





Thursday 19 October 2023		#AACBT23 Theme "CBT: adapting to change"	
7:00am - 8:15am	Scientific Program Registration	Keltie Cove Chair: Genevieve Dingle 7:30am - 8:10am Tips for publishing and journal reviewing for ECRs Professor Genevieve Dingle, Editor "Behaviour Change" <i>Move</i>	
8:15am - 10:30am	8:15am - 8:45am Welcome to Country Aunty Lola Ryan of the La Perouse Aboriginal Community Welcome Address Jill Newby AACBT National Conference Scientific Convenor AACBT National President's Address Melissa Norberg AACBT National President Ballroom 1 & 2 Chair: Louise Sharpe 8:45am - 9:45am Keynote Speaker Reward sensitivity as a risk factor and treatment target for depression and anxiety Professor Michelle G. Craske, University of California, Los Angeles Ballroom 1 & 2 Chair: Louise Sharpe 9:45am - 10:30am Invited Speaker: Enhancing the psychological care of people with neurological disorders Dr Milena Gandy, Macquarie University, Sydney, NSW	<p>Michelle has published extensively in the area of fear, anxiety and depression, including over 570 peer reviewed journal articles as well as academic books and several self-help books and therapist guides, and is on the Web of Science Most Highly Cited Researcher List.</p> 	
		<p>Milena is an expert in the assessment and treatment of mental health in people with neurological disorders. She has a wealth of knowledge for how to support the mental health of people with neurological disorders, and practical tips about how to modify assessment and treatment skills.</p> 	
10:30am - 11:00am	Morning Tea (with poster presenters) Lobby		

Thursday 19 October 2023								#AACBT23 Theme "CBT: adapting to change"	
11:00am - 11:30am		AACBT 2023 National Award Recipient Mid-career Award		Open Papers 01: Eating disorders		Open Papers 02: Imagery		Open Papers 03: Autism, tics and behavioural disorders	
Ballroom 1		Ballroom 2		Ballroom 3		Keltie Cove			
Chair: Peter Norton		Chair: Aliza Werner-Seidler		Chair: Lisa Catania		Chair: Anna Dedousis-Wallace			
11:00am - 11:30am		AACBT Mid-career Award recipient Coping with uncertainty: understanding the impact of environmental and psychological factors on refugee mental health Professor Angela Nickerson		11:00am - 11:12am The effectiveness of CBT-E following discontinued FBT in adolescents with eating disorders Melanie Dalton, Queensland Health, QLD (10167)		11:00am - 11:12am Studying imagery rescripting online: learning from three experiments David Cooper, UNSW Sydney, NSW (10110)		11:00am - 11:12am Treatments that work for autistic clients with mental health difficulties Theresa Kidd, The Kidd Clinic, WA (10157)	
		11:12am - 11:24am Harnessing the informative potential of adaptive trial design in eating disorders Tracey Wade, Flinders University, SA (10023)		11:12am - 11:24am A brief imagery rescripting intervention is equivalent to imaginal exposure in improving response to worry images among high trait worry individuals Lauren Stavropoulos, UNSW Sydney, NSW (9861)		11:12am - 11:24am Integrated cognitive behavioural intervention for functional tics (ICBIT): an urge acceptance approach Amanda Maxwell, UNSW, NSW (10095)			
		11:24am - 11:30am Rapid Poster Presentations - Session 01 1 paper (refer separate page for detail)		11:24am - 11:30am Rapid Poster Presentations - Session 02 1 paper (refer separate page for detail)		Move			
Move		Move		Move		Move			
11:30am - 12:45pm		Symposium 01 (10133) Complex presentations of child conduct problems: recent advances in research & practice		Symposium 10 (10291) How can we adapt to change when uncertainty is everywhere?		Symposium 03 (10134) New perspectives on hoarding disorder: exploring innovative approaches to conceptualisation and treatment		Symposium 12 (10243) Cognitive processes in pain: the role of attentional alignment	
Ballroom 1		Ballroom 2		Ballroom 3		Keltie Cove			
Chair: David Hawes		Chair: Danielle Einstein		Chair: Keong Yap		Chair: Stefan Michalski			
11:30am - 11:45am		Paper 1. Practitioner perceptions of case complexity in the treatment of child conduct problems: a DELPHI study Jessica Barker, University of Sydney, NSW		11:30am - 11:45am Paper 1. Should clinicians target intolerance of uncertainty during treatment? A recent systematic review and meta-analysis Emily Wilson, UTS, NSW		11:30am - 11:45am Paper 1. Can hoarding disorder be considered a behavioural addiction? Jonathan David, Macquarie University, NSW		11:30am - 11:45am Paper 1. Attentional processes in pain: the importance of context and attentional alignment Louise Sharpe, The University of Sydney, NSW	
11:45am - 12:00pm		Paper 2. A case-series investigation of an integrated parent-mediated intervention for autism and disruptive behaviour: ParentWorks-Spectrum Bridie Leonard, University of Sydney, NSW		11:45am - 12:00pm Paper 2. Targeting intolerance of uncertainty in secondary schools Danielle Einstein, Macquarie University, NSW		11:45am - 12:00pm Paper 2. The effects of imagery rescripting compared to thought listing on discarding ease and frequency in a high hoarding sample Isaac Sabel, UNSW, NSW		11:45am - 12:00pm Paper 2. Using virtual reality to investigate attentional processes in people with chronic pain Natalie Winiarski, The University of Sydney, NSW	
12:00pm - 12:15pm		Paper 3. Irritability, conduct problems, and psychopathology across childhood and adolescence: a meta-analytic review Miriam Chin, University of Sydney, NSW		12:00pm - 12:15pm Paper 3. Gender differences: a latent profile analysis of compassionate and uncompassionate self-relating in a large adolescent sample Madeleine Fraser, Australian Catholic University, NSW		12:00pm - 12:15pm Paper 3. A structural equation analysis of anger in hoarding Wenting Chen, UNSW, NSW		12:00pm - 12:15pm Paper 3. Attentional alignment modification in immersive virtual reality Stefan Michalski, The University of Sydney, NSW	
12:15pm - 12:30pm		Paper 4. A pilot trial of school-delivered parent-child interaction therapy for young children with subtypes of disruptive behaviour problems Eva Kimonis, University of New South Wales, NSW		12:15pm - 12:30pm Paper 4. Thinking through imaginal exposure stories for OCD. Are we targeting intolerance of uncertainty in these? Danielle Einstein, Macquarie University, NSW		12:15pm - 12:30pm Paper 4. Reducing loneliness improves object attachment in high hoarding individuals: a pretest, post-test randomised experimental study Keong Yap, Australian Catholic University, NSW		12:15pm - 12:30pm Paper 4. Attention bias modification and nocebo hyperalgesia: testing a novel virtual reality based attention bias modification paradigm Tessa Rooney, The University of Sydney, NSW	
12:30pm - 12:45pm		Discussion David Hawes, University of Sydney		12:30pm - 12:45pm Discussion Peter McEvoy, Curtin University		12:30pm - 12:45pm Discussion Melissa Norberg, Macquarie University		12:30pm - 12:45pm Discussion Elaine Fox, The University of Adelaide	

Thursday 19 October 2023								#AACBT23 Theme "CBT: adapting to change"		
12:45pm - 1:30pm		Lunch (with poster presenters) Lobby						1:00pm - 1:30pm		AACBT Annual General Meeting (AGM) - all members welcome Keltie Cove
1:30pm - 2:30pm		Symposium 05 (10085) A primer on novel and cross-cutting methodological and statistical approaches in psychological research		Symposium 11 (10290) Drawing on large-scale epidemiological Australian data to understand the role of early life experiences on attachment and mental health in adulthood		Symposium 07 (10294) Advances in understanding and treating depression, anxiety, and posttraumatic stress disorder in later life		Symposium 08 (10120) Enhancing the policy and social impact of evidence-based parenting support		
Ballroom 1		Ballroom 2		Ballroom 3		Keltie Cove				
Chair: Jonathan Singer		Chair: Hannah Thomas		Chair: Jessamine Chen		Chair: Matthew Sanders				
1:30pm - 1:45pm	Paper 1. Applying intensive longitudinal methods in psychological research Jonathan Singer, Texas Tech University, United States	1:30pm - 1:45pm	Paper 1. The unique role of adolescent internalising and externalising problems, maternal-adolescent communication in their association with attachment in early adulthood Julie Blake, QIMR Berghofer, QLD	1:30pm - 1:45pm	Paper 1. Instrumental and emotional support: associations with depressive symptoms in longitudinal ageing cohort studies Suraj Samtani, UNSW Centre for Healthy Brain Ageing, NSW	1:30pm - 1:45pm	Paper 1. What predicts the transformation from practitioner to program champion Tianyi Ma, Parenting and Family Support Centre, The University of Queensland, QLD			
1:45pm - 2:00pm	Paper 2. Applying linguistic inquiry and word count (LIWC) analysis to support psychological assessment Tyler Livingston, Angelo State University, United States	1:45pm - 2:00pm	Paper 2. Prevalence of five types of child maltreatment in Australia: findings from the Australian child maltreatment study Hannah Thomas, Queensland Centre for Mental Health Research, QLD	1:45pm - 2:00pm	Paper 2. Posttraumatic stress disorder in later life: symptom profile and impact on treatment outcome(s) Dino Zagic, Macquarie University, NSW	1:45pm - 2:00pm	Paper 2. A review of Australian government funding of parenting intervention research Mark Dadds, The University of Sydney, NSW			
2:00pm - 2:15pm	Paper 3. Modelling psychological responses to bereavement: how computational advances are helping to transform our understanding of adaption to major life events Fiona Maccallum, The University of Queensland, QLD	2:00pm - 2:15pm	Paper 3. Association between child maltreatment and mental health outcomes throughout life: findings from the Australian child maltreatment study Divna Haslam, Queensland University of Technology, QLD	2:00pm - 2:15pm	Paper 3. Examining age differences in behavioural avoidance and the association with anxiety symptoms Viviana Wuthrich, Macquarie University Lifespan Health & Wellbeing Research Centre, NSW	2:00pm - 2:15pm	Paper 3. Formation of PAFRA and I-CEPS to enhance social and policy impact Matthew Sanders, Parenting and Family Support Centre, The University of Queensland, QLD			
2:15pm - 2:30pm	Paper 4. Utilizing unique and novel methodology to improve diagnosis and measurement of treatment response Jonathan Singer, Texas Tech University, United States	2:15pm - 2:30pm	Discussion Divna Haslam, Queensland University of Technology	2:15pm - 2:30pm	Paper 4. Developing evidence-based psychological treatment for older adults with depression and anxiety in inpatient services – a pilot clinical trial Jessamine Chen, Macquarie University Lifespan Health & Wellbeing Research Centre, NSW	2:15pm - 2:30pm	Moderated Panel Discussion Matthew Sanders, Parenting and Family Support Centre, The University of Queensland Mark Dadds, The University of Sydney			
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Thursday 19 October 2023								#AACBT23 Theme "CBT: adapting to change"			
2:30pm - 3:45pm		Open Papers 07: Anxiety, mood disorders and insomnia		Open Papers 08: Cognition and emotion regulation		Symposium 02 (10126) CBT intensity, predictors and long-term effects		Symposium 04 (10245) Fear of progression/recurrence in health conditions: mechanisms and implications			
Ballroom 1		Ballroom 2		Ballroom 3		Keltie Cove					
Chair: Jenn Hawken		Chair: Kristin Gainey		Chair: Carly Johnco		Chair: Gemma Todd					
2:30pm - 2:42pm		An exploratory investigation of schema modes in social anxiety disorder: empirical findings and case conceptualisation Alice Norton, The University of Sydney, NSW (10072)		2:30pm - 2:42pm		Trends in associative learning and their relevance to CBT Peter Lovibond, UNSW Sydney, NSW (10214)		2:30pm - 2:45pm		Paper 1. An online single-session treatment for depression and anxiety: a randomised controlled trial Madelyne Bisby, Macquarie University, NSW	
2:42pm - 2:54pm		Associations between moral injury and obsessive-compulsive symptoms David Berle, Australian National University, ACT (10282)		2:42pm - 2:54pm		Examining discrepancies in attention to threat between anxious and non-anxious youth across the early adolescent years Ella Oar, Centre for Emotional Health, Macquarie University, NSW (10149)		2:45pm - 3:00pm		Paper 2. High body weight predicts response to iCBT for adjustment to chronic health conditions Andreea Heriseanu, Macquarie University, NSW	
2:54pm - 3:06pm		Caregiver personality characteristics to address when guiding excessive reassurance withdrawal in obsessive-compulsive disorder Sophie Champion, University of New South Wales, NSW (10119)		2:54pm - 3:06pm		Cognitive flexibility and psychological wellbeing Elaine Fox, University of Adelaide, SA (10150)		3:00pm - 3:15pm		Paper 3. Predictors of treatment outcome for older adults with anxiety and depression Viviana Wuthrich, Macquarie University, NSW	
3:06pm - 3:18pm		Effectiveness of cognitive behavioural therapy for depression and the METAPSY project: what we know from meta-research Marketa Ciharova, Vrije Universiteit Amsterdam, North Holland (10248)		3:06pm - 3:18pm		TechTonic: using digital technology for emotion regulation Sophie Li, Black Dog Institute, NSW (10184)		3:15pm - 3:30pm		Paper 4. Long term outcomes of ICBT for child anxiety (Cool Kids Online): after 4 – 5 years and a pandemic Lauren McLellan, Macquarie University, NSW	
3:18pm - 3:30pm		Group cognitive therapy for bipolar disorder: positive outcomes in a complex public health outpatient setting Bruce Campbell, Centre for Clinical Interventions, WA (10185)		3:18pm - 3:30pm		A brief mindfulness exercise prior to a stressful task did not reduce anxiety or improve performance in an undergraduate sample Jessica Grisham, UNSW Sydney, NSW (10092)		3:30pm - 3:45pm		Paper 5. Long-term remission and relapse of anxiety and depression in older adults after CBT: a 10-year follow-up of a randomised controlled trial Carly Johnco, Macquarie University, NSW	
3:30pm - 3:42pm		Insomnia disorder: awakening to the opportunities afforded by its treatment Melissa Ree, The University of Western Australia, WA (10074)		3:30pm - 3:42pm		The impacts of positive and negative evaluation on state anxiety and repetitive negative thinking in social evaluative situations: an experimental study Peter McEvoy, Centre for Clinical Interventions & Curtin University, WA (10093)		3:30pm - 3:45pm		Paper 5. Toward the development of a transdiagnostic model of fears of recurrence and progression in people with mental health conditions Daelin Coutts-Bain, University of Sydney, NSW	
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3:45pm - 4:15pm		Afternoon Tea (with poster presenters) Lobby									

Thursday 19 October 2023		#AACBT23 Theme "CBT: adapting to change"
4:15pm - 5:00pm	Ballroom 1 & 2 Chair: Rachel Menzies 4:15pm - 5:00pm Invited Speaker: Exploring the diversity of gender diverse youth: implications for research and clinical practice Dr James Morandini, King Street Psychology Clinic, Sydney, NSW	James is an expert in research related to gender identity and sexuality. Based on his personal clinic experiences, he is well-versed with the latest knowledge about gender diversity in youth, and what the evidence says about the impact of gender-affirming social and medical interventions on mental health and psychosocial functioning in gender diverse young people. 
Move		Move
5:00pm - 5:45pm	Ballroom 1 & 2 Chair: David Hawes 5:00pm - 5:45pm Invited Speaker: Cultural adaptation and implementation of CBT for anxiety and depression in young people Professor Cecilia Essau, University of Roehampton, London, UK	Cecilia is a world expert in the understanding and treatment of mental disorders in youth across cultures. Hear about her latest work on adapting CBT 'Skills for Life' youth program across various cultural backgrounds, and the challenges and opportunities of delivering evidence-based culturally-adapted CBT programs in school settings. 
Move		Move
5:45pm - 8:00pm	6:00pm - 8:00pm Welcome Reception (included with Scientific Program ticket) Lobby	Keltie Cove Chair: Sophie Li & Mikaela Tracy 5:45pm - 7:00pm Early Career Network Meeting (Researchers and Clinicians) Supported by Black Dog Institute Welcome Reception (included with Scientific Program ticket) Lobby

Thursday 19 October 2023					#AACBT23 Theme "CBT: adapting to change"		
Ballroom 1		Ballroom 2		Ballroom 3		Keltie Cove	
		11:24am - 11:27am	Rapid Poster Presentations - Session 01 Trauma history is associated with greater sleep problems in college students who regularly use substances Haley Coronado, Texas Tech University, United States (10102)	11:24am - 11:27am	Rapid Poster Presentations - Session 02 Investigating imagery rescripting as a treatment for unipolar depression Karishma Rajan Menon, University of Sydney, NSW (10094)	11:24am - 11:27am	Move
		11:27am - 11:30am	Move	Move	Move		

Rapid presentation only (no poster display)


Rapid Poster Presentations

Friday 20 October 2023				#AACBT23 Theme "CBT: adapting to change"			
7:45am - 8:30am		Scientific Program Registration					
8:30am - 9:30am		Ballroom 1 & 2 Chair: Peter Norton				Jacqueline specialises in treating depression and anxiety in adults, and in providing training and consultation to professionals who want to strengthen their CBT skills or get help conducting research in a clinical setting.	
8:30am - 9:30am		Keynote Speaker The case formulation approach to cognitive behaviour therapy: why use it? Professor Jacqueline B. Persons, Oakland CBT Center, Oakland, CA and University of California, Berkeley, USA					
9:30am - 10:00am		<i>Move (ballroom wall insertion)</i>		<i>Move (ballroom wall insertion)</i>		<i>Move</i>	
		AACBT 2023 National Award Recipient		Open Papers 04: Trauma and moral injury		Open Papers 05: Diagnosis and clinician perspectives	
		Distinguished Career Award				Open Papers 06: Alcohol and substance abuse	
		Ballroom 1		Ballroom 2		Ballroom 3	
		Chair: Lisa Catania		Chair: Heidi Saunders		Chair: Jenn Hawken	
9:36am - 10:00am		AACBT Distinguished Career Award recipient Improving CBT for eating disorders: exploring the roads less travelled Professor Tracey Wade		9:36am - 9:48am Moral distress and adaptation: the role of identity processing style Kari James, University of Queensland, QLD (10113)		9:30am - 9:42am To diagnose or not to diagnose? Clinician perceptions of clinical utility and stigma in personality disorder diagnoses Mikaela Tracy, The University of Sydney, NSW (10028)	
		9:48am - 10:00am The frequency and characteristics of nightmares among people endorsing a moral injury Alyssia Simos, University of Technology Sydney, NSW (10118)		9:42am - 9:54am Elemental psychopathology: distilling constituent symptoms and patterns of repetition in the diagnostic criteria of the DSM-5 Miri Forbes, Macquarie University, NSW (10020)		9:30am - 9:42am Strong & deadly futures: partnering with Aboriginal and Torres Strait Islander communities to adapt CBT to prevent drug and alcohol harm in youth Lexine Stapinski, Matilda Centre, University of Sydney, NSW (10121)	
		<i>Move</i>		9:54am - 10:00am Rapid Poster Presentations - Session 05 & 08 2 papers (<i>refer separate page for detail</i>)		9:42am - 9:54am Tailored approaches to substance misuse and mental ill-health in adolescents: adaptations of the Preventure Program Erin Kelly, Matilda Centre for Research in Mental Health and Substance Use, University of Sydney, NSW (10138)	
				9:54am - 10:00am Rapid Poster Presentations - Session 06 2 papers (<i>refer separate page for detail</i>)			

Friday 20 October 2023		#AACBT23 Theme "CBT: adapting to change"						
10:00am - 10:30am	Morning Tea (with poster presenters) Lobby							
10:30am - 12:00pm	Symposium 13 (10124) Understanding and responding to university students' mental health needs in the pandemic era		Symposium 14 (10213) Parents' engagement with parenting and family support: evidence and next steps		Symposium 15 (10264) New directions in attention and emotional vulnerability		Symposium 16 (10228) Internet-delivered CBT: from RCTS to the real world – mechanisms and implementation	
Ballroom 1		Ballroom 2		Ballroom 3		Keltie Cove		
Chair: Genevieve Dingle		Chair: Carolina Gonzalez		Chair: Jemma Todd		Chair: Michael Murphy		
10:30am - 10:45am	Paper 1. Mental health literacy and help-seeking behaviour among first year university students Rong Han, The University of QLD, QLD	10:30am - 10:45am	Paper 1. Health behaviour constructs as predictors of parent's initial engagement with parenting programs Carolina Gonzalez, University of Southern Queensland, QLD	10:30am - 10:45am	Paper 1. Attentional bias variability and its relationship with psychological symptoms Jemma Todd, University of Sydney, NSW	10:30am - 10:45am	Paper 1. What is the optimal treatment for co-occurring insomnia and anxiety? An RCT comparing internet CBT for insomnia to internet CBT for anxiety Elizabeth Mason, Clinical Research Unit for Anxiety and Depression (CRUFAD), St Vincent's Hospital, NSW	
10:45am - 11:00am	Paper 2. Cross-sectional associations between physical activity, sedentary behaviour and mental wellbeing in undergraduate university students Sjaan Gomersall, The University of QLD, QLD	10:45am - 11:00am	Paper 2. Understanding the health beliefs and early engagement of non-user parents with parenting programs Gemma Truscott, University of Southern Queensland, QLD	10:45am - 11:00am	Paper 2. Contamination fear and attention bias variability in the early stages of the COVID-19 pandemic Patrick Clarke, Curtin University, WA	10:45am - 11:00am	Paper 2. The relationship between perfectionism and treatment outcomes for generalised anxiety disorder Katie Dobinson, Clinical Research Unit for Anxiety and Depression (CRUFAD), St Vincent's Hospital, NSW	
11:00am - 11:15am	Paper 3. Using the COM-B model of behaviour change to inform and understand FIT4STUDY, a physical activity program for university students' mental health Kevin Huang, The University of QLD, QLD	11:00am - 11:15am	Paper 3. Parents of children with chronic illnesses and their intention to participate in parenting programs Helen Shannon, University of Southern Queensland, QLD	11:00am - 11:15am	Paper 3. Attention control and attention bias as mechanisms explaining the association between insomnia and depression in young people Isabel Clegg, University of Western Australia, WA	11:00am - 11:15am	Paper 3. Harnessing blended care to adapt to increasing service demands Vanessa Hamilton, Think Mental Health, NSW	
11:15am - 11:30am	Paper 4. Pilot evaluation of sharper minds: a mental health prevention package for university students focused on health strategies Genevieve Dingle, The University of QLD, QLD	11:15am - 11:30am	Paper 4. Family school partnerships to implement evidence-based parenting programs John Toumbourou, Deakin University, VIC	11:15am - 11:30am	Paper 4. Hot and cold attentional flexibility in anxiety Lies Notebaert, University of Western Australia, WA	11:15am - 11:30am	Paper 4. Adapting online CBT for women with perinatal anxiety and depression: evaluation in routine care Alison Mahoney, Clinical Research Unit for Anxiety and Depression (CRUFAD), St Vincent's Hospital, NSW	
11:30am - 11:45am	Paper 5. A three-arm cluster randomised controlled trial of the QUIKFIX alcohol and other drug (AOD) harm minimisation workshop and targeted brief intervention among residential college students Leanne Hides, The University of QLD; Lives Lived Well, QLD	11:30am - 11:45am	Paper 5. A randomised trial of a family school partnership program to improve child education and mental health outcomes John Toumbourou, Deakin University, VIC	11:30am - 11:45am	Paper 5. Unravelling the dynamics of cognitive flexibility, trait anxiety and mind-wandering characteristics Isabelle Kaiko, University of Sydney, NSW	11:30am - 11:45am	<i>Discussion</i> Michael Murphy, UNSW, NSW Health, & Compass Psychiatry	
11:45am - 12:00pm	<i>Discussion</i> Radhika Tanksale, The University of QLD	11:45am - 12:00pm	<i>Discussion</i> John Toumbourou, Deakin University	11:45am - 12:00pm	Rapid Poster Presentations - Session 07 4 papers (refer separate page for detail)	Move		

Friday 20 October 2023								#AACBT23 Theme "CBT: adapting to change"		
12:00pm - 1:00pm		Lunch (with poster presenters) Lobby						12:30pm - 1:00pm		AACBT Branch open meeting Keltie Cove
1:00pm - 2:00pm		AACBT 2023 National Award Recipient Tracy Goodall Early Career Award		Symposium 17 (10108) Effects of psychotherapy: clinician and client perspectives		Symposium 18 (10249) Understanding and treating health anxiety		Symposium 19 (10196) Moving from science to practice in youth mental health		
Ballroom 1		Ballroom 2		Ballroom 3		Keltie Cove				
Chair: Louise Sharpe		Chair: Anthony Joffe		Chair: Jill Newby		Chair: Caitlin Hitchcock				
1:00pm - 1:30pm		AACBT Tracy Goodall Early Career Award recipient New directions for cognitive bias in pain Dr Jemma Todd		1:00pm - 1:15pm Paper 1. The association between emotional labour, affective symptoms, and burnout in Australian psychologists Anthony Joffe, Centre for Emotional Health, School of Psychological Sciences, Macquarie University, NSW		1:00pm - 1:15pm Paper 1. Improving the diagnosis and assessment of illness anxiety disorder Katarina Kikas, UNSW Sydney, NSW		1:00pm - 1:15pm Paper 1. Please, just talk to me: autobiographical memory specificity increases self-disclosure, and reduces self-harm and depression in adolescents Caitlin Hitchcock, University of Melbourne, VIC		
		1:15pm - 1:30pm Paper 2. The uptake of psychotherapy and perceived positive and negative side-effects of psychotherapy by young adults Maria Kangas, Centre for Emotional Health, School of Psychological Sciences, Macquarie University, NSW		1:15pm - 1:30pm Paper 2. Intrusive thoughts and images in people with health anxiety & autoimmune diseases Natalie Windsor, UNSW Sydney, NSW		1:15pm - 1:30pm Paper 2. Improving affective control with app-based training: does it benefit adolescent mental health? Susanne Schweizer, UNSW, NSW				
1:30pm - 2:00pm		Rapid Poster Presentations - Session 09 4 papers (refer separate page for detail)		1:30pm - 1:45pm Paper 3. The influence of emotional labour on therapeutic alliance and treatment satisfaction: a case series approach Anthony Joffe, Centre for Emotional Health, School of Psychological Sciences, Macquarie University, NSW		1:30pm - 1:45pm Paper 3. The uptake and outcomes of online cognitive behaviour therapy for health anxiety during COVID-19 Alison Mahoney, St Vincent's Hospital Sydney, NSW		1:30pm - 1:45pm Paper 3. Overcoming the post-trial abyss: implementing a CBT-I digital intervention for adolescent insomnia in practice Aliza Werner-Seidler, Black Dog Institute, NSW		
		Rapid Poster Presentations - Session 10 5 papers (refer separate page for detail)		1:45pm - 2:00pm Discussion Lauren McLellan, Macquarie University		1:45pm - 2:00pm Paper 4. Screening and multidisciplinary management of health anxiety in medical clinics: a pilot trial Michael Murphy, Black Dog Institute, NSW		1:45pm - 2:00pm Paper 4. Engagement and outcomes of co-developed psychological therapies for young people within an innovative digital platform – most Shane Cross, Orygen Digital, VIC		
Move		Move		Move		Move		Move		

Friday 20 October 2023								#AACBT23 Theme "CBT: adapting to change"	
2:00pm - 3:00pm	Symposium 20 (10071) Recent advances in examining emotion (dys)regulation on wellbeing		Symposium 21 (10137) Mechanisms and barriers in exposure therapy for anxiety-related disorders		Symposium 09 (10111) Young children's screen use: improving support for parents and families		Panel Discussion (10292) What happens when wellbeing and universal prevention programs are unleashed in secondary schools? What does the research tell us and what should we advise schools to consider?		
	Ballroom 1		Ballroom 2		Ballroom 3		Keltie Cove		
	Chair: Melissa Norberg		Chair: Kim Felmingham		Chair: Alina Morawska		Chair: Danielle Einstein		
2:00pm - 2:15pm	Paper 1. The role of parental emotion regulation in children's mental ill-health Junwen Chen, School of Medicine and Psychology, The Australian National University, NSW	2:00pm - 2:15pm	Paper 1. Habituation of distress during exposure and its relationship to treatment outcome in post-traumatic stress disorder and prolonged grief disorder Suzanna Azevedo, School of Psychology, University of New South Wales, NSW	2:00pm - 2:15pm	Paper 1. Understanding young children's screen use: a theoretical model of factors influencing screen use Alina Morawska, The University of Queensland, QLD	2:00pm - 3:00pm	Panel Discussion Aliza Werner-Seidler Tracey Wade Louise Birrell Mark Dadds		
2:15pm - 2:30pm	Paper 2. Examining if perfectionism and emotion regulation skills can predict reactions to feedback in university students Ronan King, Centre for Emotional Health, Macquarie University, NSW	2:15pm - 2:30pm	Paper 2. Threat prediction error and its relationship to anxiety and surprise during a speech performance exposure therapy analogue Chris Winkler, School of Psychological Sciences, University of Melbourne, VIC	2:15pm - 2:30pm	Paper 2. The impact of proximal and modifiable parenting factors on the screen time of children five years or younger: a systematic review and meta-analysis Blake Pyne, The University of Queensland, QLD				
2:30pm - 2:45pm	Paper 3. Reducing the consequences of perfectionism in university students: A pilot randomised controlled trial Melissa Norberg, Centre for Emotional Health, Macquarie University, NSW	2:30pm - 2:45pm	Paper 3. Effective but unnecessary? Predicting clinician unwillingness to provide exposure therapy for PTSD and panic disorder Brett Deacon, School of Psychological Sciences, University of Melbourne, VIC	2:30pm - 2:45pm	Paper 3. Young children's screen use: parental concerns and predictors of intention to change Amy Mitchell, The University of Queensland, QLD				
2:45pm - 3:00pm	Paper 4. The role of emotion regulation strategies in prenatal women's mental health Claire Wilson, School of Medicine and Psychology, The Australian National University, NSW	2:45pm - 3:00pm	Paper 4. Psychologist perceptions and use of extended duration exposure therapy for anxiety disorders Bronwyn Graham, School of Psychology, University of New South Wales, NSW	2:45pm - 3:00pm	Paper 4. Healthy Habits Triple P: pilot of a novel online parenting intervention to support healthy screen use with young children Amy Mitchell, The University of Queensland, QLD				
3:00pm - 3:30pm	Afternoon Tea (with poster presenters) Lobby								

Friday 20 October 2023								#AACBT23 Theme "CBT: adapting to change"	
3:30pm - 4:45pm		Symposium 22 (10255) Existential issues, death anxiety, and mental health outcomes		Symposium 06 (10247) Transdiagnostic treatment for depression & anxiety		Open Papers 09: Youth and parenting interventions		Open Papers 10: Digital assessment and treatment	
Ballroom 1		Ballroom 2		Ballroom 3		Keltie Cove			
Chair: Rachel Menzies		Chair: Jill Newby		Chair: David Hawes		Chair: Fiona Maccallum			
3:30pm - 3:45pm		Paper 1. The relationship between death anxiety and fear of progression in people with rheumatic and autoimmune disease Bethany Richmond, The University of Sydney, NSW		3:30pm - 3:45pm Paper 1. The impact of psychotropic medication use during transdiagnostic cognitive behavioural therapy (TCBT): results from the Quebec pragmatic RCT Peter Norton, Cairnmillar Institute, VIC		3:30pm - 3:42pm Positive impacts of a mental health prevention program in New South Wales schools Rachel Baffsky, Black Dog Institute, NSW (10171)		3:30pm - 3:42pm Concordance of a self-report measure of anhedonia with digital biomarkers of positive emotions Tomas Meaney, University of New South Wales, NSW (10156)	
3:45pm - 4:00pm		Paper 2. Existential concerns in borderline personality disorder: how relevant are they, and do they respond to treatment? Rachel Menzies, The University of Sydney, NSW		3:45pm - 4:00pm Paper 2. Group transdiagnostic cognitive behavioural therapy (TCBT) for anxiety disorders: cost-effectiveness analysis of adults consulting in primary care in Quebec Peter Norton, Cairnmillar Institute, VIC		3:42pm - 3:54pm A cluster randomised controlled trial of 'Growing with Gratitude' in South Australian primary schools Jasmine Turner, The University of Adelaide, SA (10096)		3:42pm - 3:54pm Therapist-assisted versus fully self-directed iCBT for youth obsessive-compulsive symptoms Rebecca Anderson, Curtin University, WA (10099)	
4:00pm - 4:15pm		Paper 3. A systematic review of the relationship between death anxiety, capability for suicide, and suicidality Melissa Sims, The University of Technology Sydney, NSW		4:00pm - 4:15pm Paper 3. Effectiveness of transdiagnostic group metacognitive therapy for repetitive negative thinking: replication and extension of positive outcomes Bruce Campbell, Centre for Clinical Interventions, WA		3:54pm - 4:06pm The future proofing study: evaluating school-based prevention at scale Kate Maston, Black Dog Institute, NSW (10227)		3:54pm - 4:06pm A randomised controlled trial of a new CBT smartphone app for adolescent depression Mirjana Subotic-Kerry, Black Dog Institute, UNSW Sydney, NSW (10091)	
4:15pm - 4:30pm		Paper 4. A validation study of the use of vignettes as an implicit measure of suicidality Melissa Sims, The University of Technology Sydney, NSW		4:15pm - 4:30pm Paper 4. Transdiagnostic blended care intervention for depression and anxiety Kathleen O'Moore, Black Dog Institute, NSW		4:06pm - 4:18pm Co-designing guided parent-delivered cognitive behaviour therapy for youth perfectionism with parents Tracey Wade, Flinders University, SA (10152)		4:06pm - 4:18pm A randomised waitlist-controlled trial of a culturally adapted internet-delivered mindfulness intervention for treating distress among university students in Indonesia Ratih Arruum Listiyandini, The University of New South Wales, NSW (10239)	
4:30pm - 4:45pm		Move		4:30pm - 4:45pm Move		4:18pm - 4:30pm A natural evolution in parenting intervention: mindfulness enhanced behavioural parenting Mark Donovan, University of Wollongong, NSW (10014)		4:18pm - 4:30pm Online metacognitive group therapy for repetitive negative thinking: adapting to change during COVID-19 Kate Tonta, Curtin University and the Centre for Clinical Interventions, WA (10115)	
						4:30pm - 4:42pm From mindless to mindful: using an internet-delivered brain training program to reduce social anxiety and hazardous drinking among young people Katrina Prior, University of Sydney, NSW (10161)		4:30pm - 4:42pm Comparing implementation pathways for internet-based CBT interventions Phil Batterham, Australian National University, ACT (10259)	
						Move		Move	
4:45pm - 5:45pm		Ballroom 1 & 2 Chair: Fiona Maccallum		Richard is regarded as a leading authority in posttraumatic stress responses and he has developed novel assessment and treatment programs for people with PTSD.					
		4:50pm - 5:35pm Invited Speaker: Can we treat PTSD better than we currently do? Professor Richard Bryant, University of New South Wales, Sydney, NSW							
		5:35pm - 5:45pm Closing Address Anna Dedousis-Wallace AACBT National Conference Convenor							
5:45pm		Scientific Program Close							
Move		Move		Move		Move		Move	
7:00pm - 11:00pm		Conference Cruise (must book ticket) Darling Point Wharf							

Friday 20 October 2023					#AACBT23 Theme "CBT: adapting to change"		
Ballroom 1	Ballroom 2	Ballroom 3	Keltie Cove				
		9:54am - 9:57am	Rapid Poster Presentations - Session 04 NIL	9:54am - 9:57am	Rapid Poster Presentations - Session 05 What predicts psychologist confidence to conduct social anxiety exposure therapy? Simon Byrne, University of Queensland, QLD (10143) #	9:54am - 9:57am	Rapid Poster Presentations - Session 06 Preventing anxiety and hazardous alcohol use among young adults during the COVID-19 pandemic: naturalistic trial of the self-guided Inroads early intervention Lexine Stapinski, Matilda Centre, The University of Sydney, NSW (10122)
	Move	9:57am - 10:00am		9:57am - 10:00am	Rapid Poster Presentations - Session 08 Who to see for OCD? Reducing barriers to effective care David Cooper, UNSW Sydney, NSW (10194)	9:57am - 10:00am	Rapid Poster Presentations - Session 06 Evaluating the family and friends support program: a pilot study Anna Grager, The Matilda Centre for Research in Mental Health and Substance Use, The University of Sydney, NSW (10125) #

Rapid presentation only (no poster display)

Friday 20 October 2023					#AACBT23 Theme "CBT: adapting to change"	
Ballroom 1	Ballroom 2	Ballroom 3	Keltie Cove			
		11:45am - 11:48am	Rapid Poster Presentations - Session 07 Two probes, infinite possibilities: a reliable and sensitive assessment of anxiety-linked attentional bias using the dual-probe paradigm Mahdi Mazidi, The University of Western Australia, WA (10097)			Move
		11:48am - 11:51am	Rapid Poster Presentations - Session 07 What aspects of the pandemic had the greatest impact on adolescent's mental health: duration of lockdown or subjective experience? Hiroko Fujimoto, Black Dog Institute, NSW (10277)			
		11:51am - 11:54am	Rapid Poster Presentations - Session 07 Cognitive, affective and behavioural dimensions of climate anxiety in adolescents Tara Crandon, QIMR Berghofer Medical Research Institute, QLD (9927) #			
		11:54am - 11:57am	Rapid Poster Presentations - Session 07 Bi-directional associations between climate distress and psychological distress in young adults: implications for CBT Erin Kelly, The Matilda Centre for Research in Mental Health and Substance Use, University of Sydney, NSW (10139) #			
		Move				

Rapid presentation only (no poster display)

Rapid Poster Presentations

Friday 20 October 2023		#AACBT23 Theme "CBT: adapting to change"		
Ballroom 1	Ballroom 2	Ballroom 3	Keltie Cove	
1:30pm - 1:33pm	Rapid Poster Presentations - Session 09 Adapting to change as legislature of medical aid in dying expands: public stigma and expectations of grief following medical aid in dying Jonathan Singer, Texas Tech University, United States (10079)			
1:33pm - 1:36pm	Rapid Poster Presentations - Session 09 A need for action: a systematic review of risk factors and causes of suicide mortality among medical students Hinal Patel, School of Medicine, Deakin University, VIC (9614)			
1:36pm - 1:39pm	Rapid Poster Presentations - Session 09 Understanding pain experiences among people with endometriosis Brydee Pickup, University of Sydney, NSW (10154)			
1:39pm - 1:42pm	Rapid Poster Presentations - Session 09 "You're fine": understanding the impact of symptom invalidation on psychological distress in adults with symptoms of chronic physical health conditions Thomas Woldhuis, Macquarie University, NSW (10132)			
Pause				
1:45pm - 1:48pm	Rapid Poster Presentations - Session 10 Shedding light on a neglected issue: postpartum alcohol use and its predictors among new mothers Katrina Prior, University of Sydney, NSW (10164) #			
1:48pm - 1:51pm	Rapid Poster Presentations - Session 10 The role of experiences of positive affect in contextualizing problems with health and health behaviour in college students Katherine Shircliff, Texas Tech University, United States (10104)			
1:51pm - 1:54pm	Rapid Poster Presentations - Session 10 A longitudinal test of psychological mediators underlying the association between physical activity in daily life and prospective depression symptoms Stephanie Lu, School of Psychological Science, The University of Western Australia, WA (10153)			
1:54pm - 1:57pm	Rapid Poster Presentations - Session 10 Repetitive negative thinking mediates the relationship between inadequate sleep and symptoms of social anxiety, depression and eating disorders in adolescence: findings from a 5-year longitudinal study Cele Richardson, University of Western Australia, WA (10057)			
1:57pm - 2:00pm	Rapid Poster Presentations - Session 10 Cognitive behavioural therapy-insomnia: lessons from boarding school students Alex Reardon, University of South Australia, SA (10051)			

Rapid presentation only (no poster display)

Rapid Poster Presentations

Saturday 21 October 2023		#AACBT23 Theme "CBT: adapting to change"			
All workshops are supported by insurance.com.au!					
8:00am - 9:00am	Workshop Registration		Workshop Registration		Workshop Registration
	1/2-day workshop - AM Treatment for anhedonia in the context of depression and anxiety Room: Ballroom 1&2 Chair: Fiona Maccallum Presenter: Michelle G. Craske University of California, Los Angeles				Full-day workshop The case formulation approach to cognitive behaviour therapy Room: Ballroom 3 Chair: Anna Dedousis-Wallace Presenter: Jacqueline B. Persons Oakland CBT Center, Oakland, CA and University of California at Berkeley
9:00am - 12:30pm	<i>Morning session</i> 10:30am - 11:00am Morning Tea Lobby <i>Continued</i>		1/2-day workshop - PM Cognitive Therapy for Posttraumatic Stress Disorder Room: Ballroom 1&2 Chair: Rachel Menzies Presenter: Jennifer Wild University of Melbourne		Morning session 10:30am - 11:00am Morning Tea Lobby <i>Continued</i>
12:30m - 1:30pm	12:30pm - 1:30pm	Lunch (and skills practice if req.) Lobby	12:30pm - 1:30pm	Lunch Lobby	12:30pm - 1:30pm Lunch (and skills practice if req.) Lobby
1:30pm - 5:00pm			<i>Afternoon session</i> 3:00pm - 3:30pm Afternoon Tea Lobby <i>Continued</i> 5:00pm Close		<i>Afternoon session</i> 3:00pm - 3:30pm Afternoon Tea Lobby <i>Continued</i> 5:00pm Close