ESRII2025 VILNIUS
CONFERENCE PROGRAM OVERVIEW

european society
for research on
internet interventions

8th ESRII Conference 2025

DAY 1. 3 OCTOBER 2025

11.00-18.00	REGISTRATION
13.00-14.30	PRE-CONFERENCE WORKSHOP
14.30-15.00	BREAK
15.00-16.30	PRE-CONFERENCE WORKSHOP
17.00-18.30	WELCOME DRINKS

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DAY 2. 4 OCTOBER 2025

8.00-9.00	REGISTRATION
9.00-9.30	OPENING CEREMONY & WELCOME ADDRESS
9.30-10.30	KEYNOTES
10.30-11.00	POSTER SESSION/COFFEE
11.00-12.00	4 PARALLEL SESSIONS
12.00-13.30	LUNCH
13.30-14.30	4 PARALLEL SESSIONS
14.30-15.00	POSTER SESSION/BREAK
15.00-16.00	4 PARALLEL SESSIONS
16.00-16.30	POSTER SESSION/COFFEE
16.30-17.30	4 PARALLEL SESSIONS
17.30-19.00	EARLY AND MIDDLE CAREER EVENT
~19.00	SOCIAL EVENT

DAY 3. 5 OCTOBER 2025

8.30-9.30	REGISTRATION
9.30-10.30	4 PARALLEL SESSIONS
10.30-11.00	POSTER SESSION/COFFEE
11.00-12.00	KEYNOTES
12.00-13.00	LUNCH
13.00-14.00	4 PARALLEL SESSIONS
14.00-14.30	POSTER SESSION/BREAK
14.30-15.30	4 PARALLEL SESSIONS
15.30-16.00	COFFEE
16.00-17.00	4 PARALLEL SESSIONS
17.00-17.30	CLOSING CEREMONY

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ESRII2025 VILNIUS
CONFERENCE PROGRAM

DAY 2
4 OCTOBER 2025

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8th ESRII Conference 2025

8.00-9.00 — **REGISTRATION**

9.00-9.30 — **OPENING CEREMONY AND WELCOME ADDRESS**

9.30-10.30 — **KEYNOTES**

MARIT SIJBRANDIJ | SCALABLE DIGITAL MENTAL HEALTH SOLUTIONS FOR PEOPLE AFFECTED BY CRISIS

PER CARLBRING | AI IN PSYCHOTHERAPY: FROM SCIENCE FICTION TO CLINICAL REALITY

10.30-11.00 — **COFFEE BREAK / POSTER SESSION**

11.00-12.00 — **4 PARRALEL SESSIONS**

SESSION 1	SYMPOSIUM PREVENTION AND INTERVENTION OF MENTAL DISORDERS IN CHILDREN AND ADOLESCENTS THROUGH EHEALTH	SESSION 2	ORAL PRESENTATIONS INTERVENTIONS FOR STRESS: USABILITY AND OPTIMIZATION	SESSION 3	ORAL PRESENTATIONS THE ROLE OF AI IN PSYCHOLOGICAL INTERVENTIONS	SESSION 4	ORAL PRESENTATIONS INTERVENTIONS FOR CHILDREN AND ADOLESCENTS
Rebecca Andersson. Therapist-guided and self-guided online behavioural activation versus treatment as usual for adolescents with mild to moderate depression: a single-blinded, randomised controlled trial	**Cătălin Gherdan.** Adapting WHO's Doing What Matters in Times of Stress for Employees in Dutch Small-to-Medium Enterprises: Feasibility Considerations Ahead of Cluster RCT	**Patrik Senica.** From Code to Care: AI's Place in Psychological Counseling	**Kristina Žardeckaitė-Matulaitienė.** Safe-Photo-Share App: Importance of Individual and Family Factors for the Effectiveness of a Personalized Feedback Intervention to Reduce Problematic Online Photo Self-Disclosure Among Adolescents
Karen Kallesøe. Co-Creation of an App-Based Compassion-Focused Intervention for Parents of Children with Mental Health Problems	**Auguste Nomeikaite.** Who Benefits Most? The Role of Baseline Mental Health and Adherence in the Outcomes of a Stress Recovery Internet Intervention for Healthcare Workers	**Noah Marshall.** Harnessing Generative AI for Mental Health: A Systematic Review of Interventions	**Christine Rummel-Kluge.** Characterization of Frequent Chatters and Linguistic Variables in a Messenger-based Psychological Chat Counseling Service for Children and Young Adults
Johanna Löchner. Treatment Response and Dropout in of a mHealth Intervention for youth Mental Illness Prevention	**Gesine Schrade.** Developing User Personas Based on Engagement Patterns in a Digital Behavior Change Intervention for Stress and Burnout	**Viktor Kaldo.** Clinical efficacy of a Machine Learning based Clinical Decision Support System for therapists treating patients with Internet Cognitive Behavioral Therapy – A triple blind randomized clinical trial	**Aneliana da Silva Prado.** Messenger-Based Psychological Chat Counseling Service as a Support Pathway for Children and Youth Flagged as at Risk of Child Welfare Endangerment
Nadine Nicole Schmitt. Early signs of depression and anxiety disorders in the young using digital biomarkers	**Martin Oscarsson.** Internet-Based Cognitive-Behavioral and Mindfulness-Based Stress Management for Adult ADHD: a Randomized Controlled Trial	**Pontus Bjurner.** The clinical potential of using XAI methods in a machine learning based decision support tool for internet-delivered cognitive behavioural therapy (ICBT) – a randomized experiment	**Gwendolyn Mayer.** Emerging issues for the content development of a serious game for adolescent mental health: Qualitative results from focus groups with users and their stakeholders
Elisabeth Höhne. Gamification-Based Digital Interventions and Stigma in Child Mental Health			

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12.00-13.00   LUNCH TIME

13.00-14.00   4 PARRALEL SESSIONS

SESSION 1 | SYMPOSIUM
THROUGH A NEW LENS: ENHANCING MENTAL HEALTH WITH AUGMENTED REALITY AND VIRTUAL IMMERSION

Marketa Ciharova. Co-creation of digital mental health interventions with experts-by-experience: ZeroOCD, an augmented reality exposure therapy for fear of contamination

Tara Donker. Virtual and Augmented Reality Cognitive Behaviour Therapy for Specific Phobia and OCD

Jón Ingi Hlynsson. What Happens When Augmented Reality Meets CBT for OCD? A Live Demonstration of ZeroOCD

Andrej Skoko. Designing and Evaluating ZeroOCD: A Study Protocol and Interactive Discussion on the Implementation of XR Interventions

SESSION 2 | ORAL PRESENTATIONS
ENGAGEMENT AND ADHERENCE

Laura Simon. Exploring reasons and predictors for dropout in an internet-delivered cognitive behavioral therapy for insomnia

Erik Forsell. What do therapists do when instructed by an algorithm to "do more"? Clinical adaptations used in a successful Adaptive Treatment Strategy in ICBT for Insomnia

Matthias Klee. Illness Beliefs Predict Uptake of Depression Treatment Six Months After Web-Based Depression Screening: A Secondary Analysis of the Prospective DISCOVER RCT

Magdalena Leśnierowska. Exploring Stakeholders Perspectives in the Co-Creation of a Digital Mental Health Game: Findings from a Triangulated Focus Study

SESSION 3 | ORAL PRESENTATIONS
AI INTERGRATION FOR SYMPTOM DETECTION

Pepijn Van de Ven. Looking beyond sum-score questionnaires in mental health diagnosis – a call to action

Ludwig Küster. Symptom detection from everyday language: A new approach to personalizing digital interventions with large language models

Björn Schuller. The Individual Makes the Difference: Improved Depression Detection by Personality-Aware Artificial Intelligence in Audiovisual Data

Matthias Klee. Heterogeneity in Effects of Automated Results Feedback After Web-Based Depression Screening: A Secondary Machine-Learning Based Analysis of the DISCOVER Trial

SESSION 4 | ORAL PRESENTATIONS
CHILDREN AND ADOLESCENTS' MENTAL HEALTH

Emma Chubb. Where do LGBTQ+ young people search for mental health support online and what do they think of what they find? Findings from a qualitative study

Sanna Herkama. Decision Making in Turbulent Times: Managers' Views on Implementing Evidence-Based Psychosocial and Digital Interventions for Young Children in Finnish Wellbeing Services Counties

María Rodriguez-Ayllon. The TeenFit Project: A Study Protocol for Developing a Physical Activity App Finder for Young People

Tetta Hämäläinen. Adolescent adherence to the web-based Youth Compass intervention: What can we learn from looking at different users?

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14.00-14.30   POSTER SESSION

14.30-15.30   4 PARRALEL SESSIONS

SESSION 1 | SYMPOSIUM
ADOPTION, IMPLEMENTATION, AND CLINICAL IMPACT OF THERAPIST-GUIDED DIGITAL TREATMENT IN ROUTINE MENTAL HEALTHCARE

Reidar Nævdal. ICBT Therapists' Perceptions of ICBT and Its Relation to Fidelity: A Survey of Norwegian Therapists in Secondary Care

Aleksander Heltne. Preliminary findings from an ongoing open single-arm trial of a Therapist-Assisted Internet-Delivered Intervention for Adults with ADHD in routine clinical care

Beate Standal. The perceived fit of guided iCBT in the context of specialised mental healthcare services: A qualitative study of healthcare professionals' perspectives

Iris Brunner. Examining Therapists' Patient-Related Time Allocation in Guided Digital Mental Health Interventions: Time to Scale Up. A scoping review and clinical case study

SESSION 2 | ORAL PRESENTATIONS
METHODOLOGY

Nils Hentati Isacsson. Natural Language Processing Models for Predicting Treatment Outcomes in Internet-Based Cognitive Behavioural Therapy

Lauri Lukka. User Journey Method: A Case Study for Improving Digital Intervention Use Measurement

Vilgot Huhn. Pre-treatment symptom reduction, regression towards the mean and spontaneous recovery

Sebastian Kohlmann. How well does the online version of the Patient Health Questionnaire-9 detect depressive disorders? A longitudinal secondary analysis of the DISCOVER study

SESSION 3 | ORAL PRESENTATIONS
AI INTERGRATION FOR YOUTH AND STUDENTS

Saara Huhanantti. AI Expanding Low-Threshold Mental Health Support for Youth: A Chatbot Complementing Anonymous Online Chat Services

Nadine Nicole Schmitt. Journal Analysis for Monitoring Students' Emotional Well-Being with NLP: A Comparative Study of Typed and Transcribed Entries with Personalized Feedback

Stefan Lüttke. Design together: The artifical intelligence for the promotion of mental health in children and adolescents' network (AIMICAN)

Bogdan Tudor Tulbure. Feasibility of an AI-Augmented Psychological Counseling Program for University Students in Romania

SESSION 4 | ORAL PRESENTATIONS
PREVENTION AND FOSTERING RESILIENCE

Esther Mertens. How meeting your future self can stimulate future orientation: Working mechanisms of a smartphone app and VR intervention

Nestler Sophie. Digital Interventions to promote Resilience and Mental Health: an Umbrella Review

Mariebelle Kaus. Preventing Depression in Subclinical Adults: Monthly Effects of a Digital Intervention in a 12-Month Randomized Trial

Claudia Buntrock. Participatory Development and Preliminary Feasibility of a Dyadic-Based, AI-Driven Just-In-Time Adaptive Intervention App for Preventing Anxiety and Depression

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15.30-16.00 COFFEE BREAK / POSTER SESSION

16.00-17.00 4 PARRALEL SESSIONS

SESSION 1 | SYMPOSIUM
RESILIENCE THROUGH SERVICE MODELS IN THE NORDIC COUNTRIES

Tine Nordgreen. Resilience Through Service models in Norway

Ulla Damgaard-Sørensen. Resilience Through Service models in Denmark

Pontus Bjurner. Service models for internet-delivered treatments in Sweden

Tarja Korpilahti-Leino. Resilience Through Service models in Finland

SESSION 2 | ORAL PRESENTATIONS
CULTURAL ADAPTATIONS

Birgit Wagner. Challenges and Barriers of a digital transdiagnostic intervention for Arabic and Farsi Speakers: Results of a pilot study

Youstina Demetry. The Efficacy of a Culturally Adapted Tailored iCBT for Arabic-speaking Refugee Youth and Young Adults with Mild to Moderate Common Mental Health Problems: A Randomized Controlled Trial

Anahita Geranmayeh. Recruitment strategies of a pilot study of culturally adapted ICBT for Farsi/Dari speaking migrants

Tomer Savir. Able and Willing – The Role of Distress and Capacity to Invest in Predicting Preferences for Digital Mental Health Self-Help Tools or Face-to-Face Interventions

SESSION 3 | ORAL PRESENTATIONS
ONLINE SUPPORT AND VR APPLICATION

Panajiota Rasanen. Developing an AI-Guided Chatbot for an Internet-Based ACT Program: A Multiprofessional Co-Design Approach Using a Modified Design Sprint

Anna R. Hudson. Using AI chatbots to test and train clinical communication skills: A meta-analysis, a feasibility study, and qualitative interviewing

Fritz Mende. Psychological Support through Videoconferencing and Live-Chat: Findings on Effectiveness, Working Alliance and Session Impact from an Online Support Service created during the COVID-19 Pandemic

Gert Jan de Boer. The Impact of VR Immersion on Cybersickness and Sense of Presence: Implications for Digital Health

SESSION 4 | ORAL PRESENTATIONS
ANXIETY, SUICIDALITY AND GRIEF

Vilgot Huhn. Comparing two treatments for generalized anxiety disorder within routine care - Intolerance of Uncertainty vs. A Metacognitive Intervention

Justina Pociūnaitė-Ott. Dynamic networks of prolonged grief symptoms in daily life: Ecological momentary assessment study using 16030 measurement occasions

Joanne Mouthaan. Suicide prevention skills training: E-learning modules for the psychology curriculum

Iratxe Alonso-Olea. Qualitative analysis of the first experiences of users of SYMPTOMS-JIT: an app for in vivo exposure in anxiety disorders

17.00-18.30 EARLY AND MIDDLE CARREER EVENT

~19.00 CONFERENCE PARTY

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**DAY 3
5 OCTOBER 2025**

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8th ESRII Conference 2025

8.30-9.30 REGISTRATION

9.30-10.30 4 PARRALEL SESSIONS

SESSION 1 | SYMPOSIUM
BLENDED CARE, BETTER OUTCOMES? A PILOT STUDY ON THE UNIFIED PROTOCOL IN THE SPANISH PUBLIC MENTAL HEALTH SYSTEM

Liliana Pedro. Can the Unified Protocol in Online Group be as Effective as In-Person Group? A Pilot Study among Patients with Emotional Disorders

Laura Martínez García. Blended Care, Better Outcomes? A Pilot Study on the Unified Protocol in the Spanish public mental health system

Laura Martínez García. Comparing Therapeutic Alliance in Blended Unified Protocol vs. Treatment as Usual for Emotional Disorders in Spanish Mental Health Units

Óscar Peris Baquero. Unified Protocol in Online Group vs. Blended Format (Online Group and Mobile App) for Treating Emotional Disorders in University Students: Preliminary Results on Feasibility at 6-Month Follow-Up

Veronica Martinez-Borba. Web-based psychological intervention for women receiving fertility treatments: preliminary clinical utility of the Unified Protocol

SESSION 2 | ORAL PRESENTATIONS
SLEEP & INSOMNIA INTERVENTIONS

Jessica Vazzaz. USleep: A Multi-Arm Randomised Controlled Trial Evaluating the Efficacy of App-Based Audio Tools to Improve Sleep Health in Working Adults Experiencing Poor Sleep

Marie Feiler. Effectiveness of the Online-Therapy Program HelloBetter Schlafen for the Treatment of Insomnia in Routine Care: A Real-World Evidence Study

Kerstin Blom. Large-scale implementation of guided internet-delivered insomnia treatment in routine psychiatric care: treatment effects and implications for patients with insomnia-depression comorbidity

Michaela Augustin. The Baby Comfort Guide - Mobile-Based Intervention for Parents of Children with Crying/Sleeping/Feeding Problems: A Current Status of the Project and Real-World Evaluation

SESSION 3 | ORAL PRESENTATIONS
VIRTUAL REALITY & IMMERSIVE TECH

Fien Buelens. Relaxation using virtual nature: a comparative study on the effects intervention components on psychological and physiological outcomes

Tom Van Daele. PhotoScan VR: a series of single cases studies introducing low-cost VR in Trauma Focused Cognitive Behavioural therapy

Jonas Eimontas. Long-Term Efficacy of VR-Based Exposure Therapy for Students With Public Speaking Anxiety: Results from a Randomized Controlled Trial

Olga Zamalijeva. Beyond Improvement of Symptoms: a Qualitative Study on Broader Effects after VR-based Exposure Therapy for Youth with Public Speaking Anxiety

SESSION 4 | ORAL PRESENTATIONS
METHODOLOGY, MEASUREMENT AND ADVERSE EVENTS

Toon Colman. How to measure self-reported stress on a smartphone: A scoping review of assessment methodology

Janika Thielecke. Measuring stress using WhatsApp voice messages – a feasibility and usability study

Franziska Sikorski. Does feedback after internet-based depression screening cause harm? A secondary analysis of negative effects in the randomised controlled DISCOVER trial

Lena Sophia Steubl. Adverse Events in Two Variants of Blended Therapy Compared to Face-to-Face Treatment

10.30-11.00 COFFEE BREAK / POSTER SESSION

11.00-12.00 KEYNOTES

TOM VAN DAELE

JOHANNA LÖCHNER

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12.00-13.00   LUNCH TIME

13.00-14.00   4 PARRALEL SESSIONS

SESSION 1 | SYMPOSIUM WHAT DIGITAL TOOLS CAN TEACH US ABOUT GRIEF, FROM THERAPY TO DAILY LIFE SELF-MONITORING	SESSION 2 | ORAL PRESENTATIONS INTERNET-BASED CBT EFFECTS	SESSION 3 | ORAL PRESENTATIONS YOUTH MENTAL HEALTH	SESSION 4 | ORAL PRESENTATIONS INTERNET-DELIVERED INTERVENTIONS: REFLECTIONS, REVIEWS, AND FUTURE DIRECTIONS
Laura Hofmann. Development and evaluation of an online counseling service for relatives affected by physician-assisted suicide	**Jill Bjarke.** Effectiveness of self-referral vs GP-referral pathways to guided internet-delivered cognitive behavioral therapy (guided ICBT) for depression and anxiety disorders: an open naturalistic study	**Petra Tratnjek.** Strengthening Youth Mental Health through Online Counselling: A Case Study of #Tosemjaz in Slovenia	**Kim Mathiasen.** Current landscape of digital mental health interventions for child, adolescent and young adulthood anxiety and depression: a systematic review and meta-analysis
Rebecca Rhodin. Evaluation of a self-management mobile app for bereaved adolescents: Meaningfulness and effects on mental health, grieving processes and everyday lives	**Anton Käll.** Exploring the Influence of Loneliness and Social Isolation in Transdiagnostic ICBT delivered in routine care – Findings from the Online Therapy Unit in Saskatchewan	**Austeja Dumarkaite.** Chatbot-based intervention for distressed youth in Lithuania: results of a pilot randomized controlled trial	**Gerhard Andersson.** Internet interventions 27 years later. What have we learned and what remains the same?
Lonneke Lenferink. Self-monitoring of grief reactions in daily life after loss: A randomized controlled trial	**Elisabeth Kohls.** Internet-based cognitive behavior therapy for obsessive-compulsive disorder: Implementation and effectiveness of the OCD-NET program in a psychiatric outpatient department in Germany	**Arpana Amarnath.** Effectiveness of a Guided Internet-Based Self-Help Intervention for Reducing Procrastination in University Students – a Randomized Controlled Trial	**Kristofer Vernmark.** The Role of Psychologists in Digital Mental Health: Insights from the Inaugural Digital Psychology Nordics Conference
Frida Berglund. A feasibility study of guided internet-delivered cognitive behavioural therapy for prolonged grief in Sweden	**Pedro Sarrión.** Preliminary efficacy of a mobile-based values intervention for improving psychological well-being in university students: a randomized controlled trial	**Tuuli Pitkänen.** Discussions between young people and adult online counsellors in an anonymous chat-service for supporting well-being	**Tom Van Daele.** Internet- and mobile-based psychological interventions: An updated EFPA narrative review on current state of the art and implications for clinical practice

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14.00-14.30   POSTER SESSION

14.30-15.30   4 PARRALEL SESSIONS

SESSION 1

ROUNDTABLE DISCUSSION

SESSION 2 | ORAL PRESENTATIONS
STRESS, EMOTION REGULATION AND WEARABLES

Nele A.J. De Witte. Stress tracking in real life: combining wearable monitoring and daily self-report

Francesca Brandolin. Promoting International University Students Stress management and Well-being through brief ACT-based interventions, further outlining a qualitative study exploring adaptation and integration styles informing a newer ACT-based RCT

Hanna Sahlin. Exploring a brief Internet-Based Affect Labeling course for Emotion Regulation Difficulties

Desiree Colombo. Savoring in the wild: Self-efficacy and depressive symptoms in positive emotion (up)regulation

SESSION 3 | ORAL PRESENTATIONS
THERAPIST SUPPORT & GUIDANCE

Victoria Aminoff. Therapist guidance behavior in tailored ICBT for depression

Greta Guogaite. The Role of Therapist Support in Internet-Based Trauma-Focused CBT Intervention for Posttraumatic Stress Disorder: A Qualitative Study

Alfredas Laurinavičius. Exploring the role of psychologist- and client-related factors in early withdrawal from online psychological counselling

Thomas Tandrup Lamm. "I have been hanging on by my fingernails for years – now I have allowed myself to fall" Qualitatively investigating the experience of internet-based psychotherapy for functional somatic disorder

SESSION 4 | ORAL PRESENTATIONS
DEVELOPING AND OPTIMIZING DIGITAL INTERVENTIONS FOR SUBSTANCE USE

Jasmin Lostedt. Involvement of end-users in the development of digital interventions for the prevention and treatment of problematic cannabis use

Nikolaos Boumparis. CANreduce 3.0: A Randomized Controlled Trial Comparing Mindfulness-Based and CBT-Based Digital Interventions Against a Waiting List Control Condition for Cannabis Use Reduction

Jorge Palacios. Digital Innovations Transforming Opioid Use Disorder Treatment: Enhancing Adherence Through Mobile Technology

Martin Kraepelien. Optimization of guidance in digital self-help for problematic alcohol use – a randomized factorial trial

15.30-16.00 COFFEE BREAK

16.00-17.00 4 PARRALEL SESSIONS

SESSION 1 | SYMPOSIUM
WOMEN'S MENTAL HEALTH & LIFE TRANSITIONS

Ana Fonseca. "Cuidar-ME": Development of an e-health CBT intervention to promote women's mental health and wellbeing during (peri)menopause

Reyna Jazmín Martínez-Arriaga. Factors Associated with Negative Psychological Consequences of the Breast Cancer Screening Process in Mexican Women: A Study for the Development of an Internet-Based Psychoeducational Program

Gabija Jarašiūnaitė-Fedosejeva. From screens to body image improvement: A scoping review of women's digital body image interventions' content, engagement, and acceptability

SESSION 2 | ORAL PRESENTATIONS
ADAPTATION, PERSONALIZATION AND ENGAGEMENT

Carmen Schaeuffele. Does personalization increase the effectiveness and adherence in internet-based interventions? A systematic review

Bernaerts Sylvie. Transnational Adaptation of Two Mobile Mental Health apps: a Design Thinking Approach

Aida Palacios Macián. The Effect of Virtual Reality and a Sensory Priming on Compassion Meditation: An Individual-Focused Approach

Alejandro Dominguez-Rodriguez. Well-being Online: A web-based intervention for enhancing well-being and reducing symptoms of depression and anxiety. Preliminary results of its efficacy

SESSION 3 | ORAL PRESENTATIONS
PARENTING AND FAMILY-FOCUSED INTERVENTIONS

Lina Braun. Is a mobile game prototype feasible to support parents in improving their parental skills? Results of a single-group pretest-posttest study in burdened parents (HelpingParentsMinds)

Yujing Li. Parental Moderators of the Effectiveness of an Internet-Based Parent Training Intervention on Child Disruptive Behavior: An Implementation Study in Finland

Ewelina Smoktunowicz. Dyadic Internet Intervention for Work-Family Conflict: Insights from a Pre-Implementation Study and a Randomized Controlled Trial

Elena Sofia Silva. Overcoming Doubt: Understanding Parental Willingness to Adopt Virtual Reality Interventions for Neurodiverse Children

SESSION 4 | ORAL PRESENTATIONS
IMPLEMENTATION AND SCALE-UP

Eva Van Assche. EFPA survey results on digital tool integration in mental healthcare: a future role for the digital navigator

Jinane Abi Ramia. Implementation and Scale Up of a Guided e-Mental Health Intervention In Lebanon: Step-by-Step

Fien Buelens. Development of a Flemish quality assessment framework for digital care, assistance and support

Esben Kjems Jensen. Routine Care iCBT in Denmark

17.00-17.30 CLOSING CEREMONY

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POSTER SESSION PROGRAM
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10.30-11.00   POSTER SESSION

Soledad Quero Castellano. What do the therapists think of a blended intervention for Adjustment Disorder? preliminary results of a qualitative study

Jan Maciejewski. Enhancing Work Self-efficacy and Occupational Well-being in Young Employees by Targeting Meta Self-efficacy: a Protocol for a Randomized Controlled Trial of an Internet Intervention

Smiti Kahlon. Rule-based chatbot application for adolescents with anxiety: a non-randomized pilot and feasibility study

Annet Kleiboer. Beyond the Ivory Tower: Community-Based Participatory Research for Developing a Digital Psychological Intervention to increase Resilience and Connect Vulnerable Citizens in Europe (RECONNECTED)

Ana Fonseca. Digital moms in South European Countries: Acceptability and perceived barriers and facilitators of digital solutions uptake for perinatal mood/anxiety disorders in Italian, Portuguese and Spanish perinatal women

George Vlaescu. Mobile vs. large screen in web-based internet interventions - does it make a difference?

Vladimir Ivanov. Uncertain Allies? Probing the Relationship Between Gaming Experience, Gender, Visuospatial Ability, and VR Memory

Carlos Carona. Emotional effects of a brief child-robot interaction to teach school-aged children a relaxation exercise

Livija Ziemiene. Overview and content of a Chatbot-Based CBT Intervention for Youth adapted for use in Lithuania

Toon Colman. Mental health in the digital age: the needs and expectations of young adults

14.00-14.30   POSTER SESSION

Laura De la Coba Cañizares. Increasign adherence to an internet-based intervention for the treatment of Prolonged Grief Disorder

Leivy Patricia González-Ramírez. Post-pandemic depression, anxiety, and well-being among an adult sample seeking emotional support through the web-based intervention "Well-being Online"

Claire van Genugten. A complex system approach towards REsilient and CONNECTED vulnerable European communities in times of change: study protocol for a full factorial trial in nine European countries

Adrian Antonio Cisneros Hernández. User Design of UNISALUD, a platform for university students reduce consumption of ultra processed food and increase physical activity

Natalia Kika. How do parents look for adolescent mental health information online and what do they think of what they find? A qualitative study to inform the design of an online intervention for parents

Kaisa Mishina. Culturally adapted universal digital parenting intervention for immigrant families in Finland

Chiara Manna. The role of psychological flexibility and psychological factors in chronic pelvic pain among women: a correlational study

Anna R. Hudson. What do therapists think about AI and data-driven methods in mental healthcare? A mixed-methods investigation

Marinna Simoes Mensorio. Brazilian linguistic and cultural adaptation of the web-based psychological intervention Online Well-being (Bem-estar Online): Phase 1.

Pontus Bjurner. Development and status of the Swedish National Quality Register for internet-delivered psychological treatment, SibeR

15.30-16.00   POSTER SESSION

Giulia Parola. Cultivating Compassion with Virtual Reality: Preliminary Data from a RCT

Maren Storetvedt. Optimizing a digital mental health intervention for youth with ADHD: youth perspectives on digital health promotion

Olga Hermansson. Evaluation of an informational website on learning disorders: a mixed-methods study

Elena Sofia Silva. Uniting Perspectives: What Parents and Clinicians Expect and Need from Digitalised Self-Management Interventions for Neurodiverse Children

Eva Ansems. Memory training with the Method of Loci in VR

Ruben Decoster. Scaling mental health training with AVATALK: A virtual human approach

Stefan Lüttke. Effectiveness of digital mental health interventions for children and adolescents with anxiety and depressive symptoms: A systematic review and meta-analysis using ChatGPT4o

Marco Gaßner. Towards enhancing a psychoeducational Manual (PC) through a blended-approach: Ongoing development of a low-threshold, multilingual and mobile Intervention

Elke Baten. Improving Neonatal Care Quality and Parental Involvement with the NeoParent App

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POSTER SESSION PROGRAM
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10.30-11.00 POSTER SESSION

Cristina García-Huércano. Unlocking Engagement: Recruitment Strategies and Participant Motivation in Online Mental Health Interventions – Insights from PrevANS

Carmen Garrido González. A Protocol for Implementing Patient and Public Involvement (PPI) in a Randomized Controlled Trial of a Digital Intervention for Preventing Depression and Anxiety in Spain and Chile (Pandora App)

Edelys Crespo Oliva. Concurrent validity between self-reported walking frequency and duration and
 wrist accelerometry data in older adults with obesity

Cristina González-Monroy. A personalized intervention to prevent depression at the workplace based on risk predictive algorithms and decision support systems: protocol of the e-predictD-WORK study

Sara Reyes Martín. An online transdiagnostic and personalised intervention for prevention of anxiety and depression over risk assessment in Spain and Chile: protocol of the PANDORA randomized controlled trial

Malin Kinnunen. BePresent universal online parenting intervention: Assessing parents intervention satisfaction

Marta Jackowska. Co-Creation in Digital Health: Developing a Mobile App for Monitoring Depression During Pregnancy

Sally Reynard. Smartphone Application Development Framework for Psychological Skills Training

Anna Pyttlik. Procrastination or Progress? A Randomized Controlled Pilot Study Comparing the Acceptance and Adherence of the Internet-Based Intervention "StudiCare Procrastination" as a Blended versus Stand-Alone Version for College Students

Nina Maindal. Study protocol: My Symptoms Young – a new internet-based programme for young people with persistent physical symptoms in primary care. Exploration of effect and health literacy characteristics among users

14.00-14.30 POSTER SESSION

Ines Camino. Optimizing Community Mental Health Teams (CMHTs) Implementation: Key Factors to Consider in Central and Eastern Europe

Nele A.J. De Witte. Integrating digital mental health services into a comprehensive model of mental healthcare delivery

Jennifer K. Kulke. Bridging the Gap for Patients Waiting for Psychotherapy: Focus Groups for the Agile Development of the QUATEMAR App with Tele-Coaching

Oscar Castro. Advancing evidence synthesis in behavioural science: A programme of research to co-design and evaluate an ontology-based study registration tool

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