

# EHPS Award winners 2020

## Fellowship Award winners



### **Professor Anita DeLongis (Canada)**

Anita DeLongis is a Professor of Psychology at the University of British Columbia, where she serves as coordinator of the programme in health psychology and of the graduate programme. She received her PhD from UC Berkeley under the supervision of Richard S. Lazarus. Her research focuses on stress, coping and social support, with a particular focus on daily stressors or “hassles”. She has most recently examined daily stress experiences as a precursor of sleep disturbance in emergency medical personnel and divorce in stepfamilies. She has extended her work to increase understanding of those coping with chronic illness, such as those living with rheumatoid arthritis or cancer, and those parenting a child with a life-threatening illness. She has put forth a model of relationship-focused coping that examines the role of empathic responding and support provision in responding to global pandemics, and is currently engaged in research on the impact of the COVID-19 crisis.



### **Dr. Ari Haukkala (Finland)**

Dr. Ari Haukkala has been active in health psychology research since the 1990s. As one of the leading PIs in social and health psychology in Finland, he has worked in numerous areas and trained a number of students to become active, influential scholars in the field. His research interests have spanned various areas, from smoking prevention and psychosocial factors in chronic

diseases and related behaviours such eating behaviours, to more recently to psychology of genetic testing and digital interventions for health. Dr. Haukkala has been highly influential in bringing up a new generation of health psychology researchers in Finland. He is co-director of the Behaviour Change and Wellbeing Research group ([www.bit.do/bcwb](http://www.bit.do/bcwb)) at the University of Helsinki. Currently he is Fellow (2019-21) at the Helsinki Collegium for Advanced Studies at the University of Helsinki. His current projects examine the psychosocial and behavioural outcomes of delivering polygenetic risk information for coronary artery disease and type 2 diabetes and improving home dialysis treatment with new technology among dialysis patients.



### **Associate Professor Karen Morgan (Ireland)**

Karen Morgan is currently the Deputy Dean at the Perdana University Royal College of Surgeons in Ireland School of Medicine in Kuala Lumpur, Malaysia. She has been a member of EHPS since 2004 when as a first year PhD student she attended a CREATE workshop and the EHPS conference in Helsinki. Since 2004 she has been Chair of CREATE, Chair of Synergy, EHPS Secretary and EHPS President. Her research interests include ageing, women's health and the health of vulnerable populations. Karen's work has been used to guide National policy and practice in Ireland and she has represented the Irish Department of Health on European projects. Since 2017 she has chaired the Psychology Judging Committee for the Global

Undergraduate Awards. In Malaysia she is working to build capacity in Health Psychology by facilitating the provision of training to a wide range of groups including healthcare professionals, students and members of the public. She is also working with a team who are adapting and creating methods of data collection that are culturally relevant for the Asian context.



### **Associate Professor Efrat Neter (Israel)**

Efrat is an Associate Professor at the Ruppin Academic Center in Israel. Her research focuses around examining the role of eHealth literacy in digital health and changing health behaviors on a population level. She has worked continuously on country-wide cancer prevention programs of breast and colorectal early detection, initiating large, population level effectiveness interventions to enhance screening. Moreover, the continuous translational work yielded impact in terms of increasing percentages of cancer diagnoses in early stage and cancer survival. Her work was published in leading international journals. Efrat served in the EHPS Executive Committee (2010-2016) as a National Delegates Officer and Membership Officer. She also served in Awards committees (2012-2015, 2020) and since 2014 Efrat has been a member of the United Nations Committee in the EHPS and a member of EHPS Task Force on core competencies in health psychology (2018-2019).

### **Herman Schaalma Award winner**



#### **Dr. Hannah Durand (Ireland)**

Dr. Hannah Durand received her PhD from the National University of Ireland, Galway in 2019. Her doctoral thesis, supervised by Dr Gerry Molloy and

Professor Andrew Murphy, constitutes the first body of research examining medication adherence in apparent treatment-resistant hypertension from a behavioural science perspective. This work, guided by the Common-Sense Model of Self-Regulation, utilised multiple methods, including systematic review and meta-analysis, and quantitative and qualitative approaches, to explore medication adherence behaviour for hypertensive patients with apparent treatment-resistance in primary care in Ireland. As an emerging scholar, Dr. Durand's contribution to the fields of health psychology and behavioural medicine has been recognised through numerous peer-reviewed publications, and paper presentations and symposia at international scientific meetings, including at the EHPS conference every year since 2014. She has received several prestigious awards for her work on chronic illness self-management, including the Pain Research Medal of the Irish Pain Society, a Chapter of the European Pain Federation EFIC, and the Early Career Award of the International Society of Behavioural Medicine.

### **Stan Maes Early Career Award winners**



#### **Dr. Janina Lüscher (Switzerland)**

Dr. Lüscher is a senior teaching and research associate at the University of Zurich. Janina Lüscher was awarded her PhD by the University of Bern in November 2014, and subsequently joined the research group Applied Social and Health Psychology of Prof. Scholz at the University of Zurich. Dr. Lüscher's research focus is on individual regulation and social exchange processes (i.e., social support, social control, companionship), health behavior change and well-being in romantic couples' everyday lives. She has substantially

contributed to the field of health psychology by highlighting how the involvement of a romantic partner can be a valuable resource for changing a health behavior. As one of the first researchers, Janina investigated the concept of invisible social support in a health behavior change context and was the first to introduce the concept of invisible social control.

Dr. Lüscher's research typically draws on new technologies (i.e., smartphones, accelerometers, smokerlyzer etc.) and utilizes ecological momentary assessment (EMA) methods to understand within-person and within-couple processes around social exchange processes and health behavior change in couples' everyday lives. She collaborates with renowned experts (and EHPS members themselves) in health psychology from Germany, Poland, Scotland, Canada and the USA. Janina's work has been published in several key journals within the field, including *Annals of Behavioral Medicine*, *PlosOne*, and *British Journal of Health Psychology*. She is an active member of the EHPS and for eight consecutive years now she is a regular and active participant of the EHPS conferences, serving not only as a presenter but also as a session and symposium chair. Furthermore, she contributed to several Create workshops and Synergy expert meetings. Since the beginning of 2018, Janina Lüscher is the National Editor of the "Practical Health Psychology" blog of the EHPS for Austria, Germany and Switzerland. Furthermore, since June 2018 she is associate editor for *Applied Psychology: Health and Well-Being*.



**Dr. Gill ten Hoor (The Netherlands)**

Gill ten Hoor is assistant professor at the Faculty of Psychology and Neuroscience (FPN), Maastricht University, and adjunct instructor at the University of Texas Health Science Center at Houston. Gill has an MSc in

biology (Sports and Physical Activity Interventions), an MSc in Psychology, (Health & Social Psychology), and a PhD in Behavioural science. In his training and research, Gill has actively sought to combine biological and psychological insights, especially developing interdisciplinary approaches to the prevention of obesity in youth. Within this research line, there is a specific focus on physical activity, sedentary behaviour, and body composition. Next to this, Gill is certified Intervention Mapping trainer and contributes to planned behaviour change in various topics (e.g. waste separation and Chlamydia testing), as well as behaviour change methods (e.g. threatening messages and implementation intentions). One landmark publication is the introduction of "Implementation Mapping", a protocol for applying Intervention Mapping (using insights from Implementation Science) to develop implementation strategies (Fernandez, ten Hoor, et al., 2019).

In his entire career, Gill strives for openness and transparency in science: his publications, including his entire PhD dissertation, are open-access, and all data, syntax, and output are available to guarantee scientific integrity. Gill is an active EHPS-member since 2013, Dutch National delegate since 2018, co-founder of Practical Health Psychology ([www.practicalhealthpsychology.com](http://www.practicalhealthpsychology.com)), executive editor for *Health Psychology Bulletin* and reviewer for EHPS journals. In 2018, he received the Herman Schaalma Award.



**Dr. Elaine Toomey (Ireland)**

Dr. Elaine Toomey is a Postdoctoral Research Fellow in the National University of Ireland (NUI) Galway and a member of the Health Behaviour Change Research Group directed by Prof Molly Byrne. She completed her PhD in 2016 from University College Dublin. Her research interests are in the development, evaluation and

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implementation of health behaviour change interventions, focusing on improved methodology to maximise health research impact and translation into practice. In particular, Elaine specialises in addressing intervention fidelity within health behaviour change research. She has led several international collaborations in this area, including with EHPS members from Ireland, the UK and Finland.

Elaine has received a number of international awards for her research, including a Leamer-Rosenthal Early Career Researcher Prize from the University of California, Berkeley for her PhD research in 2016, and a James M. Flaherty Early Career Research Award from the Irish Canadian University Foundation in 2017. She was also recently appointed as Associate Director of Cochrane Ireland, a senior leadership role within a €2.5million initiative focusing on maximising health research impact within policy and practice.

Since 2016 Elaine has organised and/or delivered over 35 different capacity-building events to researchers, healthcare practitioners and government agencies, including developing and delivering intervention fidelity training/workshops internationally. She also teaches, coordinates modules and supervises students on the MSc in Health Psychology in NUI Galway. Elaine is an active member of EHPS and was on the Local Organising Committee and the Synergy Committee for EHPS 2018. She has also convened and participated in several symposia, pre-conference workshops and Synergy expert meetings, as well as presenting her research at all EHPS conferences since becoming a member. She is an enthusiastic open science advocate and is Co-chair of the recently established EHPS Open Science Special Interest Group and a member of several committees including the Irish Health Research Board Open Research National Steering Committee, and the Berkeley Initiative for Transparency in the Social Sciences 'Catalyst' ambassadors