

Scientific Program

Day 1, 20 May (13:00-16:50)

13:00 *Per Carlbring and Nora Choque Olsson warmly welcome attendees as they open the 13th Conference on Internet Interventions in Sweden*

13:05 Gerhard Andersson Questions asked by trial participants in ICBT for depression.

13:20 George Vlaescu Darknet and anonymity in internet interventions

13:35 Nike Lindhe Climate coping: Participants' experiences of undergoing treatment for climate change-related distress

13:50 Ewelina (Nina) Smoktunowicz Development of the internet intervention to reduce work-family conflict in couples: Results of qualitative analysis

14:05 Martin Oscarsson Internet interventions for working adults with ADHD: a randomized trial of cognitive-behavioral versus mindfulness stress-management

14:20 *Group photo + Break*

14:50 Rebecca Andersson (fd Grudin) Guided and unguided internet-based BA vs regular care for adolescents with depression – the IDA trial

15:05 Vilgot Huhn I'm confused about within-group effect size in linear-mixed regression models, and you should be too – an explorative simulation.

15:20 Markus Jansson-Fröjmark Smartphone app-delivered cognitive behavioral therapy with telephone support for insomnia disorder compared to a waitlist control – a randomized clinical trial

15:35 Magnus Karlsson-Good A Transdiagnostic Tailored Digital Self-Help Intervention for Anxiety and Low Mood

15:50 *Break*

16:05 Fredrik Livheim Creating a non-profit, global app. - A wild vision, challenges and lessons learnt

16:20 Victoria Aminoff Life crises: Can ICBT help?

16:35 Lisa Bäckman Effects of internet-based enhanced acceptance and commitment therapy integrating interoceptive exposure for panic disorder and the association between therapeutic alliance and outcome: A randomized controlled trial

16:50 *Dinner on Your Own* *After the first day's sessions, take the opportunity to grab an attendee and head out for dinner. It's a perfect time to make new friends and enjoy some of Stockholm's dining experiences.*

Day 2, 20 May (09:00-12:05)

09:00	Kristofer Vernmark	Mindfulness-Focused Internet-based Cognitive Behavioral Therapy for Elevated Levels of Stress and the Role of Mindfulness Training: A Two-arm Randomized Controlled Trial
09:15	Jakob Mechler	Guided and Unguided Internet-delivered Psychodynamic Therapy for Social Anxiety Disorder: A Randomized Controlled Trial
09:30	Karin Lindqvist	Predictors of outcome in internet-delivered psychodynamic treatment for social anxiety
09:45	Jón Ingi Hlynsson	Let's talk about digital mental health assessment: Utilizing PHQ-2 and GAD-2 for in-treatment monitoring & BBQ and QWB for outcome evaluation in internet interventions
10:00	Jonna Hybelius	Randomized Controlled Trial of Internet-delivered Exposure-based Treatment vs. Standardized Education for Distress Related to Persistent Somatic Symptoms (SOMEX1)
10:15	<i>Break</i>	
10:45	Alexander MacLellan	Simple games – The effect of adding isolated game elements on adherence and motivation in a digital food-response training.
11:00	Jan Maciejewski	Enhancing meta self-efficacy to improve work self-efficacy and well-being in young employees. A protocol of internet intervention RCT & co-creation process.
11:15	Zusanna Bjurenfalk	Multilingual anonymous internet-delivered psychotherapy for child sexual perpetration prevention
11:30	Rikard Sunnhed	Predictors and Moderators of Cognitive Therapy and Behavior Therapy for insomnia disorder
11:45	Shervin Shahnava	Individually tailored ICBT for immigrants with common mental health problems
12:00	Per Carlbring + ?	<i>Farewell and Forward with Per and a Special Guest: Unveiling the next SweSR11 and announcing the Best Presentation and Poster awards.</i>

