

Editorial



Rik Crutzen

Editor



Emely de Vet

Editor

Dear Readers,

Welcome to the conference issue of the European Health Psychologist (EHP), which most of you will be reading in Prague, Czech Republic during the 26th European Health Psychology Conference. This year's conference focuses on resilience and health. Pauline Boss (2006) defines resilience as "the ability to stretch (like elastic) or flex (like a suspension bridge) in response to the pressures and strains of life". Promotion of resilience has significant rewards: a healthy, well-educated and cohesive population, and a widespread readiness to adapt to the unexpected (Casteden, McKee, Murray, and Leonardi, 2011), which stresses the importance of this year's conference theme.

We are particularly pleased with the contribution of all four keynote speakers in this issue. First, Professor Kavita Vedhara (University of Nottingham, UK) provides insight into the many faces of stress and the associated psychological processes that are highly relevant to our understanding of health and disease. Second, Professor Johan Denollet (Tilburg University, the Netherlands) discusses the health effect of Type D and other psychosocial risk factors. Third, Professor

Charles Abraham and colleagues (University of Exeter, UK) plead that funding research on the basis of impact potential should be welcomed by health psychologists who want to create change that counts. Last, Professor Carol Ryff (University of Wisconsin - Madison, US) discusses the varieties of resilience and their biological underpinnings. These contributions clearly reflect the diversity of work in health psychology.

Last but not least, we would like to ask all potential authors to continue to submit appropriate contributions to the EHP. We look forward to receiving and publishing inspiring pieces in the (near) future and are happy to discuss any ideas in this respect.

On behalf of the editorial board of the EHP, we wish you a fruitful conference and wonderful stay in Prague!

Rik Crutzen and Emely de Vet, Editors

Boss, P. (2006). Resilience and Health. *Grief Matters: The Australian Journal of Grief and Bereavement*, 9, 52-57.

Castleden, M., McKee, M., Murray, V., & Leonardi, G. (2011). Resilience thinking in health protection. *Journal of Public Health*, 33, 369-377. doi: 10.1093/pubmed/ldr027

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