# ASBHM Conference 2020: Sydney

## DAY 1: Wednesday, 5th February

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| 9:00 – 5:00 | Registration desk open Location: Conference foyer | | | |
| 9.00 – 12.00 | **PEERS CONNECT Workshop:**  ***Resilience Training for Early Career Researchers***  *Prof Monique Crane*  *Location:* | | **Professional Workshop:**  ***Facilitating adjustment to chronic illness to improve mental and physical wellbeing***  *Prof Frank Penedo*  *Location:* | |
| 1:00 – 1:30 | **Welcome Address:** ASBHM President*Dr Helen Brown*  Location: | | | |
| 1:30 – 2:30 | **KEYNOTE ADDRESS: *From Controlled Trials to Implementation and Dissemination Models:***  ***Providing precise and patient centred care in cancer survivorship***  Prof Frank Penedo  Chair:  Location: | | | |
| 2.30 – 3.00 | **AFTERNOON TEA:** Location: | | | |
| 3.00 – 4.30 | **SESSION 1**  ***Chronic Disease Management***  Chair:  Location: | **SESSION 2**  ***Health Behaviour Change***  Chair:  Location: | | **SESSION 3**  ***Health Behaviour across the Lifespan***  Chair:  Location: |
| **Session 1/ Paper 1**  Transdiagnostic cognitive-behavioural therapy for depression and anxiety disorders in cardiovascular disease patients: results from the CHAMPS feasibility trial  ***Phillip Tully****, Deborah Turnbull, John Horowitz, John Beltrame, Bernhard Baune, Shannon Sauer-Zavala, Gary Wittert* | **Session 2/ Paper 1**  The effect of weight loss on perceptions of a target person's health and on subsequent behaviour recommendations  ***Clancy Black,*** *Lenny Vartanian, Kate Faasse* | | **Session 3/ Paper 1**  Understanding food behaviours of parents using temporal self-regulation theory  ***Barbara Mullan*** |
| **Session 1/ Paper 2**  The relationship between state mindfulness, coping, and pain in women with endometriosis  ***Jacqui Mills****, Ruvi Fernando, Georgia Rush, RoseAnne Misajon,* | **Session 2/ Paper 2**  The Physical and Mental Health Benefits of Participation in Organised Youth Sport: An Exploration of Sex Differences  ***Lauren Gardner****, Maree Teesson, Nicola Newton, Frances Kay-Lambkin, Katrina Champion, Cath Chapman, Louise Thornton,* | | **Session 3/ Paper 2**  A Protocol for The Replicable Piloting of Stimulus Items for Implicit Measures  ***Daniel Phipps,*** *Martin Hagger, Kyra Hamilton* |
| **Session 1/ Paper 3**  What are we actually measuring when we measure medication adherence? An application of temporal self-regulation theory  ***Caitlin Liddelow****, Barbara Mullan, Mark Boyes* | **Session 2/ Paper 3**  Contact lens compliance: tricks of compliant practitioners  ***Stephanie Yeo,*** *Ki Cahn Choi, SuMin Park, Isabelle Jalbert, Jackie Than-Showyin, Nicole Carnt* | | **Session 3/ Paper 3**  Interventions for increasing fruit and vegetable consumption in children aged 5 years and under: systematic review  *Rebecca Hodder,* ***Kate O’Brien,*** *Fiona Stacey, Flora Tzelepis, Rebecca Wyse, Kate Bartlem, Rachel Sutherland* |
| **Session 1/ Paper 4**  Patients with ME/CFS (Chronic Fatigue Syndrome) and chronic pain report similar level of sickness behavior as individuals injected with bacterial endotoxin at peak inflammation  *Mike Jones,**Mike Kemani, Bianka Karshikoff, Karin Lodin, Linda Holmstrom,* ***Anna Andreasson*** | **Session 2/ Paper 4**  How should we categorize components of behaviour change interventions?  ***Ron Borland****, Charles Abraham* | | **Session 3/ Paper 4**  Adult stomach pain can be predicted from early childhood symptoms and psychosocial factors  ***Michael Jones,*** *Tomas Faresjvd, Ashild Faresjvd, Alissa Beath, Johnny Ludvigsson* |
| **Session 1/ Paper 5**  Activating attachment influences how young people approach end-of-life conversations.  ***Holly Evans,*** *Ursula Sansom-Daly, Richard Bryant* | **Session 2/ Paper 5**  Smoking-specific Inhibitory control training (ICT): Findings from a Randomised Controlled Trial of an online program for heavy smokers  ***Petra Staiger,*** *Melissa Hayden, Laura Hughes, Jason Bos, Natalie Lawrence* | | **Session 3/ Paper 5**  Can we improve parents' feeding behaviours? A proof of concept study  **Barbara Mullan,** Lisa Engels, Carlotta Mons, Enrique Mergelsberg |
| 4.30 – 5:30 | **WELCOME RECEPTION**  Hosted by ASBHM Executive  Location: | | | |
| 6.00 - | **Peer Connect Social event**  **Venue:** | | | |

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## DAY 2: Thursday, 6th February

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| 7:45 – 9:00 | Registration desk open Location: | | |
| 9:00 – 10:00 | **KEYNOTE ADDRESS: *Improving Physical and Mental Wellbeing in Patients with persistent care***  Prof Louise Sharpe  Chair:  Location: | | |
| 10:00 – 10:30 | **MORNING TEA & POSTER SESSION** *(abstracts on Page XX)*  Location: | | |
| 10.30 – 12.00 | **SESSION 4**  ***Strategies for Disease Prevention***  Chair:  Location: | **SESSION 5**  ***e-health and m-health Approaches***  Chair:  Location: | **SESSION 6**  ***Supporting better health outcomes for indigenous, at-risk and minority populations***  Chair:  Location: |
| **Session 4/ Paper 1**  Testing the theory of interpersonal behaviour for sun-safety behaviours  ***Daniel Brown,*** *Kyra Hamilton* | **Session 5/ Paper 1**  Is device-based total and domain-specific sedentary behaviour associated with psychological distress in working adults?  ***Katrina DeCocker,*** *Margot Ketels, Jason Bennie, Els Clays* | **Session 6/ Paper 1**  Implications for GP endorsement of diabetes app features with patients from culturally diverse backgrounds: A qualitative study  ***Julie Ayre,*** *Carissa Bonner, Siam Bramwell, Sharon McClelland, Rajini Jayaballa, Glen Maberly, Kirsten McCaffrey* |
| **Session 4/ Paper 2**  An Evaluation of Belief-clustering Regarding Health Interventions in Two WEIRD Countries.  ***Mathew Ling,*** *Anna Jackson, Madison Matthews, Simon Kalpana, Emily Kothe* | **Session 5/ Paper 2**  The Health4Life Initiative: An eHealth intervention to prevent multiple lifestyle risk factors among Australian adolescents  **Katrina Champion,** Maree Teeson, Nicola Newton, Frances Kay-Lambkin, Cath Chapman, Louise Thornton, Tim Slade | **Session 6/ Paper 2**  Listening to the community to understand the appeal of antibiotics: designing interventions to reduce the inappropriate use of antibiotics in Vietnam  ***Shannon McKinn,*** *Duy Trinh Hoang, Dorothy Drabarek, Thao Trieu Thu, Phuong Thi Lan Nguyen, Thu Anh Nguyen, Greg Fox* |
| **Session 4/ Paper 3**  Cues to Action Alcohol Consumption - Development of a Consolidated Model  ***Denise Girdlestone,*** *Erick Fein, Amy Mullens, Barbara Mullan,* | **Session 5/ Paper 3**  CHAT-GP: interactive decision aids to improve heart disease prevention and address health literacy  ***Carissa Bonner,*** *Lyndal Trevena, Jenny Doust, Kirsten McCaffery* | **Session 6/ Paper 3**  Are health motivated vegans just as stigmatised as 'general' vegans?  ***Madelon North,*** *Emily Kothe, Mathew Ling, Anna Klas* |
| **Session 4/ Paper 4**  Self-compassion and response conflict in relation to healthy and unhealthy food  ***Roeline Kuijer,*** *Jessica Gunby* | **Session 5/ Paper 4**  Postpartum women's perspectives on digital health interventions for postpartum lifestyle management: A systematic review of qualitative studies  **B*riony Hill,*** *Siew Lim, Andrew Tan, Seonad Madden* | **Session 6/ Paper 4**  Strength and balance training for the prevention of falls in older adults with vision impairment: exploring habit formation and participant perspectives  ***Lisa Dillon,*** *Lindy Clemson, Helen Nguyen, Lisa Keay* |
| **Session 4/ Paper 5**  Evaluating the Person-level fit of Protection motivation Theory and Prototype Willingness Model to Uptake of Seasonal Influenza Vaccinations  *Emily Kothe,* ***Mathew Ling,*** *Ian Benjamin,**Kate Adamson, Nathan Holden, Phoebe Leung, Charles Gray* | **Session 5/ Paper 5**  Addressing vaccination misinformation with debunking messages: a randomised controlled trial  ***Maryke Steffens,*** *Adam Dunn, Mathew Marques, Margie Danchin, Holly Witteman, Julie Leask* | **Session 6/ Paper 5**  Clinical spaces, stigma, fear and bias: The challenge of supporting Pacific Bariatric surgery patients in New Zealand.  ***Tamasin Taylor,*** *Wendy Wrapson, Ofa Dews, Nalei Taufa, Richard Siegert* |
| 12:00 – 1:00 | **LUNCH**  Location: | | |
| 1:00 – 2:30 | **SESSION 7**  ***Strategies for Disease Prevention***  Chair:  Location: | **SESSION 8**  ***e-health and m-health Approaches***  Chair:  Location: | **SESSION 9**  ***Mental Health Approaches***  Chair:  Location: |
| **Session 7/ Paper 1**  Tailoring vs choice: the impact of a literacy-sensitive action plan to reduce unhealthy snacking  ***Julie Ayre,*** Erin Cvejic, Carissa Bonner, Robin Turner, Stephen Walter, Kirsten McCafferty | **Session 8/ Paper 1**  MHealth for cancer survivors: can apps designed to support self-management improve outcomes?  ***Elizabeth Hernandez,*** *Sheleigh Lawler, Danette Langbecker* | **Session 9/ Paper 1**  Muscle-strengthening exercise and depressive symptom severity among a nationally representative sample of 23,635 German adults.  **Jason Bennie,** Megan Teychenne, Susanne Tittlbach |
| **Session 7/ Paper 2**  Compensatory Eating After Exercise: A Daily Diary Study  ***Rebecca Pinkus,*** *Lenny Vartanian,**Kate Faasse* | **Session 8/ Paper 2**  Incoporating if-then planning into a smartphone app (replaceit) to reduce drinking: preliminary findings  ***Petra Staiger,*** *Paula Liknatizky, Renee O’Donnell* | **Session 9/ Paper 2**  Can beliefs about dietary adherence predict mood states?  ***Karolina Strozek****, Alissa Beath* |
| **Session 7/ Paper 3**  Influences on physical activity and screen time amongst postpartum women with heightened depressive symptoms: a qualitative study  ***Maria Apostolopoulos,*** *Jill Hnatiuk, Jaimie-Lee Maple, Megan Teychenne* | **Session 8/ Paper 3**  The use of the Health Belief Model in the development of m-health messages targeting parents to improve primary school lunchboxes  ***Alison Brown,*** *Rachel Sutherland, Lisa Janssen, Christopher Lecathelinais, Nayerra Hudson, Amelia Chooi, Renee Reynolds* | **Session 9/ Paper 3**  The Influence of Anxiety Sensitivity on Vasovagal Symptoms  ***Sophie Nicol,*** *Vanessa Burrows, Ella Oar, Melissa Norberg, Philippe Gilchrist* |
| **Session 7/ Paper 4**  The effect of a novel home-based intervention to increase physical activity and reduce postnatal depressive symptoms: A pilot randomised controlled trial  ***Megan Teychenne,*** *Gavin Abbott, Paige Van der Pligt, Leah Brennan,Kylie Ball, Rachelle Opie, Ellinor Olander* | **Session 8/ Paper 4**  The development of a scalable m-health intervention to improve the nutritional quality of primary school children's lunchboxes  ***Alison Brown,*** *Rachel Sutherland, Lisa Janssen, Nicole Nathan, Clare Desmet, Renee Reynolds, Nayerra Hudson* | **Session 9/ Paper 4**  An integrative lifestyle medicine model for treating depression  ***Fiona Hargraves****, Jerome Sarris, Joseph Firth* |
| **Session 7/ Paper 5**  Predicting problem-focussed coping behaviour using an integrated dual-process model  ***Jacob Keech,*** *Kyra Hamilton* | **Session 8/ Paper 5**  Moving from the trial to the real world: Improving the implementation of eHealth programs in the mental health field  ***Louise Ellis,*** *Chiara Pomare, Kate Churruca, Janet Long, Kristiana Ludlow, Yvonne Zurynski, Jeffrey Braithwaite* | **Session 9/ Paper 5 , 6 & 7\***  Stressing over the Subjective Thoughts REgarding Stress Scale (STRESS): The Construct Validity of the STRESS  What Does Stress Mean To You? The Development of The Subjective Thoughts REgarding Stress Scale (STRESS)  Believing is Seeing: The Predictive Validity of the Subjective Thoughts REgarding Stress Scale (STRESS)  ***Christopher Kilby,*** *Kerry Sherman,**Viviana Wuthrich*  ***\*30 mins*** |
| 2:45 – 3:15 | **AFTERNOON TEA**  Location: | | |
| 3:15 – 4:45 | **SESSION 10**  ***Chronic Disease Management***  Chair:  Location: | **SESSION 11**  ***Health Behaviour Change***  Chair:  Location: | **SESSION 12**  ***Occupational Health***  Chair:  Location: |
| **Session 10/ Paper 1**  Improving our understanding and detection of anxiety in people with epilepsy  ***Amelias Scott,*** *Louise Sharpe, Zoe Thayer, Laurie Miller, Carolinbe Hunt, Carolyn MacCann, Kaitlyn Parratt* | **Session 11/ Paper 1**  The influence of experimenter warmth and empathy on placebo and nocebo effects  ***Kate Faasse,*** *Rachelle Wang* | **Session 12/ Paper 1**  Habit-Based Workplace Physical Activity Intervention: A Pilot Study  ***Kyra Hamilton,*** *Emily Fraser, Thomas Hannan* |
| **Session 10/ Paper 2**  *Do siblings of children with chronic illness worry about their own health? Preliminary results from SibStars*  ***Yuenn The Tong Tze,*** *Lauren Kelada, Claire Wakefield, Sean Kennedy, Chee Y Ooi, Donna Drew, Lachlan Munro,* | **Session 11/ Paper 2**  Applying Bayesian SEM to Predict Free Sugar Limiting Behaviour with an Integrated Model of Health Behavior  ***Daniel Phipps,*** *Martin Hagger, Kyra Hamilton* | **Session 12/ Paper 2**  Perfectionism and Occupational Stress among Academics in Australia: Do Coping Styles Make Any Difference?  ***Cassandra Lieschke,*** *Carina Chan* |
| **Session 10/ Paper 3**  *Telephone coaching services to support chronic disease risk behaviour change: awareness and use among people with a mental health condition*  ***Caitlin Fehily,*** *Joanna Latter, Kate Bartlem, John Wiggers, Ellen Browning, Jenny Bowman* | **Session 11/ Paper 3**  The role of intentions and habits in two nutrition behaviours  ***Jessica Charlesworth,*** *Daniel Brown, Kyra Hamilton* | **Session 12/ Paper 3**  The influence of role division on staff members' prioritisation of residents' care  ***Kristiana Ludlow,*** *Kate Churruca, Louise Ellis, Virginia Mumford, Jeffrey Braithwaite* |
| 3:15 – 4:45 | **Session 10/ Paper 4**  Exploring the role of environmental cues in sugar-sweetened beverage consumption using a temporal self-regulation theory framework.  *Thomas McAlpine****,*** *Barbara Mullan,* ***Caitlin Liddelow*** | **Session 11/ Paper 4**  A Systematic Review and Meta-Analysis of Behaviour Change Interventions based on the Health Belief Model  ***Charles Abraham,*** *Ella Graham-Rowe, Elissa Sibley, Petra Staiger, Andy Field, Paschal Sheeran* | **Session 12/ Paper 4**  We're moving in! Exploring the relationship between change readiness and staff wellbeing in the case of hospital redevelopment  ***Chiara Pomare,*** *Louise Ellis, Kate Churruca, Janet Long, Jeffrey Braithwaite* |
| **Session 10/ Paper 5**  Would You Say That to a Friend?: Pilot Trial of a Self-Compassionate Writing Intervention for Individuals with a Visible Skin Condition  ***Kerry Sherman,*** *Brittany Smith* | **Session 11/ Paper 5**  Do vocational education students intend to change multiple health risk behaviours?  ***Prince Atorkey,*** *Flora Tzelepis, Christine Paul, Billie Bonevski, John Wiggers, Emma Byrnes, Aimee Mitchell* | **Session 12/ Paper 5**  Behaving in the best interests of patients: Clinician adherence to clinical practice guidelines  *Kate Churraca,* ***Louise Ellis****, Janet Long, Jeffrey Braithwaite* |
| 7:00 - onwards | **CONFERENCE DINNER**  Venue: Chedi Thai restaurant | | |

## DAY 3: Friday 7th February

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| 8:00 – | Registration desk open  Location: | |
| 9:30 – 10:30 | **KEYNOTE ADDRESS 3: *Title:***  ***Presenter:***  Chair:  Location: | |
| 10:30 – 11:00 | **MORNING TEA**  Location: | |
| 11:00 – 12:30 | **SESSION 13**  ***Behaviour Change across health systems and policy***  Chair:  Location: | **SESSION 14**  ***Implementation Strategies in Health Behaviour and Health Care***  Chair:  Location: |
| **Session 13/ Paper 1**  Disclosure of payment to a health spokesperson does not impact perceived trustworthiness nor audience intention to act  ***Candice-Brooke Woods,*** *Stacey Baxter, Kerrin Palazzi, Chrsitopher Oldmeadow, Elizabeth King, Erica James* | **Session 14/ Paper 1**  Implementation of recommended healthy eating and physical activity policies and practices in the family day care setting  ***Melanie Lum,*** *Alice Grady, Jannah Jones, Maryann Falkiner, Meghan Finch, Vanessa Herrman, Sue Green* |
| **Session 9/ Paper 2**   |  |  | | --- | --- | | Factors associated with care rating in the UK Cancer Patient  Experience Survey |  |   ***Gaston Arnolda,*** *Yvonne Tran, Teresa Winata, Jeffrey Braithwaite* | **Session 10/ Paper 2**  The development, implementation and evaluation of an intervention to improve blood donation safety and practice: a systematic approach using Intervention Mapping  ***Amanda Thijsen,*** *Danile Waller, Barbara Masser, Justin O’Donovan, Tanya Davison* |
| **Session 9/ Paper 3**  Can low intensity cbt for non-cardiac chest pain presentations to an emergency department be efficacious? a pilot study.  *Anthony Venning****,*** *Megan Wilkinson, Paula Redpath, Sharon Brown, Malcolm Battersby* | **Session 10/ Paper 3**  Scaling out the BRECONDA online psycho-oncology support intervention: Implementation outcomes  ***Kerry Sherman,*** *Christopher Kilby, Nicole Rankin, Elisabeth Elder, Kathy Wells* |
| **Session 9/ Paper 4**  Integrating low intensity CBT within stepped-care models of mental health care: the role of the clinical supervisor.  ***Fiona Glover,*** *Paula Redpath, Anthony Venning, Sara Zabeen, Victoria Quatermain* | **Session 10/ Paper 4**  Implementing genomics into clinical practice  *Helen Brown, Natalie Taylor, Clara Gaff,* ***Stephanie Best*** |
| 11:00 – 12:30 | **Session 9/ Paper 5**  Validation of the English translation of the Sickness Questionnaire  ***Andrea Andreasson,*** *David McNaughton, Alissa Beath, Karin Lodin, Rikard Wicksell, Mats Lekander, Michael Jones* | **Session 10/ Paper 5**  Helping blood donors understand why they cannot donate and when they can return: an implementation trial  ***Sarah Kruse,*** *Carley Gemelli, Tanya Davison* |
| 12:30 – 1:30 | **LUNCH**  Location:  **ASBHM Annual General Meeting**  Location: | |
| 1:30 – 3:00 | **SESSION 15**  ***Behaviour Change across health systems and policy***  Chair:  Location: | **SESSION 16**  ***Symposium***  ***Childhood, adolescent and young adult cancer: unique experiences and e-health interventions to support young patients and survivors.***  Danielle Gessler, Ursula M. Sansom-Daly, Joanna E Fardell,& Jordana McLoone |
| **Session 15/ Paper 1**  Adolescent and young adult cancer survivors, healthcare and medication use: A controlled comparison  ***Ursula Sansom-Daly,*** *Claire Wakefield, Christina Signorelli, Ellen Yanxiang Gan, Antoinette Anazado, Richard Cohn* | **Session 16/ Paper 1**  Health literacy and empowerment in adolescents and young adults with cancer (AYAs): Qualitative findings from interviews with health professionals  ***Danielle Gessler****, Danielle Marie Muscat, Ursula Sansom-Daly, Pandora Patterson, Melissa Noke, Heather L Shepherd, Ilona Juraskova* |
| 1:30 – 3:00 | **Session 15/ Paper 2**  Open-label placebo effect: lactose capsules to increase well-being  ***Marco Valerio,*** *Kate Faasse* | **Session 16/ Paper 2**  Partnering with community organisations to deliver an online cognitive-behavioural therapy group program for adolescent and young adult cancer survivors: Ways forward and lessons learned  ***Ursula M. Sansom-Daly****,**Brittany C. McGill, Pandora Patterson, Annette Beattie, Richard J. Cohn, Claire E. Wakefield.* |
| **Session 15/ Paper 3**  Effects of anecdotes of medical decision making  ***Micah Goldwater*** | **Session 16/ Paper 3**  Health behaviours in survivors of childhood cancer: modifiable risk factors for developing late effects  ***Joanna Fardell****, Claire E. Wakefield, Christina Signorelli, Russo S, McLoone J, Richard J. Cohn.* |
| **Session 15/ Paper 4**  Understanding Recall Bias: Discrepancies Between Retrospective and Momentary Assessments of Gastrointestinal Symptoms  ***Grace Yun,*** *Alissa Beath, Michael Jones* | **Session 16/ Paper 4**  “Re-engage”: An innovative eHealth intervention to promote health-related self-efficacy among childhood cancer survivors.  ***Jordana McLoone*** |
| **Session 15/ Paper 5**  "Well I get around by Car. Everyone else that I know of gets around by car:" A Mixed-Methods Examination of Inactive Lifestyles in Regional Australia  ***Jenny Olson,*** *Sonja March, Stuart Biddle, Michael Ireland*  **Session 15/ Paper 6** |  |
| 3:00 – 3:30 | **CLOSING CEREMONY: Award Presentations**  Location: | |
| 3:30 – 5:00 | **FAREWELL RECEPTION**  Hosted by ASBHM Executive  Location: | |