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Track: Trauma Across the Lifespan

Background: Health behaviours are typically established in adolescence and are a key to long term health and sickness. Balancing sleep, physical activity and sedentary behaviour throughout adolescence may be particularly challenging for adolescents exposed to childhood trauma, potentially relating to posttraumatic stress and loneliness.
Methods: In the current study, we aim to explore the relationship between exposure to traumatic events during childhood and adolescents' objectively device-measured health behaviour, related to physical activity, sedentary behaviour, and sleep. Data will be drawn from two adolescent cohorts (13–19 years) HUNT3 (2006–2008) and HUNT4 (2017–2019) from The Trøndelag Health Study (HUNT), which have participation rates of 78.4% ($N = 8200$) and 76.0% ($N = 8066$). The HUNT Study is among the first studies of adolescents worldwide to include measures of exposure to childhood trauma. To examine the relationships between movement behaviours and their associations with exposure, we will employ compositional data analysis techniques in conjunction with linear regression models. Childhood interpersonal trauma will serve as exposure variables, and moderate to vigorous physical activity (MVPA), sedentary behaviour, sleep duration and midpoint of sleep as outcome variables.
Results: Analysis will be completed, and preliminary results will be presented at the ESTSS 2025 conference.
Conclusions: We expect childhood interpersonal trauma to increase risk of adverse health behaviour, as potential modifiable targets for future interventions.

300
Chatbot CBT intervention to reduce psychological distress for youth

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Track: Intervention Research & Clinical Studies

Background: Youth are at a pivotal life stage filled with stressors, interpersonal violence, socioeconomic challenges, career uncertainties, and shifting identities, which put them at risk for the development of mental disorders. Addressing these developmental challenges requires accessible, evidence-based, and engaging psychological interventions. Modern technologies present a promising avenue for supporting youth mental health by offering accessible, scalable, and innovative tools tailored to their needs.
Objective: This presentation aims to introduce the adaptation of the STARS intervention for youth.
Method: A chatbot intervention STARS (Scalable Technology for Adolescents and Youth to Reduce Stress), developed by the World Health Organization, was adapted to the Lithuanian context within the Horizon Europe ADVANCE project. The STARS is a transdiagnostic CBT intervention designed to reduce high levels of psychological distress.
Results: The rule-based chatbot delivers 10 sessions (each lasting 10–20 minutes), providing stress-related psychoeducation and evidence-based strategies from CBT and problem solving. Chatbot conversations are accompanied by five guided 15-minute calls provided by trained and supervised non-specialist "e-helpers".
Conclusions: There is a critical need for evidence-based insights into the mental health needs of distressed youth. This presentation will provide comprehensive information about the STARS intervention, including its content and technical solutions. Future steps will include assessing the feasibility, efficacy, and effectiveness studies of the STARS intervention.