

EDITORIAL

Time flies when you are having fun: The first regular 2026 issue

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Abstract

This editorial introduces the first regular issue of *The European Health Psychologist* in 2026. The contributions featured in this issue demonstrate how ideas originating from EHPS workshops, conference roundtables, keynote lectures, and Synergy activities continue to evolve into scholarly outputs that advance health psychology. Spanning science communication, applied health psychology, occupational well-being, and the influence of social media on research and practice, the articles showcase the breadth of the discipline and the value of continued collaboration beyond Society events. Together, they reflect the vibrant exchange of ideas, innovation, and community spirit that continue to shape health psychology and its real-world impact.

Key words: Editorial

They say time flies when you're having fun. It truly feels like only yesterday that we published our last issue on Intervention Development, yet here we are, already welcoming the next one!

In this issue, we are delighted to feature a diverse lineup of contributions, many of which have their roots in EHPS events. From workshops and conference roundtables to the Synergy Winter School, this issue illustrates how the conversations we have as a community continue to evolve long after the events themselves, becoming collaborations, educational resources, and new ideas.

First, we begin with two articles stemming from the 2023 CREATE workshop, both highlighting science communication activities. **Seffen and colleagues** describe the planning, implementation, and evaluation of an EHPS UN-funded science communication initiative on Instagram, executed in partnership with In-Mind magazine. Similarly, **Metz and colleagues** detail the development of an Instagram-based project aimed at translating complex research into accessible, engaging health tips.

Fast-forwarding to the 2024 EHPS conference, **Le Bonniec and colleagues** summarize a roundtable discussion, exploring the practical application of health psychology in non-academic settings.

Continuing with outputs from 2024, **Gültzow and colleagues** recap the insights and discussions from the 2024 Synergy Winter School. Focusing on health psychology in the age of social media, they highlight discussed themes and offer valuable directions for future research.

Last but not least, drawing on her keynote lecture at the 2025 EHPS conference, **Sonnentag** turns our attention to occupational health, introducing a comprehensive, three-layered framework for workplace well-being.

Together, these articles offer a vibrant snapshot of our field. They not only showcase a broad spectrum of health psychology but also reflect the collaborative spirit, innovative thinking, and exchange of ideas that continue to move our field forward and enhance its impact beyond academia. The future of the EHPS is bright indeed!

Goodbye... and thank you!

The past few months, we also experienced a few bittersweet transitions as we said goodbye to David Healy, Kate Greenwell and Robert Portman, who have stepped down from their role on the editorial team. We would like to sincerely thank them for their enthusiasm, dedication, and countless contributions to *The European Health Psychologist*. We wish them all the very best in their next adventures.

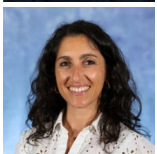


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