



ASBHM

ANNUAL SCIENTIFIC CONFERENCE

ASBHM2025

5-7 FEBRUARY 2025

SOUTHERN CROSS UNIVERSITY
GOLD COAST, QLD

Bundjalung and Gumbaynggirr country

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#asbhm2025

SCIENTIFIC PROGRAM

NOTES FOR PRESENTERS

- All presentation slides must be sent to admin@asbhm.com no later than Monday 3rd February.
- Please do not forget to bring your own lanyard.
- We are a baby and breastfeeding-friendly event.
- We will not be providing printed programs. Instead, please scan the QR code on the front of your nametag to access the program.
- Use the hashtag #ASBHM2025 on any social media posts!
- Any problems during the event? Send us an email.

Thank you to our award sponsor

The logo for PeerJ, featuring the word "PeerJ" in white text on a blue square background.

PeerJ

NOTES FOR PRESENTERS

- **Venue:** Southern Cross University, Gold Coast Campus - Gold Coast Airport, Terminal Dr, Bilinga QLD 4225
 - Building C: Room 1 (main) and Room 2 on bottom floor
 - Building A: Room 3 and catering (breaks, lunch, ceremonies) on top floor





INNOVATIVE AND TRANSLATIONAL RESEARCH AT ASBHM2025

ASBHM2025 brings together leading researchers across Australia and internationally to expand our understanding of health psychology and behavioural medicine through innovative and translational research. The ASBHM2025 conference will host three internationally-renowned keynote speakers who will deliver presentations on vital matters in behavioural health and medicine. The conference also has a number of invited symposia from around the country.

This year, our conference covers a range of topics that span both priority areas for research at national and international levels, as well as novel and innovative research areas representing the up-and-coming domains of research in health psychology and behavioural medicine. Topics span nutrition, exercise, physical illness, paediatrics, stress and trauma, women's health, a broad range of protective and lifestyle factors underpinning health and wellbeing, and more.

ABOUT THE AUSTRALASIAN SOCIETY FOR BEHAVIOURAL MEDICINE

ASBHM functions as a national society, as well as the society that represents the International Society of Behavioural Medicine (ISBM) in Australasia. ASBHM's membership includes individuals specialising in any field of health psychology and behavioural health and medicine, broadly defined. ASBHM has a large student and Early Career Researcher membership that are supported by our more senior members and through our Peers Connect group.

ASBHM aims to encourage and coordinate communication among professionals and academics in health-related disciplines, to stimulate research in health psychology and behavioural medicine in the broadest sense, to assist in the development and communication of guidelines for the implementation of behavioural medicine training and research activities, to serve as a pool of experts who can provide expert knowledge and consultation where required, and to provide opportunities for our members to showcase their research, network, discuss professional views, and contribute to meaningful and constructive debates and discussions.



PEERS CONNECT

ASBHM Peers Connect is a group formed to support students and early career members of ASBHM. ASBHM Peers Connect is led by Dr Caitlin Fehily (University of Newcastle) and Ms Sabryna Sas (Griffith University) who are the ASBHM Peers Connect Committee Representatives, and Dr Anna Boggiss (The University of Auckland), Hayley Breare (Curtin University), and Dr Prince Atorkey (Australian College of Applied Professions) are the ASBHM Peers Connect Subcommittee members. Together, they work to engage and connect student and early career members of ASBHM, who have an interest in behavioural health and medicine, through promoting research opportunities, mentoring, and education.

Each year, for the ASBHM annual scientific conference, they organise a number of opportunities for Peers Connect members. This includes a fun social activity to allow ASBHM Peers Connect members to meet others and identify common research interests. Throughout the year, they also make contact with ASBHM Peers Connect members to notify them of other workshops and events (outside of the ASBHM conference) that could be of value for their career development, and share job opportunities for early career researchers.



Peers Connect

ANNUAL

ASBHM2025 KEYNOTE PRESENTERS



PROFESSOR ANTONIA LYONS

Professor Antonia Lyons holds the Hugh Green Foundation Chair in Addiction Research at the University of Auckland, where she is the Director of the Centre for Addiction Research. Antonia brings a health psychology perspective to her work in multidisciplinary teams. Her research has focused on understanding the social and embodied contexts of behaviours related to health and wellbeing, insight that can be used to help improve outcomes. Much of her work has explored drinking cultures and alcohol consumption at different life stages and in different contexts, with a focus on digital cultures and digital alcohol marketing. Antonia has published over 100 articles and 20 book chapters. She co-authored the text *Health Psychology: A Critical Introduction* and co-edited the books *Youth drinking cultures in a digital world*, *Qualitative Research in Clinical and Health Psychology*, and the *Routledge International Handbook of Critical Issues in Health and Illness*. She is THE co-editor of the Routledge book series *Critical Approaches to Health*.

Keynote Title: Limbic capitalism, digital marketing and young people's social worlds

ASBHM2025 KEYNOTE PRESENTERS



ASSOCIATE PROFESSOR JAMES KIRBY

James N. Kirby, Ph.D., is an Associate Professor, Clinical Psychologist, and the Co-Director of the Compassionate Mind Research Group at the University of Queensland. He has broad research interests in compassion, but specifically examines factors that facilitate and inhibit compassionate responding. He also examines the clinical effectiveness of compassion focused interventions, specifically in how they help with self-criticism and shame that underpin many depression and anxiety disorders. James also holds a Visiting Fellowship at the Center for Compassion and Altruism Research and Education at Stanford University and is an Honorary Member of the Compassionate Mind Foundation UK. In 2022 he authored *Choose Compassion*, and in 2020 he co-edited *Making an Impact on Mental Health*. He serves as an Associate Editor for two international journals *Mindfulness* and *Psychology & Psychotherapy: Theory, Research & Practice*. He has a new book to be published by Routledge coming out in 2024 called, *The Essentials of Compassion Focused Therapy: A Practice Manual for Clinicians*.

Keynote Title: Compassion as a Transdiagnostic Target to Prevent and Reduce Mental Health Symptoms and Promote Wellbeing

ASBHM2025 KEYNOTE PRESENTERS



PROFESSOR CHRISTINA POLLARD

Christina Pollard worked as a public servant for almost 40 years before moving to academia to work as Director of the Public Health Advocacy Institute based at Curtin University. A public health dietitian, she calls herself a pracademic, interested in translating research to inform effective practice. She developed, implemented, and evaluated numerous nutrition interventions including the Gofor2&5© fruit and vegetable campaign. She believes that strong policy measures are needed to protect and promote the public health of those who are the most vulnerable in our society. Christina volunteers to make a difference. She's a life member of the Public Health Association of Australia, and a Foodbank WA Board member.

Keynote Title: Policy and Practice to Improve Public Health in an Unequal World

INVITED SYMPOSIA

Wednesday 5th February 2025 | 11:00-12:30

Advances in Understanding the Structure, Mechanisms, and Consequences of Self-Control for Health and Behaviour

Convenor: Jacob Keech | **Chair:** Sabryna Sas |
Discussant: Martin Hagger

Theories of social cognition, which emphasize belief-based constructs as key determinants of behavior, are often used to explain health behavior outcomes. These theories mainly focus on immediate influences on health behavior and often overlook dispositional factors like trait-based constructs. One such construct, trait self-control, has been consistently linked to a broad range of health-related behaviors. Recent research has sought to unify these approaches to health behaviour in integrated models that describe a potential mechanism by which trait self-control relates to health behaviour. Specifically, belief-based constructs from social cognition models are proposed to mediate the relationship between trait self-control and health behaviors. Trait self-control, therefore, serves as a potentially adaptive bias for individuals' expectations with respect to performing health behaviours in future, such that individuals with good self-control tend to adopt approach beliefs and intentions toward health behaviours and, as a consequence, increase their likelihood of performing them. The collection of papers in this symposium highlight innovative research exploring the structure of trait self-control, its role in health behavior, and the mediating effects of social cognition constructs. The symposium will showcase research employing correlational and meta-analytic designs from studies across multiple populations and behaviours.





INVITED SYMPOSLIA

Wednesday 5th February 2025 | 15:00-16:30

Living Evidence: Living Reviews, Automation, Living Guidelines, and Learning Health Systems

Convenor: Rebecca Hodder | **Chair:** Rebecca Hodder

Living evidence is a super highway to advance the speed of translating the latest research evidence into public health practice, and improve population health outcomes globally. Living systematic reviews, first proposed in 2014 to address the latency between the publication of systematic reviews and new research evidence, have been adopted globally by many leading health and evidence synthesis organisations including the World Health Organisation and Cochrane. They involve continual surveillance for new studies and synthesis and dissemination in a timely manner to enable systematic review findings to remain current. While living systematic reviews can be applied to any research question, there are key criteria that should be met before their consideration. Key enablers in the demonstrated feasibility of living systematic reviews include published guidelines and the exciting advances in publicly available automation and technology enabled tools for the production of systematic reviews generally, advanced especially by the explosion of artificial intelligence. Living systematic reviews additionally underpin a number of other new and significant innovations to improve public health practice and population health outcomes. This includes living guidelines, for which living systematic reviews offer an opportunity to preserve the currency of guidelines for priority health topics and address the years-long latency in the publication of traditional guidelines often out of date on publication. Living evidence is additionally an important pillar of 'learning health systems' recommended by the Institute of Medicine to improve the impact of health services by integrating the best available evidence into healthcare decision making as soon as it is available.

INVITED SYMPOSLIA

Thursday 6th February 2025 | 9:00-10:30

Using Open Goals to Promote Health Behaviours

Convenor: Christian Swann | **Chair:** Christian Swann

Open goals are an emerging concept in health psychology, underpinned by promising evidence from initial studies in physical activity. They have been used/advocated by elite athletes, government physical activity initiatives, fitness companies, and rehabilitation policies. In contrast to the decades-old assumption that goals must be specific to be effective, open goals are nonspecific and phrased in an exploratory manner (e.g., 'see how many steps I can reach today'). In this symposium, we will provide an overview of open goals and their potential for promoting health behaviours. We will introduce what open goals are and how they differ from other goal setting approaches. A summary of the evidence underpinning open goals will be provided, including proposed outcomes and factors influencing for whom they are most beneficial. We will then present results from a pilot randomised controlled trial of open goals in a 6-week walking program, including psychological and cardiovascular outcomes, to provide insights into mechanisms of promoting and adopting open goals. We will present insights from the use of open goals to promote postnatal mental health via the Food, Move, Sleep (FOMOS) trial - a home-based program that uses e-health strategies together with access to home exercise equipment to deliver evidence-based and consumer-informed information, tips and techniques to support postnatal health in a motivating and practical way. The symposium will conclude with a discussion about next steps for research, policy and practice on the use of open goals to promote health behaviours.



A close-up photograph of a hand holding a blue pencil, poised to write on a crossword puzzle grid. The grid is partially filled with black squares, and the pencil tip is resting on one of the white squares. The background is slightly blurred, showing some text from a document.

INVITED SYMPOSIA

Thursday 6th February 2025 | 12:00-13:30

Improving Healthy Lifestyle Behaviours Through Cognitive Training Interventions

Convenor: Naomi Kakoschke | **Chair:** Poppy Watson | **Discussant:** Poppy Watson

Lifestyle behaviours include both risk (e.g., smoking, substance use) and protective (e.g., healthy eating, physical activity, sleep) behaviours. Modifying lifestyle behaviours such as reducing unhealthy food intake or increasing physical activity levels can help prevent the development of chronic conditions (e.g., cardiovascular disease, type 2 diabetes, mental illness) and promote better health and wellbeing. Nevertheless, long-term engagement in lifestyle behaviour change interventions is often poor. One way to enhance long-term behaviour change is by targeting the cognitive processes underlying unhealthy behaviours. Some of these critical cognitive processes include aspects of impulsivity, namely, future discounting and inhibitory control, as well as compulsivity. Cognitive training interventions represent a promising strategy for modifying these processes rather than directly targeting health behaviours. This symposium will present research on the development and effectiveness of cognitive interventions for improving eating behaviours, substance use, and cigarette smoking. These interventions include those targeting improved inhibitory control (i.e., Go/No-Go and Stop-Signal training), as well as reduced future discounting (i.e., Episodic Future Thinking) and compulsivity (i.e., acceptance-based mindfulness). The symposium will conclude with a discussion.

INVITED SYMPOSLIA

Friday 7th February 2025 | 12:00-13:30

Perinatal Weight Stigma: Voices from Women, Healthcare, and Policy

Convenor: Briony Hill | **Chair:** Briony Hill

Weight stigma harms health. It impacts 3.3 million Australian reproductive-age women annually who encounter up to three stigmatising events daily. It disrupts cortisol production and induces a physiological stress response. It has substantial impacts on mental and physical health including depression, anxiety, and disordered eating. Perinatal women who experience weight stigma report stigmatising encounters at almost every healthcare visit, leading to decreased quality and lower uptake of maternity healthcare and intergenerational consequences. This symposium will unpack perinatal weight stigma from the perspectives of those who experience it, the healthcare context where it occurs, and what needs to change to address it from a top-down approach. To begin, a first-hand, lived experience account of the experiences and consequences of weight stigma in the perinatal period will be shared. Second, summing up 15 years of research investigating women's weight stigma, the importance of psychosocial factors and resilience in battling the effects of weight stigma will be explicated. Third, to understand the contextual factors influencing perinatal weight stigma, maternity care providers' attitudes, perceptions and beliefs towards larger-bodied pregnancies will be shared. Fourth, to combat implicit and explicit negative stigmatising attitudes, we pose and answer the question, "what does weight-inclusive maternity care look like?" Finally, to address top down, structural drivers of weight stigma, an overview of what needs to change to make the policies informing care provision less stigmatising will be provided.



WORKSHOP

Wednesday 5th February 2025 | 13:30-15:00

Exploring Opportunities for Ambient Technology in Healthcare

Facilitator: A/Professor Simon Egerton

This workshop explores the potential of ambient technology in healthcare. Ambient technology, characterised by its unobtrusive and pervasive nature, offers innovative solutions for enhancing patient care, improving health outcomes, and streamlining healthcare processes.

This workshop will explore:

- **Current Applications:** An overview of existing ambient technologies in healthcare, including smart sensors, wearable devices, and AI-driven health monitoring systems.
- **Future Prospects:** Discussion on emerging trends and future opportunities for ambient technology to address challenges in healthcare delivery, patient engagement, and chronic disease management.
- **Interactive Session:** Hands-on activities and collaborative discussions to brainstorm new ideas and applications for ambient technology in various healthcare settings.

You're invited to bring any questions or challenges you have about engaging with ambient technology in your research. Let's explore solutions together!

Cost: Free for all Student Delegates, and \$20 AUD for Professional Delegates.

SOCIAL EVENTS AT ASBHM2025

**Conference dinner @ Greenmount Surf Club
Thursday 6th February - 6:00pm-late**

The ASBHM2025 conference dinner will be held at the Greenmount Surf Club, situated on the beach at the very southern end of the Gold Coast. It is renowned for being the locals' choice for family-friendly dining. They provide a perfect backdrop with stunning sunset views, where the rhythmic sounds of the surf set the tone for an unforgettable meal.

Your dinner ticket includes a two-course meal (entree and main), which you will choose from three options. All dietary requirements can be catered for, but please ensure you advise us when you buy your ticket.

Cost: \$69 AUD per person



A photograph showing the lower legs and feet of several people sitting on a grassy lawn. In the foreground, a black bowl with yellow concentric circles is visible on the grass. The background is a solid green color.

SOCIAL EVENTS AT ASBHM2025

**Peers Connect Social Event
Wednesday 5th February - 5:45pm-late**

On the evening of the first day of ASBHM2025, all Peers Connect members are invited to attend the social event. This year, we will be having some fun and playing a few friendly games of barefoot bowls at the Cooly Bowls Club located in Coolangatta. This will be followed by a casual dinner (and beverages) at the same venue.

We have organised for a bus to transport attendees from the conference venue to Cooly Bowls Club and back. Tickets are limited to 24 only!

Cost: \$25 AUD per person (+ any additional food and drink purchases on the night)

ASBHM LEADERSHIP PANEL

Panel Members: Professor Barbara Mullan,
Professor Kerry Sherman, A/Professor Carina
Chan & Professor Antonia Lyons

**Thursday 6th February 2025 | 13:30-
15:30**

This panel will explore the key challenges and opportunities facing academic leaders in today's evolving higher education landscape.

Our panellists, including past ASBHM Presidents and the current ISBM President, will share their insights on effective leadership strategies for fostering academic excellence, promoting diversity and inclusion, and navigating the complexities of institutional change. The discussions will focus on teaching excellence, research impact, governance and service within academia.

Our panellists will be taking questions from the audience, so please come with some questions prepared!

Cost: Free



ASBHM2025 SOCIAL EVENTS WHATSAPP GROUP

Do you want to keep up to date with all the *unofficial* social events at ASBHM2025?

This year we have created a WhatsApp group for conference delegates. The group is designed to facilitate networking and social opportunities outside of those that have been officially organised.

Join the WhatsApp group by scanning the QR code below.



PROGRAM OVERVIEW

DAY 1 - WED 5TH FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
9:00-9:45	Registration		
9:45-10:00	Welcome Address <i>ASBHM President - Caitlin Liddelow</i>		
10:00-11:00	Keynote Address Policy and Practice to Improve Public Health in an Unequal World <i>Professor Christina Pollard, Curtin University</i>		
11:00-12:30	Invited Symposium <i>Advances in Understanding the Structure, Mechanisms, and Consequences of Self-Control for Health and Behaviour</i>	Presentations <i>Nutrition and Eating Behaviours</i>	Presentations <i>Health Systems and Policy</i>
12:30-13:30	Lunch		
13:30-15:00	Workshop Exploring Opportunities for Ambient Technology in Healthcare <i>A/Professor Simon Egerton, La Trobe University</i>		
15:00-16:30	Invited Symposium <i>Living Evidence: Living Reviews, Automation, Living Guidelines, and Learning Health Systems</i>	Presentations <i>Social Influences on Health</i>	Presentations <i>Mental Health and Wellbeing</i>
16:30-17:30	Welcome Event <i>Canapes and beverages - all welcome</i>		
17:30	End of Day One		
17:45 till late	Peers Connect Social Event <i>Cooly Barefoot Bowls</i> <i>Tickets must be purchased in advance to attend - limited to 24 people. Please meet in the foyer of the building at 5:40pm to catch the private bus</i>		

PROGRAM OVERVIEW

DAY 2 - THURS 6TH FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
7:30-8:30	ASBHM Executive Committee Breakfast <i>The Green Room</i>		
8:30-9:00	Registration Open		
9:00-10:30	Invited Symposium <i>Using Open Goals to Promote Health Behaviours</i>	Presentations <i>Cognitive and Behavioural Mechanisms</i>	Presentations <i>Psychosocial Aspects of Health</i>
10:30-11:00	Morning Tea		
11:00-12:00	Keynote Address Limbic capitalism, digital marketing and young people's social worlds <i>Professor Antonia Lyons, University of Auckland</i>		
12:00-13:30	Invited Symposium <i>Improving Healthy Lifestyle Behaviours Through Cognitive Training Interventions</i>	Presentations <i>Digital and Social Media in Health</i>	Presentations <i>Intervention Design and Evaluation</i>
13:30-15:30	Lunch + Leadership in Academia Panel <i>Professor Barbara Mullan, Professor Kerry Sherman, A/Professor Carina Chan & Professor Antonia Lyons</i> <u><i>The panel will begin at 14:00 - please feel free to bring your lunch</i></u>		
15:30-16:30	Presentations <i>Health Promotion and Initiatives</i>	Presentations <i>Cross-Cultural and Global Health Perspectives</i>	Presentations <i>Aging and Health</i>
16:30	End of Day Two		
18:00 till late	Conference Dinner <i>Greenmount Surf Club</i> <i>Tickets must be purchased in advance to attend</i>		

PROGRAM OVERVIEW

DAY 3 - FRI 7TH FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
8:30-9:00	Registration Open		
9:00-10:30	Presentations <i>Chronic Illness and Management</i>	Presentations <i>Behaviour Change and Intervention Strategies</i>	N/A
10:30-11:30	Keynote Address Compassion as a Transdiagnostic Target to Prevent and Reduce Mental Health Symptoms and Promote Wellbeing <i>A/Professor James Kirby, University of Queensland</i>		
11:30-12:00	Morning Tea		
12:00-13:30	Invited Symposium <i>Perinatal Weight Stigma: Voices from Women, Healthcare, and Policy</i>	Presentations <i>Health Literacy, Education and Communication</i>	Presentations <i>Emerging Technologies in Health</i>
13:30-14:30	Lunch + Annual General Meeting <u><i>All welcome to attend</i></u>		
14:30-16:00	Presentations <i>Health Indicators and Outcomes</i>	Presentations <i>Community Health and Outreach</i>	Presentations <i>Child and Adolescent Health</i>
16:00-17:00	Closing Event + Awards <i>Canapes and beverages - all welcome</i>		
17:00	End of ASBHM2025!		



PROGRAM DAY-BY-DAY BREAKDOWN

**Schedule is subject to change*

DAY 1 – WED 5TH FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
9:00-9:45	Registration Open		
9:45-10:00	Welcome Address <i>ASBHM President - Caitlin Liddelow</i>		
10:00-11:00	Keynote Address Policy and Practice to Improve Public Health in an Unequal World Professor Christina Pollard, Curtin University <i>Chair: Barbara Mullan</i>		
11:00-12:30	Symposium Advances in Understanding the Structure, Mechanisms, and Consequences of Self-Control for Health and Behaviour <i>Chair: Sabryna Sas</i>	Presentations Nutrition and Eating Behaviours <i>Chair: Anna Serlachius</i>	Presentations Health Systems and Policy <i>Chair: Amelia Winter</i>
	Kyra Hamilton, Griffith University	(O) A Lifetime of Conditioning: Food Brand Logos and Their Association with Dietary Habits <i>Poppy Watson, University of Technology Sydney</i>	(O) Australian Policy and Practice Decision Maker Perspectives and Preferences on Healthy Eating and Physical Activity Intervention Components Delivered in Australian Primary Schools: A Cross-Sectional Study <i>Jessica Bell, University of Newcastle</i>
	Martin Hagger, University of California Merced	(O) Family Meals as a Health Promotion Opportunity Post-gestational Diabetes <i>Eloise Litterbach, Deakin University</i>	(O) Drug Prohibition – More Harm than Good? <i>Bernadine Cocks, University of New England</i>
	Sabryna Sas, Griffith University	* (O) Examining the Impact of Mindful Eating on Salt and Sugar Intake and BMI Among South Pacific Islanders <i>Shazna Buksh, University of the South Pacific</i>	(O) Face Mask Mandates Change Key Predictors of Face Mask Wearing <i>Matt Ryan, CSIRO & James Cook University</i>
	Jacob Keech, Griffith University	* (R) Food Disgust, Food Technology Neophobia, and Perceived Healthiness as Predictors of Acceptance and Willingness to Buy Alternative Protein Food Products <i>Anna Banik, SWPS University of Social Sciences and Humanities</i>	(O) Co-designing Practice Change Strategies with Child & Family Health Nursing (CFHN) Clinicians to Implement a m-health Intervention to Support Parents Across the First 2000 Days <i>Jessica Pinfold, Hunter New England Local Health District</i>

DAY 1 – WED 5TH FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
	<p>Discussion <i>Martin Hagger, University of California Merced</i></p>	<p>(R) Exploring Primary Care Perspectives on Time-Restricted Eating for Weight Management: A Mixed-Methods Study <i>Hilmi Rathomi, University of Western Australia</i></p>	<p>(R) Can Workplace Supervision Minimise the Effect of Employee Stress? A Pre-registered Systematic Review <i>Chris Kilby, Cairnmillar Institute</i></p>
		<p>(R) Echoes of Motherhood: Focus Group Discussions of Postpartum Body Perception and Eating Attitudes <i>Angela Gilmour, Bond University</i></p>	<p>(R) Identifying Barriers and Facilitators of Health Promotion in Contact Centre Workers: A Systematic Review <i>Charlotte Brakenridge, Griffith University & University of Queensland</i></p>
		<p>*(R) How are Attitudes Toward Animal Welfare and Outcome Expectations Associated with the Consumption of Alternative Proteins? Findings from a Longitudinal Study <i>Zofia Szczuka, SWPS University of Social Sciences and Humanities</i></p>	<p>(R) Protocol for a Stepped Wedge Cluster Randomised Trial of Nurse-led and Specialist Supported Cardio-oncology Clinics to Prevent and Manage Cardiovascular Complications for Cancer Patients Living in Regional and Rural NSW <i>Kristy Fakes, University of Newcastle</i></p>
12:30-13:30	Lunch		
13:30-15:00	<p>Workshop Exploring Opportunities for Ambient Technology in Healthcare <i>A/Professor Simon Egerton, La Trobe University</i></p>		
15:00-16:30	<p>Symposium <i>Living Evidence: Living Reviews, Automation, Living Guidelines, and Learning Health Systems</i> <i>Chair: Rebecca Hodder</i></p>	<p>Presentations <i>Social Influences on Health</i> <i>Chair: Sophie Andrews</i></p>	<p>Presentations <i>Mental Health and Wellbeing</i> <i>Chair: Caitlin Liddelow</i></p>
	<p>Kate O'Brien, Hunter New England Population Health & University of Newcastle</p>	<p>(O) Exploring Motivations, Social Identity and Wellbeing in Australian Vegan Men <i>Megan Lee, Bond University</i></p>	<p>*(O) Exploring Latent Profiles: Acquired Capability for Suicide and Interpersonal Needs in Mental Health Analysis <i>Md Zahir Ahmed, Zhejiang Normal University</i></p>
	<p>Rebecca Hodder, Hunter New England Population Health & University of Newcastle</p>	<p>(O) Feeling Alone and Stigmatised: Workplace-related Challenges of Individuals Living with Endometriosis <i>Kerry Sherman, Macquarie University</i></p>	<p>*(O) Changes in Health-Related Quality of Life among Australian Adults with Psychological Distress: Insights from a 16-Year Longitudinal Study <i>Muhammad Iftikhar ul Husnain, University of Southern Queensland</i></p>

DAY 1 – WED 5TH FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
	Shannon Barnes, Monash University	*(O) Climate Change Challenges in Australian Classrooms <i>Karina Rune, University of the Sunshine Coast</i>	(O) Measuring Mental Wellbeing for Public Health: A New Pragmatic Measure <i>Emily Brindal, CSIRO</i>
	Luke Wolfenden, Hunter New England Population Health & University of Newcastle	(O) The Elephant is the Room: new 'legal' thinking about housing as a health determinant <i>Lynda Crowley-Cyr, University of Southern Queensland</i>	(O) Pilot Randomised Controlled Trial of PhysiCards: A Novel Tool to Help People With a Mental Health Condition to Identify Physical Health Concerns <i>Caitie Fehily, University of Newcastle</i>
		(R) Alcohol and Aquatic Activity: Young Males' Perceptions of Risk and Social Identity through the Lived Experience <i>Stephanie Smith, Griffith University</i>	(R) Examining the Patient Perspective - Clinician Stigma and Its Impact on Eating Disorder Treatment: A Systematic Review <i>Gabriel (Gabby) Lubieniecki, University of Queensland</i>
		(R) 'Nobody wants to talk about that stuff': A Qualitative Investigation of the Anticipated Public Perceptions of Individuals with Inflammatory Bowel Disease <i>Elia-Jade Edwards, Griffith University</i>	(R) Biopsychosocial Predictors of Depressive Symptoms Among Adults Residing in Australia with Polycystic Ovarian Syndrome <i>Amber-Marie Firriolo, University of New South Wales & Sydney Children's Hospital</i>
		(R) What Motivates Food Relief Volunteers? <i>Chloe Maxwell-Smith, Curtin University</i>	(R) Beyond the Beats: Is Central Blood Pressure Variability Associated With Mental Health? <i>Yuvi Lutchman, University of New England</i>
		*(R) Navigating the Storm: Exploring Climate Change Adaptation and Coping Strategies in Pacific Islander Adolescents <i>Karina Rune, University of the Sunshine Coast</i>	(R) Intentional and Habitized Elements of Nonsuicidal Self-injury: A Scoping Review <i>Natasha Nott, Griffith University</i>
16:30-17:30	Welcome Event <i>Canapes and beverages - all welcome</i>		
17:30	End of Day One		
17:45 till late	Peers Connect Social Event <i>Cooly Barefoot Bowls</i> <i>Tickets must be purchased in advance to attend - limited to 24 people.</i> <i>Please meet in the foyer of the building at 5:40pm to catch the private bus</i>		

DAY 2 – THURS 6TH FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
7:30-8:30	ASBHM Executive Committee Breakfast <i>ASBHM Committee Members only</i>		
8:30-9:00	Registration Open		
9:00-10:30	Symposium <i>Using Open Goals to Promote Health Behaviours</i> <i>Chair: Christian Swann</i>	Presentations <i>Cognitive and Behavioural Mechanisms</i> <i>Chair: Chris Kilby</i>	Presentations <i>Psychosocial Aspects of Health</i> <i>Chair: Chloe Maxwell-Smith</i>
	Christian Swann, Southern Cross University	(O) Exploring the Cognitive Dynamics of Identity and Behaviour <i>Kristie-Lee Alfrey, Central Queensland University</i>	(O) Correlates of Sleep Variability in a Non-Clinical Adult Population <i>Barbara Mullan, Curtin University</i>
	Melanie Clarke, Southern Cross University	(O) Case-control Study of Subjective Cognitive Functioning in Individuals with Endometriosis <i>Mary Horn, Macquarie University</i>	(O) Attachment Orientations Predicting Loneliness and Positive Solitude: The Role of Self-Determined Solitude <i>Samantha O'Brien, Griffith University</i>
	Scott Goddard, Southern Cross University	(O) The Role of Emotional Regulation on the Avoidantly Attached Experience of Loneliness and Positive Solitude <i>Hugh Hampton, University of Southern Queensland</i>	(O) The Impact of an Online Mindfulness Program on Stress, Wellbeing, and Performance: A Randomized Controlled Trial <i>Guy Prochilo, ISN Psychology</i>
	Megan Teychenne, Deakin University	(R) Understanding the Lived Experiences of Habitual Behaviours: How Perceived Individual Differences Influence their Formation and Cessation <i>Katlyn McKenzie, Curtin University</i>	(O) Why Do We Need to Consider Mental Health when Treating Youth with Chronic Pain? <i>Joanne Dudeney, Macquarie University</i>
		(R) Similarities and Differences Regarding Associations of Perceived Cognitive Impairment with Neuropsychiatric Symptoms Following COVID-19 or Cancer <i>Heather Green, Griffith University</i>	(R) Intention to Change Multiple Health Risk Behaviours and Predictors of Behaviour Change in Vocational Education Students <i>Prince Atorkey, Australian College of Applied Professions</i>
		(R) Influences on Inhibitory Behaviour Change: The Role of Intention, Self-Control, Automaticity and Mood <i>Barbara Mullan, Curtin University</i>	(R) Health Risk Behaviour Co-occurrence and Associated Mental Health and Sociodemographic Factors Among Non-university Higher Education Students <i>Prince Atorkey, Australian College of Applied Professions</i>

DAY 2 – THURS 6TH FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
		<p>(R) Can the Big Five Personality Factors Predict Coping Strategy Selection? <i>Tenelle Maroney, Griffith University</i></p>	<p>(R) Self-Compassion And Attitudes To Eating <i>Antoinette Netto, Central Queensland University</i></p>
10:30-11:00	Morning Tea		
11:00-12:00	<p>Keynote Address Limbic Capitalism, Digital Marketing and Young People's Social Worlds <i>Professor Antonia Lyons, University of Auckland</i> Chair: Carina Chan</p>		
12:00-13:30	<p>Symposium Improving Healthy Lifestyle Behaviours Through Cognitive Training Interventions Chair: Poppy Watson</p>	<p>Presentations Digital and Social Media in Health Chair: Sabryna Sas</p>	<p>Presentations Intervention Design and Evaluation Chair: Emily Brindal</p>
	Caitlin Howlett, CSIRO	<p>(O) Understanding the Marketing of Junk Food in Sport Stars Social Media Posts <i>Barbara Mullan, Curtin University</i></p>	<p>(O) Process, Outcomes and Evaluation of Co-design Workshops to Develop a Model of Preventive Care and Implementation Strategies <i>Sophie Love, University of Newcastle</i></p>
	Carina Chan, La Trobe University	<p>(O) From Newsfeeds to Nocebo: Examining Social Media's Role in the Mechanisms Underlying the Nocebo Effect <i>Kiarne Humphreys, University of New South Wales</i></p>	<p>(O) Research Impact Assessment of the SISTAQUIT (Supporting Indigenous Smokers To Assist Quitting) Cluster Randomised Trial Applying an Adapted FAIT Framework <i>Nicole Ryan & Allison Hart, Southern Cross University</i></p>
	Chang Liu, Monash University	<p>(O) Swipe with Caution: Exploring the Relationships Between Dating App Use and Body Image <i>John Mingoia, University of South Australia</i></p>	<p>(O) Innovative and Inclusive Alcohol Prevention: Adapting a Digital Alcohol Prevention Program for Colombian Adolescents <i>Lyra Egan, University of Sydney</i></p>
	Laura Hughes, Deakin University	<p>(O) Reel Sick: Social Media #sideeffects and the Nocebo Effect <i>Kate Faasse, University of New South Wales</i></p>	<p>(O) User Acceptability and Feasibility of the EndoSMS Text Message Intervention for Individuals Living with Endometriosis: Results from a Pilot trial <i>Kerry Sherman, Macquarie University</i></p>

DAY 2 – THURS 6TH FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
	<p>Poppy Watson, University of Technology Sydney</p>	<p>(O) Pilot study of ED ESSI(TM): A waitlist single session intervention chatbot for eating disorders <i>Gemma Sharp, University of Queensland</i></p>	<p>(O) Investigating Behaviour Change Techniques and Theoretical Frameworks for Behaviour Change in Multidomain Lifestyle Dementia Risk Reduction Trials: A Scoping Review <i>Sophie Andrews, University of the Sunshine Coast</i></p>
	<p>Discussion Poppy Watson, University of Technology Sydney</p>	<p>(R) Social Networking Site Use, Self-Compassion, and Attitudes Towards Cosmetic Surgery in Young Australian Women <i>Lauren Conboy, University of South Australia</i></p>	<p>(R) Economic Evaluation of the 'Click & Crunch' Online Intervention to Improve Healthy Food Purchases from Australian Primary School Canteens: A Cost and Cost Effectiveness Analysis <i>Rebecca Wyse, University of Newcastle</i></p>
			<p>(R) Preventing Suicide in Australian Veterinarians: Examining Prevalence of Suicidality, Identifying Risk Factors, and Evaluating an Intervention Program <i>Alena Gadoury, Griffith University</i></p>
13:30-15:30	<p>Lunch + Leadership in Academia Panel <i>First 30 mins is lunch only. Panel will begin at 14:00. Welcome to bring lunch into the session</i> <i>Chair: Caitlin Liddelow</i></p>		
15:30-16:30	<p>Presentations <i>Health Promotion and Initiatives</i> <i>Chair: Nicholas Browning</i></p>	<p>Presentations <i>Cross-Cultural and Global Health Perspectives</i> <i>Chair: Caitlin Fehily</i></p>	<p>Presentations <i>Ageing and Health</i> <i>Chair: Jacob Keech</i></p>
	<p>(O) Sober-curious and Temporary Abstinence Initiatives: Participation, Personality and Motivations Among Young Australians <i>Laura Robinson, University of Wollongong</i></p>	<p>(O) Exploring the Cultural Food Practices and Sources of Nutrition Information Among African Migrant Women During Pregnancy and Postpartum in Australia <i>Bolanle Olajide, Deakin University</i></p>	<p>(O) Concerns of Ageing and Accessing Aged Care Services among LGBTQISGBB+ Queenslanders <i>Daniel Brown, University of Southern Queensland</i></p>
	<p>(O) Worker and stakeholder perspectives of health promotion initiatives in contact centre workplaces: exploring barriers and facilitators <i>Charlotte Brakenridge, Griffith University & University of Queensland</i></p>	<p>*(O) Association between Bedtime Social Media Use, Sleep, and Mental Health: Evidence from Australia and Bangladesh <i>Oli Ahmed, Australian National University</i></p>	<p>(O) Cognitive, Personality and Psychological Associations of Habit Formation and Change in Ageing <i>Anangsha Pathak, University of the Sunshine Coast</i></p>

DAY 2 – THURS 6TH FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
	<p>(O) Effectiveness of School-based Obesity Prevention Interventions on Psychosocial and Educative Outcomes of Children Aged 6-18 Years: A Secondary Data Analysis of a Systematic Review <i>Katrina McDiarmid, University of Newcastle</i></p>	<p>(O) Measuring Questionable Health Behaviours: A Cross-Cultural Validation Study <i>Louise Townsin & Kay Govin, Torrens University</i></p>	<p>(O) Co-designing “Focus on Frailty”: A digital Multi-disciplinary Frailty Education Platform for Healthcare Professionals and Students in Hospitals <i>Kristiana Ludlow, University of Queensland</i></p>
	<p>(O) Strategies for Enhancing the Implementation of School-based Policies or Practices Targeting Diet, Physical Activity, Obesity, Tobacco or Alcohol Use <i>Kate O’Brien, University of Newcastle</i></p>	<p>(O) Implementing Best Practice Healthcare in the First 1000 Days for Refugee Women <i>Amelia Winter, Flinders University</i></p>	<p>(O) Randomised Controlled Trial of a Nurse Coordination Intervention for People Living with Dementia and Their Carers <i>Kristy Fakes, University of Newcastle & Hunter Medical Research Institute</i></p>
16:30	End of Day Two		
16:30-18:00	Relax and Refresh		
18:00-late	<p>Conference Dinner Greenmount Surf Club</p> <p><i>Tickets must be purchased in advance to attend</i></p>		

DAY 3 – FRI 7th FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
8:30-9:00	Registration Open		
9:00-10:30	<p>Presentations Chronic Illness and Management <i>Chair: Bernadine Cocks</i></p>	<p>Presentations Behaviour Change and Intervention Strategies <i>Chair: Kate Faasse</i></p>	
	<p>(O) Say my Name, Say my Name: Does Treatment Familiarity Breed Better Treatment Outcomes? <i>Kirsten Barnes, University of New South Wales</i></p>	<p>(O) A Simple Experiment to Improve Adherence for Taking the Oral Contraceptive Pill: A Study of Behavioural Mechanisms <i>Caitlin Liddelow, University of Western Australia</i></p>	
	<p>(O) Hope, Hype, and Healing: A Qualitative Content Analysis of Expectancies in Participants with MDD About to Undertake LSD Microdosing <i>Carina Donegan, University of Auckland</i></p>	<p>*(O) Delaying the Inevitable: Reducing Bedtime Procrastination With Daily Mental Contrasting With Implementation Intentions <i>Berke Sezer, Curtin University</i></p>	
	<p>(O) The Role of Self-compassion and Daily Functioning in Individuals with Endometriosis - A Diary Study <i>Chelsea Skinner, University of Canterbury</i></p>	<p>(O) Interventions Implemented Through Sporting Organisations for Promoting Healthy Behaviour or Improving Health Outcomes: A Cochrane Systematic Review <i>Rebecca Hodder, Hunter New England Population Health & University of Newcastle</i></p>	
	<p>(O) Discussing Weight in Primary Care: An Experimental Study <i>Gemma Sharp, University of Queensland</i></p>	<p>*(R) An Environmental Scan of Australian Government and Health Organisation Messages on QR Code Check-in Compliance Behaviour in the COVID-19 Pandemic using the Theory of Planned Behaviour <i>Mac Thi Nhung, Griffith University</i></p>	
	<p>(R) Exploring Rural Australians' Perceptions of Cancer Symptoms: A Convergent Parallel Mixed Methods Study <i>Chloe Maxwell-Smith, Curtin University</i></p>	<p>(R) Exploring Behaviour Change Skill Development during Capstone Placements: A Dietetics Case Study <i>Georgia Dallow, Griffith University</i></p>	
	<p>(R) Exploring How Peer Workers Provide Healthy Lifestyle Support to People with Mental Health Conditions <i>Caitie Fehily, University of Newcastle</i></p>	<p>(R) Identifying School Barriers and Enablers to Adoption of an Evidenced-based Healthy Lunchbox Program <i>Demi Herdegen, University of Newcastle</i></p>	

DAY 3 – FRI 7th FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
	<p>(R) A Qualitative Study with Former Patients, to Examine the Preliminary Acceptability of RecoverEsupport: A Digital Health Intervention to Enhance Recovery in Women Undergoing Surgery for Breast Cancer <i>Rebecca Wyse, University of Newcastle</i></p>	<p>(R) Assessing the Effectiveness of Online Training for Dietitians in Behaviour Change Techniques: A Randomised Controlled Trial <i>Hayley Breare, Curtin University</i></p>	
10:30-11:30	<p>Keynote Address Compassion as a Transdiagnostic Target to Prevent and Reduce Mental Health Symptoms and Promote Wellbeing <i>A/Professor James Kirby, University of Queensland</i> Chair: Anna Serlachius</p>		
11:30-12:00	<p>Morning Tea</p>		
12:00-13:30	<p>Symposium Perinatal Weight Stigma: Voices from Women, Healthcare, and Policy <i>Chair: Briony Hill</i></p>	<p>Presentations Health Literacy, Education and Communication <i>Chair: Chris Kilby</i></p>	<p>Presentations Emerging Technologies in Health <i>Chair: Rebecca Hodder</i></p>
	<p>Briony Hill, Monash University</p>	<p>(O) Using Behavioural Theories to Implement Novel Communication Resources for Healthcare Professionals <i>Amber-Marie Firriolo, Cairnmillar Institute</i></p>	<p>(O) Codesign of the PROCOG Online Group Cognitive Rehabilitation Program for Prostate Cancer Survivors using the Theoretical Domains Framework <i>Kerry Sherman, Macquarie University</i></p>
	<p>Tina Siale, Lived Experience Expert</p>	<p>(O) Developing an Online Educational Resource for People Experiencing Eating Disorders During the Menopause Transition: A Qualitative Co-design Study <i>Gemma Sharp, University of Queensland</i></p>	<p>(O) User Perceptions of Incorporating AI into a Wellbeing Chatbot – New Horizons for the Headstrong App <i>Annie Jones, University of Auckland</i></p>
	<p>Michelle Dever, Monash University</p>	<p>*(O) Development of the Test of Mental Health Literacy for Supporting Children: A New Measure of Adults' Knowledge and Beliefs About Supporting Children with Mental Health Problems <i>Shurong Lu, University of Melbourne</i></p>	<p>(O) Does Dose of an mHealth Intervention to Support Child Health Across the First 2000 Days of Life Impact on Engagement and Effectiveness? <i>Alison Brown, Hunter New England Local Health District & The University of Newcastle</i></p>

DAY 3 – FRI 7th FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
	Lauren Kearney, The University of Queensland & Royal Brisbane and Women's Hospital	(O) The Efficacy of a Parent-targeted m-Health Text Messaging Program (Healthy Beginnings for HNEKids) for Improving Child Breastfeeding Outcomes at 6 and 12 Months <i>Jacklyn Jackson, University of Newcastle & Hunter New England Population Health</i>	(O) The Usability and Feasibility of a Self-Compassion Chatbot to Improve the Wellbeing of Adolescents with Type 1 Diabetes <i>Anna Boggiss, University of Auckland & Te Whatu Ora (Health New Zealand) Counties Manukau</i>
	Bec Jenkinson, University of Queensland	(R) A Scoping Review of Health Behaviour Change Techniques for Improving Health Students' Feedback Literacy <i>Laura Hughes, Deakin University</i>	(R) Digital Body Image Interventions for Adult Women: A Meta-Analytic Review <i>Lauren Conboy, University of South Australia</i>
		(R) Health Literacy is Associated with 10-year Risk of Cardiovascular Events: Data from the Geelong Osteoporosis Study (GOS) <i>Bonnie Beasant, University of Western Australia & Deakin University</i>	(R) Wearables Integrated Technology to Support Healthy Behaviours in People with Type 2 Diabetes (Wear-IT): A Cluster Randomised Controlled Trial <i>Breanne Hobden, University of Newcastle</i>
13:30-14:30	Lunch + Annual General Meeting <i>All ASBHM members are encouraged to bring their lunch and attend.</i>		
14:30-16:00	Presentations Health Indicators and Outcomes <i>Chair: Sophie Andrews</i>	Presentations Community Health and Outreach <i>Chair: Amelia Winter</i>	Presentations Child and Adolescent Health <i>Chair: Megan Lee</i>
	(O) C-reactive Protein: Associations with Dietary Intake in Adolescents and Feasibility of Collection via Dried Blood Spot in Australian Schools <i>Bridie Osman, University of Sydney</i>	(O) Identifying Key Salutogenic Factors Associated with Psychological Wellbeing in Regional and Rural Healthcare Workers During the COVID-19 Pandemic <i>Emma Cordon, La Trobe University</i>	(O) Mental Health and Wellbeing Programs in Australian Primary Schools <i>Kate Bartlem, University of Newcastle & Hunter New England Population Health</i>
	(O) Clustering of Health Behaviours of Secondary School Students and Their Association with Academic Performance, Absenteeism and Mental Health Outcomes: A Cross-sectional Analysis <i>Katrina McDiarmid, University of Newcastle</i>	(O) Domestic and Family Violence Primary Care Outreach Team Evaluation: A Qualitative Exploration of Acceptability and Feasibility <i>Breanne Hobden, University of Newcastle</i>	(O) Main Outcomes from a Cluster Randomised Controlled Trial of the OurFutures Vaping Program <i>Lyra Egan, University of Sydney</i>

DAY 3 – FRI 7th FEBRUARY

	ROOM 1 (MAIN)	ROOM 2	ROOM 3
	<p>(R) Long-term Effectiveness of Physical Activity Interventions for Women with Breast Cancer: Systematic Review and Meta-analysis <i>Alejandro Dominguez Garcia, Curtin University</i></p>	<p>(O) Partnering with Individuals Who are Vision Impaired or Blind to Drive More Meaningful Research <i>Eden Robertson, University of New South Wales</i></p>	<p>(O) Dental care Utilisation of Children and Adolescents in Australia: A Decomposition Analysis using Longitudinal Study of Australian Children <i>Nadeera Senavirathna, University of Southern Queensland</i></p>
	<p>(R) Action Control as a Moderator of Automatic-Reflective Predictors of Physical Activity <i>Nicholas Browning, Griffith University</i></p>	<p>(O) SISTAQUIT (Supporting Indigenous Smokers to Assist Quitting) Cluster Randomised Trial (CRT) Principal Results <i>Gillian Gould & Allison Hart, Southern Cross University</i></p>	<p>(R) Implementation of Tobacco and Alcohol Prevention Interventions in Australian Primary Schools <i>Kate O'Brien, Hunter New England Population Health & University of Newcastle</i></p>
	<p>(R) Staff and Student Acceptability and Feasibility of an Evidence-based Physical Activity and Mental Wellbeing Program in Australian Secondary Schools: A Pilot Study <i>Rebecca Hodder, Hunter New England Population Health & University of Newcastle</i></p>	<p>(R) Siblings of Individuals with Neurodevelopmental Conditions: Understanding the Experiences and Needs of Those in Regional and Remote Australia <i>Samuel Antonio, Curtin University</i></p>	<p>(R) E-Cigarette Use and Mental Health Among Early Adolescents in Australia <i>Lyra Egan, University of Sydney</i></p>
	<p>*(R) Comorbidity and Health-related Quality of Life Amongst Australians Adults with Psychological Distress: A Longitudinal Analysis <i>Muhammad Iftikhar ul Husnain, University of Southern Queensland</i></p>	<p>(R) How Are You Doing? Exploring Resilience, Social Support, and Family Functioning as Predictors of Wellbeing in Emerging Adult Siblings of Individuals with Neurodevelopmental Conditions in Remote and Regional Australia <i>Samuel Antonio, Curtin University</i></p>	
16:00-17:00	<p>Closing Ceremony + Awards <i>All welcome to attend. Beverages and canapes will be served.</i></p>		

**THANK YOU FOR ATTENDING
ASBHM2025!**