

8.30 – 10.00

Symposium 1

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

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

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

Nessa Ikani, Radboud University, the Netherlands

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

Alvaro Sanchez-Lopez, Complutense University of Madrid, Spain

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

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

9.30 tbc (Pre-recorded)

Jamie Cummins, Ghent University, Belgium

9.50 Discussion

Eni Becker, Radboud University, the Netherlands

Symposium 2

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

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

8.30 Characterising negative mental imagery in adolescent social anxiety

Kenny Chiu, University of East Anglia, UK

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

Taryn Hutchinson, King's College London, UK

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

Maaïke Nauta, University of Groningen, the Netherlands

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

Marjolein Thunnissen, University of Groningen, the Netherlands

9.50 Discussion

Caroline Braet, Ghent University, Belgium

Symposium 3

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

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

8.30 Introduction

Daniel Freeman, University of Oxford, UK

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

Laina Rosebrock, University of Oxford, UK

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

Sinéad Lambe, University of Oxford, UK

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

Daniel Freeman, University of Oxford, UK

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

Felicity Waite, University of Oxford, UK

9.35 tbc

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

9.50 Discussion

Symposium 4

Imagery Rescripting: Clinical applications and Underlying Mechanisms

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

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

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

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

Sophie Rameckers, University of Amsterdam, the Netherlands

- 9.10 Future-oriented Imagery Rescripting and Imaginal Exposure for social anxiety symptoms: mechanisms and outcomes in an analog study
Snir Barzilay and **Jonathan Huppert**, The Hebrew University of Jerusalem, Israel
- 9.30 Training therapists based in Kurdistan to use Cognitive Restructuring and Imagery Modification (CRIM) to treat Yazidi Women reporting feelings of being contaminated following sexual assault
Sameena Akbar, Woodfield Trauma Service, Central North West London NHS Trust, UK
- 9.50 Discussion

Panel Debate 1

Training and Supervision: Reimagining the future of CBT

Chair: **Keith Dobson**, University of Calgary, Canada

Panel: **Andrea Ashbaugh**, University of Ottawa, Canada
Helen Macdonald, BABCP/EABCT, UK
Dmitrii Kovpak, North West State Medical Univeristy, St. Petersburg, Russian Federation
Yusuf Sivrioğlu, Uludag University Medical School, Turkey
Mehmet, Istanbul Kent University, Turkey

Symposium 5

The developing role of the Resilience Hub model in supporting health, social care, and emergency services staff

Chair: **Gita Bhutani**, Lancashire and South Cumbria NHS Foundation Trust & University of Liverpool, UK

- 8.30 An overview of the Resilience Hub model; during the pandemic and beyond
Gita Bhutani, Lancashire and South Cumbria NHS Foundation Trust & University of Liverpool, UK and **Alan Barrett**, Pennine Care NHS Foundation Trust a& University of Salford, UK
- 8.50 Evaluating the Resilience Hub model
Filippo Varese, University of Manchester & Greater Manchester Mental Health NHS Foundation Trust, UK
- 9.10 Building resilience in teams
Hein Ten Cate, Lancashire and South Cumbria NHS Foundation Trust, UK
- 9.30 Evaluating the implementation of Workplace Trauma Support
Kate Allsopp, Greater Manchester Mental Health NHS Foundation Trust & University of Manchester, UK
- 9.50 Discussion

Clinical Skills Class 1

An integrated CBT treatment for psychosis: Strategies to optimize the treatment and mistakes to avoid

Antonio Pinto, Professor of CBT at APC Psychotherapy School and Director of Rehabilitation Programs, Department of Mental Health, Naples, Italy

Symposium 6

Recent advances in the search for predictors and mechanisms of response in cognitive-behavioral therapy for anxiety-related disorders

Convenor and Chair: **Carles Soriano-Mas**, Bellvitge Biomedical Research Institute-IDIBELL, Barcelona, Spain

- 8.30 Right prefrontal cortical thickness is associated with response to cognitive-behavioral therapy in children with obsessive-compulsive disorder
Sara Bertolín, Bellvitge Biomedical Research Institute-IDIBELL, Barcelona, Spain
- 8.50 Pharmacological and cognitive-behavioral therapy have common and specific effects on brain activity in obsessive-compulsive disorder
Laurens Van De Mortel, The University of Amsterdam, the Netherlands
- 9.10 Neural predictors of cognitive-behavior therapy outcome in anxiety-related disorders: a meta-analysis of task-based fMRI studies
Maria Picó-Pérez, University of Minho, Braga, Portugal
- 9.30 Modeling and predicting changes in fear during exposure therapy
Tiago V. Maia, The University of Lisbon, Portugal
- 9.50 Discussion

Symposium 7

Advances in parenting interventions for parents with mental health difficulties: A life span perspective with the potential to address intergenerational problems

Convenor and Chair: **Anja Wittkowski**, The University of Manchester & Greater Manchester Mental Health NHS Foundation Trust, UK

- 8.30 Could a parenting intervention be acceptable and even beneficial to mothers with severe mental health problems as well as their infants? Preliminary findings from a feasibility study
Anja Wittkowski, University of Manchester and Greater Manchester Mental Health NHS Foundation Trust, UK
- 8.50 The Triple P Positive Parenting Programme for parents with a diagnosis of psychosis
Lynsey Gregg, The University of Manchester, UK
- 9.10 Open feasibility trial of Family Life Skills Triple P for parents of children with early onset conduct problems
Matthew Sanders, Parenting and Family Support Centre, The University of Queensland, Australia
- 9.30 Empower-Autism: A new psycho-educational and psycho-therapeutic group-based programme for parents/carers of children recently diagnosed with autism
Hilary Beech, The University of Manchester, UK
- 9.50 Discussions

Symposium 8

Using innovative technology to enhance psychotherapy practice and research

Chair: **Danilo Moggia**, University of Trier, Germany

- 8.30 Enhancing CBT with self-identity exploration using EYME-Explore Your Meanings: A digital platform using Virtual Reality
Guillem Feixas, University of Barcelona, Spain
- 8.50 Can you turn into your own therapist?
Brenda E. Ryan, Institut d'Investigacions Biomèdiques August Pi i Sunyer (IDIBAPS), Barcelona, Spain
- 9.10 What makes us trust virtual agents: the role of childhood trauma and person beliefs along the paranoia continuum
Miriam Fornells-Ambrojo, University College London, UK
- 9.30 Treatment personalisation and clinical decision support systems: from outcome predictive models to the prediction of process-outcome associations
Danilo Moggia, University of Trier, Germany

Clinical Skills Class 2

EFFICIENT IN STRESS - Process-based prevention of PTSD program for groups at high risk of job/duty related traumatization.

Agnieszka Popiel, SWPS University of Social Sciences and Humanities, Warsaw, Poland and **Ewa Prąglowska**, SWPS University Clinic of Cognitive-Behavioural Therapy, Warsaw, Poland

9.00 – 12.00

In Congress Workshop 1

Rethinking CBT: Positive CBT as a proven strategy for a new way of living

Fredrike Bannink, Owner practice, Amsterdam, Netherlands

Open Paper Symposium 1

Pain, interoception, and physical exercise

Chair: tbc

- 8.30 Pain control after surgery: can virtual reality make a difference? Results of a randomized controlled clinical study, phase ii
Raluca Georgescu, Babeş-Bolyai University Cluj-Napoca, Romania
- 8.50 Interoception in pathological illness anxiety – evidence from three different paradigms
Carolin Wolters, University of Cologne, Germany
- 9.10 The benefits of physical exercise on State Anxiety: exploring possible mechanisms
Eva Herzog, LMU Munich, Germany
- 9.30 The influence of sexual arousal and disgust on pain
Lara Lakhsassi, University of Groningen, the Netherlands

9.00 – 13.30

Poster Session 1

Adult Mental Health: Processes and interventions.

Professional Issues

Reach Out to Me: The involvement of another person in imagery rescripting Interventions

Hila Sorka, The Hebrew University of Jerusalem, Israel

Does Imagery Rescripting selectively change emotional memory of aversive experiences but not the memory for factual information?

Milena Aleksic, Department of Psychology, LMU Munich, Germany

Imagery rescripting in schema therapy and compassion focused therapy: The similarities and differences of the two protocols with indications for clinicians.

Julia Bączek, SWPS University of Social Sciences and Humanities, Warsaw, Poland

Keep calm, and carry on: Suppression training improves mental health

Zulkayda Mamat, University of Cambridge, UK

Intolerance of uncertainty: A risk or protective factor for moral pain?

Michelle Birch, University of Ottawa, Canada

Efficacy of cognitive-behavioral therapy (CBT) in anger management: A systematic review

Judith Castro Egea, Fundació Althaia - Xarxa Assistencial Universitària, Manresa, Spain

The experience and expression of anger in hoarding

Wenting Chen, University of New South Wales, Sydney Australia

Evolution of pharmacological usage during a transdiagnostic group intervention based on the Unified Protocol in the Spanish Public Health System: Results at 12 months of follow-up.

Óscar Peris Baquero, Universidad de Zaragoza, Teruel, Spain

Gender differences in the application of the Unified Protocol for transdiagnostic treatment of emotional disorders: A narrative review

Óscar Peris Baquero, Universidad de Zaragoza, Teruel Spain

Completion of cognitive-behavioral interventions in a public adult mental health service

Yolanda Martínez Ortega, Althaia, Xarxa Assistencial i Universitària de Manresa, Spain

Predicting mental health in fire fighters in a 2-year longitudinal study

Miriam Lommen, University of Groningen, the Netherlands

The role of material, social and emotional resources in the prediction of intimate partner violence revictimization by the same or different aggressors.

Ana Bellot Valenzuela, Universidad Autónoma de Madrid, Spain

Intimate partner violence pre and during COVID-19: results from the International sexual health and reproductive (I-SHARE) survey in Luxembourg

Alice Einloft Brunnet, Université Paris Nanterre, France

Patient satisfaction with digital group-based CBT for domestic violence: Preliminary findings.

Merete Berg Nesset, St. Olav's University Hospital, Trondheim, Norway

Adverse childhood experiences and loneliness: a meta-analysis

Miruna Gabriela Canache, Babeş-Bolyai University, Cluj-Napoca, Romania

Finding predictors of treatment adherence and drop-out in two group psychological interventions

Marta Espinosa Guardiola, Guardiola Hospital Clinic de Barcelona, Spain

The self of self-criticism and the dysregulation of emotions

Ausiàs Cebolla Marti, Universitat de València, Spain

Development and validation of the European Portuguese version of the Multidimensional Emotional Disorder Inventory (MED) in a community sample

Marco Pereira, University of Coimbra, Center for Research in Neuropsychology and Cognitive-Behavioral Intervention (CINEICC), Portugal

Machine Learning Based Positive and Negative Specific Autobiographical Memory Classification

Hale Yapıcı Eser, Koc University Graduate School of Health Sciences, Istanbul, Turkey

The efficacy of guided and unguided game-based CBT in reducing distress in college students

Cristina Tomoiaga, Babeş-Bolyai University, Cluj-Napoca, Romania

Research advances in the implementation of transdiagnostic interventions for addressing emotion dysregulation

María Vicenta Navarro Haro, University of Zaragoza, Spain

Extending Our Understanding of the Association between Symptoms of Emotional Disorders and Distress Intolerance, Negative Automatic

Thoughts, and Irrational Beliefs: A Network Analysis Approach

Razvan Predatu, Babeş-Bolyai University Cluj-Napoca, Romania

Categorical vs dimensional assessment of emotional disorders: A clinical case using the Multidimensional Emotional Disorders Inventory (MED)

Alba Quilez Orden, Universidad de Zaragoza e Instituto de Investigación Sanitaria de Aragón Teruel Spain

Exposure to Intrusive Thoughts Using Virtual Reality

Jiřina Kosová, National Institute of Mental Health Klecany, Czech Republic Jiřina Kosová

Psychometric properties of the Body Image Shame Scale in a sample of men

Cristiana Duarte, York St. John University, School of Education, Language and Psychology UK

Translation and validation of the Japanese version of the State Cognitive Fusion Questionnaire

Rae Na Kang, Graduate School of Human Sciences, Waseda University, Japan

Hunger increases negative and decreases positive emotions in women with a healthy weight

Mégane Ackermans, University of Groningen, the Netherlands

Cognitive developmental level and psychopathological symptoms

Selin Tutku Tabur, Hasan Kalyoncu University, Ankara, Turkey

Degree of suggestibility and avatar embodiment in virtual reality. Individual differences in personality and therapeutic implications.

José Ruiz-Rodríguez, University of Barcelona, Department of Clinical Psychology and Psychobiology, Spain

Cognitive reactivity amplifies the activation and development of negative self-schema: A revised mnemonic neglect paradigm and computational modelling

Noboru Matsumoto, Shinshu University, Japan

A latent profile analysis of technostress related to the use of New Information and Communications Technologies (NICT): a transdiagnostic approach

Patrícia M. Pascoal, Universidade Lusófona de Humanidades e Tecnologias, Lisbon, Portugal

Is psychological change really non-linear? Initial study on the comparison of the pace of therapeutic change between Videoconferencing

Psychotherapy and Face-to-Face therapy.

Diego Fernández-Regueras, Universidad Autónoma de Madrid, Spain

Internet-based psychological intervention for prolonged grief disorder: a pilot study protocol in Brazil

Alice Brunnet Einloft, Université Paris Nanterre, France

Early shame experiences and psychopathology: The mediating role of social support and self-compassion

Daniel Seabra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention, Coimbra, Portugal

Empathy, compassion and attitudes towards transgender individuals: a preliminary analysis in a community sample of Portuguese adults.

Sérgio Carvalho Andrade, Lusófona University, Lisbon, Portugal

Closing the gap between empirical evidence and clinical Practice: Implementing virtual reality in an outpatient psychotherapy setting - A mixed-methods feasibility study

Julia Wöllner, MEU - Study Center of Diploma University of Applied Science, Magdeburg, Germany

Improving students' self-esteem with an online group intervention based on the Fennell Model: an open-label, uncontrolled pilot trial

Luana-Maria Alexa, West University of Timisoara, Romania

An innovative EMDR online application: Tested for You!

Klara De Cort, Maastricht University- Expertisecentrum, Mondriaan Mental Health Center, the Netherlands

Paralinguistic Predictors of Psychotherapy Outcomes in Ecological Online Environments: Proof-of-Concept Study

Snir Barzilay, The Hebrew University of Jerusalem, Israel

Measuring interpretation biases using the AST-D-II: Disorder-specific or unspecific?

Marius Kunna, Ruhr University, Bochum, Germany

The effect of hunger-induced negative emotions and habitual emotion regulation on food intake in women with a healthy weight

Mégane Ackermans, University of Groningen, the Netherlands

Emotions embodied: A Meta-Analysis on Emotion Perception and Interoception

Anna Pohl, Institute of Clinical Psychology and Psychotherapy, Germany

Distributional semantic models and affective structure

Horea-Radu Oltean, Babeş-Bolyai University, Romania

Professional Issues

Challenges in psychotherapy: the views of patients, therapists, and supervisors

Sven Alfonsso, Karolinska Institutet, Stockholm, Sweden

Experience of managing countertransference through self-guided imagery in meditation among healthcare professionals

Olaug Julie Aasan, Oslo University Hospital, Norway

Learning in cognitive-behavioral therapy of clinical psychologists in training

Yolanda Martínez Ortega, Althaia, Xarxa Assistencial i Universitària de Manresa, Spain

Observational coding system of the therapist-client interaction for the study of the therapeutic relationship

Maria Cristina Guerrero- Escagedo, Universidad Autónoma de Madrid, Spain

Personality and discomfort in a therapeutic skills training program using experiential methodology

Adela Fusté-Escolano, Faculty of Psychology, University of Barcelona, Spain

Saudi therapists' lived experience of self-awareness

Noor Abdullah Al-Khudair, Al Faisal University, Riyadh, Saudi Arabia

Posters on virtual platform only

Relevance and utility of pilot studies: The example of the Mempositiv Program for female survivors of intimate partner violence

Ana Asunción Antón Riquelme, Universidad Complutense de Madrid, Spain

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

Maria Loades University of Bath UK

A randomized controlled trial of a cognitive behavioral therapy-based online group self-help program: 3-Month follow-up

Minkyung Yim, Korea University, Seoul, South Korea

10.30 – 12.00

Symposium 9

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

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

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

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

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

Anne De Graaff, VU University, Amsterdam, Netherlands

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

Naser Morina, University Hospital Zurich, Switzerland

11.30 Comparing Mindfulness-Based Stress Reduction versus Escitalopram for Anxiety

Eric Bui, University of Caen, France

11.50 Discussion

Symposium 10

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

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

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

Mike Rinck, Radboud University, Nijmegen, the Netherlands

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

Eni Becker, Radboud University, Nijmegen, the Netherlands

11.10 Swipe right, swipe left: Initial Interactions among individuals with SAD

Naama Rozen, Haifa University, ramat Gan, Israel

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

Roy Azoulay, Bar Ilan University, ramat Gan, Israel

11.50 Discussant

Jonathan Huppert, Hebrew University, Jerusalem, Israel

Symposium 11

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

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

10.30 Me, Myself, and I: Sense of self in schizophrenia spectrum and other psychotic disorders – A systematic review

Marieke Pijnenborg, University of Groningen, the Netherlands

10.45 Differences in self-concept structure between individuals with Dissociative Identity Disorder, Psychosis, and non-clinical adults

Wencke Donath, University of Groningen, the Netherlands

11.00 Brain scans prove dissociative identity disorder?

Ante Schlesselmann and **Vera De Vries**, University of Groningen, the Netherlands

11.15 To prepare or not?: Phase-based treatment versus direct trauma-focused treatment in patients with a PTSD related to childhood abuse.

Noortje Van Vliet, Dimence, the Netherlands

11.30 Theoretical misunderstandings and new insights in treating Dissociative Identity Disorders

Rafaële Huntjens, University of Groningen, the Netherlands

11.45 Questions and answers

Symposium 12

Physical activity as augmentation strategy for Cognitive Behavioural Therapy

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

- 10.30 Feasibility of exercise as augmentation strategy for cognitive behavior therapy
Janna Vrijsen, Radboud University Medical Center and Pro Persona Mental Health Care, the Netherlands
- 10.50 Community-based smoking cessation treatment for adults with high anxiety sensitivity: a randomized clinical trial
Jasper Smits, Department of Psychology and Institute for Mental Health Research, The University of Texas at Austin, USA
- 11.10 tbc
Simon Rosenbaum, Faculty of Clinical Medicine, Discipline of Psychiatry and Mental Health & School of Health Sciences, UNSW Sydney, Australia
- 11.30 Effectiveness of physical activity added to an intensive trauma-focused treatment programme for patients with post-traumatic stress disorder (PTSD)
Eline Voorendonk, Radboud University Nijmegen and Research Department PSYTREC, the Netherlands
- 11.50 Discussion

Roundtable 1

Science Diplomacy shared Leadership: A CBT Insight on conflict resolution and pandemic crisis

Chair: **Mauro Galluccio**, EANAM-European Association for Negotiation and Mediation, Brussels, Belgium

Panel **Paul Gilbert**, University of Derby, UK
Aimée Karam, University Medical Center, Balamand University, Beirut, Lebanon
Gregoris Simos, University of Macedonia, Greece

Symposium 13

Understanding and predicting change in anxiety treatment

Chair: **Elske Salemink**, Utrecht University, the Netherlands

- 10.30 Violation and change of threat expectancy: A core mechanism of exposure-based treatment for anxiety disorders?
Juergen Hoyer, TU Dresden, Germany
- 11.50 Destabilization patterns as a necessary condition for clinical change?
Anna Lichtwarck-Aschoff, Groningen University, the Netherlands
- 11.10 Affect recovery after Videofeedback as a dynamic predictor for development of social anxiety
Lynn Mobach, Utrecht University, the Netherlands
- 11.30 Change in interpretation bias as dynamic predictor of treatment outcome in fear of public speaking
Vera Bouwman, Utrecht University, the Netherlands
- 11.50 Questions

Clinical Skills Class 3

Identifying and working with maladaptive therapist modes in CBT Supervision

Jason Roscoe, University of Cumbria, Lancaster, UK

Symposium 14

Mechanism-based innovative interventions in psychotherapy – translational potentials and challenges

Convenor: **Elisabeth Leehr**, Institute for Translational Psychiatry, Münster, Germany

Chair: **Kati Roesmann**, University of Siegen, Germany

- 10.30 Fear conditioning and generalization – on associations with later treatment outcomes to exposure therapy and its modifiability by non-invasive brain stimulation
Kati Roesmann, University of Siegen, Germany
- 10.50 Optimization of exposure therapy by enhancing inhibitory learning mechanisms – Investigation of spider-phobic non-responders to virtual reality exposure therapy
Elisabeth Leehr, Institute for Translational Psychiatry, Münster, Germany
- 11.10 Psychopathology and plasticity of the social brain
Philipp Kanske, Technische Universität Dresden, Germany
- 11.30 An imagery-competing task intervention and mental health science: translational potentials and challenges
Emily Holmes, Uppsala University, Sweden

Symposium 15

Psychosocial impact of the COVID-19 pandemic

Chair: **Stephanie Rek**, LMU University Hospital Munich, Germany

- 10.30 How does the coronavirus pandemic affect our mental health? a case-control study in psychiatric inpatients and non-clinical controls
Stephanie Rek, LMU University Hospital Munich, Germany
- 10.50 Catastrophic cognitions about coronavirus: understanding and measurement
Laina Rosebrock, Warneford Hospital, Oxford, UK
- 11.10 Concerns about the speed of COVID-19 vaccine development and how these may be overcome: a qualitative investigation
Poppy Brown, University of Oxford, UK

- 11.30 COVID-19 vaccine hesitancy in the UK: the Oxford coronavirus explanations, attitudes, and narratives surveys.
Sinéad Lambe, Warneford Hospital, Oxford, UK

Symposium 16

Advances in technological depression treatments: Randomized controlled trials of digital interventions and attention bias modification training

- Chair: **Björn Meyer**, Gaia Group, Research Department, Hamburg, Germany and **Christopher Beevers**, University of Texas at Austin, USA
- 10.30 Development and effectiveness of a digital health application (amiria) to reduce depressive symptoms in multiple sclerosis: Results of an international randomized controlled trial
Björn Meyer, Gaia Group, Research Department, Hamburg, Germany
- 10.50 Efficacy of an internet-based self-guided program to treat depression (Deprexis) in a sample of Brazilian users
Rodrigo Lopes, University of Bern, Switzerland
- 11.10 Does context matter? Study findings of a factorial trial investigating four supportive factors in an internet-based self-help intervention for individuals with mild to moderate depressive symptoms
Oliver Bur, University of Bern, Switzerland
- 11.30 Attention Bias Modification for adult depression
Christopher Beevers, University of Texas at Austin, USA
- 11.50 Discussion

Open Paper symposium 2

Generalized Anxiety Disorder and worry

- Chair: tbc
- 10.30 Applying Imagery Rescripting in the treatment of worry: a preliminary experimental investigation
Lauren Stavropoulos, UNSW Sydney Australia
- 10.50 Attention control moderates the relationship between attention bias and worry.
Ya-Chun Feng, National Sun Yat-sen University, Kaohsiung, Taiwan
- 11.10 How well do psychological treatments for generalized anxiety disorder impact intolerance of uncertainty? A systematic review and meta-analysis
Emily Wilson, University of Technology, Sydney, Australia
- 11.30 Ideal, ought, and feared self-identities in Generalized Anxiety Disorder (GAD)
Sally Zheng, Ryerson University, Toronto, Canada

Symposium 17

Disgust in Eating Disorders

- Chair: **Paula Von Spreckelsen**, University of Groningen, the Netherlands
- 10.30 Self-disgust as a key factor in anorexia nervosa - A theoretical model
Klaske Glashouwer, University of Groningen, the Netherlands
- 10.50 Repeated exposure to disgust-eliciting memories of the own body
Paula Von Spreckelsen, University of Groningen, the Netherlands
- 11.10 "If I feel disgusted, I will become fat"- Disgust-based emotional reasoning in anorexia nervosa
Peter De Jong, University of Groningen, the Netherlands
- 11.30 Eating disorders, disgust and the anorexic voice
John Fox, Cardiff University, UK
- 11.50 Discussion

Symposium 18

Advances in Low intensity (LI) CBT with CYP and Families

- Chair: **Markku Wood**, Northumbria University/TEWV NHS Trust, UK
- 10.30 New developments in LI CBT
Peter Fonagy, University College London, UK
- 10.45 Complexity in LI CBT
Markku Wood, Northumbria University/TEWV NHS Trust, UK
- 11.00 Expanding the workforce and
Catherine Gallop, University of Exeter, UK
- 11.15 Specific interventions - efficacy
Mike Turnbull, TEWV NHS Trust/Northumbria University, UK
- 11.30 Widening access
Susanna Payne and Lili Ly, Kings College London, UK
- 11.45 Discussant:
Catherine Gallop, University of Exeter, UK

Keynote Address 1

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

James Bennett-Levy, University of Sydney, Australia

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

Keynote Address 2

Adolescents and emerging adults: Profiles, risks and clinical opportunities

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

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

Keynote Address 3

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

Carmelo Vazquez, Complutense University, Madrid, Spain

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

Open Paper Symposium 3

Early intervention for psychosis

Chair:

- 12.05 Cognitive features of delusions: their role in physical harm in the early course of psychosis and implications for early intervention CBT
Roman Hamza, Central and Northwest London NHS Foundation Trust, UK
- 12.20 Hallucinations in visual, olfactory, gustatory and tactile/somatic modalities in early-course psychosis: Role in physical harm prevalence, and implications for early-intervention CBT
Zareena Ahmed, Central and Northwest London NHS Foundation Trust, UK
- 12.35 Cognitive features of verbal auditory hallucinations: their role in physical harm in the early course of psychosis and implications for early intervention CBT
Monica Huerga, Central and Northwest London NHS Foundation Trust, UK

Open Paper Symposium 4

Treatment of OCD: new interventions, predictors, and mechanisms

Chair:

- 12.05 Perfectionism as a predictor of treatment outcome in third-wave group therapies for OCD
Nathalie Claus, Ludwig-Maximilians-University Munich Germany
- 12.20 Therapist guided, parent-led CBT for preadolescent children with OCD
Chloe Chessell, University of Reading, UK
- 12.35 Action-sequence learning, habits and automaticity in obsessive-compulsive disorder: implications for treatment
Paula Banca, University of Cambridge, UK

Open Paper Symposium 5

Treating Eating Disorders

Chair:

- 12.05 The Efficacy of meaning-centered psychotherapy for eating disorders (MCP-ED) in a high-risk group of undergraduate women: a randomized controlled trial
Sanne Van Doornik, University of Groningen, the Netherlands
- 12.10 Evaluating the effects of a virtual reality-based transdiagnostic prevention protocol for the prevention of eating disorders: a preliminary pilot study
Valentina Gardini, University of Bologna, Italy
- 12.35 Never too old to learn? A pilot study on a short, intensive Cognitive-Behavioural Treatment for young adults with ARFID
Sandra Mulken, Maastricht University, Maastricht, the Netherlands

Poster Session 2

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

Patricia Regina Mecha, Universidad Complutense de Madrid, Spain

Emotion regulation as a mechanism of change in group cognitive behavior therapy for anxiety and depression

Nina Reinholdt, Research Unit for Psychotherapy and Psychopathology, Slagelse, Denmark

The effect of Individual cognitive behavioral therapy on anxiety, depression and quality of life of the elderly living in a community

Radka Kozáková, University of Ostrava, Department of Nursing and Midwifery, Czech Republic

Cognitive Flexibility and Belief Updating in Social Anxiety and Depression

Nancy Schipper-Kramer Freher, Amsterdam University Medical Centers, the Netherlands

The efficacy of cognitive behavioral therapy for depression in China in comparison with other countries: A systematic review and meta-analysis

Keith Dobson, University of Calgary, Canada

Disentangling the mechanism underlying the effect of memory bias on depression: The role of savoring

Marta Miragall Montilla, University of Valencia, Spain

Metacognition and behavioural activation: Associations between metacognitive beliefs and daily consequences of depressive symptomatology.

Julia Beatriz Cano-López, University of Málaga, Spain

Predictive processing in depression.

Irene Ramos-Grille, Consorci Sanitari de Terrassa, Spain

New stage of behavioural activation programme – the development of D-press project in an outpatient ward

Joanna Salbert, Warsaw Institute of Psychiatry and Neurology, Poland

Preventative cognitive training for depression: Health-economic insights

Constance Nève De Mévergnies, University of Ghent, Belgium

VR-Moodboost: An innovative Virtual Reality intervention for treating depression

Brigitte Jenull, University of Klagenfurt, Austria

Belief updating in depression in response to positive and negative performance feedback: the influence of current affect and affect-regulation strategies

Edith Stadlmeier, University of Koblenz-Landau, Germany

The Effect of Peripheral Information on the Intensity of Affective Responses in Depression

Tamar Amishav Eisenstock, The Hebrew University of Jerusalem, Israel

Networked as a group - Evaluation of video-based outpatient group CBT for depressive disorders

Jana Schneider, MEU - Study Center of Diploma University of Applied Science, Magdeburg, Germany

The experience of adults bereaved by suicide and their stigma

Juana Bretón López, Universitat Jaume I, Castelló, Spain

Adoption of DBT treatment and changes in burnout and concerns in treating suicidal suicidal behavior in Hispanic therapists receiving a DBT Intensive Training

María Vicenta Navarro Haro, University of Zaragoza, Spain

The impact of aversive childhood experiences, self-criticism, and entrapment on desire for suicide

Paula Castiljo, University of Coimbra, Portugal.

Negative emotional memories and suicidality: the mediating role of entrapment, moderated by self-compassion and distress tolerance

Paula Castiljo, University of Coimbra, Portugal

Comorbid Depression and Treatment of Anxiety Disorders, OCD, and PTSD: Diagnosis versus Severity

Joppe Klein Breteler, Radboud University, the Netherland

Study Protocol: Optimizing cognitive-behavioral therapy for social anxiety disorder using the factorial design: what works best and how does it work?

Dajana Šipka, University of Bern, Switzerland

Beneficial effects of role reversal in comparison to role-playing on negative cognitions about other's judgments for social anxiety disorder

Hanieh Abeditehrani, University of Amsterdam, the Netherlands

Effect of individual cognitive behavioral therapy for antidepressant-resistant social anxiety disorder in resting-state functional MRI

Kohei Kurita, Chiba University, Chiba city, Japan

Fear learning, interpretation bias training and global-local processing in social anxiety: An individual differences study

Snir Barzilay, The Hebrew University of Jerusalem, Israel

Social Anxiety is Associated with a Deficit in Positive Updating even while Neutralizing the Impact of Avoidance

Reut Zabag, Bar Ilan University, Israel

Integrating Cognitive Behavioral Group Therapy and Psychodrama for Social Anxiety Disorder: An Intervention Description and an Uncontrolled Pilot Trial

Hanieh Abeditehrani, University of Amsterdam, the Netherlands

Cognitive-behavioral therapy versus integrative CBT augmented with Virtual Reality (ICBT-VR) for medical students with generalized anxiety disorder

Popa Octavian Cosmin, George Emil Palade University of Medicine, Pharmacy, Science, and Technology of Targu, Mures, Romania

Basic processes and clinical applications of mental imagery in generalised anxiety disorder: A systematic review

Lauren Stavropoulos, University of New South Wales, Sydney, Australia

The association between salivary fibroblast growth factor-2 and physiological and psychological components of human stress and anxiety.

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

Disgust-based approach-avoidance modification training for individuals suffering from elevated stress: A randomized controlled pilot study

Hannah Streit, Friedrich Alexander-Universität Erlangen-Nürnberg, Germany

University students who are dealing with severe stress and their coping strategies

Jóhanna Bernhardsdóttir, University of Iceland, Reykjavik Iceland

(Exploratory) Research on spontaneous emotion regulation after stress induction

Jente Depoorter, Department of Experimental Clinical and Health Psychology, Ghent University Belgium

Moderate aerobic endurance training as an adjunct to trauma-focused psychotherapy: study protocol of a randomized controlled trial

Charina C. Lüder, Saarland University, Germany

The role of maladaptive posttraumatic cognitions on treatment outcomes in a sample of inpatients with post-traumatic stress disorder

Silvia Gradl, Karl Landsteiner University of Health Science, Vienna, Austria
Blended cognitive behaviour therapy for PTSD delivered in routine care: a feasibility study

Johan Lundin, Karolinska Institutet, Stockholm Sweden
Implementing Post-Traumatic Growth in a Couples' Cognitive behavioral conjoint treatment PTSD Protocol: Successes and Challenges

Yael Shoval-Zuckerman, Bar Ilan University, Israel
The effect of online social appraisal on mood and intrusive memories after an analogue trauma experience

Lisa Espinosa, Karolinska Institutet, Stockholm Sweden
The Influence of FKBP5 on flash-forward intrusions in the context of COVID-19

Hannah Gutmann, University of New South Wales, Sydney Australia
Pattern separation and pattern completion in PTSD

Hannah Gutmann, University of New South Wales, Sydney Australia
Group metacognitive therapy for OCD. A pre-post study.

Otto Weingartner Enríquez, Consorci Sanitari del Maresme, Spain
esTOCma, an app developed to dismiss self-stigma and increase mental health literacy about obsessive-compulsive disorder: how does it perform in a clinical sample?

José López-Santiago, Servicio de Salud Mental, Gerencia Atención Integrada de Albacete, Spain
Efficacy of a mental health app intervention on family members of OCD patients

José López-Santiago, Universitat de València, Spain
Mental health literacy and stigma associated with obsessive-compulsive content dimensions: effectiveness of an intervention via smartphone.

José López-Santiago, Universitat de València, Spain
Usability and feasibility of esTOCma, a gamified mobile application to reduce stigma and increase mental health literacy associated with obsessive-compulsive disorder

José López-Santiago, Universitat de València, Spain
Psychological treatment of a person with Obsessive Compulsive Disorder

Rafael Gil Ortega, Universidad Autónoma de Madrid, Spain
Motivation, treatment expectancy and credibility as predictors of outcome in difficult to treat patients with OCD using concentrated exposure treatment

Håvard Opstad, Møre og Romsdal Hospital Trust, Molde Hospital, Norway
OCD in the time of COVID-19 pandemic: a network analysis

Roxana Andreea Ioana Oltean, Babes-Bolyai University Cluj-Napoca, Romania
Treatment Adherence as Predictor of Outcome in Concentrated Exposure Treatment for Obsessive-Compulsive Disorder

Kristian Tjelle, Helse Møre og Romsdal Molde, Norway
Predictive value of extinction, avoidance and generalization for exposure therapy outcome

Naomi Carpentier KU Leuven, Belgium
Effects of a positive affect online induction in people with fear of public speaking

Marta Miragall Montilla, University of Valencia, Spain
Usage characteristics as predictors of dropouts and adherence in Internet-based CBT (ICBT) for panic disorder

Hadar Arnon The Hebrew University of Jerusalem, Israel
The Bergen 4-Day Eide treatment for panic disorder: Replication in a new setting

Thorstein Eide, Olsen, Center for Crisis Psychology, University of Bergen, Norway
The map of cognitive processes in flight anxiety: a path analysis

Roxana Oltean, Babeş-Bolyai University, Romania

Posters on virtual platform only

Mental health in emerging adults: An analysis of the interplay among protective resilience and social support factors on the risk for depression and anxiety

Study of slow art observation technique for young adults with depression

Kristina Timonen, University of Turku, Finland
What makes a perinatal woman suicidal? A grounded theory study

Holly Reid, University of Manchester UK
"Do you know the lakes of Africa?": Associations of anticipatory processing with different dimensions of perfectionism are over and above the social anxiety.

Gamze Şener, University İstanbul Turkey
Exploring the role of virtual reality technologies for relaxation and anxiety management in different application domains

Susanna Pardini, University of Padua, Padova, Italy
Predictors of PTSD clusters in women victims of intimate partner violence.

Ignacio Montorio Cerrato, Universidad Autónoma de Madrid, Spain
Managing Emotions in Panic Disorder: A Critical review of studies related to Emotional Intelligence, Alexithymia, Emotion Regulation, and Coping

Abdellah Oussi, UNIVERSITE PARIS NANTERRE, France

14.00 – 16.00

Symposium 19

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

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

- 14.00 An introduction for the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders
Elizabeth Eustis, Boston University, USA (Pre-recorded)
- 14.20 The Unified Protocol in Danish Mental Health Services – from the clinic to research and back again
Nina Reinholdt, Research Unit for Psychotherapy and Psychopathology, Copenhagen, Denmark
- 14.40 Benefits and barriers of applying the Unified Protocol as an internet-based intervention in Germany
Carmen Schaeuffele, Freie Universität Berlin, Germany

- 15.00 Results of a feasibility study of the unified protocol for children among Portuguese children
Cristina Canavarro, University of Coimbra, Portugal
- 15.20 Long-term effectiveness of the Unified Protocol for the transdiagnostic treatment of emotional disorders in group format in Spain: Results at 12-Months Follow-up.
Jorge Osma, Universidad de Zaragoza e Instituto de investigación Sanitaria de Aragón, Teruel, Spain
- 15.40 Discussion

Symposium 20

Optimizing the assessment and treatment of childhood anxiety

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

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

Symposium 21

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

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

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

Clinical Skills Class 4

Working with Moral Injury in PTSD

Hannah Murray, Oxford Centre for Anxiety Disorders and Trauma & **Sharif El-Leithy**, Traumatic Stress Service, London, UK

Symposium 22

Interpretation Biases and Self-Referential Processes in Social Anxiety Disorder

Chairs: **Rivkah Ginat-Frolich** and **Jonathan Huppert**, The Hebrew University, Jerusalem, Israel

- 14.00 Social fears in adolescence: A new social picture task to assess interpretation bias
Wolf-Gero Lange, Behavioural Science Institute, Radboud University, the Netherlands
- 14.20 Interpretation biases in social anxiety and callous-unemotional traits
Wolf-Gero Lange, Behavioural Science Institute, Radboud University, the Netherlands
- 14.40 Interpretation bias in social anxiety: The use of multiple measures,
Rivkah Ginat-Frolich, The Hebrew University, Jerusalem, Israel
- 15.00 Self- and other-related cognitions following threats to status and belongingness in social anxiety
Roy Azoulay, Bar-Ilan University, Ramat Gan, Israel
- 15.20 Self-beliefs in social anxiety: distinct patterns for social-rank and affiliation information
Reut Zabag, Bar-Ilan University, Ramat Gan, Israel
- 15.40 Discussion
Jonathan Huppert, The Hebrew University of Jerusalem, Israel

Clinical Skills Class 5

Psychological First Aid

Lata McGinn, Yeshiva University and Cognitive Behavioral Consultants, New York, USA

Symposium 23

Cognitive bias modification as a way of changing dysfunctional behaviours

Chair: **Nienke Jonker**, University of Groningen, the Netherlands

- 14.00 Modifying attentional and approach biases for energy drinks
Eva Kemps, Flinders University, Adelaide, Australia
- 14.24 Retraining of automatic action tendencies in individuals with obesity: A randomized controlled trial
Eni Becker, Radboud University, Nijmegen, the Netherlands
- 14.48 Decreasing attentional bias for food cues in satiated women with obesity: a pilot study
Nienke Jonker, University of Groningen, the Netherlands
- 15.12 Webbased approach-avoidance training for cannabis related cues in adolescents with cannabis use disorder: a randomized controlled trial (UnDope)
Tanja Legenbauer, Ruhr University Bochum, Germany
- 15.36 An experimental manipulation of drinking identity using the relational responding task
Helle Larsen, Amsterdam University, the Netherlands

Symposium 24

Effects of mindfulness on emotion regulation and emotional memory processing

Chair: **Tim Schoenmakers**, University of Amsterdam, the Netherlands

- 14.00 General introduction
Tim Schoenmakers, University of Amsterdam, the Netherlands
- 14.05 The role of emotion regulation and mindfulness in the etiology of posttraumatic intrusions and cognitions
Judith Schäfer, Technische Universität Dresden, Germany
- 14.30 Boosting first-line mental health care for **Youngsters** suffering from chronic conditions with **Mindfulness – the You.Mind!** study
Merle Kock, KU Leuven, Belgium
- 15.55 Effects of mindfulness on emotion regulation and emotional memory processing
Marianne Littel, Erasmus University Rotterdam, the Netherlands
- 15.20 An acceptance-based and emotion-focussed somatic treatment for complex grief.
Tim Schoenmakers, University of Amsterdam, the Netherlands
- 15.45 General discussion and questions

Symposium 25

Affective dynamics and symptom fluctuations in (the treatment of) anxiety and depression

Chair: **Nessa Ikani**, Pro Persona / Radboud University Medical Centre, the Netherlands

- 14.00 The best of both worlds? General principles of psychopathology in personalized assessment
Merlijn Olthof, Radboud University, the Netherlands
- 14.20 “It goes up and down” – Dynamics of avoidance and perceived control during Cognitive Behavior Therapy for Social Anxiety Disorder
Nessa Ikani, Pro Persona / Radboud University Medical Centre, the Netherlands
- 14.40 Measuring and understanding cognitive maladaptive schemas in daily life
Janna Vrijzen, Radboud University Medical Centre, the Netherlands
- 15.00 The link between affect dynamics and cognitive factors in depression
Brage Kraft, University of Oslo and Diakonhjemmet Hospital, Norway
- 15.20 Preventative Cognitive Control Training for remitted depressed patients: Effects on emotion regulation dynamics
Kristof Hoorelbeke, Ghent University, Belgium
- 15.40 Discussion

Symposium 26

Repetitive negative thinking as a transdiagnostic maintaining factor and potential treatment target

Chair: **Frances Meeten**, King’s College, UK

- 14.00 Repetitive negative thinking as a transdiagnostic risk factor – a longitudinal study using structural equation modelling
Julia Funk, Ludwig-Maximilians-University Munich, Germany
- 14.25 Toward a better understanding of how rumination maintains obsessive-compulsive symptoms
Karina Wahl, University of Basel, Switzerland
- 14.55 Internet-delivered interpretation Training reduces worry and rumination, anxiety and depression in people with Generalized Anxiety Disorder and Depression
Frances Meeten, King’s College, UK
- 15.15 Does single-session interpretation bias training reduce repetitive negative thinking among individuals with OCD
Rachel White, South London and Maudsley NHS Foundation Trust, UK
- 15.40 Discussant:
Edward Watkins, University of Exeter, UK

Open Paper Symposium 6
Understanding eating disorders

Chair:

- 14.00 Staging models for eating disorders: a systematic scoping review of the literature
Elena Lo Dato, University of Bologna Italy
- 14.20 Can you learn to starve yourself? – Developing a laboratory model for anorexia nervosa.
Michelle Spix, Maastricht University, the Netherlands
- 14.40 Life meaning as an important factor, in eating disorder and comorbid symptomatology
Franziska Schutzzeichel, University of Groningen, the Netherlands
- 15.00 Anxiety and avoidance in eating disorders
Hanna Melles, Maastricht University, the Netherlands
- 15.20 Psychological and cognitive characteristics of individuals at high risk of eating disorders: a network perspective
Giuliano Tomei, University of Bologna, Italy
- 15.40 Motives for using social networking sites: A uses & gratifications perspective amongst people with eating disorder symptoms
Alexandra Dingemans, GGZ Rivierduinen Eating Disorders Ursula Leiden, the Netherlands

14.00 – 17.00

In Congress Workshop 2
Fine-tuning transdiagnostic imagery rescripting

Remco Van Der Wijngaart, Dutch Institute for Schema Therapy, Maastricht and **Julie Krans**, Radboud University & Pro Persona Research, Nijmegen, the Netherlands

Symposium 27

Innovative CBT for youth with selective mutism, OCD, tic and misophonia: treatment at school, (short intensive) group treatment and parent-stand-alone alone treatment.

Chair: **Elisabeth Utens**, University of Amsterdam, Amsterdam, the Netherlands

- 14.00 Behavioral treatment of selective mutism
Chaya Rodrigues Pereira, Level, Amsterdam, the Netherlands
- 14.25 Tackle your Tics, a brief, intensive group-based exposure therapy programme for children with tic disorders
Annet Heijerman Holtgreffe, Level, Amsterdam, the Netherlands
- 14.50 Brief intensive group-based CBT (BIG-CBT) for youth with OCD: two international pilot studies. (Pre-recorded)
Juliane Ball, Psychiatric University Hospital of Zurich, Switzerland
- 13.15 "Dad, can you please stop breathing?" Trial design of an innovative group treatment protocol for misophonia in children and adolescents.
Lotte Rappoldt, Level, Amsterdam, the Netherlands
- 13.40 Supportive parenting for anxious childhood emotions (SPACE) for youth with an obsessive-compulsive disorder
Chaim Huijser, Level, Amsterdam, the Netherlands

Symposium 28

New Frontiers in Mixed Reality: Impact On Treatment

Chair: **Sara Freedman**, Bar Ilan University, Ramat Gan, Israel

- 14.00 Improving the Exposure Therapy through projection-based augmented reality for the treatment of cockroach phobia: A multiple-baseline single case study.
Soledad Quero, Universitat Jaume I, Castellón de la Plana, Spain
- 14.25 The use of Virtual Reality to practice mindfulness in people with psychological and physical disorders
María Vicenta Navarro Haro, University of Zaragoza, Spain
- 14.50 Virtual Embodiment: How changing your body can change your mind
Sara Freedman, Bar Ilan University, Ramat Gan, Israel
- 15.15 Discussant
Azucena Garcia Palacios, Universitat Jaume I, Castellón de la Plana, Spain

16.30 -17.30

Keynote Address 4

Compassion as an integrative process in psychotherapy

Paul Gilbert, University of Derby, UK

Chair: **Olga Luzon**, Royal Holloway University of London, UK

Keynote Address 5

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

Keith Dobson, University of Calgary, Canada

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

Keynote Address 6

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

Tony Morrison, University of Manchester, UK

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

Symposium 29

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

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

16.30 Preventing anxiety in children of parents with anxiety disorders

Samantha Cartwright-Hatton, University of Sussex, UK

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

Sonja Breinholst, University of Copenhagen, Denmark

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

Monika Walczak, University of Copenhagen, Denmark

Open Paper Symposium 7

Obsessive-compulsive disorder

Chair:

16.30 General somatic health and lifestyle habits of individuals with obsessive-compulsive disorder: An international survey

Anna Holmberg, Karolinska Institutet Stockholm, Sweden

16.50 Verbal overshadowing disrupts memory for faces in participants with low, but not high OCD symptoms

Assaf Soref, Tel Aviv University Israel

17.10 An experience sampling study examining the components of obsessive-compulsive disorder

Gülşah Durna Dokuz, Eylül University, İzmir Turkey

Programme Schedule | Friday 9 September 2022

8.30 – 10.00

Symposium 30

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

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

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

Maria Semkovska, University of Southern Denmark, Odense, Denmark

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

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

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

Yannick Vander Zwalmén, Ghent University, Belgium

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

Evi-Anne Van Dis, Utrecht University, the Netherlands

Symposium 31

Evidence-based positive interventions in mental disorders: From the laboratory to the clinic

Chair: **Carmelo Vázquez**, Complutense University at Madrid, Spain

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

Symposium 32

Novel approaches to repetitive negative thinking: Understanding mechanisms, and improving assessment and intervention

Convenor and Chair: **Thomas Ehring**, Munich, Germany

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

Symposium 33

The role of schema therapy in the treatment of personality disorders and depression

Chair: Johannes Kopf-Beck, LMU Munich; Max Planck Institute of Psychiatry, Munich, Germany

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

Skills Class 6

How to get angry without getting destructive? Acceptance and commitment therapy for anger regulation in children and adolescents

Shimrit Telraz Cohen, Beit Berl College, Kfar Saba, Israel

Symposium 34

Emotions in social anxiety disorder: Shame, pride, and anger, and their role in maintaining the disorder

Chair: **Idan Aderka**, University of Haifa, Israel

- 8.30 Pride in Social Anxiety Disorder
Nadav Paz, University of Haifa, Israel
- 8.45 Quiet Rage: Anger in Social Anxiety Disorder
Gal Werber, University of Haifa, Israel
- 9.00 Shame in Social Anxiety Disorder: Gender differences and the temporal relationship with anxiety
May Rosenblum, University of Haifa, Israel
- 9.15 Safety behaviors in Social Anxiety Disorder: Contextual factors and effects on positive emotional experiences
Bar Oren, University of Haifa, Israel
- 9.30 Discussant:
Idan Aderka, University of Haifa, Israel

Symposium 35

Non-suicidal self-injury: Challenges and current perspectives

Chair: **Daniel Vega Moreno**, Consorci Sanitari de l'Anoia, Spain

- 8.30 Non-suicidal self-injury in college students: Identifying predictors and exploring profiles of self-injury behavior using cluster analysis
Carlos Schmidt, Consorci Sanitari de l'Anoia, Spain
- 8.50 Deliberate ingestion and insertion of foreign bodies in a sample of adolescents in a Mental Health Care Unit.
Mireia Querol, San Joan de Déu Barcelona Hospital, Spain
- 9.10 Borderline personality traits and its relationship with perceived social support and non-suicidal self-injury in a clinical sample of adolescents.
Anna Sintes, Hospital maternoinfantil Sant Joan de Déu en Barcelona, Spain
- 9.30 By carrot or by stick: Mapping deficits in reinforcement learning in patients with borderline personality disorder and non-suicidal self-injury
Stella Nicolaou, Consorci Sanitari de l'Anoia, Spain

Symposium 36

On the way to an evidence-based psychotherapy education: Current findings on training and supervision

Chair: **Ulrike Maaß**, University of Potsdam, Germany

- 8.30 Psychotherapists' clinical challenges – Applications for clinical supervision
Simon Fagernäs, Karolinska Institutet, Stockholm, Sweden
- 8.50 A comparison of reliability and outcome of psychotherapy process ratings between raters of different expertise level
Peter Eric Heinze, University of Potsdam, Germany
- 9.10 Efficacy of live supervision - A randomized controlled trial
Ulrike Maaß, University of Potsdam, Germany
- 9.30 A randomized controlled trial of an online deliberate practice course for cognitive-behavioral therapists
Per Carlbring, Stockholm University, Sweden
- 9.50 Discussion

Symposium 37

How are compulsive episodes started and maintained? Exploring the respective role of low confidence in cognitive processes, alertness, and cognitive biases

Chair: **Karina Wahl**, University of Basel, Switzerland

- 8.30 The role of alertness and chronotype in OCD
Eyal Kalanthroff, The Hebrew University of Jerusalem, Israel
- 8.50 Does responsibility for potential harm attenuate automatization and the effects on meta-memory during a repeated checking task?
Karina Wahl, University of Basel, Switzerland
- 9.10 Are people with obsessive-compulsive disorder under-confident in their cognitive performance? A review and meta-analysis
Reuven Dar, Tel Aviv University, Israel
- 9.30 The development and assessment of an Ambiguous Scenarios Test (AST) for interpretation bias in obsessive-compulsive disorder
Eva Bun, Radboud University Nijmegen, the Netherlands

9.00 – 12.00

In Congress Workshop 3

Working with complexity in PTSD

Sharif El-Leithy, Traumatic Stress Service, London, UK and **Hannah Murray**, Oxford Centre for Anxiety Disorders and Trauma, UK

Symposium 38

Cognitive and behavioural approaches for older adults with mental health problems

Chair: **Gert-Jan Hendriks**, Pro Persona and Radboud University, Nijmegen, the Netherlands

- 8.30 CBT and 3rd generation CBT in older people with anxiety disorders and anxiety-related disorders - a Cochrane systematic review and meta-analysis
Gert-Jan Hendriks, Pro Persona and Radboud University, Nijmegen, the Netherlands
- 8.50 Behavioural activation by mental health nurses for depressed older adults in primary care: a cluster-randomised effectiveness trial
Noortje Janssen, Radboud University Medical Center, the Netherlands
- 9.10 Age related differences in symptom networks of overall psychological functioning in a sample of anxiety, OCD, and PTSD patients.
Melissa Guineau, Pro Persona and Radboud University, Nijmegen, the Netherlands
- 9.30 Schema Therapy + Psychomotor Therapy vs treatment as usual in regular old age psychiatry (RCT)
Silvia Van Dijk, University Medical Centre Groningen, the Netherlands
- 9.50 Discussion

Symposium 39

Mindfulness and acceptance: new settings for implementation

Chair: **Albert Feliu-Soler**, Universitat Autònoma de Barcelona, Spain

- 8.30 Effectiveness of two video-based multicomponent treatments for fibromyalgia: The added value of cognitive restructuring and mindfulness in a three-arm randomized controlled trial
Albert Feliu-Soler, Universitat Autònoma de Barcelona, Spain
- 8.45 A randomized controlled efficacy trial of Acceptance and Commitment Therapy compared to Behavioural Activation for patients with chronic low back pain and depression: the IMPACT study
Juan Vicente Luciano, Universitat Autònoma de Barcelona, Spain
- 9.00 A mindful eating programme for reducing emotional eating in patients with overweight or obesity: A cluster randomized controlled trial
Jesús Montero-Marín, University of Oxford, UK
- 9.15 Mindfulness training at the police academy: An exploratory study
Jaime Navarrete, Parc Sanitari Sant Joan de Déu, Barcelona, Spain
- 9.30 Efficacy of a mindfulness and compassion-based intervention in psychotherapists and their patients: Empathy, symptomatology, and mechanisms of change in a randomized controlled trial
Ausiàs Cebolla, Universitat de València, Spain

Open Paper symposium 8

Online and virtual therapy

Chair:

- 8.30 Adherence to treatment and efficiency of videoconferencing and face-to-face therapies: results from the Centre of Applied Psychology of the Autonomous University of Madrid.
Diego Fernández-Regueras, Universidad Autónoma de Madrid, Spain
- 8.50 An online contextual schema therapy workshop for social anxiety symptoms – a randomized control trial
Simona Stefan, Babeş-Bolyai University, Cluj-Napoca Romania
- 9.10 Effectiveness and mechanisms of change of two mobile psychological interventions in reducing depressive, anxiety and stress symptoms: PsyPills and Online-Contingent Attention Training (OCAT)
Vasile Sîrbu, Babeş-Bolyai University, Cluj-Napoca, Romania
- 9.30 Cultural acceptability of online Cognitive Behaviour Therapy in India during the Pandemic: Experiences of therapists & clients
Rati Khurana, IILM University Gurugram, Haryana, India

9.00 – 13.30

Poster Session 3

Children and Adolescents

The role of exposure in the treatment of anxiety in children and adolescents: A systematic review and meta-analysis

Katharina Sommer, Mental Health Research and Treatment Center (MHRTC), Ruhr-University Bochum, Germany

Side effects of exposure therapy in children and adolescents with anxiety disorders

Verena Pflug, Mental Health Research and Treatment Center, Ruhr University, Bochum, Germany

What explains social anxiety in adolescents with Social Anxiety Disorder and health controls? The applicability of the Clark and Wells' model

Diana Vieira Figueiredo, University of Coimbra, Center for Research in Neuropsychology and Cognitive and Behavioral Intervention, Portugal

An ACT-based case study of Social Anxiety Disorder in Adolescence

Francisca Alves, University of Coimbra, Portugal

Adolescent social anxiety: A new maintenance model and intervention implications

Anne Miers, Leiden University, the Netherlands

Differential conditioning effects in children with anxiety disorders compared to children without anxiety disorders

Tabea Flasiński, Mental Health Research and Treatment Center, Ruhr-University Bochum Germany

Comparison of effects of online and face-to-face problem-solving training on anxiety traits and cognitive distortions in upper elementary school students

Chikaze Sugiyama, J. F. Oberlin University, Tokyo, Japan

Effects of cognitive restructuring on anxiety in elementary school students: a comparison of face-to-face and online interventions

Shunsuke Koseki, J. F. Oberlin University, Tokyo, Japan

Examining the effectiveness of a coping skills intervention for anxiety for junior high school students amidst the COVID-19 pandemic

Rina Kishino, J. F. Oberlin University, Tokyo, Japan

The efficacy of a compassion, acceptance, and mindfulness-based pilot intervention for test anxiety: A case study with a high school student

Cláudia Pires, University of Coimbra, Portugal

Does an app designed to reduce repetitive negative thinking decrease depression and anxiety in young people? A randomized controlled prevention trial

Julia Funk, Ludwig-Maximilians-University Munich, Germany

The role of repetitive negative thinking in accounting for gender differences in depression and anxiety levels during adolescence

Fabiola Espinosa, Complutense University of Madrid, Spain

Children's depression following Intimate partner violence exposure: the effect of time and experiences of revictimization

Román Ronzón-Tirado, Universidad Autónoma de Madrid, Spain

Thought-fusion beliefs in children and youth with OCD – predictors of treatment outcome?

Marie Louise Reinholdt-Dunne, Forskningsenheden MODIG and Dept. of Psychology, University of Copenhagen Denmark

Metacognitive group therapy for children and youth with OCD – a pilot study

Marie Louise Reinholdt-Dunne, Forskningsenheden MODIG and Dept. of Psychology, University of Copenhagen Denmark

Empathy and different bullying roles in children and adolescents – a systematic review and meta-analysis

Alexandra-Marie Sabou, Babeş-Bolyai University, Cluj-Napoca, Romania

Barriers to emergency department clinicians' confidence in providing paediatric trauma-informed care

Nimrah Afzal, University of Bath, UK

Experiences of conducting adolescent community reinforcement approach, A-CRA, in compulsory institutional care for youth

Ida Målarstig, Karolinska Institute, Stockholm, Sweden

Future-oriented cognition: Link to mental health problems and mental well-being in preschool-aged children

Jessica Marks, Mental Health Research and Treatment Centre (MHRTC), Ruhr-University, Bochum, Germany

Positive parenting skills: Preliminary results from a transdiagnostic group program in clinical population

Sara Lera-Miguel, Hospital Clínic, Barcelona Spain

The contribution of child self-reported measures for the assessment of Sluggish Cognitive Tempo

Belén Sáez Vicens, University of Valencia & University of the Balearic Islands, Spain

A compassion-based intervention for adolescents living in residential care homes

Maria Do Céu Salvador, University of Coimbra, Portugal

Children and adolescents with Autism Spectrum Disorder compared to those with Attention-Deficit/Hyperactivity Disorder: Exploring gender, age, and parent differences

Julia Offermans, UVA minds and the Research Institute of Child Development and Education, University of Amsterdam, the Netherlands

Effectiveness of online cognitive behavioral therapy (CBT-PAC) to understand children with autism spectrum tendencies and to deal with parenting stress: A pilot study protocol

Tomoko Kawasaki, CHIBA University Japan

Quell the dwell: Rumination mediates the relationship between gender and insomnia in adolescents.

Sophie Li, Black Dog Institute, Australia

A randomized clinical noninferiority trial of group-delivered vs internet-delivered parent training for children with disruptive behavior problems

Johanna Engelbrektsson, Karolinska Institutet and Stockholm Health Care Services, Region Stockholm

The transdiagnostic role of schemas and metacognitive beliefs across different types of aggression.

Esperanza García-Sancho, University of Cordoba Spain

Psychopathological dimensions and its relationship with emotional regulation and temperament in a sample of adolescents

Daniel Adrover Roig, Universitat de les Illes Balears, Palma, Spain

Preliminary investigation of ADHDCoach, an internet-based intervention for parents of children diagnosed with ADHD

Costina-Ruxandra Păsărelu, Babeş-Bolyai University, Cluj-Napoca, Romania

Co-development of a digital mental health intervention for parents of children with ADHD: a mixed methods study

Costina-Ruxandra Păsărelu, Babeş-Bolyai University, Cluj-Napoca, Romania

The FEST program for 10-12 year old children with high functioning autism: Friendship and emotion skills training.

Dagmar Kr Hannesdóttir, University of Iceland, Department of Psychology, Iceland

Prevalence of adverse childhood experiences in children and adolescents with autism spectrum disorder

Mireia Querol González and Aurelia Rafael Linares, Universidad Autónoma de Barcelona Spain

Psychometric properties of the Turkish form of Piaget Developmental Tasks Inventory (IPTD)

Mehmet Hakan Turkcapar, Social Sciences University of Ankara, Turkey

Neural markers of emotion regulation in childhood maltreatment: Prospective association with psychopathology

Stefania Maria Crisan, Babeş-Bolyai University, Cluj-Napoca, Romania

The relationship between psychopathic traits and social behavioral problems in children and early adolescent boys from a clinical population

Aurelia Rafael Linares, Barcelona, Spain

Is a brief body scan helpful for adolescent athletes' sleep problems and anxiety symptoms?

Lis Johles, Stockholm, Sweden

New insights into the transdiagnostic role of attachment relationships for explaining and treating psychopathology in middle childhood.

Lien Goossens, Ghent University, Belgium

Body dissatisfaction and low self-esteem in elementary school-aged children: The role of media pressure and a positive parent-child relationship

Jolien De Coen, Ghent University, Belgium

Middle Childhood Attachment-based Family Therapy: Restoring secure attachment relationships in 8 to 12 year old children referred to treatment for mental health problems

Leen Van Vlierberghe, Catholic University Leuven, Belgium

The role of parental thoughts, emotion regulation, and actions in the relationship between parental style and children's mental problems

Georgiana M. Roşca, Evidence Based Psychological Assessment and Interventions Doctoral School, Babeş-Bolyai University, Romania

Relationship between social foster care institutional staff's knowledge of behavioral theories and their efficacy in fostering children in residential care.

Ayako Takii, The Joint Graduate School in Science of School Education, Hyogo University of Teacher Education Japan

Protocol to explore the efficiency of a translational intervention to improve child mental health by enriching the school and family environment with mentalization (iMentalize)

Sergi Ballepí, xxxxxxxx

Conscious and resilient? Associations between temperament, emotional awareness, and emotion regulation strategies in youth

Sarah Struyf, Ghent University, Belgium

Closing the gap between early detection and prevention: The experiences of public health care workers in a multi-modal school-based depression and suicide prevention programme

Marloes Braam, GGZ Oost Brabant | Radboud University, the Netherlands

Posters on virtual platform only

PO51: Efficacy of intensive cognitive behavioral therapy for pediatric obsessive-compulsive disorder: preliminary results of a randomized controlled trial

Laura Hermida Barros, Hospital Clínic of Barcelona, Spain

PO105: Efficacy of intensive exposure and response prevention in children and adolescents with obsessive-compulsive disorder: 3 and 6-month follow-up results

Eduard Forcadell, Hospital Clínic of Barcelona, Psychiatry and Child and Adolescent Psychology Service, Spain

PO169: Cognitive behavioral play therapy (Cbpt) and aggressive behavior and conduct disorders: A single case study

Argento Ornella, Research Center "CBPT-Cognitive Behavioral Play Therapy", Rome, Italy

Culturally Adapting CBT Program START NOW for Migrants

Lyla Schwartz, University of Basel, Switzerland

Symposium 40

The dark side of the moon - Negative effects in psychological treatments

Chair: **Johanna Boettcher**, Psychologische Hochschule Berlin, Germany

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

Symposium 41

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

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

- 10.30 Introduction
Shannon Maloney, University of Oxford, UK
- 10.40 Effectiveness and cost-effectiveness of universal school-based mindfulness training compared with normal school provision: the MYRIAD cluster randomised controlled trials
Willem Kuyken, University of Oxford, UK
- 10.55 MBCT Finding Peace in a Frantic World and MBCT for Life to improve well-being and mental health in teachers and healthcare workers: two randomised controlled trials
Jesus Montero-Marin, Research and Innovation Unit, Parc Sanitari Sant Joan de Déu, Sant Boi de Llobregat, Spain
- 11.10 Taking it Further compared to wait-list control in the promotion of well-being and mental health: a randomised controlled trial with graduates of MBCT and MBSR
Shannon Maloney, University of Oxford, UK
- 11.25 The effect of mindfulness-based programmes on elite athlete mental health: a systematic review and meta-analysis
Kearnan Myall, University of Oxford, UK
- 11.40/50 Brief discussion and questions
Anne Speckens, Radboud University Medical Center Research Nijmegen, the Netherlands

Symposium 42

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

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

- 10.30 Affective awareness: A foundational skill for the prevention and early intervention of youth depression
Joanne Beames, Black Dog Institute, Sydney, Australia
- 10.45 What role does emotional granularity play in adolescent depression and anxiety? A scoping review
Darren Dunning, MRC Cognition & Brain Science Unit, University of Cambridge, UK
- 11.00 Notice, observe, step back and experience: An investigation of psychological decentering in adolescent mental health
Rachel Knight, MRC Cognition & Brain Science Unit, University of Cambridge, UK
- 11.15 Emotion regulation as an active ingredient across interventions for depression and anxiety
Alexander Daros, Centre for Addiction and Mental Health, Toronto, Canada
- 11.30 Discussant
Ines Pote, Wellcome Trust, London, UK

Symposium 43

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

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

- 10.30 The meaning in grandiose delusions
Louise Isham, University of Oxford, UK
- 10.45 Voices of Paranoia: differences in severity, cognitive processes, and cooccurrence of other delusion subtypes between paranoid delusions and persecutory voices
Mar Rus-Calafell, Mental Health Research and Treatment Centre, Ruhr-Universität Bochum, Germany
- 11.00 Body image concerns in patients with psychosis: a new treatment target.
Felicity Waite, University of Oxford, UK
- 11.15 Beliefs about the self and others in paranoia.
Poppy Brown, University of Oxford, UK
- 11.30 Post traumatic mechanisms in voice hearing
Eva Tolmeijer, Vrije Universiteit Amsterdam, the Netherlands

Panel Discussion 2

How important are core fears in CBT for anxiety?

Convenor: **Elad Zlotnick**, The Hebrew University of Jerusalem, Israel

Chair: **Jonathan Huppert**, The Hebrew University of Jerusalem, Israel

Panel
Paul Salkovskis, University of Oxford, UK
Carmen Luciano, University of Almería, Spain
Todd Farchione, Boston University, USA

Symposium 44

New directions in examining post-traumatic symptoms following Non-criterion A Events.

Convenor: **Roy Azoulay**, Bar-Ilan, Ramat Gan, Israel

Chair: **Eva Gilboa-Schechtman**, Bar-Ilan, Ramat Gan, Israel

- 10.30 The role of social connection on the experience of COVID-19 related posttraumatic growth and stress
Marcela Matos, University of Coimbra, Portugal
- 10.45 The traumatic impact of exclusion in social anxiety
Noa Peretz, Bar-Ilan, Ramat Gan, Israel
- 11.00 The interactive effect of repertoire and cognitive flexibility on the tendency to develop PTSD symptoms in casualty notification officers
Shirly Moas, Bar-Ilan, Ramat Gan, Israel and **Einat Levy-Gigi**, Bar-Ilan University, Israel
- 11.15 A Symptoms-network approach for comparing physical and social traumatic events
Roy Azoulay, Bar-Ilan, Ramat Gan, Israel
- 11.30 Discussant
Idan Aderka, Haifa university, Israel

Symposium 45

Recent advances in international research in hoarding disorder

Chair: **Volen Ivanov**, Karolinska Institutet, Stockholm, Sweden

- 10.30 tbc
Pino Alonso, Hospital de Bellvitge, Barcelona, Spain
- 10.50 Anosognosia for hoarding: clinical and neurocognitive correlates
Peter Van Roessel, Stanford University, USA
- 11.10 The impact of the coronavirus pandemic on people with problematic hoarding behaviors: results from an online survey in Sweden
Sofia Jägholm, Karolinska Institutet, Stockholm, Sweden
- 11.30 Discussant: **Volen Ivanov**, Karolinska Institutet, Stockholm, Sweden

Skills Class 7

The use of Deliberate Practice for the acquisition of CBT skills in supervision and training

Dan Sacks, International deliberate practice society, Jerusalem, Israel and **Anna-Maija Kokko**, International Deliberate Practice Society, Mikkeli, Finland

Symposium 46

Modifying interpretation biases for depression and anxiety – effects on stress reactivity and the role of expectancy effects

Chair: **Belinda Platt**, LMU University Hospital, Munich, Germany

- 10.30 Developing a cognitive bias modification training task for alleviating loneliness in young people
Laura Riddleston, Kings College London, UK
- 10.50 Positive interpretation bias modification improved physiological (heart rate) recovery from stress
Elske Salemink, Utrecht University, the Netherlands
- 11.10 Efficacy of a smartphone-based Cognitive Bias Modification program for emotion regulation
Fanny Dietel, Ruhr University Bochum, Germany
- 11.30 The influence of outcome expectancy effects on interpretation bias training in social anxiety: An experimental pilot study
Tonya Frommelt, LMU University Hospital, Munich, Germany

Open Paper Symposium 9

Helping those who help those with dementia

Chair:

- 10.30 Exploring implicit experiential avoidance in dementia family caregivers
Isabel Cabrera, Universidad Autónoma de Madrid, Spain
- 10.50 The moderating role of co-residency with the care-recipient in the longitudinal association between caregivers' leisure and cardiovascular risk.
María del Sequeros Pedroso-Chaparro, Universidad Rey Juan Carlos, Alcorcon, Spain
- 11.10 Mechanisms of action of Acceptance and Commitment Therapy for dementia family caregivers: A network analysis
Laura Gallego-Alberto, Universidad Autónoma de Madrid, Spain

- 11.30 The role of behavioural problems, ambivalence, and positive emotions in quality changes of the relationship between the person with dementia and their caregiver.
Laura Mérida-Herrera, Universidad Autónoma de Madrid, Spain

Symposium 47

Transdiagnostic to specific interventions: optimising and tailoring Acceptance and Commitment Therapy for specific disorders and clinical challenges"

Chair: **Trudie Chalder**, Department of Psychological Medicine, King's College London

- 10.30 Developing and optimising ACT-based interventions to support medication adherence
Sophie Green, Leeds Institute of Health Sciences, UK
- 10.50 Development of a novel, person-centred psychological intervention (ACT+) based on acceptance and commitment therapy to improve quality of life in patients living with and beyond cancer (Pre-recorded)
Shiela Donovan, Queen Mary University of London, UK
- 11.10 Acceptance and Commitment Therapy (ACT) as an adjunct to usual care improved QoL for such patients as compared to usual care alone: results of a randomised controlled trial
Trudie Chalder, Department of Psychological Medicine, King's College London.
- 11.30 Mechanisms of change in the context of a trial: Acceptance and Commitment Therapy (ACT) as an adjunct to usual care compared to usual care alone:
Christopher Graham, Queen's University Belfast, Northern Ireland
- 11.50 Discussion

Open Paper symposium 10

Social anxiety in children and adolescents

Chair:

- 10.30 The Covideo study - a randomized non-inferiority trial of cognitive therapy for youth social anxiety disorder, comparing screen delivery to office delivery in Norway.
Einar Heiervang, Innlandet Hospital Trust, Hamar, Norway
- 10.50 Efficacy of diagnosis-specific group CBT treating adolescents with social anxiety: A randomized controlled trial
Thea Agersnap, Aarhus University, Denmark
- 11.10 How does the Norwegian Universal Preventive Program for Social Anxiety (NUPP-SA) work? Examining the magnitude of underlying processes.
Tore Aune, The Norwegian Directorate for Children, Youth and Family Affairs Steinkjer, Norway
- 11.30 A feasibility and a subsequent evaluation study on the outcomes in children after engagement in an individualized, group-based Social Skills Training
Julia Offermans, University of Amsterdam, the Netherlands

Open Paper symposium 11

Bringing CBT to schools

Chair:

- 10.30 Improving effectiveness of CBT for adolescent anxiety in community clinical care: An evaluation of RISK, an exposure-focused CBT with parent and school involvement
Thomas Bertelsen, Sørlandet Sykehus Kristiansand S, Norway
- 10.50 How to implement schoolbased Cognitive Behavioral Therapy for youth anxiety at all schools in a municipality. Experiences from the implementation process.
Åshild Håland, Sørlandet hospital Kristiansand, Norway
- 11.10 Developmentally oriented brief cognitive therapy for adolescent SAD for use in schools: development and case series
Klaus Ranta, Tampere University, Finland
- 11.30 Mindfulness to foster healthier ways of responding to negative and positive feelings among adolescents: A cluster-randomised controlled trial in secondary schools.
Liesbeth Bogaert, KU Leuven, Belgium

12.00 – 13.00

Keynote Address 7

Trauma-focused treatments for Post-traumatic Stress Disorder in refugees and asylum seekers

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

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

Keynote Address 8

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

Gerhard Andersson, Linköping University, Karolinska Institute, Sweden

Chair: **Lorena Fernandez**, Karolinska Institutet, Sweden

Keynote Address 9

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

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

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

Symposium 48

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

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

- 12.00 Transdiagnostic ultra-brief behavior therapy for psychiatric inpatients: A multiple-baseline single-case design
Mårten Tyrberg, Region Vastmanland - Uppsala University, Västerås, Sweden
- 12.15 Acceptance and Commitment Therapy for inpatients with psychosis –an acceptability and feasibility single case AB designed study
Thomas Parling, Karolinska Institutet, Stockholm, Sweden
- 12.30 Value-based behavioural activation in inpatient psychiatric care, an evaluation of a controlled before-after study
Johan Holmberg, Karolinska Institutet, Stockholm, Sweden
- 12.45 Discussant:
Tobias Lundgren, Karolinska Institutet, Stockholm, Sweden

Open Paper symposium 12

ADHD

Chair:

- 12.00 ADHD: Medication or meditation. Results of a Randomized Controlled Trial
Brett Kosterman Zoller, University of Amsterdam, the Netherlands
- 12.20 Treating parental stress levels of parents of children with ADHD with mindfulness for parent and child versus treatment through child medication
Brett Kosterman Zoller, University of Amsterdam, the Netherlands
- 12.40 Can ADHD criteria be advantageous to the individual depending on environmental factors?
Elizabeth Ekman, Kognitiv Beteende Terapi i VS AB Stockholm, Sweden

Open Paper symposium 13

Perinatal mental health

Chair:

- 12.00 Imagining a novel future: How thinking about the future can help reduce women's experience of pregnancy related anxiety and prepare them for parenthood.
Linda Mortimer, Goldsmiths University of London, UK
- 12.20 Fear of childbirth, nonurgent obstetric interventions, and newborn outcomes: A randomized controlled trial comparing mindfulness-based childbirth and parenting with enhanced care as usual
Irena Veringa, University of Amsterdam, the Netherlands
- 12.40 Mindful awareness as a mechanism of change for unmedicated childbirth in pregnant women with high fear of childbirth: a randomised controlled trial
Kelly L. Ziemer, University of California-Berkeley and University of Amsterdam, the Netherlands

Open Paper symposium 14

Rumination and repetitive negative thinking 1

Chair:

- 12.00 The mediating role of thought control between repetitive negative thinking and psychological distress
Ceren Gökdağ, Manisa Celal Bayar University, Turkey
- 12.20 Assessing the short-term effects of detached mindfulness: A micro-intervention for repetitive negative thinking
Teresa Bolzenkoetter, Freie Universitaet, Berlin, Germany
- 12.40 Repetitive thinking mediates the relationship between neuroticism and depressive symptoms
Servet Kaçar-Başaran, Pamukkale University, Turkey

Technical demonstration 1

YME-Explore Your Meanings: A digital platform using Virtual Reality to explore self-identity"

Guillem Feixas, University of Barcelona, Spain

Poster Session 4

Behavioural medicine, Public Health, Covid 19 and Sexual Health

Behavioural Medicine

The role of metacognition in the prediction of depressive and anxiety symptoms in chronically ill patients

Agata Kolodziejczyk, Department and Clinic of Psychiatry, Wrocław Medical University Poland

Can CBT provide a new way of living with Endometriosis? Results of a qualitative feasibility study

Cornelia Weise, Philipps-University of Marburg, Germany

Comparing effects of cognitive-behavioral therapy and acceptance and commitment therapy for chronic pain

Saša Jerko, University Rehabilitation Institute, Ljubljana, Republic of Slovenia

Understanding the emotional functioning after acquired brain injury: The role of interoception

Marta Miragall Montilla, University of Valencia, Spain

Internet-delivered Acceptance and Commitment Therapy added to multimodal pain rehabilitation: A cluster randomized controlled trial

Nina Bendelin, Pain and Rehabilitation Centre, Department of Health, Medicine and Caring Sciences, Linköping University Sweden

The predictive role of photo-based behaviors on Muscle Dysmorphic Disorder symptoms and the moderation effect of body functionality appreciation among male adult Instagram users.

Paolo Mancin, Department of General Psychology, University of Padova Italy

The relationship between cognitions and fatigue in a community sample

Nusaibah Islam, University of New South Wales, Sydney, Australia

Interdisciplinary Cognitive - Behavioural Therapy for odontophobia and dental anxiety related to psychological trauma.

Yngvill Ane Stoke Westad, Møre and Romsdal County Dentist Department Molde, Norway

Implementation and verification of the medication counseling using the cognitive behavioral therapy approach in the community pharmacy for the patient with insomnia: a study protocol

Motohisa Hirose, Chiba University, Japan

Cognitive-Behavioural Therapy to approach a Neurological Functional Disorder (NFD): Developed from a case

Aleix Jorba Chacón, Althaia, Xarxa Assistencial Universitària de Manresa Spain

Treatment of sleep disturbances in refugees: Preliminary results of a context-sensitive group therapy program

Britta Dumser, Ludwig-Maximilians-Universität, Munich Germany

Be a mom, a web-based CBT intervention for maternal mental health in the postpartum period: Efficacy results at four months post-intervention among women with low and high risk for postpartum depression

Fabiana Monteiro, Center for Research in Neuropsychology and Cognitive and Behavioral Intervention, University of Coimbra, Portugal Psychosocial functioning in adolescents with a congenital heart disease: The role of attachment and emotion regulation.

Saskia Mels, Ghent University Hospital, Belgium

Technology based interventions to prevent emotional disorders throughout the reproductive and perinatal period

Jorge Osma, Universidad de Zaragoza, Spain

Emotion dysregulation during assisted reproductive treatments: usefulness of a brief Unified Protocol Preventive Program to learn emotion regulation skills.

Verónica Martínez-Borba, Universitat Jaume I, Castellón, Spain.

Quantitative and qualitative opinion of women who participated in an online Unified Protocol Preventive Program during Assisted Reproductive Techniques

Verónica Martínez-Borba, Universitat Jaume I, Castellón, Spain.

User's opinion about the use of smartphone applications to provide online psychological CBT-based programs during Assisted Reproductive Techniques

Verónica Martínez-Borba, Universitat Jaume I, Castellón, Spain.

Psychological prehabilitation for risk cancer surgeries

Ana Costa Carrera, Hospital Clinic Barcelona, Spain

Study protocol for the Randomized Controlled Trial of the Mind programme: An Acceptance and Commitment Therapy and compassion-based intervention for women with breast cancer

Inês A. Trindade, University of Coimbra, Center for Research in Neuropsychology and Cognitive-Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences Portugal

Posters on virtual platform only

Psychological support needs of highly distressed patients with chronic illnesses in Japan

Kotone Hata, Waseda University Saitama, Japan

Cognitive-behavioural therapy in a patient with fibromyalgia

Markella Fiste, Aegean College-Psychiatric Hospital of Athens Dromokaiteio, Greece

Adherence to self-management and psychosocial variables in type 1 diabetes patients; differences in impact of adherence between adults and adolescents

Emi Tajima, Waseda University Saitama Japan

Description of a treatment program incorporating positive memory work into a trauma-focused cognitive-behavioral treatment for women survivors of IPV. Development and preliminary results (MEMPOSITIV project).

Alejandro Miguel-Alvaro, Complutense University of Madrid, Spain

Marital and sexual

Initial validation of the first diagnostic interview for sexual dysfunctions (DISEX) following the diagnostic guidelines of DSM-5 and ICD-11.

Rebekka Schwesig, Technische Universität Dresden, Germany

Personality Factors and Attachment Styles in Men with Premature Ejaculation

Cátia Oliveira, Universidade Lusófona do Porto, Portugal

The Female Sexual Subjectivity Inventory" (FSSI): adaptation and validation for the Portuguese women

Cátia Oliveira, Universidade Lusófona do Porto, Portugal

A validation study of the Female sexual self-efficacy in the Portuguese population

Cátia Oliveira, Universidade Lusófona do Porto, Portugal

Sexual Functioning And Sexual Satisfaction: Influence Of Sexual Distress In The Portuguese Population

Cátia Oliveira, Universidade Lusófona do Porto, Portugal

Impact Of Sexual Attraction And Self-Efficacy In The Presence Of Female Sexual Pain

Cátia Oliveira, Universidade Lusófona do Porto, Portugal

Preliminary validation of the Emotional Ambivalence in Couples Scale (EACS)

Isabel Cabrera Lafuente, Universidad Autónoma de Madrid, Spain

Public Health

Development and application of a positive emotion training (PoET)

Christina Totzeck, Clinical Psychology & Psychotherapy, Ruhr University, Bochum, Germany

The CONFAMI Study : exploring parents' experiences, risks and resources during confinement

Rafika Zebdi, Université Paris Nanterre, France

Predictors of long-term benzodiazepine prescribing in Sweden: population-based register-based study

Kayoko Isomura, Centre for Psychiatry Research, Karolinska Institutet, & Stockholm Health Care Services, Region Stockholm Sweden

A stepped-care programme of online psychological interventions for healthcare workers with psychological distress: study protocol for the RESPOND-HCWs randomised trial

Roberto Mediavilla Torres, Universidad Autónoma de Madrid, Spain

Creative Evidence Based Communication about Mental Health

Ketevan Abdushelishvili, Tbilisi Family Mental Health Center, Georgia

The cultural adaptation of a psychosocial stepped-care programme for labour migrants living in the Netherlands.

Rinske Roos, Vrije Universiteit, Amsterdam, Netherlands

The impact of cognitive evaluation of relationships with supervisors on mental health of new employees in their first six months after employment: A longitudinal study

Kei Matsuura, National Center of Neurology and Psychiatry, Tokyo, Japan

Long-term outcomes at 24- and 36-month follow-up in the intervention arm of the randomized controlled trial of Prompt Mental Health Care

Robert Smith, Norwegian Institute of Public Health, Norway

The extension of the cognitive-behavioural model from individual-level analysis to regional- and country-level analysis: an empirical investigation

Silviu Matu, Babes-Bolyai University, Romania

COVID-19

Rumination and meta-cognition during the lockdown: the effect of cognitive control training

Celia Domingo-Gil, Universidad Complutense de Madrid, Spain

Ecological Momentary Assessment (EMA)-based smartphone app to measure anxiety levels during the COVID-19 pandemic.

Claudia Rodríguez-Torrella Hospital Clínic de Barcelona Spain

Psychological consequences of experiencing the COVID-19 coronavirus pandemic: early maladaptive schemas, mental health and well-being

Joanna Urbanska, Adam Mickiewicz University Poznan Poland

Mental health problems and needs of frontline healthcare workers during the COVID-19 pandemic in Spain: A qualitative analysis

Roberto Mediavilla Torres, Universidad Autónoma de Madrid, Spain

Perceptions of the use of telehealth during COVID-19 pandemic by professionals and patients of the Spanish public mental health system

María Vicenta Navarro-Haro, University of Zaragoza, Spain

How do we cope with Generalized Anxiety Disorder Symptoms during the COVID-19 Pandemic?

Yasemin Meral Ögütcü, Izmir University of Economics Turkey

Latent profiles of psycho-spiritual distress and associated dispositional characteristics in the context of moral stressors experienced during the COVID-19 pandemic

Stephanie Houle, University of Ottawa, Canada

The Bergen 4-Day Treatment for Panic Disorder during the covid pandemic

Kay Morten Hjelle, University of Bergen, Norway

Psychological factors in postcovid adaptation - alexithymia, social and health anxiety

Julia Kamburidis, Sofia University Sofia, Bulgaria

Death Anxiety in the COVID-19 pandemic: testing REBT models of psychopathology and psychological health of death anxiety.

Elisa Dumitru, Babeş-Bolyai University Cluj-Napoca Romania

Mind the Mom – an e-mental health tool grounded on CBT to promote maternal mental health in the context of the COVID-19 pandemic: results on its usability and acceptability

Fabiana Monteiro, Center for Research in Neuropsychology and Cognitive and Behavioral Intervention, University of Coimbra, Portugal

European CBT therapists transitioning to remote CBT during the pandemic: theREMOTEcBT project

Marija Mitkovic-Voncina, SRABCT, Serbia

Posters on virtual platform only

PO333: Fear of COVID-19 and ability to stay mindful affects subjective mental health during the COVID-19 pandemic

Giedre Zalyte, Laboratory of Behavioral Medicine, Neuroscience Institute, Lithuanian University of Health Sciences Lithuania

14.00 – 16.00

Symposium 49

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

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

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

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

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

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

- 14.40 Effects of diverse relapse prevention strategies on temporal affect and emotional dynamics and its impact on depressive relapse using network analysis: a randomized controlled trial
Junus Van Der Wal, Amsterdam UMC, University of Amsterdam, the Netherlands
- 15.00 Development and Pilot Implementation of Personalized, Transdiagnostic, Modular Digital CBT
Zachary Cohen, University of California, Los Angeles, USA
- 15.20 Can the effect of alliance on outcome be increased by providing more contact? The case of alliance in cognitive behavioral therapy for irritable bowel syndrome
Sigal Zilcha-Mano, University of Haifa, Israel
- 15.40 Discussion

Symposium 50

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

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

- 14.00 Strong Teens and Resilient Minds (STORM): evaluation of a depression prevention approach in school communities
Sanne Rasing, Mental Health Institute GGZ Oost Brabant | Radboud University, Boekel, the Netherlands
- 14.20 A randomized controlled trial of a preventive intervention for the children of parents with depression: mid-term effects, mediators and moderators
Johanna Löchner, German Youth Institute | University of Tübingen, Germany
- 14.40 I-PREGNO: An mHealth-enhanced intervention for the prevention of psychosocial problems and unhealthy weight gain in vulnerable families during pregnancy and the postpartum period
Lea Vogel, German Youth Institute, München, Germany
- 15.00 Preventing Youth Depression through an Internet-Based Primary Care Intervention: Review of Outcomes and Next Steps in Intervention Refinement and Implementation
Tracy Gladstone, Wellesley College, USA
- 15.20 Comprehensive prevention: An evaluation of peripheral outcomes of a school-based prevention program
Patrick Pössel, University of Louisville, USA
- 15.40 Discussion

Symposium 51

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

Chair:

- 14.00 Refuting the myth of a 'tsunami' of mental ill-health in populations affected by COVID-19: Evidence that response to the pandemic is heterogeneous, not homogeneous
Richard Bentall, University of Sheffield, UK
- 14.20 What can qualitative studies tell us about the experiences of people living through the COVID-19 pandemic?
Kate Bennett, Liverpool University, UK
- 14.40 The Psycho-Social Impact of COVID-19 in Italy: Adversities, Challenges, and the Ecological Resilience Model
Anna Panzeri, University of Padova, Italy
- 15.00 Prevalence of Covid-19 paranoia: An international analysis.
Lyn Ellett, University of Southampton, UK
- 15.20 The dark and the bright side of the COVID-19 pandemic: a 2-year trajectory of distress and well-being among the Spanish population.
Carmen Valiente, Complutense University of Madrid, Spain
- 15.40 Discussion
Anton Martinez, University of Sheffield, UK

Symposium 52

Family-focused practice in the care of parents with psychosis

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

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

Roundtable 2

Ethical issues in supervision

Chair: **Andreas Veith**, DGVT, Germany

- Panel:
- Nikola Petrovic**, University of Belgrade, Serbia
 - Agnieszka Popiel**, SWPS University of Social Sciences and Humanities, Warsaw, Poland
 - Anna Ehnvall**, Sweden
 - Beatriz Neufeld**, Brazil

Symposium 53

Nonverbal synchrony in social anxiety and social anxiety disorder

Chair:

- 14.00 Out of Synch: Nonverbal Synchrony in Social Anxiety Disorder
Idan Aderka, University of Haifa, Israel
- 14.25 Man vs. Machine: A comparison of human and computer assessment of nonverbal behavior in social anxiety disorder
Talia Shechter, University of Haifa, Israel
- 14.50 Catching that playful beat: Social anxiety and synchronous group functioning
Ilanit Gordon, Bar-Ilan University, Ramat Gan, Israel
- 15.15 Nonverbal synchrony in Social Anxiety Disorder during a diagnostic interview
Hallel Shatz, University of Haifa, Israel
- 15.40 Discussant:
Eva Gilboa-Schechtman, Bar-Ilan University, Ramat Gan, Israel

Skills Class 8

An experiential introduction to ACT in the context of Psychedelic Assisted Therapy

Sarah Bateup, Clerkenwell Health, London, UK

Symposium 54

Digital mental health interventions in primary care - new findings from meta-analyses and randomized clinical trials

Chair: **Elin Lindsäter**, Karolinska Institutet, Sweden

- 14.00 Therapist-guided Internet-based CBT vs. Face-to-face CBT: a further updated systematic review and meta-analysis
Per Carlbring, Stockholm University, Sweden
- 14.25 Internet-delivered cognitive behavioral interventions to reduce elevated stress: A systematic review and meta-analysis
Frank Svärdman, Karolinska Institutet, Stockholm, Sweden
- 14.50 Internet-delivered treatment for stress-related disorders: preliminary data from a randomized controlled trial
Victoria Sennerstam, Karolinska Institutet, Sweden
- 15.15 A randomized clinical noninferiority trial of group-delivered vs internet-delivered parent training for children with disruptive behavior problems
Johanna Engelbrektsson, Karolinska Institutet, Sweden
- 15.40 Discussion

Symposium 55

A New Paradigm to Diagnose and Treat Mental Disorders: The Network Approach

Chair: **Anita Jansen**, Maastricht University, the Netherlands

- 14.00 A new paradigm to diagnose and treat mental disorders: The Network Approach
Anita Jansen, Maastricht University, the Netherlands
- 14.25 Transdiagnostic individual networks of psychopathology
Alberto Jover Martinez, Maastricht University, the Netherlands
- 14.50 A study of family affect systems in daily life
Myrthe Veenman, Leiden University, the Netherlands
- 15.15 Jumping back onto the giants' shoulders: Why emotional memory should be considered in a network perspective of psychopathology
Inga Marie Freund, University of Amsterdam, the Netherlands
- 15.40 Discussant:
Merel Kindt, University of Amsterdam, the Netherlands

14.00 – 17.00

In Congress Workshop 4

Mindfulness-based Cognitive Therapy: The Story So Far and New Directions

Willem Kuyken, University of Oxford, UK

Symposium 56

Virtual reality exposure therapy: we know that it works, but not how!

Chair: **Katharina Meyerbröker**, Utrecht University, the Netherlands

- 14.00 Virtual reality exposure therapy and the current findings in anxiety disorders
Katharina Meyerbröker, Utrecht University, the Netherlands
- 14.25 Taking the leap: What do we know about the transition from Virtual Reality to real-world exposure? Pre-recorded
Philip Lindner, Karolinska Institute, Stockholm, Sweden
- 14.50 Presence and emotional processes in VR: the impact of automation
Julia Diemer, Ludwig-Maximilians Universität, München, Germany

- 15.15 Virtually (un)expected? The role of expectancy violation in virtual reality exposure therapy for anxiety disorders
Sara Scheveneels, KU Leuven, Belgium
- 15.40 Adolescents' stutter-related social anxiety in Virtual Reality
Ellen Rombouts, KU Leuven, Belgium

Skills Class 9

Deep CBT for anxiety disorders and beyond: assessing and treating core fears.

Elad Zlotnick and **Jonathan D. Huppert**, The Hebrew University of Jerusalem, Israel

Symposium 57

Innovative technology-based interventions for coping with adversities and emotional distress

Chair: **Jeannette Brodbeck**, University of Bern, Switzerland

- 14.00 Barriers to and initial experiences with GuG-Auf-online – a family-based online prevention approach for children of depressed parents
Svenja Geissler, Ludwig-Maximilians-University Hospital Munich, Germany
- 14.20 Digital guided trauma-focused intervention for youth with posttraumatic stress disorder: Results of a proof-of-concept feasibility study
Christina Schulte, Technical University of Munich, Germany
- 14.40 FACE – Development of a self-help app for young adults with adverse childhood experiences using an iterative co-design
Salome Bötschi, University of Applied Sciences and Arts Northwestern Switzerland
- 15.00 Modifying dysfunctional beliefs with emotion-enhanced smartphone interventions: Pilot study of an emotion-based approach-avoidance modification training for individuals with elevated stress
Marie Keinert, Friedrich-Alexander-Universität Erlangen-Nürnberg, Germany
- 15.20 SOLENA – An online self-help intervention for coping with the loss of a partner
Jeannette Brodbeck, University of Bern, Switzerland
- 15.40 Discussion

Open Paper Symposium 15

Emotion regulation and depression

Chair:

- 14.00 Risk and protective factors of relapse in remitted patients. Ecological dynamics of emotion regulation use predict long-term symptoms in one year follow up after discharge
Teresa Boemo, Complutense University of Madrid, Spain
- 14.25 Links between within-day event controllability, situational inferences, emotion regulation, and symptoms of depression
Noa Avirbach Shabat, The Hebrew University of Jerusalem, Israel
- 14.50 Disentangling the relationship between personality and emotion regulation in depression: An insight into the protective role of intra- and interpersonal emotion regulation
Marta Miragall, Valencia University, Spain
- 15.15 Intra-individual mechanisms of positive affect regulation deficits in depression: an experience sampling study
Ana Mar Pacheco-Romero, Universidad Complutense Madrid, Spain
- 15.40 Using the person-based approach to optimise an app-based behavioural activation intervention for adults with depression.
Jeffrey Lambert, University of Bath, UK.

16.30 – 17.30

Keynote Address 10

Targeting neuroticism in psychological treatment: A Unified Transdiagnostic Approach

Todd Farchione, Boston University, USA

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

Keynote Address 11

Integrating emotion regulation training in the treatment of adolescents

Caroline Braet, Ghent University, Belgium

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

Keynote Address 12

Somatic complaints and the Body: A New Look on their Relationship

Omer van den Bergh, University of Leuven, Belgium

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

Open Paper Symposium 16

Specific Phobia

Chair:

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

Open Paper Symposium 17

Digital training and interventions

Chair:

- 16.30 Learning diagnostic skills online – Evaluation of a blended learning course in a multicenter randomized controlled trial
Gabriel Bonnin, Ruhr University Bochum, Germany
- 16.50 On-line psychoeducation: Could a 30-day challenge based on CBT improve mental health?
Renata Mello, Cognitiva: Renata Borja Belo Horizonte, Brazil
- 17.10 Comprehensive digitally-native services provide a digital ecology in which data can be used to develop more effective psychological assessments and interventions: a service based case study
Frank R. Burbach, Healios, UK

Open Paper Symposium 18

Rumination and repetitive negative thinking 2

Chair:

- 16.30 Relationship between daily task unrelated thoughts and negative affect – a network analysis.
Monika Kornacka, SWPS University of Social Sciences and Humanities, Katowice, Poland
- 16.50 A randomized controlled trial of metacognition reflection and insight therapy for people with schizophrenia
Ilanit Hasson-Ohayon, Bar-Ilan University Ramat-Gan Israel
- 17.10 The role of rumination: A novel perspective investigating the collective relationships between empathic tendencies, rumination, social problem-solving and depressive symptomology.
Barbara Dritschel, University of St Andrews, UK

Programme Schedule | Saturday 10 September 2022

8.30 – 10.00

Symposium 58

How and when does imagery rescripting work?

Chair: **Elze Landkroon**, Utrecht University/Tilburg University, the Netherlands

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

Symposium 59

Uncertainty processing in diverse groups and contexts: from intolerance of uncertainty to uncertainty distress

Convenor and Chair: **Pablo Romero Sanchiz**, University of Roehampton, UK

- 8.30 The longitudinal association between intolerance of uncertainty and emotional processing in Italian nonclinical girls and boys: Preventive and clinical implications
Gioia Bottesi, University of Padua, Italy
- 8.50 Differences in the experience of gender-specific uncertainty distress: a mixed methods study
Raquel Nogueira Arjona, University of Roehampton, UK
- 9.10 tbc (Prerecorded)
Meropi Simou, Aristotle University of Thessaloniki, Greece
- 9.30 Influence of ethnicity in the experience of uncertainty and threat in ethnic minorities: a mixed-methods pilot study
Pablo Romero Sanchiz, University of Roehampton, UK
- 9.50 Discussant:
Mark Freeston, University of Newcastle, UK

Symposium 60

Digital beyond the disorder-specific: Different applications of transdiagnostic internet-based interventions

Convenor: **Laura Luisa Bielinski**, University of Bern, Switzerland

Chair: **Gerhard Andersson**, Linköping University, Karolinska Institute, Sweden

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

Symposium 61

Novel approaches to understanding cognitive factors in depression-related pathology

Chair: **Mary E. Mcnamara**, University of Texas at Austin, USA

- 8.30 Multifactorial prediction of depression symptom dimensions
Mary E. Mcnamara, University of Texas at Austin, USA
- 8.50 Neurocognitive predictors of self-reported reward responsivity and approach motivation in depression: a data-driven approach
- 9.10 **Kean Hsu**, Georgetown University, Washington, DC, USA
Cognitive control and emotion regulation in the context of unemployment
- 9.30 **Ernst Koster**, Ghent University, Belgium
Reinforcement learning correlates of symptom improvement after CBT in depression
- Vanessa Brown**, University of Pittsburgh, USA
- 9.50 Discussant
Christopher Beevers, University of Texas at Austin, USA

Symposium 62

Advances in compassion-based interventions research

Chair: **Ausiàs Cebolla I Martí**, Universitat de València, Spain

- 8.30 Compassionate approach to psychosis: development and preliminary results of the COMPASS intervention
Maria João Martins, University of Coimbra Medical Services, Portugal
- 8.50 Nurturing compassion in schools: Feasibility and effectiveness of a Compassionate Mind Training program for teachers on promoting psychological and physiological wellbeing
Marcela Matos, University of Coimbra, Portugal
- 9.10 Feasibility of a skills-based intervention to increase well-being for long-standing symptoms in BPD.
Joaquim Soler, Hospital de la Santa Creu i Sant Pau, Barcelona, Spain
- 9.30 Short mental imagery training to enhance the quality of compassion practice
Ausiàs Cebolla I Martí, Universitat de València, Spain
- 9.50 Discussion

Symposium 63

Theory of Mind and Psychopathology

Chair: **Gregoris Simos**, University of Macedonia, Greece

- 8.30 The relationship between cognitive developmental level and the psychopathology
Hakan Turkcapar, Social Sciences University of Ankara, Turkey
- 8.50 Theory of mind in Social Anxiety Disorder: Is it a differentiating factor for avoidant personality disorder comorbidity
Kadir Ozdel, University of Medical Sciences, Ankara, Turkey
- 9.10 The Comparison of Theory of Mind functions in patients with social anxiety Disorder and Generalized Anxiety Disorder
Ercan Altinoz, Eskisehir Osmangazi University, Turkey
- 9.30 Discussion

Symposium 64

Internet-based treatment for adolescents and young adults with depression or anxiety: development and results of two innovative transdiagnostic add-on interventions

Convenor: **Maria Schouten**, Arkin Institute for Mental Health / VU University, the Netherlands

Chair: **Julie Emmelkamp**, Arkin Institute for Mental Health / VU University, the Netherlands

- 8.30 Introduction
- 8.40 What is the state of the evidence? A meta-analysis on internet and computer-based CBT for adolescents and young adults with anxiety and depression.
Carolien Christ/ Maria Schouten, Arkin Institute for Mental Health / GGZ ingest, Amsterdam, the Netherlands
- 8.55 Development of an innovative emotion regulation training for adolescents with a depressive and/or anxiety disorder.
Julie Emmelkamp, Arkin Institute for Mental Health / VU University, the Netherlands
- 9.10 Internet-based emotion-regulation training in adolescents with depressive and anxiety disorders: A pilot randomized controlled trial to examine feasibility, acceptability, and preliminary effectiveness
Marika Wisman, Arkin Institute for Mental Health / VU University, the Netherlands
- 9.25 Effectiveness of a digital alcohol moderation intervention as an add-on to depression treatment for young adults: preliminary findings of a pragmatic randomized controlled trial.
Maria Schouten, Arkin Institute for Mental Health / VU University, the Netherlands
- 9.45 General discussion

Symposium 65

Improving inpatient treatment of people with dual diagnosis, focusing at cognitive therapy and motivational work in the milieu.

Convenor and Chair: **Irene Oestrich**, senior psychologist, specialist and supervisor in CBT.

- 8.30 The challenging aspects of treating people with severe mental illness and addiction: a success story of building CBT competences in all professions in a multidisciplinary staff.
Jakob Krarup, Chief psychiatrist. Mental Health Centre Sct. Hans
- 8.50 Improving competence and therapeutic skills at different levels in the staff and how to measure and implement them
- 9.10 **Irene Oestrich**: senior psychologist, specialist and supervisor in CBT. Mental Health Centre Sct. Hans.
21 years of experience at the Mental Health Centre Sct. Hans in the Capital Region of Denmark illustrate the importance of CBT-trained interdisciplinary teams in the treatment of patients with dual diagnosis in an inpatient setting.
Janne Theisten, Assistant Ward Nurse, Mental Health Centre Sct.Hans
- 9.30 VR assisted CBT in the treatment of social anxiety among people with dual diagnosis: An exploratory study of acceptance, feasibility and preliminary efficacy
Vivian Heinola-Nielsen, clinical psychologist, specialist in psychotherapy, Mental Health Centre Sct. Hans
- 9.50 Discussion

Skills Class 10

Using CBT Approaches with Student Teachers: Preventative Approaches for Supporting Young People Post Covid.

Stephanie Evans, University of Cumbria, Lancaster, UK

Open Paper Symposium 19

Covid - 19

Chair:

- 8.30 The network structure of psychopathological and resilient responses to the pandemic: A COVID-19 Psychological Research Consortium multi-country study
Alba María Contreras Cuevas, Université Catholique de Louvain, Belgium
- 8.45 Longitudinal study of predictors of Belief in Conspiracy Theories and Paranoia in uncertain times of COVID-19.
Vanesa Peinado, University Complutense of Madrid, Spain
- 9.00 Mental health across two years of the COVID-19 pandemic: A 5-wave longitudinal study in the German general population
Maxi Weber, Freie Universität Berlin, Germany
- 9.15 The Protective effect of culture on depression during Covid-19 Pandemic: A Romanian national study
Monica Bartucz, Babes-Bolyai University, Romania
- 9.30 Investigating the effects of COVID-19 on adolescent mental health using a longitudinal approach
Phuong Mi Nguyen, Bochum, Germany

Open Paper Symposium 20
Cognition and memory in depression

Chair:

- 8.45 Interpretation bias as a clinical vulnerability marker for depression: New insights from large-scale validation of the scrambled sentence task
Nuria Martin-Romero, University of Alcala Guadalajara Spain
- 9.05 The sound of conviction: Testing the efficacy of voice-based feedback for cognitive restructuring in a randomized controlled trial
Jonathan Felix Bauer, Friedrich-Alexander-Universität Erlangen-Nürnberg, Germany
- 9.25 Cognitive Control Biases in Depression: A Systematic Review and Meta-Analysis
Leanne Quigley, Ferkauf Graduate School of Psychology, Yeshiva University, Bronx USA

9.00 – 12.00

In Congress Workshop 5
Understanding, assessing, and addressing moral injury in clinical practice
Stephanie Houle and Andrea Ashbaugh, University of Ottawa, Canada

9.00 – 12.00

In Congress Workshop 6
Why we should start caring about sustainability of CBT and how this can be applied in clinical practice for relapse prevention in depression
Claudi Bockting, Amsterdam UMC, University of Amsterdam, the Netherlands

Open Paper Symposium 21:

Chair:

- 8.30 Symptom dynamics among nightmare sufferers: An intensive longitudinal study
Britta Dumser, Ludwig-Maximilians-Universität (LMU) Germany
- 8.50 Elaborating emotional schemas: The adaptation of Leahy's Emotional Schema Scale to Portuguese
David Dias Neto, ISPA Lisboa, Portugal
- 9.10 From victims to perpetrators of bullying: The role of irrational cognitions, externalizing problems, and parental attachment
Raluca Balan, Babeş-Bolyai University Cluj-Napoca, Romania
- 9.20 The effectiveness of compassion focused therapy within clinical populations: A systematic review and meta-analysis
Leah Millard, University of Manchester
- 9.40 The effectiveness of modular transdiagnostic cognitive behavioral therapy versus treatment as usual for youths with school attendance problems: A Danish randomized controlled trial
Mikael Thastum, Aarhus University, Denmark

9.00 – 13.30

Poster Session 4
Eating Disorders, Addiction, Long term Mental Health

Eating Disorders

- Orthorexic eating behaviors are not all pathological: A French validation of the Teruel Orthorexia Scale (TOS)
Clotilde Lasserre, Université Toulouse-Jean Jaurès France
- Determining the potential link of self-compassion with eating pathology and body image among women: a longitudinal mediational study
Fidan Turk, University of Sheffield, UK
- Predicting intuitive eating in women through positive body image factors: the role of body compassion vs. body acceptance by others
Marta Miragall Montilla, Polibienestar Research Institute, University of Valencia, Spain
- Restrictive intake moderates the relationship between binge eating and binge drinking in college youths
Marta Miragall Montilla, Polibienestar Research Institute, University of Valencia, Valencia, Spain
- Binge eating and emotional (dys)regulation in a Portuguese community sample: the protective role of self-compassion and committed action.
Sérgio Carvalho Andrade, Lusófona University, Lisbon, Portugal
- Relationship between eating disorders and obsessive-compulsive disorder: Analysis of obsessive dysfunctional beliefs with eating and body image content
Martha Giraldo-O'meara, University of Prince Edward Island Charlottetown, Canada
- Orthorexia nervosa-related beliefs: associations with orthorexia, food restriction and obsessive symptoms
Martha Giraldo-O'meara University of Prince Edward Island Charlottetown, Canada

A new mobile app to address the dysfunctional beliefs and the internal dialogue about eating and body image: Protocol for a randomized controlled trial

Martha Giraldo-O'meara, University of Prince Edward Island Charlottetown, Canada

Changes in eating disorder symptoms during inpatient treatment: associations with eating disorder diagnoses, depression, and anxiety

Kärol Soidla, University of Tartu, Estonia

Satisfaction with meaningful life domains and the course of anorexia nervosa

Sanne Van Doornik, University of Groningen, the Netherlands

Punishment sensitivity and the persistence of anorexia nervosa: High punishment sensitivity is related to a less favorable course of anorexia nervosa

Nienke Jonker, University of Groningen, the Netherlands

A trainee counsellor's assessment and treatment of a former Aahlete with OCD and a comorbid eating disorder.

Alexandra Bletsis, The American College of Greece, Athens, Greece

Effectiveness in weight loss maintenance of cognitive behavioral therapy-based group treatment for obesity: A systematic review

Aina Pineda Comellas, Fundació Althaia -Xarxa Assistencial i Universitària de Manresa, Spain

When (not) eating Causes Distress: Applying the Tripartite model of Emotion Regulation to Picky Eating in Young Children

Juliette Taquet, Ghent University, Belgium

The Portuguese short form (seven-items) Eating Disorder Examination-Questionnaire: Validity and reliability of a non-nested version in middle aged and older women

Ana Telma Pereira, Faculty of Medicine, Coimbra University, Portugal

Posters on virtual platform only

Emotional Schema and eating behaviors: Mediator role of emotional dysregulation and moderator role of perfectionism

Şener Gamze, Zeynep Lal Caan Koç University İstanbul Turkey

Detection of post-traumatic stress disorder in adolescents with eating disorders admitted to a day hospital

Flavia Piazza Suprani, Institute of Neuroscience, Hospital Clinic of Barcelona, Spain

Addictions

Emotion regulation and codependence linked to cocaine use

Vera Walburg, Institut Catholique De Toulouse France

Smoking mostly alone as a risk factor for cannabis use and use-related disorders

Jean Chassagne, Centre d'Etudes et de Recherche en Psychopathologie et Psychologie de la Santé, University Jean Jaurès Toulouse France

Examining social media posts of General #selflove Discourse and within alcohol and other drug recovery: A topic modeling approach

Kelly L Ziemer, University of California, Berkeley, USA

Cognitive behavioral therapy for cryptocurrency addiction: Apropos of a case

Esther Martin Santander, Althaia, Xarxa Assistencial Universitària de Manresa Spain

Associations between risky alcohol use and empathy: drinking motives as a moderator

Isabelle Baltariu Bulai, University of Groningen, the Netherlands

Spanish adaptation and validation of the Gambling Symptom Assessment Scale (G-SAS) in the general population.

Laura Diaz Sanahuja, Universitat Jaume I Castellón de la Plana Spain

Craving in gambling disorder: a systematic review

Núria Mallorquí-Bagué, Hospital de la Santa Creu i Sant Pau, Biomedical Research Institute Sant Pau (IIB Sant Pau), Spain

Self-regulation profiles in addictive behaviors among adolescents: A transdiagnostic approach

Eva Van Malderen, Ghent University, Belgium

Craving, emotion regulation and treatment outcome differences in cocaine use disorder according to the severity of withdrawal symptoms at inpatient detoxification treatment

Alba Palazón-Llecha, Hospital de la Santa Creu i Sant Pau, Biomedical Research Institute Sant Pau (IIB Sant Pau). Spain

Posters on virtual platform only

Cognitive-behavioral treatment plus contingency management for a smoker with obesity: A case study

Gloria García-Fernández, Department of Psychology, University of Oviedo Spain

A randomized controlled trial of cognitive-behavioral treatment plus contingency management for smokers with overweight or obesity

Gloria García-Fernández, Department of Psychology, University of Oviedo Spain

Online vs in-person smoking cessation treatment: difference in abstinence rates

María Barroso-Hurtado, Smoking Cessation and Addictive Disorders Unit, University of Santiago de Compostela. Spain

"SinHumo App": Development of a novel smoking cessation App as a complement to a cognitive-behavioral intervention to quit

Kelly L Ziemer, University of California, Berkeley, USA

Measurement Invariance of The Internet Gaming Disorder Scale Across Age, Gender, and Informant

Iulia Cosa, Babeş-Bolyai University, Romania

"SinHumo App": Development of a novel smoking cessation App as a complement to a cognitive-behavioral intervention to quit

Daniel Suárez-Castro, Smoking and Addictive Disorders Unit, University of Santiago de Compostela. Spain

Longer term mental health

Intrusive Mental Images in Borderline Personality Disorder: Perspectives and Implications for Psychotherapy

Julia Kroener, Christophsbad Goeppingen Germany

IRIS – A two-session short intervention using imagery rescripting to treat non-suicidal self-injury in Borderline Personality Disorder. Results from a Randomized Controlled Trial.

Julia Kroener, Christophsbad Goeppingen, Germany

The therapeutic relationship in borderline personality disorder: a cognitive perspective

Katerina Flora, University of Western Macedonia, Greece

Personality Disorders in a Sample of Argentinean CBT Outpatients

Alicia Facio, Asociacion Terapia Cognitiva y Conductual del Litoral, Argentina

Promoting well-being in a clinical sample of young adults with paranoid tendencies; a Randomized Clinical Trial

Regina Espinosa, Camilo José Cela University Madrid Spain

Reactivity in response to a psychosocial stress-inducing virtual reality scenario

Anna Francova, National Institute of Mental Health/Third Faculty of Medicine (Charles University) Klecany/Prague Czech Republic

Effects of a group-based Cognitive-Behavioral Therapy (CBT) program in patients with a first-episode psychosis (FEP): A pilot study.

Judith Castro Egea, Fundació Althaia, Xarxa Assistencial Universitària de Manresa Spain

Do cognitive function profiles differentiate subtypes of unipolar affective disorder?

Joana Guarch I Domènech, Hospital Clinic Barcelona, Universitat De Barcelona, Spain

Heightened state rejection sensitivity during bipolar depression relates to an increase in suicidal ideation

Anna Ehnvall, Institute of Clinical Neuroscience, Gothenburg University, Sweden

Schema therapy with exposure and response prevention for the treatment of chronic anxiety with comorbid personality disorder: a multiple baseline study.

Nancy Peeters, Pro Persona Overwaal Centre and Radboud University Nijmegen Netherlands

Clinical insight in first-episode psychosis: clinical, neurocognitive and metacognitive predictors

Esther Pousa Tomas, Hospital de Sant Pau, Barcelona, Spain

Experience of a virtual reality-based intervention designed for patients with schizophrenia: Preliminary results

Lajos Simon, HABCT, Hungary

Assessment of differential traits in personality disorders with low levels of affiliation.

Francisco Valdesoiro, Hospital Clinic de Barcelona, Spain

Study Protocol of a Randomized Controlled Trial of Videoconference delivered Cognitive Behavioral Therapy for Adults with Attention Deficit/Hyperactivity Disorder

Aiko Eto, Department of Cognitive Behavioral Physiology, Graduate School of Medicine, Chiba University, Japan

Network analysis of comorbid depressive and anxiety symptoms in family caregivers of a person with dementia. The role of caregivers' reaction to stress.

Inés García-Batalloso, Universidad Autónoma de Madrid, Spain

Guilt for perceiving oneself as a burden. Associated factors and age differences

María Del Sequeros Pedroso-Chaparro, Autónoma de Madrid, Spain

Posters on virtual platform only

Supporting The mental health of elderly living in the community through Group Cognitive Behavioral Therapy "Aging Wisely "

Radka Bužgová, University of Ostrava, Department of Nursing and Midwifery, Czech Republic

Maintaining the quality of life in early dementia

Brigitte Jenull, Universität Klagenfurt, Austria

Positive emotional experiences in dementia family caregiving: development of a brief scale to measure them and analysis of its correlates.

Isabel Cabrera Lafuente, Universidad Autónoma de Madrid, Spain

Final findings on user experience and usability of the European ehcoBUTLER platform

Cristina Gasch, Universitat Jaume I Castellón Spain

Development of an online self-management intervention based on a CBT approach for people with schizophrenia in Indonesia

Sri Padma Sari, Centre for Intelligent Healthcare, Coventry University, UK

10.30 – 12.00

Symposium 66

Driven by the Unknown - Behaviour Related to Intolerance of Uncertainty

Convenor: **Zoe Ryan**, University of Reading, UK

Chairs: **Helmut Appel**, University of Cologne, Germany and **Shannon Wake**, University of Reading, UK

10.30 Intolerance of uncertainty, fear of missing out, and problematic internet use.

Mark Freeston, Newcastle University, UK

10.50 Can curiosity and Intolerance of Uncertainty (IU) be differentiated at the behavioural and emotional level?

Zoe Ryan, University of Reading, UK

11.10 The role of individual differences in self-reported anxiety and obsessive-compulsive features on subjective, behavioural, and physiological indices during a checking task

Shannon Wake, University of Reading, UK

11.30 Making it worse by trying to make it better – Intolerance of uncertainty is associated with maladaptive safety behavior in decision making

Helmut Appel, University of Cologne, Germany

11.50 Discussant:

Gioia Bottesi, University of Padua, Italy

Symposium 67

Enhancing Emotional Competence in the young: A principle, evidence-based, mobile-health approach to prevent mental disorders and promote mental wellbeing

Convenor: **Azucena Garcia-Palacios**, Universitat Jaume I, Spain

Chairs: **Edward Watkins**, University of Exeter, UK and **Heleen Ripper**, Vrije Universiteit, Amsterdam, the Netherlands

10.30 The ECoWeB project: Background, Aims, Rationale, and the Development of the MyMoodCoach-App

Thomas Ehring, Ludwig-Maximilians Universität München, Germany

10.50 Relationship between EC components and wellbeing cross-sectionally and at baseline

Azucena Garcia-Palacios, Universitat Jaume I, Spain

11.10 Overall ECoWEB trial results: PREVENT and PROMOTE

Edward Watkins, University of Exeter, UK

11.30 Using implementation science to enhance the implementation and sustainability of mental health apps

Holly Bear, Department of Psychiatry, University of Oxford, Oxford, UK

11.50 Discussant,

Heleen Ripper, Vrije Universiteit, Amsterdam, the Netherlands

Symposium 68

Digital Interventions for Psychosis: examining subjective users' experiences, implementation challenges and generalisation of responses using qualitative and naturalistic methods.

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

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

Symposium 69

Mental health problems and psychological scalable interventions to reduce distress and promote resilience during the COVID-19 pandemic

Chair: **Naser Morina**, University Hospital Zurich, University of Zurich, Switzerland

- 10.30 Impact of COVID-19 on common mental health outcomes in the early phase of the pandemic: an umbrella review of the evidence
Anke B. Witteveen, Vrije Univrsiteit Amsterdam, the Netherlands
- 10.50 Sustained negative mental health outcomes among healthcare workers over the first year of the COVID-19 pandemic: a prospective cohort study
Roberto Mediavilla, Universidad Autónoma de Madrid (UAM), Spain
- 11.10 Effectiveness of a videoconferencing-delivered psychological intervention for mental health problems during COVID-19: A proof-of-concept randomized clinical trial
Richard A. Bryant, University of New South Wales, Sydney, Australia
- 11.30 Efficacy of a brief psychological intervention to reduce distress in healthcare workers during the COVID-19 Pandemic: A Rrdomised controlled trial
Naser Morina, University Hospital Zurich, University of Zurich, Switzerland
- 11.50 Discussant:
Marit Sijbrandij, Vrije Univrsiteit Amsterdam, the Netherlands

Skills Class 11

Compassion and Metacognition in Cluster A Personality Disorders: Conceptualizing and Treating Schizoid, Paranoid, and Schizotypal Personality

Simone Cheli, University of Florence, Florence, Italy

Symposium 70

Mindfulness-based cognitive therapy: from targeted populations to wider implementation in routine clinical care

Chair: **Marloes Huijbers**, Radboud University Medical Centre, the Netherlands

- 10.30 Supporting antidepressant discontinuation using mindfulness plus monitoring versus monitoring alone: a cluster randomized trial in general practice
Marloes Huijbers, Radboud University Medical Centre, the Netherlands
- 10.50 In search of balance: Mindfulness-Based Cognitive Therapy for bipolar disorder
Imke Hanssen, Radboud University Medical Centre, Nijmegen, the Netherlands
- 11.10 MindChamp: a randomised controlled trial of a mindfulness-based intervention for children with ADHD and their parents
Recorded
Anne Speckens, Radboud University Medical Centre, the Netherlands
- 11.30 Putting mindfulness-based cognitive therapy to the test in routine clinical practice
Dirk Geurts, Radboud University Medical Centre, Nijmegen, the Netherlands
- 11.50 Discussant
Willem Kuyken, University of Oxford, UK

Symposium 71

New strategies for improving youth mental health and facilitating delivery of a CBT preventive intervention

Chair: **Kristin Martinsen**, The Regional Center for Child and Adolescent Mental Health, University of Oslo, Norway

- 10.30 Factorial design in the ECHO Study, Initial Data & the Use of Technology in CBT for children
Carina Lisøy, The Regional Center for Child and Adolescent Mental Health, RBUP East and South, Oslo, Norway and **Jo Magne Ingul**, Regional Center for Child and Youth Mental Health and Child Welfare, RKBU Central Norway, NTNU, Trondheim, Norway
- 10.50 Use of a new measurement feedback system (MFS) for children with emotional problems – How can the “myecho” app improve outcomes in a preventive intervention?
Simon-Peter Neumer, The Regional Center for Child and Adolescent Mental Health, RBUP East and South, Oslo, Norway
- 11.05 A transfer from a traditional CBT group intervention to DIGGI, a partially web-based intervention - does digitalization have the potential to enhance access and facilitate delivery of evidence-based interventions?
Kristin Martinsen, The Regional Center for Child and Adolescent Mental Health, RBUP East and South, University of Oslo, Norway
- 11.20 Do parents matter? - high and low parental involvement in a preventive intervention for anxious and sad children
Kristin Ytreland, Regional Center for Child and Youth Mental Health and Child Welfare, RKBU Central Norway, NTNU, Trondheim, Norway
- 11.35 Implementation factors in a transdiagnostic program for sad and anxious children.
Frode Adolfsen, Regional Center for Child and Youth Mental Health and Child Welfare, RKBU North Norway, UiT, Tromsø, Norway
- 11.50 Questions and discussion

Symposium 72

Digital mental health: recent innovations and potential interferences

Chair: **Oana David**, Babes-Bolyai University Cluj-Napoca, Rumania

- 10.30 The RETHink online therapeutic game for the prevention of emotional disorders in youths
Oana David, Babes-Bolyai University Cluj-Napoca, Romania
- 10.50 The "Symptoms" app for supporting treatment of Gambling Disorders
Juana Breton-López, Universitat Jaume I, Spain
- 11.10 Technoference, attachment and socio-emotional behaviors in toddlers
Marie Danet, Université de Lille - Nord de France
- 11.30 Digital mental health for emotion regulation
Corina Sas, Lancaster University, UK
- 11.50 Discussion

Open Paper Symposium 22

PTSD

- 10.30 SmartPTBS: Intraindividual fluctuations of posttraumatic stress disorder symptomatology and coping strategies - insights from ecological momentary assessment.
Lena Schindler-Gmelch, Friedrich-Alexander-Universität Erlangen-Nürnberg & Technische Universität Dresden, Germany
- 10.45 What to think or how to think – is symptom reduction in posttraumatic symptomatology driven by change in posttraumatic cognitions or perseverative thinking?
Kristina Meyer, Charité Universitätsmedizin Berlin Germany
- 11.00 Mechanisms of change in telehealth-delivered writing interventions for adults with post-traumatic stress
Rachelle Dawson, Australian National University Canberra, Australia
- 11.15 Do changes in dysfunctional posttraumatic cognitions predict PTSD symptom clusters differentially?
Hannah Schumm, LMU Munich Germany
- 11.30 One-year predictors of symptoms of PTSD, anxiety and depression in SARS-CoV-2 survivors: Psychological flexibility and major life events as main predictive factors
Inês A. Trindade, University of Coimbra, Portugal
- 11.45 PTSD and COVID-19: when repeated lockdowns hinder mental health!
Abdel. H Boudoukha, Nantes Université, France

Open Paper Symposium 23

Digital interventions for depression

- 10.30 The effects of a web-based behavioural activation intervention on motivational and volitional outcomes in individuals with depression
Claudia Mueller-Weinitschke, University of Freiburg, Germany
- 10.45 Digital interventions for the treatment of depression
Isaac Moshe, University of Helsinki, Finland
- 11.00 Early patient involvement in the design of a blended smartphone application and dashboard for depression (TOTEM)
Nele Jacobs UHasselt - Transportation Research Institute (IMOB), Belgium
- 11.15 Efficacy of a smartphone-based Reappraisal Training against depression and benefits of enhancing it with facial expression
Klara Capito, Friedrich-Alexander-Universität Erlangen-Nürnberg (FAU) Germany
- 11.30 iCAN: Intelligent, chatbot-assisted outpatient aftercare for depression in adolescents and young adults
Hannah Streit, Friedrich-Alexander-Universität Erlangen-Nürnberg, Germany

Open Paper Symposium 24

Emotion regulation in children/adolescents

Chair:

- 10.30 Cognitive flexibility and emotion regulation as transdiagnostic mechanisms underlying psychopathology in clinically-referred youths
Jakke Coenye, UGent, Belgium
- 10.50 Assessment of emotion-regulation skills of children and adolescents in game-based situations.
Ioana Iuga, Babes-Bolyai University Cluj-Napoca Romania
- 11.10 Predictors of youth academic burnout: the role of attachment and cognitive emotion regulation
Ioana Alexandra Iuga, Babeş-Bolyai University, Cluj-Napoca, Romania
- 11.30 Keeping it Real: Using interactive virtual reality to assess and intervene with aggressogenic social information processing and emotion regulation in children
Bram Orobio De Castro, University of Amsterdam, the Netherlands

Special Interest Group

Worry, Rumination and Repetitive Thinking

Chair: **Giovanni Maria Ruggiero**, Sigmund Freud University, Italy

Patricia M. Pascoal, Universidade Lusófona, Lisbon, Portugal

Gerhard Andersson, Linköping University, Sweden

Discussant: **Giovanni Maria Ruggiero**, Sigmund Freud University, Italy

12.00 – 13.00

Keynote Address 13

Rethinking and Revisualising: Mental Imagery and Mental Health Science

Emily Holmes, Uppsala University, Sweden and at Karolinska Institutet's Department of Clinical Neuroscience

Chair: **Xavier Caseras**, University of Cardiff, UK

Keynote Address 14

Clinical interventions for persistent symptoms: transdiagnostic or symptom focused

Trudie Chalder, Kings College, London, UK

Chair: tbc

Keynote Address 15

Shifting psychotherapy research from brands and categories to active ingredients

Ioana Cristea, University of Padova, Italy

Chair: tbc

Symposium 73

New clinical models and optimizing treatment strategies for OCD and its subtypes

Chair **Andrea Pozza**, University of Siena, Italy

- 12.00 Can musical obsessions be predicted by the interaction between frequency and dysfunctional interpretations of common earworms?
Karina Wahl, University of Basel, Switzerland
- 12.20 tbc
Ulrich Voderholzer, Schoen Clinic Roseneck, Prien am Chiemsee, Germany
- 12.40 The role of attachment styles and disgust in OCD
Andrea Pozza, University of Siena, Italy
- 13.00 Discussion

Symposium 74

Improving access to the diagnosis and treatment of adolescent body dysmorphic disorder

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

- 12.00 Internet-delivered cognitive-behaviour therapy for adolescents with body dysmorphic disorder: a feasibility trial
Daniel Rautio, Karolinska Institutet, Stockholm, Sweden
- 12.15 Clinical characteristics and treatment outcomes in young people with comorbid body dysmorphic disorder and autism spectrum disorder
Amita Jassi, South London and Maudsley NHS Foundation Trust, London, UK
- 12.30 Supervised digital training of clinicians to assess and deliver cognitive behaviour therapy for young people with body dysmorphic disorder: A feasibility study
Martina Gumpert, Karolinska Institutet, Stockholm, Sweden
- 12.45 Discussion
Lorena Fernández de la Cruz, Karolinska Institutet, Stockholm, Sweden

Open Paper Symposium 25:
Developing new interventions

Chair

- 12.00 Developing and adapting a guided low-intensity behavioral activation intervention targeting depression in people with dementia for the Swedish context (The INVOLVERA Study)
Frida Svedin, Uppsala University, Sweden
- 12.20 Let It Go – A Randomized Controlled Pilot Study Exploring the Utility of Sadness in an Emotion-Based Approach-Avoidance Modification Training in the Context of Stress
Lydia Helene Rupp, Friedrich-Alexander-Universität Erlangen-Nürnberg Erlangen, Germany
- 12.40 Effect of a classical conditioning intervention on social processes associated with paranoid beliefs: Evidence from two experimental studies.
Almudena Trucharte, Complutense university Las Rozas de Madrid, Spain

Open Paper symposium 26
Fear conditioning and extinction1

Chair

- 12.00 COVID-19-related anxiety enhances maladaptive fear learning and generalization processes - a fear conditioning study during the pandemic
Alexander Hauck, Saarland University, Germany
- 12.20 The combined trauma film and fear conditioning paradigm elicits only moderate and short-term psychological distress and is thus ethically justifiable
Tanja Michael, Saarland University Saarbrücken, Germany
- 12.40 The role of expectancy violations in human fear extinction
Lotte Stemerding, University of Amsterdam, the Netherlands

Saturday session 4: 14.00 – 15.30

Symposium 75

“Down and up (again): Emotion regulation and emotional problems in youth and young adults”

Convenor and Chair: **Leentje Vervoort**, Radboud University, Nijmegen, the Netherlands

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

Symposium 76

Pitfalls in intervention development in e-mental health: How can we develop, design, and advance digital interventions?

Convenor and chair: **Carmen Schäuffele**, Freie Universität Berlin, Germany

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

Open Paper Symposium 27

Treatment of children/adolescents in different contexts

Chair

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

Symposium77

Mechanisms in psychotherapy: A complex system approach

Chair: **Sverre Urnes Johnson**, University of Oslo, Norway

- 14.00 A Network approach to Mental Problems and Their Mechanisms of Change
Sverre Urnes Johnson, University of Oslo, Norway
- 14.15 Is it too early for early warning signals? A study of rising autocorrelation and variance as personalized predictors of transitions towards depressive symptom improvement in individual patients
Marieke Helmich, University of Oslo, Norway
- 14.30 Depressive symptomatology during the COVID-19 pandemic and the psychopathological processes intertwined with these symptoms
Omid V Ebrahimi, University of Oslo, Norway
- 14.45 The attention training technique delivered in a group format for anxiety and depression in coronary heart disease outpatients. A pilot feasibility study
Toril Dammen, Medical faculty (UiO), Drammen, Norway
- 15.00 Presentation and preliminary findings of a two-week MCT treatment of anxiety disorder in a group setting
Therese Snuggerud, Modum Bad, Vikersund, Norway
- 15.15 Discussion

Symposium 78

New clinical applications of approach-avoidance tasks: Assessment and modification

Chair: Mike Rinck, Radboud University, the Netherlands

- 14.00 Pandemic-related changes in social interaction predict automatic approach-avoidance behaviour
Amanda Henwood, London School of Economics, UK
- 14.15 Approach-avoidance in the mood and anxiety disorders spectrum – Associations with the outcome of cognitive behavior therapy
Dirk Adolph, Ruhr-University Bochum, Germany
- 14.30 Implicit avoidance tendencies during treatment for patients with chronic anxiety and comorbid personality disorder: a multiple baseline study.
Nancy Peeters, ProPersona Nijmegen and Radboud University, the Netherlands
- 14.45 Nicotine Avoidance Training in Alcohol-dependent Patients: First results
Edwin Schenkel, salus clinic Lindow, Germany
- 15.00 A Mobile Approach-Avoidance Training for Depression
Maximilian Blomberg, University of Goettingen, Germany
- 15.15 Discussion

Skills Class 12

Working with identity conflicts: How to detect and treat them in the context of CBT?

Guillem Feixas, Universitat de Barcelona, Spain

Symposium 79

Cognitive-Behavioral blended interventions for the treatment of common mental health disorders

Chair:

- 14.00 Unified Protocol for transdiagnostic treatment of emotional disorders applied in blended format: study protocol at the Spanish National Health System
Jorge J. Osa, Unniversidad de Zaragoza, Spain
- 14.15 Blended treatment for Adjustment Disorder: Study protocol and preliminary opinion data
Sara Fernández-Buendía, Universitat Jaume I, Castellón de la Plana Spain
- 14.30 Be a Mom Coping with Depression, a blended cognitive-behavioral intervention for postpartum depression: A feasibility study
Mariana Branquinho, University of Coimbra, Portugal
- 14.45 Blended CBT treatment (online + group therapy) for problem gambling and gambling disorder
Juana Bretón-López, Universitat Jaume I, Castellón de la Plana, Spain
- 15.00 Feasibility of a blended transdiagnostic group CBT for emotional disorders: preliminary data
Soledad Quero, Universitat Jaume I, Castellón de la Plana, Spain
- 15.15 Discussion

Open Paper Symposium 28:

Mindfulness and compassion

Chair:

- 14.00 Mindful2Work: Multi-Method Studies of the Effectiveness of a Mindfulness-Based Program Combining Physical Exercise, Yoga and Mindfulness for employees with Burnout-Complaints
Esther I. De Bruin, University of Amsterdam, the Netherlands
- 14.20 Mindfulness-Based Interventions and Body Awareness
Marbella Pérez-Peña, UCLouvain, Belgium
- 14.40 The role of attentional processing of emotional information as a mechanism of change in mindfulness and compassion interventions
Carmelo Vázquez, Complutense University of Madrid, Spain
- 15.00 Testing a brief and low intensity self-compassion intervention for state body shame among adult women: a randomized controlled trial
Fidan Turk, University of Sheffield, UK

Open Paper Symposium 29:

Fear conditioning and extinction2

- 14.00 The predictive value of extinction learning in posttraumatic stress disorder
Miriam Lommen, University of Groningen, the Netherlands
- 14.20 Reduced Electrodermal Fear Conditioning in Children and Early Adolescents with High Psychopathic Traits: a Clinical Sample Study
Anastasiya Ivanova-Serokhvastova, Universitat Autònoma de Barcelona, Spain
- 14.40 Sleep Hypnosis improves Subjective Sleep Quality but not Extinction Memory after Exposure to Analog Trauma
Edith Friesen, Saarland University, Saarbrücken, Germany

Saturday session 5: 15.45 – 16.15

Closing ceremony