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**19th European Congress of Psychology**  
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***“Transforming Psychological Science: the 2030 agenda”***

**Abstracts**

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19th European Congress of Psychology



Aberrant FC within various brain networks has been consistently implicated iPD. More recently, longitudinal alterations in resting-state functional connectivity (rs-FC) have emerged as a potential biomarker for tracking iPD progression. Preliminary studies have revealed promising patterns of change in many disorder-associated networks. These findings highlight the need for further investigation into these changes in FC, underscoring the potential of rs-FC as a valuable tool for advancing our understanding of iPD progression.

#### Research Design/Methodology

fMRI data from the PROMOVE study was pre-processed using FSL and analysed using an independent component analysis to extract 20 brain networks as well as a general linear model to compute temporal differences in those networks and a one-sample t-test to check for statistically significant network changes over time.

#### Results

Increased activation was found between the auditory network and left postcentral gyrus, supramarginal gyrus and angular gyrus ( $p < .05$ ). Between the limbic + medial temporal network and the paracingulate gyrus, anterior and posterior cingulate gyrus, SMA and occipital pole ( $p < .05$ ) as well as between the upper cerebellum + pons and postcentral gyrus ( $p = .10$ ) and between the left frontoparietal network and superior frontal gyrus ( $p = .059$ ).

#### Limitations

The small sample size limited subgroup analyses of PD.

#### Implications

Further research is crucial, as temporal changes in functional connectivity (FC) in Parkinson's disease (PD) remain largely unexplored. This longitudinal study aims to address this gap, potentially identifying predictors of disease progression and uncovering mechanisms underlying specific symptom deterioration. These insights could pave the way for more targeted and effective treatment strategies.

## Paper number 716 | Spotlight Talk

### The recipe... to healthy food choices. The effect of tailored vs. non-tailored communication to encourage legume purchase.

Maria Elide Vanutelli<sup>1</sup>, Francesco Fedeli<sup>1</sup>, Cristina Zogmaister<sup>1</sup>, Marco D'Addario<sup>1</sup>, Francesca Orsini<sup>2</sup>, Greta Agostini<sup>2</sup>, Anna Zanovello<sup>2</sup>, Maria Luisa Ojeda Fernandez<sup>2</sup>, Marta Baviera<sup>2</sup>, Carlotta Franchi<sup>2</sup>, Patrizia Steca<sup>1</sup>

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Prevalent dietary patterns across the globe, marked by high calorie consumption, processed foods, and heavy dependence on animal products, have been recognized as major contributors to health and environmental harm. An increasing body of research emphasizes the benefits of shifting from meat-heavy diets to more plant-based alternatives, such as legumes. Although valued as protein-packed, low-cost sustainable resources, legumes are still not consumed in the recommended portions. The purpose of the present study is to investigate the effectiveness of short persuasive, tailored videos about legumes on purchase and attitudes. Participants are divided into three groups based on video type: 1) educational video, not tailored to the participant's psychological characteristics or interests; 2) persuasive but not tailored video; 3) persuasive and tailored video. The variables used for tailoring are decision-making style and main interest in the topic (health vs. sustainability advice). Following profiling and random assignment to the group, participants watch the video and perform two tasks. The first is an online shopping simulation; the second is an implicit task based on approach-avoidance mechanisms, comparing reaction times to legume or meat dishes. We expect that viewing a persuasive and tailored video will lead to an increase in the purchase of legume products and may also influence attitudes and future purchase intention in the form of a gradient from group 3 to group 1. The results will help shed light on individual factors and the importance

of a tailoring approach in promoting healthy food choices, as well as the effectiveness of different communication strategies. This approach could be incorporated into public health initiatives and primary prevention strategies, providing valuable guidance for policymakers in creating measures to encourage legume consumption. Although the protocol is designed in an ecological way, it is an experimental simulation. Future developments will involve testing in real purchasing contexts.

### Paper number 788 | Spotlight Talk

#### **The influence of stress, emotions and psychological factors on oral health: A topic for primary prevention**

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The risk of mental, physical, and especially oral disorders has increased significantly worldwide. Despite improvements in oral health, oral diseases such as gum disease and periodontitis still contribute significant financial burdens to the healthcare system. Chronic stress and emotional distress can affect mental, physical, and oral health. Taste perception, chewing, swallowing, speaking, and facial expression are some of the most important aspects of oral health significantly influenced by psychological factors. The mouth is where perception, feeling, sensing, communication, and decision-making all start. This contribution presents the author's current scientific research examining the link between oral, mental, and physical health and well-being using multiple non-invasive psychological methods. This includes a recently developed neuropsychobiological functional assessment battery for oral health, which can be used to quantify the risk of oral symptoms associated with inflammatory diseases of the dental system, gums or oral mucosa, teeth grinding, changes in facial muscle tension, occlusal force, taste perception or the severity of collagenolysis and bad breath in association with chronic stress, changes in eating habits, taste preferences, body image, and quality of life and well-being. The test results can lead to recommendations about which psychological interventions of self- and behavior regulation could help prevent stress-related oral symptoms. The results show how psychological research and tools can help dentists in the primary prevention of oral diseases.

### Paper number 809 | Spotlight Talk

#### **Building healthier communities. A stakeholder-driven framework for evidence-based addiction prevention and health promotion in municipalities**

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Enhancing readiness to implement evidence-based, behaviour- and structure-focused prevention methods is crucial for promoting physical and mental health, particularly in addiction prevention. This presentation explores how a structured health promotion framework rooted in the Social Development Strategy (SDS), can increase engagement and commitment among municipal stakeholders and decision-makers. The SDS emphasizes fostering protective factors, reducing risk factors, and building a shared sense of responsibility within communities.

The prevention handbook for municipalities developed by the National Centre for Addiction Prevention in Luxembourg provides a step-by-step framework tailored to local needs, focusing on participatory methods to