

## Report on the outcomes of a presentation and participation in a Dissemination Conference

**Action number: CA23113**

**Grantee name: Biljana Gjoneska**

### **Conference Details**

Conference title: **International Conference on Environmental Psychology**  
Conference web-page: <https://www.icep2025.com/>  
Conference venue<sup>1</sup>: **Vilnius, Lithuania**  
Conference start and end date: **15/06/2025 to 18/06/2025**

### **Accepted oral contribution details**

- Title of the presentation: **"Giving back to nature: The influence of short-term behavioural interventions on a tree-planting initiative"**
- Co-authors: **Biljana Gjoneska, Nidhi Nagabhatla, Sanae Okamoto & Katarína Matejová**
- Presentation type: **Oral presentation**
- Session type: **Symposium**
- Session topic: **Environment, Nature, and Human Health & Wellbeing**

### **Outcome of the conference participation**

The presentation was scheduled for the later part of the second conference day (16 July 2025), following the opening addresses and introductory sessions, that served to facilitate exchanges during the afternoon sessions. It was held in conjuncture with four other presentations, within a framework of the symposium titled "Leveraging multiple approaches for addressing climate change impacts on mental and physical health", that was largely inspired by the COST CA23113 Action on "Climate change impacts on mental health in Europe" (COST CliMent), and co-hosted by three other COST CliMent representatives: Dr. Dalia Martinaitienė (Session Chair and WG Member from Lithuania), Dr. Vasiliki Christodoulou (Presenter and MC Member from Cyprus) and Dr. Katarína Matejová (Presenter and MC Member from Slovakia), joined also by Dr. Angelika Gellrich (from Germany) who also served in a capacity as a presenter (as illustrated on Fig.1).

This setting helped strengthen the collaborative network of the CliMent Action, via lively, direct and fruitful discussions on topics that are relevant for the Action (as illustrated in Fig. 2). The talks mainly focused on the link between the nature and the mental health, in the face of the coming climate change. The findings from clinical studies (regarding walking exercise strategies) were complemented with psychological research studies (exploring behavioral intervention strategies). Some of the covered topics

<sup>1</sup> For an online conference, specify virtual participation; for hybrid conferences, specify whether it is an in-person or virtual participation.

involved the following: therapeutic effects of walking in nature for coronary disease patients (as demonstrated by Dr. Martinaitienė) and general population (Dr. Matejová), as well as restorative effects of nature (via the tree-planting initiatives) for people and climate change (Dr. Gjonjeska). My study in particular, was related to the Third Working Group (WG3) of COST CliMent Action, focusing on Behavioral Change Interventions (BCIs) to instigate Climate Action. In the context of climate change, pro-environmental behaviors should be considered as a hallmark of individual and collective mental health, because they are markers of peoples' willingness to (re)gain control of their life circumstances.

The symposium audience was international, and engaged with the presenters on the updates regarding the presented research and the COST CliMent Action. The conference as whole also offered lot of high-quality content that was tightly related to the Action, and was correspondingly visited by many WG and MC members of the Action. Thus, an opportunity presented itself for a meeting on the margins of the ICEP conference, that was hosted by the Lithuanian group, and attended by COST CliMent members from Cyprus, Finland, Ireland, Latvia, Lithuania, Norway, North Macedonia and Slovakia (as illustrated on Fig.3). We discussed about the COST funding scheme, the aim of our particular action, and possibilities for extended collaboration (via separate studies or grant proposals). Overall, the ICEP conference provided many opportunities for interaction, connection, and expansion of existing or newly established collaborations, proving to be ery memorable and very valuable experience for all involved parties.

### **Acknowledgement of inclusion of necessary supporting documents to claim the grant**

I confirm that the following documents have been uploaded on e-COST as an integral part of this report:

- Certificate of conference attendance.
- Certificate of presentation.
- The book of abstracts / proceedings indicating the oral presentation of the grantee.
- A copy of the given presentation.



Fig. 1 Symposium presenters (from left to right): **Biljana Gjonjeska** (North Macedonia), **Dalia Martinaitienė** (Lithuania), **Angelika Gellrich** (Germany), Katarína Matejová (Slovakia) and **Vasiliki Christodoulou** (Cyprus)



Fig. 2. Biljana Gjoneska, presentation titled "Giving back to nature: The influence of short-term behavioural interventions on a tree-planting initiative"

Fig. 3. COST CiMent working meeting at the margins of the ICEP conference.

