

**Report form**

Name of Traveller:	Bhavya Chhabra
Aim of Travel:	To attend and actively participate in: International Conference on Behavioral Addictions (10th ICBA 2025)
Place of activity:	La Cité Nantes Congress Centre, Nantes, France
Date of activity:	7th – 9th July 2025
<p>How did you carry out the professional plans, how did the applied activity support the applicant's professional/scientific development and how had the applied activity support/contribute to the department's/intitute's/faculty's/ELTE's professional-scientific-academic activity?</p> <p>Attending the 10th International Conference on Behavioral Addictions (ICBA 2025) was a truly enriching and memorable experience, both professionally and personally. Representing ELTE at one of the most respected global conferences in the field allowed me to grow as a researcher, engage with world-class scholars, and contribute to international academic dialogue in meaningful ways.</p> <p>The conference featured exceptional plenary talks by leading scientists in behavioral addiction research. These sessions offered deep insights into the latest findings in the field. Prof. Susana Jiménez-Murcia's talk was very interesting, among many others. I also attended several parallel sessions that explored a wide range of topics, including smartphone addiction, the treatment of gaming disorder, and many other behavioral addictions. Each session helped broaden my academic understanding and gave me fresh perspectives.</p> <p>One of the most touching and inspiring moments was the session titled “<i>My ICBA Journey from Budapest to Nantes.</i>” It was a heartfelt experience to listen to the personal and professional stories of distinguished scholars like Prof. Dr. Attila Szabo, Prof. Dr. Marc Nicholas Potenza, Prof. Dr. Orsolya Király, and many others. Hearing about their journeys in the field was not only motivating but also deeply human. It reminded me of the dedication and passion behind the science we pursue.</p> <p>I had the opportunity to present my own research, “<i>Prevalence of the Risk of Exercise Addiction Based on a New Classification: A Cross-Sectional Study in 15 Countries,</i>” published in 2024, in the <i>International Journal of Mental Health and Addiction</i> (Q1; DOI: 10.1007/s11469-024-01322-z). This study offers a fresh approach to understanding exercise addiction (EA) by distinguishing harmful patterns from healthy passion in athletic life. It also questions the current addiction research frameworks, and offers interesting findings. Presenting this work in the “Exercise Addiction” session, chaired by my supervisor Prof. Dr. Attila Szabo, was truly special. The discussion that followed was engaging, insightful, and filled with thoughtful contributions from participants and the respected chairs of the session. I was grateful for the interest shown in the research.</p> <p>Throughout the conference, I also had the chance to connect with many researchers, including some whose work I have long cited in my own studies. Speaking with Prof. Dr. Marc Nicholas Potenza, among many others, led to meaningful conversations that I believe may lead to future academic collaborations.</p> <p>This experience not only advanced my own development as a researcher but also helped strengthen the presence of ELTE in the international scientific community. It was a wonderful opportunity to share the</p>	



high-quality research being conducted at our university, and to learn from others in ways that I will carry forward in my future work.

I am sincerely grateful to Prof. Dr. Attila Szabo for his valuable guidance and for creating such a supportive academic environment. I also extend my deepest gratitude to ELTE, Prof. Dr. Zsolt Demetrovics, Dr. Andrea Eisinger, and the ICBA organizers for making this opportunity possible. I returned from Nantes with a renewed sense of purpose, fresh ideas, and deep appreciation for the global community of scientists working to better understand behavioral addictions.

Having now participated in both the 9th ICBA in 2024 and the 10th ICBA in 2025, I look ahead with excitement and motivation to participate in the 11th ICBA in Istanbul, Turkey (August 2026)!

I am eager to continue contributing to this important field and to carry the ELTE spirit forward with pride.

Date: 16th July 2025



International Society for the Study of Behavioral Addictions, 46 Izabella Street,
Budapest H-1064, Hungary

Bhavya Chhabra
Eötvös Loránd University (ELTE), Budapest, Hungary
Institute of Health Promotion and Sport Sciences, Faculty of
Education and Psychology
2/3 6.
Teréz Körút
1066 Budapest
Hungary

International Society for the Study of Behavioral
Addictions
46 Izabella Street
Budapest H-1064
Hungary

16/July/2025

To Whom It May Concern

Dear Madam or Sir,

We confirm that **Bhavya Chhabra** participated at the 10th International Conference on Behavioral Addictions (ICBA 2025).

Bhavya Chhabra is author/co-author of the following accepted contribution(s):

Prevalence of the Risk of Exercise Addiction Based on a New Classification: A Cross-Sectional Study in 15 Countries

Author(s): Chhabra, Bhavya; Granzio, Umberto; Szabo, Attila

Presenting Author: Chhabra, Bhavya

Submission Type / Conference Track: Oral presentation

Passion and Exercise Addiction Across Cultures: Insights from Hungarian and Indian Exercisers

Author(s): Szabo, Attila; Chhabra, Bhavya

Presenting Author: Szabo, Attila

Submission Type / Conference Track: Oral presentation

With best regards,

Dr. Zsolt Demetrovics
President of ISSBA

Picture 1: Certificate of participation at the 10th International Conference on Behavioral Addictions (ICBA 2025), Nantes, France



Picture 2: Delivering my research presentation during the Exercise Addiction session at the 10th ICBA 2025, held at La Cité Nantes Congress Centre, Nantes, France (7th July 2025)



Picture 3: Presenting my research insights to the audience



ELTE

FACULTY OF EDUCATION
AND PSYCHOLOGY



Picture 4: Closing my talk with warm applause from the audience



ELTE

FACULTY OF EDUCATION
AND PSYCHOLOGY



Picture 5: With my revered supervisor, Prof. Dr. Attila Szabo and colleague at ICBA 2025