

DMHW

4TH INTERNATIONAL DIGITAL
MENTAL HEALTH AND WELLBEING
CONFERENCE

CONFERENCE PROGRAMME

GLASGOW | SCOTLAND
17-19 June 2026



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#DMHW2026

Conference Presentation Instructions

- This Programme is a working document, and is therefore subject to change.
- If you are presenting, please review the programme carefully to ensure your paper is included and that all details are correct. If any amendments are required, please notify the Conference Committee as soon as possible.
- Unless otherwise stated, it will be assumed that the first author listed is the presenting author. If this is not the case, please inform the Conference committee in advance.

ORAL PRESENTATIONS

- All oral presentations are strictly limited to 10 minutes maximum.
- Presentations must be prepared in powerpoint or PDF format.
- Please submit your presentation slides to the conference committee at cameron-g2@ulster.ac.uk by Tuesday 16th June at the latest.
- Questions and discussion will take place at the end of each session, rather than immediately after individual presentations, see programme schedule.

POSTER PRESENTATIONS

- Posters can be displayed for the duration of the conference. Allocated time for questions will be Thursday 18th June at 1:40pm. Authors should be available at this time.
- Posters should be printed in A0 format and in portrait orientation.
- Presenters will be required to hang their posters prior to the start of the poster session. Please inform the Conference Committee if you would require assistance.

AWARDS

Awards for:

- Best Oral presentation
- Best Poster Presentation

will be presented on the final day of the conference and will be voted on by the conference delegates.

SOCIAL EVENTS

- Social events (included in conference registration fee) will take place during the conference. Details are currently being finalised, so please check the programme regularly for updates.

PROGRAMME

Location: University of Glasgow – Glasgow University Union

Conference Day 1 - Wednesday 17th June 2026

8.am - 9am		Registration and Welcome	Presenter / Authors
9am- 9.15am		Welcome- Alessandro Vinciarelli	
9.15 - 9.45am		Keynote 1: Heleen Riper – Full Professor eMental Health / Clinical Psychology	CHAIR:Alessandro Vinciarelli
9.45 - 10am		Q&A	
10 - 11am		<u>Session 1: Participatory research and Co-design</u>	
1a	10am	Youth Participation in the Co Design, Implementation, and Dissemination of Two Digital Mental Health Interventions: Experiences from the Development of Opp and NettOpp	Henriette Kyrrestad, Helene Høgdsdal and Sabine Kaiser
1b	10.10	Participatory research and needs assessment of an information and counselling app for parents on their children's mental health	Carina Hauser, Elisabeth Kupka-Klepsch, Lena Rettinger, Alissa Holzer, Marianne Skopal, Lukas Berger-Maul, Peter Putz, Laura König, Bernhard Meyer, Ulrike Holy-Padevit and Martina Zemp
1c	10.20	Co-developing and piloting a journalling intervention to support young people's online engagement: Findings from the DIARY study	Zoë Haime, Lucy Biddle, Myles-Jay Linton and Helen Bould
1d	10:30	Exploring parents' perspectives to inform development of a digital mental health intervention (DMHI): supporting an anxious child.	Sandra Connell

1e	10:40	Improving the Reporting of Youth Public and Patient Involvement in Digital Mental Health Research: Evaluation and Framework Development from the SMILE Project	Helen Stocks, Ula Kolinska, Rowena Piers, Matthias Schwannauer, Jan Maciejewski, Magdalena Leśniewska, Ewelina Smoktunowicz, Nelli Tschobur, Gwendolyn Mayer, Habib Nasser, Vincenza Frisardi, Diana Marques, Elisa Sáez Muñoz, Maria Jose Rico Barroeta, Jessica Reilly, Mia Campbell, Kyle McLaughlan, Aggeliki Michael, Urška Smrke and Mel McKendrick
1f	10:50	Mapping User Involvement in Digital Mental Health Design: A Spectrum of Participation from Individuals with Lived Experience and Stakeholders	Sarah Zainab Mbawa, Luciano Cavalcante Siebert, Koen van Turnhout and Willem-Paul Brinkman
	11am	Q&A	
	11.10am	Tea Break	
	11.30-12:30pm	<u>Session 2:</u> <u>Technology-Enabled Mental Health Services and Clinical Practice</u>	CHAIR: Raymond Bond
2a	11.30	The Remote Consultant Model: Video-Enabled Telepsychiatry for Time-Critical Involuntary Hospitalization Decisions in a General Hospital	Dana Blum, Lior Dvorak and Jacob Chen
2b	11.40	Digital Windows into Practice: Utilising Staff Body Worn Cameras to Identify Effective Communication in Mental Health Wards	Mary Lavelle, Trisha Forbes, Francesca Cibelli, Gary McKeown, Roisin Fallon, Benjamin Brew, Felicity Deamer, Sam Manson, Janet Anderson and Rose McCabe
2c	11.50	Informativeness of digital mental health interventions for children and young people: A systematic review of healthcare trials	Alexia Jeayes, Kirsty Sprange, Camilla Babbage, Beverley Brown, Naomi Thorpe, Hannah Wright, Alessio Bellato and Charlotte L Hall
2d	12pm	Co-Designing an Inclusive and Equitable Digital Intervention for Emotional Wellbeing in Adults with Type 2 Diabetes: The Development of Guiding Principles	Raul Szekely, Judith Edwards, Sarah E. Bennett, Charlotte Dack and Jamie Ross
	12.10	Q&A	

	12:20pm	Lunch	
	1:30pm	Keynote 2: Michel Valstar – Chief Evangelist Chief Scientific Officer BLUESKEYE AI	CHAIR: Sophy McFarlane
	2pm	Q&A	
	2.15pm – 3.25pm	<u>Session 3: Immersive Technology</u>	
3a	2.15	Trauma-Informed Virtual Reality Therapy as Interim Mental Health Support: A Qualitative Evaluation of a Pilot with Survivors of Domestic Abuse and Individuals in Substance Misuse Recovery	Dr Soumya Shetty and Amanda Haigh
3b	2.25	A Randomised Controlled Trial (RCT) assessing the effectiveness of VR exposure therapy for presentation anxiety within a university student population.	Oisin Harkin, Dr. Orla Mcdevitt-Petrovic, Dr. Colin Gorman, Dr. Donal McAteer, Professor Karen Kirby, Dr. Karl McCreadie, Dr. Donncha Hanna
3c	2.35	Dragons of Afterlands: A Digital Approach to Engagement and Reintegration for Students experiencing EBSA	Sarah Campbell, Claire Koenig and Craig Johnston
3d	2.45	Virtual jury, real anxiety: Effects of Large Language Model on multimodal anxiety responses to a Trier Social Stress Test in Virtual Reality.	Khawla Ajana, Bram Van Bockstaele, Klaas Bombeke, Patricia Knezevic, Amandine Verstegen, Bart Soenens and Peter Prinzie
3e	2.55	Digital feedback for cognitive bias modification in simulation and serious game contexts.	Mel McKendrick, Helen Stocks, Deepshikha Prasad, Matthias Schwannauer, Ula Kolinska, Marco Polak, Alex Butean, Izidor Mlakar, Khaoula Mouhand, Dah Diarra and Habib Nasser
	3.05	Q&A	
	3.15pm	Tea Break	
	3.35pm – 5.30pm	<u>Session 4: Digital Phenotyping and Activity Monitoring</u>	CHAIR: Patrick McAlister

4a	3.35pm	Video Laryngoscopy–Based Digital Phenotyping of Anxiety-Associated Inducible Laryngeal Obstruction: A Clinical Dataset and Exploratory Framework Addressing Gaps in Quantitative Digital Mental Health Assessment	Raneem Knaj and Julien Le Kernec
4b	3.45	Mapping digital phenotypes associated with depressive symptoms: a scoping review of wearable-derived sleep and rest-activity rhythms	Bartosz Dobies, Dawid Storman, Daniela Ferreira-Santos, Luka Biedebach, Anna Prokop-Dorner and Agnieszka Pac
4c	3.55	Introducing a Vocal-Tract MRI Dataset for Digital Phenotyping of Speech Production in Psychosis-Spectrum Research	Raneem Knaj and Julien Le Kernec
4d	4.05	More than one piece of the puzzle: considering non-clinical factors for personalisation in digital phenotyping	Imogen E. Leaning, Linda Schlüter, Imke de Wijs, Mila Brandsen, Mila Roozen, Raj Jagesar, Sarah Tjeerdsma, Anna Tyborowska, Nessa Ikani, Martien J.H. Kas, Christian F. Beckmann, Henricus G. Ruhé and Andre F. Marquand
4e	4.15	Digital Phenotyping with Large Language Models for Detecting Changes in Depressive States	Yunhao Yuan, Gao Ya, Hans Moen, Erkki Isometsä, Pekka Marttinen and Talayeh Aledavood
4f	4.25	Whole-Body Emotion Recognition: Combining Facial Expressions, Posture and Gestures to Enhance Video-Based Monitoring of Emotional Wellbeing	Ciara Sempey, Bryan Scotney, Shuai Zhang, Matthew Burns and Jorge Martinez Carracedo
4g	4.35	Dynamic Forecasting of Pharmacological Treatment Changes in Depression Using Longitudinal Electronic Health Records	Gizem Sogancioglu, Edwin Van Dellen, Rosanne Turner, Albert Ali Salah, Cas Verhappen, Michelle Lancee, Kees de Schepper, Stan Meyberg, Thijs Dieperink, Heysem Kaya, Karin Hagoort and Floortje Scheepers
4h	4.45	Digital Signals, Clinical Outcomes: Are Wearables Enough for Depression Prediction?	Niamh Errington, Nicholas Cummins, Srinivasan Vairavan, Matthew Hotopf and Ewan Carr
4i	4.55	Articulatory Complexity Analysis for Depression Detection	Sahar Altalhi, Tanaya Guha and Alessandro Vinciarelli

	5:05	Q&A	
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Conference Day 2 – Thursday 18th June 2026

8.30am - 9am		Welcome tea and coffee	Presenter / Authors
9am- 9.15am		Welcome – Oisin Harkin	
9.15 - 9.45am		Keynote 3: Chris Wright – National Advisor for Digital Mental Health/ Head of Programme Digital Mental Health	CHAIR: Oisin Harkin
9.45 - 10am		Q&A	
10 - 11am		<u>Session 5: Digital Innovation in Action</u>	
5a	10.00	The development, evaluation and public release of ClearlyMe – a digital CBT intervention for adolescent depression	Adam Theobald, Alex South, Mirjana Subotic-Kerry, Melinda Achilles, Sophie Li, Bridianne O'Dea and Aliza Werner-Seidler
5b	10.10	Development of a Blended Care Model for Adolescent Depression and Transition of the ClearlyMe® CBT App to a Web-Based Platform	Alexandra South, Adam Theobald, Mirjana Subotic-Kerry, Melinda Achilles, Sophie Li, Bridianne O'Dea and Aliza Werner-Seidler
5c	10.20	AI-assisted configurable note generation for mental health services	Daniel Calderón -González, Efren Alvarez, Jost-Vincent Steiskal, Zoraida Callejas and David Griol
5d	10.30	Multiple-stage human evaluation of a chatbot that provides information about suicide	Pablo Ascorbe, César Domínguez, Jónathan Heras, Magdalena Pérez and Maria Soledad Campos
5e	10.40	Exploratory analysis of digital helpline interaction data from a mental health and wellbeing service: Insights into demand patterns and operational bottlenecks	Salman Ahmad, Raymond Bond, Zeeshan Tariq, Gillian Cameron, Maurice Mulvenna, Edel Ennis and Kristel Miller
5f	10.50	YouthDMH - Youth Digital Mental Health – EU COST Action CA23153	Maurice Mulvenna
5g	11.00	SYNOLO : Group Support Platform by Pneuma Healthcare	Colin Gorman, Sophy McFarlane

	11.15	Q&A	
	11:25am	Tea Break	
	11.40-12:40pm	<u>Session 6: Social Media, Apps, and Internet Use</u>	CHAIR: Colin Gorman
6a	11.40	Evaluating and ranking the usefulness of mental health interventions on social media based on feedback and subscriber testimony in the comments: a hybrid sentiment/natural language parsing approach.	Paul Matthews and Prachi Kulkarni
6b	11.50	Examining the Association Between Internet Use and Perceived Stress in Adults: Longitudinal Observational Study Combining Web Tracking Data with Questionnaires	Mohammad Belal, Nguyen Luong, Talayeh Aledavood and Juhi Kulshrestha
6c	12.00	What drives Early Smartphone Ownership? Evidence from a systematic review and a family survey in Barcelona	Juan Albacete-Maza, Xavier Casanovas Combalia, Cristina Montañola-Sales and Francesc Martori Adrian
6d	12.10	Lonely individuals show distinct patterns of social media engagement	Yajing Wang, Talayeh Aledavood and Juhi Kulshrestha
6e	12.20	Unlock the Therapeutic Potential of Music: The BEATS Dataset	Benjamin Gutierrez Serafin, Tanaya Guha and Fahim Kawsar
	12.30	Q&A	
	12:40pm	Lunch	
	1.40-2.20pm	Poster session	Chair: Yousef
	2.20pm – 5pm	<u>Session 7: Children and Young People</u>	CHAIR: Jim Nelson
7a	2:20	Exploring the use of LLMs in the training of Low-Intensity Therapists. A narrative Review.	Lucy Browne, Catalina Cerda Colin Gorman and Teresa Murphy
7b	2.30	School Attachment Monitor (SAM): A School-Based Digital Tool for Childhood Attachment Assessment	Yara Aleid, Michael Saiger, Helen Minnis, Alessandro Vinciarelli and Stephen Brewster
7c	2.40	The digital measurement of the Whole School and College Approach to Mental Health: Feasibility and links between implementation and outcomes in English schools	Becca Randell, Kate Lester and Agnes Bleach

7d	2.50	Typology of online mental health peer support for young people: a systematic scoping review	Shuting Yuan, Gavin Davidson and Paul Best
7e	3pm	The effect of a self-guided digital mental health promotion service targeting young people (Mindhelper) on well-being and psychological functioning: A randomized controlled trial	Sofie Have Hoffmann, Amalie Oxholm Kusier, Anna Paldam Folker and Lau Caspar Thygesen
7f	3.10	Methodological Lessons from Anonymous Chat Interviews with Young People in Digital Mental Health Setting	Amalie Oxholm Kusier, Sofie Have Hoffmann, Lau Caspar Thygesen and Anna Paldam Folker
7g	3.20	One Session, Global Impact: Translating Digital Single-Session Youth Support from the UK to California	Nimrah Afzal, Louisa Salhi, Milly Cowling, Samaryah Sammut and Jennifer Ha
	3:30	Q&A	
	3.40pm	Tea break	CHAIR: Maurice Mulvenna
	4pm – 5pm	<u>Session 7: Children and Young People 2</u>	
7h	4.00	Rethinking digital mental health as a relational system: implications for interpretation, complexity, and care	Amanda Kearns, Anne Moorhead , Maurice Mulvenna and Raymond Bond
7i	4.10	Voice-Based Conversational Agents in Digital Mental Health: User Acceptance and Implications for Younger Users	Maria Sarno, Vasco D'Agnesse, Antonio Perna, Colin Gorman and Anna Esposito
7J	4.20	Positive Balance 2.0: development and evaluation of a psychoeducational digital tool for supporting youth well-being	Jieying Huang, Rosie Davis, Jane O'Sullivan, Zaynab Islam, Manuela Angioi and Elisabetta Versace
7I	4.30	Promoting Mental Health through Need Crafting: An Overview of the Digital LifeCraft Interventions from Pre-Adolescence to Adulthood	Daphne van den Bogaard, Maarten Vansteenkiste and Bart Soenens
7m	4.40	Perspectives on Cultural Adaptation of Third-Wave Psychotherapies and Digital Mental Health Interventions: Insights from Youth and Mental Health Practitioners	Yousef Aljohani, Seonaid Cleare, Craig Melville and Hamish McLeod
	4:50pm	Q&A	

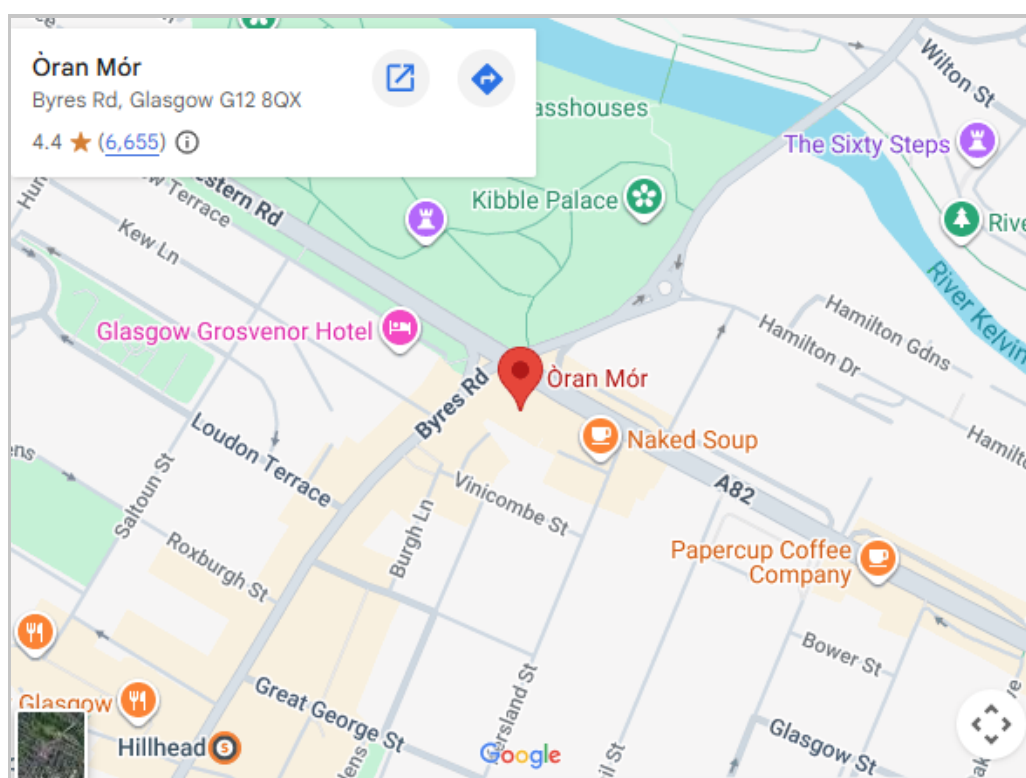
Conference Dinner

Thursday 18th June

Arrival time: 6:30pm

Address: Byres Rd, Glasgow G12 8QX

Location: [Òran Mór](#)



Conference Day 3 – Friday 19th June 2026

8.30am - 9am		Welcome tea and coffee	Presenter / Authors
9am- 9.15am		Welcome-Gillian Cameron	
9.15 - 9.45am		Keynote 4: Anna Esposito – Full Professor of Computer Science and AI – Uni del Campania (Luigi Vanvitelli)	Gillian Cameron
9.45 - 10am		Q&A	
10 - 11am		<u>Session 8: AI Application and Machine Learning</u>	CHAIR: Muzammil Tariq
8a	10.00am	The Democratisation of Digital Storytelling Using Large Language Models: A Case Study on Describing Coercive Control	Kyle Boyd, Susan Lagdon, Julie-Ann Jordan, Jessica Hassan and Raymond Bond
8b	10.10	Generative Confidants: How do People Experience Trust in Emotional Support from Generative AI?	Riccardo Volpato, Simone Stumpf and Lisa DeBruine
8c	10.20	Exploring the use of Large Language Models to answer Frequently Asked Questions on mental health: a benchmarking and evaluation study	Daniel Buckley, Maurice Mulvenna, Raymond Bond, Edel Ennis, Zeeshan Tariq, Catherine Millman and Colin Gorman
8d	10.30	LLMs for Mental Health: Extracting Symptom Progression from Clinical Notes	Jip Schoneveld, Gizem Sogancioglu, Heysem Kaya, Karin Hagoort, Cas Verhappen, Stan Meyberg, Floortje Scheepers and Albert Salah
8e	10.40	Use of Generative AI by mental health professionals in Northern Ireland: A regional survey.	Colin Gorman, Charlotte Blease, Jeff Cornelius-White, Jens Gaab, Josefin Hagstrom, Somdatta Chakraborty and Mark Shevlin
8f	10.50	From Research to Practice: Scaling Federated Learning in Healthcare Systems	Thijs Dieperink, Stan Meyberg, Karin Hagoort, Rosanne Turner and Floortje Scheepers
8g	11:00am	Psychological wellbeing in an era of 'Conscious AI'	Raymond Bond
	11.10	Q&A	
	11.20	Tea Break	

11:50- 1pm		<u>Session 9: Interventions for Integrated Physical and Mental Health and Inclusion</u>	CHAIR: Gillian Cameron
9a	11:50	Impact of Digital Technology on Nutrition-Related Outcomes for Individuals with Mental Health Conditions: A Systematic Review	Ciara O'Sullivan, Tara Coppinger, Indika Dhanapala, Sinead Hanrahan, Layla Alvey and Alison Merrotsy
9b	12	Vital-Coms: Using a digital tool to address weight stigma	Anne Moorhead, Fiona Quigley and Raymond Bond
9c	12.10	A Systematic Review of Interventions to Increase Physical Activity and Improve Dietary Intake among Children Using Digital Technology	Layla Alvey, Alison Merrotsy, Ciara O'Sullivan, Mai O'Leary and Tara Coppinger
9d	12.20	DAWN: A Digital Program Integrating Mental Wellbeing: Support into Diabetes Care	Louise Thornton, Abby Partridge and Jane Rich
9e	12.30	The role of momentary physical-activity subjective energy association in the prevention and treatment of depression	Lea Nitzpon, Johanna Rehder, Johannes Wiesner, Paula Tallon Fuentes, Amaia Mendez Zorilla, Urs Braun, Claudio Nigg and Markus Reichert
9f	12.40	Digital Mental Health Innovation Cluster: Neurodiversity Presentation	Anna Whyte and Joanne Boyle
9g	12.50	Building consistent and scalable models of digital inclusion across mental health services	Tara French, Craig Wilson, Jacqueline Nugent, Dawn Robb and Thomas Bacon
	1pm	Q&A	
1.15pm – 2pm		Awards and Close	

Poster Presentations

Authors	Poster Presentation Title
Helene Høgsdal, Henriette Kyrrestad and Sabine Kaiser	Who Uses Mental Health Apps? Associations Between Mental Health and App Engagement in Adolescents
Carolina Wani, Marilyn Lennon and Lisa McCann	Co-designing a Digital Mental Health Intervention with South Sudanese Adolescents: Preliminary Insights from a Remote Qualitative Study.
Samuel Ehiogu, Carlos Moreno-Garcia and John N A Brown	The Deliberate Manipulation of User Behaviour and Emotion
Maryam Aziz, Hanna Retallick, Sharon Simpson and Mathieu Chollet	Exploring young adults' experiences with stress management chatbot to improve effective user engagement: a focus group study
Lyen Krenz Yap, Edel Ennis, Maurice Mulvenna, Jorge Martinez-Carracedo and Colin Gorman	Disengagement by design: the case for brief digital mental health interventions
Malola Thittanimuttam, Luis Blasco De La Cruz, Sharon Whatley, Richard Mwansa, Sujatha Thaladi, Humberto Enrique Gutiérrez Riva, Dr Mustaffa Megrahi and Dr Pedro Fernandez Navarrete	Did Someone Advocate Chess for Mental Well-Being? Understanding the Context of Digitally Immersive Chess Experiences in Healthcare Settings
Yunhao Yuan, Bridget Dwyer, Julian Herpertz, John Torous and Talayeh Aledavood	Exploring the Mindfulness App Reviews: A BERTopic-Driven Exploration of User Feedback Patterns
Nic Orchard, Marco de Haas, Ruixuan Zhang, Priscilla Bansie, Emily Ekuban, Jerryaino Benn and Mireille Westfa	Co-creating a Digital Mental Health App with Young People
Minjung Kim, Hye Yoon Park and Jin Young Park	Validation of a Brief 4-item EMA for Early Detection of Depression and Predictive Modeling
Louise Thornton, Amelia Henry, Matthew Sunderland and Frances Kay	A randomised controlled trial of online cognitive behaviour therapy and social networking for depression and alcohol use among Australians over 60: The SHADE Plus Study
Yusen Zhang, Edmond S. L. Ho and Xianghua Ding	Depression Screening through Facial Action Unit Dynamics during Video Watching
Helen Stocks, Ula Kolinska, Rowena Piers, Matthias Schwannauer, Jan Maciejewski, Magdalena Leśniewska, Ewelina Smoktunowicz, Nelli Tschobur, Gwendolyn Mayer, Jessica Reilly, Mia Campbell and Mel McKendrick	Developing CBT-Based Clinical Content for Youth Digital Mental Health Interventions: Insights from the SMILE Project
Oscar Anderson, Karl McCreadie, Muskaan Singh and Bryan Gardiner.	Symptom-Level Post-Traumatic Stress Disorder Assessment from Text with Natural Language Processing
Gokul Sivarasu, Dawn Carmichael, Ciaran Barbour, Bryan McCann and Euan Millard	Designing a Retrieval-Augmented AI Gateway for Mental Health Service Navigation: Early Architecture and Safety Considerations from a Knowledge Transfer Partnership

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