

SweSRII: The 12th Swedish Congress on Internet Interventions

Uppsala, Sweden, May 22-23, 2023

Department of Psychology, Blåsenhus, von Kraemers allé 1

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May 22		
10:00-12:00	Meet-and-greet for doctoral students	
12:00-13:00	Registration	
13:00-13:15	Opening	
13:15-13:30	Karoline Kolaas	Internet-delivered transdiagnostic psychological treatments for individuals with either primary depression, primary anxiety, or both: A systematic review and meta-analysis of randomized controlled trials
13:30-13:45	Danilo Romero	Self-guided digital intervention to increase post-detoxification treatment-seeking among individuals with substance use disorders: Research protocol with preliminary findings
13:45-14:00	Lauri Lukka	The development of game-based digital mental health interventions: An integrative framework bridging the paradigms of healthcare and entertainment
14:00-14:15	Erik Olsson and Ellinor Engström	Outcome of ICBT for ADHD symptoms: A randomized controlled study
14:15-14:30	Gerhard Andersson	ICBT for SAD: The concept of local evidence and replication
14:30-15:00	Coffee break and posters	
15:00-15:15	Jakob Clason van de Leur	New CBT-model for stress-induced exhaustion delivered via Internet
15:15-15:30	Kristofer Vernmark	From research to practice: Implementation of ICBT in the Swedish healthcare system
15:30-15:45	Jorge Osma	Pilot study of clinical utility and acceptability of the unified protocol applied in blended format in the Spanish public mental health system
15:45-16:00	Per Carlbring	Transdiagnostic Internet interventions: A breakthrough in psychological disorders?
16:00-16:15	Coffee break	
16:15-16:30	Aneliana da Silva Prado	Online support groups for mental health promotion of Brazilian graduate students within the COVID-19 pandemic context

16:30-16:45	Johan Edbacken and Hanna Tarkian Tillgren	Implementing ICBT in routine care: Lessons learned
16:45-17:00	Susanna Österman and Martin Kraepelin	A self-guided intervention for health anxiety
17:00-17:30	Anke Ehlers - Special guest via Zoom	Does trauma-focus matter in ICBT for PTSD? Results from the STOP-PTSD trial
17:30	Group photo	
17:45	Mingle and posters	
18:30	Dinner	Vegetarian buffet dinner, at your own expense, at restaurant Segerstedts (next- door from the congress)

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May 23

09:00-09:15	Alexa Kjellberg and Laura Holmberg	Treatment related helping and hindering factors for ICBT for ADHD symptoms
09:15-09:30	Anne H Berman	Teaching digital mental health treatment in theory and practice: A proof-of-concept pilot and feasibility study
09:30-09:45	Kristina Aspvall	Long term effects of stepped-care treatment for children and adolescents with obsessive-compulsive disorder: A two-year follow-up
09:45-10:00	Óscar Peris Baquero	Using online groups to prevent emotional disorders and symptoms in a sample of university students: Acceptability and preliminary clinical utility at 3-month follow-up
10:00-10:15	Joanne Woodford	Internet-administered, low- intensity cognitive behavioral therapy for parents of children treated for cancer: A feasibility trial (ENGAGE)
10:15-10:30	Vilgot Huhn	Implementing an Internet-based treatment protocol for GAD in psychiatric care: A pilot-feasibility trial
10:30-10:45	Coffee break	
10:45-11:00	Naira Topooco	Assessment and Internet interventions for mental health problems among university students: Swedish partnership in the WHO World Mental Health international college student study
11:00-11:15	Ann Rosén	Sleep restriction versus sleep compression on insomnia severity and adverse events: A randomized control trial

11:15-11:30	Klara Olofsdotter Lauri	Investigation of a novel online self-guided cognitive intervention for unwanted intrusive thoughts about harming infants in new parents
11:30-11:45	Ida Hensler	Apprehension and disappointment: Negative effects of an effective trauma-focused self-management app
11:45-12:00	Erik Forsell	Clinically sufficient classification accuracy and key predictors of treatment failure in a randomized controlled trial of Internet-delivered cognitive behavior therapy for insomnia
12:00-12:15	Coffee break	
12:15-12:30	Rebecca Rhodin	Co-designing a psychosocial self-management mobile app for teenagers in grief
12:30-12:45	Leo Kowalski	DIARY intervention: Study Protocol for an RCT
12:45-13:00	Magnus Karlsson-Good	Increasing accessibility to ICBT for depression: A randomised controlled trial of condensed versus standard length treatment
13:00-13:15	Closure	

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Posters

Angelica B. Ortiz de Gortari	A transdiagnostic ecological momentary intervention for esports players
Ariana Vila	New ways of improving sexuality: A systematic review to analyze virtual reality interventions for sexual-related problems
Chelsea Coumoundouros	Implementation of e-mental health interventions for informal caregivers: A systematic review of what we know and where to go next
Christina Maar Andersen	Online psychological intervention for diabetes distress in patients with type-1 diabetes
Elena Sajno	Improving emotional prediction in online interventions: A machine learning prospective
Eliša Pancini	Virtual reality and savoring to promote the well-being of patients with long COVID
Emma Ramsay Milford	Early access to blended psychological treatment for paediatric functional abdominal pain: Preliminary results of a mixed methods study
Henar Guillen	Design and development of an immersive Virtual Reality application to promote empathic communication between cancer survivors and their partners

Maria Sansoni	Mind-Body: A RCT protocol for anorexia nervosa exploiting virtual reality mindfulness.
Laura Martínez García	REGULEM: A user-centered smartphone app based on the therapeutic principles of the unified protocol for the treatment of emotional disorders
Linnea Nissling	Internet-delivered acceptance and commitment therapy for adolescents with anxiety disorders: A randomized controlled trial
Maria Sansoni	The influence of male selfies on female participants' body image: The role of beauty filters
Nike Lindhe	Tailored Internet-delivered cognitive behavioral therapy for individuals experiencing psychological distress associated with climate change: A randomized controlled trial
Patricia Garatva	Just-in-time adaptive interventions: Acceptance and efficacy of the chatbot SISU for increasing psychological well-being
Pontus Bjurner	Evaluating the value of explainability in an AI-based CDSS
Stefano De Gaspari	A machine learning to improve the emotion regulation: A potential tool for online clinical and educational applications
Victoria Aminoff	PostCoronaCope: A randomized controlled trial