



Linköping University

ESRII 2013
3rd to 4th Oct
Linköping
Sweden



About ESRII

The European Society for Research on Internet Interventions (ESRII) is a non-profit organization committed to advancing the scientific approach to studying eHealth interventions.

ESRII is a group of researchers, clinicians and policy experts whose mission is to foster excellence in evidence-based eHealth interventions targeting behavioral and mental health. eHealth interventions comprise existing and emerging technologies, including the Internet, mobile devices, digital gaming, virtual reality, remote sensing and robotics.

Welcome to the second european conference of ESRII

Practical information

Meeting location: The main meetings will be held in Vallfarten and the symposium in the D-house in room D32, D34 and D36. See map on the next page.

Go by bus from Linköping Travel Centre: Bus no 12 towards Lambohov (takes about 20 minutes) and bus no 20 towards Mjärdevi (takes about 10 minutes). Stops: Vallfarten.

Taxi: Call +46 (0) 13 150 000 (approximately 150 SEK from the train station to the campus).

Conference dinner will be held at hotel Ekoxen on Thursday evening at 19:00, and a three course meal will be served for the amount of 50 euro, pay on site. Klostergatan 68, Linköping. Map: <http://goo.gl/ZA0dzj>

Download the ESRII-app! Don't forget to download the ESRII conference app to your mobile phone. Download here: <http://my.yapp.us/ESRII2013>

Wifi: There will be free wifi for the conference participants, either use Eduroam or get personal login from the registration desk.

Festival Patron: H.M. Princess Madeleine of Sweden

2013 conference organising committee

Gerhard Andersson (Chair)

Per Carlbring (Co-chair)

Lava Fadhil (Schedule + smartphone app)

Kristoffer NT Månsson (Design)

Linda Snecker (Dinner organisation)

The board of ESRII

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Linköping University, Sweden

Department of Clinical Neuroscience, Karolinska Institutet,
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Netherlands

Prof. Dr. Thomas Berger

Department of Clinical Psychology and Psychotherapy,
University of Bern, Switzerland



- R Reception desk
- i Information board
- P Parking
- B Buss stop: Vallfarten
- T Taxi
- R Restaurant
- P Foot and cyclepath
- P Linköping university
- P ESRI conference 2013

Thursday, October 3rd

09:00 - 13:00	Registration (Vallfarten)
10:00 - 12:00	Special interest groups (Vallfarten, D32, D34 and D36)
13:00 - 13:20	Opening speech (Vallfarten)
13:20 - 17:10	Poster session (Vallfarten)
13:30 - 14:30	Symposia 1 to 3
14:30 - 15:00	Break
15:00 - 16:00	Symposia 4 to 6
16:15 - 17:10	ESRll meeting (Vallfarten)
19:00	Conference dinner (Hotel Ekoxen)

Friday, October 4th

09:00 - 10:00	Snapshots from the programs* (Vallfarten)
10:00 - 11:00	Symposia 7 to 9
11:00 - 11:30	Break
11:30 - 12:30	Symposia 10 to 12
12:30 - 14:00	Lunch
14:00 - 15:00	Symposia 13 to 15
15:00 - 15:30	Break
15:30 - 16:30	Symposia 16 to 18
16:30 - 17:00	ESRll farewell with prizes and diplomas! (Vallfarten)

Poster session

Kien Hoa Ly

CBT treatment with smartphone support for live treatment of depression; a randomized controlled study

Carmen Wiencke

Internet-based self-compassion training program

Julia Rheker

Internet-based self-help for tinnitus: The role of support

Philip Lindner

Clinical validation of a non-heteronormative version of the Social Interaction Anxiety Scale (SIAS)

* Snapshots from the programs - please volunteer and show us your program! Data and results are forbidden! Programs do not have to be in English. Everyone gets prizes!

Thursday, October 3rd

13:30 - 14:30

Vallfarten

Symposia 1: Mobile-phone supported studies & smartphone apps

Chair: Elena Heber

1. Leanne Morrison
Mobile App "POWeR" & online program for weight management
2. Birger Moell
ADHD
3. Stephanie Nobis
Comorbid depression in diabetes mellitus (cost-) effectiveness of this web-based intervention & mobile phone support
4. Elena Heber
Work-related stress

D32

Symposia 2: Eating Disorders

Chair: Corinna Jacobi

1. Ina Beintner
Bulimia nervosa in women
Internet-based aftercare program
2. Louise Högdahl
Bulimia nervosa (BN) CBT-based guided self-help (CBT-GSH) via the Internet
3. Corinna Jacobi
Anorexia nervosa "Parents Act Now – P@N"
4. Anna-Carlotta Zarski
Vaginismus- Free

D34

Symposia 3: Adherence to internet-based interventions

Chair: Brjánn Ljótsson

1. Eirini Karyotaki
Individual patient data metaanalyses
2. Wouter van Ballegooijen
Meta-Analysis Depression
3. Brjánn Ljótsson
Irritable bowel syndrome (IBS)
4. Saskia Kelders:
Patient's adherence to Internet interventions

14:30 - 15:00

Break

15:00 - 16:00

Vallfarten

Symposia 4: Mobile Apps

Chair: Peter Musiat

1. Sally Sophie Kindermann
Mobile App "SIMBA" Bipolar disorder
2. Peter Musiat
Acceptability of internetbased interventions or mobile apps for mental disorders
3. Lara Ebenfeld
Mobile App (GET.ON PAPP)
Panic Disorder

D32

Symposia 5: Work-related stress & mental health

Chair: Gerhard Andersson

1. Anna Geraedts
Internet-based prevention ("Happy@Work") for employees with depressive symptoms
2. Kate Cavanagh
Mindfulness & stress
3. Renske Visscher
Do you have the e factor?
4. Gerhard Andersson
Depression internet treatment

D34

Symposia 6: Depression

Chair: David Daniel Ebert

1. Leif Boss (presented by Dir Lehr)
Depression
2. David Daniel Ebert
Web-based treatment of major depressive disorder
3. Jo Annika Reins
Major Depression
4. Kristin Silfvernagel
Anxiety symptoms & Depression

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Friday, October 4th

10:00 - 11:00

Vallfarten

Symposia 7: Health Issues

Chair: Cornelia Weise

1. Cornelia Weise
Gender and iCBT
2. Denise v. Deursen
Problem Drinkers
3. Renske Spijkerman
Substance use disorder Internet-based interventions
4. Hanne Thiart
Insomnia
Work-related stress

D32

Symposia 8: Cancer

Chair: Cornelia v. Uden-Kraan

1. Marije v. d. Lee
Cost-effectiveness of Mindfulness Based Cognitive Therapy (MBCT) Breast cancer patients
2. Sanne v. Helmond
Cost-effectiveness Internet-based intervention Fear of cancer recurrence in breast cancer patients
3. Fieke Everts
Mindfulness-Based Internet Cognitive Therapy Chronic Cancer-Related Fatigue
4. Cornelia v. Uden-Kraan
eHealth portal for cancer care

D34

Symposia 9: Reviews

Chair: Lina Gega

1. Sven Alfnsson
Inter Format Reliability of Questionnaires used in ICBT
2. Leontien Vreeburg
Meta-analyses about internet-based interventions
3. Luca Palmili
Systematic review of formulation-driven CBT
4. Lina Gega
Computerized CBT

11:00 - 11:30

Break

11:30 - 12:30

Vallfarten

Symposia 10: Health

Chair: Viktor Kaldo

1. Jiayi Lin
Chronic pain
2. Anne-Marie v. Hasselaar
Chronic skin diseases
3. Marije Wolvers
Ambulant activity feedback therapy (AAF)
4. Viktor Kaldo
Internet-based Cognitive Behavioral Therapy Chronic Nightmares

D32

Symposia 11: OCD + Blended therapy

Chair: Thomas Berger

1. Erik Andersson
Internet-based cognitive behavior therapy
Obsessive-compulsive disorder
2. Rosalie van der Vaart
Blended Therapy
3. Thomas Berger
Blended Therapy
4. Erik Hjalmarsson
Blended Therapy

D34

Symposia 12: Depression

Chair: Ulrich Sprick

1. Filip Drozd
Postpartum depression
2. Heather O'Mahen
Postnatal depression (PND)
3. Ulrich Sprick
Depression
4. Marie Kivi
Internet therapy for Depression (iCBT) or treatment as usual (TAU)

12:30 - 14:00

Lunch

Friday, October 4th

14:00 - 15:00

Vallfarten

Symposia 13: Depression

Chair: Jeroen Ruwaard

1. Harald Baumeister
Effectiveness of internetbased interventions
2. Jeroen Ruwaard
Depression
3. Maria Wolters
Help4Mood
4. Nicole Koburger
iFightDepression

D32

Symposia 14: Health

Chair: Fredrik Holländare

1. Wiebke Hannig
Internet-based relapse prevention intervention
2. Fredrik Holländare
Bipolar II
3. Martin Kraepelien
Parkinson's disease
4. Björn Meyer
Depression intervention

D34

Symposia 15: Health

Chair: Berkeh Nasri

1. Ana Calero Elvira
Smoking
2. Marianne Bonnert
FGID (Functional Gastrointestinal Disorder)
3. Berkeh Nasri
ADHD
4. Claudia Buntrock
Web-based prevention of major depression

15:00 - 15:30

Break

15:30 - 16:30

Vallfarten

Symposia 16: Social Anxiety

Chair: Heleen Riper

1. Maria Tillfors
Social Anxiety
2. Tine Nordgreen
Panic and social anxiety
3. Kristoffer NT Månsson
(presented by Gerhard Andersson)
Social Anxiety
4. Bogdan Tudor Tulbure
Social Anxiety

D32

Symposia 17: Anxiety and Depression

Chair: Kate Cavanagh

1. Mircea Miclea
"Paxonline" a computer mediated solution for prevention and therapy of anxiety
2. Morgan Ström
Physical exercise via the internet for depression
3. Sarah Vigerland
Internet-delivered CBT for children with anxiety
4. Per Carlbring
Internet-based Mindfulness treatment for mixed anxiety disorders

D34

Symposia 18: The best of everything

Chair: Niels Jacobs

1. Marit Sijbrandij
PTSD
2. Annet Kleiboer
Migraine
3. Niels Jacobs
Cyberbullying



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INSERT ABSTRACT

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