



3-6 September

Hosted by the British Association for Behavioural & Cognitive Psychotherapies

Congress Programme



Hosted by the British Association for Behavioural & Cognitive Psychotherapies

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

Baillie 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 - 19.30

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 Vrijen, 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 Results of a multiple baseline case series study into the effectiveness of ImRs as treatment for complex depression
Arnoud Arntz, University of Amsterdam, the Netherlands
8.45 Add-on effects of imagery rescripting to ongoing cognitive behavioural therapy for major depressive disorder
Fritz Renner, University of Freiburg, Germany
9.00 Effectiveness of Imagery Rescripting for trauma-affected voice hearers: An Open Trial
Georgie Paulik-White, Perth Voices Clinic, Murdoch University; Curtin University, Australia
9.15 Optimizing treatment intensity: does session frequency matter?
Sophie Rameckers, University of Amsterdam, the Netherlands
9.30 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 **Kerry Young**, Woodfield Trauma Service, London, United Kingdom

Skills Class 2

Dochart 1

Adapting and using DBT skills for people with bipolar disorder

Julietta Martins Azevedo and **Kim Wright**, University of Exeter, Mood Disorders Centre, United Kingdom

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
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 Boosting Memory Activation to Target Aversive Memories in Dual-Task Intervention
Mae Nuijs, Altrecht Academic Anxiety Centre, the Netherlands
8.45 Dual-Task Interventions Reduce the Emotional Impact of Both Recent and Remote Aversive Memories
Kevin Van Schie, Tilburg University, the Netherlands
9.00 Investigating the Role and Malleability of Outcome Expectations in EMDR
Marlot Van Kempen, Tilburg University the Netherlands
9.15 Disentangling the Flash technique
Valentijn Alting Van Geusau, Altrecht Academic Anxiety Centre, the Netherlands
9.30 Discussion
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 **Marije van der Lee**, Helen Dowling Institute, the Netherlands

Open Papers 1

Boisdale 2

Emotion Regulation and Youth-Focused Interventions

Chair: **Marija Mitkovic-Voncina**, University of Belgrade, Serbia
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

Chairs: **Naoki Yoshinaga**, Chiba University, Japan and **Graham Thew**, University of Oxford, United Kingdom
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

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

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**
Stamatis Velloopoulos and Evodia Tsikaropoulou, *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. **Unravelling 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: 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, *Atilim 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**
Evodia Tsikaropoulou, *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, *Babeş-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 Órn 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 (withdrawn)**
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 Lehner, *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 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 and Keitaro Murayama, Kyushu University Hospital, Japan

65. The Relationship Between Rejection Sensitivity, Borderline Personality Traits, and Psychological Aggression in Married Individuals
Tubanur Bayram Kuzgun, İstanbul 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.
Hannah Bleasby and 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, Babes-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 analogue and its impact on analogue PTSD symptoms
Katharina Grün, Saarland University, Germany

73. Cognitive Behavior Therapy for Depression and Insomnia in a Patient with a Primary Brain Tumour. A case report.
Vida Ana Politakis, University Rehabilitation Institute Republic of Slovenia Šoča, Slovenia.

74. An Indonesian version of the Overall Anxiety Severity and Impairment Scale (OASIS): Psychometric properties in a university student sample
Ardian Praptomojati, University of Groningen, the Netherlands

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 Tani, 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 Dysmorphism 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 Kablamo Yardım, 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 adaptions 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: A Relational and Dialogic Approach to Working with Distressing Voices in Psychosis
Nikos Xanidis, University of Glasgow, Scotland.
10.45 AVATAR therapy for distressing voices in psychosis: the AVATAR2 trial findings
Thomas Craig, King's College London, United Kingdom
11.00 Lived Experience Involvement in AVATAR2
Oliver Owrid, University College London, United Kingdom
11.15 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
11.30 Implementation of AVATAR Therapy
Moya Clancy, 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
10.50 The role of country and culture in the effect of autobiographical memory sharing on social support
Tom Barry, University of Bath, United Kingdom
11.10 Disrupting flashforward imagery in anxious young adults: A novel imagery interference approach
Alex Lau-Zhu, University of Oxford, United Kingdom
11.30 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 scripting: 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 Northwest 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 Mental imagery and mental health in first-time expectant mothers: A mixed-methods investigation
Jessica Radley, King's College London, United Kingdom
11.30 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
Elizabeth Hogg, University College London, United Kingdom
10.45 Supervised online training of clinicians in the assessment and treatment of young people with body dysmorphic disorder: A feasibility study
Martina Gumpert, Karolinska Institute, Sweden
11.00 Disseminating Cognitive-Behavioral Therapy for body dysmorphic disorder: Evaluating the efficacy of online provider training.
Geneva Jonathan, Massachusetts General Hospital, Harvard Medical School, United States
11.15 Body dysmorphic symptoms and appearance-based rejection sensitivity in ambiguous rejection
Katharina Bosbach, University of Wuppertal, Germany
11.30 Interoception in Body Dysmorphic Disorder
Susan Rossell, Swinburne University of Technology, Australia

Symposium 12

Aish 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
Kim Wright, University of Exeter, United Kingdom
10.45 Ten misconceptions: CBT for depersonalisation and derealisation
Claudia Hallett, South London and Maudsley NHS Trust, United Kingdom
11.00 Evolving Perspectives on Enhanced Cognitive Behaviour Therapy (CBT-E): Clarifying Ten Key Misconceptions and Communication Gaps
Rebecca Murphy, University of Oxford, United Kingdom
11.15 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**, University of Manchester, United Kingdom
10.30 The Effectiveness of CBT-Informed Inpatient Treatment for Patients with Psychosis: A Naturalistic Study
Alexander Sahm, University of Konstanz, Germany
10.45 Overcoming the barriers of delivering CBT to complex patients in complex settings
Yvonne Awenat and Gillian Haddock, University of Manchester, United Kingdom
11.00 What happens when an app for paranoia is delivered in a trial? A mixed-methods process evaluation protocol
Chloe Hampshire, University of Bath, United Kingdom
11.15 Virtual group CBT for social anxiety comorbid with psychosis: An RCT to evaluate a new intervention
Larry Baer, McMaster University, Canada
11.30 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 **Emily Beck**, University of Bath, United Kingdom
10.30 Professionals' and Non-Professionals' Experiences of Working with People with Hoarding Disorder: A Thematic Synthesis
Hannah Parker, Cardiff University, United Kingdom
10.45 Improving Support for Trauma Service Staff with Third-Wave CBT: Compassionate Mind Training at the Berkshire Traumatic Stress Service
Yuhan Murros, University of Oxford, United Kingdom
11.00 Intolerance of Uncertainty and Coping Styles: Investigating Predictors and Mediators of Burnout in Doctors Working in Emergency Medicine
Emily Beck, 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
Giovanni Mansueto, University of Florence, Italy
10.45 Eating psychopathology symptoms: the role of metacognitive beliefs and rumination
Sara Palmieri, Sigmund Freud University, Italy
11.00 Interpersonal problems and borderline personality disorder: the role of threat monitoring and metacognition in face perception
Enrica Gaetano, Sigmund Freud University, Austria
11.15 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 Labelled: 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 Skjerdingstad, 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

Aish 2

Culturally informed adaptations and interventions

Chair: **Ulrich Stangier**, University of Frankfurt, Germany
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

1. **Brave Steps: Developing a Matched-Care Approach to Building Confidence in Anxiety-Prone Young Children**
Sanne Kleiborn, Leiden University, the Netherlands
2. **Mapping the Symptoms and Maintenance Mechanisms of Generalised Anxiety in Adolescents: A Network Approach**
Lottie Shipp, University of Oxford, United Kingdom
3. **Complex Posttraumatic Stress Symptoms in Children and Adolescents after Child Abuse and Neglect: a Network Approach**
Nina Winands, Goethe-Universität Frankfurt, Germany
4. **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
5. **Early detection and prevention program of violent radicalization for adolescents focused on risk factors, from Bertrand Russell Psychology Center in Madrid.**
Veranía Andres and María Carmen Serrano García, Centro de Psicología Bertrand Russell de Madrid, Spain
6. **Parent-based treatment for paediatric obsessive compulsive disorder (OCD)**
Juul Veeger, Amsterdam University Medical Center, the Netherlands
7. **Emotional dynamics, emotion regulation strategies and their effect on psychosocial functioning and symptom severity in adolescents: a study protocol**
Louise Bergman, Uppsala University, Sweden
8. **Working with Younger Children and Parents within CAMHS; Case Presentation**
Sarah Priestley, Lincolnshire Partnership NHS Foundation Trust, United Kingdom
9. **PETUNIA Study: Unconscious Body Schema in Female Adolescents with Anorexia, Depression, and Healthy Controls**
Tanja Legenbauer, Ruhr University-Bochum, Hamm, Germany
10. **RE&CBT for LGBT Adolescents**
Lara Dobrkovic and Mirjana Markovic, REBT Center Belgrade, Serbia
11. **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 Hrepic Gruic and Janina Pavic Jadric, 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. The 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, Chonbuk 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 Cerolini, 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, Chonbuk 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, Scotland
32. Project YES - Evaluating the acceptability and effectiveness of digital single-session interventions targeting internalizing symptoms in German youth
Laura Maria Derkx, 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
Elif Koca, 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 Bīte, 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 Öğütü, 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. **Integrating Core CBT principles in Child Psychiatric Care in a University Hospital Setting**
Riikka Riihonen, Tampere University Hospital, Finland

79. **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 Skjerdingstad**, University of Oxford, United Kingdom
14.00 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
14.15 Patterns of change in anxiety interference in young children during parent-led CBT
Nora Skjerdingstad, University of Oxford, United Kingdom
14.30 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
14.45 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 Häfliiger, 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

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

Chair: **Andreas Veith**,

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 Behind the Act: Cognitive and Environmental Features of Adolescents with Suicide Attempts
Damla Eyuboglu, Eskisehir Osmangazi University, Turkey

14.25 Studying Family Systems of Adolescent Depression: A Matter of Perspective
Myrthe Veenman, Leiden University, the Netherlands

14.30 A patient with Irritable Bowel Syndrome and Fibromyalgia: controlling pain through self-monitoring
Christina Golemati, Laiko General Hospital of Athens, Greece

14.35 Impact of Acute Stress Exposure on Reactivity to Loss of Control Over Threat
Michalina Dudziak, KU Leuven, Belgium

14.40 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

Chair: **Ulrike**

14.00 When Empathy Hurts: The Impact of Rumination and Burnout in Therapists Working with Self-Harming Patients
Maria Giuseppina Canevizio, 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
14.30 Barriers to Diagnosis and Accessing Evidence-Based Treatment In Menopause Care
Sally Tribe, King's College London, United Kingdom

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, Greece
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

Chair **Brynjar Halldorsson**
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

Chair **Anke Dobrian**
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

In-congress workshop 3

Radisson Red S2

Cognitive Behavioral Therapy for Nightmares

Kristi Pruiksma, 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, Eskisehir 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 Lao**, University of Oxford, United Kingdom
16.10 Exploring the Impact of Childhood Memories of Warmth & Safeness 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 **Alex Lau-Zhu**, University of Oxford, 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 **Saida Mohamed** and **Athina Servi**, 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 **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

Chair: **Jackie Andrade**, University of Plymouth, United Kingdom
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, United Kingdom, **Helen Macdonald** BABCP, United Kingdom, **Chris Frederick***, Project Soulstride, United Kingdom and **Phil Cooper** State of Mind Sport, United Kingdom

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, United Kingdom
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
15.50 Psychological therapies for older adults with bipolar disorder: Options, adaptations and accessibility
Elizabeth Tyler*, University of Manchester, United Kingdom
16.10 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

Chair **Victoria Pile**, King's College London, United Kingdom
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 Neurosciences, 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: Marie Johnson, University of Aberdeen, Scotland

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 Coetzeé**, 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

Chair: Jess Kingston, Royal Holloway, University of London
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, the 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

Chair **Andreas Veith**, DGVT, Germany
17.00 CBT Trainer: An AI-Driven Virtual Patient Platform for Training CBT Therapists against Competencies
Tianyu Zhang, University College London, United Kingdom
17.15 Countertransference and CBT: A Structured Training Approach to Therapist Self-Awareness and Client Engagement
Poornima Bhola, National Institute of Mental Health and Neuro Sciences, India
17.30 Simulation-based psychological skills training and evaluation using large language models: a narrative review
Colin Gorman, Ulster University, Northern Ireland
17.45 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 Class 10

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 Blazevski, Netherlands Institute for Neuroscience, the Netherlands

9.30 Eat or be Eaten: associations between HiTOP dimensions and learning in naturalistic threat scenarios
Oliver 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

8.50 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

9.10 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

9.30 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 Öğütlü, 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,
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

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 E
Emma Cernis, University of Birmingham, United Kingdom

Addressing Persistent Depression: The Cognitive Behavioural Analysis System of Psychotherapy (CBASP)
Kim Penberthy, University of Virginia School of Medicine, United States, **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-Antoniu Mărghitaş, 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 and 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 Ciminili, İstanbul 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, Babeş-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
Evodia 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
Dzhuliyia 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 Annika, 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 Kuroswa, 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 Lorrai, 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, and **Monika Equit**, *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
Camelia 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, *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, 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* and **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* and **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 Scalini, 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 Brączyk, 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. **Unravelling 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 Collaku, Western Balkans University, Albania

Parental 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, Mayo hospital, Lahore, Pakistan

Psychological therapies for PTSD symptoms within bipolar disorder: A systematic review.
Leeanne Nicholls University of Southampton, United Kingdom

Examining the mediating role of self-concept clarity in the relationship between multidimensional perfectionism and self- esteem
Eeene Seah, Macquarie University, Australia

10.30 - 12.00

Symposium 40

Lomond Auditorium

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

Chair **Joshua Buckman**, University College London, United Kingdom

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 Increasing access to therapy by digitally supported system change: The Finnish First-Line Therapies – initiative
Samuli Saarni, Tampere University, Finland

11.30 Improving Access to Psychological Therapies in Spain (PsicAP). Effectiveness of transdiagnostic CBT for Depression and Anxiety in Primary Care
Roger Muñoz, Universitat de València, Spain

11.45 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 Cognitions, 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
Elad Zlotnick, The Hebrew University 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 and Pennine Care NHS Foundation Trust, United Kingdom

10.30 iMAgery focused therapy for Psychosis (iMAPS-2): Introduction to the trial, study protocol and results
Chris Taylor, University of Sheffield and Pennine Care NHS Foundation Trust, United Kingdom

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 and 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

Aish 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

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.
Patrícia 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 Altparmak, *Istanbul Medipol University, Turkey*
10. Perfectionism and Emotion Regulation: A Systematic Review and Meta-Analysis
Gabriela-Andreea Tinta, *Babeş-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, Turkey*
15. Evaluating the Efficacy of a Standalone Audio-Based Mindfulness Exercise on Loneliness: A Randomized Controlled Trial
Daria Sintoma, *Babeş-Bolyai University, Romania*
16. Adaptive Narcissism? Examining the Healthy Adult Mode, Positive Schemas, and Life Satisfaction
Duygu Yakin, *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, *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 Arnon, *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-Liecha, *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 and 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, Babeș-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 PWP
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, Babeș-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 Gelner, 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, 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 Odusote, 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
Ana Beato, 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, Ukrainian Medical Association of the United Kingdom and Mindly Ltd.

Open Papers 16

Dochart 1

Parents and parental interventions

Chair: **Tracey Wade**, Flinders University, Australia

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 Pauw-Telman, Utrecht University, the Netherlands

3 Minute Talks

3 Minute Talks: Session 2

Chair **Kevin Noon**, BABCP Scottish Branch, Scotland

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

Aish 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: Sheding light on its fundamental concepts

Chair **Duygu Yakin**, University of Amsterdam, the Netherlands
14.00 (Mal)Adaptive Schemas and 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 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
14.30 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
14.45 Patients', therapists' and supervisors' experiences of integrated online CBT: A qualitative study
Fiona Fox, 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

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

15.30 - 17.00

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

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 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
Bronwynè 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 Arikoglu, 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 Gendre, 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

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 Nather, 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 Zorteia, 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, 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 Cognitive Therapy Scale Revised-4 (CTSR-4)
	Sven Alförs , Karolinska Institutet, Sweden
8.50	What Matters in Psychological Therapy? Psychotherapists' Perspectives on Essential Competencies and Their Confidence in Using Them
	Jana Bommer , Trier University, Germany
9.10	Must-Have or Nice-to-Have? The Role of Guided Discovery in Learning Success and the Therapeutic Alliance
	Jasmin Ghalib , University of Potsdam, Germany
9.30	“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 and 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 , SWPS University, 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 school based 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 EKSpresion: 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 Zwalmen , 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 Zwalmen , Ghent University, Belgium
9.30	Discussion
	Ernst Koster , Ghent University, Belgium

09.00-12.30

In-congress workshops

Brief Group Schema Therapy (GST): 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, Bingol 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
Stanisław 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. Changed to ONLINE
13. Integration of AI Guidance into Internet-Based ACT: Exploring Associations Between User Preferences, Help-Seeking Barriers, and Human-Computer Trust
Panajota Rasanen and Joonas Merikko, 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
Stanisław 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
Camelia 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 Boudebesse, 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 and Irma Khabazi, GACBT, Georgia

38. **A Novel Approach to Cognitive Restructuring: the Use of Relevance Theory in CBT**
Viktoria 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 Pyszowska, and Natalia Dziura 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 Joshua Wynne, University of Reading, United Kingdom

57. **Cognitive Behavioural Therapy and Family Involvement in Autism Spectrum Disorder: A Scoping Review**
Eminhan Suna, Social Sciences University of Ankara, Türkiye and 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 and 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 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

74. **Addressing Attachment through Compassion-focused Therapy(CFT) in a Latin American Adult Diagnosed with Attentional Deficit and Hyperactivity Disorder (ADHD)**
Carolina Wagner, Coventry University, United Kingdom

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

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
David Veale, King's College London, United Kingdom
11.30 Discussion
Arnoud Arntz, University of Amsterdam, the Netherlands

Skills Classes 20

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, United Kingdom

Symposium 77

Aish 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 Class 21

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 Måansson**, Karolinska Institutet, Sweden
10.30 Moment-to-Moment Neural Variability Tracks Symptom Reduction During Cognitive Behavioral Therapy for Social Anxiety
Disorder
Kristoffer Måansson, 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
Stelian Florean, Babes-Bolyai University, Romania
11.30 Can moment-to-moment neural variability predict outcomes after transdiagnostic internet-delivered CBT for adolescents with anxiety and depression?
Anca Dobrean, Babes-Bolyai University, Romania

Skills Class

M2

Ethical decision-making in CBT practice

Helen Macdonald, BABCP, United Kingdom 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: Julie 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 Does attention bias modification reduce anxiety? A registered replication study

Frances Meeten, King's College London, United Kingdom

14.15 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,

14.30 "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

14.45 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, United Kingdom 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

Yannick Vander Zwalm, Ghent University, Belgium

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

14.20 Bouldering Psychotherapy in South-West Scotland

Steve Moorhead, University of Glasgow, Scotland

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

Maribeth Olsen, Beyond Climbing, Denver Colorado, United States

14.40 ReMind: Mindful Climbing for Emotional Resilience and Cognitive Flexibility

Stephanie Maxwell, ReMind Climbing, Chiang Mai, Thailand

14.50 Climb it Up: climbing for social inclusion and Diversity

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

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

Nicole Gridley, Leeds Beckett University, United Kingdom

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

Emma Jackson, NHS Greater Glasgow and Clyde, Scotland

15.20 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