Asst Prof David Eton Mayo Clinic, USA	Asst Prof Erik Olsson Uppsala University, Uppsala, Sweden	Asst Prof Jane Metrik Brown University, USA
19:00	Promoting smoking cessation during pregnancy: a combined feasibility and pilot trial of a theory-based intervention using narrative, images and embedded behaviour change techniques, delivered via text-messaging: SKIP-IT	Burnout and offensive behaviors among health care workers in Hungary	Understanding the Role of the Social Environment in Inflammatory Processes among African American Chronic Kidney Disease Patients	Treatment burden: conceptualizing a construct, defining its measurement, and characterizing its expression	Promotion of Physical Activity in Patients with Heart Failure and Comorbid Depression	Direct effects of cannabis intoxication on motivations for softer and harder drug use: an experimental approach to the gateway hypothesis
	Dr Emma King University of Stirling, UK	Dr Adrienne Stauder Semmelweis University Budapest, Hungary	Kimberly Jacob Arriola Emory University, USA	Dr David T. Eton Mayo Clinic, USA	Dr. Kenneth Freedland Washington University, USA	Dr Janna Cousijn University of Amsterdam, Netherlands
19:15	Cannabis Use and Quitting Cigarette Smoking in the Cancer Prevention Study-3	Long working hours and risk of acute recurrent coronary disease events	Engaging homeless smokers in an e-cigarette smoking cessation intervention: qualitative findings from a feasibility study	Factors associated with high treatment burden: findings from a population-based survey in the central Denmark region	Behavioural challenges after myocardial infarction	Acute Effects of Cannabis on Alcohol Consumption: Moderation of Effects by Cannabis Use Patterns
	J. Lee Westmaas American Cancer Society, USA	Dr Xavier Trudel Université Laval, Canada	Dr Allan Tyler University of Stirling, UK	Dr Polly Duncan University of Bristol, UK	Dr Erik Olsson Uppsala University, Sweden	Dr Jane Metrik Brown University, USA
19:30		The association between occupational physical activity and Need for Recovery among workers with physically demanding professions	How does socioeconomic development in Brazil shape social disparities in diabetes?	An exploration of treatment burden in stroke survivors	Psychological interventions in cardiac rehab: Do they really matter?	Cannabis in Pregnancy: Perceptions of Prenatal Users and Patterns of Prenatal Use
		Margo Ketels Ghent University, Belgium	Professor Finn Diderichsen University of Copenhagen, Denmark	Dr Katie Gallacher University of Glasgow, UK	Professor Christian Albus, Dept. of Psychosomatic Medicine University Hospital of Cologne, Germany	Dr Laura Stroud Brown Medical School, USA

# Thursday 10th June 2021

19:45		Straw project: disentangling the sources and context of day-to-day stress at work	Elucidating Mechanisms of Quality of Life Disparities Among Hispanic Women with Breast Cancer: an Examination of Disease Stage, Coping, and Affect	Modeling the effect of self-care behaviors on treatment burden in cancer survivors	Collaborating with Patient Research Partners to Develop an Internet-Based Psychological Intervention for Patients with Myocardial Infarction with Nonobstructed Coronary Arteries (MINOCA)	Cannabis use disorders in first episode psychosis: the multicentre EUGEI study
		Larissa Bolliger Ghent University, Belgium	Molly Ream University of Miami, USA	Dr Roger Andersson University of Virginia, USA	Sophia Monica Humphries Uppsala University, Sweden	Dr Tom Freeman University of Bath, UK
20:00			Educational background moderates the effect of a computer-based brief intervention to reduce alcohol consumption: Findings from a randomized controlled trial.	Discussion	Discussion	Discussion
			Mr. Andreas Staudt Technische Universität Dresden, Germany			
20:15						
20:30	Poster Viewing Session					
21:15	Day 4 Close					

# Friday 11th June 2021

Time	Parallel 1	Parallel 2	Parallel 3	Parallel 4	Parallel 5
12:00	INSPIRE Meeting - Navigating the ECR pathway in the time of COVID				
13:00	Poster Viewing Session				
Tracks	Prevention (Antimicrobial resistance and vaccine hesitancy)	Lifestyle Behaviours (Physical activity to improve health)	Health Education, communication (Health communication and decision making)	Symposium - "What Matters to Whom?" – Online Screening and Personalised Treatment for Psychological and Physical Adjustment to Chronic Disease	Symposium - Human Behaviour-Change Project: Novel tools for cross-disciplinary working in behavioural medicine
Chair	Prof Ronan O'Carroll University of Stirling, Stirling, UK	Prof Cindy Gray University of Glasgow, UK	Asst Prof Elizabeth Seng Yeshiva University, USA	Cinderella K Cardol Leiden University, Netherlands	Prof Susan Michie University College London, UK
Discussant				Prof Andrea Evers Leiden University, Netherlands	
14:00	Influenza vaccination in the tropics: Who are more likely to take it up?	Applying a theoretical framework to assess the acceptability of therapist training and delivery of the Gait Rehabilitation in Early Rheumatoid Arthritis Trial intervention (GREAT Strides): a qualitative analysis	Preferences Regarding Organ Donations from Deceased Donors: Evidence from a Discrete Choice Study	"What matters to you?" – patient priorities in patients with (endstage) chronic kidney disease and the development of a personalised instrument for use in healthcare and clinical trials	A new tool for specifying behavioural interventions: the Behaviour Change Intervention Ontology
	Dr Angela Chow Lee Kong Chian School of Medicine, Singapore	Dr Mandeep Sekhon King's College London, UK	Professor Paul Brown University of California Merced, USA	Judith Tommel Institute of Psychology, Netherlands	Professor Robert West University College London, UK
14:15	Influenza vaccine hesitancy in adults with chronic respiratory conditions: testing different models of vaccination behaviour	Body, soul and spirit, an adaptation of two evidence-based interventions to promote physical activity and healthy eating among adults in churches in Lagos Nigeria: a three-arm cluster randomized controlled pilot trial	Health literacy and cognitive function: outcomes on reported health conditions and medication use	The Development of COMPASS: Transdiagnostic Online Cognitive Behavioural Therapy (CBT) for Depression and/or Anxiety in Long-Term Conditions (LTCs)	Specifying intervention settings and populations
	Dr Lynn Williams University of Strathclyde, USA	Dr Oluwakemi Odukoya University of Lagos, Nigeria	Dr Brittany Canady Marshall University, USA	Dr Joanna Hudson King's College London, UK	Dr Alison Wright University College London, UK

# Friday 11th June 2021

14:30	Barriers to HPV Vaccination by Gender Identity and Sexual Orientation in the United States among Older Millennials	The level of physical activity among high school students is related to stress mindset, coping, helplessness, and hopelessness	Testing the effect of affective priming on parental decisional conflict regarding children's seasonal influenza vaccination: a randomized control trial	Development and Evaluation of E-GOAL: a Tailored E-care Path to Identify and Treat Psychosocial Barriers for a Healthy Lifestyle in Chronic Kidney Disease	Specifying intervention delivery and content		
	Dr Marybec Griffin Rutgers University, USA	Hege Eriksen Western Norway University of Applied Sciences, Norway	Dr Qiuyan Liao The University of Hong Kong, Hong Kong	Cinderella K. Cardol Leiden University, Netherlands	Dr Emma Norris University College London, UK		
14:45	Geographical Differences in Patient Beliefs and Knowledge of Antibiotics and Antimicrobial Resistance		"This pizza contains 60 grams of sugar." Quantifying overestimation of the sugar content of foods	Feasibility of Online Acceptance and Commitment Therapy for Chronic Pain: Results from a Feasibility Trial and Qualitative Study	Discussion		
	Dr Annie Jones University College London, UK		Dr Laura M. König University of Konstanz, Germany	Dr Whitney Scott King's College London, UK			
15:00	Facilitators and barriers to influenza vaccine uptake in adults with chronic respiratory conditions (CRC): A qualitative study		Dr Nicola Cogan University of Strathclyde, UK	Discussion		Discussion	
	A systematic review of practice-, provider-, and patient-level determinants impacting Asian-Americans' human papillomavirus vaccine acceptance and uptake						
15:15	Milkie Vu Emory University, USA						
	<b>15:30 Comfort Break</b>						
15:45	<b>Master Lecture</b> Andrea Evers Chair: Henriette van der Horst						
16:30	<b>Closing Ceremony</b> Introduction to ICBM 2023 Host Country						
17:30	<b>Close</b>						





# VANCOUVER

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