

Introducing the new EHPS Executive Committee Members 2022-2024

President: Wendy Hardeman (Netherlands/UK)



I am Professor of Behavioural Science at the School of Health Sciences, University of East Anglia (UK). I lead the research theme 'Behaviour Inequalities and Health' at the Norwich Institute of Healthy Ageing, working as part of a multi-agency partnership to address health inequalities through behaviour change. 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, eating behaviours, medication taking and delivery of evidence-based care. 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. As President-Elect I have had the privilege and pleasure of chairing the EHPS Mentoring Task and Finish Group which has developed the EHPS Ari Haukkala Mentoring Programme. A pilot of the mentoring programme will launch soon.

I am privileged to be the President of the EHPS

for the next two years. My priorities are to facilitate and strengthen connections and collaborations between EHPS members, especially our PhD students and early career researchers, after a challenging few years; enable decision-making about our future conferences; facilitate initiatives to increase reach and impact of the EHPS in addressing major challenges such as climate change and health inequalities; and strengthen collaboration with other international organisations and societies.

President Elect: David French (UK)



I have been Professor of Health Psychology since 2009, and have worked at the University of Manchester for the past 10 years. My main research interest is in developing and evaluating interventions with reach to promote health and wellbeing. Current projects include developing and evaluating nationally implemented interventions, including the NHS Diabetes Prevention Programme and NHS Breast Screening Programme. Notable contributions to health psychology and multidisciplinary health research include:

- Published over 200 articles in peer-reviewed journals, including eight in the BMJ, and many others in Health Psychology, Annals of Behavioral Medicine, etc.

- Research funding of over €80 million from bodies including European Commission, MRC and NIHR.

•British Psychological Society official publication: British Journal of Health Psychology Editor for 5 years (2013-2017) with Prof Alison Wearden.

•MRC/ NIHR guidance on Development and Evaluation of Complex Interventions (third edition) Scientific Advisory Group member and author.

•Research Excellence Framework (REF) 2021, sub-panel 2: Public Health, Health Services and Primary Care, Panel Member.

•Served on several research funding panels, including MRC Methodology Research Panel, NIHR Public Health Research, NIHR Programme Grants for Applied Research.

I have been a regular contributor to the EHPS since attending my first conference, in Dublin in 1996. Since then, I have been involved with the EHPS in a number of roles:

•One of the four founding members of the CREATE (Collaborative REsearch And Training in the EHPS) initiative: www.ehps.net/create. I was jointly responsible for organizing the first three annual training workshops adjacent to the EHPS Annual Conference (1999, 2000, 2001), before handing over to new organizers. The current organizers are now preparing the twenty-fourth workshop to be held in Bremen.

•UK National Delegate to the EHPS (2000-2004)

•Member of the executive committee of the EHPS, as National Delegates Officer (2004-2006).

•EHPS liaison officer for the 2007 conference that was held in Maastricht.

•Conference Scientific Committee Chair for joint European Health Psychology Society (EHPS) and the British Psychological Society Division of Health Psychology annual conference in 2008 (Bath).

•EHPS Conference Scientific Committee member in 2007, 2009, 2011 and 2018.

•EHPS Conference International Programme Committee member and track chair on seven

occasions (2005, 2006, 2010, 2011, 2013, 2014, 2020).

•EHPS journal, Psychology and Health Associate Editor (Dec 2009 to Dec 2012)

•Elected Fellow of the European Health Psychology Society in 2012.

•Member of EHPS Fellowship committee since 2021.

My focus over the next few years will be on bringing researchers and practitioners across Europe together after not meeting in person over recent years. I think it is timely to focus on helping earlier career people feel part of a supportive and facilitative international community, as there may be a generation of people who have not benefitted from attending EHPS conferences in person since 2019. More concretely, over the next two years, I will aim to support CREATE and SYNERGY in their endeavours, review the current conference provision, and run the pilot mentoring scheme.

Past President: Evangelos Karademas (Greece)



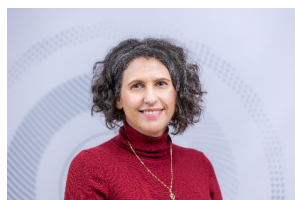
I am a Professor of Clinical Health Psychology at the Department of Psychology, University of Crete, Greece. For more than a decade, I served as the Head of the Counselling Center for Students at the University of Crete. I also served as Head of the Department of Psychology, University of Crete for two 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. 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 have served as the President of EHPS during the past two years. My priorities for the next two years, as past president, will be to pass on all the experience I gained as president of our Society to the new president and the president-elect, facilitate the necessary decision making regarding the format of our future conferences, and also promote the development of actions that will enhance the impact and the role of the EHPS.

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 Psychocardiology 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: Psychocardiology, 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.

My first goal as the secretary was to update and reshape the society's website which was archaic in design and did not support the society's growth and richness of activity. After working on the website for a year together with the dedicated Dusan from Easy Conferences, and with the enormous help from the EC members, I am happy to invite all EHPS members to our updated beautiful

website. I encourage you to send me materials you wish to upload and inform me about any error or problem you detect (noa.vilchinsky@biu.ac.il).

Next on my agenda as the secretary is to strengthen the EHPS collaboration with other relevant societies, and especially with societies of clinicians who could greatly benefit from attending the EHPS conferences and learning about state-of-the-art evidence-based practice.

Treasurer: Michael Kilb (Germany)



I completed my Ph.D. at the Health Psychology Lab of the University of Mannheim (Germany). In my dissertation, I examined the influence of social media on health behaviors, especially eating behavior. I also examined

how social media could be used for health behavior interventions. Currently, I am a postdoctoral researcher at the Institute of Child Nutrition of the Max Rubner-Institut (MRI), Federal Research Institute for Food and Agriculture in Germany. At the MRI, my research focuses on the awareness and applicability of the current German food-based dietary guidelines for children and adolescents. Furthermore, I am interested in long-term health behavior change and habit formation, digital health, and experience sampling and multilevel modeling methodology.

In my teaching, I covered the topics of health behavior interventions (from theory to practice), obesity etiology, prevention and intervention, prevention of mental disorders, and biological foundations of health behaviors. I am also contributing to science communication in health psychology (in my web blog and as a member of the blog team of In-Mind.org). Throughout my

research, I worked with experimental methods and intensive longitudinal data (experience sampling and daily diaries).

I mainly experienced the EHPS from the view of a participant in events and special interest groups organized by the society (EHPS conferences, CREATE workshops, digital health, and computer tailoring SIG). I am also a member of the International Society for Behavioral Nutrition and Physical Activity and the national health psychology group of the German Psychological Association. However, the EHPS has a special and unique role in connecting researchers in health psychology within Europe and worldwide.

I enjoy being part of this inspiring society, and I want to give something back by serving as a treasurer for the EHPS. Thereby, I aim to support the society in reaching its important tasks (e.g., organizing conferences and workshops) and expand its role as a leading society for health psychology researchers. I am very happy to further support the society in achieving democratic decisions that make the society grow and become even better in the long term by serving as an executive committee member. In particular, I would like to incorporate the perspective and needs of early career researchers into the decision-making processes of the executive committee.

Membership Officer: Julia Allan (UK)



I am a Chartered Psychologist. HCPC Registered Health Psychologist and 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 and decisions over time (e.g. food choice, stress, fatigue, clinical decision making 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.

I am a full member of the EHPS and regularly attend and present at the annual conference. I was Chair of the British Psychological Society's Division of Health Psychology Scotland (DHPS) from 2018-20 and remain on the committee as an ordinary member, working with colleagues to further develop health psychology training in Scotland and to support the transition of health psychology graduates into the workplace. I have a keen interest in raising the profile of Health Psychology as a discipline and have worked with policy makers, healthcare organisations, third sector organisations and other bodies (e.g. Food Standards Scotland) to integrate Health Psychology evidence and practice into their work.

Within the EHPS EC, I have responsibility for membership and am working with colleagues to develop resources to support better engagement between members and policy makers.

Grants Officer: Angelos Kassianos (Cyprus)



I completed my PhD in Health Psychology at the University of Surrey (UK) in 2014. I am currently a Lecturer in Health Psychology at the Cyprus University of Technology, an Honorary Senior Fellow at University College London

(UCL), Department of Applied Health Research and a Visiting Tutor at the University of Cambridge Pre-Med course. I have previously worked as a researcher in the UK (University of Cambridge, Imperial College London etc.) and the US (Harvard Medical School as Fulbright Visiting Scholar in 2015). My research interests include the behavioral science contribution to cancer prevention, early diagnosis and the development and evaluation of theoretically informed digital interventions for health behaviour change and collection of patient-reported outcomes.

During the COVID-19 pandemic I have led or co-lead several studies to understand the experience of the illness, the contributing factors to self-protective measures and hesitancy to vaccination, including the project COVID-19 IMPACT in which we collected data from more than 10,000 people internationally.

I currently lead or co-lead several research projects funded by the UK Policy Research Unit, Cancer Research UK, the Cyprus Research and Innovation Foundation and the Union for International Cancer Control. At the same time my teaching is focused on mixed research methods, statistics, inequalities in healthcare, psychometrics and health psychology theories and methods.

I have been a member of EHPS since 2012 and have participated in all conferences since then. I have been an active member of the EHPS-UN Sub-Committee from 2012 to 2017 following my internship at the World Health Organization (WHO). I have been the EHPS National Delegate (ND) of Cyprus since 2015. In this role, I have collaborated with other NDs to set-up a task force commissioned by the EC to examine how health psychology is practiced in EHPS countries and beyond. The results of this work have been presented in roundtables in three EHPS Conferences (2016-2018) and in a Special Issue of the *European Health Psychologist* on January 2018 where I served as a Guest Co-Editor. We are currently re-examining the competencies of Health Psychologists in Europe

together with the European Federation of Psychologists' Associations (EFPA) where I serve as a Board Member of the Prevention and Intervention Board. I have received the 2018 EHPS Early Career Award and I act as National Editor for the Practical Health Psychology blog. In 2017, I received the Young Transatlantic Innovation Leaders Initiative (YTILI) Fellowship from the US Department of State and in 2020, I received the Young Researcher Award from the Cyprus Research and Innovation Foundation.

My priorities for the next 2 years as Grants Officer of the EHPS EC are to (a) contribute to the EC goals, tasks and activities with an emphasis on transparency and inclusion (b) widen the participation of EHPS members on the grant activities; (c) collect feedback on expanding the current grants and tailoring to the needs of the EHPS members and especially the early career members and under-represented groups and (d) support the work and the role of the Special Interest Groups (SIGs) with an emphasis to extend their impact, visibility and activities. Also, milestones like the COVID-19 pandemic, advances in chronic conditions' longevity and climate change, bring major challenges and I believe that we need to be collectively responding. Our role needs to be expanded considering these challenges at the same time as our methods becoming more robust and transparent.

National Delegates Officer: Dominika Kwasnicka (Poland/ Australia)



I am a Senior 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.

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 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 30 languages. I am also one of the co-founders of the Open Digital Health, organisation 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 Synergy meeting on the topic of Open Digital health, and led on a collaborative publications resulting from these meetings. 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.