Wednesday, 16 September

9:30am	**Pre-Congress Workshop: Process-based Therapy** *Copper Hall* Chaired by: Ernst Koster
	Process-based Therapy » Dr. Stefan G. Hofmann
9:30am	**Pre-Congress Workshop: Understanding and Transforming Self-Criticism in Compassion Focused Therapy: From Inner Attack to Inner Care** *Studio 201 A-B* Chaired by: Wannes Rambour
	Understanding and Transforming Self-Criticism in Compassion Focused Therapy: From Inner Attack to Inner Care » Niki (Nicola) Petrocchi
9:30am	**Pre-Congress Workshop: Making Homework Work: Collaborative Strategies to Motivate and Tailor CBT Assignments** *Studio 202* Chaired by: Jan CALLENS
	Making Homework Work: Collaborative Strategies to Motivate and Tailor CBT Assignments » Dr Nikolaos Kazantzis
9:30am	**Pre-Congress Workshop: Integrating Mindfulness into Cognitive Behavioural Therapy Making Therapy More Effective, Engaging, and Sustainable** *Studio 204* Chaired by: Pierre Philippot
	Integrating Mindfulness into Cognitive Behavioural Therapy Making Therapy More Effective, Engaging, and Sustainable » Willem Kuyken
9:30am	**Pre-Congress Workshop: Preventing youth anxiety and depression: Lifestyle interventions and CBT-Based skills** *Studio 206* Chaired by: Nele Jacobs
	Preventing youth anxiety and depression: Lifestyle interventions and CBT-Based skills » Cecilia Essau
9:30am	**Pre-Congress Workshop: Essential Skills for Transdiagnostic CBT in Everyday Clinical Practice** *Studio 211* Chaired by: Tine Daeseleire
	Essential Skills for Transdiagnostic CBT in Everyday Clinical Practice » Ebru Salcioglu
9:30am	**Pre-Congress Workshop: Between you and me: Dealing with patterns, building connection. A Schematherapy approach for high-conflict couples** *Studio 212* Chaired by: Mandy Rossignol
	Between you and me: Dealing with patterns, building connection. A Schematherapy approach for high-conflict couples » Paul Schobre
9:30am	**Pre-Congress Workshop: Preventive Cognitive Therapy for Depression: An Evidence-Based Approach to Reduce Relapse Risk: why and how** *Studio 213* Chaired by: Agnieszka Popiel
	Preventive Cognitive Therapy for Depression: An Evidence-Based Approach to Reduce Relapse Risk: why and how » Claudi L. Bockting

Continued from **Wednesday, 16 September**

9:30am **Pre-Congress Workshop: Recognizing and responding to how and why LGBTQ clients are unique**
Studio 214
Chaired by: Christel Bouwens

Recognizing and responding to how and why LGBTQ clients are unique
» John Pachankis

9:30am **Pre-Congress Workshop: CBT for Social Anxiety Disorder with Adolescents: bridging the gap and Integrating ACT and CFT into our practice**
Studio 215
Chaired by: Bénédicte Thonon

CBT for Social Anxiety Disorder with Adolescents: bridging the gap and Integrating ACT and CFT into our practice
» Maria do Céu Salvador

9:30am **Pre-Congress Workshop: La TCD sur mesure : adapter sans diluer**
Studio 216
Chaired by: Yves Simon

La TCD sur mesure : adapter sans diluer
» Dominique Page

9:30am **Pre-Congress Workshop: Introduction to the Affect Regulation Training**
Studio 210
Chaired by: Andrei Miu

Introduction to the Affect Regulation Training
» Prof. Dr. Matthias Berking

11am **Coffee Break**
Foyer Copper Hall

1pm **Lunch Break**
Foyer Copper Hall

3:30pm **Coffee Break**
Foyer Copper Hall

6pm **Opening Ceremony**
Copper Hall | Online Broadcast

7:20pm **Welcome Reception**
Silver, Magritte & Delvaux foyers

Thursday, 17 September

8:30am **Keynote: The Mental Health Trap of Poverty**
Copper Hall | Online Broadcast
Chaired by: Kris Martens

The Mental Health Trap of Poverty
» Bram Vervliet

8:30am **Keynote: Cultural Adaptation of CBT**
Hall 100 | Online Broadcast
Chaired by: Tine Daeseleire

Continued from **Thursday, 17 September**

Cultural Adaptation of CBT
» Peter Phiri

8:30am **OP6: Trauma, humanitarian crisis**
The Arc
Chaired by: Federica Nava

8:30am **A Qualitative Investigation of Prolonged Grief Symptoms and Post-traumatic Growth in People Who Experienced Loss During the COVID-19 Period**
» Melis Gun Ertan, Anke Karl, Avril Mewse

8:45am **The Direct and Indirect PTSD and Traumatic Impact of the February 6 Earthquakes in University Students in Türkiye**
» Melike Şengül, Eliz Volkan

9am **Investigating predictors of PTSD and help-seeking: insights on gender and sex differences**
» Federica Nava, Chris Hoeboer, Joris Haagen, Rutger-Jan van der Gaag, Mirjam van Zuiden, Birit Broekman, Miranda Olff

9:15am **Prevalence of Complex Post-Traumatic Stress Disorder (CPTSD): A Systematic Review and Meta-Analysis**
» Phillipa Huynh, Reuben Kindred, Kirsten Perrins, Kathleen de Boer, Stephanie Miles, Glen Bates, Maja Nedeljkovic

8:30am **OP1: Youth Mental Health and Development**
Hall 400 | Online Broadcast
Chaired by: Anna Coughtrey

8:30am **Long Covid in Children and Young People: Where does CBT fit in?**
» Anna Coughtrey, Roz Shafran, Snehal Pinto Pereira, Terence Stephenson

8:42am **On the Protective Role of Self-Compassion Throughout the Postpartum Period**
» Katrijn Brenning, lumein hillewaert

8:54am **Addressing Child Anxiety Treatment Gap in Czechia: Parental Needs and Parent-Led CBT Adaptation**
» Marie Polaskova, Marta Fiserova

9:06am **Into the Worry Spiral: A Qualitative Study Exploring the Cognitive-Behavioural Mechanisms of Generalised Anxiety Disorder in Adolescents**
» Lottie Shipp, Polly Waite, Eleanor Leigh, Ray Percy

9:18am **Repetitive negative thinking in adolescence: a mixed methods study**
» Nikki Huang, Michelle Moulds, Jill Newby, Aliza Werner-Seidler

8:30am **OP8: Digital and Technology-Enhanced CBT**
Studio 201 A-B
Chaired by: Pavla Stopková

8:30am **Virtual Environment for Exposure Therapy in Obsessive-compulsive Disorder: Clinical Applications and Results of Two Studies**
» Pavla Stopková, Katarína Adamcová, Karolína Zuzánková, Martina Janíková, Iveta Fajnerová

8:45am **Effectiveness of the REThink Game in Children with Emotional Disorders: A Randomized Controlled Trial**
» Eliza Atudosie, Oana Alexandra David, Viorel Lupu

9am **Small Nudges, Big Impact? Feasibility and Effects of Ecological Momentary Interventions to Reduce Rumination**
» Inken Höller, Judith Martens, Lena Spangenberg

9:15am **Conversational AI Chatbots as an Additional Source of Mental Support: A Qualitative Study of Young Adults' Experiences and Use Alongside Human Support**
» Tina Coenen, Fien Dequecker, Ernst Koster, Klaas Bombeke

Continued from **Thursday, 17 September**

8:30am **OP10: Mechanisms and Processes of Change in CBT**
Studio 202
Chaired by: Giovanbattista Andreoli

8:30am **Introducing the Newcastle Complexity Model**
» Layla Mofrad, Matt Stalker

8:42am **Clinical validity of five questionnaires assessing transdiagnostic psychological processes in adolescents**
» Sandra Casarin

8:54am **Dysregulation of Regret: Network Analysis Approach**
» Răzvan Mornea

9:06am **The influence of treatment credibility and outcome expectations on psychological therapy for depression symptoms: an Individual Participant Data Meta-analysis**
» Ashleigh Correa

9:18am **Personalizing Cognitive-Behavioural Therapy Using Symptom Networks and Clinician-Driven Network Control Theory: A Single-Case Study in Depression.**
» Giovanbattista Andreoli

8:30am **OP13: Psychosis and Clinical Complexity**
Studio 204
Chaired by: Kristof Hoorelbeke

8:30am **PERMEPSY: Preliminary Findings from a Multicentre RCT of Personalized Metacognitive Training in Adults with Psychosis**
» Adrien Goncalves

8:45am **Harmers of Patients in the Auditory Verbal Hallucination Experience. Clinically Important Phenomenology in a Culturally-Diverse Early Intervention in Psychosis Service: Implications for Personalised Precision Culturally Competent Early Intervention CBT**
» Alisia Maciu, Sahara Ghida, Jennifer McGowan, Alysia Sweeney, Angel Au, Charmayne Lau, David Raune

9am **Functional errors and reality distortion symptoms are independently associated with insight in first-episode psychosis and chronic schizophrenia**
» Esther Pousa Tomas, Júlia Borrell, Cesar González-Blanch, Víctor Ortiz-García de la Foz, Rosa Ayesa-Arriola

9:15am **Integrating biofeedback with AVATAR therapy for emotional self-regulation: a case series study**
» Tessa Wirtz, Melina Luker, Tom Ward, Ekincan Tas, Mark Huckvale, Thomas Craig, Mar Rus-Calafell

8:30am **Three Minute Talks**
Studio 206
Chaired by: Puck Duits

8:30am **The effectiveness of cognitive-behavioral therapy for hoarding disorder: a pilot study.**
» Puck Duits

8:33am **Pilot feasibility study of an evidence-based group intervention for family members of individuals with hoarding disorder**
» Emily Dewar

8:36am **Can a mobile app enhance exposure adherence in anxiety disorders? Early data from an ongoing pilot randomized controlled trial**
» Iratxe Alonso-Olea, Patricia Gual-Montolio, Mónica Conesa-Giménez, Lucas Niño-Ruiz, Javier Herrero González, Carlos Granell, Sven Casteleyn, Azucena García-Palacios, Juana María Bretón-López

Continued from **Thursday, 17 September**

8:39am **Making sense of the clutter: A co-designed group intervention for family members of individuals with hoarding disorder**
» Emily Dewar

8:42am **Attachment Anxiety and Avoidance in Relation to Psychological Distress: A Cross-Cultural Investigation Exploring the Mediating Role of Metacognitive Beliefs Across Türkiye and Iran**
» Hamed Abdollahpour Ranjbar, Elif Peksevim, Shang Jul Rasul Olsen, Michael Bakhshesh-Boroujeni, Ayse Altan Atalay

8:45am **Context-Dependent Dynamics of Attentional Bias: Interactive Effects of Social Evaluation and Attention Training**
» Dilruba Sönmez, İlayda ALP, Büşra Nur Topaç, Hatice Ece Güler

8:48am **Loneliness, Social Relations, and Attachment Styles in Misophonia**
» Simran Singh, Miriam Zemel, Louisa Rinaldi, Julia Simner

8:51am **Beyond weekly therapy: intensive, personalised exposure treatment outside the therapy room in Belgium**
» Annemarie Van Engeland

8:54am **Gambling Disorder and Harms: Lessons from lived experience in prevention and support**
» James Grimes

8:57am **Adaptation and Implementation of Group Schema Therapy: Practitioner perspectives**
» Karishma Rajan Menon, Alice Norton, Elizabeth Seeley-Wait, Shannon Webb, Rita Younan, Maree Abbott

8:30am **OP15: Mood, Resilience and Emotional Processes**
Studio 211
Chaired by: Emily Upton

8:30am **Self-Transcendent States and Positive Psychological Outcomes: A Multilevel Meta-Analysis**
» Vlad-Antoniu Mărghitas, Oana Alexandra David

8:45am **A Meta-Analysis of Symptom Association Among Unrelated Individuals**
» Beatrice Susan, Roxana Oltean Cardoș, Ioan Onesim, Daniel David

9am **Metacognitive therapy and work-focus for patients with depression, anxiety or comorbid depression and anxiety on sick leave: a single-centre: a randomised controlled trial**
» Ragne Gjengedal, Marit Hannisdal, Hilde Dallavara Lending

9:15am **A Pilot Trial of Brief Tailored Online Treatment for Rumination and Worry in Premenstrual Dysphoric Disorder**
» Emily Upton, Monique Holden, Alison Mahoney, Michelle Moulds, Aliza Werner-Seidler, David Chan, Jill Newby

8:30am **WS1: Dissociation-Focused Cognitive Behavior Therapy (DF-CBT)**
Studio 311

Dissociation-Focused Cognitive Behavior Therapy (DF-CBT)
» Alexis Vancappel

8:30am **WS2: Infidelity and its consequences: Is it possible to re-build trust following affairs?**
Studio 312

Infidelity and its consequences: Is it possible to re-build trust following affairs?
» Mehmet Sungur

8:30am **Posters**
Grand Hall 1

Suicidal Behaviours in People Seeking Treatment for Substance Use Disorder
» Leire Leza, José J. López-Goñi, Alfonso Arteaga, Javier Fernández-Montalvo

Continued from **Thursday, 17 September**

Perceived difficulties of addiction treatment practitioners related to suicidal behaviour

» Leire Leza, Alfonso Arteaga, José J. López-Goñi, Javier Fernández-Montalvo

From Blame to Understanding: Defusing Conflict in Family Therapy

» Ummuhan Ozkal

Complex Trauma and Interpersonal Adjustment Difficulties: A Systematic Literature Review

» Sara Mendes, Carla Silva

Mediators and predictors of treatment response in a brief online intervention for rumination and worry

» Emily Upton, Venkatesha Venkatesha, Amy Joubert, Alison Mahoney, Michelle Moulds, Aliza Werner-Seidler, Jill Newby

Modifying dysfunctional beliefs in social anxiety disorder with an emotion-focused approach-avoidance modification training – a pilot study

» Hannah Streit, Lena Merkt, Marie Reindl, Johanna Zeder, Matthias Berking

Design and Evaluation of Different Immersive Virtual Environments for Relaxation Breathing Training Using Biofeedback

» Markéta Jablonská, Karolína Zuzánková, Tereza Langová, Barbora Darmová, Pavla Stopková, Iveta Fajnerová

Efficacy of a Virtual Reality Exposure Therapy Protocol for Fear of Public Speaking: A Randomized Controlled Pilot Study

» Vanetza Quezada-Scholz, Matías Silva-Nuñez, Mario Laborda, Sarai Espinoza, Carolina Salazar, Gressley Valdés, Gonzalo Miguez

Inhibitory Control, Reward Sensitivity and Punishment Sensitivity as Transdiagnostic Risk Factors for Addictive Behaviors in Adolescents

» Eva Van Malderen, Jakke Coenye, Lien Goossens, Sandra Verbeken, Eva Kemps, Laurence Claes

Parents as Role Models: an Experimental Study on the Influence of Parents' Self-Related Body Talk on Children's Body Image.

» Jolien De Coen, Elisa Boelens, Eva Van Malderen, Ellen Van Moere, Sandra Verbeken, Lien Goossens

A Scoping Review of Fostering Pro-Social Motives towards Socially Minoritized Individuals: From Feasibility to Efficacy

» Nuno Vieira Rocha, Marcela Matos, The ProSocial-Living project team, Sérgio Andrade Carvalho

Open-enrollment behavioral sleep medicine groups improve self-report sleep outcomes in an intensive outpatient substance use program

» Joshua Tutek, Suzanna Donato, Sarah Book, Patrick Duffy, Allison Wilkerson

Adverse Childhood Experiences and Learning Mechanisms: Fear Learning and Reinforcement Processes

» Maria Consuelo San Martin, Vanetza Quezada-Scholz, Mario Laborda, Marcela Soto

Innovations in the treatment of Social Anxiety Disorder: Remote VR–Based Exposure Therapy

» Katarína Adamcová, Markéta Jablonská, Pavla Stopková, Tereza Langová, David Jakeš, Iveta Fajnerová

Cognitive and Emotional Patterns in Oncology Patients: Implications for the Development of a CBT-Informed Intervention Framework

» Sabina Salkic

Rejection sensitivity and cognitive emotion regulation: A pilot RCT on the acceptability of digital interventions combining psychoeducational videos and guided mental imagery audios

» Gabriel Loddo, Aurélie Wagener

Continued from **Thursday, 17 September**

CBT for psychosis with a young adult experiencing grandiose beliefs: a case study
» Poppy Brown, Louise Isham, Louise Johns

Psychometric and construct validity of the French COBRA beyond bipolar disorder: Evidence from bifactor, network, and path analyses
» Audrey Uyttersprot, Léa Henriette, Laurent Lefebvre, Mandy Rossignol

Strategic Partner Selection Psychoeducation - Improve Romantic Relationship Self-Efficacy
» Jonathon Flores

Examining the Hierarchical Structure of ICD-11 Complex PTSD Symptoms: A Multisite Investigation of Community and Clinical Samples
» Reuben Kindred, Maja Nedeljkovic, Glen Bates

Multimodal Approach-Avoidance Modification Training for Body Dissatisfaction: Results from a Randomized-Controlled Trial
» Lydia Rupp, Johanna Zeder, Matthias Berking

Exploring Sequencing Effects of Cognitive Techniques: An Experimental Investigation of Cognitive Restructuring and Detached Mindfulness
» Ida Torp Roepstorff

The role of the context in which alcohol is first consumed during adolescence on subsequent drinking habits
» Vera Walburg

A fun and personalised approach to CBT: an escape game to develop children's emotional awareness
» Rafika Zebdi, Clémence Gillard, Alexia Natario, Manuela Pietka-Saillant, Stéphanie Vanwalleghem

The Effect of Cognitive Behavioral Therapies in Promoting Physical Activity: A Systematic Review and Meta-Analysis
» Freja Aunsberg

The Integration of Cognitive Behavioural Therapy in Undergraduate Nurse Education: A Scoping Review
» Elaine Kelly

How to find motivational resolve? A comparison of cognitive restructuring and contacting values in an experimental setting.
» Nanna Bjerg Ramsdal, Emma Elkjær, Mia Skytte O'Toole

Finding motivational resolve by reconnecting with one's values: Results from an experimental study
» Nanna Bjerg Ramsdal, Emma Elkjær, Johannes Michalak, Mia Skytte O'Toole

Are Motivation, Credibility, and Alliance Associated with Outcome in CBT for Social Anxiety Disorder in Youth?
» Helge Ruth

The EFAB Pyramid: A Psychoeducational model of emotions, feelings, attitudes and behaviours in adults with ADHD and Borderline Personality Disorder
» Victor LOPEZ-HERNANDEZ

Uncontrollability Emotion Beliefs and Cognitive Attention Syndrome (CAS) on Mental Health
» Esperanza García Sancho, José Martín Salguero

Is there a specific mode of thinking in gifted individuals?
» Adélaïde Sixdenier, Nathalie Fournet, Anne Denis, Martine Bouvard

The impact of active and receptive music therapy on anxiety levels in individuals with substance use disorders (SUD): preliminary results from a 3-month RCT follow-up
» Daria Makurat, Łucja Bieleninik, Ilona Bidzan-Bluma

Continued from **Thursday, 17 September**

Intensive exposure and response prevention for children with Obsessive compulsive disorder, an effectiveness study
» Linnea Molin, Vendela Zetterqvist, Mia Ramklint

Prevalence of body dissatisfaction and body image avoidance among college women in France
» Axelle Nougal, Thierry Kosinski, Stéphane Rusinek

Depression, distress and their determinants across time in first-year engineering students
» Vanja Putarek, Juraj Petrović

Not all distress is the same: A latent profile analysis of psychological distress among PhD students
» Catarina Cardoso, Fabiana Monteiro, Mariana Branquinho, Cláudia Melo, Maria Cristina Canavarro, Marco Pereira

Association Between Loot Box Engagement and Problem Gambling Severity: An Updated Systematic Review (2021–2026)
» Mónica Bernaldo-de-Quirós, Celia Pérez-Gámez

The Impact of Self-Compassion as a Moderating Factor on the Behavioral and Psychological Aspects of Abnormal Eating Behavior
» Haruka Honjo, Mariko SHIOZAKI, Daisuke Ito

Relationships between Functional Assertiveness and Mental Health among General Employees in Japan
» Sanako Higashitsuji, Daisuke Ito

Stronger Together. A randomized controlled trial of population -based iCBT -intervention for antenatal depression.
» Tarja Korpilahti-Leino, Terja Ristkari, Andre Sourander

Relational correlates of loneliness in family caregivers of people with dementia
» Bruno Manzano-Mohedas, Laura Gallego-Alberto, Isabel Bermejo-Gómez, Laura Merida-Herrera, Inés García-Batalloso, María Márquez-González, Isabel Cabrera-Lafuente

Social support and frequency of leisure activities as correlates of depression and loneliness in caregivers of institutionalized people with dementia
» Sara Serrano-Lozano, Laura Gallego-Alberto, María Márquez-González, Duna Cebrecos-Mayor, Nadia Srifi-Navarro, Yolanda Peregrín-Valverde, Isabel Cabrera-Lafuente

Comparative Efficacy of Digital Psychological Interventions for Emotional Disorders, Stress, and Underlying Mechanisms Among Young Adults: A Network Meta-Analysis
» Anda-Gabriela Felea, Oana Alexandra David

Predictors of Parental Psychological Flexibility: The Role of Education and Depression
» Janina Pavić Jadrić, Matea Bodrožić Selak, Amalija Hrepić Gruić

Validation of the French version of the Insomnia Severity Index in a population with psychiatric disorders and sleep complaints
» Marie CHAMONTIN, Emilie Stern

An Experimental Investigation of Dampening as an Emotional Contrast Avoidance Strategy: Comparing a Dampening Task to an Experiential and a Cognitive Control Task
» Myriam Gérardy, Liesbeth Bogaert, Filip Raes

Validity and psychometric properties of the Spanish version of Multidimensional Cognitive-Attentional Syndrome Scale (MCASS)
» Rodrigo Hernando Erades, José Martín Salguero, Esperanza García Sancho

Doing qualitative research with youth with intellectual disability: designing of an intervention with and for adolescents with mild-to-borderline intellectual disability and anxiety.
» Iris Langereis

Continued from **Thursday, 17 September**

CBT-I for Older Adults Within a Stepped-Care Model: From Theory to Clinical Practice
» Joanna Salbert

Do Clinicians Actually Learn from Asynchronous Web-Based Trauma Training? A Systematic Review
» Suzie Bond, Véronique MacDermott, Karole Vaugon, Nicolas Bergeron, Béatrice Pudelko

Development of a brief guided internet-based group Unified Protocol preventive intervention for university freshmen: A qualitative focus group study
» Maria Inês Caçador, Catarina Francisco, Maria Cristina Canavarro, Marco Pereira

Feasibility of a Randomized Controlled Trial Comparing Asynchronous Web-Based and Instructor-Led Training in Trauma-Focused Cognitive Behavioral Therapy for PTSD: Protocol for a Pilot Study
» Suzie Bond, Béatrice Pudelko, Pier-Olivier Caron, Geneviève Belleville, Steve Geoffrion

Relationships Between Problematic Gaming, Mindfulness, and the Stages of Change Model Among Junior High School Students
» Keisuke TANAKA

Social representations, public stigma and self-stigma associated with the French labels maladie psychique and handicap psychique: a comparative study in Belgium and France
» Ilona SOEFFERS

Preliminary effectiveness of a new and brief preventive adaptation of the Unified Protocol (UP-Prevent): A case study with women with subclinical symptoms of anxiety and depression
» Catarina Francisco, Liliana Pedro, Cristiana Silva, Marco Pereira, Ana Fonseca, Maria Cristina Canavarro

Dynamics of Reward Processes in Social Anxiety: A Time-Series Network Analysis
» Martin Skopp, Christiane Melzig, Christoph Benke

Positive Events Training to Enhance Positive Emotions in Adolescents with Elevated Depressive Symptoms: A Planned N=1 Approach
» Liesbeth Bogaert, Patrick Onghena, David Hallford, Arnaud D'Argembeau, Filip Raes

Validation of the Dutch Global Psychotrauma Screen (GPS): screening for trauma-related symptomatology in the Netherlands
» Federica Nava, Birit Broekman, Miranda Olff, Chris Hoeboer

Depression and Anxiety Following Acquired Brain Injury: Adaptations of CBT Interventions in the Population
» Angeliki Lorents, Ioulia Maimari

From Reinforcement to Regulation: Longitudinal Links Between Parenting Practices and Emotional Functioning
» Jose P. Espada, Víctor Amorós-Reche, María T. Gonzálvez, Mireia Orgilés

Reducing Depressive and Anxiety Symptoms in Children and Adolescents: A Meta-Analysis of the Super Skills for Life Program
» Víctor Amorós-Reche, Mireia Orgilés, Jose P. Espada

Bidirectional Associations Between Maternal Premenstrual Symptoms and Child Mental Health: A Two-Wave Cross-Lagged Panel Model Study
» Mariko Shimoda, Takumu Kurosawa, Yukari Kimura, Makiko Hibi, Akari Tanigaki, Ryu Takizawa

Long-term outcomes of intensive exposure and prevention (ERP) treatment for OCD: A study protocol for a naturalistic 4 years follow-up study of Bergen 4 Day treatment
» Anne Välilä, Niina Luhtala

Meta-analysis of attachment styles and loneliness
» Teodora-Larisa Vițan, Aurora Szentagotai-Tatar, Gabriela Tinta

Continued from **Thursday, 17 September**

Characteristics and Associated Factors of Health Beliefs on Psychiatric Treatment: A Study of First-Visit Patients with Depression in Japan
» Asahina ninomiya, Shin-ichi SUZUKI

Adapting School -Based Depression Prevention for Adolescents in Special Education: An Intervention Mapping Study
» Wendy Rongen, Sanne Rasing, Jan Spijker, Daan Creemers

Exploring protective factors in the relationship between non-suicidal self-injury and disordered eating: an ecological momentary study
» Daria Cristian

How is cognitive behavioral therapy for insomnia provided in randomized controlled trials? A scoping review
» Aurore Roland, Anne-Laure Schoonjans, Olivier Mairesse

Insomnia Severity Index (ISI): Psychometric Properties and Diagnostic Performance in Romanian Population
» Larisa Tînc

Empathy and aggression among individuals with alcohol use disorder
» Isabelle Cristina Baltariu, Violeta Enea, Andreea Nicoleta Melinte, Corina Miruna Lungu, Ioana Petruța Iriciuc, Bianca Gabriela Smintina, Teodora Elena Huțanu, Marije aan het Rot

Applying the peak-end rule to exposure to a fear-eliciting stimulus
» Sara Scheveneels, Pauline Dibbets, Omer Van den Bergh

Parent-Child Discrepancies in Assessments of Child Anxiety: A Systematic Review and Meta-Analysis
» Beril Can, Abby Dunn, Sam Cartwright-Hatton

Enhancing Body Functionality Appreciation: A narrative review of cognitive and behavioral interventions for body image improvement
» Eva Roy

Efficacy and Social Validity of a Self-Help Online CBT Intervention for Black, Racialized, and Immigrant Women Survivors of Sexual Assault
» Salomé Jean-Denis, Jessica Lebel, Geneviève Belleville

Effectiveness and acceptability of an online self-treatment for post–sexual assault symptoms: a comparative analysis among 2SLGBTQIA+ individuals
» Samuel Gagné, Lydia Gamache, Jessica Lebel, Geneviève Belleville

Effectiveness of brief online Cognitive Therapy for Individuals in Hikikomori (Prolonged Social Withdrawal) with Social Anxiety
» Motohiro Sakai, Tomoaki Kenmochi, Kunio Yamada, Naoki Yoshinaga, David Clark, Graham Thew

Pain Interference Trajectories During Treatment in Trauma-Affected Refugees: Findings from the Danish Trauma Database
» Linda Nordin, Margit Kriegbaum, Xiang Zhao, Sophia Åkerblom

Exploring Symptom Dynamics in Social Anxiety Through Fully Idiographic Network Analysis: Toward Personalized Cognitive-Behavioural Therapy.
» Giovanbattista Andreoli

Potential Roles of the Left Superior Frontal Gyrus and Serum GDNF Levels as Biological Substrates of Social Anxiety in Generalized Anxiety Disorder
» Tomomi Nagano, Kohei Kurita, Yasunori Oda, Yuko Fujita, Eiji Shimizu, Yoshiyuki Hirano

Family Dynamics in High-Conflict Divorce: A Network Model Based on Single-Case Family Data
» Marjolein Vandenbosch, Bernet Elzinga, Caroline Jonkman, Lourens Waldorp

Continued from **Thursday, 17 September**

BRIDGE: Between-session Resource for Intelligent Digital Guidance and Engagement
» Kayra Kıylıoğlu, Umur Yıldız, Ceren Gürdere, Burcu A. Ürgen

A systematic review on self-esteem in ethnic-racial minoritised young adults: examining the relationship with minority-related stressors and mental health
» Ivanilda B. Costa, Shivani Atul Mansuklal, Patricia M. Pascoal, Gerhard Andersson, Sérgio Andrade Carvalho

Positive embodiment in adolescence: A network analysis of its protective role in mental health
» Marta Miragall, Gisela Fandos, Dani Medina, Carmela Sánchez, Lorena Desdentado, Diana Burychka, Rocío Herrero, rosa maria baños rivera

Promoting Well-being Among Migrant Populations: A Participatory Design of Digital Microinterventions
» Diana Burychka, María Folgado, Rocío Herrero, Desiree Colombo, Marta Miragall, rosa maria baños rivera

Mediating role of body awareness in the therapy of Borderline Personality Disorder
» Anne-Claire Lafait

Measurement Invariance of the Children and Adolescent Social Cognitions Questionnaire across Age, Gender, Clinical Status and Informant
» Iulia Felicia Vlad, Anca DOBREAN, Ionut Stelian Florean

A systematic review of Pavlovian conditioning in repeated drug use
» Kato Berebrouckx, Tom Beckers, Laura Luyten, Anne Willems

Using Written Exposure Therapy as a Selective Preventive eHealth Intervention for Post-Traumatic Stress Disorder: The 2-ASAP WEP Study Protocol
» Greta Piwanski, Chris Hoeboer, Rianne de Kleine, Juanita Haagsma, Stella Heemskerk, Milan Ridderikhof, Miranda Olff, Iris Engelhard, Mirjam van Zuiden

Prevention of School Violence in the Czech Republic — Findings from the Pilot Implementation of the Guardian Program
» Jakub Bednář, Kateřina Koros Bartošová

Ethical Decision-Making in Anorexia Nervosa: A Multi-Level Reflective Framework
» Evdoxia Tsigkaropoulou, Christina Golemati, Ioannis Michopoulos

"The Only Way Forward is Through": A Thematic Analysis of Meaning-Making After Childhood Sexual Abuse by a Close Family Member
» Natanyae Berehe, Maya Hassan, Martin Cernvall

StudiCare-Belonging: (Preliminary) Results of an AI-avatar guided digital intervention targeting loneliness among university students
» Ayca Ilgaz, David Daniel Ebert, Harald Baumeister

Integrating ACT Into Adolescents' Daily Lives: A Digital Approach to Psychological Flexibility
» Revital Giesser

Maltreatment and Comorbidities in Bipolar Disorder: A Network Analysis
» Renata Gheorghiu, Oana Alexandra David

Prevalence of Psychiatric Comorbidities in Bipolar Disorder: An Umbrella Review of Systematic Reviews with Meta-Analyses
» Renata Gheorghiu, Oana Alexandra David

Continued from **Thursday, 17 September**

Digital Psychological Interventions for Mental Health, Wellbeing, and Functioning in Adolescents and Young Adults: A Component Network Meta-Analysis
» Cîrdan Ana Andreea, David Oana, Canamero Lola

The role of parenting practices in the development of rumination in childhood and adolescence : Preliminary results
» Justine Marneffe, Raffaella Di Schiena

The Role of Mindful Emotion Regulation in Organizational Contexts: A Crossover Randomized Controlled Trial of MBCT-L in Full-Time Employees
» Adrian Iulian Budai

Transdiagnostic Interventions for Behavior Problems in Children and Adolescents: A Systematic Review
» Damián Hervás, María Vania Rocamora, Víctor Amorós-Reche, Mireia Orgilés

From Anger Regulation to Social-Emotional Learning: Developing CBT Play Therapy-Informed Activities for Younger Primary School Children
» Ljiljana Sapic Kozar

From Irrational Beliefs to Emotional Adjustment: Network-Informed Evaluation of a Self-Acceptance Intervention in Adolescents
» Radomir Belopavlović, Stanislava Popov

Difficulties in Interpersonal Emotion Regulation and Sexual Well-Being: Associations With Sexual Distress and Sexual Pleasure
» Edna Martins, Patricia M. Pascoal, Gerhard Andersson, Marco Pereira

Adaptation and Validation of the Dispositional Insight Scale into Estonian and its Associations with Personality and Affect
» Gerly Tamm, Madis Vasser, Alina Katelijn Furch, Jaan Aru

9:30am **S122: Addressing Youth Mental Health Needs Across Educational Systems: From Needs Assessment to Intervention Development and Effectiveness**
Copper Hall | Online Broadcast

Co-creating a school-based wellbeing resource informed by future thinking skills
» Jala Rizeq, Natalia Aguayo-Verdugo, Dawn Haughton

Mental health challenges during the transition to university: Insights from Chilean students
» Natalia Aguayo-Verdugo, Jala Rizeq, Hamish Mcleod, Miranda Ríos-Bolaños

The adaptation and effectiveness of a modular CBT intervention for youth with stress, anxiety and depressive symptoms
» Denise Bodden, Jennifer de Lange, Liesbeth de Paauw-Telman, Marieke van den Heuvel

9:30am **S128: Clinical Trajectories of Insomnia Across Emotional Disorders: A Process-Based Perspective**
Hall 100 | Online Broadcast

9:30am **How Do Insomnia and Depression Interact? A Network Analysis of Bridge Symptoms and Transdiagnostic Mechanisms**
» Audrey Krings, Charles Morin, Sylvie Blairy

9:50am **The Way We Think About Fatigue Predicts Insomnia Severity in the Year After CBT-I**
» Colleen Carney

10:10am **Self-Guided Modular Online CBT for Sexual Assault Survivors: Who Selects Sleep-Focused Modules and Does It Matter?**
» Geneviève Belleville, Jessica Lebel

10:30am **Tailoring Insomnia Intervention for Patients with Mood Disorders**
» Emilie Stern

Continued from **Thursday, 17 September**

9:30am **Roundtable: Not Just Evidence, but Influence: CBT's Seat at the Table in Europe**
The Arc

Not Just Evidence, but Influence: CBT's Seat at the Table in Europe

9:30am **SC263: CBT for Avoidant/Restrictive Food Intake Disorder**
Hall 400 | Online Broadcast

CBT for Avoidant/Restrictive Food Intake Disorder
» Hakan Öğütlü

9:30am **S400: Advancing Personalized Mental Health Care: EMA, Digital Tools, and Virtual Reality**
Studio 201 A-B

Toward Personalized Treatment in Adolescents With Restrictive Eating Disorders: Exploring the Feasibility of Individual Network Analysis for Treatment Target Identification
» Moniek Zeegers, Tessa Blanken, Karin Foerde

VR-Moodboost: A Single-Case Experimental Study Evaluating a Virtual Reality Intervention for Depression in Ten Adolescents with a Depressive Disorder
» Nancy Kramer Freher

Multimodal data-driven personalization and shared decision making in youth relapse prevention: a preregistered secondary analysis of the StayFine trial
» Neelke de Jonge

Mobile-based interventions to foster strengths and values in people with borderline personality disorder, as an adjunct to treatment
» rosa maria baños rivera, Pedro Sarrion, Mireia Santamaria-Rincon, Lorena Desdentado, Joaquim Soler, Marta Miragall, Rocío Herrero

9:30am **S90: Advancing Causal Explanation in Mental Health: Dynamic Systems, Causal Inference, and Necessity Causality**
Studio 202

Beyond "What Works": Necessary Conditions for Change in Psychotherapy
» Igor Marchetti

Studying Treatment Change Mechanisms: From Linear Mediation to a Dynamical Systems Approach
» Stefan G. Hofmann

How to identify promising treatment targets? The relevance of causal detection.
» Peter de Jong

9:30am **S65: Bringing the Unified Protocol to the Clinical Frontline: Transdiagnostic CBT in Primary and Preventive Care for Emotional Disorders**
Studio 204

Brief versions of the Unified Protocol to treat mild to moderate emotional disorders in Primary Care settings: Preliminary results of a multicentre randomized clinical trial in Spain
» Jorge Osma, Alba Fadrique Jiménez, Miranda Sánchez Albentosa, Iván Prieto Rollán, Óscar Peris-Baquero, Verónica Martínez-Borba, Vanessa Ferreres-Galán

Promoting Adolescent Mental Well-Being in Schools: Quantitative and Qualitative Findings from a Clinical Trial of the Unified Protocol for Adolescents-Kind (UP-A Kind)
» Inês Maçãs-Carvalho, Laura Santos, Ana Rita Martins, Nélio Brazão, Marco Pereira, Helena Moreira, Maria Cristina Canavarro, Daniel Rijo

Adapting Unified Protocol groups for adult anxiety and depression symptoms in primary care
» Nina Reinholt, Mathias Eske Brammer Lund, Sten Kruse-Blinkenberg, Celia Skaarup

Continued from **Thursday, 17 September**

9:30am **S110: Complex PTSD: Integrating Mechanisms, Lived Experience, and Treatment Outcomes**
Studio 206

Pathways to Complex PTSD Symptoms in Trauma-Exposed Australian Men: Risk and Protective Factors
» Phillipa Huynh, Stephanie Miles, Glen Bates, Maja Nedeljkovic

Affective Dysregulation in Complex PTSD: An Interpretative Phenomenological Analysis
» Reuben Kindred, Maja Nedeljkovic, Glen Bates

The effect of Exposure-based Therapy on Complex PTSD and comorbidity
» Chris Hoeboer, Danielle Oprel, Marie-Louise Kullberg, Rianne de Kleine, Maartje Schoorl, Joanne Mouthaan, Niki Antypa, Willem Van der Does, Agnes Van Minnen

Patient-Centered Modular Cognitive Behavioral Therapy for Complex PTSD and Comorbid Sleep Disturbance: Findings from a Pilot Randomized Trial in Military Veterans
» Sofie Folke, Lars Nissen, Katrine Friis, Ulrik Thomsen, Nikolai C. Roitmann, Kristi E. Pruiksma, Daniel J. Taylor, Karen-inge Karstoft, Thanos Karatzias

9:30am **S83: Emotional Contagion and Emotional Reactivity: Emotional Awareness as a Transdiagnostic Mechanism Relevant to CBT**
Studio 211

Emotional Contagion and Emotional Reactivity: Emotional Awareness as a Transdiagnostic Mechanism Relevant to CBT
» Mustafa Ercengiz, Murat Yildirim

9:30am **S457: Advances in understanding interpretation bias modification for anxiety**
Studio 212

Developing an implicit measure of interpretation inflexibility in anxiety
» Eliza Ferguson, Frances Meeten, Colette Hirsch

Modification of interpretation biases in worry: an examination of cognitive and physiological responses
» Frances Meeten, Liberty Wade, Sophie Stracke, David Spalding, Toni Ejoor, Colette Hirsch

Developing a novel cognitive task to investigate the role of internal attention in anxiety
» Anika Zhang, Colette Hirsch, Frances Meeten, Gabriella Tyson

Dynamic changes in interpretation bias as predictors of social anxiety symptom change during CBT
» Elske Salemink, Rivkah Ginat-Frolich, Sascha Duken, Yogev Kivity, Jonathan Huppert

9:30am **S320: Evidence-based CBT for suicide prevention in people experiencing psychosis: Mixed method research to understand mechanisms and stakeholder acceptability**
Studio 213

Implications for formulation and delivery of CBSP therapy for people experiencing suicidality and psychosis: evidence from recent clinical trials.
» Gillian Haddock

Psychological Mechanisms Linking Cannabis Use and Suicidality in Psychosis: Implications for Cognitive Behavioural Theory and Practice
» Lee D Mulligan

Qualitative research to understand the needs, priorities, and preferences of therapy recipients and gatekeeping professionals to develop interventions that can be implemented into usual treatment.
» Yvonne Awenat

Continued from **Thursday, 17 September**

Exploring potential pathways between sleep disturbance, dissociation, and suicidality in people with non-affective psychosis: findings from qualitative interviews
» Adam O'Neill, Dawn Edge, Gillian Haddock, Atusa Sadegholnejat, Lee D Mulligan

9:30am

S75: Adapting the Unified Protocol for transdiagnostic treatment of emotional disorders to individuals and settings with high complexity
Studio 214

Adapting the Unified Protocol for Adults with Intellectual Disabilities in Chile: A Participatory Co-Design Approach
» Maria Consuelo San Martin

Unified Protocol for Young People at Ultra-High Risk for Psychosis: Adherence and Efficacy Predictors
» Trini Peláez-Martínez, Raquel López-Carrilero, Victoria Espinosa, Claudia Garrido Ballart , Susana Ochoa, Jorge Osma

Adapting the Unified Protocol for individuals with emotional disorders and long COVID-19: development and preliminary acceptability
» Verónica Martínez-Borba, Andrés Rodríguez, Alba Fadrique Jiménez, Iván Prieto Rollán, Miranda Sánchez Albentosa, Jorge Osma

Adaptation of the Unified Protocol for the Treatment of Emotional Disorders in Prison Settings
» Óscar Peris-Baquero, Harri Saralegui Fuertes, Gemma Escuder Romeva, Neus Bacardit i Garcia, Víctor González Reina, Sheila Laguna Buendia, Luciana Sillman Hergert, Sergio Elorza Martin, Maria Cristina Brophy Palma

Which adaptations must be conducted to use the Unified Protocol to treat alcohol use disorders? Recommendations by clinicians working in public settings
» Jorge Osma, Alba Abanades Morillo, Óscar Peris-Baquero, Verónica Martínez-Borba, María Vicenta Navarro Haro

9:30am

S423: The good, the bad, and the unknown: Mechanisms of Imagery Rescripting from lab to clinic
Studio 215

Does Dose Matter? Effects of Multiple ImRs Sessions on Memory Accuracy
» Milena Aleksic, Alexander Reineck, Larissa Wolkenstein, Thomas Ehring

"I know it, but I don't feel it": Rational versus emotional change in negative (core) beliefs in ImRs
» Julie Krans

Rewriting the Past: How Imagery Rescripting Changes Autobiographical Memories
» Lotte Stemerding, Sophie Rameckers

Optimizing Session Frequency: Comparing EMDR and Imagery Rescripting
» Sophie Rameckers, Arnoud Arntz

9:30am

S363: An Interpersonal Perspective on the Development, Course, and Treatment of Psychopathology
Studio 216

Different Interpersonal Vulnerability Profiles for Chronic Emotional and Social Loneliness: A Network Perspective
» Carmen van den Bulck, Corine Dijk

From Loneliness to Social Inhibition: Anxiety and Demotivation as Pathways
» Corine Dijk, Carmen van den Bulck

Helping or controlling? Parental overprotection in the daily life of a mother-daughter dyad
» Kyra Verboon

Continued from **Thursday, 17 September**

How we relate to others matters: Interpersonal style as a transdiagnostic factor in comorbid and chronic anxiety and depression
» Jacqueline Peters, Peter de Jong, Marije aan het Rot

Interpersonal problems as relevant covariates of psychopathology and predictors of treatment responses in psychotherapy
» Juan Martín Gómez Penedo, Malenka Areas, Christoph Flückiger

11am **Coffee break**
Grand Hall 1

11:15am **SC498: Treating Overthinking in Groups: A Transdiagnostic Approach — Key Practical Tools**
The Arc

Treating Overthinking in Groups: A Transdiagnostic Approach — Key Practical Tools
» Filip Raes, Tine Daeseleire

11:15am **S126: Mindfulness-Based Interventions for health care professionals**
Studio 201 A-B

Mindfulness-Based Interventions for Mental Health Outcomes in Frontline Healthcare Workers During the COVID-19 Pandemic: A Randomized Controlled Trial
» Anne Speckens, Marieke Arts, Dirk Geurts, Philip Spinhoven, Eric Ruhé

A Nationwide Mixed-Methods Study of the Implementation of Mindfulness-Based Interventions for sustainable employability of mental health professionals in the Netherlands
» Sabien Bosman, Linda Kwakkenbos, Jelle Lubbers, Jenny Schoenmakers, Dirk Geurts, Esther Deuning-Smit, Anne Speckens, Imke Hanssen

The development and application of the integrative Framework of Feasibility and Process of change of Mindfulness-Based Interventions
» Sabien Bosman, Marieke Arts-de Jong, Linda Kwakkenbos

Mindfulness-Based Cognitive Therapy for health care professions: a review of past and current evidence.
» Willem Kuyken

Mindfulness-Based Cognitive Therapy for Life vs. Stress-Reduction Psychoeducation for the improvement of mental wellbeing in healthcare and other public sector staff: The Well-At-Work study
» Elena Nixon, Shireen Patel, Priya Patel, James Roe, Tim Sweeney, Paul Bernard, Clara Strauss, Boliang Guo, Matthew Jones, Richard Morriss

11:15am **Panel Discussion: Men and Mental Health – Are We Letting Men Down?**
Studio 202

Men and Mental Health – Are We Letting Men Down?
» Saiqa Naz, Nicholas Petrovic, Ercan ALTINOZ, Calvin Anderson, Hakan Turkcapar, MD, PhD

11:15am **Grant Workshop**
Studio 204

11:15am **S104: Compassion and Mindfulness**
Studio 206

Self-Compassion in Bereavement: A Multi-Method Examination of Grief Reactions and Post-Traumatic Growth
» Melis Gun Ertan, Avril Mewse, Zeynep Tüzün Gün, Anke Karl

Continued from **Thursday, 17 September**

Continuous-Time modelling of the session-based relationship of self-compassion and psychopathology over the course of naturalistic, outpatient psychotherapy – a preliminary report.
» Aaron Mroß

An individual participant data meta-analysis of negative effects of Mindfulness-Based Cognitive Therapy and the Cognitive Behavioral Analysis System of Psychotherapy in patients with 'difficult-to-treat' depression
» Johannes Michalak, Maria Velana, Maria Niemi, Thorsten Barnhofer, Mathias Harrer

Within-Patient Associations Between Self-Compassion and Depression in Cognitive Therapy and their Moderation by Interpersonal Problems
» Andreas Voldstad, Erkki Heinonen, Juan Martin Gomez Penedo, Jari Lipsanen, Tobias Krieger, Martin grosse Holtforth

Compassion-Focused Therapy (CFT) in a group Setting for Individuals with Intellectual Disabilities (ID) and Depressive and/or Anxiety Disorders
» Johannes Graser, Neil E. Clapton, Nina Bölker, Lisa Keller, Franka Lucius, Elena Strecker, Annika Kleischmann, Johannes Michalak

11:15am **S100: Biobehavioral Synchrony and the Transmission of Stress Resilience in Families: Insights from a Belgian Multicenter Project**
Studio 211

It Takes Three to Tango: Attachment and Support Behaviours during Triadic Family Interactions in Early Adolescence
» Nadischa Dierdorp

Hormonal Responses to Stress in Children: Associations With Secure Attachment and HRV
» Sien Verelst, Rudi D'Hooge, Guy Bosmans, Matias Pulopulos, Rudi De Raedt,

A Systematic Review on Parent–Child Synchrony: The Role of Stress, Resilience and Psychopathology
» Michel Sfeir, Mélanie De Leener, Mandy Rossignol, Matias Pulopulos, Rudi De Raedt,, Federico Cassioli, Sarah Galdiolo

Interpersonal neural synchrony in mother–father–child triads during a problem-solving task: the role of family stress resilience
» Mélanie De Leener, Michel Sfeir, Triad Consortium, Rudi De Raedt,, Sarah Galdiolo, Mandy Rossignol

Resilience in context: Eye-gaze synchrony and stress regulation in family triads across cooperation and conflict
» Mariah Matar, Alexandre Heeren, Rudi De Raedt,, Matias Pulopulos

11:15am **SC147: From the cruellest cure to pleasant surprises: a transtheoretical approach to optimising extinction learning in exposure therapy**
Studio 212

From the cruellest cure to pleasant surprises: a transtheoretical approach to optimising extinction learning in exposure therapy
» Matt Stalker, George Wheatley

11:15am **SC241: Pratiquer la décision partagée en TCC : entrainer les compétences pour adapter les interventions à chaque patient**
Studio 213

Pratiquer la décision partagée en TCC : entrainer les compétences pour adapter les interventions à chaque patient
» Manon Goosse

11:15am **SC151: Underused skills for overused substances: skills from DBT for substance use disorders**
Studio 214

Underused skills for overused substances: skills from DBT for substance use disorders
» Emily Cooney

Continued from **Thursday, 17 September**

11:15am **S152: Changing memory specificity to promote behavior change: From pre-imagining the future to reshaping the past**
Studio 216

Goal-Directed Episodic Future Thinking for Frequent Cannabis Use: A Preregistered Online Three-Arm Randomized Controlled Trial
» Bent-Andreas Mücke, Ilya M. Veer, Janna Cousijn, Peter de Jong, Reinout W. H. J. Wiers

Seeing Past the Spider: Future-Oriented Mental Imagery in Spider Fear and Its Effect on Exposure Therapy Uptake.
» Irina Masselman

Introducing ESTHER, the Episodic Specificity Therapy chatbot
» Tom Barry

Applying episodic future thinking to facilitate a healthy lifestyle: a lab study
» Nienke Jonker

11:30am **Keynote: From Restructuring to Relating: How Compassion Transforms the Therapeutic Process in Cognitive Behavioral Therapy**
Copper Hall | Online Broadcast
Chaired by: Christel Bouwens

From Restructuring to Relating: How Compassion Transforms the Therapeutic Process in Cognitive Behavioral Therapy
» Niki (Nicola) Petrocchi

11:30am **Keynote: Advances in personalized and precision mental health care**
Hall 100 | Online Broadcast
Chaired by: Ernst Koster

Advances in personalized and precision mental health care
» Jaime Delgadillo

11:30am **Keynote: From Idiographic Case Formulation to Evidence-Based Transdiagnostic CBT in Real-World Settings**
Hall 400 | Online Broadcast
Chaired by: Céline Douilliez

From Idiographic Case Formulation to Evidence-Based Transdiagnostic CBT in Real-World Settings
» Ebru Şalcıoğlu

11:30am **Three Minute Talks**
Studio 215
Chaired by: Maria Semkovska

11:30am **Qualitative study of emotional regulation in schizophrenia**
» Emma ROLLAND-CARLICHI

11:33am **Beyond Effectiveness: Assessing User Experience and Engagement in a Blended Care Mental Health Intervention (Soulseed)**
» Veerle Ross, Nele Jacobs, Pauline Hotterbeex, Alisa Robeyn, Anne Neyskens, Geert Wets, Kris Brijs

11:36am **Clinical use of VRelax in forensic psychiatric settings in Sweden.**
» Sylwia Chlopicka

11:39am **Designing CBT ontologies for structured AI extraction: A multi-model comparison of JSON schema-driven outputs from therapy transcripts**
» Bartlomiej Glowacki

11:42am **Using temporal idiographic networks to guide personalised treatment for depression**
» Maria Semkovska, Danyan Zhang

11:45am **A cognitive epidemiological model for training early intervention in psychosis multidisciplinary staff in their local population's culturally diverse psychosocial needs**
» Alysia Sweeney, Simran Seera, Thomas von Holstein-Wood, Alara Kopuz, Jonathan Souray, David Raune

Continued from **Thursday, 17 September**

11:48am **Compassionate Mind Training for caregivers of individuals experiencing psychosis**
» Poppy Brown, Summer Runestad, Kate Hardy

11:51am **New Leaf: A patient centred digital companion which aims to enhance patient engagement and therapist workflow in NHS Talking Therapies**
» Nicola Tysoe, Brad Turner

11:54am **Designing an RCT for AI-assisted CBT case conceptualization: A Beck (2020) framework-based methodology**
» Bartlomiej Glowacki, Lukasz Gaweda, Adrianna Aleksandrowicz

12:30pm **Lunch break**
Grand Hall 1

1:30pm **S130: CBT for anxiety and OCD in children: the role of parents and school professionals**
Copper Hall | Online Broadcast

Parent training for anxiety disorders: training parents as a co-CBT-therapist and strengthening parental behaviors
» Maaike Nauta

HANDS-ON: A personalized, brief, intensive, exposure-based intervention for youth with persistent anxiety or OCD
» Lidewij Wolters, Colin Ganzevoort, Maaike Nauta

Supportive parenting for children with anxiety and OCD: the Dutch SPACE trial
» Juul Veeger, Luuk Stapersma, Eli Lebowitz, Bonne Zijlstra, Ramon Lindauer, Lisbeth Utens, Chaim Huijser

Brave Steps: Qualitative research informing the development of a matched-care treatment program for anxiety-prone young children
» Sanne Kleiborn, Mia Kösters, Julia Offermans, Anika Bexkens, Leonie Vreeke

1:30pm **S163: Embracing the complexity of emotion dysregulation: a multidimensional and transdiagnostic perspective**
Hall 100 | Online Broadcast

2. Affect regulation in bipolar disorder: a qualitative exploration of subjective experience
» Maria Benkirane

Transdiagnostic mechanisms of emotion dysregulation in autism spectrum disorder and borderline personality disorder
» Alejandra Vaqué

Menstrual-cycle variability in emotion dysregulation: preliminary findings from an EMA study
» Louise Perrin

Singing Out of Tune: Shame Induction, Emotion Dysregulation, and Behavioral Impulsivity in Adult Females
» Elena Costache

1:30pm **Meet the Expert: The interaction of CBT and psychotropic drugs in clinical practice**
The Arc

The interaction of CBT and psychotropic drugs in clinical practice
» Stephan Claes

1:30pm **Panel Discussion: Unique as We Are: Personalising CBT and Evidence-Based Psychological Interventions Across Development, Disability, Compassion, Mindfulness, and Process-Based Change**
Hall 400 | Online Broadcast

Continued from **Thursday, 17 September**

Unique as We Are: Personalising CBT and Evidence-Based Psychological Interventions Across Development, Disability, Compassion, Mindfulness, and Process-Based Change

1:30pm **S116: Control and repetition in emotional disorders**
Studio 201 A-B

From Temperament to Regulation: linking temperament traits and profiles to cognitive control/flexibility and emotion regulation strategies
» Sarah Struyf

Mood-reactive rumination in relation to executive functioning and childhood adversity: An ecological momentary assessment study of community adults and depressed patients
» Ragnar P. Ólafsson, Kristján H. Hjartarson, Igor Marchetti, Josip Razum, Ívar Snorrason, Sigurður Viðar

A process-based framework for repetitive negative thinking: Mapping therapeutic techniques to maintaining mechanisms
» Tomasz Lemmens, Kris Baetens, Ernst Koster, Natacha Deroost

Behavioral Activation for Depression in Iceland: Preliminary findings on treatment outcomes, moderators and mechanisms of change
» Sigurður Viðar, Ívar Snorrason, Igor Marchetti, Kristján H. Hjartarson, Josip Razum, Ragnar P. Ólafsson

1:30pm **SC573: I swear: How to treat tics and Tourette syndrome**
Studio 202

I swear: How to treat tics and Tourette syndrome
» Jolande van de Griendt, Tara Murphy, Cara Verdellen

1:30pm **S599: Advancing Precision Mental Health Care: Machine Learning, Large Language Models, and Risk Monitoring**
Studio 204

Automating Intervention Assessment in Psychological Therapy: Development and Application of the LLM-ITIS within the Trier Treatment Navigator
» Rebekka Wassmann, Steffen Eberhardt, Antonia Vehlen, Jana Bommer, Antonia Stachelscheid, Jay Lawrynowicz, Wolfgang Lutz

Enhancing Treatment Outcome Using Progress Feedback: Expected Recovery Curves and Predictors of Treatment Outcome of Cognitive Behavioral Therapy
» Kim de Jong, Pascal Warnaar, Maarten Merkx

Investigating the prevalence and types of symptomatic deterioration after low intensity cognitive behavioural therapy using synthetic control methodology
» Jaime Delgadillo

The Session-specific Risk Index (SRI) in psychotherapy: Developing longitudinal session-by-session machine learning algorithms to predict the likelihood of non-response to treatment
» Juan Martín Gómez Penedo, Julian Rubel, Juan Segundo Pena Loray, Kristin Jankowsky, Christoph Flückiger, Steffen Eberhardt, Wolfgang Lutz

1:30pm **S463: Clearing the Emotion Regulation Strategy Jungle: Higher-Order ER Factors and Their Links to Symptomatology and Neural Correlates**
Studio 206

Clearing the Emotion Regulation Strategy Jungle: Higher-Order Factors and Their Links to Symptomatology
» Sarah Wyka, Sarah Wellan, Frank Jacobi, Nikola Stenzel

Transdiagnostic brain-behavior associations of emotion regulation in task-based fMRI
» Sarah Wellan, Sarah Wyka, Henrik Walter

Continued from **Thursday, 17 September**

Higher-Order Emotion Regulation Factors and Symptom Severity: Transdiagnostic and Disorder-Specific Network Analyses in a Clinical Sample
» Till Langhammer, Peter Weller, Sarah Wellan, Sarah Wyka, Ulrike Lüken

1:30pm **S401: Coping with childhood bullying: From mechanisms to interventions**
Studio 211

Imagery rescripting of social support and self-compassion for bullying experience: A micro-trial study
» meng liang

Imagery Interventions and Cognitive-Behavioural Therapy for Psychological Complaints related to Bullying: A Systematic Review and Meta-analysis
» Ernst Koster, meng liang

Does Heart Rate Variability Underlie the Effects of Bullying on Adolescent Depression?
» Tong Lin, Nathalie Michels, Matteo Giletta

Gender nonconformity and peer relationships in a classroom context
» Manon Deryckere

1:30pm **S183: Preventing depression in youth: from effective interventions to real-world practice**
Studio 212

Reducing Depression in Special Education: A School-Based CBT Program for At-Risk Adolescents
» Wendy Rongen, Sanne Rasing, Jan Spijker, Daan Creemers

Scaling up early help for youth depression: evaluating digital single-session interventions in the UK
» Maria Loades, Atiyya Nisar, Sophie Dallison, Jeff Lambert

What works for whom? Understanding individual differences in preventive intervention efficacy and young people's preferences towards personalisation
» Josefien Breedvelt, Nina Higson-Sweeney, Anna Peycheva

Learning how to scale-up and to implement school-based prevention programmes with high model fidelity
» Sanne Rasing

1:30pm **S98: Harnessing Cognitive and Computational Tools to Optimize Interventions Targeting Depression and Anxiety Risk**
Studio 213

Testing Interventions Before Testing Patients: Modeling Treatment Effects in Rumination
» Kristof Hoorelbeke, Teague Henry, Gerly Tamm, Ernst Koster

Enhancing Cognitive-Behavioral Therapy Through Pre-Treatment Cognitive Bias Modification: Evidence From a Randomized Controlled Trial using Online Contingent Attention Training
» Ivan Blanco, Irene Muñoz-Conejo, Fabiola Espinosa, Maria Vega-Sanz, Patricia Mecha, Myriam Virgos-Gonzalez, Alvaro Sanchez-Lopez

Getting to the Root of Depression Risk: Predicting Future Depressive Symptoms from Cognitive-Affective Processes using Random Forest Models
» Annabel De Clercq, Gabrielle Van Tomme, Yannick Vander Zwalmen, Alvaro Sanchez-Lopez, Kristof Hoorelbeke

The interplay between cognitive and emotional processes in depression: a cross-sectional network approach
» Gabrielle Van Tomme, Annabel De Clercq, Yannick Vander Zwalmen, Alvaro Sanchez-Lopez, Kristof Hoorelbeke

Continued from **Thursday, 17 September**

1:30pm **S99: Psychological Therapies for the Treatment of Psychosis: Clinical Trials in Context**
Studio 214

Feeling Safer: A supported online program for the treatment of persecutory delusions
» Daniel Freeman

Service User Perspectives on Trauma-Focused Therapy for Psychosis: A Qualitative Study
» Simone Burger

Increasing positive self-beliefs and psychological well-being in young people: Phoenix virtual reality (VR) self-confidence trial
» Laina Rosebrock

Individual change dynamics during cognitive behavioural therapy for psychosis (CBTp)
» Eva Tolmeijer, Ivy Barend, Merlijn Olthof, Tonnie Staring, Hanneke Schuurmans, Paul de Bont, Louise Isham, Felicity Waite, Daniel Freeman, David van den Berg

1:30pm **S364: Compassion Focused Therapy in Action: Clinical, Educational, and Forensic Applications**
Studio 215

Compassionate Mind Training for Children: Research Findings and Emerging Applications
» Pietro Muratori, Carlotta Bertini, Valentina Levantini, Costanza Ruffini, Niki (Nicola) Petrocchi

Cultivating the Compassionate Mind in Children and Preadolescents: A Compassionate Mind Training Program
» Carlotta Bertini, Pietro Muratori, Nicola Petrocchi, Beatrice Baldi

Differences between healthy adolescents and adolescents with Social Anxiety Disorder on HRV for the threat, drive and soothing system
» Mariana Linharelhos, Niki Petrocchi, Paula Vagos, Daniel Rijo

Bringing Compassion to Parkinson's Disease: Feasibility and Pilot Outcomes of a Compassionate Mind Training Program
» Elena Berti, Silvia Della Morte

In search of different physiologically-based profiles of emotion regulation in adolescents: A research enrolling community adolescents and male young offenders
» Rúben Sousa, Diana Ribeiro da Silva, Daniel Rijo

1:30pm **S114: Treating Unique Individuals in a Globalized World: Cultural, Dissemination, and Transdiagnostic Advances in CBT**
Studio 216

Unique as We Feel: Escaping the 'Ideal Affect' Trap in CBT
» Yusuf Sivrioglu

Unmet Needs in Dissemination of CBT: Past, Present and Future Challenges
» Mehmet Sungur

From Protocols to Processes: A Transdiagnostic Evolution in CBT
» Çağdaş Öykü Meriç

1:30pm **WS3: When Exposure Fails: Optimizing Inhibitory Learning in Trauma-Linked Phobias through Attachment-Based Formulation and Compassion-Focused Therapy**
Studio 311

When Exposure Fails: Optimizing Inhibitory Learning in Trauma-Linked Phobias through Attachment-Based Formulation and Compassion-Focused Therapy
» isabelle Leboeuf

Continued from **Thursday, 17 September**

1:30pm **WS7: Conceptualiser le trouble obsessionnel compulsif (TOC) selon l'approche processuelle transdiagnostique**
Studio 312

Conceptualiser le trouble obsessionnel compulsif (TOC) selon l'approche processuelle transdiagnostique
» Martine Bouvard, Nathalie Fournet, Céline Baeyens

3pm **Coffee break**
Grand Hall 1

3:30pm **S478: Depressive symptoms in children and adolescents: associated factors and their role in (anxiety) treatment**
Copper Hall | Online Broadcast

Which Transdiagnostic Factors Are More Strongly Associated with anxiety or depression in children?
» Denise Bodden, Liesbeth de Paauw-Telman

Children's and parents' depressive symptoms: Do they play a role in childhood anxiety treatment?
» Bonny van Steensel, Liesbeth de Paauw-Telman, Marija Maric, Susan Bögels

Cognitive Behavioral Therapy for Childhood Social Anxiety and the impact of co-morbid depression
» Anke Klein, Jeanine Baartmans, Bonny van Steensel, Susan Bögels

The Relation between Parents' Emotion Regulation Skills and Adolescents' Depressive Symptoms: Examining the Mediating Role of Emotion and Physiological Reactivity and Recovery Clinically Referred Adolescents
» Heleen Goemaere, Matteo Giletta, Sandra Verbeken, Laurence Claes, Caroline Braet

3:30pm **S141: From Detection to Treatment: Trauma-Related Mechanisms and CBT-Informed Interventions in Intimate Partner Violence**
Hall 100 | Online Broadcast

Long-term impact of a specialized support program for women exposed to IPV by organized crime offenders
» Federica Nava, Miranda Olff, Chris Hoeboer

The Role of Hairdressers in Detecting and Discussing Domestic Violence and Abuse with their Clients in the Netherlands
» Nicole van Gelder

Regulating the Violent Body: A Sensorimotor Psychotherapy Treatment ProtocolFramework for Trauma-Driven Aggression
» Federica Visco Comandini

Why Is It So Difficult to Leave Abusive Relationships? Imagery Rescripting for Pathological Affective Dependence in Survivors of Intimate Partner Violence
» Erica Pugliese, Allison Uvelli, Carolina Papa, Federica Visco Comandini, Arnold van Emmerik, Arnoud Arntz

3:30pm **Round-table Discussion**
The Arc

Rethinking and adapting Cognitive Behaviour Therapy through a Neurodiversity Lens

3:30pm **S172: Transdiagnostic Applications of Exposure Therapy: Expanding the Boundaries of Behavioural Treatment**
Hall 400 | Online Broadcast

Effectiveness of intensive exposure therapy for persistent post-concussion symptoms: an aggregated single-case design approach
» Skye King, Marleen Rijkeboer, Ieke Winkens, Nora Tuts, Marthe Ford, Nikita Frankenmolen, René Tanious, Joukje van der Naalt, Caroline van Heugten

Continued from **Thursday, 17 September**

Inside Exposure: Tracking Fear and Threat Expectancy Dynamics Within and Between Exposure Sessions for Anorexia Nervosa
» Hanna Melles, Michelle Spix, Stefanie Duijvis, Anita Jansen

Boosting behaviour change by adding exposure training to lifestyle interventions
» Ghislaine Schyns, Ester Janssen, Nicole Philippens, Lotte Lemmens, Anne Roefs, Anita Jansen

Integrating Transdiagnostic Applications of Exposure Therapy: Shared Mechanisms and Future Directions
» Marleen Rijkeboer

3:30pm **S93: Parent-led CBT for Child Anxiety Across Cultural Contexts: Adaptations, Evidence and Implementation from the UK, Czechia, Chile, and Iceland**
Studio 201 A-B

Cultural Adaptation and Evaluation of a Group-Based Parent-Led CBT Programme for Child Anxiety in Czechia: Findings from the First Czech Randomized Controlled Trial
» Marta Fiserova, Marie Polaskova

Innovation to implementation: Parent-led CBT for childhood anxiety from face-to-face treatment to digital national rollout
» Brynjar Halldorsson, Thuridur Hallgrimsdottir Vidar, Tinna Baldursdóttir

Clinical teams' experiences of implementing brief online, therapist guided, parent-led CBT for child anxiety problems in routine clinical services.
» Chloe Chessell

"More Personalised Than I Expected": Preliminary Outcomes and Parent Experiences from a Nationwide Implementation of Digital Parent-Led CBT for Child Anxiety in Iceland
» Þuríður Hallgrimsdóttir Vidar

Co-Adapting the Online Support and Intervention for Child Anxiety in Autism (OSI-A) for Chilean Public Health Services: Findings from a Participatory Cultural Adaptation
» Miguel Cordero

3:30pm **SC61: Helping Parents with Anxiety to Raise Confident Children**
Studio 202

Helping Parents with Anxiety to Raise Confident Children
» Sam Cartwright-Hatton, Abby Dunn

3:30pm **S374: How the echo of the past shapes the future: Mental imagery, fear of cancer recurrence, personalized care, and innovations in EMDR-therapy**
Studio 204

The Past Haunts the Future: How Prior Experiences Shape Future-Oriented Intrusions
» Linos Vossoughi, Merel Kindt, Henk R. Cremers, Renée M. Visser

Fear from research to clinical practice
» Marije van der Lee, Melanie Schellekens, Pascalle van der Wolf

The individual face of fear
» Vivian Pijnenburg, Lourens Waldorp, Annemarie Braamse, Marije van der Lee, Tom Smeets, Antoinette van Laarhoven, Susan Harnas, Melanie Schellekens

Anchoring suggestions double the effectiveness of a dual-task intervention for emotional memories
» Gaetan Mertens

3:30pm **S144: Enhancing cognitive behavioural therapy for OCD: from mechanistic insights to maintenance of gains**
Studio 206

Continued from **Thursday, 17 September**

Enhancing Access to CBT-ERP for Youth OCD: A Nationwide Non-Inferiority Trial of Multi-Technology Parent Training as a Scalable Model of Care
» Lara Farrell, Caroline Donovan, Allison Waters, Melanie Zimmer-Gembeck, Josh Byrnes, Ping Zhang

What are clinicians' experiences of delivering parent-led CBT for preadolescent children with OCD in routine clinical services?
» Chloe Chessell

The lived experiences of reassurance-seeking in OCD: a review
» Chiara Causier

Bridging the Gap After CBT: Participant Experiences of a Novel Co-produced Blended Relapse Prevention Intervention for OCD
» Josie Millar

When people with OCD feel that they look clean but feel dirty: The nature and correlates of mental contamination
» Paul Salkovskis

3:30pm **S140: How adversity shapes learning: Evidence from human fear conditioning studies**
Studio 211

Childhood adversity is associated with reduced threat-safety discrimination in healthy adolescents
» Celine Samaey, Bram Vervliet, Ruud van Winkel

Learning to Avoid: Investigating the Neural Basis of Avoidance and Safety Learning Following Trauma Exposure
» Lieselotte Claes, Patrick Laing, Trevor Steward, Kim Felmingham, Bram Vervliet, Chris Davey, Richard Bryant, Bradford Moffat, Rebecca Glarin, Ben Harrison

Potential Memory-Based Interventions for Intrusive Memories: Evidence from the Traumatic Film Paradigm
» zhenjie xu

Avoidance learning in posttraumatic stress disorder: relation to symptom severity
» Rianne de Kleine, Lieselotte Claes, Chris Hoeboer, Danielle Oprel, Aliaa Adi, Marike Kooistra, Maartje Schoorl, Willem Van der Does, Agnes Van Minnen, Bram Vervliet

Contextual modulation of fear extinction as predictor of exposure therapy effectiveness
» Lotte Stemerding, Miriam Kampman, Agnes Van Minnen, Gert-Jan Hendriks, Vanessa van Ast, Rianne de Kleine

3:30pm **S79: Mindfulness and Acceptance-based Interventions for Chronic Medical Conditions: Evidence, Optimization, and Mechanisms**
Studio 212

Optimizing psychological treatment for pain after breast cancer: Results of a factorial design study
» Mia Skytte O'Toole

Randomized Controlled Trial of Group-Blended and Individual-Unguided Online Mindfulness-Based Cognitive Therapy to Reduce Psychological Distress in People With Cancer
» Nasim Badaghi

Group-Delivered Mindfulness-Based Cognitive Therapy to Reduce Psychological Distress and Improve Sleep in Patients With Inflammatory Bowel Diseases: A Multicenter Randomized Controlled Trial (MindIBD)
» Marloes Huijbers, Milou ter Avest

The effect of mindfulness based cognitive therapy on psychological distress in people with Parkinson's disease – a randomized controlled trial
» Franziska Goltz

Continued from **Thursday, 17 September**

CBTs for people with diabetes
» François Pouwer

3:30pm **S170: Dampening Positive Affect: New Empirical Insights and Clinical Translation**
Studio 213

When joy feels wrong: Identifying key dampening features predicting depressive symptomatology using machine learning and network analysis
» Liesbeth Bogaert, Barney Dunn, David Hallford, Jonas Everaert, Filip Raes

The Prospective Association Between Dampening and the Magnitude of Negative Emotional Contrasts: An Experience Sampling Study
» Myriam Gérardy, Liesbeth Bogaert, Michelle G. Newman, David Hallford, Filip Raes

Dampening Appraisals in Depression: Treatment and Interpersonal Contexts
» Asha Ladwa, Barney Dunn

Advancing the Measurement of Motivation and Pleasure in Daily Life: Evaluating a Novel Pleasurable Activity Scheduling Paradigm
» Clementine Edwards, Chloe Osei-Cobbina, Joanne R. Beames, Inez Myin-Germeys, Matthias Pillny

Imagining what's next: using Experience Sampling Methodology to explore relationships between positive future mental imagery, pleasure, dampening appraisals and activity in adolescents
» Taryn Hutchinson, Clementine Edwards, Chloe Osei-Cobbina, Victoria Pile

3:30pm **S527: Schema Therapy for Personality Disorders: Theoretical Perspectives from Forensic and General Populations**
Studio 214

Schema Modes, Borderline Personality Features, and Self-Harm in Diverse Adult Populations: A Research Protocol and Preliminary Findings from Turkey
» duygu altin, Canan Taslioglu, Mine Pazarcıkcı, Eva Billen, Duygu Yakın

Schema modes as mechanisms of change in treating borderline personality disorder: A model replication study
» Duygu Yakın, Arnoud Arntz

Multidimensional Healthy Adult: factor structure and correlates
» Eva Billen, Duygu Yakın

Early Maladaptive Schemas and Anger in Male Prisoners: Self-compassion as a Protective Factor.
» Aire Valiente, Duygu Yakın, Seda Gunes

3:30pm **S487: Understanding Change in Compassion-Based Interventions: Mechanisms, Self-Relating, and Psychological Processes**
Studio 215

Mindfulness-Based Compassionate Living for Recurrent Depression: Examining Experiential Avoidance, Fear of Self-Compassion, and Positive Affect as Mediators of Response in a Randomized Controlled Trial
» Vera Scheepbouwer, Imke Hanssen, Guusje Collin, Marloes Huijbers, Rhoda Schuling, Anne Speckens

Mindfulness-compassion profiles in psychiatric patients: associations with mental health and change following Mindfulness-Based Compassionate Living
» Jelle Lubbers, Philip Spinhoven, Dirk Geurts, Anne Speckens

Beyond Psychological Change: Multilevel Mechanisms of Compassionate Mind Training Across Psychological, Psychophysiological and Epigenetic Systems
» Marcela Matos

Continued from **Thursday, 17 September**

Effectiviness of Mindfulness-Based Compassionate Living in Routine Clinical Practice
» Vera Scheepbouwer, Imke Hanssen, Dirk Geurts, Guusje Collin, Gerben Westerhof

3:30pm **S597: Les programmes Incredible Years dans la francophonie : nouvelles données, nouveaux contextes, nouvelles perspectives**
Studio 216

Soutenir la préparation scolaire des enfants vulnérables : effets et mécanismes du programme Incredible Years
» Marie-Josée Letarte, Angélique Laurent, Jean-Pascal Lemelin, Gabrielle Garon-Carrier, Annie Lemieux

Évaluation de l'association entre la participation au programme de soutien à la parentalité Incredible Years, les troubles de comportement de l'enfant et la fermeture des dossiers en protection de la jeunesse au Québec
» Veronica Scotto, Marie-Josée Letarte, Marie-Claude Geoffroy, Annie Lemieux, Caroline Temcheff

Prévenir et réduire le burnout parental, améliorer le sentiment de compétence parentale et la bienveillance envers soi : efficacité du programme Incredible Years
» Mathieu Pereira, Pauline Misset, Elsa Goffart, Louna PEDEMAS, Quentin Hallez, Rebecca Shankland

Projet d'évaluation du programme Incredible Years (IY) à Mayotte auprès de parents de jeunes enfants présentant un trouble du neurodéveloppement.
» Darline MEDNA, Anne-Sophie DEBORDE, Marie-Josée Letarte

Projet pilote Incredible Beginnings : implantation, acceptabilité et évolution des participantes en services de garde éducatifs
» Marie-Michèle Brossard, Marie-Josée Letarte, Katherine Pascuzzo, Danyka Therriault

5pm **Keynote: Improving CBT from Molecules to Models**
Copper Hall | Online Broadcast
Chaired by: Kristof Hoorelbeke

Improving CBT from Molecules to Models
» Stefan G. Hofmann

5pm **Keynote: LGBTQ-Affirmative Mental Health Care: From Theory to Trials to Community Implementation**
Hall 100 | Online Broadcast
Chaired by: Christel Bouwens

LGBTQ-Affirmative Mental Health Care: From Theory to Trials to Community Implementation
» John Pachankis

5pm **OP2: Youth Mental Health and Development**
Studio 201 A-B
Chaired by: Klaus Ranta

5pm **Self-beliefs, traumatic memories, imagery and self-compassion among socially anxious university students: associations between target variables and change during brief cognitive therapy program**
» Klaus Ranta, Siiri Lampela, Johanna Isojärvi, Marjo Sampokoski, Paula Saari, Heini Saarimäki

5:10pm **Enhancing Academic Achievement and Managing Test Anxiety via ACT-Based Psychoeducation: A Longitudinal Randomized Controlled Trial in Adolescents**
» Aykut Kul, Fulya Türk, Ruveyda Yegen, İbrahim Yegen, Deniz Doğan

5:20pm **Interoceptive Bias and Emotion Regulation as Mechanisms in Childhood Social Anxiety Disorder: Evidence from Repeated Social Stress**
» Nadine Vietmeier, Brunna Tuschen-Caffier, Julia Asbrand

Continued from **Thursday, 17 September**

5:30pm **L'Océan des Possibles : un nouvel outil de prise en soin des adolescents présentant des symptômes psychotiques précoces.**
» Théo ARNAUD, Anaelle PALAZZOLO, Agnès Lacroix

5:40pm **Sleep Deprivation in Singapore Adolescents: Patterns, Barriers, and Implications**
» Lucy Tan

5:50pm **Boosting emotion regulation in adolescents: Studying the effectiveness of Boost Camp**
» Laura Wante, Heleen Goemaere, Jolien Braet, Brenda Volkaert, Caroline Braet, Kristof Hoorelbeke

5pm OP9: Digital and Technology-Enhanced CBT

Studio 202
Chaired by: Dóra Perczel-Forintos

5pm **Cue Exposure in Virtual Reality for Alcohol Craving: Application in the REAL NIGHTS Project**
» Mara Šimunović, Renata Glavak Tkalić, Desiree Colombo, Ines Sučić, Vicko Čudina, Katarina Perić Pavišić, Bruno Škovrlj

5:20pm **Self-Compassion and Rumination in People with Chronic Headaches: The Mechanisms of MBCT**
» Dóra Perczel-Forintos, Dorottya Sal, Emma Lökkös

5:40pm **Diversifying digital: Real world outcomes and process insights from internet delivered CBT for diverse populations**
» Alison Mahoney, Christine Shiner, Leah Curran, Katherine Dobinson, Vanessa Dong, Denise Meuldijk, Karishma Rajan Menon, Jay Court, Marie-Louise Singh, Michael Millard

5pm OP25: Training, Supervision and Workforce Development

Studio 204
Chaired by: Arnold van Emmerik

5pm **Dimensions of therapist beliefs about exposure: Internal structure and psychometric validation of a Dutch adaptation of the Therapist Beliefs about Exposure Scale (TBES)**
» Arnold van Emmerik

5:20pm **Training Tomorrow's Therapists in Suicide Prevention: Blended, E Learning and AI Based Clinical Skills Training**
» Joanne Mouthaan, Anna R. Hudson, Ruth Van der Hallen, Derek de Beurs, Jaël van Bentum, Wouter van Ballegooijen, Maartje Schoorl

5:40pm **Freedom to Act: a reflexive thematic analysis of trainees' and supervisors' comments on wishes, challenges and dilemmas in learning how to do DBT**
» Emily Cooney, Vibh Forsythe Cox, Sara Schmidt

5pm OP21: Health, Wellbeing and Behavioural Medicine

Studio 206
Chaired by: Jo Daniels

5pm **IMPROVING HAPPINESS FOR THE PROMOTION OF HEALTH**
» Federico Colombo

5:15pm **Etude de validation psychométrique de la version française de la Healthy Lifestyle Behaviours Scale (HLBS II) : l'Échelle des comportements d'hygiène de vie (ECHV)**
» Yasemin Ayhan, Esin Er, Anne-Marie Etienne

5:30pm **Understanding the Psychological Impacts of Shielding from COVID-19 for Immunocompromised Individuals**
» Jo Daniels, Anna Gray, Julie Barnett, Luca Bernadi

5pm Technical Demonstrations

Studio 211

Optimising CBT practice through Psychology Tools: An Innovative Clinical Delivery and Engagement System
» Roz Shafran, Matthew Whalley

Continued from **Thursday, 17 September**

5pm **Technical Demonstrations**
Studio 212

5pm **OCD House: Virtual Reality Exposure Therapy for OCD**
» Katarína Adamcová, Markéta Jablonská, Pavla Stopková, Iveta Fajnerová

5:30pm **BreezeTerraVR: Immersive Relaxation Breathing Training with Biofeedback**
» Markéta Jablonská, Katarína Adamcová, Pavla Stopková, Iveta Fajnerová

7pm **EABCT 2026 International Evening**
Belgian Comic Strip Center

Friday, 18 September

8:30am **Keynote: Beyond Survival: Attentional Control, Emotional Resilience and Implications for Healthcare Policy**
Copper Hall | Online Broadcast
Chaired by: Anouk Vanden Bogaerde

Beyond Survival: Attentional Control, Emotional Resilience and Implications for Healthcare Policy
» Nazanin Derakhshan

8:30am **Keynote: Digital Mental Health: From Promise to Practice to Pause?**
Hall 100 | Online Broadcast
Chaired by: Ernst Koster

Digital Mental Health: From Promise to Practice to Pause?
» Ioana R. Podina

8:30am **Publishing Workshop: How to get published in top journals? Advice from editors**
The Arc

» Stefan Hofmann, Rebecca Cooney

8:30am **OP12: Mechanisms and Processes of Change in CBT**
Studio 201 A-B
Chaired by: Dmitry Dyakov

8:30am **Psychotherapy for PTSD - a scoping review of how change during treatment has been studied**
» Nicolas Garcia Mejia

8:40am **Mapping Mechanisms of Therapeutic Change using Causal Network Analysis**
» Rebecca Schulz, Franziska Schutzeichel, Lourens Waldorp, Marije aan het Rot, Klaske Glashouwer, Sanne van Doornik, Brian D. Ostafin, Reinoud Wiers, Peter de Jong

8:50am **Temporal Network Dynamics of Outcome Expectations, Therapeutic Alliance and Symptom Improvement in the Treatment of Prolonged Grief Disorder**
» Ada-Filine Zeh

9am **Methodological schism of modern Cognitive-behavioural Therapy: problems and way out**
» Dmitry Dyakov

9:10am **Associations between Emotion Differentiation and Anxiety Symptoms in the Context of Psychotherapy**
» Christine Dworschak

Continued from **Friday, 18 September**

8:30am **OP14: Psychosis and Clinical Complexity**
Studio 202
Chaired by: Kamelia Harris

8:30am **Real Physical Harm Causally Contributed to by Auditory Verbal Hallucinations Containing a Harmer of the Patient in a Culturally Diverse Early Intervention in Psychosis Service : implications for early intervention CBT physical harm prevention**
» Sahara Ghida, Alisia Maciu, Jennifer McGowan, Alysia Sweeney, Charmayne Lau, Angel Au, David Raune

8:50am **Using Virtual Reality to improve distressing voices and their social interference in early psychosis: the AVATAR_VRSocial trial**
» Melina Luker, Tessa Wirtz, Tom Ward, Ekincan Tas, Mark Huckvale, Thomas Craig, Mar Rus-Calafell

9:10am **Social connectedness in people with recent onset psychosis and suicidal experiences: A systematic literature review**
» Kamelia Harris, Gillian Haddock, Sarah Peters, Lee D Mulligan, Patricia Gooding

8:30am **OP22: Health, Wellbeing and Behavioural Medicine**
Studio 204
Chaired by: Kirsti Akkermann

8:30am **The Effect of Heart Rate Variability Biofeedback Training on Attentional Control among Stressed Pregnant and Non-Pregnant Women: A Randomized Controlled Trial**
» Wieke de Vente, Esi van der Zwan, Bram Van Bockstaele, Paul Lehrer, Anja Huizink

8:45am **Thriving Beyond the Diagnosis: A Meta-Analyis of Resilience and Mental Health in Cancer Survivorship**
» Alexander Tudose

9am **The paradox of progress: a structured football-based intervention to enhance self-efficacy and emotion regulation in children**
» Tore Aune, Pål Arild Lagestad, Jarl Magnus Knutsen, Bradley Douglass, Paul Harald Pedersen

9:15am **Developmental Trajectories of Eating Disorder Symptoms from Adolescence to Adulthood and Their Associations with Psychopathology and Adiposity**
» Kirsti Akkermann, Kadi Reintam, Katre Sakala

8:30am **OP23: Ageing, Caregiving and Lifespan Issues**
Studio 206
Chaired by: Laura Merida-Herrera

8:30am **Impact of Perceived Relationship Quality Changes on Dementia Family Caregivers' Well-being: The Role of Gender and Kinship.**
» Laura Merida-Herrera, Isabel Bermejo-Gómez, Inés García-Batalloso, Laura Gallego-Alberto, Sara Serrano-Lozano, Isabel Cabrera-Lafuente, María Márquez-González

8:50am **The Dynamic Interplay between Positive Affect, Negative Affect, and Emotional Ambivalence in Caregivers of People with Dementia: a Temporal Network Analysis Approach**
» Inés García-Batalloso, María Márquez-González, Laura Gallego-Alberto, Laura Merida-Herrera, Isabel Bermejo-Gómez, Sara Serrano-Lozano, Isabel Cabrera-Lafuente

9:10am **The role of grief in depressive symptoms among dementia caregivers: does grief contribute?**
» Isabel Bermejo-Gómez, Isabel Cabrera-Lafuente, Laura Gallego-Alberto, Laura Merida-Herrera, Inés García-Batalloso, Andrés Losada-Baltar, María Márquez-González

8:30am **Three Minute Talks**
Studio 211
Chaired by: Agnieszka SUCHOCKA CAPUANO

8:30am **The effect of a short slow paced breathing exercise on positive reappraisal of autobiographic negative memories.**
» Jente Depoorter, Kristof Hoorelbeke, Rudi De Raedt,

Continued from **Friday, 18 September**

8:33am **What psychological processes are involved in the Genito pelvic Pain and/or Penetration Disorder? A scoping review.**
» Juliette Becq

8:36am **From Childhood Adversity to Personality Pathology: The Mediating Role of Emotion Dysregulation in a Meta-Analytic Structural Model**
» Simona Miron, Oana Alexandra David

8:39am **Processes in Psychotherapy: A Scoping Review**
» Marlon Westhoff

8:42am **From Schemas to Social Attitudes: Early Maladaptive Schemas as Predictors of Hostile and Benevolent Sexism in Women**
» Sanda Stanković

8:45am **Interoception, Emotional Dynamics, and Alexithymia in Autism**
» Marine Grota

8:48am **CBT, Consciousness Activation, and Yoga: A Three Pillar Approach implemented in migrant populations**
» Agnieszka SUCHOCKA CAPUANO

8:51am **Childhood Trauma and Adult Functional Outcomes: Do Adolescent Attention Problems Moderate Longitudinal Effects?**
» Diana Heath

8:54am **Stigma experiences differ between men and women following military sexual trauma in their contributions to PTSD symptoms**
» Jane Park

8:30am Technical Demonstrations

Studio 212

8:30am **Therapy Support: Ontology-Based AI Extraction for CBT Clinical Practice - A Platform for Case Conceptualization, Process Tracking, Working Hypotheses, and Cross-Session Continuity**
» Ewa Cylwik

9am **Theramate: An AI-Augmented Practice Platform Supporting the Scientist-Practitioner Model in CBT — A Clinical Case Demonstration**
» Catherine Frenoy

8:30am OP7: Trauma, humanitarian crisis

Studio 213

Chaired by: Kholoud Saber Barakat

8:30am **A Feminist Adaptation of Narrative Exposure Therapy for Gendered Political and Sexual Trauma: A Qualitative Study of Egyptian Women Survivors**
» Kholoud Saber Barakat

8:40am **Assessing Prolonged Grief Severity from Narrative Text Using AI-Based Methods**
» Chusi Xie, Muriel A. Hagenaars, Paul A. Boelen

8:50am **ICD-11 PTSD and Complex PTSD using a Broader ICD-11 Symptom Set: Latent Profiles, Predictors, and Outcomes**
» Reuben Kindred, Maja Nedeljkovic, Glen Bates

9am **Unique Trauma Histories, Unique Treatment Needs? Evaluating Narrative Exposure Therapy for PTSD Following Repeated Childhood Trauma**
» Chris Hoeboer, Laura Wienen, Mary Smiddy, Steven Van der Werff, Marija Maric, Edith Tjoa, Lucie Timmers, Maartje Schoorl

9:10am **Blended cognitive therapy for PTSD in routine care: a multi-centre, multi-study evaluation**
» Johan Lundin, Sigrid Salomonsson, Markus Jansson-Fröjmark, Per Carlbring, Tobias Lundgren, Anke Ehlers, Nick Grey

Continued from **Friday, 18 September**

8:30am **WS5: "Mad, bad and dangerous": The cognitive-behavioural approach to OCD**
Studio 311

"Mad, bad and dangerous": The cognitive-behavioural approach to OCD
» Maureen Whittal, Anna Coughtrey, Roz Shafran

8:30am **WS6: Integrating Attachment Theory in Child and Adolescent CBT practice**
Studio 312

Integrating Attachment Theory in Child and Adolescent CBT practice
» Guy Bosmans

8:30am **Posters**
Grand Hall 1

Baseline Symptom Severity Predicts Post-Treatment Outcomes in Cognitive Behavioral Therapy
» Evdoxia Tsigkaropoulou, Christina Golemati, Ioannis Michopoulos

A Systematic Review and Meta-Analysis on Perfectionism and Emotion Regulation
» Gabriela-Andreea Tinta, Teodora Larisa Vițan, Aurora Szentagotai-Tatar

Do neuroticism and mindfulness play a role in mood-reactive rumination? A daily diary study
» Josip Razum, Filipa Ćavar Mišković, Goran Milas

Coping Strategies and Sense of Belonging among Balkan Migrants in the European Union
» Andjela Rutovic, Natalija Ilic, Milena Pljaskic, Aleksandar Lazarevic

Applying CBT-E to Treat Binge-Eating Disorder in an Individual with Schizophrenia: A Clinical Case Study
» Martin Cernvall

Interpersonal Sensitivity as a Mediator of Treatment Outcomes in Cognitive Behavioral Therapy: A Pilot Naturalistic Study in University of Crete CBT Training Programme.
» Emmanouil Papastefanakis, Eleftheria Vogiatzi, Maria Karataraki, Alexandros Vgontzas

Exploring Cyberchondria: Online Health Searches Across Physical and Mental Health Domains in Young Adults
» Filipa Pancada-Fonseca, Filipa Pimenta, João Marôco

Cognitive Behavioral Therapy in Work with Parents of Children with Chronic Illness
» Joanna Marek-Banach, Agata Wytykowska-Kaczorek, Magdalena Poraj-Weder, Jarosław Rola

Cognitive Behavioral Therapy in Work with Socially Maladjusted Youth
» Anna Dąbrowska, Joanna Marek-Banach

Rumination and maladaptive daydreaming: Preliminary findings of a regression analysis using a sample of university students
» Shivani Atul Mansuklal, Gerhard Andersson, Eli Somer, Patricia M. Pascoal

Doomscrolling as a Safety-Seeking Compulsion: A Metacognitive Model Linking Obsessive Intrusions and Obsessive Symptoms
» Ekin Deniz Gumustas, Gozde Aciker Kurtay

When early wounds shape later love : A moderated mediation model linking cumulative childhood trauma to relationship satisfaction through mindfulness, with dissociation and self-compassion as moderators.
» Alexandru Baciu, Tedora-Elena Hutanu, Andrei Corneliu Holman

Continued from **Friday, 18 September**

Trauma-informed cognitive behavioral therapy: A clinical perspective
» Ibuki Mohri

Differential Associations of Freelance Work with Life Satisfaction and Work Engagement Compared with Regular Employment: The Roles of Sex and Marital Status
» Takumu Kurosawa, Mariko Shimoda, Yukari Kimura, Makiko Hibi, Akari Tanigaki, Ryu Takizawa

An Examination of the Effects of a Short-Term Workshop on the Sense of Efficacy Regarding the Care of Residential Children Among Newly Staff at Japanese Foster Care Facilities
» Ayako Takii, Daisuke Ito

Distinguishing Genuine from Illusory Posttraumatic Growth: An ACT Perspective
» Josefine Quelle, Mia Skytte O'Toole

Mental Health and Fear of Cancer Recurrence within the Cancer Survivor-Caregiver Dyads: A SEM Meta-Analysis
» Teodora Vlad, Ioana Podina, Laurențiu Maricuțoiu

Embodied Psychological Flexibility in Acceptance and Commitment Therapy
» Ebbe Grarup Mollerup

Supporting parents with adverse childhood experiences in reducing child externalizing problems: The 'My Own Childhood' module
» Laurien Meijer, Eline Noor, Jeanne Gubbels

Establishing the Causal Role of Attachment in Paranoia and Mechanisms of Change: Implications for Cognitive Behavioural Therapy for Psychosis
» Monica Sood, Katherine Newman-Taylor, Kathy Carnelley

The self-stories of parents with histories of adverse childhood experiences: A qualitative study
» Laurien Meijer, Roel van der Veen, Nienke van Sambeek, Jeanne Gubbels

The effect of parental adverse childhood experiences on parenting: A meta-analytic review
» Jeanne Gubbels, Laurien Meijer, Daniëlle van der Giessen

The Evidence–Practice Gap in PTSD Treatment: Barriers to Implementation Among Psychologists in Japan
» Daisuke Ito

Beyond the Ideal: How Body Appreciation Protects Young Adolescents from Dieting Pressures
» Lien Goossens, Sandra Verbeken, Eva Van Malderen, Elisa Boelens

Feeding the Mood: The role of parental emotion socialization in children's avoidanceoriented behaviors observed during mealtimes
» Sandra Verbeken, Juliette Taquet, Kim Dierickx, Lien Goossens

Beyond Humor Preference: Mechanisms of Change in Verbal Value Discounting and emphasized Rumination Prevention for OCD
» Chika Yoshikawa, Takako Miyaaki, Miyo Okajima

Effectiveness of Cognitive-Behavioral Therapy in Reducing Depression Among Albanian Adults: The Role of Compassion-Based Techniques in Targeting Guilt and Shame
» Eleana Naci, Alteo Kasaj, Vilma Ruci, Anastasia Ristani, Joana Burxi, Stefania Naci

The latent structure of depression and anxiety: a bifactor exploratory structural equation model of the PHQ-9 and GAD-7 in primary care
» Gabriel Esteller Collado, Maider Prieto Vila, Roger Muñoz Navarro

Continued from **Friday, 18 September**

Patient-Reported Data After CBT-Based Inpatient Treatment: Developing a Theoretically Informed Model of Integrated Dual Diagnosis Care – A Pilot Study
» Jonathan Larsen, janne theisten

Toward a More Precise Assessment of Motor Imagery for Imagery-Based CBT: Preliminary Findings
» Adèle Hus, Vincent Leleu, Christine Moroni

Gambling disorder among students and young adults: an urgent prevention target
» Lucia Romo, Mélanie Rome, Oulmann Zerhouni

Characteristics and Challenges of Psychological Services in Spanish Primary Care Settings
» Alba Fadrique Jiménez, Óscar Peris-Baquero, Miranda Sánchez Albentosa, Iván Prieto Rollán, Jorge Osma

Enhancing Help-seeking in Psychosis: The Role of Attachment, Self-Stigma and Perceived Availability of Help
» Wenjin Liu, Katherine Carnelley, Katherine Newman-Taylor

The Moderating Roles of Belief in a Just World and Emotion Regulation Difficulties in the Relationship Between Negative Life Events and Depression in Emerging Adulthood
» Elif Melike Melek, Ceyda Senay Güler, Ayse Altan Atalay

Understanding Personal Recovery from Mental Health Difficulties among Adolescents with a Maghrebi Migrant Background: A Mixed-Methods Study Protocol
» Adel Saddiki, Raffaella Di Schiena

Language, Learning, and Integration: A Longitudinal Study of Students from East Jerusalem
» Ayat Abu Kheit, Tova Hartman, Sharbel Shoukair

Between Stigma and Resilience: Experiences and Coping Strategies of Parents of Children with Autism Spectrum Disorder in Arab Society in Israel
» Ayat Abu Kheit, anan Abu Saleh Khawaled, Nuzha Alasad Alhuzail

A Review for Clarifying the Roles Expected of Psychologists After Large-Scale Disasters — Organization and Recommendations from a Cognitive Behavioral Therapy Perspective —
» Shunsuke Koseki, Miki Yamano-Ikeda

A transdiagnostic CBT-Music group to improve low self-esteem in psychosocial rehabilitation
» Chloé Cognard, Emmanuel Lemarchand, Hervé Platel

A Comparative Study of Brazilian Jiu-Jitsu Practitioners, Runners, and Sedentary Adults on Psychological Resilience and Perceived Stress variables
» Adel Saddiki, Sylvie Blairy

Exploring Dysfunctional Thoughts and Anticipatory, Relief-Oriented and Permissive Beliefs Associated with Chemsex Practice: A Qualitative Study
» Mathilde Monchicourt

ALFF-Based Classification of SAD, MDD, and GAD: Toward CBT-Informed clinical characterization
» Ritu Bhusal Chhatkuli, Junbing He, Tomomi Nagano, Tokiko Yoshida, Yuko Isobe, Eiji Shimizu, Yoshiyuki Hirano

The Effects of a Single Session of Cognitive Bias Modification on Appearance Perfectionism and Interpretation Bias
» Yan-Lin Yu, Yun-Lin Wang

Goal Setting and Progress in a Digital, Parent-led Intervention for Child Anxiety Problems - Preliminary Findings from a Content Analysis
» Emily Whitaker, Chloe Chessell, Cathy Creswell

Continued from **Friday, 18 September**

Development and Evaluation of a Web-Based Lifestyle Intervention for Depression in Young Adults: A Randomized Controlled Trial

» Maedeh Parvin, Camille Fontaine, Anne-Marie Etienne, Aurélie Wagener

Mind-wandering prevents the enhancement of optimism by interrupting reward processing: An investigation using the experience sampling method

» Yuki Nishiguchi, Kanji Shimomura

Preadolescent obsessive-compulsive symptoms predict later internalizing disorders

» Yuko Isobe, Yoshiyuki Hirano, Eiji Shimizu

Reappraisal Flexibility and Reappraisal Use Across High- and Low-Stress Situations

» Megumi Oikawa, Ryota Kobayashi, Michiko Sakaki, Kou Murayama

A Trial-based Economic Evaluation of Group and Individual Schema Therapy versus Treatment as Usual for Patients with a Cluster-C Personality Disorder

» Iuno Groot, Silvia Evers, Anne-Sophie Venhuizen, Raoul Grasman, Nathan Bachrach, Arnoud Arntz

Cultural Adaptation of a One-Day Online CBT Group Workshop for Postpartum Depression in Türkiye: A Pilot Randomized Controlled Trial

» büşra kalaça, Ryan J. Van Lieshout, Pelin Seçgin, Perran Boran, Hatice Ezgi Barış, Mahmut Caner Us, Ayşe Sakallı Kani

Online Cognitive Behavior Therapy Interventions for Anxiety in Children and Adolescents: A Systematic Review and Meta-Analysis

» Denisa-Maria Moldovan, Anca DOBREAN

Impact of the Big Five Personality dimensions on the Short and Long-Term Outcomes of a Group Cognitive Behaviour Therapy Cohort in Chronic Fatigue Syndrome

» Jela Illegems, Inge Glazemakers, Jarl Kampen, Rita Van Royen, Greta Moorkens, Filip Van Den Eede

Development of a Modular CBT-Based Treatment for Depression in Young Adults to Reduce Symptoms and Risk of Future Relapse.

» Gabrielle Grey, Roz Shafran, Joshua Buckman

Évaluer la Conscience Émotionnelle à travers deux dimensions : la Clarté et l'Attention émotionnelles

» Caroline Pierre, André Ferrara, Sylvie Blairy

Evaluation of Interorganizational Collaboration and Coordination in Mental Health and Psychosocial Support (MHPSS) During Disasters: A Study of the 2016 Kumamoto Earthquake and the 2019 Typhoon No. 15

» Miki Yamano-Ikeda, Shunsuke Koseki

Daily Mental Imagery Practice, Behavioral Activation, and Depression : A Comparison of Three Brief Interventions

» Ecaterina Lazari, Sylvie Blairy

Longitudinal Patterns of Change for PTSD, Anxiety, Depression, and Pain Symptoms during Transdiagnostic Modular Treatment

» Nicolas Garcia Mejia

How do episodic climate future projections influence pro-environmental attitudes, behaviors, emotions and related psychological distress? A systematic review of experimental evidence.

» Nathalie Castaigne, Camille Mouguiama-Daouda, Alexandre Heeren

Bidirectional Longitudinal Relationship Between Insomnia Severity and Daytime Functioning: A Cross-Lagged Panel Model Using an Insomnia-Specific Quality-of-Life Measure

» Naoko Ayabe, Kazuo Mishima

Continued from **Friday, 18 September**

Grief Rumination as a Predictor of Prolonged Grief, Anxiety, and Depression: A Structural Equation Modeling Study
» Elif Usta, Müjgan İnözü-Mermerkaya

Measurement invariance of the Behavioral Emotion Regulation Questionnaire across gender, age, clinical status, and time in a sample of adolescents
» Diana-Ioana Grama, Anca DOBREAN, Robert Balazsi, Elena Predescu

How Do Depressive Symptoms Shape Interpersonal Perception and Anticipation? A Video-Based Study Within the Interpersonal Circumplex Framework
» Alena Koop

Improvements in Health-Related Quality of Life in DBT: Findings from a UK-Wide Benchmarking Platform
» Ayesha Saifi, Thandi Gilder, Joshua Osborne, Michaela Swales, Julieta Azevedo

Metacognitive training for depression (D-MCT) program in postpartum depression: a study protocol
» Chrystel Besche-Richard, Sabrina HAMMAMI, Julie Auer, Anne-Catherine Rolland-Bride

Targeting Cognitive Biases in Schizophrenia Through Michael's Game: Findings From a Single-Case Experimental Design
» Chrystel Besche-Richard, Hanane Desruets-Badouh, Vincent Leleu, Sophie Saïd

Developing a Measure of Metacognitive Beliefs About Mind-Wandering: A Study Protocol and Preliminary Psychometric Evaluation
» Marta Szastok, Zofia Kostrzewa, Małgorzata Para, Monika Kornacka

Therapeutic change in CBT for procrastination: clinical outcomes and neurophysiological markers of attention and emotion regulation
» Weronika Maria Browarczyk, Ewa Wiwatowska, Magdalena Pietruch, Joachim Kowalski, Marek Wypych, Jarosław M. Michałowski

Améliorer les interactions éducatives à la petite enfance grâce à la participation à Incredible Begginnings.
» Victoria Allison, Marie-Michèle Brossard, Laurianne Couture, Marie-Josée Letarte

Which Processes Should I Assess for This Client? Experience sampling methods & network models in everyday clinical practice
» Monika Kornacka, Marta Szastok, Anna Jaskulska, Wieslaw Kopec, Małgorzata Para, Steven Barnes

When Panic Is Not "Just" Panic: A Case of Right Temporal Meningioma Presenting as Panic Disorder with Dissociative Features — CBT Formulation and ACT-Based Intervention
» Zeynep Züleyha Kablama Yardım, Hasan Turan Karatepe

Promoting an interpersonal style that supports children's psychological needs and mental health: A pilot study evaluating the implementation of the "Talk/Listen" program among parents and teachers
» Kathleen Adelaire, Raffaella Di Schiena

The Anxiety Monster: A Transdiagnostic CBT-Based Play Intervention for Childhood Anxiety Disorders – A Case Series
» Fikriye Bilge Bircan

Efficacy and safety of agent-guided Internet-based cognitive behavioral therapy for patients with depression, generalized anxiety, and social anxiety: a three-arm pilot randomized controlled trial
» Robert Szymański, Stanisław Karkosz, Katarzyna Sanna, Jarosław M. Michałowski

Mapping the Landscape of Everyday Uncertainty: Exploratory Findings from a Pilot Diary Study
» Tamar Raanan

Continued from **Friday, 18 September**

Technology, Sexual Response, and Intimate Satisfaction in Romantic Relationships
» Cátia Oliveira, Rafaela Marques, Maria José Ferreira

Hidden Forms of Intimate Partner Violence: Subtle Relational Aggression, Attachment, and Sexual and Relational Satisfaction in Adult Relationships
» Cátia Oliveira, Francisca Azevedo, Maria José Ferreira

Towards an Integrative Cognitive-Metacognitive Model of Insomnia: A Research Proposal Investigating Vulnerability and Protective Factors in Insomnia Maintenance
» Bernadett Becz, Gabriella Vizin

Breaking 15 Years of Resistance in Scrupulosity: An Illustrative Case from a Randomized Controlled Trial Using the 4T Cognitive Model Therapy
» Nurşin Çetiner, Taha Burak Toprak, Nursima Çavuş

Subtle Relational Aggression in Intimate Relationships: Associations with Sexual and Relational Satisfaction
» Cátia Oliveira, Juliana Gomes, Maria José Ferreira

From Anger Regulation to Social-Emotional Learning: Developing CBT Play Therapy-Informed Activities for Younger Primary School Children
» Ljiljana Sapic Kozar

Discussing Religion in NHS Talking Therapies: A Mixed-Methods Study of Therapists' and Service Users' Perceptions and Experiences
» Hira Sharif, Paul Salkovskis, Graham Thew, Hibah Hassan

Implementing European Standards in Dual Diagnosis Treatment: Evaluation of a Schema Therapy Initiative in Georgia
» Ketevan Abdushelishvili, Nino Mirzikashvili, Irma Khabazi

Beyond the Individual: Rediscovering We-Ness in Therapeutic Practice
» Jessica Morton, Pierre Bouchat, Mark Tarrant

Piloting new group CBT approaches for the treatment of comorbid ADHD, with depression and anxiety.
» Lloyd Catley

How to effectively use Motivational Interviewing techniques in Cognitive Behavior Therapy
» Kiril Bozgunov

Same Drivers, Different Routes: Divergent Transdiagnostic Pathways in Social Anxiety and Gambling Disorder
» Nihan Osmanağaoğlu, Furkan Rüşen, Beyza Ataseven

CBT and philosophy: Revisiting the critical appraisal of ACT
» Josef Mattes

Safety Behaviours among Adolescents with Social Anxiety Disorder – an Examination of a Finnish Clinical Sample
» Siiri Lampela, Heidi Kusnetsov, Pauliina Parhiala, Mauri Marttunen, Klaus Ranta

Dialogical Selves in CBT: Therapists' Experiences of Alliance Rupture and Repair
» Clarisse Aeaea Kilboy, Ma. Tonirose Mactal

Rating the rating scales: which CBT adherence measure is more reliable?
» Emily Cooney, Zara Mansoor, Alice Kim

Turkish Adaptation of the Psychological Inflexibility Scale–Infertility (PIS-I): A Validity and Reliability Study
» Ruveyda Yegen, Ali Çekiç, İsmail Sanberk, Mustafa Kemal Özel

Continued from **Friday, 18 September**

Comparable Outcomes, Unequal Experiences? Online CBT After Sexual Violence in Women With and Without Minority Lived Experiences
» Geneviève Belleville, Jessica Lebel, Samuel Gagné, Salomé Jean-Denis

Schema Therapy with Couples: Strengthening the Healthy Adult Mode Through AI-Assisted Visualization — A Case Study
» Zahide Tepeli Temiz

Network analysis of depression, anxiety, and stress: the role of psychological processes and well-being
» Denisa Mălan, Oana Alexandra David

Scoring Goals for Mental Health: A Low-Intensity CBT Program in a Football School
» Tore Aune, Roselyn Peterson, Pål Arild Lagestad, Jarl Magnus Knutsen, Bradley Douglass, Paul Harald Pedersen, Sigrid Flatås Aune

The Subtle Costs of Boredom: Effects on Positive Affect and the Role of Individual Differences
» Ion Milea

Emotion regulation does not predict weight trajectory in college women
» Megane Ackermans, Nienke Jonker, Peter de Jong

Metacognitive Beliefs and Worry in Children: The Impact of Intolerance of Uncertainty
» MUAZZEZ YILDIRIM, Sait Uluç

Predictors of differential effectiveness in schema therapy for cluster-C personality disorders
» Anne-Sophie Venhuizen

Reducing Rumination via Verbal Value Discounting (VVD) in a Boy with School Refusal: A Case Report
» Takako Miyaaki, Chika Yoshikawa, Miyo Okajima

Institutional Responses Intensify the Relationship Between Military Sexual Trauma Severity and Hazardous Alcohol Use
» Nadia Malek, Jack Waddell, Ryan Holliday, Lindsey Monteith, Rebecca Blais

Une formation d'inspiration TCC pour renforcer l'inclusion à la petite enfance : effets du programme Incredible Beginnings
» Laurianne Couture, Marie-Michèle Brossard, Victoria Allison, Marie-Josée Letarte

Self-Compassion and Resilience among adolescents living through prolonged crises: Differential change across psychological profiles
» Kateryna Kliuzko, Severine Maggio, Maria Pereira

Towards a Consensual Conceptualization of Craving from a Transdiagnostic Perspective: A Qualitative and Delphi Method Research Project
» Circe Plusquin

The Effectiveness of Trauma-Focused Psychotherapies for Care-Experienced Children and Young People: A Systematic Review and Meta-Analysis
» Theofanis Kyriacou, Roberta Fichera, Dr. Ciorsdan Anderson

Brief ACT-Informed Intervention for Minority Ethnic Parents of Children with Learning Disabilities: A Feasibility Case Series
» Nadia Abdel-Halim

Opening the Black Box of Training Therapy: A Multi-perspective, Mixed Methods Study in Psychotherapy Training
» Ayse Dogan, Trudy Mooren, Filip Raes

9:30am **S380: Growing up in a world of crises – A transdiagnostic view on youth mental health**
Copper Hall | Online Broadcast

When the Climate Crisis Hits Home: Climate-Related Emotions and Mental Health in Youth Across Family and Clinical Contexts
» Julia Asbrand, David Phan, Tanja Legenbauer, Sophie Beer, Nora Spirkl

Continued from **Friday, 18 September**

Trauma Intervention Research in Children and Adolescents: Global Gaps, Ongoing Crises, and Priorities for Intervention Development
» Philipp Berger, Mulat Asnake Goshu, Tina Malti

Growing up under cumulative global threat: Crisis-related distress as an independent and dynamic marker of adolescent mental health risk
» Norma Ruf, Tilly Katharina Michaely, Tanja Michael

Daily-Life Emotional Reactivity and Reward Anticipation in Children with Affective Dysregulation
» Pascal Aggensteiner

9:30am **S445: Improving access to CBT in different countries**
Hall 100 | Online Broadcast

The Finnish First-Line Therapies initiative: digitally supported stepped care for improving access to CBT
» Samuli Saarni

InTherapy: a psychological therapy programme and an empirical confirmation of the clinical efficacy of CBT in the real world
» Sandra Sassaroli, Stefano Defrancesco, Silvia Grazioli, Ludovica Giani, Simona Scaini, Sara Palmieri, Giovanni Maria Ruggiero, Gabriele Caselli

Improving access to transdiagnostic group cognitive behavioural therapy for depression and anxiety disorders in Spain. The PsicAP randomized controlled trial.
» Roger Muñoz Navarro, Gabriel Esteller Collado, Maider Prieto Vila, Paloma Ruiz Rodríguez, Antonio Cano Vindel

Prompt Mental Health Care in Norway: Effectiveness, Economic Impact and Challenges for Sustainable Scaling
» Marit Knapstad, Robert Smith

How routine clinical data is being used to inform developments in England's NHS Talking Therapies for anxiety and depression programme.
» Rob Saunders, Joshua Buckman, David Clark

9:30am **Communication Workshop**
The Arc

Communication and lobbying workshop: How to Talk to Policymakers

9:30am **SC106: Innovative Model for the Wise and Competent Mode in schema therapy for children and adolescents**
Hall 400 | Online Broadcast

Innovative Model for the Wise and Competent Mode in schema therapy for children and adolescents
» Diana Teodorescu

9:30am **S306: Optimising CBT for Youth Anxiety: Treatment Ingredients, Cognitive Mechanisms, and Intervention Innovation**
Studio 201 A-B

Interpretation Bias training for youth with OCD: A quantitative and qualitative approach
» Elske Salemink, Annelies van der Linden, Ilja Zwiers, Lotte Rappoldt, Maaike Nauta, Lidewij Wolters

Predicting Anxiety CBT Treatment Outcome by Treatment Ingredients and Individual Child and Parent Characteristics
» Colin Ganzevoort

Dysfunctional cognition change as a putative mechanism of CBT for youth with anxiety, OCD, and PTSD: An individual participant data meta-analysis
» Ivana Buric

Continued from **Friday, 18 September**

Interpretation flexibility in children with a social anxiety disorder
» Anke Klein, Lynn Mobach, Ida van Kampen, Jennifer Hudson, Ron Rapee

9:30am

S120: Identifier et dépasser les obstacles à la mise en œuvre de l'exposition en TCC
Studio 202

Prévenir la fatigue de compassion et le trauma vicariant dans la pratique de l'exposition
» Geneviève Belleville

Dépasser les obstacles à l'exposition dans le champs du psychotraumatisme.
» Anaïs Marmuse

Identifier et dépasser les obstacles à la mise en œuvre de l'exposition en TCC.
» Elias LOUDRHIRI

Quand l'exposition touche l'intime : obstacles et leviers dans le traitement des troubles sexuels
» Marlène Louis

9:30am

S181: From Learning Fear to Treating It: Ecological and Transdiagnostic Advances in Understanding and Treating Anxiety and Stress Disorders
Studio 204

Altered Threat and Safety Learning in Anxiety- and Stress-Related Disorders: The Role of Intolerance of Uncertainty
» Jeanine Brouwer, Klara de Cort, Liesbet Goossens, Koen Schruers

Moving Beyond Self-Report: Assessing Intolerance of Uncertainty Through Fear Learning in Anxiety
» Naomi Carpentier, Laura Luyten

Modulating Safety Memory: Intermittent Theta Burst Stimulation Over The Ventromedial Prefrontal Cortex
» Marie Vandormael, Jette de Vos, Klara de Cort, Teresa Schuhmann, Liesbet Goossens, Koen Schruers

9:30am

SC507: Values as a Compass in Times of Crisis: A Practical Skills Training for Goal Setting and Psychological Flexibility
Studio 206

Values as a Compass in Times of Crisis: A Practical Skills Training for Goal Setting and Psychological Flexibility
» Valentyna Parobii

9:30am

S530: Many Me's: Multifaceted Understanding of "the self" in mental health
Studio 211

Many Me's: Multifaceted Understanding of "the self" in mental health
» Jun Wang, Stans Drossaert, Judith Austin, Ernst Bohlmeijer, Maya Schroevers

The missing link in the association between autonomy support and well-being: intrinsic self-worth?
» Ivan Nyklíček

Profiles of Positive and Negative Dimensions of Self-Compassion and Self-Esteem: Relationships with Depression, Social Anxiety, and Posttraumatic Stress
» Lonneke van Tuijl, Lisanne Asberg, Paul A. Boelen

The interplay between parenting stress, parental self-compassion, and parent sex in parental emotion socialization
» Charlotte Verhagen, Stefanie Duijndam, Nina Kupper, Myrthe Boekhorst

Continued from **Friday, 18 September**

9:30am **S167: Help-seeking Behavior of Youth for Mental Health Problems: Addressing Treatment Barriers to Improve Access to Mental Health Care**
Studio 212

Experienced Barriers to Mental Health Care in Youth: Development and Validation of a New Self-Report Questionnaire
» Liesbeth de Paauw-Telman, Denise Bodden, Kyra Haerkens, Amanda van Loon, Lisan Henricks

Barriers and facilitators to accessing and engaging with child and adolescent mental health services for low-income families: findings from two Australian studies
» Sophie Dickson, Maria Kangas, Kay Bussey, Sharon Grocott, Lauren McLellan, Ron Rapee

Screening and targeted intervention in primary schools to address help-seeking barriers
» Tessa Reardon, Cathy Creswell

Barriers and facilitators in help-seeking behavior for adolescents with elevated levels of anxiety and/or depression
» Denise Bodden, Liesbeth de Paauw-Telman, Kyra Haerkens, Amanda van Loon, Lisan Henricks

9:30am **S101: Nuance in the Digital Age: Motivations, Mechanisms, and Measurement of the Impact of Social Media on Mental Health**
Studio 213

From Social Media Content to Emotional Well-being: Development and Validation of the Social Media Content and Engagement Scale (SMCE)
» Yannick Vander Zwalmen, Matthias Maerevoet, Kristof Hoorelbeke, Mariek Vanden Abeele, Ernst Koster

Answering the "How" and "Why" of Social Media Use Through Data Donations
» Jakub Helvich

Connecting Internalizing Complaints and Motivations for Instagram Use: A Bayesian Network Approach
» Matthias Maerevoet, Kristof Hoorelbeke, Raphaël Du Bosch, Eowyn Van de Putte, Ernst Koster

Psychological mechanisms underlying social media effects on well-Being
» Lien Faelens

9:30am **S139: Maximizing exposure: The power of expectancy violations in the extinction of fear**
Studio 214

Pilot Randomized Controlled Trial Assessing the Feasibility and Acceptability of an Expectancy-Focused Exposure Protocol for Anxiety Disorders
» Vanetza Quezada-Scholz, Mario Laborda, Maria Consuelo San Martin, Marcela Soto, Álvaro Vergés, Bram Vervliet, Gonzalo Miguez, Loreto Leiva

When expectancy violation is not enough: childhood adversity, safety learning, and threat across extinction and avoidance
» Maria Consuelo San Martin

Looking on The Bright Side of Fear: Examining the Role of Positive Mood in Fear Extinction and Relief
» Anne Willems, Tom Beckers

Targeting expectancy violation in PTSD: A SCED study of Inhibitory Retrieval-based exposure
» Marike Kooistra, Danielle Oprel, Maartje Schoorl, Willem Van der Does, Rianne de Kleine

Continued from **Friday, 18 September**

9:30am **SC121: Starting Clinical Supervision in CBT: A Practical Step-by-Step Guide to Building a Trusting Supervisory Relationship while not forgetting the individual in the group**
Studio 215

Starting Clinical Supervision in CBT: A Practical Step-by-Step Guide to Building a Trusting Supervisory Relationship while not forgetting the individual in the group
» Wannes Rambour

9:30am **S410: Mindfulness-based cognitive therapy in youth: Efficacy of universal versus indicated prevention and targets for early intervention**
Studio 216

Mindfulness-Based Early Intervention: A Randomized Controlled Trial on Internalizing Problems and Self-Referential Processing in Help-seeking Youth
» Guusje Collin, Paul Lagerweij, Maud Schepers, Roshan Cools, Anne Speckens

From Evaluating to Co-Creating Adolescent Mindfulness Interventions: Lessons from a School-Based Trial and the Listening to Adolescents' Voices Project
» Marbella Perez Pena, Katleen Van Der Gucht, Gwenaëlle Bresmal, Magali Lahaye, Pierre Philippot

My Resilience in Adolescence (MYRIAD): A Report from the Schools-based Mindfulness Training Study.
» Willem Kuyken, The MYRIAD Group

11am **Coffee break**
Grand Hall 1

11:15am **S175: Meaning in Life Across Psychopathology: Clinical and Research Perspectives**
Studio 201 A-B

Meaning in Daily Life and Depression-Relevant Affective Experiences: An Experience Sampling Study
» Lucija Ždrić, Charmaine Borg, Klaske Glashouwer, Brian D. Ostafin

Meaning in Life in ADHD: A Causal Network Approach
» Mirjam Frey, Rebecca Schulz, Peter de Jong

A Randomized Controlled Trial Evaluating a Meaning-Centered Intervention for Internalizing Symptoms
» Marcel Näther

When Abstract Thinking Helps: Meaning-Based Construal of Dysphoric Experiences Reduces Depression and Rumination
» Brian D. Ostafin

11:15am **SC224: Working with interpreters in mental health settings**
Studio 202

Working with interpreters in mental health settings
» Millay Vann

11:15am **SC368: Habits, Addictions, and Resistance: The Paradoxical Triple Column in David Burns' TEAM-CBT**
Studio 204

Habits, Addictions, and Resistance: The Paradoxical Triple Column in David Burns' TEAM-CBT
» Yehuda Bar Shalom

11:15am **S412: Mindfulness-based interventions for youth and families: mechanisms, moderators and outcomes?**
Studio 206

Mindfulness-based interventions for youth and families: mechanisms, moderators and outcomes
» Ruya Akdag

Continued from **Friday, 18 September**

Child and Parent Mindfulness-Based Training Versus Medication for Childhood ADHD: Randomised Clinical Trial
» Brett Kosterman Zoller, Esther de Bruin

Mechanisms of Change in Mindfulness-Based Family Intervention Versus Methylphenidate for Childhood ADHD
» Brett Kosterman Zoller

Moderators of behavioral parent training for families of children with ADHD
» Francesca Bentivegna

11:15am **S58: Exploring the Complexities of Suicidal Ideation, Suicidal Behavior and Assisted Suicide: From theoretical models to treatment approaches**
Studio 211

Suicidal Ideation and Behaviour in Males and its treatment
» Heide Glaesmer, Cora Spahn

Persistent Suicidal Ideation: Findings From a Scoping Review and a Survey of Mental Health Professionals
» Lena Spangenberg, Tobias Teismann, Inken Höller

The Dual-System Model of Suicidality: A Transdiagnostic Framework for Understanding and Treating Suicidal Crises
» Juliane Brüdern

Narrative Therapeutic Processes Following a Suicide Attempt: Mechanisms of Change in Suicide-Specific Psychotherapy
» Anja Gysin

11:15am **SC482: AI in Psychoeducation: Inclusive and Feasible**
Studio 213

AI in Psychoeducation: Inclusive and Feasible
» Lien Faelens, Flore De Meester

11:15am **S132: Unique as Children and Families Are: Scaling Evidence Based Care Across Contexts**
Studio 214

Bridging the science-service treatment gap for young people with obsessive compulsive disorder (OCD): Implementation of evidence-based care in community mental health services
» Lara Farrell, Allison Waters, Iain Perkes, Jessica Grisham, Jason Porritt-Racz, Wendy Chen

Supporting families using the Parents under Pressure program: Translating evidence into clinical practice
» Sharon Dawe

Lights Out Goes Live: Co-designing Sleep Support for Children in Paediatric Services
» Caroline Donovan, Sonja March, Allison Waters, Evren Etel, Robert Ware, Jasneek Chawla, Sara Winter

Tackling youth mental health: An integrated model of mental health care within a youth sports development program
» Allison Waters, Rachel Sluis, Wayne Usher, Kathryn Modecki, Melanie Zimmer-Gembeck

11:15am **SC519: An Integrated CBT treatment for psychosis: Strategies to optimize the treatment and mistakes to avoid**
Studio 215

An Integrated CBT treatment for psychosis: Strategies to optimize the treatment and mistakes to avoid.
» Antonio Pinto

11:15am **SC53: Neurodiversity-Affirming CBT in Clinical Practice**
Studio 216

Continued from **Friday, 18 September**

Neurodiversity-Affirming CBT in Clinical Practice
» Icarus Williams

11:30am **Keynote: Unique as We Are: Engaging Clients with Tailored CBT Homework**
Copper Hall | Online Broadcast
Chaired by: Sylvie Blairy

Unique as We Are: Engaging Clients with Tailored CBT Homework
» Nikolaos Kazantzis

11:30am **Keynote: Social Anxiety Disorder: bringing cognitive and contextual models together**
Hall 100 | Online Broadcast
Chaired by: Mandy Rossignol

Social Anxiety Disorder: bringing cognitive and contextual models together
» Maria do Céu Salvador

11:30am **OP17: Experimental Psychopathology**
The Arc
Chaired by: Simon Blackwell

11:30am **Investigating the effects of the Best Possible Self exercise on optimism and mental imagery in daily life: A single case series**
» Simon Blackwell, Fabienne Kramer, Sila Akalin, Amaya Schötz, Marcella Woud

11:50am **Retrieval Practice of Inferences for Negative Events in Rumination**
» Nilly Mor, Gal Rabinovich, Deema Tellawi, Paula Hertel

12:10pm **Bridging Research and Practice: A Review of Translational Research in Psychological Treatment**
» Anke Haberkamp, André Bittermann, Viktoria Ritter, Winfried Rief, Claudiu Petrule

12:30pm **Attention Bias and Emotional Reactivity in Perfectionism: Eye Tracking and Experimental Evidence for Context-Dependent Effects**
» Mariah Matar, Bérénice Delor, Céline Douilliez, Pierre Philippot

11:30am **Keynote: Tabletop role-playing games as transdiagnostic therapeutic tools**
Hall 400 | Online Broadcast
Chaired by: Dirk Hermans

Tabletop role-playing games as transdiagnostic therapeutic tools
» Joël Billieux

11:30am **Three Minute Talks**
Studio 212
Chaired by: Paulina Arango

11:30am **Efficacy and Mediation Pathways of a CBT-Integrated Tabletop Role-Playing Intervention (CBT-TRPG) for Adolescents with ADHD: A Cluster-Randomized Controlled Trial**
» Yves Cho Ho Cheung, Daniel Fu Keung Wong

11:33am **Emotion-specific uncontrollability beliefs and their relationship with internalizing symptoms and emotion regulation in adolescents**
» Ana Rosales Domínguez, Esperanza García Sancho, José Martín Salguero Noguera

11:36am **Feasibility and Preliminary Effectiveness of the DBT-C "Parents First" Model in Chile**
» Paulina Arango, María Ignacia Montt, Macarena Pi-Davanzo, Andrés Aparicio, Francheska Perepletchikova

Continued from **Friday, 18 September**

11:39am **Beyond Relief: Guilt and Emotional Distress After Institutionalization in Dementia Caregivers**
» Laura Gallego-Alberto, María Márquez-González, Sara Serrano-Lozano, Inés García-Batalloso, Natalia Martín-María, Andrés Losada-Baltar, Isabel Cabrera-Lafuente

11:42am **Families Facing Cancer: Needs and Barriers to Accessing Psychosocial Support for Families with Children into Emerging Adulthood**
» Aline Debener, Lara Maria Edith Hemmy, Hannah Steinbrecht, Tanja Zimmermann

11:45am **Evidence-Based Approach to Thematic Apperception Tests (TAT and CAT) in Elementary-Aged Children (Clinical and Non-Clinical): A Systematic Review of Psychometric Properties.**
» Louise Chaptal, Cyrille Bouvet, Rafika Zebdi

11:48am **Timing-Based Cognitive Behavioral Therapy in ADHD: A Modular Intervention Targeting Executive Access**
» Nuran Gözpınar Bademci, Vahdet Görmez

11:51am **Why Therapists Burnout Even When They Love Their Work**
» Aylin Webb

11:54am **Rumination as Compulsion: VVD and eRP as a Transdiagnostic Approach Beyond OCD**
» Miyo Okajima

12:30pm **Lunch break**
Grand Hall 1

1pm **EABCT General Meeting**
The Arc

1:30pm **S60: Mechanisms and Clinical Relevance of Loneliness: From Maintaining Factors to Intervention**
Copper Hall | Online Broadcast

Negative Interpretation Biases and Emotional Impact in Severe Loneliness: The Role of Loneliness Intensity and Duration
» Carmen van den Bulck, Corine Dijk

Understanding Persistent Loneliness Across the Lifespan: A Socio-Ecological Framework
» Antonia Ypsilanti

Targeting Chronic Loneliness in Youth: Feasibility, Acceptability, and Outcomes of a Modular CBT Intervention
» Tom Cawthorne

Understanding Loneliness-Related Shame: The Role of Attributional Style
» Corine Dijk, Carmen van den Bulck

Loneliness in Childhood Chronic Conditions: A Systematic Review
» Frankie Wardale

1:30pm **S210: Optimizing exposure in cognitive behavioral treatments for anxiety disorders in youth**
Hall 100 | Online Broadcast

One-Session Treatment of Preschool Specific Phobias: A Randomised Controlled Trial
» Lara Farrell, Caroline Donovan, Allison Waters, Melanie Zimmer-Gembeck, Imogene Calteaux, Ping Zhang, Sue Spence, Thomas Ollendick

The Effect Of Homework On Cognitive Behavioural Therapy Outcome For Children With A Specific Phobia
» Robin Zimmerman, Bonny van Steensel, Annelieke Hagen, Erwin de Gier, Esther de Bruin, Thomas Ollendick, Silvia Schneider, Anke Klein

Continued from **Friday, 18 September**

Developing and evaluating a peer-mentored, exposure-based CBT program for youth with mild-to-borderline intellectual disability and anxiety.
» Iris Langereis, Renske Pols, Karina Knijnenburg

One-session treatment for childhood specific phobias: Results from a randomized controlled trial focusing on the additional effect of an app-based homework program
» Anke Klein, Annelieke Hagen, Bonny van Steensel, Robin Zimmerman, Silvia Schneider, Thomas Ollendick

Which child or family characteristics at pre or post treatment are associated with relapse after initial treatment success?
» Maaike Nauta, Bas Kooiman

1:30pm **S118: Non-Suicidal Self-Injurious Cognitions and Behaviors in Daily Life**
Studio 201 A-B

The DAILY Initiative: Understanding the Short-Term Course and dynamics of Non-Suicidal Self-Injury in Daily Life
» Glenn Kiekens

Ecological Momentary Assessment and Interventions for Non-Suicidal Self-Injury? Perspectives from Treatment-Seeking Individuals and Mental Health Professionals
» Mirthe Luijsmans, Laurence Claes, Ruth Tatnell, Marlies Houben, Thomas Vaessen, Tom Smeets, Inez Myin-Germeys, Glenn Kiekens

Non-Suicidal Self-Injurious Cognitions and Behaviors in Daily Life
» Kristina Eggermont, Laurence Claes, Koen Luyckx, Annabel Bogaerts, Inez Myin-Germeys, Glenn Kiekens

Toward a Dynamic Risk Model for Non-suicidal Self-Injury (DyMoN)
» Dipro Mondal, Emmeke Aarts, Mirthe Luijsmans, Daniel Coppersmith, Laurence Claes, Jonas Everaert, Tom Smeets, Glenn Kiekens

Reported Benefits and Challenges of using Ecological Momentary Assessment (EMA) during treatment by Patients in Treatment for Non-Suicidal Self-Injury (NSSI)
» Rafaël Bonnier, Mirthe Luijsmans, Glenn Kiekens, Laurence Claes

1:30pm **SC107: Co-producing CBT-informed safety plans with suicidal young people and their families in emergency settings**
Studio 202

Co-producing CBT-informed safety plans with suicidal young people and their families in emergency settings
» Tiago Zortea

1:30pm **S586: Screening and treatment of mental health problems in real-world settings: feasibility, acceptability, and effectiveness**
Studio 204

Screening and treatment of mental health problems in real-world settings: feasibility, acceptability, and effectiveness
» Ron Rapee, Sophie Dickson, Viviana Wuthrich, Tessa Reardon

Acceptability of universal, school-based mental health screening: Perspectives from students, teachers, and caregivers
» Ron Rapee, Lauren McLellan, Rebecca Kuhnert, John Burns, Viviana Wuthrich

iCBT in schools: A pilot study investigating the feasibility and acceptability of an online school-based treatment program for childhood anxiety
» Sophie Dickson, Lauren McLellan, Heidi Lyneham, Ron Rapee

Continued from **Friday, 18 September**

Using stepped care to increase access to CBT for depression and anxiety in older persons (STOP Trial): An Australian multi-site trial
» Viviana Wuthrich, Carly Johnco, Jessamine Chen, Henry Brodaty, Brian Draper, Henry Cutler, Tina Huang-Smith, Katrina Swavley, Lauren McLellan, Ron Rapee

Discussion
» Tessa Reardon

1:30pm **S355: From lab to clinic (and back): How translational research can boost exposure therapy**
Studio 206

The Effectiveness and Trajectories of Short Intensive Exposure (SIE) for Obsessive-Compulsive Disorder: A Longitudinal Study
» Puck Duits

No harmful effect of propranolol on fear memory extinction
» Laura Luyten, Tom Beckers

Can Virtual Reality Deliver Exposure Therapy as Effectively as In Vivo Exposure for Adolescents with Social Anxiety?
» Elizabeth Uduwa Vidanalage, Jella De Lee

At the Edge of Comfort: Participants Boundaries during Exposure to Heights: a feasibility study
» Katharina Meyerbröker

Optimizing extinction generalization and retention by manipulating the typicality of the extinction stimulus and mental rehearsal
» Sara Scheveneels

1:30pm **S74: Targeting Specific Mechanisms in CBT for Psychosis**
Studio 211

Prolonged Exposure, EMDR and Cognitive Restructuring for PTSD in people with psychosis: The Re.Process trial outcomes
» David van den Berg, Amy Hardy, Inez Verdaasdonk, Simone Burger, Catherine van Zelst

Exploring the working mechanisms between anxiety, mental imagery and auditory verbal hallucinations: A longitudinal study
» Hella Janssen

Sleep disruption and psychosis: a promising new treatment target.
» Felicity Waite

Targeting cognitions linked to physical inactivity and sedentary behaviour
» Rowan Diamond

'There's really no words for it': A Qualitative Exploration of Distressing Physiological Sensations in Psychosis
» Poppy Brown

1:30pm **S135: The cost-effectiveness and implementation of Mindfulness-Based Interventions**
Studio 212

A Nationwide Mixed-Methods Study of the Implementation of Mindfulness-Based Cognitive Therapy in Dutch Specialist Mental Health Care
» Imke Hanssen, Jelle Lubbers, Jenny Schoenmakers, Sabien Bosman, Esther Deuning-Smit, Dirk Geurts, Linda Kwakkenbos, Anne Speckens

Trial-based economic evaluation of mindfulness-based cognitive therapy compared with treatment as usual in patients with remitted inflammatory bowel disease and elevated levels of psychological distress
» Sabien Bosman, Milou ter Avest, Marloes Huijbers, Loes Nissen, Gerjon Hannink, Carmen Horjus, Tessa Römkens, Ellen Witteman, Willemijn van Dop, Wietske Kievit

Continued from **Friday, 18 September**

The implementation of mindfulness-based cognitive therapy for patients with inflammatory bowel disease: a qualitative study
» Sabien Bosman, Myrthe van der Leegte, Milou ter Avest, Marloes Huijbers, Loes Nissen, Wietske Kievit, Linda Kwakkenbos

Forecasting the Public Mental Health Impact of Mindfulness Based Cognitive Therapy in Australia: An Agent Based Modelling Approach
» Graham Meadows, Nana Kosugiyama, Julieta Galante, Tiffany Too, Ante Prodan

The EQ-HWB-9 as a suitable quality-of-life measure for the economic evaluation of psychological interventions, such as mindfulness-based programs.
» Cate Bailey, Julieta Galante

1:30pm **S303: Hormonal Transitions and Mood: Integrating the Female Reproductive Lifespan into CBT Practice**
Studio 213

Interoception across the menstrual cycle
» Jennifer MURPHY

The development of a digital menstrual cycle diary for routine mental health and gynecological care: A human-centered design approach
» Michele Schmitter, Lisa Kiltz, Astrid Cantineau, Annemiek Lely, Tom Verhage, Chantal Van der Werf, Heleen van den Berg, Michelle Servaas, Marije aan het Rot, Harriette Riese

Cognitive Fluctuations as Core Features of Premenstrual Syndrome
» Marie-Anne Vanderhasselt, Kristof Hoorelbeke, Mitchel Kappen, Steven Weyers, Yifang Peng

Hormonal modulation of emotional wellbeing and emotion processing across the menstrual cycle and hormonal contraceptive use
» Anne Marieke Doornweerd, Lotte Gerritsen

Beyond Hormones: Psychological and Sexual Well-Being During the Menopausal Transition
» Lotte Gerritsen

1:30pm **SC238: Unique as we are: turning diagnoses into a personalized case conceptualization**
Studio 214

Unique as we are: turning diagnoses into a personalized case conceptualization.
» barbara depreeuw, Filip Raes

1:30pm **S82: Promising ways to improve effectiveness of (cognitive) behavioral treatments for youth with ADHD and/or disruptive behavior problems**
Studio 215

Working Mechanisms of Behavioral Parent Training for Children with ADHD: A Multiple Baseline Single-Case Experimental Design Study
» Marijn Nijboer, Saskia Van der Oord

Brief Behavioral Parent Training Versus Care as Usual in Children with Behavioral Difficulties: a Randomized Controlled Trial
» Roos van Doornik

Evaluating Moderators and Goal-Related Mediation in a Behavioral Sleep Intervention (SIESTA) for Adolescents With ADHD
» Saskia Van der Oord, Lena Keuppens, Leni Raemen, Dieter Baeyens, Stephen Becker

Continued from **Friday, 18 September**

The Effects of Autonomy-Supportive Versus Controlling Therapeutic Approaches on Treatment Resistance in Youth with Disruptive Behavior Problems – A Virtual Reality Experiment
» Anouk van Dijk, Wieke de Vente, Patty Leijten, Bram Orobio de Castro

Do Parenting Programs Change Interrelations Among Child ADHD, ODD, and CD Characteristics? Individual Participant Data Network Analysis
» Constantina Psyllou

1:30pm **S415: Developments in Medical Psychology: CBT for People with Chronic Illness**
Studio 216

Mind-Brain-Gut Development in IBD: From Psychological Comorbidity to Integrated Treatment.
» Floor Bennebroek Evertsz

Mindfulness-Oriented Recovery Enhancement (MORE) for Fibromyalgia: A Multi-Modal RCT with Neurobiological Outcomes
» Katharina Ledermann

Shifting the flow of emotions : effects of the STRONG stress prevention program on emotional inertia and reward responses in university students.
» Romina Recabarren, Claudie Gaillard, Matthias Guillod, Chantal Martin Soelch

1:30pm **WS4: Come as you are. The use of Self of the Therapist in Cognitive Behavioral Therapy**
Studio 311

Come as you are. The use of Self of the Therapist in Cognitive Behavioral Therapy.
» ilse devacht

1:30pm **WS8: Back to the future: Chairwork in contemporary CBT**
Studio 312

Back to the future: Chairwork in contemporary CBT
» Remco van der Wijngaart, Julie Krans

1:30pm **Adapted online-only version of 'Understanding and Transforming Self-Criticism in Compassion Focused Therapy'**
Online Workshop

» Nicola Petrocchi

3pm **Coffee break**
Grand Hall 1

3:30pm **S592: Improving Access to Transdiagnostic CBT for Anxiety and Depression in Spanish Primary Care: Evidence from the PsicAP Project**
Copper Hall | Online Broadcast

Long-Term Mechanisms of Change of Transdiagnostic CBT: The Sequential Effect of Negative Repetitive Thinking on Symptoms and Quality of Life
» Gabriel Esteller Collado, Maider Prieto Vila, Henry Delamain, Francisco Fernandez, Paloma Ruiz Rodríguez, Antonio Cano Vindel, Roger Muñoz Navarro

How are depression and anxiety symptoms organised across English and Spanish primary care? A cross-national network analysis
» Henry Delamain, Maider Prieto Vila, Gabriel Esteller Collado, Joshua Buckman, Rob Saunders, Cesar González-Blanch, Paloma Ruiz Rodríguez, Juan Antonio Moriana, Antonio Cano Vindel, Roger Muñoz Navarro

Continued from **Friday, 18 September**

The PsicAP Project: Past, Present and Future of implementation of CBT in Spanish Primary Care
» Roger Muñoz Navarro, Gabriel Esteller Collado, Maider Prieto Vila, Henry Delamain, Francisco Fernandez

Symptom Profiles and Treatment Trajectories in Primary Care: Person-Centred Analyses from the PsicAP Randomized Clinical Trial
» Maider Prieto Vila, Gabriel Esteller Collado, Henry Delamain, Rob Saunders, Joshua Buckman, Paloma Ruiz Rodríguez, Antonio Cano Vindel, Roger Muñoz Navarro

Cost Structures in Human Capital Investment: Comparing Staffing Pathways (PIR vs. PGS) for Scaling Psychological Care in Spanish Primary Care
» Roger Muñoz Navarro, Guillermo Mateu, Francisco Fernandez, Gabriel Esteller Collado, Maider Prieto Vila, Henry Delamain

3:30pm **S171: Repetitive Negative Thinking Across Contexts and Disorders: From Mechanisms to Intervention**
Hall 100 | Online Broadcast

Understanding and treating worry in patients with persecutory delusions
» Daniel Freeman

You Are Not Alone: Common Humanity as a Buffer Against Emotional Distress via Repetitive Negative Thinking
» Filip Raes, Liesbeth Bogaert

When Does Repetitive Negative Thinking Become Maladaptive? Evidence from Stressful and Routine Daily Life Contexts
» Joanna Joy Hunsmann, Julia Funk, Thomas Ehring

Repetitive Negative Thinking in Obsessive-Compulsive Disorder: A Qualitative Thematic Analysis
» Daniel Tönsing, Rachel White, Niels Degen, Colette Hirsch, Roselind Lieb, Karina Wahl

Is Reduction of Repetitive Negative Thinking a Transdiagnostic Mechanism of Change?
» Thomas Ehring

3:30pm **Communication Workshop**
The Arc

Communication and lobbying workshop: How to Talk to Policymakers

3:30pm **SC145: Emotion regulation techniques from the Unified Protocol for individuals with Intellectual disability**
Hall 400 | Online Broadcast

Emotion regulation techniques from the Unified Protocol for individuals with Intellectual disability
» Paulina Arango, Maria Consuelo San Martin

3:30pm **S124: Mindfulness-Based Interventions for chronic treatment-resistant and recurrent depression**
Studio 201 A-B

Long-term effects of mindfulness-based cognitive therapy (MBCT) for chronic, treatment-resistant depression
» Mira Cladder-Micus, Janna Vrijsen, Jan Spijker, Rogier Donders, Eni Becker, Anne Speckens

Rumination and Self-Compassion Moderate Mindfulness-Based Cognitive Therapy for Patients With Recurrent and Persistent Major Depressive Disorder: A Controlled Trial
» Jelle Lubbers, Dirk Geurts, Philip Spinhoven, Mira Cladder-Micus, Demi Ennen, Jan Spijker

Continued from **Friday, 18 September**

Early gains and discontinuous patterns of symptom change in Mindfulness-Based Cognitive Therapy (MBCT) for difficult-to-treat depression: a secondary analysis of the RESPOND trial
» Asha Ladwa, Thorsten Barnhofer

From darkness into light - The importance of the positive valence system in human flourishing.
» Willem Kuyken

Mindfulness-Based Cognitive Therapy for Difficult-to-Treat Depression: A Individual Participant Data Meta-Analysis of Randomised Controlled Trials
» Thorsten Barnhofer, Maria Niemi, Maria Velana, Johannes Michalak, Mathias Harrer

3:30pm **S123: Taking a Network Perspective: New Avenues for Enriching Clinical Practice**
Studio 204

Seeing Shades of Blue: Clinicians' Perceived Causal Networks of Major Depressive Disorder
» Elizabeth de Vries, Lars Klintwall, Kristoffer Magnusson, Lourens Waldorp, Marie Deserno

Explaining Mental Health as Networks: Evaluation of Psychoeducation and its Impacts on Mental Health Attitudes
» Guðrún Guðmundsdóttir, Maaike Steenhuis, Zofia Dopierała, Emily Campos Sindermann, Carolien Martijn, Lotte Lemmens

AI-supported case conceptualizations
» Lars Klintwall, Martin Sparr, Theresa Emser, Sebastian Peter, David Kolar

In Their Own Words: Mapping Mental Health from the Patient's Perspective
» Josefine Schmitt, Anike van Amsterdam, Anita Jansen, Merel Kindt, Julian Burger, Marleen Rijkeboer

3:30pm **S162: Improving access to evidence-based treatments for common mental health disorders: Lessons learned from implementation studies in Quebec (Canada)**
Studio 206

Dissemination and implementation of transdiagnostic group cognitive-behaviour therapy for anxiety disorders in community health centres in Quebec
» Martin D. Provencher, Pasquale Roberge, Marine Lessard, Florence Renaud, Sophie Boudreault, Isabelle Fournel, Nathalie Carrier, Peter J. Norton

Implementation and Effectiveness of a Stepped Care Cognitive-Behavioural Therapy for Insomnia Integrated in Routine Cancer Care: Results of the IMPACT program
» Josée Savard, Émilie Godin, Aude Caplette-Gingras, Charles Morin, Lynda Bélanger, Marie-Pierre Gagnon, Marie-Ève Lamontagne

Acceptability of CBT-based guided self-help booklets among mental health professionals in Quebec: A qualitative study
» Quentin Bet, Isabelle Fournel, Martin D. Provencher, Émilie Godin, Marie-Ève Lamontagne, Matthew Menear, Guillaume Foldes-Busque, Simon Coulombe, Isabelle Denis, Josée Savard

Implementation and Effectiveness of Low-Intensity Cognitive-Behavioural Therapy for Common Mental Health Disorders Within the Quebec Healthcare System
» Isabelle Fournel, Martin D. Provencher, Émilie Godin, Guillaume Foldes-Busque, Caroline Morin, Quentin Bet, Simon Coulombe, Isabelle Denis, Renée Gingras, Josée Savard

3:30pm **S369: Beyond the Individual: Mindfulness-Based Interventions for Romantic Relationships and Communication**
Studio 211

Evaluating and Testing a Mindfulness-Based Couple Intervention (MBCI)
» Tess Roder

Continued from **Friday, 18 September**

The Effects of Mindfulness Interventions on Couple Relationship Outcomes: A Systematic Review and Meta-Analysis
» Andreas Voldstad, Ananda Zeas-Sigüenza, Anton Skolzkov, Mari Walthaug, Jesús Montero-Marín, Willem Kuyken

Acceptability and Experiences of a Mindfulness-Based Intervention for Couples
» Charlotte Borgers, Tess Roder, Johan Karremans, Linda Kwakkenbos, Jelle Lubbers, Ruddy Faure

Beyond the Individual: Mindfulness-Based Interventions for Romantic Relationships and Communication
» Maya Schroevers, Jun Wang, Zohair Elabd, Frits Koster

3:30pm **S169: Trauma-Informed Approaches for BPD, PTSD, Cancer Patients, and Professionals Who Treat Them**
Studio 212

Integrating mindfulness into schema therapy for BPD patients
» Zsolt Unoka

Tangled Traumas: Clinical Challenges and Treatment Outcomes of PTSD and Borderline Personality Disorder Comorbidity in the TRAKT Program
» Agnieszka Popiel

Time-Efficient Psychological Support in Palliative Care: A Feasibility Study of a 4-Session CBT Program
» Gabriella Vizin, Magdolna Dank, Róbert Urbán, Máté Ádám Balázs, Bálint Madarász, Tamás Szekeres

Cultivating Resilience: Mindfulness Training for Emotion Regulation and Protection Against Secondary Traumatization
» Dóra Perczel-Forintos, Andrea Horvath

3:30pm **S134: Unique Needs, Digital Solutions: Advancing CBT for Child Mental Health**
Studio 213

FAST (Families Accessing Skills Training) Treatment for Youth OCD: A nationwide RCT of multi-technology, parent training in exposure and response prevention
» Lara Farrell, Caroline Donovan, Allison Waters, Iain Perkes, Jessica Grisham, Matthew McKenzie, Imogene Calteaux

Building Momentum: Real-World Implementation of a Digital Mental Health Platform for Youth
» Caroline Donovan, Sonja March, Evren Etel, Allison Calear, Arlen Rowe, Vanessa Cobham, Leanne Hides, Sue Spence, Britt Klein, Melanie White

Improving access to treatment for children with anxiety disorders: A non-inferiority randomized controlled trial of positive search training
» Allison Waters, Rachel Sluis, Katherine Ryan, Brianna Palmer, Sue Spence, Melanie Zimmer-Gembeck, Michelle Craske, Robert Ware

User experience of an app-based homework program for childhood phobias
» Anke Klein, Robin Zimmerman, Annelieke Hagen, Bonny van Steensel, Thomas Ollendick, Silvia Schneider

3:30pm **S179: Scaling up school-based CBT for youth anxiety: Implementation and evaluation of the Mini-RISK program**
Studio 214

Teachers and Parents as Partners: Lessons Learned from Implementing Mini-RISK in 60 Schools.
» åshild tellefsen Håland

From fear to functioning: promising effects from Mini-RISK, an indicated schoolbased group intervention making help easily accessible
» Lene Holmen Berg

Continued from **Friday, 18 September**

Building the foundation for school-based CBT: The role of school personnel
» Janne Wiese-Møller, Thomas Bertelsen, åshild tellefsen Håland

School nurse–delivered anxiety interventions for adolescents: a systematic review and meta-analysis
» Ingrid Osland, åshild tellefsen Håland, Thomas Bjerregaard Bertelsen

3:30pm **S87: Developmental Perspectives on Body Dysmorphic Disorder: From Functional Impact to Treatment**
Studio 215

Beyond Short-Term Efficacy: The Effects of Internet-Based Cognitive Behavioral Therapy on Comorbidity and at Follow-Up in Adolescents and Young Adults with Body Dysmorphic Disorder
» Julia Engelkamp, Anna Jochmann, Michaela Schmidt, Katrin Schoenenberg, Alexandra Martin, Fridtjof Nussbeck, Andrea Hartmann

Emotionally unstable personality disorder traits in BDD: clinical correlates and treatment outcomes.
» Amita Jassi, Zoe Delaney, Georgina Krebs

Assessing Body Dysmorphic Symptoms Through Digital Biomarkers Embedded in a Gaming Task
» Elizabeth Hogg, Martin Dechant, Daniel Rautio, Georgina Krebs

Appearance concerns, body dysmorphic disorder, and self-harm in adolescence: a longitudinal study across two UK cohorts
» Daniel Rautio, Elisavet Palaiologou, Ariana Kular, Argyris Stringaris, Francesca Solmi, Georgina Krebs

Objective indicators of educational achievement in body dysmorphic disorder
» Lorena Fernández de la Cruz

3:30pm **S262: Treating Suicidality in Youth: From Crisis Management to Targeted Interventions**
Studio 216

rTMS in Adolescents with Suicidal Ideation: From Systematic Evidence to Clinical Practice
» Marlieke Silvertand-Rijniers

Symposium Treating Suicidality in Youth: From Crisis Management to Targeted Interventions
» Moa Karemyr

Reducing intrusive suicidal mental images in patients with depressive symptoms through EMDR
» Hanneke Niels-Kessels

5pm **Keynote: Can we enhance the efficacy of cognitive reappraisal by systematically co-manipulating so-mato-sensoric information processing**
Copper Hall | Online Broadcast
Chaired by: Caroline Braet

Can we enhance the efficacy of cognitive reappraisal by systematically co-manipulating so-mato-sensoric information processing
» Matthias Berking

5pm **Keynote: Santé mentale dans la déficience intellectuelle et les troubles du développement:entre héritages et évolutions/ Looking Back and Looking Forward on Mental Health in Intellectual and Developmental Disabilities**
Hall 100 | Online Broadcast
Chaired by: Mandy Rossignol

Santé mentale dans la déficience intellectuelle et les troubles du développement:entre héritages et évolutions/ Looking Back and Looking Forward on Mental Health in Intellectual and Developmental Disabilities
» Romina Rinaldi

Continued from **Friday, 18 September**

5pm **Keynote: Bridging the gap between clinicians and researchers: Using a network of services to learn how we can improve care for people with depression and anxiety**
Hall 400 | Online Broadcast
Chaired by: Pierre Philippot

Bridging the gap between clinicians and researchers: Using a network of services to learn how we can improve care for people with depression and anxiety
» Joshua Buckman

5pm **OP18: Anxiety, OCD and Related Processes**
Studio 201 A-B
Chaired by: Anca DOBREAN

5pm **AI as a Cognitive-Behavioral Mirror of Schemas: Revealing Maladaptive Beliefs and Coping Processes in ChatGPT Dialogues**
» skerdi zahaj, Greta Hysi

5:15pm **The effects of cognitive-behavioural therapy (CBT) on heart rate variability (HRV) in people with depression and/or anxiety disorders: a systematic review and meta-analysis**
» Ahmad Alkout

5:30pm **Identifying Patterns of Childhood Experiences Using Latent Class Analysis: Associations with Emotional Disorders**
» Diana Maria Condrea, Oana Alexandra David

5pm **OP24: Training, Supervision and Workforce Development**
Studio 202
Chaired by: Helen MacDonald

5pm **How Do Clinicians Judge CBT Competence? A Comparative Qualitative Study of CBT-Trained and Untrained Mental Health Professionals**
» Fulya Türk, Aykut Kul, Zeynep Hamamci

5:20pm **World Confederation of CBT: Low Intensity Training Guidelines**
» Roz Shafran, Helen MacDonald, Lata McGinn, Mehmet Sungur, Low Intensity Subcommittee Training and Accreditation Committee, Training and Accreditation Committee

5:40pm **To Inform or Not to Inform? Bridging Therapist Practices and Patient Preferences Regarding Negative Effects in CBT**
» Alexander Rozental

5pm **OP11: Mechanisms and Processes of Change in CBT**
Studio 204
Chaired by: Sanda Stanković

5pm **When Time Speeds Up or Slows Down: A Narrative Synthesis of Anxiety, Attention, and Metacognitive Mechanisms of Subjective Time**
» Buse Çam

5:12pm **Distinct Pathways from Attentional Shifting and Focusing to Insomnia and Depression: The Mediating Role of Rumination**
» Drey Bianchi, Sylvie Blairy, Audrey Krings

5:24pm **Migration-Related Uncertainty as a Structural Maintaining Factor: Implications for CBT Case Conceptualisation in Work with Migrant Families**
» Marina Khachatryan-Zagórska

5:36pm **How Borderline Traits Influence Grief Cognitions: The Mediating Role of Cognitive Distortions**
» Haydeh Faraji

5:48pm **Irrational Beliefs and Gender Role Attitudes in Couples: Evidence from an APIM Study**
» Sanda Stanković

5pm **OP28: Diversity and Culture in CBT**
Studio 206
Chaired by: Héloïse Louvegny

Continued from **Friday, 18 September**

5pm **Mapping Prosocial Responses Towards Socially Minoritized Individuals: Developing ProSocial Vignettes for Psychoneurophysiological Research**
» Nuno Vieira Rocha, Marcela Matos, The ProSocial-Living project team, Sérgio Andrade Carvalho

5:20pm **Same language difficulties, different emotional trajectories: a process-based and transdiagnostic interpretation of Developmental Language Disorder (DLD)**
» Eve Plateau, Rafika Zebdi

5:40pm **Coping strategies among teenagers with autism spectrum disorder without intellectual disability : a preliminary study**
» Héloïse Louvegny, Nathalie Nader-Grosbois

7pm **EABCT 2026 Congress dinner & Party**
Brasserie Albert

Saturday, 19 September

8:30am **Keynote: Cultural Adaptation of CBT for Youth Anxiety and Depression in Non-WEIRD Nations**
Copper Hall | Online Broadcast
Chaired by: Mandy Rossignol

Cultural Adaptation of CBT for Youth Anxiety and Depression in Non-WEIRD Nations
» Cecilia A. Essau

8:30am **Keynote: A review of evidence-based psychological interventions for psychosis**
Hall 100 | Online Broadcast
Chaired by: Nele Jacobs

A review of evidence-based psychological interventions for psychosis
» Frank Larøi

8:30am **OP3: Youth Mental Health and Development**
The Arc
Chaired by: Helene DENIS

8:30am **Anxious school refusal in adolescents: a phase 2 trial assessing the efficacy of a cognitive and behavioral therapy (CBT) day hospital program**
» Helene DENIS

8:45am **Expanding Early Access to Support: A UK Feasibility Study of a Digital Body Neutrality Single-Session Intervention**
» Abigail Targett, Arielle Smith, Grace Perry, Isaac Ahuvia, Jessica Schleider, Maria Loades

9am **From Parental Control to Social Avoidance: A Longitudinal Mediation Model of Fear of Negative Evaluation**
» Ionut Stelian Florean, Tudor Vaidean, Anca DOBREAN, Gabriela Diana Roman, Costina Ruxandra Poetar

9:15am **Recovery and Shared Decision-Making in Adolescent Mental Health: Are Adult Models Fit for Youth?**
» Raffaella Di Schiena, Maxime Morsa, Justine Marneffe, Pauline Reciputi, Bruno Piccinin, Etienne Joiret

8:30am **OP16: Mood, Resilience and Emotional Processes**
Studio 201 A-B
Chaired by: Renata Gheorghiu

Continued from **Saturday, 19 September**

8:30am **App-Based Cognitive Behavioral Therapy Self-help Intervention (Belle) for Premenstrual Dysphoric Disorder: Results of a Pilot Randomized-Controlled Trial**
» Isabella Hebel, Maria Kleinstäuber, Mirjam Wagner, Sinha Engel, Sophia Antonioli, Marie-Ann Sengewald, Cornelia Weise

8:45am **Flip the Script: Inferential Flexibility in Daily Life**
» Amit Ashkenazi, Inbar ribenzon, David Berkovich, Zlil Israeli, baruch perlman, Nilly Mor

9am **How Resilience Shapes Emotional Responses and Emotion Regulation Flexibility: Insights from a Daily Experience Sampling Study**
» Renata Gheorghiu, Georgiana-Sorina Modog, Diana Maria Condrea, Agnieszka Sorokowska, Piotr Sorokowski, Oana Alexandra David

9:15am **Single-Item Mood Measurement and Symptomatic Change in Cognitive Behavioral Therapy: A Mixed-Models and Lagged-Analysis Approach**
» Mehmet Hakan Türkçapar, Ercan Akın, Ahmet Akgün, Eminhan Suna, Selin Tutku Tabur, Rana Ahsen Ak

8:30am OP19: Anxiety, OCD and Related Processes

Studio 202
Chaired by: Miriam Lommen

8:30am **Evaluating an Islamically Integrated Cognitive-Behavioral Workbook for Scrupulosity: A Preliminary Investigation**
» Enes Kaban

8:45am **The Mediating Role of Metacognitive Beliefs in the Relationship Between Dissociative Symptoms and Obsessive-Compulsive Symptoms**
» Ufuk Kocatepe Avcı

9am **Exploring the Network Structure of the Bivalent Fear of Evaluation Model: A Data-Driven Bayesian Network Analysis**
» Shota Noda, Sho Okawa, Motohiro Nishiuchi, Maaya Kobayashi, Justin Weeks, Stefan Hofmann

9:15am **Why you, and not me? A two-year study on psychological risk factors of PTSD in firefighters**
» Miriam Lommen

8:30am OP26: Eating Disorders and Addictive Behaviours

Studio 204
Chaired by: Laurence Claes

8:30am **"Scarred for Life": Feelings, Thoughts, Behaviors and Social Reactions toward Non-Suicidal Self-Injury Scars in Female Patients with an Eating Disorder**
» Laurence Claes

8:40am **L'Orthorexie Nerveuse et le Niveau d'Activité Physique : Une Revue de la Portée**
» Alicia Moutschen, Yasemin Ayhan, Anne-Marie Etienne, Esin Er

8:50am **Emotional Suppression and Maladaptive Cognitions as Key Drivers of Problematic Video Game Use**
» Mónica Bernaldo-de-Quirós, Francisco Estupiñá, Iván Sánchez-Iglesias

9am **Développement et Validation d'un Questionnaire sur l'Orthorexie Nerveuse : l'Échelle des Comportements Orthorexiques**
» Esin Er, Yasemin Ayhan, Anne-Marie Etienne

9:10am **Functions underlying disordered eating and non-suicidal self-injury: an ecological momentary assessment study**
» Diana Nechita, Stefania Crisan, Miruna Rad, Daria Cristian, Gabriela Bud, Silviu Matu, Simona Stefan

8:30am OP20: Anxiety, OCD and Related Processes

Studio 206
Chaired by: Elaine Hunter

Continued from **Saturday, 19 September**

8:30am **Prospective Mental Imagery Enhances Approach Motivation For Exposure To Feared Social Situations in Socially Anxious Individuals: A Randomized Controlled Trial Revealing Superior Efficacy in Individuals with Elevated Anhedonia**
» Andrea Stoliarov, Christiane Melzig, Christoph Benke

8:50am **Cognitive Behavior Therapy for Depersonalization-Derealization Disorder (CBT-f-DDD): a feasibility randomized trial**
» Elaine Hunter

9:10am **Comparative Diagnostic Accuracy of Artificial Intelligence–based Systems for Mental Health Screening: A Systematic Review and Meta-Analysis**
» Maria Dacina Neciu, Răzvan Predatu, Liviu Fodor, Daniel David

8:30am **WS9: Upskilling to work with older adults: Key differences from standard practice**
Studio 311

Upskilling to work with older adults: Key differences from standard practice.
» Viviana Wuthrich

8:30am **WS10: Integrating Cognitive Behavioural Therapy in the Management of Rheumatic Autoimmune Conditions**
Studio 312

Integrating Cognitive Behavioural Therapy in the Management of Rheumatic Autoimmune Conditions
» Christina Golemati

9:30am **S80: Psychological Rich Life and Generalised Anxiety in Emerging Adults: Mediating Roles of Resilience and Emotional Processes with Implications for Psychotherapy**
Copper Hall | Online Broadcast

Psychological Rich Life and Generalised Anxiety in Emerging Adults: Mediating Roles of Resilience and Emotional Processes with Implications for Psychotherapy
» Murat Yildirim, Mustafa Ercengiz

9:30am **SC184: CBT Skills for Female Sexual Interest/Arousal Disorder: Modifying Dysfunctional Sexual Standards and Restoring Erotic Engagement**
Hall 400 | Online Broadcast

CBT Skills for Female Sexual Interest/Arousal Disorder: Modifying Dysfunctional Sexual Standards and Restoring Erotic Engagement
» Bengü Yücens, Ayşegül Kart Dalyan, Şengül Altınöz, Efe Canan

9:30am **S133: Uniquely Supported: Expanding Access through Parent Led Solutions for Child Anxiety and Sleep**
Studio 201 A-B

Families Accessing Skills Training in CBT (FAST-CBT) for Child Phobias
» Imogene Calteaux, Lara Farrell, David Neumann, Caroline Donovan

Lights Out Online: Scaling a Caregiver-Led Intervention for Child Sleep Problems
» Caroline Donovan, Laura Uhlmann, Amy Shiels, Tamsin Joynt, Sonja March, Lisa Meltzer, Laurie McLay, Allison Waters, Robert Ware, Evren Etel

Parent-Child Discrepancies in Assessments of Child Anxiety: A Systematic Review and Meta-analysis
» Beril Can, Abby Dunn, Sam Cartwright-Hatton

Co- adaptation and evaluation of OSI (Online Support and Intervention for child anxiety) for autistic children.
» Cathy Creswell

Can school support staff effectively deliver and sustainably implement brief online therapist supported, parent-led CBT?
» Chloe Chessell

Continued from **Saturday, 19 September**

9:30am **SC440: Beyond the 'Difficult Client': Changing Behaviour Where It Actually Matters — Across Teams, Organisations and Systems**
Studio 202

Beyond the 'Difficult Client': Changing Behaviour Where It Actually Matters — Across Teams, Organisations and Systems.
» anne neyskens, katleen Schols

9:30am **S455: Do you hear me? Parental Attunement and Support for Children with Mental Health Problems**
Studio 204

Stronger Together: A group intervention for parents of adolescents with depression
» Bernet Elzinga, Marjanke Ruys-Zonnenberg, Carine Kielstra, Romke van den Nouweland, Myrthe Veenman, Marie-Louise Kullberg

Blue kaleidoscope – Disentangling multiple perspectives on parenting in the context of adolescent depression
» Wilma Wentholt

Understanding Childhood Stress: A Multi-perspective, Qualitative Study in Primary Education
» Cosima Nimphy

Attachment-Based Family Therapy for Adolescent Depression: From Theoretical Promise to Empirical Evidence
» Guy Bosmans

9:30am **S138: Interoception in Anxiety and Beyond: A Transdiagnostic Perspective for Psychopathology and Psychotherapy**
Studio 206

The Transdiagnostic Role of Interoceptive Phenomenology
» Olivier Desmedt

Interoception and anxiety
» Jennifer MURPHY

Interoception Gone Wrong? Research and Clinical Perspectives on Health Anxiety
» Anna Pohl, Natalie Schmitz, Karoline Sauer

Does the Body Speak Loudly? Interoception in Blushing, Rosacea, and Social Anxiety
» Alexander Gerlach

9:30am **S208: The missing half of CBT: Perspectives on Understanding and Reversing Diminished Pleasure**
Studio 211

Why we downplay joy: Insights from a goal-directed perspective
» Liesbeth Bogaert, Agnes Moors, Filip Raes

Beyond Negativity: The Role of Positive Affect Regulation in Borderline Personality Disorder
» barbara depreeuw, Laurence Claes, Violette Coppens, Filip Raes

Positive emotions in fear extinction and avoidance
» Bram Vervliet

Turning Fear into Reward: Positive Affect in Counterconditioning and Extinction
» Anna Wester, Tom Beckers, Bram Vervliet

9:30am **S47: Understanding and intervening in the process of sexual arousal**
Studio 212

Understanding and intervening in the process of sexual arousal
» Philippe Kempeneers, Patricia M. Pascoal, Axel Bourcier, marieke dewitte

Operationalizing Sensorimotor Augmentation in Sex Therapy
» Axel Bourcier

Continued from **Saturday, 19 September**

Sexual synchrony during partnered sex
» marieke dewitte

Implications of cognitive Interference in sexual arousal
» Patricia M. Pascoal

9:30am **S178: School accommodation in youth anxiety: From conceptualization to large-scale implementation**
Studio 213

Ready, Willing, and Able? Attitudes of 530 School Staff Toward Large-Scale Implementation of CBT for Youth Anxiety
» Thomas Bjerregaard Bertelsen

When Help Hurts: Mapping Teachers' Anxiety Accommodation in Schools
» åshild tellefsen Håland, Thomas Bjerregaard Bertelsen

School Anxiety Accommodation and Associations with Student Absence and Teacher Strain: Cross-Sectional Evidence from Schools in Southern Norway
» Andreas Nydal

School Anxiety Accommodation and Associations with Student Absence and Teacher Strain: Cross-Sectional Evidence from Schools in Southern Norway
» Andreas Nydal

Rethinking Anxiety Accommodation: From Conceptual Clarity to Scalable School-Based Interventions
» Eivind R. Strand

9:30am **S146: Unique as we respond: Understanding and predicting heterogeneous mental health outcomes following traumatic events**
Studio 214

PTSD symptom trajectories resulting from exposure to Armed Conflict in Colombia
» CHERIE ARMOUR, Tayler Truhan, Martin Robinson, Donncha Hanna

Identifying Resilience in Emergency Department Healthcare Providers Through Computational Analysis of Facial Expressive Flexibility
» Charlotte Hilberdink, Yiwen Zhao, Scott McKernan, Sapir Gershov, Victoria Mueller, Stephen Wall, Katharina Schultebraucks

Predicting Unique Risk After Traumatic Events: Validation of a Brief Risk Screener for PTSD
» Greta Piwanski, Chris Hoeboer, Jeanet Karchoud, Nicole van Gelder, Milan Ridderikhof, Joanne Mouthaan, Marit Sijbrandij, Rens van de Schoot, Miranda Olff, Mirjam van Zuiden

Common PTSD Symptom Trajectories following Potentially Traumatic Events:□□A Systematic Review and Meta-Analysis of 20 Years of Research□
» Mirjam van Zuiden

9:30am **S160: Understanding Mental Disorders as Idiosyncratic Symptom Networks: Mapping and Forecasting Trajectories**
Studio 215

Conceptualizing Mental Disorders as Idiosyncratic Symptom Networks: Opportunities and Challenges
» Anita Jansen

Can we predict the risk of a recurrent depressive episode from the structure of the symptom network?
» Emma Turmaine, Merel Kindt

Psychopathological profiles and symptom networks in obesity prior to bariatric surgery
» Mila Dix, Evert-Jan Boerma, Carolien Martijn, Julian Burger, Lotte Lemmens, Anita Jansen

Continued from **Saturday, 19 September**

Conceptualizing Mental Disorders as Idiosyncratic Symptom Networks: Discussion
» Anita Jansen, Merel Kindt

11am **Coffee break**
Grand Hall 1

11:30am **Keynote: From Preventing Depression to Promoting Human Flourishing: MBCT Comes of Age**
Copper Hall | Online Broadcast
Chaired by: Filip Raes

From Preventing Depression to Promoting Human Flourishing: MBCT Comes of Age
» Willem Kuyken

11:30am **Keynote: Emotion, Culture, and Therapy: Why "Not-Knowing" must also be "Culturally Informed"**
Hall 100 | Online Broadcast
Chaired by: Dirk Hermans

Emotion, Culture, and Therapy: Why "Not-Knowing" must also be "Culturally Informed"
» Jozefien De Leersnyder

11:30am **OP4: Youth Mental Health and Development**
Studio 201 A-B
Chaired by: Christopher Taylor

11:30am **The Association Between Emotional Clarity and Disordered Eating is Mediated by Flexible Emotion Regulation: A Daily-Diary Study in Youth**
» Christine Dworschak

11:45am **Social adversity and Paranoia in Adolescents**
» Jess Kingston

12pm **Treating Unhelpful Suspicious and Paranoid Thoughts in adolescents: a school-based case series**
» Nikki Lonsdale, Jess Kingston, Christopher Taylor

12:15pm **The Reinforcing Role of Leisure Activities: Longitudinal Associations With Depressive Symptoms in Spanish Youth**
» Víctor Amorós-Reche, Jose P. Espada, Mireia Orgilés

11:30am **OP27: Eating Disorders and Addictive Behaviours**
Studio 202
Chaired by: André Marie Masson

11:30am **Cross-Cultural Perspectives on the Effectiveness of Acceptance and Commitment Therapy for Alcohol-Use: A Meta-Analysis**
» Bianca Ceasar, Daniel David

11:50am **Looking beyond addictive processes: emotional nonacceptance in cocaine use disorder with food addiction**
» Alba Palazón-Llecha

12:10pm **ACT-ED: Brief Eating Disorder Prevention for High-Risk Women**
» Emine Serra Nebati, Hasan Turan Karatepe, Mücahit Öztürk

11:30am **OP5: Youth Mental Health and Development**
Studio 206
Chaired by: Marija Mitkovic-Voncina

11:30am **Evaluating a ChatGPT-Powered Chatbot for Adolescent Bullying Bystanders: A Formative Expert Study**
» Raluca Balan, Thomas P. Gumpel

11:45am **Reciprocal Relations Between Adherence and Child Problem Severity in a Blended Anxiety Intervention**
» Bárbara Pereira

Continued from **Saturday, 19 September**

12pm **Emotion Management Map (EMM-CBT): A Transdiagnostic CBT Approach to Mapping and Modifying Emotional Processes in Youth**
» Marija Mitkovic-Voncina

11:30am **Three Minute Talks**
Studio 211
Chaired by: Jo Daniels

11:30am **Efficacy of Psychotherapy on Body Image in Patients with Eating Disorders: Systematic Review and Meta-Analysis**
» Carolin Wolters

11:33am **Preliminary results of a CBT group intervention for the integrated treatment of Substance Use Disorder and Post-Traumatic Stress Disorder in an addiction treatment center.**
» Thibault HENNEQUIN, Lucia Romo, Orane Gaumont, Chloe Lucet, Florence Martinez, Norman Therribout

11:36am **Testing an SDT Enhanced Body Functionality Intervention: A Randomized Trial Comparing Classic and Motivationally Augmented Expand Your Horizon**
» Eva Roy

11:39am **The psychological impact of lipedema on a sample of Italian women compared to a control group.**
» Nerina Fabbro, Valentina Bassi, Alberto Onorato

11:42am **Abdominal Pain in the Emergency Department (ABOARD): a qualitative study exploring the experience and needs of high impact users with abdominal pain**
» Jo Daniels, Amelia Parchment, Elizabeth Jenkinson, Edd Carlton

12:30pm **Closing Ceremony**
Copper Hall | Online Broadcast

Wednesday, 16 September

9:30am

Pre-Congress Workshop: Process-based Therapy
Copper Hall | Online Broadcast

Pre-Congress Workshop: Understanding and Transforming Self-Criticism in Compassion Focused Therapy: From Inner Attack to Inner Care
Studio 201 A-B

Pre-Congress Workshop: Making Homework Work: Collaborative Strategies to Motivate and Tailor CBT Assignments
Studio 202

Pre-Congress Workshop: Integrating Mindfulness into Cognitive Behavioural Therapy Making Therapy More Effective, Engaging, and Sustainable
Studio 204

Pre-Congress Workshop: Preventing youth anxiety and depression: Lifestyle interventions and CBT-Based skills
Studio 206

Pre-Congress Workshop: Essential Skills for Transdiagnostic CBT in Everyday Clinical Practice
Studio 211

Pre-Congress Workshop: Between you and me: Dealing with patterns, building connection. A Schematherapy approach for high-conflict couples
Studio 212

Pre-Congress Workshop: Preventive Cognitive Therapy for Depression: An Evidence-Based Approach to Reduce Relapse Risk: why and how
Studio 213

Pre-Congress Workshop: Recognizing and responding to how and why LGBTQ clients are unique
Studio 214

Pre-Congress Workshop: CBT for Social Anxiety Disorder with Adolescents: bridging the gap and Integrating ACT and CFT into our practice
Studio 215

Pre-Congress Workshop: La TCD sur mesure : adapter sans diluer
Studio 216

Pre-Congress Workshop: Introduction to the Affect Regulation Training
Studio 210

11am

Coffee Break
Foyer Copper Hall

1pm

Lunch Break
Foyer Copper Hall

3:30pm

Coffee Break
Foyer Copper Hall

6pm

Opening Ceremony
Copper Hall | Online Broadcast

7:20pm

Welcome Reception
Silver, Magritte & Delvaux foyers

Thursday, 17 September

8:30am

Keynote: The Mental Health Trap of Poverty
Copper Hall | Online Broadcast

Keynote: Cultural Adaptation of CBT
Hall 100 | Online Broadcast

OP6: Trauma, humanitarian crisis
The Arc

OP1: Youth Mental Health and Development
Hall 400 | Online Broadcast

OP8: Digital and Technology-Enhanced CBT
Studio 201 A-B

OP10: Mechanisms and Processes of Change in CBT
Studio 202

OP13: Psychosis and Clinical Complexity
Studio 204

Three Minute Talks
Studio 206

OP15: Mood, Resilience and Emotional Processes
Studio 211

WS1: Dissociation-Focused Cognitive Behavior Therapy (DF-CBT)
Studio 311

WS2: Infidelity and its consequences: Is it possible to re-build trust following affairs?
Studio 312

Posters
Grand Hall 1

9:30am

S122: Addressing Youth Mental Health Needs Across Educational Systems: From Needs Assessment to Intervention Development and Effectiveness
Copper Hall | Online Broadcast

S128: Clinical Trajectories of Insomnia Across Emotional Disorders: A Process-Based Perspective
Hall 100 | Online Broadcast

Roundtable: Not Just Evidence, but Influence: CBT's Seat at the Table in Europe
The Arc

SC263: CBT for Avoidant/Restrictive Food Intake Disorder
Hall 400 | Online Broadcast

S400: Advancing Personalized Mental Health Care: EMA, Digital Tools, and Virtual Reality
Studio 201 A-B

Continued from **Thursday, 17 September**

S90: Advancing Causal Explanation in Mental Health: Dynamic Systems, Causal Inference, and Necessity Causality
Studio 202

S65: Bringing the Unified Protocol to the Clinical Frontline: Transdiagnostic CBT in Primary and Preventive Care for Emotional Disorders
Studio 204

S110: Complex PTSD: Integrating Mechanisms, Lived Experience, and Treatment Outcomes
Studio 206

S83: Emotional Contagion and Emotional Reactivity: Emotional Awareness as a Transdiagnostic Mechanism Relevant to CBT
Studio 211

S457: Advances in understanding interpretation bias modification for anxiety
Studio 212

S320: Evidence-based CBT for suicide prevention in people experiencing psychosis: Mixed method research to understand mechanisms and stakeholder acceptability
Studio 213

S75: Adapting the Unified Protocol for transdiagnostic treatment of emotional disorders to individuals and settings with high complexity
Studio 214

S423: The good, the bad, and the unknown: Mechanisms of Imagery Rescripting from lab to clinic
Studio 215

S363: An Interpersonal Perspective on the Development, Course, and Treatment of Psychopathology
Studio 216

11am

Coffee break
Grand Hall 1

11:15am

SC498: Treating Overthinking in Groups: A Transdiagnostic Approach — Key Practical Tools
The Arc

S126: Mindfulness-Based Interventions for health care professionals
Studio 201 A-B

Panel Discussion: Men and Mental Health – Are We Letting Men Down?
Studio 202

Grant Workshop
Studio 204

S104: Compassion and Mindfulness
Studio 206

S100: Biobehavioral Synchrony and the Transmission of Stress Resilience in Families: Insights from a Belgian Multicenter Project
Studio 211

SC147: From the cruellest cure to pleasant surprises: a transtheoretical approach to optimising extinction learning in exposure therapy
Studio 212

SC241: Pratiquer la décision partagée en TCC : entrainer les compétences pour adapter les interventions à chaque patient
Studio 213

SC151: Underused skills for overused substances: skills from DBT for substance use disorders
Studio 214

S152: Changing memory specificity to promote behavior change: From pre-imagining the future to reshaping the past
Studio 216

11:30am

Keynote: From Restructuring to Relating: How Compassion Transforms the Therapeutic Process in Cognitive Behavioral Therapy
Copper Hall | Online Broadcast

Keynote: Advances in personalized and precision mental health care
Hall 100 | Online Broadcast

Keynote: From Idiographic Case Formulation to Evidence-Based Transdiagnostic CBT in Real-World Settings
Hall 400 | Online Broadcast

Three Minute Talks
Studio 215

12:30pm

Lunch break
Grand Hall 1

1:30pm

S130: CBT for anxiety and OCD in children: the role of parents and school professionals
Copper Hall | Online Broadcast

S163: Embracing the complexity of emotion dysregulation: a multidimensional and transdiagnostic perspective
Hall 100 | Online Broadcast

Meet the Expert: The interaction of CBT and psychotropic drugs in clinical practice
The Arc

Panel Discussion: Unique as We Are: Personalising CBT and Evidence-Based Psychological Interventions Across Development, Disability, Compassion, Mindfulness, and Process-Based Change
Hall 400 | Online Broadcast

S116: Control and repetition in emotional disorders
Studio 201 A-B

SC573: I swear: How to treat tics and Tourette syndrome
Studio 202

S599: Advancing Precision Mental Health Care: Machine Learning, Large Language Models, and Risk Monitoring
Studio 204

S463: Clearing the Emotion Regulation Strategy Jungle: Higher-Order ER Factors and Their Links to Symptomatology and Neural Correlates
Studio 206

Continued from **Thursday, 17 September**

S401: Coping with childhood bullying: From mechanisms to interventions
Studio 211

S183: Preventing depression in youth: from effective interventions to real-world practice
Studio 212

S98: Harnessing Cognitive and Computational Tools to Optimize Interventions Targeting Depression and Anxiety Risk
Studio 213

S99: Psychological Therapies for the Treatment of Psychosis: Clinical Trials in Context
Studio 214

S364: Compassion Focused Therapy in Action: Clinical, Educational, and Forensic Applications
Studio 215

S114: Treating Unique Individuals in a Globalized World: Cultural, Dissemination, and Transdiagnostic Advances in CBT
Studio 216

WS3: When Exposure Fails: Optimizing Inhibitory Learning in Trauma-Linked Phobias through Attachment-Based Formulation and Compassion-Focused Therapy
Studio 311

WS7: Conceptualiser le trouble obsessionnel compulsif (TOC) selon l'approche processuelle transdiagnostique
Studio 312

3pm

Coffee break
Grand Hall 1

3:30pm

S478: Depressive symptoms in children and adolescents: associated factors and their role in (anxiety) treatment
Copper Hall | Online Broadcast

S141: From Detection to Treatment: Trauma-Related Mechanisms and CBT-Informed Interventions in Intimate Partner Violence
Hall 100 | Online Broadcast

Round-table Discussion
The Arc

S172: Transdiagnostic Applications of Exposure Therapy: Expanding the Boundaries of Behavioural Treatment
Hall 400 | Online Broadcast

S93: Parent-led CBT for Child Anxiety Across Cultural Contexts: Adaptations, Evidence and Implementation from the UK, Czechia, Chile, and Iceland
Studio 201 A-B

SC61: Helping Parents with Anxiety to Raise Confident Children
Studio 202

S374: How the echo of the past shapes the future: Mental imagery, fear of cancer recurrence, personalized care, and innovations in EMDR-therapy
Studio 204

S144: Enhancing cognitive behavioural therapy for OCD: from mechanistic insights to maintenance of gains
Studio 206

S140: How adversity shapes learning: Evidence from human fear conditioning studies
Studio 211

S79: Mindfulness and Acceptance-based Interventions for Chronic Medical Conditions: Evidence, Optimization, and Mechanisms
Studio 212

S170: Dampening Positive Affect: New Empirical Insights and Clinical Translation
Studio 213

S527: Schema Therapy for Personality Disorders: Theoretical Perspectives from Forensic and General Populations
Studio 214

S487: Understanding Change in Compassion-Based Interventions: Mechanisms, Self-Relating, and Psychological Processes
Studio 215

S597: Les programmes Incredible Years dans la francophonie : nouvelles données, nouveaux contextes, nouvelles perspectives
Studio 216

5pm

Keynote: Improving CBT from Molecules to Models
Copper Hall | Online Broadcast

Keynote: LGBTQ-Affirmative Mental Health Care: From Theory to Trials to Community Implementation
Hall 100 | Online Broadcast

OP2: Youth Mental Health and Development
Studio 201 A-B

OP9: Digital and Technology-Enhanced CBT
Studio 202

OP25: Training, Supervision and Workforce Development
Studio 204

OP21: Health, Wellbeing and Behavioural Medicine
Studio 206

Technical Demonstrations
Studio 211

Technical Demonstrations
Studio 212

7pm

EABCT 2026 International Evening
Belgian Comic Strip Center

Friday, 18 September

8:30am

Keynote: Beyond Survival: Attentional Control, Emotional Resilience and Implications for Healthcare Policy
Copper Hall | Online Broadcast

Continued from **Friday, 18 September**

Keynote: Digital Mental Health: From Promise to Practice to Pause?
Hall 100 | Online Broadcast

Publishing Workshop: How to get published in top journals? Advice from editors
The Arc

OP12: Mechanisms and Processes of Change in CBT
Studio 201 A-B

OP14: Psychosis and Clinical Complexity
Studio 202

OP22: Health, Wellbeing and Behavioural Medicine
Studio 204

OP23: Ageing, Caregiving and Lifespan Issues
Studio 206

Three Minute Talks
Studio 211

Technical Demonstrations
Studio 212

OP7: Trauma, humanitarian crisis
Studio 213

WS5: "Mad, bad and dangerous": The cognitive-behavioural approach to OCD
Studio 311

WS6: Integrating Attachment Theory in Child and Adolescent CBT practice
Studio 312

Posters
Grand Hall 1

9:30am

S380: Growing up in a world of crises – A transdiagnostic view on youth mental health
Copper Hall | Online Broadcast

S445: Improving access to CBT in different countries
Hall 100 | Online Broadcast

Communication Workshop
The Arc

SC106: Innovative Model for the Wise and Competent Mode in schema therapy for children and adolescents
Hall 400 | Online Broadcast

S306: Optimising CBT for Youth Anxiety: Treatment Ingredients, Cognitive Mechanisms, and Intervention Innovation
Studio 201 A-B

S120: Identifier et dépasser les obstacles à la mise en œuvre de l'exposition en TCC
Studio 202

S181: From Learning Fear to Treating It: Ecological and Transdiagnostic Advances in Understanding and Treating Anxiety and Stress Disorders
Studio 204

SC507: Values as a Compass in Times of Crisis: A Practical Skills Training for Goal Setting and Psychological Flexibility
Studio 206

S530: Many Me's: Multifaceted Understanding of "the self" in mental health
Studio 211

S167: Help-seeking Behavior of Youth for Mental Health Problems: Addressing Treatment Barriers to Improve Access to Mental Health Care
Studio 212

S101: Nuance in the Digital Age: Motivations, Mechanisms, and Measurement of the Impact of Social Media on Mental Health
Studio 213

S139: Maximizing exposure: The power of expectancy violations in the extinction of fear
Studio 214

SC121: Starting Clinical Supervision in CBT: A Practical Step-by-Step Guide to Building a Trusting Supervisory Relationship while not forgetting the individual in the group
Studio 215

S410: Mindfulness-based cognitive therapy in youth: Efficacy of universal versus indicated prevention and targets for early intervention
Studio 216

11am

Coffee break
Grand Hall 1

11:15am

S175: Meaning in Life Across Psychopathology: Clinical and Research Perspectives
Studio 201 A-B

SC224: Working with interpreters in mental health settings
Studio 202

SC368: Habits, Addictions, and Resistance: The Paradoxical Triple Column in David Burns' TEAM-CBT
Studio 204

S412: Mindfulness-based interventions for youth and families: mechanisms, moderators and outcomes?
Studio 206

S58: Exploring the Complexities of Suicidal Ideation, Suicidal Behavior and Assisted Suicide: From theoretical models to treatment approaches
Studio 211

SC482: AI in Psychoeducation: Inclusive and Feasible
Studio 213

S132: Unique as Children and Families Are: Scaling Evidence Based Care Across Contexts
Studio 214

SC519: An Integrated CBT treatment for psychosis: Strategies to optimize the treatment and mistakes to avoid
Studio 215

SC53: Neurodiversity-Affirming CBT in Clinical Practice
Studio 216

Continued from **Friday, 18 September**

11:30am

Keynote: Unique as We Are: Engaging Clients with Tailored CBT Homework
Copper Hall | Online Broadcast

Keynote: Social Anxiety Disorder: bringing cognitive and contextual models together
Hall 100 | Online Broadcast

OP17: Experimental Psychopathology
The Arc

Keynote: Tabletop role-playing games as transdiagnostic therapeutic tools
Hall 400 | Online Broadcast

Three Minute Talks
Studio 212

12:30pm

Lunch break
Grand Hall 1

1pm

EABCT General Meeting
The Arc

1:30pm

S60: Mechanisms and Clinical Relevance of Loneliness: From Maintaining Factors to Intervention
Copper Hall | Online Broadcast

S210: Optimizing exposure in cognitive behavioral treatments for anxiety disorders in youth
Hall 100 | Online Broadcast

S118: Non-Suicidal Self-Injurious Cognitions and Behaviors in Daily Life
Studio 201 A-B

SC107: Co-producing CBT-informed safety plans with suicidal young people and their families in emergency settings
Studio 202

S586: Screening and treatment of mental health problems in real-world settings: feasibility, acceptability, and effectiveness
Studio 204

S355: From lab to clinic (and back): How translational research can boost exposure therapy
Studio 206

S74: Targeting Specific Mechanisms in CBT for Psychosis
Studio 211

S135: The cost-effectiveness and implementation of Mindfulness-Based Interventions
Studio 212

S303: Hormonal Transitions and Mood: Integrating the Female Reproductive Lifespan into CBT Practice
Studio 213

SC238: Unique as we are: turning diagnoses into a personalized case conceptualization
Studio 214

S82: Promising ways to improve effectiveness of (cognitive) behavioral treatments for youth with ADHD and/or disruptive behavior problems
Studio 215

S415: Developments in Medical Psychology: CBT for People with Chronic Illness
Studio 216

WS4: Come as you are. The use of Self of the Therapist in Cognitive Behavioral Therapy
Studio 311

WS8: Back to the future: Chairwork in contemporary CBT
Studio 312

Adapted online-only version of 'Understanding and Transforming Self-Criticism in Compassion Focused Therapy'
Online Workshop

3pm

Coffee break
Grand Hall 1

3:30pm

S592: Improving Access to Transdiagnostic CBT for Anxiety and Depression in Spanish Primary Care: Evidence from the PsicAP Project
Copper Hall | Online Broadcast

S171: Repetitive Negative Thinking Across Contexts and Disorders: From Mechanisms to Intervention
Hall 100 | Online Broadcast

Communication Workshop
The Arc

SC145: Emotion regulation techniques from the Unified Protocol for individuals with Intellectual disability
Hall 400 | Online Broadcast

S124: Mindfulness-Based Interventions for chronic treatment-resistant and recurrent depression
Studio 201 A-B

S123: Taking a Network Perspective: New Avenues for Enriching Clinical Practice
Studio 204

S162: Improving access to evidence-based treatments for common mental health disorders: Lessons learned from implementation studies in Quebec (Canada)
Studio 206

S369: Beyond the Individual: Mindfulness-Based Interventions for Romantic Relationships and Communication
Studio 211

S169: Trauma-Informed Approaches for BPD, PTSD, Cancer Patients, and Professionals Who Treat Them
Studio 212

S134: Unique Needs, Digital Solutions: Advancing CBT for Child Mental Health
Studio 213

S179: Scaling up school-based CBT for youth anxiety: Implementation and evaluation of the Mini-RISK program
Studio 214

Continued from **Friday, 18 September**

S87: Developmental Perspectives on Body Dysmorphic Disorder: From Functional Impact to Treatment
Studio 215

S262: Treating Suicidality in Youth: From Crisis Management to Targeted Interventions
Studio 216

5pm

Keynote: Can we enhance the efficacy of cognitive reappraisal by systematically co-manipulating so-mato-sensoric information processing
Copper Hall | Online Broadcast

Keynote: Santé mentale dans la déficience intellectuelle et les troubles du développement:entre héritages et évolutions/ Looking Back and Looking Forward on Mental Health in Intellectual and Developmental Disabilities
Hall 100 | Online Broadcast

Keynote: Bridging the gap between clinicians and researchers: Using a network of services to learn how we can improve care for people with depression and anxiety
Hall 400 | Online Broadcast

OP18: Anxiety, OCD and Related Processes
Studio 201 A-B

OP24: Training, Supervision and Workforce Development
Studio 202

OP11: Mechanisms and Processes of Change in CBT
Studio 204

OP28: Diversity and Culture in CBT
Studio 206

7pm

EABCT 2026 Congress dinner & Party
Brasserie Albert

Saturday, 19 September

8:30am

Keynote: Cultural Adaptation of CBT for Youth Anxiety and Depression in Non-WEIRD Nations
Copper Hall | Online Broadcast

Keynote: A review of evidence-based psychological interventions for psychosis
Hall 100 | Online Broadcast

OP3: Youth Mental Health and Development
The Arc

OP16: Mood, Resilience and Emotional Processes
Studio 201 A-B

OP19: Anxiety, OCD and Related Processes
Studio 202

OP26: Eating Disorders and Addictive Behaviours
Studio 204

OP20: Anxiety, OCD and Related Processes
Studio 206

WS9: Upskilling to work with older adults: Key differences from standard practice
Studio 311

WS10: Integrating Cognitive Behavioural Therapy in the Management of Rheumatic Autoimmune Conditions
Studio 312

9:30am

S80: Psychological Rich Life and Generalised Anxiety in Emerging Adults: Mediating Roles of Resilience and Emotional Processes with Implications for Psychotherapy
Copper Hall | Online Broadcast

SC184: CBT Skills for Female Sexual Interest/Arousal Disorder: Modifying Dysfunctional Sexual Standards and Restoring Erotic Engagement
Hall 400 | Online Broadcast

S133: Uniquely Supported: Expanding Access through Parent Led Solutions for Child Anxiety and Sleep
Studio 201 A-B

SC440: Beyond the 'Difficult Client': Changing Behaviour Where It Actually Matters — Across Teams, Organisations and Systems
Studio 202

S455: Do you hear me? Parental Attunement and Support for Children with Mental Health Problems
Studio 204

S138: Interoception in Anxiety and Beyond: A Transdiagnostic Perspective for Psychopathology and Psychotherapy
Studio 206

S208: The missing half of CBT: Perspectives on Understanding and Reversing Diminished Pleasure
Studio 211

S47: Understanding and intervening in the process of sexual arousal
Studio 212

S178: School accommodation in youth anxiety: From conceptualization to large-scale implementation
Studio 213

S146: Unique as we respond: Understanding and predicting heterogeneous mental health outcomes following traumatic events
Studio 214

S160: Understanding Mental Disorders as Idiosyncratic Symptom Networks: Mapping and Forecasting Trajectories
Studio 215

11am

Coffee break
Grand Hall 1

11:30am

Keynote: From Preventing Depression to Promoting Human Flourishing: MBCT Comes of Age
Copper Hall | Online Broadcast

Continued from **Saturday, 19 September**

Keynote: Emotion, Culture, and Therapy: Why “Not-Knowing” must also be “Culturally Informed”
Hall 100 | Online Broadcast

OP4: Youth Mental Health and Development
Studio 201 A-B

OP27: Eating Disorders and Addictive Behaviours
Studio 202

OP5: Youth Mental Health and Development
Studio 206

Three Minute Talks
Studio 211

12:30pm

Closing Ceremony
Copper Hall | Online Broadcast