

ASBHM 2023 CONFERENCE



PROGRAM OVERVIEW

DAY 1 - WEDNESDAY 8th FEBRUARY

	KA3.406	KA3.411
9:00 - 10:30	REGISTRATION (ROOM KA3.410)	
10:30 - 1:00	Peers Connect Workshop The Why, What, and How of Open Science Dr Mathew Ling	Workshop The 3 Cs of Better Health: Communication, Consultation, Campaigns Professor Jane Speight
1:00 - 2:00	LUNCH	
2:00 - 2:30	WELCOME ADDRESS	
2:30 - 4:30	RAPID PRESENTATIONS	
4:30 - 5:00	AFTERNOON TEA	
5:00 - 6:00	Keynote Address The Healing Power of Music - Is Music Beneficial for our Health? Professor Urs Nater	
6:00 - 7:00	WELCOME EVENT (CANAPES)	
7:30 til late	PEERS CONNECT SOCIAL EVENT	

PROGRAM OVERVIEW

This program contains the scheduling of oral sessions only. A full program with additional conference information will be released closer to ASBHM2023.

DAY 2 - THURSDAY 9th FEBRUARY

	KA3.406	KA3.411
8:00 - 9:00	REGISTRATION (KA3.410)	
9:00 - 10:15	Oral Session The role of community in health	Oral Session Improving nutrition and physical exercise in youth
10:15 - 10:45	MORNING TEA	
10:45 - 12:00	Oral Session Stress and Trauma	Oral Session Women's Health and Wellbeing
12:00 - 1:00	LUNCH	
1:00 - 2:00	Master Lecture Self-management, Empowerment, and Education - Where is the Fine Line and Sweet Spot for Better Outcomes Associate Professor Nadia Griva	
2:00 - 3:15	Oral Session Addressing mental and physical illness in youth	Symposium Applications of Experimental Cognitive Psychology to Food and Eating Prof. Eva Kemps, Dr. Laura Dondzilo, Dr. Poppy Watson, Dr. Melanie White, and Prof. Barbara Mullan
3:15 - 3:45	AFTERNOON TEA	
3:45 - 5:00	Discussion Panel Whether/How Health Psychology and Behavioural Medicine can Contribute to our Understanding and Improvement of Natural Disaster Responses Mr Luke Lindsey, Prof. Kyra Hamilton, A/Prof. Roeline Kuijer	
6:00 til late	CONFERENCE DINNER <u>EDGE Restaurant & Bar</u>	

PROGRAM OVERVIEW

(click on any session tile for information on that session, including presenters)

DAY 3 - FRIDAY 10th FEBRUARY

	KA3.406	KA3.411
8:00 - 9:00	REGISTRATION (KA3.410)	
9:00 - 10:15	Oral Session Protective Health Factors	Oral Session Supporting Healthy Living
10:15 - 10:45	MORNING TEA	
10:45 - 11:45	Master Lecture Putting the "Social" Back in Biopsychosocial: Evidence, Mechanisms, and Interventions to Tackle the Social Determinants of Health Associate Professor Tegan Cruwys	
11:45 - 1:00	Oral Session Advancements in Theory and Measurement	Symposium Interventions to Promote Physical Activity and Reduce Sedentary Behaviour and Screen Time from Early Childhood to Adolescence Prof. Jo Salmon, Prof. Kylie Hesketh, Dr. Natalie Lander, Dr. Lauren Arundell, Dr. Ana Contardo Ayala
1:00 - 2:00	LUNCH ANNUAL GENERAL MEETING (KA3.406)	
2:00 - 3:00	Keynote Address Improving the Health and Well-being of People with Diabetes: Walking the Walk or Talking the Talk Professor Jane Speight	
3:00 - 3:30	AFTERNOON TEA	
3:30 - 4:45	Oral Session Physical Activity and Healthy Eating	Oral Session Lived Experience of People with Diabetes and its Treatment
4:45 - 5:15	CLOSING CEREMONY AND AWARDS	

ORAL PRESENTATIONS

DAY 2 - THURSDAY 9th FEBRUARY

TIME	TITLE	PRESENTER
THE ROLE OF COMMUNITY IN HEALTH ROOM: KA3.406		
9:00 - 9:15	Do attachment anxiety and avoidance moderate the effects of mindfulness on relational functioning? A randomized controlled trial.	Holly Dixon
9:15 - 9:30	Risk Behaviours and Readiness to Change amongst Clients of Community Mental Health Services	Tegan Stettaford
9:30 - 9:45	Exploring anaesthetists' views on the carbon footprint of anaesthesia and identifying opportunities and challenges for reducing its impact on the environment	Kristen Pickles
9:45 - 10:00	Promoting wellbeing in undergraduate naturopathic students: The health promoting role of a campus garden	Asmita Patel
10:00 - 10:15	Feasibility of an online peer support intervention for reducing symptoms of depression among community-dwelling older adults	Allison Boyes
IMPROVING NUTRITION AND PHYSICAL EXERCISE IN YOUTH ROOM: KA3.411		
9:00 - 9:15	Identifying the behaviour change techniques of childhood obesity prevention interventions for a secondary data analysis of a systematic review	Daniel Lee
9:15 - 9:30	Priority intervention components to improve physical activity and nutrition in secondary schools: An exploratory analyses.	Rebecca Hodder
9:30 - 9:45	Systematic review of childhood obesity prevention interventions in children aged 6 to 18 years	Rebecca Hodder
9:45 - 10:00	A pilot cluster randomised controlled trial of the efficacy of a multi-strategy behavioral intervention in improving the nutritional quality of high school students' lunch purchases from online canteens: Click&Crunch High Schools.	Rebecca Wyse
10:00 - 10:15	An eHealth intervention to modify multiple lifestyle risk behaviours among adolescents: Results from the Health4Life Study	Katrina Champion

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ORAL PRESENTATIONS

DAY 2 - THURSDAY 9th FEBRUARY

TIME	TITLE	PRESENTER
STRESS AND TRAUMA ROOM: KA3.406		
10:45 - 11:00	An Investigation into Experiences of Burnout for Fertility Nurses	Narelle Dickinson
11:00 - 11:15	Positivum Trauma: a unique health coaching program to improve psychosocial function and reduce symptoms of PTSD	Georgina Lamb
11:15 - 11:30	Is Stress Mindset Socially Projected? Examining the Impact of a Stress Mindset Intervention on Perceptions of Others' Stress and Social Support Intentions	Jacob Keech
11:30 - 11:45	Stress in Youth Residential Workers: A Scoping Review	Chris Kilby
11:45 - 12:00	Exploring the Experience of Workplace Stress in Youth Residential Workers	Chris Kilby

WOMEN'S HEALTH AND WELLBEING ROOM: KA3.411		
10:45 - 11:00	Health service provision for women from Syria and Afghanistan with a refugee background in the First 1000 Days: A qualitative study	Amelia Winter
11:00 - 11:15	Endometriosis and pain	Jemma Todd
11:15 - 11:30	The role of interpretation bias in endometriosis related pain and disability	Brydee Pickup
11:30 - 11:45	Aspirational leaders help us change: Improved therapeutic outcomes arise when body acceptance groups are led by therapists with positive body image	Alysia Robertson
11:45 - 12:00	The Relationship Between Implicit Willpower Beliefs and BMI During Pregnancy	Shannon Robinson-Hore

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ORAL PRESENTATIONS

DAY 2 - THURSDAY 9th FEBRUARY

TIME	TITLE	PRESENTER
ADDRESSING MENTAL AND PHYSICAL ILLNESS IN YOUTH ROOM: KA3.406		
2:00 - 2:15	The Co-occurrence of Anxiety and Alcohol Use Problems in Youth: Are Online Programs Helpful in Reducing Symptoms?	Katrina Prior
2:15 - 2:30	Motivators and challenges to adolescents' engagement in youth mental health services	Kristiana Ludlow
2:30 - 2:45	Systemic chronic inflammation in the general population of adolescents over time: A systematic review and meta-analysis of mean C-reactive protein levels	Bridie Osman
2:45 - 3:00	The Development of a Self-Compassion Chatbot for Adolescents with Type 1 Diabetes	Anna Boggiss
3:00 - 3:15	A lifestyle blueprint? Dose-response associations between modifiable behaviours and adolescent mental health	Scarlett Smout

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ORAL PRESENTATIONS

DAY 3 - FRIDAY 10th FEBRUARY

TIME	TITLE	PRESENTER
PROTECTIVE HEALTH FACTORS ROOM: KA3.406		
9:00 - 9:15	Exploration of the attitudes, knowledge, and factors influencing a health behaviour change intervention through community pharmacy	Dr Chloe Maxwell-Smith
9:15 - 9:30	Self-compassion, self-coldness, perceived behavioural control and healthy eating behaviour	Roeline Kuijer
9:30 - 9:45	Clustering of Multiple Health Risk Factors Among Vocational Education Students: A Latent Class Analysis	Prince Atorkey
9:45 - 10:00	Multiple Health Risk Factors in Vocational Education Students: A Systematic Review	Prince Atorkey
10:00 - 10:15	Uptake of Proactively Offered Online and Telephone Support Services Targeting Multiple Lifestyle Behaviours Among Vocational Education Students: Process Evaluation of a Cluster Randomised Controlled Trial	Prince Atorkey
SUPPORTING HEALTHY LIVING ROOM: KA3.411		
9:00 - 9:15	Using Technology for Better Healthcare: Users' Experience among patients with chronic diseases in rural/remote areas	Carina Chan
9:15 - 9:30	Should a combined theory approach be used to support exercise behaviour change among blood cancer survivors? Results from a national survey exploring associations between self-efficacy, motivation, and habits with exercise behaviour.	Camille Short
9:30 - 9:45	Feasibility and Acceptability of a Theory-Based Online Tool for Reducing Stress-Induced Eating	Tenelle Maroney
9:45 - 10:00	The Impact of Action Plans on Habit and Intention Strength for Physical Activity in a Web-Based Intervention – Is it the thought that counts?	Amanda Rebar
10:00 - 10:15	The effect on physical activity engagement, adherence, and mood of an active virtual reality gaming intervention in young men with mild to moderate depression; a randomised controlled feasibility trial to improve physical and mental wellbeing during Covid-19.	Fiona Hargraves

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ORAL PRESENTATIONS

DAY 3 - FRIDAY 10th FEBRUARY

TIME	TITLE	PRESENTER
ADVANCEMENTS IN THEORY AND MEASUREMENT ROOM: KA3.406		
11:45 - 12:00	Adolescent peer support for mental health problems: evaluation of the validity and reliability of the Adolescent Mental Health Support Scale	Shurong Lu
12:00 - 12:15	A Systematic Review on Mediation Studies of Self-Compassion and Physical Health Outcomes in Non-Clinical Adult Populations	Jane Cha
12:15 - 12:30	Healthcare professionals' compassion beliefs: what are they and do they predict compassion for patients?	Alina Pavlova
12:30 - 12:45	A theory-based framework for categorizing behaviour change techniques and mechanisms.	Ron Borland
12:45 - 1:00	The price is right? Medication price and placebo side effects.	Kate Faasse

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ORAL PRESENTATIONS

DAY 3 - FRIDAY 10th FEBRUARY

TIME	TITLE	PRESENTER
PHYSICAL ACTIVITY AND HEALTHY EATING ROOM: KA3.406		
3:30 - 3:45	Development of a workplace digital health intervention for preconception, pregnant, and postpartum women to address diet, movement behaviours and wellbeing	Dr Briony Hill
3:45 - 4:00	Exploring a Mothers Engagement in Team Sport: An Application of An Extended Theory of Planned Behaviour	Emily Arnold
4:00 - 4:15	Wrapping Up a PhD on Dietary Patterns and Depression	Dr Megan Lee
4:15 - 4:30	Self-efficacy, motivation, and habits: psychological correlates of exercise among women with breast cancer	Tamara Jones
4:30 - 4:45	School-based nutrition interventions in children aged 6 to 18 years: an umbrella review of systematic reviews	Kate O'Brien
LIVED EXPERIENCE OF PEOPLE WITH DIABETES AND ITS TREATMENT ROOM: KA3.411		
3:30 - 3:45	"It's really hard, and if other people say anything else, they're lying": A systematic review and qualitative evidence synthesis on barriers and enablers to sustaining self-management behaviours after attending a self-management support intervention for type 2 diabetes	Márcia Carvalho
3:45 - 4:00	Factors influencing primary care implementation of professional mode flash glucose monitoring to support adults with type 2 diabetes: Results from the GP-OSMOTIC qualitative study.	Amelia Lake
4:00 - 4:15	"You've got something to look at and something to achieve": Participant perspectives on professional-mode glucose monitoring for type 2 diabetes in the GP-OSMOTIC qualitative study.	Amelia Williams
4:15 - 4:30	Depression and Diabetes Distress among Indigenous Peoples living with diabetes: A Systematic Review	Shaira Baptista

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