

Scientific Program

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

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| 13:00 | Conference opening | |
| 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> |
| 14:35 | Group photo and break | |
| 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, Vilgot Huhn | <i>What Are We Estimating? How Causal Reasoning Can Improve Predictor and Moderator Research in Internet Interventions</i> |
| 16:20 | Break | |
| 16:35 | Michael Endale Mengesha, Amanda Simonsson | <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)

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| 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> |
| 10:00 | Break | |
| 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 | Karin Romberg | <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> | |