

Scientific Program

25 November

08:30 *Registration*

08:50 *Welcome* - Gerhard Andersson

09:00 Victoria Aminoff

CoronaCope: ICBT addressing mental illness associated to the COVID-19 pandemic

09:20 Sabrina Baldofski

What to do in a crisis? Evaluation of a 24/7 messenger-based psychological chat counselling service for children and young adults

09:40 Nike Lindhe

Tailored Internet-delivered Cognitive Behavioral Therapy for individuals experiencing psychological distress associated with climate change: a randomized controlled trial

10:00 *Coffee break*

10:30 Alexander Rozental

Procrastination among university students: Differentiating severe cases in need of support from less severe cases

10:50 Gerhard Andersson

Methodological challenges with transdiagnostic and problem-focused internet interventions

11:10 Eik Runge

I-TREAT: Internet-based Cognitive Behavioral Treatment for Other Specified Eating or Feeding Disorders (OSFED) in Danish Adolescents and Adults – Study Protocol for a Randomized Controlled Trial

11:30 Viktor Kaldo

Predicting Outcome in ICBT to Increase Treatment Effects –Some History, Methods, and Thoughts.

11:50 Pontus Bjurner

Validation and usability testing of a clinical decision support tool for iCBT

12:10 Maria Sansoni

Instagram and Psychological Well-Being: Using Virtual Reality to explore the impact of Beauty Filters on women's body image

12:30 *Lunch*

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- 13:30** Thomas Berger
Keynote: Optimizing Support to Improve Outcomes of Internet-Based Self-Help
- 14:00** Ida Hensler
Brief, highly frequent assessments in the randomized controlled trial of PTSD Coach: considerations for exploring mechanisms of change in internet- and app-interventions
- 14:20** Martin Kraepelien
Digital self-care tools to be used in clinical settings – a proposed concept and experiences from two development projects
- 14:40** Dorian Kern
What are the essentials? Shortening and streamlining comprehensive internet-delivered cognitive behavioural therapy manuals
- 15:00** Fred Johansson
Procrastination and Health Outcomes Among University Students: An Outcome-Wide Cohort Study
- 15:20** *Coffee break*
- 15:50** Helene Skaarnes
An Internet-Based Cognitive Behavioral Intervention for Adolescents With Anxiety Disorders: a Study Protocol
- 16:10** Maria Sansoni
Mitigating Negative Emotions Through Virtual Reality and Embodiment
- 16:30** Panajioti Räsänen
Examining coaches' asynchronous written feedback in two ACT-based interventions for enhancing university students' wellbeing and reducing psychological distress: A randomized study
- 16:50** Gizem Bozyel
Psychological Burden of Healthcare Workers: Development and Evaluation of Internet-Based Intervention Program on Psychological Health
- 17:10** *Panel discussion*
- 17:40** *Closing*
- 18:30** *Dinner*
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