

AACBT National Conference Program

AEDT NSW, ACT, Vic, Tas	ACDT SA	AEST QLD	AWST WA	AWST WA	Friday 29 October 2021
+3 hours	+2.5 hours	+2 hours	-	-	
10:00am - 11:00am	9:30am - 10:30am	9:00am - 10:00am	7:00am - 8:00am	7:00am - 8:00am	"Publish that Paper!" Tips for ECR researchers Associate Professor Genevieve Dingle, Editor "Behaviour Change" Room: East Hall
11:00am - 1:30pm	10:30am - 1:00pm	10:00am - 12:30pm	8:00am - 10:30am	8:00am - 8:30am	Invited Speaker: A person-centred and strengths-based approach to non-suicidal self-injury Professor Penny Hasking, Curtin University, Perth, WA
				8:30am - 9:00am	Invited Speaker: Cognitive behavioural therapy for eating disorders (CBT-ED): status, innovations, and implications for the therapy room Dr Bronny Raykos, Centre for Clinical Interventions (CCI), North Metropolitan Health Service (WA), Perth, WA
				9:00am - 10:30am	Keynote Speaker - LIVE VIDEO LINK: More walk, less talk: action-packed CBT Dr Christine Padesky, Center for Cognitive Therapy, California, USA
					Room: West Hall Chair: Louise Sharpe
1:30pm - 2:00pm	1:00pm - 1:30pm	12:30pm - 1:00pm	10:30am - 11:00am		Short break

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2:00pm - 3:15pm	1:30pm - 2:45pm	1:00pm - 2:15pm	11:00am - 12:15pm	Symposium 07 (2402) Understanding loneliness and improving social connectedness		Open Papers 05 Telehealth / COVID		Symposium 08 (2424) Predictors of individual differences in recovery from adversity	
				Room: West Hall		Room: Central		Room: East Hall	
				Chair: Jessamine Chen		Chair: Rebecca Anderson		Chair: Lies Notebaert	
				11:00am - 11:15am	Paper 1. Interventions to improve social connections: a systematic review and meta-analysis Dino Zagic, Macquarie University, Sydney, NSW	11:00am - 11:15am	Connecting with the digital mental health world: increases in use of digital mental health services as a result of COVID-19 Heidi Sturk, Queensland University of Technology, Brisbane, QLD (2422)	11:00am - 11:15am	Paper 1. Recovery following acquired brain injury: correlates and predictors of quality of life in individuals with acquired brain injury during post-acute rehabilitation Georgina Mann, Brightwater Research Centre, Osborne Park, WA
				11:15am - 11:30am	Paper 2. Targeting maladaptive cognitions related to loneliness using focused cognitive restructuring alleviates feelings of loneliness and promotes social connectedness Dino Zagic, Macquarie University, Sydney, NSW	11:15am - 11:30am	Brief telehealth-delivered expressive writing therapy for post-traumatic stress Rachelle Dawson, Australian National University, Canberra, ACT (2467)	11:15am - 11:30am	Paper 2. Emotional regulation strategies in recovering from adversity Hannah Abdul Razak, University of Western Australia, Perth, WA
				11:30am - 11:45am	Paper 3. Improving mental health and social participation outcomes in older adults with depression and anxiety – a randomised controlled trial Jessamine Chen, Macquarie University, Sydney, NSW	11:30am - 11:45am	Australians under strain: the experience of the COVID-19 pandemic for families with young children Bronte Morgan, University of Sydney, Sydney, NSW (2502)	11:30am - 11:45am	Paper 3. The contribution of attentional bias and its variability to emotional recovery from adverse experiences Bree Mitchelson, University of Western Australia, Perth, WA
				11:45am - 12:00pm	Paper 4. Adapting social activities to COVID-19 health restrictions Jessamine Chen, Macquarie University, Sydney, NSW	11:45am - 12:00pm	Developing a culturally-attuned internet-delivered mindfulness program for university students in Indonesia: outcome of end-user consultation and pilot study Ratih Arruum Listiyandini, University of New South Wales, Sydney, NSW (2388)	11:45am - 12:00pm	Paper 4. Loneliness during lockdown – role of social activity and depression Julie Ji, University of Western Australia, Perth, WA
12:00pm - 12:15pm	Paper 5. Utilising stepped care to treat depression, anxiety, and social isolation in older adults: a multi-site clinical trial Viviana Wuthrich, Macquarie University, Sydney, NSW	12:00pm - 12:15pm	Rapid poster presentation viewing time		12:00pm - 12:15pm	Paper 5. What predicts treatment response in PTSD? Richard Bryant, University of New South Wales, Sydney, NSW			
3:15pm - 4:00pm	2:45pm - 3:30pm	2:15pm - 3:00pm	12:15pm - 1:00pm	Long break			12:30pm - 1:00pm	AACBT Branch open meeting Room: East Hall	

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4:00pm - 5:30pm	3:30pm - 5:00pm	3:00pm - 4:30pm	1:00pm - 2:30pm	Symposium 09 (2418) Death anxiety in anxiety-related conditions plus Open Paper		Symposium 10 (2384) The role of cognitive processes in unhealthy patterns of consumption		Symposium 11 (2431) Exposure therapy: diverse clinical applications and novel delivery methods	
				Room: West Hall		Room: Central		Room: East Hall	
				Chair: Rachel Menzies		Chair: Laura Dondzilo Discussant: Daniel Rudaizky		Chair: Eileen Stech Discussant: Jennie Hudson	
				1:00pm - 1:15pm	Paper 1. Overcome death anxiety: results from a novel online CBT treatment for fears of death Rachel Menzies, University of Sydney, Sydney, NSW	1:00pm - 1:15pm	Paper 1. Healthiness matters: approach motivation for (un)healthy food in overweight and obese individuals Sophia Moore, University of Western Australia, Crawley, WA	1:00pm - 1:15pm	Paper 1. Active ingredients for preventing and treating anxiety in young people: the effectiveness of exposure Jennie Hudson, University of New South Wales, Sydney, NSW
				1:15pm - 1:30pm	Paper 2. Death anxiety and OCD: what's love got to do with it? Ross Menzies, University of Technology, Sydney, NSW	1:15pm - 1:30pm	Paper 2. Perceived healthiness and tastiness differentially impact on approach tendencies to food in successful and unsuccessful healthy eaters Daniel Rudaizky, Curtin University, Perth, WA	1:15pm - 1:30pm	Paper 2. Factors associated with practitioners' use of exposure therapy for older adults with anxiety disorders Jessamine Chen, Macquarie University, Sydney, NSW
				1:30pm - 1:45pm	Paper 3. Can death anxiety predict fear of cancer recurrence and progression in women with ovarian cancer over and above other cognitive factors? Daelin Coutts-Bain, The University of Sydney, Sydney, NSW	1:30pm - 1:45pm	Paper 3. Food-related attentional bias in restrained eaters: converging evidence from two attentional assessment approaches Laura Dondzilo, University of Western Australia, Crawley, WA	1:30pm - 1:45pm	Paper 3. The relative efficacy and efficiency of single- versus multi-session exposure therapy for specific phobia: a meta-analysis Bronwyn M Graham, University of New South Wales, Sydney, NSW
				1:45pm - 2:00pm	Paper 4. Do meaning and relationships buffer death anxiety in fear of cancer recurrence? Louise Sharpe, The University of Sydney, Sydney, NSW	1:45pm - 2:00pm	Paper 4. Drinking more than planned: attentional bias in attempts to reduce alcohol consumption Jemma Todd, University of Sydney, Sydney, NSW	1:45pm - 2:00pm	Paper 4. Delivering exposure therapy for panic disorder online: an RCT comparing exposure-based vs multi- component CBT programs Eileen Stech, University of New South Wales, Sydney, NSW
				2:00pm - 2:15pm	Restoring our emotional tank: the effects and management of emotional labour in psychotherapy James Clarke, Curtin University, Perth, WA (2232)	2:00pm - 2:15pm	Paper 5. The role of impaired inhibitory control in negative emotional drinking Henry Austin, University of Western Australia, Crawley, WA	2:00pm - 2:15pm	Paper 5. Exposure therapy for binge eating – It works! Melissa M. Norberg, Macquarie University, Sydney, NSW
2:15pm - 2:30pm	Rapid poster presentation viewing time								

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5:30pm - 6:30pm	5:00pm - 6:00pm	4:30pm - 5:30pm	2:30pm - 3:30pm	Open Papers 06 Emotion regulation		Open Papers 07 Child / adolescent		Symposium 06 (2485) Group CBT for social anxiety disorder: outcomes and mechanisms of change		
				Room: West Hall		Room: Central		Room: East Hall		
				Chair: David Preece		Chair: Heidi Saunders		Chair: Peter McEvoy		
				2:30pm - 2:45pm	Advancing the assessment of emotional regulation: psychometric properties of the Perth Emotion Regulation Competency Inventory (PERCI) David Preece, Curtin University, Perth, WA (2287)	2:30pm - 2:45pm	More than a feeling? Investigating emotional reactivity in children with conduct problems and callous-unemotional traits Jaimie Northam, University of Sydney, Sydney, NSW (2500)	2:30pm - 2:45pm	Paper 1. Imagery-enhanced versus verbally-based group CBT for social anxiety disorder: a randomised controlled trial Peter McEvoy, Curtin University, Perth, WA	
				2:45pm - 3:00pm	Psychometric properties of the Emotion Beliefs Questionnaire and the mediating role of emotion regulation between beliefs and affective symptoms Rodrigo Becerra, University of Western Australia, Crawley, WA (2327)	2:45pm - 3:00pm	Parental behaviours and protective factors for children in the context of parental substance use: an exploratory analysis of factors identified by practitioners Zoe Walter, University of Queensland, St Lucia, QLD (2509)	2:45pm - 3:00pm	Paper 2. A longitudinal assessment of the bivalent fear of evaluation model in social anxiety disorder Andrew Johnson, Curtin University, Perth, WA	
				3:00pm - 3:15pm	Assessing alexithymia across Asian and Western cultures: psychometric properties of the Toronto alexithymia scale-20 and Perth alexithymia questionnaire in Singaporean and Australian samples Joan Chan, University of Western Australia, Crawley, WA (2409-3)	3:00pm - 3:15pm	Mind the family: mindfulness and imagery integrated behavioural parent training Mark Donovan, University of Wollongong, Wollongong, NSW (2233)	3:00pm - 3:15pm	Paper 3. Concurrent and prospective associations between negative social-evaluative beliefs, safety behaviours, and symptoms during and following group CBT for social anxiety disorder Melissa Burgess, University of Waterloo, West Waterloo, Ontario, Canada	
3:15pm - 3:30pm	Validity and reliability of the Perth alexithymia questionnaire in adults with acquired brain injury Danielle Fynn, University of Western Australia, Crawley, WA (2409-5)	3:15pm - 3:30pm	"I felt seen by this chatbot": a qualitative focus group study with young people and parents/carers to develop a positive body image chatbot called "KIT" Gemma Sharp, Monash University, Melbourne, VIC (2495)	3:15pm - 3:30pm	Paper 4. An investigation of cognitive and affective changes during group imagery rescripting Samantha Bank, Curtin University, Perth, WA					
6:30pm - 6:45pm	6:00pm - 6:15pm	5:30pm - 5:45pm	3:30pm - 3:45pm	Short break						

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6:45pm - 7:30pm	6:15pm - 7:00pm	5:45pm - 6:30pm	3:45pm - 4:30pm	Symposium 12 (2558) Loneliness – theory and practice		Symposium 13 (2411) From measurement to mechanisms: examining impairments in attentional control and their relationship with anxiety vulnerability	
				Room: West Hall Chair: Genevieve Dingle		Room: East Hall Chair: Owen Myles Discussant: Patrick Clarke	
			3:45pm - 4:30pm (45 min)	Paper 1. Evidence that loneliness matters in psychological practice David Preece, Curtin University, Perth, WA		3:45pm - 4:30pm (45 min)	Paper 1. The mediating role of beliefs about attentional control in the relationship between self-report measures of attentional control and anxiety Lies Notebaert, The University of Western Australia, Crawley, WA
				Paper 2. Exploring links between social identity, emotion regulation, and loneliness in those with and without a history of a mental disorder Shaun Hayes, The University of Queensland, St Lucia, QLD			Paper 2. On the validity of self-report attention control: does the Attention Control Scale predict behavioural attention control performance Patrick Clarke, Curtin University, Perth, WA
				Paper 3. Alone together?: A longitudinal study of loneliness among Australians during COVID-19 Marlee Bower, The University of Sydney, Sydney, NSW			Paper 3. Do the eyes have it? Comparing eye-movement and attentional-probe based approaches to indexing attentional control Owen Myles, The University of Western Australia, Crawley, WA
				Paper 4. The impact of COVID-19 on stress, loneliness, and risky drinking in university students Genevieve Dingle, The University of Queensland, St Lucia, QLD			Paper 4. The moderating role of attentional control on the relationship between attentional preference for negative information and trait anxiety Julian Basanovic, The University of Western Australia, Crawley, WA
							Paper 5. The role of poor attentional control in the relationship between elevated social anxiety and selective attention to negative social information Mahdi Mazidi, The University of Western Australia, Crawley, WA

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7:30pm - 9:05pm	7:00pm - 8:35pm	6:30pm - 8:05pm	4:30pm - 6:05pm	4:30pm - 5:00pm	Invited Speaker: Imagery-rescripting for trauma affected voice hearers Dr Georgie Paulik-White, Perth Voices Clinic & University of Western Australia & Murdoch University, Perth, WA
				5:00pm - 6:00pm	Invited Speaker: Lessons in delivering digital mental health services: things we wished we knew before we started Professor Nick Titov, Macquarie University, Sydney, NSW
					Room: West Hall
					Chair: David Preece
				6:00pm - 6:05pm	Closing Address Dr Janice Wong, AACBT National Conference Convenor
9:05pm	8:35pm	8:05pm	6:05pm		Scientific Program Close