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DOI-ing It Right: A new issue & DOIs

May 2024 Editorial

Thomas Gültzow, *Welcome to the second issue of the European Health Psychologist in 2024 and the issue that introduces Digital Object Identifiers (DOIs) to the European Health Psychologist!* In the past, we received feedback expressing concern that the lack of DOIs for articles in the European Health Psychologist limits their permanent identification, discoverability, tracking, and credibility, among other aspects. The addition of DOIs addresses these concerns, and we would like to thank the Executive Committee for funding this important enhancement.

For authors who wish to submit an article to us, little will change, except that we would like to ask you to add DOIs to your own reference list. DOIs will be added to all future articles, at this time we do not plan to add them retroactively.

While the integration of DOIs mark a significant advancement for the European Health Psychologist, we are also thrilled to present the diverse array of contributions featured in this issue:

Cornelius and colleagues provide a comprehensive summary of a roundtable discussion held at EHPS 2023, which delved into the critical topic of valid measurement concerning the theoretical constructs driving behaviour change.

Luminet provides an overview on past and future research on psychological aspects of the Coronavirus disease 2019 (COVID-19) pandemic.

While **Braun and colleagues** give an overview of the CREATE activities this year.

To conclude our issue, we feature reflections from the six recipients of the 2023 EHPS Conference Grand Awards: **Marathia, Nassen, Hakobjanyan, Chan, Buhr, and Sas**.

Enjoy reading this issue, and if you would like to be featured in future issues, please feel free to contact us at ehp@ehps.net!



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Double, Double, Measurement Trouble, Sorry to Burst your Construct Bubble

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theoretical constructs that underlie behaviour change.

Clear, Collaborative, and Cumulative: Goals for Behavioural Science

A collective focus on mechanisms of action (MoAs) that underlie behaviour change in the field of behavioural intervention research has great potential to not only improve the efficacy and scalability of our interventions, but also to tailor these interventions across populations and inform theory development (Sumner et al., 2018a, 2018b). Yet, we are hampered by our own history: a grab-bag of theories and associated constructs that are poorly defined, leaving behavioural scientists with the difficult task of identifying the shared and unique components of this work and struggling to measure theoretical constructs in consistent and

This article summarizes a roundtable discussion held at the 37th Annual Conference of the European Health Psychology Society in Bremen, Germany (September 2023), titled 'Double, Double, Measurement Trouble, Sorry to Burst your Construct Bubble.' The focus of this discussion was on valid measurement of

rigorous ways (Peters & Crutzen, 2022). Critically, poorly specified constructs and the resultant lack of theoretical and empirical clarity ensures our science is not cumulative.

Theories: Lost in Translation

Almost 30 years ago, Skinner identified over 100 terms used to describe the concept of 'control', and considered the theoretical and empirical challenges posed by such a preponderance of overlapping constructs (Skinner, 1996). Our ability to use and develop theory to predict, explain, and change behaviour requires we better attend to how constructs are identified, defined and measured (Benyamini et al., 2015; Dixon et al., 2024; Michell, 2020). A cumulative science requires that construct labels, including MoAs, and their definitions are explicit, shared, and agreed upon. The discipline needs, but still lacks, a method to agree labels and definitions for those labels, and how to modify both as new evidence emerges. Theoretical and empirical confusion is caused when different labels are used for the same construct and the same label used for different definitions (i.e., 'jingle/jangle') (Flake & Fried, 2020). Terminology is crucial when our measurement targets are not bounded by material constraints. It is also not enough to simply demonstrate that a measure is reliable (e.g., internally consistent) or to focus on common types of validity (e.g., predictive validity). Rather, our measures need to be able to discriminate one label and definition from another and to demonstrate that they do not measure other, related constructs, i.e., that they have both content and discriminant content validity (Bell et

al., 2017; Johnston et al., 2014).

Organizing Theory: Mechanism Ontologies

The problematic lack of shared labels and definitions is not unique to the discipline of behavioural science. Other scientific fields face similar challenges, with different research groups using terms and measurements for constructs inconsistently (Larsen et al., 2017). Ontologies are classification frameworks that include representations of entities (anything that exists in the universe, e.g., objects and processes) with unique labels and definitions and relationships between these entities and can, therefore, address these barriers to scientific progress (Arp et al., 2015). Drawing on the success of ontologies in other disciplines (Gene Ontology Consortium, 2019), the MoA Ontology was developed to serve as a shared framework to communicate, operationalize, and synthesize evidence about MoAs for behavioural scientists (Michie et al., 2017; Schenk et al., 2023). Researchers can use this ontology to clearly operationalize MoAs when developing interventions, and to label and define MoAs more consistently when reporting research methods and results. Moreover, with its detailed entities, the ontology can be applied to synthesize evidence about MoAs, map measurements for MoAs, and identify research gaps for MoAs.

From Theory to Practice: Measurement Matters

Once a mechanism has been clearly operationalized, it is necessary to find a valid, reliable, and sensitive measure. Although this may seem straightforward, there are myriad considerations that are often given insufficient

attention during study design, and measurement (and our science) have suffered as a result (Flake & Fried, 2020). First, the vast majority of hypothesized mechanisms are not observable. There is often no 'gold standard' or real-world benchmark by which we can judge the validity of our measures. Second, lack of shared vocabulary can lead to confusion regarding consistency of measurement across studies (Flake & Fried, 2020), which causes serious complications in evidence synthesis, among other issues. Third, measures may not be designed with the researcher-specified operationalization in mind; thus, measures may be incomplete (i.e., assess only a portion of the construct), may assess multiple mechanisms, or may assess a different (albeit related) construct entirely (Dixon & Johnston, 2019). For example, if a researcher hypothesizes that self-efficacy belief for a behaviour is the mechanism underlying an intervention effect, but the measure assesses beliefs about consequences, the hypothesis test is not valid.

Appropriate measurement of hypothesized mechanisms is essential for rigorous behavioural science. An ongoing collaboration between researchers at the Science Of Behavior Change (SOBC) program and the Human Behaviour Change Project (HBCP) aims to illuminate and address some of these issues through a project to identify links between 44 self-report measures, from the SOBC Measure Repository, to MoAs identified by the HBCP (Cornelius et al., 2023). Roundtable attendees were invited to participate in coding a selected measure to the MoA Ontology. The varied opinions highlighted lack of conceptual clarity in measure items and the difficulty of linking measures to precise and distinct mechanistic entities.

Tools and Practical Considerations

Both SOBC and the HBCP have created scientific resources to facilitate mechanism-focused

behavioural science. The SOBC Measures Repository houses 140 measures (and counting), 114 of which represent putative mechanisms of behaviour change across three broad domains: self-regulation, stress and stress reactivity, and interpersonal processes (Science of Behaviour Change, [SOBC] 2021). Each measure includes Google scholar integration and download and scoring instructions. Measures from SOBC researchers additionally link to documentation on the Open Science Framework (osf). (Note that no assessment of measure quality was required for inclusion in the repository.)

The HBCP Theory and Techniques Tool (TaTT) summarizes evidence for (or against) links between 74 behaviour change techniques (BCTs) and 26 MoAs (i.e., might a given BCT influence a given MoA?) (Connel et al., 2019; Carey et al., 2019; Human Behaviour Change Project [HBCP], 2021). Additional work has updated the SOBC measures repository such that it now contains information about potentially related MoAs and links to the HBCP TaTT, and the TaTT updated such that each MoA includes links to potentially related measures. This greatly increases the interoperability of these resources, allowing researchers to navigate between the two tools as they form mechanistic hypotheses.

Additional considerations are critical in the selection, reporting, development, and evaluation of measurement instruments (Benyamini et al., 2015). Several indices of the quality of the measure are conventionally used. For self-report measures, it is common for internal consistency to be reported, but many other features need to be considered but are often overlooked. In an interactive demonstration, roundtable attendees were invited to think of a measure they had used or read about recently and evaluate it against 20 quality criteria, going beyond simple conventional assessments of reliability and validity. The quality criteria included: 1. *information about their measure prior to its use with respondents*, (e.g. adequacy of the construct definition, attributes to be measured, content and discriminant content

validity of items and response formats, readability for the intended respondents, rationale and consistency of scoring and aggregation); 2. *evaluation of data from respondents* (e.g. internal consistency and reliability, including, aspects of construct validity including structural aspects (e.g., factor analyses) and correlational or experimental evidence of the extent to which the measure predicts or is predicted as proposed by the framework, and sensitivity to change in the intended context). To conclude, attendees were asked to total the number of quality criteria met; only one measure, chosen by two delegates scored strongly. This exercise demonstrated that, although considerable work is being done to define and discriminate constructs, whether we are careful enough in measuring them remains a critical consideration.

A Way Forward

As the title of the roundtable indicates, we are in double trouble with our measures. The jingle/jangle fallacy is akin to the Babylonian confusion of tongues, yet we tend to continue with business as usual, hoping that further data and statistical analyses will resolve our problems. Sophisticated statistical analyses can never replace proper, conceptual, and theoretical thinking. This roundtable is a wakeup call. First, it calls to be more precise in our definition of psychological concepts, which can be facilitated by clearly specified ontologies (Schenk et al., 2023). Second, it calls for a more precise measurement of our concepts (Cornelius et al., 2023; SOBC, 2021) and pleas for a re-evaluation of content validity. Content validity is a prerequisite for any other form of validity. However, it is often ignored and confused with face validity (i.e., the extent to which an instrument appears to be valid). Third, it calls for proper guidance in developing and selecting measures (as in the interactive

demonstration).

The problems addressed and solutions proposed in this roundtable are a way forward, but we must acknowledge and embrace key challenges. For example, validity is not a static property; measures are only valid for a particular purpose in a particular group in a particular setting (Van Ryckeghem & Crombez, 2022). Measures should always be carefully evaluated in terms of the question at hand. Furthermore, our concepts are not real or natural objects in the world or in our mind ('real entities'), they are theoretical constructs that work for us in the field of health psychology ('pragmatic entities'). Measures are then developed for a particular purpose. They are not a direct and fixed mapping of phenomena onto a numerical scale (Hand, 2016). Not surprisingly, different explanations and approaches are possible. As in biology and engineering, we may acknowledge and embrace ontological diversity (Ludwig, 2013). Methodological diversity should also be embraced. Bottom-up, qualitative approaches (cognitive interview) may complement top-down approaches (e.g., discriminant content validity) (Crombez et al., 2020; Horwood et al., 2010). We hope this roundtable will inspire and motivate behavioral scientists to pay more attention to defining and measuring constructs to improve scientific rigor and move the field forward.

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From the Motivation Barometer to the THRIVE project – Past and future research on psychological aspects of the Covid-19 pandemic

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Introduction

Since the fall 2020, I had the chance to join a consortium of Belgian psychology researchers monitoring cognitive, affective, and behavioural aspects of citizens' functioning across the Covid-19 pandemic. The project, called the Motivation Barometer (<https://motivationbarometer.com/en/>) collected data until the end of 2022. Although we are still publishing papers based on the data collection done during the pandemic, we couldn't pursue new data collections due to lack of funding. In the spring 2023, the Belgian federal agency for research (Belspo) launched a post-covid call to fund scientific projects examining the long-term impact of the Covid crisis on the Belgian society. There were two conditions to apply for the call. First, the research team needed to be multi-disciplinary. Second, the consortium needed to include several research institutions located in the different regions of the country. Early November we learned the very good news that this 1.5 million € project is funded.

In this paper, I will highlight the goals and principles of the Motivation barometer project and illustrate some key findings. Then, I will present the THRIVE project, which will be running from December 2023 until March 2027. The goal of this paper is to generate interest and potential new collaborations within the community of EHPS

members.

The Motivation Barometer (2020-2022)

The overall aim of the Motivation Barometer was to develop an evidence-informed and, whenever possible, an evidence-based policy with respect to various psychological challenges that the population was facing during the pandemic.

Self-Determination Theory (Ryan & Deci, 2017) was a central psychological framework, together with socio-cognitive models of behaviour change. The large variety of psychological domains covered included behavioural (e.g., adherence to measures), motivational (e.g., vaccination motivation), cognitive (e.g., risk perception), emotional (e.g., boredom), and social (e.g., loneliness, trust in authorities) aspects of individuals' functioning. We were particularly interested in examining determinants of outcome variables such as adherence to sanitary behaviours, well-being, or vaccination willingness, together with variations in people's preference for different Covid-related policy options.

Next to regular data collections targeting the whole Belgian population, we also assessed some vulnerable groups including youngsters, elderly, or unvaccinated people (for a full presentation of the Motivation Barometer, see Vansteenkiste, Waterschoot, Morbee, et al., 2024). From the beginning of the pandemic, we communicated

largely that the Covid-19 was a major psychological challenge in addition to the central medical aspects. To this end, we used different communication pathways and channels to reach different stakeholders (media, political authorities, NGOs). Political authorities involved in public health were consulted on a regular basis during follow-up committees. It gave them an opportunity to provide inputs on new direction and priorities of the project. However, we kept a total independence regarding the final decisions about which domains and population to target.

In terms of methodology, the pace of data collection was flexible, governed by the rise of emerging themes and concerns related to particular phases of the pandemic (e.g., vaccination campaign, demonstrations against the covid measures, ...). The Motivation Barometer relied on a variety of research designs and statistical methods to collect and analyze findings. We used both cross-sectional cohorts and longitudinal follow-up surveys (20% of the total sample), but also administered experimental designs using for instance a vignette format. The total sample involved almost half-million participants collected during more than 100 data-collection waves between March 2020 and October 2022, with on average almost 3,000 participants in each wave (range: 746 - 24,818). Of this total sample, subsamples participated multiple times, with 32,156 persons having participated between 2 to 5 times, 7,109 persons between 6 to 10 times, and 2,408 persons between 11 to 20 times (Vansteenskiste et al., 2024).

The following study illustrates one contribution of our project. We examined how the proportionality of measures taken by public authorities between March 2020 and March 2022 to face the epidemiological situation was related to citizens' behaviour, motivation and mental health (Waterschoot, Morbée, Van den Bergh, et al., 2023). An important conclusion that we largely communicate was that stringent measures are not

per se demotivating or damaging people's well-being, nor are lenient measures as such motivating or enhancing well-being. Only proportional measures, that is, measures with a level of stringency that is aligned with the actual epidemiological situation (e.g., number of people hospitalized for Covid-19), are associated with the greatest motivational, behavioural, and mental health benefits.

The THRIVE project (2023-2027)

The THRIVE project is a natural continuation of the Motivation Barometer project, but it also contains some important changes. First, we want to better combine descriptive and predictive objectives. From a descriptive perspective, we will use a person-centered approach to identify profiles with high risk for low well-being and realize in-depth work on sub-groups at risk (e.g., within youngsters, the ones involved in transition life steps). From a predictive perspective, we will use trajectory analyses to predict groups with higher resilience in mental health and identify factors that explain mental health gaps such as age, gender, ethnicity, education, socio-economic level, or occupational status.

Second, in addition to further population based data collections, we will focus on qualitative data with vulnerable groups such as youngsters or people with low SES. This will be achieved through the inclusion of sociologists specialized in qualitative approaches in the research team. Third, our approach will better integrate objective (e.g., stringency of sanitary measures) and subjective markers (e.g., trust in authorities) and their interrelations with mental health. Fourth, by relying on existing data collected during the pandemic and associating them to new post-pandemic waves, the present proposal will provide a rich temporal and dynamic perspective on the core issues tackled in this project. Thus, not only

do we appraise the experience of the pandemic, but also its traces. For instance, we will examine how the pandemic is remembered and the conditions under which it can become part of the collective memory of the population in general, or of some specific groups (Luminet & Cordonnier, in press).

The project involves active collaborations with partners in other countries. Three research groups, closely linked with EHPS, will be involved, including Kyra Hamilton from Griffith University (Australia), Martin Hagger from University of California, Merced (US), and the Dutch National Institute of Public Health and the Environment (RIVM) (involving among other Jet Sanders and Floor Kroese). The goal is to develop parallel data collections during the research project, having a close examination of previous datasets along with the identification of domains in which cross-national comparisons can be operationalized. These collaborators will also be involved in the impact plan (see below) with a specific focus on designing effective interventions in the domains of well-being and democratic governance.

Societal impact

In addition to a scientific committee including researchers from other domains (epidemiology, political science, public policy), the project includes an impact plan, with the goal of implementing concrete recommendations based on the scientific findings. This means active collaborations with stakeholders (e.g., health insurance companies, patient associations, political authorities) via co-creation formulas. This involves bottom-up approaches in which the different partners provide their own expertise regarding scenarios of future pandemics, and the different strategies to address in those situations.

THRIVE aims to gather crucial information on the preparedness of the population to adopt health behaviors in the event of a future pandemic. It will

assess the factors that influence this readiness and examine how these behaviours impact individuals' well-being, mental health, and relation to democratic governance. Our findings will help public authorities in understanding the effectiveness of targeted prevention campaigns for specific groups based on their socio-demographic and psychological characteristics. Furthermore, it will help strike a balance between the effectiveness of these health behaviours in mitigating the pandemic and their potential impact on people's well-being (on a similar issue see Wollast, Schmitz, Bigot, et al., 2023).

In addition to the research activities, we also developed an expert group called "Psychology and corona" (<https://en.bfp-fbp.be/psychology-corona>). The group was composed of academics working in Belgian Universities and representatives of Belgian professional psychology associations. The goals were to advance a conceptual framework on corona-related behaviour as a basis for strategic advice, to disseminate research reports and opinion pieces, and to build up links with media, committees of other experts and policy makers.

In 2023, we realized that the valuable insights of this collaboration should be extended beyond Covid-19 and could tackle other societal challenges.

Based on the same principles of functioning than "Psychology and corona", our group extended its goals to other societal challenge, and it now called "Psychology and society".

The activities of this new expert group are related to education, research, and communication with stakeholders. We decided to center the first actions towards climate change. The education part aims to foster knowledge (from climate science to eco anxiety) and the potential role of psychology in these processes (from mitigation to adaptation). Concretely, it means exchanging existing approaches and material across universities and organizing cross-university courses on psychology and climate change. At the research level, we want

to facilitate collaborations on various psychological aspects on climate change (i.e., behavioral, social, emotional, cognitive, and motivational) and the individual and contextual factors affecting these psychological aspects (e.g., political trust, values). In this perspective, we work on a Motivation Barometer 2.0 version that will also include items regarding the preparedness for future pandemics (e.g., readiness to re-adopt health behaviours, factors that influence this readiness and evaluation of these behaviours on individuals' well-being, and relation to democratic governance).

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CREATE activities for early career researchers in 2024

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The Collaborative Research And Training in the EHPS (CREATE) is a standing network of the European Health Psychology Society, organized by and for Early Career Researchers. Our aim is to connect and support researchers within the EHPS from the start of their academic careers.

Who are we?

All CREATE activities are organised by the

elected CREATE executive committee, which consists of six members. Since the last EHPS conference in Bremen, we have welcomed three new members in the team, so please allow us to introduce ourselves:

Chairperson: Maya Braun (Ghent University, Belgium)

Secretary: Alea Ruf (University of Vienna, Austria)

Treasurer: Louise Foley (University of Limerick, Ireland)

Application Manager: Carolina Silva (Trinity College Dublin, Ireland)

Grant Master and Liaison Officer: Christine Emmer (University of Mannheim, Germany)

Public Communications Manager: Melanie Bamert (University of Bern, Switzerland).

Find more details of the Executive Committee and their roles [here](#).

What do we do?

CREATE offers learning and networking opportunities for Early Career Researchers, both throughout the year and during the annual EHPS conference. CREATE activities are open to all Early Career Researchers interested in health psychology. To take part in activities during the conference, or to join the CREATE Executive Committee, individuals need to be EHPS members. All other CREATE activities are open for all.



Image 1: The CREATE Executive Committee at the Winter Meeting in Ghent, 2024. From left to right: Louise Foley, Alea Ruf, Melanie Bamert, Christine Emmer, Carolina Silva, Maya Braun.

EHPS 2024 in Cascais, Portugal

During the EHPS conference, we organize an annual pre-conference workshop, 'Meet The Expert' sessions and the Early Career Researcher Spotlight talks during the conference.

Apply now: [CREATE pre-conference workshop](#).

The CREATE committee organizes an interactive 2-day workshop each year immediately prior to the annual EHPS conference. These workshops are led by experts within the field of health psychology, providing opportunities and support to enhance knowledge and skills. The workshop also provides an important opportunity to get to know and connect with peers. The CREATE workshop is the perfect place for networking, as the program also includes a CREATE dinner, a city tour, and social activities spread throughout the workshop. Previous workshops have focused on topics such as

science communication, digital health, and systematic reviews & meta-analysis. You can find reports on previous CREATE pre-conference workshops written by past participants here: [2021](#), [2022](#), [2023](#).

We are happy to announce that this year's workshop will focus on participatory research – an important topic that has been on top of our list for a while based on feedback from CREATE members! The workshop will be facilitated by the fantastic Anna Levke Brütt and Elspeth Mathie, and takes place on Monday 1st and the morning of Tuesday 2nd of September. Find more information on the CREATE workshop and apply [here](#).

Empowering Collaboration: Patient and Public Involvement in Health Research



CREATE
Early Career Researcher
Pre Conference Workshop

Sun 1st September 2024: Social Activity (Afternoon)
Mon 2nd September 2024: Workshop (Full day)
Tue 3rd September 2024: Workshop (Half day)

Workshop fee:
 €140 (€100 if eligible for reduced fee)

More info and registration:
www.ehps.net/create_or_2024.ehps.net/create




Sessions delivered by

Dr. Anna Levke Brütt
 Department of Medical Psychology,
 University Medical Center
 Hamburg-Eppendorf

Dr. Elspeth Mathie
 Centre for Research in Public Health
 and Community Care (CRIPACC),
 University of Hertfordshire




CREATE is a subdivision of the European Health Psychology Society, promoting education and collaboration for early career researchers in the field. The workshop takes place immediately prior to the annual EHPS conference

Image 2: Flyer for the annual pre-conference workshop for the EHPS 2024 in Cascais, Portugal. Icons from Canva under Free Content License.

Apply in July 2024: Meet the Expert.

Every year, CREATE organizes 'Meet The Expert' sessions at the EHPS conference. In these sessions, the keynote speakers take time to meet with a small group of early career researchers over a cup of coffee. We are happy to share that some of this year's keynote speakers have already agreed to take part in the Meet The Expert sessions of this year! Find more information on them [here](#). Learn more about Meet the Expert [here](#).

Early Career Researcher (ECR) Spotlight Talks

For the second year in a row, CREATE organizes the ECR Spotlight talks at EHPS 2024 in Cascais. These talks are a format for and by early career researchers, where presenters summarize their research in only 5 minutes. More information on the Spotlight talks can be found [here](#). Submission for this year are closed already. If you missed it, we hope to see you in the audience!

MEET THE experts

At the EHPS2024 conference in
Cascais, Portugal



Paschal Sheeran

Professor at University of North
Carolina at Chapel Hill, USA

- The intention-behavior 'gap' and use of implementation intentions
- Using meta-analysis to assess change in health-related intentions and behavior
- Non-conscious routes to action and the self-regulation of implicit influence



Amanda Daley

Professor at Loughborough University, UK

- Developing physical activity and weight management interventions in primary care and community health settings
- Training health care professionals to deliver lifestyle interventions with consultations
- Lifestyle interventions in pregnant and postnatal women



Jeremy Grimshaw

Professor at University of Ottawa,
Canada

- Evaluation of interventions (experimental and quasi experimental methods, evidence synthesis)
- Knowledge translation and implementation science
- Health professional behavior change



For more info and registration: www.ehps.net/create or 2024.ehps.net/create

Image 3: Flyer for Meet The Expert at EHPS 2024 in Cascais, Portugal.

Throughout the year

Throughout the year we will be connecting early career researchers and share opportunities via social media. We are also organizing additional webinars to support and share knowledge between CREATE members in a virtual space. This year, we are focusing on fostering collaborations with other EHPS groups – that way, we can share expertise throughout EHPS and introduce early career researchers to those great networks.

To start with, we have organized a webinar together with the Open Science Special Interest Group (SIG) on open data and open code, facilitated by James Green and Gjalt-Jorn Peters. Open science is a topic that is particularly relevant to early career researchers. Promising collaborations are in preparation with other SIGs as well, including the Digital Health SIG. Keep an eye on the EHPS newsletter, or any of our communication channels! Finally, shortened and updated versions of last year's webinars on successfully applying for a CREATE grant (see below) and making the best out of EHPS will be uploaded to the EHPS website. Find them and any additional information on the upcoming webinars here.

Funding

CREATE also offers funding opportunities for the CREATE workshop registration, EHPS conference registration, accommodation and travel. Find out more about eligibility and the selection process here: <https://ehps.net/grants/>. Would you like more information about the grants that are available, and how to apply? Our very own Grants Officer Christine Emmer has recorded a short video explaining the grants, and sharing some tips for your application – including examples from

previous grant awardees! Find it [here](#).

We look forward to connecting with you soon!

How to get involved in CREATE?

For more information about what activities we are running, and how to take part, check out our website here: <https://ehps.net/create/>

Want to keep up to date?

You're in luck, there are many ways!

Keep an eye on the [website](#)!

Follow us on X ([@EHPSCreators](#)) or Bluesky ([@ehpscreators.bsky.social](#))

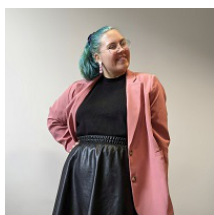
Join our WhatsApp group by filling in the [sign-up form](#).

Join our mailing list [here](#) or keep an eye on the EHPS newsletter.

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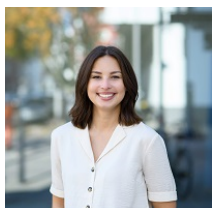
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A reflection on EHPS 2023

Effie Marathia

University of Dundee, UK

EHPS 2023 marked the first academic conference at which I had the opportunity to present my own PhD work. I am immensely grateful for being awarded a Conference Grant, which enabled this experience. The receipt of the grant filled me with excitement as it provided the chance to talk about my research to a wide audience and receive valuable feedback during a crucial phase in my PhD journey (my final year). In addition, it allowed me to learn about the exciting research being conducted in the field, refine my thinking around my research topic of smoking cessation, health inequalities, and health behaviour theory, and establish connections with fellow PhD students and academics. EHPS 2023 successfully delivered on all these fronts.

Indeed, participating in the conference provided many networking opportunities. I engaged in discussions and exchanged perspectives with both junior and more experienced researchers within my research area. Furthermore, I connected with academics who work with similar theoretical frameworks as I am, such as self-regulation, behaviour change techniques, and self-determination theory. Notably, my roommate, whom I initially met through an email call to arrange accommodation, has become a valuable new contact. This experience reinforced the idea that taking initiative in finding someone to share a conference accommodation with can lead not only to practical arrangements but can also have the unexpected bonus of forming new friendships!

Some key insights I gained from the conference

sessions included the research by Leta et al. (2023) on adolescents' motivations for initiating smoking and the potential benefits of sports-based and recreational activities in smoking prevention interventions, especially for those in vulnerable situations. The study highlighted the influence of group dynamics and conformity to group norms in facilitating smoking uptake. However, it also emphasised the positive impact of having role models in sports-based and recreational settings, such as youth workers, who can encourage healthy behaviours among adolescents. This finding caught my interest because my own research focuses on understanding the motivations and strategies behind unassisted smoking cessation and how they vary across socioeconomic levels. For example, the perception of one's socioeconomic position as low or high may influence whether smoking aligns with one's social identity and may trigger attempts to quit smoking if it conflicts with one's perceived social standing.

On the topic of health behaviour interventions, I also attended the symposium on introducing the Behaviour Change Intervention Ontology (BCIO) (Marques et al., 2023) as presented by Lisa Zhang, Professor Marie Johnston, Professor Robert West, Paulina Schenk and chaired by Professor Susan Michie. Learning about this recent development in the field which extends the Behaviour Change Technique Taxonomy (BCTTv1) (Michie et al., 2013) was of particular interest to me especially as my work relates to understanding the content of smoking cessation interventions, the populations targeted (i.e., current and former cigarette smokers in the UK), the target behaviour and outcomes

recorded (e.g., smoking cessation for three months regardless of type of assistance used), as well as pinpointing the mechanisms of action behind successful behaviour change (e.g., reduction in craving, social influences, replacing habits). I now look forward to learning more about the Ontology and integrating it to my own work.

Another key presentation for me, with direct implications for integrating new ideas into ongoing projects, focused on exploring whether self-enacted techniques for changing and self-managing behaviour (Knittle et al., 2020) impact behavioural determinants derived from self-determination theory (Knittle, Fidrich & Hankonen, 2023). This study identified three specific techniques – behavioural goal setting, self-monitoring of outcomes of behaviour, and associating identity with changed behaviour – as likely contributors to enhancing one's sense of autonomy. This finding is of particular significance for my research, where I draw from self-determination theory in qualitative interviews with ex-smokers to understand motivations for unassisted quitting, with emphasis on autonomous motivation (i.e., performing a behaviour because it is enjoyable or personally meaningful). Moreover, I explore the self-enacted behaviour change techniques employed by individuals during their journeys to unassisted cessation, making the connection between technique use and motivation a point of interest in my work.

Finally, I attended the stakeholder engagement discussion that showcased the collaborative work between the Aberdeen Health Psychology Group and the local health board (National Health Service in the Grampian area). It was interesting to learn about the collaboration between academia and the health board, how they aligned their research priorities for mutual benefit, and their ability to adapt plans in response to the rapidly changing conditions brought about by Covid-19. As a PhD student, this discussion highlighted to me the importance of collaborations with external partners

beyond academia as an opportunity to enhance the relevance and impact of our work.

Conference sessions and networking aside, EHPS 2023 held an unexpected surprise for me: the revelation that Health Psychologists know how to rock! Witnessing well-known and esteemed professors energetically rocking out to EHPS à la YMCA was a sight to behold. It struck me that as a community, we love our fun, and we love our science. After all, these are not mutually exclusive.

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European Health Psychology Society (EHPS) Conference Report by Lise-Marie Nassen

Lise-Marie Nassen I had the privilege of attending the 2023 European Health Psychology Society (EHPS) Conference in Bremen, Germany, through the EHPS Conference Grant, an experience that exceeded my already high expectations and proved to be an invaluable opportunity for

interdisciplinary academic enrichment and networking. As a PhD candidate in communication sciences, I did not know what to expect from the conference, and I must say, I was a bit scared of possibly feeling like an outsider. Therefore, the beginning of the conference was pretty thrilling to me, as I was going there by myself, not really knowing if I would be able to connect with others.

Very quickly I found out that my worries were groundless, as the EHPS conference offered a very welcoming environment and with the wide array of interesting sessions offered, I immediately recognized this conference as a place where I could thrive. The diverse array of research topics presented allowed me to explore my research interests from a new perspective. In my own PhD project, I focus on digital disconnection strategies from the smartphone and social media and the implications of using these strategies on well-being. At EHPS, I was able to attend many presentations that looked at the issues of overuse and disconnection from mobile media and devices from a psychological perspective. For me, learning from these psychological standpoints was an invaluable extension of my theoretical and methodological knowledge in the field of disconnection research, that I believe will have a

significant impact on the trajectory of my ongoing research.

I remember presenting my own work in the symposium 'Smartphone use in daily life: Do we have to worry about our health?', organized by Dr's Theda Radtke and Jan Keller, as a nice academic milestone and I was happy to be part of this exquisite session on my topic of research. On a fun note, it was also the presentation in front of the largest audience that I have done to date.

One of the highlights of the conference were the enlightening sessions on digital tools and mental health, e-health and (digital) behavior change interventions. Being exposed to these various research methodologies and the presentations on innovative and original interventions left me thoroughly inspired. Witnessing the breadth of possibilities in setting up tools and interventions expanded my view on the potential of developing my own disconnection intervention study in the future. I perceive this as an important outcome from EHPS, as I now am convinced that research on disconnection and well-being is a very fitting topic to conduct intervention studies on, which is a takeaway lesson I think I would not have realized without attending this conference in health psychology.

Beyond the academic insights gained, the EHPS conference served as a catalyst for future interdisciplinary collaborations. Networking with esteemed scholars who share a common interest in smartphone and social media overuse, digital disconnection strategies and mental health and well-being research was made easy and enjoyable at EHPS. The pleasant coffee breaks and lunch opportunities surely helped with this. This

networking laid the groundwork for me for potential collaborations on future research projects. This prospect is a remarkable outcome of the conference, significantly impacting both my PhD project and further academic trajectory.

The networking experience during the day was not only professionally enriching but also extended into delightful conference memories in the evening. I had the opportunity to attend a dinner with multiple colleague presenters, which helped form connections in a more informal way, and EHPS also offered fun evening activities. Also, exploring the charming city of Bremen under the city lights added an extra layer of enjoyment to the overall experience, allowing me to appreciate the cultural and historical richness that the city offers. The combination of daytime professional interactions and evening social engagements made the conference a memorable experience and highlighted the value of attending in-person conferences to me once again.

Returning to Belgium, I carried with me a newfound inspiration and I was very satisfied to have been a part of the EHPS conference. The inclusive and friendly atmosphere of the EHPS community helped me to shape immediate connections with fellow researchers, even for someone attending the conference without prior acquaintances. The conference provided a supportive environment for learning, networking, and idea generation, resulting in a notebook brimming with innovative research ideas, concepts and perspectives.

In conclusion, I express my gratitude to EHPS for offering me this enriching opportunity. The EHPS conference has undeniably played an important role in broadening my horizons, deepening my interdisciplinary understanding of my research domain, and fostering connections that have the potential to shape my academic journey. I look forward to the prospect of further contributing to the EHPS community and incorporating the insights gained into my ongoing

and future research endeavours.



Lise-Marie Nassen

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EHPS 2023: A conference that transforms.

EHPS Grant report

Anna Hakobjanyan Dear European Health Psychology Society and all readers, I am happy to share my experience of the first in-person participation in the EHPS 2023 conference.

Yerevan State University, Armenia

First of all, I would like to express my gratitude and admiration to all of the EHPS wonderful membership for the best conference organization. I was lucky to receive a grant this year to be able to attend the conference and it really was an experience of high importance. The core theme of EHPS 37th Annual Conference was “Health Psychology for all: Equity, Inclusiveness and Transformation” and apart from all the scientific up to date information and the communication, the conference was transformative indeed, for me personally. As a researcher and as a member of European Health Psychology Society I could feel the power of being a part of the community, inclusiveness and integration. This was a golden opportunity to see how open and supportive the EHPS network is.

I would like to mention some key points which were crucial in my experience. One of the biggest influential events were the keynote lectures. All of the keynote lectures were, first of all, full of innovative ideas and of course an inspiring speech, which enabled new ideas and perspectives in health psychology research and methodology. I enjoyed every single day of the conference and would like to point out the symposiums and oral sessions as well. All of the symposiums I attended were the exact scientific environment that fosters new ideas: the IAAP Health Psychology division symposium: “Scalable health behaviour change interventions

and their mechanisms”; “Women’s health issues across the lifespan: identifying risks and opportunities for change”; “Psychological health and well-being: insights from behavioural and molecular genetics”; “How does stress relate to eating behaviour? Insights from studies in daily life”; “Nutrition education across educational settings to promote healthy and sustainable diets along the life course”, “Using the smartphone as a naturalistic assessment tool: Social interactions, health and well-being”. And of course, the oral sessions filled the room with significant researchers and involved debates and discussions. The only thing I could regret is that all the symposiums and oral sessions were going parallelly and I had to choose between them. I managed to attend those oral sessions which presented the most interest and importance for me in terms of my future research plans. Especially I would like to mention these sessions: “Motivational processes in health behaviour”; “Habits and physical activity”; “Individual, environmental and policy approaches to dietary behaviours”; “Promoting health in adolescence”. Abovementioned symposiums and oral sessions gave opportunities to enhance my research skills and move forward in my scientific interests in health psychology.

I would like to specially mention my unique chance of meeting Professor Dr. Jennifer Inauen, Head of the Department of Health Psychology & Behavioral Medicine at the University of Bern. Meeting Professor Inauen in person was one of the most important events in my experience. I had opportunities before to contact Professor Inauen remotely but the meeting at EHPS conference enabled a productive discussion and brief

consultation with the Professor which brought me to new significant ideas in the designing and development of a behavior change intervention model. Probably, the most important outcome for me is that further steps of my future research are outlined after contacting Professor Inauen.

It was a really nice and worthwhile experience to present my research as a poster in such an established conference as EHPS annual conference is. I was presenting a poster: "Subjective well-being during the Covid-19 pandemic: the predictive role of Covid-related adaptive behavior" with the research results of two cross-sectional studies conducted in Armenia during the first wave of the Pandemic in 2020 and two years later in 2022. The main conclusion based on the results of two studies is that helping behavior was revealed as a significant predictor for subjective well-being and overcoming of crisis situations like Covid-19. I was happy to answer the questions and receive positive feedback. Also, it was a new experience for me the format of chaired poster presentations, which was very efficient.

Last, but not least, my experience wouldn't be so positive and full of novel ideas, if there wasn't such a perfect organized conference and an excellent technical support to ensure the smooth running of the conference. So, let me express my gratitude one more time to all of people who were part of the organizational works.

I am greatly thankful to EHPS Grants Committee for funding and this opportunity of unforgettable journey. Attendance in EHPS 2023 was my first and tremendous experience indeed, but I am sure it is not the last one and I will attend many more conferences and share my experience with this amazing network.

Sincerely yours,
Anna Hakobjanyan

**Anna Hakobjanyan**

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EHPS Conference Grant Report

Frederick H. F. Chan I am deeply grateful for the transformative experience at the European Health Psychology Society 2023

Nanyang Technological University, Singapore

Conference, made possible by the generous conference grant from EHPS. This opportunity allowed me to explore diverse facets of health psychology, engage in science communication, and connect meaningfully with fellow and senior researchers.

The two-day pre-conference CREATE workshop on science communication to lay audiences delivered by Dr. Laura König and Dr. Heide Busse was particularly enlightening. It introduced me to various science communication formats and provided hands-on experience such as crafting a lay abstract and brainstorming lay terms for jargon in our own fields. We also had the chance to visit the science museum in Bremen which helped us gain unique insights into various different ways how science could be communicated to the public in a fun and intelligible way. Collaborating with early career researchers in CREATE has been both inspiring and productive; we are currently pooling our efforts for a science communication project proposal seeking funding from the EHPS-UN committee. Our group is planning to create an Instagram account where we will post infographics over a period of six months to inform and raise awareness among the general population about disability and its consequences. We also aim to connect people with disabilities with resources that are already available in their communities.

Presenting my PhD research on cognitive impairments in end-stage renal disease patients

receiving dialysis treatment at the EHPS conference was a pivotal moment. Beyond honing my skills in scientific communication and dissemination, the invaluable feedback from the audience significantly influenced my approach and perspective towards my PhD project and methodology. The supportive EHPS community has offered opportunities for learning and growth, and the insights gained during these interactions will undoubtedly shape the trajectory of my future research.

The EHPS 2023 conference featured a diverse array of talks, spanning topics on adjustment to chronic illness, digital health, planetary health behaviour, and so on. I particularly enjoyed the new flashlight talk format introduced this year, which is a 5-minute presentation in a short, concentrated oral format. I also enjoyed the challenge night where researchers shared their failure or mistakes in their research. These sessions provided me with a deeper and more comprehensive understanding of the evolving landscape of health psychology research and methodology. Importantly, the talks and activities not only enriched my current research but also inspired research ideas that I would like to pursue after I complete my PhD.

Beyond the financial support, the conference grant acted as a gateway for engaging discussions, establishing meaningful connections, and fostering collaboration with fellow early career researchers. The connections made during the CREATE workshop have proven particularly valuable, evolving into collaborative efforts towards shared goals. This network within the EHPS community has been a constant source of inspiration.

In conclusion, participation in the EHPS 2023

conference has been a transformative experience, leaving an indelible mark on my research and career trajectory. The exposure to diverse topics, networking opportunities, and insightful discussions has not only sparked new ideas but has also informed the next steps of my research. The feedback received and communication with other researchers have provided fresh perspectives, shaping the direction of my ongoing work on cognitive health in patients with chronic illness. Moreover, the interdisciplinary nature of the discussions broadened my understanding of the health psychology landscape. Once again, I would like to thank the EHPS committee for awarding me the conference grant this year and it was a great honour to attend the 2023 conference in person for the first time. I look forward to attending the EHPS 2024 conference in Portugal!

**Frederick Hui Fei Chan**

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EHPS Conference 2023 experience

Lilly Buhr

*University of Tübingen,
Germany*

The EHPS conference 2023 in Bremen was my first EHPS conference and the reception couldn't have been more welcoming, not only considering the heart-warming performance of the shanty choir. First, I was a bit critical when one of the speakers called their fellow researchers the "EHPS family", but over the course of the following days, I realized how the whole atmosphere and character of the conference was based on mutual support and a genuine interest in colleagues and their research.

During the EHPS conference, I visited a wide array of symposia. Thereby, I was happy to both deepen my knowledge and learn about new developments in topics that I myself had been working on in the recent years. For example, since I have gathered some experience in intensive longitudinal measurements with ambulatory assessment during my PhD, learning about new insights into measurement reactivity helped me rethink my past and future study designs. Also, as a psychologist who originally focused on school psychology and self-regulation in the context of ADHD, I was happy to be made aware of the importance of self-regulation in health psychology and therefore learn more about the overlap of school psychology and health psychology. Additionally, I was happy to broaden my horizons and therefore visited different talks just out of curiosity. The broadness of research fields within health psychology impressed me and made me even more excited about possibilities in finding my own role in this scientific field.

A highlight for me on this conference turned

out to be the keynote lectures. Three very different researchers who all were able to convey their enthusiasm on their topics and their excitement about the expanding knowledge in health research. As an early career researcher, I was especially impressed by the wealth of insight that long-lasting expertise and research in a specific field can permit. All keynote lecturers gave a remarkable overview over their research agenda and showed how each finding in single studies led to the development of new questions and new research ideas. I also learned from them that finding a topic than one really cares about allows to build an overarching research agenda which allows for a central theme in one's career. I find it very encouraging to have experienced such great female role models for a fulfilling and qualitatively exceptional path in scientific research.

Since the main part of my PhD was undertaken during Covid-19 times, it was a pleasure to also experience all the additional networking possibilities that an on-site conference enables compared to online conferences. During the coffee breaks, the lunches and of course at the amazing conference dinner, I met impressive people from all over the world and was happy to exchange views on research, but also on different university systems or the culture of northern Germany and especially Bremen compared to their home countries. As I had finished my PhD a few months before the conference, I found myself at a time of vocational orientation. Although I was confident to pursue a path in research, I was still wondering where in the wide field of psychology my interests and expertise would best fit in and where I could find a place to further develop my skills. In

numerous conversations with researchers from all career stages and research areas, I was able to take new perspectives and better imagine possible places for myself within the area of health psychology. Additionally, the ample amount of job advertisements that were presented during many of the talks showed me the broadness of opportunities that psychologists have in health psychology research. In the end, all of these experiences helped me to accept a job offer which I received following the EHPS conference so that I will indeed now start new research projects in health psychology.

Finally, originally coming from northern Germany myself, I was very happy to see how the beautiful city of Bremen and the friendliness of its inhabitants impressed the participants of the conference, including my colleagues, and showed them that the area was more than rainy wastelands. Taken together, the EHPS conference was a great opportunity for me to learn about recent research proceedings, network with impressive scientists from all over the world and from all career stages and even helped me to find a new employment after my PhD. Therefore, I am very grateful about the EHPS grant which made this wonderful experience possible for me and I am very much looking forward to next years' EHPS conference in Cascais.

**Lilly Buhr**

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EHPS Conference Grant Report

Sabryna Sas

*Griffith University,
Australia*

EHPS 2023, what an amazing experience.

Starting my PhD during the month that Covid-19 hit Australia, I felt greatly impacted and limited in my PhD experiences. Not only was my research with Australian prisoners severely delayed, my experience as a PhD student was also impacted. In-person activities were put on hold, my university campus was shut down, access to the shared PhD office was limited, and conferences were all shifted online. I had friends who graduated from their PhD's in 2019 who had described amazing experiences travelling to various countries and cities to attend conferences and seminars, and the prospect of not having these experiences was disheartening. As restrictions began to ease and we learnt to live with Covid-19, the likelihood of international travel was increasing. Enter EHPS 2023 - my first international conference and my first in-person oral presentation; an experience I will never forget.

As a PhD student who is not supported by a scholarship at Griffith University in Brisbane, Australia, international conferences in Europe can be challenging to attend. Not only does travel take over 22 hours one-way, but expenses can be exorbitant. This is why I am extremely grateful to have been awarded the EHPS 2023 conference grant. This grant helped me enormously with supporting my attendance. Without this grant, my attendance at EHPS 2023 was improbable.

The conference itself was a very well organised event. Because I had never been to an international conference, I did not know what to expect. I was hesitant in my approach, but very

quickly felt welcomed and included as an EHPS member. The variety of topics and presentation formats catered to all attendees. As a first timer, it was eye-opening to see such a large group of health psychologists who were all passionate about the same things and who were so excited to share their work.

Along with being accepted to present an oral presentation at EHPS, I also had the privilege to attend and participate in the pre-conference CREATE workshop titled 'Communicating health psychology research to lay audiences'. Delivered by Dr Laura Konig and Dr Heide Busse, this workshop was definitely not one to miss. This 3-day workshop was an excellent introduction into the world of EHPS. It gave me the opportunity to network with a variety of people from all around the world, many of whom I can now call life-long friends. Attending CREATE before the EHPS conference officially started really helped to reduce my anxiety around the conference. The topic for the CREATE workshop was also extremely relevant to my research. My research focuses on the broader self-control space. More specifically, one of my PhD projects involves interviews with current prisoners in Australian prisons, and investigates their experiences in prison and how the environment and other factors impact their self-control. This research has wide-reaching implications. These include impacts on individuals, families, communities, and has significance for government and political bodies. Thus, CREATE has been an invaluable experience in building my skills in communicating my research to lay audiences and those in relevant industries. For those outside of research, such as Queensland Corrective Services

and private prison companies, it can be difficult to understand the results of psychological research. Given the importance of my research and the confidential nature of this specific population, I now believe that I have the knowledge and practical experience to produce effective scientific communication and dissemination with all stakeholders. Without the conference grant, I would not have been able to participate in the CREATE workshop and gain this vital experience.

More broadly, attending EHPS with the support of the grant has enabled me to form a variety of networks that will have a positive impact on my research and career. There were so many inspiring presentations, delivered by energetic and passionate researchers. All presenters and attendees were always eager to have a chat about research ideas and future collaborations. Prior to the conference, I had hit a motivational wall with my PhD, however, I left the conference feeling inspired to continue pushing ahead and excited about the next stage of my PhD and career as an academic.

I would like to give a huge thank you to the EHPS Grants Committee for this great opportunity, and extend this to the CREATE workshop facilitators, the CREATE executive committee, all presenters and attendees of the conference, and everyone who was involved in the organisation of EHPS 2023. I hope to see many of you again in Portugal!



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