

ITC CONFERENCE GRANT SCIENTIFIC REPORT

This report is submitted for approval by the grantee to the MC Chair.

Action number: CA16102

Conference title: 49th Society for Psychotherapy Research (SPR) International Annual Meeting

Conference start and end date: 27/06/2018 to 30.06.2018

Conference attendance start and end date: 27/06/2018 to 30.06.2018

Grantee name: Ioana Podina

ACTIVITIES DURING YOUR ATTENDANCE AT THIS CONFERENCE:

(max.500 words)

For the SPR conference, I prepared and presented a brief paper entitled “An evidence-based gamified mHealth intervention for weight management in young adults with disordered eating: A placebo-controlled randomized trial protocol”. The paper, describing among others the proof of concept of a mobile app, was very much appreciated by the audience attending the brief paper session. It was a good opportunity to receive feedback on my most recent work. Please see attached the pdf of my presentation providing acknowledgment of the TREATME contribution to the mobility: <https://goo.gl/NUWjSj>

Some other notable activities: (a) I attended a scheduled TREATME dinner together with several TREATME members, (b) as an SPR member I took part in the SPR meeting of the European chapter, (b) I took part in the opening ceremony and other social gathering activities such as the lunch breaks which were a good networking opportunity, (c) and most importantly I attended several panels concerning my psychotherapy research interests.

IMPACT ON YOUR RESEARCH AND FUTURE COLLABORATIONS (if applicable)

(max.500 words)

The SPR conference enabled me to expand my network within the SPR community, of which I am a member, and also to stay attuned to the latest developments in psychotherapy research. I also had the opportunity to receive feedback ahead of the implementation of my trial. Aside from establishing new scientific connections, I was able to cement some of my old collaborations with members of the SPR community. Most importantly, by attending the conference I was able to join two Ph.D. students from my laboratory that also attended the conference.