



EHPS president's message

Dear Colleagues,

It is with great pleasure that I am writing my first column as President of the EHPS. In this article I wish to largely update the membership on the recent accomplishments of the EHPS.

Let me begin by congratulating *Joop van der Plicht* as Editor and *Denise de Ridder*, *Alexander Rothman* and *Brian Oldenburg* as Associate Editors of the newly launched **Health Psychology Review** on an excellent inaugural issue. This first issue includes outstanding articles by *Peter A. Hall & Geoffrey T. Fong* on the topic of temporal self-regulation, by *Henk Aarts* on nonconscious regulation of goal directed behaviour, and by *Ryan T. Howell*, *Margret L. Kern*, & *Sonia Lyubomirsky* on the impact of well-being on objective health outcomes. I am utterly convinced that the inaugural issue of *Health Psychology Review* represents a very interesting and intellectually lively mix of theoretical statements and literature reviews with a wide general appeal.



Britta Renner
President
European Health Psychology Society

The establishment of a second professional journal is a significant milestone in the maturation of the EHPS and the field of health psychology as a scientific discipline and our vision is that *Health Psychology Review* will serve as a forum for growth in the field of health psychology. Part of the aim of the journal will be to convince outstanding scientists to place their best articles into a top journal with a very large circulation, as *Health Psychology Review* will be. The field of health psychology will continue to grow and flourish only if the best and brightest participate. Please send your best work to *Health Psychology Review*, and make the journal known among your colleagues and students.

Psychology & Health has served over these years as a growing and major identification point for the society as well as for health psychologists across Europe and the world. *Paul Norman* has served as an outstanding editor for *Psychology & Health* for many years until 2006. During his term of office, *Psychology & Health* has steadily increased its impact factor and has developed into one of the major addresses where health psychologists place their best articles. We have been fortunate to be able to gain two excellent new Editors of *Psychology & Health*, *Rona Moss-Morris* and *Lucy Yardley* from the University of Southampton (UK). Together with a new team of Associate Editors, they will certainly continue the success of *Psychology & Health* and stimulate new inspiring developments.

Irina Todorova has transferred the editorship of the **European Health Psychologist** to the new Editorial Board with *Falko Sniehotta & Vera Araujo-Soares* (Editors-in Chief), *Justin Presseau* (Editorial Assistant), and *Benjamin Schuez*, *Dawn Wilkinson*, *Emely de Vet*, *Gerard Molloy*, & *Nihal Mohamed* as Associate Editors. The first two issues included very interesting contributions by outstanding researchers and this new development has been accompanied by a newly launched website. It is a great pleasure for me to congratulate the new editorial board on their fine and excellent work.

The EHPS has developed over the past twenty years into a vibrant health psychology organisation representing **currently 43 countries** with a still growing membership. I am very happy to welcome **65 new members** to our Society and to "re-welcome" **371 members** who renewed their membership for 2007. In addition, we have a very solid financial situation due to a reliable and resourceful management. It is my particular pleasure to thank our treasurer and membership officer *Christel Salewski* and our webmaster and office assistant *Manja Vollmann* for their great work and enormous commitment.

In order to function efficiently as a society, an efficient and reliable secretary is indispensable. The work by *Yael Benyamini* as **EHPS secretary** in the past year has been at the heart of the achievements of the Executive Committee. She has energetically led the secretary office and she has contributed greatly to further develop the rules and procedures in order to make EHPS and its annual conferences more professional. In addition, she has initiated together with *Susan Michie* a new activity "**Meet the Expert**" which will complement the annual conferences by bringing colleagues together in an informal and stimulating atmosphere.

Our new National Delegate Officer *Winnie Gebhardt* has also done an excellent job. She has updated our requirement and promotion material, which gives the EHPS a more modern face. We will introduce the new flyers and poster at the conference in Maastricht and we hope that it will find your approval. *Winnie Gebhardt* has been very active in reorganizing the National Delegates structure and I am very happy to welcome **12 new National Delegates**: *Niels Peter Agger*, *Anna Alexandrova*, *Elvira Cicognani*, *Elaine Dutton*, *Noëlle Giraud-Lidvan*, *Ewa Gruszczyńska*, *Martin Hagger*, *María Carmen Neipp*, *Elena Nikolaeva*, *Theano Kalavana*, *Maria Karekla*, *Benjamin Schüz*, and *Børge Sivertsen*.

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David Hevey as the new **EHPS Training and Education** Officer developed further the EHPS activities in cooperation with the president-elect *Irina Todorova*. We now have four different pre- and post conference workshops at the 21st EHPS Conference in Maastricht. We hope that these new initiatives contribute to the lively exchange between EHPS colleagues.

Irina Todorova as president-elect and *Susan Michie* as past president have contributed greatly and with always high commitment, professionalism and reliability to the professional functioning of our society. Organizing **new conference sites** involves many significant steps which are not always visible when the conference is actually running. Therefore, I would like to take this opportunity and thank *Irina Todorova* and *Susan Michie* for spending so much time and effort on making new conference sites possible. I also would like to extend my thanks to *Vera Araujo-Soares* who serves as a liaison officer together with *Susan Michie* for the next upcoming conference in **Bath 2008** and to *Stan Maes* who serves as liaison officer for the EHPS conference in **Pisa 2009**. They have already set the fundament together with our colleagues from Bath and Pisa for inspiring and great conferences in 2008 and 2009.

It is also with considerable pleasure that I welcome the new board members of **CREATE**, *Stephan Dombrowski* (Assistant secretary), *Natalie Mallach* (webmaster), and *Karin Lemmens* (local organiser 2007). Moreover, I would like to thank the other board members of **CREATE** *Karen Morgan* (chair), *Emma Massey* (Secretary), and *Amelie Wiedemann* (Treasurer) for their great engagement. This year's **CREATE** workshop on "Intervention Mapping" will continue the success of previous **CREATE** workshops with over 30 participants. *Katja Rüdell* together with *Lynn Myers* took over the organization of this year's **SYNERGY** workshop on "Culture, Health and Illness Representations" with distinguished facilitators such as *Michael Diefenbach*, *Jeane Edman*, and *Alison Karasz*.

It is with particular pleasure that I congratulate this year's **EHPS grant award winners**. For **CREATE**: *Justin Presseau* (UK) and *Karina Williams* (UK); for **Synergy**: *Eva Kallay* (Romania) and *Neena Kohli* (India); and for the conference: *Evie Kirana* (Greece), *Elaine Dutton* (Malta), *Lidiya Vasileva* (Bulgaria), and *Emily Arden-Close* (UK). The EHPS grants committee *Irina Todorova* (president-elect), *Karen Morgan* (**CREATE**) and *Falko Sniehotta* (**Synergy**) had the difficult task of selecting the winners from 23 applications from 15 countries and I would like to thank them for their effort and time they invested in reviewing the applications.

We are looking forward to the **21st Annual Conference of the EHPS** in Maastricht (the Netherlands) and Hasselt (Belgium). For the first time two universities from two different countries are jointly organizing an EHPS conference. The theme of this year's conference "Health Psychology and Society" reflects an important and major challenge for the future development of our discipline. Health psychology focuses on the individual and over the past decades health psychologists have developed sophisticated data and models explaining and changing health behaviours on the basis of individual beliefs and psychological processes. However, individuals do not live in an empty space – they are embedded in a social-cultural context that sets the stage for individual development and behaviour. If we want to face the rapid epidemiological and demographic changes successfully, we need to understand social-cultural influences not only as "mediated moderators" exercising their influence through health-related beliefs and cognitions. We need to understand how specific socio-cultural contexts might influence health beliefs and behavior in order to develop interventions which are tailored to individual needs and cultural contexts rather than developing strategies to adapt individuals to interventions. This year's EHPS conference "Health Psychology and Society" represent an ideal platform for discussing these important challenges. This exciting conference was only possible thanks to the voluntary commitment of time, energy and expertise by many people. Our special thanks go to *Gerjo Kok* and *Jan Vinck* and their team for their excellent work.

As you can see, over the past years the EHPS has developed into a vibrant health psychology organization and we have made significant progress in many areas of work in the past year. Let me close with a simple request. Please contact me with your questions and, importantly, with your suggestions for additional actions/activities you would wish for from me and the Executive Committee. Our Society will continue to grow and flourish only if all of us participate. Please let me invite you kindly to take part in the discussion and to attend our Membership Meeting 2007.

The Members' Meeting will take place on 16th August, 18:45 – 20:00, Akenzaal room at the 21st Annual Conference of the EHPS in Maastricht/Hasselt

I look forward to working with and on behalf of all of you during the coming year and I am very much looking forward to seeing you in Maastricht.

Yours,

Britta Renner

President, European Health Psychology Society

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