

Kicking Off 2025: February 2025 Editorial

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New year, old us – the entire team at The European Health Psychologist wishes you a belated but heartfelt Happy New Year! This year, we're excited to bring you fresh insights from health psychology, updates from

the European Health Psychology Society, and so much more. To kick off 2025, we're delighted to present the following articles:

The new **Executive Committee** kicks off this issue by introducing themselves.

Phipps and colleagues present EMPOWER – the European network for postdoctoral early career & Mid-career researchers in health Psychology focusing on Well-being & Empowerment of Researchers. This exciting initiative provides a supportive platform for postdoctoral and early- to mid-career academics in health psychology.

Theodoropoulou, winner of the 2023 Early Career Award from the Open Science Special Interest Group, shares an inspiring piece reflecting on her research journey and the Open Science. Congratulations, Andriana!

In a thought-provoking article, **Perski and Allen** explore how formal dynamical systems modelling can be harnessed to advance health psychology theories.

Lastly, **Levy and colleagues** provide valuable insights into training cancer exercise specialists to promote physical activity behaviour change among individuals living with head and neck cancer.

We hope you enjoy this first issue of 2025! If you'd like to be featured in future editions, feel

free to contact us at ehp@ehps.net.



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