

Introducing the new EHPS Executive Committee Members 2020-2022



President: Evangelos Karademas (Greece)

I am a Professor of Clinical Health Psychology at the Department of Psychology, University of Crete, Greece. For more than a decade, I served as the Head of the Counselling Center for Students at the University of Crete. I also served as Head of the Department of Psychology, University of Crete for two years. I currently collaborate with the Foundation for Research and Technology – Hellas (FORTH), the University of Crete Medical School, and the Faculty of Nursing at the University of Athens. I am also actively involved in the activities of local associations for the support of patients suffering from cancer.

I have been a member of the European Health Psychology Society since 2002. I have helped in the organization of several EHPS conferences as a member of the Scientific Committee or as a Track Chair, and I was the Chair of the Organizing Committee of the 25th EHPS Conference in Crete. I served as a co-opted member of the EC (National Delegate Officer) for two years. In 2018, I was elected an Honorary Fellow of the Society. My research interests include patient adaptation to chronic illness, the role of stress and related factors in health and illness, individual differences in health, self-regulation and dyadic regulation.

I am deeply honoured to serve as the President of EHPS. My priorities for the next two years will be to strengthen of the international reach of the EHPS, enhance the collaboration with national and international health psychology societies/organizations, and promote the development of

new activities and actions that will bring our members closer to EHPS.

Also, I feel that I am a lucky person as there is an excellent group of members in the EC who I am sure will make every effort to promote the interests of the Society with many new ideas and lots of work and effort.



President Elect: Wendy Hardeman (UK)

I am Professor of Behavioural Science at the School of Health Sciences, University of East Anglia (UK). My research programme focuses on the development and evaluation of theory- and evidence-based behaviour change interventions, targeting a wide range of behaviours including physical activity, medication taking and delivery of evidence-based care. They span very brief interventions, group-based and digital interventions. I co-authored the Behaviour Change Technique Taxonomy v1 and the UK Medical Research Council guidance on process evaluation of complex interventions.

The EHPS has been a continuous and positive presence throughout my academic career. I have met many good friends and future collaborators ever since my first EHPS conference (Florence, 1999). I chaired the Scientific Committee of the EHPS/British Psychological Society Division of Health Psychology 2016 conference in Aberdeen, Scotland. I thoroughly enjoyed working with a capable and enthusiastic Scientific Committee, Organising Committee, Easy Conferences, the Executive Committee and Synergy. Being an EHPS

member has been very beneficial for my career and I'm keen to give something back.

The EHPS is a thriving society but currently faces global challenges, like all of us, in adapting to Covid-19 and future pandemics, and trying to reduce our carbon footprint. The EC is there to serve all its members; as President-Elect I am keen to build on current initiatives and work closely with the EC and our members to generate innovative and wide-ranging solutions. Covid-19 presents huge challenges for our annual conference and face-to-face activities, but also opens up exciting new opportunities to connect members and increase reach and engagement. Expansion of online activities focusing on professional practice, research and policy could increase our reach, particularly among PhD students, early career researchers and members from developing countries who often lack funding to attend conferences. I am passionate about mentoring to support career and personal development and keen to help develop an online EHPS mentoring scheme, including high-quality mentoring training. Global challenges need global responses and I would work hard to maintain a strong role of the EHPS in the UN as we have much to contribute.



Past President: Vera Araujo-Soares (Portugal)

I am Professor of Health Psychology & Planetary Health at the Faculty of Behavioural, Management & Social Sciences, University of Twente, The Netherlands. I have been a member of the EHPS since 1996. Being a member of this society provided me with many learning and growth opportunities, giving back seemed to be the right thing to do. I have contributed in many capacities within the EHPS (Create, Synergy) and in previous incarnations of the EHPS EC (2006-2010). I was involved in the organization of several EHPS conferences (as a liaison officer), thus shaping and

steering the field of health psychology. My commitment to the concept of One Health and Planetary Health has invigorated the activity of EHPS-UN committee leading to the incorporation of the UN-led Sustainable Development Goals into mainstream EHPS activities, and recently resulted in increased contributions of the EHPS in the Psychology Coalition UN (PCUN), an umbrella platform for psychological organizations. For the first time this year at the Psychology Day at the United Nations we had a health psychologist speaking to an UN audience of 2780 participants. I was very proud to facilitate the dissemination of our scientific field. I have now been invited to be the Vice President for Regional Affairs of the Psychological Coalition of Psychological Societies with a seat at the United Nations (PCUN).

During my EHPS presidency, that ended this past summer, and with the collaboration of all the EC, I have invested heavily in (amongst other things):

1. Increasing our society level of professionalization and sustainability, by:

a. Transferring all Internet domains and maintenance of our webpages and dealings with membership renewals to 'Easy Conferences';

b. Creating a savings account in order to assure preparedness for a potential conference cancellation/postponement;

c. Revising our bylaws to assure these reflect current functioning procedures and protects the society's core values and aims;

d. Adopting and disseminating a Code of Conduct for all EHPS that protects our members from harassment or bullying by other members (thanks to the UKSBM);

2. Increasing the translational focus of the society, by:

a. Actively attending monthly meetings in New York (remotely) with the Psychology Coalition at the United Nations (<https://psychologycoalitionun.org/>) on behalf of the EHPS UN Committee.

b. Supporting the developing and dissemination of an EHPS grant that allows members to bring a stakeholder, practice or policy partner, member of the public, to attend our EHPS conference. This also aims to start the discussion on Public Involvement in research.

c. In order to increase the visibility and legacy of our society discussions were initiated on the potential to organise local events (at book and or café shops) sponsored by the EHPS to target topics of interest for the populations.

3. *Placing the Climate Emergency in the agenda of Health Psychology, highlighting HP role on sustainability and planetary health, by:*

a. Creating a committee to investigate our society's carbon emissions. The aim is to assure that, as a society, we do all in our control to support the action for Climate Emergency by engaging with our members in generating solutions.

b. Requiring that members ascribe the scientific content of their abstract to one of the United Nations Sustainable Development Goals in order to collect data on the knowledge created. This is crucial for the EHPS UN Committee as it will allow them to identify experts in the area that can contribute to research dissemination papers to submit to the UN and its specific agencies.

As a society we face many challenges brought by climate change. I believe that our scientific field develops and produces knowledge and expertise that can be used to reach the UN Sustainable Development Goals. I plan to continue to work on placing the Climate Emergency in the agenda of Health Psychology and on disseminating the knowledge we create on behaviour, behaviour change and its maintenance, widely.



Secretary: Noa Vilchinsky (Israel)

My name is Noa Vilchinsky. I am an Associate Professor in the Department of Psychology at Bar-Ilan University, Israel, and the Head of the Psycho-cardiology Research Lab. I am also a certified rehabilitation psychologist and for many years I have been working with patients coping with cardiac diseases. My research focuses mainly on the following subjects: Psycho-cardiology, caregiving, and dyadic coping. I am eager to understand how patients' and caregivers' personality characteristics, spousal relationships, and cultural backgrounds contribute to patients' and partners' outcomes.

EHPS has played a major role in my career as well as in my life in general. I have attended the annual conferences since 2006, discovering a vast world of knowledge, first-rate science, and friendship. Many of my international cooperation endeavors were made possible thanks to the EHPS network. In 2014, I was fortunate to receive (together with Prof. Tracey Revenson, USA and Prof. Val Morrison, UK) the EHPS networking grant. This grant paved the way for the publication of our book: Revenson, T.A., Griva, K., Luszczynska, A., Morrison, V. Panagopoulou, E., Vilchinsky, N & Hagedoorn, M. (2016). *Caregiving in the Illness Context*. Hampshire, England: Wiley. In 2018, Prof. Morrison and I, together with two other EHPS members, Prof. Mariet Hagedoorn and Prof. Robert Sanderman, won the prestigious HORIZON 20/20 grant for our CAREGIVING project.

Wishing to "pay it forward," and to be a contributor to EHPS myself, I became more and more active in presenting, chairing, track chairing, abstract reading and participating in award committees. In 2016, I was nominated to be Israel's national delegate, and I also took on the role of Hebrew-language editor for the EHPS PHP blog. In 2017, I served as the co-chair of the Scientific Committee for the 31st EHPS annual

conference held in Padua, Italy.

I feel that it is time for me to step up and make a bigger contribution as an EC member. As secretary, I would work closely with the president and the other EC members to strengthen the EHPS and turn it into an even more important player on the global health scene. As I am also a clinician, I would like our society to become home to many more clinicians – those for whom research is not necessarily a main line of interest but who could greatly benefit from attending the EHPS conferences and learning about state-of-the-art evidence-based practice.



Treasurer: Jutta Mata (Germany)

I am a Professor of Health Psychology in the Faculty of Social Sciences at the University of Mannheim, Germany, an associated research scientist at the Max Planck Institute for Human Development, Berlin, the Mannheim Centre for European Social Research, and the University of Lisbon, Portugal. My main research topics include understanding the role of individual, social, and environmental factors for the promotion of health behaviors and the effects of health behaviors on well-being. I am also interested in the use and effects of mHealth and online social networks for health behaviors. Recently, I have started to examine health-related stigma and the health of migrant populations.

I attended my first EHPS conference in 2006 and have attended many EHPS conferences and Synergy meetings ever since, not only presenting or organizing symposia and roundtables, but also serving as conference track chair. I am a member of the Editorial Board of Social Science & Medicine and am or have been part of the scientific advisory board of several organizations, including the Network for a Healthy Start at the Federal Ministry of Nutrition and Agriculture in Germany, the German Federal Institute for Risk Assessment, and

the Family Health Study of the biggest German health insurance.

I want to contribute to the EHPS by making sure that the EHPS finances are on track, payments are correct and transferred, and writing the financial reports. Also, I would like to get more involved in the EC in general and contribute to its decisions and development concerning current issues, including but not limited to sustainability, digital health, and open science.



Membership Officer: Julia Allan (UK)

I am a Chartered Psychologist and an HCPC Registered Health Psychologist with 15 year's experience of working in Health Psychology. I am currently a Senior Lecturer in Health Psychology at the University of Aberdeen in Scotland. My research focuses on health behaviour and behaviour change and in particular on; (1) patterns in health behaviours over time (e.g. diet, activity, stress, fatigue, wellbeing etc.); (2) behavioural control (e.g. how people stick to diets; adhere to guidelines etc.), and (3) how systems and environments can be modified to change behavior and improve health outcomes. In addition to research, I am currently the director of the University of Aberdeen's MSc Health Psychology programme.

I am a full member of the EHPS and regularly attend and present at the annual conference. I have spent the last two years as the Chair of the British Psychological Society's Division of Health Psychology Scotland (DHPS) and remain on the committee as past chair. Over the period of my involvement with DHPS, I worked with committee members on several successful initiatives themed around the issue of obesity to raise the profile of Health Psychology with policy makers, healthcare organisations, third sector organisations and other bodies (e.g. Food Standards Scotland). I also

worked with the committee to deliver varied CPD training and to better support career development in early careers members.

I am keen to play an active role in the work of the EHPS committee and will take on responsibility for trying to increase membership of the Society and for further promoting the work that Society members do.



Grants Officer: Sabrina Cipolletta (Italy)

I am a Professor at the Department of General Psychology of the University of Padova, Italy. Here, I teach the social psychology of health and lead a laboratory for research and intervention in health psychology, called Psymed. My research targets illness experience and caregiving, but also online communication and support in health psychology, mainly within a constructivist perspective. I am also a psychotherapist and I am passionate, both about research and clinical practice, because I strongly believe that reciprocally one feeds the other. First as a delegate for the internationalization of my department and then as the Chair of the international Bachelor Degree in Psychological Science, I am committed to promoting international enterprises.

My first EHPS conference was in 2009 and since then I have been attending conferences almost every year. This allowed me to taste the vibrant and democratic atmosphere of the Association and I finally entered into the very core of its world by organizing the 2017 EHPS conference in Padova. I also served as a member of the Synergy Committee and since 2018 I have been an EC member and the National Delegate (ND) officer of EHPS.

As a National Delegate officer, I have contributed to enlarge the participation of other European and non-European countries to EHPS. I have worked for creating new networks and reinforcing the existing ones among EHPS members'

universities and with different scientific societies. I would like to go on in this venture of extending EHPS borders and contributing to construe a more comprehensive approach to health psychology. Openness, inclusiveness, and engagement are the key words of the vision I have shared with NDs. I would like to go on promoting collaboration among EHPS members through the active participation of each member, which also takes into account of the difficult challenges we are facing in the current situation of COVID-19 pandemic. I want to add an invitation to humanity, respect and understanding in order to promote this collaboration.



National Delegates Officer: Dominika Kwasnicka (Poland/Australia)

I am a Research Fellow at University of Melbourne in Australia and at SWPS University of Social Sciences and Humanities in Poland. The overarching aim of my scientific work is to advance psychological theory of behaviour-change maintenance and to design, implement, and scale behavioural interventions to improve population health. My research makes three key contributions to the field of Health Psychology, by: (1) Integrating theories of behaviour-change maintenance, investigating key predictors of maintained health behaviour-change; (2) Testing and advancing these theoretical predictors in systematically-developed studies and evidence-based interventions focusing on diet, physical activity, and weight loss maintenance; (3) Contributing to the development of novel research methods employing upcoming designs such as within-person studies using emerging technologies. Examples of novel behaviour-change studies that I co-designed and led include the PATHS study - an online intervention in frontline healthcare professionals (www.paths.org.au), and the Aussie-FIT physical activity intervention delivered in Australian Football League clubs

(www.aussiefit.org).

I collaborate with world leading researchers, including academic colleagues from the UK, the Netherlands, Finland, the US, Portugal, Poland, France, Germany, and Australia. I have secured funding and delivered international research projects (e.g., weight loss maintenance RCT in Poland, funded by European Union structural funds and N-of-1 study in alcohol users in Scotland, funded by Alcohol Research, UK) and co-authored several collaborative publications, presented my work at national and international presentations and invited international talks. I also teach within-person methods and provide consultancy to fitness agencies and digital health organisations (e.g., Mental Health Commission, Western Australia).

Since 2010, I am an active member of EHPS. I received the Stan Maes Early Career Researcher Award (2019) and the Herman Schaalma Award (2016) acknowledging my Health Psychology research and contribution to the EHPS. I am a Head Editor of the Practical Health Psychology Blog (www.practicalhealthpsychology.com), an online international publication informing practice, translated to 28 different languages. I am also one of the leaders and creators of the new innovative initiative called Open Digital Health, affiliated with the EHPS, aiming to promote dissemination of digital health tools following the principles of openness and reuse of existing digital resources (www.opendigitalhealth.org). I was a Liaison Officer and grant reviewer and a Chair for EHPS Synergy. Previously, I was also a member of EHPS eCourses organising committee and CREATE Organising Board. I served on editorial boards of the European Health Psychologist, and Health Psychology Bulletin. I am also an active and regular participant of EHPS conferences and Synergy meetings; I presented my work at EHPS conferences and have served as session chair for oral and poster presentations. I served as a member of EHPS Scientific Committee twice. I have co-delivered pre-conference workshops on N-of-1 design and led on

a collaborative publication which resulted from the workshop. I also serve as a reviewer for EHPS journals. I am looking forward to continuing to contribute to the dynamic work of the EHPS, providing enthusiasm and support to the Society Executive Committee activities.