33rd ANNUAL CONFERENCE OF EHPS

Individuals and Professionals: Cooperation to Health

03 - 07 September 2019
Dubrovnik, Croatia

2019.ehps.net
Conference Handbook
Last minute changes

New changes (up to 04 Sep) are marked in green.

All sessions (from Wednesday 04 Sep until Saturday 07 Sep) taking place in the Karaka room have been relocated to Elafiti 4, Valamar Lacroma Dubrovnik Hotel. The room change is marked in orange colour in the program pages.

Oral session chair change: Session on Wednesday, 09:30 Health issues and quality of life – new chair is Emily Arden-Close.

Oral presentation cancellation: On Wednesday, 09:45 - Clinical variables that mediate the impact of congenital heart disease in quality of life - Maria Emília Areias

Oral presentation cancellation: On Wednesday, 15:00, Session: Prevention interventions / Standardising STI and HIV behavioural surveillance in Ireland: developing a national second generation surveillance system - Caroline Kelleher

Poster session chair change on Wednesday's Poster session P6: New chair is Lisa Olive.

Poster added to Wednesday's Poster session P18: Construction of a stress scale specific to intensive care units Alicia Fournier.

Poster chair change on Wednesday's Poster session P20: New chair is Jennifer Inaunen

Poster presentation cancellation on Thursday's Poster session P2: Effectiveness of computer-tailored interventions targeting evolution of dietary behaviors: a systematic review - Amandine Schoumacker

Poster presenter change on Thursday’s Poster session P3: Wanna Look Bigger: Psychosocial correlates of muscle dissatisfaction among male college students in Hong Kong Nathalie Berninger.

Poster chair change on Thursday’s Poster session P6: Catrinel Craciun

Poster chair change on Thursday's Poster session P8: New chair is Catharine Evers

Poster presenter change on Thursday’s Poster session P16: Implementing a psychosocial screener in an outpatient burn clinic Christina Duncan.

Poster presentation cancellation on Thursday's Poster session P17: Barriers and facilitators to midwives’ health promotion practice behaviours: Theoretical Domains Framework based survey - Pamela Rackow

Poster presentation moved to Thursday's Poster session P17 from Friday's session P16: Compassionate and patient-centred values in adult nursing students: the influence of clinical practice experience – Johanna Groothuizen

Poster presenter change on Thursday’s Poster session P21 (Rapid Communication): Personalised interventions promoting health-related behaviour changes: A transdisciplinary approach to prevent or mitigate chronic diseases Dorothea Schaffner.

Presentation replacement on Friday’s Oral Session Transitions, adversity and inequalities: From Perceived to Internalized Stigma: Comparing Models to Predict Physical Activity. Ahuizt Rojas-Sánchez has been replaced with: Personality dimensions in patients with allergic rhinitis Radka Massaldjieva. Presentation order has been rearranged.

Session chair replacement for Friday’s State of the Art session at 11:30: Caregiving in demanding times – New chair is Noa Vilchinsky

Poster presentation cancellation on Friday's session P8: The impact of social jetlag on mental health in young people: A systematic review - Noelle Robertson

Presentation order rearrangement on Saturday’s Oral Session Personality and interoception: Presentation Personality dimensions in patients with allergic rhinitis Radka Massaldjieva was moved to another session.
Dubrovnik
Croatia
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Dear Colleagues,

The Croatian Psychological Association is honoured and delighted to host the 2019 annual conference of the European Health Psychology Society from the 3rd – 7th of September 2019. The 2019 conference is the 33rd EHPS annual conference. The conference theme is Individuals and Professionals: Cooperation to Health.

The Croatian Psychological Association, established in 1953, is the major professional organisation of Croatian psychologists. Health psychologists in Croatia are very well represented in the CPA's Division of Health Psychology (since 1992). Health psychology in Croatia is present in the higher education system (since 1986) – at graduate and postgraduate psychology programmes and applied health sciences programmes, in research, and to a growing extent in practice.

We are proud of the fact that more than 1000 abstracts were submitted from academics and practitioners in health psychology from all over the world. We also have the pleasure of hosting four outstanding keynote speakers from Europe, New Zealand and the United States of America, seven high-quality pre-conference workshops, and the usual pre-conference meeting and workshop – Synergy and CREATE. The conference programme is composed of eight parallel sessions of 275 oral presentations and 394 posters, including the new poster presentation format - Rapid Communication. This year we are also trying out new meeting timings and formats, based on the members’ feedback.

Such a high interest in the conference also presented many organising challenges, so we want to express our sincere gratitude to all the people who have been involved in the organisation of this year’s conference. In particular, we want to thank the members of the Organising Committee and the members of the Scientific Committee, the track chairs, students – volunteers, Easy Conferences, O-tours, and sponsors for their dedicated work and continued support. Finally, we want to express our appreciation and thank the EHPS Executive Committee for their trust, assistance and collaboration in organising this great event.

The Organising Committee is welcoming you in Dubrovnik, the priceless jewel of the Croatian Adriatic coast and the famous UNESCO World Heritage Site, one of Europe’s most fashionable and popular tourist destinations, at the largest conference venue in Valamar Lacroma Dubrovnik. We have done our best to enable the professional and scientific exchange, and meeting colleagues from different environments and countries, so make the best of it and enjoy the 33rd EHPS annual conference!
Dear Colleagues,

On behalf of the scientific committee, we would like to welcome you to the 33rd Conference of the European Health Psychology (EHPS) in Dubrovnik, Croatia. It is the third time in the last decade the conference is held in Eastern Europe (Cluj, Romania, 2010; Prague, Czech Republic, 2012) and this reflects the growing strength of health psychology in this part of Europe. The theme of the conference Individuals and Professionals: Cooperation to Health was an invitation for health psychologists to examine the value of diversity and of multi and interdisciplinary approaches for the benefits of population, community and individual health.

We were fortunate to receive almost 1000 abstracts that were submitted to 20 different tracks covering a full range of topics which reflect the breadth of contemporary health psychology, including: Implementation & health services research; Health inequalities, climate change and sustainability; eHealth and mHealth; Culture, social change and health. The geographical spread of accepted abstracts in the program is very wide, encompassing 48 countries from 5 continents. One of the challenges for the Scientific Committee was to try to fit so many abstracts into the conference programme which comprises 23 symposia, six roundtables, three state-of-the-art presentations, 275 oral and 394 poster presentations. We are privileged to welcome four renowned keynote speakers: Rona Moss-Morris (UK), Antonia Lyons (New Zealand), Mark Hatzenbuehler (USA) and Alessandra Pokrajac-Bulian (Croatia).

The EHPS has a formal affiliation with the United Nations and works to support sustainable development, as well as to implement health psychology to improve health around the globe. In line with this aim, this year with the support of Easy Conferences, we implemented a new system through which all who submitted to the EHPS 2019 Conference could select to which UN Sustainable Development Goal (SDG) their work is related. Most of the submissions (n=806) were related to SDG 3 “Good Health and Well-being”. However, many authors also connected their work to SDG “Reduced Inequality” (n=207); “Quality Education” (n=133), “Gender Equality” (n=57) and “Responsible Consumption and Production” (n=43).

We are indebted to the members of the Scientific Committee and the track chairs who dedicated their time and energy to review so many abstracts in such a short time period. We would like to extend our thanks to the members of Organizing Committee, and to the Easy Conferences team; for their hard work, enthusiasm, and their efficient organizational and professional skills should not go unrecognized. Needless to say that without the contribution of many hundreds of competent health psychologists who sent their abstracts, the conference could not exist. Together, we hope that we have produced a varied, high quality scientific programme that will be of interest to conference delegates from all areas of health psychology.
Professor Rona Moss-Morris
Health Psychology Section
Institute of Psychiatry, Psychology and Neuroscience
King’s College London, United Kingdom

KEYNOTE TITLE
An 18-year journey from theory to impact:
The example of cognitive behavioural self-management for irritable bowel syndrome (IBS)

Abstract
In a reflective phase a few years ago, I realised that although I had spent over a decade developing and testing theory-based interventions to improve clinical outcomes for a range of people with chronic long-term health conditions, none of these were part of routine practice. It was time to change tack. I needed to engage with stakeholders both nationally and internationally to work towards real world impact.

In this keynote, I will use the example of my work on irritable bowel syndrome (IBS) to track the journey from research to doing the work necessary to embed health psychology evidence-based practice into routine clinical care. IBS is a common and costly chronic gastrointestinal disorder that affects 10 – 22% of the population. There is currently no clear standardised, evidenced based treatment for IBS. Many patients continue to suffer ongoing symptoms and related disability despite being offered first line medications such as antispasmodics. I will show how we have used the Medical Research Council’s framework for developing complex interventions to develop an evidenced based treatment for IBS.

The first phase of the work involved developing an empirically based theory to explain perpetuation of symptoms and disability in IBS drawing from Leventhal’s common-sense model of illness and cognitive behavioural theories. In the second phase we used this model to develop an IBS specific cognitive behavioural guided self-management approach. In phase three, we evaluated this intervention in a pilot RCT comparing CBT self-management for IBS to standard medical care. In phase 4 we developed a guided self-management web-based version of this treatment (Regul8) to make it more accessible to patients. The final phase of this work was the ACTIB trial where we compared the clinical and cost effectiveness of web-based CBT and therapist delivered CBT with treatment as usual.

There were 558 patients randomised to the three arms in this trial and patients were followed up to one-year post randomisation. We just completed a further 24 month follow up of the trial and a detailed qualitative and quantitative process analysis to test our original theory and to work out who responds best to treatment and why. The final phase of the work has involved engaging with national training programmes and the national health service to ensure the therapy is rolled-out nationally and a commercial partner to work towards roll-out worldwide.

Biography
Rona Moss-Morris is Professor of Psychology as Applied to Medicine. She is Head of the Health Psychology Section at the Institute of Psychiatry, Psychology and Neuroscience, King’s College London. She is a Fellow of Academy of Social Sciences, was awarded the British Psychological Society Division of Health Psychology’s Outstanding Contribution to Research Award in 2015 and the Multiple Sclerosis Society MS Research of the Year in 2014.

She was National Advisor to NHS England for Increasing Access to Psychological Therapies for People with Long Term Conditions from 2011-2016. She was Editor-in-Chief of Psychology and Health from 2006-2010 and is an incoming Editor of Health Psychology Review.

She has been researching psychological factors that affect symptom experience and adjusting to long term conditions for the past 20 years. This research has been used to design theory based cognitive behavioural interventions, including web based interventions, for a range of patient groups. Randomised controlled trials to test the clinical and cost effectiveness of these interventions form a key component of her research. More recently her focus is on rolling out interventions into real world practice.
Keynote Speakers

Professor Antonia Lyons
School of Health
Victoria University of Wellington, New Zealand

KEYNOTE TITLE
Theorising contemporary youth drinking cultures: Social media and embodied neoliberalism

Abstract
This presentation focuses on young people’s drinking practices and social media use in order to highlight the value of using social theory to gain insight into health-related behaviours. In contemporary neoliberal culture, young people are expected to embody discipline and control, to be good, ‘healthy’ and moral citizens, while being simultaneously exhorted to express freedom and individuality through consumer choice and consumption.

This is particularly the case with ‘unhealthy’ commodities that have known health risks, such as alcohol. Within youth drinking cultures alcohol is consumed collectively to reach sensory states of intoxication and disinhibition that are pleasurable and social. Yet heavy consumption and social pleasures must be balanced with an imperative to control the self and manage personal risk. Moreover, young people’s drinking practices are increasingly mediated through digital displays of drinking and drunkenness on social media, introducing further benefits and risks that they must negotiate. Social media platforms are profit-driven, largely unregulated spaces where alcohol marketers employ novel tailored strategies to actively encourage excessive consumption.

Young people, however, are socially sanctioned for drunkenness and drunken displays. This occurs within the context of gendered, classed and racialized relations of power such that some groups must manage these tensions more than others, and are disproportionately exposed to risks. These broader commercial and structural forces are important in understanding the complexities involved in young people’s health behaviours and in developing effective health promotion policies and interventions.

Biography
Antonia is a Professor of Health Psychology and Head of School at the School of Health, Victoria University of Wellington, New Zealand. She has published widely on the social, cultural and mediated contexts of behaviours related to health, and their implications for individual subjectivities, gendered identities and embodied experiences.

A key focus has been the role that social media play in drinking cultures, digital alcohol marketing, and the embodied and gendered nature of drinking and drunkenness. Antonia has published over 80 journal articles and four books, including being the lead editor on Youth Drinking Cultures in a Digital World: Alcohol, Social Media and Cultures of Intoxication (Routledge, 2017 with Tim McCreanor, Ian Goodwin and Helen Moewaka Barnes).

Antonia is currently a co-editor for Qualitative Research in Psychology, an Associate Editor for Psychology and Health, is on the editorial boards of the Addiction: Research and Theory and the Journal of Health Psychology and is also co-editor (with Prof Kerry Chamberlain) of the book series Critical Approaches to Health (Routledge).
Abstract

Obesity is a metabolic disease that is becoming a worldwide epidemic, with its prevalence increasing in almost all developed countries. It is accompanied by numerous comorbid potentially life-threatening disorders and substantial economic costs. Obesity aetiology is very complex and involves a multifaceted group of risk and protective factors.

Recent studies of obesity have focused on examining how the underlying differences in neurobiology guide eating behaviour (e.g. impulsivity, craving and binge eating). Although it is necessary to consider the biological, psychological, and social perspectives to fully understand the phenomenon of obesity, special focus will be given to the psychological determinants of obesity.

Since obesity research is most commonly correlational, the factors that precede the development of obesity are considered causes, while those that follow obesity are its consequences. In this exposure, I will present some of the most significant findings that show how psychological factors, such as responsiveness to emotional experience or self-imposed restraint eating increase the likelihood of obesity.

Emphasis will also be placed on the consequences of obesity, such as the growing prevalence of mental illness, especially depression, anxiety and eating disorders. Treatment implications will also be presented.

Biography

Dr. Alessandra Pokrajac-Bulian is a tenured full professor of Clinical and Health Psychology at the Department of Psychology, Faculty of Humanities and Social Sciences of the University of Rijeka, where she also serves as the Vice Dean for Science and International Affairs. Over the last decade, her field of research has focused on the negative health outcomes of increased body weight and obesity, such as cardiovascular disease and diabetes, and on the treatment of people with high body weight.

In her research, she studies negative body image and body dissatisfaction in people with elevated body weight, and examines their binge eating, psychological problems, and beliefs about the disease. Dr. Pokrajac-Bulian has published more than 60 peer-reviewed articles and book chapters. Her papers were published in Perceptual and Motor Skills, Sex Roles, European Eating Disorders Review, Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity, Maturitas, and Personality and Social Psychology Bulletin. She has presented more than seventy papers at scientific conferences, forty of which were international. She was the editor-in-chief, and is currently an editorial board member of the Croatian scientific journal Psychological Topics, and the scientific journal Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity. She received the award of the Croatian Psychological Society for her editorial work in Psychological Topics and for her book Obesity – Willingness to Change the Way of Life.

For more than ten years, she has been head of the research project “Psychosocial Aspects of Obesity”, funded by the Croatian Ministry of Science and Education, and recently, funded by the University of Rijeka.
Abstract

Psychological research has made significant advancements in the study of stigma. However, this research has been criticized for focusing almost exclusively on individual and interpersonal stigma processes to the exclusion of structural factors that promulgate stigma. To address this knowledge gap, researchers have recently expanded the stigma construct to consider how broader, macrosocial forms of stigma—what I call structural stigma—also disadvantage stigmatized individuals.

In this talk, I will define the construct of structural stigma and describe how it differs from psychological stigma processes at the individual and interpersonal levels. I will then review emerging evidence from observational, quasi-experimental, and laboratory studies that structural stigma: (1) exerts direct and synergistic effects on stigma processes that have long been the focus of psychological inquiry (e.g., concealment, rejection sensitivity); (2) serves as a contextual moderator of the efficacy of psychological interventions; and (3) contributes to numerous adverse health outcomes for members of stigmatized groups—ranging from dysregulated physiological stress responses to premature mortality.

Each of these pieces of evidence suggests that structural stigma is relevant to psychology and therefore deserves the attention of psychological scientists interested in understanding and ultimately reducing the negative consequences of stigma.

Biography

Mark L. Hatzenbuehler, PhD, is Associate Professor of Sociomedical Sciences and Sociology at Columbia University’s Mailman School of Public Health. He completed his doctoral degree in clinical psychology at Yale University and his post-doctoral fellowship at Columbia University, where he was a Robert Wood Johnson Foundation Health & Society Scholar.

Dr. Hatzenbuehler’s research examines how structural forms of stigma, including social policies, increase risk for adverse health outcomes among members of socially disadvantaged populations, with a particular focus on lesbian, gay, and bisexual individuals. Dr. Hatzenbuehler has published over 115 peer-reviewed articles and book chapters, and his work has been published in several leading journals, including Proceedings of the National Academy of Sciences, Psychological Bulletin, American Psychologist, American Journal of Public Health, JAMA Pediatrics and JAMA Psychiatry. His research has been continuously funded by the National Institute of Mental Health, the National Institute on Drug Abuse, the Centers for Disease Control and Prevention, the Swedish Research Council for Health, Working Life, and Welfare, and the William T. Grant Foundation.

In recognition of this work, Dr. Hatzenbuehler received the 2015 Louise Kidder Early Career Award from the Society for the Psychological Study of Social Issues, the 2016 Early Career Award for Distinguished Contributions to Psychology in the Public Interest from the American Psychological Association, and the 2016 Janet Taylor Spence Award for Transformational Early Career Contributions from the Association for Psychological Science. His work has been widely covered in the media, including interviews on NPR and MSNBC, and it has been cited in amicus curiae briefs for cases on status-based discrimination.
LOCAL ORGANISING COMMITTEE
Josip Lopižić (President of The Croatian Psychological Association; General Hospital Dubrovnik) / Chair
Jasminka Despot Lućanin (Croatia National Delegate to the EHPS; University of Zagreb) / Co-Chair
Jelena Bupić (General Hospital Dubrovnik)
Damir Lućanin (Head of the CPA Division of Health Psychology; University of Applied Health Sciences, Zagreb)
Nelija Rudolfi (2nd Vice President of the Croatian Psychological Association; Admoneo advertising agency)
Marija Stojanović (Adriatic Luxury Hotels)
Nikica Stražičić (Adriatic Luxury Hotels)
Maša Tonković Grabovac (University of Zagreb)

SCIENTIFIC COMMITTEE
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Irina Todorova (Bulgaria) / Co-chair
Jasminka Despot Lućanin (Croatia)
Andrea Madarasová Gecková (Slovakia)
Evangelos Karademas (Greece)
Jan Keller (Germany)
Christina Lee (Australia)
Marie-Carmen Neipp (Spain)
Paul Norman (UK)
Diana Taut (Romania)
John de Wit (The Netherlands)

VENUE
Conference will take place at the Hotel Valamar Lacroma Dubrovnik, Ul. Iva Dulčića 34, 20000, Dubrovnik, Croatia.

REGISTRATION FEE
Registration fee includes access to parallel and plenary sessions, conference material, daily coffee breaks, daily lunches (Wednesday to Friday), welcome reception and access to the opening and closing ceremony. Conference Dinner is included in Full Registration Fees only.

ACCESS TO THE CONFERENCE
Wearing your conference badge is mandatory during all conference activities.

CONFERENCE PROCEEDINGS
Conference Proceedings are available for download. Please check the conference website for more information.

CERTIFICATE OF ATTENDANCE
A certificate of attendance will be offered to all delegates along with the conference bag at the Registration/Support Desk.

LANGUAGE
English is the official language of the conference. No oral translation will be available.

WIFI
Free WiFi is available throughout the venue. Connection procedure and code are available at the welcome desk.

PRE-CONFERENCE WORKSHOPS
The pre-conference workshops will take place on Tuesday, 03 Sep at the Venue. See Scientific Programme for more details.

OPENING CEREMONY
The opening ceremony will take place on Tuesday, 03 Sep between 18:00 - 19:30 at the Venue, Hotel Valamar Lacroma Dubrovnik, the Elafiti room.

The Opening Ceremony will be followed by the Welcome Reception in Hotel Valamar Lacroma Dubrovnik, at the Orsula Lobby Bar Terrace, between 19:30 - 21:30.

CLOSING CEREMONY
The closing ceremony will take place after the conclusion of the conference programme, on Saturday, 07 Sep in Hotel Valamar Lacroma Dubrovnik, the Elafiti room.

KEYNOTE LECTURES
The keynote lectures will be held daily in Hotel Valamar Lacroma Dubrovnik, the Elafiti room. See Scientific Programme for more details.

PARALLEL SESSIONS
The parallel sessions will be held at the Venue. There will be 8 parallel sessions, 3 times a day (except for Saturday).

All lecture halls are equipped with a computer running Microsoft Power Point only. Please bring a USB stick in advance of your session to the slide corner (follow the signs in each hotel), to upload it. Volunteers in each lecture hall will help with your presentation. Individual computers are not accepted.

INTERACTIVE POSTER SESSIONS
Poster sessions will be held at the Hotel Valamar Lacroma Dubrovnik, Business Centre (1st floor). Poster numbers are in the scientific programme section of this handbook and on the respective poster boards. Authors are required to put their posters up the morning of the day on which their poster is scheduled (between 09:00 - 11:30). Authors must stay by their posters and give a 3-4 minutes presentation when instructed to, by the session chair. Posters must be taken down at the end of the day. Posters not taken down will be removed.

VOUCHERS
Participants need to present their vouchers (provided in the conference bag, at the registration desk) for all social activities (Daily Lunches, Welcome Reception and Conference Dinner).
COFFEE BREAKS & LUNCHES

All coffee breaks and lunches will be provided in the Hotel Valamar Lacroma Dubrovnik Restaurant and Business Centre (1st floor).

EHPS DISCUSSION FORUM

The EHPS Discussion Forum will be held on Wednesday, 04 Sep between 08:30 - 09:30 in Hotel Valamar Lacroma Dubrovnik, the Elafiti 1 room.

EHPS NATIONAL DELEGATES MEETING

The EHPS National Delegates Meeting will be held on Wednesday, 04 Sep between 18:00 - 19:00 in Hotel Valamar Lacroma Dubrovnik, the Elafiti 1 room.

EHPS MEMBERS MEETING

The EHPS Members Meeting will be held on Thursday, 05 Sep between 8:15 - 9:30 in Hotel Valamar Lacroma Dubrovnik, the Elafiti 1 room.

MEET THE EDITORS FORUM

The Meet the Editors Forum will be held on Friday, 06 September between 18:00 - 19:00 in Hotel Valamar Lacroma Dubrovnik, the Elafiti 1 room.

MEETINGS AT LUNCH TIME

On Wednesday 04 Sep and Thursday 05 Sep, between 13:00 - 14:00, there will be several meetings during lunch time (See Scientific Programme for more details). Delegates attending these meetings will be offered lunch-boxes instead of the regular lunch.

AWARDS & FELLOWSHIPS

The European Health Psychology Society has two Early Career Awards: The Herman Schaalma PhD Award and the Stan Maes Early Career Award.

The Herman Schaalma award for an outstanding PhD thesis in health psychology is awarded annually to acknowledge a PhD dissertation in the field of health psychology of outstanding excellence in terms of originality, significance and rigour. The award aims to highlight excellence in PhD level research and to reinforce early career researchers to address key challenges in health psychology and adopt novel and rigorous theory and methodology. The award is named after Professor Herman Schaalma, in memory of an outstanding scholar and mentor in health psychology who sadly died on 25 July 2009.

The Stan Maes Early Career Award aims to recognise outstanding research excellence, contributions made to EHPS and/or contributions to professional practice, made by EHPS members within 5 years of their PhD. From this year on, this award has been renamed to honour the memory of late Professor Emeritus Stan Maes, the founder of EHPS, who sadly died on 15 October 2018.

EHPS Honorary Fellowship: EHPS Fellowship is the highest grade of membership. Since its inception in 2005, 37 Honorary Fellows were elected and eight new fellows join them this year. EHPS Fellowship is awarded to EHPS members in recognition for their exceptional contribution to the advancement or dissemination of health psychology knowledge or practice either by research, training, publication or public service.

The Herman Schaalma Award, the Stan Maes Early Career Award, and the EHPS Honorary Fellowships will be awarded during the Opening Ceremony.

Poster Awards: All posters are eligible for nomination for the Best Poster Awards, provided they meet the requirements and guidelines of the EHPS. This year’s Poster Awards will be announced during the closing ceremony.

REGISTRATION / SUPPORT DESK OPENING HOURS

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WELCOME RECEPTION

When: Tuesday, 03 Sep Time: 19:30 Where: Hotel Valamar Lacroma Dubrovnik, at the Orsula Lobby Bar Terrace.

The Welcome Reception is the first social gathering between all conference delegates. This will take place at the Orsula Lobby Bar Terrace, located at the seaside front of the Hotel Valamar Lacroma Dubrovnik, which is only several metres away from the Elafiti room (where the Opening Ceremony will be held), and just in time to enjoy the sunset view of the beaches below the hotel.

This will be an evening of networking and fun; participants will be served drinks and an array of canapés, accompanied by a traditional singers’ group “klapa”, performing international music.

After the conclusion of the Welcome Reception, participants will be able to continue their fun, at the same place, and a cash bar, or at many of the hotels’ and beach bars in the Valamar Hotels Dubrovnik Resort.

Welcome Reception (19:30 - 21:30) is included in all Registration Fees.

CONFERENCE DINNER

When: Thursday, 05 Sep Time: 20:00 Where: Elafiti Plateau (between hotels Valamar Lacroma Dubrovnik and Argosy).

A sumptuous buffet of local and international dishes will be offered, accompanied by Croatian wines. A band will be playing live music and entertaining the guests, who are all invited to join in the dancing and having fun in the warm late summer night, under the stars.

Conference Dinner is included only in Full Registration Fees. Conference Dinner Cost: € 60.00
1. VALAMAR COLLECTION Dubrovnik President Hotel
2. VALAMAR LACROMA Dubrovnik Hotel
3. VALAMAR ARGOSY Dubrovnik Hotel
VALAMAR LACROMA Dubrovnik Hotel

1. Congress hall Elafiti (1-4)
2. Lobby of the congress hall Elafiti
3. Room Asimon
4. Business centre - Registration desk / Poster hall

VALAMAR COLLECTION Dubrovnik President Hotel

1. Congress hall Olipa (1-2)
Venue Map

VALAMAR ARGOSY Dubrovnik Hotel

1 Room Galijun
2 Room Karaka
we take care of every detail
for your conference needs

Easy Conferences Ltd has been in business since 1992 and has been specializing in the complete coordination and organization of conferences and all related activities. Through the development of its own online registration software, in recent years the company has expanded its operations in various countries. We have extensive experience in organizing events ranging from 20 to 2000 participants. We consult, manage and assist in every step of the process of any event, and strive to deliver top professional service throughout.

Our services extend from digital support, media promotion, conference website development and management, management of all related activities, complete interaction with suppliers and participants, online/off-site registration with secretariat, technical equipment and 24/7 phone support. We are adaptable and extremely flexible as we are aware of the unique requirements and budget restrictions that each conference may have. Our services may be provided on an all-inclusive or on an à la carte basis.

Special emphasis should be given to our own custom-made, one-stop-shop Conference Management System, www.easyconferences.org, which offers participants the ability to sign up and within minutes, submit papers which can be evaluated online, register for the conference and workshops, book accommodation, airport transfers, social activities (participants and accompanying persons) and other related services, and finally pay for all services instantly online.

Our extensive experience and personal attention to every participant’s needs, backed up by a careful selection of our team and also the right partners, has created an impeccable track record that is our guarantee for watertight planning and coordination.

Please visit our company website, www.easyconferences.eu, for more information on our services, a list of upcoming and completed events, and several referrals from satisfied customers.
If not, join the EHPS at www.ehps.net/membership and become part of our great network!

**BENEFITS OF MEMBERSHIP INCLUDE**

- Reduced rates for EHPS conferences where you will have plenty of opportunities for networking with key researchers and to participate and/or propose and organise workshops
- Access to EHPS grant opportunities
- Opportunity to publish in EHPS’ new Open Access Journals Health Psychology and Behavioural Medicine and Health Psychology Bulletin at preferential rates
- Access to our established journals Psychology and Health [IF 1.983] and Health Psychology Review [IF 8.976]
- Receiving our bulletin The European Health Psychologist
- Receiving news about career opportunities, calls for papers, and other relevant news for health psychologists
- Possibility to engage in our Practical Health Psychology Blog: a blog about cutting edge Health Psychology and how to apply it in practice. Our aim is to translate rigorous and peer reviewed research submitted by world leading experts to simple and clear blog posts which are translated into several European languages.
- Possibility to engage in CREATE: a network of early career researchers
- Possibility to engage in the annual Synergy Expert Meeting: an opportunity for synergistic discussion between health psychologists conducting research in core fields within health psychology

**THE PRACTICAL HEALTH PSYCHOLOGY BLOG**

The Practical Health Psychology Blog www.practical-healthpsychology.com is a new initiative within the European Health Psychology Society (EHPS). It is a blog about cutting edge Health Psychology and how to apply it in practice. Our aim is to translate rigorous and peer reviewed research submitted by world leading experts to simple and clear blog posts which are translated into several European languages.

Our mission is to translate research to practice, one blog post at a time. Our National Editors are recruited through the EHPS Society. They provide their expertise and translate the blog posts. We aim to distribute findings from health psychology research to the practitioners using several European languages. If your first language is different than English, feel free to distribute it among your colleagues who may benefit from the translation. We cover English, Bulgarian, Czech, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Latvian, Lithuanian, Polish, Portuguese, Romanian, Russian, Slovak and Ukrainian. We would like to encourage you to check out our blog and to sign-up for our monthly posts.

Many thanks and warm greetings from the Editorial Team of the Practical Health Psychology Blog!

**Full membership only 75 EUR/year**

**Reduced membership 25 EUR/year** (for postgraduate students and for colleagues from a number of countries)
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<tr>
<td><strong>CREATE &amp; SYNERGY Workshops</strong>&lt;br&gt;08:00 - 17:00</td>
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<td><strong>EHPS Meeting</strong> (Forum)&lt;br&gt;08:30 - 09:30</td>
<td><strong>EHPS AGM</strong> (Member’s Meeting)&lt;br&gt;08:15 - 09:30</td>
<td><strong>Parallel Sessions</strong>&lt;br&gt;09:30 - 11:00</td>
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<td><strong>Lunch Break</strong>&lt;br&gt;13:00-14:00</td>
<td><strong>BPS DHP Meeting</strong></td>
<td><strong>Lunch Break</strong>&lt;br&gt;13:00-14:00</td>
<td><strong>Special Interest Group (SIG) on Digital Health &amp; Computer-tailoring</strong></td>
<td><strong>Lunch Break</strong>&lt;br&gt;13:00-14:00</td>
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<td><strong>OPENING</strong>&lt;br&gt;18:00 - 19:30&lt;br&gt;<em>Room: Elafiti 1 &amp; 2, Valamar Lacroma</em></td>
<td><strong>National Delegates Meeting</strong>&lt;br&gt;18:00 - 19:00</td>
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**Overview Programme**
**EHPS MEETING (Forum)**  
*Room: Elafiti 1*

### Parallel Sessions | Wednesday, 04 September

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<th>8:30 - 9:30</th>
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**Chair**
- Rik Cruzen, Rob Ruijer

**Room**
- Elafiti 1, Valamar Lacroma Dubrovnik
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- Elafiti 3, Valamar Lacroma Dubrovnik
- Elafiti 4, Valamar Collection Dubrovnik President
- Elipica 4, Valamar Collection Dubrovnik
- Elipica 1, Valamar Collection Dubrovnik President
- Gallijun, Valamar Argosy
- Asimon, Valamar Lacroma Dubrovnik

**9:30**
- Applying theory and evidence for identifying personal and environmental determinants  
  - Rik Cruzen

**9:45**
- Applying theory and evidence for designing effective behaviour change methods  
  - Rob Ruijer

**10:00**
- Planning to Promote Program Adoption, Implementation and Maintenance  
  - Gill ten Hoor

**10:15**
- Using Intervention Mapping to co-create with stakeholders an intervention to facilitate turn-to-work after breast cancer  
  - Guillaume Broc

**10:30**
- Developing and evaluating a leaflet to promote health behaviour-change using Intervention Mapping  
  - Charles Abraham

**10:45**
- Discussion Nelli Hankonen

**11:00**
- Coffee Break

**11:30 - 13:00**

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**9:30**
- Applying theory and techniques to LINK behaviour change techniques with their mechanisms of action  
  - Susan Michie

**9:45**
- Investigating the mediators underlying descriptive norm effects: the case of hand-hygiene  
  - Lisa S. Moussaouli

**10:00**
- Acute Physical Activity is Associated with Lower Subsequent Cortisol Levels in Older Adults  
  - Christiane Hoppmann

**10:15**
- Investigating Person and Social Barriers to Daily Medication Adherence among Adolescents with Asthma  
  - Pamela Rackow

**10:30**
- The effect of SIBS on psychological well-being of siblings: Open trial and a planned RCT  
  - Kristi Fjermedal

**10:45**
- Sexual health and quality of life among lung cancer survivors  
  - Lisa Gudenkauf

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**11:00 - 11:30**
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**13:00 - 14:00**
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  - Rona Moss-Morris

**14:00 - 15:30**
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**17:00 - 18:00**
- Keynote Lecture
  - Antonia Lyons

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<tr>
<td>Social inequities and health behaviours: Implications for theory and practice in Health Psychology</td>
<td>Psychological and social aspects determinants of adjustment across the trajectory of health to illness</td>
<td>Role of interventions in managing diabetes and cardiac risk</td>
<td>Using stakeholder engagement and person-based approaches in health psychology research: the benefits and challenges</td>
<td>Parents coping with children illnesses</td>
<td>Occupational stress and well-being in health care workers</td>
<td>Adaptation to illness: mechanisms and correlates</td>
<td>Stress reactivity and emotional regulation</td>
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<td>Chair</td>
<td>Jutta Mata, Benjamin Schüz</td>
<td>Tracey Revenson</td>
<td>Falko Sniehotta</td>
<td>Jenny McSharry</td>
<td>Helen Pattison</td>
<td>Benjamin Gardner</td>
<td>Ewa Gruszczynska</td>
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<td>11:30</td>
<td>Social inequality, behavioural determinants and health behaviour – indirect or moderating effects? A systematic review</td>
<td>Lisa Karla Hilz</td>
<td>The Randomised Diabetes Remission Clinical Trial (DIRECT): Two-year results and process evaluation</td>
<td>Falko Sniehotta</td>
<td>The Person-Based development of the ‘Active Brains’ digital behaviour intervention for reducing cognitive decline</td>
<td>Rosie Essery</td>
<td>Seeking ‘normality’: parents’ management of photoprotection for children with a rare skin condition</td>
<td>Mfyamny Morgan</td>
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<td>11:45</td>
<td>Social Cognitive Mediators of Socioeconomic and Demographic Correlates of Health Behavior</td>
<td>Kyla Hamilton</td>
<td>Cultivation or enabling? Daily relations between self-efficacy and received support in couples becoming physically active</td>
<td>Philippa Schwaninger</td>
<td>An intervention to reduce diabetes distress in couples living with T2 diabetes: theory vs. reality</td>
<td>Emma Berry</td>
<td>Using stakeholder consultation to inform the development and implementation of person-based behaviour change interventions</td>
<td>Katy Shyer</td>
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<td>12:00</td>
<td>Individual and area socioeconomic status, intentions, and smoking initiation</td>
<td>Mark Conner</td>
<td>Social support in couples with left ventricular assist device (LVAD) implantation</td>
<td>Tanja Zimmermann</td>
<td>Improving Outcomes For Young Adults With Type 1 Diabetes In Ireland: Refining The D1NOW Intervention</td>
<td>Eimear Morrissey</td>
<td>Using the person-based approach to implement and disseminate behaviour change interventions</td>
<td>Kate Morton</td>
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<td>Socio-economic differences in food choice: Representative surveys of nine European countries</td>
<td>Jutta Mata</td>
<td>Intrusive thoughts and distress among newly diagnosed prostate cancer patients: Buffering effects of emotional expression</td>
<td>Heidi B. Valdimarsdottir</td>
<td>Better Sooner Than Later: The Need for ICGM Specific Education Programs in People With Diabetes</td>
<td>Lilli Priesteroth</td>
<td>Patient engagement in Community-based Primary Care: participatory action research for developing a collaborative model</td>
<td>Julie Hesseboert</td>
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<td>Discussion</td>
<td>Susan Michie</td>
<td>The effects of laughter therapy on cardiovascular risks among community-dwelling Japanese: a randomized controlled trial</td>
<td>Eri Eguchi</td>
<td>Mothers of teenage girls: knowledge and understanding about human papillomavirus and cervical cancer</td>
<td>Susan Sherman</td>
<td>Burnett symptoms among Swedish psychologists: The role of personality, work characteristics, and gender</td>
<td>Carl Martin Allwood</td>
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<td>13:00 - 14:00</td>
<td>Lunch</td>
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<td>13:00 - 14:00</td>
<td>All welcome (DHP members and non-members) for an open discussion of UK Health Psychology: Past, Present and Future directions</td>
<td>Chair: Angel Chater Room: Elafiti 4, Valamar Lacroma Dubrovnik</td>
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## Parallel Sessions

### SYMPOSIUM
**Novel perspectives on the role of knowledge in health behavior change**
- **Chair:** Marieke Adriaanse
- **Participants:**
  - Paschal Sheeran
  - Anita DeLongis
  - Irina Mindlis
  - Deborah R. Wahl
  - Karoline Villinger
  - Kirsty Bennett
  - Lisa-Marie Maukel
  - Rebecca Skinner
  - Denise de Ridder
  - Claire Potthoff

### ORAL
- **Session Title:** Well-Being and quality of life in the context of chronic illness
- **Chair:** Sam Norton
- **Participants:**
  - Gill ten Hoor
  - Dominika Kwasnicka
  - Anja Tausch
  - Eline Smit
  - Karoline Villinger
  - Michael Kilb

### ORAL
- **Session Title:** The role of knowledge in health behavior change
- **Chair:** Aleksandra Luszczynska
- **Participants:**
  - Janina Lučić
  - Michael Kilb
  - Lisa-Marie Maukel
  - Rebecca Skinner

### ORAL
- **Session Title:** Co-designing a workplace health promotion program for reproductive-aged women
- **Chair:** Helen Skouteris
- **Participants:**
  - Jörg Huber
  - Laura Koehly
  - Antonia Rich

### ORAL
- **Session Title:** Improving quality of life after spinal cord injury
- **Chair:** Sam Norton
- **Participants:**
  - Gailan Garip
  - Stuart Ferguson
  - Kirsty Bennett

### ORAL
- **Session Title:** Evaluation of a novel intervention to reduce burnout in doctors-in-training: A mixed-methods pilot study
- **Chair:** Jörg Huber
- **Participants:**
  - Lauren Kelada
  - Paul Chadwick

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- **Chair:** Sam Norton
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### ORAL
- **Session Title:** The role of health-related self-efficacy and health literacy in health behavior change
- **Chair:** Sam Norton
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| 17:00 - 18:00 | **Keynote Lecture:**  
Rona Moss-Morris  
An 18-year journey from theory to impact:  
The example of cognitive behavioural self-management for irritable bowel syndrome (IBS)  
Chair: Yael Benyamini  
Room: Elafiti, Valamar Lacroma Dubrovnik |
| 18:00 - 19:00 | **National Delegates Meeting**  
Room: Elafiti 1, Valamar Lacroma Dubrovnik |
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<td>Paul Norman</td>
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98 Promoting physical activity and motivation with the Precious app: Usage findings from factorial n-of-1 RCTs
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101 On the dimensional structure of digital engagement: Psychometric evaluation of the ‘DBCI Engagement Scale’
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Chair: Anne Marie Plass
102 Selecting components for a novel hospital deprescribing intervention: A modified nominal group technique
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103 Ethical issues associated with medical biotechnologies: the case of xenograft.
Cécile Fraux
104 Disseminating, Engaging, and Sharing Knowledge (DESK): patient informed resource for understanding our research
Jack Flynn
105 Building capacity from within – upskilling healthcare professionals to lead an evidence-based implementation approach
April Morrow
106 Comparing theory and non-theory based approaches to improving referral practices: a cluster randomised trial protocol
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107 Legal and social aspects of the Polish geriatric care system
Katarzyna Ruszycka
P18 Innovative methods and tools in occupational health psychology
Chair: Beata Basinska
108 Polish adaptation of the Copenhagen Psychosocial Questionnaire II (COPSOQ II)
Katarzyna Chirk
109 Associations between choice overload and psychological well-being (WHO-5) - A study on work stress
Sabrina Zeike
110 Stress and wellbeing in the farming community
Emmi Carswell
111 Digital competence of upper-level managers and associations with psychological well-being
Sabrina Zeike
112 Predictors of mental health and cognitive functions in older Croatian workers
Adrijana Košćec Bjelajac
P19 Provider communication and beliefs
Chair: Abby Hunter
113 Electronic cigarettes in pregnancy: A qualitative study exploring healthcare professionals’ beliefs, attitudes, knowledge and behaviour.
Abby Hunter
114 Provider communication and transition readiness among adolescents with type 1 diabetes in a U.S. Setting
Christina Durcan
115 Challenges encountered by sub-Saharan African migrants and health providers during HIV-related medical consultations in Australia
Amy Mulhern
116 Understanding health workers’ experiences of an Ebola outbreak and attitudes to infection-prevention-control in Sierra Leone
Jo Hart
117 Emotional related skills for Applied Theatre Practitioners performing in Health Care context: A qualitative approach
Anatoli Karypidou
Construction of a stress scale specific to intensive care units
Alicia Fournier
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### P20  Challenges, adversity and resilience  
**Chair:** Jennifer Inauen

| 118 | Challenges of health promotion at community health centers | Yasinta Astin Sokang |
| 119 | Evaluation of health promotion at community healthcare centers in Indonesia: a long way to go | Yasinta Astin Sokang |
| 120 | Effects of resilience and cross-cultural understanding in parents living abroad on their parenting attitudes | Hirimi Hirata |
| 121 | It’s mine, so I am taking care of it: Psychological ownership for sustainable health-related infrastructure | Jennifer Inauen |
| 122 | Adversity and gender-discrimination among college students in India and the relationship to emotional and physical health | Joanna Szemlyen |
| 123 | Moving towards an LGBTQ inclusive and affirmative health psychology: Challenges and recommendations | Joanna Szemlyen |
| 124 | Rejective or receptive attitude toward sexual orientation among Japanese junior, high school, and university students | Makiko Kashi |
| 125 | Exercise science students’ stigma and conscious/automatic responses: The importance of weight and sex of target. | Alhuma Al-Rashid Sanchez | Canceled |

### P21  Medicines and messages  
**Chair:** Alexandra Dima

| 126 | Analysis of media’s representation of medicinal cannabis: Life-saving medicine or criminal drug? | Joanne Ahmed |
| 127 | Brazilian caregivers’ adherence to child primary care recommendations: the predictive role of psychosocial determinants | Susana Mourão |
| 128 | #Diabetesesosnapdate: Contesting representations of diabetes on Instagram | Leda Blackwood |
| 129 | A qualitative exploration of students’ experiences with nonmedical use of prescription medicines for cognitive enhancement | James Green |
| 130 | Exploring barriers and facilitators to daily medication adherence in young people with asthma | Lisa-Marie Rau |
| 131 | The influence of parents’ beliefs about medicine on their use of over-the-counter medicines in children | Helen Pattison |

### P22  Methodology: developing and validating health psychology tools and measures  
**Chair:** Jenny McSharry

| 132 | Developing a tool for individual health related behavior values assessment | Mariya Danina |
| 133 | The development of a new measure: The Impact of Female Chronic Pelvic Pain Questionnaire (IF-CPPQ) | Mina Al-Abbadey |
| 134 | One single question is not sufficient to identify individuals with electromagnetic hypersensitivity | Zsuzsanna Dömötör |
| 135 | Multimethod stress evaluation: Effects of an intervention on teachers’ health including self-report and biologically measurement | Natalie Gouasé |
| 136 | Generation of Patients-as-Partner items through a qualitative data analysis : A content validation process | Angela Odebo |
| 137 | Development and validation of a new measure of adherence to cystic fibrosis care | Christina Duncan |

### P23  Rapid Communication: Clinical health psychology and relationships with providers  
**Chair:** Andrew Thompson  
**Room:** Elafiti 4, Valamar Lacroma Dubrovnik

<p>| 138 | Health-related quality of life and sleep in adolescents in residential care | Ana Conçavés |
| 139 | Prospective study on PTSD related to childbirth among Tunisian women: Prevalence and associated factors | Hannachi Nawat |
| 140 | The school climate as a protective factor for drug use | Maria Lisabeth Souza |
| 141 | Poor perception of team care support and PTSD after childbirth. Mediation of maternal self-efficacy | Marion Pongy |
| 142 | Engaging immigrants in psychotherapy: Development and pilot RCT of a culture-tailored, web-based intervention | Hanna Reich |</p>
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<td>9:00 - 9:30</td>
<td>The Multiphase Optimization Strategy (MOST)</td>
<td>IAPP-Division 8: Infectious diseases' health, behavior and coping: professionals and community-based, participatory approaches to promote individuals' health</td>
<td>Managing addiction and chronic pain</td>
<td>Theory-based approaches to understanding physical activity</td>
<td>Managing chronic conditions with digital technologies</td>
<td>Conscious, intuitive and compensatory health behaviors</td>
<td>Health services research: Assessing implementation</td>
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**Chair:** Bonnie Spring  
**Room:** Elafiti 1, Valamar Lacroma Dubrovnik

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<td>Using the multiphase optimization strategy (MOST) to develop an intervention to reduce child maltreatment</td>
<td>Physical inactivity and anxiety in the context of chronic illness: a meta-analysis</td>
<td>The social identity process and school climate as novel targets for physical activity behaviour change</td>
<td>Lisa Olive</td>
<td>Moving On: Acceptability of a personalised mHealth lifestyle self-management intervention for cancer survivors</td>
<td>Jenny Groarke</td>
<td>Conscientiousness and adherence to anti-hypertensive medications: Using direct and indirect measures</td>
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<td>The MOST optimization phase: Case example of the Opt-IN weight loss study</td>
<td>Illness Perceptions, Coping and Well-Being among Persons with Multiple Sclerosis: A Common Sense Model Application</td>
<td>Objectively measured physical activity and executive functions</td>
<td>Daniel Powell</td>
<td>A chance to modify behavioural risk factors? Behaviour change techniques and self-management</td>
<td>Luisa Siqueira do Prado</td>
<td>The relationship between physical activity and exercise</td>
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<td>Testing Stepped Care Interventions Optimized for Weight Loss and Conservation of Resources</td>
<td>Partnerships to enhance health behaviour change practice and outcomes: learning from the response to HIV</td>
<td>The role of psychologist in the multidisciplinary program for the treatment of chronic pain</td>
<td>Iva Dimitrijević</td>
<td>Capabilities, opportunities and motivations to be physically active in disadvantaged communities in Doncaster, UK</td>
<td>Madelene Arden</td>
<td>Is unhealthy snacking related to compensatory beliefs and behaviours? Evidence from an inter-situational study</td>
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<td>Investigating the effect of an online ACT intervention for multimorbidity and chronic pain on HRQoL</td>
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| 11:00 - 11:30 | **Coffee Break** |
| Time | Session Title | Chair | Chair | Chair | Chair | Chair | Chair | Chair | Chair |
|------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 11:30 | Targeting automatic processes to change eating behaviour | Laura M. König | Nadine Lages | Maryanne Martin | John de Wit | Elaine Cameron | Julia Allan | Max Western | Christine Stephens |
| 11:30 | Do we fear what harms us? New perspectives on individual and societal-related risk perceptions | Matthias Aulbach | People’s Knowledge About Toxicology and Factors Predicting Consumers’ “Chemophobia” | Claire Willis | Impaired Sleep and Psychological Symptoms in Turkish Adults: A Test of the Emotion Dysregulation Pathway | Alexandra Dima | Self-management support for breast cancer survivors in France: mapping current practices on behaviour change theory | Leverage social media to understand the treatment needs of individuals with opioid use disorder | A life-course approach to understanding unequal trajectories of healthy ageing |
| 11:45 | Electrophysiological correlates of response inhibition training on high and low calorie food cues | Matthias Aulbach | People’s Knowledge About Toxicology and Factors Predicting Consumers’ “Chemophobia” | Claire Willis | Impaired Sleep and Psychological Symptoms in Turkish Adults: A Test of the Emotion Dysregulation Pathway | Alexandra Dima | Self-management support for breast cancer survivors in France: mapping current practices on behaviour change theory | Leverage social media to understand the treatment needs of individuals with opioid use disorder | A life-course approach to understanding unequal trajectories of healthy ageing |
| 11:45 | ImpulsePal: Developing an impulse management intervention to support dietary changes and weight management | Samantha van Beurden | Flu vaccination beliefs and herd immunity: Comparing free-riders and prosocial actors | Alice Sibell | The relationship of dispositional compassion for others with depressive symptoms over a 15-year prospective follow-up | Mirka Hintsanen | Fidelity assessment of motivational interviewing-based treatment support delivered by nurses | Information Architecture: A Design Feature to Improve Patients’ Satisfaction with Online Health Education Interventions | Tessa Dekkers |
| 12:00 | Assortment size and time pressure modulate the link between attitudes and food choice | Laura M. König | Citizen Science: Psychological and situational factors that determine people’s willingness to share health and genomic data | Angela Bearth | Testing a Moderation-based Model of Mindfulness and its effects on the prediction of perfectionism | Alan Maddock | Difficulty in emotional regulation and mental health among young adults with history of homelessness | Sara Semborski | Does a national diabetes prevention program have an effect on health and health-related quality of life? | Elaine Cameron |
| 12:15 | The impact of health warning labels on snack selection: two online experimental studies | Natasha Clarke | Accuracy in the perception of lifestyle and societal risks: A comparison between Germany and Israel | Josianne Kollmann | Treatment fidelity in the gait rehabilitation in early rheumatoid arthritis: (GREAT) feasibility study | Emma Godfrey | Fear of physical activity predicts objectively assessed physical activity in patients with heart failure | Heike Spaderna | Health care professionals’ views of screening for depression and anxiety in long-term conditions | Joanna Hudson |
| 12:30 | Public acceptability of nudging and taxing to reduce consumption of alcohol, tobacco and food | James Reynolds | We shall live till 86 in excellent health: Desire for greater (un)equal distribution of health | Luka Johanna Debbeler | Effectiveness of a therapy adherence intervention: a multi-center randomized controlled trial | Joyce Lacroix | Psychological interventions for re-injury anxiety among athletes injured at ACL: a randomized controlled trial | Benjamin Caurel | What affects whether physical activity is recommended to cancer patients? | Alexander Haussmann |
| 12:45 | Discussion | Paschal Sheeran | Discussion | Britta Renner | Impact of Mindfulness-Based Cognitive Therapy for Irritable Bowel Syndrome: A randomised control trial | Maryanne Martin | Problematic use and QoL of online video game players: identification of motivational profiles | Maxime Larrieu | Implementing the Positive Aging Policy in Challenging Healthcare Contexts: Views and Practices of Romanian doctors | Catrinel Craciun |
| 13:00 | Lunch |

**Parallel Sessions**

**11:30 - 13:00**

**SYMPOSIUM**

Targeting automatic processes to change eating behaviour

Chair: Laura M. König

- Do we fear what harms us? New perspectives on individual and societal-related risk perceptions
- Making healthy choices the easy choice: Redesigning systems and environments to promote health

**SYMPOSIUM**

- Electrophysiological correlates of response inhibition training on high and low calorie food cues
- ImpulsePal: Developing an impulse management intervention to support dietary changes and weight management

**ORAL**

- Targeting automatic processes to change eating behaviour
- Do we fear what harms us? New perspectives on individual and societal-related risk perceptions
- Making healthy choices the easy choice: Redesigning systems and environments to promote health

**ORAL**

- Electrophysiological correlates of response inhibition training on high and low calorie food cues
- ImpulsePal: Developing an impulse management intervention to support dietary changes and weight management
Meeting: Special Interest Group (SIG) on Digital Health & Computer-tailoring
Chair: Eline Smit
Room: Elafiti 4, Valamar Lacroma Dubrovnik

Parallel Sessions | Thursday, 05 September

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<td>Managing cancer and long term conditions: Role of interventions</td>
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<td>Contemporary issues in work and health</td>
<td>Women’s health issues across the lifespan: Identifying risks and opportunities for change</td>
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13:00 - 14:00

14:00 - 14:30
Trends in cannabis consumption among youth in Luxembourg

Carolina Catunda

Trends in cannabis consumption among youth in Luxembourg

Carolina Catunda

Efficacy of a Stepped Collaborative Care Intervention for Patients Diagnosed with Comorbid Cancer and Depression

Jennifer Steel

Organisational sexist climate: its effects on mistreatment and illegitimate tasks in the workplace

Carolina Pia Garcia Johnson

Persevering in fertility treatments despite repeated failures: unrealistic optimism and the reality of a pronatalist culture

Yael Benyamini

Engagement activity - open discussion

Mandiep Sekhon

Neutralizing the false-balance effect - How media can support rebuttal of misinformation about vaccination

Philipp Schmid

Higher trait loneliness predicts reduced vagal reactivity and vagal recovery to cognitive demand

Charlotte Roddick

14:30 - 14:45

Amy Malaguti

Using intervention mapping to develop and test a tamoxifen adherence intervention in breast cancer survivors

Zoe Moon

Occupational burnout, stress and life satisfaction among groups of surgical and psychiatric nurses.

Ewa Wilczek-Ruzyczka

Women’s decisions about next-generation sequencing for newborn screening: psychological mediators of increases in pregnancy anxiety

Christine Rini

Prospective acceptability of a proposed rehabilitation programme for chest trauma patients: a qualitative study

Martin Cartwright

Effectiveness of behaviour change interventions in promoting breastfeeding: A systematic review and metaanalysis

Philippa Davie

Are Trait Emotional Emotions Protective for Heart Rate Variability in Stress Conditions?

Elise Batisele

14:45 - 15:00
Sampling and recruitment of PWID in the study: notes from the field

Ksenia Eritsyan

Illness Perceptions and psychological distress as HRQoL predictors in Head-Neck cancer patients after radiotherapy

Vassiliki Siafaka

A Systematic Review of Infectious Illness Presenteeism: Prevalence, Reasons and Risk Factors

Rebecca Webster

Sedentary behaviors and behavior-specific social support in mother-child and female partner-patient dyads

Monika Boberska

Development of eczema care online, a digital intervention to support eczema self-management in young people

Elaine Toomey

AAP intervention effects on miscarriage helping and parent and youth self-efficacy in asthma management

Kristine Durkin

Exploring Resilience Factors and Daily Cortisol Levels in Individuals Vulnerable to Suicide

Daryl O’Connor

15:00 - 15:15
Audience engagement activity

Gjalt-Jorn Peters

A Systematic Review on the Usage of Self-Compassion-Based Interventions for Chronic Diseases

Aysevne Kilek

A Systematic Review of the Use of Self-Compassion-Based Interventions for Chronic Diseases

Aysevne Kilek

Correlates of desire to work in persons visiting psychiatric outpatient clinics

Magnus L’Effléström

The role of health literacy and health beliefs in colonoepithelial screening among Romanian women

Adriana Baban

Evaluating the acceptability of digital interventions for improving quality of life in adults with asthma

Max Westen

Disentangling perceived capability from motivation using vignettes: Examination of self-efficacy measures applied to physical activity

Shina J. Grant

The effects of hunger on variability of stress in homeless and formerly homeless young adults

Edin Dabur

15:15 - 15:30
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Nadine Berndt

Using person-centred intervention mapping to develop an online cognitive-behavioural treatment for distress in long-term conditions.

Katrin Hulme

Coping, burnout and resilience among UK medical doctors

Martin Dempster

Discussion

Irina Todorova

Discussion

Molly Byrne

A randomised controlled feasibility trial of a safety planning intervention to reduce suicidal behaviour

Sharon Simpson

Assisting University Students Self-Manage Stress: A Randomized Controlled Trial of Mindfulness Meditation Tools

Rebecca Acabchuk

15:30 - 15:45
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Rebecca Acabchuk
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Christopher Martin Jones
2 Determinants of nicotine replacement therapy use in pregnancy: mixed methods systematic review
Katarzyna Campbell
3 A conceptual model for understanding tobacco- and nicotine-containing product transition and switching behaviors
Ethan Afolalu
4 Student identity, group norms and alcohol consumption: Testing a social identity model of behavioural associations
Emily Hughes
5 The effect of television advertising on soft drink consumption: A dual-process models approach
Eva Kemps

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8 Workplace health promotion intervention for raising influenza vaccination coverage in healthcare workers
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Lauren Cotting
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Natalie Pasionja
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Abel Nogueira López
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Peter Kolavčik
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**Chair: Sonia Bernardes**

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Axelle Endrulkaitone

Relationships between humour styles and chronic fatigue in Polish teachers
Agneziuska Kaczei

Tendency to risk, job satisfaction, work experience and the professional burnout among police officers.
Patrycja Stawierska

Emotional exhaustion among German health care workers – A focus on resources
Lara Lindert

The associations of recovery experiences with wellbeing at work and health in teachers
Taina Hirsto

Professional stressors, emotional dissonance and burnout among midwives: the moderating effect of compassion satisfaction.
Didier Truchot

Occupational stress and helping professions
Chair: Taru Feldt

Sensitivity and specificity of screening tools for cancer related symptoms
Jennifer Steel

Predictors of recruitment and attrition in randomised controlled trials of smoking cessation: meta-regression analyses.
Marijn de Bruin

Learning from a wait-list controlled feasibility trial of mindfulness for people experiencing late-effects of cancer
Jo Brooks

Characterising cancer survivors who were interested in participating in a trial of a lifestyle intervention
Philippa Lolly

Creating ontologies relevant to behaviour change: Development and refinement of a novel method
Alison Wright

An international, Delphi consensus study to identify priorities for methodological research in behavioural trials
Molly Byrne

The Generation suffering related items: a process integrating consensus experts and Sorensen’s similarity analysis
Michèle Baumann

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Rapid Communication: Pain and chronic conditions
Chair: Lauren Kelada
Room: Zavalena 4, Valamar Lacroma Dubrovnik

Personalised interventions promoting health-related behaviour changes: A transdisciplinary approach to prevent or mitigate chronic diseases
Dorothea Scholfrer

Attentional engagement to pain-related information among chronic pain patients: Comparison between linguistic and visual stimulus
Jieun Lee

Pain, fatigue, and fear of cancer recurrence among adult survivors of childhood cancer
Lauren Kelada

Negotiating good parenthood in relation to children with chronic kidney disease.
Andrea Bruno de Sousa

Can’t touch this! Exposure and reappraisal reduce sexual and contamination disgust-based avoidance in physical health
Nathan Conside

Compassionate and patient-centred values in adult nursing students: the influence of clinical practice experience
Johanna Geelhoed

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<td>Transitions, adversity and inequalities</td>
<td>Expanding understandings and developing novel approaches in health psychology</td>
<td>Understanding non-reflective behaviour in healthcare professionals to advance implementation research</td>
<td>Nudging and automaticity</td>
<td>Well-being and quality of life during life transition periods</td>
<td>Positive psychology: The influences of positivity on health</td>
<td>Daily health behaviour in close relationships</td>
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<td>Chair</td>
<td>Irina Todorova</td>
<td>Frank Doyle</td>
<td>Dominika Kvasnicka, Sebastian Potthoff</td>
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<td>9:30</td>
<td>Depressive Psychopathology in Black &amp; Minority Ethnic Gay, Lesbian and Bisexual People in the UK</td>
<td>Rusi Jaspal</td>
<td>A step-change in the design, reporting, and synthesis of behavioural trials: Addressing control group variability</td>
<td>Marjin deBruin</td>
<td>Understanding non-reflective behaviour in healthcare professionals to advance implementation research</td>
<td>Benjamine Gardner, Justin Presseau, Marie Johnston, Philippa Lilly, Derek Johnston, Nicola McCleary</td>
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<td>9:45</td>
<td>Immigration, acculturation and reordered diet; a study of Georgian immigrants</td>
<td>La Shekiodze</td>
<td>Impact of glass shape on drinking behaviours: a replication study exploring mechanisms</td>
<td>Tess Longfield</td>
<td>Personality traits and time perspectives: implications for adolescents’ well-being</td>
<td>Lorensana Diaconu-Gherasim</td>
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<td>10:00</td>
<td>Health behaviours related to obesity in refugee children: a qualitative and quantitative systematic review</td>
<td>Mah阮 Alsubhi</td>
<td>Examination of dispositional forgiveness on mental health outcomes in Greek-Cypriot university students</td>
<td>Photini Panayiotou</td>
<td>&quot;I HAVE to stay positive&quot;: Understanding Optimistic Bias in Hypothetical End-of-Life Medical Decisions</td>
<td>Sugandha Gupta</td>
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<td>10:15</td>
<td>Understanding traditionality and modern eating: The TEP10 framework</td>
<td>Gudrun Sproesser</td>
<td>Laboratory induced positive and negative mood and delay of gratification on sweet-foood-choice.</td>
<td>Stella Meauns</td>
<td>Better together? Daily companionship, support, and control in couples facing health behavior change</td>
<td>Gertraud (Turu) Stadler</td>
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<td>Building resilience: Experience of physical activity treatment among trauma afflicted refugees</td>
<td>Henrik Nilsson</td>
<td>Understanding non-reflective behaviour in healthcare professionals to advance implementation research</td>
<td>Gaby Judah</td>
<td>Orientations to well-being and the good life: beliefs about well-being among young Italian adults.</td>
<td>Matteo Nicolotti</td>
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<td>Personality dimensions in patients with allergic rhinitis</td>
<td>Radka Massaldjieva</td>
<td>The working memory account of persuasion: Inducing eye movements influences persuasive outcomes.</td>
<td>Ari Dijsktra</td>
<td>Profiles of job-related affect: their relationship with emotion-focused coping from a temporal perspective</td>
<td>Beata Basinska</td>
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<td>Physical Activity Synchrony in Couples Following a Dyadic Planning Intervention</td>
<td>Jan Keller</td>
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<td>Interplay of intra- and interpersonal emotion regulation for daily adjustment in couples: rumination and disclosure</td>
<td>Andrea B. Horn</td>
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<td>Measuring the content validity of psychological constructs and health outcome measures</td>
<td>Caregiving in demanding times</td>
<td>Tailoring digital health interventions: different strategies, different effects</td>
<td>Communication involving health care professionals</td>
<td>Current challenges in blood and organ donation</td>
<td>Health inequalities and sustainable consumption</td>
<td>Brief intervention programmes for chronic disease prevention: Health psychology’s contribution to implementation and evaluation</td>
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<td>11:30</td>
<td><strong>Why do we need good content validity? An introduction to discriminative content validity</strong></td>
<td>Marie Johnston</td>
<td>A Smoker’s Choice: Identifying the most autonomy-supportive message frame in online computer-tailored smoking cessation communication Maria Altendorf</td>
<td>“I grew in confidence”: The health-care and communication experience for parents of children with cancer Julia Baenziger</td>
<td>Organ donation - health impact, prevalence, correlates and interventions. Ronan O’Carroll</td>
<td>Understanding the Social Gradient in Health and Well-being: An Interdisciplinary Scoping Study Michèle Bal</td>
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<td><strong>Catastrophizing about pain: what’s in a name?</strong></td>
<td>Well-being of military members’ spouses: The role of members’ health problems</td>
<td>Text, images, video; Tailoring the modality of presentation in online health information for older patients Minh Hao Nguyen</td>
<td>Barriers and enablers to healthcare professionals providing behaviour change interventions: Systematic review of systematic reviews Chris Keyworth</td>
<td>Assessing medical mistrust in organ donation across countries: what does item response theory tell us? Frank Doyle</td>
<td>How to eat healthy and save the planet: development and evaluation of an evidence-based app Vanessa Feck</td>
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<td><strong>Measuring outcome in back pain: Using existing instruments to measure ICF defined outcomes</strong></td>
<td>Diane Dixon</td>
<td>Customizable digital environments: can customization in mobile apps support physical activity? Nadine Bol</td>
<td>Exploring shared understanding between patient and prosthetist following limb loss using Interpretive Phenomenological Analysis. Clare Uytman</td>
<td>“The state has no right to assume consent”: a qualitative study of organ donation decisions. Jordan Miller</td>
<td>FROOD - Framing Food: Promotion- versus Prevention-framed Affective Messages to Increase Vegetable Consumption Andela Jelić</td>
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<td><strong>Assessing content validity of a brief video intervention using discriminant content validity methodology</strong></td>
<td>Carin Schroeder</td>
<td>Profiles of caregivers most at risk of having unmet supportive care needs in oncology Anne Sophie Baudry</td>
<td>Quality assessment of artificial intelligence to tailor a digital health intervention for smoking cessation. Santiago Hors-Fraile</td>
<td>Getting mad or bearing the burden?: Physicians’ gendered representations of women with pre-menstrual symptoms Rita Morais</td>
<td>Who gives? Blood, plasma and stem cell donation willingness in Europe Eva-Maria Merz</td>
<td>Community Action to Cope with Food Insecurity in a Syrian Refugee Settlement: A Qualitative Study Vera Araujo-Soares</td>
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<td><strong>Activity: Content validity of measures of fatigue</strong></td>
<td>Marie Johnston &amp; Diane Dixon</td>
<td>Goals and conflicts of informal caregivers of patients in the palliative phase Anne Lootijmans</td>
<td>A systematic review of tailored eHealth interventions for weight loss: a focus on tailoring methodology Kathleen Ryan</td>
<td>Effectiveness of a Virtual Motivational Interviewing Training for Medical Students: Differentiating between pre- and then-testing Anne Marie Plass</td>
<td>The relation between anticipatory emotion and donor return Anne van Dongen</td>
<td>Using the United Nations Sustainable Development Goals in University Courses to Address Global Health Inequalities Mala Matacin</td>
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<td><strong>Discussion</strong></td>
<td>Sam Norton</td>
<td>Fear of illness progression and cardiac disease- induced – PTSD (CDI-PTSD): A prospective dyadic study Noa Vilchinsky</td>
<td>Discussion Eline Smit</td>
<td>Healthy Conversation Skills training to “Make Every Contact Count” in Hounslow, London, UK Wendy Lawrence</td>
<td>Discussion Ronan O’Carroll</td>
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<td><strong>Influences on risk perception, communication and understanding</strong></td>
<td>Britta Renner</td>
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<td>The future of Health Psychology: A movement towards societal visibility, global consensus, and international mobility</td>
<td>Increasing informed uptake of bowel cancer screening: from understanding determinants to testing interventions</td>
<td><strong>Diabetes and physical activity</strong></td>
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<td>Students’ risky sexual behaviours – implications for the battle against HIV epidemic in South Africa</td>
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<td>The diversity of diabetes-related self-monitoring and problem-solving practices across health literacy levels: A qualitative study</td>
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<td><strong>Does the inclusion of images in patient educational material improve the understanding of an illness?</strong></td>
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<td><strong>Keynote Lecture:</strong>&lt;br&gt;&lt;mark&gt;Mark Hatzenbuehler&lt;/mark&gt;&lt;br&gt;Structural Stigma: Research Evidence and Implications for Psychological Science&lt;br&gt;&lt;mark&gt;Chair: Blair Johnson&lt;/mark&gt;&lt;br&gt;Room: Elafiti, Valamar Lacroma Dubrovnik</td>
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<td>Psychosocial factors in adjustment to serious illness</td>
<td>Annmarie Groarke</td>
<td>Olima 4, Valamar Collection Dubrovnik</td>
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<tr>
<td>Environmental and minimalistic interventions</td>
<td>Justin Presseau</td>
<td>Galijun, Valamar Argovi</td>
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<thead>
<tr>
<th>Time</th>
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<tr>
<td>9:30 - 11:00</td>
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**Coffee Break**
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:30 -</td>
<td><strong>Keynote Lecture:</strong></td>
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<tr>
<td>12:30</td>
<td>Alessandra Pokrajac-Bulian</td>
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<td><strong>Health and Psychological Consequences of Obesity:</strong></td>
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<td></td>
<td><strong>Challenges and Future Directions</strong></td>
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<td><strong>Chair:</strong> Adriana Baban</td>
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<td>Room: Elafiti, Valamar Lacroma Dubrovnik</td>
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<tr>
<td>12:30 -</td>
<td><strong>CLOSING CEREMONY</strong></td>
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<tr>
<td>13:15 -</td>
<td><strong>Reception for EHPS 2020</strong></td>
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FELLOWSHIP AWARD WINNERS

Professor Molly Byrne (Ireland)

Molly is a Professor of Health Psychology at the National University of Ireland, Galway. Molly joined the School of Psychology in NUI, Galway in 2004, where she has directed the MSc in Health Psychology and Structured PhD in Psychology and Health, and established the new Structured PhD in Health Psychology Practice with her colleague Dr Jenny McSharry. She was awarded a Health Research Board (HRB, Ireland) Research Leadership Award in 2014 to establish and direct the Health Behaviour Change Research Group (HBCRG, https://www.nuigalway.ie/hbcrg/). The HBCRG aims to improve population health by developing and promoting an evidence-based behavioural science approach to health behaviour change interventions, working closely with practice and policy stakeholders, focusing primarily on interventions to support management and prevention of chronic illnesses (especially diabetes and cardiovascular disease). Molly has published over 100 peer-reviewed papers and has secured over 9 million euro in research funding. Molly is committed to developing Health Psychology in Ireland and internationally. She has been a member of EHPS since 2000 and has presented her work at EHPS conferences every year since then (except 2 – she blames babies!). She was EHPS National Delegate for Ireland (2011 - 2015) and was elected to the EHPS Executive Committee in 2014, where she was Grants and Education Officer. She was on the Organising Committee for the EHPS Annual Conference in Galway in both 2005 and 2018, as Deputy Chair of the Committee in 2018. She was honoured to deliver a keynote address at the EHPS Annual Conference 2018. She is past Chair of the Psychological Society of Ireland Division of Health Psychology Committee and remains invested in developing Health Psychology research, practice and training in Ireland.

Dr. Lucie Byrne-Davis (UK)

Lucie Byrne-Davis is a Health Psychologist and Senior Lecturer in the University of Manchester, UK (https://www.research.manchester.ac.uk/portal/lucie.byrne-davis.html), where she is the lead for behavioural and social sciences for undergraduate medicine. Lucie’s research and practice aim to enhance health worker practice through the application of behavioural science. An advocate for coproduction, she has influenced the practice of over 20 healthcare organisations, including international NGOs and UK Governmental bodies, by increasing their use of behavioural science, whilst co-researching the efficacy and feasibility of the methods. Committed to supporting health psychology practice in low-resource settings, she co-founded and directs The Change Exchange: a hub for volunteering, consultancy and research in behavioural science and health worker practice. The Change Exchange has worked in countries including Uganda, Ghana, Tanzania, Mozambique, India, Nepal Ethiopia, Bangladesh, Zimbabwe, Zambia, Kenya, Malawi and Sierra Leone, in clinical issues as diverse as acute illness management, student mentoring, antimicrobial stewardship, midwifery, medication safety, infection control and mental health nursing. Lucie co-developed the Cards for Change, a tool to encourage health educators to use behaviour change techniques and open access eLearning for health worker educators, which has been used in over 90 countries across 5 continents. Her history with EHPS began when she attended CREATE in 2000 and was then a CREATE committee member for three years. She is the chair of the EHPS UN sub-committee, which seeks to increase the influence of health psychology in the UN and the awareness and activities of EHPS members towards achieving the Sustainable Development Goals.
Award Winners

FELLOWSHIP AWARD WINNERS

Professor Geert Crombez (Belgium)

Geert Crombez is a Professor of Health Psychology at the Ghent Health Psychology Lab (GHPLAB, www.ghplab.ugent.be, Belgium). He is coordinating the research on the psychology of health and ill-health, and in particular on symptom (pain) perception and interpretation. Foundational to his research is a motivational perspective that is built around the powers of goals and self-regulation. His work on pain-related fear and avoidance had a fundamental impact on the theory and the practice of chronic pain. His experimental work on attention to pain has been seminal in developing and shaping a now well-established research topic. One of his current strategies is to bring the lab into the real world (via ecological momentary assessment and experiments). Taking this interest a step further, he has developed an innovative eHealth programme ("MyActionPlan") in the context of health promotion and coping with illness. Geert stimulates critical thinking on self-report measures (questionnaires, patient reported outcomes), (mis)use of theoretical concepts (somatization & acceptance), the relevance of empirical data, and the practice/philosophy of science. He is currently (co-)author of over 330 publications, amongst which are six highly cited papers (according to the Web of Science). Geert is (or has been) associate editor of various EHPS and other journals (e.g., Pain, Psychology & Health, Health Psychology Review). He is a strong advocate of a normal psychology on individuals with somatic problems, either medically explained or medically unexplained.

Associate Professor Konstadina Griva (Singapore)

Konstadina Griva [MSC, PHD (University College London, UK) is an Associate Professor of Health Psychology and Behavioural Medicine at the Lee Kong Chian School of Medicine, Imperial College and Nanyang Technological University, Singapore (http://www.lkcmedicine.ntu.edu.sg/aboutus/Faculty-and-Staff/Pages/Konstadina-Griva.aspx). An internationally recognised researcher in the field of PsychoNephrology, Konstadina has a strong track record in initiating and leading collaborative research to map patients’ journey in Chronic Kidney Disease and the implementation of pragmatic interventions to improve patient engagement and care outcomes. The platform of this work entails prospective observational studies of patients and caregivers in context of Chronic Kidney Disease and other chronic conditions and more recently the use of digital/technology-based interventions to supplement usual care. For her science, she has received the 2013 research paper award by the European Renal Association-European Dialysis and Transplantation Association and the 2017 Excellent Researcher Award by the National University of Singapore. She has served on numerous professional and advisory groups, including the National Working group on Patient Empowerment, Ministry of Health Singapore, the Society of Behavioural Health Singapore (Founding Member) and the Research Taskforce of the National Kidney Foundation Singapore. She has been an active member in EHPS since 1996, supporting the Society and EHPS community. She is one of the pioneer members to form CREATE EHPS and organised the inaugural CREATE workshops 1999-2001. She is on the editorial board of EHPS journals (i.e. Associate Editor, Psychology & Health 2015 to date; Editor of European Health Psychologist 2014-2018) and has served on EHPS conference scientific committees.
Professor Jo Hart (UK)

Jo Hart is a Professor of Health Professional Education and a Health Psychologist. She is a Principal Fellow of the Higher Education Academy and is based at the University of Manchester, UK where she is Deputy Head of the Division of Medical Education (https://www.research.manchester.ac.uk/portal/jo.hart.html). Jo studies the education and training of health care professionals and has particular interests in healthcare professional behaviour and in communication about lifestyle behaviours and has more than 50 publications. She is part of the team at Manchester who have developed Tent Pegs, a toolkit for health professionals to support patients with lifestyle behaviour change. Jo is health professional education lead for The Change Exchange, a project in which health psychologists volunteer to work with health partnerships between UK and low-income country healthcare organisations. Nationally, Jo works with Health Education England and Public Health England, influencing the use of behavioural science in education and training. She is Chair of the British Psychological Society Division of Health Psychology and is interested in the development of health psychology in the UK and globally. Jo is EFPA standing committee for psychology and health UK representative. She has been a longstanding member of the EHPS, first joining a CREATE workshop in 2000 and since then been involved in a number of ways. Jo is part of the EHPS UN sub-committee and EHPS UK National Delegate and has had organisation/leadership roles in the St Andrews 2001 and Bath 2008 EHPS conferences.

Professor Dame Theresa Marteau (UK)

Dame Theresa Mary Marteau is one of the world’s leading health psychologists and a Professor and the director of the Behaviour and Health Research Unit at the University of Cambridge (https://www.bhru.iph.cam.ac.uk/). She is Dame Commander of the Order of the British Empire for her contributions to public health and an elected Fellow of the Academy of Medical Sciences, and of the Academy of Social Sciences. Theresa has led numerous large research programmes and published more than 600 publications in scientific journals, including Science, the Lancet, BMJ, and the leading journals in Psychology and Health Psychology. Her scientific contributions have been shaping the development of science and practice in health psychology. Amongst her most outstanding contributions is pioneering work on the behavioural impact of communicating personalised risk information about preventable diseases. Theresa’s work on incentives in Health had substantial impact in science, policy and practice. More recently, Theresa led research programmes and directed the Behaviour and Health Research Unit at Cambridge University, conducting world-leading research on the development and evaluation of interventions to change behaviour (diet, physical activity, tobacco and alcohol consumption) to improve population health and reduce health inequalities, with a particular focus on targeting non-conscious processes. Her work provided a deeper understanding of the potential of nudging interventions and theoretical insight, methodological tools, and policy relevant evidence about the role of micro-environmental factors in population behaviours. Theresa has been pivotal to the development of European Health Psychology and has contributed to the EHPS, its publications and conferences in various roles.
Professor Val Morrison (UK)

Val Morrison is a Professor of Health Psychology at Bangor University, Wales, UK (https://www.bangor.ac.uk/psychology/staff/valerie-morrison/en). She completed her Psychology degree at St Andrews University (in 1983!) before moving to Cambridge to Project Lead a drop-in centre based on a converted double-decker bus offering support to homeless glue sniffers, drinkers and drug abusers. After this she returned to Scotland and studied the drugs-crime association within Scottish prisons, and then completed a part-time PhD as part of a Scottish Office grant studying psychosocial aspects of illicit drug use as HIV/AIDS emerged. In 1991 she returned to St Andrews to work in the emerging field of health psychology with Marie Johnston, identifying psychological predictors of functional and emotional outcomes amongst stroke patients. She attended her first EHPS meeting in Leipzig (1992), and she has only missed 3 or 4 since! Her first lectureship was in Edinburgh (1995), and North Wales has been her home since 1998. As well as supervising many successful PhD students, Val inputs health psychology expertise to multidisciplinary research teams across a range of chronic conditions, identifying patient and carer responses that subsequent interventions address in order to optimise psychosocial outcomes. The research output has to date been supported by over 20 external funding awards amounting to a total of approximately £6.5 million with Val leading on > £1.5m of this. Her 60+ published papers, various book chapters, one of the first books on Woman & AIDS, a Caregiving in Context book which arose from an EHPS Networking Grant, and a leading European textbook Introduction to Health Psychology, help inform the next generation of research-informed psychologists/practitioners. Val has served on the British Psycho-oncology Society Executive Committee, the Research Impact Committee of the EHPS EC as Grants Officer currently. In 2018 she was personally awarded the honour of Fellowship of the Royal College of Physicians for services to health and medical research.

Professor Daryl O'Connor (UK)

Daryl O'Connor is Professor of Psychology at the School of Psychology, University of Leeds and was Deputy Head of the School between 2006 and 2011. He is a registered health psychologist with strong research interests in psychobiology and currently leads the Health and Social Psychology Research Group in the School as well as heads up the Group's Laboratory for Stress and Health Research (STARlab; https://sites.google.com/site/doconnorlab/). Daryl has also acted as an Expert Advisor to the World Health Organisation's Department of Reproductive Health & Research and has been an invited expert to advise upon research strategy at the National Institute of Aging, National Institutes of Health, in the United States. Daryl's current research focuses on: i) investigating the effects of stress and psychological interventions on health outcomes (e.g. suicide behaviour, ambulatory blood pressure, eating, cortisol reactivity and diurnal cortisol levels) and understanding the role of individual differences variables (e.g. conscientiousness, rumination, perseverative cognition) within the stress process; and ii) exploring the effects of implementation intentions-based interventions on screening behaviours. His work has been published extensively in leading international journals in his field and it has frequently featured on radio and television and in the national and international press. Daryl is a past Chair of the British Psychological Society’s (BPS) Division of Health Psychology and the BPS Psychobiology Section and he is currently Chair of BPS Research Board and Chair of the European Federation of Psychology Associations (EFPA) Board of Scientific Affairs and is a Trustee of the BPS. Daryl is joint Editor-in-Chief of the journal Psychology & Health, serving in this role from 2011 and on. In 2011, Daryl was elected a Fellow of the Academy of Social Sciences, in 2014 he was elected a Fellow of the Royal Society of Arts, in 2015, he was elected a Distinguished International Affiliate of the American Psychological Association’s Division 38 (Health Psychology) and in 2017 he was elected Fellow to the Academy of Behavioral Medicine Research. In addition to his own recent work, Daryl has also been actively involved in promoting open science and improving psychological science nationally and across Europe (https://www.youtube.com/watch?v=7H-e_r_n_eGHE).
**HERMAN SCHAALMA AWARD WINNER**

**Dr. Jan Keller (Germany)**

Jan Keller received his PhD from Freie Universität Berlin in 2018. His dissertation research, “Planning with a partner? Individual and dyadic planning in three health behaviour contexts”, has contributed to the field of health psychology by highlighting how the involvement of a planning partner (i.e., dyadic planning) can be a valuable resource in health behaviour change. As an emerging scholar, his contribution to the field has been recognized through numerous publications, presentations at EHPS conferences since 2013, and chaired conference symposia. In 2016, Jan Keller was Visiting Scholar to Columbia University in the City of New York to deepen his training in social relationships and health, which was supported by the CREATE Tandem Grant and reported in an EHP article. He is currently on the Scientific Committee for the 2019 EHPS conference, and chairs the track on Social Support, Caregiving, and Health. Showing his tremendous and continuous commitment to the EHPS, Jan Keller has served on the EHPS e-courses (2015-2017), CREATE (2013-2016), and SYNERGY (since 2016) executive committees since 2013, helping to organize scientific meetings for the health psychology community.

**STAN MAES EARLY CAREER AWARD WINNERS**

**Dr Dominika Kwasnicka (Poland)**

Dr Dominika Kwasnicka is a Post-doctoral Research Fellow at Curtin University in Australia. In March 2019, she joined SWPS University of Social Sciences and Humanities in Poland. After receiving her doctorate in 2015 she has worked on several health behaviour-change projects, researching predictors of health behaviour-change maintenance. The overarching aim of Dominika’s scientific work is to advance psychological theory of behaviour-change maintenance and to design behavioural interventions to improve population health.

Dominika’s research makes three key contributions to the field of Health Psychology, by: (1) Integrating theories of behaviour-change maintenance, investigating key predictors of maintained health behaviour-change; (2) Testing and advancing these theoretical predictors in systematically-developed studies and evidence-based interventions focusing on diet, physical activity, and weight loss maintenance; (3) Contributing to the development of novel research methods employing upcoming designs such as within-person N-of-1 studies using emerging technologies. Examples of novel behaviour-change maintenance studies that she co-designed and led include the PATHS study - an online intervention in frontline healthcare professionals delivered in four hospitals (www.paths.org.au); and the Aussie-FIT physical activity intervention applied in two leading Australian Football League clubs (www.aussiefit.org).

Dominika is an active member of EHPS, she is a Head Editor of the Practical Health Psychology Blog (www.practicalhealthpsychology.com), an online international publication informing practice, translated to 20 different languages. She has worked as a Liaison Officer and grant reviewer and currently she is a Chair for EHPS Synergy. Previously she was also a member of EHPS eCourses organising committee and CREATE Organising Board. Dominika has co-delivered pre-conference workshops on N-of-1 design titled: Challenges and solutions for N-of-1 design studies in health psychology. She also led on a collaborative publication which resulted from the workshop, written with workshop participants, published in Health Psychology Review.
**STAN MAES EARLY CAREER AWARD WINNERS**

**Dr. Marta Marques (Portugal)**

I am a Marie Sklodowska-Curie Research Fellow at Trinity College Dublin, and hold an Honorary Research Associate position at University College of London. I obtained my Ph.D. in 2015, supervised by Professor Stan Maes. In the same year, I received a post-doctoral fellowship from the Portuguese Science Foundation to continue my research at the University of Lisbon, and later worked as a Research Associate at the University of Newcastle and University College London. My research focuses on understanding the motivational and self-regulation processes underlying health behaviour change and maintenance, developing and testing theory-based digital health interventions, and advancing the methods for the systematisation of behaviour science (e.g. ontological approaches). I've worked in large international innovative projects in the field of behaviour change such as the EU-H2020 project NoHoW (digital tools for weight loss maintenance), and the Human Behaviour-Change Project. In the last 7 years, I've largely contributed to the activities of the EHPS, I was associate editor of the European Health Psychologist, chair of the E-courses Committee, and member of the EHPS-UN subcommittee. In August 2016, I joined the Executive Committee, taking the role of Membership Officer. I've contributed to the dissemination and impact of health psychology to policy making (e.g. WHO global mActive program), I've published numerous papers in key journals of the field, and I am a member of the editorial board of the International Journal Behavioural Medicine.

**Dr. Karen Matvienko-Sikar (Ireland)**

Dr Matvienko-Sikar was awarded her doctorate from University College Cork in 2015. She is currently a Research Fellow in the School of Public Health, University College Cork. Dr Matvienko-Sikar currently holds a Health Research Board Applying Research into Policy and Practice Fellowship in the area of parental stress. She was previously a Health Research Board Interdisciplinary Capacity Enhancement Award Postdoctoral Research Fellow involved in developing, implementing and evaluating a complex intervention to prevent childhood obesity. Her main research interests are in the areas of stress and behaviour change as they relate to maternal and child health. She is also particularly interested in measurement of behavioural and psychophysiological outcomes, which often interact in the aetiology of perinatal ill health and child outcomes. Dr Matvienko-Sikar was awarded the Psychological Society of Ireland Hannah McGee Excellence in Research and Practice Award in 2018, and was awarded a Royal Irish Academy Charlemont Fellowship in 2017 for her research on stress measurement in pregnancy. In 2018, she was an invited speaker at the Irish Parliamentary level to discuss research findings to inform prevention of childhood obesity. Dr Matvienko-Sikar is an active member of the EHPS and sits on committee of the Psychological Society of Ireland, Division of Health Psychology.
STAN MAES EARLY CAREER AWARD WINNERS

Dr. Dan Powell (UK)

Dr. Powell is a Lecturer in Health Psychology at the University of Aberdeen. He was awarded his PhD by the University of Southampton in 2014, and subsequently joined the Aberdeen Health Psychology Group as a Research Fellow working primarily with Dr Julia Allan. Dan's research typically utilises ecological momentary assessment (EMA) methods to understand within-person processes around stress, fatigue, and health-related behaviour in daily life. His work has been published in several key journals within the field, including Health Psychology, Annals of Behavioral Medicine, and Psychoneuroendocrinology. Dan is an active member of EHPS who served on the Scientific Committee and Local Organising Committee in 2016, and as a Track Chair in 2016 and 2017. He has convened symposia and roundtables, and delivers regular pre-conference workshops on EMA methods with Dr. Turu Stadler. Dr Powell is a Chartered Psychologist (British Psychological Society) and a Fellow of the Higher Education Academy (HEA) in the UK. He is a Consulting Editor for Health Psychology and Behavioral Medicine, and on the Scholars Board of the British Journal of Health Psychology.
Local Information

ABOUT DUBROVNIK

Towards the southern tip of Croatia lies the Old Town of Dubrovnik, the priceless jewel of the Dalmatian Coast and a world famous UNESCO World Heritage Site steeped in history and culture. George Bernard Shaw once wrote, "Those who seek paradise on Earth should come to Dubrovnik", due to its profound beauty and historic magic.

Dubrovnik is also, without doubt, currently one of Europe’s most fashionable conference destinations. A surfeit of modern facilities combined with unique activities for delegates make this a popular choice for event organisers.

Another attraction for the participants in gatherings and congresses in Dubrovnik is certainly the possibility to organize business meetings in the inspiring historic venues, renaissance palaces and medieval forts. The more relaxed part of congresses and gatherings in Dubrovnik includes a selection of special events at the top class restaurants and on terraces with unforgettable views of the Adriatic Sea and sunsets, while the mild climate enables the enjoyment of nature all the year round.

DUBROVNIK ATTRACTIONS

City walls
Dubrovnik’s most important feature and the most visually dominant symbol of the town; an impressive Middle Age construction where the corner towers of Minčeta, Revelin, Bokar and Sveti Ivan create the city’s famous historical shield.

Rector’s Palace
"Obitii privatorum publica curate" or "Forget your private business, concern yourself with public affairs". This remarkable inscription can be found above the entrance of the Rector’s Palace, the most important public building in Dubrovnik and a site that was once the government headquarters and the Rector’s residence.

Stradun (Placa)
Stradun is the main “artery” of the city, stretched between the two town gates, the gate of Pile and Ploče. Stradun invites you to walk it and feel its rhythm.

Sponza Palace
The oldest multimedia building in Dubrovnik, built in 1520 in a mixed late gothic and renaissance style. It used to be a storage and customs building [Divon], and is now the State Archive where the most important documents about Dubrovnik’s history are kept.

Franciscan Monastery
Franciscan monastery is a wonderful work of Dubrovnik architecture and one of the most prominent Dubrovnik attractions. Part of the monastery contains a very rich library that has a large number of preserved manuscripts of invaluable cultural and historical value. A pharmacy was founded in the monastery 1317, the third oldest in the whole world, continuously functioning until present day.

Dominican monastery
The oldest monastery in Dubrovnik (1225) is an extremely valuable historical building, and also houses an important treasury of ancient Dubrovnik artwork, including 239 incunabula.

Church of St. Blaise
The Church of St. Blaise (Crkva Sv. Vlaha) is an 18th-century baroque church on Luza Square dedicated to the patron saint and protector of Dubrovnik. This majestic church is located at the intersection of two main thoroughfares, where public gatherings in Dubrovnik are held – ‘Placa’ and ‘Pred dvorom’. It was built by the Venetian architect and sculptor M. Gropelli at the beginning of the 18th century.

Old port
Another witness of the times, once the main trading and maritime hub, today a picturesque part of Dubrovnik.

Dubrovnik Tourist Board
www.tzdubrovnik.hr/lang/en/index.html

Croatia full of life
www.croatia.hr/en-GB

Croatian National Tourist Board –
https://htz.hr/en-GB

City of Dubrovnik
www.dubrovnik.hr
Contacts

**IMPORTANT CONTACTS**

**HOTEL VALAMAR LACROMA DUBROVNIK**
Address: Iva Dulčića 34, Dubrovnik
Reservations: 0038552 465 000
Contact person: Gorazd Surla – 00385 99 249 52 85

**O TOURS PCO (Agency)**
Address: Gajeva 6/1, Zagreb
Contact persons: Tatjana Koprtla – 00385 98/ 980 5716
Iva Posavec – 00385 99/ 263 – 9333
Petra Srbanić – 00385 98/ 164 96 74

**GENERAL HOSPITAL DUBROVNIK**
Address: Dr. Roka Mišetića 2, 20 000 Dubrovnik
Phone: 0038520 431 777; 020/431 600
Link: https://www.bolnica-du.hr/index.php

**PUBLIC FIRE DEPARTMENT DUBROVNIK**
Address: Zagrebačka 1, Dubrovnik 20 000
Phone: 0038520 / 325-325
Link: https://www.dubrovacki-vatrogasci.hr/kontakt

**POLICE DUBROVNIK**
Address: Dr. Ante Starčevića 13, Dubrovnik 20 000
Phone: 0038520/443 - 333

**PUBLIC CITY TRANSPORT LIBERTAS**
Link with timetable:
Phone: 0038520 441 323
Link: http://www.libertasdubrovnik.hr/kontakt/

**TAXI BLUE DUBROVNIK**
Phone: 0038520/332 - 222

**TAXI SERVICE AND PASSENGER TRANSPORT RADULOVIĆ d.o.o.**
Pricelist: https://www.taxiservicedubrovnik.com/cijene.htm
Phone: 00385 98 725 769

**TAXI CLIENT DUBROVNIK**
Phone: 0038520 / 411-411
Link: http://www.radiotaxidubrovnik.com/

**AIRPORT**
Link to transport to the City with all the information:
www.airport-dubrovnik.hr/index.php/en/user/users/usage-prijevoza

**BANKS**
**PRIVREDNA BANK**
Working Hours (Stradun) - 08:00 - 15:00
(Except Saturday until 12:00)

**GRUŽ**
Working Hours 08:00 - 19:00 (except Saturday until 12:00)

**OTP BANK**
Working Hours VUKOVARSKA - 08:00 - 19:00
(Except Saturday until 12:00)

**OLD TOWN**
Working Hours 08:00 - 15:00
(Except Saturday until 12:00)

**ERSTE BANK**
Working Hours VUKOVARSKA - 08:00 - 18:00
(Except Saturday until 12:00)
PLACES TO VISIT

Cavtat
Cavtat is a unique town on the Adriatic, an old city situated on the hilly part of the wooded peninsula Rat. There are new settlements along the coast, and the whole of Cavtat is overgrown by Mediterranean vegetation, with the ever green pine and cypress trees. The special charm of this old city are the buildings that have remained from the time of the old Dubrovnik Republic.

Elafiti Islands
The Elaphiti Islands or the Elaphites is a small archipelago consisting of several islands stretching northwest of Dubrovnik, in the Adriatic sea. The Elaphites have a total land area of around 30 square kilometres (12 square miles) and a population of 850 inhabitants. The islands are covered with characteristic Mediterranean evergreen vegetation and attract large numbers of tourists during the summer tourist season due to their beaches and pristine scenery. The name comes from the Ancient Greek word for deer which used to inhabit the islands in large numbers.

Island Lastovo
Lastovo is an island in south Dalmatia and also the furthest inhabited Croatian island. Lastovo is an island of an untouched and extremely beautiful nature. Therefore, it is the best choice for those who want to spend a completely relaxing and peaceful holiday.

Medjugorje Sanctuary, Bosnia & Herzegovina
Medjugorje is a world famous sanctuary where people from all around the world come to face with God, faith and to find peace in their souls and hearts.

Bay of Kotor, Montenegro
Kotor is perfect for a relaxing stay, for gourmets, for lovers but also for fans of hiking, history, culture – the perfect destination for people looking for authenticity and new experiences, as well as an excellent holiday choice for those who cannot make up their mind whether to have an active or relaxing sunny holiday or discover heritage, culture and history, a family holiday or a romantic trip.

Neretva county
From the first time you lay eyes on the Neretva Valley you’ll have the “wow effect,” and for good reason. The highway snakes along the coastline and then, almost in a Western movie, turns through a high mountain ridge and in a flash a panorama of a vast plain opens up before you. The Neretva River spears through this enormous expanse, like an arrow piercing through the air, long and straight. Stop for a while to take in and admire the view and it will become clear that this mighty river has been beavering away for centuries, slowly but surely forging a path to the Adriatic Sea.

Mostar, Bosnia & Herzegovina
Mostar is the largest city in Herzegovina, with a small but thoroughly enchanting old town centre. At dusk the lights of numerous millhouse restaurants twinkle across gushing streams, narrow Kujundžiluk bustles joyously with trinket sellers and, in between, the Balkans’ most celebrated bridge forms a majestic stone arc between medieval towers.
LOCAL RESTAURANTS

Restaurant & Caffé Dubravka 1836
Mediterranean cuisine
T: +385 20 42 63 19
A: Brsalje br. 1, 20000 Dubrovnik

Oyster & Sushi Bar Bota
Japanese cuisine
T: +385 20 324 034
A: Đura Baglivija 1, 20000 Dubrovnik

Restaurant Pantarul
Traditional cuisine
T: +385 20 333 486
A: Ul. kralja Tomislava 1, 20000, Dubrovnik

Tavulin Wine & Art Bar
Mediterranean, European cuisine
T: +385 99 885 4197
A: Street za Rokom 13, 20000, Dubrovnik

Restaurant Panorama
Wine & Dining
T: +385 20 312 664
A: Srd Street 3, 20000, Dubrovnik

Restaurant Azur
Asian, Seafood, Mediterranean
T: +385 20 324 806
A: Pobijana street, 10, 20000, Dubrovnik

Restaurant Dalmatino
Seafood
T: +385 20 323 070
A: Prijeko ul. 15, 20000, Dubrovnik

Restaurant Proto
Seafood
T: +385 20 323 234
A: Široka street, 1, 20000, Dubrovnik

Restaurant Posat
Mediterranean cuisine
T: +385 20 421 194
A: Street uz Posat 1, 20000, Dubrovnik

COFFEE SHOPS & BARS

Cogito coffee bar
Special Coffee & Tea
A: Street od Pustijerne 1, 20000, Dubrovnik

Soul coffee bar
Bar, Pub, Vegetarian Friendly
T: +38595 199 8507
A: Uska street 5, 20000, Dubrovnik

Beach bar Buža
Nightlife, Bars & Clubs
T: +38595 883 1750
A: Crijevićeva street 9, 20000, Dubrovnik

Congo bar
Seafood, Croatian, Cafe, Mediterranean, Healthy, Central European, European
T: +38599 810 5974
A: Stradun 6, 20000, Dubrovnik

Cave bar
Nightlife, Bars & Clubs
T: +38520 494 200
A: 11 12, Šetalište Nika i Meda Pucića, 20000, Dubrovnik

Buzz bar
Nightlife, Bars & Clubs
T: +38520 321 025
A: Prijeko street 21, 20000, Dubrovnik
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