

## EHPS Executive Committee Messages



**Yael Benyamini**  
EHPS Secretary  
benyael@post.tau.ac.il

I began my term as EHPS secretary following the Annual Conference in Warsaw, 2006. I joined the EHPS as a full member in the year 2000, shortly after becoming a faculty member at the Tel Aviv University in Israel. My research interests are perceptions of health – from global self-ratings of health to the perceptions of specific conditions, their associations with ways of coping with health threats, and with personality and social resources that affect these perceptions and coping efforts.

In the past seven years, in which I had been a member of the EHPS, I have participated in most of the annual conferences and many of the workshops (first CREATE, then Synergy). I realized that these activities were made possible only with endless amounts of time and energy that so many people volunteered. Therefore, when my name came up as a candidate for Secretary, I felt that this is my opportunity to contribute to the EHPS. As Secretary I am involved in a wide variety of activities: From formal roles, such as writing and circulating documents, to involvement in most of the decisions made and contracts negotiated by the Executive Committee. In addition, I initiated and organized a new activity for the upcoming conference (“Meet the Expert”). This activity is part of my vision for the role of the secretary and for the entire Executive Committee: Our job is to promote the unique aspects of the EHPS as a thriving international network of scientists by facilitating communication between these scientists in as many ways as possible.



**Irina Todorova**  
EHPS President Elect  
ilgt1@comcast.net

I have been a member of the EHPS Executive Committee since 2002 and was editor of the EHPS Newsletter, now the European Health Psychologist (EHP) until 2006. In my role as editor I developed the content and design of the EHP, which is issued 4 times a year. Since the elections in 2006 I have taken the role of President elect. In this role I support the ongoing activities of the EC such as planning the upcoming conferences in Bath 2008 and Pisa 2009, working as a member of the Grant Committee which awards EHPS conference grants in 2005-2007, and organizing pre- and post-conference workshops in 2006 and 2007. I direct the Health Psychology Research Center in Sofia. My research interests are in the areas of gender and health, culture and health and social change and health. I am particularly interested in psychosocial aspects of health in Eastern Europe and committed to contributing to developing health psychology in that area of Europe, as well as expanding the involvement of psychologist from CEU in the EHPS.



**Winnie Gebhardt**  
EHPS National Delegates  
Officer  
gebhardt@fsw.leidenuniv.nl

I am an associate professor in Health Psychology at Leiden University, the Netherlands, and member of the Executive Committee since 2006. I am also the EHPS National Delegate Officer, and as such coordinate and support the efforts of our National Delegates to enhance local Health Psychology initiatives as well as to increase the visibility of the EHPS within their home countries.

My research interests concerns the development and application of psychological theory to explain, predict and influence health behavior, with a primary focus on the role of personal goals. More specifically, I am interested in the way health behaviors relate to the multitude of other goals that are being pursued, based on the conception that insight into how personal goals interact with one another will lead to a better understanding of the process of health behaviors change.



**David Hevey**  
EHPS Education and  
Training Officer  
heveydt@tcd.ie

As one of the founding members of CREATE, I believe that the health of an organisation can be assessed by its ability to further the training and education of its members. The EHPS currently provides high quality training for health psychologists through its pre and post-conference workshops, CREATE, SYNERGY and on-line networks. The society has a strong commitment to developing members' research and professional skills and I hope that we can continue to best meet the needs of members in the coming years.

(Continued on page 60)



## EHPS Executive Committee Messages (cont'd)

*(Continued from page 59)*



**Susan Michie**  
*EHPS Past President*  
s.michie@ucl.ac.uk

I am currently Past-president of the EHPS, and I was President during the period of 2004-2006. As Past president I contribute to all activities of the EC, including being co-liaison for the 2008 EHPS Conference in Bath and serving on the Publications Sub-committee. I have also served as Chair of the British Psychological Society's Division of Health Psychology, Chair of its Training Committee, member of the BPS Council and was elected Fellow of the BPS in 2001.

I am Professor of Health Psychology at the Psychology Department of University College London since 2002. I am also Director of Health Psychology Research for the Camden & Islington Mental Health NHS Trust and Camden and Islington PCTs and Deputy Director of the Centre for Outcomes Research and Effectiveness. My research includes:

- designing and evaluating theory based interventions to change behaviour
- assessing adherence to intervention protocols
- developing a taxonomy of behaviour change techniques



**Christel Salewski**  
*EHPS Membership Officer and Treasurer*  
christel.salewski@hs-magdeburg.de

I have been a member of the EHPS Executive Committee since 2004. In my role as membership officer and treasurer I coordinate the finances and membership of the Society. My task is to oversee how the money is spent, either directly dictating expenditure or authorizing it as required. It is my responsibility to ensure that the organization has enough money to carry out their stated aims and objectives, and that the EHPS does not overspend. I also report the financial status at the Executive Committee meetings to insure checks and balances. As a membership officer I am primarily responsible for promoting recruitment of new members and for maintaining good membership records. Moreover, one of my tasks is to encourage members to pay their membership fee and to support members during the application or renewal process.

I am Professor of Personality Psychology and Individual Differences at the University of Applied Sciences Magdeburg-Stendal since 2004. My research includes:

- illness representations
- illness behavior and coping in adolescents
- personality, goal pursuit and attitude change



**Vera Araújo-Soares**  
*Editor of the EHP*  
v.l.b.araujo-soares@rgu.ac.uk

I began my term as an EC member in 2006. I was first introduced to the EHPS conferences in 1997 and Teresa McIntyre, with her dedication and vision for the EHPS, inspired me in her role within the Executive Committee. I soon became involved in organizing CREATE (2001-2005) and SYNERGY (2006) workshops. In 2004, Irina Todorova invited Falko Sniehotta and me to collaborate as co-editors of the EHPS Newsletter. Reflecting upon our mission statement, this newsletter developed and matured: new content was included to facilitate and foster communication amongst those interested in the field of Health Psychology. Together, we developed the European Health Psychologist in 2005. In 2007, the editorial team was expanded and the EHP went online ([www.ehps.net/ehp](http://www.ehps.net/ehp)). Currently, I am Joint Editor of the EHP and act as liaison to the EC in matters relating to the EHP. As a member of the EC I am also a co-liaison officer for the 2008 EHPS Conference in Bath that will be run jointly with the British Psychological Society Division of Health Psychology.

My vision for the future of both the EHP and the EC is tied with the need for an increased communication amongst EHPS members and others, either active scientists or professionals, using the EHP as well as the annual conference, with the pre- and post- conference workshops as platforms to exchange ideas that will help us foster the development of this scientific area, increasing our contribution to population health and well being. The EHPS is in a privileged position to facilitate research efforts.

In 2006 I moved to The Robert Gordon University (UK) as a Senior Research Fellow. My research interests include:

- Self-care and self management, in healthy people and people with chronic illness, focusing on enhancing self-care to prevent disease or disability and to improve general levels of health and health related outcomes
- Development of self-regulation from infancy to adulthood
- Theory development and theory-based interventions