



ASBHM

ANNUAL SCIENTIFIC CONFERENCE

# ASBHM 2024

7-9 FEBRUARY 2024

THE TERRACE HOTEL | ADELAIDE, SA

*Kaurna country*

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#asbhm2024

SCIENTIFIC  
PROGRAM

# THANKS TO OUR SPONSOR



**Bellberry Limited is a national, private not-for-profit organisation providing streamlined scientific and ethical review of human research projects across Australia.**

**Bellberry was formed in 2004 following the recognition of a need for a Human Research Ethics Committee (HREC) to service the valuable human and health research being conducted within the private sector. Bellberry not only reviews clinical drug trials, but also provide review for social science and observational studies.**

**Bellberry Limited started with one Human Research Ethics Committee offering a monthly meeting to researchers in South Australia. The concept of the private, unaffiliated, non institutional based HREC grew and today Bellberry HRECs are able to provide the same high quality, independent ethics reviews with 12 committee's running up to 3 meetings each week.**

**Any surplus funds generated by the activities of the Committees are donated back into the Australian medical research community.**



# **INNOVATIVE AND TRANSLATIONAL RESEARCH AT ASBHM 2024**

**ASBHM2024 brings together leading researchers across Australia and internationally to expand our understanding of health psychology and behavioural medicine through innovative and translational research.**

**The ASBHM 2023 conference will host two internationally-renowned keynote speakers who will deliver presentations on vital matters in behavioural health and medicine. The conference also has a number of master speakers and invited symposia.**

**This year, our conference covers a range of topics that span both priority areas for research at national and international levels, as well as novel and innovative research areas representing the up-and-coming domains of research in health psychology and behavioural medicine. Topics span nutrition, exercise, physical illness, paediatrics, stress and trauma, women's health, a broad range of protective and lifestyle factors underpinning health and wellbeing, and more.**

# **ABOUT THE AUSTRALASIAN SOCIETY OF BEHAVIOURAL MEDICINE**

**ASBHM functions as a national society, as well as the society that represents the International Society of Behavioural Medicine (ISBM) in Australasia. ASBHM's membership includes individuals specialising in any field of health psychology and behavioural health and medicine, broadly defined. ASBHM has a large student and Early Career Researcher membership that are supported by our more senior members and through our Peers Connect group.**

**ASBHM aims to encourage and coordinate communication among professionals and academics in health-related disciplines, to stimulate research in health psychology and behavioural medicine in the broadest sense, to assist in the development and communication of guidelines for the implementation of behavioural medicine training and research activities, to serve as a pool of experts who can provide expert knowledge and consultation where required, and to provide opportunities for our members to showcase their research, network, discuss professional views, and contribute to meaningful and constructive debates and discussions.**





A top-down view of a person's hands working on a silver laptop. The left hand is on the trackpad, and the right hand is holding a white stylus over the keyboard. The desk is white, and there are some papers and a glass of water visible in the background.

# **PARTICIPATING IN ASBHM2024 VIRTUALLY**

**ASBHM2024 is a solely in-person conference this year. The Executive Committee made this decision based on feedback from delegates who attended our previous virtual (2021, 2022) and hybrid (2023) ASBHM conferences.**

**All presenters at ASBHM2024 will be presenting live and in-person in Adelaide. However, all oral presentations (including Keynotes and Symposia) will be recorded.**

**The recorded presentations will each be available 24 hours after they are presented live. The recordings will be placed on a password-protected page on the ASBHM2024 conference website.**

**All in-person registrations for ASBHM2024 include access to these recordings for a period of 6 weeks after ASBHM2024. If you are unable to attend in-person in Adelaide, we have offered a registration option that **ONLY** allows you access to the presentation recordings. This registration type can be purchased via the conference website.**

**Details and specific instructions for accessing the recorded presentations will be shared with all ASBHM2024 delegates, via email, prior to the commencement of ASBHM2024.**

# PEERS CONNECT

ASBHM Peers Connect is a group formed to support student and early career members of ASBHM. ASBHM Peers Connect is led by Jessica Charlesworth (Curtin University) and Caitlin Fehily (University of Newcastle) who are the ASBHM Peers Connect Committee Representatives, and Giselle Chang (Cairnmillar Institute), Seonad Madden (University of Tasmania), Sabryna Sas (Griffith University), and Prince Atorkey (Australian College of Applied Professions) are the ASBHM Peers Connect Subcommittee members. Together, they work to engage and connect student and early career members of ASBHM, who have an interest in behavioural health and medicine, through promoting research opportunities, mentoring, and education.

Each year, for the ASBHM annual scientific conference, we organise a number of opportunities for ASBHM Peers Connect members. These include a free mentoring session with experienced researchers, and a fun social activity to give ASBHM Peers Connect members an opportunity to meet others and identify common research interests. Throughout the year, we also make contact with ASBHM Peers Connect members to notify them of other workshops and events (outside of the ASBHM conference) that could be of value for their career development, and share job opportunities for early career researchers.



Peers Connect

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# ASBHM2024 KEYNOTE PRESENTERS



## PROFESSOR MOLLY BYRNE

Molly is a Professor of Health Psychology at the School of Psychology in the University of Galway, Ireland, where she directs the Health Behaviour Change Research Group (HBCRG). This Group is a national hub and internationally-recognised centre of excellence in the application of behavioural science to health behavioural intervention development, evaluation and implementation. Molly's research aims to improve population health by working with key stakeholders to develop and promote an evidence-based behavioural science approach to health behaviour change interventions. She is particularly interested in chronic disease prevention and management, and directs the Collaborative Doctoral Programme in Chronic Disease Prevention (CDP-CDP), as well as the Masters Programme in Health Psychology. Molly has published over 150 peer-reviewed papers and her research has been widely cited.

**Keynote title:** 'It ain't (just) what you do, it's the way that you do it': Identifying priorities and setting the agenda for improved methods in behaviour change research

# ASBHM2024 KEYNOTE PRESENTERS



## ASSOCIATE PROFESSOR AMANDA REBAR

Amanda is the Lead of Social Insights Research at CQUniversity. Additionally, she is the director of the award-winning Motivation of Health Behaviours Lab and on the leadership team of CQ University's Appleton Institute of Research. Amanda is an Associate Professor of Psychology and statistical consultant for the School of Graduate Research and Statistical Deputy Editor for a leading journal, *Stress and Health*. She received her PhD (2013) and Masters (2010) from Pennsylvania State University (USA) with advanced training in biostatistics (quantitative analyses). Additionally, Amanda received a Bachelors of Science in Psychology (minor in Statistics) from Indiana University (2008). Amanda's specific area of expertise is on dual process models of attitude, habit formation, and behaviour change. Her main area of research has been focused on health behaviour change, funded through a research fellowship from the National Health and Medical Research Council.

**Keynote title:** Uncovering The Power of Habit For Improving Health Behaviours



# ASBHM2024 KEYNOTE PRESENTERS



## PROFESSOR DEBORAH TURNBULL

Professor Deborah Turnbull holds the Chair in Psychology at the University of Adelaide. She has a Masters in Clinical Psychology from the University of Newcastle (NSW) and a PhD from the University of Sydney (NSW). She is an active researcher and teacher, and combines these roles with administrative service. She serves on the management committee of the Freemasons Centre for Male Health and Well-being and is the Co-Chair of the South Australian arm of The Australian Health Research Alliance National Women's Health Research, Translation and Impact Network.

**Keynote title:** Taking Action to Improve Men's Engagement with Mental Health Service: Myths, Theory and Evidence

# INVITED SYMPOSIA

Wednesday 7th February 2024 | 15:30-17:00

## PROMOTING BRAIN AND MIND HEALTH THROUGH DIET AND COMPASSION

Chair: A/Prof Talitha Best | Discussant: Dr Melissa  
Oxlad

Diet is a cornerstone of health. The importance of lifestyle behaviours such as exercise and nutrition in brain and mental functioning has been widely acknowledged. The Royal Australian and New Zealand College of Psychiatrists now recommend lifestyle interventions (targeting exercise, sleep, diet, and alcohol intake) as the foundation of first-line treatments for mood disorders such as depression. Physical and emotional health rely on the brain's capacity to integrate diverse neurocognitive and physiological mechanisms related to eating behaviour and the quality of nutritional intake. These mechanisms include systemic inflammation, gut-microbiome changes, glucose regulation, oxidative stress, neurogenesis and cerebral blood flow. Similarly, the formation of meaningful, socially caring connections forms an integral part of life. The importance and complexity of caring connections and the capacity to express compassion to self and others, as well as receive compassion from others can have profound effects on a range of physiological processes linked to physical and mental wellbeing.





# INVITED SYMPOSIUM

Friday 9th February 2024 | 9:00-10:30

## TAKE THE PLEDGE: AN INTERNATIONAL CONSENSUS TO BRING AN END TO DIABETES STIGMA AND DISCRIMINATION

Chair: Dr Elizabeth Holmes-Truscott

Diabetes stigma refers to the negative social judgments, stereotypes, and prejudices that unfairly affect people with diabetes all over the world. Around 4 in 5 people with diabetes have experienced diabetes stigma. Diabetes stigma can lead to being treated differently. Up to 1 in 3 people with diabetes have been discriminated against due to their diabetes.

Diabetes stigma can have a negative impact on the health, self-care, well-being, professional and social lives of people with diabetes. Diabetes stigma can also have a negative impact on public and government support and funding for diabetes research, prevention, clinical care and treatments.

To bring an end to diabetes stigma and discrimination, 51 experts from 18 countries came together. They have lived experience, research and clinical experience. They reviewed the scientific evidence and established an international consensus on 49 Statements of Evidence and Recommendations. They also achieved a consensus on a Pledge to bring an end to diabetes stigma and discrimination. They also achieved a consensus on a Pledge to bring an end to diabetes stigma and discrimination (available at [www.enddiabetesstigma.org](http://www.enddiabetesstigma.org)).

In this symposium, presenters will detail the aims, methods and findings of the consensus, including the evidence and recommendations to bring an end to diabetes stigma and discrimination.



# WORKSHOP

Thursday 8th February | 16:00-17:30

## TRANSLATING YOUR FINDINGS FOR THE PUBLIC: DOES YOUR NANNA GET IT?

**Facilitator:** Bianca Frew, CSIRO



Being able to communicate your research has value for your science impact and professional brand, but also greatly impacts more broadly the communities' trust in scientists. There are many aspects to how you can communicate your research including understanding your audience and adapting your key messages, especially when communicating with non-scientists, your delivery and adapting to the medium you are communicating in as well as media monitoring pre and post.

This workshop will include:

- An overview of the values of strong communication,
- Refining and defining key messages for a piece of work that you have been involved with,
- Critically analysing some examples of scientists sharing their key messages in print, radio and television,
- Role-playing media interviews,
- Go through tips and tricks for curly questions,
- A few (brave) volunteers will undertake a live interview and we will put our learning into practice.

**Cost:** Free for all Student Delegates (e.g., Undergraduate/Masters/PhD), and \$20 AUD for Professional Delegates.



# SOCIAL EVENTS AT ASBHM2024

**Conference dinner @ Mismatch Brewing  
Thursday 8th February - 6:30pm-late**

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Whilst the name may be deceiving, Mismatch Brewing are known for their delicious food – using only the best and local ingredients to share the stories of South Australian farming and agriculture. With 4.6/5 stars on Google Reviews, you don't want to miss out on yummy food and an opportunity to network and catch-up with new and old friends.

Your dinner ticket includes a two-course meal (entree and main), which you will choose from three options. All dietary requirements can be catered for, just please ensure you advise us when you buy your ticket.

**Cost: \$65 AUD per person**







# **SOCIAL EVENTS AT ASBHM2024**

**Peers Connect Social Event  
Wednesday 7th February – 6:30pm-late**

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**On the evening of the first day of ASBHM2024, all Peers Connect members are invited to attend the social event. This year, we will be having some fun and playing a game of 18-hole mini golf at West Beach Mini Golf, followed by a casual dinner (and beverages) at Beachside Restaurant. On Wednesdays, Beachside has discounted pizza and pasta, where you can get a wood-fired pizza for only \$20! We have also organised for a bus to transport attendees from the conference venue (The Terrace Hotel), to the mini golf and restaurant, and back.**

**Cost: \$25 AUD per person (+ any additional food and drink purchases on the night)**



# SOCIAL EVENTS AT ASBHM2024

**Peers Connect Mentoring Event  
Thursday 8th February - lunch break**

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During the lunch break of Thursday 8th February at ASBHM2024, Peers Connect will hold a mentoring session with special guests, Professor Molly Byrne, Professor Deborah Turnbull and A/Professor Amanda Rebar. The session will run for one hour and will provide Peers Connect members the opportunity to hear from our world-renowned Keynote speakers on the highs and lows of their career and to ask any questions you may have about your career trajectory.

**Cost: free**



# PROGRAM OVERVIEW

## DAY 1 – WED 7TH FEBRUARY

|                 | ROOM 1 (MAIN)   | ROOM 2  |
|-----------------|---|---|
| 10:00-11:00     | Registration  |   |
| 11:00-11:15     | Welcome Address<br><i>ASBHM President - Dr Chris Kilby</i>  |   |
| 11:15-12:15     | Keynote Address<br>Taking Action to Improve Men's Engagement with Mental Health Service: Myths, Theory and Evidence<br><i>Professor Deborah Turnbull, University of Adelaide</i>  |   |
| 12:15-13:15     | Rapid Communications  |   |
| 13:15-14:00     | Lunch   |   |
| 14:00-15:30     | Oral Presentations<br><i>Health Behaviour Change</i>  | Oral Presentations<br><i>Youth and Adolescent Health</i>        |
| 15:30-17:00     | Symposium<br>Promoting Brain and Mind Health Through Diet and Compassion<br><i>A/Prof Talitha Best, Dr Megan Lee, Amy Roberts, Mayla Adriano &amp; Dr Melissa Oxlad</i>   | Oral Presentations<br><i>Behavioural Medicine Interventions</i> |
| 17:00-18:30     | Welcome Event<br><i>Food and beverages provided</i>   |   |
| 18:30           | End of Day 1  |   |
| 18:30 till late | Peers Connect Social Event<br><i>West Beach Mini Golf &amp; Beachside Restaurant</i><br><br><i>Tickets must be purchased in advance to attend.</i><br><u><i>Please meet in the foyer of the Terrace Hotel just after 6pm to catch the private bus</i></u> |   |



# PROGRAM OVERVIEW


## DAY 2 – THURS 8TH FEBRUARY

|                 | ROOM 1 (MAIN)  | ROOM 2   |
|-----------------|--|--|
| 7:30-8:30       | ASBHM Executive Committee Breakfast<br><i>Executive Committee members only</i>   |  |
| 8:30-9:00       | Registration   |  |
| 9:00-10:30      | Oral Presentations<br><i>Improving Diet and Exercise</i>   | Oral Presentations<br><i>Stress, Mental Health and Wellbeing</i>     |
| 10:30-11:00     | Morning Tea  |  |
| 11:00-12:30     | Rapid Communications   | Oral Presentations<br><i>Psychosocial Aspects of Chronic Illness</i> |
| 12:30-13:30     | Keynote Address<br>'It ain't (just) what you do, it's the way that you do it': Identifying Priorities and Setting the Agenda for Improved Methods in Behaviour Change Research<br><br><i>Professor Molly Byrne, University of Galway</i> |  |
| 13:30-14:30     | Lunch and Peers Connect Mentoring Session  |  |
| 14:30-16:00     | Oral Presentations<br><i>Gendered Health and Wellbeing</i>   | Oral Presentations<br><i>Health Promotion and Disease Prevention</i> |
| 16:00-17:30     | Workshop<br>Translating your findings for the public: Does your nanna get it?<br><br><i>Bianca Frew, CSIRO</i>   |  |
| 17:30           | End of Day 2   |  |
| 18:30 till late | Conference Dinner<br>Mismatch Brewing, Adelaide CBD<br><br><i>Tickets must be purchased in advance to attend</i>   |  |

# PROGRAM OVERVIEW


## DAY 3 – FRI 9TH FEBRUARY

|             | ROOM 1 (MAIN)   | ROOM 2   |
|-------------|---|--|
| 8:30-9:00   | Registration  |  |
| 9:00-10:30  | <p><b>Symposium</b><br/> <b>Take the Pledge: An International Consensus to Bring an End to Diabetes Stigma and Discrimination</b></p> <p><i>Dr Elizabeth Holmes-Truscott, Dr Anna Serlachius, Dr Eloise Litterbach, Alison Robinson</i></p> | <p><b>Oral Presentations</b><br/> <b>Health Technology and Digital Health</b></p>          |
| 10:30-11:00 | Morning Tea   |  |
| 11:00-12:00 | <p><b>Keynote Address</b><br/> <b>Uncovering the Power of Habit for Improving Health Behaviours</b></p> <p><i>A/Professor Amanda Rebar, Central Queensland University</i></p>   |  |
| 12:00-13:30 | Rapid Communications  |  |
| 13:30-14:30 | <p><b>Lunch and Annual General Meeting (AGM)</b><br/> <b>AGM will start at 13:45</b></p>  |  |
| 14:30-16:00 | <p><b>Oral Presentations</b><br/> <b>Healthcare Providers and Systems</b></p>   | <p><b>Oral Presentations</b><br/> <b>Evaluations of Health Behaviour Interventions</b></p> |
| 16:00-17:00 | <p><b>Closing Ceremony and Awards</b><br/> <b>Food and drinks provided</b></p>  |  |
| 17:00       | End of Day 3 and ASBHM2024  |  |



# PROGRAM DAY-BY-DAY BREAKDOWN

*If you wish to to contact a presenter, click on their presentation and their email address will appear.*



# DAY 1 – WED 7TH FEBRUARY

|             | ROOM 1 (MAIN)  | ROOM 2 |
|-------------|--|--------|
| 10:00-11:00 | Registration   |        |
| 11:00-11:15 | <b>Welcome Address</b><br><i>ASBHM President - Dr Chris Kilby</i>  |        |
| 11:15-12:15 | <b>Keynote Address</b><br><b>Taking Action to Improve Men's Engagement with Mental Health Service: Myths, Theory and Evidence</b><br><i>Professor Deborah Turnbull, University of Adelaide</i><br><i>Chair: Dr Chris Kilby</i>   |        |
| 12:15-13:15 | <b>Rapid Communications</b><br><i>Chair: Dr Kate Faasse</i>  |        |
|             | <b>Exploring Decision-Making Processes for Self-Management Behaviours in Prostate Cancer Patients: A Qualitative Study</b><br><i>Maddison Hall, University of the Sunshine Coast</i>   |        |
|             | <b>Identifying the Behaviour Change Techniques of Childhood Obesity Prevention Interventions for a Secondary Data Analysis of a Systematic Review</b><br><i>Dr Rebecca Hodder, University of Newcastle &amp; Hunter New England Population Health</i>                                    |        |
|             | <b>Investigating the Effect of an Online Enhanced Care Program on the Wellbeing of Patients Discharged from Hospital with Heart Failure: Study Protocol for a Randomised Controlled Trial</b><br><i>Dr Kristy Fakes, University of Newcastle &amp; Hunter Medical Research Institute</i> |        |
|             | <b>Identifying Key Beliefs Underlying QR Code Check-In Compliance Behaviour in the COVID-19 Pandemic</b><br><i>Mac Thi Nhung, Griffith University</i>  |        |
|             | <b>Variations in Personality and Executive Functions Affect Susceptibility to Habitual Health Behaviours</b><br><i>Katlyn Mackenzie, Curtin University</i>   |        |
|             | <b>Understanding Mother's Re-Engagement in Team Sport: An Amended Tripartite Model</b><br><i>Dr Caitlin Liddelow, University of Wollongong</i>   |        |
|             | <b>Exploring Languishing and Stress Post COVID-19 Pandemic</b><br><i>Abigail Deodatus, The Cairnmillar Institute</i>   |        |
|             | <b>Exploring Consumers' Preferences and Perceived Messaging of Safe Food-Handling Video Advertisements and Embedded Behaviour Change Techniques</b><br><i>Jessica Charlesworth, Curtin University</i>  |        |
|             | <b>Applying the Multiphase Optimisation Strategy to Co-Design a Parent-Based Intervention to Improve the Health of Socio-Economically Disadvantaged Adolescents: Study Protocol</b><br><i>Dr Katrina Champion, University of Sydney</i>  |        |
|             | <b>A Systematic Review of Associations Between Social Cognition Constructs and Oral Hygiene Practices in Pregnant Women</b><br><i>Dr Minalli Vasandani, Griffith University</i>  |        |



# DAY 1 – WED 7TH FEBRUARY

|             | ROOM 1 (MAIN)   | ROOM 2   |
|-------------|---|--|
| 13:15-14:00 | <b>Lunch</b>  |  |
| 14:00-15:30 | <b>Oral Presentations</b><br><b>Health Behaviour Change</b><br><i>Chair: Dr Emily Brindal</i>   | <b>Oral Presentations</b><br><b>Youth and Adolescent Health</b><br><i>Chair: Dr Katrina Champion</i>   |
|             | <b>Health Behaviour Uptake: Understanding Psychological Predictors of Success</b><br><i>Dr Naomi Kakoschke, CSIRO</i>                           | <b>Dissemination of Healthy Eating and Physical Activity Research Evidence to Australian Primary Schools: Principal Preferences Regarding the Source, Content and Format</b><br><i>Dr Rebecca Hodder, University of Newcastle &amp; Hunter New England Population Health</i> |
|             | <b>The Role of Tailored Feedback on Open Label Placebo Effects</b><br><i>Dr Kirsten Barnes, University of New South Wales</i>                   | <b>Is Perceived Parental Monitoring in Adolescence Associated with Adolescent Dietary Intake?</b><br><i>Bridie Osman, University of Sydney</i>   |
|             | <b>Health Behaviour Change: Stage, Process, or Just Utter Chaos?</b><br><i>Dr Emily Brindal, CSIRO</i>  | <b>An Exploration of Caregivers' Salient Behavioural, Normative and Control beliefs About their Young First Peoples Children's Oral Hygiene Behaviour</b><br><i>Prof Kyra Hamilton, Griffith University</i>  |
|             | <b>A Qualitative Investigation into the Representations of Habit by Lay People</b><br><i>Dr Daniel Brown, University of Southern Queensland</i> | <b>Prevalence of Medical Conditions and Associations with Diet, Other Lifestyle Behaviours and Mental Health in 5,015 Australian Adolescents</b><br><i>Bridie Osman, University of Sydney</i>  |
|             |   | <b>Nudging to Promote Healthy Eating in Online School Meal Environments: Long-Term Effectiveness of the 'Click &amp; Crunch' High Schools RCT</b><br><i>Dr Rebecca Wyse, University of Newcastle</i>   |
| 15:30-17:00 | <b>Symposium</b><br><b>Promoting Brain and Mind Health Through Diet and Compassion</b><br><i>Chair: A/Prof Talitha Best</i>                     | <b>Oral Presentations</b><br><b>Behavioural Medicine Interventions</b><br><i>Chair: Dr Anna Serlachius</i>   |
|             | <b>A/Prof Talitha Best, Central Queensland University</b>   | <b>A Cluster Randomised Controlled Trial of the OurFutures Vaping Program: Development, Study Protocol and Baseline Data</b><br><i>Dr Amy-Leigh Rowe, University of Sydney</i>   |
|             | <b>Dr Megan Lee, Bond University</b>  | <b>Can a Dietary Intervention Improve Mental Health Outcomes in Pregnant Women Living with Obesity?</b><br><i>Dr Anna Serlachius, University of Auckland</i>   |
|             | <b>Amy Roberts, Central Queensland University</b>   | <b>Living Down to Expectations: Generic Medications and the Nocebo Effect</b><br><i>Kiarne Humphreys, University of New South Wales</i>  |

# DAY 1 – WED 7TH FEBRUARY

|                 | ROOM 1 (MAIN)  | ROOM 2  |
|-----------------|--|---|
|                 | Mayla Adriano, Central Queensland University   | <b>Psychological Services for People with Inflammatory Bowel Diseases: Care Co-Designed by Consumers and Clinicians</b><br><i>Taryn Lores, Central Adelaide Local Health Network &amp; Deakin University &amp; The University of Adelaide</i> |
|                 | <b>Discussion</b><br><i>Dr Melissa Oxlad, University of Adelaide</i>   | <b>Transforming Post-Stroke Support: The 'Living Well After Stroke' Program for Secondary Prevention Behaviour Change and Empowerment</b><br><i>Dr Stephanie Smith, National Stroke Foundation &amp; Griffith University</i>                  |
| 17:00-18:30     | <b>Welcome Event</b><br><i>Food and beverages provided</i>   |   |
| 18:30           | <b>End of Day 1</b>  |   |
| 18:30 till late | <b>Peers Connect Social Event</b><br><i>West Beach Mini Golf &amp; Beachside Restuarant</i><br><br><i>Tickets must be purchased in advance to attend.</i><br><b><i><u>Please meet in the foyer of the Terrace Hotel just after 6pm to catch the private bus.</u></i></b> |   |

# DAY 2 – THURS 8TH FEBRUARY

|             | ROOM 1 (MAIN)   | ROOM 2  |
|-------------|---|---|
| 7:30-8:30   | <b>ASBHM Executive Committee Breakfast</b><br><i>Executive Committee members only</i>   |   |
| 8:30-9:00   | <b>Registration</b>   |   |
| 9:00-10:30  | <b>Oral Presentations</b><br><b><i>Improving Diet and Exercise</i></b><br><i>Chair: Dr Chloe Maxwell-Smith</i>  | <b>Oral Presentations</b><br><b><i>Stress, Mental Health and Wellbeing</i></b><br><i>Chair: Dr Chris Kilby</i>  |
|             | <b>The Role of Environmental and Dispositional Factors in Parents' Unhealthy Snack and Beverage Provision</b><br><i>Prof Barbara Mullan, Curtin University</i>  | <b>"The most stressful event of my life": A Qualitative Study Exploring Parental Stress and Stress Reduction in the Neonatal Intensive Care Unit</b><br><i>Dr Anna Serlachius, University of Auckland</i>   |
|             | <b>Harnessing the Influence of Leaders to Enhance Exercisers' Participation and Experiences: An Identity Leadership Approach</b><br><i>Dr Mark Stevens, Australian National University</i>  | <b>An Experimental Test of the Effect of Stress Mindset on Stressor Appraisals</b><br><i>Dr Jacob Keech, Griffith University</i>  |
|             | <b>What do Older Adults Need from an Online Nutrition Education Resource? A Qualitative Study</b><br><i>Ashlee Turner, University of Sydney</i>   | <b>Exploring Emotions in Relation to Neighborhood Environmental Characteristics Among Older Adults with a Low Socio-Economic Position</b><br><i>Noortje Jacobs, Ghent University &amp; Deakin University</i>  |
|             | <b>Assessing the Potential Impact of Different Types of Episodic Future Thinking Techniques on Delay Discounting and Snacks Intake</b><br><i>A/Prof Carina Chan, La Trobe University</i>  | <b>Exploring the Stress Response in Youth Residential Workers</b><br><i>Dr Chris Kilby, The Cairnmillar Institute</i>   |
|             | <b>The Long-Term Utility of Habit on Exercise: Interaction Effects of Psychological Distress</b><br><i>Indita Dorina, Curtin University</i>   |   |
| 10:30-11:00 | <b>Morning Tea</b>  |   |
| 11:00-12:30 | <b>Rapid Communications</b><br><i>Chair: Ashlee Turner</i>  | <b>Oral Presentations</b><br><b><i>Psychosocial Aspects of Chronic Illness</i></b><br><i>Chair: Dr Naomi Kakoschke</i>  |
|             | <b>Mental Health Consumers Have Low Hepatitis C Knowledge, but Support Routine Hepatitis C Care: Results from a Survey in Two Australian Inpatient Units</b><br><i>Dr Carly Mallise, Hunter New England Population Health &amp; University of Newcastle</i> | <b>"It made me realise, like, how mentally strong I am." Participant Experiences of the Life Grid Interview in a Study Exploring Healthcare Journeys</b><br><i>Natalia Duda, Trinity College Dublin</i>   |
|             | <b>Childhood Dementia Insight: A Mixed-Methods Study Investigating the Psychosocial, Quality of Life, and Psychological Impacts of Childhood Dementia on Families</b><br><i>Dr Lauren Kelada, University of New South Wales</i>                             | <b>"Almost seems like a finger-pointing type thing": Exploring the Social Experiences of Women with Gestational Diabetes and Co-Designing a Measure of Gestational Diabetes Stigma</b><br><i>Dr Eloise Litterbach, The Australian Centre for Behavioural Research in Diabetes</i> |



# DAY 2 – THURS 8TH FEBRUARY

|  | ROOM 1 (MAIN)   | ROOM 2  |
|--|---|---|
|  | <p><b>The impact of Prison on Prisoners' Cognitions, Mental Health, and Behaviour: A Systematic Review</b><br/><i>Sabryna Sas, Griffith University</i></p>  | <p><b>Factors Associated with Progression to Bariatric Surgery and Their Relationships with Quality of Life</b><br/><i>Mia Majstorovic, University of Adelaide</i></p>                                |
|  | <p><b>Training Australian Dietitians in Behaviour Change Techniques to Improve Perceived Capability, Opportunity, and Motivation in Practice</b><br/><i>Hayley Breare, Curtin University</i></p>  | <p><b>Knowledge and Understanding of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome in Ireland: Findings from a Cross-Sectional Survey</b><br/><i>Natalia Duda, Trinity College Dublin</i></p>    |
|  | <p><b>Street Features Related to Relaxation in Older Adults: A Virtual Reality Study</b><br/><i>Noortje Jacobs, Ghent University &amp; Deakin University</i></p>  | <p><b>The Psychological, Social, and Quality of Life Outcomes of People with a Cardiac Implantable Electronic Device: An Umbrella Review</b><br/><i>Mitchell Nicmanis, University of Adelaide</i></p> |
|  | <p><b>Personality Moderating the Impact of Psychological Resources: A Simple Online Survey Study</b><br/><i>Man-Chung (Ralph) Fung, CSIRO</i></p>   |   |
|  | <p><b>Psychological Predictors of Childhood Vaccination Intentions and Behaviours among Sunshine Coast Parents</b><br/><i>Dr Karina Rune, University of the Sunshine Coast</i></p>  |   |
|  | <p><b>Using Temporal Self-Regulation Theory and Food Reward Sensitivity to Predict Discretionary Food Consumption</b><br/><i>Indita Dorina, Curtin University</i></p>   |   |
|  | <p><b>Exploring the Healthcare Experiences of Young Adults with Chronic Health Conditions and Perceptions of Self-Identity</b><br/><i>Dr Chloe Maxwell-Smith, Curtin University</i></p>   |   |
|  | <p><b>Crossing the Rainbow Bridge: Effects of Human-Pet Attachment and Rituals on Grief Following Pet Loss</b><br/><i>Dr Bernadine Cocks, University of New England</i></p>   |   |
|  | <p><b>Co-Occurring Psychological Distress and Alcohol or Other Drug Use Among Indigenous Australians: Data from the National Aboriginal and Torres Strait Islander Health Survey</b><br/><i>Dr Breanne Hobden, University of Newcastle</i></p>  |   |
|  | <p><b>Clinicians Prioritise Antenatal Care for Smoking, Alcohol Consumption, and Gestational Weight Gain When it is Patient Requested: Evidence from a Discrete Choice Experiment</b><br/><i>Dr Carly Mallise, Hunter New England Population Health &amp; University of Newcastle</i></p> |   |
|  | <p><b>Becoming the 'Me' I Want to Be: Defining Identity's Contribution Within and Across Behaviour Change Context</b><br/><i>Kristie-Lee Alfrey, Central Queensland University</i></p>  |   |

# DAY 2 – THURS 8TH FEBRUARY

|             | ROOM 1 (MAIN)  | ROOM 2   |
|-------------|--|--|
|             | <p><b>“Nostalgic Food Heals For Us”: A Qualitative Exploration of Experiences with Nostalgia, Food, and Mood</b><br/><i>Dr Megan Lee, Bond University</i></p>  |  |
|             | <p><b>Implementing and Evaluating Clinical Nurse Consultants for Individuals with Developmental and Epileptic Encephalopathies: A Study Protocol</b><br/><i>Dr Lauren Kelada, University of New South Wales</i></p>  |  |
| 12:30-13:30 | <p><b>Keynote Address</b><br/><b>‘It ain’t (just) what you do, it’s the way that you do it’: Identifying Priorities and Setting the Agenda for Improved Methods in Behaviour Change Research</b><br/><br/><b>Professor Molly Byrne, University of Galway</b><br/><i>Chair: Dr Caitlin Liddelow</i></p> |  |
| 13:30-14:30 | <p><b>Lunch and Peers Connect Mentoring Session</b></p>  |  |
| 14:30-16:00 | <p><b>Oral Presentations</b><br/><b>Gendered Health and Wellbeing</b><br/><i>Chair: Dr Megan Lee</i></p>   | <p><b>Oral Presentations</b><br/><b>Health Promotion and Disease Prevention</b><br/><i>Chair: A/Prof Carina Chan</i></p>   |
|             | <p><b>Exploring the Psychological Wellbeing of People Born with Variations of Sex Characteristics</b><br/><i>Dr Ingrid Rowlands, University of Queensland</i></p>  | <p><b>“It has to be drastically different depending on the location”: Concept Mapping of Behaviour Change Intervention Typologies for Pharmacy Models</b><br/><i>Dr Chloe Maxwell-Smith, Curtin University</i></p>   |
|             | <p><b>Informing an Online PCOS Health Coaching Program</b><br/><i>Dr Stephanie Pirotta, Monash University</i></p>  | <p><b>Promotional Videos for Mail-Out Bowel Cancer Screening: Consumer Perspectives</b><br/><i>Dr Laura Anderson, Cancer Council Queensland &amp; University of Queensland</i></p>   |
|             | <p><b>What Role do Workplaces Play in Proactively Navigating the Menopausal Transition?: A Scoping Review of Experiences and Appraisals in the Workplace</b><br/><i>Kayley Zielinski-Nicolson, Macquarie University</i></p>  | <p><b>Assessing the Implementation of Healthy Eating and Physical Activity Interventions in Australian Primary Schools: A Cross-Sectional Study</b><br/><i>Jessica Bell, Hunter New England Population Health &amp; University of Newcastle &amp; Hunter Medical Research Insititute</i></p> |
|             | <p><b>Exploring Intimacy and Sexual Quality of Life in Prostate Cancer Patients and their Partners: A Qualitative Study</b><br/><i>Dr Karina Rune, University of the Sunshine Coast</i></p>  | <p><b>Patient Factors Associated with Psychosocial Impacts of Lung Cancer Screening: A Systematic Review</b><br/><i>Kathleen McFadden, The Daffodil Centre &amp; University of Sydney</i></p>  |
|             |  | <p><b>Focus on the Positive: Side Effect Information Framing, Generic Medications, and the Nocebo Effect</b><br/><i>A/Prof Kate Faasse, University of New South Wales</i></p>  |

# DAY 2 – THURS 8TH FEBRUARY

|                 | ROOM 1 (MAIN)   | ROOM 2 |
|-----------------|---|--------|
| 16:00-17:30     | <p><b>Workshop</b><br/><b>Translating your findings for the public: Does your nanna get it?</b></p> <p><i>Bianca Frew, CSIRO</i></p>          |        |
| 17:30           | <p><b>End of Day 2</b></p>  |        |
| 18:30 till late | <p><b>Conference Dinner</b><br/><b>Mismatch Brewing (Adelaide Brewhouse)</b></p> <p><i>Tickets must be purchased in advance to attend</i></p> |        |



# DAY 3 – FRI 9th FEBRUARY

|             | ROOM 1 (MAIN)   | ROOM 2   |
|-------------|---|--|
| 8:30-9:00   | Registration  |  |
| 9:00-10:30  | <p><b>Symposium</b><br/> <b>Take the Pledge: An International Consensus to Bring an End to Diabetes Stigma and Discrimination</b><br/> <i>Chair: Dr Elizabeth Holmes-Truscott</i></p>   | <p><b>Oral Presentations</b><br/> <b>Health Technology and Digital Health</b><br/> <i>Chair: Jessica Charlesworth</i></p>  |
|             | Dr Elizabeth Holmes-Truscott, Deakin University   | <p><b>Can a School-Based eHealth Lifestyle Intervention Improve Adolescent Mental Health? Anxiety, Depression and Psychological Distress Outcomes of the Health4Life Cluster Randomised Controlled Trial</b><br/> <i>Dr Katrina Champion, University of Sydney</i></p>   |
|             | Dr Anna Serlachius, University of Auckland  | <p><b>Conceptual Process for Developing Text Messages as Part of an m-Health Program to Support Parents and Carers Across the First 2000 Days using Co-Design and the Behaviour Change Wheel</b><br/> <i>Dr Alison Brown, Hunter New England Local Health District &amp; Hunter Medical Research Institute</i></p> |
|             | Dr Eloise Litterbach, The Australian Centre for Behavioural Research in Diabetes  | <p><b>Combining modern pain science education, virtual reality and coaching in an Occupational Rehabilitation Setting</b><br/> <i>Aaron Bowes, IPAR Rehabilitation &amp; Monash University</i></p>   |
|             | Alison Robinson, Deakin University  | <p><b>New Generation, Personalized, Digital Coaches can Revolutionize Health Care</b><br/> <i>Prof Charles Abraham, Deakin University</i></p>  |
| 10:30-11:00 | Morning Tea   |  |
| 11:00-12:00 | <p><b>Keynote Address</b><br/> <b>Uncovering the Power of Habit for Improving Health Behaviours</b><br/> <i>A/Professor Amanda Rebar, Central Queensland University</i><br/> <i>Chair: Prof Barbara Mullan</i></p>                              |  |
| 12:00-13:30 | <p><b>Rapid Communications</b><br/> <i>Chair: Dr Caitlin Liddelow</i></p>   |  |
|             | <p><b>Role of Intention and Habits in Predicting Physical Activity Engagement in Older People</b><br/> <i>Dr Sophie Andrews, University of the Sunshine Coast &amp; University of New South Wales &amp; Neuroscience Research Australia</i></p> |  |
|             | <p><b>The Prevalence, Patterns and Socio-Demographic Correlates of e-Cigarette use Among Australian Adolescents: Results from a Cross-Sectional Survey of Over 4000 Adolescents</b><br/> <i>Dr Amy-Leigh Rowe, University of Sydney</i></p>     |  |

# DAY 3 – FRI 9th FEBRUARY

|             | ROOM 1 (MAIN)  | ROOM 2 |
|-------------|--|--------|
| 12:00-13:30 | <b>Rapid Communications</b>  |        |
|             | <b>Team Climate within Australian Alcohol Treatment Centres: A Cross-Sectional Study</b><br><i>Dr Breanne Hobden, University of Newcastle</i>  |        |
|             | <b>Preferences for Active School Transport Interventions among Primary School and Secondary School Students and Their Parents</b><br><i>Anna Gannett, Telethon Kids Institute &amp; University of Western Australia</i>  |        |
|             | <b>Lay Perspectives of Behavioural Complexity in Health Behaviour Habit Formation</b><br><i>Indita Dorina, Curtin University</i>   |        |
|             | <b>Investigating the Moderation Effect of Cue Consistency in e-Cigarette Use Within a Dual-Process Model</b><br><i>Natasha Nott, Griffith University</i>   |        |
|             | <b>Incentive Salience and Problematic Alcohol Use</b><br><i>Dr Poppy Watson, University of Technology Sydney</i>   |        |
|             | <b>Mind-body Therapies for Persistent Pain Post-stroke: A Scoping Review</b><br><i>Nicole Prideaux, University of Adelaide</i>   |        |
|             | <b>Fact Versus Belief: Who Holds the Stronger Opinion?</b><br><i>Melissa Cox, University of New England</i>  |        |
|             | <b>Effectiveness of School-Based Obesity Prevention Interventions on the Health Behaviours of Children Aged 6-18 Years: A Secondary Data Analysis</b><br><i>Katrina McDiarmid, University of Newcastle &amp; Hunter New England Population Health</i>            |        |
|             | <b>"It becomes all you can think about": A Mixed Methods Exploration of Food Insecurity in Western Australian Food Pantry Users</b><br><i>Ned Marshall, Curtin University</i>  |        |
|             | <b>Co-design of Decision Support Tools for Lung Cancer Screening</b><br><i>Dr Rachael Dodd, University of Sydney</i>   |        |
|             | <b>A Multi-National, Repeated Measures Study Investigating the Associations Between Stress, Worry, and Hygiene Behaviours During the COVID-19 Pandemic</b><br><i>A/Prof Amanda Rebar, Central Queensland University</i>  |        |
|             | <b>"Understanding what matters most": Healthcare Professionals' Perspectives on Palliative Care Communication with Adolescents and Young Adults of Culturally and Linguistically Diverse Backgrounds</b><br><i>Dr Holly Evans, University of New South Wales</i> |        |
|             | <b>Smoking and Quitting Characteristics of Smokers with and Without a Mental Health Condition in Australia: A Comparative Analysis Utilising People-Level Survey Data</b><br><i>Dr Caitlin Fehily, University of Newcastle</i>                                   |        |
| 13:30-14:30 | <b>Lunch and Annual General Meeting (AGM)</b><br><b>AGM will start at 13:45</b>  |        |

# DAY 3 – FRI 9th FEBRUARY

|             | ROOM 1 (MAIN)  | ROOM 2   |
|-------------|--|--|
| 14:30-16:00 | <p><b>Oral Presentations</b><br/> <b>Healthcare Providers and Systems</b><br/> <i>Chair: Dr Chris Kilby</i></p>  | <p><b>Oral Presentations</b><br/> <b>Evaluations of Health Behaviour Interventions</b><br/> <i>Chair: Dr Caitlin Fehily</i></p>  |
|             | <p><b>The Perceptions of Renal Allied Health Professionals About Cognitive Changes in Dialysis Patients: A Qualitative Study</b><br/> <i>Phoebe Lim, Nanyang Technological University</i></p>        | <p><b>Identifying the Active Components of Interventions Targeting the Psychological Well-Being of Motor Neuron Disease Carers</b><br/> <i>Paul Cafarella, University of Adelaide &amp; Southern Adelaide Local Health Network</i></p>   |
|             | <p><b>Provider Perspectives on the Psychosocial Impacts of Lung Cancer Screening</b><br/> <i>Kathleen McFadden, Daffodil Centre &amp; University of Sydney</i></p>                                   | <p><b>Acceptability and Engagement with a Parent Delivered Text Message Intervention Targeting Behavioural Risk Factors for Chronic Disease Across the First 2000 days</b><br/> <i>Dr Alison Brown, Hunter New England Local Health District &amp; Hunter Medical Research Institute</i></p> |
|             | <p><b>A Qualitative Study to Understand Patient and Dietitian Beliefs to Following Bariatric Surgery Post-Operative Dietary Recommendations</b><br/> <i>Charlene Wright, Griffith University</i></p> | <p><b>Building Positive Body Image in People with Chronic Illness: Preliminary Evaluation of a Co-Produced Cognitive Behavioural Group Program</b><br/> <i>Dr Kristen Murray, Australian National University</i></p>   |
|             | <p><b>An Exploration of the Intersections Between Health System Engagement and Wellbeing for Refugee Women in the First 1000 Days</b><br/> <i>Amelia Winter, University of Adelaide</i></p>          | <p><b>The Scalability of Evidence-Based Healthy Eating and Physical Activity Interventions in Australian Primary Schools: A Cross-Sectional Survey</b><br/> <i>Dr Rebecca Hodder, University of Newcastle &amp; Hunter New England Population Health</i></p>                                 |
|             |  | <p><b>Developing a Virtual Reality Psychosocial Intervention for Youth on Dialysis in New Zealand: A Proof of Concept Study</b><br/> <i>Kavitha Jaganathan, University of Auckland</i></p>   |
| 16:00-17:00 | <p><b>Closing Ceremony and Awards</b><br/> <i>Food and drinks provided</i></p>   |  |
| 17:00       | <p><b>End of Day 3 and ASBHM2024</b></p>   |  |

**THANK YOU FOR ATTENDING  
ASBHM2024!**