

# A year in the life of the EHPS

**Vera Araujo- Soares** Dear Members,  
*Newcastle University, UK* I am looking forward to seeing you all at the 2019 Conference in Croatia! I am sure the setting will provide us all with the perfect opportunity for fruitful scientific exchanges and will allow us to see old friends and make new ones.

I am always extremely impressed, proud and thankful to see all the amazing and creative work that our energetic EHPS community engages with in order to support our Society's goals. At this year conference we organized a *Celebrating EHPS Active Engagement* event to thank all those engaged in organising EHPS activities, invites will be issued. This event will take place on Wednesday the 4th of September from 7 to 9 pm and I shall be delighted to see many of you there! As always, we welcome members who would like to become actively involved in any of the society's activities. If this is something that would interest you please do not hesitate to get in touch with the EC or come and join us at the *Members Discussion Forum* (4th of September at 8:30 am). This forum is an ideal opportunity to discuss ideas, ask questions and start your networking.

This new EC (<https://ehps.net/executive-committee/#>) has started with a key meeting to address the strategic direction of the Society and review working procedures. We focused on four main priorities: our membership; documenting the history of the EHPS; knowledge transfer to support impact; legacy and sustainability (<https://www.ehps.net/ehp/index.php/contents/article/view/3302>) volume 20 issue 5, 2019). In this

report I will give a brief update on the first 3 points. These three points also serve the last one on point legacy and sustainability.

## Membership

The members of the Society come together to make the EHPS possible as a community sharing key interests in the area of health psychology. There are several activities available in the EHPS and all are led by EHPS members: a) Create & Synergy; b) EHPS UN subcommittee; c) Fellowship Committee; d) EHP (EHPS newsletter); e) the Practical Health Psychology Blog; f) our societies multiple scientific Journals; g) our conference scientific and local organizing committees and track chairs (crucial to shape our yearly conferences); h) our special interest groups (SIGs) , and last, but not least; i) our National Delegates group. This year EHPS report focuses on the activities by many of the main groups. I am sure you will all be amazed by all the work developed and be thankful to all those engaged when you read these.

A key part of our membership strategy this year was to improve communication with members, other societies and other organizations. We have strengthened our links with *EasyConferences* (see the Past President Report as well as the ICT and Communication report by the EHPS EC Secretary, Benjamin Schuz). In his report, Ben describes the efforts made to improve our communication with members via e-mail, and make the experience with our website more pleasant. We have migrated all our data bases, external facing web page, and

conference support to *EasyConferences*. The aim was to provide members with a complete user-friendly experience from membership to conferences. We are now finalising a new contract with them.

Membership numbers remain strong and constant (around 700). This is clearly linked to the fact that this society is run 'by members for members' making continuous needs assessment an integral part of its functioning. Last year a *Membership Strategy Committee* was set up by the EC and is run by Marta Marques (our membership officer). This group aims to further understand the needs and developing ways of answering these.

We offer grants to members who wish to attend our conferences and have added an extra opportunity: *Bring your Stakeholder Grant*. Health psychology has a role to play in improving health and wellbeing of our countries. To assure impact engaging with stakeholders is key! This year there was little time between launching the idea and the deadline for applications. In Val Morrison's (our Grant Officer) report, you will note that there were no applications. It is challenging for professionals to take time to attend a conference, but we will increase our dissemination efforts and still believe that, with enough time, we can have successful applicants next year as Impact remains key. A group of those in the EC are also supporting Val in considering reinstating other grants, such as the Networking Grants.

Another of our groups led by our members is the National Delegates (ND) group, which has been very active. Thank you all and Sabrina Cipolletta for leading this! New members have been recruited (Malta) and there is a call out for representatives from Slovenia and Serbia (please contact Sabrina Cipolletta). Our NDs are contributing a key task: to identify the core and unique competencies of health psychologists in order to collaborate with a relevant initiative by EFPA on this. Representing us in EFPA is Maria Karekla. We will come back to you on this with a consultation and there will be a

round table on this topic at this year conference (Dubrovnik) organised by this *Committee on Health Psychology Training and Regulation* (please check the program and the app that will soon be out). If you are interested in what our ND group does, please come along to the ND meeting (4th of September, 6 -7 pm).

Year on year it is encouraging to see the increasing number of nominations for EHPS fellows. All applicants demonstrate a clear investment in knowledge transfer and legacy. This year we welcome a new distinguished group of our EHPS members as honorary fellows (see the report by the Fellowship Committee Chair and Deputy-Chair, Yael Benyamini and Irina Todorova). One of our EC aims is to further engage our fellows and we are progressing with discussions on this. We have developed an organogram for the society and are working on a logic systemic model of our society.

We are committed to strengthening our financial stance, making sure that the society can respond to unexpected stressors impacting our income (e.g. in this anthropocene era natural disasters seem more prevalent and these could affect some of our income sources), see the report by our financial officer Gudrun Sproesser. In order to assure our Society can manage financial stressors we have created an emergency fund and hope to, yearly, review how much we should allocate to it. You will notice from the financial report by Gudrun Sproesser that we do not foresee the need for a winter meeting this year and will continue our work together using online meetings. This saving and our other sources of income will allow us to revisit discussions about grants/training spending to support our members. We welcome members' input to this discussion.

Our journals, *Psychology & Health* and *Health Psychology Review*, continue to perform strongly under the excellent leadership of editors-in-Chief Mark Conner and Daryl O'Connor (Psychology & Health) and Martin Hagger (Health Psychology Review). I have been chairing the committee that

was in charge of appointing the new editors for Psychology & Health. This committee was comprised by all current and future editors of our EHPS Journals under T&F. We will be announcing the result of this process at the Members Meeting this year. Meanwhile, we say thank you for the amazing work that the current teams have executed on behalf of the EHPS and for fostering the steady scientific advancement and robust standards of our field: thank you!

Our new journal Health Psychology and Behavioral Medicine (editors-in-chief: Frank Doyle and Irina Todorova) is moving from strength to strength and, as an open-access journal, offers competitive publication fees. Please, keep in mind that, as members of the EHPS, there is the possibility of negotiating a better rate on a case by case basis. In terms of the *Health Psychology Bulletin* (editors-in-chief: Gerjo Kok & Gjalte-Jorn Peters) there is still some work to be done but we remain very supportive of it. We would like to thank all editors for their dedication to the society and point you to their reports.

*The European Health Psychologist*, for many years headed by Anthony Montgomery and Konstadina Griva, has now a new team: Angela Rodrigues and Pamela Rackow. We thank the previous team for all the work that they have done and welcome this new team. Another of the EHPS publications is the Practical Health Psychology Blog (head editors Dominika Kwasnicka, Gill ten Hoor, Keegan Knittle, Sebastian Potthoff and Theda Radtke). This blog continues to thrive. Thank you to both teams for their continuous hard work.

We will continue the *Meet the Editor* forum this year on the 6th of September at 6 pm. If you would like to hear more about the EHPS journals you are most welcome to attend.

## History of our Society

Documenting the history of a society is an endeavor that many societies (e.g. BPS-DHP, UK, led by our own Val Morrison) have engaged in. We believe that it would be important in shaping our identity as a society, to understand the processes involved in the creation, development, and maintenance of our society, and will be consulting our members on this.

As you all certainly know last year our founding President Professor Stan Maes has passed away. Given his key role in our society formation we have consulted with Professor Maes's wife and distinguished EHPS colleague (Véronique De Gucht), some of his colleagues and fellows, on how best to homage him. Considering his contributions to those early in their careers we have now renamed the *Early Career Award* the Stan Maes Early Career Award. This award will be delivered this year at the *Opening Ceremony* (Tuesday the 3rd of September from 6-7:30 pm), introduced by Marie Johnston and delivered by Dr. Véronique De Gucht to this year awardees. The report by our President-Elect Evangelos Karademas provides more details on the process and awardees this year. In this report, you will also find details on the Herman Shaalma Award. It was good to see such quality applications coming through! Congratulations to all!

Other homages ensued with an editorial written by Professor Marie Johnston and published in Psychology & Health <https://www.tandfonline.com/doi/full/10.1080/08870446.2018.1546801>. Marie has also wrote a briefer epitaph sent to all members on the occasion via email and later published in the EHP December issue. The EHP has also decided to republish this epitaph with others by Dr Marta Marques and Professor Howard Leventhal in this EHP summer issue. Professor Stan Maes was crucial to our Society's formation and we would like to think that his values and vision live on!

## Knowledge transfer for Impact

Evidence shows that environmental conditions shaped through human behaviour are developing into a key determinant of population health (see Araujo-Soares, 2019 at the EHP), thus making sustainability-related behaviour a clear and important addition to the health psychology repertoire. With this in mind, the EHPS UN sub-committee has been very active again this year under the chair of Lucy Byrne-Davies (read her report). One of the ideas of this committee last year was to map each abstract submitted to our conference against the United Nations Sustainable Development Goals (SDGs<sup>1</sup>, <https://www.un.org/sustainabledevelopment/sustainable-developmentgoals/>). This task has been completed successfully, and we hope to turn this into a tradition at the EHPS; other societies are also pondering doing the same exercise. The results of this mapping exercise indicate that the majority of our research falls where we would expect it, SDG 3 (Good Health and well-being), but our members are also doing a lot on SDG 10 (Reduced Inequality), SDG 4 (Quality Education) and SDG 5 (Gender Equality). We are also conducting research in many of the other SDGs.

Mapping who does what for which SDG, will allow us to understand what is our expertise and how can we contribute to SDGs implementation and clear assessment of this by supporting nations to define clear indicators/outcomes. The UN Sub-committee is now aiming to analyse in detail and sort out the expertise available at the EHPS in

<sup>1</sup> The UN Sustainable Development Goals are: 1: No Poverty; 2: Zero Hunger; 3: Good Health and Well-being; 4: Quality Education; 5: Gender Equality; 6: Clean Water and Sanitation; 7: Affordable and Clean Energy; 8: Decent Work and Economic Growth; 9: Industry, Innovation and Infrastructure; 10: Reduced Inequality; 11: Sustainable Cities and Communities; 12: Responsible Consumption and Production; 13: Climate Action; 14: Life Below Water; 15: Life on Land; 16: Peace and Justice Strong Institutions; 17: Partnerships to achieve the Goals

order to use our role within the UN-ECOSOC to influence change and reach IMPACT. The UN-EHPS Subcommittee has also been behind the formulation of a new SIG that will target Sustainability. The EHPS UN Sub-committee continues to participate in the monthly meetings of the UN Psychology Coalition in order to progress the EHPS agenda. We see a lot of potential on this endeavor and with more time and resources allocated I am sure we will be successful in disseminating knowledge created by our members on a global scale and hopefully supporting the implementation of UN SDGs.

This is my first year as President and I would like to thank my colleagues in the EC: Karen, Vangelis, Benjamin, Gudrun, Marta, Val and Sabrina and our ever-efficient, present and proactive administrator Sharon, for all their hard work. It is a pleasure to work with this team. I would also like to thank *EasyConferences* for all their ICT, membership and conference support. I would like to thank the *Local Organising Committee* as well as the *Scientific Committee* for all the work they have put on to organise this year conference. The conference scientific and social programme embodies the traditional excellence and collegiality of the EHPS conferences. Thank you for all your efforts: Teamwork always pays off! Last, but not least, I would like to thank all our members: you are the key to our success!

Serving as President to such a great organisation is a privilege and a pleasure. This past year has been the realisation that this society needs the proactive support of its members to be successful. Thank you all and hope to see you soon at our conference venue for our *33rd EHPS annual gathering entitled: 'Individuals and Professionals: Cooperation to Health'*. This year we meet at the warm shores of the Mediterranean. See you all there!

Vera Araujo Soares,  
EHPS President  
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**Vera Araujo Soares**

Professor of Health Psychology  
and Public Health, President of  
the European Health Psychology  
Society, Faculty of Medical  
Sciences, Newcastle University, UK

**vera.araujo-  
soares@newcastle.ac.uk**