

EASAR

European Association of Substance Abuse Research

29th Conference of The European Association of Substance Abuse Research

7-10th May, 2026

Venue: Neptune Conference Room,
Richmond Ephesus Resort Hotel
Izmir, Türkiye

AGENDA

Scientific and Social Programme
&
Chairs and Speakers' Biographies

Version - 3

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Each presentation includes 15-minute presentation + 5-minute discussion (Q&A) in the scientific sessions below.

1st DAY 7 MAY 2026 THURSDAY EVENING	12:00 - 17:00	Registration at the desk in the hotel entrance hall <i>(late registration at the desk is also possible on Friday morning before the conference starts)</i>	
	19:30 - 22:00	Welcoming Dinner at the conference hotel	
2nd DAY 8 MAY 2026 FRIDAY	08:45	Gorkem Yararbas & Michael Schaub & Inci Derya Yucel	
2nd DAY 8 MAY 2026 FRIDAY	08:55	Suzan Oudejans & Masha Spits	Eye Opener EASAR Turkey: Session I
	Scientific Session I	Chair: Umut Kirli	
	09:10	Bianca Pitzschel	Motives and Determinants of Professional Help Utilization in Gambling Problems: What Drives Engagement with Professional Support?
	09:30	Harshdeep Mangat	Understanding Esports Bettors: A Cross Cultural Comparison of the Psychological Profiles and Addictive Behaviours of Esports Bettors
	09:50	Magda Losaberidze	Psychological and Behavioral Correlates of Non-suicidal Self-Injury Among People Gambling Online
	10:10	Andreas Meyer	Identifying Predictors of Gambling Episodes and Craving Using Ecological Momentary Assessment and Smartwatch-Based Physiological Measures
	10:30	Coffee break	
	Scientific Session II	Chair: Katerina Lukavska	
	11:00	Boukje Dijkstra	Ensuring the Sustainability of Heroin Assisted Treatment: A Mixed Methods Study on Aging, Care needs, and Take Home Diacetylmorphine
	11:20	Roman Gabrhelik	Mapping the Kratom Landscape in the Czech Republic in the Context of Regulatory Change
	11:40	Annette Binder	Engaging Physicians in Evidence-Informed Drug Policy: The Role of the UNODC Young Doctors Network in Research and Capacity Building
	12:00	Lunch break	

2nd DAY 8 MAY 2026 FRIDAY	Scientific Session III	Chair: Gabriele Fischer	
	13:30	Severin Haug	SmartCoach – A Mobile Phone-based Life-skills Training Program for Addiction Prevention Among Adolescents
	13:50	Katerina Lukavska	Principles and Priorities of Digital Media Parenting: Development of a Preventive Intervention
	14:10	Katerina Klouckova	Implementing Artificial Intelligence in Mental Health and Addiction Science: A Specialized Focus on Digital Risk Behaviors
	14:30	Coffee break	
	Scientific Session IV	Chair: Angela Buchholz	
	15:00	Camilla Dahl Haislund Olsen	Primary Health Care Professionals and Patients' Recall of Alcohol as a Topic in Consultations: Quality Assessment of the Data Collection in the iTAPP Study
	15:20	Lisa Imhof	From Predictors to Profiles: Understanding Engagement in Blended Alcohol Use Disorder Treatment
	15:40	Marissa de Vries	AIDA – Artificial Intelligence for Digital Alcohol Interventions
	16:00	Nikolaos Boumparis	A 9-Month Longitudinal Evaluation of the Dry January Campaign in Switzerland
3rd DAY 9 MAY 2026 SATURDAY	09:15	Michael Schaub & Udo Nabit & Edith Cramer	Agenda for the General Meeting EASAR 2026
	Scientific Session V	Chair: Boukje Dijkstra	
	09:50	Anna Mejldal	Adverse Childhood Experiences and Psychiatric Symptom Burden in Addiction Treatment in Greenland
	10:10	Lisanne Koers	The Evaluation of New Screening and Monitoring Tool for Dutch Addiction Care: Study Design and Preliminary Findings
	10:30	Coffee break	
	Scientific Session VI	Chair: Anette Søgaard Nielsen	
	11:00	Angela Buchholz	Liver Transplantation for Patients with Alcohol-associated Liver Disease and Alcohol Use Disorder – Current State of Play in Germany
	11:20	Kristina Volke	Alcohol in Outpatient Psychiatry: The 15-method's Potential as a Tool in Clinical Practice
	11:40	Milton Ramirez	Personality Traits and Alcohol Use in Adults with Anxiety and Mood Disorders: Clinical Implications of the Ten-Item Personality Inventory
	12:00	Umut Kırılı	Psychotic Experiences and Other Understudied Aspects in Gambling Disorder: Data from a Turkish Field Sample
	12:20	Lunch break	
	13:30	Excursion to the Ancient City of Ephesus	

4th DAY 10 MAY 2026 SUNDAY MORNING	Scientific Session - VII	Chair: Michael Schaub	
	09:00	Terezie Babilonova	Online Platforms with Sexual Content and Related Addictive Behaviors in the Czech Adult Population
	09:20	Ladan Esmailian Khamseh	The Interplay Between Problematic Gambling and Biopsychosocial Risk and Protective Factors: A Dynamic Network Approach
	09:40	Cristina Villalba-Garcia	Wired to Watch: The Role of Attentional Bias in Gambling and Other Behavioural Addictions – A Systematic Review and Meta-Analysis
	10:00	Melissa Begeman	Enhancing a Treatment Module on Cognitive Distortions for Gambling Disorder
	10:20	Coffee break	
	Scientific Session - VIII	Chair: Matthijs Blankers	
	10:40	Inci Derya Yucel	An Internet-based Behavioral Therapy with Mindfulness Approach for Adults with Tobacco Smoking or Vaping in Switzerland and Türkiye: Study Design and Preliminary Findings from TUBSIS 2.0
	11:00	Alexandros Gkomez	We FoUght, I Scrolled and I am Sleepless (FuSS): Unraveling the Short-term and Long-term Dynamics of Adolescents' Sleep and Smartphone Use, in the Context of Family and Peer Relationships
	11:20	Kalliopi Petkidou	Development and Implementation of a Staff-training for Cultural Sensitive Motivational Interviewing in Greece
	11:40	Suzan Oudejans & Masha Spits	Eye Opener EASAR Turkey: Session II
	12:00	Michael Schaub & Inci Derya Yucel	Closing Speech
	12:20	Farewell Lunch at the Conference Hotel	



Alexandros Gkomez

Alexandros Gkomez is a Clinical Psychologist and Cognitive Psychotherapist. His expertise are in Psychosomatic medicine and trauma therapy (EMDR, NET, TF-CBT). He currently works in Athens (Greece) in private practice. After collaborating in the framework of an Erasmus+ program in 2021, he remained an external associate of the Department of Psychiatry and Addiction Treatment, of the Amsterdam University Medical Center(AUMC), providing trainings in Motivational Interviewing to mental health professionals. After additional training in research methodology in AUMC, he works as a researcher at the University of Crete.



Andreas Meyer

Andreas Meyer transitioned from information technology to psychology, earning both bachelor's and master's degrees from the University of Berne, Switzerland. Specializing in social psychology, social neuroscience, cognitive psychology, and perception, he served as an assistant at the Department of Social Psychology and Social Neuroscience during his master's studies. During and after graduation, Andreas worked as a research associate in medical information science and medical controlling. Currently, he contributes his expertise at the Swiss Research Institute for Public Health and Addiction (ISGF) in Zürich, working on several projects involving digital (self-help) interventions regarding both substance and non-substance related addictions and pursuing a PhD in behavioral addictions.



Anette Sogaard Nielsen

Anette Sogaard Nielsen is professor at Unit of Clinical Alcohol Research, Psychiatric Research Unit, University of Southern Denmark. Together with her colleagues, Anette is performing a series of clinical trials, for example the iTAPP-study (an RCT of the 15-method in General Practice), and 15-Mental (an RCT of the 15-method in mental health), in addition to being involved in both qualitative research and register-studies. Anette Sogaard Nielsen's main research interests are treatment for alcohol use disorder, alcohol use among older adults, motivational interviewing, reduction of stigma, implementation science and narrative medicine.

Angela Buchholz



Angela Buchholz is currently working as Head Clinical Psychologist at the University Transplant Center, University Medical Center Hamburg. In addition to her clinical responsibilities, she is also a senior researcher in the fields of solid organ transplantation, rehabilitation, and substance use research. Her work focuses on health services research, with particular attention to quality of life, functioning, and psychodiagnostics in patients with substance use disorders. She has extensive experience working in interdisciplinary clinical settings, especially in transplant-related care. In her dual role, she contributes to both clinical practice and research activities, addressing the psychological needs of patients undergoing complex medical treatments. Her work reflects a strong focus on understanding and improving patient outcomes within healthcare systems.

Anna Mejldal



Anna Mejldal is a postdoctoral researcher at the Research Unit for Psychiatry, Odense University Hospital and the University of Southern Denmark, and a statistician at OPEN – Open Patient data Explorative Network, Odense University Hospital. She holds a PhD in health science and has a background in mathematics and computer science. Her research focuses on psychiatric and addiction epidemiology. She works mainly with longitudinal and population-based data to study patterns of risk, treatment, and outcomes in mental health and substance use. Her work includes analyses of both randomized controlled trials and nationwide health registers, reflecting the data opportunities available in the Nordic countries. She is particularly interested in how different data sources can be combined to better understand treatment effects and real-world outcomes in addiction and mental health research.

Anette Binder



Dr. med. Annette Binder is a board-certified specialist in psychiatry and psychotherapy at the University Hospital of Tübingen, Germany, and an Early Career Scientist at the German Center for Mental Health (DZPG), partner site Tübingen. She studied human medicine at the University of Tübingen (2013–2020) and completed her doctoral thesis on psychological burden and resources among professionals working with traumatised women and children. Her research focuses on addiction medicine, perinatal mental health, and stigma in healthcare. She has been involved in several interdisciplinary research projects, including internet-based interventions to reduce substance use during pregnancy and studies on the care of patients with substance use disorders undergoing liver transplantation. Currently, she leads and coordinates multiple research initiatives, including projects on maternal mental health and coping strategies following pregnancy loss, as well as an international transatlantic collaboration on addiction research. Dr. Binder has extensive experience in qualitative and mixed-methods research and is actively engaged in teaching and mentoring in psychiatry and addiction research. She serves on the board of the German Society for Addiction Research and Treatment (DG-Sucht) and is involved in national and international research networks, including the United Nations Office on Drugs and Crime (UNODC) Young Doctors Network.



Bianca Pitzschel

She holds a Bachelor's and Master's degree in Psychology and is a licensed cognitive behavioural psychotherapist with clinical experience in the treatment of substance use disorders in both inpatient and outpatient settings. She is currently a doctoral student and research assistant at the Institute for Therapy Research (IFT), working within the research unit of the Bavarian Coordination Centre for Gambling Issues (Landesstelle Glücksspielsucht in Bayern, LSG).



Boukje A.G. Dijkstra

Dr. Boukje Dijkstra is senior researcher and director of the research consortium Nijmegen Institute for Scientist Practitioners in Addiction (NISPA), which consists of six regional Dutch centers for addiction care in the Netherlands. She also works as a research coordinator at one of the addiction care centers Novadic-Kentron. She supervises minor to major practice-based multi-center research projects focusing on the effectiveness and implementation of addiction treatment. Furthermore, she is senior lecturer 'Practice Research' for the postdoctoral training in Clinical Psychology at Radboud University and for the postdoctoral training in Addiction Medicine at the Radboudumc.



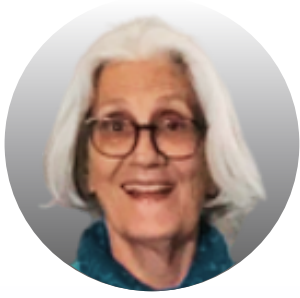
Camilla Dahl Haislund Olsen

She is currently a research assistant at the Unit of Clinical Alcohol Research, Research Unit of Psychiatry, University of Southern Denmark. With a bachelor's degree in public health and a master's degree in data science, she is very interested in combining my competencies from both fields in the research she is involved in. It is also important for her that the research is meaningful for the people it concerns—whether they are patients, clinicians, or others. Her current research activities primarily focus on data management and analysis in alcohol research. At the moment, she is involved in projects on the identification and treatment of harmful alcohol use among patients in general practice (the iTAPP study) and in outpatient psychiatry (the 15-Mental Project).



Cristina Villalba – García

Dr. Cristina Villalba-García received her PhD in Psychology from the Complutense University of Madrid, publishing different research papers mainly in the domain of perception, attention, consciousness, linguistics or emotion within the framework of cognitive neuroscience during the last decade. Over the years, collaborating with different institutions internationally, the main objective of her research has been to study the neural correlates underlying different behaviors through the use of electroencephalography (EEG) techniques among other research methods. Currently, Dr. Cristina Villalba-García works as a researcher in neuropsychology at the Center of Excellence in Responsible Gaming at the University of Gibraltar, where she examines the neurophysiological markers underlying gambling/gaming disorder and also its relationship to mental health.



Edith Cramer LL.M

She was born in The Hague and studied criminal law at the University of Leiden. In 1989 she started to work on the development, implementation and evaluation of the Self-Control Information Programme (EU-SCIP) for drug(ab)users and kept on doing this until now. First at the Department of Clinical Psychology in Nijmegen and later on, since 1999, at the Amsterdam Institute for Addiction Research, a part of the Department of Psychiatry of the Amsterdam Universities Medical Centres (AUMC). In these 36 years she executed around 35 projects in the framework of SCIP as well as of its close counterpart Motivational Interviewing: some of them were aiming at the pilot testing of the programmes in diverse groups like drug prostitutes or prison inmates, others at the tailoring of the programmes to the needs of people with double or triple diagnoses, or at the translation and adaptation of the programmes to use in English, Flemish, German, Greek, Norwegian and Spanish speaking cultures. In the last 10 years she also was involved in the co-ordination and execution of three Erasmus+ Mobility Programmes: two on behalf of the training and exchange of Greek Addiction Care professionals and one on behalf of the training of Greek Psychology and Medical Students. Currently she is working on cultural sensitive aspects of the various programmes in order to make them more available to treatment staff and clients (e.g. refugees) from cultures with a more Oriental and Islamic tradition.



Gorkem Yararbas

Gorkem Yararbas is a Professor in the field of addiction sciences at Ege University Institute on Drug Abuse, Toxicology and Pharmaceutical Science in Türkiye and serves as the Director of the Institute on Drug Abuse, Toxicology and Pharmaceutical Science. His academic background is rooted in medical physiology and health sciences, with a strong focus on neurophysiology and addiction-related research. His research centers on nicotine and tobacco addiction, smoking cessation, alcohol and substance use disorders, behavioral pharmacology and the neurobiological mechanisms underlying addiction. He has contributed to a growing body of scientific literature, with numerous publications addressing topics such as smoking behavior, e-cigarette use, and psychosocial dimensions of addiction. In addition to his research, he leads and coordinates national and international projects, including European Union - funded initiatives focusing on prevention, rehabilitation and innovative intervention methods such as digital and virtual reality - based approaches. As an academic leader, he plays a key role in advancing interdisciplinary research and education in addiction sciences. Through his roles as institute director, researcher, and educator, he contributes significantly to the development of evidence-based policies and practices aimed at reducing substance use and improving public health outcomes.



Harshdeep Mangat

Harshdeep is a researcher in behavioural addictions with a focus on video gaming and gambling. Harsh completed his higher education in India and the UK, and it was in London during his policy studies where he discovered his interest for studying videogame-related gambling policy. Harsh is currently an associate researcher at the Centre of Excellence in Responsible Gaming (CERG) at the University of Gibraltar and involved in a projects ranging across problematic behaviours related to videogaming, gambling behaviour, and internet & technology use. His PhD research at CERG focused on the psychological characteristics of esports players and esports bettors, comparing them to traditional video gamers and sports bettors. Outside of work Harsh enjoys videogaming, playing cricket and trying beer around the world.



Inci Derya Yucel

Dr. Inci Derya Yucel is a postdoctoral researcher at the Swiss Research Institute for Public Health and Addiction (ISGF), University of Zurich, for the 2025–2026 academic year, supported by the ESKAS (Swiss Government Excellence Scholarship). She also holds a lecturer position at the Institute on Drug Abuse, Toxicology and Pharmaceutical Science at Ege University in Türkiye. She completed her PhD at Ege University in 2025, focusing on the development of a digital environment–supported intervention for individuals with tobacco addiction. She was selected by the Rectorate of Ege University as the most successful doctoral graduate in Health Sciences for the 2024–2025 academic year and was awarded the Prof. Dr. Hatice Karhan Achievement Award by the Birkökler Foundation. She is a brief solution-focused psychotherapist, certified mindfulness teacher. She has been also taking many responsibilities in EU Projects grant-writing, coordinating and facilitating since 2014. She graduated in Psychology from Hacettepe University in 2010 and obtained master’s degrees in Family Counseling (2015) and Substance Abuse (2019), the latter focusing on individuals under probation supervision. She has professional experience in educational and clinical settings and worked as a psychologist at the Izmir Probation Directorate of the Ministry of Justice (2012–2020). Her research focuses on tobacco addiction, particularly harm reduction, prevention, and internet-based interventions. She is also interested in expanding her research into other areas of addiction in the future. She is a certified Mindfulness Trainer and Solution-Focused Psychotherapist and has published nationally and internationally in the field of addiction.

Kalliopi Petkidou



Kalliopi Petkidou is originally from Greece and has been living in the Netherlands for the past six years. She completed her BSc in Psychology at Aristotle University of Thessaloniki and holds two Master’s degrees from Leiden University: one in Child and Adolescent Psychology and one in Applied Cognitive Psychology. She works as a psychologist and is trained in CBT, EMDR, ACT, and Motivational Interviewing, which she integrates into her clinical practice. She collaborates closely with Edith Cramer to promote Motivational Interviewing across several organisations in Greece. Currently, she works at an international mental health clinic, Betterminds, where she supports a diverse international population within the Dutch healthcare system.

Katerina Klouckova



Katerina Klouckova is an addiction specialist and doctoral researcher specializing in the intersection of addiction science and emerging technologies. She completed her clinical studies in Addictology at the First Faculty of Medicine, Charles University, where she is currently pursuing her Ph.D. in the same field. Her doctoral research focuses on the transformative role of digital technologies within the landscape of addiction treatment and prevention. Kateřina is particularly interested in the integration of Artificial Intelligence (AI) in addictology, exploring how machine learning and algorithmic tools can enhance diagnostic precision, personalize therapeutic interventions, and improve patient outcomes in clinical settings. In addition to her academic pursuits, Kateřina maintains an active clinical practice as an addiction specialist in an outpatient clinic. This dual role allows her to bridge the gap between theoretical research and frontline patient care, ensuring that technological innovations remain grounded in clinical reality and ethical standards. By combining her practical experience with her passion for technological advancement, she aims to contribute to the modernization of addiction services for the digital age.

Katerina Lukavska



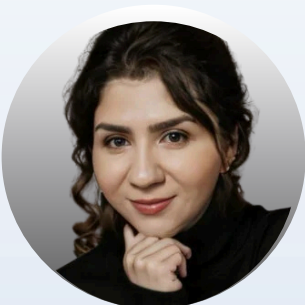
Katerina Lukavska is a Czech psychologist and academic specializing in media psychology, digital well-being, and the psychosocial aspects of technology use across the lifespan. She is affiliated with Charles University in Prague, where her research and teaching focus on the interplay between digital environments and individual development, particularly in children and adolescents. Her work integrates perspectives from developmental psychology, behavioral science, and communication studies. Lukavska's research has contributed to a more nuanced understanding of problematic media use, including its antecedents, correlates, and outcomes. She has been involved in the adaptation and validation of psychometric instruments assessing digital behavior, such as scales measuring problematic media use and parental mediation strategies. Her empirical work often emphasizes the role of family context, including parental attitudes, stress, and media practices, in shaping children's engagement with digital technologies. In addition to her academic publications, she is active in applied research and science communication, contributing to projects aimed at improving digital literacy and well-being. Her work frequently bridges the gap between research and practice, informing educators, parents, and policymakers. Through interdisciplinary collaboration, Lukavska advances evidence-based approaches to fostering healthy and adaptive interactions with digital media.

Kristina Volke



Kristina Volke is a PhD student with a master's degree in social sciences in social work. She has mainly been involved in research within the field of alcohol use disorders. Most of her research activities have focused on identification and treatment of alcohol problems, brief alcohol interventions and measuring of treatment integrity in clinical trials of motivational interviewing (MI). She has a particular interest in how to identify and address alcohol problems at earlier stages. This includes a strong interest in barriers to treatment seeking, barriers among health care professionals to addressing alcohol use and qualitative research on experiences, perceptions, and beliefs among professionals as well as patients.

Ladan Esmalian Khamseh



Ladan Esmalina Khamseh is a PhD candidate in Psychology at the University of Bergen, Norway. My research focuses on behavioral addictions, particularly gambling and gaming disorder, with an emphasis on biopsychosocial mechanisms. She has expertise in advanced quantitative methods, including structural equation modeling and dynamic network analysis. Her doctoral work examines the role of different risk factors on gambling and gaming disorder. She also conducts intensive longitudinal (EMA/diary) research to investigate how daily factors such as anxiety, loneliness, and emotion regulation interact with addictive behaviors. She has contributed to several peer-reviewed publications and has extensive experience in academic reviewing, including reviewing for journals such as Nature. She has completed over 266 peer-review contributions. She has received competitive funding from the Faculty of Psychology at the University of Bergen and prestigious scholarships, including the Meltzer Research Fund (30,000 NOK).



Lisa Imhof

Lisa is a PhD candidate at Arkin / Jellinek. She holds a background in Psychology and Neuroscience & Cognition and currently works in the field of addiction care. In her PhD, she focuses on the evaluation of blended treatment, a combination of face-to-face therapy and digital interventions, for alcohol use disorder. Within a large randomized controlled trial conducted at Jellinek, the effectiveness of an innovated blended treatment is being investigated. Her research is centered on innovation and optimization of treatment for alcohol use disorder. At the EASAR Conference, she will present findings on treatment engagement within blended treatment and its association with patient characteristics and treatment outcomes. These findings may contribute to further development and refinement of blended interventions in addiction care.



Lisanne Koers

Lisanne Koers is a PhD candidate at the Department of Psychiatry at Radboudumc and is affiliated with the Nijmegen Institute for Scientist Practitioners in Addiction (NISPA). Her PhD is embedded within the MoVIN project, initiated by the Dutch Addiction Association (DAA). Within this national initiative, she contributes to the development and scientific evaluation of a new instrument set for screening and Routine Outcome Monitoring (ROM) in addiction care. The phased, co-creative development process resulted in an instrument set based on existing validated questionnaires. Her research focuses on both the psychometric evaluation of this instrument set and the facilitators and barriers to its implementation in clinical practice. Combining psychometric research with implementation science, her work aims to develop a valid, reliable, and scientifically grounded instrument set that is both clinically relevant and practically feasible. Following the scientific evaluation, the instrument set will be prepared for sustainable implementation in routine clinical practice.



Magda Losaberidze

Magda Losaberidze is a PhD candidate in Clinical Psychology within the Addiction Science program at Eötvös Loránd University (ELTE), Budapest, where she also completed her Master's degree in Clinical and Health Psychology. Her research focuses on non-suicidal self-injury (NSSI) and behavioral addictions, with a particular interest in gambling behaviors. Magda's doctoral work examines the co-occurrence of NSSI and gambling, focusing on shared risk factors and underlying mechanisms. Specifically, she investigates how psychological variables such as depression, anxiety, stress, impulsivity, and insomnia are associated with these behaviors. She also explores how gambling motives and cognitive processes, such as self-critical rumination, contribute to both engagement in NSSI and its frequency, aiming to better understand distinct behavioral patterns and clinically relevant subgroups among individuals who gamble online. In addition to her research, she teaches an introductory course on low-intensity psychosocial interventions to master's students. She is currently undergoing training in Cognitive Behavioral Therapy (CBT) and Schema Therapy. She also works as a psychologist, primarily with the international (expat) community in Budapest.



Marissa de Vries

Marissa de Vries is a PhD candidate at Arkin/Jellinek in Amsterdam and affiliated with the Amsterdam Institute for Addiction Research (AIAR). Her research focuses on developing AI-driven approaches to enhance preventive addiction care, particularly by improving adherence to digital alcohol self-help interventions. She holds a Master's degree in Clinical (Neuro)Psychology with a specialization in policy and has experience in both clinical and forensic settings, as well as in suicide prevention policy. She previously worked as a research coordinator within the Academic Workplace on Addiction and at AIAR, contributing to a range of studies including detoxification research, cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) interventions, and digital addiction prevention projects such as AIDA. She has also been involved in grant writing, successfully contributing to multiple funded proposals, including her PhD project focusing on the transition from eHealth to AI-driven interventions. Her work aims to bridge innovation and practice by integrating digital technologies into addiction prevention and care.



Masha Spits

Masha Spits is a researcher and the founder of Mark Bench, a research and consultancy agency focusing on mental health, addiction care, and lifestyle interventions in the Netherlands. She has extensive experience in applied research, particularly in the field of addiction prevention and public mental health. In addition to her work at Mark Bench, she has been affiliated with the Amsterdam Institute for Addiction Research (AIAR), where she has contributed to various research and innovation projects. Her work includes the evaluation and development of evidence-based interventions, as well as supporting the implementation of programmes within healthcare and social care settings. Masha Spits has been involved in projects addressing behavioural change, prevention, and implementation science, often working at the intersection of research, policy, and practice. She is particularly interested in translating scientific knowledge into practical tools and strategies that can support professionals and improve outcomes in mental health and addiction care.



Melissa Begeman

Melissa Begeman has an educational background in psychobiology. She works as a research coordinator and junior researcher for the academic workplace addiction at Jellinek (AIAR). As a junior researcher, she is involved in research on the treatment of gambling disorder. Within the current project, the effectiveness of cognitive behavioural therapy for gambling disorder is evaluated using routine outcome monitoring data collected (as part of standard care) over the past 10 years and clients' treatment needs are explored in a focus group. In addition, this project aims to refine a treatment module targeting cognitive distortions by incorporating input from scientists, clinicians and clients.

Michael Schaub



Dr. Michael P. Schaub is Associate Professor at the University of Zurich and the Scientific Director of the Swiss Research Institute of Public Health and Addiction ISGF, a WHO Collaborating Centre, associated with the University of Zurich. He is a trained psychotherapist with a strong clinical and scientific background as well as a public health expert in the area of substance use disorders and behavioral addictions. He completed his Ph.D. in 2005 on the topic of cannabis use, its associated personality dimensions in the general population, and co-occurring mental-health problems in vulnerable persons. In 2012 he received his postdoctoral lecture qualification (Habilitation) for psychology, with the specialization for “treatment and diagnostic of substance use disorders” at the University of Zurich and was appointed Associate Professor in 2019. In 2014, Dr. Schaub received the Best Scientific Paper Award from the European Monitoring Center for Drugs and Drug Addiction (EMCDDA). One of his current main focus is on internet interventions for the reduction of substance use and substance use disorders as well as for the treatment of behavioral addictions. As such, he led amongst others the first low- and middle-income study among internet interventions in the field of substance use disorders evaluating the effectiveness of the WHO web-based self-help intervention Alcohol e-help in Belarus, Brazil, India and Mexico.

Dr. Schaub has published more than 120 peer-reviewed papers in scientific journals. He is scientific expert in addiction research for the World Health Organization WHO and at the United Nations Office on Drugs and Crime UNODC. Moreover, he is appointed member to the Technical Advisory Group on the Mental Health Impacts of COVID-19 in the WHO European Region.

Milton Ramirez-Pina



Milton Ramirez-Pina is a Neuroscience PhD and Medical Doctor with a background in behavioral neuroscience, addiction, and stress-related risk factors. He is currently working as a researcher and has experience in experimental design, statistical analysis, and communicating scientific findings to diverse audiences. His research focuses on the neurobiological mechanisms underlying addictive behaviors, particularly binge drinking, and he has presented his findings at international conferences.

In addition to his academic work, he has led public health and addiction prevention programs, designing and implementing them for large student populations in Mexico. He has also worked in clinical and rehabilitation settings in Mexico and Spain, supervising patient care and applying appropriate treatments while educating patients and their families about substance-related health problems. He is passionate about translating complex scientific concepts into clear and accessible information for academic, clinical, and diverse audiences, and about bridging the gap between research and practical applications in public health.

Nikolaos Boumparis



Nikolaos Boumparis is a clinical psychological researcher based in Zurich, Switzerland. He is a postdoctoral researcher at the Swiss Research Institute for Public Health and Addiction (ISGF), University of Zurich, and Co-Head of Research at the Centre for Child and Youth Forensics at the Psychiatric University Hospital Zurich (PUK). His research sits at the intersection of clinical psychology, addiction science, and digital mental health, with a focus on developing and evaluating technology-based interventions. He uses methodologies such as randomised controlled trials, systematic reviews and meta-analyses to investigate his areas of focus.

Roman Gabrhelík



Roman, a Full Professor at the First Faculty of Medicine, Charles University, is a psychologist and addiction specialist with extensive experience in various psychotherapeutic approaches. His work focuses on Prevention Science and Implementation Science. For nearly two decades, he has played a key role in developing Czechia's National System of School-Based Prevention of Risk Behaviors. Recently, his research has expanded to utilizing data from nationwide health registers. Additionally, he is actively involved in eHealth and mHealth innovations for the treatment of substance use disorders.

Severin Haug



Severin Haug, PhD, studied psychology at the University of Tuebingen, Germany, and worked as a research assistant at the Centre for Psychotherapy Research at the University Hospital in Heidelberg from 2001-2006. After receiving his PhD in 2006, he was a postdoctoral researcher at the Institute of Social Medicine and Prevention at Greifswald University, where he habilitated in Epidemiology and Social Medicine. Since 2010, Severin Haug is Head of Research at the Swiss Research Institute for Public Health and Addiction (ISGF) in Zurich. His scientific work aims at the evaluation and development of theory-based digital interventions for the treatment and prevention of NCDs and addictive behaviors. His recent projects focus on digital life-skills training programs to reduce substance use as well as on alcohol and tobacco prevention programs among young people. Severin Haug published more than 100 articles in peer reviewed journals and is editor of the journal "Sucht - Zeitschrift für Wissenschaft und Praxis" (Addiction - Journal for Science and Practice). He provided ad hoc reviews for more than 50 national and international scientific journals.



Suzan Oudejans

Suzan Oudejans is a researcher and owner of Mark Bench, a Dutch research and consultancy agency focusing on mental healthcare, addiction treatment, and lifestyle interventions. She specializes in outcomes research and management in mental health and substance abuse treatment, with expertise in methodology, statistics, benchmarking, treatment outcomes, and addiction care. She has extensive experience in research and evaluation within addiction and mental healthcare settings. Her work includes research on the effectiveness of routine substance abuse treatment and mental healthcare, patient profiles, follow-up studies, patient satisfaction, and Routine Outcome Monitoring (ROM). She has also worked as a researcher and manager at Arkin and as a researcher at AMC, where she coordinated research and benchmarking of outcomes of Cognitive Behavioral Therapy for patients with substance use disorders. Her work focuses on making treatment outcomes measurable, transparent, and useful for improving practice in addiction and mental healthcare.



Terezie Babilonova

Terezie Babilonova is a PhD student in addictology at the First Faculty of Medicine, Charles University (Czech Republic). She holds a Master's degree in psychology from Palacký University in Olomouc. Her academic background combines psychology with a specialization in behavioral addictions and related research methodologies. Her doctoral research focuses on problematic pornography use, with particular attention to its risk and potentially addictive patterns. Within this framework, she is currently examining the phenomenon of OnlyFans and its impact on consumers, contributing to the growing body of research on digital sexual environments and their psychological implications. She is also involved in research projects aimed at mapping online risk behaviors among children and adolescents in the Czech Republic. This work contributes to the development of evidence-based prevention strategies and the advancement of psychodiagnostic tools for assessing online-related risks. Her research interests broadly include behavioral addictions, online risk behaviors, and the psychological aspects of digital media use, with an emphasis on pornography consumption and its impacts.



Udo Nabitiz

Udo Nabitiz (born 11 July 1953) is a clinical psychologist and senior expert in quality improvement in healthcare. He studied clinical psychology at the Eberhard Karls University of Tübingen and the University of Amsterdam and is registered as a clinical psychologist (GZ psycholoog) in the Netherlands. Since 1983, he has worked as a psychologist, researcher, and consultant at leading healthcare and research institutions, including Jellinek as a psychologist, the Amsterdam Institute for Addiction Research (AIAR) as researcher, the CBO Quality Institute for Healthcare as consultant, and Arkin. In 2006, he obtained his PhD with a dissertation entitled Quality Management in Health Care from the medical faculty of the University of Amsterdam. Within forensic psychiatry, he served as chief practitioner and researcher at Inforsa (Arkin). Since 2015, his work has focused on quality improvement, outcome measurement, and the implementation of evidence based quality systems in mental healthcare. Udo Nabitiz has published more than 66 articles (Research Gate) in various scientific and professional journals. Although he retired in 2019, he remains active as a senior quality advisor and researcher at Arkin and the Dutch Psychological Association (NIP).



Umut Kırılı

Dr. Umut Kırılı graduated from Ege University Faculty of Medicine in 2010 and completed his residency training in the Department of Psychiatry at the same faculty in 2015. Between 2019 and 2021, he served as an assistant professor in the Department of Psychiatry at Yüzüncü Yıl University Faculty of Medicine. He earned his Ph.D. from the School for Mental Health and Neuroscience at Maastricht University, the Netherlands, in 2020 and received the title of Associate Professor in 2022. He is currently a faculty member at the Ege University Institute on Drug Abuse, Toxicology, and Pharmaceutical Science. His primary research areas include alcohol and substance use disorders, behavioral addictions, developmental psychopathology, and the epidemiology of psychosis.