

54th annual congress

EABCT 2024

Belgrade, Serbia, September 4-7, 2024

New age of CBT - Challenges and perspectives

BOOK OF ABSTRACTS

EABCT

ACBTS ASSOCIATION FOR COGNITIVE AND BEHAVIORAL THERAPIES OF SERBIA

SRABCT SERBIAN ASSOCIATION OF BEHAVIOURAL AND COGNITIVE THERAPISTS



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EABCT Organisation

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NEW AGE OF CBT – CHALLENGES AND PERSPECTIVES

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Welcome from the EABCT President



It is with great pleasure that I am welcoming you to the 54th Congress of the European Association of Behavioural and Cognitive Therapies (EABCT).

EABCT is an umbrella association made up of 55 CBT associations across the geographical continent of Europe and each year the congress is hosted by a different EABCT member association. This year we are in Belgrade in Serbia, last year we were in Antalya, Turkey and next year we will be in Glasgow, Scotland, UK.

The annual congress is therefore a great opportunity to cross linguistic and cultural boundaries, to learn about ground breaking research and practice from across Europe and internationally. I do hope that you will bear this breadth and novelty in mind as you navigate your way through the programme. Please do dip in and find out what is going on in other countries and in other specialities to your own.

We will hear from some well known people, but ALL contributions to the congress are important, from those starting out doing a poster or presenting their research for the first time, to EACH participant whose understanding is increased, who learn a new skill, or whose curiosity is sparked!

So please do ask questions, chat to people afterwards, and take what you learn back into your practice. There will be something for everybody - and the ultimate beneficiaries will be your clients, their families and the public.

Welcome to the 2024 EABCT congress!!

Katy Grazebrook
EABCT President

A Message from the EABCT 2024 Host

Dear Colleagues,

Welcome to the 2024 EABCT Congress! It is with great excitement and pride that we host this year's event, bringing together a diverse and vibrant community of professionals dedicated to advancing the fields of behavioral and cognitive therapies.

The theme of the congress reflects our commitment to exploring cutting-edge research, innovative practices, and the evolving challenges within our discipline. Over the next few days, we will delve into a rich program that offers a blend of keynote speeches, symposia, workshops, skill classes, panel debates, roundtables, early career sessions and poster presentations, all designed to inspire, inform, and connect. This conference is more than just an academic gathering—it is a unique opportunity to renew old friendships, forge new connections, and collaborate on ideas that will shape the future of our field. Whether you are a seasoned expert or a new entrant to the world of cognitive and behavioral therapies, we hope you find the program both enriching and stimulating.

We are deeply grateful to our keynote speakers, presenters, and workshop leaders who have generously shared their expertise and time. We also extend our heartfelt thanks to our sponsors, whose support has been instrumental in making this event possible. As you navigate through the sessions, we encourage you to engage fully, ask questions, and share your experiences. The strength of EABCT lies in the collective wisdom of its members, and it is this exchange of knowledge and ideas that drives our community forward.

We hope you enjoy your time at EABCT 2024 and leave with renewed energy, fresh perspectives, and a deeper commitment to our shared goals.

Thank you for being part of this exciting journey.

Warm regards,



Tatjana Vukosavljević Gvozden
President of the EABCT 2024 Organizing Committee
ACBTS President



Ivana Vračkić
Copresident of the EABCT 2024 Organizing Committee
SRABCT President

ment tools to evaluate irrational beliefs resulting from being bullied. In this study, we aimed to test the recently developed Bullied Cognitions Inventory (BCI) in a Turkish sample.
Method: Initial analysis was conducted with 264 adults, aged 18 to 54 (M = 21.42, SD = 5.02). Data collection is still ongoing. The sample included 173 (65.53%) females and 92 (34.47%) males. Data collection tools included the BCI, the Multidimensional Bullying Victimization Scale, the Posttraumatic Stress Disorder (PTSD) Checklist, and the Liebowitz Social Anxiety Scale. Structural validity was tested using Confirmatory Factor Analysis (CFA), and criterion validity was assessed using the Pearson Correlation Coefficient.
Results: Confirmatory Factor Analysis (CFA) results demonstrated that the structure with 15 items and four subscales fit the current data well. The first-order model fit indices were: χ^2/df (169.52/84) = 2.02, p < .001, CFI = .93, TLI = .91, SRMR = .062, GFI = .78, RMSEA = .063 [.050, .077], indicating a good fit (see Figure 1). Pearson correlation coefficients showed that the subscales and total scores of the BCI were positively correlated with the subscales of the mentioned scales (see Table 1).
Conclusion: The preliminary analysis indicates that the Turkish adaptation of the Bullied Cognitions Inventory (BCI) is a valid and reliable instrument for assessing cognitions related to bullying.

Keywords
bullying; scale adaptation; cognitions; irrational beliefs

• Examining the Influence of Situational Factors on Reappraisal Efficiency among Turkish Adult Participants: An Exploratory Study

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Abstract
Background and Purpose
Emotion regulation (ER) encompasses the processes we utilize to influence our emotions. Among ER strategies, cognitive reappraisal (CR) is notably effective, as emotions often stem from appraisals of events. Frequent CR use correlates with positive outcomes like reduced negative emotions, stronger social connections, higher academic achievement, enhanced psychological well-being, and fewer psychopathological symptoms. Despite existing research, gaps remain in characterizing different reappraisal instances based on a theoretical framework and predicting their effectiveness across contexts. The reAppraisal Framework distinguishes between two different reappraisal mechanisms to shift appraisal: reconstrual (changing situation interpretation) and repurposing (changing the goal which the interpretation is compared to). Given that reappraisal is not a unified strategy and its effectiveness varies depending on contextual factors such as controllability of the stressor, this study aimed to examine: a) the role of appraisal dimensions in determining the type of emotion experienced (sadness or anxiety), and b) the effectiveness of reconstrual and repurposing in reducing short-term emotions (sadness and anxiety) depending on perceived control (low/high).
Method
Seventy-one participants (ages 18-30, M = 24.12, SD = 3.05) recalled and documented two incidents eliciting anxiety and sadness via Qualtrics as retrospective memories. Participants rated 8 different emotions on a 1-5 scale for each memory and described how their perspectives on the events had changed. Then, they rated their current appraisals via 10 items, and perceived control on a scale from 0 to 100. Qualitative data on their current perspectives were coded as reconstrual, repurposing, or no reappraisal in accordance with the reAppraisal Framework. Perceived control ratings were categorized into high and low groups using median split.
Results
Linear regressions predicting sadness and anxiety scores from appraisal items explained a significant portion of the variance. Sadness increased with relevance (B = .26, p = .05) and low outlook certainty (B = -.32, p < .05). Anxiety increased with low controllability (B = -.022, p < .05), high incongruence (B = .20, p < .05), high accountability (B = .32, p < .05), and low emotional coping (B = -.34, p < .05).
Participants either utilized repurposing (33.3%) or did not engage in any of the strategies (44.4%) for sadness memories whereas they mostly used reconstrual (48.6 %) for anxiety memories. Univariate ANOVAs revealed significant main effects of reappraisal type and perceived control on both sadness (F(5) = 8.41, p < .05) and anxiety (F(5) =3.43 , p < .05). Specifically, there was a significant difference between no reappraisal group and both reconstrual and repurposing groups, while no significant difference was found between utilization of reconstrual and repurposing. Although the interactions were not significant, there was a trend showing that when perceived control was higher, the tendency to use reconstrual linked to lower sadness and anxiety scores compared to the utilization of repurposing and no reappraisal.
Conclusion
The current study enhances our understanding of different reappraisal techniques, including reconstrual and repurposing, and delineates the specific contexts in which these strategies are most effective. This insight can inform the development of targeted interventions.

Keywords
appraisal, cognitive reappraisal, reAppraisal Framework, context, sadness, anxiety