

# Annual Report - Cyprus

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To the best of our  
knowledge, the following  
Health Psychology research

projects are currently running in Cyprus:

1. The "ALGEA" project is a new multilevel research approach for the study of chronic pain in patients in Greece and Cyprus. The primary aim of this project is the creation of a new therapeutic environment for chronic pain patients and their families, by incorporating the needs of local health services providers and communities in Greece and Cyprus including – patients, family members, doctors, health and support organisations. The study is funded by The Cross Border Cooperation (CBC) Programme "Greece- Cyprus" and through government funds from both countries. Project partners include the University of Cyprus, the University of Crete and the Cyprus Institute of Neurology and Genetics. This study, among others, is being conducted by the recently established ACTHealthy: Clinical Psychology and Behavioral Medicine laboratory at the University of Cyprus. The main academic and clinical interests of this laboratory include: the development and expansion of behavioral medicine theories and treatments for a wide range of health-related problems and chronic illnesses. Acceptance and Commitment Therapy and contextual-based theories are the core approaches being examined via various protocols in the lab. Different European and locally funded projects are being conducted, such as; Smoking cessation interventions for adolescences, prevention programs for eating disorders, dealing

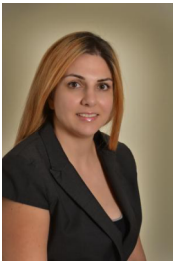
with cravings, psycho-social support for patients with Thalassaemia and other serious illnesses.

2. Quasi experimental research project run by Theano Kalavana, as an expansion from a funding from Europeans Regional Structural Funds and Republic of Cyprus on health care professionals' self-regulation skills and clinical communication in relation to patients' satisfaction. The project involves nurses from Cyprus general public hospitals and has been expanded recently in the hospitals of the private sector. The results have shown that teaching self-regulation skills to health care professionals not only increases patients' satisfaction but also improve nurses' self-efficacy and satisfaction from work. We are now also investigating other parameters such as burnout and emotional exhaustion in relation to health care professionals' self-regulation skills.

Finally, the preparations for the Synergy expert meeting in Cyprus in 2015 are well underway. The expert meeting will be held over 2 days: 31st August-1st September 2015 (Monday and Tuesday respectively) and the title of the upcoming meeting is: Mhealth for behaviour change: opportunities, challenges and future directions. The meeting will be facilitated by Profs Lucy Yardley, Susan Michie and Robert West. Further details about the meeting will be uploaded soon on Synergy's website <http://ehps.net/synergy/>



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