

Annual Report - Australia

Barbara Mullan
Curtin University

Academic and Applied developments

The new State Chair for the Australian Psychology Society College of Health Psychologists, Queensland Section is EHPS member Kyra Hamilton. The Australian Psychology Society College of Health Psychologists, Queensland Section and Menzies Health Institute Queensland, Griffith University has been active in organizing professional development events for members

This includes:

- Health Psychology: Student professional networking event and information night. Presenters: Dr Kyra Hamilton and Dr Bernadette Watson. September 2014 (APS College of Health Psychologists, Queensland Section)
- Sleep disorders with particular emphasis on the insomnias; Behavioural Management of insomnia; Behavioural management of parasomnias. Presenter: Dr. Stuart Armstrong. September 2014; December 2014; March 2015 (APS College of Health Psychologists, Queensland Section)
- Health behaviour change: Constructs, mechanisms, and interventions; Self-efficacy and social support as coping resources. Presenter: Prof. Ralf Schwarzer. November 2014 (Menzies Health Institute Queensland, Griffith University; APS College of Health Psychologists, Queensland Section)
- Workshop on Scientific writing. Presenter: Prof Martin Hagger. January 2015 (APS College of Health Psychologists, Queensland Section)
- Changing physical activity and dietary

behaviours: Conceptual and empirical analyses of initiation and maintenance. Presenter: Prof Falko Sniehotta. April 2015 (2 events: 1 for APS College of Health Psychologists, Queensland Section; and 1 for Menzies Health Institute Queensland, Griffith University)

- A systematic approach to behaviour-change intervention design and evaluation. Presenter: Prof Charles Abraham. May 2015 (APS College of Health Psychologists, Queensland Section)

- Forming good habits and breaking bad ones. Presenter: A/Prof Barbara Mullan. June 2015 (APS College of Health Psychologists, Queensland Section)

The Health Psychology and Behavioural Medicine group in Curtin University in Perth WA has been active in organizing events for academic and professional development including

- Professional development event with EHPS member Professor Susan Michie in Curtin University 2015
- Professional development event with EHPS member Professor Falko Sniehotta in Curtin University 2015

EHPS-related activities

Conferences

There were two health psychology conferences this year:

- The 1st was the ASBHM annual scientific meeting held in Perth WA. The Theme was "Addressing barriers to health outcomes for people and populations." It ran from Wednesday

11th to Friday 13th February, 2015. The Scientific Program comprised of 85 oral presentations, 4 symposia, 21 poster presentations and 2 pre-conference workshops. We had just over 100 delegates from Australia and around the world. Namely, we had international delegates from New Zealand, China, Malaysia, Singapore, Poland, and the United Kingdom. We also had a large number of interstate delegates primarily from New South Wales, Queensland, and Victoria. Our international keynote speaker, an EHPS member, Professor Susan Michie (United Kingdom) was an outstanding addition to our program and inspired many of our delegates.

- The 2nd was the 2nd APS College of Health Psychology Conference held on the 10-11th April, 2015 at Coogee Beach Sydney. The theme of the conference was "Facilitating health behaviour change and maintenance". The conference scientific program featured international and local keynote presentations, individual research papers, symposia, posters and workshops which showcased the wide array and high quality work being done in health psychology. The conference was an excellent opportunity to network with colleagues, hear about recent theoretical developments and research, and to gain workshop experience relevant to the practice of clinical health psychology and health promotion. One of the keynote speakers was EHPS member Professor Falko Sniehotta

Upcoming events

ICBM 2016

We are very excited to be involved in organizing the ICBM 2016 conference in Melbourne.

Keynote speakers are confirmed as:

Rona Moss-Morris -Medically Unexplained

Symptoms - King's College London

Ichiro Kawachi - Social Determinants of Health - Harvard University

Christina Lee - Women's Health in Context - University of Queensland

Master Speakers are confirmed as:

Professor Steve Cole - UCLA School of Medicine

Professor Judith Prins - Radboud University Nijmegen

Professor Winfried Rief - Philipps-Universität Marburg

Professor Alex Brown -University of South Australia

Miscellaneous

1. The new ICAP secretary and Chair Elect of ASBHM is EHPS member Barbara Mullan

2. Grants awarded:

Kemps, E., & Tiggemann, M. Can attentional re-training reduce food cravings and consumption? 2013-2015, \$230,000, Australian Research Council.

Tiggemann, M. "Warning: This image has been digitally altered": The effect of disclaimer labels on women's mood and body dissatisfaction. 2015-2018, \$370,000, Australian Research Council.



Barbara Mullan

Chair of LASER & HABIT

Health Psychology & Behavioural Medicine Research Group

School of Psychology and Speech Pathology, Faculty of Health Sciences, Curtin University

barbara.mullan@curtin.edu.au