

Programme and Information



We are delighted to welcome you to the 3rd International Conference on Sensitivity Research at the University of Surrey. This conference brings together leading researchers and scholars to explore the latest advancements in sensitivity research. With a diverse programme including insightful presentations, a poster session, and a dynamic panel discussion, we aim to foster engaging discussions and meaningful collaborations.

We look forward to an inspiring and enriching event and hope you enjoy both the academic exchange and networking opportunities.

Best wishes,
Michael Pluess, Francesca Lionetti, Corina Greven

Programme

- 09.00-10.00: Registration with tea/coffee and breakfast snacks
- 10.00-11.30: Morning Session I (90min)
 - Welcome by **Profs Michael Pluess, Corina Greven, Francesca Lionetti** (10min)
 - Keynote by **Prof Judith Homberg** (40min)
 - Title: *Towards better understanding of the highly sensitive brain through human and animal research*
 - Invited talk by **Dr Annalisa Setti** (20min)
 - Title: *Sensory Processing Sensitivity, positive emotions, and the climate-health nexus*

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- Invited talk by **Dr Shuheï Imura** (20min)
 - *Title: **Environmental Sensitivity and Gut Health***
- 11:30-12.00: Coffee break
- **12-13.00: Morning Session II** (60min)
 - Individual talks* (4 x 15min)
- 13.00-14.00: Lunch
- **14.00-15.30: Afternoon Session I** (90min)
 - Individual talks* (4 x 15min)
 - Poster session* 30min
- 15.30-16.00: Coffee break
- **16.00-17.00: Afternoon Session II** (60min)
 - Panel Discussion on Sensitivity and Mental Health with **Prof Corina Greven, Tom Falkenstein, Dr Elizabeth Roxburgh and Dr Elena Lupo**, chaired by **Prof Michael Pluess**, with Q&A (55min)
 - Farewell by **Profs Michael Pluess, Corina Greven, Francesca Lionetti** 5min
- 17.00-18.00: Leaving Reception with drinks by the lake
- 19.00-21.00: Optional dinner at Wates House on campus (at additional cost)

*Specific titles to be determined (selection of submissions is on-going).

Scientific and Organising Committee

- Prof Michael Pluess (University of Surrey, UK)
- Prof Francesca Lionetti (University of Pavia, Italy)
- Prof Corina Greven (Radboud University Medical Center, Netherlands)

Registration

In order to register for the conference (whether for in-person or only-online attendance) as well as for the optional dinner, please follow this link: <https://store.surrey.ac.uk/conferences-and-events/fhms-faculty-of-health-medical-sciences/conference-events/3rd-international-conference-on-sensitivity-research-23-may-2025> or use the QR below. The in-person registration fee includes all catering except the optional dinner.



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Invited Programme

- **Prof Judith Homberg** (Radboud University Medical Center, Netherlands)



- **Bio:** Judith Homberg is professor in translational neuroscience at the Radboud University Medical Center in Nijmegen, The Netherlands. Her research group focuses on environmental sensitivity and the understanding of vulnerability and resilience to stress-related disorders through animal-human translational research.
- **Abstract of Talk “Towards better understanding of the highly sensitive brain through human and animal research”:** Sensory processing sensitivity (SPS) is assumed to be mediated by a hypersensitive brain. But how does a hypersensitive brain look like? To address this question, I will provide an overview of the human neuroimaging studies that have been conducted so far, as well as more detailed insight in the underlying cellular and molecular mechanisms through animal research. Current knowledge points out that the activity of brain regions involved in bottom-up and top-down attention is altered in individuals high versus low in SPS. This could relate to a change in the balance between excitation and inhibition in these brain regions.

- **Dr Annalisa Setti** (University College Cork, Ireland)



- **Bio:** Annalisa Setti is Senior Lecturer in Cognitive Psychology at University College Cork (Ireland). She researches person–environment fit; she looks at Sensory Processing Sensitivity in and outside the lab, particularly in natural and urban spaces. Her work is funded by Horizon Europe, Research Ireland and Erasmus Alliance for Innovation.
- **Abstract of Talk “Sensory Processing Sensitivity, positive emotions, and the climate-health nexus”:** The relationship with nature is essential for human flourishing, especially for those who are highly sensitive. Conversely, the observation of climate change-related nature devastation could be particularly impactful for these individuals. In this talk, I will discuss these two points, providing empirical evidence in the context of the broader literature on nature benefits for emotion regulation and wellbeing, within the framework of Planetary Health.

- **Dr Shuhei Imura** (Soka University, Tokyo, Japan)



- **Bio:** Shuhei Imura is an early-career developmental psychologist from Japan. He received his PhD in Psychology from Chuo University in 2019 and has been working as a lecturer at Soka University since 2022. He is interested in the role of environmental sensitivity in psychosocial development during adolescence.
- **Abstract of Talk “Environmental Sensitivity and Gut Health”:** People’s health comprises multiple aspects, including physical, mental, and social well-being. While evidence linking environmental sensitivity to mental health has been accumulating in recent years, the relationship between environmental sensitivity and physical health remains unclear. In this talk, I will introduce a series of our studies on the relationship between environmental sensitivity and gut health. I will also discuss the idea that, from the perspective of brain-gut-microbiota interactions, gut health may be an important factor in the health of individuals with high sensitivity.

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- **Panel Discussion Sensitivity & Mental Health**
 - **Prof Corina Greven** (Radboud University Medical Center, Netherlands)
 - **Dr Elizabeth Roxburgh** (Canterbury Christ Church University, UK)
 - **Dr Elena Lupo** (HSP Italia)
 - **Tom Falkenstein** (Queen Mary University of London, UK)
 - Chair: **Prof Michael Pluess** (University of Surrey, UK)

Further Information

Streaming of the Conference

The conference will be streamed online on Zoom for those not able to attend in person. All talks and the panel discussion will be recorded and made available after the conference to all registered participants (whether registered for in-person or online-only attendance).

Location of the Conference

All talks and the panel discussion take place in Lecture Theatre E. The coffee breaks, lunch and the poster session will take place in the atrium outside of Lecture Theatre E.

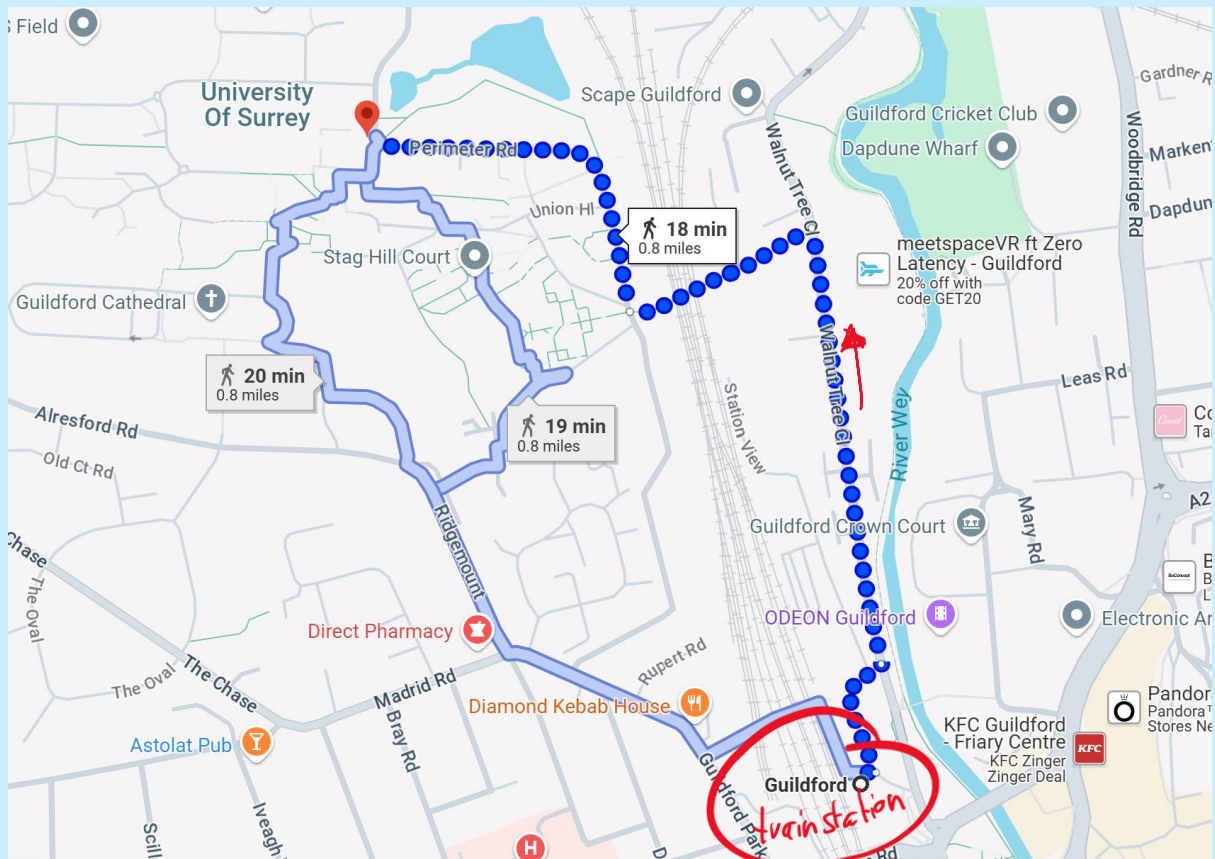
Lecture Theatre E is located on the **Stag Hill campus**. Signage can be found around campus, any of our staff will be happy to direct you. On arrival, please go to the main entrance (building 22 on the map):



Access by Rail or on Foot

Guildford has excellent rail links, and the Stag Hill campus is 15 minutes by foot from Guildford train station (see map below).

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Access by Car

If approaching from London or the M25 (Junction 10), remain on the bypass (A3) until you reach the exit signed to the Cathedral and University. The campus is very close to this junction. Simply follow the signs to the University, being careful not to follow signs to the Town Centre. Visitors can use pay and display parking or can arrange a visitor permit. Find out more about [car parking on campus](#).

Access by Air

Gatwick and Heathrow airports are both located just under an hour by car from the University of Surrey. Gatwick has regular trains travelling to Guildford station which take around 45 minutes. Trains from Heathrow are 1 hour 45 minutes on average or a coach is available via [RailAir](#).

Taxi Services

There are several taxi services in Guildford. The University is a frequent user of:

- Beeline Taxis – 01483 823232, bookings@beelinecars.com
- GM Cars – 01483 566566, book@gmcars.co.uk

Connecting to Wi-Fi

Connect to GUEST_WIFI via your network settings and select *visitor* and enter your name and address when prompted. Please tick to accept terms and conditions, then *register* and your logon details will be provided.

Information for Presenters

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Please send us your slides per email to events@sensitivityresearch.com by Thursday May 22nd 5pm or bring the slides on a memory stick to the reception desk by 10am. You will have to use the conference computer for your presentation rather than your laptop. A pointer will be provided.

Information for the Poster Session

Please hang up your posters during the lunch break on any of the poster boards in the atrium and make sure to be by your poster during the poster session for any questions.

Use of Audio-Visual Equipment

University staff will be on hand to provide any support you may need.

Safety and Security

The Security Office is open 24 hours and can be reached on 01483 683333 in an emergency. For non-emergencies please call 01483 682002.

Catering

The coffee breaks, lunch and leaving reception are included in the registration fee. Tickets for the optional dinner have to be purchase separately in advance of the conference. The dinner will be hosted on campus in the Wates House.

Dietary Requirements

The University accommodates a range of requirements including vegetarian, vegan, gluten free, kosher-friendly, halal-friendly and dairy-free. Please advise of any dietary requirements during the registration (or per email latest two weeks in advance of the conference).

Accessibility

For all accessibility information please reference <https://www.accessable.co.uk/university-of-surrey> and do let your event organiser know if you have any additional requirements.

Further Information

For any further information on how to get to the university, parking, accessibility, accommodation and Wi-fi access, please see <https://www.surrey.ac.uk/visit-university>.

Contact

For any further questions, please contact events@sensitivityresearch.com. On the day, our staff at the registration desk will be able to answer any questions you may have.

Accommodation

- **University of Surrey Guest Rooms £40***



There is a limited number of guest rooms available on campus. In order to book, please contact accommodation@surrey.ac.uk

- **Travel Lodge £70***

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Modern spacious bedrooms with a desk. Bar and café. 13 min walking distance to university and 20 min from train station. Free parking. [Link](#)

- **Mandolay Hotel ££ 110***



Unique rooms blend modern amenities with the historic charm of the original building. Private parking, restaurant. Short walk to the town centre. 30 min walking distance to university and 20 min from train station. [Link](#)

- **The Angel Posting House and Livery ££ 110***



Individually furnished, luxurious rooms with period features and some four-poster beds. Room only, no bar or restaurant. Central location on cobbled street. 20 min walking distance to university and 13 min from train station. No parking, but public parking nearby. [Link](#)

- **Holiday Inn ££ 120***



Bright modern bedrooms. The Health and Leisure Centre has a sauna, steam room, beauty rooms and a fully equipped gym. Restaurant and lounge bar. 15 min walking distance to university and 30 min from train station. On-site parking £5 per night. [Link](#)

- **Harbour Inn Hotel and Spa: £££ 140***



Contemporary 4-star hotel close to the High Street. For an extra charge, guests can enjoy the hotel's spa facilities, gym, swimming pools, sauna and steam room. Restaurants and cocktail bar. 30 min walking distance to university and 20 min from train station. Private

Parking. [Link](#)

*Please note prices are not fixed. Contact hotels directly for the specific costs.