

# To new beginnings

## February 2024 Editorial

**Filipa Teixeira**, Trinity College Dublin, Ireland  
**Thomas Gültzow**, Open University of the Netherlands

Welcome to the first issue of the European Health Psychologist in 2024! This issue not only marks the start of a new year of exciting health psychology research but also marks a new beginning for the European Health Psychologist. After almost four years of service Ângela Rodrigues stepped down as editor-in-chief and we – Filipa Teixeira and Thomas Gültzow – are honored to be selected as the new editors-in-chief. We sincerely thank Ângela for her exceptional leadership over the years. Her invaluable contributions have helped make the European Health Psychologist the great magazine it is today!

We would also like to take this opportunity to introduce ourselves:

**Filipa Teixeira** is a researcher in the SEURO project at Trinity College Dublin. She has worked on several internationally funded research projects related to chronic pain, obesity, HIV, adverse life experiences and academic burnout. But her greatest enthusiasm lies in researching the needs, burden and quality of life of informal carers of people with (multiple) chronic conditions, the community reintegration of former carers, and the implementation of digital health strategies to promote the support and well-being of these vulnerable groups. In essence, she is interested in giving voice to these crucial elements of the care process as one of the avenues to promote and advance patient-centred and integrated care. For the past four years, she has been one of the Associate Editors of EHP, which not only motivated her to apply for the current role but also fuelled

her desire to continue to be an active member of the society.

**Thomas Gültzow** works as assistant professor societal transition & behaviour change at the Open University of the Netherlands. He is a passionate researcher in the field of behaviour and decision making, specialising in informed decision making, behaviour change, and the influence of digital communication and interventions. His focus spans a variety of topics, ranging from sexual and reproductive health to the disclosure of mental health issues and climate change. In essence, anything related to behaviour and decision making, as well as its support, captures his interest. Additionally, he is a strong advocate for social justice, aiming to ensure that everyone is visible in research. He actively works to integrate these principles into our research to promote an inclusive approach. Furthermore, he presently serves as the chair of the EHPS special interest group dedicated to Digital Health & Computer-Tailoring.

We are dedicated to building upon the exceptional work accomplished thus far and striving for continuous improvement. In this inaugural issue of 2024, we are pleased to present four insightful articles:

**Ahmadyar and colleagues** describe their insights and highlights from the 2023 CREATE Workshop and the EHPS conference.

**Crutzen and colleagues** outline a range of problematic practices in health psychology research and introduce several innovative approaches that have the potential to reshape paradigms, sparking methodological and theoretical innovation.

And speaking of innovative approaches, **Laban and colleagues** describe how social robots can be

used within the field of health psychology, offering unique opportunities that may positively impact human well-being in several areas. .

Last but not least, **Howells and colleagues** discuss how an online approach to citizen science can revolutionise clinical trials, using as an example The Rapid Eczema Trials project.

Enjoy reading this edition and feel free to reach out to us at our new email address ([ehp@ehps.net](mailto:ehp@ehps.net)) if you would like to be featured in upcoming issues!



**Filipa Teixeira**

Trinity Centre for Practice and  
Healthcare Innovation (TCPHI)  
School of Nursing & Midwifery  
Trinity College Dublin, Ireland

**[TEIXEIRF@tcd.ie](mailto:TEIXEIRF@tcd.ie)**



**Thomas Gültzow**

Department of Theory, Methods &  
Statistics, Faculty of Psychology,  
Open University of the Netherlands,  
Heerlen, The Netherlands

**[thomas.gultzow@ou.nl](mailto:thomas.gultzow@ou.nl)**