

ORAL PROGRAMME

Thursday 19 April 2018			
08:00-09:00	Registration and welcome coffee		
Location	<i>Deloitte gallery</i>		
09:00-9:30	Welcome and opening remarks Prof. David Hevey – Head of School of Psychology, TCD		
Location	<i>Macneill Lecture Theatre</i>		
09:30-10	Keynote Challenges and Opportunities in Digital Mental Health Professor Nick Titov, <i>Macquarie University, Australia</i> Co-Director eCentreClinic and Director of Mindspot		
Location	<i>Macneill Lecture Theatre</i>		
10:15-11:30	Parallel session 1	Parallel session 2	Parallel session 3
Location	<i>Macneill Lecture Theatre</i>	<i>Lloyd 1</i>	<i>Lloyd 2</i>
Topic	Adherence and engagement	Mobile and Wearable Technologies	Prevention and Mental Health
Chair	Dr. Jorge Palacios <i>University of Dublin, Trinity College, Ireland</i>	Dr. Gavin Doherty <i>University of Dublin, Trinity College, Ireland</i>	Prof. Cristina Botella <i>Universitat Jaume I, Spain</i>
	[ID:121] A review on best practices for digital interventions to improve engagement and adherence in users Maria Karekla*, Orestis Kasinopoulos <i>University of Cyprus, Cyprus</i>	[ID:124] Internet- and mobile-based Interventions for improving academic performance in college students: a meta-analysis of randomized controlled trials Felix Bolinski* ^{1,2} , N. Boumparis ^{1,2} , A. Kleiboer ^{1,2} , D. Ebert ³ , P. Cuijpers ^{1,2} , H. Riper ^{1,2} ¹ <i>Vrije Universiteit Amsterdam, The Netherlands</i> ; ² <i>Amsterdam Public Health research institute, The Netherlands</i> ; ³ <i>Friedrich</i>	[ID:57] EveryBody Basic: A short unguided online training to promote healthy body image and balanced eating in a low-risk sample. Results from a feasibility pilot study Ina Beintner* ¹ , Lisa Henrike Heier ¹ , C. Barr Taylor ² , Corinna Jacobi ¹ , ¹ <i>TU Dresden, Germany</i> ; ² <i>Stanford School of Medicine</i>

		<i>Alexander Universität Erlangen-Nürnberg, Germany</i>	
	<p>[ID:21] “iFightDepression” – Analysis of usage of an internet-based self-management intervention for patients with mild forms of depression administered in primary care</p> <p>Caroline Oehler*¹, Daniel Böttger¹, Frauke Görge¹, Elisabeth Kohls² Juliane Hug², Ulrich Hegerl¹</p> <p>¹German Depression Foundation, Leipzig University, Germany; ²European Alliance Against Depression</p>	<p>[ID:160] Carewear: an internet-based platform to implement wearable technology in mental health care</p> <p>Nele A.J.De Witte*, Tim Vanhoomissen, Bert Bonroy, Glen Debar, Romy Sels, Marc Mertens, Tom Van Daele</p> <p><i>Thomas More, Belgium</i></p>	<p>[ID:56] Indicated prevention after spousal bereavement and divorce</p> <p>Jeannette Brodbeck*, Thomas Berger, Nicola Biesold und Hans Jörg Znoj</p> <p><i>University of Bern, Switzerland</i></p>
	<p>[ID:80] Dropout-rates and user characteristics of a nation-wide e-health program to promote a healthy lifestyle</p> <p>Ramona Wurst*¹, Nicole Knaack², Jiaxi Lin¹, Malte Wienecke¹, Reinhard Fuchs¹</p> <p>¹Institute of Sports and Sportscience, Albert-Ludwigs-University Freiburg, Germany; ²Techniker Krankenkasse, Germany</p>	<p>[ID:11] The Paffinator: A game based mobile app for smoking cessation</p> <p>Peter Tonn*, Nina Schulze,</p> <p><i>Neuropsychiatric Center Hamburg, Germany</i></p>	<p>[ID:84] Indicated prevention of adjustment-disorders</p> <p>Christian Moser*, Rahel Bachem, Thomas Berger, Andreas Maercker</p> <p><i>University of Bern, Switzerland</i></p>
	<p>[ID:37] Impact of an acceptance facilitating intervention on patients’ acceptance, uptake and adherence of an internet- and mobile-based pain intervention – a randomized controlled trial.</p> <p>Jiaxi Lin*¹, Bianca Faust², David Ebert³, Lena Krämer¹, Harald Baumeister⁴</p> <p>¹University of Freiburg, Germany; ²Rehabilitation Center Todtmoos, Clinic Wehrawald, Germany; ³Friedrich-Alexander-</p>	<p>[ID:159] Brightself: Assessment of Psychological Wellbeing in Pregnancy</p> <p>Kevin Doherty¹, Marguerite Barry², Jose Marcano Belisario³, Martin Cohn³, Nikolaos Mastellos³, Cecily Morrison⁴, Josip Car³, Gavin Doherty*¹</p> <p>¹University of Dublin Trinity College, Ireland; ²University College Dublin, Ireland; ³Imperial College London, UK ⁴Microsoft Research Cambridge, UK</p>	<p>[ID:125] Internet and app intervention for problematic gamblers</p> <p>Lara Bücken*, Stefan Westermann, Steffen Moritz</p> <p><i>University Medical Center Hamburg-Eppendorf, Germany</i></p>

	University Erlangen-Nürnberg, Erlangen, Germany; ⁴ University of Ulm, Germany		
	<p>[ID: 69] The use of E-health technologies as an intervention to improve patient adherence in somatic and mental healthcare: Preliminary results of a systematic review</p> <p>Jiska Aardoom¹, Heleen Riper¹ Hans Ossebaard², Christaan Vis¹ ¹VU University Amsterdam, The Netherlands; ²Dutch National Health Care Institute, The Netherlands</p>	<p>[ID:91] Grasp - A portable and pervasive tools that provide early detection, monitoring and recording of a patient's mental health status.</p> <p>Tor Gjøsæter¹, Jens Espeland² ¹Bryggen Research, Norway; ²Dignio, Norway</p>	<p>[ID:143] The potential of risk screening algorithms for mental health problems: An illustration from the Leuven College Surveys Project</p> <p>G. Kiekens^{*1,2}, P. Mortier¹, R. Bruffaerts^{1,3} ¹KU Leuven, Belgium, ²Curtin University, Australia, ³University of Michigan, USA.</p>
11:30-12:15	Coffee Break		
Location	Deloitte Gallery		
12:15-13:30	Parallel session 4	Parallel session 5	Parallel session 6
Location	Macneill Lecture Theatre	Lloyd 1	Lloyd 2
Topic	Implementation in real world settings	Mood Disorders	Treatment
Chair	Dr. Angel Enrique University of Dublin, Trinity College, Ireland	Dr. Per Carlbring Stockholm University, Sweden	Dr. Gerhard Andersson Linköping University, Sweden
Presentations	<p>[ID:120] Implementation of internet-based CBT in primary and secondary mental health care – a case example from real life</p> <p>Kristofer Vernmark^{*1}, Johan Edbacken² ¹Linköping University, Sweden; ²Psykologpartners, Sweden</p>	<p>[ID:23] Looking for Depression Symptoms from Weibo Language</p> <p>Lushi Chen^{*1}, Christopher HK Cheng², Tao Gong³ ¹The University of Edinburgh; ²City University of Hong Kong; ³Haskin Lab</p>	<p>[ID:28] Predicting treatment outcomes after Virtual Reality exposure therapy using gaze proxy data collected during exposure: Preliminary findings</p> <p>Philip Lindner^{*1}, Alexander Miloff¹, Lena Reuterskiöld¹, Gerhard Andersson², Per Carlbring¹ ¹Stockholm University, Sweden; ²Linköping University, Sweden</p>
	<p>[ID:117] Implementation of an online self-management program for Bipolar Disorder Diagnosis in public mental health services</p>	<p>[ID:25] Therapist-led and self-led one-session Virtual Reality exposure therapy for public speaking anxiety with consumer</p>	<p>[ID:38] The integration and evaluation of a mobile application into Dialectical Behaviour Therapy (DAT) for persons</p>

	<p>in Ireland. A multi-centre feasibility study protocol</p> <p>Angel Enrique^{*1,2}, Noemi Viganó², Conor Connolly², Steven Jones³, Seamus Mac Suibhne⁴, Derek Richards^{1,2}</p> <p>¹University of Dublin Trinity College, Ireland; ²Silvercloud Health, Ireland; ³University of Lancaster, UK; ⁴Health Service Executive, Ireland</p>	<p>hardware and software: A randomized controlled trial</p> <p>Philip Lindner^{*1}, Alexander Miloff¹, Simon Fagnäs², Joel Andersen¹, Martin Sigeman¹, Gerhard Andersson³, Tomas Furmark², Per Carlbring³</p> <p>¹Stockholm University, Sweden; ²Uppsala University, Sweden ³Linköping University, Sweden</p>	<p>with Borderline Personality Disorder: A qualitative and quantitative study</p> <p>Stephen F. Austin^{*1}, Jens Einar Jansen², Charlotte Juul Petersen³, Professor Erik Simonsen, MD, PhD^{1,4},</p> <p>¹Psychiatry Region Zealand, Denmark; ²Mental Health Center Copenhagen, Denmark; ³Psychiatry South, Denmark; ⁴University of Copenhagen, Denmark</p>
	<p>[ID:19] Disseminating Internet-based Cognitive Therapy for Social Anxiety Disorder: A pilot case series in Hong Kong</p> <p>Graham Thew^{*1}, Candice Ling², Amy Kwok³, Mandy Chan³, Anke Ehlers¹, David M Clark¹, Patrick Leung⁴</p> <p>¹University of Oxford, UK; ²New Life Psychiatric Rehabilitation Association; ³Hong Kong Hospital Authority; ⁴Chinese University of Hong Kong</p>	<p>[ID:29] Internet based Unified Protocol (PU) for the treatment of Emotional Disorders (29)</p> <p>Simona Carniato*, Marianna Di Monte</p> <p>Studioo onlus, Italy</p>	<p>[ID:Per1]How much of internet-based self-help is enough for adjustment disorder? Findings from a randomized controlled trial comparing regular self-help vs. self-help with therapist support on demand</p> <p>Jonas Eimontas*, Evaldas Kazlauskas</p> <p>Vilnius University, Lithuania</p>
	<p>[ID:36]Efficacy of a Computer Based Program for the Treatment of Depression in Primary Care</p> <p>María Cruz Pérez Yus^{*1}, Yolanda López del Hoyo¹, Bárbara Oliván Blázquez¹, Javier García Campayo²</p> <p>¹University of Zaragoza, Spain; ²Miguel Servet University Hospital, Spain</p>	<p>[ID:77] Internet-based treatment for Romanian adults with panic disorder: a three-arm randomized controlled trial comparing guided (via real time video sessions) with unguided self-help treatment and a waitlist control</p> <p>Amalia Maria Ciuca^{*1}, Liviu George Crisan¹, Thomas Berger², Mircea Miclea¹</p> <p>¹Babes Bolyai University, Romania; ²Bern University, Switzerland</p>	<p>[ID:6] Harnessing internet-delivered and transdiagnostic treatment approaches to enhance the mental health and cognitive functioning of adults with neurological conditions</p> <p>Milena Gandy*, Nick Titov, Sarah McDonald, Blake Dear</p> <p>Macquarie University, Australia.</p>
	<p>[ID:158]The Effectiveness of Guided Internet-based Cognitive Behaviour</p>	<p>[ID:123] Clinical Efficacy and Economic Evaluation of Internet Cognitive Behavioural</p>	<p>[ID:63] The Short- and Long-Term Effects of Internet Interventions for</p>

	Therapy for Social Anxiety Disorder in a Routine Care Setting Tine Nordgren*, Rolf Gjestad, Gerhard Andersson, Per Carlbring, Odd E. Havik <i>Haukeland University Hospital, Bergen, Norway</i>	Therapy for Major Depressive Disorder: A Systematic Review and Meta-Analysis Elayne Ahern*, Stephen Kinsella, Maria Semkovska <i>University of Limerick, Ireland</i>	Cannabis Use Reduction: A Systematic Review and Meta-analysis Nikolaos Boumparis* ¹ , Michael P. Schaub ² , David D. Ebert ³ , Renske Spijkerman ⁴ , Dirk Korf ⁵ , Heleen Riper ¹ ¹ <i>Vrije Universiteit Amsterdam, The Netherlands</i> ; ² <i>Swiss Research Institute for Public Health and Addiction, Switzerland</i> ; ³ <i>Friedrich-Alexander University Nuremberg-Erlangen, Germany</i> , ⁴ <i>Parnassia Addiction Research Centre (PARC), The Netherlands</i> , ⁵ <i>University of Amsterdam, The Netherlands</i>
13:30-14:45	Lunch Break		
Location	Deloitte Gallery		
14:45 – 16:00	Parallel session 7	Parallel session 8	Parallel session 9
Location	Macneill Lecture Theatre	Lloyd 1	Lloyd 2
Topic	Effectiveness	Long-term conditions	Usability and design of iCBT
Chair	Dr. Derek Richards <i>University of Dublin, Trinity College, Ireland</i>	Prof. Rosa Baños <i>Universidad de Valencia, Spain</i>	Dr. Pepijn van de Ven <i>University of Limerick, Ireland</i>
Presentations	[ID:8] Computer-assisted Cognitive-Behavior Therapy for Depression: A Systematic review and Meta-analysis Derek Richards* ¹ , Jesse H. Wright ² , Thomas H. Richardson ³ , Tracy D. Eells ² , Gregory K. Brown ⁴ , Marna Barrett ⁴ , Mary Ann Rasku ² , Michael E. Thase ⁴ ¹ <i>University of Dublin, Trinity College Dublin, Ireland</i> ; ² <i>University of Louisville, USA</i> ; ³ <i>NHS England, UK</i> , ⁴ <i>University of Pennsylvania, USA</i>	[D:96] Development of an innovative self-management app for asthma patients based on a user-centred approach – a study protocol Charlotte Poot* ¹ , Eline Meijer ¹ , Susanne van de Hei ² , Esther Metting ² , Job van Boven ² , Janwillem Kocks ² , Niels Chavannes ¹ ¹ <i>Leiden University Medical Centre, The Netherlands</i> ; ² <i>University Medical Centre Groningen, The Netherlands</i>	[ID: 17] The impact of product design on user engagement with eHealth interventions in real world use Amit Baumei* ¹ , Fred Muench ² , John M. Kane ³ ¹ <i>University of Haifa, Israel</i> , ² <i>Partnership for Drug-Free Kids, NY, USA</i> , ³ <i>Feinstein Institute for Medical Research, Northwell Hofstra School of Medicine, USA</i>

	<p>[ID: 40] Targeting loneliness with ICBT – A randomized, controlled trial Anton Käll*, Sofia Jägholm, Hugo Hesser, Frida Andersson, Aleks Mathaldi, Beatrice Tiger Norkvist, Gerhard Andersson <i>Linköping University, Sweden</i></p>	<p>[ID:114] Integrating mental and physical healthcare using a web-based screening platform Simone Jayakumar*, Anna Simpson, Sanchika Campbell, Chris Fassnidge, Lauren Rayner, Jane Hutton, Matthew Hotopf <i>Kings College London, UK</i></p>	<p>[ID:16] Security in services for internet treatment and changes coming with GDPR George Vlaescu*¹, Per Carlbring² Gerhard Andersson¹ ¹<i>Linköping University, Sweden;</i> ²<i>Stockholm University, Sweden</i></p>
	<p>[ID:126] Feasibility, acceptability, effectiveness, and satisfaction of an online programme for depression, anxiety, and stress in university students Jorge E Palacios* <i>Trinity College Dublin, Ireland</i></p>	<p>[ID:115] Effectiveness of technology-based distance physical rehabilitation: a systematic literature review and meta-analysis Tuulikki Sjögren*¹, Hakala S.¹, Rintala A.^{1,2}, Immonen J.¹, Karvanen J.¹, Heinonen A.¹ ¹<i>University of Jyväskylä, Finland;</i> ²<i>KU Leuven, Belgium</i></p>	<p>[ID:32] A qualitative exploration of service user views about using digital health interventions for self-management in severe mental health problems Natalie Berry*¹, Fiona Lobban², Sandra Bucci¹ ¹<i>University of Manchester, UK;</i> ²<i>Lancaster University, UK</i></p>
	<p>[ID:48] Psychodynamic internet treatment. A review and some observations Gerhard Andersson*¹, Robert Johansson² ¹<i>Linköping University, Sweden;</i> ²<i>Stockholm University</i></p>	<p>[ID:118] Evaluation and optimization of the Tinnitus E-Programme, an internet-based intervention for tinnitus self-management Kate Greenwell*¹, Magdalena Sereda², Neil Coulson³, Adam Geraghty¹, Debbie Featherstone⁴, Derek J Hoare² ¹<i>University of Southampton;</i> ²<i>NIHR Nottingham Biomedical Research Centre, UK;</i> ³<i>University of Nottingham, UK;</i> ⁴<i>Clitheroe Therapies Clinic, UK</i></p>	<p>[ID:20] The role of web design for the acceptability of a psychoeducation web page on body dysmorphic disorder. Katrin Schoenenberg*, Jennifer Schmidt; Sandra Ostrowski; Alexandra Martin <i>University of Wuppertal, Germany</i></p>
	<p>[ID:30] A meta-analysis of the effectiveness of E-interventions to reduce alcohol consumption in university students. Tom Prosser*, Kate Gee, Fergal W. Jones <i>Canterbury Christ Church University, UK</i></p>		<p>[ID:54] Psychological service advisor – guided intervention based on potential users' needs and professionals' experience Agata Kozłowska* <i>University of Social Sciences and Humanities, Poland</i></p>
16:00-16:30	Coffee Break		

Location	<i>Deloitte Gallery</i>		
16:30-17:30	Parallel session 10	Parallel session 11	Parallel session 12
Location	Macneill Lecture Theatre	Lloyd 1	Lloyd 2
Title	Symposium: Digital psychological interventions in psychosis	Symposium: Technology in the service of therapeutic connections: Digital interventions that train or empower individuals to help those with mental illness	Symposium: Caring universities – First results from the German part of the World-Mental Health International College Student Project
Chair	Dr. David van den Berg <i>Parnassia Psychiatric Institute, The Hague, The Netherlands.</i>	Dr. Amit Baumel <i>Department of Community Mental Health, University of Haifa, Israel</i>	Dr. David D. Ebert <i>Department of Clinical Psychology and Psychotherapy, Friedrich Alexander Universität Erlangen-Nürnberg, Germany</i>
Presentations	[ID:127] Actissist: Co-producing a theory-informed Smartphone-delivered intervention for early psychosis. Sandra Bucci* ¹ , Christine Barrowclough ¹ , John Ainsworth ¹ , Matthew Machin ¹ , Rohan Morris ¹ , Katherine Berry ¹ , Richard Emsley ¹ , Shon Lewis ¹ , Dawn Edge ¹ , Iain Buchan ² , Gillian Haddock ¹ . ¹ University of Manchester, UK; ² Microsoft Research, Cambridge, UK	[ID:131] Scaling up psychological treatments: using the Internet to train therapists Zafra Cooper* <i>Yale School of Medicine, USA</i>	[ID: 135] Internet Interventions in the prevention and treatment of college student mental health disorders: a meta-analysis Mathias Harrer* ¹ , Sophia H. Adam ¹ , Harald Baumeister ² , Randy P. Auerbach ³ , Ronny Bruffaerts ^{4,5} , Matthias Berking ¹ , Pim Cuijpers ⁶ , David D. Ebert ¹ ¹ Friedrich-Alexander-University Erlangen-Nuremberg, Germany; ² University of Ulm, Germany; ³ Columbia University, USA; ⁴ Harvard Medical School, USA; ⁵ Katholieke Universiteit Leuven, Belgium; ⁶ Vrije Universiteit Amsterdam, The Netherlands
	[ID: 128] Use It or Lose It: Can Inclusive Design Improve Psychological Therapies for Psychosis? Amy Hardy* ¹ , Anna Wojdecka ² , Jonathan West ² , Ed Matthews ² , Chris Golby ³ , Thomas Ward ¹ , Daniel Freeman ⁴ , Helen Waller ¹ ,	[ID: 132] Two-year Follow-Up of Internet and Telephone Assisted Parent Training Andre Sourander* <i>University of Turku, Finland</i>	[ID: 136] Efficacy of an unguided, internet- and mobile-based self-help intervention (IMI) for social anxiety disorder (SAD) in university students: results of an randomized controlled trial

	<p>Elizabeth Kuipers¹, David Fowler⁵, Philippa Garety¹</p> <p>¹King's College London, UK; ²Royal College of Art, UK; ³Evolyst Ltd, UK; ⁴University of Oxford, UK; ⁵University of Sussex, UK</p>		<p>Fanny Kählke M.*¹, Thomas Berger², Ava Schulz², Harald Baumeister³, Matthias Berking¹, Randy P. Auerbach⁴, Ronny Bruffaerts⁵, Pim Cuijpers⁶, Ronald C. Kessler⁷, David D. Ebert¹</p> <p>¹University of Erlangen-Nuremberg, Germany; ²University of Bern, Switzerland; ³University of Ulm, Germany; ⁴Columbia University, USA; Sackler Institute, USA; ⁵KU Leuven University, Belgium; ⁶Vrije University Amsterdam, The Netherlands; ⁷Harvard Medical School, USA</p>
	<p>[ID:129] Intervening on voices in daily life with Temstem</p> <p>David van den Berg*¹, Alyssa Jongeneel^{1,2}, Dorien Scheffers³, Nynke Tromp⁴, Philippe Delespaul^{5,6}, Heleen Riper², Mark van der Gaag^{1,2}</p> <p>¹Parnassia Psychiatric Institute, The Netherlands; ²VU University and Amsterdam Public Health research institute, the Netherlands; ³PsyQ, The Netherlands; ⁴Delft University of Technology, The Netherlands; ⁵Maastricht University, The Netherlands; ⁶Mondriaan, The Netherlands</p>	<p>[ID:133] REBOOT Notts: A Randomised Controlled Trial to explore the reach and effectiveness of digital peer support for depression and anxiety</p> <p>Catherine Kaylor-Hughes*</p> <p>University of Nottingham, UK</p>	<p>[ID: 137] Randomized controlled trial to examine the efficacy of an internet-based intervention for enhancing mindfulness in college students (StudiCare-M)</p> <p>Küchler A*¹, Peip K¹, Preuß D¹, Kählke, F², Ebert D², Baumeister H¹</p> <p>¹University of Ulm, Germany; ²University of Erlangen-Nürnberg, Germany</p>
	<p>[ID:130] Virtual Reality therapy for paranoid ideation: effects, working mechanisms and costs.</p> <p>Roos M.C.A. Pot-Kolder, MSc^{1,7*}, Chris N.W. Geraets, MSc², Wim Veling, PhD², Marije van</p>	<p>[ID:134] Using an online platform to automatically train non-professionals to provide emotional support as an adjunct to mental health-care</p> <p>Amit Baumel*</p>	<p>[ID:138] Increasing utilization of psychological interventions in university students. Results from a randomized-controlled pilot-study on</p>

	Beilen, PhD ² , Anton B.P. Staring, PhD ³ , Harm J. Gijsman, PhD ⁴ , Philippe A.E.G. Delespaul, PhD ^{5,6} and Mark van der Gaag, PhD ^{1,7} <i>¹VU University and Amsterdam Public Health Research Institute, the Netherlands;</i> <i>²University of Groningen, the Netherlands;</i> <i>³Altrecht Psychiatric Institute, The Netherlands;</i> <i>⁴Pro Persona Mental Healthcare, The Netherlands;</i> <i>⁵Maastricht University, the Netherlands;</i> <i>⁶Mondriaan Psychiatric Institute zuid-Limburg, The Netherlands;</i> <i>⁷Parnassia Psychiatric Institute, the Netherlands.</i>	<i>University of Haifa, Israel</i>	the efficacy of a personalized digital risk feedback and psychoeducation. Marvin Franke* ¹ , Fanny Kählke ¹ , Harald Baumeister ² , Ann-Marie Küchler ² , Matthias Berking ¹ , Alina Stockhausen ¹ , Randy P. Auerbach ³ , Ronny Bruffaerts ⁴ , Ronald Kessler ⁵ , Pim Cuijpers ⁶ , David D Ebert ¹ <i>¹University of Erlangen-Nürnberg, Germany;</i> <i>²University of Ulm, Germany;</i> <i>³Columbia University, USA;</i> <i>⁴KU Leuven University, Belgium;</i> <i>⁵Harvard Medical School, USA;</i> <i>⁶Vrije University, The Netherlands</i>
17:45-18:05	Second Note Scaling-up unguided Internet-based Cognitive Behavioural Therapy (iCBT) for adult depression: research evidence and challenges Dr. Eirini Karyotaki <i>Vrije University, The Netherlands</i>		
Location	<i>Macneill Lecture Theatre</i>		
18:15	Wine reception/ Closing remarks Sponsored by Elsevier		
Location	<i>Deloitte Gallery</i>		
Friday 20 April 2018			
9:00-9:30	Keynote The short history and long future of technologies and mental health Prof. Rosa Baños <i>Universitat de Valencia, Spain</i>		
Location	<i>Macneill Lecture Theatre</i>		
9:45 – 11:00	Parallel session 13	Parallel session 14	Parallel session 15
Location	<i>Macneill Lecture Theatre</i>	<i>Lloyd 1</i>	<i>Lloyd 2</i>

Topic	Symposium: Meta-analytic reviews on different aspects of Internet- and Mobile-based interventions	Blended therapy	Children / adolescents
Chair	Dr. Jiayi Lin <i>University of Freiburg, Germany</i>	Prof. Cristina Botella <i>Universitat Jaume I, Spain</i>	Dr. Pepijn van de Ven <i>University of Limerick, Ireland</i>
Presentations	[ID: 139] Guided Internet-Based Cognitive-Behavioral Therapy for Patients With Chronic Pain: A Meta-Analytic Review Jessy .A. Terpstra, Rosalie van der Vaart*, Ioanna Gkika, Henriët van Middendorp, Andrea W.M. Evers <i>Leiden University, the Netherlands</i>	[ID:13] Blended group therapy (bGT) for sub-clinical and clinical depression Raphael Schuster* ¹ , Thomas Berger ² , Anton-Rupert Laireiter ³ <i>¹University of Salzburg, Austria, ²University of Bern, Switzerland ³University of Vienna, Austria</i>	[ID:78] Exploring the feasibility of using immersive gaming for treating anxiety disorders in children and young people Jennifer Martin* ¹ , Amelia Woods ² , Claire Hill ³ , Tessa Reardon ³ , Chloe Cook ⁴ , Simon Fox ² , Duncan Brown ⁴ <i>¹NIHR MindTech MedTech Co-operative, The University of Nottingham; ²BfB Labs; ³University of Reading, ⁴Shift Design, UK</i>
	[ID: 140] Internet- and mobile-based interventions for depression and anxiety: two independent meta-analytic reviews of intervention components Domhardt, M.* , von Rezori, R. E., Geßlein, H., Baumeister, H. <i>University of Ulm, Germany</i>	[ID:119] iCare4Depression: a blended care intervention using the Moodbuster App Artur Rocha* ¹ , José Pedro Ornelas ¹ Pepijn Van de Ven ² ; Heleen Riper ³ <i>¹INESC TEC; ²University of Limerick, Ireland; ³VU University Amsterdam, The Netherlands</i>	[ID:101] Family characteristics associated to adolescent's completion of iCBT depression treatment Naira Topooco*, Gerhard Andersson <i>Linköping University, Sweden</i>
	[ID: 141] Effectiveness and moderators of internet-based interventions in treating subclinical depression: An individual participant data meta-analysis of randomized controlled trials Claudia Buntrock* ¹ , David Daniel Ebert ¹ , Jo Annika Reins ² , Johannes Zimmermann ³ , Pim Cuijpers ⁴	[ID:99] Blended cognitive-behavioral therapy for depression: The iCare4Depression study protocol Marlene Sousa*, Eunice Barbosa, Isabel Basto, Sara Silva, Liliana Meira, Tiago Ferreira, João Salgado <i>University of Porto, Portugal</i>	[ID:] Remote support and consultation to enable behaviour change in children with a diagnosis of autism spectrum disorder (103) Cormac Duffy*, Catherine Browne, Vanessa Haydock <i>BEAM ABA Services, UK</i>

	¹ Friedrich-Alexander-University Erlangen-Nuremberg, Germany; ² Leuphana University Lueneburg, Germany; ³ Psychologische Hochschule Berlin, Germany; ⁴ VU University Amsterdam, the Netherlands		
	[ID:142] Self-guided web-based treatment for adult depression: adherence, effectiveness and negative effects – a series of IPD meta-analyses Eirini Karyotaki*, Heleen Riper, and Pim Cuijpers VU University Amsterdam, Netherlands	[ID:73] Barriers and facilitators for referring primary care patients to blended psychotherapy for depression: A qualitative study of general practitioners' perspective Ingrid Titzler* ¹ , Matthias Berking ¹ ; Heleen Riper ² ; Sandra Schlicker ¹ ; David Daniel Ebert ¹ ¹ University Erlangen-Nürnberg, Germany, ² VU University Amsterdam, Netherlands	[ID:100] Pesky gNATs: Custom built Cognitive Behaviour Therapy computer games for Anxiety and Depression (100) Gary O' Reilly* ¹ , David Coyle ² School of Psychology, University College Dublin, School of Computer Science, University College Dublin, Ireland
	[ID: 46] eHealth tools for the self-management in depression – what contributes to acceptance Ralf Hartmann* ¹ , Christian Sander ^{1,2} , Daniel Böttger ¹ , Noah Lorenz ¹ , U.Hegerl ^{1,2} ¹ Research Centre of the German Depression Foundation, Leipzig, Germany, ² Department of Psychiatry and Psychotherapy, University of Leipzig, Leipzig, Germany	[ID:12] PsychOnline: Mindfulness, acceptance and commitment combined in cognitive behavioral therapy (MAC-CBT) used as internet-delivered support – first results of an ongoing study Nina Schulze*, Peter Tonn Neuropsychiatric Center Hamburg, Germany	[ID:122] The development of an internet-based ACT-program for adolescents with anxiety – a step by step guide through the process of creating an interactive treatment program online David Brohede*, Ella Radvogin Psykologpartners
11:00-12:00	Coffee Break / Poster session 1		
Location	Studio 1 & 2 and Deloitte Gallery		
12:00 – 13:15	Parallel session 16	Parallel session 17	Parallel session 18
Location	Macneill Lecture Theatre	Lloyd 1	Lloyd 2
Topic	Implementation and dissemination	Prevention and health	Elsevier Workshop - Publishing your research articles
Chair	Dr. Derek Richards University of Dublin, Trinity College, Ireland	Dr. Per Carlbring Stockholm University, Sweden	Dr. Gerhard Andersson Linköping University, Sweden

Presentations	<p>[ID:108] Changes in use of digital mental health in response to nationwide training of practitioners</p> <p>David Kavanagh^{*1}, Heidi Sturk¹; Angela White¹, Tricia Nagel², Jonathan Tennant³ James Bennet-Levy⁴</p> <p>¹Queensland University of Technology; ²Menzies School; ³University of NSW; ⁴University of Sydney</p>	<p>[ID:61] Investigating behavioural change in older learners via a Massive Online Open Course on successful ageing</p> <p>Silvia Gallagher*, Sarah Bowman <i>University of Dublin Trinity College, Ireland</i></p>	
	<p>[ID:67] Guided internet-based cognitive behavioural therapy among medical psychologists in hospitals: a survey on implementation</p> <p>Rosalie van der Vaart*, Renée IJzerman, Andrea Evers <i>Leiden University, Netherlands</i></p>	<p>[ID:66] Online videos promote brain health literacy</p> <p>Sabina Brennan*, Silvia Gallagher, Una Geary <i>University of Dublin, Trinity College Dublin, Ireland</i></p>	
	<p>[ID:85] Asking the Right Questions: Setting the Top 10 research priorities for digital technology for mental health</p> <p>Mat Rawsthorne^{*1}, Lucy Simons²; Toto Anne Gronlund³</p> <p>¹Institute of Mental Health, ²NIHR MindTech HTC, ³James Lind Alliance</p>	<p>[ID:65] A qualitative exploration into the benefits of an online mindfulness meditation intervention for people with asthma, recruited in primary care</p> <p>Sabina Stanescu*, Sarah Kirby, Ben Ainsworth <i>University of Southampton, UK</i></p>	
	<p>[ID:35] The ORBIT study (Online Remote Behavioural Intervention for Tics): adapting and tailoring the therapist-guided Swedish BiP-TIC intervention for UK patients and clinicians</p> <p>E Bethan Davies^{*1}, Jennifer Martin¹, Charlotte Hall², Cris Glazebrook², Emina Hadziosmanovic², Tara Murphy³, Amber</p>	<p>[ID:116] Remote technology user types - technology user experience as part of counselling planning</p> <p>Marjo-Riitta Anttila*, Heikki Kivistö, Arja Piirainen, Katja Kokko, Anita Malinen, Mika Pekkonen, Tuulikki Sjögren <i>University of Jyväskylä, Finland</i></p>	

	Evans ³ , Isobel Heyman ³ , David Mataix-Cols ⁴ Per Andrén ⁴ , Chris Hollis ^{2 4} ¹ University of Nottingham, ² NIHR MindTech MedTech Co-operative, ³ Psychological Medicine Service and National Tourette Syndrome Clinic, Great Ormond Street Hospital for Children NHS Foundation Trust, ⁴ Karolinska Institutet, Stockholm Eva Serlachius		
	[ID:42] Data Protection for Internet Interventions David O'Callaghan* SilverCloud Health	[ID:102] Online and offline social connectedness and well-being of ethnic minority women in Ireland Fardus Sultan*, Hannah Barton, Sinead Meade IADT, Ireland	
13:15-14:30	Lunch Break		
Location	Studio 1 & 2 and Deloitte Gallery		
14:30-15:30	Parallel session 19	Parallel session 20	Parallel session 21
Location	Macneill Lecture Theatre	Lloyd 1	Lloyd 2
Title	Symposium: Culturally adapted internet interventions its acceptability and usability with diverse populations	Symposium: Internet- and mobile-based Interventions (IMIs) for people living with chronic diseases	Symposium: 30 months into iCare: Successes, setbacks and obstacles
Chair	Alicia Salamanca-Sanabria E-mental Health Research group, Trinity College Dublin, Ireland	Natalie Bauereiß and Eileen Bendig University of Ulm, Germany	Ina Beintner TU Dresden, Germany
Presentations	[ID: 144] The acceptability and usability of a web and mobile version of a guided self-help intervention for depression in Turkey Burçin Ünlü Ince* The Middle East Technical University, Ankara, Turkey	[ID:149] Effectiveness of a web- and mobile-based intervention for depression in back pain rehabilitation aftercare (WARD-BP) Sarah Paganini* ¹ , Lasse Sander ¹ , Jiaxi Lin ¹ , Sandra Schlicker ² , David D. Ebert ² , Matthias Berking ² , Heleen Riper ³ , Harald Baumeister ⁴ ¹ University of Freiburg, Germany; ² University of Erlangen-Nuremberg, Germany; ³ VU University	[ID:154] iCare – Integrating Technology into Mental Health Care in Europe: Introduction and Overview Ina Beintner* on behalf of the iCare Consortium TU Dresden, Germany

		<i>Amsterdam, Netherlands; ⁴University of Ulm, Germany</i>	
	<p>[ID: 145] Chile: e-mental health to improve access to specialized services</p> <p>Graciela Rojas*, Vania Martínez, Viviana Guajardo</p> <p><i>University of Chile, Chile; Pablo Martinez University of Santiago. Chile</i></p>	<p>[ID: 150] Guided internet- and mobile-based self-help interventions for adult patients with cancer – results of two randomized controlled feasibility trials</p> <p>N. Bauereiß^{*1}, E. Bendig¹, C. Mildenerberger¹, L. Storz¹, L. Fluhr¹, K. Bauer¹, P. Albus¹, C. Buntrock², J. Lin³, D.D. Ebert², H. Baumeister¹</p> <p><i>¹University of Ulm, Germany; ²University of Erlangen, Germany; ³University of Freiburg, Germany</i></p>	<p>[ID:155] Recruiting students for an indicated depression prevention program: What lesson can we learn from the Dutch ICare trial?</p> <p>Felix Bolinski^{*1}, Annet Kleiboer¹, Pim Cuijpers¹, Heleen Riper¹, David Daniel Ebert²</p> <p><i>¹VU Amsterdam, The Netherlands; ²Chair of Clinical Psychology and Psychotherapy FAU Erlangen; Germany</i></p>
	<p>[ID:146] User testing and Cultural adaptation of a behavioural activation e-intervention for use in Lebanon</p> <p>Harper Shehadeh M.*, Abi Ramia J., Carswell K., van't Hof E., van Ommeren M., El Chammay</p> <p><i>World Health organization, University of Geneva, Switzerland</i></p>	<p>[ID: 151] The Field of Tension between different populations and therapeutic approaches: Randomized controlled feasibility trials of guided psychological internet- and mobile-based interventions (IMIs) for people living with Coronary Artery Disease (CAD) or Diabetes</p> <p>E. Bendig^{*1}, N. Bauereiß¹, L. Fluhr¹, A. Schmitt⁴, C. Buntrock², P. Albus¹, A. Geirhos¹, P. Meyer¹, L. Simmelbauer¹, J. Lin³, D.D. Ebert², H. Baumeister¹</p> <p><i>¹University of Ulm, Germany; ²University of Erlangen, Germany; ³University of Freiburg, Germany; ⁴Diabetes-Centre Mergentheim, Germany</i></p>	<p>[ID:156] Looking beyond effectiveness: Findings from a systematic review on reach, adoption, implementation and maintenance of Internet-based prevention programs for eating disorders</p> <p>Barbara Nacke^{*1}, Michael Zeiler², Stefanie Kuso³, Lisa Klesges⁴, Karin Waldherr³</p> <p><i>¹TU Dresden, Germany; ²Medical University of Vienna, Austria; ³University of Applied Sciences, Austria; ⁴University of Memphis School of Public Health</i></p>
	<p>[ID: 147] Examining the cultural relevance among Asian minority groups of an internet-delivered cognitive-behavioural intervention for depression and anxiety</p>	<p>[ID:152] Living positive with HIV: A randomized controlled trial of an online self-help intervention for people living with HIV and mild to moderate depressive symptoms</p>	<p>[ID: 157] Stakeholder perspectives on online interventions to prevent mental health problems from six European countries</p>

	Rand Al-Houssan* <i>Trinity College Dublin, Ireland</i>	Sanne van Luenen*, Nadia Garnefski, Philip Spinhoven, Vivian Kraaij <i>Leiden University, The Netherlands</i>	Karin Waldherr* ¹ , Michael Zeiler ² , Stefanie Kuso ¹ , Monika Simek ² , Corinna Jacobi ³ on behalf of the ICare Consortium <i>¹University of Applied Sciences, Austria; ²Medical University of Vienna, Austria; ³TU Dresden, Germany</i>
	[ID:148] Culturally Adapted Cognitive Behavioural internet-delivered treatment for depression: A systematic review Alicia Salamanca-Sanabria* <i>Trinity College Dublin, Ireland</i>	[ID: 153] A mixed methods evaluation of My Breathing Matters: A digital self-management intervention for asthma K Greenwell*, B Ainsworth, A Bruton, M Thomas, L Yardley <i>University of Southampton, UK</i>	
15:30-16:00	Coffee Break		
Location	<i>Deloitte Gallery</i>		
16:00- 17:00	Quick Fire Young Researchers competition	Poster session 2	
Location	<i>Macneill Lecture Theatre</i>	<i>Studio 1 & 2</i>	
Chair	Dr. Jorge Palacios <i>University of Dublin, Trinity College, Ireland</i>		
Titles	[ID:7] Apps against anxiety: Standardised expert quality ratings of apps that target anxiety for android and ios Eva-Maria Rathner* ¹ , Yannik Terhorst ¹ , Lasse Sander ² , Sarah Sturmbauer ³ , Dana Fischer ¹ , Katrin Plaumann ¹ , Daniel Paeschke ¹ , Harald Baumeister ¹ <i>¹University of Ulm; ²University of Feiburg; ³University of Nürnberg-Erlangen, Germany</i>		
	[ID:72] Poland is still learning about e-mental health. Knowledge, acceptance and expectations of digital treatments for depression among Polish stakeholders. Maria Szczepaniak* ¹ , Marta Szydłowska-Pierzak ¹ , Ewelina Smoktunowicz ¹ , Anna Rogala ¹ , Katarzyna Żukowska ¹ , Roman Cieślak ^{1,2} <i>¹SWPS University of Social Sciences and Humanities, Warsaw, Poland, ²University of Colorado, Colorado Springs, USA</i>		
	[ID:76] Research protocol for a Belgian, transregional implementation study using Moodbuster		

	<p>Lore Van den Broeck*¹; Bert Bonroy¹, Fran Timmers², , Karolien Baldewijns¹, Jan Houben², Tom Van Daele¹, ¹<i>Thomas More University of Applied Sciences</i>, ²<i>Pulso Europe</i>²</p>	
	<p>[ID:71] Combining manualised physical exercise with internet-based cognitive behaviour therapy for panic disorder – A feasibility study Henning Johansen*¹, Jon Vøllestad^{1,2}, Trond Sjøbø¹, Tine Nordgreen², Inger Hilde Nordhus², Ståle Pallesen^{2,3}, Egil W. Martinsen^{2,3,4} ¹<i>Solli District Psychiatric Centre, Nesttun, Norway</i>, ²<i>Department of Clinical Psychology, University of Bergen, Norway</i>, ³<i>Institute of Clinical Medicine, University of Oslo, Norway</i>, ⁴<i>Division of Mental Health and Addiction, Oslo University Hospital, Norway</i></p>	
	<p>[ID:14] Advantages and disadvantages of online and blended therapy: Attitudes towards both interventions amongst licensed psychotherapists in Austria Raphael Schuster*, Naira Topooco; Thomas Berger; Anton-Rupert Laireiter <i>University of Salzburg, Austria</i></p>	
	<p>[ID:107] The role of knowledge in internet-based cognitive behavioural therapy for adolescent depression: results from two randomised controlled trials Matilda Berg*, Sofie Johansson, Lina Liljetörn, Ella Radvogin, Alexander Rozental, Naira Toopoco, Gerhard Andersson <i>Linköping University, Sweden</i></p>	
	<p>[ID:83] Internet-based self-help for people with psychosis - Do negative effects occur? Nina Rüegg*¹, Steffen Moritz², Thies Lüdtkke², Thomas Berger¹, Stefan Westermann¹</p>	

	¹ <i>University of Bern</i> ² <i>University Medical Center Hamburg - Eppendorf</i>	
17:15-17:45	Keynote E-Mental Health: Challenges and Opportunities Prof. David D. Ebert <i>Behavioral Health Promotion & Technology Lab, Friedrich-Alexander University Erlangen-Nuremberg, Germany</i>	
Location	<i>Macneill Lecture Theatre</i>	
17:45-18:15	Closing Session	
Location	<i>Macneill Lecture Theatre</i>	