





Thursday 17 October 2024

Australian Association for Cognitive and Behaviour Therapy 44th National Conference

#AACBT24 Theme: "Making meaning with cognitive and behavioural therapies"

Thursday 17 October 2024

V1.2	Avro Room	Bristol Room	Catalina Room	Dehavilland Room
7:00am - 8:36am	7:00 Registration			7:00 7:00am - 8:36am
8:36am - 9:00am	8:36		8:36 Welcome to Country Songwoman Maroochy Turrbal People	8:36 8:36am - 9:00am
	8:48		8:48 Welcome Address Fiona Maccallum AACBT National Conference Scientific Convenor (2024)	8:48
9:00am - 10:00am	9:00	  Tim's research focuses on understanding mechanisms and developing psychological preventions and treatments for common mental health problems, such as depression, anxiety, and post-traumatic stress.	9:00 Keynote Speaker Shattered lives: understanding and treating posttraumatic stress in children and adolescents Professor Tim Dalgleish, University of Cambridge, United Kingdom Chairperson: Fiona Maccallum	9:00 9:00am - 10:00am
10:00am - 10:48am	10:00	  Melissa's program of research is focused on implementing randomised controlled trials to evaluate the efficacy and mechanisms of cognitive-behavioural and mindfulness-based interventions for chronic pain conditions.	10:00 Invited Speaker Chronic pain: we can do better Associate Professor Melissa Day, University of Queensland, St Lucia, Qld Chairperson: Heidi Saunders	10:00 10:00am - 10:48am
10:48am - 11:24am	10:48 Morning Tea Southern Cross Pavilion (time to view the posters)			10:48 10:48am - 11:24am
11:24am - 1:00pm	11:24 Rapid Presentations - Session 01 2468, 2417 (refer Rapid Presentations detail)	11:24 Rapid Presentations - Session 02 2418 (refer Rapid Presentations detail)	11:24 Invited Speaker - Master Clinician Session Beyond the manual; fundamental ideas and strategies for working with families and child mental health Professor Mark Dadds, Sydney University, Sydney, NSW Chairperson: Ross Menzies  Mark has developed and directed several national intervention programs for children, youth, and their families, at risk for mental health problems. His expertise and interests are in child and family mental health, parenting/family processes, prevention, and early intervention.	11:24 11:24am - 1:00pm
	11:36 Open Papers 01: Mental health and resilience Chair: Fiona Maccallum Wounded witnesses: making sense of moral injury in journalism Kari James, University of Queensland, QLD (2467) Evidence-based behavioural pain treatment's target flexibility but what does it mean? A latent variable analysis. Jayden Lucas, The University of Western Australia, WA (2458) Essential everyday actions for promoting mental health: the development of the Big 5 Framework Nick Titov, MindSpot, Macquarie University, WA (2487)	11:36 Open Papers 02: Emotional and social factors in mental health Chair: Danielle Mathersul The relationship between Premenstrual Dysphoric Disorder and emotion dysregulation Anagha Kaluve, University of New South Wales, NSW (2441) Understanding NSSI disclosure decision-making in the context of personal information disclosure frameworks Sylvanna Mirichlis, Curtin University, WA (2452) Could Men's Sheds be a social cure for depression, anxiety, and loneliness in older men? Peter McEvoy, Curtin University, WA (2456)		11:36

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	<p>12:12 Symposium 01: Advances in treating common mental disorders (2447) Chair: Suzanna Azevedo</p> <p>A randomised clinical trial of augmenting trauma-focused psychotherapy with memory specificity training Suzanna Azevedo, UNSW Sydney, NSW</p> <p>Do clinicians overestimate patient concerns about exposure therapy? Comparing clinician perceptions vs. patient lived experience of intensive ERP for OCD. Brett Deacon, University of Melbourne, Vic</p> <p>A randomised clinical trial of the role of specific and non-specific factors in a brief group psychological intervention for psychological distress Dharani Keyan, UNSW Sydney, NSW</p> <p>A randomised trial of stepped care for anxiety and depression Eileen Stech, UNSW Sydney, NSW</p>	<p>12:12 Symposium 02: Advances in understanding and treating depression and anxiety in later life (2411) Chair: Jessamine Chen</p> <p>What is the treatment of choice for late-life anxiety? A systematic review and meta-analysis of remission, response, attrition and relapse rates for after psychological and pharmacological treatment. Carly Johnco, Macquarie University Lifespan Health & Wellbeing Research Centre, NSW</p> <p>Efficacy of low intensity interventions for geriatric depression and anxiety Viviana Wuthrich, Macquarie University Lifespan Health & Wellbeing Research Centre, NSW</p> <p>Experimental investigation of mechanisms underlying social connectedness in later life Jessamine Chen, Macquarie University Lifespan Health & Wellbeing Research Centre, NSW</p> <p>Ageing Wisely for Chinese-speaking older adults: culturally and linguistically appropriate adaptation and pilot study Jessamine Chen, Macquarie University Lifespan Health & Wellbeing Research Centre, NSW</p>	<p>Master Clinician Session continued</p>	<p>12:12</p>	
1:00pm - 2:00pm	1:00	Lunch Southern Cross Pavilion (time to view the posters)			1:00 1:00pm - 2:00pm
			1:30	AACBT Annual General Meeting (AGM) - all members welcome	
2:00pm - 2:36pm	2:00	2:00	2:00	2:00	2:00 2:00pm - 2:36pm
	<p>Rapid Presentations - Session 03 2429 (A), 2429 (B), 2429 (C) (refer Rapid Presentations detail)</p> <p>Open Papers 03: Open stream Chair: Anna Dedousis-Wallace</p>	<p>Rapid Presentations - Session 04 2480, 2408, 2416 (refer Rapid Presentations detail)</p> <p>Open Papers 04: Pre and postnatal mental health Chair: Rebecca Anderson</p>	<p>Open Papers 05: Advances in treatments for anxiety Chair: Gia Nhi Lam</p> <p>A metacognitive approach to treating rumination in Social Anxiety Disorder Hayley Donohue, The University of Sydney, NSW (2457)</p>	<p>Rapid Presentations - Session 05 2412 (A) (refer Rapid Presentations detail)</p> <p>Tracy Goodall Early Career Award Chairperson: Natasha Dean</p> <p>Ultra-brief treatments: current evidence and new directions Madelyne Bisby, Macquarie University, NSW</p>	
	2:12	2:12	2:12		
	<p>Meta-analysis of the association of childhood emotional abuse with emotion regulation Mohammadali (Ali) Amini-Tehrani, University of Western Australia (UWA), WA (2454)</p>	<p>From information to prenatal worry: how selective interrogation of information shapes different prenatal expectations and impact prenatal worry Mahdi Mazidi, The University of Western Australia, WA (2478)</p>	<p>Subthreshold Social Anxiety Disorder in adolescence and effectiveness of web-based CBT Kazuki Matsumoto, Division of Clinical Psychology, Kagoshima University Hospital, Research and Education Assembly Medical and Dental Sciences Area, Kagoshima University, Japan (2439)</p>		
	2:24	2:24	2:24		
	<p>Building health workforce capability to utilise ICBT programs Heidi Sturk, Queensland University of Technology, Qld (2425)</p>	<p>The relationship between sleep disturbance, repetitive negative thinking, anxiety sensitivity and obsessive-compulsive symptoms in postpartum women Susan Hextell, ACT (2448)</p>	<p>Implementation trial of "myNewWay" (TM) a transdiagnostic blended digital and in-person CBT intervention for depression and anxiety Jill Newby, Black Dog Institute, NSW (2462)</p>		

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2:36pm	2:36	Move	2:36 Move	2:36 Move	2:36 Move	2:36	2:36pm
2:48pm - 3:48pm	2:48	Symposium 03: The role of the family in improving outcomes for victims of school bullying (2442) Chair: Matthew Sanders Discussant: Matthew Sanders The protective role of supportive relationships in mitigating bullying victimisation and psychological distress in adolescents Karyn L Healy, Parenting and Family Support Centre, School of Psychology, The University of Queensland, QLD Pilot randomised controlled trial of a family intervention for adolescents experiencing peer problems and emotional distress Karyn L Healy, Parenting and Family Support Centre, School of Psychology, The University of Queensland, QLD Interventions for autistic children who experience bullying victimisation Alex M Johnstone, The Parenting and Family Support Centre, School of Psychology, The University of Queensland, QLD Can a brief parenting seminar provide parents with skills to support their children's peer relationships and prevent bullying? Julie Hodges, Parenting and Family Support Centre, School of Psychology, The University of Queensland, QLD <i>Discussion</i> <i>Matthew Sanders The University of Queensland</i>	2:48 Symposium 04: Burnout in health professionals: identifying the signs and getting support (2422) Chair: Varies (group) Discussant: Sarah Barker The development and evaluation of The Essential Network (TEN): a blended care mental health service for health professionals in Australia Matthew Coleshill, Black Dog Institute, NSW The Essential Network (TEN): adapting a blended care mental health support service to navigate burnout in health professionals Sarah Barker, Black Dog Institute, VIC Navigating burnout workshops Pamela Withey, Black Dog Institute, QLD Clinical and lived experience insights from the TEN clinic Laura Kampel, Black Dog Institute, NSW <i>Discussion</i> <i>Sarah Barker, Black Dog Institute</i>	2:48 Symposium 05: Advances in the prevention and treatment of obsessive-compulsive disorder (2460) Chair: Kelvin (Shiu Fung) Wong Discussant: Lara Farrell Self-ambivalence and fear-of-self mediates the relationship between self-concept disruption in early life and obsessive-compulsive symptoms Isabella Gomez, Swinburne University of Technology, VIC Changes in feared self-perceptions among a high obsessive-compulsive sample following brief imagery rescripting Jessica Grisham, UNSW Sydney, NSW An examination of the relationship between obsessive-compulsive disorder related beliefs, perceptions of parenting and perinatal OCD Raina Walker, Swinburne University of Technology, VIC Reappraising beliefs about losing control: An experimental investigation Cailyn Fridgen, Concordia University, Quebec, Canada Determinants of exposure therapy implementation in clinical practice for the treatment of anxiety, OCD, and PTSD: a systematic review Jason Racz, Griffith University, QLD	2:48 Symposium 06: Meaning through measurement: making accurate appraisals in clinical child mental health (2465) Chair: Adrienne Turnell Discussant: Mark Dadds Use of measures and measurement-based care: a survey of Australian child and youth practitioners Lucy Tully, Child Behaviour Research Clinic, University of Sydney, NSW Normative data for the preschool PSC and PSC-17 in a national Australian sample Rebecca McLean, University of Sydney, NSW Examining the effects of measurement-based care on child externalizing behaviours in behavioural parent training Adrienne Turnell, Child Behaviour Research Clinic, University of Sydney, NSW Development of a reflective-practice measure of core competencies for the evidence-based treatment of child conduct problems Jessica Barker, University of Sydney, NSW <i>Discussion</i> <i>Mark Dadds, Child Behaviour Research Clinic, University of Sydney</i>	2:48	2:48pm - 3:48pm
3:48pm - 4:24pm	3:48	Afternoon Tea Southern Cross Pavilion <i>(time to view the posters)</i>				3:48	3:48pm - 4:24pm

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4:24pm - 5:12pm	<p>4:24 Symposium 07: Music and mental health in young people (2459)</p> <p>Chair: Genevieve Dingle</p> <p>Listen closely: music listening as a technique for emotion regulation Zoe Gath, The University of QLD, QLD</p> <p>Participants' perceptions of the Tuned In university students' Program Lachlan Molan, The University of QLD, QLD</p> <p>Exploring links between depression and music listening habits in young people Genevieve Dingle, The University of QLD, QLD</p> <p>UQ Voices – a choir for connection and wellbeing of international students attending an Australian university in the context of COVID-19 Rong Han, The University of QLD, QLD</p>	<p>4:24 Symposium 08: Novel mental health interventions for preschool- and primary school-aged children (2409)</p> <p>Chair: Chloe Lim</p> <p>Co-design of a novel play-based program for early childhood settings to enhance social-emotional development and mental wellbeing Fotini Vasilopoulos, The Matilda Centre for Research in Mental Health and Substance Use; The University of Sydney; The CREATE Centre, NSW</p> <p>Examining the efficacy of positive search training as a treatment for childhood anxiety disorders: a nationwide, non-inferiority trial Allison M Waters, Griffith University, NSW</p> <p>Training primary school teachers to support students with anxiety: a consultation and pilot study Chloe Yi Shing Lim, Black Dog Institute, University of New South Wales, NSW</p> <p>Pre-schoolers overcoming phobias: a randomised controlled trial of play-modified, one session exposure treatment for pre-schoolers with specific phobias Lara Farrell, Griffith University Centre for Mental Health, QLD</p>	4:24 [vacant]	<p>4:24 Symposium 09: A public health approach to evidence-based parenting support (2470)</p> <p>Chair: Matthew Sanders</p> <p>Effects of the community-wide implementation of the Triple P system on child maltreatment in socially disadvantaged communities Matthew Sanders, The University of Queensland, QLD</p> <p>Evaluating the effectiveness of a Triple P seminar series in Australian primary schools: Findings from a cluster randomised trial Julie Hodges, The University of Queensland, QLD</p> <p>Preparing parents to be partners in children's education: examining the spillover effects of school-based implementation of evidence-based parenting programs Tianyi Ma, The University of Queensland, QLD</p> <p>Exploring the real-world effectiveness of the Triple P online system: a national rollout in Australia Alina Morawska, The University of Queensland, QLD</p>	4:24	4:24pm - 5:12pm
5:12pm - 6:00pm	5:12 	<p>Aaron is an accomplished clinical psychologist and director of Benchmark Psychology, an international training organisation. He is a well-respected figure in the psychology industry and an advocate for mental health support.</p>	5:12	<p>Invited Speaker</p> <p>Deliberate practice - the pathway to ongoing improvement in a changing landscape Dr Aaron Frost, Benchmark Psychology, Brisbane, Qld</p> <p>Chairperson: Adela Kiveric</p>	5:12	5:12pm - 6:00pm
6:00pm - 8:00pm	<p>6:00 Early Career Network Meeting (Researchers and Clinicians) <i>Supported by the Psychology Registrar Endorsement Program (PREP)</i> Chair: Luke Ney Panel: <ul style="list-style-type: none"> Tim Dalgleish Melissa Day Caitlin Hitchcock Aaron Frost Leanne Hides Lara Farrell </p> <p>7:24 Welcome Reception Southern Cross Pavilion</p>	6:00	<p>Welcome Reception Southern Cross Pavilion</p>		6:00	6:00pm - 8:00pm
8:00pm	Close					8:00pm

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Australian Association for Cognitive and Behaviour Therapy 44th National Conference - Rapid Presentations

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Avro Room			Bristol Room		Catalina Room		Dehavilland Room			
11:24am - 11:36pm	11:24	Rapid Presentations - Session 01 Chair: Fiona Maccallum [Open Papers 01]	11:24	Rapid Presentations - Session 02 Chair: Danielle Mathersul [Open Papers 02]					11:24	11:24am - 11:36pm
	11:27	Stop, drop and think! The effect of a scheduled problem-solving intervention on fatigue and repetitive negative thinking. Nusaibah Islam, University of New South Wales, NSW (2468) #	11:27	Evidence for third wave therapies for alcohol use disorder across two systematic reviews Simon Byrne, University of Queensland, QLD (2418) #					11:27	
	11:30	Empowering family members in the context of hoarding disorder: development and evaluation of an evidence-based group intervention Emily Dewar, The University of Sydney , NSW (2417)							11:30	
									11:33	
-	-	Rapid Presentations							-	-

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Avro Room		Bristol Room		Catalina Room		Dehavilland Room			
2:00pm - 2:12pm	2:00	Rapid Presentations - Session 03 Chair: Anna Dedousis-Wallace [Open Papers 03]	2:00	Rapid Presentations - Session 04 Chair: Rebecca Anderson [Open Papers 04]		2:00	Rapid Presentations - Session 05 Chair: Natasha Dean [Early Career Award]	2:00	2:00pm - 2:12pm
	2:03	The predictive relationship between autobiographical memory specificity and onset of psychiatric disorders – an individual participant data meta-analysis Uyen Doan, University of Melbourne, VIC (2429 A) #	2:03	Illness anxiety disorder: to seek, or not to seek (medical care) Katarina Kikas, Black Dog Institute and UNSW, NSW (2480)		2:03	FAST CBT for paediatric OCD: a RCT of multimodality, digital parent training in exposure and response prevention for children with OCD Lara Farrell, Griffith University Centre for Mental Health, Griffith University, QLD (2412 A)	2:03	
	2:06	The relationship between autobiographical memory flexibility, mechanisms of wellbeing, and depression in young people: a prospective study Patrick Haylock, University of Melbourne, VIC (2429 B) #	2:06	Mental imagery and hoarding symptoms Isaac Sabel, University of New South Wales, NSW (2408) #				2:06	
	2:09	Metacognition & post-trauma symptoms: bridging insights from the cognitive and clinical fields Alicia Smith, University of Cambridge / University of Melbourne, VIC (2429 C) #	2:09	The impact of hoarding disorder on family members: a systematic review of qualitative studies Emily Dewar, The University of Sydney , NSW (2416)				2:09	
-	-	Rapid Presentations						-	-

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Avro Room		Bristol Room		Catalina Room		Dehavilland Room					
7:00am - 8:36am	7:00	Registration				7:00	7:00am - 8:36am				
8:36am - 9:36am	8:36			Emily's work as a clinical psychologist has fuelled her interest in psychological treatment innovation in mental health – both in creating new techniques and reaching more people.	8:36	Keynote Speaker Just imagine: using mental imagery within CBT Professor Emily Holmes, Uppsala University, Sweden Chairperson: Peter McEvoy	8:36	8:36am - 9:36am			
9:36am - 10:24am	9:36			Maree is a distinguished researcher with a depth of experience in leadership roles. Working across research, health and education, Professor Toombs has a track record of impactful work, improving the lives of Aboriginal and Torres Strait Islander people.	9:36	Invited Speaker Get in the back seat, I am driving. Translating research into action. Professor Maree Toombs, UNSW - Sydney Chairperson: Kathryn Nicholson Perry	9:36	9:36am - 10:24am			
10:24am - 10:48am	10:24	Morning Tea Southern Cross Pavilion (time to view the posters)				10:24	10:24am - 10:48am				
11:00am - 11:48am	11:00	Rapid Presentations - Session 06 2426, 2488 (refer Rapid Presentations detail)		11:00	Rapid Presentations - Session 07 2472 (A), 2472 (B), 2472 (C) (refer Rapid Presentations detail)	11:00	Rapid Presentations - Session 08 2406 (B) (refer Rapid Presentations detail)	11:00	Rapid Presentations - Session 09 2412 (C), 2412 (D) (refer Rapid Presentations detail)	11:00	11:00am - 11:48am
	11:12	Open Papers 06: Adolescent mental health Chair: Pete McEvoy Opportunities lost? Rates and predictors of attrition in an eating disorders outpatient service. Rosie Blackburn, Curtin University , WA (2453) The impact of shame on eating disorder treatment outcomes in a community mental health clinic Olivia Carter, Centre for Clinical Interventions, WA (2455) The role of life experience and genetic risk in the development of positive cognitive biases in adolescence Elaine Fox, University of Adelaide, SA (2484)		11:12	Open Papers 07: Meaning making and predictors of mental health Chair: Lara Keogh Meaning through metaphors in CBT Fiona Mathieson, University of Otago, Wellington, New Zealand (2479) Predictive factors influencing insomnia trajectories in Australian adolescents Kate Maston, Black Dog Institute, UNSW Sydney, NSW (2475) Move	11:12	Open Papers 08: Optimizing psychological treatments Chair: Luke Ney Optimization of Cognitive Behavioural Therapy modules in treatment for Attention-Deficit Hyperactivity Disorder Sayo Hamatani, University of Fukui, Japan (2474) Internet-videoconferencing delivered Cognitive Behaviour Therapy for Social Anxiety Disorder Halaina Winter, University of Technology Sydney, NSW (2410) A clinical pilot of imagery rescripting in Generalised Anxiety Disorder Lauren Stavropoulos, UNSW Sydney, NSW (2438)	11:12	Open Papers 09: Uncertainty and mental health Chair: Rebecca Anderson Experimenting with uncertainty: a brief intervention targeting negative beliefs about uncertainty for individuals with generalised anxiety disorder Emily Wilson, University of Technology Sydney, NSW (2413) Improving mental health by increasing tolerance of uncertainty Susanne Schweizer, University of New South Wales, NSW (2469) How can we best address the mental health impacts of climate-related disasters? James Bennett-Levy, Southern Cross University, NSW (2476)	11:12	

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11:48am	11:48	Move	11:48	Move	11:48	Move	11:48	11:48am		
12:00pm - 1:00pm	12:00	<p>Symposium 10: Exploring meaning making in intrusive memories elicited during a combined trauma film and fear conditioning paradigm (2444)</p> <p>Chair: Madeline Jarvis Discussant: Luke Ney</p> <p>Meaning making in intrusive memories following fear conditioning Gia Nhi Lam, Queensland University of Technology, QLD</p> <p>Methods for combining the trauma film and fear conditioning paradigms: relevance to theories of intrusive memories in PTSD Sarah Olsson, Queensland University of Technology, QLD</p> <p>Towards more valid experimental fear conditioning paradigms for exposure therapy in posttraumatic stress disorder Luke Ney, Queensland University of Technology, QLD</p> <p>Endocannabinoids, neurosteroids, and steroid hormone effects on intrusive memories following acute stress and trauma film viewing Khalisa Amir Hamzah, Queensland University of Technology, QLD</p> <p><i>Discussion</i> Luke Ney, Queensland University of Technology</p>	12:00	<p>Symposium 11: Latest research on screening, assessment and treatment in child mental health (2423)</p> <p>Chair: Melissa Aji</p> <p>School-based screen-and-treat’: an effective blueprint for expediting access to care in children experiencing PTSD following disasters Vanessa E. Cobham, The University of Queensland, QLD</p> <p>The impact of universal mental health checks on stigma in primary schools Emma McDermott, Black Dog Institute, University of New South Wales, NSW</p> <p>How do Aboriginal and Torres Strait Islander youth experience life interference when they are socially and emotionally unwell? Maddison O’Gradey-Lee, Black Dog Institute , NSW</p> <p>Barriers to accessing and engaging with mental health services for low income families: a qualitative evaluation Sophie Dickson, Macquarie University Lifespan Health and Wellbeing Research Centre, NSW</p> <p>A systematic review of measures of fears and worries interfering with sleep in children Melissa Aji, Black Dog Institute, University of New South Wales, NSW</p>	12:00	<p>Symposium 12: Self-guided internet-delivered cognitive behaviour therapy (ICBT) for obsessive compulsive disorder (OCD): is it effective? Who chooses it? Who responds best? Who drops out? When do symptoms change? (2421)</p> <p>Chair: Bethany Wootton Discussant: Madelyne Bisby</p> <p>Reasons for seeking self-guided internet-delivered cognitive behaviour therapy for individuals with obsessive-compulsive disorder Maral Melkonian, University of Technology Sydney, NSW</p> <p>Who responds best to self-guided internet-delivered cognitive behaviour therapy (ICBT) for obsessive compulsive disorder? Bethany Wootton, University of Technology Sydney, NSW</p> <p>Who drops out of self-guided internet-delivered cognitive behaviour therapy (ICBT) for obsessive compulsive disorder? Bethany Wootton, University of Technology Sydney, NSW</p> <p>The timing of symptom change and early treatment response in a self-guided digital treatment for obsessive-compulsive disorder Madelyne Bisby, Macquarie University, NSW</p> <p><i>Discussion</i> Madelyne Bisby, Macquarie University</p>	12:00	<p>Mid-career Award</p> <p>Chairperson: Janice Wong</p> <p>Ageing wisely – a short tour of older adult mental health Viviana Wuthrich, Macquarie University Lifespan Health & Wellbeing Research Centre, NSW</p> <p>Move</p>	12:00	12:00pm - 1:00pm
1:00pm - 2:00pm	1:00	Lunch Southern Cross Pavilion (time to view the posters)					1:24	Branch Meeting all delegates welcome	1:00	1:00pm - 2:00pm

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Avro Room		Bristol Room		Catalina Room		Dehavilland Room			
2:00pm - 2:36pm	<div>2:00</div> <div>Symposium 13: Mechanisms underpinning maintenance and treatment of common mental disorders (2445)</div> <div>Chair: Suzanna Azevedo</div> <div>Intrusive memories and a new model for exposure therapy Christina Kheir, UNSW Sydney, NSW</div> <div>Does threat prediction error relate to symptom changes during exposure based cognitive behaviour therapy for Social Anxiety Disorder in adults? Chris Winkler, University of Melbourne, Vic</div> <div>The role of attachments in posttraumatic appraisals Suzanna Azevedo, UNSW Sydney, NSW</div> <div>The role of autobiographical memories in treating PTSD Eileen Stech, UNSW Sydney, NSW</div>	2:00	<div>Symposium 14: Parenting and risk and protective factors of child development (2424)</div> <div>Chair: April Hoang</div> <div>Acceptability and use of corporal punishment and parenting practices across high-income countries Carolina Gonzalez , University of Southern Queensland, QLD</div> <div>Resilience at risk: intergenerational adversity and hostile relationships Carys Chainey , The University of Queensland, QLD</div> <div>The effects of parenting practices on children and youth positive outcomes: a systematic review April Hoang, The University of Queensland, QLD</div> <div>The evidence of parenting and children moral development – a survey of Vietnamese families April Hoang, The University of Queensland, QLD</div>	2:00	<div>Symposium 15: Apps, innovations and considerations: new developments in the mechanisms underpinning youth mental health (2451)</div> <div>Chair: Caitlin Hitchcock</div> <div>Imagery rescripting as a novel therapy for suicidal ideation in young people Lianne Schmall, Orygen , VIC</div> <div>Improving access to psychological intervention in low-middle income settings: Results from a waitlist-controlled, proof-of-concept trial of the MemFlex intervention for trauma-exposed Afghan youth Caitlin Hitchcock, University of Melbourne, Vic</div> <div>Transdiagnostic versus disorder-specific smartphone interventions for treatment of youth and adult mental health conditions: a systematic review and meta-analysis Imogen Bell, Orygen Digital, VIC</div> <div>Are screens making our teens sad and anxious? Investigating screen time, depression and anxiety in a longitudinal cohort of Australian teenagers. Aliza Werner-Seidler, Black Dog Institute, NSW</div>	2:00	<div>Symposium 16: Controversies in childhood conduct problems: morality, discipline and diagnostic labels (2471)</div> <div>Chair: Mark Dadds</div> <div>How should parents discipline conduct problems in children? Evidence from asking the children themselves. Mark Dadds, The University of Sydney, NSW</div> <div>Towards trauma-informed discipline: exploring the moderating role of adversity on the appropriateness of time-out for young children with conduct disorders Alex Roach, The University of Sydney, NSW</div> <div>Is impaired emotional reactivity in child callous-unemotional traits associated with impaired emotional comprehension and moral reasoning? Jaimie Northam, The University of Sydney, NSW</div> <div>Parent perceptions of diagnosis of Oppositional Defiant Disorder for their child Lucy Tully, The University of Sydney, NSW</div>	2:00	2:00pm - 2:36pm
2:48pm	2:48	Move	2:48	Move	2:48	Move	2:48	2:48pm	

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Avro Room		Bristol Room		Catalina Room		Dehavilland Room			
3:00pm - 3:48pm	<p>Symposium 17: Investigating transdiagnostic approaches to improving our treatment for eating disorders (2485) Chair: Tracey Wade</p> <p>A randomised and adaptive trial of transdiagnostic single session interventions for people on an eating disorder treatment waitlist Tracey Wade, Flinders University, SA</p> <p>A Delphi study of critical “non-eating disorder” targets that are potential targets in early intervention and augmentation of therapy for eating disorders Jamie-Lee Pennesi, Flinders University, SA</p> <p>Intervention approaches designed to have transdiagnostic effects for youth at risk of poor mental health: a meta-analysis of outcomes Marcela Radunz, Flinders University, SA</p> <p>A meta-analysis of acute augmentation of therapy for eating disorders: impact on outcomes Jamie-Lee Pennesi, Flinders University, SA</p>	3:00	<p>Symposium 18: Learning mechanisms linking adversity with emotional maladjustment (2407) Chair: Allison Waters</p> <p>Exposure to images of violence and neglect influence fear learning and daily anxiety Michael Beardsley, Griffith University, QLD</p> <p>Fear learning and extinction mechanisms linking natural disasters with emotional maladjustment Allison Waters, Griffith University, QLD</p> <p>Exposure to images of post-bushfire disaster impacts fear learning and extinction Lindsey Franklin-Browne, Griffith University, QLD</p> <p>The effects of coping self-efficacy on fear learning Rachel Kapnias, Griffith University, QLD</p>	3:00	<p>Symposium 19: Online treatments for physical and mental health: identifying barriers to engagement and testing new treatment models (2466) Chair: Madelyne Bisby</p> <p>Predictors of uptake of CBT-based health behaviour change interventions in chronic health conditions: a national survey Andreea Heriseanu, Macquarie University, NSW</p> <p>Development and preliminary evaluation of an ultra-brief online treatment for perinatal depression and anxiety Madelyne Bisby, Macquarie University, NSW</p> <p>Acceptability and feasibility of an online, transdiagnostic sleep intervention Amelia Scott, Macquarie University, NSW</p> <p>Examining the efficacy and acceptability of an internet-delivered pain management program for endometriosis Shanika Chandra, Macquarie University, NSW</p>	3:00	<p>Symposium 20: Empowering families: insights into parenting interventions for autism and adjustment to diagnosis (2414) Chair: Mark Dadds</p> <p>ParentWorks Spectrum: a randomised controlled trial of a brief integrated online parent mediated intervention for young children with autism Bridie Leonard, University of Sydney, NSW</p> <p>Making meaning from autism diagnosis and treatment: qualitative interviews following caregiver training Elysha Clark-Whitney, University of Sydney, NSW</p> <p>Parental functioning and well-being in parents of ParentWorks Spectrum: an integrated parent-mediated intervention for autism Erika Moelle, University of Sydney, NSW</p> <p>(vacant)</p>	3:00	3:00pm - 3:48pm
3:48pm - 4:24pm	<p>3:48 Afternoon Tea Southern Cross Pavilion (last chance to view the posters)</p>							3:48	3:48pm - 4:24pm
4:24pm - 5:12pm	<p>Symposium 21: Understanding and treating Prolonged Grief Disorder (2446) Chair: Fiona Maccallum</p> <p>A longitudinal study of bereavement outcomes and support use: practice and policy implications to improve outcomes for those at risk of prolonged grief disorder Fiona Maccallum, University of Queensland, QLD</p> <p>Using ecological momentary assessment to explore the dynamic relationship between emotion regulation use and prolonged grief in daily life Tom Kennedy, University of Queensland, QLD</p> <p>A randomised controlled trial comparing cognitive behaviour therapy and mindfulness in treatment of Prolonged Grief Disorder Suzanna Azevedo, UNSW Sydney, NSW</p> <p>Residual symptoms following cognitive behaviour therapy for Prolonged Grief Disorder Suzanna Azevedo, UNSW Sydney, NSW</p>	4:24	<p>Symposium 22: Finding meaning through cultural tailoring of parenting support (2473) Chair: Karen Turner</p> <p>Drawing on community voices to create a universal public service campaign for Cherbourg parents and carers and beyond Arvind Ponnappalli, Darling Downs Health and The University of Queensland, QLD</p> <p>Tailoring evidence-based parent support with Indigenous community service partners Karen Turner, The University of Queensland, QLD</p> <p>Behind their thoughts: Indonesian fathers’ involvement in parenting Ari Pratiwi, The University of Queensland, QLD</p> <p>Exploring perceptions of Pakistani orphanage staff on the implementation of Triple P Amina Khalid, The University of Queensland, QLD</p>	4:24	(vacant)	4:24	<p>Symposium 23: Advances in the field of artificial intelligence for the treatment of mental ill-health: evidence, applications and perspectives (2430) Chair: Imogen Bell</p> <p>Characteristics and effectiveness of AI-enhanced digital mental health interventions: a state-of-the-art systematic review and meta-analysis Shaunagh O’Sullivan, Orygen, University of Melbourne, VIC</p> <p>Artificial intelligence use for mental health care: a community survey of clinician and consumer perspectives and experiences Shane Cross , Orygen, University of Melbourne, VIC</p> <p>Pilot randomised controlled trial of Mello: a Just-In-Time Adaptive Intervention (JITAI) targeting repetitive negative thinking in youth depression and anxiety Imogen Bell , Orygen, University of Melbourne, VIC</p> <p>‘Vibe Up’ study: An artificial intelligence-enhanced response adaptive trial of brief digital interventions for psychological distress in university students Jill Newby, Black Dog Institute, VIC</p>	4:24	4:24pm - 5:12pm

Friday 18 October 2024

Australian Association for Cognitive and Behaviour Therapy 44th National Conference

#AACBT24 Theme: "Making meaning with cognitive and behavioural therapies"

Friday 18 October 2024

Avro Room		Bristol Room	Catalina Room	Dehavilland Room		
5:12pm - 6:00pm	5:12		Robert is a clinical psychologist, researcher, and a co-director of Schema Therapy Sydney - the first schema therapy focused private practice to be established in Sydney. Over the past 7 years he has provided accredited schema trainings across Australia, New Zealand, Singapore, and Hong Kong.	5:12 Invited Speaker Advances in the practice of schema therapy in 2024 and beyond: trends, opportunities, and challenges Dr Rob Brockman, Schema Therapy Sydney Chairperson: Lisa Catania	5:12	5:12pm - 6:00pm
6:00pm - 8:00pm	6:00		6:00 Closing Address Heidi Saunders AACBT National Conference Convenor (2024)	6:00	6:00pm - 8:00pm	
	6:12	Close				6:12
	7:00	Conference social event (dinner and networking) (tickets available on website) 7pm start until 10pm Bar Pacino, 175 Eagle St, Brisbane City				7:00
8:00pm		Conference social event (dinner and networking) continues...				8:00pm

Friday 18 October 2024

Australian Association for Cognitive and Behaviour Therapy 44th National Conference - Rapid Presentations

Friday 18 October 2024

Friday 18 October 2024

Avro Room		Bristol Room	Catalina Room	Dehavilland Room		
11:00am - 11:12am	11:00	Rapid Presentations - Session 06 Chair: Pete McEvoy [Open Papers 06]	11:00 Rapid Presentations - Session 07 Chair: Heidi Saunders [Open Papers 07]	11:00 Rapid Presentations - Session 08 Chair: Luke Ney [Open Papers 08]	11:00 Rapid Presentations - Session 09 Chair: Rebecca Anderson [Open Papers 09]	11:00am - 11:12am
	11:03	Exploring digital emotion regulation in young people Atia Fatimah, Black Dog Institute, NSW (2426)	11:03 Meta-analysis of teen Triple P-Positive Parenting Program Cassandra Tellegen, The University of Queensland, QLD (2472 A)	11:03 Programs and support pathways for caregivers to strengthen Aboriginal children's wellbeing Talia Carl, Growing Minds Australia, Child Behaviour Research Clinic, University of Sydney, NSW (2406 B)	11:03 Courage Quest: pilot trial of a parent-led digital exposure-focused intervention for children with anxiety Chloe Yi Shing Lim, Black Dog Institute, University of New South Wales, NSW (2412 C) #	11:03
	11:06	Developing and piloting of the 'Next Steps' decision-aid for people deciding on more intensive psychological treatment options Alana Fisher, Macquarie University, NSW (2488)	11:06 Randomised controlled trial investigating the effects of Stepping Stones Triple P vs Stepping Stones plus Enhanced Triple P on parenting and family adjustment Ayu Paramcwari, The University of Queensland, QLD (2472 B)		11:06 Testing the optimal method of exposure for children with anxiety Jennifer Hudson, Black Dog Institute, University of New South Wales; School of Psychology, University of New South Wales, NSW (2412 D)	11:06
			11:09 A randomised control trial of Triple P seminars for promoting parent and child self-regulation in Indonesia Olifa J Asmara, The University of Queensland, QLD (2472 C) #			11:09
-	-	Rapid Presentations				-

Saturday 19 October 2024		
All workshops are supported by XXXX		
8:00am - 9:00am	Workshop Registration	
	Full-day workshop Using mental imagery with CBT	Full-day workshop Mindfulness-based cognitive therapy for chronic pain, other health conditions and comorbidities: a clinician's training workshop
	Avro Room	Bristol Room
	Chair: Heidi Saunders	Chair: Danielle Mathersul
	Presenter: Emily Holmes Uppsala University, Sweden	Presenter: Melissa Day University of Queensland
9:00am - 12:30pm	Morning session	Morning session
10:30am - 11:00am	Morning Tea Southern Cross Pavilion	
11:00am - 12:30pm	<i>Continued</i>	<i>Continued</i>
12:30m - 1:30pm	Lunch (and skills practice if req.) Southern Cross Pavilion	
1:30pm - 5:00pm	<i>Afternoon session</i>	<i>Afternoon session</i>
3:00pm - 3:30pm	Afternoon Tea Southern Cross Pavilion	
3:30pm - 5:00pm	<i>Continued</i>	<i>Continued</i>
5:00pm	Close	Close