



Outline Programme

The congress covers 12 themes

Adult Mental Health: Anxiety disorders, OCD, and PTSD
Adult Mental Health: Mood, Eating, and Addictive Disorders
Bipolar Disorder, Psychosis and Clinical complexity
Children, Young People and Families
Behavioural Medicine, Health and Wellbeing
Intellectual and Developmental Difficulties
Experimental Psychopathology
Therapeutic Mechanisms and Processes in CBT
Innovations in Delivery of CBT
Equality, Diversity, Inclusion and Culture in CBT
Training, Supervision and Professional Issues
Older Adults and Lifespan

The attached outline programme provides preliminary information on the range of topics covered and the speakers who will be presenting as keynote speakers and in the symposia, open papers, skills classes, panel and roundtables, 3-minute talks, in-congress workshops and posters. Please note that this outline is based on the information as currently submitted to the congress platform and will be subject to changes.

The timing of each session across the three days of the congress will be published on the website early in July together with the titles of each of the symposia, open paper and 3-minute talk presentations.

Keynote Speakers

Arnoud Arntz, *University of Amsterdam, Netherlands*

Imagery Rescripting: an update of clinical applications and research findings

Dixon Chibanda, *Friendship Bench Zimbabwe, Zimbabwe*

The Friendship Bench: Lessons from a thousand grandmothers

Michelle Craske, *University of California, Los Angeles, USA*

Targeting threat and reward processes in the treatment of anxiety and depression

Cathy Creswell, *University of Oxford, United Kingdom*

Making the most of digital (and parents) to increase access to CBT for child anxiety problems

Colin Espie, *University of Oxford, United Kingdom*

Psychological therapy and pharmacotherapy on the same playing field

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

Digital solutions for a global problem: improving access to mental health services through technology

Gillian Haddock, *University of Manchester, United Kingdom*

Everyone needs to talk about suicide and psychosis: how can we improve our work when engaging with these complex issues?

Nusrat Husain, *University of Manchester, United Kingdom*

Breaking Barriers: Cultural adaptation of psychological therapies for Ethnic Minority communities

Andrew Jahoda, *University of Glasgow, Scotland*

The art of the possible: adapting psychological therapies for people with more severe and profound intellectual disabilities

Lars Klintwall, *Karolinska Institute, Sweden*

Disentangling complexity: using personalized symptom networks in clinical practice

Hans Knoop, *Amsterdam University Medical Centers, Netherlands*

Cognitive Behaviour Therapy for chronic fatigue: a transdiagnostic approach

Ken Laidlaw, *University of Exeter, United Kingdom*

Adapting CBT across the adult lifespan: a mature perspective

David Mataix-Cols, *Karolinska Institute, Sweden*

Beyond symptom reduction: Time to expand CBT research to broader life outcomes?

Rory O'Connor, *University of Glasgow, Scotland*

Understanding suicide risk and how to help

Agnieszka Popiel, *SWPS University, Poland*

Challenges for Evidence-Based Practice in the Treatment and Prevention of PTSD during Ongoing Humanitarian Crises

Filip Raes, *University of Leuven, Belgium*

A Transdiagnostic Case Conceptualization Model with Behavior Therapy as its Beating Heart

Jessica Schleider, *Northwestern University, USA (via livestream)*

Single-Session Interventions as a Youth Mental Health Moonshot

Roz Shafran, *University College London Great Ormond Street Institute of Child Health, United Kingdom*

Breaking Boundaries, Creating Connections: The Role of Transdiagnostic Treatments

Luisa Weiner, *University of Strasbourg, France*

Treating emotion dysregulation in autistic adults without intellectual disability

Ulrike Willutzki, *Witten/Herdecke University, Germany*

Psychotherapy training – Impressions from an international longitudinal study

Adult Mental Health: Anxiety disorders, OCD, and PTSD

Symposia

Advancing Understanding and Treatment of Body Dysmorphic Disorder: From Education to Innovation

Katharina Bosbach, *University of Wuppertal, Germany*

Martina Gumpert, *Karolinska Institute, Sweden*

Elizabeth Hogg, *University College London, United Kingdom*

Geneva Jonathan, *Massachusetts General Hospital, Harvard Medical School, United States*

Georgina Krebs, *University College London, United Kingdom*

Susan Rossell, *Swinburne University of Technology, Australia*

Compassion focused therapy for Complex PTSD: a match made in therapy heaven

Nick Grey, *University of Oxford, United Kingdom*

Deborah Lee, *Berkshire Traumatic Stress Service, United Kingdom*

Hjordis Lorenz, *Berkshire Traumatic Stress Service, United Kingdom*

Guanlan Mao, *University of Oxford, United Kingdom*

Mhairi Stewart, *Berkshire Healthcare NHS Foundation Trust, United Kingdom*

Developments in Imagery Re-scripting for Obsessive Compulsive Disorder

Talana Adams, *King's College London, United Kingdom*

Mirjam Kampman, *Overwaal, Centre of Expertise for anxiety disorders, OCD and PTSD, Pro Persona Nijmegen, the Netherlands*

Gayle Maloney, *Yale University School of Medicine, Australia*

DBT Across Populations: Adaptations, Outcomes, and Benchmarking for Effective Treatment

Julietta Martins Azevedo, *University of Exeter, United Kingdom*

Jake Camp, *King's College London, United Kingdom*

Panagiota Filippidou and Kim Wright, *University of Exeter, Mood Disorders Centre, United Kingdom*

Emilie Martz and Luisa Weiner, *University of Strasbourg, Laboratoire de Psychologie des Cognitions, France*

Ayesha Saifi, *British Isles DBT Training, United Kingdom*

Ecological Momentary Assessment in Mental Health – Cumulating Evidence Across Symptom Spectra

Gabriela Bud, *Babes-Bolyai University, Romania*

Stefania Crisan, *Babes-Bolyai University, Romania*

Diana Nechita, *Babes-Bolyai University, Romania*

Simona Stefan, *Babes-Bolyai University, Romania*

Fostering Growth and Resilience: Advancing Prediction and Intervention in Stress-Related Disorders

Jente Depoorter, *Ghent University, Belgium*
Kristof Hoorelbeke, *Ghent University, Belgium*
Laura Mertens, *Ghent University, Belgium*
Jacqueline Peters, *University of Groningen, the Netherlands*
Zsolt Unoka, *Semmelweis University, Hungary*
Yannick Vander Zwalmen, *Ghent University, Belgium*

Improving mental health support for survivors of intimate partner violence

Chris Hoeboer, *Amsterdam UMC, the Netherlands*
Marie-Louise Julie Kullberg, *Leiden University, the Netherlands*
Hannah Micklitz, *University of Freiburg, Germany*
Nicole Van Gelder, *Radboudumc, the Netherlands*

Inference-Based Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder: Efficacy, Mechanisms, and Developmental Insights

Frederick Aardema, *University of Montreal, Canada*
Lysandre Bourguigno, *UQA, Canada*
Catherine Ouellet-Courtois, *McGill University Health Center, Canada*

Mechanisms of change in the reduction of repetitive negative thinking

Julie Ji, *University of Plymouth, United Kingdom*
Sabrina Meechem and Phil Hall, *University of Exeter, Mood Disorders Centre, United Kingdom*
Frances Meeten, *King's College London, United Kingdom*
Henrietta Roberts, *University of Exeter, United Kingdom*
Katie Wood, *University of Exeter, United Kingdom*

New Insights into Hoarding: Implications for Clinical Formulation

Enes Kartal, *Anglia Ruskin University, United Kingdom*
Sharon Morein, *Anglia Ruskin University, United Kingdom*
Jane Scott, *Anglia Ruskin University, United Kingdom*
Keong Yap, *Australian Catholic University, Australia*

Nomophobia: A Cognitive-Behavioural Perspective on Its Relationship with Obsessive-Compulsive Symptoms, Memory and Cognitive Confidence, Social Anxiety, and Emotion Regulation

Georgia Kalaitzi and Joanne Pissari, *Greek Association for Cognitive Behavioural Psychotherapies, Greece*
Gregoris Simos, *University of Macedonia, Greece*
Meropi Simou, *Aristotle University of Thessaloniki, Greece*
Sofia Spyriadou, *Greek Association for Cognitive Behavioural Psychotherapies, Greece*

Predicting Patient Outcomes in the UK's National Health Service Talking Therapies Programme: From Treatment Initiation to Long-term Health

Joshua Buckman, *University College London, United Kingdom*
Jaime Delgadillo, *King's College London, United Kingdom*
Thalia Eley, *King's College London, United Kingdom*
Nour Kalso, *King's College London, United Kingdom*
Megan Skelton, *King's College London, United Kingdom*
Jae Won Suh, *University College London, United Kingdom*

Recent advances in Imagery Rescripting (ImRs) for treating depression and PTSD across diverse clinical populations

Arnoud Arntz, *University of Amsterdam, the Netherlands*
Georgie Paulik-White, *Perth Voices Clinic; Murdoch University; Curtin University, Australia*
Sophie Rameckers, *University of Amsterdam, the Netherlands*
Fritz Renner, *University of Freiburg, Germany*
Regina Steil, *Goethe-Universität Frankfurt, Germany*

Tailoring Cognitive Therapy: Innovative applications in PTSD and prolonged grief

Belinda Graham, *King's College London and Teuta Rexhepi-Johansson, King's College Hospital Major Trauma Centre, UK*
Aimee McKinnon, *University of Oxford, United Kingdom*
Graham Thew, *University of Oxford, United Kingdom*

The Role of Metacognitive Processes in Psychopathology: Insights from Panic Disorder, Social Anxiety, and Multidimensional Cognitive Attentional Syndrome Data

Ercan Altinoz, *Eskişehir Osmangazi University Turkey*
Hakan Öğütlü, *University College Dublin, Ireland*
Kadir Ozdel, *Health Sciences University, Etlik City Hospital, Turkey*
Hakan Türkçapar, *University of Ankara, Turkey*
Emre Unal, *King's College London, United Kingdom*

Transdiagnostic factors in the course of anxiety and depression: Insights from a longitudinal naturalistic study and implications for treatment

Peter J. De Jong, *University of Groningen, the Netherlands*
Mirjam Frey, *University of Groningen, the Netherlands*
Anouk Gathier, *Amsterdam University Medical Center, the Netherlands*
Diana Nechita, *Babes-Bolyai University, Romania*
Jacqueline Peter, *University of Groningen, the Netherlands*

Transdiagnostic group interventions for anxiety disorders: supporting personal recovery in community-based primary care with evidence-based interventions

Peter Norton, *Australia*

Helen-Maria Vasiliadis, *Université de Sherbrooke, Canada*

Pasquale Roberge, *Université de Sherbrooke, Canada*

Alexandra Chapdelaine, *Université de Sherbrooke, Canada*

Understanding and working with Hoarding disorder

Elaine Choi, *Cardiff University, United Kingdom*

James Gregory, *Cardiff University, United Kingdom*

Caroline Harrison, *Sussex Partnership NHS Foundation & Emily Hall*, *South London and Maudsley NHS Trust, United Kingdom*

Hannah Parker, *Cardiff University, United Kingdom*

Maimee Smart, *Cardiff University, United Kingdom*

Alisha Smith, *Cardiff University, United Kingdom*

Understanding trauma response in high-risk professions: From treatment preferences to resilience mechanisms

Zoe Jenkins, *Directorate of Health Research, Joint Health Command, Department of Defence, Australia*

Birgit Kleim, *University of Zurich, Switzerland*

Aimee McKinnon, *University of Oxford, United Kingdom*

Jennifer Wild, *Phoenix Australia Centre for Posttraumatic Mental Health, University of Melbourne, Australia*

Virtual reality exposure in anxiety disorders

Benjamin Alexander Thorup Arnfred, *Psychiatric Center Copenhagen, Denmark*

Jella De Lee, *KU Leuven, Belgium*

Smiti Kahlon, *Haukeland University Hospital, Norway*

Sara Scheveneels, *Maastricht University, the Netherlands*

Elizabeth Uduwa Vidanalage, *Utrecht University, the Netherlands*

Open Papers

Cognitive and behavioural factors in Anxiety

Joel Lewin, *University of Oxford, United Kingdom*

Mary Mcnamara, *McLean Hospital/Harvard Medical School, United States*

Eva Herzog, *LMU Munich, Germany*

Sævar Már Gústavsson, *Reykjavik University, Iceland*

Mechanisms in Post-Traumatic Stress Disorder

Andri Björnsson, *University of Iceland, Iceland*

Johann Hardarson, *University of Iceland, Iceland*

Chris Hoeboer, *Amsterdam UMC, the Netherlands*

Salomé Porten, *Charité - Universitätsmedizin Berlin, Germany*

Trauma in complex circumstances

Rebecca Blais, *Arizona State University, United States*

Nathalie Faber and **Sera Lortye**, *Arkin Mental Health Care, the Netherlands*

David Dias Neto, *ISPA - Instituto Universitário, Portugal*

Mirjam Sophie Rueger, *Goethe-Universität Frankfurt, Germany*

Johanna Vigfusdottir and **Edvard Breivik**, *Norwegian University of Science and Technology, Norway*

Treatment development for Anxiety

Jackie Andrade, *University of Plymouth, United Kingdom*

Justin Catania, *University of New South Wales, Australia*

Asala Halaj, *Haifa University, Israel*

Markéta Jablonská, *National Institute of Mental Health, Czechia*

Elisabeth Leehr, *University of Münster, Germany*

Skills Classes

Designing exposure-based behavioural experiments for postnatal OCD

Alexa Roxborough and **Laoise O'Reilly**, *South London and Maudsley NHS Trust, United Kingdom*

Formulating and treatment planning with comorbid cases

Jessica Davies, *University of Exeter, United Kingdom*

From the cruellest cure to pleasant surprises: guidance for clinicians on the use of inhibitory learning theory to maximise the effectiveness of exposure for anxiety disorders

Matt Stalker, *Cumbria, Northumberland, Tyne & Wear NHS Trust, United Kingdom* and **George Wheatley**, *Talkworks, Devon NHS Partnership, United Kingdom*

Imagery rescripting: Transforming problematic images in adult mental health

Rachel Manser, *Oxford Health NHS Foundation Trust, United Kingdom*

Understanding and managing dissociation in PTSD

Courtney Stich, *Woodfield Trauma Service, London, United Kingdom*

Understanding and treating a specific phobia of vomiting (emetophobia)

David Veale, *King's College London, United Kingdom*

Panel Discussion/Clinical Roundtable

Considering the interplay between Disorder Specific and Disorder Relevant processes in anxiety disorders

Rivka Ginat Frolich, *The Hebrew University of Jerusalem, Israel*

Sævar Már Gústavsson, *Reykjavik University, Iceland*

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

Paul Salkovskis, *University of Oxford, United Kingdom*

In Congress Workshop

Compassion Focused Therapy for Complex PTSD

Deborah Lee and Hjordis Lorenz, *Berkshire Traumatic Stress Service, United Kingdom*

Finessing the Formulation: developing compassionate, comprehensive conceptualisations for complex cases

Stirling Moorey, *South London and Maudsley NHS Trust, United Kingdom*

OCD Unlocked: Evidence-Based CBT Strategies for Immediate Impact

Lata McGinn, *Yeshiva University, United States*

Positive Affect Treatment for Depression, Anxiety and Anhedonia

Michelle Craske, *University of California, Los Angeles, United States*

Posters

Interpersonal pathoplasticity in mental disorders: a systematic review

Marije aan het Rot, *University of Groningen, the Netherlands*

Effectiveness of Cognitive Behavioural Therapy (CBT) based Group Interventions for Anxiety Management in University Students and Young Adults: A Narrative Systematic Review

Ayse Akan, *Boğaziçi University, United Kingdom*

Interactive Associations of Intrapersonal and Interpersonal Emotion Regulation Strategies with Positive and Negative Affect

Ayşe Altan-Atalay, *Kadir Has University, Turkey*

“The clutter is just a symptom of what’s going on inside the person” - Thematic analysis of the experience of stigma in hoarding

Thordur Örn Arnarson, *University of Iceland, Iceland*

Examining the Effects of Cognitive Behavioral Therapy (CBT) on Sexual Functioning in Panic Disorder

Adva Asulin, *The Hebrew University of Jerusalem, Israel*

The Subjective Trauma Outlook as a screening tool for PTSD during wartime: Extension to the PCL-5 Short Form

Menachem Ben-Ezra, *Ariel University, Israel*

Motivation in Concentrated Exposure Treatment for Obsessive-Compulsive Disorder

Håvard Berg, *Molde Hospital, Møre og Romsdal Hospital Trust, Norway*

Obsessions and compulsions outside of OCD? Reactions to intrusive images among individuals with either social anxiety disorder or obsessive-compulsive disorder

Andri Björnsson, *University of Iceland, Iceland*

Delivering Group Based Cognitive Behavioural Therapy for PTSD in an NHS Talking Therapy Service; a Service User and Therapists Experience.

Hannah Bleasby, *Shropshire, Telford and Wrekin NHS Talking Therapies, United Kingdom* & Dean Wild, *Shropshire, Telford and Wrekin NHS Talking Therapies, United Kingdom*

Exploring PTSD-Like Symptoms : PTSD and Adjustment Disorder

Abdel Halim Boudoukha, *Nantes Université, France*

Transdiagnostic model of anxiety and PTSD after childbirth

Caroline Briaud, *University of Paris Nanterre, France*

Understanding Stress-Support Dynamics: Bidirectional Links, the Influence of Trauma, and Immune Processes Across Retrospective and Daily Life Assessments

Lynn A. Büeler, *University of Zurich, Switzerland*

Far from perfect: psychological therapies for obsessive-compulsive personality disorder – a review of current evidence.

Rhiannon Buick, *NHS Scotland, United Kingdom*

Neuroticism and test anxiety among freshmen: The mediating role of difficulties in emotion regulation and avoidance

Maria Inês Caçador, *University of Coimbra, Portugal*

An Exploratory Study on Emotion Dysregulation and Peritraumatic Dissociation as Mediators of PTSD Symptoms in Victims of Intimate Partner Violence

Teresa Carvalho, *Instituto Superior Miguel Torga, Portugal*

Protective and Risk Factors for PTSD in Adults After the February 6th Earthquakes: Psychological Health Professionals' Perspectives

Ali Çekiç, *Gaziantep University, Turkey*

Protective and Risk Factors for PTSD in Adults After the February 6th Earthquakes: Psychological Health Professionals' Perspectives

Ali Çekiç, *Gaziantep University, Turkey*

Canadian patients' perspective on the acceptability of an adapted Australian internet cognitive-behavioural program for social anxiety disorder

Alexandra Chapdelaine, *Université de Sherbrooke, Canada*

The Role of Irrational Beliefs, Metacognitions and Negative Affect in the Relationship between Intolerance of Uncertainty and Anxiety: A Path Analysis Model

Nazmiye Çoban, Atılım University, Turkey

MIND over MIRROR: a new contextual-behavioral intervention for Body Dysmorphia and relevant preliminary data

Maria Coimbra, University of Coimbra, Portugal

Resilience and neuroticism to predict severity of psychopathological symptoms and risk of drop-out

Federico Colombo, ASIPSE – Milan Institute of Cognitive Behavioral Psychotherapy, Italy

Positive childhood experiences and emotional disorders: A Meta-analysis

Diana Maria Condrea, Babes-Bolyai University, Romania

Preventing and managing psychological trauma within prisons

Clare Crole-Rees, Cardiff University and Oxford Health NHS Foundation Trust, United Kingdom

Cognitive Processing Therapy as a High Intensity Group-Based Intervention in a Rural Setting: A Protocol for a Service Evaluation

Caroline Dugen-Williams, Shropshire, Telford and Wrekin NHS Talking Therapies; University of West England, United Kingdom

Cognitive Processing Therapy as a High Intensity Group-Based Intervention in a Rural Setting: A Protocol for a Service Evaluation

Caroline Dugen-Williams, Shropshire, Telford and Wrekin NHS Talking Therapies; University of West England, United Kingdom

From Fear to Purpose: an ACT-based Pilot Trial on Death Anxiety, Depression and Anxiety

Elisa Dumitru, Babeş-Bolyai University Cluj-Napoca, Romania

A meta-analysis of the association of death anxiety with psychological distress and psychopathology

Elisa Dumitru, Babeş-Bolyai University Cluj-Napoca, Romania

The Bergen 4-day treatment for panic disorder: a longer-term follow-up

Thorstein Olsen Eide, Molde Hospital, Møre og Romsdal Hospital Trust, Norway

Fear of Being the Center of Attention: A New Measurement for an Overlooked Construct in Social Anxiety

Avishai Ella, The Hebrew University of Jerusalem, Israel

Renaming the Romantic Past: A Strategy to Reduce Post-Breakup Communication and Digital Engagement for Anxiously Attached Individuals Diagnosed with Generalized Anxiety Disorder

Jonathon Flores, Houston Christian University, United States

Systematic review of clinical prediction models for developing posttraumatic stress disorder following a traumatic event

Loredana M. Fugaru, Babeş-Bolyai University, Romania

Exploring Mental Contamination in Body Dysmorphic Disorder: A Qualitative Study

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

Effects of sleep on Belief Updating in the context of a trauma analog and its impact on analog PTSD symptoms

Katharina Grün, Saarland University, Germany

Psychological Interventions for Health Anxiety: An Umbrella Review of Systematic Reviews and Meta-analyses

Aleksandra Grzywa, Universities of Stirling and Dundee, Scotland

Investigation of Variables Predicting Posttraumatic Growth in People with Death-Related Loss: Core Beliefs, Ruminations and Self-Compassion

Melis Gun Ertan, University of Exeter, United Kingdom

Exploring the Relationship Between Self-Concept Clarity and Psychological Distress: The Role of Cognitive Inflexibility and Rumination

Ceren Gürdere, Çankaya University, Turkey

The prevalence of traumatic events, (complex) posttraumatic stress disorder and treatment seeking behavior in the Netherlands

Chris Hoeboer, Amsterdam UMC, the Netherlands

Altered Visual Network Connectivity Following CBT in Patients with OCD: A Longitudinal resting-state fMRI Study

Yuki Ikemizu, Research Center for Child Mental Development, Chiba University, Japan

Single-Session Group Exposure Therapy for Individuals with High Anxiety Sensitivity

Baraa Kabha, The Hebrew University of Jerusalem, Israel

CBT Treatment of a Specific Phobia Related to Swallowing: A Case Report of a Young Syrian Woman

Zeynep Züleyha Kablana Yardım, Ibn Haldun University, Turkey

The efficacy of cognitive-behavioral therapy (CBT) in the treatment of adult individuals with anxiety disorders in the Albanian context: the impact of weekly homework.

Alteo Kasaj & Vilma Ruci, Institute of Cognitive Behavioral Therapy, Albania

Variability in Group Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder: A Scoping Review

Makoto Kawahito, Kyushu University, Japan & Keitaro Murayama, Kyushu University Hospital, Japan

A Randomised Controlled Trial of a Modern Stoicism Training: Examining the effect on rumination, experiential avoidance, depression and anxiety

Georgie King, Royal Holloway, University of London, United Kingdom

Cognitive Behavior Therapy for Phagophobia in a Patient with Multiple Sclerosis. A case report.

Marjana Krajnc Dobro, University Rehabilitation Institute Republic of Slovenia Soča, Slovenia

A Qualitative Study on Clients' Needs and Wishes for an Intervention Aimed at Preventing Revictimization

Christin Kühner, Arkin Mental Health Care, the Netherlands

Evaluating cognitive therapy coaching for PTSD and major depression: health and social care workers' perspectives on acceptability, accessibility, and suitability

Jasmine Laing, University of Oxford, United Kingdom

How do therapists talk about core beliefs in Obsessive-Compulsive Disorder treatment?

Laura Laken, Anglia Ruskin University, United Kingdom

Investigating the relationship between mental imagery and psychological well-being

Ecaterina Lazari, Liege University, Belgium

From Bench to Bedside: Study Protocol for Investigating Glucose as an Adjuvant to Exposure Therapy for Public Speaking Anxiety

Monika Lehnert, *Universität des Saarlandes, Germany*

The Effectiveness of mHealth Interventions in Improving Mental Health Symptoms: A Network Meta-Analysis

Denisa Mălan, *Babes-Bolyai University, Romania*

Latent Profiles of Childhood Abuse and Personality Traits: Implications for Mental Health in a Precision Medicine Framework

Simona Miron, *Babes-Bolyai University, Romania*

Mental Health and University Dropout: A Meta-Analysis of Risk Factors and Moderators

Georgiana-Sorina Modog, *Babes-Bolyai University, Romania*

Dealing with complexity issues within IAPT service: A qualitative study of experienced HI IAPT therapists' experiences

Benignus Ndubuisi, *Buckinghamshire New University, United Kingdom*

The Effectiveness of a Conversational Agent in Delivering Emotion Regulation Therapy for Symptoms of Anxiety and Depression: A Study Protocol

Maria Dacina Neciu, *Babes-Bolyai University, Romania*

Cognitive-behavioral group therapy for online anxiety management: results of a low-intensity program in a teaching clinic

Carmem Beatriz Neufeld, *USP, Brazil* & Karen Szupczynski, *Pontifical Catholic University of Rio Grande do Sul, Brazil*

Psychometric and diagnostic qualities of the Emetophobia Screening Questionnaire (ESQ)

Ragnar P. Ólafsson, *University of Iceland, Iceland*

The Mediating Role of Self-Compassion in the Association Between Childhood Adversity and Anxiety

Lia-Ecaterina Oltean & Radu Soflau, *Babeş-Bolyai University, Romania*

The Acceptance and Action Questionnaire for Obsessions and Compulsions (AAQ-OC): Psychometric properties of the Portuguese version

Ana Cristina Pablo, *Lusófona University, Portugal*

Pathological Affective Dependence and Fear of Intimacy: Opposing but Intertwined Risk Factors for Intimate Partner Violence

Carolina Papa, *Sapienza University of Rome, Italy*

The Effect of Islamically Integrated Cognitive Behavioral Therapy Intervention on Psychological Symptoms: A Single-Case Experimental Study

Zeynep Ebrar Paşa, *Ibn Haldun University, Turkey*

Unraveling the mediating role of emotion regulation in the association between perfectionism and burnout

Marco Pereira, *University of Coimbra, Portugal*

Effectiveness of a Dimensional Cognitive Behavioral Therapy pathway in a Hospital Setting

Andrea Pozza, *University of Siena, Italy*

An Indonesian version of the Overall Anxiety Severity and Impairment Scale (OASIS): Psychometric properties in a university student sample

Ardian Praptomojati, *University of Groningen, the Netherlands*

Optimizing in-vivo exposure for public speaking anxiety by targeting reward-related processes: Preliminary evidence from a randomized controlled trial

Anton Regorius, *Philipps University Marburg, Germany*

French Version of the Negative Self-Portrayal Scale: Validation in the General Population

Mandy Rossignol, *Université de Mons, Belgium*

An Investigation into the effectiveness of developing compassionate resilience as part of a phased approach to treat Complex PTSD following repeated and prolonged exposure to interpersonal trauma.

Devanshi Sharma, *Berkshire Traumatic Stress Service, United Kingdom*

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

Assaf Soref, *Tel Aviv University, Israel*

Behavioral experiments vs. verbal interventions in social anxiety disorder: a randomized controlled trial

Ulrich Stangier, *University of Frankfurt, Germany*

Augmentation of exposure therapy using reward-focused mental rehearsal in individuals with elevated social anxiety: A randomized clinical trial

Andrea Stoliarov, *Philipps University Marburg, Germany*

Dropout in Psychotherapy: Examining Client Demographics, Treatment Modalities and Diagnostic Profiles

Eminhan Suna, *Social Sciences University of Ankara, Turkey*

Asynchronous intervention and CBT: a Brazilian experience

Karen Szupczynski, *Pontifical Catholic University of Rio Grande do Sul, Brazil* & Carmem Beatriz Neufeld, *USP, Brazil*

A Comparative Study of Insight, Beliefs, Personality Traits in Obsessive Vs Compulsive OCD Subtypes

Selin Tutku Tabur, *Hasan Kalyoncu University, Turkey*

Evaluation of the London Op Courage Veterans' Mental Health and Wellbeing Service

Shivangi Talwar, & Carlos Osorio, *University College London, United Kingdom*

Cognitive Behavioral Therapy-Based Midwifery Care for Anxiety in High-Risk Pregnant Women: Protocol for a Pilot Randomized Controlled Trial

Chie Tanii, *Chiba University and Osaka University, Japan*

Metacognitive Therapy for Obsessive Compulsive Disorder: A Systematic Review

Mehmed Seyda Tepedelen, *Ibn Haldun University, Turkey*

Insight as a Predictor of Acute and Long-Term Outcomes in Difficult-to-Treat OCD Patients Following Intensive ERP

Kristian Tjelle, *Molde Hospital, Møre og Romsdal Hospital Trust, Norway*

The experience of individuals with Obsessive-Compulsive Disorder: A meta-synthesis of qualitative studies

Evdoxia Tsigkaropoulou, *National and Kapodistrian University of Athens, Medical School, Eginition Hospital, Greece*

The Effectiveness of Cognitive Behavioural Therapy in the Treatment of Acrophobia: A Systematic Review

Ana-Cristina Tuluceanu, *University of Greater Manchester (Bolton), United Kingdom*

Self-compassion and Mindfulness mediate the associations between Adverse Childhood Experiences and Psychological Distress: A meta-analytic structural equation modelling approach

Fidan Turk, *University of Exeter, United Kingdom*

Cognitive Behavioral Therapies in Adults with Generalized Anxiety Disorder: A Systematic Literature Review of the Efficacy of Traditional CBT, Metacognitive Therapy, Acceptance and Commitment Therapy, and Mindfulness-Based Cognitive Therapy
Stamatios Vellopoulos, & Evdokia Tsigkaropoulou, *National and Kapodistrian University of Athens, Medical School, Eginition Hospital, Greece*

Behind the silence of undisclosed trauma: A social network study on support and well-being in the context of childhood sexual abuse

Kyra Verboon, *Leiden University, the Netherlands*

Effectiveness and Acceptability of Different Psychotherapies for Obsessive-Compulsive Disorder: A Network Meta-analysis
Yingying Wang, *Vrije University Amsterdam, the Netherlands*

The Cultural Adaptation and Implementation of an Acceptance and Commitment Therapy Intervention for Perinatal Mental Health Conditions (ACT-for-PNMH)

Cerith Waters, *Cardiff University, United Kingdom*

Interdisciplinary CBT treatment for patients with odontophobia and dental anxiety related to psychological trauma experiences: a case series.

Yngvill Westad, *Molde Competence Clinic, County Authority of Møre and Romsdal, Norway, Norway*

The Impact of Childhood Parental Loss on Emotion Regulation and Resilience in Romantic Relationships: The Mediating Role of Attachment Style

Nilay Yildizay, *University of Reading, United Kingdom*

Understanding the Association between Financial Strain and Mental Health among Turkish Emerging Adults: Roles of Hopelessness and Future Anxiety

Zeynep Betül Yücesoy, *Marmara University, Turkey*

Adult Mental Health: Mood, Eating, and Addictive Disorders

Symposia

Advancing Body Image Treatment in Eating Disorders: Innovations and Insights

Timo Brockmeyer, *University of Münster, Germany*

Ella Byrne, *Swinburne University of Technology, Australia*

Piers Cornelissen, *Northumbria University, United Kingdom*

Fanny Dietel, *Osnabrück University, Germany*

Klaske Glashouwer, *University of Groningen, the Netherlands*

Vanessa Opladen, *Osnabrück University, Germany*

All about ARFID (Avoidant/Restrictive Food Intake Disorder): diagnosis and treatment across ages

Rachel Bryant-Waugh, *South London & Maudsley NHS Foundation Trust and Kings College London, United Kingdom*

Malou Masereel, *Maastricht University, the Netherlands*

Sandra Mulken, *Maastricht University, the Netherlands*

Contingency management interventions across alcohol, drug and gambling addictions: novel applications and integration into clinical practice.

Simon Dymond, *Swansea University, United Kingdom*

Matt Field, *University of Sheffield, United Kingdom*

Carol-Ann Getty, *Kings College London, United Kingdom*

Frank Ryan, *Imperial College London, United Kingdom*

Meaning in life as a transdiagnostic factor in psychopathology

Matt Field, *University of Sheffield, United Kingdom*

Marcel Näther, *University of Groningen the Netherlands*

Brian D. Ostafin, *University of Groningen, the Netherlands*

Rebecca Schulz, *University of Groningen, the Netherlands*

Franziska Schutzzeichel, *University of Groningen, the Netherlands*

New areas in metacognitive research: the role of metacognitive beliefs as etiological and maintenance mechanisms of positive emotion dysregulation, eating psychopathology, and personality disorder.

Stefano De Francesco, *Sigmund Freud University, Austria*

Enrica Gaetano, *Sigmund Freud University, Austria*

Giovanni Mansueto, *University of Florence, Italy*

Sara Palmieri, *Sigmund Freud University, Italy*

When disgust becomes dysfunctional: recent developments and implications for treatment

Uri Berger, *Montefiore Medical Center - Albert Einstein College of Medicine, United States*

Fleur Boonstra, *University of Groningen, the Netherlands*

Iris Hovens, *University of Groningen, Accare, the Netherlands*

Adrian Meule, *University of Regensburg, Germany*

Catherine Ouellet-Courtois, *McGill University Health Center, Canada*

Open Papers

Eating problems and body image

Zeynep Bayir, *Bahcesehir University, Turkey*
Heather Duggan, *University of Sheffield, United Kingdom*
Sayo Hamatani, *Fukui University, Japan*
Emma Osborne and **Rebecca Murphy**, *University of Oxford, United Kingdom*
Kristine Schönhals, *Osnabrück University, Germany*

Student mental health and CBT

Marloes Duijzings, *The University of Sydney, Australia*
Joachim Kowalski, *Institute of Psychology, Polish Academy of Sciences, Poland*
Jeffrey Lambert, *University of Bath, United Kingdom*
Alexander Rozental, *Luleå University of Technology, Sweden*

Suicide and self-harm

Brandon Gaudiano, *Brown University, United States*
Ann Martin, *Black Dog Institute, University of New South Wales, Australia*
Swarnalakshmi S, *National Institute of Mental Health and Neuro Sciences, India*
Peter Taylor, *University of Manchester United Kingdom*
Asude Uçal, *Koç University, Turkey*

Skills Class

Using imagery to motivate change: an introduction to functional imagery training

Jackie Andrade, *University of Plymouth, United Kingdom*

Panel Discussion/Clinical Roundtable

Gambling-Related Harms: A new approach to prevention and treatment

Matthew Gaskell, *NHS Northern Gambling Service, United Kingdom*
James Grimes, *Chapter One, United Kingdom*
Helen Macdonald, *BABCP, United Kingdom*

In Congress Workshop

Managing Cravings and Addictive Behaviors using Acceptance and Commitment Therapy

Maria Karekla, *University of Cyprus* and **Megan Kelly**, *UMass Chan Medical School, United States*

Posters

Experiences of individuals with eating disorders and obsessive-compulsive disorder: An Interpretative Phenomenological Analysis (IPA)

Sukriye Acar, *The University of Edinburgh, Scotland*

How Individuals Define and Express Compassion: A Qualitative Study with a Turkish Sample

Asude Altıparmak, *Istanbul Medipol University, Turkey*

Therapeutic difficulties in dealing with suicidal behaviour in treatment addiction programmes

Alfonso Arteaga & José J. López-Goñi, *Universidad Pública de Navarra, Spain*

Effects of improving cognitive fusion and self-control on kleptomania using cognitive behavioural group therapy with mindfulness

Yuka Asami, *Meiji University, Japan*

Relevant factors for postpartum depression

Andreea Astefanei, *Babeş-Bolyai University, Cluj-Napoca, Romania*

Treating Prisoners with Addictions – Who Benefits Most from CBT?

Branka Bagaric, *KBT, Psychotherapy, Training And Software Solutions, Croatia*

Discomfort with downward Positive Affective Shifts scale (DiPAS): Development of a new measure for discomfort with negative emotional contrasts in positive affect in a Dutch community sample

Liesbeth Bogaert, *KU Leuven, Belgium*

Cognitive-Behavioral Therapy for Maladaptive Daydreaming: A Clinical Intervention

Katia Carbé, *Les Toises - Psychiatry and Psychotherapy Center, Switzerland*

From maladaptive parenting to eating disorder symptoms: investigating the role of self-esteem and body image

Giulia Costanzo, *University of Palermo, Italy*

Adherence to transdiagnostic group cognitive behavioral treatment program for eating disorders

Maria Cruz Crespo-Maraver, *Althaia Hospital/ISAMBES Group Research, Spain*

Development and Pilot Testing of an ACT-Based Digital Intervention to Reduce Suicide Risk in Patients Transitioning from Partial Hospital to Outpatient Care

Kristy Dalrymple, *Brown Health Medical Group and Brown University, United States*

Comparative Study of Clinical and Sociodemographic Factors in Women with Gambling Disorder and Compulsive Buying: Implications for CBT-Based Interventions.

Dominica Diez, *Behavioral Addictions Unit/Althaia Hospital/UVIC University/ISAMBES Research Group, Spain*

Clinical Effectiveness of Cognitive-Behavioural Therapy (CBT) for Outpatients with Anorexia Nervosa: A Systematic Review and Meta-Analysis

Heather Duggan, *University of Sheffield, United Kingdom*

Prefrontal neurotransmission and glucose metabolism in depression and early life adversity: a 1H-MRS study

Eleonora Fadel, *University of Zurich, Switzerland*

The Relationship Between Depressive Symptoms and Psychological Experiences in Virtual Reality: The Role of Mindful Attention

Narcis Galatanu, *Babes-Bolyai University, Romania*

The role of digital technologies in promoting healthy and sustainable eating: a systematic review of the literature

Valentina Gardini, *University of Bologna, Italy*

Validation of ESM items for dampening of positive affect

Myriam Gerardy, *KU Leuven, Belgium*

Improving acute-phase psychological treatment to reduce the risk of later relapse to depression in young adults: A Delphi Study

Gabrielle Grey, *University College London, United Kingdom*

Nostalgia Attenuates the Negative Effect of Depression on the Positive Valence System

Sude Hammal, *University of Southampton, Turkey*

Does delay discounting predict weight gain during the first year of university

Nienke Jonker, *University of Groningen, the Netherlands*

Interpretation bias and rumination in premenstrual disorders.

Anagha Kaluve, *UNSW Sydney, Australia*

Parental Psychological Control and Eating Pathology: A Moderated Mediation Analysis of Emotion Regulation and Social Pressures About Appearance

Naz King Günver, *University of Reading, United Kingdom*

Looming Cognitive Style and Disordered Eating: A Moderated Mediation Model with Emotion Regulation Difficulties and Sociocultural Attitudes Toward Appearance

Naz King Günver, *University of Reading, United Kingdom*

Add-On Acceptance and Commitment Therapy for Psychiatric Inpatients Diagnosed with Depression and Comorbid Insomnia

Julia Kroener, *Christophsbad Hospital, Germany*

Lifetime suicidal-related behaviour among patients in treatment for substance use disorder: A cross-sectional study

Leire Leza & Javier Fernandez-Montalvo, *Universidad Pública de Navarra, Spain*

Prevalence and Differential Profiles of People With Adverse Childhood Experiences in Treatment for Substance Use Disorder

Leire Leza & José J. López-Goñi, *Universidad Pública de Navarra, Spain*

The Impact of a Yoga Intervention on Emotional Regulation and Interoception in Menopausal Women: A Multiple Baseline Study

Brittany McConnell & Katie Ashcroft, *Royal Holloway, University of London, United Kingdom*

Self-Harm and Eating Disorders: Findings from the Manchester Self Harm Project

Elana Moore, *University of Manchester, United Kingdom*

Disordered Eating Through a Cognitive Lens: Examining Eating Disorder Beliefs, Body Image Flexibility, and Self-Compassion

Emine Serra Nebati, *Ibn Haldun University, Turkey*

The relationship between social problem-solving skills and eating pathology: The mediator roles of emotional eating and intuitive eating

Sila Özer, *Koç University, Turkey*

The role of psychopathology and emotion regulation in hypersexual behavior among cocaine users

Alba Palazón-Llecha, *Universitat de Girona, Spain*

Impact of Psilocybin on Prolonged Grief Disorder

Kim Penberthy, *University of Virginia, United States*

Eye Movement Desensitization and Reprocessing (EMDR) Therapy for the Treatment of Substance Use Disorder (SUD)

Flavia Piazza, *Health and Addictions Research Group; Addictions Unit. ICN, Hospital Clinic Barcelona, Barcelona, Spain*

Behavioural activation modulates SSRI-induced changes in punishment processing in adults with low mood

Andreea Raslescu, *University of Oxford, United Kingdom*

Body dissatisfaction and social physique anxiety in women with anorexia nervosa

Mandy Rossignol, *Université de Mons, Belgium*

Causal Relationship between Depressive Symptoms and Resting Functional Connectivity using Directed Acyclic Graph

Tsubasa Sasaki, *Research Center for Child Mental Development, Chiba University & United Graduate School of Child Development, Osaka University, Japan*

The Impact of Adverse Childhood Experiences on Premenstrual Syndrome Among Adult Female Workers

Mariko Shimoda, *The University of Tokyo, Japan*

Virtual reality in prevention and treatment of addictive behaviours: a systematic review of randomized controlled trials

Mara Šimunović, *Ivo Pilar Institute of Social Sciences, Croatia*

Evaluating the Efficacy of a Standalone Audio-Based Mindfulness Exercise on Loneliness: A Randomized Controlled Trial

Daria Sintoma, *Babeş-Bolyai University, Romania*

Mechanisms of Cognitive Behavioral Therapy for Bulimia Nervosa: Predictors of Treatment Response and Determinants of Treatment Effect Based on Resting-State Functional Connectivity.

Yusuke Sudo, *Chiba University, Japan*

Distortions in Positive Emotion Predictions Among Patients with Alcohol Use Disorder in Rehabilitation

Beatrice Susan, *Babes-Bolyai University, Romania*

The Role of Cognitive Behavioral Therapy in the Prevention and Treatment of Addictive Disorders in the Kazakhstani Population

Olga Tapalova, *Doctor of Psychology Department of General and Applied Psychology Abai University, Kazakhstan*

A Network Analysis of Eating-Related Eco-Concerns: Motivating Sustainable Diets but Elevating Disordered Eating Risk

Lucia Tecuta, *University of Bologna, Italy*

Perfectionism and Emotion Regulation: A Systematic Review and Meta-Analysis

Gabriela-Andreea Tinta, Babeş-Bolyai University, Cluj-Napoca, Romania

Do eating disorder cognitions play a role in Avoidant Restrictive Feeding Intake Disorder (ARFID)? A comparison between ARFID and Anorexia Nervosa

Hannah Wilkinson, University of Oxford, United Kingdom

Bipolar Disorder, Psychosis and Clinical complexity

Symposia

AVATAR therapy for distressing voices in psychosis: the AVATAR2 trial findings, lived experiences and future vision

Moya Clancy and Nikos Xanidis, University of Glasgow, Scotland
Thomas Craig and Thomas Ward, King's College London, United Kingdom
Clementine Edwards, King's College London, United Kingdom
Oliver Owrid, University College London, United Kingdom

Imagery focused therapy for Psychosis: Results from a randomised controlled trial and new developments

Thomas Brandwood-Spencer, Pennine Care NHS Foundation Trust, United Kingdom
Ben Helliwell and Rebecca Coleman, Pennine Care NHS Foundation Trust, United Kingdom
Georgie Paulik-White, Murdoch University, Australia
Chris Taylor, University of Sheffield & Pennine Care NHS Foundation Trust

Integrated Trauma-Focused Cognitive Behaviour Therapy for psychosis for people with distressing post-traumatic stress and psychosis symptoms: Findings from the STAR (Study of Trauma And Recovery) trial

Rory Byrne, Greater Manchester Mental Health NHS Trust, United Kingdom
Nadine Keen, South London and Maudsley NHS Trust, United Kingdom
Emmanuelle Peters, King's College London, United Kingdom
Sarah Swan and Raphael Underwood, South London and Maudsley NHS Trust, United Kingdom

Psychological therapies and bipolar disorder: How can we improve access and reduce inequalities across the lifespan?

Steven Jones, Spectrum Centre for Mental Health Research, United Kingdom
Edward Meinert, Newcastle University, United Kingdom
Thomas Richardson, University of Southampton, United Kingdom
Elizabeth Tyler, University of Manchester, United Kingdom

PTSD and Psychosis: Mechanisms linking trauma to symptoms

Richard Bentall, University of Sheffield, United Kingdom
Ze Freeman, King's College London, United Kingdom
Anton Martinez, Kings College London, United Kingdom
Liam Mason, University College London, United Kingdom
Morwenna Rickard, University College London, United Kingdom

Third wave approaches to understanding and treating paranoid beliefs: Psychological flexibility, de-fusion and mindfulness

Millie Curtis and Jess Kingston, Royal Holloway, University of London
Lyn Ellett, University of Southampton, United Kingdom
Elise Gear, University of Southampton, United Kingdom
Eric Morris, La Trobe University, Australia

Open Papers

Developments in Bipolar Disorder and Psychosis

Leonie Hellwich, Central and North West London NHS Foundation Trust and UCL, United Kingdom
Lorna Hogg, University of Oxford, United Kingdom
Tom Jenkins, University of Bath, United Kingdom
Sarah Reeve, University of East Anglia, United Kingdom
Thomas Richardson, University of Southampton, United Kingdom

Treatment innovations in Bipolar Disorder, Psychosis and Clinical complexity

Yvonne Awenat and Gillian Haddock, The University of Manchester, United Kingdom
Chloe Hampshire, University of Bath, United Kingdom
Larry Baer, McMaster University, Canada
Erica Pugliese, University of Amsterdam, Netherlands
Alexander Sahm, University of Konstanz, Germany

Skills Classes

Adapting and using DBT skills for people with Bipolar Disorder

Julietta Martins Azevedo and Kim Wright, University of Exeter, Mood Disorders Centre, UK

Transforming Recovery: Essential Group ACT Skills for Psychosis

Eric Morris, La Trobe University, Australia

In Congress Workshop

Working with transdiagnostic dissociative experiences

Emma Cernis, *University of Birmingham, UK*

Posters

Parental Psychological Control and Antisocial Behavior in Adolescence

Sadia Abid, *Research coordinator, Pakistan Association of Cognitive Therapy, Pakistan*

Transdiagnostic predictors of relapse in people with severe mental illness: A scoping review.

Eveline de Groot, *Tilburg University, the Netherlands*

“The pendulum doesn’t go from one side of the ceiling to the other side no more...the pendulum just moves slightly”: An exploration of lesbian and gay older adults’ experiences of bipolar disorder.

Brendan Dunlop, *University of Manchester, United Kingdom*

Meta-Cognitive Training for Schizophrenia: A Cochrane Systematic Review and Meta-Analysis Protocol

Giovanni Florio, *School of Cognitive Psychotherapy (SPC) - Naples, Italy*

From Silence to Confrontation: The Transformative Process of Modified AVATAR Therapy in a Case of Auditory Hallucinations

Lilla Gerlinger, *Semmelweis University, Hungary*

Understanding Attentional Biases Among Individuals Across the Bipolar Spectrum: A Meta-Analysis & Systematic Review

Renata Gheorghiu, *Babeş-Bolyai University, Cluj-Napoca, Romania*

Cultural Adaptation Of Dialectical Behaviour Therapy For The Local Context: A Qualitative Study From South Asia

Mirrat Gul, *Principal Clinical Psychologist, Mayo hospital, Lahore, Pakistan*

Examining Social Connectedness and Disconnectedness in Individuals Experiencing Recent-Onset Psychosis and Suicidal Thoughts and Behaviours: A Systematic Literature Review

Kamelia Harris, *University of Manchester, United Kingdom*

Combining Dialectical behavior therapy (DBT) and Repetitive transcranial magnetic stimulation (rTMS) in Borderline personality disorder (BPD): A double-blinded placebo-controlled longitudinal study – pilot data presentation

Martin Horky, *University Hospital Brno and Masaryk University, Brno, Czechia*

Health behavior and attitudes towards health professionals

Dzhuliya Kamburidis, *Sofia University “St. Kliment Ohridski”, Bulgaria*

Differentiating Psychopathology from Non-Ordinary States

Kim Penberthy, *University of Virginia, United States*

Metacognitive Training (MCT-Minus) for negative symptoms in psychotic disorders - study protocol of a randomized controlled trial

Benjamin Rask, *Centre for Clinical Research, Region Sörmland, Eskilstuna & Uppsala University, Sweden*

The unique role of emotional dynamics in depression – a study on university students, formerly depressed persons, and healthy controls

Josip Razum, *University of Iceland, Iceland*

Cognitive-behavioral therapy of insomnia in a form of 2 weeks programme. How to adapt the treatment to comorbid conditions?

Joanna Salbert, *Institute of Psychiatry and Neurology in Warsaw, Poland*

Navigating the Clinical Complexity of Delusions: A Semiautomated Linguistic Analysis of Patients’ Subjective Experiences to Inform CBTp Interventions

Biagio Scalingi, *University School for Advanced Studies IUSS, Pavia, Italy*

The Causal Role of Attachment in Paranoia: Key Mechanisms and Implications for Cognitive Behavioural Therapists

Monica Sood, *University of Southampton, United Kingdom*

Psychological interventions for psychosis- A study protocol in four parts to develop an underdeveloped field

Linda Swanson, *Uppsala University, Sweden*

Psychometric Properties of The Personality Disorder Severity ICD-11 screening questionnaire and The Predictors of Personality Disorder Severity in a Hungarian Community Sample

Henrietta Szöcs, *Eötvös Lorand University Institute of Psychology, Budapest, Hungary*

Experiences of Psychological Therapy While Suicidal in those with Bipolar Disorder: A Qualitative Interview study.

Thomas Richardson, *University of Southampton, United Kingdom*

Psychological therapies for PTSD symptoms within Bipolar Disorder: A systematic review.

Thomas Richardson, *University of Southampton, United Kingdom*

Psychological flexibility in Bipolar Disorder: A comparison with health controls and correlation with mood symptom severity.

Thomas Richardson, *University of Southampton, United Kingdom*

Comparative Effectiveness of Cognitive Behavioral Therapies in Schizophrenia and Schizoaffective disorder: A Systematic Review

Evdoxia Tsigaropoulou, *National and Kapodistrian University of Athens, Medical School, Eginition Hospital, Greece*

The impact of personality disorder stigmatization on symptom severity: Examining shame and self-compassion as mediators between internalized stigma and personality disorder severity

Gabriella Vizin, *Eötvös Lorand University Institute of Psychology, Budapest, Hungary*

Cognitive behavioural therapy for sleep problems in psychosis: A systematic review of effectiveness and acceptability

Hannah Wilkinson, *University of Oxford, United Kingdom*

Children, Young People and Families

Symposia

Advances in understanding and treating anxiety and related disorders in children and young people

Chloe Chessell, *University of Oxford, United Kingdom*
Sho Okawa, *The University of Tokyo, Japan*
Satoko Sasagawa, *Mejiro University, Japan*
Rosie Underhill and Tessa Reardon, *University of Oxford, United Kingdom*

CBT for anxiety in children and adolescents – long-term outcomes and predictors of dropout

Krister Fjermestad, *University of Oslo, Norway*
Pål Lystrup and Bente Storm Mowatt Haugland, *University of Bergen, Norway*
Kristin Martinsen, *University of Oslo, Norway*
Gro Janne Wergeland, *University of Bergen, Norway*

Complex child trauma and mental health: mechanisms and treatment directions

Bethan Carter, *Cardiff University, United Kingdom*
Ruchika Gajwani, *University of Glasgow, Scotland*
Jala Rizeq, *University of Glasgow, Scotland*
Eva Sprecher, *University College London, United Kingdom*
Regina Steil, *Goethe-Universität Frankfurt, Germany*

Empowering parents: prevention and treatment of child anxiety problems

Kristin Martinsen, *University of Oslo, Norway*
Sho Okawa, *The University of Tokyo, Japan*
Nora Skjerdingsstad, *University of Oxford, United Kingdom*
Emily Whitaker, *University of Oxford, United Kingdom*

Lessons learned from delivering preventative mental health interventions to young people outside of clinical settings

Jack Andrews, *University of Oxford, United Kingdom*
Devyn Glass, *University of Sussex, United Kingdom*
Molly McCarthy, *Liverpool John Moores University, United Kingdom*
Alice Tunks, *University of Sussex, United Kingdom*

Maximising reach for mental health support for children and young people

Brynjar Halldorsson, *Reykjavik University, Iceland*
Ronald Rapee, *Macquarie University, Australia*
Tessa Reardon, *University of Oxford, United Kingdom*
Zoe Ryan and Clare Stothart, *University of Oxford, United Kingdom*
Thuridru Hallgrimsdottir Vidar, *Reykjavik University, Iceland*

Negative peer dynamics and internalising problems in adolescence

Sophie Grant, *University of Oxford, United Kingdom*
Eleanor Leigh, *University of Oxford, United Kingdom*
Sakshi Rajesh, *University of Oxford, United Kingdom*
Ronald Rapee, *Macquarie University, Australia*
Nora Skjerdingsstad, *University of Oxford, United Kingdom*

Recent developments in understanding paranoia in adolescents

Lyn Ellett, *University of Southampton, United Kingdom*
Jess Kingston, *Royal Holloway University of London, United Kingdom*
Jessica McGovern, *University of Oxford, United Kingdom*
Björn Schlier, *Bergische Universität Wuppertal, Germany*
Chris Taylor, *University of Sheffield & Pennine Care NHS Foundation Trust*

Open Papers

Acceptance and Commitment Therapy (ACT) and CBT in CYP

Denise Bouden, *Utrecht University, Netherlands*
Matthias Domhardt, *University of Ulm, Germany*
Dafne Morroni, *University of Warwick, United Kingdom* and Maria Karekla, *University of Cyprus, Cyprus*
Klaus Ranta, *Tampere University, Finland*

Culturally informed interventions for clinical complexity

Caesar Hakim, *An Najah National University, State of Palestine* and Hamish Mcleod, *University of Glasgow, Scotland*
Faith Martin, *University of Bath, United Kingdom*
Ishrat Shahnaz, *King's College London, United Kingdom*
Chesney Ward-Smith, *University of Cape Town, South Africa*

CYP interventions for School and pre-school age

Pia Augustsson, *University of Gothenburg, Sweden*
Clare Dixon, *Sussex Partnership NHS Foundation, United Kingdom*
Ioana Alexandra Iuga, *Babes-Bolyai University, Romania*
Phelena Moreira, *University of Lisbon, Portugal*
Leonie Vreeke, *Leiden University, the Netherlands*

Emotion Regulation and Youth-Focused Interventions

Sabrina Berardi, *Goethe-Universität Frankfurt, Germany*
Isabel Clegg, *The University of Western Australia, Australia*
Ovsanna Leyfer and **Alyssa Farley**, *Boston University, United States*
Marija Mitkovic-Voncina, *University of Belgrade, Serbia*
Ye Wo, *University of Oxford, United Kingdom*

Parents and parental interventions

Ana Chorão, *University of Coimbra, Portugal*
Liesbeth De Paauw-Telman, *Utrecht University, the Netherlands*
Rebecca Nowland, *University of Central Lancashire, United Kingdom*
Andrea Vlašić, *Ministry of Internal Affairs, Bosnia and Herzegovina*
Tracey Wade, *Flinders University, Australia*

3 Minute Talks

Michalina Dudziak, *KU Leuven, Belgium*
Murat Eyuboglu, *Eskişehir Osmangazi University, Turkey*
Christina Golemati, *Laiko General Hospital of Athens, Greece*
Julia Kroener, *University of Ulm, Germany*
Jennie Lonsdale, *North Staffs Combined Healthcare NHS Trust, United Kingdom*
Rebecca Murphy, *University of Oxford*
Marie Polaskova, *Charles University, Prague, Czechia*
Norma Ruf, *Universität des Saarlandes, Germany*
Sirirat Ularntinon, *Queen Sirikit National Institute of Child Health and Rangsit University College of Medicine, Thailand*
Myrthe Veenman, *Leiden University, the Netherlands*

Skills Classes

Fast-Track CBT: How to Design and Deliver an Intensive Treatment for Youth Anxiety

Alyssa Farley and **Ovsanna Leyfer**, *Boston University, United States*

Helping parents with anxiety raise confident children

Abby Dunn, *University of Surrey* and **Sam Cartwright-Hatton**, *University of Sussex, United Kingdom*

Panel Discussion/Clinical Roundtables

How can we improve mental health support for forcibly displaced children, young people and families? Insights from Ukraine and the UK.

Eleanor Chatburn, *Child Mind Institute, United Kingdom*
Dennis Ougrin, *Queen Mary University of London, United Kingdom*
Anna Tarasenko, *UN Office for Drugs and Crime*
Kerry Young, *Woodfield Trauma Service, United Kingdom*

Meeting the transitional needs of emerging adults: Developmental and systems considerations and adaptations for optimizing delivery of evidence-based care

Anne Marie Albano, *Columbia University Vagelos College of Physicians and Surgeons, United States*
Aleta Angelosante, *New York University Langone Health Medical Center, United States*
Sandra Pimentel, *Montefiore Medical Center/Albert Einstein College of Medicine, USA*
Shirley Reynolds, *CBTReach United Kingdom*

In Congress Workshop

Advanced and Ethically Sound Strategies to Maximize Exposure-Based CBT for Youth with Anxiety Disorders

Anne Marie Albano, *Columbia University, United States*, **Aleta Angelosante**, *New York University, United States* and **Sandra Pimentel**, *Montefiore Medical Center/Albert Einstein College of Medicine, United States*

Teaching Recovery Techniques: An Evidence-Based Intervention for Children Affected by Trauma

Dennis Ougrin, *Queen Mary University of London, UK* and **Anna Tarasenko**, *Ukrainian Medical Association of the United Kingdom and Mindly Ltd.*

Posters

Parental Variables Contributing to Children's Positivity Ratio

Ayat Abu Kheit, *Tel Aviv University, Israel*

Psychometric Validation of the Children's Response Styles Questionnaire in UK Adolescents

Olivia Adams, *University of Oxford, United Kingdom*

"My Life Feels Boring": Comorbidity between Adolescents' PSMU and Internalizing Problems, and the Mediating Role of Upward Social Comparison

Victor Amorós-Reche, *Universidad Miguel Hernández de Elche, Spain*

Assessing Social and Emotional Competences in Spanish Children: Adaptation of the Social Skills Questionnaire

Victor Amorós-Reche, *Universidad Miguel Hernández de Elche, Spain*

Suicidal Risk in Adolescents: The Role of Anxiety and Depression in a Nationwide Study in Spain

Victor Amorós-Reche, *Universidad Miguel Hernández de Elche, Spain*

Early detection and prevention program of violent radicalization for adolescents focused on risk factors, from Bertrand Russell Psychology Center in Madrid.

Verania Andres & Maria Carmen Serrano Garcia, *Centro de Psicología Bertrand Russell de Madrid, Spain*

Mental Health Service Access Among Looked After Children: Evidence from the OxWell 2025 Survey

Holly Bear, *University of Oxford, United Kingdom*

Emotional dynamics, emotion regulation strategies and their effect on psychosocial functioning and symptom severity in adolescents: a study protocol

Louise Bergman, *Uppsala University, Sweden*

Systematic Review of Family Resilience Models: A Structural Mapping of Models and Applications

Fikriye Bilge Bircan, *Ibn Haldun University, Turkey*

Evaluation of dialectical behavior therapy for Latvian adolescents in routine clinical practice: a pre-post study.

Leva Bite, *University of Latvia, Latvia*

Necessary Conditions in Adolescent Eating Disorders: A Novel Approach to Early Detection and Prevention

Gioia Bottesi, *University of Padova, Italy*

Assessing a mindful parenting post-adoption intervention: Data on the acceptability and preliminary effects of the AdoptMindful2Care Program

Bárbara Caetano, *University of Coimbra, Portugal*

Enhancing engagement of the online 'Raising Confident Children' intervention within a community setting: A Quasi-Experimental Hybrid Implementation Study

Mia Carter, *University of Surrey, United Kingdom*

The Co-occurrence of Eating Disorders and Insomnia Risks in Adolescents: Transdiagnostic Factors and Implication for Treatment

Silvia Cerolini, *Guglielmo Marconi University, Rome, Italy*

Online Social Anxiety Cognitive Therapy (OSCA) increasing outcomes in an adolescent population: A Case Study

Amy Cooper Lyall, *North Tyneside Council, United Kingdom*

Primary outcomes of a transdiagnostic group intervention for adolescents with emotional disorders in a Public Mental Health setting in Spain

Lucia Cortes, *Universidad Nacional de Educación a Distancia (UNED), Spain*

Development and preliminary clinical utility of a transdiagnostic group program for adolescents with severe mental disorders in a Day Hospital Setting in Spain

Lucia Cortes, *Universidad Nacional de Educación a Distancia (UNED), Spain*

Indirect effects of parental and peer attachment on Internet Gaming Disorder among adolescents: The role of negative automatic thoughts

Lulia Cosa, *Babes-Bolyai University, Romania*

Group interventions for social anxiety in children and adolescents: a systematic review and meta-analysis of their efficacy, moderators, and mechanisms of change.

Miruna Bianca Crisan, *Babes-Bolyai University, Romania*

Mapping the Interactions Between Parents' Psychological Distress, Parenting Practices, and ADHD Symptoms in Children

Miruna Bianca Crisan, *Babes Bolyai University, Romania*

How could brief, scalable cognitive and/or behavioural interventions improve access to mental health support for youth in underserved global majority communities? Our plan of work

Sophie Dallison, *University of Bath, United Kingdom*

Social anhedonia predicts behavioral differences in young people with and without depression during social exchange

Brennan Delattre, *University of Oxford, United Kingdom*

Project YES - Evaluating the acceptability and effectiveness of digital single-session interventions targeting internalizing symptoms in German youth

Laura Maria Derks, *LWL University Hospital Hamm, Ruhr University-Bochum, Hamm, Germany*

Couple's relationships and infidelity: a preliminary study on an Italian sample

Lucia Di Guida, *Miller Institute, Italy*

Early Childhood and Screens: The Role of Parental Use and Its Impact on Child Development

Dominica Diez, *Althaia Hospital/ UVic-UCC University/ISAMBES Research Group, Spain*

RE&CBT for LGBT Adolescents

Lara Dobrkovic & Mirjana Markovic, *REBT Center Belgrade, Serbia*

The Role of Anxiety in Shaping Emotional Perception in Children Aged 4 to 6

Iván Fernández-Martínez, *Miguel Hernández University of Elche, Spain*

Does a Preventive Intervention Targeting Emotional Difficulties in Young Schoolchildren Reduce the Impact of Childhood Anxiety on Parents' Lives Over Time?

Iván Fernández-Martínez, *Miguel Hernández University of Elche, Spain*

Early Socioemotional Intervention in Preschoolers: Immediate Positive Effects on Parental Outcomes

Iván Fernández-Martínez, *Miguel Hernández University of Elche, Spain*

A Goal Based Interventions (GBIs) QI project at Kensington & Chelsea CAMHS

Clare Firth & Nafha Thabet, *Central North West London NHS Trust, United Kingdom*

This Looks Like a Job For Stress Control! An investigation into the feasibility of Stress Control as an effective intervention for young people on a tier 3 CAMHS waiting list

Mhairi Gervais, *NHS Lanarkshire, United Kingdom*

A Mixed-Methods Exploration of Adolescents' Idiosyncratic Accounts When Prompted to Reflect on Paranoid Experiences

Sophie Harris, *Royal Holloway, University of London, United Kingdom*

Usability and Feasibility of a Postpartum mHealth Intervention: A Comparison Between Blended Counselling and Self-Guided Approaches in Parents with and without Psychosocial Burden

Carmen Henning, *University of Bamberg, Germany*

The Long-Term Effects of Adverse and Protective Childhood Experiences on Self-Esteem

Makiko Hibi, *The University of Tokyo, Japan*

Low Arousal Parent-led CBT Adaptions to Support a Pressure Sensitive Child

Beth Hopper, *North Tyneside Council, United Kingdom*

The relationship between psychological flexibility and stress in parents of children involved in the MoSt Association's Support Center for Children and Youth with Behavioral Problems in Split, Croatia

Amalija Hrepić Gruić & Janina Pavić Jadrić, *Udruga MoSt, Croatia*

Seeking psychological help: Stigma, barriers and early psychosocial intervention inhibiting avoidance of getting help

Tereza Hruskova, *Masaryk University, Brno, Czechia*

The Impact of Parental Cancer on Parent's and Children's Psychological Functioning, Well-being and Identity.

Alexandra Ioana Iorgu, *Utrecht University, the Netherlands*

Demographic comparison of Japanese and Thai parenting in terms of implementing parent training for children with neurodevelopmental issues

Atsuko Ishii, *The University of Osaka, Japan*

Reliability and validity of the Anxiety Disorders Interview Schedule for DSM-IV for children and adolescents in Japan

Shin-ichi Ishikawa, *Doshisha University, Japan*

Acceptability and feasibility of interventions to prevent serious mental health conditions in at-risk young people

Tom Jenkins, *University of Bath, United Kingdom*

Web-based cognitive behavioral therapy (CBT-PAC) for stress in parents of children with characteristics of autism spectrum: Study in progress

Tomoko Kawasaki, *Chiba University, Japan*

Validation of the Korean version of the Parenting Scale

Sunjung Kim & Subeen Kim, *Chungbuk National University, Republic of Korea*

Brave Steps: Developing a Matched-Care Approach to Building Confidence in Anxiety-Prone Young Children

Sanne Kleiborn, *Leiden University, the Netherlands*

Parental Invalidation and Depressive Symptomatology: The Serial Mediating Roles of Internalised Shame and Emotional Inhibition.

Fabian Jun Rong Koh, *National University of Singapore, Singapore*

Uncovering the broader impact of targeted parenting programs aimed at preventing child mental health problems

Nina Komrij, *Leiden University, the Netherlands*

Emotion Regulation Group Therapy for Adolescents with Deliberate Self-Harm: A quantitative feasibility study and a qualitative interview study

Dimitar Krastev & Hanna Sahlin, *Karolinska Institute, Sweden*

Psychological Profiles of Adolescents: The Role of Intrusive Images, Emotion Dysregulation, and Depressive Symptoms in Non-Suicidal Self-Injury

Julia Kroener, *Christophsbad Hospital, Germany*

Randomized Control Trial of web-camera delivered cognitive-behavioral therapy for child with obsessive-compulsive disorder

Masaru Kuno, *Research Center for Child Mental Development, Chiba University, Japan*

Post-Traumatic Stress Symptoms Scale for Children – Parent Form

Mustafa Tayyip Kurt, *Gaziantep University, Turkey*

Paranoia and/or distress in adolescence: Similarities and differences in socio-demographics and psychological risk factors

Simon Lai, *Royal Holloway, University of London, United Kingdom*

The Efficacy and Effectiveness of Parent Management Training as a Transdiagnostic Intervention: A Meta-analysis of Its Impact on Internalizing and Externalizing Problems in Children, With or Without Child Involvement

Seo-Hui Lee, *Chungbuk National University, Republic of Korea,*

PETUNIA Study: Unconscious Body Schema in Female Adolescents with Anorexia, Depression, and Healthy Controls

Tanja Legenbauer, *LWL University Hospital Hamm, Ruhr University-Bochum, Hamm, Germany, Germany*

Bullying and victimization experiences of children with refugee background

Friedrich Linderkamp, *University of Wuppertal, Germany*

Adapting a behavioural activation-based self-help online Single Session Intervention designed for adolescents to meet the needs of young adults in the UK

Maria Loades, *University of Bath, United Kingdom*

Involving parents in treatment of early adolescent anxiety and depression - a systematic review and meta-analysis.

Zara Mansoor, *University of Otago, New Zealand*

Supporting parents of children with mental health difficulties: A review of interventions and logic models

Faith Martin, *University of Bath, United Kingdom*

Improving outcomes for parents of children with anxiety and depression: A systematic review and implications for cognitive behavioural intervention

Faith Martin, *University of Bath, United Kingdom*

Daily Cognitive Behavioral Therapy for Adolescent Obsessive-Compulsive Disorder

Kazuki Matsumoto, *Kagoshima University Hospital, Japan*

Development and Validation of the Innovation Mind Scale for Youth Based on Positive Psychology and Cognitive Behavioral Therapy

Mirai Miyoshi, *Chiba University, Japan*

The Role Parental Control, Fear of Negative Evaluation and Fear of Negative Child Evaluation in and Adolescent Social Anxiety - A serial mediation approach

Denisa-Maria Moldovan, *Babes-Bolyai University, Romania*

Reflections on an alternative delivery method for low-intensity CBT for adolescents.

Sarah Murgatroyd, *Isle of Wight Mental Health Support Team, United Kingdom*

The Effects of Compassionate Goals on Social Support, Moral Norms, and School Adjustment in Classroom Groups

Mihoko Nakamine, *Ferris University, Japan*

Comparison of Bayesian and Conventional Statistical Methods for Analyzing the Effects of School-Based Behavioural Activation

Waka Nakano, Hiroshima University, Japan

Validity and Reliability Study of the Child Form of the Metacognitions Questionnaire-30 in Turkish

Hakan Öğütlü, University College Dublin, Ireland & Simay Çepni, Üsküdar University Graduate School of Social Sciences Clinical Psychology, Turkey

Effectiveness of Dialectical Behavioural Therapy (DBT) informed Skills Training Group Interventions for Emotion Regulation in Adolescents and Young Adults: A Thematic-Synthesis and Narrative Systematic Review

Aybala Polat, Erasmus University Rotterdam, the Netherlands

Working with Younger Children and Parents within CAMHS; Case Presentation

Sarah Priestley, Lincolnshire Partnership NHS Foundation Trust, United Kingdom

Dimensions of Anhedonia and Their Links to Depressive and Social Anxiety Symptoms: A Network Analysis of University Students

Sakshi Rajesh, University of Oxford, United Kingdom

Nonsuicidal Self-Injury (NSSI) Amongst LGBTQ+ Young Adults: The Role of Psychological Distress

Tara Ramsay-Patel, University College London, United Kingdom

ReThink: Understanding the mental health and wellbeing of care-experienced young people in England and Wales over key life transitions

Tara Ramsay-Patel, University College London, United Kingdom

Integrating Core CBT principles in Child Psychiatric Care in a University Hospital Setting

Riikka Riihonen, Tampere University Hospital, Finland

The Mental Health and Wellbeing of Care-experienced and Adopted Young People During Early and Late Adolescence

Charlotte Robinson, Cardiff University, United Kingdom

Rethinking Eating Disorder Prevention: The Role of Body Functionality and Basic Psychological Needs

Eva Roy, Université de Lille, France

Approaches to support for girls with neurodevelopmental disorders and their mothers' psychological adaptation process as viewed through maternal narratives

Maki Sadahisa, Hyogo University of Teacher Education, Japan

Mapping the Symptoms and Maintenance Mechanisms of Generalised Anxiety in Adolescents: A Network Approach

Lottie Shipp, University of Oxford, United Kingdom

Network analysis of Dysfunctional Attitudes, Behavioral Inhibition/Activation System, and Depressive Symptoms in Adolescents with Subthreshold Depression

Tomoya Takeda, University of Human Environments, Japan

Enhancing emotion regulation skills in adolescents: A feasibility study in a naturalistic school setting

Christiana Theodorou, University of Cyprus, Cyprus

Self-Directed Digital Interventions for the Improvement of Emotion Regulation – Effectiveness for Mental Health and Functioning in Adolescents: A Systematic Review

Abigail Thomson, Queen Mary University of London, United Kingdom

Stakeholders' perspectives on delivering an 'identification-to-intervention' approach for child anxiety problems in routine practice: a qualitative study

Rosie Underhill & Tessa Reardon, University of Oxford, United Kingdom

Selected early maladaptive schemas by J.E. Young versus engagement in pro-social activities using the example of helping Ukrainian refugees in Polish scouts and non-scouts

Joanna Urbańska, Adam Mickiewicz University, Poland

Parent-based treatment for paediatric obsessive compulsive disorder (OCD)

Juul Veegeer, Amsterdam University Medical Center, the Netherlands

Parenting Behavior during a Parent Training in the Context of Adolescent Depression: A Mixed-Method Approach

Myrthe Veenman, Leiden University, the Netherlands

Parent-led interventions for anxiety problems in children and young people in the real world: a mixed methods systematic review

Emily Whitaker, University of Oxford, United Kingdom

Complex Posttraumatic Stress Symptoms in Children and Adolescents after Child Abuse and Neglect: a Network Approach

Nina Winands, Goethe-Universität Frankfurt, Germany

Emotions at Play: An Escape Game to Enhance Children's Emotional Skills

Rafika Zebdi, Université Paris Nanterre, France

Behavioural Medicine, Health and Wellbeing

Symposia

Current research on the climate and eco-emergency from around Europe: Conceptualization, assessment, and implications for interventions.

Mark Freeston, Newcastle University, United Kingdom

Alexandre Heeren, Belgian National Science Foundation & UCLouvain, Belgium

Karina Wahl, University of Basel, Switzerland

Cutting Edge Research on the Impact of Cognitive Bias Modification Training - in General Health Conditions and Contexts

Colette Hirsch, King's College London, United Kingdom

Brydee Pickup, The University of Sydney, Australia

Louise Sharpe, The University of Sydney, Australia

Gabriella Tyson, King's College London, United Kingdom

Exercise as a transdiagnostic mental health treatment

Kevin Crombie, *University of Alabama, United States*

Matthew Herring, *University of Limerick, Ireland*

Aylin Mehren, *University Medical Center Bonn, Germany*

Michele Schmitter, *Depression Expertise Center, Pro Persona Mental Health Care, the Netherlands*

Janna Vrijssen, *University Medical Center Nijmegen, the Netherlands*

Mental health difficulties during the Premenstrual and Perinatal periods: Cyclical relationships and cognitive mechanisms

Alexandra El Badaoui, *University of Oxford, United Kingdom*

Anagha Kaluve, *UNSW Sydney, Australia*

Ellen Lambert, *King's College London, United Kingdom*

Victoria Pile, *King's College London, United Kingdom*

Jessica Radley, *King's College London, United Kingdom*

Natasha Van Der Eyk, *UNSW Sydney, Australia*

Misophonia over time: new insights on the development and trajectory of misophonia

Jane Gregory, *University of Oxford, United Kingdom*

Grace Heppes, *Duke University, United States*

Zach Rosenthal, *Duke University United States*

Marta Siepsiak, *SWPS University, Warsaw, Poland*

Therapeutic Applications of Climbing and Bouldering Psychotherapy

Nicole Gridley, *Leeds Beckett University, United Kingdom*

Emma Jackson, *NHS Greater Glasgow and Clyde, Scotland*

Stephanie Maxwell, *ReMind Climbing, Chiang Mai, Thailand*

Steve Moorhead, *University of Glasgow, Scotland*

Chris Williams, *University of Glasgow, Scotland*

Alexis Zajetz, *"University of Salzburg - PLUS", Austria*

Open Papers

Behavioural medicine in adults and children

Eliza Atudosie, *Babes-Bolyai University, Romania*

Adrian Perez-Aranda, *Universitat Autònoma de Barcelona, Spain*

Irina Laura Verbist, *Greater Manchester Mental Health NHS Trust and Ben Lorimer, University of Sheffield, United Kingdom*

Emma Westerberg, *Karlstad University, Sweden*

Thomas Woldhuis, *The University of Sydney, Australia*

Workforce wellbeing

Jo Daniels and Maxine Blackburn, *University of Bath, United Kingdom*

Emily Beck, *University of Bath, United Kingdom*

Hannah Parker, *Cardiff University, United Kingdom*

Yuhan Murros, *University of Oxford, United Kingdom*

Skills Class

Assessing and treating core beliefs that cause psychological burden in cancer patients

Irene de Vlamming, *Alrijne Hospital, the Netherlands* and Marije van der Lee, *Helen Dowling Institute, the Netherlands*

In Congress Workshop

Cognitive Behavioral Therapy for Nightmares

Kristi Pruiksma and Hannah Tyler, *University of Texas, United States* and Annette Van Schagen, *ARQ National Psychotrauma Center, Oegstgeest, the Netherlands*

Existential concerns and cognitive-behavioural procedures: Managing death, isolation, identity, freedom and the search for meaning

Ross Menzies, *University of Technology Sydney, Australia*

Get out of your Symptoms and into your Life: Using an Acceptance and Commitment Therapy approach for Long Term Conditions

Trudie Chalder and Debra Brewin, *King's College London, United Kingdom*

Posters

Coping, Shame, and Sexual Quality of life in Women with Skin Conditions: Insights from a Network Analysis

Azizah Ahmed, *Royal Holloway, University of London, United Kingdom*

Mental Health Literacy and Stigma as Mediators Between Feeling Anxiety and Attitudes Towards Help-Seeking

Hohn Alex Armand, *West University of Timișoara, Romania*

Practicing CBT with patient suffering from Long Covid : a clinical overview of frequent patient features, psychotherapeutic issues and preliminary recommendations

Agathe Ancellin-Geay, *Hôtel-Dieu, Assistance Publique-Hôpitaux de Paris (APHP), France*

An evaluation of group rumination-focused cognitive behavioral therapy for insomnia: A study within Primary Care.

Malin Anniko, *Karlstad University, Sweden*

Negative Automatic Thoughts as Mediators Between Cognitive Emotion Regulation Strategies and Mental Health Challenges in Female Cancer Survivors

Katarina Banfi, *Eötvös Loránd University, Hungary*

Automatic Negative Thoughts as the Key Mediator Between Self-Compassion and Insomnia in Hungarian Cancer Patients

Bernadett Becz, *Eötvös Loránd University, Hungary*

Enhancing Open-Label Placebo Effects Through Operant Conditioning: Implications for Nonspecific Mechanisms in CBT

Justyna Brączyk, *Jagiellonian University, Poland*

Efficacy of different CBT protocols for procrastination: a randomized controlled trial comparing behavioral techniques

Weronika Browarczyk, *SWPS University, Poland*

12-Hour Shifts: A Mixed-Methods Study of the Impact of Extended Shift Work on the Tolerance Levels of Inpatient Mental Health Nursing Staff

Paul Carter, *University of Derby, United Kingdom*

Physical Quality of Life in Neurodegenerative Conditions: A Preliminary Integrative Model

Teresa Carvalho, *Instituto Superior Miguel Torga, Portugal*

Multimodal intervention for vulvodynia: a single case design pilot

Linnéa Engman, *Örebro University, Sweden*

The relationship of beliefs about suffering and religious struggles. The mediating role of stress and depression

Adam Falewicz, *University of Szczecin, Poland*

Expecting the worst: Pain catastrophizing and intolerance of uncertainty in women with fear of childbirth

Ida Flink, *Karlstad University, Sweden*

Organic comorbidity in patients receiving cognitive behavioural therapy does not affect therapy outcome, but might affect duration of therapy. Results of a training program in Greece.

Christina Golemati, *Hellenic Society of Cognitive Psychotherapies (H.S.C.P), Laiko General Hospital of Athens, Greece*

Habit strength mediates the relation between physical activity and mental health: An examination on transdiagnostic factors

Ceren Gürdere, *Çankaya University, Turkey*

Loneliness and Epistemic Trust Predict Burnout in an Academic Context: A CBT-Informed Intervention

Camellia Hancheva, *Sofia University "St. Kliment Ohridski", Bulgaria*

Does Commuting Stress on Workdays Decrease with Cognitive Behavioral Therapy?

Nele Jacobs, *Faresa, Belgium*

One-year Follow-up Longitudinal Study of Cognitive and Behavioral Factors Associated with Sub-threshold Changes in Mental Health Trajectories among Japanese Workers

Yukari Kimura, *The University of Tokyo, Japan*

Lost and not found: Randomized Controlled Trial of Cognitive Behavioral Therapy for Weight-loss in Patients with Chronic Kidney Disease

Katja Kurnik Mesarič & Jana Kodric, *University Medical Centre Ljubljana, Slovenia*

The Moderating Role of Mindfulness in the Relationship Between Job Instability and Mental Health Among Freelance Workers

Takumu Kurosawa, *The University of Tokyo, Japan*

Unique and common connections for informing the treatment of persistent pain – a group iterative multiple model estimation approach

Amani Lavefjord, *Uppsala University, Sweden*

Self-Compassion for Healthcare Communities

Wonseok Lee, *Jeju National University Hospital, Republic of Korea*

Long-term outcomes of social norm interventions for promoting pro-environmental behaviours – a systematic review and meta-analysis

Frederike Katharina Lemmel, *University of Münster, Germany*

Exploring Climate Change Distress: its Links With Trust, Mental Health, and Agency

Maxime Levasseur, *Newcastle University, United Kingdom*

Assertiveness Training for Healthcare Workers in Emergency Departments: A Mixed-Methods Intervention Study

Nicoletta Lorrà, *Miller Institute, Italy*

Self-Transcendent Experiences and Positive Psychological Outcomes: A Correlational Meta-Analysis Across Diverse Contexts

Viad-Antoniū Mărghitaş, *Babes-Bolyai University, Romania*

Understanding the Role of Psychology in Long COVID Care: A Delphi Study on Current Practices and Recommendations

Faith Martin, *University of Bath, United Kingdom*

Boredom Coping as a Mediator between State Boredom and Loneliness: a Longitudinal Multilevel Structural Equation Modeling Approach

Ion Milea, *Babeş-Bolyai University Cluj-Napoca, Romania*

Behavioural Functions and Social Support in Hikikomori (prolonged social isolation): Predictors of Psychosocial Functioning

Shunsuke Nonaka, *Musashino University, Japan*

The quest for optimal self-esteem: Is it non-contingent?

Ivan Nykliček, *Tilburg University, the Netherlands*

Development and Validation of the Innovation Mind Scale for Japanese Worker Based on Cognitive Behavioral Therapy and Positive Psychology

Shoichi Ohashi, *Research Center for Child Mental Development, Chiba University, Japan*

Therapeutic program with Mindful Compassion and ACT online group for Chronic Kidney Disease patients and their caregivers: a pilot project

Andrea Pozza, *University of Siena, Italy*

Worries about Disease Progression in Caregivers of Youth with Juvenile Idiopathic Arthritis and Type 1 Diabetes

Bethany Richmond, *The University of Sydney, Australia*

Uptake of an online wellbeing program based on cognitive and behavioural strategies for university students: a pilot study.

Pasquale Roberge, *Université de Sherbrooke, Canada*

The relationship between satisfaction with life and viewing God in suffering. The mediating role of mindfulness during prayer

Radosław Rybarski, *The John Paul II Catholic University of Lublin, Poland*

Examining the associations between multidimensional perfectionism, self-concept clarity, and self-esteem: A mediation analysis

Eileen Seah, *The University of Sydney, Australia*

The Role of Time Perspective in Health

Radina Stoyanova, *Sofia University "St. Kliment Ohridski", Bulgaria*

Longitudinal Effects of Perceived Social Support and Cognitive Flexibility on Positive Automatic Thinking in Adult Workers

Akari Tanigaki, *The University of Tokyo, Japan*

Unraveling the Role of Dysfunctional Sleep Beliefs: How Chronotype Shapes Medical Students' Sleep Quality and Academic Success

Leman Deniz Tarlacık, *Private Practice, Turkey*

The Moderating Role of Child Adversity in a Mindfulness-Based Smartphone Intervention for Resilience A Randomized Controlled Trial

Mariia Vabulnik, *The University of Tokyo, Japan*

Treating fear of cancer recurrence with Eye Movement Desensitization Reprocessing: a sequential, randomized single-case experimental design

Marije van der Lee, *Tilburg University, the Netherlands*

The Influence of Self-Construction on University Students' Future Time Perspective and Mental Health

Vera Walburg, *Catholic University of Toulouse, France*

Effectiveness of Interdisciplinary Rehabilitation Programs for Individuals with Chronic Widespread Pain

Katja Zupančič, *University Rehabilitation Institute, Ljubljana, Slovenia*

Intellectual and Developmental Difficulties

Symposia

Adapting CBT for autistic people: from theory to practice

Antonia Dittner, *South London and Maudsley NHS Trust, United Kingdom*

Emily Elson & Kate Cooper, *University of Bath, United Kingdom*

Matthew Hollocks, *Kings College London, United Kingdom*

Jiedi Lei, *University of Oxford, United Kingdom*

Ailsa Russell, *University of Bath, United Kingdom*

Adapting cognitive behavioural interventions for autistic people: user perspectives

Mannat Chopra, *University of Bath and Aikaterini Georgakopoulou, University of Bristol, United Kingdom*

Jiedi Lei, *University of Oxford United Kingdom*

Ann Ozsivadjian, *King's College London, United Kingdom*

Alba Realpe, *University of Bristol and Ailsa Russell, University of Bath, United Kingdom*

Icarus Williams, *Pennine Care NHS Foundation Trust, United Kingdom*

Alex Wilson, *Newcastle upon Tyne Hospitals NHS Foundation Trust, United Kingdom*

Adapting psychological therapies for people with an intellectual disability: Developments in theory, research and practice

Richard Hastings, *University of Birmingham, United Kingdom*

Olivia Hewitt, *University of Birmingham, United Kingdom*

Andrew Jahoda, *University of Glasgow, Scotland*

Peter Langdon, *University of Birmingham, United Kingdom*

In Congress Workshop

Adapting and modifying psychological therapies for people with an intellectual disability for use in routine practice.

Peter Langdon, *University of Birmingham, United Kingdom* and Andrew Jahoda, *University of Glasgow, Scotland*

Posters

How to assess sensory perception in autistic children and adolescents?

Sandra Brouche, *Paris Nanterre University, France*

First screening tools for Autism Spectrum Disorder in adults without intellectual and language deficits validated in the Romanian population

Alexandra Dolfi, *Alexandru Obregia Psychiatry Hospital, Bucharest, Romania*

Development of an Internet-Based Mental Health Support Program for Parents of Children Diagnosed with Autism Spectrum Disorder

Murat Eyuboglu, *Eskişehir Osmangazi University, Turkey*

High-Intellectual-Potential Adults Facing Job Insecurity: Investigating the Effects of Cognitive Behavioral Therapy Group on Social Isolation Schemas and Self-Esteem

Maxime Naudy, *Les Toises - Psychiatry and Psychotherapy Center, Switzerland* & Katia Carbé, *Les Toises - Psychiatry and Psychotherapy Center, Switzerland*

Viennese Program – Animal supported social skills group therapy for adolescents with autism spectrum disorders (ASD)

Susanne Ohmann, *1 Department of Child and Adolescent Psychiatry, Vienna, Austria*

Game on but pay the price: research and practical implications on dual nature of hyperfocus among adult ADHD gamers

Anna Pyszkowska, *University of Silesia in Katowice, Poland*

Experimental Psychopathology

Symposia

Beyond Shocks and Loud Sounds: Naturalistic Methods to Study Adaptive and Maladaptive Expressions of Emotional Memory

Lucija Blazevski, *Netherlands Institute for Neuroscience, the Netherlands*
Olivier De Vries, *Universität Bonn, Germany*
Inga Marie Freund, *University of Amsterdam, the Netherlands*
Linos Vossoughi, *University of Amsterdam, the Netherlands*

Cognitive remediation in affective disorders: Novel insights

Maximilian Blomberg, *University of Münster, Germany*
Khanh Linh Chu, *The University of Queensland, Australia*
David Demeester, *Ghent University, Belgium*
Ernst Koster, *Ghent University, Belgium*
Yannick Vander Zwalm, *Ghent University, Belgium*
Thuridru Hallgrímsdóttir Vidar, *Reykjavík University, Iceland*

Comfortably numb? Affect in dissociation and its implications for clinical intervention.

Emma Cernis, *University of Birmingham, United Kingdom*
Moya Clancy, *University of Glasgow, Scotland.*
Déborah Dawant, *Catholic University of Louvain, Belgium*
Johannes Heckerens, *Charité - Universitätsmedizin Berlin, Germany*

Enhancing Cognitive-Behavioural Therapy through Neuroscience

Anca Dobrea, *Babes-Bolyai University, Romania*
Kristoffer Månsson, *Karolinska Institutet, Sweden*
Jingjing Ye, *University of Edinburgh, Scotland*
Ondrej Zika, *Karolinska Institutet, Sweden*

Experimental Psychopathology of Stress-Related Disorders: Uncovering Cognitive and Memory Mechanisms for Targeted Interventions

Andrea Häflicher, *University of Zurich and University Hospital of Psychiatry Zurich, Switzerland*
Julie Ji, *University of Plymouth, United Kingdom*
Birgit Kleim, *University of Zurich, Switzerland*
Roxanne Sopp, *Saarland University, Germany*
Marcella Woud, *University of Goettingen, Germany*

Mechanisms Over Disorders: Cognitive Factors and Emotion Regulation as Transdiagnostic Approaches to Psychopathology

Yagmur Amanvermez, *Tilburg University, the Netherlands*
Ernst Koster, *Ghent University, Belgium*
Emilie Martz, *University of Strasbourg, Laboratoire de Psychologie des Cognition, France*
Thalia Richter, *Max Planck Institute for Human Cognitive and Brain Sciences, Germany*
Sarah Struyf, *Ghent University, Belgium*
Gerly Tamm, *Ghent University, Belgium*

New directions in OCD-related mechanisms and interventions – from mental imagery to

Jakob Fink-Lamotte, *University of Potsdam, Germany*
Cailyn Fridgen, *Concordia University, Canada*
Julie Ji, *University of Plymouth, United Kingdom*
Isaac Sabel, *University of New South Wales, Australia*
Paul Salkovskis, *University of Oxford, United Kingdom*

New Insights in the Working Mechanisms underlying EMDR

Suzy Matthijssen, *PSYTREC, the Netherlands*
Mae Nuijs, *Altrecht Academic Anxiety Centre, the Netherlands*
Valentijn Alting Van Geusau, *Altrecht Academic Anxiety Centre, the Netherlands*
Marlot Van Kempen, *Tilburg University the Netherlands*
Kevin Van Schie, *Tilburg University, the Netherlands*

Open Papers

Attention and cognitive bias in MH

Kaan Alp Karamanli, *King's College London, United Kingdom*
Mary Mcnamara, *McLean Hospital/Harvard Medical School, United States*
Yasemin Meral, *Izmir University of Economics, Turkey*
Noam Sarna, *Tel-Aviv University, Israel*
Jessica Werthmann, *Albert-Ludwigs-University of Freiburg, Germany*

Experimental Psychopathology

Amelia Gangemi, *University of Messina, Italy*

Monika Kornacka, *Poland*

Irina Masselman, *University of Groningen, the Netherlands*

Daniel Tönsing, *University of Basel, Switzerland*

Posters

A complex temporal network approach to paranoia: the central role of social rejection in shaping the dynamics of real-time paranoia-like thoughts

Paulina Bagrowska, *Institute of Psychology, Polish Academy of Sciences, Poland*

Trait disgust proneness predicts the persistence of acquired disgust responses

Jessica Brandt, *UNSW Sydney, Australia*

Longitudinal Changes in Maladaptive Personality Domains and Clinical Outcomes: A Study Protocol

Gabriele Caselli, *Sigmund Freud University, Milan, Italy*

Comparative Temporal Network Analysis of Individuals with ADHD Symptoms: An examination of the relationship between psychotic-like experiences and cortisol levels using Experience Sampling Method (ESM)

Hanna Gelner, *Institute of Psychology, Polish Academy of Sciences, Poland*

Early maladaptive schemas and ruminations as predictors of postpartum anxiety in postpartum women

Aleksandra Jasielska, *Adam Mickiewicz University, Poland*

Prediction Error in the Caudate as a Neural Mechanism of Change in Imagery Rescripting: Evidence from an fMRI Study on Fear of Failure

Stanisław Karkosz, *SWPS University, Poland*

Automating Imagery Rescripting with Large Language Models: Toward Scalable and Standardized Experimental Procedures

Stanisław Karkosz, *SWPS University, Poland*

Save or Throw it Away: A Systematic Review of Discarding Task Studies

Enes Kartal, *Anglia Ruskin University, United Kingdom*

Identifying personalized predictors for depressive complaints: an ideographical network approach among ruminators

Matthias Maerevoet, *Ghent University, Belgium*

The effectiveness of a masked counterconditioning approach to alleviate body dissatisfaction in women with high body image concerns.

Irina Masselman, *University of Groningen, the Netherlands*

Can Exercise Shield Against Stress? Insights from Ecological Momentary Assessments and Wearable Data on Swiss Medical Interns

Ningqi Ann Yu Natterer, *University of Zurich, Switzerland*

Emotional Processing and Psychopathology in Complex Neural Networks: A Transdiagnostic Perspective on Cognitive-Affective Disconnection

Gonçalo Oliveira, *Universidade Lusófona, Portugal*

How to think about life: Framing a dysphoric experience in terms of life meaning reduces depression and rumination

Brian D. Ostafin, *University of Groningen, the Netherlands*

Self-compassion vs. self-esteem: Refining the roles in mental health

Lonneke van Tuijl, *Utrecht University, the Netherlands*

Mental habits in the general population: Are state ruminative thoughts habitually triggered by negative mood in the laboratory and daily life?

Sigurður Viðar, *University of Iceland, Iceland*

Therapeutic Mechanisms and Processes in CBT

Symposia

A theoretically-grounded, evidence-based, suicide-focused therapy: what is it, and how does it work for people living with psychotic experiences?

Mike Fitzsimmons, *Greater Manchester Mental Health NHS Trust and Gillian Haddock, Manchester University, United Kingdom*

Patricia Gooding, *Manchester University, United Kingdom*

Gillian Haddock, *Manchester University, United Kingdom*

Kamelia Harris, *University of Manchester, United Kingdom*

Advancing schema therapy: Shedding light on its fundamental concepts

Jakke Coenye, *Ghent University, Belgium*

John P Louis, *Louis Family Services, United States*

Lotte Stemerding, *University of Amsterdam, the Netherlands*

Duygu Yakin, *University of Amsterdam, the Netherlands*

Improving Peer Online Forums for Mental Health

Zoe Glossop, *Lancaster University, United Kingdom*

Steven Jones and Neil Caton, *Spectrum Centre for Mental Health Research, Lancaster University, United Kingdom*

Fiona Lobban, *Spectrum Centre for Mental Health Research, Lancaster University, United Kingdom*

Paul Marshall, *Lancaster University, United Kingdom*

Heather Robinson, *Lancaster University, United Kingdom*

Mechanisms of change and their application in treatments targeting fear or trauma memory

Camille Deforges and **Antje Horsch**, *University of Lausanne, Switzerland*

Antje Horsch, *University of Lausanne, Switzerland*

Monika Lehnert, *Saarland University, Germany*

Jacqueline Peters, *University of Groningen, the Netherlands*

Ulrike Rimmele, *University of Geneva, Switzerland*

Mechanisms of Change in Psychological Interventions: Insights from Exposure, Imagery Rescripting and Basic Science

Snir Barzilay, *The Hebrew University of Jerusalem, Israel*

Carly Johnco, *Macquarie University, Australia*

Wolf-Gero Lange, *Behavioural Science Institute, Radboud University, the Netherlands*

Hila Sorka, *The Hebrew University of Jerusalem, Israel*

Elad Zlotnick, *The Hebrew University and Asher Strauss*, *The College of Management Academic Studies of Jerusalem, Israel*

Mental Imagery in Self-Harm behaviour: understanding mechanisms and developing novel interventions.

Martina Di Simplicio and **Saida Mohamed**, *Imperial College London, United Kingdom*

Julia Kroener, *Christophsbad Hospital, Germany*

Alex Lau-Zhu, *University of Oxford, United Kingdom*

Rory O'Connor, *University of Glasgow, Scotland*

Oliver Watson, *University College London, United Kingdom*

New Directions in Autobiographical Past and Future Thinking – From Basic Processes to Novel Interventions

Liesbeth Bogaert, *KU Leuven, Belgium*

Tom Barry, *University of Bath, United Kingdom*

Julie Ji, *University of Plymouth, United Kingdom*

Alex Lau-Zhu, *University of Oxford, United Kingdom*

Personalization matters for clinical implementation: Let's talk about SCODs, SCEDs, and Networks

Simon Blackwell, *University of Göttingen, Germany*

Lars Klintwall, *Karolinska Institutet, Sweden*

Harriette Riese, *University Medical Center Groningen, the Netherlands*

Felicia Sundström, *Uppsala University, Sweden*

Threat learning mechanisms as possible treatment predictors: Bridging basic science and clinical practice

Tom Barry, *University of Bath, United Kingdom*

Rivka Ginat Frolich, *The Hebrew University of Jerusalem, Israel*

Baraa Kabha, *The Hebrew University of Jerusalem, Israel*

Jessica Reinhart, *University Hospital of Würzburg, Germany*

Tomer Shechner, *The University of Haifa, Israel*

Uncertainty in Contexts : Recent Advances on the Trans-Situational Nature of Intolerance of Uncertainty

Gioia Bottesi, *University of Padova, Italy*

Mark Freeston, *Newcastle University, United Kingdom*

Maxime Levasseur, *Newcastle University, United Kingdom*

Anna Malerba, *Sapienza University of Rome, Italy*

Anna Panzeri, *University of Padova, Italy*

Marija Volarov, *University of Novi Sad, Serbia*

Open Papers

Mechanisms in treatment in AMH

Vera Bouwman, *Utrecht University, the Netherlands*

Manjula Munivenkatappa, *National Institute of Mental Health and Neuro Sciences, India*

Beray Macit, *Ruhr-University Bochum, Germany*

Ciarán O'Driscoll, *University College London, United Kingdom*

3 Minute Talks

Fikriye Bilge Bircan, *Ibn Haldun University, Turkey*

Anna Gray, *University of Bath, United Kingdom*

Lena Estelle Jaworski, *Goethe-Universität Frankfurt, German*

Baraa Kabha, *The Hebrew University of Jerusalem, Israel*

Dilara Maraba, *Ibn Haldun University, Turkey*

Yolanda Martinez, *Althaia Hospital/ISAMBES Research Group, Spain*

Hannah Meinert, *University of Münster, Germany*

Debora Meneo, *Guglielmo Marconi University, Rome, Italy*

Dilara Nihal Çarıkçı Özgül, *Burdur Mehmet Akif Ersoy University, Turkey*

Taha Burak Toprak, *Ibn Haldun University, Turkey*

Vendela Zetterqvist, *Uppsala University, Sweden*

Skills Classes

Clinical Complexity and the Working Alliance: Identifying and overcoming treatment barriers

Hayley Tyson-Adams, *Cumbria, Northumberland, Tyne and Wear NHS Trust and Stephen Holland*, *Newcastle University, United Kingdom*

Discard your misconceptions; hold onto your competencies: acquire the confidence to provide CBT for Hoarding Disorder

Victoria Bream & Tom Graham, *Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust*, and **James Gregory**, *Cardiff University, United Kingdom*

Parenting our Selves

Susan Bogels, *University of Amsterdam, the Netherlands*

In Congress Workshop

Knowing you, knowing misophonia: expanding your CBT skills for working with sensitivity to specific sounds

Jane Gregory, *University of Oxford, United Kingdom*, **Zach Rosenthal** and **Grace Heppes**, *Duke University, United States*, **Tom Graham**, *Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom*

Posters

Cognitive Behavioural Therapy: An intervention of promise for mental health consequences of racial discrimination among refugees- A narrative review.

Anthony Ataekong, *University of Sussex, United Kingdom*

Applying ACT-Based Techniques to Support a Woman Experiencing Family Tension: A Case Report

Naoko Ayabe, *Department of Regional Studies and Humanities, Faculty of Education and Human Studies, Akita University, Japan*

Psychological Interventions for Erectile Dysfunction: A Systematic Review

Nicola Balloch, *University of Stirling and University of Dundee, Scotland*

The Assessment of Compassionate Engagement and Action models in Serbian cultural context. Psychometric properties of Compassion orientation scales and relationship with Distress, Poor Sleep measures, Empathy, Satisfaction With Life and Loneliness.

Radomir Belopavlović & Snežana Tovilović, *Faculty of philosophy, Novi Sad., Serbia*

Observing Pain Relief: Vicarious Operant Conditioning and Its Role in CBT for Chronic Pain

Helena Bieniek, *Jagiellonian University, Poland*

Translating and Validating the French Coercive Control Screening Scale (CCSS): Toward Better Identification of Hidden Patterns in Intimate Partner Violence

Abdel Halim Boudoukha, *Nantes Université, France*

Reinforcing Pain: Operant Conditioning Mechanisms and Implications for CBT in Chronic Pain

Ewa Buglewicz-Przewoźnik, *Jagiellonian University, Poland*

Does family type moderate the relationship between self-compassion, dispositional mindfulness, mindful parenting, and parenting stress?

Bárbara Caetano, *University of Coimbra, Portugal*

Examining the link between perfectionism cognitions and psychopathological symptoms in PhD students: Can mindfulness abilities and emotional regulation difficulties explain this association?

Catarina Cardoso, *University of Coimbra, Portugal*

The Youth Borderline Thrive (YBT) research project: Assessment advances and testing an innovative blended dialectical-behavioral and compassion-based group intervention

Ângela Carolina Castro Paixão, *aculty of Psychology and Education Sciences, University of Coimbra, Coimbra, Portugal*

The Mediating Role of Savoring in the Relationship Between Personality Traits, Depression and Positive affect

Diana Căzănescu, *Babes-Bolyai University, Romania*

Conceptualising power in CBT

Alasdair Churchard, *University of Oxford, United Kingdom*

Predicting Response to Cognitive Behavioral Therapy for Insomnia (CBT-I) Using Pre-Treatment Chronic Stress Exposure and Sleep Reactivity

James Garneau, *Concordia University, Canada*

The role of demographic variables in the effectiveness of Metacognitive Training for psychosis: a meta-analysis.

Hanna Gelnier, *Institute of Psychology, Polish Academy of Sciences, Poland*

The effect of imagining and writing about the best-possible-self on optimism and pessimism of university students in Japan.

Morimoto Hanna, *The University of Tokyo, Japan*

Amplitude of Low-Frequency Fluctuation as Predictor of CBT Response in Social Anxiety Disorder

Junbing He, *Research Center for Child Mental Development, Chiba University, Chiba, Japan*

Daily Activities, Reward Expectations, and Reward Experiences in Prolonged Grief: A Diary Study

Antje Janshen, *University of Groningen, the Netherlands*

Applying cognitive-behavioral framework in understanding infidelity and rebuilding trust: A case study

Josko Jurman & Iva Matijašić Lončarević, *Croatian Association for Behavioral and Cognitive Therapy, Croatia*

Scale for Contextual Reappraisal (SCORE): A Novel Approach for Assessment of Reappraisal use as an Emotion Regulation Strategy

Meryem Kahramanlar, *Ibn Haldun University, Turkey*

The Relationship Between Daily Nutritional Balance, Mental Health, and Learning Motivation in University Students

Takemi Kasori, *Graduate School of Human Studies, Bunkyo Gakuin University, Japan*

How Accepting Reality Shields Against Depression

Izabela Kazmierczak, *Maria Grzegorzewska University, Poland*

Adaptive Narcissism? Examining the Healthy Adult Mode, Positive Schemas, and Life Satisfaction

Karla Knežević, *University of Amsterdam, the Netherlands*

Are behavioral avoidance, behavioral activation and rumination predictors of depression and insomnia?

Audrey Krings, *Liege University, Belgium*

Sudden Gains in Cognitive Behavioral Group Therapy for Social Anxiety Disorder: Changes in core symptoms and mechanism variables

Seo-Hui Lee, *Chungbuk National University, Republic of Korea*

Suicide Narrative Assessments: The Foundation of Brief Cognitive-Behavioral Therapy for Suicide Prevention

James McGraw, *The Ohio State University Wexner Medical Center, United States*

Feasibility of group schema therapy for co-occurring anxiety and depression in adults: Preliminary findings

Karishma Rajan Menon, *The University of Sydney, Australia*

A transdiagnostic perspective for mindfulness based cognitive therapy: a scoping review

Thanh-Lan Ngo, *Université de Montréal, Canada*

Assessing therapeutic change sensitivity of the Multidimensional Inventory for Emotional Disorders (MED) after the Unified Protocol intervention

Jorge Osma, *University of Zaragoza, Spain*

Can we expect changes on extraversion and positive affect after applying the original Unified Protocol for transdiagnostic treatment of emotional disorders? Results from a systematic review

Jorge Osma, *University of Zaragoza, Spain*

Evaluating OptEx Nexus and Social Mishap Exposure in Social Anxiety Disorder Treatment: Preliminary Findings from a South Korean Sample

Hyeju Park, *Chungbuk National University, Republic of Korea*

Is sexual distress related to sexual function related to specific domains of difficulties with emotion regulation? Preliminary results of an exploratory cross-sectional study with a sample of adults in an exclusive dyadic relationship.

Patrícia M. Pascoal, *Lusófona University, Portugal*

Identifying what works in CBT for procrastination: mediation and moderation effects of a randomized controlled trial

Magdalena Pietruch, *Nencki Institute of Experimental Biology of Polish Academy of Sciences, Poland*

The impact of group processes on interpersonal relationships, psychological distress, and social role functioning in university students following a CBT-based stress prevention program

Romina Evelyn Recabarren, *lReach Lab, Department of Psychology, University of Fribourg, Fribourg, Switzerland*

Effective Components of Collaborative Care for Depression in Primary Care An Individual Participant Data Meta-Analysis

Hannah Schillok, *LMU University Hospital, Germany*

Effectiveness of deep breathing relaxation during group therapy with heterogenous outpatient population

Nikola Stojanovic, *Serbian Association for Behavioural and Cognitive Therapies, Niš, Serbia*

The role of avoidance and beliefs on perseverative cognitions in the link between task-unrelated thoughts and psychopathology symptoms

Marta Szastok, *SWPS University, Poland*

The Effectiveness of Metacognitive Therapy in Misophonia: A Case Report

Leman Deniz Tarlacik, *Private Practice, Turkey*

Exploring the effectiveness of web-based psychoeducation on memory rewriting techniques for workplace stress. : A Study of Randomized Controlled Trials

Akane Uratani, *Department of Cognitive Behavioral Physiology, Graduate School of Medicine, Chiba University, Japan*

Identifying treatment pathways from therapy transcripts: a data-driven clustering approach using insights derived from a large language model

Camille Welcome Chamberlain, *King's College London, United Kingdom*

Self-Criticism: What's the Role of the Hated/Inadequate/Reassured Self in Psychopathology?

Vittoria Zaccari, *Guglielmo Marconi University, Rome and University of Campania Luigi Vanvitelli, Caserta, Italy*

Innovations in delivery of CBT

Symposia

Considering negative and adverse effects in mental health interventions.

Emma Kinnaird, *University of Oxford, United Kingdom*

Paul Salkovskis, *University of Oxford, United Kingdom*

Eloise Stark, *University of Oxford, United Kingdom*

Tiago Zortea, *Oxford Health NHS Foundation Trust, United Kingdom*

Digital Mental Health Interventions across the translational pathway

Stephanie Allan, *University of Glasgow, Scotland*

Pamela Jacobsen, *University of Bath and Jenny Yiend, King's College London, United Kingdom*

Jim Ang, *University of Kent, United Kingdom*

Francesca Edelmann and Holly Coole, *MHRA, United Kingdom*

Disorder specific models: necessary but not sufficient: the science, art and craft of CBT

Anne Garland, *Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom*

Tom Graham, *Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust and Jane Gregory, University of Oxford, United Kingdom*

Louise Isham, *Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom*

Sarah Lack, *Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom*

Drawing on key cognitive mechanisms to design brief low-intensity interventions

Sophie Bennett, *King's College London, United Kingdom*

Colette Hirsch, *King's College London, United Kingdom*

Frances Meeten, *King's College London, United Kingdom*

Victoria Pile, *King's College London, United Kingdom*

Roz Shafran, *University College London, United Kingdom*

Group adaptations of the Unified Protocol for transdiagnostic treatment of emotional disorders based on clinical severity: prevention, treatment and implementation studies

Catarina Francisco, *University of Coimbra, Portugal*
María Vicenta Navarro Haro, *University of Zaragoza, Spain*
Jorge Osmá, *University of Zaragoza, Spain*
Trini Peláez Parc Sanitari Sant Joan de Déu, *Barcelona, Spain*

Increasing access to evidence-based psychological therapies across Europe: shared learning and complimentary initiatives

Gabriele Caselli, *Sigmund Freud University, Italy*
David Clark, *University of Oxford, United Kingdom*
Jonathan Huppert *The Hebrew University of Jerusalem Israel*
Roger Muñoz Navarro, *PsicAP, Spain*
Samuli Saarni, *First Line Therapy, Finland*
Robert Smith, *Prompt Mental Health Care, Norway*

Innovative ways of increasing access to evidence-based mental health interventions for children and young people

Chloe Chessell, *University of Oxford, United Kingdom*
Bronwyné Coetzee, *Stellenbosch University, South Africa*
Kirsty Collins, *University of Glasgow, Scotland*
Suzanne Human, *Stellenbosch University, South Africa*
Natalia Kika, *University of Bath, United Kingdom*

Integrated therapist and online CBT for depression: results from the INTERACT trial

Fiona Fox, *University of Bristol, United Kingdom*
Jinshuo Li, *University of York, United Kingdom*
Nicola Wiles, *University of Bristol, United Kingdom*

Internet-delivered CBT for insomnia, schizophrenia, anxiety, ADHD, pain at Chiba IAPT in Japan

Dayumu Endo, *Komazawa University, Japan*
Aiko Eto, *Chiba University, Japan*
Yoichi Seki, *Chiba University, Japan*
Eiji Shimizu, *Chiba University, Japan*
Rieko Takanashi, *The Open University of Japan, Japan*
Graham Thew, *University of Oxford, United Kingdom*

Sleep interventions in mental health: Innovations in understanding and delivery

Isabel Clegg, *The University of Western Australia, Australia*
Colin Espie, *University of Oxford, UK*
Faith Orchard, *University of East Anglia, United Kingdom*
Rebecca Rollinson, *Norfolk and Suffolk NHS Foundation Trust, United Kingdom*
Emily Stanyer, *University of Oxford, United Kingdom*

Open Papers

Mechanisms and innovations in MH

Myriam Gerardy, *KU Leuven, Belgium*
Martina Janíková, *National Institute of Mental Health, Czechia*
Tavleen Kohli, *National Institute of Mental Health and Neurosciences, India*
Mlydia Rupp, *Friedrich-Alexander-Universität Erlangen-Nürnberg, Germany*
Alexis Vancappel, *Université de Lille, France*

Mental health innovations across the lifespan

Jonathan Dawson, *Royal Holloway, University of London, United Kingdom*
Laurien Meijer, *Sinai centrum, Arkin Mental Health Care, the Netherlands*
Sharon Samson, *National Institute of Mental Health and Neuro Science, India*
Myrte Van Kesteren, *Radboud University and Propersona mental health care, the Netherlands*
Viviana Wuthrich, *Macquarie University, Australia*

Technology driven Innovations

Noah Marshall, *University of Bath United Kingdom*
Hadar Arnon, *The Hebrew University of Jerusalem, Israel*
Max Rollwage, *Limbic, United Kingdom*
Julia Rosenbaum, *MEU Study Center of DIPLOMA University of Applied Science, Germany*

3 Minute Talks

Yasemin Ariköğlu, *Kapaklı State Hospital, Turkey*
Youstina Demetry, *Karolinska Institute, Sweden*
Emma Gendre, *Université Toulouse - Jean Jaurès, France*
Geneva Jonathan, *Massachusetts General Hospital, Harvard Medical School, United States*
James Knox, *Hidden wounds, help for heroes, United Kingdom*
Rebecca Lennartsson, *Örebro University, Sweden*
Charina Lüder and Monika Equit, *Universität des Saarlandes, Germany*
Zeynep Peker, *Ankara Medipol University Turkey*
Tessa Rooney, *The University of Sydney, Australia*
Emily Whitaker, *University of Oxford, United Kingdom*

Skills Classes

Assessing and Treating Core Threats in Anxiety Disorders and Beyond

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

The ACT Matrix: a more functional approach to formulation

Richard Bennett, *University of Birmingham* and Dawn Johnson *ACTivatingYourPractice, United Kingdom*

Panel Discussion/Clinical Roundtables

Doing more with less: using low intensity, digital and task shifting approaches to improve access to psychological therapies globally

Cathy Creswell, *University of Oxford, United Kingdom*

Rob Kidney, *Stavros Niarchos Foundation Global Center, Child Mind Institute, United Kingdom*

Lata McGinn, *Yeshiva University, United States*

Ronald Rapee, *Macquarie University, Australia*

Shirley Reynolds, *CBTReach, United Kingdom*

In Congress Workshop

Brief Group Schema Therapy (BST): A Structured, Experiential Approach for Complex Cases

Michiel Van Vreeswijk, *G-kracht mental health institute, the Netherlands* and Kirsty Gillings, *NHS Tayside, Scotland*

Cognitive Behavioural Psychotherapy for Intolerance of Uncertainty: A three phase, internally generated threat model

Craig Chigwedere, *Trinity College Dublin, University of Dublin & St Patricks Mental Health Services, Dublin, Ireland*

Repetitive Thinking from a Metacognitive Perspective

Ercan Altınöz, *Eskişehir Osmangazi University*, Hakan Turkcapar, *University of Ankara* and Kadir Özdel, *Health Sciences University, Etlik City Hospital, Turkey*

Posters

Learning process in an online cognitive behavioral therapy study group for medical professionals: a phenomenological analysis

Yumi Abe, *Chiba University, Japan*

A remote therapy protocol for social phobia: Integrating VR exposure, relaxation breathing, and online group consultations

Katarina Adamcová, *National Institute of Mental Health, Czechia*

The effectiveness and characteristics of mental health focused peer support interventions for university students: A systematic review and meta-analysis

Natalia Aguayo-Verdugo, *University of Glasgow, Scotland*

Training Canadian Military Medical Practitioners to Support Low-Intensity Using Minimal Contact Support

Dona-Marie Anderson & Rose Wysocka, *University of Exeter, United Kingdom*

Engagement and Adherence in Internet-Based Interventions: A Systematic Review of Overlapping Terminology and Theoretical Framework for Explaining Outcome Divergence

Hadar Arnon, *The Hebrew University of Jerusalem, Israel*

A randomized controlled trial to compare the efficacy of a therapist-supported online intervention with treatment as usual for postpartum depression

Andreea Astefanei, *Babeş-Bolyai University, Cluj-Napoca, Romania*

Potential advantages of virtual reality exposure therapy for anxiety disorders in children

Andreas Blicher, *Copenhagen Business School, Denmark*

The needs and development of a prototype of internet-based technology for assisting in cognitive and behavioral therapy (iCBT-Thai) to support Thai college students' depression

Thanvaruj Booranasuksakul, *Child and adolescent psychiatric Unit, King Chulalongkorn Memorial Hospital, Thailand*

Climate change as a challenge in emerging disorders and CBT management: Clinical examples

Carole Boudebese, *French Association of Cognitive and Behavioural Therapy; Private Practice, Paris, France*

Cognitive behavioral therapy for eco-anxiety and climate change related disorders: Systematic literature review and synthesis

Soufiane Carde, *Private Practice, Montpellier, France*

Australian Psychologists' Perspectives of A Blended Care Intervention

Justin Catania, *UNSW Sydney, Australia*

AdoptMindful2Care@Web: Bridging the Gap in Psychological Support for Adoptive Parents Through eMental Health

Ana Chorão, *University of Coimbra, Portugal*

Leveraging Conditional Statements and Relevance Theory in Cognitive Behavioral Therapy: A Pragmatic Approach to Identifying and Restructuring Cognitive Distortions

Viktoriia Denisova, *National Research University Higher School of Economics (HSE University), Russian Federation*

Mapping Frameworks for Developing Digital Psychological Interventions in Mental Health: Toward Evidence-Based Guidelines

David Dias Neto, *ISPA - Instituto Universitário, Portugal*

Evaluation of a transdiagnostic mental health intervention in German primary care: a parallel-group, two-arm, cluster randomised controlled pilot study

Christopher Ebert, *LMU Munich, Germany*

Transdiagnostic online cognitive behavioral prevention of anxiety and depression in adolescents with increased symptoms: Pre-post randomized controlled trial and long-term follow-up

Julia García Escalera, *Universidad Nacional de Educación a Distancia (UNED), Spain*

The moderating impact of hope and self-esteem on the quality of life of patients with acromegaly

Valentina Fedorovich, *The John Paul II Catholic University of Lublin, Poland*

Validation of psychosocial stress-inducing scenarios in virtual reality in borderline personality disorder

Anna Francová, *National Institute of Mental Health, Czechia*

A Multiple Baseline Case Series Study Using Individual- and Couple Schema Therapy for Patients with a Personality Disorder and their Partners

Leo Goetstouwers, *PsyQ Zaandam, the Netherlands*

Exploring Predictors of Adherence to and the Role of Coping in a Digital Mental Health Intervention for Young Adults Transitioning from CAMHS to AMHS

Ayca Ilgaz, *University of Ulm, Germany*

The mindfulness-based intervention on a smartphone app can reduce the personal distress for healthy workers with autistic traits: a RCT study.

Kohki Kaji, *The University of Tokyo, Japan*

A Cost-Effective Digital Exposure Approach to Treat Public Speaking Anxiety: effects of satisfaction and change expectancy

Steven Klein, *Universität des Saarlandes, Germany*

Mental Health at Your Fingertips: Evaluating the Impact of Mobile Applications through Systematic Review and Meta-Analysis

Sümeyye Esra Köten Güçlü, *Ibn Haldun University, Turkey*

Group Based Metacognitive Therapy for Post-COVID Syndrome

Julia Kroener, *University of Ulm, Germany*

What's Holding Us Back? Exploring Barriers in Low-Intensity CBT Groups

Taf Kunorubwe, *Mindfulness in Reading, Berkshire, United Kingdom*

Augmentation of CBT for obsessive-compulsive disorder and anxiety disorders: A systematic review and meta-analysis

Till Langhammer, *Humboldt-Universität zu Berlin, Germany*

Delivering Internet-based CBT (iCBT) for mild-to-moderate depression and anxiety: Integration into Community Mental Healthcare in Singapore

Charmaine Lim & Alvin Neo, *MOH Office of Healthcare Transformation, Singapore*

Help-seeking in people with psychosis: A systematic review of the qualitative literature and implications for clinicians and services

Wenjin Liu, *University of Southampton, United Kingdom*

What we talk about when we talk about recovering: CBT processes in a Rwandan peer-support programme

Faith Martin, *University of Bath, United Kingdom*

Exploring Working Alliance in a self-guided online program based on the Unified Protocol for individuals undergoing fertility treatments

Verónica Martínez-Borba, *University of Zaragoza, Spain*

Empowering Teachers: Co-Creating a CBT-Based Educational Intervention for Enhanced Wellbeing Through Action Research

Angie McDonald, *University of the West of Scotland, United Kingdom*

Personality and Preferences for smartphone app use in supported face-to-face CBT

Patrick McGhee, *Flutura, United Kingdom*

Support for young people who are distressed by hearing voices: an uncontrolled feasibility evaluation of a psychological intervention package delivered within secondary schools (the ECHOES study)

Jenni Nicholls & Hazel Ashment, *Sussex Partnership NHS Foundation Trust, United Kingdom*

A Web-Based Randomised Controlled Trial for Undiagnosed Depression and Anxiety: Assessing Minimally Important Changes with Patient-Reported Outcomes

Noriko Numata, *Chiba University, Japan*

Specialised CBT for people with Intellectual Disability and/or Neurodevelopmental Disorders

Theofilos Papadopoulos, *Christou Steliou Ioannou Foundation, Cyprus*

Integration of AI Guidance into Internet-Based ACT: Exploring Associations Between User Preferences, Help-Seeking Barriers, and Human-Computer Trust

Panajioti Rasanen, *University of Jyväskylä, Finland*

Adoption, Adaptation, and Continuity: A Longitudinal Study of Video Consultation Usage Among German Outpatient Psychotherapists

Julia Rosenbaum, *MEU Study Center of DIPLOMA University of Applied Science, Magdeburg, Germany*

Group application of the unified protocol for the transdiagnostic treatment of emotional disorders in primary care

Cristina Ruiz Coloma, *Hospital Universitari Mútua de Terrassa, Spain*

Implementing a mental imagery micro-intervention to improve CBT sessions: A randomized controlled trial

Jan Schürmann-Vengels, *Witten/Herdecke University, Germany*

When smartphones listen: Exploring the role of AI and Digital Phenotyping in a new era of CBT assessment and personalization

Meropi Simou, *Greek Association for Cognitive Behavioural Psychotherapies, Greece*

Using virtual reality exposure therapy in outpatients with obsessive compulsive disorder: Within-group comparison study.

Pavla Stopková, *National Institute of Mental Health, Czechia*

The Role of Personality Traits in the Effectiveness of Mindfulness Interventions: A Randomized Controlled Trial

Saeko Takatera, *The University of Tokyo, Japan*

Brief Online CBT for Maritime Workers: Outcomes from the 'Person at the Centre' Initiative

Laura Rosaria Vangi, *Miller Institute, Italy*

Guiding future iCBT adaptations for mixed anxiety and depression in French-speaking older adults in Québec

Helen-Maria Vasiliadis, *Université de Sherbrooke, Canada*

Dream Team: Enhancing Opioid Use Disorder Treatment by Engaging Patients in Development of an mHealth Cognitive Behavioral Sleep Intervention

Allison Wilkerson, *Medical University of South Carolina, United States*

Equality, Diversity, Inclusion and Culture in CBT

Symposia

Cultivating Connections & Mapping the Landscape in Advancing CBT for Racially & Ethnically Minoritised Clients

Yahya Delair, *University of Exeter, University of Northumbria, United Kingdom*

Taf Kunorubwe, *Mindfulness in Reading, Berkshire, United Kingdom*

Leila Lawton, *South London and Maudsley NHS Trust, United Kingdom*

Faithful Odusote, *NHS Talking Therapies and Private Practice United Kingdom*

Mma Yeebo, *NHS, United Kingdom*

Gender Inequalities in Women's Healthcare

Amber Alker, *Tees, Esk & Wear Valleys NHS Foundation Trust, United Kingdom*

Amy Beddows, *Edinburgh Napier University, Scotland*

Buse Çam, *King's College London, United Kingdom*

Sally Tribe, *University of East Anglia, United Kingdom*

Open Papers

Culturally informed adaptations and interventions

Marion Bovey, *University of Lausanne, Switzerland*

Taregh Shaban, *University of Birmingham, United Kingdom*

Ulrich Stangier, *University of Frankfurt, Germany*

Irina Laura Verbist, *Greater Manchester Mental Health NHS Trust, United Kingdom*

Skills Classes

Elephant in the therapy room. Conversations about race, ethnicity, and culture in CBT Practice

Faithful Odusote, *Private Practice & NHS Talking Therapies* and **Taf Kunorubwe**, *Mindfulness in Reading, Berkshire, United Kingdom*

Exploring Identities: Learning from and with People Who Have Lived Experience – Co-Creation, Improving Access for Minoritised Communities, and Enhancing Workplaces

Julia Limper & Aoife Healy, *University of Reading*, **Helen Macdonald & Bill Davidson**, *BABCP*, **Chris Frederic** and **James Grimes**, *Project Soulstride*, **Phil Cooper & Ian Knott**, *State of Mind Sport* and **Julia Domanska**, *University of Southampton, United Kingdom*

Practical strategies for improving access and outcomes in psychological therapy for Roma communities across Europe

Daniela Zigova, *Bromley Healthcare, United Kingdom*

Working with Interpreters in Mental Health Settings

Millay Vann, *Central and North West London NHS Foundation Trust, United Kingdom*

Panel Discussion/Clinical Roundtables

"Intention vs action - what good is an organization's statement about Equality, Equity, Diversity and Inclusion (EEDI)?"

Andrew Beck, *British Association of Behavioural and Cognitive Psychotherapy*

Maria Evangelopoulou, *Greek Association for Behavioural Modification and Research*

Katy Grazebrook, *European Association for Behavioural and Cognitive Therapy*

Irina Lazarova, *Bulgarian Association of Cognitive Behaviour Psychotherapy*

Saiqa Naz, *British Association of Behavioural and Cognitive Psychotherapy*

Diana Ridjic, *Bosnia and Herzegovina Cognitive Behavioural Psychotherapy Association*

Adela Salceanu, *Romanian Association for Behavioural and Cognitive Therapy*

Posters

A systematic review of cultural adaptation of third-wave psychotherapies for young people in Saudi Arabia with common mental health problems.

Yousef Aljohani, *University of Glasgow, Scotland*

Contextual Determinants of Psychological Behaviours of In-patient Indian Adolescents

Amrina Bhullar, *Postgraduate institute of medical education and research, India*

Psychosocial and Acculturation Challenges of Trauma Nonexposed Refugee Children: A Review of Community-Based Interventions

Sena Ciminli, *Istanbul Medeniyet University, Turkey*

Non-suicidal self-injury in the Italian population: a study protocol concerning differences across gender identities and sexual orientations

Monica Conz, *Centromoses, Private Psychotherapy Center, Italy* & **Maria Giuseppina Canevisio**, *Centromoses, Italy*

Experiences and needs of cognitive behavioral therapy for anxious and depressed youth: Perspectives of youth and CBT practitioners on educational, cultural, and gender sensitivity

Jennifer de Lange, *Utrecht University, the Netherlands*

Augmenting a Low-Intensity CBT intervention for an adult with Autism Spectrum Disorder: a clinical case study.

Jake Glennon, *NHS Scotland, Scotland*

Therapeutic work with neurodivergent and gender diverse individuals: a cognitive approach to multiple masking

Renske Herrema, *NHS, United Kingdom*

The Relationship Between Childhood Gender Nonconformity, Childhood Maltreatment, and Psychological Distress in a German Outpatient Sample

Tobias Issler, *Universität des Saarlandes, Germany*

Culturally Adapted Cognitive Behavioural Therapy (CBT) for Sikh Survivors of Abuse

Harjinder Kaur-Aujla, *University of Birmingham, United Kingdom*

“Equity in Therapy: Identifying and Addressing the Needs of BME Clients Through Adaptive Practices”

Jess Kerr-Fearon and Zaid Akhtar, *Xyla Digital Therapies, United Kingdom*

Cultural Competence in CBT: Does Training Improve Therapist Knowledge, Skills, and Confidence? A Pilot

Taf Kunorubwe, *Mindfulness in Reading, Berkshire, United Kingdom* & Fiona Switzer, *NHS Lothian, NHS Greater Glasgow and Clyde and Queen Margaret University, Scotland*

Evaluating the Effectiveness and Cost-Effectiveness of a Web-Based Mindfulness Intervention for Young Adults in Indonesia: A Randomized Controlled Trial Protocol

Ratih Arruum Listiyandini, *Universitas Yarsi, Indonesia*

Crossing Cultural Barriers: An Initial Cross-Cultural Validation of the Arabic Compared to the German Version of the Posttraumatic Stress Disorder Checklist for DSM-5

Charina Lüder, *Division of Clinical Psychology and Psychotherapy, Germany*

Exploring Staff Experiences and Perspectives on Barriers in Interpreter-Mediated Therapy within NHS England’s Talking Therapies

Caitlyn O’Leary, *Cardiff University, United Kingdom* & Taf Kunorubwe, *Mindfulness in Reading, Berkshire, United Kingdom*

Improving Cultural Competency in Clinical Practice: Perspectives of South Asian Individuals and British Health Professionals on Self-Harm and Suicidal Behaviors

Büşra Özen-Dursun, *Boğaziçi University, Turkey*

Multilingual Therapy: The Benefits of a Second Language in Trauma-Focused Cognitive Behavioral Therapy

Luisa Picanço, *Psychiatrist Institute of the Federal University of Rio de Janeiro, Brazil*

Psychological Therapy in Urdu/Punjabi for South Asian Patients in Bradford, UK.

Aamnah Rahman, *Bradford Teaching Hospitals NHS Foundation Trust, United Kingdom*

CycleWise: the development and evaluation of a personalized digital menstrual diary in routine health care

Michele Schmitter, *University Medical Center Groningen, the Netherlands*

Treating Internalised Homophobia through CBT: A Case Series

Laura Amy Stevenson-Young, *Newcastle University, United Kingdom*

Training, Supervision and Professional Issues

Symposia

Addressing misconceptions in CBT: Launching the tCBT series

Claudia Hallett, *South London and Maudsley NHS Trust, United Kingdom*

Rebecca Murphy, *University of Oxford, United Kingdom*

Katherine Newman-Taylor, *University of Southampton* and Louise Isham, *University of Oxford, United Kingdom*

Thomas Richardson, *University of Southampton, United Kingdom*

Paul Salkovskis, *University of Oxford, United Kingdom*

Innovations in the training, retention of and growth of the CBT workforce

Catherine Gallop, *University of Exeter United Kingdom*

Kasper Mikkonen, *Helsinki University Hospitals and First Line Therapies, Finland*

Paul Thompson, *Teesside University, United Kingdom*

Markku Wood, *Northumbria University, United Kingdom*

Training and Credentialing standards in CBT

Keith Dobson, *University of Calgary, Canada*

Helen Macdonald, *BABCP, United Kingdom*

Lata McGinn, *Yeshiva University, United States*

Mehmet Sungur, *Istanbul Kent University, Turkey*

What Works for Whom 30 years on? Using Implementation Science to help navigate the interface between evidence, service user values, and what’s delivered in services.

Marita Brack, *NHS Education for Scotland, Scotland*

Anne Joice, *NHS Education for Scotland, Scotland*

Leeanne Nicklas, *NHS Education for Scotland, Scotland*

Suzy O'Connor, *NHS Education for Scotland, Scotland*

Which therapist skills drive change in CBT? – Relationships between therapeutic skills and treatment success

Sven Alfonsson, *Karolinska Institutet, Sweden*

Jana Bommer, *Trier University, Germany*

Jasmin Ghalib, *University of Potsdam, Germany*

Vickie Presley, *Coventry University, United Kingdom*

Truls Ryum, *Norwegian University of Science and Technology, Norway*

Open Papers

Professional practice and professional development

Zehra Kaya, *Boğaziçi University, Turkey*
Magdalena Ap Robert, *Betsi Cadwaladr University Health Board, United Kingdom*
Yehuda Bar Shalom, *Ramat Gan Academic College, Israel*
Maria Giuseppina Canevisio and **Michela Lussu**, *Centromoses, Italy*

Training innovations

Julia Limper, *University of Reading, United Kingdom*
Colin Gorman, *Ulster University, Northern Ireland*
Poornima Bhola, *National Institute of Mental Health and Neuro Sciences, India*
Tianyu Zhang, *University College London, United Kingdom*

Skills Classes

Ethical decision-making in CBT practice

Helen Macdonald, *BABCP* and **Caroline Dugen-Williams & Louise Crook**, *Shropshire, Telford and Wrekin NHS Talking Therapies and University of West of England, United Kingdom*

Using qualitative methods underpinned by cognitive neuroscience to achieve depth in psychotherapy research.

Tony Ward, *University of the West of England, United Kingdom*

Panel Discussion/Clinical Roundtables

Being a CBT Supervisor: Tensions, Dilemmas and Opportunities arising in a Rapidly Changing Professional Climate

Cindy Cassidy, *University of Suffolk, United Kingdom*
Sarah Corrie, *University of Suffolk, United Kingdom*
Florence Mujuru, *Buckinghamshire New University, United Kingdom*
Svetla Radulova, *BABCP Accredited Therapist, United Kingdom*
Mallika Sharma, *Buckinghamshire New University, United Kingdom*

LICBT: The Issues, The Myths, The Legend

Taf Kunorubwe, *Mindfulness in Reading, Berkshire, United Kingdom*
Rutendo Mhonda, *NHS Scotland*
Pam Myles-Hooton, *Bespoke Mental Health, United Kingdom*
Faithful Odusote, *Private Practice, NHS Talking Therapies, United Kingdom*
Elizabeth Ruth, *University of Bradford, United Kingdom*

The role of CBT in the climate and ecological crisis: European perspectives

Soufiane Carde, *Group Of Study and Interest (GIE) for Climate Change and CBT for the AFTCC France*
Mark Freeston, *Newcastle University, United Kingdom*
Alexandre Heeren, *Belgian National Science Foundation & UCLouvain, Belgium*
Helen Macdonald, *BABCP, United Kingdom*

In Congress Workshop

Building Therapist Resilience and Confidence in Client Care

Aylin Webb, *Mind & Mood, United Kingdom*

Posters

CBT Implementation in Georgia's SUD Services: Progress, Challenges, and Outcomes (2023-2024)

Ketevan Abdushelishvili, *Tbilisi Mental Health Crisis Intervention Service; Caucasus University School of Humanities and Social Sciences, Georgia & Irma Khabazi, GACBT, Georgia*

Examination of Connection Styles in the Relationship Between Professional Experiences and Supervision Processes of Schema Therapists in the ISST Supervision Process

Mert Aytac, *Bingöl University, Turkey*

Developing Culturally Responsive Supervisor Training for PWPs

Eve Bampton-Wilton, *University of Exeter, United Kingdom*

Overcoming the challenges of providing continuous professional development in private practice: How we found our way in Helsinki

Annabel Battersby, *Compass Psychology, Finland*

Using Implementation Science to support Cognitive Behavioural Therapy (CBT) training for Child and Adolescent Mental Health (CAMHs) staff, across NHS Scotland.

Beatrice Carroll, *NHS Education Scotland*

Transforming an NHS Talking Therapy Service in a Rural Geography: Addressing Waiting Times and Service Efficiency

Caroline Dugen-Williams & Lucy Cotterill, *Midlands Partnership University NHS Foundation Trust, Shropshire, Telford and Wrekin NHS Talking Therapies, United Kingdom*

A Protocol for Validation of a Process-Based Competence Evaluation for Evidence-Based Dissemination (PROCEED)

Simone Gorinelli & Katariina Keinonen, *University of Jyväskylä, Finland*

Findings from trauma-informed workshops for healthcare staff in a maternity hospital

Burcu Gurpinar & Emma Evans, *Liverpool Womens NHS Foundation Trust, United Kingdom*

Bridging Professional Isolation: Generativity, Loneliness, and the Role of Metaphors in Supervision for Psychologists

Camellia Hancheva, Sofia University "St. Kliment Ohridski", Bulgaria

Consideration of the practical application of cognitive behavioral therapy education with e-learning contents and training sessions for psychiatric home care workers. : Study in progress

Motohisa Hirose, Chiba University, Japan

PWP Training with a Twist! Tackling the Attrition Crisis in Talking Therapies Through a Brand-New Training Model

Aleksandra Hristova, City St George's, University of London, United Kingdom

'You never know who you're gonna speak to': exploring Psychological Wellbeing Practitioners' experiences of assessing traumatic events

John Kerr, University of Oxford/Oxford Health NHS Foundation Trust, United Kingdom

Enhancing Clinical Competencies in Mental Health: A CBT-Based Training for Mental Health Residents

Yolanda Martínez, Althaia/ISAMBES Group Research, Spain

Hearing from professionals working with alcohol addiction on how to implement Dialectical Behavioral Therapy and the Unified Protocol in clinical practice.

Alba Abanades Morillo, University of Zaragoza, Spain

Advancing LICBT Best Practice: Practitioner Training in Multi-Strand and Cultural Adaptations

Faithful Odusote, Private Practice & NHS Talking Therapies, United Kingdom

Practice Makes Perfect? Deliberate Practice in Psychotherapy Training: A Qualitative Content Analysis

Natalie Schoemann, University of Bamberg, Germany

The Climate and Ecological Emergency (CEE) and clinical psychology: An overview of the DCP report.

Peter Taylor, University of Manchester, United Kingdom

Psychological Flexibility among psychotherapists in training: A pilot trial of acceptance and commitment training (ACT)

Laura Rosaria Vangi, Miller Institute, Italy

Going against the evidence base? LICBT practitioners Perspectives and Experiences of complexity

Joshua Wynne, University of Reading, United Kingdom & Taf Kunorubwe, Mindfulness in Reading, Berkshire, United Kingdom

Older Adults and Lifespan

Posters

Cognitive-Behavioural Therapies and Mindfulness-Based Cognitive Therapies for the treatment of Anxiety disorders in Older Adults with Dementia and Mild Cognitive Impairment: A Systematic Review

Stephen Coull, University of Stirling and Dundee, Scotland

Virtual Reality in Reminiscence Therapy for Parkinson's Disease (RETURN-VR): A Co-Design Approach

Anna Genovese, Fondazione Bruno Kessler (FBK), Italy