Volume 84 / Supplement 1 / 2025

European Journal of Psychology Open

Senior Editor
Georgia Panayiotou
Consultant Editor
Samuel Greiff

Associate Editors
Alexios Arvanitis
Panagiota Dimitropoulou
Margarita Gavrilova
Polymnia Georgiou
Nikos Konstantinou
Alessandro Musetti
Renato Pisanti

Official Open Access Empirical Journal
of the European Federation of Psychologists' Associations (EFPA)

Abstract book of the 19th European Congress of Psychology

Transforming Psychological Science:
the 2030 agenda
1-4 July 2025, Paphos, Cyprus

efpa
European Federation of Psychologists' Associations

hogrefe

https://econtent.hogrefe.com/doi/pdf/10.1024/2673-8627/a000085 - Thursday, February 05, 2026 1:14:09 AM - IP Address:149.132.187.99

https://econtent.hogrefe.com/doi/pdf/10.1024/2673-8627/a000085 - Thursday, February 05, 2026 1:14:09 AM - IP Address:149.132.187.99

Senior Editor Georgia Panayiotou, Department of Psychology and Center for Applied Neuroscience, University of Cyprus, Kallipoleos 75, 1678 Nicosia, Cyprus, ejpoeditor@ucy.ac.cy

Consultant Editor Samuel Greiff, Department of Behavioural and Cognitive Sciences, University of Luxembourg, 2, avenue de l'Université, 4366 Esch-sur-Alzette, Luxembourg

Associate Editors
Alexios Arvanitis, Department of Psychology, University of Crete, Rethymno, Greece
Panagiota Dimitropoulou, Department of Psychology, University of Crete, Rethymno, Greece
Margarita Gavrilova, Department of Psychology, Lomonosov Moscow State University, Moscow, Russia
Polymnia Georgiou, Department of Psychology, University of Wisconsin-Milwaukee, WI, USA
Nikos Konstantinou, Department of Rehabilitation Sciences, Cyprus University of Technology, Limassol, Cyprus
Alessandro Musetti, Department of Humanities, Social Sciences and Cultural Industries, University of Parma, Parma, Italy
Renato Pisanti, Niccolò Cusano University, Rome, Italy

Editorial Assistant Thekla Constantinou, Department of Psychology and Center for Applied Neuroscience, University of Cyprus, Nicosia, Cyprus, ejpoeditor@ucy.ac.cy

Editorial Board

Andrea E. Abele-Brehm, University of Erlangen-Nürnberg and Bavarian Academy of Sciences, Erlangen/Munich, Germany

Conny H. Antoni, Trier University, Germany

Antonino Callea, Department of Human Sciences, LUMSA University, Rome, Italy

Maria Inês Clara, Faculty of Psychology and Educational Sciences, University of Coimbra, Portugal

Milvia Cottini, Faculty of Education, Free University of Bolzano-Bozen, Bolzano, Italy

Jonathan Firth, School of Education, University of Strathclyde, Glasgow, United Kingdom

Giorgos Georgiou, Department of Social and Behavioral Sciences, European University, Nicosia, Cyprus

Mojca Juriševič, Faculty of Education, University of Ljubljana, Slovenia

Evangelos Karademas, Department of Psychology, University of Crete, Rethymno, Greece

Žan Lep, Department of Psychology, Faculty of Arts, University of Ljubljana, Slovenia

Luis Joaquin Garcia Lopez, Department of Psychology, University of Jaén, Spain

Heather Lucke, Department of Psychology, University of North Texas, Denton, USA

Paolo Soraci, Department of Psychology, Niccolò Cusano University, Rome, Italy

Mark Sullman, Department of Social Sciences, School of Humanities and Social Sciences, University of Nicosia, Cyprus

Flavio Urbini, Department of Human Sciences, European University of Rome, Italy

Potheini Vaiouli, Special Scientist for Research, Center for Applied Neuroscience, University of Cyprus, Nicosia, Cyprus

Elke Vlemincx, Vrije Universiteit Amsterdam, The Netherlands

Scott Vrana, Virginia Commonwealth University, Richmond, VA, USA

Publisher Hogrefe AG, Länggass-Str. 76, CH-3012 Bern, Switzerland, Tel. +41 31 300 45 00, Fax +41 31 300 45 90, zeitschriften@hogrefe.ch, www.hogrefe.com

Production Karoline Wüthrich, Hogrefe AG, Länggass-Str. 76, CH-3012 Bern, Switzerland, Tel. +41 31 300 45 56, karoline.wuethrich@hogrefe.ch

ISSN ISSN-L 2673-8627, ISSN-Online 2673-8627

Frequency Published quarterly

Indexing Social Sciences Citation Index (SCIE), Social Scisearch, Current Contents/Social and Behavioral Sciences, Journal Citation Reports/Social Sciences Edition, PSYCLIT (Psychological Abstracts), PSYNDEX, PsycINFO, Europ. Reference List for the Humanities (ERIH), IBZ, IBR, and Scopus

Impact Factor 1.7 (2023 *Journal Citation Reports*™*/Social Science Edition*; Clarivate Analytics, 2024)

Electronic Full Text Full text available on Hogrefe eContent at https://econtent.hogrefe.com/toc/epo/current

Copyright © 2025 Hogrefe AG. All rights, including for text and data mining (TDM), Artificial Intelligence (AI) training, and similar technologies, are reserved.

https://econtent.hogrefe.com/doi/pdf/10.1024/2673-8627/a000085 - Thursday, February 05, 2026 1:14:09 AM - IP Address:149.132.187.99

19th European Congress of Psychology

July 01-04, 2025

Paphos, Cyprus

"Transforming Psychological Science: the 2030 agenda"

Abstracts

to the Joanna Briggs Institute guidelines. The research was carried out in the Virtual Health Library, CAPES Journal Portal, Latin American and Caribbean Health Sciences Literature (LILACS), Medical Literature Analysis and Retrieval System Online (MEDLINE), American Psychological Association (Psyc Net), and Education Resources Information Center (ERIC). Indexed search terms included: Cognitive Reserve AND Cognitive Decline AND Elderly AND NOT Dementia. A total of 214 articles were identified, with 64 selected for analysis. The results showed that the topic is studied in Asian countries (China, Japan), Oceania (Australia), Europe (Italy, Spain, France, Sweden, United Kingdom), and the Americas (United States, Mexico, Argentina, Chile), highlighting the need for studies in Brazil. Methodological designs are predominantly longitudinal, using neurological (Magnetic Resonance Imaging) and neuropsychological assessment tools (Mini-Mental State Examination, Trail Making Test). Key findings indicate that Cognitive Reserve is developed through multiple factors such as lifestyle, cognitive and executive function use, higher educational levels, occupational complexity, bilingualism, physical activities, and social engagement. The study concludes that Cognitive Reserve is a protective factor that can help prevent dementia and other neurological diseases and should be fostered in elderly rehabilitation programs.

https://econtent.hogrefe.com/doi/pdf/10.1024/2673-8627/a000085 - Thursday, February 05, 2026 1:14:09 AM - IP Address:149.132.187.99

Paper number 715 | Electronic Poster

Boost your health with a click! MyPocketHealth app as a tool to promote healthy behaviors

Maria Elide Vanutelli[1], Roberta Adorni[1], Francesco Zanatta[1], Marco D'Addario[1], Patrizia Steca[1]

[1]University of Milano-Bicocca, Department of Psychology, Italy

Mobile health (mHealth) interventions are becoming increasingly widespread in promoting individual well-being. Mobile apps offer accessible and personalized tools to monitor and improve health, encouraging positive behaviors. However, clear evidence of the effectiveness of mHealth programs is needed. The aim of the present work is to assess the efficacy of two protocols based on the Health Action Process Approach (HAPA). The protocols are delivered through the “MyPocketHealth” app developed by the research team and involve increasing fruit and vegetable portions (F&V), and daily steps (DS) by using tailored communication. The first study phase (I) consists in profiling participants based on the variables from the HAPA model, including self-efficacy, risk perception, and outcome expectancy. Also, baseline behavior is assessed in terms of the average number of portions or steps. Second (II): participants set either a personalized or the recommended goal (5 daily portions/7000 daily steps: goal setting). Third (III): for 14 days, participants receive tailored (T) or standard (non-tailored; NT) notifications about the target behavior. At the same time, they keep track of the behavior daily via a tracker (self-monitoring). A third group only tracks the behavior (no communication group; NC). When the goal is achieved, participants receive a badge that reinforces behavior. Finally (IV), psychological variables are assessed again as in phase (I). We expect that tailored communication can have a positive effect on both behavior implementation and psychological variables. This approach is not without limitation. The use of self-report methodology for behavior monitoring may suffer from potential bias, such as social desirability. However, it is widespread, practical, and sensitive in capturing subjective experience. At the same time, these protocols can be considered innovative since they combine a theoretical, solid framework together with tailored communication to boost healthy behaviors that can easily be scaled to a wider population.

© 2025 The Author(s) Distributed as a Hogrefe OpenMind article
under the license CC BY 4.0 (https://creativecommons.org/licenses/by/4.0)