

Scientific Programme

Measures & Methods
13:30 - 16:45

Room 524 A/B

Pre-Conference Session: Ernst Bohlmeijer and Saskia Kelders/Navigating the app-wilderness: Learn to find the best app or start to design one yourself

In this workshop you will learn how to evaluate existing apps on their theoretical basis, their usability and their persuasiveness to keep users engaged. We will provide hands-on experience in evaluating and selecting the right app for the job; give examples of high quality and lower quality apps to improve e.g. self-compassion and positive emotions; and give you the tools to apply this to your own field of interest.

Chair: Ernst Bohlmeijer (University of Twente, Enschede, Netherlands)
Chair: Saskia Kelders

Wellbeing
18:00 - 19:45

Room 517D

Opening Plenary Session: Marty Seligman and Sonja Lyubomirsky

Positive Psychology: Future, Present, Past

Martin Seligman (University of Pennsylvania, Philadelphia, United States)

The How, What, and Why of Happiness: The Science of Interventions Aimed at Increasing Well-Being

Sonja Lyubomirsky (University of California Riverside, Riverside, United States)

Other
19:45 - 20:00

Room 517D

TED Style Talk by Sara Algoe

Everyday experiences of gratitude toward others enhance social connections. In this talk, I will review evidence on expressions of gratitude between romantic partners, co-workers, and strangers to show how and when saying "thank you" contributes to wellbeing.