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.