

# Annual Report - Lithuania

## **Antanas Gostautas** *Conferences*

*Vytautas Magnus University*

25-27 April, 2013 - Lithuanian Congress of psychologists, "Psychology for Health and Wellness" at Vilnius University. Section of health psychology chaired by prof. A. Gostautas had 11 presentations.

16-20 July 2013 - 27th Annual Conference of the EHPS, Bordeaux, France. 7 articles were presented by psychologists from Lithuania.

24 May, 2013 - Union of Lithuanian Health Psychologists Conference, organized by Kaunas regional municipality and Vytautas Magnus University. "Quality of life of Kaunas region students and teachers, related to health, in the context of health psychology". There were 14 presentations on the topic for school teachers and health professionals in the Kaunas region.

## *Legislation*

Up till now there are ongoing discussions about having specialized legislation for Psychologists' practice. Some projects on this topic were prepared and discussed in working groups under the guidance of the Ministry of Health; however, no conclusions have been reached so far. Psychologists are working under legislation regulating the health care system including laws on biomedical ethics.

## *Education*

In 2013 there was a two years Health psychology master studies programme (full and part time) in Vytautas Magnus University in Kaunas. Two master programmes in clinical psychology and health psychology in Vilnius University in Vilnius. In the Health university in Kaunas, within the department of health psychology, there is an ongoing 4 years bachelor programme specialized in health psychology.

## *Organizational aspects*

Graduates from both clinical and health psychology programmes (not graduates from other master programmes in psychology) may apply to working places within the health care system and to be registered as medical psychologists under regulations of the ministry of health. No internship or licensing is still required. There is no professional title in practice as clinical or health psychologist, nor in doctoral studies which goes under the general name - social sciences, psychology, without a further specification.

There have been ongoing discussions with the Health Ministry about the situation of health psychology in Lithuania. At the present time there are 102 medical psychologists within 107 primary mental health care centres. Currently one psychologist serves 40,000 residents. The health minister of Lithuania signed a document extending the number of work places for medical psychologists up to 150 in 2016, which will be one psychologist per

20,000 residents.

### *Dissemination Activities*

Two regional health promoting summer camps “Communication for health” for senior school children were carried out by the Union of Lithuania’s Health Psychologists in the Jonava and Kaunas regions under the guidance of Prof. A. Gostautas in collaboration with the Jonava and Kaunas regional municipalities.

### *Research*

There is a lot of ongoing research, practical projects and publications (including dissertations in the social science area) on topics related to health promotion, disease prevention and rehabilitation. It is difficult to separate these topics from other health related areas and they cannot be identified solely with Health Psychology.



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