

## Agenda

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**08:00**     ***Registration and coffee***

**08:45**     ***Welcome and practical information***

09:00     Tomas Nygren  
*Development of an internet-based CBT self-help program for Arabic-speaking immigrants in Sweden*

09:15     Anton Käll  
*SOLUS - Internet-based CBT against loneliness*

09:30     Hugo Hesser  
*Employing complier average causal effect analysis in internet-delivered treatments*

09:45     Cecilia Svanborg  
*Dissemination and Implementation of Internet-Based Psychological Treatments: Challenges and possible solutions*

**10:00**     ***Coffee break & Poster session***

10:30     Fredrik Holländare  
*Implementation of iCBT for depression in routine care*

10:45     Matilda Berg  
*The role of knowledge in internet-based cognitive behavioural therapy for adolescent depression: results from two randomised controlled trials*

11:00     Kristofer Vernmark  
*The role of therapeutic alliance in blended treatment for depression*

11:15     Sara Pankowski  
*Multimedia-supported iACT for patients with bipolar disorder and residual symptoms*

11:30     Martin Oscarsson  
*New Year's Resolutions - A Large Scale Randomized Controlled Trial*

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11:45 Molly Zetteberg  
*Internet-Based Treatment of Perfectionism: A Randomized Controlled Trial Comparing Two Types of Self-Help*

**12:00 Lunch**

13:00 Martin Kraepelien  
*Internet-based Cognitive Behavioral Therapy For General Function In Patients With Parkinson's Disease: A Randomized Controlled Trial*

13:15 Johanna Sandborg  
*HealthyMoms - a smartphone application to promote healthy weight gain, diet and physical activity during pregnancy: a randomized controlled trial*

13:30 Nils Gasslander  
*Tailored Internet-Delivered Cognitive Behavioral Therapy for Patients with Chronic Pain and Comorbid Psychiatric Distress*

13:45 Britta Westerberg  
*Internet-based treatment for adults with autism spectrum disorder – a study protocol for a randomized controlled trial*

14:00 Viktor Kaldo  
*Internet treatment as a methodological base to compare sleep compression and sleep restriction in the treatment of insomnia*

14:15 Karin Hyland  
*Treatment of alcohol dependence in primary care*

14:30 Per Carlbring  
*Internet-based vs. face-to-face cognitive behavior therapy for psychiatric and somatic disorders: An updated systematic review and meta-analysis*

**14:45 Coffee break & Poster session**

15:15 Mats Dahlin  
*Internet-delivered cognitive behaviour therapy for generalized anxiety disorder in psychiatric routine care: a randomized controlled trial*

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- 15:30 Lichen Ma  
*Attentional bias modification in virtual reality*
- 15:45 Anne-Wil Kruijt  
*Treatment without target? No meta-analytical evidence for baseline bias towards threat in 860 clinically anxious individuals enrolled in Attention Bias Modification RCTs*
- 16:00 Philip Linder  
*Therapist-led and at-home one-session Virtual Reality exposure therapy for public speaking anxiety using consumer hardware and software, with online maintenance: A randomized controlled trial*
- 16:15 Max Rubinsztein  
*Introducing Learning Machines into ICBT*
- 16:30 Robert Johansson  
*After the web we had the apps. Then came the robots.*
- 16:45 Closing discussions and awards**
- 17:15 End of the Conference**

## Posters

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Erik Forsell

*Internet delivered Cognitive Behavior Therapy for Antenatal Depression: A Randomized Controlled Trial*

Magnus Johansson

*Web-based treatment of harmful alcohol use: A randomized controlled trial and user-survey*

Simon Fagnäs

*Moderating effects of presence and adherence in internetbased CBT with virtual reality exposure therapy for public speaking anxiety.*

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