

# Scientific Program

Day 1, 3 June (13:00-17:35)

<b>13:00</b>	<b>Conference opening</b>	
13:05	Victoria Aminoff	<i>Mental health problems related to economy: Can internet-based cognitive behavioral therapy be effective?</i>
13:20	Tomas Lindegaard	<i>Does Internet-delivered Psychodynamic Therapy reduce trait Neuroticism: Results from a Randomized Controlled Trial</i>
13:35	Sandra Frööjd	<i>Held over a distance: Patient experiences of ICBT for antenatal depression with added live support sessions</i>
13:50	Ulrika Ehrén	<i>"When I'm stressed, breathing gets hard, which makes it worse" - Anxiety, Fear and Avoidance in Pediatric Asthma: A Qualitative Study</i>
14:05	Camilla Thuen	<i>Internet-delivered cognitive behavioural therapy and FODMAP diet for adults with irritable bowel syndrome: A randomized controlled trial</i>
14:20	Josefin Brehmer	<i>A Smartphone-based Serious Game to Improve Mental Health and Medication Adherence in Adults with Depression: A Randomised Controlled Trial</i>
<b>14:35</b>	<b>Group photo and break</b>	
15:20	Vilgot Huhn	<i>Not just spontaneous remission: Time-dependent and independent effects in pre-intervention symptom reduction</i>
15:35	Henrik Bischoff	<i>FoMO, Phubbing, and Ghosting in Online Relationships: The Role of Attachment Styles, Personality Traits, and Mentalization Ability - Evidence from an International Study</i>
15:50	Nils Hedman	<i>Internet-delivered CBT is effective in reducing cardiac anxiety in patients with non-cardiac chest pain: preliminary RCT findings</i>
16:05	Magnus Karlsson-Good	<i>What Are We Estimating? How Causal Reasoning Can Improve Predictor and Moderator Research in Internet Interventions</i>
<b>16:20</b>	<b>Break</b>	
16:35	Michael Endale Mengesha	<i>Resource use and costs associated with response to internet-delivered cognitive behavioral therapy (ICBT) for common mental disorders</i>
16:50	Jenny Görling	<i>Feasibility of an Abbreviated Internet-Delivered Parent-Child Interaction Therapy (iPCIT) for Parents of Young Children with Disruptive Behaviors</i>
17:05	Magdalena Pietrzak	<i>What Do Games Mean? Exploring Young People's Narratives to Inform Serious Game Design</i>
17:20	Gerhard Andersson	<i>Leftovers in internet interventions research. Should we publish our old trials?</i>

## Day 2, 4 June (08:30-12:20)

08:30	Sonja Togmat Malki	<i>Development of an Internet-Based Support Program for informal caregivers in Sweden: A Delphi Study</i>
08:45	Per Carlbring	<i>What you get vs. what you think you get: Comparison of Human and AI (CHAI) feedback in ICBT for social anxiety</i>
09:00	Kristina Nilsson	<i>Evaluating an Internet Based Education and Support Program for Kidney Transplant Candidates: A Pilot Randomized Controlled Feasibility Study</i>
09:15	Helene Skaarnes	<i>Current landscape of digital mental health interventions for children, adolescent and young adults' anxiety and depression: a scoping review</i>
09:30	Louise Lind	<i>Identifying early indicators of symptom improvement in routine digital primary care: A machine learning analysis</i>
09:45	Kristofer Vernmark	<i>Use of Generative AI and Digital Competencies Among Swedish Psychologists: Descriptive Findings from a National Survey</i>
<b>10:00</b>	<b>Break</b>	
10:45	Nike Lindhe	<i>ClimateCope 2.0: An updated intervention for climate change-related distress</i>
11:00	Jón Ingi Hlynsson	<i>ZeroOCD: Enhancing Exposure Therapy with Augmented Reality</i>
11:15	Jan Maciejewski	<i>Why targeting adherence self-efficacy failed to improve adherence in internet interventions: insights from two randomized studies</i>
11:30	Martin Kraepelien	<i>Lifefulness - feasibility and acceptability of a self-guided digital intervention promoting mental health among older adults in Sweden</i>
11:45	Cecilia Maria Malberti	<i>Social Media Exposure and the Plasticity of Bodily Identity: An Experimental Study of Enfacement</i>
12:00	Davide Peiti	<i>Investigating Flow During Social Media Scrolling: A Multimodal Approach</i>
12:15	<i>Conference ending</i>	