

# Reflections on the 29th EHPS Conference

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This issue of the bulletin is dedicated to reflections on the 2015 Cyprus EHPS conference. It's difficult to know exactly how one should evaluate a conference, or whether such evaluations are worthwhile. However, according to Socrates the unexamined life is not worth living. Thus with such weighty advice, we have collated a series of reflections on the conference. Our reports cover both the process and content of the conference, and remind us of the many interesting outcomes. Taking time to remember what we shared gives it resonance for ourselves and others. The contributions are described in brief below, but the reader is encouraged to read them all in full.

Catrinel Craciun and Lisa Marie Warner report on what happened when they attempted to share their experiences of the EHPS conference with their health psychologist practitioner colleagues working in hospitals. The authors creatively tackle the skepticism of their audience by addressing myths about older people. Their method is engaging and practical and provides a template as to how we can all bring 'take home' messages back to our colleagues.

Teresa Corbett attended the workshop on innovative strategies for writing scientific papers by James Coyne, and shares her experiences. Corbett does an excellent job in distilling the key elements of the workshop. Good advice and well worth the read for both novices and more

experienced scientists. We are strongly encouraged to take ownership of our own dissemination efforts.

Thomas Fuller accepted the task of following the EHPS virtually via Twitter. His report is witty, insightful and fun. His experience suggests that we can reach out to health psychologists who can't attend the conference every year. Communicating the conference to virtual participants is worthy of more exploration.

Silja-Riin Voolma and Jordrinde Spook provide a report on the CREATE workshop; Writing Science for Journals, Funders and other Audiences. The facilitators were Jean Adams, Stephan Dombrowski and Martin White. The workshop involved an effective use of group collaboration and peer review among the participants. The reader is introduced to the importance of structured plans, the "rule of five" and Zombie words. The workshop is an exemplar of how

to extract maximum value from minimum time.

Heidi Preis, Adriana Baban, Karen Morgan, Irina Todorova and Yael Benyamini examine women's health psychology and socio-cultural context in the EHPS. As you would expect from such an erudite and experienced group, they make a convincing argument as to the importance of studying how women experience, cope with and regulate different reproductive matters. More specifically, they present five examples of how women's cultural background and personal dispositions affect the way they deal with reproductive health issues.



Noa Vilchinsky, Tracey Revenson, Valerie Morrision, Konstina Griva, Aleksandra Luszczynska, Efharis Panagopoulou and Mariet Hagedoorn report on the outcomes of an EHPS networking grant concerning caregiving in the illness context. Their report is good evidence that the EHPS networking grants result in excellent outcomes. The group has just finished a book on the topic of caregiving in the illness context. Not resting on any laurels, the group plan to conduct cross-cultural studies, apply for research funding and develop a set of core measures that will be included in their own caregiving and dyadic coping studies. From small acorns, big oaks grow.

Katerina Kassavou, Dominika Kwasnicka and Marta Marques present highlights of the synergy expert meeting; Mhealth for behavior change: Opportunities, challenges and future directions. Facilitated by Lucy Yardley, Susan Michie and Robert West, the meeting brought together contributors from 11 different countries. The authors report on a selection of topics; methodo-logical issues, the utility of Bayesian methods, engagement of mhealth interventions and promoting an open science framework. As you would expect from such a stellar facilitation team, the participants covered considerable ground, and a special interest group on mhealth will follow in the near future.

Floor Kroese tells us how the EHPS conference has provided inspiration for her teaching. More specifically, Floor elucidates how she and a colleague used the conference to enhance their upcoming course on intervention mapping. They made great use of the experts at the conference. It's a great example of how the resources at a conference can reap rich rewards in terms of our teaching.

Ultimately, the reports in this special issue

should prompt us to consider how conferences are much more than symposia and presentations. Reflecting robustly on what we do at conferences has the potential to inform future meetings and identify what elements we should give more emphasis to.



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