



www.ehps.net/ehp **The European
Health Psychologist**

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August 2021 Editorial

Angela Rodrigues Our summer issue
Northumbria University, UK includes two articles
Pamela Rackow disseminating the
University of Stirling, UK activities undertaken by
the different subsections
of the EHPS, more
precisely CREATE and Synergy. This issue is also a
tribute to **Ari Haukkala**, a fellow of our society
and esteemed colleague and friend.

A brief overview of the articles included in this issue can be found below.

This EHP issue features an introductory piece on our new and returning **2021 SYNERGY** committee members as well as an insight into 2021 SYNERGY expert meeting. This year's expert meeting is titled "Open Digital Health accelerating health promotion and treatment during and after COVID-19 pandemic".

CREATE's PR master, Claire Reidy, introduces the **2021 CREATE** committee and what it has in store for the upcoming CREATE workshop. This year's workshop will focus on writing for publications, writing for social media to communicate your research, and writing to acquire funding and grants.

With the sad passing of **Ari Haukkala**, society members expressed the wish to honour him and his extraordinary and exceptional contribution to the EHPS by providing a *in memoriam* series of articles. This issue therefore features articles provided by Ari's companions, friends and colleagues. Nelli Hankonen and Wendy Hardeman summarise and honour Ari's exceptional body of work in several the areas of social and health psychology as well as chronic diseases, eating behaviour and genetics. Antti Uutela reflects on his time with Ari as Ari's

PhD supervisor. Hanna Konttinen and Marleena Vornanen are some of Ari's former PhD students and they paint a vivid picture of Ari as an exceptionally kind and competent supervisor and mentor. Susan Michie and Robert West pay tribute to Ari by acknowledging his warmth, generosity and profound intellect and we would like to join them in saying that Ari is "a true scientist who is greatly missed".

The 2021 EHPS conference is fast approaching (23rd – 27th of August, 2021) and we hope you are all curious and excited about the forthcoming online conference. Hope to see you 'virtually' at the 2021 EHPS conference!



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EHPS CREATE news 2021; Introducing the new CREATE Executive Committee and the upcoming pre-EHPS conference workshop

Milou Fredrix

CREATE Chair

Claire Reidy

CREATE PR Master

Who are we?

Collaborative REsearch And Training in the EHPS (CREATE), is a subdivision of the European Health Psychology Society

(EHPS) and functions as a network for early career researchers (ECRs) working in the field of health psychology (CREATE | EHPS.net).

The Executive Committee (EC) consists of six members who organise an annual workshop for ECRs in health psychology, and provide a network of support for fellow ECRs, and, as of 2020, additional webinars to support and share knowledge between CREATE members. In the last months, three excellent new members have joined the EC: Maria Blöchl (Leipzig University), Daniella Watson (University of Southampton) and Louise Foley (National University of Ireland, Galway) took on the roles of Application manager/ Communications officer, Grant Master and Treasurer. In August 2021, Nikolett Warner (National University of Ireland, Galway) will be joining the team and take over as Secretary.

See details of the Executive Committee and their roles here <https://ehps.net/organisers-contact-us/>.

Our annual workshop

CREATE organises a two-day interactive workshop each year immediately prior to the annual EHPS conference. These workshops are led by prominent experts within the field and offer great opportunities for networking, as well as

knowledge and skills enhancement.

As we move through the pandemic, networking and getting yourself and your research out there is not always straightforward. Therefore, this year's CREATE workshop will focus on 'How to get your research out there: publishing, promoting, and funding your research'.

This online workshop will be focused on writing for publications, writing for social media to communicate your research, and writing to acquire funding and grants. Each of these are essential to disseminate and share your findings with the research community and the public.

The workshop will take place on the 19th and 20th of August 2021. During the two days, we will have three different sessions. All sessions will include interactive elements through which ECRs can build their network.

Marita Hennessey, PhD (<https://www.infantcentre.ie/who-we-are-2/our-team/research-support/marita-hennessey>) will provide a workshop on using social media to share your research and build your networks.

Dr. Angela Rodrigues (<https://www.northumbria.ac.uk/about-us/our-staff/r/angela-rodrigues/>) will provide a workshop on how to publish research.

In the third and final session, several panellists including; Dr. Marta Marques (<https://www.tcd.ie/tcphi/team/marta-marques.php>), Dr. Elaine Toomey (<https://www.ul.ie/research/dr-elaine-toomey>), Dr Wendy Lawrence (<https://www.southampton.ac.uk/medicine/research/staff/wendy13.page>) and Hema Chaplin (<https://www.kcl.ac.uk/people/hema-chaplin>) will share their experiences and advice on how to apply for grants and funding. Our panellists

are well-established researchers in health psychology at different levels of their academic career.

Participating in CREATE activities

Participation in activities of CREATE is open to all early career researchers working in the field of health psychology. To attend the workshops or webinars organised by CREATE, participants are required to become EHPS Members. For more information go to CREATE | EHPS 2021.

To keep informed about the latest CREATE activities, follow us on Twitter @EHPSCreators and on Facebook @CreateEhps, or go to www.ehps.net/create.

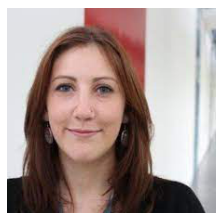
To join the CREATE mailing list, please subscribe via <https://ehps.net/network/>



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Synergy: “The Times They Are a-Changin’”

Sinéad Moylett

Belgium

Anne van Dongen

Netherlands

Alicia Hughes

UK

Hannah Durand

UK

James Green

Ireland

Marie Kotzur

UK

Dominika

Kwasnicka

Australia

Jan Keller

Germany

Sebastian Potthoff

UK

and Liaison Officer and Secretary respectively. Anne was involved in Synergy as Secretary from 2014 to 2016. After spending some time in Australia as a postdoctoral research fellow at the University of New South Wales in Sydney, Anne re-joined the board in 2020 as Engagement Officer, before becoming a Chair when the then-Chair (Dominika Kwasnicka) joined the EHPS EC. Anne is also in the EHPS Mentoring Committee Task and Finish group, and is a National Editor of the Practical Health Psychology blog. She is an assistant professor at the University of Twente at the Department of Psychology, Health, and Technology. She earned her doctorate in Health Psychology from the University of Maastricht in the

Synergy: Board

2021 is bringing a number of changes to SYNERGY with new members joining, past members returning to steer the ship, and a slight rebrand to better encapsulate our board positions.

Continuing members

Anne van Dongen, Sinéad Moylett and Alicia Hughes will continue on as part of Synergy. Sinéad and Alicia will stay in their positions of Grant

Netherlands and completed a second postdoctoral position after returning from Australia, in the University of York, UK. Anne’s research interests include consolidation of frameworks to design (digital) behaviour change interventions; equality in healthcare; the organisation, delivery, and evaluation of complex health interventions; long-term maintenance of health behaviour change; and emotion regulation interventions.

Alicia is a Postdoctoral Researcher in Psychological Medicine at King’s College London, a chartered Health Psychologist and Higher Education Academy teaching fellow. Alicia’s research explores trans-diagnostic approaches to persistent physical symptoms. She studies a range of long-term conditions and has a special interest in factors which maintain and perpetuate fatigue. Alicia’s research builds upon her PhD exploring the role of attention and interpretation processes in symptom perception and symptom experience. She has expertise in epidemiological and experimental research methods, and designing behaviour change interventions.

Sinéad is a Postdoctoral Fellow at the Laboratory of Neuroimmunology, KU Leuven, Belgium with expertise in big healthcare data, epidemiology, and bioinformatics. Previously, she has held two postdoctoral roles in epidemiology for public health in the UK: Cardiff University and the University of Cambridge. Her postdoctoral roles have been greatly complemented by a PhD in Health Psychology from Trinity College Dublin, Ireland. Within her current position, she is in charge of key genetic, immunological, and multi-omics analyses trusted to the Belgian group for a Horizon2020

project, MultipleMS, which utilises genetic, lifestyle, clinical, imaging, and DMT response data from unprecedented large multiple sclerosis (MS) cohorts in 21 centres across Europe and the US to identify stratified patient populations to develop novel personalised medicine approaches. With her statistical proficiency in longitudinal analyses assessing disease development and progression from healthcare data, Sinéad's research interests lie in how big healthcare data can be harnessed most efficiently in order to assist not only the wider population but in particular, diverse disease groups and the additional burdens these groups face throughout their disease course.

New members

Synergy is delighted to welcome three new board members this year. Hannah Durand has become our new Engagement Officer. James Green will take over as Treasurer following Jan Keller and Marie Kotzur will become our new Evaluation and Dissemination Officer following Sebastian Potthoff.

Hannah is currently a Postdoctoral Researcher at the School of Psychology, National University of Ireland (NUI), Galway. She was recently appointed to the position of Lecturer in Psychology at the University of Stirling, Scotland, which she will undertake from August 2021. Her research addresses self-management of chronic illness across the lifespan, in particular treatment adherence and pain management. She completed her PhD on the topic of medication adherence for apparent treatment-resistant hypertension in primary care at NUI Galway in 2018. Most recently she led a series of studies exploring adherence to physical distancing measures in response to COVID-19 in Ireland. She is a recipient of the Herman Schaalma Award of the European Health Psychology Society (2020), the Early Career Award of the International Society of Behavioral Medicine (2018), and the Pain Research Medal of the Irish Pain Society (2015, 2020).

James is a Chartered Health Psychologist and

Senior Lecturer with the School of Allied Health, University of Limerick, Ireland. He uses insights from psychology to explore health related behaviours and communication. Previously he spent 12 years teaching communication skills and health behaviour change at the University of Otago, New Zealand. He retains an interest in social pharmacy research, interprofessional education, communication between health professionals, adherence to medicines, and understanding how people respond to symptoms in everyday life. Despite a strong quantitative background, he also uses qualitative and mixed methods in his research, much of which has been culturally located, looking at experiences of ethnic minorities or people living in low and middle income countries.

Marie is a Postdoctoral Researcher at the University of Glasgow with a background in health psychology and behavioural science. Her work focuses on the prevention and early diagnosis of cancer through increased screening participation, and she is passionate about reducing inequalities in preventive health care and cancer outcomes. Since joining Glasgow University in 2015, she has been working on several projects to understand barriers to cancer screening participation and to support people in using cancer screening services. Increasingly, her research involves collaboration with underserved groups such as socio-economically deprived groups, ethnic minorities, and people with intellectual disabilities. She has been a member of EHPS since 2014 and cherishes the connections she has been making since then with colleagues globally at EHPS conferences, CREATE workshops and Synergy meetings.

Leaving members

Synergy is sad to see Jan Keller, Sebastian Potthoff and Dominika Kwasnicka (Dom) finishing up their time with us. All have given tremendously to Synergy and we wish them all the best in their future endeavours.

Dom is a Research Fellow in Digital Health at the

Nossal Institute for Global Health, Melbourne School of Population and Global Health, at the University of Melbourne. She is also a Senior Research Fellow at the SWPS University of Social Sciences and Humanities, Poland. She is a behavioural scientist with diverse interests in health psychology, digital health and research methods focusing on individuals.

Jan currently works as a Postdoctoral Research Fellow at the Division of Health Psychology, Freie Universität Berlin. His research aims to gain more insights about the role of social exchange processes and habit formation for health promotion. In several studies, most of them randomized controlled trials, he evaluated health behaviour change interventions in the context of physical activity, healthy nutrition, and hygiene behaviours.

Sebastian is a Chartered Health Psychologist and Lecturer at Northumbria University whose research focuses on the intersection of Health Psychology and Implementation Science. In his research he draws upon theories and approaches from health psychology to develop and evaluate interventions aimed at changing healthcare professional behaviour and health behaviours of patients and the public.

Synergy: Expert Meeting 2021

Every year, Synergy organizes an annual Expert Meeting (EM) on a topical and cutting-edge issue within the field of health psychology, giving leading experts the opportunity to spend two days working in-depth on the topic and to provide advancements to the field in the form of a research output (e.g. article, policy guidelines, taxonomies and frameworks). This year will be no different. Our previous Chair, Dom will return with Robbert Sanderman to facilitate an online EM titled 'Open Digital Health accelerating health promotion and treatment during and after the COVID-19 pandemic'. This EM aims to promote the use of digital health tools across countries and contexts by creating a

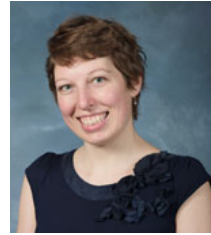
community of digital health scientists to collaborate on sustaining digital health tools. The SYNERGY EM will provide an opportunity to expand the digital health network, to contribute to building a searchable database to identify digital tools and to further define concepts and processes. Every year we welcome a Local Organiser into Synergy. We have had the opportunity to get to know Nikola Vorelova over the past two years as the conference format has changed given the current situation. Nikola is a PhD student at the Institute of Applied Psychology, Comenius University in Bratislava, Slovakia.

The 2021 online conference will be an interesting testing ground to move several of Synergy's events online and will allow us to increase our potential for future online events. An advantage of this year's online conference will be that EHPS events will be more accessible and affordable for participants allowing a greater range of students, academics and lay people to partake. At the same time, being a subdivision primarily focussed on networking, the challenge will be keeping the informal, supportive, and friendly atmosphere Synergy is known for. The Synergy board is currently working hard to organise the online structure and format to best achieve this. Our aim is to increase communication and collaboration not just at the Synergy EM but with other EHPS groups (e.g. CREATE, Special Interest Groups, the Mentoring Task and Finish Group, and the Executive Committee). The Synergy board is looking forward to the challenge and excited for what will be learnt.



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Ari Haukkala In Memoriam

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Wendy Hardeman

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EHPS Fellow, University Lecturer in Social Psychology, docent Ari Haukkala, passed away on the 19th February 2021 in Helsinki from a rapidly progressing brain tumour. He was born on

the 13th October 1965.

Ari first attended the EHPS conference in 1995 in Bergen, Norway, and was an enthusiastic and committed EHPS member. A distinguished and well-known academic, he was much liked by colleagues and students. He supported and mentored numerous EHPS members, generated research impact and built research capacity internationally. In 2020, the EHPS awarded Dr Haukkala with an Honorary Fellowship, the Society's highest honour.

Ari conducted research since the 1990s. His multidisciplinary research spanned health promotion, disease prevention, and socioeconomic health inequalities. Ari's principal focus was research which addressed societal problems. A leading principal investigator in social and health psychology in Finland, he worked in numerous areas and trained many students. He published over 100 peer-reviewed papers and book chapters. At the time of his death, he held a two-year research fellowship at the Helsinki Collegium of Advanced Studies, and was co-director of the Behaviour Change and Wellbeing group at the University of Helsinki.

Many people mention that Ari was exceptionally down-to-earth and that he did not put himself forward. His PhD supervisor remembers that he always helped others, and put common interest and other people's interests first.

A colleague remarked: "Although we met only once a year at EHPS [...] I always felt a fondness for Ari who struck me as a being a wonderful combination of gentle and strong. He was wise and kind."

This article highlights his contributions to research, education and practice, spanning three decades.

A research career widening in breadth across the years

Ari's research covered a wide range of topics and collaborative networks across four main areas: 1) smoking prevention, 2) psychosocial factors in obesity and metabolic syndrome and cardiovascular disease, 3) psychology of genetic testing, and 4) health behaviour intervention research.

1) Smoking prevention

Ari gained his Master's degree in social psychology at the Faculty of Social Sciences, University of Helsinki. He used data from the University of Southern California and Finnish National Public Health Institute, to compare how children and youth responded to smoking advertisements. His doctoral dissertation at the National Public Health Institute (current name Finnish Institution for Health and Welfare) examined relationships between cynical hostility, depressive symptoms and socioeconomic differences in health, which influenced societal discussions around inequality. After his postdoc at the Harvard

Medical School smoking cessation unit, his research at the Finnish National Public Health institute focused on youth smoking prevention programs, also as part of European Smoking Prevention Framework Approach with six countries (led by Prof Hein de Vries). He has served in several national committees and worked in prevention programs in Russia and Bosnia-Herzegovina.

2) Psychosocial factors in obesity, metabolic syndrome, and cardiovascular disease

Ari published papers and a handbook chapter on the relationships between psychosocial factors and cardiovascular disease, in particular anger-related concepts (e.g., Haukkala et al 2010). He led a psychosocial workstream of DILGOM (Dietary, Lifestyle, and Genetic determinants of Obesity and Metabolic syndrome), a population-based study investigating associations between nutrition,



Ari receiving his EHPS fellowship (2020)

lifestyle, psychosocial factors, environment and genetics, and obesity and the metabolic syndrome.

3) Psychology of genetic testing

Ari's central contribution was building a bridge between genetics and health psychology research. His research was influenced by medical genetics, social psychology, health psychology, public health, bioethics, and economics. He emphasised health promotion and health equity: e.g., how could genetic risk information be harnessed to promote lifestyle changes and health choices (e.g., screening participation?) His colleagues in genetics mention that he played a major role in Finnish genomic research.

Since the 1990s Ari worked in the area of genetics, proceeding to later establish his own group which worked with people living with the heritable Lynch cancer syndrome, caused by genetic mutations. Ari examined psychosocial consequences of genetic testing, how genetic risk information is communicated within families, and people's reactions to direct contact with untested family members at risk. He led two Academy of Finland funded projects, producing novel insights into communicating genetic risk information.

4) Health behaviour intervention research

Ari was highly influential in promoting behaviour change intervention research in Finland.

Within the EU-funded PRECIOUS program (Nurmi et al. 2019), he led a team in developing digital motivational interviewing components as part of an app to change multiple health behaviours, and its evaluation in a series of n-of-1 RCT studies. Another line of work examined implicit interventions for healthy eating (Aulbach et al. 2019).

"Ari familiarised himself deeply with each area of research where he was involved. He was good in data analysis and drawing accurate conclusions

based on it. He was expert in both social psychological and epidemiological research thinking - a quite unique combination. This is why he was able to influence the advancement of research not only in Finland but also elsewhere."

Research prof Erkki Vartiainen, Ari's former PhD supervisor and boss

Impact on health promotion education internationally

Ari was involved in several international projects that brought know-how to other countries. These included a health promotion project in Kenya, and a World Bank funded school project in Bosnia-Herzegovina. In 1991, he travelled to Moscow to collect data and also combined the Helsinki-Moscow datasets, which was an enormous task. The PI remembers: "Ari immediately charmed our Moscow colleagues with his exceptional charisma, helpfulness and happiness. Ari went on to other



Ari and Nelli during dinner at the EHPS conference in Prague (2012).

jobs, but our Moscow colleagues kept asking me for years, how Ari is doing."

Active contributor in committees, foundations, and third-sector health promotion organisations

Ari had extensive collaborations where he contributed insights from health and social psychology to health-related research projects and societal endeavours. For instance, he was an invited member of the scientific advisory board of Smokefree Finland 2030, and The Finnish Foundation for Alcohol Studies, and served on EHPS Scientific Committees (2016) and early career award reviewing committees (2020).

A reliable and approachable mentor and support for young academics

Ari found particular joy and meaningfulness in supporting young scholars and he was a supportive and engaging supervisor. His doctoral and master students progressed to expert positions and pioneering research careers. He brought up a new generation of social and health psychology researchers in Finland. Former students mention how Ari's advice, connections and generous encouragement positively influenced their career paths and opportunities.

A younger colleague who only met him at conferences said: "He was a really encouraging presence and full of warmth. As an early career researcher he made me feel very safe and respected right from my student days when I first met him at EHPS. His authenticity and humility is a much needed and rare quality in academia."

He was widely liked as a teacher on undergraduate courses. His students described him as an inspiring, fun, expert and easily approachable teacher. Ari was devoted to teaching, especially quantitative methods, and continually updated his courses, despite demands placed by research and

other responsibilities. He was passionate about the students learning and understanding substance and methods, and developing critical thinking skills. Indeed, he was selected to receive the Teaching Award by the Faculty of Social Sciences in 2008.

A family man with joie de vivre

Ari had his roots in Southern Ostrobothnia in Finland, where he spent many childhood summers. Scouts group and University Theatre were important to him in his youth. He enjoyed hiking



A portrait of Ari

in nature and cycling, which he also did in his last year, up to 100 km bike trips. He also loved live music, arts, and hanging out with friends and family.

It was unlikely that he would pursue a scientific career: from a working class family, he was not particularly encouraged to pursue a high school diploma. His schoolteacher was instrumental in supporting Ari's opportunities for a high school degree.

Ari possessed a unique skill to be present. He was sincerely present around everyone he met, and created a relaxed and warm atmosphere around him. Numerous people remember Ari's happy laughter. He was loyal, accepting, and fair towards others, and never boasted about himself. Up until his last months, he cycled around Helsinki and

remained full of light and energy.

He was a loving and devoted father of four children. For him, family was always the number one priority. Ari's sudden passing has touched a large network of friends and colleagues. In the Facebook In Memoriam group, memories shared by those who knew Ari are full of deep sadness but also gratitude.

Acknowledgments

We are grateful for the many people whose memories of working with Ari have been included in this article.



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Ari Haukkala – great colleague and friend

Antti Uutela

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Dr Ari Haukkala's significant scientific and professional career is related to health and social psychology, and public health science. Ari had several important institutional affiliations during his career. The first, National Public Health Institute (KTL) gave impetus to his career. Being already at KTL I realized that Ari would be the right person to analyse psychosocial aspects of cardiovascular diseases (CVD) in the Institute's 1992 FINRISK data. Ari took up the challenge and followed me to KTL where he started to process his dissertation.

FINRISK studies at KTL sprang from results of the North Karelia project (1972-1977). FINRISK studies were aimed at monitoring and evaluating national programmes to promote public health by controlling the use of saturated fats and smoking. Ari started to examine cynical distrust and depressive symptoms, novel factors in the FINRISK study, but well-established in health psychology, as potential determinants of disease progress. To get informed we, Ari (photo) and I, participated in the 1995 EHPS Congress in Bergen. Ari's doctoral work initiated a process which subsequently led to his significant contributions to the study of psychosocial factors for CVD, and in smoking prevention. As an open, joyful and easy-to-work-with person Ari soon made friends with a number of peers and colleagues who realized his great capabilities and encouraged him to widen his interests further. At KTL Ari made contacts with researchers in genetic testing of mutations causing the heritable Lynch cancer syndrome. At that time,

Ari also started to supervise dissertations. That was opening a path to his ensuing successful training of new generations of researchers.

After an important post-doc year in Harvard, Ari worked at KTL in the evaluation of smoking prevention programmes and studies on the role of psychosocial factors in prediction of obesity and metabolic syndrome. In this period, and later on, Ari was based at the University of Helsinki and gave his highest contribution to science and researcher training.

Ari was my first real doctoral student at KTL in the early 1990's. Being first may not have been a major challenge since we both were able to learn from each other both in terms of dissertation content and how to process it. Ari was determined to learn and work. He became also an important person amongst the KTL doctoral students when they discussed scientific problems and how to cope with stress obviously encountered.

Ari was a master in creating opportunities for stress reduction, including office parties. As editors and referees often set very high norms for the acceptance of manuscripts, resulting author stress needs soothing. I have a vivid image of KTL Christmas parties where Ari and soon others too, sang and danced to music where the lyrics praised leaving the stressful city life (read science) behind to find peace in less demanding countryside settings in fact in North Karelia (sic)!

Ari was a great scientist and professional. He was also much more, and to me he still is: a valuable and unfailing friend giving support when it was needed. A great guy! It makes me sad that he is no longer with us.



Ari at the EHPS conference in Bergen, 1995

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Ari Haukkala - a supportive supervisor and mentor

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Marleena Vornanen

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Hanna:

My scientific collaboration with Ari started in autumn 2004 when he hired me as his research assistant. Ari has had an enormous impact on my academic career and life paths as a supervisor, mentor, collaborator and friend. He is my scientific father. Already when working as a research assistant, I appreciated his way of involving me with such a perfect combination of challenging tasks and apt support and guidance. Ari acted first as my Master's thesis supervisor and then PhD supervisor, and I am indebted to him how much I have learned from his huge stock of health and social psychological knowledge in the areas of chronic diseases, eating behaviour and other health behaviours, and genetics. My doctoral dissertation was part of the multidisciplinary DILGOM project (conducted in collaboration with the Finnish Institute for Health and Welfare) where Ari led the sub-study on psychosocial factors in obesity and metabolic syndrome. Our close collaboration in this research area eventually resulted in me receiving the EHPS Early Career Award in 2016 – a recognition that I was very honoured to receive.

I have always felt that Ari genuinely appreciated my views and scientific interests and supported me to find my own research paths in academia. However, it did not mean that he would have let me off easily. Instead, I could always count on him to go critically through my manuscripts, grant applications and presentations, as well as to gently push me to go beyond my comfort zones.

Maintaining a healthy work-life balance can be hard academia, but as a loving and caring father of four children, Ari was a true expert also in this area, and actively encouraged his employees and supervisees to pursue all personally meaningful aspects of life. Attending scientific conferences with Ari, who had exceptionally wide networks, was a joy – I have numerous fun and irreplaceable memories from several EHPS and other conference dinners around the globe.

Within these almost two decades, Ari and I developed a mutual understanding on the multiple research projects and academic duties in which we worked together. There are no words to describe how painful it is to realise that I cannot have those insightful and invaluable discussions with him anymore. However, I believe that his scientific legacy continues not only in me, but also in numerous other early career researchers that he guided. Currently, I supervise six gifted and enthusiastic PhD students and I see it as my role to pass on all the priceless advice and encouragement that Ari gave me. 'What would Ari do in this situation?' often serves as my guiding principle.

In 2014, Ari received a four-year research grant from the Academy of Finland to investigate public understanding of genetics and genetic risk communication in the era of whole genome sequencing. This project extended our collaboration to acting as PhD supervisors together. Marleena was hired out of around 20 applicants and, as it subsequently turned out, she was an excellent recruitment for this position.

Marleena:

I first met Ari during my undergraduate years a decade ago. While I was working on my Master's thesis, I heard about Ari's new research project on public understanding of genomics, where Ari was going to hire a PhD student. To me the topic was novel and it caught my interest, and although I did not know Ari very well at that point, I had the feeling that he would be nice to work with, but I was not fully prepared he would be so nice to have fun with, too.

Ari was a people person and this clearly showed in how he worked. Ari connected people and their ideas over different countries and disciplines. He was able to see strengths in different personalities, and he supported his colleagues' individual ways of working. I felt that Ari respected people's boundaries, and I appreciated his tactfulness around sensitive matters. I always admired Ari's genuine self-esteem and natural way of seeking contact with and support from others. I never saw Ari threatened by other people's competence or success, and he always focused on lifting others and on what he found important, instead of trying to make a good impression on others.

It was a pleasure to be around Ari, there was a certain warmth around him. During difficulties, he made me feel we were there together and we would get through it step by step. As a PhD supervisor, he gave me quite some space and independence, I felt he trusted my judgement even though our perspectives often differed somewhat. In academia, many people tend to be very busy, and so was he. Ari might have been late for meetings several times, but when he came, he really was present. He had time to listen and to think, there was no rush.

Hanna and Marleena:

During these years, we have witnessed Ari's large influence in Finland in bringing up a new

generation of social and health psychology researchers. Ari found particular joy and meaningfulness in supporting young scholars and building bridges across various disciplines, such as health psychology, genomics, and nutrition. Several former students have reminisced how their career paths and opportunities have been positively influenced by Ari's advice, connections, generous encouragement, and empathy.

We were lucky to have someone like Ari as our supervisor and mentor. It is easy to forget the many ways in which a supervisor can influence a young scholar's thinking, social relations, and self-esteem. Ari used his influence wisely, kindheartedly, and with respect.



Hanna (on the left), Marleena and Ari after Marleena's successful PhD defence in June 2019

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Ari Haukkala - memories by colleagues

Susan Michie

University College London,

UK

Robert West

University College London,

UK

Susan Michie

It has been a privilege and a huge pleasure to have known Ari over more than 20 years and to spend many enjoyable

times together in London, Finland and other countries hosting EHPS conferences.

Having enjoyed several visits to Helsinki at the invitation of Ari and Nelli, I was delighted to host them and their son in London for their 2018 sabbatical visit to the UK and to spend time with them in London and at our house.

Ari's interests were wide ranging, as was his knowledge of psychology, with a breadth of expertise in both social and health psychology, and how it could be applied to clinical and social challenges.

Ari exuded warmth, humanity and generosity, always interested in others. Conversations with Ari were always enjoyable, moving easily between deep discussions to sharing jokes. I found Ari exceptionally humble, never talking about his achievements, unless they were drawn out of him. I was always very moved by his huge pride in Nelli's achievements.

I will remember Ari with great fondness, respect and appreciation, as a very lovely person with a profound intellect but also a lightness of spirit and ready smile that was enjoyed by so many.

Robert West

Ari was a warm, gentle and hugely talented scientist. I always found his research enormously impressive and interesting. I was most familiar with his work on smoking, but it is clear from his writings and from discussions with him that his impressive intellect covered a wide range of topics in health and social psychology. It was always such a pleasure to be able to chat with him and I was struck by his willingness to discuss issues on their merits without a hint of ego. A true scientist who is greatly missed.



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