



# EHPS Newsletter

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## Editor's Foreword

Here is your winter issue of our EHPS Newsletter. Of course, Winnie, Mike and I join our president in wishing you all the best for 1998. In this issue, we want to draw your attention particularly to the call for nominations: At the next conference a number of board members will retire from their position. Some can be nominated for reelection and others are not eligible for nomination while their time as board members has expired. We strongly recommend nominating eligible members for these positions. In this way we can make sure that the Society will go where we think it should go.

This issue also reactivates some memories of the Bordeaux and Dublin conferences and looks ahead at some other important meetings to come. Other news about health psychology in Europe includes information about several national Newsletters and our colleagues from Ukraine, whom we are happy to welcome in our Society.

Jan Vinck, Editor

## Message of the President

Dear EHPS Members,

On behalf of the EHPS Executive Committee I would like to extend my best wishes for 1998. It is my pleasure to invite you to the 12th meeting of the European Health Psychology Society (EHPS) in Vienna, 31 August to 2 September 1998. The upcoming conference is expected to be the largest ever, attracting many leading psychologists from all over the world. The quality of the scientific program in conjunction with the charm of the venue will certainly make this event a successful and pleasant one.

Arrangements are being made for an extra bonus. Participants will find a CD in their congress materials. This CD will include papers from the Bordeaux conference last year and some invited papers in addition. Since there is a lot of space on a CD we have extended the deadline for submissions. Contributors who like to publish any piece of their work may contact me for further details.

I am looking forward to seeing you in Vienna.

Ralf Schwarzer

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Happy  
New  
Year!



# Minutes of EHPS Open Meeting

Held at Bordeaux, France, Wednesday 3rd September 1997

1. EHPS Membership. Delegates were reminded that membership fees are now due for 1998. Delegates were informed that renewal membership forms for existing members and flyers/application forms for new members could be obtained and returned to the EHPS desk at the conference.
2. Future Conferences. Future EHPS conferences have been agreed for Vienna, Austria in 1998 (31 Aug - 2 Sept.) and for Florence, Italy in 1999 (1-3 Oct.). Delegates were informed that representatives from Vienna and Florence would be promoting their conferences during this conference. Special attention was drawn to the Vienna conference desk. Ralf Schwarzer was pleased to announce that the executive committee had just made the decision that the 2000 conference would be held in Leiden, The Netherlands. Expressions of interest had been received from St. Andrews, UK, and Berlin, Germany to hold the 2001 conference. The executive committee plan to make a decision on the 2001 conference by the end of the year.
3. Publications. Copies of the keynote addresses from the Dublin Conference are available in a special issue of the Irish Journal of Psychology [Eds. H. McGee & A. Hickey "Making a Difference: Health Psychology and Chronic Disease" volume 18 (issue 1)]. The cost of the special issue is IR£12 including postage and can be obtained from Psychological Society of Ireland, 13 Adelaide Rd., Dublin 2, Ireland. Tel/fax +353-1-4783916. Ralf Schwarzer informed delegates that proceedings of the Bordeaux conference may be produced in CD form. Delegates interested in publishing their conference presentations in this way were asked to follow the guidelines outlined on the flyer available at the EHPS desk. Ad Kaptein reported that from 1998 Psychology & Health would be increasing in size from 140 to 180 pages per issue. This was to ensure more rapid publication. EHPS has adopted Psychology & Health as its official journal. Moves have been made to make the link between EHPS and the journal more visible. In addition, EHPS members have acted as guest editors of a number of special issues of the journal.
4. National Delegates. Ralf Schwarzer thanked the national delegates for their annual reports. Copies of the reports were available for inspection at the EHPS desk, and a number of the reports have been put on the EHPS website. Ralf Schwarzer asked national delegates for more information to be put on the EHPS website, especially links to other organisations.

✍ Paul Norman

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## Subscription to 'Behavioural Neurology'

A special subscription offer exists for 'Behavioural Neurology', which publishes original experimental papers and case reports dealing with disordered human behaviour. These embrace the fields of cognitive neurology, biological psychiatry, neuro-psychology and cognitive neuro-science. The emphasis of the approach is on analysis of the biological organisation of behaviour from a study of human disorders. The journal embraces matters of interest to clinicians, such as behavioural neurologists and neuro-pathologists, neuro-chemists, psycho-pharmacologists and metabolic scientists with a special interest in human neurological disorders. All papers are refereed.

A one-year subscription offer for NLG 310/US\$ 160 – as compared to the regular subscription price for 1998: NLG 610/US\$ 310 (including NLG 40/US\$ 24 for postage and handling). You can obtain a free sample of the Journal by sending a message to [market@iospress.nl](mailto:market@iospress.nl). You can also contact IOS Press at the following address:

✉ Van Diemenstraat 94; 1013 CN Amsterdam; The Netherlands

☎ +31 20 638 21 89; fax +31 20 620 34 19; Web <http://www.iospress.nl/iospress>

# 11<sup>th</sup> Conference of the EHPS: Personality, Coping and Health

Scientific conferences have a bad image in movies and literature. The audiences typically are bored and in a constant fight with sleep. The reason is that the speakers are doing their best to redefine boredom with far too lengthy talks on topics nobody's really interested in. This was not the case for the EHPS conference in Bordeaux (Université Victor Segalen, 3-5 September 1997). The scientific debates inside and outside the conference rooms were very stimulating and educational, the quality of the studies presented was high, the atmosphere was relaxed, the social program was impressive, and the wine, well, I guess you had to be there.

Dr. J. Beylot, president of the *Université Victor Segalen*, welcomed all attendees. Dr. Beylot provided the audience with a detailed description of the university and stressed the importance of health psychology by pointing out that e.g. in internal medicine psychological symptoms cannot be fully separated from physical symptoms. Dr. Bruno Quintard, the conference president, also welcomed all participants. He thanked the people who had worked very hard to help organise the conference: Dr. Marie-Louise Brouchon-Schweitzer, with whom he co-organised the conference, Isabelle Poland, and Stan Maes. The title of the conference, *Personality, Coping, and Health*, was chosen because these are important research topics in the psychology department of the university, said Dr. Brouchon-Schweitzer in her speech. She was pleased about the fact that 80 abstracts of French researchers were submitted, whereas in Dublin only 10 French abstracts were submitted. In his speech, EHPS president Prof. Dr. Ralf Schwarzer emphasised that this is an important step forward with respect to future collaboration with French delegates within the EHPS. Prof. Schwarzer also announced that there is a new address for the improved EHPS web site (<http://ehps.net>) and that the conference proceedings will be published on CD.

Keynote addresses were by illustrious scientists: Wolfgang Stroebe, R. Danzer, Matthias Jerusalem, Andrew Steptoe, and Susan Folkman. Prof. Stroebe's (Netherlands) address was entitled 'Coping with bereavement: Moderators and mediators of adjustment to loss'. Prof. Stroebe showed that spending some time in a hotel overlooking a graveyard while it's raining might be a starting point for an excellent study covering more than

two decades. Among many other things, his study showed that adjustment after bereavement depends more on personal coping factors and social sharing than on social support. Prof. Danzer of France gave psycho-biological explanations of 'why we feel sick when we are ill'. Prof. Jerusalem (Germany) presented a very interesting longitudinal study ('Resources, stress, and health in critical life transitions') on stress associated with migration of East German people to West Germany after the fall of the Berlin wall. Employment status appeared to be the most important determinant of adaptation. Prof. Steptoe's (United Kingdom) address was called 'Coping, control, and health risk'. He pointed out that the relationships between coping and health are complex; e.g., avoidant coping behaviour has beneficial short-term effects on health. Prof. Folkman from the United States also showed her audience the complex relationship of avoidant coping and adjustment of partners and friends of dying AIDS victims ('A near-sighted perspective on coping'). She also showed how insightful qualitative narrative data can be.

Paper sessions and symposia covered a wide range of topics: Traditionally, there were sessions on specific chronic illnesses such as heart disease, cancer and AIDS, but there were also sessions on screening, addiction, adolescents, and work, to name only a few. Trend watch: Type A is out, modelling is in, and Alexithymia is back. The poster sessions were very lively, but also crowded. It was sometimes somewhat difficult to get around in the poster sessions, but the effort was well worth it. The topics were very broad, covering all aspects of personality, coping and health. The level of the content as well as the form of the posters was on average quite good, with a few excellent posters.

At the first congress day there was a lovely reception in the beautiful city hall. At the second conference day a trip to a wine chateau was organised, where we got a short course in wine tasting and making. All conference attendees were very impressed by the beauty of the chateau and the quality of the subsequent dinner (not for vegetarians, unfortunately) and the exquisite wines served with the dinner. The 11<sup>th</sup> EHPS conference was well organised, had good scientific content, was fun, and is therefore a worthy edition in a great series. However, a more important reason to remember this conference is the promotion of the EHPS in France, which will hopefully intensify future collaboration.

 Michael A. Echteld

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# 12th Conference of the EHPS: Prevention and Intervention

Vienna 31 August - 2 September 1998

The purpose of the 12th Conference of the EHPS is to provide a forum for the exchange of information in the discipline of Health Psychology. The theme of the conference, Prevention and Intervention, should draw attention to the wide range of activities in this special field of health care. The scientific programme will extend over three full days. The conference will include invited lectures, workshops and symposia, submitted papers and posters. A 'meet the professor' session will be provided for students and young scientists. A pre-conference will offer special workshops and training. Deadline for abstracts and proposals for symposia or workshops is **March 31, 1998**.

The congress organiser is the Austrian Professional Association of Psychologists in Co-operation with the In-

stitute for Social Medicine, University of Vienna. President of the congress is Dr. R. Schoberberger. The scientific committee consists of J. Egger (Graz, Austria), H. McGee (Dublin, Ireland), A. Kaptein (Leiden, Netherlands), M. Kunze (Vienna, Austria), P. Norman (Sheffield, UK), B. Rollett (Vienna, Austria), R. Schwarzer (Berlin, Germany), Wimmer-Puchinger, B. (Vienna/Salzburg, Austria).

Registration fees are for members \$270 (before May 1<sup>st</sup>) or \$320 (after May 1<sup>st</sup>) and for non-members \$340 (before May 1<sup>st</sup>) or \$400 (after May 1<sup>st</sup>). Students and delegates from the eastern European countries are entitled to reduced fees (\$110 before May 1<sup>st</sup> and \$140 after May 1<sup>st</sup>). Reduced fees are also being offered to a limited of young scientists (<30 years of age). Full registration fees include a conference Gala Diner.

## Conference Address:

EHPS '98 Committee  
Institute for Social Medicine, University of Vienna; Alser Strasse 21; A-1080 Vienna, Austria  
Fax +43-1-4088833  
E-mail [ehps.congress98@boep.or.at](mailto:ehps.congress98@boep.or.at)  
Website: <http://ehps.net>

## A Survey of Delegates from the 1996 EHPS Conference in Dublin

Do you remember the 10th EHPS conference in Dublin in 1996? Well, since then, a Masters student from the University of Limerick, Ireland, has been carrying out a study to find out the views of a sample of non-Irish delegates on the conference. The study was carried out as part of a larger study of corporate tourism in Ireland. The EHPS co-operated with the survey in the hope of eliciting the views of delegates, which could be useful for improving the quality of future conferences. Questionnaires were mailed to 307 non-Irish delegates (those pre-registered by early July 1997) on two occasions: four weeks in advance of the conference and again four weeks after the conference. One hundred-and-twenty-five delegates returned both questionnaires giving a response rate of 42% (and demonstrating that health psychologists behave similarly to those THEY survey in postal questionnaires!). The USA, Australia, South Africa, Pakistan, Zambia, Argentina, Brazil, and a

range of European countries were represented in the sample. The majority of respondents (68%) were female. Almost half of the delegates were aged 25-34 years, with 25% aged 35-44 and 18% aged 45-54 years. The largest occupational group (34%), was that of junior academic staff. Twenty-three per cent of respondents were students, 29% middle level academics, and 14% senior level academics. Most of those replying (65%) were not members of EHPS. The conference ran from the 4-6th of September. This time of year was preferred, with 72% of delegates selecting late August until early October as their preferred time for the conference (preferences for late June - early August: 28%). The abstract deadline for the conference in 1996 was mid-February and authors were notified about the acceptance or otherwise of their abstracts before the end of April. The majority of delegates (77%) were content with this timing, with the remaining delegates expressing a preference for earlier dates. The following conference aspects were rated as particularly

useful by delegates: the poster discussion sessions (provided in 1996), the availability of an address list of conference delegates (not provided in 1996) and circulation of a detailed provisional programme two to three months before the conference (provided in 1996). The majority was very supportive of EHPS suggestions such as adopting the journal *Psychology and Health* at a special rate for members, and providing free one-year membership of EHPS to non-members registering at the conference. Overall satisfaction with the conference was high, with 97% of delegates stating that they were either quite or very satisfied. Regarding the scientific programme, 62% of the respondents reported high satisfaction with the keynote speakers. A significant proportion, however, suggested that the conference schedule was a little cramped and 52% would prefer three rather than four speakers per hour, allowing more time for each presentation. In addition, 67% said that they would prefer three rather than six key speakers during the conference (they were reminded in the question that keynote speaker scheduling reduces time for other presentations). The table below provides a more detailed breakdown of satisfaction ratings with some of the non-scientific aspects of the conference.

Satisfaction ratings were high across categories except in the area of conference catering. Dissatisfaction was

expressed both regarding conference lunches and the conference (buffet) dinner. This indicates an area that will require further evaluation for future conferences. When questioned about their future plans, 69% of respondents said that they intended to register for the 1997 EHPS conference in Bordeaux. Regarding interest in a 3-4 hour workshop immediately following the 1997 conference, the majority (53%) were unsure. When asked about topic preferences for future conferences (topic list provided), greatest interest was shown in the areas of coping, quality of life assessment, stress, methodology, intervention studies, health promotion strategies, psycho-neuro-immunology and illness representations. Least interest was evident in the areas of safety, smoking, rheumatology, cardiac rehabilitation, respiratory disorders, health and work, cardiovascular risk and child health psychology. Respondents were in general quite satisfied with the present EHPS emphasis on a wide range of health psychological issues. In conclusion, feedback from this group of delegates about the 1996 EHPS conference was very positive. Areas, which may require the attention of the Society, are conference catering and the timing of the presentation sessions. This survey also offers some clues about which health psychological topics are of greater or lesser interest to delegates. Hopefully, EHPS may choose to use its own research skills in other settings to continue to provide conferences that meet the needs of European health psychologists.

*Delegates' satisfaction ratings with practical aspects of the 1996 EHPS conference (% , N=125).*

	Lunches	Buffet Dinner	Cost	Advance Details	Conference Documents	Overall Satisfaction
Not Applicable	1	8	1	4	2	-
Very Satisfied	26	14	34	44	49	50
Quite Satisfied	30	22	52	39	42	47
Somewhat Satisfied	26	22	10	11	5	3
Not at all Satisfied	17	34	3	2	2	-

✉ Molly Byrne, Health Psychology Postgraduate Student

✉ University College, Galway, Ireland

## Ukrainian EHPS Members

Georgiy Korobeiynikov, Institute of Gerontology, Kiev. Vladimir Belov, M.D., International Scientific-Educational Centre of Information Technologies and Systems, Kiev. Ludmila Kozak, International Scientific-Educational Centre of Information Technologies and Systems, Kiev. Alexander Polukhov, Institute of Gerontology, Kiev. Nikolai Makarenko, Institute of Physiology, Kiev. Vladimir Lizogub, Cherkasy University, Cherkasy. Tatiana Kobzar, International Scientific-Educational Centre of Information Technologies and Systems, Kiev. Tatiana Gonbzar, International Scientific-Educational Centre of Information Technologies and Systems, Kiev. Igor Shefko, Private school of massage and physical rehabilitation, Kiev. Irina Belaia, Institute of Gerontology, Kiev.

# Conferences

## *Second Dutch Conference on Psychology and Health*

Kerkrade, The Netherlands, 25-27 May 1998

The Research Institute for Psychology & Health, in which Utrecht University, Leiden University, Tilburg University, and the Netherlands Institute of Primary Health Care (NIVEL) participate, in collaboration with the Dutch scientific journal 'Gedrag & Gezondheid', is organizing the Second Dutch conference on Psychology and Health. The conference spans the entire area of the relationship between psychology and psychological and physical health and illness. Themes of the Conference cover a range of topical research issues, including burn out and work stress, health behavior, grief and trauma, AIDS and HIV, depression, suicidal behavior, alcohol abuse, smoking behavior, cancer, acute and chronic illness, neurological disorders, eating disorders, health care, media attention, and psycho-neuro-immunology.

Invited Keynote lectures will be presented by: Professor Nico Frijda (University of Amsterdam, The Netherlands), Professor Marie Johnston (University of St. Andrews, Scotland), Professor Robert Karasek (University of Massachusetts, U.S.A.), Professor Alexander McFarlane (Queen Elizabeth Hospital, Woodville, Australia), and Professor Susan Nolen-Hoeksema (University of Michigan, U.S.A.). For more information, please contact:

The Research Institute for Psychology & Health, Ms. L. Hoekert:

✉ P.O. Box 80.140, 3508 TC Utrecht, The Netherlands.

☎ +31-30-2539216 (not on Friday); Fax: +31-30-2537482

E-mail: [penh@fsw.ruu.nl](mailto:penh@fsw.ruu.nl)

Website: <http://www.fsw.ruu.nl/penh/penh>

## *Fifth International Congress of Behavioral Medicine*

Copenhagen, Denmark 19 - 22 August, 1998

The International Congress of the Society of Behavioural Medicine will have the following topics: Ageing, Cardiovascular disease, Cancer / AIDS / psycho-neuro-immunology, Children and adolescents, Health behaviour/health education prevention, Obesity/eating/metabolism, Pain, chronic disease and musculoskeletal disorders, Public health and policy, Social and economic factors, Stress and psychophysiology, and Work-related health. It will include plenary addresses of Sir Michael Rutter, Professor Pekka Puska, and Professor Janice Kiecolt-Glaser. For more information, please contact *International Conference Services (ICS)*:

✉ P.O.Box 41; Strandvejen 171; DK 2900 Hellerup, Denmark

☎ +45-3946-0500; fax: +45-3946-0515

E-mail: [icbm98@ics.dk](mailto:icbm98@ics.dk)

Website: <http://www.ics.dk/icbm98>

# Health Psychology Newsletters

*The Netherlands.* The Research Institute for Psychology & Health, in which Utrecht University, Leiden University, Tilburg University and the Netherlands Institute of Primary Health Care participate, publishes a four-monthly Newsletter in English. The newsletter contains information about on-going research in the participating institutes and reports on important events like the visit of H. Krohne to Utrecht University and the honorary doctorate award to S. Folkman from the same university. The latest issue reports, among other things, about Alan Fogel's ideas about a relational-historical approach to the study of mother-infant interactions and about a research programme on occupational fatigue. EHPS-members can express their interest in receiving this newsletter free by writing to: Psychology and Health, Lizet Hoekert, Heidelberglaan 1, P.O. Box 80.140, 3508 TC Utrecht, The Netherlands.

*Germany.* The *Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft Fur Psychologie* publishes its "Mitteilungen" (in German) in June and December. This newsletter primarily reports on German events, publications of members and about EHPS. Those interested in this Newsletter can contact Dr. Christel Salewski, Gudrun Schwarz or Prof. Hannelore Weber; Institut Fur Psychologie, Ernst-Moritz-Arndt-Universität, Franz-Mehring Strasse 47, 17487 Greifswald, Deutschland.

# Call for Nominations for the Executive Committee of the EHPS

The term of the current Executive Committee will expire at the time of the Members' Meeting to be held during the next EHPS conference in Vienna, Austria; 31st August - 2nd September 1998. Nominations for election to positions on the Executive Committee are invited at this time. In accordance with the Articles and Standing Orders of the Society, any member of the Society who has been a member for 3 years by this time is eligible for election unless he/she is already time-expired as a member of the Executive Committee. The Executive Committee consists of eight members: President, Past-President, President-Elect, Secretary, Treasurer, and 3 Ordinary Members. Nominations are invited for the following positions: president-elect, secretary, treasurer and ordinary member. Nominations must be signed by the nominee him/herself and must be nominated and seconded by EHPS members. Nominations must be sent to the secretary to arrive not later than three months before the Members' Meeting (i.e. 1<sup>st</sup> June, 1998). Members will receive a ballot form by mail, not later than one month before the Members' Meeting. Members not attending the Members' Meeting will have the opportunity to vote by post. The following members of the current Executive Committee are eligible to be nominated for election: Tanya Anagnostopoulou, Therese van Elderen, Juhani Julkunen, Paul Norman, Helena Sek, and Ladislav Valach. The following members will be retiring from the Executive Committee and, as time-expired members, are not eligible to be nominated for election: Marie Johnston, Jesus Rodriguez Ma-

rin and Kazimierz Wrzesniewski. Hannah McGee remains on the Executive Committee as incoming president and Ralf Schwarzer as past-president.

Approaches to the election of candidates to official roles in various aspects of life including professional societies differ considerably in the various regions of Europe. In some countries, it is understood that all members of an association are equally entitled to put themselves forward for election (by asking others to nominate them). They may also approach other members whom they would like to see represent the association and encourage them to go forward. In this system, the advantages of "new blood" and initiative in managing the association are seen as an asset to the overall association. The holding of elections is seen as evidence of the fact that active members are keen to represent their perspectives in taking the association and its aims forward. In other countries, it is typically understood that informal contact processes will fill positions for election, often by senior members of the existing organisation. Here the advantage is that individuals who have already shown some commitment to the goals and activities of the association become its managers. They are likely to have an interest in the broad concerns of the association rather than a single issue. Elections may not always be necessary e.g. in cases when only one individual is identified for each vacant position. As a European association, the European Health Psychology Society is conscious of these different approaches and wishes to promote the widest feeling of access to the Society among members. It welcomes, as a democratic organisation, the declaration of intention to stand for election of any of its members.

---

## Nomination for election to executive committee of the European Health Psychology Society (1998-2000)

Name of candidate.....

European Country .....

I agree to have my name go forward for election. Signature of candidate .....

Position nominated for (please circle one): president-elect / treasurer / secretary / ordinary member

*Proposed by*

Name .....

Signature .....

*Seconded by*

Name .....

Signature .....

Completed form to be forwarded to the secretary, Dr. Paul Norman, Department of Psychology, University of Sheffield, Sheffield, S10 2TP, UK to arrive no later than Monday 1st June 1998.

# EHPS Membership Application Form

Join EHPS! EHPS is a friendly and wide-ranging society that promotes high-quality health psychology research and practice. Members enjoy reduced fees for the yearly congress. They also receive *Psychology & Health*, an international journal issued six times a year. Members also receive this Newsletter, which is an excellent source of information on health psychology throughout Europe, upcoming conferences, sources of funding, and many other issues. A listing of EHPS members is produced periodically and it provides a valuable resource for members to contact colleagues with similar interests across Europe. Please fill in the form below if you like to join EHPS. Your membership needs to be supported by an EHPS member.

## EHPS Mem- bers of the Board

*President*

Ralf Schwarzer  
(Germany)

*President-Elect*

Hannah McGee  
(Ireland)

*Secretary*

Paul Norman (UK)

*Treasurer*

Juhani Julkunen  
(Finland)

*Membership Officer*

Ladislav Valach  
(Switzerland)

*Members*

Tanya Anagnostopoulou  
(Greece)

Thérèse van Elderen  
(The Netherlands)

Jesus Rodriguez Marin  
(Spain)

Helena Sek (Poland)  
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• Work Address .....

Telephone .....

E-mail .....

• Qualifications (Continue on a separate page if necessary)

University .....

Degree ..... Date .....

I confirm that the details provided are correct

Signature .....

• Supporting EHPS Member

First name: ..... Family name: ..... Title: .....

I confirm that the details provided about the applicant are correct to the best of my knowledge

Signature .....

• Membership / subscription fees

Please enclose the appropriate amount (payable in Finnish Marks) to 'European Health Psychology Society' directly by bank transfer (No. 226218-32168 with Union Bank of Finland (Branch 2262) by S.W.I.F.T. (UNITFIHH) mentioning your name and 'EHPS Membership Contribution') or by Eurocheque, or by credit card.

• Credit Card Type: (Please tick the appropriate card)

Visa     Eurocard     Mastercard

Card Number..... Exp. Date .....

Cardholder Address .....

• Annual Fee (Please tick the appropriate box)

Full member (includes journal) FIM 400, -\*

Affiliate subscriber (includes journal) FIM 400, -

Student subscriber (does not include journal) FIM 120, -

\*Those who have difficulties with foreign currency may contact the membership officer

• Please Send your application to Dr. Ladislav Valach, Membership Officer (EHPS)

Murtenstrasse 21 / 2010 Bern / Switzerland. Fax: +41-31-3829710