



Congress Programme

Delegates attending the congress should look at the **EABCT 2025 Congress App** for updates on the programme

Wednesday 3 September

17.30 - 18.30

Welcome to EABCT 2025 Glasgow – Plenary Session

Lomond Auditorium

Kevin Noon and **Rod Holland**, EABCT 2025 Congress Organisers

Jo Daniels, Co-Chair Scientific Programme

Simon Blackwell, Co-Chair Scientific Programme

Stirling Moorey, President BABCP

Katy Grazebrook, President EABCT

Bailie Anthony Carroll, on behalf of the City of Glasgow

Opening Keynote

Improving behaviour change interventions for health outcomes: theory and application

Marie Johnston, Emeritus Professor in Health Psychology, University of Aberdeen, Scotland

18.30 - 18.30

Opening Reception

Hall 2

Thursday 4 September

08.30 - 10.00

Panel Discussion 1

Lomond Auditorium

Considering the interplay between disorder specific and disorder relevant processes in anxiety disorders

Chair: **Paul Salkovskis**, University of Oxford, United Kingdom

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

Sævar Már Gústavsson, Reykjavik University, Iceland

Jonathan Huppert, The Hebrew University of Jerusalem, Israel

Symposium 1

M1

Exercise as a transdiagnostic mental health treatment

- Chair** **Michele Schmitter**, Depression Expertise Center, Pro Persona Mental Health Care, the Netherlands
- 8.30 Exploring the relationship between aerobic exercise, habitual physical activity, and model-based decision making in PTSD: Evidence from experimental and cross-sectional studies
Kevin Crombie, University of Alabama, United States
- 8.45 Exercise for Generalized Anxiety Disorder
Matthew Herring, University of Limerick, Ireland
- 9.00 The (cost-)effectiveness of exercise therapy adjunct to guideline-concordant care for depression: A pragmatic randomised controlled trial
Michele Schmitter, Depression Expertise Center, Pro Persona Mental Health Care, the Netherlands
- 9.15 Exploring exercise as a non-pharmacological approach for ADHD
Aylin Mehren, University Medical Center Bonn, Germany
- 9.30 Discussion
Janna Vrijzen, University Medical Center Nijmegen, the Netherlands

Symposium 2

Hall 1

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

- Chair** **Fritz Renner**, University of Freiburg, Germany
- 8.30 Add-on effects of imagery rescripting to ongoing cognitive behavioural therapy for major depressive disorder
Fritz Renner, University of Freiburg, Germany
- 8.45 Effectiveness of Imagery Rescripting for trauma-affected voice hearers: An Open Trial
Georgie Paulik-White, Perth Voices Clinic, Murdoch University; Curtin University, Australia
- 9.00 Optimizing treatment intensity: does session frequency matter?
Sophie Rameckers, University of Amsterdam, the Netherlands
- 9.15 Brief imagery rescripting vs usual care and treatment advice for posttraumatic stress disorder in refugees - a multi-center randomized controlled clinical trial
Regina Steil, Goethe-Universität Frankfurt, Germany

Skills Class 1

Caron 1/2

Understanding and managing dissociation in PTSD

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

Skills Class 2

Dochart 1

Adapting and using DBT skills for people with bipolar disorder

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

Symposium 3

Dochart 2

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

- Chair** **Jess Kingston**, Royal Holloway, University of London
- 8.30 Sleep quality and non-clinical paranoia: the roles of dissociation and psychological inflexibility
Eric Morris, La Trobe University, Australia
- 8.50 Assessing ordering effects in ACT for paranoia and low mood: A Single Case Experimental Design
Jess Kingston, Royal Holloway, University of London
- 9.10 The effects of Mindfulness Training on paranoia as assessed in virtual reality: A Randomised Controlled Trial
Elise Gear, University of Southampton, United Kingdom
- 9.30 Mindfulness for psychosis - Helpful or harmful?
Lyn Ellett, University of Southampton, United Kingdom

Symposium 4

Alsh 1

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

- Chair** **Patricia Gooding**, Manchester University, United Kingdom
- 8.30 Necessary and desirable components of a suicide-focused cognitive behavioural therapy for people with psychosis (CBSPp).
Gillian Haddock, Manchester University, United Kingdom
- 8.50 When suicide is the only option to cope with voices: What might people find helpful, acceptable and challenging when considering other options?
Mike Fitzsimmons, Greater Manchester Mental Health NHS Trust and **Gillian Haddock**, Manchester University, United Kingdom
- 9.10 A 'deep-dive' into how appraisals of social support mediate a suicide-focused treatment effect
Patricia Gooding, Manchester University, United Kingdom
- 9.30 A qualitative exploration of psychological resilience to suicidal experiences in the context of psychosis: What do we know about resilience and how can it be used clinically?
Kamelia Harris, University of Manchester, United Kingdom

Symposium 5

Alsh 2

New insights in the working mechanisms underlying EMDR

- Chair **Kevin Van Schie**, Tilburg University, the Netherlands
- 8.30 **Mae Nuijs**, Altrecht Academic Anxiety Centre, the Netherlands
Dual-Task Interventions Reduce the Emotional Impact of Both Recent and Remote Aversive Memories
- 8.45 **Kevin Van Schie**, Tilburg University, the Netherlands
Investigating the Role and Malleability of Outcome Expectations in EMDR
- 9.00 **Marlot Van Kempen**, Tilburg University the Netherlands
Disentangling the Flash technique
- 9.15 **Valentijn Alting Van Geusau**, Altrecht Academic Anxiety Centre, the Netherlands
Discussion
- 9.30 **Suzy Matthijssen**, PSYTREC, the Netherlands

Skills Class 3

Boisdale 1

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

Irene de Vlaming, Alrijne Hospital, the Netherlands and **Marjke van der Lee**, Helen Dowling Institute, the Netherlands

Open Papers 1

Boisdale 2

Emotion Regulation and Youth-Focused Interventions

- 8.30 Negative interpretation bias and repetitive negative thinking as mechanisms in the association between insomnia and depression in young adults
Isabel Clegg, The University of Western Australia, Australia
- 8.45 A qualitative investigation of irritability in young people with depression: cognitive distortion, self-punishment, and control
Ye Wo, University of Oxford, United Kingdom
- 9.00 Rapid Relief: Outcomes from a One-Week Intensive Treatment for Adolescent Anxiety
Ovsanna Leyfer and **Alyssa Farley**, Boston University, United States
- 9.15 The Role of Intelligence in PTSD Treatment Outcomes: Evidence from a Multicenter TF-CBT Trial With Youth
Sabrina Berardi, Goethe-Universität Frankfurt, Germany
- 9.30 Piloting psychosocial support program for youth in public sectors in Serbia: strengths and challenges
Marija Mitkovic-Voncina, University of Belgrade, Serbia

Symposium 6

M2

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

- Chair **Eiji Shimizu**, Chiba University, Japan
- 8.30 A study on cognitive behavioral therapy-based mobile application for panic disorder patients with persistent symptoms despite pharmacotherapy.
Yoichi Seki, Chiba University, Japan
- 8.45 Efficacy of Videoconference-Based CBT for Adults with ADHD Receiving Pharmacotherapy: Findings from a Randomized Controlled Trial in Japan
Aiko Eto, Chiba University, Japan
- 9.00 A Randomized Controlled Trial of Videoconference-Based Cognitive Behavioral Therapy for Children and Adolescents with Attention-Deficit/Hyperactivity Disorder: A Comparison with a Waitlist Control Group
Ayumu Endo, Komazawa University, Japan
- 9.15 The feasibility of CBT-based psychoeducation program for adults with neurodevelopmental traits and chronic pain
Rieko Takanashi, The Open University of Japan, Japan
- 9.30 Discussion
Graham Thew, University of Oxford, United Kingdom

Symposium 7

M3

Advancing Body Image Treatment in Eating Disorders: Innovations and Insights

- Chair **Klaske Glashouwer**, University of Groningen, the Netherlands
- 8.30 Online training for negative body image in adolescents with anorexia nervosa
Piers Cornelissen, Northumbria University, United Kingdom
- 8.45 Expand Your Horizon: Testing a Brief Writing Intervention Focused on Body Functionality Among Adolescent Girls With an Eating Disorder
Klaske Glashouwer, University of Groningen, the Netherlands
- 9.00 Efficacy of the Online Intervention Body Image Booster in Mitigating the Negative Impact of Social Media on Body Image: A Randomized Controlled Trial
Fanny Dietel, Osnabrück University, Germany
- 9.15 "Tell me what you see – An AI-assisted analysis of cognitive-affective responses to body exposure in women with anorexia nervosa and bulimia nervosa"
Vanessa Opladen, Osnabrück University, Germany
- 9.30 Action mechanisms in body image exposure – an experimental study in women with high body dissatisfaction
Timo Brockmeyer, University of Münster, Germany

09.00 - 12.30

M4

In-congress workshop (no additional fee)

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

Peter Langdon and Olivia Hewitt University of Birmingham United Kingdom

There is an additional registration fee for these in congress workshops which can be booked at the registration desk

In-congress workshop 1 (Fully booked)

Radisson Red S2

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

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

In-congress workshop 2 (Fully booked)

Radisson Red S1

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

09.00 - 13.00

Hall 2

Poster Session

Adult Mental Health: Anxiety disorders, OCD, and PTSD

1. **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
2. **Evaluation of the London Op Courage Veterans' Mental Health and Wellbeing Service**
Shivangi Talwar, University College London, United Kingdom
3. **Resilience and neuroticism to predict severity of psychopathological symptoms and risk of drop-out**
Federico Colombo, ASIPSE – Milan Institute of Cognitive Behavioral Psychotherapy, Italy
4. **Cognitive Behavior Therapy for Phagophobia in a Patient with Multiple Sclerosis. A case report.**
Marjana Krajnc Dobre, University Rehabilitation Institute Republic of Slovenia Soča, Slovenia
5. **A meta-analysis of the association of death anxiety with psychological distress and psychopathology**
Elisa Dumitru, Babeş-Bolyai University Cluj-Napoca, Romania
6. **Pathological Affective Dependence and Fear of Intimacy: Opposing but Intertwined Risk Factors for Intimate Partner Violence**
Carolina Papa, Sapienza University of Rome, Italy
7. **From Fear to Purpose: an ACT-based Pilot Trial on Death Anxiety, Depression and Anxiety**
Elisa Dumitru, Babeş-Bolyai University Cluj-Napoca, Romania
8. **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 and Evdokia Tsigkaropoulou, National and Kapodistrian University of Athens, Medical School, Eginition Hospital, Greece
9. **The Effect of Religiously Integrated Cognitive Behavioral Therapy (RCBT) Intervention on Psychological Symptoms: A Single-Case Experimental Study**
Mehmed Seyda Tepedelen, Ibn Haldun University, Turkey
10. **What do UK mental health and voluntary sector professionals think about the services for adult survivors of sexual violence of South Asian origin in the UK?**
Shivangi Talwar, University College London, United Kingdom
11. **Unraveling the mediating role of emotion regulation in the association between perfectionism and burnout**
Marco Pereira, University of Coimbra, Portugal
12. **The Mediating Role of Self-Compassion in the Association Between Childhood Adversity and Anxiety**
Lia-Ecaterina Oltean and Radu Soflau, Babeş-Bolyai University, Romania
13. **Effectiveness of a Dimensional Cognitive Behavioral Therapy pathway in a Hospital Setting**
Andrea Pozza, University of Siena, Italy
14. **Psychometric and diagnostic qualities of the Emetophobia Screening Questionnaire (ESQ)**
Ragnar P. Ólafsson, University of Iceland, Iceland
15. **Save or Throw it Away: A Systematic Review of Discarding Task Studies**
Enes Kartal, Anglia Ruskin University, United Kingdom
16. **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
17. **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
18. **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
19. **Dealing with complexity issues within IAPT service: A qualitative study of experienced HI IAPT therapists' experiences**
Benignus Ndubuisi, Buckinghamshire New University, United Kingdom
20. **Psychological Interventions for Health Anxiety: An Umbrella Review of Systematic Reviews and Meta-analyses**
Aleksandra Grzywa, Universities of Stirling and Dundee, Scotland

21. **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*
22. **Single-Session Group Exposure Therapy for Individuals with High Anxiety Sensitivity**
Baraa Kabha, *The Hebrew University of Jerusalem, Israel*
23. **Verbal overshadowing disrupts memory for faces in participants with low, but not high OCD symptoms**
Assaf Soref, *Tel Aviv University, Israel*
24. **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*
25. **The Effectiveness of Cognitive Behavioural Therapy in the Treatment of Acrophobia: A Systematic Review**
Ana-Cristina Tuluceanu, *University of Greater Manchester (Bolton), United Kingdom*
26. **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*
27. **Modern Stoicism and Mental Health: A Randomised Controlled Trial**
Georgie King, *Royal Holloway, University of London, United Kingdom*
28. **"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*
29. **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*
30. **Behavioral experiments vs. verbal interventions in social anxiety disorder: a randomized controlled trial**
Ulrich Stangier, *University of Frankfurt, Germany*
31. **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*
32. **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*
33. **The Effectiveness of mHealth Interventions in Improving Mental Health Symptoms: A Network Meta-Analysis**
Denisa Mălan, *Babes-Bolyai University, Romania*
34. **Canadian patients' perspective on the acceptability of an adapted Australian internet cognitive-behavioural program for social anxiety disorder**
Alexandra Chapdelaine, *Université de Sherbrooke, Canada*
35. **Metacognitive Therapy for Obsessive Compulsive Disorder: A Systematic Review**
Mehmed Seyda Tepedelen, *Ibn Haldun University, Turkey*
36. **Dropout in Psychotherapy: Examining Client Demographics, Treatment Modalities and Diagnostic Profiles**
Eminhan Suna, *Social Sciences University of Ankara, Turkey*
37. **Neuroticism and test anxiety among freshmen: The mediating role of difficulties in emotion regulation and avoidance**
Maria Inês Caçador, *University of Coimbra, Portugal*
38. **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*
39. **French Version of the Negative Self-Portrayal Scale: Validation in the General Population**
Mandy Rossignol, *Université de Mons, Belgium*
40. **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*
41. **The Bergen 4-day treatment for panic disorder: a longer-term follow-up**
Thorstein Olsen Eide, *Molde Hospital, Møre og Romsdal Hospital Trust, Norway*
42. **Investigating the relationship between mental imagery and psychological well-being**
Ecaterina Lazari, *Liege University, Belgium*
43. **Cognitive Therapy Coaching for PTSD and Depression in Health and Social Care Workers: An Evaluation of Effectiveness, Acceptability, Accessibility, and Suitability from Provider and Recipient Perspectives**
Jasmine Laing, *University of Oxford, United Kingdom*
44. **Examining the Effects of Cognitive Behavioral Therapy (CBT) on Sexual Functioning in Panic Disorder**
Adva Asulin, *The Hebrew University of Jerusalem, Israel*
45. **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, Turkey*
46. **How do therapists talk about core beliefs in Obsessive-Compulsive Disorder treatment?**
Laura Laken, *Anglia Ruskin University, United Kingdom*
47. **Far from perfect: psychological therapies for obsessive-compulsive personality disorder – a review of current evidence.**
Rhiannon Buick, *NHS Scotland, United Kingdom*
48. **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*
49. **Latent Profiles of Childhood Abuse and Personality Traits: Implications for Mental Health in a Precision Medicine Framework**
Simona Miron, *Babes-Bolyai University, Romania*
50. **Positive childhood experiences and emotional disorders: A Meta-analysis**
Diana Maria Condrea, *Babes-Bolyai University, Romania*
51. **Mental Health and University Dropout: A Meta-Analysis of Risk Factors and Moderators**
Georgiana-Sorina Modog, *Babes-Bolyai University, Romania*
52. **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*
53. **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*
 54. **Exploring Mental Contamination in Body Dysmorphic Disorder: A Qualitative Study**
Martha Giraldo-O'Meara, *University of Prince Edward Island, Canada*
 55. **A Qualitative Study on Clients' Needs and Wishes for an Intervention Aimed at Preventing Revictimization**
Christin Kühner, *Arkin Mental Health Care, the Netherlands*
 56. **The Acceptance and Action Questionnaire for Obsessions and Compulsions (AAQ-OC): Psychometric properties of the Portuguese version**
Ana Cristina Pablo, *Lusófona University, Portugal*
 57. **Interpersonal pathoplasticity in mental disorders: a systematic review**
Marije aan het Rot, *University of Groningen, the Netherlands*
 58. **Early maladaptive schemas and ruminations as predictors of postpartum anxiety in postpartum women**
Aleksandra Jasielska, *Adam Mickiewicz University, Poland*
 59. **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*
 60. **Transdiagnostic model of anxiety and PTSD after childbirth**
Rafika Zebdi, *University of Paris Nanterre, France*
 61. **Interdisciplinary CBT treatment for patients with odontophobia and dental anxiety related to psychological trauma experiences: a case series.**
Yngvill Westad, and Trine Monsen *Molde Competence Clinic, County Authority of Møre and Romsdal, Norway, Norway*
 62. **A Comparative Study of Insight, Beliefs, Personality Traits in Obsessive Vs Compulsive OCD Subtypes**
Selin Tutku Tabur, *Hasan Kalyoncu University, Turkey*
 63. **Exploring PTSD-Like Symptoms : PTSD and Adjustment Disorder**
Abdel Halim Boudoukha, *Nantes Université, France*
 64. **in Group Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder: A Scoping Review**
Makoto Kawahito, *Kyushu University, Japan & Keitaro Murayama, Kyushu University Hospital, Japan*
 65. **The Relationship Between Rejection Sensitivity, Borderline Personality Traits, and Psychological Aggression in Married Individuals**
Tubanur Bayram Kuzgun, *Istanbul Arel University, Türkiye*
 66. **Protective and Risk Factors for PTSD in Adults After the February 6th Earthquakes: Psychological Health Professionals' Perspectives**
Ali Çekiç, *Gaziantep University, Turkey*
 67. **Delivering Group Based Cognitive Behavioural Therapy for PTSD in an NHS Talking Therapy Service; a Service User and Therapists Experience.**
Dean Wild, *Shropshire, Telford and Wrekin NHS Talking Therapies, United Kingdom*
 68. **Preventing and managing psychological trauma within prisons**
Clare Crole-Rees, *Cardiff University and Oxford Health NHS Foundation Trust, United Kingdom*
 69. **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*
 70. **Systematic review of clinical prediction models for developing posttraumatic stress disorder following a traumatic event**
Loredana M. Fugaru, *Babeş-Bolyai University, Romania*
 71. **The Moderating Effects of Comorbidity on Treatment Outcomes: Results From a Randomized Controlled Trial of Two Panic-Focused Psychotherapies**
Sean Perrin, *Lund University, Sweden*
 72. **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*
 73. **Cognitive Behavior Therapy for Depression and Insomnia in a Patient with a Primary Brain Tumor. A case report.**
Vida Ana Politakis, *University Rehabilitation Institute Republic of Slovenia Soča, Slovenia.*
 74. **An Indonesian version of the Overall Anxiety Severity and Impairment Scale (OASIS): Psychometric properties in a university student sample**
Ardian Praptojati, *University of Groningen, the Netherlands*
 75. **The Effect of Chronotype and Social Jetlag on Checking Behaviors**
Ellaey Hass, *Bar-Ilan University, Israel*
 76. **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*
 77. **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*
 78. **Developing Compassionate Resilience as a Phased Approach to C/PTSD: Effects on Shame and Self-Criticism**
Devanshi Sharma, *Berkshire Traumatic Stress Service, United Kingdom*
 79. **Motivation in Concentrated Exposure Treatment for Obsessive-Compulsive Disorder**
Kristen Hagen, *Norwegian University of Science and Technology, Norway*
 80. **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 and University of West of England, United Kingdom*
- Online only**
- MIND over MIRROR: a new contextual-behavioral intervention for Body Dysmorphia and relevant preliminary data**
Maria Inês Caçador, *University of Coimbra, Portugal*].
- 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 and Vilma Ruci, *Institute of Cognitive Behavioral Therapy, Albania*
- 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*

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

Ismail Hakki Bayer, Maastricht University, the Netherlands

Effectiveness and Acceptability of Different Psychotherapies for Obsessive-Compulsive Disorder: A Network Meta-analysis

Yingying Wang, Vrije University Amsterdam, the Netherlands

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

Zeynep Züleyha Kablamba Yardim, Ibn Haldun University, Turkey

Effectiveness of Schema Therapy Interventions in Chronic Psychological Disorders: A Systematic Review with meta-analysis

Karishma Rajan Menon, The University of Sydney, Australia

10.30 - 12.00

Clinical Roundtable 1

Lomond Auditorium

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

Chair **Sandra Pimentel**, Montefiore Medical Center/Albert Einstein College of Medicine, United States

Speakers **Anne Marie Albano**, Columbia University Vagelos College of Physicians and Surgeons, United States

Aleta Angelosante, New York University Langone Health Medical Center, United States

Shirley Reynolds, CBTReach United Kingdom

Symposium 8

M1

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

Chair **Clementine Edwards**, King's College London, United Kingdom

10.30 AVATAR therapy for distressing voices in psychosis: the AVATAR2 trial findings

Phillipa Garety, King's College London, United Kingdom

10.45 Lived Experience Involvement in AVATAR2

Oliver Owrid, University College London, United Kingdom

11.00 The Impact of AVATAR therapy on Voice-Hearing in Everyday Life: ESM Outcomes of the AVATAR2 Trial

Clementine Edwards, King's College London, United Kingdom

11.15 Implementation of AVATAR Therapy

Moya Clancy, University of Glasgow, Scotland

11.30 Avatar Therapy: A Relational and Dialogic Approach to Working with Distressing Voices in Psychosis

Nikos Xanidis, University of Glasgow, Scotland.

Symposium 9

Hall 1

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

Chair **Liesbeth Bogaert**, KU Leuven, Belgium

10.30 Picturing the past: the role of photo cue visual perspective on positive autobiographical memory recall in dysphoria

Julie Ji, University of Plymouth, United Kingdom

10.45 The role of country and culture in the effect of autobiographical memory sharing on social support

Tom Barry, University of Bath, United Kingdom

11.00 Disrupting flashforward imagery in anxious young adults: A novel imagery interference approach

Alex Lau-Zhu, University of Oxford, United Kingdom

11.15 Promoting positive emotions in adolescents using Positive Event Training: An indicated approach (iPET)

Liesbeth Bogaert, KU Leuven, Belgium

Skills Classes 4

Caron 1/2

Imagery rescripting: Transforming problematic images in adult mental health

Rachel Manser, Oxford Health NHS Foundation Trust, United Kingdom

Skills Classes 5

Dochart 1

Working with Interpreters in Mental Health Settings

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

Symposium 10

Dochart 2

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

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

10.30 Beliefs about Emotions, Distress Tolerance and Social Paranoia across the Menstrual Cycle in individuals with Premenstrual Difficulties and Healthy Controls

Ellen Lambert, King's College London, United Kingdom

10.45 Daily use of rumination across the menstrual cycle by those with premenstrual disorders.

Anagha Kaluve, UNSW Sydney, Australia

11.00 Anxiety fluctuation across the menstrual cycle: it's not one size fits all

Natasha Van Der Eyk, UNSW Sydney, Australia

11.15 Exploring the Link Between Imagery, Fear of Childbirth, and Maternal-Foetal Attachment

Alexandra El Badaoui, University of Oxford, United Kingdom

11.30 Mental imagery and mental health in first-time expectant mothers: A mixed-methods investigation

Jessica Radley, King's College London, United Kingdom

11.45 Discussion

Victoria Pile, King's College London, United Kingdom

Symposium 11

Alsh 1

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

- Chair **Georgina Krebs**, University College London, United Kingdom
- 10.30 Clinician Accuracy in the Identification of Body Dysmorphic Disorder and Obsessive-Compulsive Disorder in Youth: An Experimental Study
- 10.45 **Elizabeth Hogg**, University College London, United Kingdom
Supervised online training of clinicians in the assessment and treatment of young people with body dysmorphic disorder: A feasibility study
- 11.00 **Martina Gumpert**, Karolinska Institute, Sweden
Disseminating Cognitive-Behavioral Therapy for body dysmorphic disorder: Evaluating the efficacy of online provider training.
- 11.15 **Geneva Jonathan**, Massachusetts General Hospital, Harvard Medical School, United States
Body dysmorphic symptoms and appearance-based rejection sensitivity in ambiguous rejection
- 11.30 **Katharina Bosbach**, University of Wuppertal, Germany
Interception in Body Dysmorphic Disorder
- Susan Rossell**, Swinburne University of Technology, Australia

Symposium 12

Alsh 2

Addressing misconceptions in CBT: Launching the tCBT series

- Chair **Richard Thwaites**, CNTW NHS Foundation Trust, United Kingdom
- 10.30 Ten misconceptions about CBT for Bipolar Disorder
- 10.45 **Kim Wright**, University of Exeter, United Kingdom
Ten misconceptions: CBT for depersonalisation and derealisation
- 11.00 **Claudia Hallett**, South London and Maudsley NHS Trust, United Kingdom
Evolving Perspectives on Enhanced Cognitive Behaviour Therapy (CBT-E): Clarifying Ten Key Misconceptions and Communication Gaps
- 11.15 **Rebecca Murphy**, University of Oxford, United Kingdom
Ten misconceptions about CBT for psychosis
- Katherine Newman-Taylor**, University of Southampton and **Louise Isham**, University of Oxford, United Kingdom

Open Papers 2

Boisdale 1

Treatment innovations in Bipolar Disorder, Psychosis and Clinical complexity

- Chair **Gillian Haddock**, The University of Manchester, United Kingdom
- 10.30 The Effectiveness of CBT-Informed Inpatient Treatment for Patients with Psychosis: A Naturalistic Study
- 10.45 **Alexander Sahm**, University of Konstanz, Germany
Overcoming the barriers of delivering CBT to complex patients in complex settings
- 11.00 **Yvonne Awenat** and **Gillian Haddock**, The University of Manchester, United Kingdom
What happens when an app for paranoia is delivered in a trial? A mixed-methods process evaluation protocol
- 11.15 **Chloe Hampshire**, University of Bath, United Kingdom
Virtual group CBT for social anxiety comorbid with psychosis: An RCT to evaluate a new intervention
- 11.30 **Larry Baer**, McMaster University, Canada
Exploring Imagery Rescripting in IPV Survivors with Pathological Affective Dependence: Insights from Three Studies
- Erica Pugliese**, University of Amsterdam, Netherlands

Open Papers 3

Boisdale 2

Workforce wellbeing

- Chair **Jo Daniels**, University of Bath, United Kingdom
- 10.30 Professionals' and Non-Professionals' Experiences of Working with People with Hoarding Disorder: A Thematic Synthesis
- 10.45 **Hannah Parker**, Cardiff University, United Kingdom
Improving Support for Trauma Service Staff with Third-Wave CBT: Compassionate Mind Training at the Berkshire Traumatic Stress Service
- 11.00 **Yuhan Murros**, University of Oxford, United Kingdom
Resubmission: Intolerance of Uncertainty and Coping Styles: Investigating Predictors and Mediators of Burnout in Doctors Working in Emergency Medicine
- 11.15 **Emily Beck**, University of Bath, United Kingdom
Experiences of moral challenges in emergency medicine: an interpretative phenomenological analysis
- Jo Daniels**, University of Bath, United Kingdom

Symposium 13

M2

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

- Chair **Giovanni Mansueto**, University of Florence, Italy
- 10.30 Metacognitive beliefs as potential maintenance factors of positive emotion dysregulation
- 10.45 **Giovanni Mansueto**, University of Florence, Italy
Eating psychopathology symptoms: the role of metacognitive beliefs and rumination
- 11.00 **Sara Palmieri**, Sigmund Freud University, Italy
Interpersonal problems and Borderline Personality Disorder: the role of threat monitoring and metacognition in face perception
- 11.15 **Enrica Gaetano**, Sigmund Freud University, Austria
Exploring the differences in structural connections between symptoms and cognitive and metacognitive processes in patients with and without Personality Disorders: A Network Analysis
- Stefano De Francesco**, Sigmund Freud University, Austria

Symposium 14

M3

Innovations in the training, retention of and growth of the CBT workforce

- Chair** **Markku Wood**, Northumbria University, United Kingdom
- 10.30 Workforce planning and increasing accessibility and enhancing anti-discriminatory practice
Susanna Payne, King's College London and **Yahya Delair**, Northumbria University, United Kingdom
- 10.45 Psychological Practitioner and Therapist Trainings: An Evaluation of in person, remote and blended modes of delivery
Catherine Gallop, University of Exeter United Kingdom
- 11.00 Emotionally Intelligent Digital Pedagogy: The Potential for Virtual Patients in the Training of Psychological Wellbeing Practitioners
Paul Thompson, Teesside University, United Kingdom
- 11.15 Digitally supported large-scale training of CBT skills in Finland
Suoma Saarni, Helsinki University Hospital, Finland
- 11.30 Children and Young Peoples (CYP) Psychological Professions Trainings: The Creation and Utility of Specific New Measures to Support Competency Development
Jessica Richardson, King's College London United Kingdom
- 11.45 Children and Young Peoples Psychological Professions Trainings: An Evaluation of Attrition, Retention and Role Fidelity
Jonathan Parker, University of Exeter, United Kingdom

12.00 - 13.00

Keynote Addresses

Lomond Auditorium

Understanding suicide risk and how to help

Rory O'Connor, University of Glasgow, Scotland
Chair: **Julie Ji**, University of Plymouth, United Kingdom

M1

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

Azucena Garcia-Palacios, Universitat Jaume I, Spain
Chair: **Chris Taylor**, University of Sheffield & Pennine Care NHS Foundation Trust

Caron 1/2

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

Andrew Jahoda, University of Glasgow, Scotland
Chair: **John Taylor**, Northumbria University, United Kingdom

12.00 - 13.00

Symposium 15

Hall 1

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

- Chair** **Anne Garland**, Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom
- 12.00 The Meerkat, the Spiral and the Burden: a model of misophonia that works for patients while the science catches up
Tom Graham, Oxford Cognitive Therapy Centre (OCTC), United Kingdom
- 12.15 How can we formulate the wide range of cognitive, emotional and behavioural problems and comorbidities that often go beyond PTSD?
Sarah Lack, Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom
- 12.30 Grandiose delusions: developing an experience specific model and translational treatment
Louise Isham, Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom
- 12.45 How might we more effectively target shame, self-criticism and absence of self-compassion in persistent treatment resistant depression?
Anne Garland, Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom

Symposium 16

Dochart 1

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

- Chair** **Jane Gregory**, University of Oxford, United Kingdom
- 12.00 Unheard, Unnamed, and Labeled: A Thematic Reflexive Analysis of Early Experiences in Misophonia
Marta Siepsiak, SWPS University, Warsaw, Poland
- 12.15 Prospective Predictors of Misophonia Severity in Two Studies
Zach Rosenthal, Duke University United States
- 12.30 Cognitive and behavioural changes in misophonia over time
Jane Gregory, University of Oxford, United Kingdom
- 12.45 The Reality of Misophonia: Raising Awareness for Improved Clinical Care
Grace Heppes, Duke University, United States

Symposium 17

Dochart 2

Training and Credentialing standards in CBT

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

- 12.00 Past and Future Challenges in Dissemination of CBT and Training Issues
Mehmet Sungur, Istanbul Kent University, Turkey
- 12.15 Developing CBT Training and Accreditation guidelines in the UK, Ireland and Europe
Helen Macdonald, BABCP, United Kingdom
- 12.30 Global training competencies for CBT: Independent and low intensity models
Keith Dobson, University of Calgary, Canada
- 12.45 Opportunities and Challenges in Disseminating Global Training Guidelines within the context of existing Evidence-Based Training programs in the USA
Lata McGinn, Yeshiva University, United States

Symposium 18

Alsh 1

Negative peer dynamics and internalising problems in adolescence

Chair **Eleanor Leigh**, University of Oxford, United Kingdom

- 12.00 Examining Negative Cognitive Style as a Mediator between Chronic Interpersonal Stress and Anhedonia in Adolescents
Sakshi Rajesh, University of Oxford, United Kingdom
- 12.15 Identifying pre-adolescents at increased risk for the development of internalising distress across adolescence
Ronald Rapee, Macquarie University Australia
- 12.30 Perceived impact of social media on mental health: A mixed-methods study among university students
Nora Skjerdingsstad, University of Oxford, United Kingdom
- 12.45 "It's the feeling that you're never quite good enough": The experience of socially anxious young people reporting peer relationship difficulties. A Qualitative Study.
Sophie Grant, University of Oxford, United Kingdom

Open Papers 4

Alsh 2

Culturally informed adaptations and interventions

- 12.00 Exploring the Impact of Maladaptive Religious Schemata on Depression and Anxiety in a Muslim Sample
Taregh Shaban, University of Birmingham, United Kingdom
- 12.20 Adapted ESTAIR – A sociocultural and structural adaptation of a CBT therapeutic manual for the treatment of complex trauma in a refugee population in Switzerland
Marion Bovey, University of Lausanne, Switzerland
- 12.40 Culturally adapted cognitive-behavioral group therapy plus problem solving training for mental disorders in refugees: a multicenter randomized-controlled trial
Ulrich Stangier, University of Frankfurt, Germany

13.30 – 17.30

Hall 2

Poster Session

Children, Young People and Families

- Brave Steps: Developing a Matched-Care Approach to Building Confidence in Anxiety-Prone Young Children**
Sanne Kleiborn, Leiden University, the Netherlands
- Mapping the Symptoms and Maintenance Mechanisms of Generalised Anxiety in Adolescents: A Network Approach**
Lottie Shipp, 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
- 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
- Early detection and prevention program of violent radicalization for adolescents focused on risk factors, from Bertrand Russell Psychology Center in Madrid.**
Verania Andres and **Maria Carmen Serrano Garcia**, Centro de Psicología Bertrand Russell de Madrid, Spain
- Parent-based treatment for paediatric obsessive compulsive disorder (OCD)**
Juul Veeger, Amsterdam University Medical Center, the Netherlands
- Emotional dynamics, emotion regulation strategies and their effect on psychosocial functioning and symptom severity in adolescents: a study protocol**
Louise Bergman, Uppsala University, Sweden
- Working with Younger Children and Parents within CAMHS; Case Presentation**
Sarah Priestley, Lincolnshire Partnership NHS Foundation Trust, United Kingdom
- PETUNIA Study: Unconscious Body Schema in Female Adolescents with Anorexia, Depression, and Healthy Controls**
Tanja Legenbauer, Ruhr University-Bochum, Hamm, Germany
- RE&CBT for LGBT Adolescents**
Mirjana Markovic, REBT Center Belgrade, Serbia
- Parenting Behavior during a Parent Training in the Context of Adolescent Depression: A Mixed-Method Approach**
Myrthe Veenman, Leiden University, the Netherlands

12. **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*
13. **Early Socioemotional Intervention in Preschoolers: Immediate Positive Effects on Parental Outcomes**
Iván Fernández-Martínez, *Miguel Hernández University of Elche, Spain*
14. **The Role of Anxiety in Shaping Emotional Perception in Children Aged 4 to 6**
Iván Fernández-Martínez, *Miguel Hernández University of Elche, Spain*
15. **Development and Validation of the Innovation Mind Scale for Youth Based on Positive Psychology and Cognitive Behavioral Therapy**
Mirai Miyoshi, *Chiba University, Japan*
16. **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*
17. **Emotions at Play: An Escape Game to Enhance Children's Emotional Skills**
Rafika Zebdi, *Université Paris Nanterre, France*
18. **Couple's relationships and infidelity: a preliminary study on an Italian sample**
Lucia Di Guida, *Miller Institute, Italy*
19. **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 and Janina Pavić Jadrić, *Udruga MoSt, Croatia*
20. **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*
21. **The Impact of Parental Cancer on Parent's and Children's Psychological Functioning, Well-being and Identity.**
Alexandra Ioana Iorgu, *Utrecht University, the Netherlands*
22. **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*
23. **he Long-Term Effects of Adverse and Protective Childhood Experiences on Self-Esteem**
Makiko Hibi, *The University of Tokyo, Japan*
24. **Network analysis of Dysfunctional Attitudes, Behavioral Inhibition/Activation System, and Depressive Symptoms in Adolescents with Subthreshold Depression**
Tomoya Takeda, *University of Human Environments, Japan*
25. **Validation of the Korean version of the Parenting Scale**
Sunjung Kim, *Chungbuk National University, Republic of Korea*
26. **Assessing a mindful parenting post-adoption intervention: Data on the acceptability and preliminary effects of the AdoptMindful2Care Program**
Bárbara Caetano, *University of Coimbra, Portugal*
27. **Nonsuicidal Self-Injury (NSSI) Amongst LGBT+ Young Adults: The Role of Psychological Distress**
Tara Ramsay-Patel, *University College London, United Kingdom*
28. **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*
29. **The Co-occurrence of Eating Disorders and Insomnia Risks in Adolescents: Transdiagnostic Factors and Implication for Treatment**
Silvia Carolini, *Guglielmo Marconi University, Rome, Italy*
30. **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,*
31. **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**
Megan Donnelly, *NHS Lanarkshire, Sctoland*
32. **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*
33. **Suicidal Risk in Adolescents: The Role of Anxiety and Depression in a Nationwide Study in Spain**
Víctor Amorós-Reche, *Universidad Miguel Hernández de Elche, Spain*
34. **Assessing Social and Emotional Competences in Spanish Children: Adaptation of the Social Skills Questionnaire**
Víctor Amorós-Reche, *Universidad Miguel Hernández de Elche, Spain*
35. **"My Life Feels Boring": Comorbidity between Adolescents' PSMU and Internalizing Problems, and the Mediating Role of Upward Social Comparison**
Víctor Amorós-Reche, *Universidad Miguel Hernández de Elche, Spain*
36. **Stakeholders' perspectives on delivering an 'identification-to-intervention' approach for child anxiety problems in routine practice: a qualitative study**
Rosie Underhill, *University of Oxford, United Kingdom*
37. **Acceptability and feasibility of interventions to prevent serious mental health conditions in at-risk young people**
Tom Jenkins, *University of Bath, United Kingdom*
38. **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**
Ayse Akan, *Boğaziçi University, Turkey*
39. **Reflections on an alternative delivery method for low-intensity CBT for adolescents.**
Sarah Murgatroyd, *Isle of Wight Mental Health Support Team, United Kingdom*
40. **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*
41. **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*

42. **Mental Health Service Access Among Looked After Children: Evidence from the OxWell 2025 Survey**
Holly Bear, *University of Oxford, United Kingdom*
43. **Mapping the Interactions Between Parents' Psychological Distress, Parenting Practices, and ADHD Symptoms in Children**
Miruna Bianca Crisan, *Babes Bolyai University, Romania*
44. **Intensity Cognitive Behavioral Therapy for Inpatients with Obsessive-Compulsive Disorder**
Kazuki Matsumoto, *Kagoshima University Hospital, Japan*
45. **Emotion Regulation Group Therapy for Adolescents with Deliberate Self-Harm: A quantitative feasibility study and a qualitative Interview study**
Dimitar Krastev and Hanna Sahlin, *Karolinska Institute, Sweden*
46. **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*
47. **Scale Development Study: Good Enough Mothering Scale**
Dilruba Sahin, *Biruni University, Turkey*
48. **The Mental Health and Wellbeing of Care-experienced and Adopted Young People During Early and Late Adolescence**
Bethan Carter, *Cardiff University, United Kingdom*
49. **Reliability and validity of the Anxiety Disorders Interview Schedule for DSM-IV for children and adolescents in Japan**
Shin-ichi Ishikawa, *Doshisha University, Japan*
50. **Rethinking Eating Disorder Prevention: The Role of Body Functionality and Basic Psychological Needs**
Eva Roy, *Université de Lille, France*
51. **Necessary Conditions in Adolescent Eating Disorders: A Novel Approach to Early Detection and Prevention**
Gioia Bottesi, *University of Padova, Italy*
52. **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*
53. **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*
54. **Post-Traumatic Stress Symptoms Scale for Children – Parent Form**
İdris Kaya, *Gaziantep University, Turkey*
55. **Psychological Profiles of Adolescents: The Role of Intrusive Images, Emotion Dysregulation, and Depressive Symptoms in Non-Suicidal Self-Injury**
Julia Kroener, *Christophsbad Hospital, Germany*
56. **Involving parents in treatment of early adolescent anxiety and depression - a systematic review and meta-analysis.**
Zara Mansoor, *University of Otago, New Zealand*
57. **Bullying and victimization experiences of children with refugee background**
Friedrich Linderkamp, *University of Wuppertal, Germany*
58. **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*
59. **Evaluation of dialectical behavior therapy for Latvian adolescents in routine clinical practice: a pre-post study.**
Ieva Bite, *University of Latvia, Latvia*
60. **Low Arousal Parent-led CBT Adaptions to Support a Pressure Sensitive Child**
Beth Hopper, *North Tyneside Council, United Kingdom*
61. **Online Social Anxiety Cognitive Therapy (OSCA) increasing outcomes in an adolescent population: A Case Study**
Amy Cooper Lyall, *North Tyneside Council, United Kingdom*
62. **Depression in Adolescence and the Potential of Behavioural Activation as a Treatment: a Narrative Review**
Rowan Haslam, *University of Oxford, United Kingdom*
63. **The Role of Parental Conflict in the Development of Children and Young Adolescents of Separated Parents**
Elisa Piroddi, *Miller Institute, Italy*
64. **The Effects of Compassionate Goals on Social Support, Moral Norms, and School Adjustment in Classroom Groups**
Mihoko Nakamine, *Ferris University, Japan*
65. **Comparison of Bayesian and Conventional Statistical Methods for Analyzing the Effects of School-Based Behavioural Activation**
Waka Nakano, *Hiroshima University, Japan*
66. **Psychometric Validation of the Children's Response Styles Questionnaire in UK Adolescents**
Olivia Adams, *University of Oxford, United Kingdom*
67. **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*
68. **Parental Variables Contributing to Children's Positivity Ratio**
Ayat Abu Kheit, *Tel Aviv University, Israel*
69. **"My loss is real" - South Asian Women's experience of baby loss**
Bhavisha Jaiprakash, *Royal Holloway, University of London, United Kingdom*
70. **Viennese Program – Animal supported social skills group therapy for adolescents with autism spectrum disorders (ASD)**
Susanne Ohmann, *Department of Child and Adolescent Psychiatry, Vienna, Austria*
71. **The relationship between emotional well-being and academic adaptation difficulties in university students: The role of academic self-efficacy and course value perception**
Sara Albuquerque, *HEI-Lab - Digital Human Environment Interaction Lab, Lusófona University, Portugal*
72. **A Systematic Review and Meta-Analysis: Prevalence of Mental Disorders in College Students**
Ruiying Zhao, *Vrije Universiteit Amsterdam, the Netherlands*
73. **Social anhedonia predicts behavioral differences in young people with and without depression during social exchange**
Brennan Delattre, *University of Oxford, United Kingdom*
74. **A Mixed-Methods Exploration of Adolescents' Idiosyncratic Accounts When Prompted to Reflect on Paranoid Experiences**
Sophie Harris, *Royal Holloway, University of London, United Kingdom*

75. **Validity and Reliability Study of the Child Form of the Metacognitions Questionnaire-30 in Turkish**
Hakan Ögütü, *University College Dublin, Ireland & Simay Çepni, Üsküdar University Graduate School of Social Sciences Clinical Psychology, Turkey*
76. **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*
77. **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*
78. **Uncovering the broader impact of targeted parenting programs aimed at preventing child mental health problems**
Nina Komrij, *the Netherlands*

Online only

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

Fikriye Bilge Bircan, *Ibn Haldun University, Turkey*

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*

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*

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

Tom Jenkins, *University of Bath, United Kingdom*

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

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

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*

14.00 - 15.00

Symposium 19

Lomond Auditorium

Adapting CBT for autistic people: from theory to practice

- Chair **Antonia Dittner**, South London and Maudsley NHS Trust, United Kingdom
- 14.00 Theory – practice: adapting a low intensity CBT intervention for depression for autistic adults: results of the ADEPT RCT
Ailsa Russell, University of Bath, United Kingdom
- 14.15 Do we need to adapt standard CBT models for autistic individuals – social anxiety as an example
Jiedi Lei, University of Oxford United Kingdom
- 14.30 Developing the 'Thinking Flexibly' intervention: from mechanism to treatment
Matthew Hollocks, Kings College London, United Kingdom
- 14.45 Theory-practice: understanding the needs for adaptation in practice, a new task for assessing pre-therapy skills
Emily Elson and **Kate Cooper**, University of Bath, United Kingdom
- 15.00 Discussion
Antonia Dittner, South London and Maudsley NHS Trust, United Kingdom

Symposium 20

M1

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

- Chair **Emma Cernis**, University of Birmingham, United Kingdom
- 14.00 Exploring Models of Dissociation: Scoping out potential therapeutic targets in the treatment of dissociation.
Déborah Dawant, Catholic University of Louvain, Belgium
- 14.15 Does Dissociation Have an Emotion Regulation Function? Evidence From Everyday Life and the Laboratory
Johannes Heekerens, Charité - Universitätsmedizin Berlin, Germany
- 14.30 Targeting affect intolerance in young people with dissociative experiences: learning from the Dissociation CBT Studies (DisCS) pilot study
Emma Cernis, University of Birmingham, United Kingdom
- 14.45 Bridging the Disconnect: From Dissociation Research to Clinical Practice
Moya Clancy, University of Glasgow, Scotland.

Symposium 21

Hall 1

Empowering parents: prevention and treatment of child anxiety problems

- Chair **Nora Skjerdingsstad**, University of Oxford, United Kingdom
- 14.00 Parent-led Cognitive Behavioural Therapy for Childhood Anxiety Disorders: Feasibility, Cross-cultural Consideration, and Future Prospects in Japan
Sho Okawa, The University of Tokyo, Japan
- 14.15 Predictors of outcome from an online, parent-led intervention for child anxiety problems in routine clinical practice: a secondary data analysis from the OSI-GROWS project
Emily Whitaker, University of Oxford, United Kingdom
- 14.30 Patterns of change in anxiety interference in young children during parent-led CBT
Nora Skjerdingsstad, University of Oxford, United Kingdom
- 14.45 Confident Parents, Brave Children: A tailored parental guide supporting children's mental health
Kristin Martinsen, University of Oslo, Norway

Symposium 22

Caron 1/2

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

- Chair **Mark Freeston**, Newcastle University, United Kingdom
- 14.00 Exposure to extreme weather, life disruption, and impact on mental health
Mark Freeston, Newcastle University, United Kingdom
- 14.15 Eco anxiety and selected mental disorders mental disorders: Are they associated beyond shared repetitive thinking processes?
Karina Wahl, University of Basel, Switzerland
- 14.30 Climate and eco-distress, pro-environmental behaviour, and barriers to participation in minoritized communities: Focus on people reporting signs of neurodivergence
Mark Freeston, Newcastle University, United Kingdom

Symposium 23

Dochart 1

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

- Chair **Taf Kunorubwe**, Mindfulness in Reading, Berkshire, United Kingdom
- 14.00 Frontline Yet at the Back of the Queue- Adapting CBT for Black African & Caribbean Communities
Leila Lawton, South London and Maudsley NHS Trust, United Kingdom
- 14.15 The Representation Model: Evaluating and Advancing Workforce Equity in Mental Health Services
Faithful Odusote, NHS Talking Therapies and Private Practice United Kingdom
- 14.30 Adapting Low-Intensity CBT for Muslim Clients: Developing a Positive Practice Framework for Culturally Responsive Care
Yahya Delair, University of Exeter, University of Northumbria, United Kingdom
- 14.45 "That Experience Will Stay With Me Forever": Hidden Struggles and Unheard Voices in University Mental Health Care
Mma Yeebo, NHS, United Kingdom
- 15.00 Bridging the Language Gap: A Review of Cognitive Behavioural Therapy with Spoken Language Interpreters.
Taf Kunorubwe, Mindfulness in Reading, Berkshire, United Kingdom

Symposium 24

Dochart 2

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

- Chair **Birgit Kleim**, University of Zurich, Switzerland
- 14.00 Autobiographical Self-Efficacy Training Buffers Affective Precursors of Suicidal Thoughts and Behaviors
Andrea Häfliger, University of Zurich and University Hospital of Psychiatry Zurich, Switzerland
- 14.15 Computerized Appraisal Training in Analogue, Subclinical, and Clinical Trauma Populations
Marcella Woud, University of Goettingen, Germany
- 14.45 Investigating the content, characteristics, and beliefs about mental imagery and verbal thoughts preceding NSSI.
Julie Ji, University of Plymouth, United Kingdom

Panel Discussion 2

Alsh 1

Redefining Identity: The Impact of Sharing Lived Experience

- Chair **Julia Limper**, University of Reading,
- Panel, **Helen Macdonald** BABCP, United Kingdom
Chris Frederic, Project Soulstride, United Kingdom
James Grimes, Chapter One, Gambling with Lives, United Kingdom
Phil Cooper, State of Mind Sport, United Kingdom
Ian Knott, State of Mind Sport, United Kingdom
Freya Gray, Charlie Waller Trust, United Kingdom

3 Minute Talks

Alsh 2

3 Minute Talks: Session 1

- 14.00 Randomized Controlled Trial Evaluating the Effectiveness of a Group Parent-Led CBT Intervention for Parents of Children with Anxiety
Marie Polaskova, Charles University, Prague, Czechia and **Marta Fiserova**, National Institute of Mental Health, Czechia
- 14.05 Group Based Metacognitive Therapy for Alcohol Use Disorder
Julia Kroener, University of Ulm, Germany
- 14.10 Accelerating Support for Adolescents with Subclinical Anxiety: A Feasibility Study of Targeted Low-Intensity, Internet-Based CBT for Those on Waiting Lists in Thailand
Sirirat Ularntinon, Queen Sirikit National Institute of Child Health and Rangsit University College of Medicine, Thailand
- 14.15 From Recruitment to Progress: Qualitative Insights from Stakeholders on Evaluating a Cognitive Behavioural Digital Binge Eating Programme
Rebecca Murphy, University of Oxford,
- 14.20 Longitudinal impact of the COVID-19 pandemic on adolescent mental health: A multilevel growth model analysis
Norma Ruf, Universität des Saarlandes, Germany
- 14.25 Behind the Act: Cognitive and Environmental Features of Adolescents with Suicide Attempts
Damla Eyuboglu, Eskişehir Osmangazi University, Turkey
- 14.30 Studying Family Systems of Adolescent Depression: A Matter of Perspective
Myrthe Veenman, Leiden University, the Netherlands
- 14.35 A patient with Irritable Bowel Syndrome and Fibromyalgia: controlling pain through self-monitoring
Christina Golemati, Laiko General Hospital of Athens, Greece
- 14.40 Impact of Acute Stress Exposure on Reactivity to Loss of Control Over Threat
Michalina Dudziak, KU Leuven, Belgium

- 14.45 Digital interventions for comorbid depression and substance use disorder: Content analysis of implemented treatment strategies
Geneva Jonathan, Massachusetts General Hospital, Harvard Medical School, United States

Open Papers 5

Boisdale 1

Professional practice and professional development

- 14.00 When Empathy Hurts: The Impact of Rumination and Burnout in Therapists Working with Self-Harming Patients
Maria Giuseppina Canevisio, Centromoses, Italy
- 14.15 Enhancing Therapeutic Alliance and Communication Skills in CBT Using the Five Secrets Framework
Yehuda Bar Shalom, Ramat Gan Academic College, Israel
- 14.30 Exploring Vicarious Post-Traumatic Growth in Complex Trauma Psychological Practitioners: An Interpretive Phenomenological Analysis
Magdalena Ap Robert, Betsi Cadwaladr University Health Board, United Kingdom
- 14.45 Supervising Across Languages, Roles, and Cultures: A Global Perspective
Zehra Kaya, Boğaziçi University, Turkey

Symposium 25

Boisdale 2

Gender Inequalities in Women's Healthcare

- Chair **Layla Mofrad**, Sunderland West Community Treatment Team, United Kingdom
- 14.00 Talking About the Taboo: How Perceptions Regarding Women's Health Inform Cognitive Behavioural Therapists' Practice with Women Experiencing Chronic Pelvic Pain
Amber Alker, Tees, Esk & Wear Valleys NHS Foundation Trust, United Kingdom
- 14.15 Gender Inequalities in Women's Healthcare
Amy Beddows, Edinburgh Napier University, Scotland

Symposium 26

M4

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

- Chair **Gregoris Simos**, University of Macedonia, Greece
- 14.00 Nomophobia: An emerging mental 'disorder' on the way to its Obsessive-Compulsive Identity?
Sofia Spyriadou, Greek Association for Cognitive Behavioural Psychotherapies, Greece
- 14.15 Nomophobia and checking behaviour: The role of confidence in memory and cognitive abilities
Maria Manta, Verita International School, Athens
- 14.30 The relationship between nomophobia, social phobia dimensions and emotion regulation strategies
Georgia Kalaitzi and **Joanne Pissari**, Greek Association for Cognitive Behavioural Psychotherapies, Greece

Open Papers 6

M2

Cognitive and behavioural factors in Anxiety

- 14.00 Threat beliefs and safety-seeking behaviours in generalised anxiety disorder: A qualitative analysis
Sævar Már Gústavsson, Reykjavik University, Iceland
- 14.15 Emotion Regulation Difficulties and Repetitive Negative Thinking in Depression and Anxiety Disorders: Transdiagnostic Features and Comorbidity Effects
Eva Herzog, LMU Munich, Germany
- 14.30 Does rumination impact symptom trajectories in intensive treatment for obsessive-compulsive disorder?
Mary Mcnamara, McLean Hospital/Harvard Medical School, United States
- 14.45 Fear of losing control in OCD and Panic: Transdiagnostic or Disorder-Specific?
Joel Lewin, University of Oxford, United Kingdom

Open Papers 7

M3

Technology driven Innovations

- 14.00 Generative AI-Enabled Therapy Support Tool for Improved Clinical Outcomes and Patient Engagement in Group Therapy: Real-World Observational Study
Josh Cable-May, Limbic, United Kingdom
- 14.15 Closing the Gap Between Empirical Evidence and Clinical Practice: Implementing Virtual Reality in an Outpatient Psychotherapy Setting - A Mixed-Methods Feasibility Study
Julia Rosenbaum, MEU Study Center of DIPLOMA University of Applied Science, Germany
- 14.30 Does It Matter if It's AI or Human, or How Empathic They Are Perceived? Effects on Motivation and Engagement in Internet-Based Intervention
Hadar Arnon, The Hebrew University of Jerusalem, Israel
- 14.45 Harnessing Generative AI for Mental Health: A Systematic Review of Interventions
Noah Marshall, University of Bath United Kingdom

14.00 - 17.30

There is an additional registration fee for these in congress workshops which can be booked at the registration desk

In-congress workshop 3

Radisson Red S2

Cognitive Behavioral Therapy for Nightmares (Fully booked)

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

In-congress workshop 4

Radisson Red S1

Repetitive Thinking from a Metacognitive Perspective

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

15.30 - 17.00

Symposium 27

Lomond Auditorium

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

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

15.30 Why CFT and C-PTSD Are a Perfect Match

Deborah Lee, Berkshire Traumatic Stress Service, United Kingdom

15.50 A Phased Approach: CFT and Trauma-Focused CBT for C-PTSD

Guanlan Mao, University of Oxford, United Kingdom

16.10 Exploring the Impact of Childhood Memories of Warmth & Safety and Self-Compassion on Trauma-Related Shame in Adults with Complex PTSD

Frances Ryan, University of Oxford, United Kingdom

16.30 Compassionate Resilience Groups for C-PTSD in Routine Care

Nick Grey, University of Oxford, United Kingdom

Symposium 28

M1

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

Chair **Martina Di Simplicio**, Imperial College London, United Kingdom

15.30 Modifying self-harm imagery in autistic youth: Experimental modelling of a metacognitive imagery intervention

Alex Lau-Zhu, University of Oxford, United Kingdom

15.50 Development and Evaluation of an Imagery Rescripting Intervention for People who Experience Intrusive Images After Suicide Loss

Oliver Watson, University College London, United Kingdom

16.10 Imagery Rescripting in Borderline Personality Disorder: Targeting Self-Harm by Transforming Past and Prospective Imagery

Julia Kroener, Christophsbad Hospital, Germany

16.30 IMAGINATOR 2.0: a blended digital mental imagery-based intervention targeting self-harm behaviour in young people

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

16.45 Discussion

Rory O'Connor, University of Glasgow, Scotland

Panel Discussion 3

Hall 1

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

Chair: **Katy Grazebrook**, European Association for Behavioural and Cognitive Therapies

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

Maria Evangelopoulou, Greek Association for Behavioural Modification and Research

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

Skills Class 6

Caron 1/2

Assessing and Treating Core Threats in Anxiety Disorders and Beyond

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

Symposium 29

Dochart 1

Understanding and working with Hoarding disorder

Chair **James Gregory**, Cardiff University, United Kingdom

15.30 Exploring Experiences of Forced Clearances in People with Hoarding Difficulties

Hannah Parker, Cardiff University, United Kingdom

15.45 Hoarding Disorder: Beliefs about possessions across cultures

Elaine Choi, Cardiff University, United Kingdom

16.00 Investigating the Psychometric Properties of the Beliefs about Items in Hoarding Disorder (BIHD) Questionnaire

Falguni Nathwani, Cardiff University, United Kingdom

- 16.15 A Community Group Approach to Treating Hoarding Disorder - Reflections and Future Considerations
Caroline Harrison, Sussex Partnership NHS Foundation & **Emily Hall**, South London and Maudsley NHS Trust, United Kingdom
- 16.30 Description and preliminary evaluation of a multi-agency approach to supporting hoarding difficulties in Wales
James Gregory, Cardiff University, United Kingdom

Open Papers 8

Dochart 2

Treatment development for Anxiety

- 15.30 Self-guided functional imagery training to reduce anxiety
Jackie Andrade, University of Plymouth, United Kingdom
- 15.50 Exposure Therapy in Virtual Reality for Agoraphobia and Social Phobia: Exploring Similarities and Differences Through Clinical Case Studies
Markéta Jablonská, National Institute of Mental Health, Czechia
- 16.10 Pilot trial of a group-based blended care program for anxiety in Australian adults
Justin Catania, University of New South Wales, Australia
- 16.30 Optimization of Exposure Treatment – Identifying Superior Treatment Arms for Spider Phobia Using the Bayesian Leapfrog Design
Elisabeth Leehr, University of Münster, Germany

Skills Class 7

Alsh 1

Embedding Lived Experience in CBT Practice: Practical Tools for Co-Creation, Inclusion, and Service Development

Julia Limper University of Reading, **Helen Macdonald** BABCP, **Chris Frederic** Project Soulstride, **Phil Cooper** State of Mind Sport

Symposium 30

Alsh 2

Recent developments in understanding paranoia in adolescents

- Chair **Jess Kingston**, Royal Holloway University of London, United Kingdom
- 15.30 A Longitudinal Investigation of Paranoia and Social Anxiety in Adolescents
Jess Kingston, Royal Holloway University of London, United Kingdom
- 15.45 Everyday life stress-responses of adolescents with paranoia under the microscope: Results from a high-resolution ambulatory assessment study.
Björn Schlier, Bergische Universität Wuppertal, Germany
- 16.00 Discrimination, minority group endorsement and paranoia in adolescents: the moderating role of loneliness
Lyn Ellett, University of Southampton, United Kingdom
- 16.15 Vividness of Mental Imagery and Negative-schemas in Non-clinical Paranoia: A Moderation Analysis
Chris Taylor, University of Sheffield and Pennine Care NHS Foundation Trust
- 16.30 Self-Cognitions in Adolescent Paranoia: A Causal-Interventionist Test with Young People Attending CAMHS
Jessica McGovern, University of Oxford, United Kingdom

Skills Class 8

Boisdale 1

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

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

Skills Class 9

Boisdale 2

Transforming Recovery: Essential Group ACT Skills for Psychosis

Eric Morris, La Trobe University, Australia

Symposium 31

M4

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

- Chair
- 15.30 Behavioural activation for the treatment of depression in people with an intellectual disability
Andrew Jahoda, University of Glasgow, Scotland
- 15.50 Clinical and cost-effectiveness of a behavioural activation intervention (*BeatIt*) for people with intellectual disabilities and depression.
Richard Hastings, University of Birmingham, United Kingdom
- 16.10 Mental imagery and psychological therapy in people with intellectual disabilities
Olivia Hewitt, University of Birmingham, United Kingdom
- 16.30 Behavioural interventions to treat anxiety in adults with a moderate-severe intellectual disability.
Peter Langdon, University of Birmingham, United Kingdom

Symposium 32

M2

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

- Chair **Steven Jones**, Spectrum Centre for Mental Health Research, United Kingdom
- 15.30 How can we improve access to psychological therapies for bipolar disorder internationally?
Kim Wright, University of Exeter, Mood Disorders Centre, United Kingdom
- 15.45 Psychological therapies for older adults with bipolar disorder: Options, adaptations and accessibility
Elizabeth Tyler, University of Manchester, United Kingdom
- 16.00 Collaboratively augmenting longitudinal monitoring (C.A.L.M)
Edward Meinert, and **Adita Sharma**, Newcastle University, United Kingdom

- 16.15 Development and implementation of Understanding Psychosis and Bipolar Disorder Workshops for Mental Health Staff in the NHS: Reflections on 5 years of delivery
Steven Jones, Spectrum Centre for Mental Health Research, United Kingdom

Open Papers 9

M3

Mechanisms in treatment in Adult Mental Health

- 15.30 The dynamics of change underlying the resolution of social anxiety in individuals receiving CBT treatment.
Maarten Tichelaar, Leiden University, the Netherlands
- 15.45 Expectancy Violated, Outcomes Predicted: Learning Mechanisms in Exposure Therapy for Acrophobia
Beray Macit, Ruhr-University Bochum, Germany
- 16.00 Homework adherence as Mediator of Change in Cognitive Behaviour Therapies
Manjula Munivenkatappa, National Institute of Mental Health and Neuro Sciences, India
- 16.15 A Dynamic Process-Based Predictor of Treatment Outcome in Fear of Public Speaking
Vera Bouwman, Utrecht University, the Netherlands

17.00 - 18.00

Keynote Addresses

Lomond Auditorium

Breaking Boundaries, Creating Connections: The Role of Transdiagnostic Treatments

Roz Shafran, University College London Great Ormond Street Institute of Child Health, United Kingdom
 Chair: Trudie Chalder, Kings College London, United Kingdom

M1

Treating emotion dysregulation in autistic adults without intellectual disability

Luisa Weiner, University of Strasbourg, France
 Chair: Abdel Boudoukha, Nantes Université, France

Hall 1

Disentangling complexity: using personalized symptom networks in clinical practice

Lars Klintwall, Karolinska Institute, Sweden
 Chair: Pierre Philippot, Belgium

Caron 1/2

Cognitive Behaviour Therapy for chronic fatigue: a transdiagnostic approach

Hans Knoop, Amsterdam University Medical Centers, the Netherlands
 Chair: Jo Daniels, University of Bath, United Kingdom

Panel Discussion 4

Dochart 1

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

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

Panel Discussion 5

Dochart 2

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

Chair **Shirley Reynolds**, CBTReach, United Kingdom.
Panel **Bronwynè Coetzee**, Stellenbosch University, South Africa
Cathy Creswell, University of Oxford, United Kingdom
Lata McGinn, Yeshiva University, United States
Ronald Rapee, Macquarie University, Australia

Open Papers 10

Alsh 1

Acceptance and Commitment Therapy (ACT) and CBT in CYP

- 17.00 The Efficacy of Acceptance and Commitment Therapy as a Transdiagnostic Intervention for Transitional-Age Youth: A randomized controlled trial exploring what works for whom and how
Denise Bodden, Utrecht University, Netherlands
- 17.15 Internet-based cognitive behavioural therapy for adolescents with chronic medical conditions and symptoms of depression or anxiety: A multicentre randomised clinical trial
Matthias Domhardt, University of Ulm, Germany
- 17.30 Implementing CT for social anxiety disorder to clinical services for adolescents and young adults
Klaus Ranta, Tampere University, Finland

Open Papers 11

Alsh 2

Training innovations

- 17.00 CBT Trainer: An AI-Driven Virtual Patient Platform for Training CBT Therapists against Competencies

- 17.15 **Tianyu Zhang**, University College London, United Kingdom
Countertransference and CBT: A Structured Training Approach to Therapist Self-Awareness and Client Engagement
- 17.30 **Poornima Bhola**, National Institute of Mental Health and Neuro Sciences, India
Simulation-based psychological skills training and evaluation using large language models: a narrative review
- 17.45 **Colin Gorman**, Ulster University, Northern Ireland
LEAP-CBT: Lived Experience and AI-Powered Role-Play for CBT Training
- Julia Limper**, University of Reading, United Kingdom

Friday 5 September

08.30 - 10.00

Symposium 33

Lomond Auditorium

Tailoring Cognitive Therapy: Innovative applications in PTSD and prolonged grief

- Chair **Jennifer Wild**, Phoenix Australia Centre for Posttraumatic Mental Health University of Melbourne, Australia
- 8.30 Early intervention in post-traumatic stress disorder without exposure to trauma memories using internet-delivered cognitive therapy: A pilot case series
Graham Thew, University of Oxford, United Kingdom
- 8.45 Adapting trauma focused cognitive therapy for PTSD for early intervention following severe injuries.
Belinda Graham, King's College London and **Teuta Rexhepi-Johansson**, King's College Hospital Major Trauma Centre, United Kingdom
- 9.00 A Developmental Case Series of Internet-Based Cognitive Therapy for Prolonged Grief Disorder (iCT-PG)
Kali Barawi, University of Hertfordshire and **Salvija Stonciute**, University of Oxford, United Kingdom
- 9.15 Cognitive coaching for healthcare workers with childhood trauma: A case series
Aimee McKinnon, University of Oxford, United Kingdom
- 9.30 Discussion
Sharif El-Leithy, Traumatic Stress Service, Southwest London and St. George's Mental Health NHS Trust, United Kingdom

Symposium 34

M1

Sleep interventions in mental health: Innovations in understanding and delivery

- Chair **Faith Orchard**, University of East Anglia, United Kingdom
- 8.30 Investigating the mechanisms underlying sleep restriction therapy for insomnia in people with depressive symptoms
Emily Stanyer, University of Oxford, United Kingdom
- 8.45 Digital CBT for Insomnia in Young Adults Experiencing Depression: Effects on Sleep, Depression, and Cognitive Mechanisms
Isabel Clegg, The University of Western Australia, Australia
- 9.00 The iBLISS Study; a pilot feasibility cluster-randomised controlled trial of sleep workshops in secondary schools
Faith Orchard, University of East Anglia, United Kingdom
- 9.15 Improving access to help with poor sleep across youth mental health services: A system-wide implementation programme
Rebecca Rollinson, Norfolk and Suffolk NHS Foundation Trust, United Kingdom
- 9.30 Discussion
Colin Espie, University of Oxford, United Kingdom

Panel Discussion 6

Hall 1

The role of CBT in the climate and ecological crisis: European perspectives

- Chair: **Helen Macdonald**, BABCP, United Kingdom
- Speakers: **Mark Freeston**, Newcastle University, United Kingdom
Soufiane Carde, Group of Study and Interest (GIE) for Climate Change and CBT for the AFTCC France
Catherine Parker, GreenWood Mentors Ltd., United Kingdom

Skills Classes

Caron 1/2

Helping parents with anxiety raise confident children

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

Symposium 35

Dochart 1

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

- Chair **Rivka Ginat Frolich**, The Hebrew University of Jerusalem, Israel
- 8.30 Spread of Fear to Established Semantic Networks in OCD
Baraa Kabha, The Hebrew University of Jerusalem, Israel
- 8.45 Threat Extinction as a Predictor of Adolescent Anxiety: Insights from Clinical and Real-World Adversity Contexts
Tomer Shechner, The University of Haifa, Israel
- 9.00 Dynamics of fear-generalization processes: A longitudinal study
Jessica Reinhart, University Hospital of Würzburg, Germany
- 9.15 Fear Learning as a Predictor: A Single Session Intervention for Anxiety Sensitivity
Rivka Ginat Frolich, The Hebrew University of Jerusalem, Israel
- 9.30 App-based measurements of fear learning and extinction and their association with treatment outcomes
Tom Barry, University of Bath, United Kingdom

Open Papers 12

Dochart 2

Suicide and self-harm

- Chair **Jon Wheatley**, Homerton University Hospital NHS Foundation Trust, London
- 8.30 Pilot feasibility randomized controlled trial of a suicide prevention program for people with psychosis following hospital discharge
Brandon Gaudiano, Brown University, United States
- 8.45 Pilot Randomized Controlled Trial on the Feasibility and Effectiveness of Individual SH+ Intervention for Earthquake Survivors
Asude Uçal, Koç University, Turkey
- 9.00 The characteristics of mental imagery about suicide prior to a suicide attempt compared to imagery not acted upon
Ann Martin, Black Dog Institute, University of New South Wales, Australia
- 9.15 Brief cognitive behavioral therapy for suicidal thoughts and behaviors in the Indian context
Swarnalakshmi S, National Institute of Mental Health and Neuro Sciences, India
- 9.30 The Relational Approach to Treating Self-Harm (RELATE): A Feasibility Randomised Controlled Trial of Cognitive Analytic Therapy for Adults who Self-Harm versus Treatment at Usual
Peter Taylor, University of Manchester United Kingdom

Symposium 36

Alsh 1

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

- Chair **Inga Marie Freund**, University of Amsterdam, the Netherlands
- 8.30 Behind Intrusions: Can Game Related Intrusions 'Mask' Intrusions of Trauma Films?
Linos Vossoughi, University of Amsterdam, the Netherlands
- 8.50 Expanding the Toolset of Experimental Psychopathology: The Trier Social Stress Test Induces Personally Relevant Emotional Memory
Inga Marie Freund, University of Amsterdam, the Netherlands
- 9.10 Resolving distress overnight: The role of noradrenaline during sleep
Lucija Blazeovski, Netherlands Institute for Neuroscience, the Netherlands
- 9.30 Eat or be Eaten: associations between HiTOP dimensions and learning in naturalistic threat scenarios
Olivier De Vries, Universität Bonn, Germany

Symposium 37

Alsh 2

Complex child trauma and mental health: mechanisms and treatment directions

- Chair **Bethan Carter**, Cardiff University, United Kingdom
- 8.30 The role of age at entry to care and adversity history in the mental health outcomes of young children
Jala Rizeq, University of Glasgow, Scotland
- 8.45 The Mental Health and Wellbeing of Care-experienced Young People During Key Transition Periods: A Longitudinal Study of Psychosocial Mechanisms
Bethan Carter, Cardiff University, United Kingdom
- 9.00 Facilitators and Barriers to Mental Health and Wellbeing of Care-Experienced Young People During Key Transitions: A Longitudinal Qualitative Study of Secondary School Entry and Turning 18
Eva Sprecher, University College London, United Kingdom
- 9.15 "It was a horrible, just horrible, journey": A qualitative examination of the journey through care and treatment of 14-24 years with borderline personality disorder features.
Kirsty Collins, University of Glasgow, Scotland
- 9.30 The Mental Health and Wellbeing of Care-experienced Young People at Key Transition Periods
Bethan Carter, Cardiff University, United Kingdom
- 10.45 Discussion
Jala Rizeq, University of Glasgow, Scotland

Symposium 38

Boisdale 1

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

- Chair **Hakan Türkçapar**, University of Ankara, Turkey
- 8.30 Psychometric Properties and Measurement Invariance of the Multidimensional Cognitive Attentional Syndrome Scale (MCASS)
Ercan Altinoz, Eskişehir Osmangazi University Turkey
- 8.45 Development of a Scale to Measure Metacognitive Beliefs in Individuals with Social Anxiety Disorder
Emre Unal, King's College London, United Kingdom
- 9.00 Can the Metacognitive Model Explain Panic Disorder?
Kadir Ozdel, Health Sciences University, Etlik City Hospital, Turkey
- 9.15 What about Children?: Validity and Reliability of the Metacognitions Questionnaire-30 in Children – A Turkish Adaptation Study
Hakan Öğütü, University College Dublin, Ireland

Skills Classes 11

Boisdale 2

Adapting therapy for autistic clients, with a focus on imagery-based techniques

Ann Ozsivadjian, King's College London, United Kingdom

Skills Classes 12

M4

Upskilling to work with older adults: Key differences from standard practice

Viviana Wuthrich, Macquarie University, Australia

Open Papers 13

M2

Behavioural medicine in adults and children

Chair **Craig Steele**, University of Oxford, United Kingdom

8.30 "Your pain is in your head": Examining the psychological impacts of invalidating experiences in healthcare settings

Thomas Woldhuis, The University of Sydney, Australia

8.45 Exploring Therapy Outcomes for Patients with Long-Term Conditions in NHS Talking Therapies

Ben Lorimer, University of Sheffield, United Kingdom

9.00 Predicting Treatment Response to New Forms of Cognitive-Behavioral Therapy in Chronic Low Back Pain and Depression: The Role of Stress-Related Biomarkers, Immune-inflammatory Pathways, and Genetic Polymorphisms

Adrian Perez-Aranda, Universitat Autònoma de Barcelona, Spain

9.15 Patients' Perspectives on a Multimodal Intervention for Provoked Vulvodynia: A Qualitative Interview Study

Emma Westerberg, Karlstad University, Sweden

9.30 Adjunctive Group Psychotherapy for Adults with Moderate-to-Severe Atopic Dermatitis: A Controlled Trial Comparing Cognitive-Behavioural and Stress-Resilience Interventions

Zsolt Unoka, Semmelweis University, Hungary

Symposium 39

M3

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

Chair **Sarah Struyf**, Ghent University, Belgium

8.30 Personalized Mechanism-Based Framework for Depression and Anxiety Disorders

Thalia Richter, Max Planck Institute for Human Cognitive and Brain Sciences, Germany

8.50 From Temperament Facets to Regulation: The Mediating Role of Cognitive Control and Flexibility in Emotion Regulation

Sarah Struyf, Ghent University, Belgium

9.10 Transdiagnostic Mechanisms of Depression and Anxiety: Exploring Inflexible Negative Interpretations and Repetitive Negative Thinking in Everyday Life

Yagmur Amanvermez, Tilburg University, the Netherlands

9.30 The complex interplay between affective and cognitive processes in ruminative thinking

Gerly Tamm, Ghent University, Belgium

09.00 – 12.30

There is an additional registration fee for these in congress workshops which can be booked at the registration desk

In-congress workshops

Positive Affect Treatment for Depression, Anxiety and Anhedonia

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

OCD Unlocked: Evidence-Based CBT Strategies for Immediate Impact

Lata McGinn, Yeshiva University, United States

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

Ross Menzies, University of Technology Sydney, Australia

Working with transdiagnostic dissociative experiences

Emma Cernis, University of Birmingham, UK

Addressing Persistent Depression: The Cognitive Behavioural Analysis System of Psychotherapy (CBASP)

Kim Penberthy, University of Virginia School of Medicine, **Marianne Liebing-Wilson**, Scotland and **Massimo Tarsia**, NHS Lanarkshire, Scotland

09.00 - 13.00

Poster Session

Behavioural Medicine, Health and Wellbeing

Bipolar Disorder, Psychosis and Clinical complexity

Equality, Diversity, Inclusion and Culture in CBT

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

Weronika Browarczyk, SWPS University, Poland

2. **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

3. **Self-Transcendent Experiences and Positive Psychological Outcomes: A Correlational Meta-Analysis Across Diverse Contexts**
Vlad-Antoniú Mărghițaș, *Babes-Bolyai University, Romania*
4. **Expecting the worst: Pain catastrophizing and intolerance of uncertainty in women with fear of childbirth**
Ida Flink, *Karlstad University, Sweden*
5. **Boredom Coping as a Mediator between State Boredom and Loneliness: a Longitudinal Multilevel Structural Equation Modeling Approach**
Ion Milea, *Babes-Bolyai University Cluj-Napoca, Romania*
6. **Psychological interventions for psychosis- A study protocol in four parts to develop an underdeveloped field**
Linda Swanson, *Uppsala University, Sweden*
7. **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*
8. **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*
9. **Psychosocial and Acculturation Challenges of Trauma Nonexposed Refugee Children: A Review of Community-Based Interventions**
Sena Ciminli, *Istanbul Medeniyet University, Turkey*
10. **Does Commuting Stress on Workdays Decrease with Cognitive Behavioral Therapy?**
Nele Jacobs, *Faresa, Belgium*
11. **Understanding Attentional Biases Among Individuals Across the Bipolar Spectrum: A Meta-Analysis & Systematic Review**
Renata Gheorghiu, *Babes-Bolyai University, Cluj-Napoca, Romania*
12. **From Silence to Confrontation: The Transformative Process of Modified AVATAR Therapy in a Case of Auditory Hallucinations**
Lilla Gerlinger, *Semmelweis University, Hungary*
13. **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, *General Hospital of Athens, Greece and Marina Chrysoula Papada, "KOSTIS BALLAS" Day Care Unit "Iliotropio", Greece*
14. **Unique and common connections for informing the treatment of persistent pain – a group iterative multiple model estimation approach**
Amani Lavefjord, *Uppsala University, Sweden*
15. **Treating Internalised Homophobia through CBT: A Case Series**
Laura Amy Stevenson-Young, *Newcastle University, United Kingdom*
16. **Comparative Effectiveness of Cognitive Behavioral Therapies in Schizophrenia and Schizoaffective disorder: A Systematic Review**
Evdoxia Tsigkaropoulou, *National and Kapodistrian University of Athens, Medical School, Eginition Hospital, Greece*
17. **Negative Automatic Thoughts as Mediators Between Cognitive Emotion Regulation Strategies and Mental Health Challenges in Female Cancer Survivors**
Katarina Banfi, *Eötvös Loránd University, Hungary*
18. **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*
19. **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*
20. **Pilot of Adapted Enhanced Skills Training in Affective and Interpersonal Regulation (ESTAIR) Manual for Complex Post-Traumatic Stress Disorder (CPTSD) in urban Egypt**
Marion Bovey, *University of Lausanne, Switzerland*
21. **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*
22. **The Role of Time Perspective in Health**
Radina Stoyanova, *Sofia University "St. Kliment Ohridski", Bulgaria*
23. **Psychometric Properties of The Personality Disorder Severity ICD-11 screening questionnaire and The Predictors of Personality Disorder Severity in a Hungarian Community Sample**
Gabriella Vizin, *Eötvös Loránd University, Hungary*
24. **Health behavior and attitudes towards health professionals**
Dzhuliya Kamburidis, *Sofia University "St. Kliment Ohridski", Bulgaria*
25. **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*
26. **An evaluation of group rumination-focused cognitive behavioral therapy for insomnia: A study within Primary Care.**
Malin Anniko, *Karlstad University, Sweden*
27. **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*
28. **Automatic Negative Thoughts as the Key Mediator Between Self-Compassion and Insomnia in Hungarian Cancer Patients**
Bernadett Becz, *Eötvös Loránd University, Hungary*
29. **The Moderating Role of Mindfulness in the Relationship Between Job Instability and Mental Health Among Freelance Workers**
Takumu Kurosawa, *The University of Tokyo, Japan*
30. **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*
31. **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*
32. **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 Loránd University Institute of Psychology, Budapest, Hungary*
33. **The Relationship Between Childhood Gender Nonconformity, Childhood Maltreatment, and Psychological Distress in a German Outpatient Sample**
Tobias Issler, *Universität des Saarlandes, Germany*

34. **Uptake of an online wellbeing program based on cognitive and behavioural strategies for university students: a pilot study.**
Pasquale Roberge, *Université de Sherbrooke, Canada*
35. **Transdiagnostic predictors of relapse in people with severe mental illness: A scoping review.**
Eveline de Groot, *Tilburg University, the Netherlands*
36. **Multilingual Therapy: The Benefits of a Second Language in Trauma-Focused Cognitive Behavioral Therapy**
Luisa Picanço and Julia Lima, *Psychiatrist Institute of the Federal University of Rio de Janeiro, Brazil*
37. **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*
38. **Assertiveness Training for Healthcare Workers in Emergency Departments: A Mixed-Methods Intervention Study**
Nicoletta Lorrain, *Miller Institute, Italy*
39. **Augmenting a Low-Intensity CBT intervention for an adult with Autism Spectrum Disorder: a clinical case study.**
Jake Glennon, *NHS Scotland, Scotland*
40. **Mental Health Literacy and Stigma as Mediators Between Feeling Anxiety and Attitudes Towards Help-Seeking**
Hohn Alex Armand, *West University of Timișoara, Romania*
41. **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*
42. **Worries about Disease Progression in Caregivers of Youth with Juvenile Idiopathic Arthritis and Type 1 Diabetes**
Bethany Richmond, *The University of Sydney, Australia*
43. **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* and Maria Giuseppina Canevisio, *Centromoses, Italy*
44. **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*
45. **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*
46. **Therapeutic work with neurodivergent and gender diverse individuals: a cognitive approach to multiple masking**
Renske Herrema, *NHS, United Kingdom*
47. **Behavioural Functions and Social Support in Hikikomori (prolonged social isolation): Predictors of Psychosocial Functioning**
Shunsuke Nonaka, *Musashino University, Japan*
48. **Psychological Therapy in Urdu/Punjabi for South Asian Patients in Bradford, UK.**
Aamnah Rahman, *Bradford Teaching Hospitals NHS Foundation Trust, United Kingdom*
49. **Meta-Cognitive Training for Schizophrenia: A Cochrane Systematic Review and Meta-Analysis Protocol**
Giovanni Florio, *School of Cognitive Psychotherapy (SPC) - Naples, Italy*
50. **The relationship of beliefs about suffering and religious struggles. The mediating role of stress and depression**
Adam Falewicz, *University of Szczecin, Poland*
51. **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*
52. **Exploring Climate Change Distress: its Links With Trust, Mental Health, and Agency**
Maxime Levasseur, *Newcastle University, United Kingdom*
53. **The quest for optimal self-esteem: Is it non-contingent?**
Ivan Nyklíček, *Tilburg University, the Netherlands*
54. **Effectiveness of Interdisciplinary Rehabilitation Programs for Individuals with Chronic Widespread Pain**
Katja Zupančič, *University Rehabilitation Institute, Ljubljana, Slovenia*
55. **Cognitive behavioural therapy for sleep problems in psychosis: A systematic review of effectiveness and acceptability**
Hannah Wilkinson, *University of Oxford, United Kingdom*
56. **The Causal Role of Attachment in Paranoia: Key Mechanisms and Implications for Cognitive Behavioural Therapists**
Monica Sood, *University of Southampton, United Kingdom*
57. **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*
58. **Lost and not found: Randomized Controlled Trial of Cognitive Behavioral Therapy for Weight-loss in Patients with Chronic Kidney Disease**
Katja Kurnik Mesarič and Jana Kodric, *University Medical Centre Ljubljana, Slovenia*
59. **Culturally Adapted Cognitive Behavioural Therapy (CBT) for Sikh Survivors of Abuse**
Harjinder Kaur-Aujla, *University of Birmingham, United Kingdom*
60. **Loneliness and Epistemic Trust Predict Burnout in an Academic Context: A CBT-Informed Intervention**
Camellia Hancheva, *Sofia University "St. Kliment Ohridski", Bulgaria*
61. **The Influence of Self-Construction on University Students' Future Time Perspective and Mental Health**
Vera Walburg, *Catholic University of Toulouse, France*
62. **Multimodal intervention for vulvodynia: a single case design pilot**
Ida Flink, *Karlstad University, Sweden*
63. **Study Protocol for the Development of a Digital Menstrual Cycle Diary for Routine Mental Health and Gynecological Care: A Human-Centered Design Approach**
Michele Schmitter, *University Medical Center Groningen, the Netherlands*
64. **"Equity in Therapy: Identifying and Addressing the Needs of BME Clients Through Adaptive Practices"**
Mark Boyle and Zaid Akhtar, *Xyla Digital Therapies, United Kingdom*
65. **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*

66. **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*
67. **The Climate and Ecological Emergency (CEE) and clinical psychology: An overview of the DCP report.**
Peter Taylor, *University of Manchester, United Kingdom*
68. **The prevalence of traumatic events, (complex) posttraumatic stress disorder and treatment seeking behavior in the Netherlands**
Chris Hoeboer, *Amsterdam UMC, the Netherlands*
69. **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 ?*
70. **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*
71. **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*
72. **Navigating the Clinical Complexity of Delusions: A Semiautomated Linguistic Analysis of Patients' Subjective Experiences to Inform CBT Interventions**
Biagio Scalingi, *University School for Advanced Studies IUSS, Pavia, Italy*
73. **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*
74. **Enhancing Open-Label Placebo Effects Through Operant Conditioning: Implications for Nonspecific Mechanisms in CBT**
Justyna Brączek, *Jagiellonian University, Poland*
75. **The Lived Experiences of Service Users with a Diagnosis of Mild Cognitive Impairment (MCI)**
Kali Barawi, *University of Hertfordshire, United Kingdom*
76. **Longitudinal Effects of Perceived Social Support and Cognitive Flexibility on Positive Automatic Thinking in Adult Workers**
Akari Tanigaki, *The University of Tokyo, Japan*
77. **Unraveling the Role of Dysfunctional Sleep Beliefs: How Chronotype Shapes Medical Students' Sleep Quality and Academic Success**
Ercan Altinoz, *Eskişehir Osmangazi University, Turkey*
78. **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*
79. **Self-Compassion for Healthcare Communities**
Wonseok Lee, *Jeju National University Hospital, Republic of Korea*
80. **"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*
81. **Psychological inflexibility and perceived cognitive impairments in connection with personal distress in women with recurring gynaecological malignancies**
Krisztina Kocsis-Bogar, *Medical University of Vienna, Austria*

Online only

CBT in the Balkan Cultural Context: Distinctive Features, Adaptations, and Comparative Perspectives
Marta Bej, *Cbt and Schema Therapy Albania and Manjola Çollaku, Western Balkans University, Albania*

1Parental Psychological Control and Antisocial Behavior in Adolescence
Sadia Abid, *Research coordinator, Pakistan Association of Cognitive Therapy, Pakistan.*

Physical Quality of Life in Neurodegenerative Conditions: A Preliminary Integrative Model
Teresa Carvalho, *Instituto Superior Miguel Torga, Portugal*

Habit strength mediates the relation between physical activity and mental health: An examination on transdiagnostic factors
Ismail Hakki Bayer, *Maastricht University, the Netherlands*

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*

Psychological therapies for PTSD symptoms within Bipolar Disorder: A systematic review.
Leeanne Nicholls *University of Southampton, United Kingdom*

10.30 - 12.00

Symposium 40

Lomond Auditorium

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

- | | |
|-------|---|
| Chair | Giovanni Maria Ruggiero , Sigmund Freud University Milano |
| 10.30 | Developments in England's NHS Talking Therapies for anxiety and depression
David M Clark , University of Oxford, United Kingdom |
| 10.45 | Effectiveness of Prompt Mental Health Care, the Norwegian Version of Improving Access to Psychological Therapies: A Randomized Controlled Trial
Robert Smith , Prompt Mental Health Care, Norway |
| 11.00 | Increasing Access to Psychological Treatments in Israel: Lessons learned and preliminary findings
Jonathan Huppert The Hebrew University of Jerusalem Israel |
| 11.15 | Effectiveness of Cognitive Behavioral Therapy on anxiety and depression symptoms in naturalistic settings for patients with and without personality disorders
Gabriele Caselli , Sigmund Freud University, Milan, Italy |

Symposium 41

M1

Adapting cognitive behavioural interventions for autistic people: user perspectives

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

10.30 What do autistic adults make of CBT for social anxiety?

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

10.45 Exploring autistic young people's experience of accessing DBT: A qualitative study

Jiedi Lei, University of Oxford United Kingdom

11.00 ADEPT-2 randomised controlled trial of a low-intensity psychological intervention for Autistic people experiencing depression: A qualitative evaluation.

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

11.15 What is the impact of providing training for CBT therapists to adapt their practice to meet the needs of autistic people?

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

11.30 "Well Done Us": A Descriptive Case Study of a Collaborative Experience of Successfully Adapted Neurodiversity Affirming CBT in NHS Talking Therapies.

Icarus Williams, Pennine Care NHS Foundation Trust, United Kingdom

Symposium 42

Hall 1

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

Chair **Tessa Reardon**, University of Oxford, United Kingdom

10.30 Mindreading and social anxiety: Longitudinal findings from adolescence to early adulthood

Satoko Sasagawa, Mejiro University, Japan

10.45 Predictors of outcomes in online guided parent-delivered cognitive behavioural therapy for child anxiety: Secondary analysis of data from the Co-CAT trial

Sho Okawa, The University of Tokyo, Japan

11.00 Co-adaptation of Online Support and Intervention (OSI) for children with Obsessive Compulsive Disorder (OCD)

Chloe Chessell, University of Oxford, United Kingdom

11.15 Adapting a 'screening-to-CBT intervention' pathway for child anxiety problems for routine delivery in schools

Rosie Underhill and **Tessa Reardon**, University of Oxford, United Kingdom

11.30 Discussion

Anne Marie Albano, Columbia University, United States,

Skills Class 13

Caron 1/2

Formulating and treatment planning with comorbid cases

Jessica Davies, University of Exeter, United Kingdom

Symposium 43

Dochart 1

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

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

10.30 Evolving DBT: Current Practices and Future Directions

Julietta Martins Azevedo, University of Exeter, United Kingdom

10.45 Feasibility and Acceptability of a DBT Skills Group for Transgender and Gender Diverse Young People in a Community Setting

Jake Camp, King's College London, United Kingdom

11.00 Comparing Emotional Patterns in cPTSD, PTSD, and BPD: implications for treatment and DBT Adaptations

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

11.15 The Role of Peer and Empirical Benchmarks in Comprehensive DBT – bridging the gap between science and practice

Ayesha Saifi, British Isles DBT Training, United Kingdom

11.30 A DBT Skills Training Group for Transgender and Gender Diverse People (DBT-TGD) and Delivered in a Charity Setting: Development, Acceptability, and Feasibility

Jake Camp, King's College London, United Kingdom

11.45 Participant experiences of a DBT-informed individual therapy (STABILISE) for ongoing bipolar symptoms

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

Symposium 44

Dochart 2

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

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

10.30 Online Imagery Rescripting: Mechanisms of Change

Hila Sorka, The Hebrew University of Jerusalem, Israel

10.45 Approach-Avoidance Learning in Response to Affective Confrontations: The role of psychopathology

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

11.00 Cognitive Restructuring Before Exposure Therapy or Behavioral Experiments? How the Timing of Expectancy Violation and Magnitude of Expectancy Change Influence Exposure Therapy Outcomes

Carly Johnco, Macquarie University, Australia

11.15 Dual Pathways to Symptom Reduction: Mechanisms of Therapeutic Change in a Transdiagnostic Online Written Exposure Intervention

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

- 11.30 Habituation Over Belief: Unpacking Mechanisms of Change in Self-Administered Written-Exposure for Anxiety
Snir Barzilay, The Hebrew University of Jerusalem, Israel

Symposium 45

Alsh 1

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

- Chair **Roz Shafran**, University College London, United Kingdom
- 10.30 An experimental manipulation of heart rate variability and its effects on anxiety
Frances Meeten, King's College London, United Kingdom
- 10.45 Can Shift Focus, a novel digital intervention that provides positive imagery training, help young adults manage worry?
Colette Hirsch, King's College London, United Kingdom
- 11.00 Understanding Implementation of a Novel Imagery-Based Intervention for Adolescent Depression: A Qualitative Study with School-Based Practitioners
Victoria Pile, King's College London, United Kingdom
- 11.15 Interventions for children and young people with chronic physical illnesses: Session-by-session outcomes and sudden gains
Sophie Bennett, King's College London, United Kingdom
- 11.30 Discussion
Roz Shafran, University College London, United Kingdom

Skills Class 14

Boisdale 1

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

Symposium 46

Boisdale 2

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

- Chair **Harriette Riese**, University Medical Center Groningen, the Netherlands
- 10.30 From Data to Dialogue: Personalizing Mental Health Care with Experience Sampling Methodology (ESM)
Harriette Riese, University Medical Center Groningen, the Netherlands
- 10.50 Personalized case conceptualizations based on Longitudinal Perceived Causal Networks (L-PECAN)
Lars Klintwall, Karolinska Institutet, Sweden
- 11.10 Investigating the effects of the Best Possible Self exercise on positive future imagery in daily life: A single case series
Simon Blackwell, University of Göttingen, Germany
- 11.30 Effects and Experiences of a Manualized ACT Intervention for Endometriosis-Related Chronic Pain: A Single-Case Experimental Study
Felicia Sundström, Uppsala University, Sweden

Symposium 47

M4

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

- Chair **Chris Taylor**, University of Sheffield & Pennine Care NHS Foundation Trust
- 10.30 iMAgery focused therapy for PSychoSis (iMAPS-2): Introduction to the trial, study protocol and results
Chris Taylor, University of Sheffield & Pennine Care NHS Foundation Trust
- 10.45 Delivering iMAgery focused therapy for PSychoSis on the iMAPS-2 trial: Therapy protocol outline and case examples
Ben Helliwell and **Rebecca Coleman**, Pennine Care NHS Foundation Trust, United Kingdom
- 11.00 Lived Experience Input to the iMAPS-2 Trial and Participant Experiences of Taking Part
Thomas Brandwood-Spencer, Pennine Care NHS Foundation Trust, United Kingdom
- 11.15 Imagery-Focused Therapy for Visual Hallucinations: A Clinical Case Series
Georgie Paulik-White, Murdoch University, Australia
- 11.30 Discussion
Craig Steel, University of Oxford, United Kingdom

Open Papers 14

Mental health innovations across the lifespan

- Chair **Andreas Veith**, DGVT, Germany
- 10.30 Improving Psychological Treatment Outcomes in Anxious and Depressed Older Adults through Social Participation (SPAA Trial)
Viviana Wuthrich, Macquarie University, Australia
- 10.45 Preventing Intergenerational Transmission of Trauma through a Combination of Trauma-Focused Treatment for PTSD and Parenting Intervention: Randomized Controlled Trial using Bayesian Analysis
Laurien Meijer, Sinai centrum, Arkin Mental Health Care, the Netherlands
- 11.00 One-Year Treatment Outcomes for Older Adults with Anxiety and Depressive Disorders in Specialised Mental Health Care
Myrte Van Kesteren, Radboud University and Propersona mental health care, the Netherlands
- 11.15 A Randomised Control Trial of a Modern Stoicism Training: Examining the Impact on Wellbeing and Resilience
Jonathan Dawson, Royal Holloway, University of London, United Kingdom
- 11.30 Development and Validation of a Clinical Measure for Evaluation and Treatment Planning in Adult ADHD
Sharon Samson, National Institute of Mental Health and Neuro Science, India

Symposium 48

M3

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

- Chair **Jorge Osma**, University of Zaragoza, Spain
- 10.30 UP-Prevent: Development and adaptation of a brief, preventive version of the Unified Protocol for individuals with subclinical symptoms of anxiety and/or depression
Catarina Francisco, University of Coimbra, Portugal
- 10.45 Exploring the moderating role of transdiagnostic mechanisms in a brief group intervention based on the Unified Protocol in primary care in 5-session and 8-session formats
Jorge Osma, University of Zaragoza, Spain
- 11.00 Effectiveness of the Unified Protocol on psychosis variables in patients with clinical high risk of psychosis and emotional comorbidity
M.Trinidad Peláez, Parc Sanitar iSant Joan de Déu, Barcelona, Spain
- 11.15 Attitudes towards implementing transdiagnostic interventions based on emotion regulation among professionals who treat alcohol addiction: a mixed methods approach
María Vicenta Navarro Haro, University of Zaragoza, Spain

12.00 – 13.00

Keynote Addresses

Lomond Auditorium

Imagery Rescripting: an update of clinical applications and research findings

Arnoud Arntz, University of Amsterdam, the Netherlands
Chair: Victoria Pile, King's College London, United Kingdom

M1

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

Cathy Creswell, University of Oxford, United Kingdom
Chair: Jess Kingston, Royal Holloway, University of London

Hall 1

Psychological therapy and pharmacotherapy on the same playing field

Colin Espie, University of Oxford, United Kingdom
Chair: Hamish McLeod, University of Glasgow, Scotland

Caron 1/2

Psychotherapy training – Impressions from an international longitudinal study

Ulrike Willutzki, Witten/Herdecke University, Germany
Chair: Andreas Veith, DGVt Germany

Symposium 49

Dochart 1

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

- Chair **Sandra Mulkens**, Maastricht University, the Netherlands
- 12.00 Psychometric properties of the Dutch Pica, ARFID, and Rumination Disorder Interview (PARDI) and its questionnaire equivalent (PARDI-AR-Q)
Sandra Mulkens, Maastricht University, the Netherlands
- 12.15 Developing CBT-informed modular treatment protocols for ARFID
Rachel Bryant-Waugh, South London & Maudsley NHS Foundation Trust and Kings College London, United Kingdom
- 12.30 Never too old to learn? Cognitive behavioral therapy, focused on expectancy learning, for adults with avoidant/restrictive food intake disorder (ARFID): study design.
Malou Masereel, Maastricht University, the Netherlands

Open Papers 15

Dochart 2

Experimental Psychopathology

- Chair **Julie Ji**, University of Plymouth, United Kingdom
- 12.00 Is exposure to visible phobic stimuli necessary for aversive feelings to change?
Irina Masselman, University of Groningen, the Netherlands
- 12.15 Affect as information or depressive realism: What cognitive mechanisms contribute to the maintenance of depressive disorders?
Amelia Gangemi, University of Messina, Italy
- 12.30 Drifting or Dwelling? How off-task thinking (mind-wandering and rumination) shapes our affect regulation - an experience sampling study using self-reported and HRV measures.
Monika Kornacka, SWPS University, Poland
- 12.45 Altered interactive dynamics of gaze behavior during face-to-face interaction in autistic individuals: a dual eye-tracking study
Daniel Tönsing, University of Basel, Switzerland

Symposium 50

Alsh 1

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

- Chair **Thalia Eley**, King's College London, United Kingdom
- 12.00 The influence of initial assessments on psychological treatment initiation and subsequent dropout
Jaime Delgadillo, King's College London, United Kingdom
- 12.20 How do we make predictions of therapy outcomes and dropout? Clinicians vs Machine Learning Algorithms
Joshua Buckman, University College London, United Kingdom
- 12.40 Building a prediction model for outcomes following treatment in UK NHS Talking Therapies services for anxiety and depression
Nour Kanso, King's College London United Kingdom
- 13.00 Predicting the risk of incident cardiovascular disease in patients with diabetes who received psychological therapy
Jae Won Suh, University College London, United Kingdom ?**Prerecorded**

13.30 - 17.30

Poster Session

Adult Mental Health: Mood, Eating, and Addictive Disorders

Therapeutic Mechanisms and Processes in CBT

1. 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
2. The Relationship Between Depressive Symptoms and Psychological Experiences in Virtual Reality: The Role of Mindful Attention
Narcis Galatanu, Babes-Bolyai University, Romania
3. Effective Components of Collaborative Care for Depression in Primary Care An Individual Participant Data Meta-Analysis
Hannah Schillok, LMU University Hospital, Germany
4. 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.
Patricia M. Pascoal, Lusófona University, Portugal
5. Prefrontal neurotransmission and glucose metabolism in depression and early life adversity: a 1H-MRS study
Eleonora Fadel, University of Zurich, Switzerland
6. Does delay discounting predict weight gain during the first year of university
Nienke Jonker, University of Groningen, the Netherlands
7. Assessing therapeutic change sensitivity of the Multidimensional Inventory for Emotional Disorders (MEDI) after the Unified Protocol intervention
Óscar Peris-Baquero, University of Zaragoza, Spain
8. The role of avoidance and beliefs on perseverative cognitions in the link between task-unrelated thoughts and psychopathology symptoms
Marta Szastok, SWPS University, Poland
9. How Individuals Define and Express Compassion: A Qualitative Study with a Turkish Sample
Asude Altıparmak, Istanbul Medipol University, Turkey
10. Perfectionism and Emotion Regulation: A Systematic Review and Meta-Analysis
Gabriela-Andreea Tinta, Babes-Bolyai University, Cluj-Napoca, Romania
11. 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
Óscar Peris-Baquero, University of Zaragoza, Spain
12. Effectiveness of deep breathing relaxation during group therapy with heterogenous outpatient population
Nikola Stojanovic, Serbian Association for Behavioural and Cognitive Therapies, Niš, Serbia
13. From maladaptive parenting to eating disorder symptoms: investigating the role of self-esteem and body image
Giulia Costanzo, University of Palermo, Italy
14. 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 Şükriye Dicle Eğilli (Koç University)
15. Evaluating the Efficacy of a Standalone Audio-Based Mindfulness Exercise on Loneliness: A Randomized Controlled Trial
Daria Sîntoma, Babes-Bolyai University, Romania
16. Adaptive Narcissism? Examining the Healthy Adult Mode, Positive Schemas, and Life Satisfaction
Duygu Yakın, University of Amsterdam, the Netherlands
17. 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
18. Adherence to transdiagnostic group cognitive behavioral treatment program for eating disorders
Maria Cruz Crespo-Maraver, Althaia Hospital/ISAMBES Group Research, Spain
19. 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, IReach Lab, Department of Psychology, University of Fribourg, Fribourg, Switzerland
20. Engagement and Adherence in Internet-Based Interventions: A Systematic Review of Overlapping Terminology and Theoretical Framework for Explaining Outcome Divergence
Hadar Armon, The Hebrew University of Jerusalem, Israel
21. The Impact of Adverse Childhood Experiences on Premenstrual Syndrome Among Adult Female Workers
Mariko Shimoda, The University of Tokyo, Japan
22. The role of psychopathology and emotion regulation in hypersexual behavior among cocaine users
Alba Palazón-Llecha, Universitat de Girona, Spain

23. **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*
24. **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*
25. **Does family type moderate the relationship between self-compassion, dispositional mindfulness, mindful parenting, and parenting stress?**
Bárbara Caetano, *University of Coimbra, Portugal*
26. **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*
27. **Experiences of individuals with eating disorders and obsessive-compulsive disorder: An Interpretative Phenomenological Analysis (IPA)**
Sukriye Acar, *The University of Edinburgh, Scotland*
28. **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*
29. **A transdiagnostic perspective for mindfulness based cognitive therapy: a scoping review**
Thanh-Lan Ngo, *Université de Montréal, Canada*
30. **Interpretation bias and rumination in premenstrual disorders.**
Anagha Kaluve, *UNSW Sydney, Australia*
31. **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*
32. **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*
33. **Relevant factors for postpartum depression**
Andreea Astefanei, *Babeş-Bolyai University, Cluj-Napoca, Romania*
34. **Conceptualising power in CBT**
Alasdair Churchard, *University of Oxford, United Kingdom*
35. **The role of digital technologies in promoting healthy and sustainable eating: a systematic review of the literature**
Valentina Gardini, *University of Bologna, Italy*
36. **Training Canadian Military Medical Practitioners to Support Low-Intensity CBT Using Minimal Contact Support**
Rose Wysocka, *University of Exeter, United Kingdom*
37. **Effects of improving cognitive fusion and self-control on kleptomania using cognitive behavioural group therapy with mindfulness**
Yuka Asami, *Mejiro University, Japan*
38. **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*
39. **Body dissatisfaction and social physique anxiety in women with anorexia nervosa**
Mandy Rossignol, *Université de Mons, Belgium*
40. **Are behavioral avoidance, behavioral activation and rumination predictors of depression and insomnia?**
Audrey Krings, *Liege University, Belgium*
41. **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*
42. **Developing Culturally Responsive Supervisor Training for PWPs**
Rose Wysocka, *University of Exeter, United Kingdom*
43. **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*
44. **Validation of ESM items for dampening of positive affect**
Myriam Gérardy, *KU Leuven, Belgium*
45. **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*
46. **Add-On Acceptance and Commitment Therapy for Psychiatric Inpatients Diagnosed with Depression and Comorbid Insomnia**
Julia Kroener, *Christophsbad Hospital, Germany*
47. **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*
48. **Distortions in Positive Emotion Predictions Among Patients with Alcohol Use Disorder in Rehabilitation**
Beatrice Susan, *Babes-Bolyai University, Romania*
49. **Cognitive-Behavioral Therapy for Maladaptive Daydreaming: A Clinical Intervention**
Katia Carbé, *Les Toises - Psychiatry and Psychotherapy Center, Switzerland*
50. **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*
51. **Self-Harm and Eating Disorders: Findings from the Manchester Self Harm Project**
Elana Moore, *University of Manchester, United Kingdom*
52. **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*
53. **A Network Analysis of Eating-Related Eco-Concerns: Motivating Sustainable Diets but Elevating Disordered Eating Risk**
Lucia Tecuta, *University of Bologna, Italy*
54. **How Accepting Reality Shields Against Depression**
Izabela Kazmierczak, *Maria Grzegorzewska University, Poland*

55. **Therapeutic difficulties in dealing with suicidal behaviour in treatment addiction programmes**
Alfonso Arteaga and José J. López-Goñi, *Universidad Pública de Navarra, Spain*
56. **Prevalence and Differential Profiles of People With Adverse Childhood Experiences in Treatment for Substance Use Disorder**
Leire Leza and José J. López-Goñi, *Universidad Pública de Navarra, Spain*
57. **Lifetime suicidal-related behaviour among patients in treatment for substance use disorder: A cross-sectional study**
Leire Leza and Javier Fernandez-Montalvo, *Universidad Pública de Navarra, Spain*
58. **Nostalgia Attenuates the Negative Effect of Depression on the Positive Valence System**
Sude Hammal, *University of Southampton, Turkey*
59. **Impact of Psilocybin on Prolonged Grief Disorder**
Kim Penberthy, *University of Virginia, United States*
60. **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*
61. **The Effectiveness of Metacognitive Therapy in Misophonia: A Case Report**
Ercan Altinoz, *Eskişehir Osmangazi University, Turkey*
62. **ADHD Symptoms and Problematic Pornography Use: The Mediating Role of Depression and the Moderating Role of Gender**
Ricardo Pinto, *HEI-Lab: Digital Human-Environment Interaction Labs, Lusófona University, Lisbon, Portugal*
63. **Observing Pain Relief: Vicarious Operant Conditioning and Its Role in CBT for Chronic Pain**
Helena Bieniek, *Jagiellonian University, Poland*
64. **Internet-delivered cognitive behavioral therapy for adolescents with excessive worry: a randomized controlled trial with mediation analysis**
Sean Perrin, *Lund University, Sweden*
65. **The Mediating Role of Savoring in the Relationship Between Personality Traits, Depression and Positive affect**
Diana Căzănescu, *Babes-Bolyai University, Romania*
66. **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*
67. **Behavioural activation modulates SSRI-induced changes in punishment processing in adults with low mood**
Andreea Raslescu, *University of Oxford, United Kingdom*
68. **Comparative Study of Clinical and Sociodemographic Factors in Women with Gambling Disorder and Compulsive Buying: Implications for CBT-Based Interventions. I**
Dominica Diez, *Behavioral Addictions Unit/Althaia Hospital/UVIC University/ISAMBES Research Group, Spain*
69. **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*
70. **Reinforcing Pain: Operant Conditioning Mechanisms and Implications for CBT in Chronic Pain**
Ewa Buglewicz-Przewoźnik, *Jagiellonian University, Poland*
71. **Predicting Response to Cognitive Behavioral Therapy for Insomnia (CBT-I) Using Pre-Treatment Chronic Stress Exposure and Sleep Reactivity**
James Garneau, *Concordia University, Canada*
72. **Daily Activities, Reward Expectations, and Reward Experiences in Prolonged Grief: A Diary Study**
Antje Janshen, *University of Groningen, the Netherlands*
73. **The Use of Unified Protocol in Depression: A Case Series**
Kezia Iris Christopher, *National Institute of Mental Health and Neuro Sciences, India*
74. **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*
75. **The Role of Cognitive Behavioral Therapy in the Prevention and Treatment of Addictive Disorders in the Kazakhstani Population**
Olga Tapalova, *Abai University, Kazakhstan*
76. **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*
77. **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*
78. **Effectiveness of Cognitive Behavioral Group Therapy in the Treatment of Somatic Symptom Disorder: A Systematic Review**
Büşra Kahraman, *Izmir Katip Çelebi Üniversitesi, Turkey*
79. **Psychological Interventions for Erectile Dysfunction: A Systematic Review**
Nicola Balloch, *University of Stirling and University of Dundee, Scotland*
80. **Applying cognitive-behavioral framework in understanding infidelity and rebuilding trust: A case study**
Josko Jurman and Iva Matijašić Lončarević, *Croatian Association for Behavioral and Cognitive Therapy, Croatia*
81. **Advancing LICBT Best Practice: Practitioner Training in Multi-Strand and Cultural Adaptations**
Faithful Oduote, *Private Practice & NHS Talking Therapies, United Kingdom*
82. **Differentiating Psychopathology from Non-Ordinary States**
Kim Penberthy, *University of Virginia, United States*

Online only

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*

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*

Feasibility of group schema therapy for co-occurring anxiety and depression in adults: Preliminary findings
Karishma Rajan Menon, *The University of Sydney Australia*

Treating Prisoners with Addictions – Who Benefits Most from CBT?
Branka Bagaric, *KBT, Psychotherapy, Training and Software Solutions, Croatia*

ADHD Symptoms and Hypersexuality as a Coping Mechanism: The Mediating Role of Depressive Symptoms and Moderation by Gender
Ricardo Pinto, *Lusófona University, Lisbon, Portugal*

14.00 - 15.00

Symposium 51

Lomond Auditorium

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.

Chair **Marita Brack**, NHS Education for Scotland, Scotland

14.00 What works for Whom? Making the most efficient and effective use of psychological resources using implementation science and the hexagon tool.

Leeanne Nicklas, NHS Education for Scotland, Scotland

14.15 How incorporating an Implementation Science framework helps achieve sustainable, improved outcomes in practice in real-world settings

Marita Brack, NHS Education for Scotland, Scotland

14.30 Make training stick – Using implementation science competency drivers to create sustainable high-quality delivery of psychological interventions and therapies in services

Suzy O'Connor, NHS Education for Scotland, Scotland

14.45 How can service user values and leadership structures and behaviours influence the implementation of EBP?

Anne Joice, NHS Education for Scotland, Scotland

Symposium 52

M1

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

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

14.00 Cognitive bias modification for Interpretation for people with Type II Diabetes and persistent pain

Louise Sharpe, The University of Sydney, Australia

14.15 Cognitive Bias Modification for Interpretation (CBM-I) in People with Painful Endometriosis

Brydee Pickup, The University of Sydney, Australia

14.30 Can we prevent perinatal anxiety? A randomised controlled trial evaluating interpretation training as a web-based early intervention for pregnant women at risk of escalating anxiety during pregnancy and after birth

Colette Hirsch, King's College London, United Kingdom

14.45 Interpretation Bias Modification (CBM-I) for Fatigue in Long Term Health Conditions (FLEX) – A Feasibility Study

Gabriella Tyson, King's College London, United Kingdom

Symposium 53

Hall 1

Improving mental health support for survivors of intimate partner violence

Chair **Chris Hoeboer**, Amsterdam UMC, the Netherlands

14.00 Efficacy of Psychosocial Interventions for Survivors of Intimate Partner Violence and Abuse – A Systematic Review and Meta-Analysis

Hannah Micklitz, University of Freiburg, Germany

14.15 SAFE: a self-support eHealth intervention for women experiencing intimate partner violence in the Netherlands

Nicole Van Gelder, Radboudumc, the Netherlands

14.30 Safe Home: Integrated Family Treatment for Domestic Violence - Design and First Results

Marie-Louise Julie Kullberg, Leiden University, the Netherlands

14.45 Improving mental health support for survivors of intimate partner violence committed by organized crime offenders

Chris Hoeboer, Amsterdam UMC, the Netherlands

Panel Discussion 7

Caron 1/2

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

Chair **Kerry Young**, Woodfield Trauma Service, United Kingdom

Panel **Eleanor Chatburn**, University of East Anglia, United Kingdom

Dennis Ougrin, Queen Mary University of London, United Kingdom

Anna Tarasenko, UN Office for Drugs and Crime

Open Papers 16

Dochart 1

Parents and parental interventions

14.00 A randomised controlled feasibility trial of guided parent-delivered Cognitive Behaviour Therapy for children's perfectionism

Tracey Wade, Flinders University, Australia

14.20 Supporting Adoptive Parents Through eMental Health: A User-Centered Approach to Develop the AdoptMindful2Care@Web Intervention

Ana Chorão, University of Coimbra, Portugal

14.40 Help-seeking behavior of parents and adolescents with internalizing symptoms

Liesbeth De Paauw-Telman, Utrecht University, the Netherlands

3 Minute Talks

3 Minute Talks: Session 2

- Chair Kevin Noon, BABCP Scottish Branch
- 14.00 Remote Exposure-Based CBT for Elevator Phobia: A Case Study
Dilara Nihal Çarıkçı Özgül, Burdur Mehmet Akif Ersoy University, Turkey and **Senanur Tosun**, Private Practice Turkey
- 14.05 Post-Disaster Trauma Recovery Through Religiously Integrated Cognitive Behavioural Therapy (CBT): Insights from a Case Report
Taha Burak Toprak, Ibn Haldun University, Turkey
- 14.10 Analyzing the effects of exposure therapy on the brain: longitudinal changes in the structural connectome through single session exposure in spider phobia
Hannah Meinert, University of Münster, Germany
- 14.15 Examining Core Threats and Their Temporal Stability in High Anxiety Sensitivity Population
Baraa Kabha, The Hebrew University of Jerusalem, Israel
- 14.20 An exploration of the worst aspects of shielding for immunocompromised people as a result of the COVID-19 pandemic
Anna Gray, University of Bath, United Kingdom
- 14.25 Practical Training in Cognitive-Behavioral Therapy: A Narrative Review of Evidence-Based Educational Methods for Clinical Psychologists
Yolanda Martínez, Althaia Hospital/ISAMBES Research Group, Spain
- 14.30 Leveraging Artificial Intelligence in Supervision to Enhance the Counselling and Cognitive Behavioral Therapy (CBT) Skills of Prospective Psychological Counsellors: A Transformative Approach to Training and Professional Development
Dilara Maraba, Ibn Haldun University, Turkey
- 14.35 Measuring fear extinction during exposure therapy for early onset OCD: study protocol
Vendela Zetterqvist, Uppsala University, Sweden
- 14.40 Promoting peripartum psychological health in the family context through an easily accessible sleep intervention: impact on psychophysiological indices of stress and sleep
Debora Meneo, Guglielmo Marconi University, Rome, Italy
- 14.45 Therapists' Treatment-Specific Knowledge, Fears and Perceived Competence in Delivering Trauma-Focused Cognitive Behavioral Therapy to Children and Adolescents: Developments Throughout a Two-Step Training Program
Lena Estelle Jaworski, Goethe-Universität Frankfurt, German
- 14.50 Religiously Integrated Cognitive Behavioral Therapy for Traumatic Grief: A Case Study from a Post-Disaster Field Clinic
Fikriye Bilge Bircan, Ibn Haldun University, Turkey

Panel Discussion 8

Alsh 1

Being a CBT Supervisor: Tensions, Dilemmas and Opportunities arising in a Rapidly Changing Professional Climate

- Chair **Sarah Corrie**, University of Suffolk, United Kingdom
- Panel **Cindy Cassidy**, 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

Symposium 54

Boisdale 1

Advancing schema therapy: Shedding light on its fundamental concepts

- Chair **Duygu Yakin**, University of Amsterdam, the Netherlands
- 14.00 (Mal)Adaptive Schemas & Identity Development in Emerging Adulthood
Jakke Coenye, Ghent University, Belgium
- 14.15 Why the Past Hurts: Unmet Needs in Autobiographical Memory and Current Psychopathology
Lotte Stemerding, University of Amsterdam, the Netherlands
- 14.30 Multidimensional Healthy Adult Scale: Development and validation of a measurement tool
Duygu Yakin, University of Amsterdam, the Netherlands
- 14.45 Categories of Core Emotional Needs
John P Louis, Louis Family Services, United States

Symposium 55

Boisdale 2

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

- Chair **Nicola Wiles**, University of Bristol, United Kingdom
- 14.00 Developing an integrated approach to delivering CBT: the INTERACT intervention
Nicola Wiles, University of Bristol, United Kingdom
- 14.15 Economic evaluation of integrated therapist and online CBT for patients with depression in primary care based on INTERACT trial
Jinshuo Li, University of York, United Kingdom
- 14.30 Patients', therapists' and supervisors' experiences of integrated online CBT: A qualitative study
Fiona Fox, University of Bristol, United Kingdom
- 14.45 Clinical effectiveness of integrated therapist and online cognitive behavioural therapy for primary care patients with depression: results of the INTERACT trial
Nicola Wiles, University of Bristol, United Kingdom

Symposium 56

M4

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

Chair **Gioia Bottesi**, University of Padova, Italy

14.00 Intolerance of uncertainty under a new light: evaluation of a new measurement model and trait-state dynamics

Anna Malerba, Sapienza University of Rome, Italy

14.15 Over-engaging, Avoiding, or Reacting Fast? Measuring Behavioral Responses to Uncertainty

Marija Volarov, University of Novi Sad, Serbia

14.30 Situational Uncertainty in Illness and Intolerance of Uncertainty in Informal Caregivers: A Network Analysis

Anna Panzeri, University of Padova, Italy.

14.45 Disruption caused by extreme weather and psychological distress: The role of cognitive, interoceptive, and behavioural factors related to intolerance of uncertainty.

Maxime Levasseur, Newcastle University, United Kingdom

15.00 Discussion

Mark Freeston, Newcastle University, United Kingdom

Symposium 57

M2

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

Chair **Diana Nechita**, Babes-Bolyai University, Romania

14.00 Smartphone-delivered ecological momentary assessment and interventions for disordered eating following intense shame experiences

Diana Nechita, Babes-Bolyai University, Romania

14.15 Self-criticism, experiential avoidance, social anxiety and depression in an experience sampling paradigm

Simona Stefan, Babes-Bolyai University, Romania

14.30 Emotion Regulation Difficulties, Childhood Maltreatment, And Cluster C Symptomatology: A Daily Diary Study

Stefania Crisan, Babes-Bolyai University, Romania

14.45 Anger and emotion regulation in everyday life: an ecological momentary study

Gabriela Pop (Bud), Babes-Bolyai University, Romania

Open Papers 17

M3

Student mental health and CBT

Chair **Alexander Rozental**, Luleå University of Technology, Sweden

14.00 A randomized controlled trial modifying insomnia-consistent interpretation bias in students

Marloes Duijzings, The University of Sydney, Australia

14.15 Group Cognitive Behavioral Therapy for Reducing Procrastination in College Students: A Randomized Controlled Trial

Alexander Rozental, Luleå University of Technology, Sweden

14.30 Conceptualizing procrastination as a diagnostic category - validation of DSM-5-like criteria in a sample of help-seeking students

Joachim Kowalski, Institute of Psychology, Polish Academy of Sciences, Poland

14.45 Randomised controlled trial of a self-delivered digital intervention for procrastination in UK students

Jeffrey Lambert, University of Bath, United Kingdom

14.00 - 17.30

There is an additional registration fee for these in congress workshops which can be booked at the registration desk

In-congress workshops

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

Compassion Focused Therapy for Complex PTSD

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

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

Building Therapist Resilience and Confidence in Client Care

Aylin Webb, Mind & Mood, United Kingdom

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

Symposium 58

Lomond Auditorium

Maximising reach for mental health support for children and young people

- Chair **Tessa Reardon**, University of Oxford, United Kingdom
- 15.30 Connecting schools across England with mental health research
Zoe Ryan and **Clare Stothart** University of Oxford, United Kingdom
- 15.45 A national system to provide universal, school-based mental health screening for Australian schools
Ronald Rapee, Macquarie University, Australia
- 16.00 Identification-to-intervention for child anxiety problems: iCATS-i2i cluster randomised controlled trial
Tessa Reardon, University of Oxford, United Kingdom
- 16.15 Digital treatments for child anxiety: what international collaboration can teach us – the FLIKK project
Brynjar Halldorsson, Reykjavik University, Iceland
- 16.30 Empowering Parents to Help Their Children Overcome Anxiety: Preliminary Findings from the Implementation of Online CBT within Primary Care in Iceland
Thuridru Hallgrimsdottir Vidar, Reykjavik University, Iceland

Symposium 59

M1

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

- Chair **Emmanuelle Peters**, King's College London, United Kingdom
- 15.30 The design & participant characteristics of the largest study to date evaluating an integrated Trauma-Focused Cognitive Behaviour Therapy for psychosis (TF-CBTp) on post-traumatic stress symptoms in people with psychosis.
Sarah Swan and **Raphael Underwood**, South London and Maudsley NHS Trust, United Kingdom
- 15.45 Empowering the silenced: the STAR (Study of Trauma And Recovery) therapy manual to guide the delivery of integrated Trauma-Focused Cognitive Behaviour Therapy for psychosis (TF-CBTp) for post-traumatic stress and psychosis symptoms
Nadine Keen, South London and Maudsley NHS Trust, United Kingdom
- 16.00 Qualitative investigations of participant and therapist views of trauma-focused cognitive behaviour therapy for psychosis
Rory Byrne, Greater Manchester Mental Health NHS Trust, United Kingdom
- 16.15 Study of Trauma and Recovery (STAR) Trial: The Results!
Emmanuelle Peters, King's College London, United Kingdom
- 16.30 Discussion
Andrew Gumley, University of Glasgow, Scotland

Symposium 60*

Hall 1

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

- Chair **Pasquale Roberge**, Université de Sherbrooke, Canada
- 15.30 Exploring Treatment Components in Transdiagnostic CBT for Anxiety Disorders
Peter Norton, Australia and **Pasquale Roberge**, Université de Sherbrooke, Canada
- 15.50 Predictors and moderators of transdiagnostic cognitive-behavioural therapy for anxiety disorders
Helen-Maria Vasiliadis, Université de Sherbrooke, Canada
- 16.10 Group self-management support for anxiety disorders: A randomized controlled trial
Pasquale Roberge, Université de Sherbrooke, Canada
- 16.30 Healthcare use for mental health reasons and psychotropic drug use in individuals participating in a randomized controlled trial for a transdiagnostic self-management group for anxiety disorders
Alexandra Chapdelaine, Université de Sherbrooke, Canada

**A recording of this session will not be made available after the congress so can only be joined in real time*

Skills Class 15

Caron 1/2

Understanding and treating a specific phobia of vomiting (emetophobia)**David Veale**, King's College London, United Kingdom**Symposium 61**

Dochart 1

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

- Chair **Suzanne Human**, Stellenbosch University, South Africa
- 15.30 Supporting the supporters: Developing an online single-session intervention for parents of adolescents with depression
Natalia Kika, University of Bath, United Kingdom
- 15.45 We Can: Developing a CBT-based parent-delivered psychoeducational intervention for children in South Africa
Suzanne Human, Stellenbosch University, South Africa 16.00
- 16.00 Increasing access to Cognitive Behavioural Therapy (CBT) for child anxiety problems: Can school support staff effectively deliver and sustainably implement brief online therapist supported, parent-led CBT?
Chloe Chessell, University of Oxford, United Kingdom
- 16.15 Mental health lessons that matter: What we've learned from delivering a universal intervention in South African primary schools
Bronwyn Coetzee, Stellenbosch University, South Africa

3 Minute Talks

3 Minute Talks: Session 3

- Chair **Tom Barry**, University of Bath, United Kingdom
- 15.30 A step 2 treatment of anger for the armed forces community
James Knox, Hidden wounds, help for heroes, United Kingdom
- 15.35 Comparison of Gambling Addiction and Internet Addiction in terms of Early Maladaptive Schemas and Coping Methods
Yasemin Arikoğlu, Kapaklı State Hospital, Turkey
- 15.40 'I am no different from others, I just use an insulin pump': An Examination of the Lifelong Experience of Living with Type 1 Diabetes
Zeynep Peker, Ankara Medipol University Turkey
- 15.45 A randomized controlled trial of moderate-intensity aerobic exercise as an adjunct to trauma-focused psychotherapy in traumatized refugees and asylum seekers
Charina Lüder and **Monika Equit**, Universität des Saarlandes, Germany
- 15.50 Are there different patterns of post-traumatic growth in adults after a traumatic event?
Emma Gendreau, Université Toulouse - Jean Jaurès, France
- 15.55 Trajectories of change in symptoms and interference among children and young people receiving psychotherapy for anxiety problems: a systematic review
Emily Whitaker, University of Oxford, United Kingdom
- 16.00 Cognitive Bias Modification for Interpretation Mitigates Nocebo Hyperalgesia
Tessa Rooney, The University of Sydney, Australia
- 16.05 Cultural Adaptation of iCBT targeting Arabic-Speaking Youth in Exile with Mild to Moderate Mental Health Problems
Youstina Demetry, Karolinska Institute, Sweden
- 16.10 Vulvodynia and Mental Health: Associations between Vulvodynia symptoms, Anxiety-, Depressive symptoms and Sexual satisfaction in young Women
Rebecca Lennartsson, Örebro University, Sweden

Symposium 62

Alsh 1

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

- Chair **Antje Horsch**, University of Lausanne, Switzerland
- 15.30 Glucose as a Cognitive Enhancer in Fear Memory: Effects on Extinction and Generalization
Monika Lehnert, Saarland University, Germany
- 15.45 A single-session behavioural intervention to prevent childbirth-related posttraumatic stress disorder
Antje Horsch, University of Lausanne, Switzerland
- 16.00 Tetris, with or without prior recall of a trauma film, reduces intrusive memories of the film
Ulrike Rimmele, University of Geneva, Switzerland
- 16.15 Timing matters: Re-encountering the phobic cue within days after a reconsolidation intervention is key for a lasting fear reduction in spider phobia
Jacqueline Peters, University of Groningen, the Netherlands

Symposium 63

Boisdale 1

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

- Chair **Julie Ji**, University of Plymouth, United Kingdom
- 15.30 The role of mental imagery in magical thinking – a harm provocation study
Julie Ji, University of Plymouth, United Kingdom
- 15.50 Targeting Disgust Mental Imagery in Contamination-Based OCD through Imagery Rescripting: A Clinical Controlled Pre-Post Study
Jakob Fink-Lamotte, University of Potsdam, Germany
- 16.10 The nexus of hoarding and mental imagery extremes: Exploring hoarding tendencies in aphantasia and hyperphantasia samples
Isaac Sabel, University of New South Wales, Australia
- 16.30 The Associations Between 'Just Right' Experiences, Incompleteness, and Control-Related Beliefs
Cailyn Fridgen, Concordia University, Canada
- 16.45 Discussion
Paul Salkovskis, University of Oxford, United Kingdom

Skills Class 16

Boisdale 2

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

Daniela Zigova, Bromley Healthcare, United Kingdom

Symposium 64

M4

Meaning in life as a transdiagnostic factor in psychopathology

- Chair **Franziska Schutzeichel**, University of Groningen, the Netherlands
- 15.30 Meaning in life and value-based decision-making in alcohol use disorder
Matt Field, University of Sheffield, United Kingdom
- 15.45 The Causal Role of Meaning in Life and Self-Control in Substance Use and Internalizing Symptoms
Marcel Näther, University of Groningen the Netherlands
- 16.00 The role of meaning in life in depression: A causal network perspective
Rebecca Schulz, University of Groningen, the Netherlands
- 16.15 How Meaning in Life Shapes Eating Disorder Symptomatology and Internalizing Comorbidity
Franziska Schutzeichel, University of Groningen, the Netherlands
- 16.30 Fear of uncertainty as a mechanism of the inverse relation between life meaning and psychological distress
Brian D. Ostafin, University of Groningen, the Netherlands

Open Papers 18

M2

Developments in Bipolar Disorder and Psychosis

- Chair **Lorna Hogg**, University of Oxford United Kingdom
- 15.30 Development and validation of the self-Dehumanisation in Psychosis Scale (DiPS)
Tom Jenkins, University of Bath, United Kingdom
- 15.45 Sedation and psychosis - systematic review, qualitative study, and future directions
Sarah Reeve, University of East Anglia, United Kingdom
- 16.00 The prevalence and clustering of delusions and anomalous sensory experiences in a large-scale culturally diverse early intervention in psychosis service sample: Implications for early intervention cognitive behaviour therapy
Leonie Hellwich, Central and North West London NHS Foundation Trust and UCL, United Kingdom
- 16.15 A randomised feasibility trial comparing group and individual format GROUPS FOR HEALTH interventions for loneliness in people who experience psychosis
Lorna Hogg, University of Oxford United Kingdom

Open Papers 19

M3

Attention and cognitive bias in mental health

- Chair **Simon Blackwell**, University of Göttingen, Germany
- 15.30 Biased and Inattentive Responding Drive Apparent Metacognitive Biases in Mental Health
Noam Sarna, Tel-Aviv University, Israel
- 15.45 Modifying Uncertainty: The Effectiveness of Internet-Based Cognitive Bias Modification on Intolerance of Uncertainty
Yasemin Meral, Izmir University of Economics, Turkey
- 16.00 The Effects of Digital CBM-I on Interpretation Bias, Anxiety, and Depression: A Systematic Review and Meta-Analysis
Kaan Alp Karamanli, King's College London, United Kingdom
- 16.15 Who Exhibits Cognitive Biases? Mapping Heterogeneity in Attention, Interpretation, and Rumination in Depression
Mary McNamara, McLean Hospital/Harvard Medical School, United States

17.00 - 18.00

Keynote Addresses

Lomond Auditorium

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

Michelle Craske, University of California, Los Angeles, USA

Chair: Antje Horsch, University of Lausanne, Switzerland

M1

The Friendship Bench: Lessons from a thousand grandmothers

Dixon Chibanda, Friendship Bench Zimbabwe, Zimbabwe

Chair: Shirley Reynolds, CBTReach, United Kingdom

Hall 1

From vulnerability to resilience: Can the prevention of obsessive-compulsive disorder become a reality?

David Mataix-Cols, Karolinska Institute, Sweden

Chair: Craig Chigwedere, Trinity College Dublin, Ireland

Caron 1/2

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

Gillian Haddock, University of Manchester, United Kingdom

Chair: Chris Taylor, University of Sheffield & Pennine Care NHS Foundation Trust, United Kingdom

Open Papers 20

Dochart 1

Culturally informed interventions for clinical complexity

- Chair **Hamish Mcleod**, University of Glasgow, Scotland
- 17.00 Co-designing a problem-solving intervention for British Bangladeshi youth
Ishrat Shahnaz, King's College London, United Kingdom
- 17.15 Improving the Understanding of Complex PTSD Profiles in Palestinian Young People to Help Guide the Refinement and Adaptation of Psychological Treatments
Caesar Hakim, An Najah National University, State of Palestine and **Hamish Mcleod**, University of Glasgow, Scotland

Symposium 65

Dochart 2

Considering negative and adverse effects in mental health interventions.

- Chair **Paul Salkovskis**, University of Oxford, United Kingdom
- 17.00 Understanding negative experiences and harm in eating disorder treatment: a systematic review and meta-synthesis
Emma Kinnaird, University of Oxford, United Kingdom
- 17.15 When clinical practice increases suicide risk: recognising and reducing iatrogenic harm in psychological interventions
Tiago Zortea, Oxford Health NHS Foundation Trust, United Kingdom
- 17.30 Thinking, Not Box-Ticking: Formulation-Led Adaptation and Fluid Clinical Reasoning in Therapy with Autistic People
Eloise Stark, University of Oxford, United Kingdom

Saturday 6 September

08.30 - 10.00

Symposium 66

Lomond Auditorium

When disgust becomes dysfunctional: recent developments and implications for treatment

- Chair **Fleur Boonstra**, University of Groningen, the Netherlands
- 8.30 Disgust is Invoked for Self-Conservation (DISC)
Uri Berger, Montefiore Medical Center - Albert Einstein College of Medicine, United States
- 8.45 Beyond the Surface: Mental Contamination and the Avoidance of Physical and Moral Contaminants
Catherine Ouellet-Courtois, McGill University Health Center, Canada
- 9.00 Emetophobia (fear of vomiting)
Adrian Meule, University of Regensburg, Germany
- 9.15 When disgust becomes dysfunctional: Recent developments and treatment implications - Self-disgust as a maintaining factor in anorexia nervosa
Iris Hovens, University of Groningen, Accare, the Netherlands
- 9.30 Escape from and Prevention of Disgust-Eliciting Memories of the Own Body in Individuals with Eating Disorders
Fleur Boonstra, University of Groningen, the Netherlands

Symposium 67

M1

Which therapist skills drive change in CBT? – Relationships between therapeutic skills and treatment success

- Chair **Jasmin Ghalib**, University of Potsdam, Germany
- 8.30 Evaluation of the The Cognitive Therapy Scale Revised-4 (CTSR-4)
Sven Alfnsson, Karolinska Institutet, Sweden
- 8.45 What Matters in Psychological Therapy? Psychotherapists' Perspectives on Essential Competencies and Their Confidence in Using Them
Jana Bommer, Trier University, Germany
- 9.00 Must-Have or Nice-to-Have? The Role of Guided Discovery in Learning Success and the Therapeutic Alliance
Jasmin Ghalib, University of Potsdam, Germany
- 9.15 A comprehensive review of therapists' skills that facilitate patients' engagement with BSH
Truls Ryum, Norwegian University of Science and Technology, Norway
- 9.30 "Crossing the reflective bridge": How therapists synthesise personal and professional development from self-practice/self-reflection during CBT training.
Vickie Presley, Coventry University, United Kingdom

Symposium 68

Hall 1

New Insights into Hoarding: Implications for Clinical Formulation

- Chair **Sharon Morein-Zamir**, Anglia Ruskin University, United Kingdom
- 8.30 Predictive Factors of Hoarding in Emerging Adults
Enes Kartal, Anglia Ruskin University, United Kingdom
- 8.45 Impulsive and compulsive traits as contributors to hoarding
Sharon Morein-Zamir, Anglia Ruskin University, United Kingdom
- 9.00 Loneliness in Hoarding Disorder: A Systematic Review and Meta-Analysis
Keong Yap, Australian Catholic University, Australia
- 9.15 Emotion regulation, anxious attachment and executive function in hoarding
Jane Scott, Anglia Ruskin University, United Kingdom
- 9.30 Discussion
James Gregory, University of Cardiff, United Kingdom

Skills Class 17

Caron 1/2

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

Open Papers 21

Dochart 1

Mechanisms in Post-Traumatic Stress Disorder

- Chair **Agnieszka Popiel**, Poland
- 8.30 Long-term PTSD prevalence, early post-trauma predictors and adverse psychological, functional and economic outcomes: a 15-year follow-up of adults with suspected serious injury
Chris Hoeboer, Amsterdam UMC, the Netherlands
- 8.45 Association of social and life threats with symptoms of posttraumatic stress disorder and social anxiety disorder
Johann Hardarson, University of Iceland, Iceland
- 9.00 Objective and subjective sleep disturbances do not predict PTSD treatment outcomes
Salomé Porten, Charité - Universitätsmedizin Berlin, Germany
- 9.15 Social threat compared to life threat in the development of post-traumatic stress disorder: Results from a population study of Icelandic women
Andri Björnsson, University of Iceland, Iceland

- 9.30 Evaluation of a Rumination Intervention for Individuals with PTSD: A Pilot Feasibility Study
Hjordis Lorenz, University of Oxford, United Kingdom

Open Papers 22

Dochart 2

Eating problems and body image

- Chair **Emma Osborne**, University of Oxford, United Kingdom
- 8.30 Social Media: Cure or Curse? Assessing the Effects of Fitspiration, Thinspiration, Body Positivity, and Body Neutrality on Body Image, Mood, Self-Esteem, and Eating Disorder Pathology in Women With and Without Eating Disorders
Kristine Schönhals, Osnabrück University, Germany
- 8.50 Bridging the Gap: A Mixed-Methods Real-World Pilot of a Digital Intervention for Adults with Binge Eating Awaiting Treatment
Emma Osborne, University of Oxford, United Kingdom
- 9.10 Guided Internet-Based Cognitive Behavioral Therapy for Women with Bulimia Nervosa: A Randomized Clinical Trial
Sayo Hamatani, Fukui University, Japan
- 9.30 Perceiving More, Eating Less: Sensory Processing Sensitivity and Body Image in Disordered Eating Behaviors
Zeynep Bayir, Bahcesehir University, Turkey

Symposium 69

Alsh 1

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

- Chair **Bente Storm Mowatt Haugland**, University of Bergen, Norway
- 8.30 Exploring Long-Term Efficacy of the EMOTION intervention and Child-Parent Reporting Discrepancies: Insights from an Eight-Year Follow-Up Study
Kristin Martinsen, University of Oslo, Norway
- 8.45 Long-term outcomes from school-based cognitive-behavioral group interventions for youth with anxiety
Pål Lystrup and **Bente Storm Mowatt Haugland**, University of Bergen, Norway
- 9.00 Predictors of dropout from schoolbased CBT for anxiety in youth
Gro Janne Wergeland, University of Bergen, Norway
- 9.15 Predicting Long-term Treatment Outcomes in Youth with Anxiety Disorders: The Role of Externalising Symptoms
Krister Fjermestad, University of Oslo, Norway
- 9.30 Discussion
Ronald Rapee, Macquarie University Australia

Panel Discussion 9

Alsh 1

Low Intensity CBT: The Issues, The Myths, The Legend

- Chair **Pam Myles-Hooton**, Bespoke Mental Health, United Kingdom
- Panel **Rutendo Mhonda**, So We Glow NHS Scotland
Faithful Odusote, Private Practice, NHS Talking Therapies, United Kingdom
Elizabeth Ruth, University of Bradford, United Kingdom
Taf Kunorubwe, Mindfulness in Reading, Berkshire, United Kingdom

Open Papers 23

Boisdale 1

Mechanisms and innovations in Mental Health

- Chair **Simon Blackwell**, University of Göttingen, Germany
- 8.30 Empkins EKSpersion: Findings from a Randomized Controlled Clinical Trial on Kinaesthesia-enhanced Interventions to Target Depressive Symptoms
Lydia Rupp, Friedrich-Alexander-Universität Erlangen-Nürnberg, Germany
- 8.45 Schema Therapy with Individuals Having Cluster-C Personality Disorders: Client Experiences of Change
Tavleen Kohli, National Institute of Mental Health and Neurosciences, India
- 9.00 Exploring the Effectiveness of Dissociation-Focused Cognitive Behavioral Therapy (DF-CBT): Overall Efficacy and Identification of Active Mechanisms
Alexis Vancappel, Université de Lille, France
- 9.15 An experimental investigation of dampening as an emotional contrast avoidance strategy
Myriam Gerardy, KU Leuven, Belgium
- 9.30 Virtual environment for exposure therapy of obsessive-compulsive disorder enriched with olfactory stimuli
Martina Janíková, National Institute of Mental Health, Czechia

Open Papers 24

Boisdale 1

Trauma in complex circumstances

- Chair **Jon Wheatley**, Homerton University Hospital NHS Foundation Trust, London
- 8.30 Prolonged grief in treatment-seeking traumatized refugees: Comorbidity with posttraumatic stress symptoms and network structure
Mirjam Sophie Rueger, Goethe-Universität Frankfurt, Germany
- 8.50 EMPOWER-Grief: A Cognitive Behavioural and Acceptance-Based Intervention for Preventing Prolonged Grief
David Dias Neto, ISPA - Instituto Universitário, Portugal
- 9.10 Male sex increases risk of posttraumatic outcomes following exposure to intimate partner violence in US military sexual assault survivors
Rebecca Blais, Arizona State University, United States
- 9.30 Timing and type of posttraumatic stress disorder treatment in patients with co-occurring substance use disorder and posttraumatic stress disorder – a randomized controlled trial
Nathalie Faber and **Sera Lortye**, Arkin Mental Health Care, the Netherlands

Skills Class 18

M4

Parenting our Selves

Susan Bogels, University of Amsterdam, the Netherlands

Symposium 70

M2

Improving Peer Online Forums for Mental Health

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

8.30 Who uses forums and why?

Zoe Glossop, Lancaster University, United Kingdom

8.45 Impact of using peer online forums: a realist evaluation

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

9.00 Understanding safety in online mental health forums: a realist evaluation

Paul Marshall, Lancaster University, United Kingdom

9.15 Understanding the needs of moderators in online mental health forums: a realist synthesis and recommendations for support

Heather Robinson, Lancaster University, United Kingdom

9.30 Codesigning resources to improve peer online forums for mental health

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

Symposium 71

M3

Cognitive remediation in affective disorders: Novel insights

Chair **Yannick Vander Zwalm**, Ghent University, Belgium

8.30 Cognitive control training for reduction of anxiety and improvement of math achievement in primary-school children

Khanh Linh Chu, The University of Queensland, Australia

8.45 Transdiagnostic Cognitive Control Training for Patients waiting for Outpatient Psychotherapy: A Randomized Clinical Trial

Maximilian Blomberg, University of Münster, Germany

9.00 Towards targeted prevention of depression: A Phase II trial on just-in-time application of cognitive control training with booster sessions

David Demeester, Ghent University, Belgium

9.15 Behavioral, Psychological, and Physiological Data Collection using Mobile Technology for Just-in-Time Prediction of Depression

Yannick Vander Zwalm, Ghent University, Belgium

9.30 Discussion

Ernst Koster, Ghent University, Belgium

09.00-12.30

There is an additional registration fee for these in congress workshops which can be booked at the registration desk

In-congress workshops

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

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.

09.00 - 13.00

Poster Session

Experimental Psychopathology

Innovations in delivery of CBT

Intellectual and Developmental Difficulties

Older Adults and Lifespan

Training, Supervision and Professional Issues

1. **Examining Efficacy and Engagement with Psychotherapy Trials for the Treatment of Body Dysmorphic Disorder: A Meta-analysis and Systematic Review**
Ella Byrne, Swinburne University of Technology, Australia
2. **Personality and Preferences for smartphone app use in supported face-to-face CBT**
Patrick McGhee, Flutura, United Kingdom
3. **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
4. **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

5. **Prediction Error in the Caudate as a Neural Mechanism of Change in Imagery Rescripting: Evidence from an fMRI Study on Fear of Failure**
Stanislaw Karkosz, *SWPS University, Poland*
6. **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*
7. **AdoptMindful2Care@Web: Bridging the Gap in Psychological Support for Adoptive Parents Through eMental Health**
Ana Chorão, *University of Coimbra, Portugal*
8. **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*
9. **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*
10. **Overcoming the challenges of providing continuous professional development in private practice: How we found our way in Helsinki**
Annabel Battersby, *Compass Psychology, Finland*
11. **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*
12. **Validation of psychosocial stress-inducing scenarios in virtual reality in borderline personality disorder**
Anna Francová, *National Institute of Mental Health, Czechia*
13. **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*
14. **Potential advantages of virtual reality exposure therapy for anxiety disorders in children**
Monika Walczak, *University of Copenhagen, Denmark*
15. **A remote therapy protocol for social phobia: Integrating VR exposure, relaxation breathing, and online group consultations**
Katarína Adamcová, *National Institute of Mental Health, Czechia*
16. **Using virtual reality exposure therapy in outpatients with obsessive compulsive disorder: Within-group comparison study.**
Pavla Stopková, *National Institute of Mental Health, Czechia*
17. **Automating Imagery Rescripting with Large Language Models: Toward Scalable and Standardized Experimental Procedures**
Stanislaw Karkosz, *SWPS University, Poland*
18. **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*
19. **Online cognitive behavioral therapy study group for medical professionals: a phenomenological analysis**
Yumi Abe, *Chiba University, Japan*
20. **A Cost-Effective Digital Exposure Approach to Treat Public Speaking Anxiety: effects of satisfaction and change expectancy**
Steven Klein, *Universität des Saarlandes, Germany*
21. **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*
22. **Psychological Flexibility among psychotherapists in training: A pilot trial of acceptance and commitment training (ACT)**
Laura Rosaria Vangi, *Miller Institute, Italy*
23. **Bridging Professional Isolation: Generativity, Loneliness, and the Role of Metaphors in Supervision for Psychologists**
Camellia Hancheva, *Sofia University "St. Kliment Ohridski", Bulgaria*
24. **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*
25. **Brief Online CBT for Maritime Workers: Outcomes from the 'Person at the Centre' Initiative**
Laura Rosaria Vangi, *Miller Institute, Italy*
26. **Climate change as a challenge in emerging disorders and CBT management: Clinical examples**
Carole Boudebessé, *French Association of Cognitive and Behavioural Therapy; Private Practice, Paris, France*
27. **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*
28. **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*
29. **Self-compassion vs. self-esteem: Refining the roles in mental health**
Lisanne Asberg, *Utrecht University, the Netherlands*
30. **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*
31. **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*
32. **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*
33. **Findings from trauma-informed workshops for healthcare staff in a maternity hospital**
Burcu Gurpinar and Emma Evans, *Liverpool Womens NHS Foundation Trust, United Kingdom*
34. **Identifying personalized predictors for depressive complaints: an ideographical network approach among ruminators**
Matthias Maerevoet, *Ghent University, Belgium*
35. **A Protocol for Validation of a Process-Based Competence Evaluation for Evidence-Based Dissemination (PROCEED)**
Simone Gorinelli and Katarina Keinonen, *University of Jyväskylä, Finland*
36. **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*

37. **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*
38. **A Novel Approach to Cognitive Restructuring: the Use of Relevance Theory in CBT**
Viktorii Denisova, *National Research University Higher School of Economics (HSE University), Russian Federation*
39. **Cognitive behavioral therapy for eco-anxiety and climate change related disorders: Systematic literature review and synthesis**
Soufiane Carde, *Private Practice, Montpellier, France*
40. **Longitudinal Changes in Maladaptive Personality Domains and Clinical Outcomes: A Study Protocol**
Gabriele Caselli, *Sigmund Freud University, Milan, Italy*
41. **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*
42. **Practice Makes Perfect? Deliberate Practice in Psychotherapy Training: A Qualitative Content Analysis**
Natalie Schoemann, *University of Bamberg, Germany*
43. **A Web-Based Randomised Controlled Trial for Undiagnosed Depression and Anxiety: Assessing Minimally Important Changes with Patient-Reported Outcomes**
Noriko Numata, *Chiba University, Japan*
44. **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*
45. **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. Rares Scalcau, Romanian Association for Behavioural and Cognitive Therapy, Romania*
46. **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*
47. **Transforming an NHS Talking Therapy Service in a Rural Geography: Addressing Waiting Times and Service Efficiency**
Jeanett Larsen, *Midlands Partnership University NHS Foundation Trust, Shropshire, Telford and Wrekin NHS Talking Therapies, United Kingdom*
48. **Guiding future iCBT adaptations for mixed anxiety and depression in French-speaking older adults in Québec**
Helen-Maria Vasiliadis, *Université de Sherbrooke, Canada*
49. **Mapping Frameworks for Developing Digital Psychological Interventions in Mental Health: Toward Evidence-Based Guidelines**
David Dias Neto, *ISPA - Instituto Universitário, Portugal*
50. **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*
51. **Augmentation of CBT for obsessive-compulsive disorder and anxiety disorders: A systematic review and meta-analysis**
Till Langhammer, *Humboldt-Universität zu Berlin, Germany*
52. **What's Holding Us Back? Exploring Barriers in Low-Intensity CBT Groups**
Taf Kunorubwe, *Mindfulness in Reading, Berkshire, United Kingdom*
53. **Group Based Metacognitive Therapy for Post-COVID Syndrome**
Julia Kroener, *University of Ulm, Germany*
54. **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*
55. **How to assess sensory perception in autistic children and adolescents?**
Sandra Brouche, *Paris Nanterre University, France*
56. **Going against the evidence base? LICBT practitioners Perspectives and Experiences of complexity**
Taf Kunorubwe, *Mindfulness in Reading, Berkshire, United Kingdom*
57. **Cognitive Behavioural Therapy and Family Involvement in Autism Spectrum Disorder: A Scoping Review**
Eminhan Suna, *Social Sciences University of Ankara, Türkiye & Ahmet Akgün, Istanbul Rumeli University, Turkey*
58. **The value and use of semiotic and thematic content analysis in CBT**
Tero Timonen, *Åbo Akademi University, Finland*
59. **'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*
60. **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 and Hazel Ashment, *Sussex Partnership NHS Foundation Trust, United Kingdom*
61. **Importance of early intervention in children with below-average functioning and behavioral atypia typical of autism spectrum disorder: analysis of two clinical cases**
Maria Elisa Piroddi, *Miller Institute, Italy*
62. **Aging without MUSTs**
Marija Mitrovic, *University Childrens Hospital, Slovenia*
63. **The development of a collaborative care nurse-led add-on intervention targeting functional recovery in late-life depression by using Intervention Mapping**
Rose Collard, *Radboudumc, the Netherlands*
64. **Enhancing Clinical Competencies in Mental Health: A CBT-Based Training for Mental Health Residents**
Yolanda Martínez, *Althaia/ISAMBES Group Research, Spain*
65. **Delivering Internet-based CBT (iCBT) for mild-to-moderate depression and anxiety: Integration into Community Mental Healthcare in Singapore**
Charmaine Lim and Alvin KY Neo, *MOH Office of Healthcare Transformation, Singapore*
66. **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 and Katia Carbé, Les Toises - Psychiatry and Psychotherapy Center, Switzerland*
67. **The Role of Personality Traits in the Effectiveness of Mindfulness Interventions: A Randomized Controlled Trial**
Saeko Takatera, *The University of Tokyo, Japan*

68. **Indirect Effects of Guided Internet-Based Self-Help Interventions for University Students with Depressive Symptoms: A Comparative Study**
Ruiying Zhao, *Vrije University Amsterdam, the Netherlands*
69. **Virtual Reality in Reminiscence Therapy for Parkinson's Disease (RETURN-VR): A Co-Design Approach**
Anna Genovese, *Fondazione Bruno Kessler (FBK), Italy*
70. **Australian Psychologists' Perspectives of A Blended Care Intervention**
Justin Catania, *UNSW Sydney, Australia*
71. **Trait disgust proneness predicts the persistence of acquired disgust responses**
Jessica Brandt, *UNSW Sydney, Australia*
72. **Development of an Internet-Based Mental Health Support Program for Parents of Children Diagnosed with Autism Spectrum Disorder**
Murat Eyuboglu, *Eskişehir Osmangazi University, Turkey*
73. **Effectiveness of the RETHink therapeutic online video game in enhancing emotion regulation and psychological well-being in children and adolescents with chronic conditions: a randomised controlled trial**
Eliza Atudosie, *Babes-Bolyai University, Romania*

Online only posters

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*

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*

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

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

Hearing from professionals working with alcohol addiction on how to implement Dialectical Behavioral Therapy and the Unified Protocol in clinical practice.

Alba Abanades Morillo, and María Vicenta Navarro Haro, *University of Zaragoza, Spain*

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*

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

Riikka Riihonen, *Tampere University Hospital, Finland*

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*

Increasing engagement with behavioural therapy (CBT) using generative AI: A randomised controlled trial (RCT)

Jessica McFadyen, *Limbic, United Kingdom*

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*

10.30 - 12.00

Symposium 72

Lomond Auditorium

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

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

10.30 **Treatment Preferences for PTSD Among Australian Defence Force Members: Preferred Treatment, Predictors and Reasons for Choice**

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

10.45 **From Past to Present: How pre-service trauma and current cognitive and behavioural processes shape PTSD risk in military personnel**

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

11.00 **Cognitive Therapy Coaching for PTSD and Depression in Healthcare Workers: A Pilot Study of SHAPE**

Aimee McKinnon, University of Oxford, United Kingdom

11.15 **Multimodal Prediction of Resilience in Medical Students: Insights from the HMZ Stress Cohort Study**

Birgit Kleim, University of Zurich, Switzerland

Symposium 73

M1

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

Chair **Matt Field**, University of Sheffield, United Kingdom

10.30 **Development of a digital Contingency Management intervention to encourage heroin abstinence in individuals with opioid use disorder.**

Carol-Ann Getty, Kings College London, United Kingdom

10.50 **Incentivised treatment and recovery: The CONGAM feasibility study of contingency management for the treatment of gambling**

Simon Dymond, Swansea University, United Kingdom

11.10 **A randomised controlled trial of contingency management for alcohol use disorder: investigating changes in value-based decision-making and their association with reductions in drinking.**

Matt Field, University of Sheffield, United Kingdom

11.30 **Contingency management as a core therapeutic process**

Frank Ryan, Imperial College London, United Kingdom

Symposium 74

Hall 1

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

- Chair **Alice Tunks**, University of Sussex, United Kingdom
- 10.30 Lessons from delivering the Investigating Benefits to Lifestyle by Improving Sleep Strategies (IBLISS) study
Alice Tunks, University of Sussex, United Kingdom
- 10.50 Multi-modal Approach to Preventing Suicide in Schools (MAPSS): Learnings from Conducting a School-Based Suicide Prevention Trial
Molly McCarthy, Liverpool John Moores University, United Kingdom
- 11.10 Moving away from universal school-based mental health interventions
Jack Andrews, University of Oxford, United Kingdom
- 11.30 Catalyst: Co-Designing a Community-Based, Task-Sharing Model for Youth Mental Health Support
Devyn Glass, University of Sussex, United Kingdom

Skills Class 19

Caron 1/2

The ACT Matrix: a more functional approach to formulation

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

Symposium 75

Dochart 1

PTSD and Psychosis: Mechanisms linking trauma to symptoms

- Chair **Richard Bentall**, University of Sheffield, United Kingdom
- 10.30 Post-traumatic stress symptoms make distinct contributions to fluctuations in psychosis symptoms in daily life
Morwenna Rickard, University College London, United Kingdom
- 10.45 Exploring longitudinal association between trustworthiness judgements and paranoia in a clinical sample with a diagnosis of PTSD and psychosis: an ESM study
Anton Martinez, Kings College London, United Kingdom
- 11.00 Neural Correlates of Trauma Memory Recall in People with Psychosis-PTSD: baseline MRI outcomes of the STAR trial
Ze Freeman, King's College London, United Kingdom
- 11.15 Paranoia modulates amygdala reactivity to social threat: probing cognitive reappraisal using functional MRI prior to trauma-focused CBTp
Liam Mason, University College London, United Kingdom
- 11.30 **Discussion**
Richard Bentall, University of Sheffield, United Kingdom

Symposium 76

Dochart 1

Developments in Imagery Re-scripting for Obsessive Compulsive Disorder

- Chair **David Veale**, King's College London
- 10.30 The Imagery Rescripting OCD (ImRs-OCD) Protocol: An Integrated, Sequenced Treatment Combining Exposure and Response Prevention and Imagery Rescripting for Treatment-Resistant OCD.
Gayle Maloney, Yale University School of Medicine, Australia
- 10.45 Imagery Rescripting for Patients with Obsessive-Compulsive Disorder not responding to Outpatient Cognitive Behavioral Therapy
Mirjam Kampman, Overwaal, Centre of Expertise for anxiety disorders, OCD and PTSD, Pro Persona Nijmegen, the Netherlands
- 11.00 Imagery Rescripting as a Stand-Alone Treatment for Obsessive-Compulsive Disorder: A Multiple-Baseline Study
Tibor van Verseveld, Amsterdam UMC, the Netherlands
- 11.15 Comparing imaginal exposure with imagery rescripting in people with obsessive-compulsive disorder (OCD) experiencing future-orientated obsessions: a single-case experimental design
Talana Adams, King's College London, United Kingdom
- 11.30 **Discussion**
Arnoud Arntz, University of Amsterdam, the Netherlands

Skills Classes 20

Alsh 1

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

Victoria Bream and **Tom Graham**, Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust

Symposium 77

Alsh 2

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

- Chair: **Jacqueline Peters**, University of Groningen, the Netherlands
- 10.30 Introduction to the Netherlands Study of Depression and Anxiety (NESDA)
Peter J. De Jong, University of Groningen, the Netherlands
- 10.45 Search and Presence of Meaning in Life in (Comorbid) Depression and Anxiety: A Cross-sectional Analysis from the Netherlands Study of Depression and Anxiety
Mirjam Frey, University of Groningen, the Netherlands
- 11.00 The Causal Role of Meaning in Life and Internal Locus of Control in Internalizing Symptoms and Substance Use
Marcel Näther, University of Groningen, the Netherlands
- 11.15 Distant and Distressed: The Role of Interpersonal Problems in Anxiety and Depression
Jacqueline Peters, University of Groningen, the Netherlands
- 11.30 The role of Implicit and Explicit Self-Esteem in the relationship between Childhood Trauma and Adult Depression and Anxiety
Anouk Gathier, Amsterdam University Medical Center, the Netherlands

Skills Classes

Boisdale 1

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

Jackie Andrade, University of Plymouth, United Kingdom

Symposium 78

Boisdale 2

Virtual reality exposure in anxiety disorders

Chair **Elizabeth Uduwa Vidanalage**, Utrecht University, the Netherlands

10.30 Adolescents' Attitudes Toward Virtual Reality and In Vivo Exposure Therapy for Social Anxiety

Jella De Lee, KU Leuven, Belgium

10.45 Virtual vs. real: Unraveling threat expectancies in fear of heights exposure

Elizabeth Uduwa Vidanalage, Utrecht University, the Netherlands

11.00 Virtual Reality exposure therapy for adolescents with public speaking anxiety

Smiti Kahlon, Haukeland University Hospital, Norway

11.15 Exploring Virtual Reality in Group CBT for Anxiety: Lessons from the Largest Pragmatic Trial to Date

Benjamin Alexander Thorup Arnfred, Psychiatric Center Copenhagen, Denmark

11.30 Discussion

Katharina Meyerbröker, Utrecht University, the Netherlands

Symposium 79

M4

Enhancing Cognitive-Behavioural Therapy through Neuroscience

Chair **Kristoffer Månsson**, Karolinska Institutet, Sweden

10.30 Moment-to-Moment Neural Variability Tracks Symptom Reduction During Cognitive Behavioral Therapy for Social Anxiety Disorder

Kristoffer Månsson, Karolinska Institutet, Sweden

10.45 Increased perception of fear under ambiguity in social anxiety disorder

Ondrej Zika, Karolinska Institutet, Sweden

11.00 Moment-to-moment brain signal variability as a generalizable diagnostic biomarker for social anxiety disorder

Jingjing Ye, University of Edinburgh, Scotland

11.15 Neuroimaging anxious children and adolescents before and after cognitive behavioral therapy: a systematic review

Oana Munteanu, Babes-Bolyai University, Rumania

11.30 Can moment-to-moment neural variability predict outcomes after transdiagnostic internet-delivered CBT for adolescents with anxiety and depression?

Anca Dobrea, Babes-Bolyai University, Romania

Skills Class

M2

Ethical decision-making in CBT practice

Helen Macdonald, BABCP and **Caroline Dugen-Williams**, Shropshire, Telford and Wrekin NHS Talking Therapies and University of West of England, United Kingdom

Open Papers 25

M3

CYP interventions for School and pre-school age

Chair **Clare Dixon**, Sussex Partnership NHS Foundation, United Kingdom

10.30 Exploring the early efficacy of school-based, low intensity, CBT

Clare Dixon, Sussex Partnership NHS Foundation, United Kingdom

10.45 Bidirectional associations between catastrophizing and school burnout: a longitudinal investigation using a random-intercept cross-lagged panel model

Ioana Alexandra Iuga, Babes-Bolyai University, Romania

11.00 Evaluating the Feasibility of Thoughts & Health: A School-Based Mental Health Intervention in Collaboration with Swedish Primary Care

Pia Augustsson, University of Gothenburg, Sweden

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

Ana Isabel Pereira, University of Lisbon, Portugal

11.30 Evaluating the effectiveness of Cool Little Kids; a preventive intervention for anxiety disorders in behaviorally inhibited toddlers.

Leonie Vreeke, Leiden University, the Netherlands

12.00 - 13.00

Keynote Addresses

Lomond Auditorium

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

Agnieszka Popiel, SWPS University, Poland

Chair: Hamish McLeod, University of Glasgow, Scotland

M1

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

Nusrat Husain, University of Manchester, United Kingdom

Chair: **Simon Blackwell**, University of Göttingen, Germany

Hall 1

Adapting CBT across the adult lifespan: a mature perspective

Ken Laidlaw, University of Exeter, United Kingdom

Chair: Georgina Charlesworth, University College London, United Kingdom

Caron 1/2

Single-Session Interventions as a Youth Mental Health Moonshot

Jessica Schleider, Northwestern University, USA (via livestream)

Chair: **Julier Ji**, University of Plymouth, United Kingdom

14.00 - 15.30

Symposium 80

Lomond Auditorium

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

Chair **Frederick Aardema**, University of Montreal, Canada

14.00 Inference-Based Cognitive-Behavioral Therapy versus Exposure and Response Prevention for Obsessive-Compulsive Disorder: A Randomized Controlled Non-Inferiority Trial

Frederick Aardema, University of Montreal, Canada

14.20 Rethinking OCD Treatment: Exploring Shared Cognitive Mechanisms in I-CBT, ERP, and Mindfulness Approaches

Catherine Ouellet-Courtois, McGill University Health Center, Canada

14.40 The mediating role of inferential confusion and obsessive beliefs between stressful life events and obsessive-compulsive symptoms in symptomatic adolescents

Lysandre Bourguigno, UQAM, Canada

Symposium 81

M1

Mechanisms of change in the reduction of repetitive negative thinking

Chair **Edward Watkins**, University of Exeter, United Kingdom

14.00 Enhancing present-moment awareness: An evaluation of strategies for reducing repetitive negative thinking

Katie Wood, University of Exeter, United Kingdom

14.15 Does attention bias modification reduce anxiety? A registered replication study

Frances Meeten, King's College London, United Kingdom

14.30 Mechanisms of change in Rumination-Focused cognitive behavioural therapy: effects on trait and state rumination, inhibitory control, and neural network engagement.

Henrietta Roberts, University of Exeter, United Kingdom,

14.45 "Do I deal with this through deep self-compassion ... Or do I actually have an intervention that says come on ... Just do it": a deductive analysis of individuals' endorsement and critiques of five mechanisms of therapeutic change

Sabrina Meechem and **Phil Hall**, University of Exeter, Mood Disorders Centre, United Kingdom

15.00 Negative self-belief reactivity – investigating the role of self-talk style

Julie Ji, University of Plymouth, United Kingdom

Symposium 82

Hall 1

Digital Mental Health Interventions across the translational pathway

Chair **Pamela Jacobsen**, University of Bath

14.00 AI-Facilitated Immersive Technology for Mental Health Interventions

Jim Ang, University of Kent, United Kingdom

14.20 Regulation and evaluation of digital mental health technologies

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

14.40 Stop (Successful Treatment for Paranoia) – A multi-centre Randomised Controlled Trial of an app-based cognitive bias modification therapy for paranoia

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

15.00 Understanding the implementation of a digital self-management tool for psychosis (EMPOWER): A qualitative study

Stephanie Allan, University of Glasgow, Scotland

Skills Class 23

Caron 1/2

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

Symposium 83

Dochart 1

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

Chair **Kristof Hoorelbeke**, Ghent University, Belgium

14.00 Unpacking Posttraumatic Growth – Identifying Predictors in Trauma-Affected Individuals Using Machine Learning

Laura Mertens, Ghent University, Belgium

14.20 Tetris and Eye Movements as Preventative Interventions for Reducing Intrusive Memories and Distress After Analogue Trauma

Jacqueline Peters, University of Groningen, the Netherlands

14.40 Impact of a brief HRV-Biofeedback intervention on emotion regulation following a real-life stressful event: a randomized controlled study.

Jente Depoorter, Ghent University, Belgium

15.00 Predicting preventative effects of cognitive control training in remitted depressed individuals: A machine learning approach

Skills Class 24

Dochart 2

Designing exposure-based behavioural experiments for postnatal OCD

Alexa Roxborough, South London and Maudsley NHS Trust, United Kingdom

Symposium 84

Alsh 1

Therapeutic Applications of Climbing and Bouldering Psychotherapy

Chair **Julie Langan Martin**, University of Glasgow, Scotland

14.00 Bouldering Psychotherapy (BPT): What is it, why is it CBT and who can it help.

Alexis Zajetz, University of Salzburg - PLUS, Austria

14.10 Bouldering Psychotherapy in South-West Scotland

Steve Moorhead, University of Glasgow, Scotland

14.20 ReMind: Mindful Climbing for Emotional Resilience and Cognitive Flexibility

Stephanie Maxwell, ReMind Climbing, Chiang Mai, Thailand

14.30 Using climbing as part of the curriculum in alternative provision: the REACH project

Nicole Gridley, Leeds Beckett University, United Kingdom

14.40 Steve Moorhead and Emma Jackson: The Professional's Journey

Emma Jackson, NHS Greater Glasgow and Clyde, Scotland

14.50 Climbing Through Cognitive Distortions: A CBT-Informed Movement-Based Approach for Neurodivergent Youth

Maribeth Olsen, Beyond Climbing, Denver Colorado, United States

15.00 Climb it Up: climbing for social inclusion and Diversity

Katerina Bakola, Athens Network of Collaborating Experts (ANCE) and **Steve Moorhead** (University of Glasgow)

15.10 Discussion

Chris Williams, University of Glasgow, Scotland

Skills Class 25

Alsh 2

Using qualitative methods underpinned by cognitive neuroscience to achieve depth in psychotherapy research.

Tony Ward, University of the West of England, United Kingdom

15.30 - 16.30

Lomond Auditorium

Closing Ceremony and awards