



Australasian Society of Behavioural Health and Medicine
Conference 2022
Program

Day One
Wednesday 2nd February 2022
7:00 – 17:00 AWST, 10:00 – 20:00 AEDT, 12:00 – 22:00 NZDT

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3
7:00	10:00	Welcome Address <i>ASBHM President, Dr Emily Kothe</i>			
7:45	10:45	<u>Keynote:</u> Overlooking the Habit in Our Health <i>Professor Wendy Wood (University of Southern California)</i> Chair: Barbara Mullan			
8:45	11:45	Break (15 mins)			
9:00	12:00	<u>Workshop:</u> The Thesis Whisperer - How to finish your huge writing project (and get on with your life) <i>Professor Inger Mewburn (Australian National University)</i> Free for Peers Connect members			
10:00	13:00	Break (15 mins)			

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3
10:15	13:15	2 parallel sessions: Oral Presentations	Measure Development Chair: Thomas McAlpine	Reproductive Health Chair: Jacquie Mills	
			Delay Discounting and Physical Activity: Adapting and Validating a Health-Specific Measure. <i>Liam O'Donnell (La Trobe University)</i>	A Prospective Examination of the Body Image-Depression Link in Endometriosis and its' Underlying Mechanisms: Self-Esteem & Rumination. <i>Melissa Pehlivan (Macquarie University)</i>	
			Predicting Stressor Appraisals Through the Lens of the Self. <i>Peta Bowler-Bowerman (Cairnmillar Institute)</i>	Cognitive Difficulties in Individuals Living with Endometriosis. <i>Mary Horn (Macquarie University)</i>	
			Enhancing the Assessment of Emotion Regulation Ability: The Perth Emotion Regulation Competency Inventory (PERCI). <i>David Preece (Curtin University)</i>	Comparing Body Appearance and Functionality Satisfaction in People With and Without Endometriosis and Exploring the Relationship Between Endometriosis-Related Pelvic Pain and Body Satisfaction. <i>Corrin Volker (Deakin University)</i>	
			The BEES and the BEEPS: New very brief measures of subjective emotional and physical wellbeing. <i>Shane Rogers (Edith Cowan University)</i>	Quantitative and Qualitative Assessment of Treatment Fidelity Within the Multi-site Bump-2-Baby and Me Gestational Diabetes Intervention. <i>Lauren Kingsley (La Trobe University)</i>	
			Theoretical development of an integrated cues model. <i>Denise Girdlestone (University of Southern Queensland)</i>	Assessing the feasibility of the My Changed Body intervention for people with endometriosis. <i>Jacquie Mills (Deakin University)</i>	
			An investigation into problems encountered during 24-hr dietary recall. <i>Katlyn Mackenzie (Curtin University)</i>	Using the Capability, Opportunity, Motivation-Behaviour (COM-B) model to develop psycho-educational messaging to promote type 2 diabetes screening among Australian women with previous gestational diabetes. <i>Amelia Lake (Deakin University)</i>	

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3
11:45	14:45	Break (30 mins)			
12:15	15:15	2 parallel sessions: Invited Symposia	Conspiracies, COVID-19, and Vaccination in Australasia <i>Mathew Ling, Sarah Kember, Matthew Williams, Mathew Marques, Kate Faasse</i>	Implementation Science and Systems Thinking for Behavioural Health and Medicine <i>Mitchell Sarkies, Kate Churruca, Janet Long, Louise Ellis, Emilie Francis-Auton, Ann Carrigan, Natalie Roberts</i>	
13:45	16:45	Break (15 mins)			
13:30	16:30	<u>Master Lecture: Indigenous curriculum, transformative learning: what is known, and what do we need to know?</u> <i>Dr Jonathan Bullen, Curtin University</i> Chair: Barbara Mullan			
14:30	17:30	Break (15 mins)			
14:45	17:45	Peers Connect Event <i>Social Night and Quiz</i> All Peers Connect members invited			
17:00	20:00	FINISH TIME DAY ONE			

Day Two
Thursday 3rd February 2022
8:00 – 18:00 AWST, 11:00 – 21:00 AEDT, 13:00 – 23:00 NZDT

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3
8:00	11:00	ASBHM Executive Committee Breakfast Meeting <i>Committee members only</i>			
9:00	12:00	3 parallel sessions: Oral presentations	Lifestyle Behaviours Chair: Jessica Charlesworth	Professional Practice Chair: Caitlin Liddelow	COVID Perceptions Chair: Chris Kilby
			How much food do people intend to provide for social vs. non-social meals? <i>Emma V. Long (University of New South Wales)</i>	Implementing Change to Patient Management in Heart Failure: Providing Behaviour Change Workshops to Health Professionals. <i>Caitlin Liddelow (University of Wollongong)</i>	“I’m scared that if I have the vaccine, it’s going to make my lung condition worse, not better”: COVID-19 vaccine acceptance in adults with comorbidities. <i>Maryke Steffens (National Centre for Immunisation Research and Surveillance)</i>
			Inhibitory Control Training to Reduce Appetitive Behaviour: A Meta-Analytic Investigation of Effectiveness and Potential Moderators and Mediators. <i>Lauren Nielsen (Deakin University)</i>	Life-style modification programs for secondary prevention: barriers and enablers of referral by health professionals and engagement and completion of programs by patients? <i>Yvonne Zurynski (Macquarie University)</i>	Causal Imprinting in the pandemic: the persistence of the surface-model of COVID-19 transmission. <i>Micah Goldwater (University of Sydney)</i>
			Using a dual-process approach to investigate whether morningness-eveningness predicts engagement in physical activity. <i>Lauren Nicholson (Curtin University)</i>	Social prescribing – what is it and how do Australian GPs, allied health professionals and consumers experience it? <i>Yvonne Zurynski (Macquarie University)</i>	Have you done your research? Identification of COVID-19 information sources that were associated with intention to receive a COVID-19 vaccination early in the Australian rollout. <i>Jacob Keech (University of Sunshine Coast)</i>
			A digital intervention to reduce drinking: a pilot randomised controlled trial. <i>Petra K. Staiger (Deakin University)</i>	Supporting Healthier Lifestyles: A Role for Community Managed Organisations. <i>Jenny Bowman (University of Newcastle)</i>	Predictability of social cognitions and individual difference factors on vaccine intention in Australia. <i>Karina T. Rune (University of Sunshine Coast)</i>

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3
			Acceptable or Ink-congruous? Perceptions of health professionals with tattoos - and why it matters. <i>Sally Sargeant (Southern Cross University)</i>	Using stakeholder perceptions to inform future implementation efforts of Mental Health First Aid training in China: a qualitative study. <i>Shurong Lu (University of Melbourne)</i>	A qualitative exploration of health and wellbeing on travel decisions in a COVID-19 world. <i>Indita Dorina (Curtin University)</i>
10:15	13:15	Break (15 mins)			
10:30	13:30	Master Lecture: Designing and delivering digital behaviour change tools to support cancer patients adopt and maintain exercise <i>Dr Camille Short (University of Melbourne)</i> Chair: Charles Abraham			
11:30	14:30	Break (1 hour) Annual General Meeting (AGM) <i>All invited to attend</i>			
12:30	15:30	2 parallel sessions: Rapid Communications	Room 1 - Various Chair: Indita Dorina	Room 2 - Various Chair: Emily Kothe	
			The importance of perceptions in the context of sleep hygiene. <i>Thomas McAlpine (Curtin University)</i>	Psychological factors associated with the difficulty of romantic relationship formation in individuals with endometriosis. <i>Kerry Sherman (Macquarie University)</i>	
			Considering Content and Relational Fidelity: An Intervention Fidelity Assessment of the Bump2Baby and Me Trial. <i>Emily White (La Trobe University)</i>	Implementation of a smoke cessation policy in an alcohol and other drug residential service: An evaluation. <i>Zoe Teh (Deakin University)</i>	
			Using Objective Measures to Examine the Impact of Social Media Use on Sleep Quality. <i>Hayley Breare (Curtin University)</i>	The effect on study consent rates of adding a QR code to patient consent forms: A Randomised Controlled Pilot study. <i>Rebecca Wyse (University of Newcastle)</i>	
			Executive functioning predicts dietary behaviour and body weight status in primary school aged children. <i>Naomi Kakoschke (CSIRO)</i>	Using the Theory of Planned Behaviour to predict support- and information-seeking intention on Facebook among women with endometriosis. <i>Maddison Lonie (Deakin University)</i>	

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3
		2 parallel sessions: Rapid Communications	Barriers and facilitators to the implementation of obesity prevention policies, practices or programs in family day care: a mixed method systematic review. <i>Jacklyn Jackson (University of Newcastle)</i>	Are health motivated vegans just as stigmatised as 'regular' vegans? <i>Madelon North (Deakin University)</i>	
			Associations of nighttime sleep and midday napping with attention among adolescents. <i>An-Ting Ku (Taichung Girls' Senior High School, Taiwan)</i>	It's not all about the doctor: insights from a systematic review of the predictors of compassion in healthcare. <i>Alina Pavlova (University of Auckland)</i>	
			Associations between modifiable lifestyle behaviours and anxiety, depression and psychological distress in 6,640 11-to-14-year-old Australians. <i>Scarlett Smout (University of Sydney)</i>	Prolific is a feasible and cost-effective recruitment method for longitudinal studies of health behaviour. <i>Emily Kothe (Deakin University)</i>	
			The nutritional quality of New South Wales high school student food and drink purchases made via an online canteen ordering system. <i>Tara Clinton-McHarg (University of Newcastle)</i>	Using Protection Motivation Theory to predict COVID-19 vaccination intention: a cross-sectional study. <i>Emily Kothe (Deakin University)</i>	
			Childhood trauma and socioeconomic disadvantage among young adults living with overweight and obesity. <i>Blake Lawrence (Curtin University)</i>	Psychological and pharmacological interventions for depression in patients with coronary artery disease: an updated Cochrane Review. <i>Phillip J. Tully (University of New England)</i>	
			What do Western Australian kids think about sugary drinks? <i>Zenobia Talati (Curtin University)</i>	Opportunities and challenges in teaching students about behaviour change: Reflections from teaching a large undergraduate unit. <i>Jacquie Mills (Deakin University)</i>	
			Effectiveness and cost-effectiveness of the scaled-up secondary school physical activity program: Physical Activity 4 Everyone (PA4E1).	Does food addiction mediate the relationship between childhood trauma and overweight and obesity in young adults? <i>Samuel Offer (Curtin University)</i>	

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3
			<i>Matthew Mclaughlin (University of Newcastle)</i>		
13:30	16:30	Break (15 mins)			
13:45	16:45	3 parallel sessions: Oral Presentations	Coping During COVID Chair: Emily Kothe	Chronic Conditions 1 Chair: Kerry Sherman	Community Behaviour Change Chair: Jessica Charlesworth
			Adapting to COVID-disrupted learning environments: the importance of coping, emotion regulation and academic self-efficacy for students entering the health workforce. <i>Sally Sargeant (Southern Cross University)</i>	Feasibility of the Enhanced My Changed Body Self-Compassion Intervention for Body Image Concerns Following Breast Cancer Treatment: Who is most likely to benefit? <i>Kerry Sherman (Macquarie University)</i>	Improving adoption of Naloxone in Australian Pharmacies: Testing the role of theory of planned behaviour. <i>Hannah Uren (Curtin University)</i>
			Engagement, adherence and effect on physical activity 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. <i>Fiona Hargraves (University of Western Sydney)</i>	The effectiveness and cost-effectiveness of a Digital Health Intervention (DHI) to support colorectal cancer (CRC) patients prepare for and recover from surgery: Study protocol of the RecoverEsupport randomised controlled trial. <i>Rebecca Wyse (University of Newcastle)</i>	eHealth interventions targeting poor diet, smoking and alcohol use among disadvantaged youth: A systematic review. <i>Lyra Egan (University of Sydney)</i>
			Improving Coping Skills in Young People During COVID-19: Results from a Randomized Trial of the Whitu app <i>Anna Serlachius (University of Auckland)</i>	Do mood disorders mediate the relationship between childhood trauma and food addiction in young adults living with overweight or obesity? <i>Kelsie Barbara (Curtin University)</i>	Improving safe food-handling through the use of behaviour change techniques. <i>Jessica Charlesworth (Curtin University)</i>
			The Impact of the COVID-19 Pandemic on Six Key Lifestyle Risk Behaviours in Australian Adolescents <i>Lauren Gardner (University of Sydney)</i>	Interventions to Improve Breast Cancer Screening Health Behaviours. <i>Amish Acharya (Imperial College London)</i>	Can mass media be used to maintain safe food handling behaviours? <i>Barbara Mullan (Curtin University)</i>
14:45	17:45	Break (15 mins)			

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3
15:00	18:00	2 parallel sessions: Invited Symposia	<p>Innovative approaches to promote health behaviour change, health and well-being among men living with overweight or obesity</p> <p><i>Eleanor Quested, Dominika Kwasnicka, Brendan Smith, Matthew McDonald, Paul Sharp, Cristina Caperchione</i></p>	<p>Advancing the psychology of habit to understand and change real-world health behaviour</p> <p><i>Benjamin Gardner, Amanda L. Rebar, Boris Cheval, Amy Rodger, Sebastian Potthoff, Gaby Judah</i></p>	
16:30	19:30	<p>Break and Social Drinks (30 mins) <i>All invited to attend</i></p>			
17:00	20:00	<p><u>Keynote:</u> Why have we got so much about nutrition wrong? <i>Professor Tim Spector (Imperial College London)</i> Chair: Charles Abraham</p>			
18:00	21:00	<p>FINISH TIME FOR DAY TWO</p>			

Day Three
Friday 4th February 2022
8:00 – 15:30 AWST, 11:00 – 18:30 AEDT, 13:00 – 20:30 NZDT

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3
8:00	11:00	2 parallel sessions: Oral Presentations	Chronic Conditions 2 Chair: Jemma Todd	Aging and Older Adults Chair: Jessica Charlesworth	
			The role of smartphone applications in preventing Type 2 diabetes mellitus: A systematic review and meta-analysis. <i>Esrat Jahan (Macquarie University)</i>	The MIND diet, cognitive function, and well-being among healthy adults at midlife. A randomised feasibility trial. <i>Deirdre Timlin (Ulster University)</i>	
			Cognitive bias in chronic headache: A systematic review and meta-analysis. <i>Jemma Todd (University of Sydney)</i>	What role does mobility play in positive ageing for community-dwelling older adults? Interpreting results of a scoping review <i>Tessa Pocock (University of Auckland)</i>	
			The effectiveness of psychosocial interventions for reducing poor body image in gynaecological conditions: A systematic review and meta-analysis. <i>Melissa Pehlivan (Macquarie University)</i>	Promoting social connectedness: Exploring the barriers and facilitators of technology adoption among Australian older adults in rural areas <i>Carina Chan (La Trobe University)</i>	
			A Qualitative Exploration of the Experiences, Coping, and Needs of Informal Carers of People with Multimorbidity. <i>Eliza Ferguson (University of Sydney)</i>	Does cerebrovascular status mediate the relationship between the Mediterranean diet and cognition? <i>Felicity Simpson (University of Newcastle)</i>	
			Systematic review: Psychosocial characteristics of youths on dialysis. <i>Kavitha Jaganathan (University of Auckland)</i>	Apathy and poorer engagement in multiple health behaviours: cross-sectional findings from the Sydney Memory and Ageing Study. <i>Fleur Harrison (University of New South Wales)</i>	
9:15	12:15	Break (15 mins)			

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3
9:30	12:30	<p>Master Lecture: Psychological interventions for adults with chronic health conditions: results from recent trials of an internet-delivered and transdiagnostic intervention <i>Professor Blake Dear (Macquarie University)</i> Chair: Jemma Todd</p>			
10:30	13:30	Break (30 mins)			
11:00	14:00	2 parallel sessions: Oral Presentations	<p>Dietary Behaviours Amongst Adults Chair: Caitlin Liddelow</p>	<p>Quality of Life Chair: Barbara Mullan</p>	
			<p>A partially randomised preference trial of a healthy eating and active living support program for parents of 2-6 year old children (the 'Time for Healthy Habits' trial): the effect on parent fruit and vegetable consumption. <i>Jacklyn Jackson (University of Newcastle)</i></p>	<p>Assessing the Impact of Patient-Centred Care on Health-Related Quality of Life and Trust in the Healthcare System in Australian Women with Endometriosis <i>Jacquie Mills (Deakin University)</i></p>	
			<p>An Online Diary Study of Functional and Dysfunctional Self-licensing: Replication and Further In-Depth Investigation. <i>Berke Sezer (Curtin University)</i></p>	<p>Health-Related Quality of Life in Individuals with Endometriosis in New Zealand. <i>Chelsea Skinner (University of Canterbury)</i></p>	
			<p>Impact of diagnostic labels and causal explanations for weight gain on diet intentions, cognitions and emotions: An experimental online study. <i>Jenna Smith (University of Sydney)</i></p>	<p>The Effects of a Mindfulness-based Massive Open Online Course (MOOC) on Psychological Stress and Wellbeing in Tertiary Education Students: A Pragmatic Randomized Controlled Trial. <i>Guy Prochilo (ISN Psychology)</i></p>	
			<p>What happens after we eat when experiencing stress? <i>Chris Kilby (Cairnmillar Institute)</i></p>		
			<p>Using the Theory of Planned Behaviour to predict intention to reduce dietary consumption of animal products. <i>Annie Hague (Deakin University)</i></p>		

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3	
12:15	15:15	Break (15 mins)				
12:30	15:30	2 parallel sessions: Oral Presentations	Alcohol & Other Drugs Chair: Tess Fletcher	Driving Behaviour Change in Children and Teens Chair: Jacquie Mills		
			What happens when you give smokers unlimited access to inhibitory control training? Considerations from a quasi-experimental study. <i>Laura Hughes (Deakin Univeristy)</i>	School-based nutrition interventions in children aged 6 to 18 years: an umbrella review of systematic reviews. <i>Rebecca Hodder (University of Newcastle)</i>		
			Evaluating Cracks in the Ice – a national online portal developed to support Australian families, health workers and communities affected by the drug ‘ice’. <i>Steph Kershaw (University of Sydney)</i>	Associations between correlates and behavioural patterns in children. <i>Ninoshka D'Souza (Deakin University)</i>		
			Is it what you know? The relationship between beliefs and alcohol use intentions in pregnancy. <i>Tess Fletcher (Curtin University)</i>	A systematic review and meta-analysis of parent-based interventions to improve multiple lifestyle risk behaviours among adolescents. <i>Katrina Champion (University of Sydney)</i>		
			Practice change intervention to improve antenatal care for alcohol consumption: a randomised stepped wedge controlled trial. <i>Emma Doherty (University of Newcastle)</i>	The Play Active Program for Early Childhood Education and Care: Baseline results of the physical activity context. <i>Emma Adams (Telethon Kids Institute)</i>		
			Can Dimensional Measures of Mental Health Symptoms Predict Level of Alcohol Involvement? An Exploration of Representative Community Sample <i>Darren Haywood (Curtin University)</i>	The long term effectiveness of the ‘Click & Crunch’ cluster randomized controlled trial to improve the nutritional quality of primary school student lunch orders from online canteens: 18 month follow up. <i>Tessa Delaney (University of Newcastle)</i>		
13:45	16:45	Break (15 mins)				
14:00	17:00	Keynote: A step in the right direction: The premise of walking to promote health and well-being <i>Professor Cecile Thogersen-Ntoumani (University of Southern Denmark)</i> Chair: Chris Kilby				

Start (WST)	Start (AEDT)	Schedule	Room 1	Room 2	Room 3
15:00	18:00	Closing Address & Awards + Social Drinks <i>ASBHM President, Emily Kothe and ASBHM President-Elect, Chris Kilby</i>			
15:30	18:30	FINISH TIME FOR DAY THREE			

FAQ

- All sessions will be presented live, unless already organised with the ASBHM 2022 organising committee.
- All Keynote presentations will be recorded so you can access them for 30 days after ASBHM 2022 via the ASBHM website (only members will have access)
- All oral presentations are allocated a 15-minute timeslot, with 12-minutes of speaking time and 3-minutes for questions. There is no limit on the number of presentation slides.
- All rapid communication presentations are allocated a 5-minute timeslot, with 3-minutes of speaking time and 2-minutes for questions. Only one static slide is permitted. All slides are required to be sent in advance (by Friday 28th January) to admin@asbhm.com.
- The Thesis Whisperer Workshop is free for all Peers Connect members (Honours students, Masters students, PhD candidates and Early Career Researchers). There is an additional \$20 fee for all Professional attendees which can be purchased on the ASBHM 2022 website.
- Certificates of attendance will not be given out unless specifically requested. If you require one, please contact admin@asbhm.com after ASBHM 2022.
- The abstracts submitted for ASBHM 2022 will not be published in any academic peer-reviewed journals.
- All presenters must be registered for the conference to present their work. If you have not registered before the 1st February 2022, you will be unable to attend.
- If you experience any other issues or have any further queries, please direct them to admin@asbhm.com, which will be monitored during ASBHM 2022.
- Further details related to “how to” for presenting will be sent out to all presenters soon.