

# **ARPH 2025**

**ARPH Conference**

**Auberge de Rousch**

**Heerlen**

**27 & 28 March 2025**

## PROGRAM 27 MARCH

Time	What	Room
9.00-10.00	Welcome & registration	Manege (bar)
10.00-10.15	Opening	Manege (presentation part)
10.15-10.25	Energizer	Manege (bar)
<b>Parallel session 1</b>		
10.30-11.45	<b>Oral session 1</b> Innovative Technologies and Interventions	Bakhuis
	<b>Oral session 2</b> Health Behaviors in Diverse Populations	Melkkamer
	<b>Round table</b> Advancing equity in health psychology research: best practices for including underrepresented groups	Kersentuin
<b>Parallel session 2</b>		
11.45-13.00	<b>Symposium 1</b> Grounding and Promoting Lasting Behavior Change in Health and Sustainability	Manege (presentation part)

	<b>Symposium 2</b> Targeting Physical Activity in different settings : From Research to Practice	Bakhuis
	<b>Symposium 3</b> Mental well-being among pre-adolescents and students : an investigation of complex systems , determinants and innovative interventions	Melkkamer
<b>13.00-14.00</b>	<b>Lunch &amp; PhD-lunch</b>	Manege (bar)
<b>14.15-15.00</b>	<b>Keynote Lea den Broeder:</b> Choosing a healthy future: developments and challenges.	Manege (presentation part)
<b>Parallel session 3</b>		
<b>15.15-16.30</b>	<b>Oral session 3</b> Health Decisions and Outcomes	Bakhuis
	<b>Oral session 4</b> Behavior Change and Health Outcomes	Melkkamer
	<b>Mondriaan</b> VR Activity	Bij Mondriaan
<b>16.30-17.30</b>	<b>Coffee/tea/poster session</b>	Manege (presentation part)
<b>17.30-18.30</b>	<b>Break</b>	N.v.t.
<b>18.30</b>	<b>Dinner followed by party</b>	Dinner: Graanschuur Party: Kersentuin

## PROGRAM 28 MARCH

Time	What	Room
8.30-9.15	<b>Members meeting</b>	Melkkamer
9.15-9.25	<b>Opening Day 2</b>	Manege (presentation part)
<b>Parallel session 1</b>		
9.30-10.45	<b>Oral 5</b> Public Health	Manege (presentation part)
	<b>Oral 6</b> Mental Health and Well-being	Bakhuis
	<b>Oral 7</b> Technology, Behavior, and Well-being in Everyday Life	Melkkamer
11.00-11.45	<b>Keynote Lilian Lechner</b>	Manege (presentation part)
<b>Parallel session 2</b>		
11.45-13.00	<b>Mondriaan</b> VR Activity	Bij Mondriaan
	<b>Symposium 4</b> Stepping towards the future of health psychology : the road to conceptual clarification and valid measurement	Manege (presentation part)
	<b>Symposium 5</b> Pathways to Inclusive Health Solutions : Insights and examples from Participatory Design and Community Engagement	Bakhuis
	<b>Symposium 6</b> Understanding Vaccine Decisions: Behavioural and Social Drivers in a Post-Pandemic World	Melkkamer

<b>13.00-14.00</b>	<b>Lunch</b>	Manege (bar)
<b>Workshops</b>		
<b>14.00-15.30</b>	<b>Workshop 1</b> Katja Cardol Designing and conducting focus groups	Bakhuis
	<b>Workshop 2</b> Govert Viergever Innovative Technologies and Evidence-Based Strategies for the Future of Well-Being	Melkkamer
<b>15.30-15.45</b>	<b>PhD Award</b>	Manege (presentation part)
<b>15.45-16.15</b>	<b>Poster/Oral/Early Career Awards</b>	Manege (presentation part)
<b>16.15-16.30</b>	<b>Conference closing</b>	Manege (presentation part)



## Oral sessions

- 1: Innovative Technologies and Interventions
- 2: Health Behaviors in Diverse Populations
- 3: Health Decisions and Outcomes
- 4: Behavior Change and Health Outcomes
- 5: Public Health
- 6: Mental Health and Well-being
- 7: Technology, Behavior, and Well-being in Everyday Life

## Oral session 1: Innovative Technologies and Interventions

Chair: Henriët van Middendorp

NR	Title	Presenter
3	Beyond the Click: Testing the Feasibility of a Novel Cursor Tracking Technology to Increase the Accuracy of Readiness Assessment	Nellie Siemers
20	Addressing Pediatric procedural Anxiety: Impact and Implementation of the Hospital Hero Preparatory Game for MRI, CT and X-ray	Ella Gonton
43	Out-of-hospital cardiac arrest detection using a smartwatch: Individual differences in psychological and sociodemographic factors associated with willingness to use this technology	Marijn Eversdijk
67	Introducing the Stress in Action Wearables Database: facilitating device selection for ambulatory assessment	Matthijs Noordzij
84	Developing a Stop-Stalking App: A Community-Based Approach to Enhancing Victim Health and Law Enforcement in Stalking Cases	Julia Schnepf

## Oral session 2: Health Behaviors in Diverse Populations

Chair: Yil Severijns

NR	Title	Presenter
57	Barriers and Facilitators of healthy lifestyle behaviors in people with type 2 diabetes and low SES: Results from the PPS LIGHT qualitative study.	Dinah van Schalkwijk
21	Towards sustainable lifestyle behaviour changes in vulnerable populations	Sabita Soedamah
45	Differences and Similarities in the Determinants of Lifestyle Change Among Individuals with Type 2 Diabetes, Cardiovascular Disease, and Cancer: A Systematic Review	Bo Brummel
12	Evaluating the Effectiveness of a Neighbourhood-oriented Approach for Healthy Ageing: Findings from a Randomised Controlled Trial in Socioeconomically Diverse Communities.	Lieke Duijsens
81	Patients' perspectives on sustainable healthcare in general practice: an experimental vignette study	Marieke Adriaanse



## Oral session 3: Health Decisions and Outcomes

Chair: Harm Veling

NR	Title	Presenter
4	Genetic Risks, Big Decisions: Short and long-term outcomes of an online decision aid for couples at risk of transmitting a genetic disease to their offspring – a randomized controlled trial	Yil Severijns
47	Cancer patients' use of online health information and its association with patient-reported outcomes - a longitudinal questionnaire study	Tanja Henkel
11	"I only had two options: a bad one or a really bad one": a thematic analysis of which aspects influence shared decision-making in radiation oncology, and how.	Anniek van Hienen
13	Shared decision-making behavior in eye melanoma treatment decision making: perspectives of patients, physicians and independent observers	Lisa Vlug
39	Who is more prone to chronic depressive or fatigue symptoms? Insight into subtypes of depressive symptoms and their development over time in patients with coronary heart disease.	Heidi Hermans

## Oral session 4: Behavior change and health outcomes

Chair: Nynke van der Laan

NR	Title	Presenter
2	Maintenance of lifestyle changes following lifestyle interventions in breast cancer survivors: a systematic literature review.	Meeke Hoedjes
15	COVID-19 vaccine uptake decisions among parents of pediatric cancer patients	Jeanine Guidry-Drost
16	Adjustment and validation of the CPHQ2.0: a questionnaire to measure health from a broad perspective	Mirte Boelens
54	Systematic Behavior Change to Reduce Child Wasting and Stunting in Afghanistan: A Needs Assessment Study	Tugce Varol
73	The recovery paradox of cognitive job demands and leisure-time physical activity: A continuous-time approach.	Juriena de Vries

## Oral session 5: Public health

Chair: Anne van Dongen

NR	Title	Presenter
8	Enforced versus voluntary behaviour change: the behavioural effects of Covid-19 policies in the Netherlands	Carlijn Bussemakers
10	Psychological and gender-specific profiles of treatment-seeking individuals with addictive disorders	Jacqueline van Lunteren
14	A vaccine by any other language? Comparing childhood vaccination beliefs of parents in the United States and Italy	Jeanine Guidry-Drost
56	Exploring Current Perceptions and Communication Needs regarding Dementia Risk and Prevention among Dutch Citizens: a focus group study	Selin Agdere
65	Exploring depolarization strategies during public health crises – a content analysis	Adriana Solovei

## Oral session 6: Mental Health and Well-being

Chair: Maya Schroevers

NR	Title	Presenter
9	Change in psychological distress of patients following cardiac rehabilitation: the BENEFIT ehealth intervention study with a one-year follow-up	Linda Breeman
17	Dispositional Mindfulness and Mindful Eating as Determinants of Dietary Intake in Dutch Adults: A Longitudinal Study	Christian Preissner
29	Recurrent health care utilization in patients with non-obstructive coronary artery disease; associations with mental health, disease progression, and sex differences.	Paula Mommersteeg
33	The quest for optimal self-esteem	Ivan Nyklíček
66	Bridging the Gap: Assessing Parental ACEs for Better Child Outcomes	Mark Ketelaars

## Oral session 7: Technology, Behavior, and Well-being in Everyday Life

Chair: Laurens van Gestel

NR	Title	Presenter
38	Wearable Stress Feedback in Daily Life: A Two-Week Mixed-Methods Study on Perceived Stress and Cognitive Appraisals	Matthijs Noordzij
46	Techno-uncertainty and techno-overload in the Dutch working population: What is needed for simultaneous optimization of technology use and employee well-being?	Maitta Spronken
64	The Disruptive Influence of Daily Distractions on Homeostatic Feedback through Food Approach Dynamics	Marina Hanssen
74	Sticking to new year's resolutions: Exploring mechanisms of behavior change maintenance.	Pam ten Broeke

## Symposia

### 1: Grounding and Promoting Lasting Behavior Change in Health and Sustainability

*Discussant: Sanne Raghoobar*

1 Esther Papies

Grounding motivation for behaviour change in complex systems

2 Daniela Becker

Sustainable pleasure: The role of positive experiences in long-lasting behavior change in the health and sustainability domain

3 Harm Veling

Consistent pleasure: Creating confidence in health behaviors through experiences

## 2: Targeting Physical Activity in different settings : From Research to Practice

*Discussant: Denise Peels*

1 Rianne Golsteijn

The momentary relationship between physical activity behaviour and mental well-being of vocational education and training students

2 Pauline Hotterbeex

Take a Walk with Your Brain, a cognitively enriched walking program for older adults: effect and process evaluation

3 Brenda Berendsen

A novel health care pathway integrating physical activity behavior in orthopedic care: Accessibility for patients with low social economic position

4 Denise Peels

Increasing the use of physical activity interventions: From research to practice

### 3: Mental well-being among pre-adolescents and students : an investigation of complex systems , determinants and innovative interventions

*Discussant: Anke Oenema*

1 Eline Meuleman

Thriving Teens: Combining perspectives to understand preadolescents' mental wellbeing

2 Sybren Slimmen

Understanding the impact of complex social environmental factors on the mental wellbeing of students at a university of applied sciences

3 Sifra Swagerman

Monitoring the lifestyle and mental health of Dutch vocational education students

4 Valentina Bartali

Towards the development of a chatbot to support student mental well-being: What's BOthering students in daily life and what do they need?



## 4. Stepping towards the future of health psychology : the road to conceptual clarification and valid measurement

*Discussant: Gjalt-Jorn Peters*

1 Thomas Gültzow

Beyond Boundaries: Assessing and Advancing LGBTQI+ Inclusion in Health Psychology Measurement Practices.

2 Maya Braun

How do Ecological Momentary Assessment Studies ensure content validity? A systematic review.

3 Gjalt-Jorn Peters

Do we know what we're talking about? A first look at the results of the Alice study.

4 Piet van Tuijl

Content validity is a Trojan horse – why we need cue validity.

## 5. Pathways to Inclusive Health Solutions : Insights and examples from Participatory Design and Community Engagement

*Discussant: Catherine Bolman*

1 Lieke Duijsens

Turning Obstacles into Opportunities: Lessons from a Community-based Approach to Healthy Ageing

2 Jasper Faber

Beyond One-Size-Fits-All: Developing Inclusive eHealth through Participatory Design and Patient Profiles

3 Britt van Dongen

Enhancing Self-management for Hip and Knee Osteoarthritis: Developing an Inclusive Just-in-time Digital Intervention

4 Catharina van Leersum

Using different participatory research methods in inclusive research towards healthy ageing

## 6. Understanding Vaccine Decisions : Behavioural and Social Drivers in a Post-Pandemic World

*Discussant: Mart van Dijk*

1 Sumit Mehra

Differences in COVID-19 and Influenza Vaccine Decision-Making Among Older Adults in the Post-Pandemic Phase

2 Jeanine Guidry-Drost

Shots in the Dark? Navigating Post-Pandemic Parental Vaccine Hesitancy

3 Marijn Stok

Arguments and Sentiments in Online Vaccination Discourse

4 Maartje Boer

Behavioural and social drivers of childhood vaccination in the Netherlands (SocioVax project)

## Round table

Advancing equity in health psychology research: best practices for including underrepresented groups

*Chair: Nynke van der Laan*

1. Anne van Dongen
2. Meeke Hoedjes
3. Nynke van der Laan
4. Dimitri VanRyckeghem
5. Maya Schroevers
6. Nadine van der Waal

