International Society for Research on Internet Interventions 11th Scientific Meeting

Storm Clouds and Silver Linings: How Digital Technologies Have Helped Us Weather the COVID Pandemic

ISRII

University Club
University of Pittsburgh
Pittsburgh, PA, USA
September 18-21, 2022

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1

Welcome to ISRII 11 Pittsburgh!

"What is imagination? It is the Combining faculty. It brings together things, facts, ideas, conceptions in new, original, endless, ever-varying combinations...." Ada Lovelace, 1841
From Chapter 1, *The Innovators: How a Group of Hackers, Geniuses, and Geeks Created the Digital Revolution* by Walter Isaacson (2014)

Friends and colleagues, welcome to ISRII 11 Pittsburgh, our first in-person annual meeting since 2019 in New Zealand! A lot has changed since then, but we are delighted to report ISRII 11 has attracted over 300 eHealth investigators from 20 countries who will present over 200 scientific papers, posters, software demonstrations, panel discussions, and pre-conference workshops over our 4-day event!

After the COVID-19 pandemic caused us to postpone ISRII 11 in March 2020, it was unclear how long the global emergency would last. Despite our optimism about the availability of effective vaccines, unpredictable surges in virus variants and evolving safety and travel advisories led to continued uncertainty. Given ISRII members' interest in technology, we considered hosting a virtual conference in 2021. However, we found virtual and hybrid meetings a poor substitute for in-person scientific conferences despite their conveniences. Thus we remained 100% committed to hold an in-person conference in 2022 with plans to: (1) accommodate those whose papers were accepted for oral presentation but are unable to attend; (2) record the keynote presentations for all ISRII members to view for free after the conference; and (3) follow the masking, social distancing, and vaccination requirements issued by the US Centers for Disease Control and University of Pittsburgh and simply encourage good manners.

ISRII 11 will provide you with numerous opportunities to experience Ada Lovelace's "Combining faculty" described above. We hope you feel the energy in the air as you meet with a global community of new colleagues and old friends who share your passion in applying behavioral health technology to improve the human condition, and will return home recharged and brimming with fresh ideas. Whether you experience the "Combining faculty" at a plenary, poster, or breakout session; during an impromptu conversation over a shared meal; while strolling the Warhol Museum's galleries during the Gala Reception; or in your taxi ride back to the airport, this potential for in-person connections and interactions is perhaps one of the best reasons to expend the time and treasure to attend ISRII or any other scientific conference.

Finally, whether you traveled from near or far, we thank you for joining us in Pittsburgh for ISRII 11. We also wish to thank the members of our Pittsburgh and International Organizing Committees for rapidly reviewing scores of scientific abstracts and conference papers submitted for publication in a special theme issue of *Procedia Computer Science;* our sponsors whose generous support ensured the financial viability of ISRII 11 despite uncertain times for holding in-person events; and the University of Pittsburgh who provided our beautiful University Club venue and assisted the Organizers over the past 2-1/2 years on a myriad of details that helped make this conference possible.

With deep appreciation and gratitude,

<div style="display:flex">

Bruce L. Rollman, MD, MPH
Pittsburgh Program Chair
University of Pittsburgh, USA

Pepijn van de Ven, PhD
International Program Co-Chair and ISRII President
University of Limerick, Ireland

</div>

Frances Kay-Lambkin, PhD
International Program Co-Chair
University of Newcastle, Australia

Meet the Organizers of ISRII 11

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University of Pittsburgh
Pittsburgh, USA
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Limerick Limerick, Ireland
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Acting Pro Vice-Chancellor
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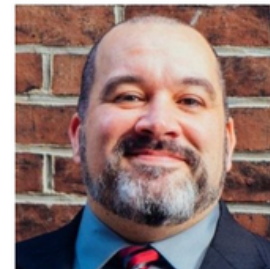
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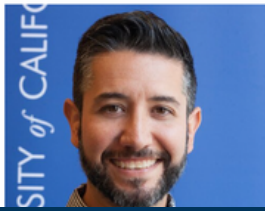Senior Manager of
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Experiences, WW
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Professor of Psychiatry
and Pediatrics
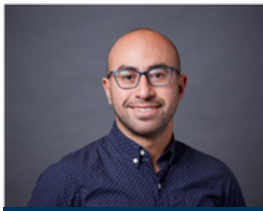University of Pittsburgh
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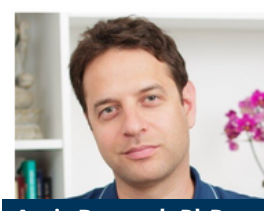Health Care

3

International Organizing Committee

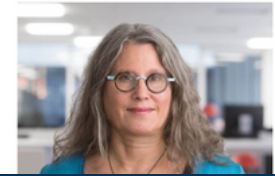**Adrian Aguilera, PhD**
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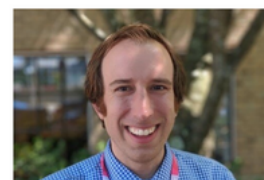
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Aliza Werner-Seidler, PhD
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Meet our Keynote Speakers

Tom Insel, MD, a psychiatrist and neuroscientist, served as Director of the National Institute of Mental Health (NIMH) from 2002-2015. Afterwards, he launched the Mental Health Team at Verily (formerly Google Life Sciences), and since 2017, Dr. Insel has co-founded Mindstrong Health, Humanest Care, NeuraWell Therapeutics, and recently Vanna Health which is building recovery tools for people with serious mental illness. His recently published book, Healing: Our Path from Mental Illness to Mental Health (2022), calls for a reinvention of the U.S. mental health care system around a focus on people, place, and purpose.

Courtney Lyles, PhD, is an Associate Professor of Medicine at the Department of Medicine at Zuckerberg San Francisco General Hospital and the University of California San Francisco (UCSF). Her work focuses on harnessing health information technology to improve chronic disease management and reduce inequities in health and healthcare outcomes, and she is the co-founder of the UCSF S.O.L.V.E. Health Tech Incubator for digital health companies. Dr. Lyles also co-directs the UCSF Population Health Data Initiative and the Innovation in Research and Informatics core for UCSF's Clinical and Translational Science Institute (CTSI), and is presently a Visiting Researcher on Google's health equity team.

Kristin Ray, MD, MS is an Associate Professor of Pediatrics at the University of Pittsburgh School of Medicine. Her research program investigates pediatric health care delivery system access, outcomes, and equity, with a focus on use of health information technology to enhance accessible and equitable health care delivery. Dr. Ray is presently leading an NIH-funded study to examine parent decision-making processes regarding use of telemedicine for children with acute respiratory tract infectious symptoms. She is also Director of Health Systems Improvement for UPMC Children's Hospital of Pittsburgh's affiliated primary care network, Children's Community Pediatrics, which includes over 45 primary care and express sites throughout Western Pennsylvania, and maintains a busy in-person and telemedicine clinical practice.

PRE-CONFERENCE WORKSHOPS
Lunch will be served at 12:00pm

9:00am
CONFERENCE ROOM B

Optimizing Digital Interventions:
The Multiphase Optimization Strategy (MOST) Way (full-day)

Linda M. Collins, PhD, New York University
Inbal Billie Nahum-Shani, PhD, University of Michigan

Advances in digital technologies have created unprecedented opportunities to deliver effective and scalable behavior change interventions. Two-arm randomized controlled trials (RCTs) provide an excellent way to determine whether a digital intervention package is effective. However, this approach is less helpful in providing empirical information that can be used to optimize an intervention to achieve improved effectiveness and efficiency, while maintaining a desired level of economy and/or scalability. This workshop will present the multiphase optimization strategy (MOST), a three-phase methodological framework for optimizing behavioral interventions based on ideas inspired by engineering methods that stress both ongoing improvement of products and careful management of research and implementation resources. The presenters will use case studies to introduce three types of experimental approaches - the factorial design, the sequential multiple assignment randomized trial (SMART), and the micro-randomized trial (MRT) - and explain how the concepts presented can be applied to optimize attendees' digital interventions.

1:00pm
CONFERENCE ROOM A

Getting Started with Augmented Reality (half-day)

Dmitriy Babichenko, PhD, University of Pittsburgh
Pat Healy, University of Pittsburgh

This workshop will provide a basic Introduction to Augmented Reality (AR). Participants will learn about different types of AR applications and gain foundational knowledge about how AR works. Participants will create a simple AR project with Unity3D and Vuforia using plane tracking and image recognition. Participants will also learn how to create AR applications, place digital objects into physical environments, and project 360 images and videos into physical spaces. This workshop does not require prior programming experience and does not assume any prior knowledge of AR technologies.

1:00pm
CONFERENCE ROOM C

How to Develop and Deliver an Effective "Pitch" (half-day)

Ellen Beckjord, PhD, UPMC Health Plan

Academic trainees and professionals often have ample experience in presenting their research but comparatively less experiencing "pitching" their ideas using basics of persuasive communication. Being able to successfully and succinctly convince others of the importance and value of your ideas – that is, knowing how to deliver a great "pitch"– is an advantageous skill set to add to your presentation arsenal. In this session, participants will learn the key elements of developing and delivering an effective, two-minute "pitch". They will also hear an example "pitch" from the presenter, create a Message Map to form the foundation of their "pitch", and then receive feedback from other participants on their Message Map. Finally, participants will draft and deliver a two-minute "pitch" to workshop participants.

1:00pm
GOLD ROOM

Machine Learning for Mental Health (half-day)

Burkhardt Funk, PhD, Leuphana Universiteit Lüneburg, Germany
Mark Hoogendoorn, PhD, Vrije Universiteit, Netherlands
Pepijn van de Ven, PhD, University of Limerick, Ireland
Eoin Grua, PhD, University of Limerick, Ireland
Eduardo Maekawa, University of Limerick, Ireland
Darragh Glavin, University of Limerick, Ireland

This workshop will provide an in-depth discussion of how machine learning (ML) techniques, being part of the domain of artificial intelligence, can be applied to the domain of mental health. First, the presenters will discuss ML techniques and then focus on applications for predictive modeling (both predicting therapeutic outcome as well as short term developments for patients) and personalization of therapies. They will then use real-life case studies to illustrate these techniques that feature hands-on activities to provide attendees with a deeper understanding of ML.

7:30–8:45am
BALLROOM A

REGISTRATION & BREAKFAST

9:00–10:30am
BALLROOM B

WELCOME & TOP-RATED ORAL ABSTRACTS I

Bruce L, Rollman, MD, MPH, & ISRII 11 Co-Chair, University of Pittsburgh, USA

Rob A. Rutenbar, PhD, Senior Vice Chancellor for Research, University of Pittsburgh, USA

Mark W. Geraci, MD, Associate Vice Chancellor for Interdisciplinary Research and Interim Chair, Department of Medicine, University of Pittsburgh, USA

TOP-RATED ORAL ABSTRACTS I

Moderated by Pepijn van de Ven, PhD, ISRII 11 Co-Chair and ISRII President

A Randomized Controlled Trial of a Smartphone-Based Well-Being Training in Public School System Employees During the COVID-19 Pandemic
Simon Goldberg, PhD, University of Wisconsin-Madison

Changes in Healthcare Costs Following Engagement with A Virtual Mental Health System: A Matched Cohort Study of Healthcare Claims Data
Grant Graziani, PhD, Headspace Health, USA

Helping Canadians Through COVID: Virtual Mental Health During a Time of Lockdown
Linda Naranjit, M.Ed., RP, RSW, CCC, *Life Works, Canada*

10:30–10:45am
OUTSIDE OF
BALLROOM B

COFFEE & TEA BREAK

Sponsored by *University of Pittsburgh School of Nursing*

10:45–12:00pm

BALLROOM A

CONCURRENT BREAKOUT SESSION A

ORAL ABSTRACT SESSION 1   **Moderated by César G Escobar-Viera, PhD**

Using Google AdWords to Reach Out to Individuals Searching for Suicide Related Terms
Sandersan Onie, PhD, Black Dog Institute, Australia

Predicting Youth Suicide Attempts from Electronic Health Records Using Machine Learning and NLP in a Children's Hospital Healthcare System
Rich Tsui, PhD, Children's Hospital of Philadelphia, USA

Prevalence Rates and Circumstances of Suicide Following Contact with a Digital Mental Health Service
Nick Titov, PhD, MindSpot, Macquarie University, Australia

Predicting Depression in Adolescents Using Mobile and Wearable Sensors: A Multimodal Machine Learning Based Exploratory Study
Afsaneh Doryab, PhD, University of Virginia, USA

GOLD ROOM

ORAL ABSTRACT SESSION 2   **Moderated by Lora Burke, PhD**

Effectiveness of a Newly Adapted Internet-Delivered Cognitive Behavioural Therapy for Depression and Anxiety in Breast Cancer Survivors: Results from a Randomized Controlled Trial

Selin Akkol Solakoglu, PhD, *SilverCloud Health, Ireland*

Delivery and Outcomes of Modernized Collaborative Care for Depression among Primary Care Patients from a Safety Net Healthcare System: Results from the eIMPACT Trial

Jesse Stewart, PhD, Indiana University-Purdue University Indianapolis, USA

Comparison of Outcomes Across Low-Intensity Psychological Interventions for Depression and Anxiety Within a Stepped-Care Setting: A Naturalistic Cohort Study Using Propensity Score Modeling.

Jorge Palacios, MD, PhD, *SilverCloud Health, Ireland*

Redesigning the Informed Consent Process to Ensure Digital Inclusion for Older Adults
Sarah Stahl, PhD, University of Pittsburgh, USA

SYMPOSIA 1

CONFERENCE ROOM A

PSYCHOSOCIAL INTERVENTIONS USING DIGITAL IN BRAZIL AND HONG KONG
Chair: **Marcia Scazufca, PhD, University of Sao Paulo, Brazil**

Digital Psychosocial Interventions to Manage Depression (PRODIGITAL-D) and Subthreshold Depression (PRODIGITAL) Among Older Adults in Socioeconomically Deprived Areas in Brazil
Thiago Didone, PhD, University of Sao Paulo, Brazil

WhatsApp-Based Psychosocial Intervention for the Treatment of Older Adults with Depression: Technological Development Process and Opportunities for Low-and Middle-Income Countries
Carina Akemi Nakamura, PhD, University of Sao Paulo, Brazil

Engagement of Older Adults with Depressive Symptomatology in Digital Psychosocial Interventions Carried out by WhatsApp in Primary Care in Brazil
Ms. Monica Souza Santos, University of Sao Paulo, Brazil

Using a Mobile App with Peer Support to Facilitate Self-Care in a Stepped Care Service for: Late-life Depression: The Hong Kong JC JoyAge App Experience
Ms. Leslie Sze, The University of Hong Kong, China

Delivering Mental Health Education to Older People at Risk of Depression Via Video Conferencing and its Impact on Mental Health Literacy and Psychological Well-Being
Ms. Jessie Yau, The University of Hong Kong, China

SYMPOSIA 2

BALLROOM B

BENCH TO MARKET: ADDRESSING THE CHALLENGES OF COMMERCIALIZATION AS A STRATEGY FOR DISSEMINATION OF EVIDENCE–BASED INTERVENTIONS
Chair: Steven Locke, MD, Beth Israel Deaconess Medical Center, USA

Evolving a Digital Behavioral Tool Within an Integrated Delivery Financial System at an Academic Medical Center (UPMC)
Eva Szigethy, MD, PhD, University of Pittsburgh Medical Center, USA

The Challenge of Comorbid Mental Disorders in Chronic Medical Conditions: Funding a Start-up to Develop Evidence-Based, Internet-Delivered Interventions for the Integration of Behavioral Health Into Primary Care
Steven Locke, MD, Beth Israel Deaconess Medical Center, USA

An MIT Media Lab spin-out Evolves a Smartphone Intervention into a Stepped-Care, on-Demand Mental Health Service Using AI and Decision-Supported Collaborative Care for Population Mental Health
Jonathan Kole, MD, MBe, Brown University, USA

Discussion: How Federal, State and Private Sector Funding Policies Foster Technology-Facilitated Dissemination of Effective Treatments
Thomas R. Insel, MD, Vanna Health, USA

CONFERENCE ROOM B

SYMPOSIA 3

VALUES, VOICE AND CITIZENSHIP: INTERNET INTERVENTIONS FOR YOUTH EMPOWERMENT AND SOCIAL CHANGE

Chair: Gabriela Pavarini, PhD, University of Oxford, UK

Digital Citizenship: Promoting Healthy Digital Habits Among Adolescents in Latin America

Lucía Magis-Weinberg, MD, PhD, University of Washington, USA

Co-Design of a Chat-Game to Promote Youth Empowerment for Mental Health Action in Brazil

Gabriela Pavarini, PhD, University of Oxford, UK

The inspirED Process: Fostering Student Empowerment Through Connection, Compassion, and cCeativity

Jessica Hoffmann, PhD, Yale University, USA

12:00–12:45pm
BALLROOM A

LUNCH

12:45–2:15pm
BALLROOM B

WELCOME AND KEYNOTE ADDRESS I

Pepijn van de Ven, PhD, ISRII 11 Co-Chair and ISRII President

Bruce R. Childers, PhD, Dean, School of Computing and Information, University of Pittsburgh, USA

KEYNOTE ADDRESS I

Introduction

David Mohr, PhD, Northwestern University, USA, MD

Keynote

Thomas R. Insel, MD, Vanna Health, USA

Digital Mental Health: Lessons from Act 1

2:15–3:45pm

CONCURRENT BREAKOUT SESSION B

CONFERENCE ROOM B

ORAL ABSTRACT SESSION 1 **Moderated by Martina Anto-Ocrah, PhD**

A Tale of Two Countries: Utilisation of Digital Mental Health Services During COVID-19 in Australia and New Zealand.

Mike Millard, MD, St. Vincent's Health & UNSW, Australia

Examining the Impact of a Web-Based Mental Health Service on Mental Health Outcomes Among Australian Secondary Students During the COVID-19 Pandemic

Mirjana Subotic-Kerry, PhD, *Black Dog Institute, Australia*

The Impact of the Covid-19 Pandemic on a Digital Mental Health Service Over Time: A Time-Series Analysis of Changes in Presenting Concerns, Engagement, and Demographics in the UK

Lily Mainstone-Cotton, *Kooth, UK*

Ways to Reduce Worry During the COVID-19 Pandemic: Results and Lessons Learned From a Randomized Controlled Trial Evaluating Internet-Based Self-Help Intervention Versus Public Mental Health Advice.

Hanna Heckendorf, MSc, Leuphana University Lüneburg, Germany

CONFERENCE ROOM A

ORAL ABSTRACT SESSION 2   **Moderated by Sonja March, PhD**

The Unmind Index: Development and International Validation of a New Digital Measure of Mental Health and Wellbeing

Eoin Travers, PhD, *Unmind Ltd, UK*

Hybrid Experimental Designs for Intervention Development: What, Why and How

Inbal B. Nahum-Shani, PhD, University of Michigan, USA

Establishing Experimental Research Frameworks for Continuous Clinical Insights and Service Optimization. The Experience of SilverCloud Health

Angel Enrique, PhD, *Silvercloud Health, Spain*

Analysis of Three Randomized Controlled Trials on the Effects of an Online Recovery Training for Employees with Sleep Problems- A Comparison of Bayesian and Classical Analysis

Hanna Brückner, MSc, Leuphana University Lueneburg, Germany

GOLD ROOM

SYMPOSIA 1

FROM DESIGN TO SERVICE–READY PRODUCT: PRAGMATIC DIGITAL HEALTH PRODUCT DEVELOPMENT

Chair: **Jonah Meyerhoff, PhD, & Rachel Kornfield, PhD, Northwestern U., USA**

Development of an Automated Text Messaging Intervention to Support the Mental Health of Young Adults

Rachel Kornfield, PhD, Northwestern University, USA

Adapting an Eclectic App-Based Digital Mental Health Intervention to Meet the Needs of College Students

Emily G. Lattie, PhD, Northwestern University, USA

Designing a Mobile Intervention for Binge Eating and Weight Management

Andrea Graham, PhD, Northwestern University, USA

Partnering with Stakeholders to Design Technology-Enabled Mental Health Services for Teens at Public Libraries

Ashley A. Knapp, PhD, Northwestern University, USA

BALLROOM B

SYMPOSIA 2

BUILDING PERSONALIZED ALCOHOL USE INTERVENTIONS FOR YOUNG ADULTS USING IN–THE–MOMENT SMARTPHONE–BASED ASSESSMENT, PASSIVE SENSING, & MACHINE LEARNING

Chair: Traci Kennedy, PhD, University of Pittsburgh, USA

Personalized Models of Young Adult Risky Drinking

Aidan Wright, PhD, University of Pittsburgh, USA

Predicting Daily Alcohol Drinking and Craving Using Ecological Momentary Assessments in Black and White Young Adults

Helmet T. Karim, PhD, University of Pittsburgh, USA

Symptom Tracking for ADHD in Real Time using Smartphones (START Smart): A Promising Tool for Targeting Drinking in Young Adults with ADHD

Traci Kennedy, PhD, University of Pittsburgh, USA

BALLROOM A

SYMPOSIA 3

BUILDING ROBUST DIGITAL HEALTH INTERVENTIONS: EXPERIENCE FROM 15 YEARS OF A MULTIDISCIPLINARY ACADEMIC RESEARCH CENTER

Learn what it takes to create and grow an academic research center focused on digital health. This session includes faculty and staff from the University of Virginia Center for Behavioral Health & Technology (CBHT) which was established in 2007. Presenters will discuss the CBHT's process of digital health intervention development; lessons learned about creating, budgeting for, and disseminating successful interventions; establishing partnerships with key collaborators; and numerous lessons learned along the way.

University of Virginia, USA

Lee Ritterband, PhD
Kelly M. Shaffer, PhD
Nicole Le
Alan Lattimore
Kirsten MacDonald

Karen S. Ingersoll, PhD
Kara Wiseman, PhD
Michelle Hilgart
Christina Frederick

3:45–4:00pm

COFFEE & SNACK BREAK

Sponsored by *University of Pittsburgh School of Nursing*

4:00–5:30pm

CONCURRENT BREAKOUT SESSION C

CONFERENCE ROOM A

ORAL ABSTRACT SESSION 1   Moderated by Terry Fleming, PhD

Association of Cyber-Victimization and Cyber-Bullying with Suicidality in a Large Sample of US Adolescents
Ran Barzilay, MD PhD, University of Pennsylvania, USA

Sentiment Mirroring in Text Messages Among People With and Without Affective Psychopathologies
Caitlin A. Stamatis, PhD, Northwestern University, USA

Assessing Consistency in Usability and Satisfaction with a Publicly Available Smoking Cessation Smartphone Application Across Smokers from Diverse Backgrounds
Kara P. Wiseman, PhD, University of Virginia, USA

A Disorder Specific Internet-Based Cognitive Behavior Intervention for Social Anxiety Disorder in adolescents: Contributions to Spence et al.
Narges Esfandiari, PhD, Shahid Beheshti University, Iran

BALLROOM A

ORAL ABSTRACT SESSION 2   Moderated by Louise Thornton, PhD

Improving Youth Mental Health Literacy: A Cluster-Controlled Trial of MindAid-Youth in UK Schools
Helen Pote, DClinPsy, Royal Holloway, University of London, UK

OurFutures: An Innovative and Engaging Web-Based Program to Prevent Substance Use and Mental Ill-health Among Secondary School Students
Lauren A. Gardner, PhD, The University of Sydney, Australia

Harnessing Mobile Technology to Reduce Mental Health Disorders in College Populations
Craig B. Taylor, MD, Palo Alto University, USA

Economic Evaluation of Kooth, a Web Based Mental Health Platform for Children and Young People with Emerging Mental Health Needs.
Louisa Salhi, PhD, University of Kent, UK

GOLD ROOM

ORAL ABSTRACT SESSION 3   **Moderated by Dmitriy Babichenko**, **PhD**

Applying a Reinforcement Learning Algorithm to the Staywell Text Messaging Intervention to Improve Mental Health

Marvyn R. Arévalo Avalos, PhD, University of California, Berkeley, USA

Artificial Intelligence in the Treatment and Diagnosis of Anxiety

Omar Ibrahim, PhD, Black Dog Institute/University of New South Wales, Australia

A Real-World Evaluation of an Eating Disorder-Focused Chatbot Called "KIT"

Gemma Sharp, PhD, Monash University, Australia

Night-Time Cardiac Metrics from a Wearable Sensor Predict Intensity of Next-Day Chronic Pain

Veronica Dudarev, PhD, University of British Columbia, Canada

SYMPOSIA 1

BALLROOM B

DIGITAL INTERVENTIONS TO FOSTER RESILIENCE FOR FUTURE CHALLENGES: A SYMPOSIUM ON THE CURRENT STATE AND NEW APPROACHES OF RESILIENCE RESEARCH

Chair: Sandy Carolin Hannibal, MS, Leuphana University Lüneburg, Germany

Digital interventions to foster resilience in the general population: A systematic review and meta-analysis based on randomized-controlled trials

Sarah Katharina Schäfer, PhD, Leibniz Institute for Resilience Research, Germany

Fostering Stress-Resilience Via a Guided Web- and App-based Digital Resilience Intervention Based on Strengths-Based CBT Versus a Self-help Book: Results From a Randomized Controlled Trial

Sandy Carolin Hannibal, MS, Leuphana University of Lüneburg, Germany

Telephone-Delivered Versus Written Guidance on Demand in a Digital Web- and App-Based Resilience Intervention: A Randomized Controlled nNon-Inferiority Trial

Lina Ringelmann, MSc, Leuphana University of Lüneburg, Germany

SYMPOSIA 2

CONFERENCE ROOM B

DEVELOPING AND DEPLOYING DIGITAL MENTAL HEALTH INTERVENTIONS IN SPACES OF ONLINE HELP– AND INFORMATION–SEEKING

Chair: Kaylee Kruzan, PhD, Northwestern University, USA

Leveraging Multi-Sector Partnerships to Increase Reach of Digital Eating Disorders Interventions

Ellen E. Fitzsimmons-Craft, PhD, Washington University, USA

Embedding Single-Session Interventions Within an Online Social Platform: A Usability Study

Dobias Mallory, MA, Stony Brook University, USA

Culturally Adapting, Disseminating, and Evaluating a Single-Session Digital Mental Health Platform for San Antonio Youth

Jessica Schleider, PhD, Stony Brook University, USA

Real-World Utility of Using Individualized Online Behavior to Aid Early Detection of Suicide Risk

Abhishek Pratap, PhD, University of Toronto, Canada

LIBRARY

HOW I BUILT THIS ISRII EDITION: SESSION 1
Moderated by Lee Ritterband, PhD, University of Virginia, USA

Tamar Krishnamurti, PhD, Co-founder and CEO of *Naima Health*, University of Pittsburgh

Julia Hoffman, PsyD, VP of Behavioral Health Strategy, *Teladoc Health (*formerly *Livongo)*

Francs P. Thorndike, PhD, Co-founder, *BeHealth Solutions* and Executive Director of Discovery, *Pear Therapeutics*

Modeled after the hugely popular How I Built This with Guy Raz podcast, How I Built This – ISRII Edition are panel discussions with faculty entrepreneurs who have been successful at transitioning to industry, licensing or creating a start-up company around their research. Moderated by ISRII co-founder and past president, Lee Ritterband, hear the origin stories with crisis, failure, tension, discomfort, triumph, and advice for success!
*Also, see **Breakout Session F** tomorrow for HIBT-ISRII Edition Part 2*

5:30–6:15pm
BALLROOM B

ISRII BUSINESS MEETING

All delegates welcome. Come along and find out more about ISRII, meet our Board of Directors, and contribute to our future.

6:15–8:00pm
BALLROOM A

TASTE OF PITTSBURGH RECEPTION & POSTER SESSION 1

See pages 24 & 25 for Poster Participants
Sponsored by *JMIR*

8:00–10:00pm
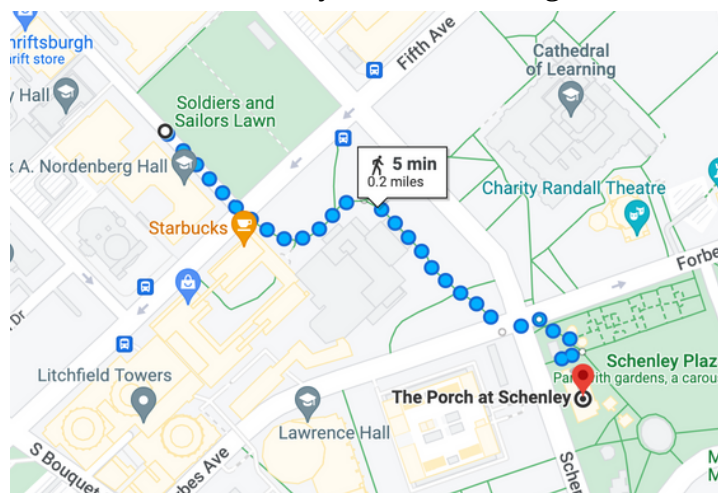*THE PORCH*

EARLY CAREER RESEARCHER (ECR) RECEPTION AT *THE PORCH*

Sponsored by *Internet Interventions (Elsevier)*

Organizers: **Martina Anto-Ocrah, PhD   Louise Thornton, PhD**
Address: 221 Schenley Drive, Pittsburgh, PA 15213

7:45–8:30am
BALLROOM A

BREAKFAST

8:30–10:15am
BALLROOM B

WELCOME, TOP-RATED ORAL ABSTRACTS II, & KEYNOTE II

Bruce L, Rollman, MD, MPH ISRII 11 Co-Chair,

Anantha Shekhar, MD, PhD, Senior Vice Chancellor for the Health Sciences and Dean, University of Pittsburgh School of Medicine

TOP-RATED ORAL ABSTRACTS II

Moderated by Eva Szigethy, MD, PhD

Embedding Stepped-Care into ICBT for Child and Adolescent Anxiety: Results From Two Randomized Controlled Trials

Sonja March, PhD, University of Southern Queensland, Australia

Can a School-Based eHealth Intervention Help to Improve Adolescents' Health Behaviours up to 12 Months Later?

Louise Thornton, PhD, The University of Sydney, Australia

A Scalable Approach for Adapting and Disseminating Evidence-Based Psychological Therapies: Development and Piloting of the STAND Digital Therapy Ecosystem

Zachary Cohen, PhD, University of California, Los Angeles, USA

KEYNOTE ADDRESS II

Courtney Lyles, PhD, University of California San Francisco, USA

Digital Health Equity: Advancing Impact from Design to Implementation

10:15–10:30am
OUTSIDE OF
BALLROOM B

COFFEE AND TEA BREAK

Sponsored by *UPMC Health Plan*

10:30–12:00pm
BALLROOM A

CONCURRENT BREAKOUT SESSION D

ORAL ABSTRACT SESSION 1   Moderated by Valerie Silfee, PhD

A Randomized Controlled Trial of Smartphone-Accessible Online Self-Help for Stress Related to COVID-19

Gavin Rackoff, MS, The Pennsylvania State University, USA

In Case of an Emergency: The Development and Effects of a Digital Intervention for Coping With Distress

Tine Nordgreen, PhD, Haukeland University Hospital, Norway

Feasibility of the Elena+ Care for COVID-19 Pandemic Lifestyle Care Intervention

Alicia Salamanca-Sanabria, PhD, Trinity College Dublin, Ireland

Impact of COVID-19 on Service Demand, Symptom Severity and Service Models: Findings from the Australian MindSpot Clinic

Nick Titov, PhD, *MindSpot,* Macquarie University, Australia

CONFERENCE
ROOM B

ORAL ABSTRACT SESSION 2 **Moderated by Carissa Low, PhD**

A Systematic Review of User Engagement with Digital Mental Health Interventions and Proposed Reporting Guidelines for Randomized Controlled Trials

Jessica M. Lipschitz, PhD, Brigham and Women's Hospital

What Influences Acceptance Of And Satisfaction With a Personalized Telephone Coaching for Depression Prevention in Farmers? - Insights From Qualitative Interviews With Participants

Janika Thielecke, MSc, Friedrich-Alexander-Universität Erlangen-Nürnberg, Germany
Implementing Internet-Delivered Cognitive Behavioural Therapy for Depression and Anxiety in Routine Care: the Creation of a Research and Practice-Informed List of Implementation Strategies

Daniel Duffy, PhD, SilverCloud Health, Ireland
Internet-Based and Mobile Interventions for Prevention and Treatment of Mental Problems: A Systematic Review of Economic Evaluations

Fanny Kählke, MSc, MEd, Technische Universität München, Germany

CONFERENCE
ROOM A

ORAL ABSTRACT SESSION 3 **Moderated by Stephen Schueller, PhD**

Efficacy and Acceptability of Online Stress Management Micro-Interventions

Joshua M. Smyth, PhD, Pennsylvania State University, USA

In Search of the Optimal Treatment Components in Smartphone-Delivered Cognitive-Behavioural Therapy for Insomnia: A Planned Multiphase Optimization Strategy Trial

Sofie M. Knutzen, MSc, Aarhus University, Denmark
Self-Report on Smartwatch in a Routine Treatment For Depression: a Clinical Trial on Patient Acceptance

Camille Nadal, PhD, Trinity College Dublin, Ireland

Acceptability and Concerns for Innovative Wearable Health Sensors in Persons With and Without Chronic Disease Diagnosis

Frank T. Materia, PhD, MHS, Children's Mercy Kansas City, USA

BALLROOM B

SYMPOSIA 1

ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING IN INTERNET INTERVENTIONS

Chair: **Pepijn van de Ven, PhD, University of Limerick, Ireland**
A Machine Learning Approach to Optimize the Assessment of Depressive Symptomatology

Eduardo Maekawa, University of Limerick, Ireland
How Can Deep Learning Identify Suicidal Ideation From User's Texts? Towards the Explanation of the Boamente Model

Ariel Soares Teles, PhD, Federal University of Parnaiba Delta, Brazil
Personalization of e-Mental Health Interventions using Machine Learning

Mark Hoogendoorn, PhD, VU University, Netherlands
Risks of Using Brief Measures to Identify Depression and Other Mental Disorders: a Challenge for Research and Clinical Practice

Nick Titov, PhD, MindSpot, Macquarie University, Australia
Other Patient Health Questionnaire-9 (PHQ-9) item pairings are better than the PHQ-2: A Machine Learning analysis

Darragh Glavin, University of Limerick, Ireland

GOLD ROOM

SYMPOSIA 2
REALIZING THE IMPACT OF INTERVENTION DESIGN ON USER ENGAGEMENT: STATE–OF–THE–ART METHODOLOGIES, CONCEPTUALIZATIONS, AND KNOW–HOW

Chair: **Amit Baumel, PhD, University of Haifa, Israel**

Engaging Participants in a Remote Text Messaging Intervention to Reduce Heavy Drinking
Fred Muench, PhD, Partnership to End Addiction, USA

Self-Relevant Appeals to Engage in Self-Monitoring of Alcohol Use: A Micro-Randomized Trial
Inbal Billie Nahum-Shani, PhD, University of Michigan, USA

Therapeutic Persuasiveness As a Design Concept of Engaging Digital Parent Training Programs
Amit Baumel, PhD, University of Haifa, Israel
Or Brandes, University of Haifa, Israel

Engagement in a Digital Health Intervention: Lessons Learned from healthMpowerment.org 2.0
Seul Ki Choi, PhD, MPH, University of Pennsylvania, USA

12:00–1:45pm
BALLROOM A

LUNCH BUFFET, POSTER SESSION 2 AND SOFTWARE AND HARDWARE DEMONSTRATION 2

See Pages 26 & 27 for Poster and Hardware Details

Early Career Research Participants to Meet in the Gold Room

1:45–3:15pm
IVY ROOM

CONCURRENT BREAKOUT SESSION E

ORAL ABSTRACT SESSION 1   **Moderated by Kelly Williams, PhD**
A Culturally Adapted Internet-Delivered Mindfulness Intervention for Treating Psychological Distress Among University Students in Indonesia
Ratih A. Listiyandini, University of New South Wales, Sydney, Australia

Use of a Custom Testing Locator tool to Improve STI and HIV Testing Rates in Adolescent Men Who Have Sex with Men as Part of An Online Sexual Health Program
Rana Saber, Northwestern University, USA

Mobile Phone Keystroke Dynamics as a Digital Phenotype of Mental Health in Adolescents: Findings from the Future Proofing Study
Taylor A. Braund, PhD, Black Dog Institute, Australia

Factors Associated with Adolescents' Engagement With a Healthy Lifestyles App
Louise Thornton, PhD, The University of Sydney, Australia

CONFERENCE
ROOM C

ORAL ABSTRACT SESSION 2   **Moderated by Ana Radovic, MD**

Online-Psychotherapy as a Bridging Technique for Gaps in the Treatment of Patients with Depression
Ulrich Sprick, PhD, Alexius/Josef Clinic Neuss, Germany

Should Online Health Surveys Routinely Include Links to Digital Interventions?
Terry Fleming, PhD, Victoria University of Wellington, New Zealand

Leveraging Digital Trace Data to Examine Differences in Smartphone Application Preferences Between Healthy and Psychologically Distressed Young Adults
Craig J. Sewall, PhD, University of Pittsburgh, USA

A Practice-Based, Multisite Comparative Effectiveness Trial of Medication and Online Cognitive-Behavioral Treatment for Insomnia: Opportunities and Obstacles
Daniel Buysse, MD, University of Pittsburgh, USA

SYMPOSIA 1

BALLROOM A

TOWARDS DIGITAL HEALTH EQUITY: DIGITAL LITERACY, NAVIGATORS, AND APP EVALUATION

Chair: John Torous, MD, Harvard Medical School, USA

mindApps.org: The mindapps.org Website Offers a Different Way of Selecting Apps by Allowing Users to Filter From 105 Categories About Each App With The Goal of Narrowing Choices Down to Those That Meet the Unique Preferences and Needs of Each Patient.

John Torous, MD, Harvard Medical School, USA

DOORS: An 8-Week Patient-Facing Group Program Designed to Directly Teach Hands-on Skills Around Smartphone Use.

Sherin Kahn, LCSW, *Thresholds,* USA

Digital Health Navigators (DHNs): The DHNs is A New Role Designed to Help With the Implementation of digital health tools like smartphone apps directly into care.

Alexis Wolf, MPH, Delaware Division of Substance Abuse and Mental Health, USA

SYMPOSIA 2

BALLROOM B

DESIGNING FOR INNOVATION: BRINGING HUMAN-CENTERED DESIGN AND PRODUCT MANAGEMENT TOOLS TO THE DEVELOPMENT OF DIGITAL INTERVENTIONS FOR HEALTH RESEARCH

This workshop symposia is designed to teach pragmatic skills for incorporating the novel frameworks and strategies of human-centered design (HCD) and agile into the design, development, testing, and evaluation of digital and other health technology interventions in research. This workshop is suitable for participants of all levels in the fields of healthcare research, delivery science, quality improvement, operations, and clinical practice. Participants will acquire the following learning objectives from the workshop: Understand the principles of HCD and agile product development and their applications to healthcare research, with a focus on digital health, review specific HCD and agile strategies that can be used to design, develop, test, and refine healthcare research interventions and tools, and develop skills in applying HCD and agile tools to real-life research contexts and questions.

Veronica Alfaro Arias, MPS, New York University, USA

Mr. Son Luu, New York University, USA

Danissa V. Rodriguez, New York University, USA

SYMPOSIA 3

CONFERENCE ROOM A

MOBILE SENSING: NOVEL APPROACHES, INNOVATIONS, AND CONSIDERATIONS

Chair: Philip Chow, PhD, University of Virginia, USA

Using Mobile Sensing to Predict Salivary Cortisol Levels in Cancer Patients
Philip Chow, PhD, University of Virginia, USA

Mobile Sensing for Remote, Personalized, Just-in-Time Cancer Care
Carissa Low, PhD, University of Pittsburgh, USA

Personal Sensing for Depression using Smartphone Sensors
David C. Mohr, PhD, Northwestern University, USA

Personal Sensing for Temporally Precise Lapse Risk Prediction for Alcohol Use Disorder
John Curtin, PhD, University of Virginia, USA

SYMPOSIA 4

CONFERENCE ROOM B

WHY AND HOW WE INTERVENE WITH DYADS: THREE EXAMPLES OF DYADIC E/MHEALTH INTERVENTIONS

Chair: Kelly M. Shaffer, PhD, University of Virginia, USA

Meeting the Needs of Parents of Children with Cancer with eSCCIP: A Psychosocial eHealth Intervention For Dyads or Individuals
Kimberly Canter, PhD, Nemours Children's Hospital, USA

The FAMS mHealth Intervention Addresses Adults' Diabetes Self-care and Meaningfully Engages Family and Friends
Lindsey Mayberry, PhD, Vanderbilt University, USA

Impact of the OurRelationship Program on Relationship, Mental, Physical, and Child Functioning
Emily Georgia Salivar, PhD, Nova Southeastern University, USA

SYMPOSIA 5

GOLD ROOM

THE IMPACT AND EXPERIENCE OF ONLINE HELP–SEEKING AND SELF–SCREENING FOR PEOPLE EXPERIENCING MENTAL HEALTH DIFFICULTIES

Chair: David Coyle, PhD, University College Dublin, Ireland

Impact of Online Mental Health Screening Tools on Help-Seeking, Care Receipt, and Suicidal Ideation and Suicidal Intent: Evidence from Internet Search Behavior in a Large U.S. Cohort
Nicholas C Jacobson, PhD, Dartmouth College, USA

Young Adults' Experiences with Online Mental Health Self-screening
Kaylee Kruzan, PhD, Northwestern University, USA

Supporting Personal Preferences and Different Levels of Need in Online Help-seeking
David Coyle, PhD, University College Dublin, Ireland

Can Integrating Popular Online Content Into Digital Mental Health Interventions Improve Appeal and Personalization?
Benjamin Kaveladze, BA, University of California, Irvine, USA

3:15–3:30pm

OUTSIDE OF BALLROOM B

COFFEE + SNACK BREAK

Sponsored by *UPMC Health Plan*

3:30–5:00pm

CONCURRENT BREAKOUT SESSION F

GOLD ROOM

ORAL ABSTRACT SESSION 1   Moderated by Mark Hoogendoorn, PhD
Integrating Behavioral Science and Design Thinking to Develop mHealth Interventions: Systematic Scoping Review

Paula Voorheis, PhD, University of Toronto, Canada

In-Person vs. Remote Online Training in AF-CBT for Providers Serving Aggressive Families in the U.S. and Abroad: Findings from a 1-year Learning Community

David J. Kolko, PhD, University of Pittsburgh, USA

A qualitative and quantitative evaluation of the integration of a mHealth solution (IMPACHS) into early intervention treatment for psychosis

Stephen F. Austin, PhD, Region Zealand Psychiatry, Denmark

Mental Health Services Reform: Integrating Digital and Clinical Mental Health Care Using Smart, Co-Designed Digital Tools

Haley LaMonica, PhD, The University of Sydney, Australia

CONFERENCE ROOM A

ORAL ABSTRACT SESSION 2   Moderated by Charles Jonassaint, PhD
Technology-Assisted Motivational Interviewing: Developing a Scalable Framework For Promoting Engagement with Tobacco Cessation Using NLP and Machine Learning

Jason Satterfield, PhD, University of California, San Francisco, USA

#BingeDrinking: Using Social Media to Understand College Binge Drinking

Jessica G. Smith, BA, University of Virginia, USA

Using Supervised Machine Learning to Identify Smoking Cessation App Features that Predict Successful Quitting

Leeann N. Siegel, PhD, National Cancer Institute, USA

Identification of Maternal Depression Risk from Natural Language Collected in a Mobile Health App

Tamar Krishnamurti, PhD, University of Pittsburgh, USA

CONFERENCE ROOM B

ORAL ABSTRACT SESSION 3   Moderated by Caitlin Stamatis, PhD
Transdiagnostic Self-Help Treatments for Anxiety and/or Depression: A Full-Factorial RCT Investigating Psychotherapeutic Modalities, Discussion Boards and Treatment Length

Per Carlbring, PhD, Stockholm University, Sweden

Effectiveness of a Universal Prevention Program for the Prevention of Anxiety, Depression and Substance Misuse: 7-year Outcomes from a Cluster Randomized Controlled Trial Delivered in Adolescence.

Zachary Bryant, University of Sydney, Australia

Time to Onset of Major Depressive Disorder: One Year Results From the EVIDENT-study, an RCT of an Internet Intervention for Depression

Claudia Buntrock, PhD, Friedrich-Alexander-U. Erlangen-Nuremberg, Germany

Does the MindDoc App Help People With Mental Health Issues? Results from a Randomized Controlled Trial.

Ina Beintner, PhD, MindDoc Health GmbH, Germany

19

SYMPOSIA 1

BALLROOM A

HUMAN–CENTERED DESIGN METHODOLOGIES TO IMPROVE HEALTH EQUITY AND ENGAGE UNDERSERVED YOUNG PEOPLE IN DIGITAL HEALTH INTERVENTIONS

Chair: Colleen Stiles-Shields, PhD, Rush University Medical Center, USA
Optimizing Oral Chemotherapy Adherence and Digital Health Engagement with Adolescents and Young Adults with Cancer
Alexandra Psihogios, PhD, Children's Hospital of Philadelphia, USA
"If advertised more in a very compelling way": Adapting a Digital Mental Health Screening and Referral System for Underserved Teens in Pediatric Primary Care
Colleen Stiles-Shields, PhD, Rush University Medical Center, USA
A Path Towards Human-Centered Design with Young Adult, Black Men: Insights into the Role Mobile Apps and Social Media Can Play in Mental Health Prevention Design Work and Future Directions
Kofoworola D. A. Williams, PhD, Drexel University, USA
Engaging the Content Experts: Eliciting End-User Perspectives to Develop and Refine an mHealth Intervention to Increase Physical Activity in Adolescents with Prediabetes and Type 2 Diabetes
Mary Ellen Vajravelu, MD, University of Pittsburgh, USA

SYMPOSIA 2

BALLROOM B

OUTCOMES AND ENGAGEMENT IN SMARTPHONE–DELIVERED COGNITIVE BEHAVIORAL THERAPY AND COGNITIVE BIAS MODIFICATION
Chair: Hilary Weingarden, PhD, Mass. General Hospital/Harvard Medical School, USA
Efficacy of App-based Cognitive Behavioral Therapy for Body Dysmorphic Disorder with Coach Support: A Randomized Controlled Trial
Hilary Weingarden, PhD, Mass. General Hospital/Harvard Medical School, USA
How do Participants Engage with Smartphone-Delivered CBT for BDD, and What Constitutes Effective Engagement?
Sabine Wilhelm, PhD, Mass. General Hospital/Harvard Medical School, USA
Feasibility, Acceptability, and Preliminary Outcomes of Noom Mood, a CBT-Based Mobile Wellbeing Program
Meaghan McCallum, PhD, *Noom, Inc, USA*
Efficacy of a smartphone-based Cognitive Bias Modification paradigm for emotion regulation
Fanny Dietelm, PhD, University of Osnabrueck, Germany

LIBRARY

HOW I BUILT THIS ISRII EDITION: SESSION 2

Moderated by Lee Ritterband, PhD, University of Virginia

Nick Allen, PhD, Co-founder and CEO, *Ksana Health, Inc.*

Michael Businelle, PhD, Founding director, mHealth Shared Resource, Stephenson Cancer Center, U. of Oklahoma

Shivdev Rao, MD, Co-founder and CEO, *Abridge,* UPMC

For over a decade, the Pittsburgh Technology Council's TechVibe Radio has presented the stories of our regions tech entrepreneurs. TechVibe Radio co-host Jonathan Kersting will record this session of *How I Build This – ISRII Edition* for later broadcasting on his weekly podcast. Attend or listen later at pghtech.libsyn.com!

6:00–10:00pm

OFF CAMPUS

ANDY WARHOL MUSEUM GALA RECEPTION   Prior Purchase of Ticket Required
117 Sandusky St, Pittsburgh, PA 15212
Shuttles will depart from the University Club at 5:45 and 6:15pm
Shuttles will return to the University Club at 9:15 and 9:45pm

7:45–8:30am
BALLROOM A

BREAKFAST

8:30–10:15am
BALLROOM B

WELCOME, ISRII PRESIDENT'S ADDRESS, & KEYNOTE III

Bruce L. Rollman, MD, MPH ISRII 11 Co-Chair

Evan Facher PhD, MBA, Vice Chancellor for Innovation and Entrepreneurship, Director, Innovation Institute, University of Pittsburgh

PRESIDENT'S ADDRESS

Pepijn van de Ven, ISRII 11 Co-Chair and ISRII President

KEYNOTE III

Introduction

Ana Radovic, MD, MSc, University of Pittsburgh

Keynote

Kristen Ray, MD, MS, University of Pittsburgh
Pediatric Video Visits During the Pandemic & Beyond

10:15–10:30am
OUTSIDE OF
BALLROOM B

COFFEE AND TEA BREAK
Sponsored by *SilverCloud*

10:30–12:00pm
BALLROOM A

POSTER SESSION 3 AND
SOFTWARE AND HARDWARE DEMONSTRATION 2
See Pages 28 & 29 for Poster and Demo Details

12:00–12:45pm
BALLROOM A

LUNCH

12:45–1:45pm
BALLROOM B

AWARDS CEREMONY

David Mohr, PhD, Northwestern University, USA

Caitlin Stamatis, PhD, Northwestern University, USA

Award Details: See Page 31

1:45–3:15pm

CONFERENCE ROOM B

CONCURRENT BREAKOUT SESSION G

ORAL ABSTRACT SESSION 1   Moderated by Phil Chow, PhD

Can a Personalized Telephone Coaching Reduce Mental Health Problems in Farmers? Long-term Outcomes from a Pragmatic Randomized Controlled Trial

Janika Thielecke, MSc, Friedrich-Alexander-U. Erlangen-Nürnberg, Germany

Machine Learning Identifies a COVID-19-Specific Participant Profile in Mental Healthcare App Users

Artur Shvetcov, PhD, *Black Dog Institute*, Australia

MyMood&Me: A randomized Cross Over Trial of Text Tasks to Determine the Linguistic Markers of Depression and Anxiety

Cassandra Chakouch, BA, *Black Dog Institute*, Australia

Social Reinforcement Learning Parameters Change with Web-Based Interpretation Bias Modification

Miranda L Beltzer, PhD, Northwestern University, USA

CONFERENCE ROOM A

ORAL ABSTRACT SESSION 2   Moderated by Kristin Ray, MD

Examining Concurrent Validity of the Wants and Needs Outcome Measure (SWAN-OM) in a Web-Based Therapy Service for Single-Session and One-At-A-Time Therapy for Children and Young People.

Santiago de Ossorno Garcia, PsyD, *Kooth Digital Health*, UK

A Probabilistic Clinical Prediction Tool to Estimate Functional Impairment Trajectories in Youth Mental Health Services

Frank Iorfino, PhD, The University of Sydney, Australia

"It feels really real": Needs Assessment and Participatory Design of a Virtual Reality App for Vocational Recovery in Youth Mental Health

Jen Nicholas, PhD, University of Melbourne, Australia

Evaluation of Several Guided Online Self-Help Intervention for College Students: Results from the Caring Universities Project and Future Directions

Sascha Yuri Struijs, PhD, Vrije Universiti Amsterdam, Netherlands

BALLROOM A

SYMPOSIA 1

LEVERAGING HUMAN–CENTERED DESIGN IN INTERVENTION DEVELOPMENT: EXAMPLES FROM FOUR PROJECTS FOCUSED ON MENTAL WELL–BEING OF LGBTQ+ YOUTH

Chair: Charles Jonassaint, PhD, University of Pittsburgh, USA

REALbot: A Chatbot-Delivered Intervention to Reduce Perceived Isolation Among Rural-Living LGBTQ+ Youth: Development, Usability, and Pilot Study

César Escobar-Viera,MD, PhD, University of Pittsburgh , USA

Collaborative Interactive Fanfiction as a Novel Medium for Transformative Personal Expression and Social Support for Transgender Youth

Geoff Kaufman, PhD, Carnegie Mellon University, USA

Acceptability of Social Media-Based Algorithms to Detect Online Victimization Among LGBTQ+ Youth: Leveraging Design to Identify Opportunities for a Digital Suicide Prevention Intervention

Candice Biernesser, PhD, University of Pittsburgh, USA

Integrating Human-Centered Design Activities into Intervention Mapping Methods to Develop an Online Intervention to Train School Staff to Support Sexual and Gender Minority Youth and Reduce Inequities

Robert Coulter, PhD, University of Pittsburgh, USA

GOLD ROOM

SYMPOSIA 2

LOOKING UNDER THE HOOD OF DIGITAL PARENTING PROGRAMS: WHAT DO PARENTS LOOK FOR AND HOW DO THEY ENGAGE WITH THESE INTERVENTIONS?

Chair: Dr. Amit Baumel, PhD, University of Haifa, Israel

Implementation of a Digital Parent Training Program: Findings from Self-Administered and Hybrid Delivery of the ezParent Program.

Susan Breitenstein, PhD, The Ohio State University, USA

Partnering with Key Stakeholders to Adapt a Digital Parent Training for Parents with Adolescents in Residential Treatment.

Kayla Herbell, PhD, The Ohio State University, USA

Understanding the Relationship between Program Usage Patterns and Clinical Outcomes in Digital Parent Training Programs.

Or Brandes, University of Haifa, Israel

BALLROOM B

SYMPOSIA 3

CURBING THE RISE OF ADOLESCENT SUICIDE: EVALUATION OF A SUITE OF TECHNOLOGY TOOLS FOR ENHANCING TREATMENT FOR DEPRESSION AND SUICIDALITY IN PEDIATRIC PRIMARY CARE

Chair: Ana Radovic, MD, University of Pittsburgh, USA

Detecting and Managing Adolescent Depression in Primary Care: A Pilot Randomized Controlled Trial of Screening Wizard 2.0

Ana Radovic, MD, University of Pittsburgh, USA
Oliver Lindhiem, PhD, University of Pittsburgh, USA

Text to Connect (T2C): A text message intervention for adolescents with depression and their caregivers to overcome cognitive barriers to mental health treatment initiation

Tina Goldstein, PhD, University of Pittsburgh, USA
Brian Suffoletto, MD, Stanford University, USA

BRITEPath: A Mobile App-Supported Safety Planning Intervention for Suicidal Adolescents and Their Healthcare Providers

Stephanie Stepp, PhD, University of Pittsburgh, USA

3:15–4:00pm
BALLROOM B

CLOSING ANNOUNCEMENTS & FAREWELL

Bruce L. Rollman, MD, MPH, ISRII 11 Co-Chair

Pepijn van de Ven, PhD, ISRII President, ISRII 11 Co-Chair

Terry Fleming, PhD, ISRII President-Elect

Sponsored by JMIR

1. Learning individualized factors that are linked to sleep quality and daily functioning in real-world settings
Abhishek Pratap, **PhD**, *Biogen*

2. Ensuring Scientific Integrity of a Statewide Survey of Transgender Health during the COVID-19 Pandemic
Karen S. Ingersoll, PhD, University of Virginia

3. Development of a patient-centered mhealth app to support STI prevention among Black men who have sex with men in New Orleans, Louisiana, USA
Karen S. Ingersoll, PhD, University of Virginia

4. Exploring public trust in the NHS Test and Trace System - A Thematic Analysis
Camilla Babbage, **PhD, MindTech, University of Nottingham, UK**

5. A scientific approach to prioritising use cases for wearables and smartphone apps making use of AI/machine learning for remote measurement and assessment
Jacob A. Andrews, **PhD, University of Nottingham, UK**

6. The Precision in Psychiatry (PIP) study: an internet-based methodology for accelerating research in treatment prediction and personalisation
Chi Tak Lee, **PhD, Trinity College Dublin, Ireland**

7. Exploring the potential of existing and emerging digital health technologies in tackling non-communicable diseases and mental health conditions: Focus group study with a multi-ethnic Asian population
Alicia Salamanca-Sanabria, **PhD, Singapore-ETH Centre**

8. Healthcare Providers' Strategies for Conducting Virtual Examinations and Opportunities for Improving Virtual Appointment Technologies
Hannah Studd, **Northwestern University**

9. Digital stress and well-being among Peruvian adolescents during the COVID-19 pandemic
Daniela E. Muñoz Lopez, **BA, University of Washington**

10. Outcome measurement instruments in conversational agents delivered mental health care intervention: A scoping review
Ahmad I. Jabir, **MSc, Nanyang Technological University, Singapore**

11. Optimizing a novel digital health platform for schizophrenia-spectrum populations: From trials, patents, and concepts to "real world" clinical implementation in a California health system.
Wenjia Zhou, **MHI, MEMOTEXT, Canada**

12. Understanding physical health complexities of mental health app users: A prospective, observational study
Cynthia M. Castro Sweet, PhD, Modern Health

13. Micropersonalization in Digital Mental Health: A Vehicle for Improving Member Outcomes
Carter Chiu, **PhD**, *Teladoc Health*

14. Transforming guided internet interventions into simplified and self-guided digital tools –experiences from three development projects
Martin Kraepelien, **Karolinska Institutet, Sweden**

15. Implementation of Passive Surveillance Techniques for Cancer Outpatients using Activity Monitors and Smartphones: Challenges and Mitigation Strategies
Hannah Slater, **Vanderbilt University**

16. Causal impact of evening social media use on delayed sleep: Suggestive evidence from 230 million Reddit timestamps
William Meyerson, **MD, PhD, Duke**

17. The implementation of a digital group intervention for individuals with subthreshold Borderline Personality Disorder, using an eHealth platform and online conferencing software
Elea Drews-Windeck, PhD, University of Sussex, UK

18. Development of a Web-Based Behavioral Sleep Promotion Program for Adolescents
Jessica C. Levenson, PhD, University of Pittsburgh

19. Young Women's Experiences with a Gender-Specific Digital Intervention for Substance Use and Co-Occurring Psychiatric Disorders
Dawn Sugarman, **PhD, McLean Hospital**

20. Design principles in internet interventions – let's go empirical
Amira Hentati, Karolinska Institute, Sweden

21. Who uses online self-help? Using machine learning to predict treatment uptake
Gavin Rackoff, MS, Pennsylvania State University

22. Equals and role-models: A qualitative analysis of how adolescents perceive peer supporters in an online wellbeing intervention during the COVID-19 pandemic
Coleman L. Yorke, MS, University of Oxford, UK

23. The more attractive the more effective? Investigating the association of user experience and efficacy of an online and app-based gratitude intervention to soothe repetitive negative thinking
Leonie C. Kahnbach, Leuphana University, Germany

24. Alienated and unsafe: Experiences of the COVID-19 lockdown for vulnerable young people (aged 11-24 years) as revealed in web-based therapeutic sessions with mental health professionals.
Louisa Salhi, PhD, University of Kent, UK

25. Durability of treatment effects following internet-delivered cognitive behavioral therapy for depression and anxiety delivered within a routine care setting
Jorge Palacios, MD, PhD, *SilverCloud Science, Ireland*

Sponsored by JMIR

26. Long term effectiveness of an internet-based cognitive behavioral intervention for depressed older adults

Jonas Eimontas, **PhD**, **Vilnius University, Lithuania**

27. How individuals with undiagnosed depressive symptoms experience online depression screening: a qualitative interview study

Franziska Sikorski,M.Sc., University Medical Center Hamburg Eppendorf, Germany

28. Development of a culturally appropriate, national website about crystal methamphetamine for Aboriginal and Torres Strait Islander peoples in Australia.

Louise Birrell, PhD, University of Sydney, Australia

29. Delivery of a peer-support mobile app for mental health prevention among Australian adolescents during the COVID-19 pandemic.

Louise Birrell, PhD, University of Sydney, Australia

30. How individuals with undiagnosed depressive symptoms experience online depression screening: a qualitative interview study

Shaunagh O'Sullivan, University of Melbourne, Australia

31. Participant Engagement with Digital Care Components to Manage Multiple Chronic Conditions

Sarah Markwardt, **UPMC Insurance Services Division**

32. Adaptation of a blended CBT protocol for youth depression in the US: replication and extension to process evaluation to identify areas for improvement

Naira Topooco, **Linköping University, Sweden**

33. Transdiagnostic internet intervention to improve mental health among university students: Protocol and initial results from a randomized controlled trial

Naira Topooco, **Linköping University, Sweden**

34. Can we teach young people about mental health using digital methods?: A systematic review of youth mental health literacy interventions.

Helen Pote, DClinPsy, Royal Holloway, University of London, UK

1.The efficacy of automated feedback after internet-based depression screening. Study protocol of the internet-based randomized controlled trial DISCOVER
Sebastian Kohlmann, University Medical Center Hamburg-Eppendorf, Germany

2. Implementation Science in a Hybrid Randomized Clinical Trial of an mHealth intervention for HIV Clinical Outcomes within a City-wide Patient Cohort
Karen Ingersoll, PhD, University of Virginia

3. Implementing digital mental health interventions at scale: An evaluation of a national digital CBT service in Ireland one year after its launch.
Siobhan Harty, PhD, *SilverCloud Health,* Ireland

4. A patient-centered intervention platform to support health behaviour change and the continuum of care in patients with coronary artery disease: the TIMELY randomized controlled trials
Emma Douma, MSc, Tilburg University, Netherlands

5. Comparing implementation pathways for digital mental health interventions
Phil Batterham, PhD, The Australian National University

6.Self-disclosure and privacy concerns in group format lifestyle interventions for obesity: online vs. in-person
Megan McVay, PhD, Duke University Medical Center

7. A Text Message Program to Reduce Drinking and Driving Among Young Adults: A Pilot Randomized Clinical Trial
Brian Suffoletto, MD, Stanford University

8.Chatbot research in a Spanish speaking developing country: challenges and opportunities
Eduardo Bunge, PhD, Palo Alto University

9.Preliminary Findings of a Parenting Chatbot Micro Intervention in Argentina
Eduardo Bunge, PhD, Palo Alto University

10. My new buddy, the bot. Human-like bond in a chatbot study for social isolation.
Eduardo Bunge, PhD, Palo Alto University

11. Avoiding disparities and institutional bias via digital tools for mental health: Pathways for Equity
Terry Fleming, PhD, Victoria University of Wellington, New Zealand

12. What has the pandemic taught us about digital technologies for the future of education and practice in psychology?
Page Anderson, PhD, ABPP, Georgia State University

13. Using popular TV dramas to eliminate racial bias in medicine
Beth L. Hoffman, PhD, University of Pittsburgh

14 .Reflections from the NSF I-Corps program: Addressing Pain Care Health Disparities by Translating Academic Research to the Digital Health Technology Marketplace
ShinYe Kim, PhD, University of Wisconsin-Madison

15. Telehealth use by Australian mental health professionals during COVID-19
Lou Farrer, PhD, Australian National University

16. What Do Primary Care Clinicians and Patients Think About Internet-based Cognitive Behavioral Therapy for Depression? A Qualitative Study from the Veterans Health Administration
Lucinda B. Leung, MD, MPH, PhD, VA Greater Los Angeles Healthcare System

17. Identification of latent classes of job stress in manufacturing using Latent Profile Analysis
Jejun Park, Ulsan National Institute of Science and Technology, South Korea

18. Machine-learning modelling to predict clinical outcomes in a digitally-delivered intervention for depression and anxiety: randomised controlled trial within a routine care setting.
Jorge Palacios, MD, PhD, SilverCloud Science, Ireland

19. Exploring Perceptions of Smartphone-Based Interventions for the Prevention of Common Mental Disorders with three major Asian populations in Singapore: A qualitative study
Alicia Salamanca-Sanabria, PhD, Trinity College Dublin, Ireland

20. E-mental Health for People with Personality Disorders: A Systematic Review
Qiang Xie, University of Wisconsin-Madison

21. Keystroke Dynamic Features Associated with Mental Health Functioning: A Systematic Review
Taylor A. Braund, PhD, Black Dog Institute, Australia

22. Designing and evaluating mHealth interventions for the perinatal period that target families with psychosocial burden – general considerations and the example of the I-PREGNO project
Ansgar Opitz, Nationales Zentrum Frühe Hilfen, Germany

23. Feasibility of "LvLUP": Designing a Smartphone-Based Chatbot-Delivered Lifestyle Behaviour Intervention
Aishah Alattas, MSc, Singapore-ETH Centre, Singapore

24. Older adults' acceptability of smartphone-based sexual health promotion programs.
Cristina Mendes-Santos, PhD, Fraunhofer Portugal AICOS, Portugal

25. The use. of behavior change techniques in conversational agent-delivered interventions: a scoping review
Ahmad Jabir, Lee Kong Chian School of Medicine, Singapore

26. Preliminary Acceptability of a Mobile Health Companion to Contingency Management in Older. Veterans with Cocaine Use Disorder
Sarah E. Forster, PhD, VA Pittsburgh Healthcare System

27. Systematic review of digital and non-digital non-pharmacological interventions that target quality of life and psychological outcomes in adults with systemic lupus. erythematosus
Angela Chang, Suffolk University

28. Guided internet-based transdiagnostic individually tailored Cognitive Behavioral Therapy (iCBT) for symptoms of depression and/or anxiety in college students: Results of a randomized controlled trial
Marketa Ciharova, Vrije Universiteit, Netherlands

29. Comparing outcomes in EAP modalities in Canada 2018-2019
Ivan Steenstra PhD, *LifeWorks*, Canada

30. Development of practical chatbot system for contents recommendation and data collection simultaneously: the case of UNIST healthcare center
Myung-Sung Kim, Ulsan National Institute of Science and Technology, South Korea

31. Evaluation of Cracks in the Ice: an evidence-based digital toolkit supporting Australians affected by crystal methamphetamine ('ice')
Steph Kershaw, PhD, University of Sydney, Australia

32. A web-based intervention to decrease adolescents' aggression during the COVID pandemic
Belén Mesurado, PhD, Universidad Austral, Argentina

33. Internet-delivered CBT intervention for insomnia in a routine care setting: Results from an open pilot study
Adedeji Adegoke, *SilverCloud Health*, Ireland

34. Predictors of Non-initiation and Attrition from an Online Computerized Cognitive Behavioral Therapy Program and Moderated Internet Support Group for Anxious and Depressed Primary Care Patients
Armando Rotondi, PhD, University of Pittsburgh

35. Dragons of Afterlands: Co-designing and piloting an augmented reality board game to enhance youth wellbeing
Helen Pote, DClinPsy, Royal Holloway, University of London, UK

36. ADAM: An integrated portal for digital intervention involving wearable and monitoring devices
I Wayan Pulantara, PhD, University of Pittsburgh

Tech Demonstrations

1. Smoking Treatment Optimization Program (STOP): using a web-based application to power care pathways for individuals who smoke tobacco
Sarwar Hussain, MSc, Centre for Addiction and Mental Health, Canada

2. Modern Health: An Integrated Digital Mental Health Service Platform Covering the Spectrum of Well-Being on a Global Scale
Sara Sagui-Henson, PhD, *Modern Health*

3. mindLAMP: Digital Phenotyping Meets Digital Interventions
Sarah Chang, Harvard University

4. Small Steps SMS: Demonstrating a personalized text messaging v self-management tool for depression and anxiety
Jonah Meyerhoff, PhD, Northwestern University

5. No-code digital intervention development with the Computerized Intervention Authoring System (CIAS) v. 3.0
Steve Ondersma, PhD, Michigan State University

6. OurRelationship: Effective Digital Health Interventions for
Couples' Relationships
Brian D. Doss, PhD, University of Miami

7. iSIPsmarter: An Internet Intervention to Reduce Sugar-Sweetened Beverage Consumption in a Rural Population
Christina Frederick, BS, University of Virginia

8. A public dashboard for Networks Enhancing Addiction Recovery -Forum Activity Roadmap (NEAR-FAR)
Jason Colditz, PhD, University of Pittsburgh

1. Characterizing Individuals with Eating Disorders Identified Via Online Screening Who Engaged with a Chatbot Aimed to Promote Mental Health Services Use

Laura D'Adamo, **Washington University**

2. Effectiveness of a brief video-based intervention for improving the mental health of university students

Lou Farrer, PhD, Australian National University

3. Exploring stakeholder's views of how a serious self-help game for children and adolescents with low mood should be implemented in the UK

Camilla Babbage, **PhD, MindTech, University of Nottingham, UK**

4. A SMART trial design to evaluate impact of specific serious game mechanisms on engagement and self-advocacy in female cancer patients

Pat Healy, **University of Pittsburgh**

5. When is Telehealth "Right" : Telehealth Access Impacts Satisfaction of Services for Children With Special Health Care Needs Differently in Eight Types of Services During the Pandemic

Yexinyu Yang, MA, University of North Carolina

6. Digital interventions to address mental health needs in colleges: Perspectives of student stakeholders

Naira Topooco, **Linköping University, Sweeden**

7. Willingness high, knowledge low: Large-scale framework-informed implementation of a digital mental health intervention within youth mental. health services

Jen Nicholas, **University of Melbourne, Australia**

8. Considerations for real world implementation of digital HIV prevention and sex education programs for sexual and gender minority adolescents

Kathryn Macapagal, **PhD, Northwestern University**

9. Developing a mobile intervention for college student drinkers: formative studies

Jessica G. Smith, **BA, University of Virginia**

10. Practical considerations of using a digital mental health intervention in a sequential, multiple assignment, randomized trial (SMART)

Philip Chow, PhD, University of Virginia

11. Implementation of group-tailored feedback in online school-work related mental health screening using cluster analysis for university students and user test: Pilot study

Seon Lee, Ulsan National Institute of Science and Technology, South Korea

12. Developing, Co-Designing and Testing a New Approach in Digital Mental Health for Young Adolescents: Match Emoji

Youngyoon Kim, Ulsan National Institute of Science and Technology, South Korea

13. Features first: A qualitative analysis of college students' experiences using mental health apps for self-care during COVID-19.

Praful R. Gade, **BS, VA Portland Healthcare System**

14. Engaging Stakeholders to Refine ClockWork Intervention and Digital Monitoring Tools for the Postpartum Period

Haomin Hu, University of Pittsburgh

15. A cognitive behavioural therapy smartphone app for adolescent depression and anxiety: co-design of ClearlyMe

Sophie H. Li, PhD, Black Dog Institute, Australia

16. Considerations in the Design and Delivery of a Remote Perinatal Intervention Involving Breast Exposure over Video Call

Jill R. Demirci, PhD, University of Pittsburgh

17. From concept to dissemination: the story of an evidence-based mHealth intervention for HIV clinical outcomes

Karen S. Ingersoll, PhD, University of Virginia

18. Usage Testing and 1-Month Impact of a Mobile Application (App) for College Binge Drinking

Jessica G. Smith, BA, University of Virginia

19. Preliminary Findings of a Research Training Survey for Delivering Videoconference Therapy with Children and Adolescents

Christina Desage, PhD, Palo Alto University

20. Blending Face-To-Face and Digital Mental Health Care in Specialist Youth Mental Health Treatment Services: The eOrygen.MOST Pilot

Shaunagh O'Sullivan, University of Melbourne, Australia

21. Indicators of increases in depression and eating disorder symptoms of concern in adolescents in Melbourne, Australia during the COVID-19 pandemic

Joanne Williams, Swinburne University of Technology, Australia

22. Can smartphone passive sensor data predict suicidal ideation among a clinical. sample of adolescents?

Craig J. Sewall, PhD, University of Pittsburgh

23. Online Victimization among Sexual and Gender Minority Youth: Examining Lived Experience and Considering Implications for Technology-based Suicide Prevention Efforts

Candice Biernesser, PhD, University of Pittsburgh

24. Selection of and engagement in online communities for weight loss support in a short-term pilot study

Danielle E. Jake-Schoffman, PhD, University of Florida

28

25. Dragon Legends: co-designing an augmented reality card game support young people with chronic health conditions transition to independent health management
Helen Pote, DClinPsy, Royal Holloway, University of London, UK

26. A Virtual Reality Intervention in Psychotherapy of Depression: Results of a Proof-of-Concept Study
Steffen Holsteg, **Heinrich-Heine-University Düsseldorf, Germany**

27. Internet-delivered cognitive behaviour therapy for functional gastrointestinal disorders in youth: Study protocol for exploration of cognitive biases and the impact of parental behaviour and distress
Karen H. Kallesøe, MD, PhD, Aarhus University Hospital, Denmark

28. Development of Content and Evaluation via Randomized Controlled Trials of an Internet Intervention Aimed at Reducing Risky Sex
Julie Downs, **PhD, Carnegie Mellon University**

29. Delivery Platforms for Interactive Video Intervention
Julie Downs, **PhD, Carnegie Mellon University**

30. Feasibility of Virtual Contingency Management to Support Stimulant Abstinence During the COVID-19 Pandemic
Sarah E. Forster, PhD, VA Pittsburgh Healthcare System

31. Digital guided trauma-focused intervention for youth with posttraumatic stress disorder: Results of a proof-of-concept feasibility study
Christina Schulte, **MSc, Technical University Munich, Germany**

32. Expanding access to cancer peer support: Development of a website to deliver written peer support that meets patients' individual emotional and informational needs while reducing potential harms
Christine Rini, **PhD, Northwestern University**

33. Designing an Asynchronous Remote Community Approach for Behavioral Activation Intervention for Teens"
Ria R. Nagar, MSc, Georgia State University

34. User-centered development process for iSIPsmarter – a technology-based behavioral intervention to reduce sugar-sweetened beverages among rural Appalachian adults
Annie Reid, MPH, RDN, University of Virginia

35. Person-Specific Dynamic Models of Wearable-Based Self-Monitoring and Behavioral Feedback Prompt Effects on Physical Activity
David E. Conroy, **PhD**, **Pennsylvania State University**

36. Developing, Co-Designing and Testing a New Approach in Digital Mental Health for Young Adolescents: Match Emoji
Russel Pine, Victoria University of Wellington, New Zealand

Tech Demonstrations

1.A Narrative Serious Game to Teach Self-Advocacy Skills in Advanced Cancer
Teresa H. Thomas, PhD, RN, University of Pittsburgh

2. Dr. Zoo: A serious game to reduce fear of needles in children
Pat Healy, **University of Pittsburgh**

3. An R Shiny Application to Aid Decision-making in Intervention Optimization using MOST
Jillian C. Strayhorn, **Pennsylvania State University**

4. Dynamical Outcome Modeling of Fragmented Intensive LongitudinalData
Constantino Lagoa, **Pennsylvania State University**

5. Anathema - Technology for ageless sexual health
Cristina Mendes-Santos, **PhD, Fraunhofer Portugal AICOS, Portugal**

6. bhoos app: Safer drinking for college students
Jessica G. Smith, **BA, University of Virginia**

7. Filling the Gaps: Mobile Health Apps, Passive Sensing, and Machine Learning to Connect Youth to the Mental Health Services They Need, When They Need It
Sam Shaaban, **BSEE, MBA, NuRelm**

8. Prototype Circadian Activity Profiling Systems (CAPS) for research and practice
Stephen F. Smagula, PhD, University of Pittsburgh

9. Seventeen Days: An Internet Intervention for Adolescent Pregnancy Prevention Using Interactive Video
Julie Downs, **PhD, Carnegie Mellon University**

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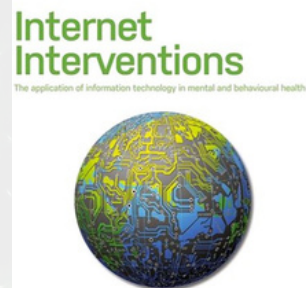
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- **Angela Chang (USA)**
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THANK YOU TO OUR AWARDS COMMITTEE

- **Philip Batterham**
- **Amit Baumel**
- **Anne H.Berman**
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Taylor Braund, PhD,
Black Dog Institute, University of New South Wales, Australia

LEADERSHIP AWARDS
Lee Ritterband, PhD,
University of Virginia, USA

Heleen Riper, PhD,
Vrije Universiteit, Netherlands

RISING STAR AWARDS
Jennifer Nicholas, PhD,
University of Melbourne, Australia

Jessica Schleider, PhD,
Stony Brook University, USA

OUTSTANDING CONTRIBUTION AWARD
Frances Kay-Lambkin, PhD,
University of Newcastle, Australia

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3. Post pictures of presentation slides, you and your colleagues, and Conference swag for eye-catching and informative content for more likes, retweets, and followers!

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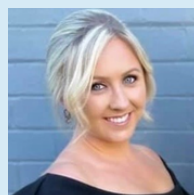

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