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EHPS 2015

29th Conference of the EHPS - Cyprus 2015

Principles of Behaviour Change in Health and Illness

Message from the Scientific Committee

Yael Benyamini

Tel Aviv University

Maria Karekla

University of Cyprus

The scientific programme this year promises many exciting topics, talks, and posters. Over 750 abstracts were submitted to 19 tracks, ranging from eHealth/mHealth, through resilience, stress and burnout, well-being and quality of life in health, illness, and work contexts, to theories, models and interventions focusing on health promotion, prevention, and changing health behaviours. The theme of our conference, Principles of Behaviour Change in Health and Illness, will be reflected in many of the talks, as it is investigated and implemented in many populations ranging by age (children, adolescents, young and old adults), role (communities, patients, workers, health care professionals), cultures, ethnicity and country.

The conference will include four Keynote Talks from world renowned scientists. Prof. Howard Friedman from the University of California will share with us his impressive knowledge on pathways to health and longevity, based on his research with a cohort that has been followed from the 1920s. Prof. Susan Michie from University College London will share with us the significant work being carried out regarding the ongoing developments in the science of behaviour change. Prof. JoAnne Dahl from Uppsala University will open our minds to the newest developments in behavioural medicine, with the applications of

Acceptance and Commitment Therapy (ACT) to ameliorate symptoms and prevent illness. Prof. Ronan O'Carroll from Stirling University will close the conference with the new developments in the contribution of health psychology to identifying and overcoming barriers to organ donation.

In addition to these four exciting talks, this year's conference will include, for the first time, two Overview Talks: These are 30-minute talks, intended to provide an overview of an area of research. Many excellent abstracts competed for this new format – the Scientific Committee had a difficult time choosing from amongst them! Two

overview talks were finally selected: Dr. Benjamin Gardner will talk about the hot topic of habitual behavior, proposing a theoretical approach to deconstructing such behavior; and Dr. Tessa Hart will talk about progress toward a theory-driven method for defining and

measuring complex interventions. We hope these talks will provide the audience with a unique opportunity for an in-depth exposure to the state-of-the-art in specific areas of health psychology.

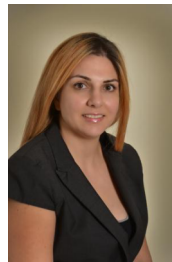
Twenty-seven symposia will add comprehensive views of specific fields and topics. The Annual Methods in Health Psychology symposium will focus this year on using N-of-1 methodology to study or change health-related behaviour. A Roundtable will provide insights into the conceptualization and challenges in caregiving research. In addition, many oral



presentations were grouped by the Track Chairs and Scientific Committee according to topics, so that each one provides interesting angles that complement one another, all within a single domain. Finally, our three poster sessions will include a variety of research in all areas of health psychology. They will be presented in 15 small interactive group sessions per day (in parallel), with four to seven posters in each group. You are invited to join these sessions, which will take place every afternoon, right before the keynotes.



Yael Benyamini
Bob Shapell School of Social Work,
Tel Aviv University, Israel
benyael@post.tau.ac.il



Maria Karekla
Department of Psychology,
University of Cyprus
mkarekla@ucy.ac.cy



EHPS 2015

29th Conference of the EHPS - Cyprus 2015

Principles of Behaviour Change in Health and Illness

Message from the Organising Committee

Theano Kalavana On behalf of the
University of Nicosia Organising Committee
Eleni Karayianni we would like to share
University of Cyprus with you our excitement
in hosting this year's
EHPS conference in Cyprus at the beautiful sea-
side city of Limassol. A lot of work has been done
over the past two years and both committees
managed to design a conference that will provide
a comprehensive overview of the latest research
in the development of Health Psychology.
Furthermore, it is of great importance that EHPS
2015 is being held in Cyprus as Health Psychology
is not yet widely known on the island. Indeed, it
is not recognized as a profession,
and to-date no programs of
training exist. We hope that by
hosting the conference, and most
importantly by exposing local
health and mental health
professionals to health
psychology, the conference will
act as a catalyst for its
development.

The Local Organizing committee has invested great energy in designing the social program of the conference. The opening ceremony will be held in the main hall with a local traditional band welcoming all the delegates. A conference reception including cocktails will take place



Theano V. Kalavana
Medical School, University of
Nicosia, Cyprus
kalavana.t@unic.ac.cy

around the swimming pool area of the Grand Resort Hotel, followed by a beach party with a DJ until midnight. The conference dinner will be held in the old Carob Mills, where delegates will have the opportunity to taste traditional and modern Cypriot dishes, accompanied by local drinks, live music and local dancing. We have also planned some further social events and activities such as discounts for the Opera Festival (Rossini's Cinderella), tours to wine villages and excursions to all the main cities of the island and Troodos mountains.

With regard to the Venue Town, Limassol, it should be noted that this is a unique and wonderful seaside city with a rich history and culture that goes back to ancient times. It is located on the southern coast on Akrotiri Bay between the ancient towns of Amathus and Kourion. Limassol was inhabited continuously since ancient times and tombs discovered there date

back to around the 2nd century B.C. Its special characteristics such as the blend of ancient, contemporary and multicultural infrastructure along with the 16 kilometers of sandy beaches and the colorful wine villages surrounding the town offer countless opportunities for exploration!



Eleni Karayianni
Department of Psychology,
University of Cyprus, Nicosia,
Cyprus
ekarayia@ucy.ac.cy

EHPS 2015

29th Conference of the EHPS - Cyprus 2015

Principles of Behaviour Change in Health and Illness

Interviews with the keynotes speakers

Howard S. Friedman



1. Please identify a moment that changed the course of your career.

The most exciting aspect of research is discovering something new—or seeing an old phenomenon in a new light. For me, this happened in a dramatic way about three decades ago when I discovered that multiple aspects of personality are associated with multiple diseases, in similar ways—what I called the “disease-prone personality” and the “self-healing personality.” We then soon discovered that conscientiousness earlier in life was a core component of the relevant processes and pathways.

I have been following up on these fascinating discoveries ever since.

2. Identify one challenge that health psychology should be addressing, but is not.

We need to develop a better understanding of what it means to be healthy. That is, what is health? Many puzzles and problems in health promotion and the health care system derive from conceptual ambiguity and narrowness about health. I will be talking a little about this during my keynote address. I also welcome hearing ideas from EHPS readers and members.

3. Please identify one journal article that all psychologists should read.

I believe I cover many important matters in my recent review article:

Friedman, H. S. & Kern, M. L. (2014). Personality, well-being and health. *Annual Review of Psychology*, 65, 719-742.

4. What first got you interested in health psychology?

When I started my career, there was no formal field of health psychology. There were medical sociologists studying the sick role and doctor-patient relations. There were medical anthropologists studying cross-cultural differences in medical concepts and treatments. There were psychiatrists and Freudians studying repression and ulcers. And there were small numbers of psychologists working in hospitals and health clinics, helping those with serious

chronic illness: this was called “medical psychology.” (Europe was a leader in this.) But psychologists were mostly missing from the health field. Psychology was focused on mental health and mental illness and strife, and on basic principles of experimental psychology with behavioral outcomes. It was shocking for a psychologist to think of using physical health as a core outcome. I started meeting with like-minded young psychologists, including Nancy Adler, Robert Kaplan, Shelley Taylor, and a dozen others, and we were amazed to see the possibilities for the study and promotion of



health. A lesson is: hang out with and value your colleagues.

When I published my first two meta-analyses on health psychology in 1987, they fortunately received a lot of puzzled attention but also a lot of skepticism. When in 1993 I published my first longitudinal study in JPSP on “Does childhood personality predict longevity?” it was likewise met with lots of surprise and even doubt as to whether this was “psychology.” But by then, I knew we were onto something important. Now, there are many excellent research programs all around the world studying personality and health in this manner.

5. What is the most important lesson that you have learnt?

I have been amazed to discover the extent to which healthy (or unhealthy) behaviors, patterns, and events cluster together. Disease is sometimes random (“bad luck”), but less often than we imagine. Instead, most individuals are on what I call “pathways to health and longevity” or “pathways to disease” (disease proneness). This is a new way of thinking about health. The good news is that people can change their pathways, although most do not.



6. What advice would you offer to young psychologists?

It is important to remember why we work in this field—to develop psychological science and apply it to improving health in society. The ultimate goal is not how many titles or publications you have. For example, the real pleasure in giving a keynote address comes from the opportunity to present and discuss your ideas with smart colleagues and students, not from fame or prestige. I’d encourage young health

psychologists to persevere and to remain idealistic. Health psychology is a wonderful field, with rich concepts, great research methods, and huge importance for individuals and for society. And fascinating and fun as well!

7. What is your hope for the future of health psychology?

I love teaching and so I know from students and junior colleagues that health psychology is in good hands. For half a century, psychologists have talked fruitfully about a “biopsychosocial approach.” But there is always pressure towards fragmentation. Some focus on health at the genetic, cellular, or even molecular level. Some focus uniquely on cognitive and behavioral psychological processes. Still others focus on social, societal and cultural matters. All of this is important, but my hope is that more of us do not forget the bigger, integrative picture. If you think that the secret of health and thriving can be found solely in telomeres, or mitochondria, or cognitive-behavioral therapy, or meditation, or patient adherence, or SES, you are missing a core part of the story. The glory of health psychology is its ability to draw from many relevant disciplines and discoveries.

Howard S. Friedman
Distinguished Professor of Psychology
University of California, Riverside, USA
howard.Friedman@ucr.edu

Susan Michie



1. Please identify a moment that changed the course of your career.

The moment is in the 1970's when I was a jobbing clinical psychologist at the Royal Free Hospital, London, working with children and adults. One Marie Johnston, who headed an integrated department of clinical and health psychology, knocked on my door, sat down and said "What research are you going to do?" Unusually for me, I was stuck for words ... but it got me thinkingand then doing research....

2. Identify one challenge that health psychology should be addressing, but is not.

One of health psychology's strengths is its use of theory to summarise what we know to guide intervention development and evaluations and evidence syntheses. However, we could make much greater and more rapid advances if we specified the constructs and relations within theories more precisely and were more explicit about how we applied them. A systematic review of 190 behavioural interventions found that, of 56% interventions that applied theory, behaviour change techniques were not linked to theoretical constructs and/or constructs were not linked to behaviour change techniques in more than 90% of these (Prestwich et al, 2013, Health Psychology). A multidisciplinary review of theories of behaviour change identified 83; many were overlapping and most were poorly described, as were the constructs and

relationships within them, for example, a lack of correspondence between labels and definitions (www.behaviourchangetheories.com; Michie et al, 2014, Health Psychology Review).

Health psychology has risen to the challenge of developing methods of specifying interventions more precisely; I would like us to do similar for theory. Work has begun by Michie and West to analyse, for these 83 theories, the relationships between and within them (the latter in terms of four semantic relationships and 13 structural or functional relationships). The scale of this job and the quest to identify 'prototype' theories from across this data set require collaboration with computer science. My prediction is that such collaborations will bring huge dividends to our field, including the application of natural language processing and machine learning to the analysis of 'big data' such as large evidence syntheses, building smartphone apps and analysing the vast quantities generated of 'real-time' data about behaviour, cognition and emotion in everyday life and situations.

3. Please identify one journal article that all psychologists should read.

The journal article that made the most impression on me as an undergraduate was: Nisbett, R. E., & Wilson, T. D. (1977). Telling more than we can know: Verbal reports on mental processes. *Psychological Review*, 84, 231-259.

It provided evidence for an argument that I adhered to, that mental processes leading to decisions, emotions and behaviour are inaccessible to conscious awareness. Self-report can therefore only provide an account of "what people think about how they think," but not "how they really think".

Fortunately, technological developments allow us to move beyond self-report in understanding,



for example, influences on behaviour. Sensors in mobile phones, clothes and the environment along with sophisticated indicators e.g. of voice and physiological markers, allow the synthesis of “big data” in real time in everyday lives.

4. What first got you interested in health psychology?

A visit to the psychiatric hospital in Havana, Cuba in the late 1970's opened my eyes to a different way of conceptualising mental health and of working than I had been used to: preventive, many disciplines working together not dominated by medicine, seeing mental and physical health intertwined and both important, and integrating all individuals within society as broadly and deeply as possible. These ideas made a deep impression on me and I published two articles as a result of this visit. When I later came across health psychology as an emerging science and practice, it seemed to embody many of these principles which I thought key to maximising the mental and physical health of the population.

5. What is the most important lesson that you have learnt?

To be humble about oneself and one's discipline, and to respect the contribution of all disciplines to the thinking about and conduct of science, and research more generally, and to the understanding of human behaviour in the broadest sense. And to hold this alongside a strong sense of one's own discipline and contribution. The first I have slowly learnt over many years; the latter I learnt early on when I spent two years as a clinical psychologist in a social service project with next to no contact with other psychologists – I ended up being quite confused about who I was and what I had to offer.

6. What advice would you offer to young

psychologists?

Be curious, follow your interests and do what you believe to be important. Increasingly, researchers are being pushed into certain types of research in order to achieve certain types of “metric” that bring fame and fortune to Universities. Whilst it is strategic to ‘play the game’ to some extent, it is also important to do what you feel is going to add value to one's area (and to you) and to think long-term and big. The other thing is to combine being open to new ideas and methods, whilst retaining focus. And for researchers to be engaged with practice and policy will enhance their research, just as engagement with research enhances practice and policy.

In my inaugural professorial lecture, I said three things had influenced my career and who I had worked with: intellectual interest, social usefulness and the capacity for fun. I think these have served me well.

7. What is your hope for the future of health psychology?

That it will embrace the Open Science movement

(https://en.wikipedia.org/wiki/Open_science). Our discipline, and science more generally, has been dogged by not working in a fully transparent and collaborative fashion which means slow accumulation of evidence and advance in thinking and huge waste of investment and potential good for society. For example, this year Nature published the preliminary results of testing the reproducibility of 100 research findings: only 39 were reproduced. Whilst many explanations can be put forward for this, there is no doubt that our science could be vastly improved by being open about every aspect of our practice, including data sets, lab notes and details



of computational syntax and qualitative methods. I hope that a year from now, many of us will be embracing it in our own work by using Open Science Framework (<https://osf.io/>)

JoAnne Dahl



1. Please identify a moment that changed the course of your career.

Moving to Sweden from the US as a 20 year old student was definitely a significant change that greatly impacted my life course. Immersing myself in a new culture, language and perspective taught me the value of psychological flexibility.

2. Identify one challenge that health psychology should be addressing, but is not.

The dichotomy between psycho and somatic is still more the rule than the exception. There are still discussions about 'real' pain and psychogenic pain, real seizures and psychogenic seizures. Until we see all of these phenomena as one and as a whole we are not likely to move forward. I have found the best developments to happen when we from the medical and psychological traditions to get into a shared perspectives and help each other to a synthesis of a new perspective. I find we are still locked into territorial thinking with what is right and wrong in an atmosphere of competition and self promoting. I think cooperation and shared perspective should be encouraged by journals, conferences and research funding.

3. What first got you interested in health psychology?

Susan Michie

Professor, Director, UCL Centre for Behaviour Change, University College London, UK

s.michie@ucl.ac.uk

I was interested am still am fascinated by understanding the behaviour of human beings and in particular how we relate to our bodily symptoms. Why some people exaggerate and others ignore physical symptoms and why some perceived themselves as handicapped with little or no pathology while others with clear organic degeneration see no handicap. And that it is these difference in how symptoms are perceived that predicts dysfunction rather than the actual tissue damage is for me fascinating.

4. What is the most important lesson that you have learnt?

Behaviour or functional analyst has always been my life line I hold on to.

5. What advice would you offer to young psychologists?

Learn functional analysis properly.

6. What is your hope for the future of health psychology?

I hope for a true cooperation between medical and psychological professions and perspectives.

JoAnne Dahl

Professor of Psychology, University of Uppsala, Sweden
Licensed Psychologist, Psychotherapist, Supervisor in Cognitive Behavior Therapy

Internationally Recognised ACT Trainer, ACBS Fellow

jdahl8@me.com



Ronan O'Carroll



1. Please identify a moment that changed the course of your career.

I had planned a career in Clinical Psychology. It was (and still is) pretty competitive to get a place on a Clinical Psychology training programme in the UK. I therefore applied to study for a PhD to enhance my chances of obtaining a Clinical Psychology training place. Fortunately, at that exact time, a PhD studentship was advertised funded by the MRC and based in my home city of Edinburgh, entitled "The behavioural effects of androgens in man", supervised by John Bancroft (he went on to become Director of the Kinsey Institute in the US). My aim was purely to use the PhD as a stepping stone to Clinical Psychology training (which it did). However, I really enjoyed the experience of conducting research on the relationship between hormones, mood and behaviour, and testing hypotheses in small RCTs during the PhD. After working as a Clinical Psychologist in the National Health Service for a couple of years, I realised that the mix of research, teaching and some clinical work suited me better, and I gradually drifted towards Health Psychology. Another important change point was in 1990 when I returned from working in Canada. Ralph McGuire, (who was Director of Clinical Psychology training in Edinburgh for many years) asked me to join him doing some clinical work in general medicine, in the Dept. of Psychological Medicine in Edinburgh Royal Infirmary. I

accepted his invitation and 25 years later am still doing a session there every Tuesday afternoon. I find this regular patient contact vital as a "real world" testing ground for some of our ivory tower academic theories and models. For example, this regular direct patient contact has helped cement my view that our idiosyncratic illness and treatment beliefs are hugely important in determining health outcomes, and that these should be elicited and addressed regularly in routine patient contact.

2. Identify one challenge that health psychology should be addressing, but is not.

There is now widespread acceptance that behaviour plays a key role in the development of many long-term conditions and that behaviour change is essential for both prevention and treatment. Our challenge is to demonstrate to policy makers that health psychology interventions can make a significant and lasting change to health behaviours that lead to improved health outcomes.

Our discipline has taken important strides forward in theory development and in extending our understanding of the factors that guide intention formation and behavioural enactment. Significant advances are also being made in developing a reliable taxonomy of behaviour and behaviour change techniques.

As a discipline however, we need to collaborate more and conduct larger, multi-centre, collaborative, intervention studies, where behaviour is measured objectively. We need to test whether the behaviour change is maintained, if so then the study should be replicated. If we find robust treatment effects in relation to sustained behaviour change, we should promote



and implement them.

3. Please identify one journal article that all psychologists should read.

Well the previous answer was largely lifted from O'Carroll, R. E. (2014). Health Psychology interventions. *British Journal of Health Psychology*, 19(2), 235–239..... but I would recommend Leventhal, H., Diefenbach, M., & Leventhal, E. (1992). Illness cognition: Using common sense to understand treatment adherence and affect cognition interactions. *Cognitive Therapy and Research*, 16(2), 143–163.

4. What first got you interested in health psychology?

I have outlined some of the answer in 1 (above). By 1999 I was conducting more research in the area of psychology in a general medical setting and I joined Marie and Derek Johnston at the University of St Andrews. They really introduced me to Health Psychology and pointed out that a lot of my work had been in the domain of Health Psychology, I just hadn't been aware of it. I learned a lot from both of them, and continue to do so. Marie in particular has educated me on the limitations of cross-sectional designs, relying on self reports, and the need for rigorous intervention studies and the importance of measuring actual behavior.

5. What is the most important lesson that you have learned?

Work with good people. Not just clever and competent people, but good people too. Forming trusting relationships where you can comfortably, honestly and safely criticize each others work is essential. I have been very fortunate throughout my career to have great

colleagues. I also firmly believe that one should try and have a healthy work/life balance. I certainly don't work all the time and believe that having a laugh on a regular basis is crucial.

6. What advice would you offer to young psychologists?

See answer to 5 above.

7. What is your hope for the future of health psychology?

I hope that as a discipline, we can produce the evidence to convince Governments that behavior and behavior change should be a key target for large scale research projects, with commensurate funding. I genuinely believe that if we could target behavior more effectively, world-wide health outcomes could be dramatically improved. I am not at all anti-medicine, but if a fraction of the funding allocated to bio-medical research was directed towards health behavior research, I think the returns could be remarkable.



Ronan O'Carroll

Professor of Psychology, Director of Research, Division of Psychology, School of Natural Sciences, University of Stirling, Scotland, UK

reo1@stir.ac.uk

EHPS 2015

29th Conference of the EHPS - Cyprus 2015

Principles of Behaviour Change in Health and Illness

Abstracts of the keynote talks

Howard Friedman

Department of Psychology, University of California – Riverside, USA

Title: Pathways to Health and Longevity

Synopsis. Health researchers usually think they are asking the question, "Why do people become ill?" but they are often really studying "Who becomes ill?" There is astounding variability in susceptibility to illness and in the speed and likelihood of recovery. Longitudinal research reveals why it is not random who enters and sustains healthy pathways.

Abstract. Why do some people thrive well into old age while others become ill or die young? Health researchers often think they are asking the question, "Why do people become ill?" when they are really studying "Who becomes ill?" There is astounding variability in susceptibility to illness and in the speed and likelihood of recovery. This talk focuses on our work with the longest continuous cohort study ever conducted, a group of over 1500 boys and girls who were first studied as children in the 1920s and have been followed ever since.

One of the participants, now age 104, is still working, recently told me that his wife had just turned 99, and asked when I was coming back to visit him. Are such matters relevant to a healthy long life? Examining multiple influences across time uncovers important long-term pathways

through which personality and social relationships relate to well-being and long life. It also reveals the flaws in centenarian studies and the weaknesses of society's approaches to health promotion and health behavior change. Surprisingly, many aspects of flourishing or stumbling are not random or environmentally determined but involve long-term patterns partly brought on by the individuals themselves. The Longevity Project is an 8-decade study of these pathways to longevity--who thrives and lives long, and why.



Susan Michie

Professor of Health Psychology and Director of the Centre for Behaviour Change,
University College London, UK

Title: Building the Science of Behaviour Change: Organising and integrating the accumulating evidence

Synopsis. Interventions to change behaviour have great potential to improve global health and well-being. Despite some notable successes, most interventions have not led to hoped-for results. We need better answers to the variants of 'The Big Question': What interventions are effective in changing what behaviours for whom in what circumstances, and how? A vision of a more systematic and coordinated approach to behavioural science will be presented, along with examples of work contributing to this.

Abstract. Interventions to change behaviour have great potential to improve global health and well-being. Despite some notable successes, we still cannot extract what we need to know in order to advance. We need better answers to the variants of 'The Big Question': What interventions are effective in changing what behaviours for whom in what circumstances, and how? We need a more systematic and reliable framework for organising what we learn from research on interventions and an efficient method of incorporating the evidence into the organising framework. This will require a more coordinated approach to behavioural science.

This presentation will describe a programme of work that aims to build on what has been achieved thus far to create the kind of methodological, theoretical and empirical

foundation needed to answer the big question more efficiently and accessibly than hitherto. The work centres on creating a populated behaviour change 'ontology' that links interventions (content and delivery), usage (extent and type), context (target population, other behaviours, setting), mechanisms of action (modifiable factors mediating behaviour change), and behavioural outcomes.

A start on developing an organisational framework has been made in terms of intervention content, with a taxonomy of 93 'behaviour change techniques' that can be specified in ways that cut across behavioural domains. Work has begun on developing a framework for mechanisms of action based on 83 behaviour change theories containing more

than 1000 differentiable constructs. There is also the beginning of a taxonomy of behaviours identified from more than 5000 studies of behaviour change and organised within the WHO's International Classification of Function (ICF) framework.

Even with a strong organising framework, the enormous volume of research being published on behaviour change, estimated at more than 2000 articles every day, cannot be synthesised effectively and used to populate the behaviour change ontologies by hand. Collaboration is beginning with computer scientists to develop



automated systems for extracting relevant information from articles using natural language processing and machine learning to populate the ontologies and build an interface to allow users to interrogate the ontologies with any variant of The Big Question. To the extent that this ambitious programme can be realised and is successful, progress in establishing the science of behaviour change should proceed more rapidly and intervention designers should be able to construct interventions to meet their needs with greater confidence that they will deliver the intended results



JoAnne Dahl

Professor in Psychology, Department of Psychology, University of Uppsala, Sweden
 Licensed Psychologist, Psychotherapist, Supervisor in Cognitive Behavior Therapy,
 Internationally Recognised ACT Trainer, ACBS Fellow

Title: You are greater than what you sense, think and feel: An Acceptance & Commitment Therapy application to Behaviour Medicine

Synopsis. First generation behaviour medicine focused on applying behaviour analysis and behaviour principles of treatment to control and reduce symptoms of mainly chronic illness such as epilepsy, asthma or prevent illness such as heart disease. Third wave behaviour therapies such as Acceptance and Commitment therapy (ACT) focus mainly on acceptance of symptoms which turns out to be a more effective means in reducing symptoms and increasing quality of life.

This presentation offers an illustration of the evolvement from control and symptom reduction to acceptance, increase in life quality and symptom reduction for a number of physical illnesses. Learning how to get 'bigger than' your symptoms is key.

Abstract. First generation behaviour medicine focused on applying behaviour analysis and behaviour principles of treatment to control and reduce symptoms of mainly chronic illness such as epilepsy, asthma or prevent illness such as heart disease. Third wave behaviour therapies such as Acceptance and Commitment therapy (ACT) focus mainly on acceptance of symptoms which turns out to be a more effective means in reducing symptoms and increasing quality of life. This presentation offers an illustration of the evolvement from control and symptom reduction

to acceptance, increase in life quality and symptom reduction for a number of physical illnesses. Learning how to get 'bigger than' your symptoms is key. The presentation offers examples from my own research in epilepsy, asthma, stomach disorders, chronic and acute pain and obesity. Self as context as a specific perspective taking has shown to a key element in helping clients to get 'bigger than' symptoms and from that perspective become aware of

relational frames of thoughts, feelings and sensations making up these symptoms. Once the client becomes aware of these ingredients involved in what she call symptoms, she can open up to the actual physical sensation and curiously study its true nature. Becoming aware of the

difference between the actual physical sensation involved in symptom and one's thoughts and fantasies entailed in the symptoms helps the client to open up to and accept what is here and now.



Ronan O'Carroll

Division of Psychology, School of Natural Sciences, Stirling University, UK

Title: Health Psychology and Organ Donation

Synopsis. There is an insufficient supply of donor organs to meet the demand for organ transplantations worldwide. There is therefore an urgent need to identify and overcome the barriers to registration. In this talk I will review the evidence regarding barriers to people registering as posthumous organ donors. I will argue that emotional factors play a significant role, and will review interventions that attempt to overcome these barriers and thus increase organ donor registrations. I will also review living donor organ donation and "opt-in" versus "opt-out" schemes.

Abstract. There is an insufficient supply of donor organs to meet the demand for organ transplantations worldwide. In US, over 120,000 residents are on the waiting list for a solid organ transplant, and 18 patients are dying per day before they receive a transplant.

This is despite the fact that advances in transplant surgery and immunosuppressant medication means that most recipients would have an excellent outcome. In the UK over 90% of the general public approve of organ donation but only 32% in the UK have registered as posthumous organ donors. This is a good example of the intention-behaviour gap. There is therefore an urgent need to identify and overcome the barriers to registration. In this talk I will review the evidence regarding barriers to people registering as posthumous organ donors. I will argue that emotional factors play a

significant role, and will review interventions that attempt to overcome these barriers and increase organ donor registrations. I will also briefly review living donor organ donation and "opt-in" versus "opt-out" transplant schemes.



National Delegates Report - 2015

Efrat Neter
Ruppin Academic Center

The National Delegates forum in the EHPS is a relatively stable group, where delegates serve for extended periods of time, thus providing continuity and organizational memory. The NDs forum had a change of guard in 3 countries this year: Japan, Ireland and France. Aldan Lai, who was also active in the UN committee and CREATE, Molly Byrne, who moved on the EHPS Executive Committee, and Noelle Girault-Lidvan departed; the new NDs are and Yasuo Shimizu, Jenny McSharry and Cecile Dantzer.

Two committees worked during the past year on issues that sprang out of the NDs meeting in Innsbruck. The first was a 'conference fee waiving committee' that was established following a discussion on economic hardship experienced in some EU countries. The committee included Efrat Neter (ND officer), Gudrun Sproesser (Treasurer), Lisa Warner (German ND) and Jane Walsh (Irish co-ND). The committee submitted its white paper for the EC winter meeting. The suggestions were discussed in the EC and as difficult issues remained unresolved, the issue will be discussed again in the EC meeting before the Cyprus conference.

The second committee that worked throughout the year is the 'eCourse committee'. The ND forum initiated eCourses in 2013 at the Bordeaux conference, there was a successful pilot in 2013-14, and at the Innsbruck conference a committee, partly based on NDs, was established. The committee includes Marta Marquez (chair, Portugal), Jasminka Despot Lucanin (Croatia,

ND), Dominika Kwasnicka (Synergy), and Efrat Neter (ND officer). The committee organized 6 eCourses, conducted evaluation, and submitted a report to the EC.

Annual reports on what is taking place in respective countries is found on the countries' space in the EHPS web site. The EHP is publishing several reports in each issue.



Efrat Neter
Behavioral Sciences Department,
Ruppin Academic Center, Israel
neter@ruppin.ac.il

Annual Report - Australia

Barbara Mullan
Curtin University

Academic and Applied developments

The new State Chair for the Australian Psychology Society College of Health Psychologists, Queensland Section is EHPS member Kyra Hamilton. The Australian Psychology Society College of Health Psychologists, Queensland Section and Menzies Health Institute Queensland, Griffith University has been active in organizing professional development events for members

This includes:

- Health Psychology: Student professional networking event and information night. Presenters: Dr Kyra Hamilton and Dr Bernadette Watson. September 2014 (APS College of Health Psychologists, Queensland Section)
- Sleep disorders with particular emphasis on the insomnias; Behavioural Management of insomnia; Behavioural management of parasomnias. Presenter: Dr. Stuart Armstrong. September 2014; December 2014; March 2015 (APS College of Health Psychologists, Queensland Section)
- Health behaviour change: Constructs, mechanisms, and interventions; Self-efficacy and social support as coping resources. Presenter: Prof. Ralf Schwarzer. November 2014 (Menzies Health Institute Queensland, Griffith University; APS College of Health Psychologists, Queensland Section)
- Workshop on Scientific writing. Presenter: Prof Martin Hagger. January 2015 (APS College of Health Psychologists, Queensland Section)
- Changing physical activity and dietary

behaviours: Conceptual and empirical analyses of initiation and maintenance. Presenter: Prof Falko Sniehotta. April 2015 (2 events: 1 for APS College of Health Psychologists, Queensland Section; and 1 for Menzies Health Institute Queensland, Griffith University)

- A systematic approach to behaviour-change intervention design and evaluation. Presenter: Prof Charles Abraham. May 2015 (APS College of Health Psychologists, Queensland Section)

- Forming good habits and breaking bad ones. Presenter: A/Prof Barbara Mullan. June 2015 (APS College of Health Psychologists, Queensland Section)

The Health Psychology and Behavioural Medicine group in Curtin University in Perth WA has been active in organizing events for academic and professional development including

- Professional development event with EHPS member Professor Susan Michie in Curtin University 2015
- Professional development event with EHPS member Professor Falko Sniehotta in Curtin University 2015

EHPS-related activities

Conferences

There were two health psychology conferences this year:

- The 1st was the ASBHM annual scientific meeting held in Perth WA. The Theme was "Addressing barriers to health outcomes for people and populations." It ran from Wednesday

11th to Friday 13th February, 2015. The Scientific Program comprised of 85 oral presentations, 4 symposia, 21 poster presentations and 2 pre-conference workshops. We had just over 100 delegates from Australia and around the world. Namely, we had international delegates from New Zealand, China, Malaysia, Singapore, Poland, and the United Kingdom. We also had a large number of interstate delegates primarily from New South Wales, Queensland, and Victoria. Our international keynote speaker, an EHPS member, Professor Susan Michie (United Kingdom) was an outstanding addition to our program and inspired many of our delegates.

- The 2nd was the 2nd APS College of Health Psychology Conference held on the 10-11th April, 2015 at Coogee Beach Sydney. The theme of the conference was "Facilitating health behaviour change and maintenance". The conference scientific program featured international and local keynote presentations, individual research papers, symposia, posters and workshops which showcased the wide array and high quality work being done in health psychology. The conference was an excellent opportunity to network with colleagues, hear about recent theoretical developments and research, and to gain workshop experience relevant to the practice of clinical health psychology and health promotion. One of the keynote speakers was EHPS member Professor Falko Sniehotta

Upcoming events

ICBM 2016

We are very excited to be involved in organizing the ICBM 2016 conference in Melbourne.

Keynote speakers are confirmed as:

Rona Moss-Morris -Medically Unexplained

Symptoms - King's College London

Ichiro Kawachi - Social Determinants of Health - Harvard University

Christina Lee - Women's Health in Context - University of Queensland

Master Speakers are confirmed as:

Professor Steve Cole - UCLA School of Medicine

Professor Judith Prins - Radboud University Nijmegen

Professor Winfried Rief - Philipps-Universität Marburg

Professor Alex Brown -University of South Australia

Miscellaneous

1. The new ICAP secretary and Chair Elect of ASBHM is EHPS member Barbara Mullan

2. Grants awarded:

Kemps, E., & Tiggemann, M. Can attentional re-training reduce food cravings and consumption? 2013-2015, \$230,000, Australian Research Council.

Tiggemann, M. "Warning: This image has been digitally altered": The effect of disclaimer labels on women's mood and body dissatisfaction. 2015-2018, \$370,000, Australian Research Council.



Barbara Mullan

Chair of LASER & HABIT

Health Psychology & Behavioural Medicine Research Group

School of Psychology and Speech Pathology, Faculty of Health Sciences, Curtin University

barbara.mullan@curtin.edu.au

Annual Report - Austria

Rudolf Schoberberger, Medical University of Vienna. So far about 9500 psychologists are registered as licensed Health Psychologists. They are employed in universities, hospitals, welfare institutions or operate private practices.

Austria hosted the EHPs Conferences in Vienna (1998) and Innsbruck (2014).

Legislative developments

A new version of the Austrian Act of Psychologists was approved by the Parliament in July 2014. Health Psychology as an own discipline has now a significant appreciation.

The new law includes the following key points:

- The term "Psychologist" is reserved for people with an university degree in Psychology (at least 300 ECTS credits)
- Postgraduate education and training for the acquisition of theoretical and practical competences in health psychology for a total of 1,940 hours:
 - Acquisition of theoretical professional competence in a minimum of twelve months of at least 340 units: Basic module with a minimum of 220 units and advanced module with a minimum of 120 units
 - Acquisition of practical professional competence through health psychological work, including case supervision and self-awareness for a minimum of 1,628 hours
 - Professional qualifications:
 - Persons have the right to exercise the profession of health psychologist if they:

are authorised to use the professional title of Psychologin/Psychologe (psychologist) have demonstrated the acquisition of professional competence, in particular, by submission of the final certificate

are of legal capacity have demonstrated the physical and mental fitness and trustworthiness necessary for fulfilling the duties of the profession have taken out professional indemnity insurance

have established a place of work are registered on the list of healthcare psychologists

- Precise description of the activities of Health Psychologists and Clinical Psychologists
- Clarification of professional obligations

The list of all licensed health psychologists is published by the Ministry of Health (<http://gesundheitspsychologie.ehealth.gv.at/>).

Academic developments

Some examples of actual research-topics in health psychology in Austria are published in a very recent issue of the Journal "Psychologie in Österreich" (Volume 34, 2/3, 2014):

- Positive Human Development – Self-Esteem, Self-Compassion and Flourishing (A. Bucher)
- Happiness Research – Insights and Consequences (K. Ruckriegel)
- The Power of Positivity (P. Streit, M. Wohlkönig)
- Physical Activity and Well-Being: Affective

Reactions to Exercise

(L. Ledochowski, P. Kopp-Wilfling, A. Schwertfeger, S. Höfer, M. Kopp)

Applied developments

Austrian health psychologists are active in areas of preventive health services, health protection and health promotion. It is also the goal to change specific health-damaging lifestyles. For example health psychologists work in the framework of "Women's and Men's Health Centers", the "Austrian Smokefree Hotline", "Inpatient Smoking Cessation-Program", "Intervention-Programs for Weight Reduction and Improvement of Physical Activity", etc.

Some of the topics with special interest are found published in the Journal "Psychologie in Österreich" (Volume 34, 2/3, 2014):

- How to overcome One's Weaker Self: Bridging the Intention-Behaviour-Gap at the Cardiology Ward (M. Platter, A. Huber, C. Hölzl, M. Hofer, D. Renn, S. Höfer)

- Health Promotion and Prevention in Old Age – A Report About an Empirically Supported Project on Health-Promotion in Old Age (A. Laireiter, A. Somweber)

- From Private Practice for Practical Application: A Psychologist's Own Happiness – How to Recognize It, Keep It and Increase It (H. Kernstock-Redl)

Conferences and misc

Austria hosted the 28th Conference of the EHPS (Innsbruck, 26th -30th August 2014). Following on from this, the 12th Congress of the "Fachgruppe Gesundheitspsychologie" in Graz (17th -19th September 2015) will be held this year. The 8th Symposium on "Smoking Diagnosis and Intervention", which is very popular among

Austrian health psychologists, is planned for 3rd October 2015 in Carinthia.

The Division of Health Psychology (leitung.gespsy@boep.or.at) within the Professional Association of Austrian Psychologist was founded in January 2015.

The separation of the Division of Clinical and Health Psychology was carried out based on the new Act of Psychologists.

The Division of Health Psychology has set the goal of professional policy to strengthen the health psychologists in Austria and to promote health psychology as an independent discipline in cooperation with other disciplines of psychology.



Rudolf Schoberberger
Institute of Social Medicine,
Center of Public Health, Medical
University of Vienna

rudolf.schoberberger@meduniwien.ac.at

Annual Report - Bulgaria

Anna Alexandrova-Karamanova
Bulgarian Academy of Sciences

Academic developments
Sofia University's doctoral programme in health psychology awaits its official

accreditation by the National Evaluation and Accreditation Agency in 2015. One PhD student graduated from the programme in the 2014/2015 period, and two new students have started their PhD studies.

Research

Researchers from the Institute for Population and Human Studies at the Bulgarian Academy of Sciences and the Health Psychology Research Center are participating in the 2013/2014 wave of the WHO collaborative cross-national survey Health Behaviour in School-aged children (HBSC, www.hbsc.org) in cooperation and with the financial support of UNICEF-Bulgaria. Being Bulgaria's second participation in HBSC (after wave 2005/2006), this will allow for analysis of trends regarding multiple health related variables.

The Health Psychology group at Sofia University is conducting two research projects: "Psychological characteristics of attitudes towards social networking sites (Facebook) and well-being" and "Health anxiety, cyberchondria and well-being".

Applied developments

The Health Psychology Research Center, Sofia, Bulgaria, implemented an e-mental health intervention as part the EU Health Programme 2008-2013 project "Preventing Depression and Improving Awareness Through Networking in the EU (PREDI-NU)". A multilingual on-line resource www.ifightdepression.com has been developed, containing guided self-management tool for depression, as well as depression awareness material.

EHPS-related activities

Bulgarian health psychologists have participated in the 28th Conference of the EHPS, 26-30 August 2014, Innsbruck, Austria, and are going to participate in the 29th Conference of the EHPS, 01-05 September 2015, Limassol, Cyprus.

Conferences

- The triennial 7th Bulgarian National Congress of Psychology, organized by the Bulgarian Psychological Society, was held on 31 October-2 November 2014 in Sofia. A specialized health psychology section with 11 papers was included in the program for a third consecutive edition of the congress.

The Health Psychology Research Center, Sofia, Bulgaria, organized a symposium "Improving quality and safety in the hospital: The link between organizational culture, burnout and

quality of care (ORCAB)" within the Congress.

- The 20th Jubilee conference "Personality. Motivation. Sport.", organized by the National Sports Academy, took place on 12 December 2014 in Sofia. Among other themes, papers discussed health related aspects of physical activity and sport.

- The annual conference of the Department of Psychology at the Institute for Population and Human Studies at the Bulgarian Academy of Sciences was held on 28 May 2015 in Sofia. The 8th National School for PhD students and young researchers was conducted in parallel. Both scientific events included dedicated sections on health, well-being and quality of life.

- The 5th International conference "Education, Science, Innovations – ESI'2015", organized by the European Polytechnic University, took place on 10 June 2015 in Pernik, Bulgaria. About one third of the papers in the "Innovation in Psychology" section presented research in the health psychology domain.

- The international conference "Leadership and organization development", organized by the Department of Social, Work and Educational Psychology at Sofia University, was held on 19-21 June 2015 in Kiten, Bulgaria. A special occupational health psychology section with 27 papers was held within the conference.

Psychology course in the Bachelor Psychology programme of Sofia University in 2000. She inspired students and colleagues to engage in Health Psychology research and teaching and thus an active Health Psychology group was formed at Sofia University. Prof. Silguidjian supervised several Health Psychology doctoral students which later on led to the establishment of the Health Psychology doctoral programme at Sofia University.



Anna Alexandrova-Karamanova
Department of Psychology,
Institute for Population and
Human Studies, Bulgarian
Academy of Sciences
annaalexandrova@yahoo.com

In Memoriam of Prof. Dr. Hayganouch Silguidjian, D.Sc.

Prof. Hayganouch Silguidjian, a founder of academic health psychology in Bulgaria and a longtime member of the European Health Psychology Society, lost the battle with cancer on 8 January 2015. Prof. Silguidjian was the first to introduce Health Psychology in higher education in Bulgaria through the inclusion of a Health

Annual Report - Cyprus

Theano Kalavana There are few research
University of Nicosia projects running in
Maria Karekla Cyprus in regard to
University of Cyprus Health Psychology disci-
pline. These are:

Cyprus is Hosting the 29th European Health Psychology Society conference in Limassol in September 1st to 5th 2015 titled «Principles of Behaviour Change in Health and Illness». Everything is ready and the organising committee is excited to welcome all the delegates in Cyprus. Some of the tracks of this conference are: eHealth and mHealth, Resilience and Health, Stress and Coping, Self-Regulation in health and illness, Chronic Disease, Pain and Psychosomatic Issues, Interventions in Chronic Disease, Ageing and Older People, Social Support and Health, Health, Families, and Children, Well-being and Quality of Life, Health Behaviour Change Models etc. (<http://www.ehps2015.org>)

The preparations for the Synergy expert meeting in Cyprus in 2015 have also been completed.

The following workshops will take place: 1. «Using Item Response Theory in questionnaire development and theory testing in Health Psychology», 2. «To Provide Innovative Strategies for Writing Scientific Papers, Including Creative Use of New Internet Resources, and Responding to Reviews, Including Rejection», 3. «How do you conduct a meta-ethnography? An introduction to meta-syntheses», 4. «Motivational Interviewing in Health Care – willing ready and able to change health behaviours», and 5. «Using Acceptance and Commitment Therapy (ACT) in Health

Psychology settings – an experiential introduction».

Furthermore, the expert meeting will be held over 2 days: 31st August-1st September 2015 (Monday and Tuesday respectively) and the title of the upcoming meeting is: mHealth for behaviour change: opportunities, challenges and future directions. The meeting will be facilitated by Profs Lucy Yardley, Susan Michie and Robert West. Further details about the meeting is uploaded on Synergy's website <http://ehps.net/synergy/>

Regarding further development on the island

Last year 3 new medical schools opened and they have included in their curriculum Health Psychology lectures and Clinical Communication Skills. Therefore, even though departments of psychology in Cyprus do not open positions for Health Psychologists and they do not offer Master's Programs in Health Psychology, Medical school seems to appreciate more the specialty!

Research activity:

Dr. Panayiota Andreou, based at the Nursing Department at the Cyprus University of Technology, is working as part of a team on a project concerning the rationing of nursing care and the factors involved in decision-making by nurses on what nursing tasks are implemented or not due to time constraints and staff cuts, the impact on patients and the quality of healthcare

delivered.

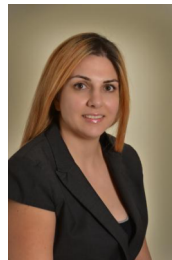
Dr. Theano V. Kalavana at the Medical school of University of Nicosia is preparing a research project on clinical communication skills, self-regulation skills and patients' satisfaction. Dr. Kalavana has also been involved since 2014 in Nurses training focusing on the development self-regulation and communication skills.

Furthermore, the "Algea" project for chronic pain is still continuing, aimed at creating a new Behavioral Medicine environment for chronic pain patients and their families, by incorporating the needs of local health services providers and communities in Greece and Cyprus, including patients, family members, doctors, health and support organisations etc. The study is funded by The Cross Border Cooperation (CBC) Programme "Greece- Cyprus" and through government funds from both countries. The project employs a multidisciplinary approach which combines both psychological support and pharmacotherapy as treatment for chronic pain. The study aims to use critical factors that have been shown to be associated with effective chronic pain rehabilitation programs.



Theano V. Kalavana
Medical School, University of
Nicosia

kalavana.t@unic.ac.cy



Maria Karekla
Department of Psychology,
University of Cyprus

mkarekla@ucy.ac.cy

Annual Report - France

Cécile Dantzer
Université de Savoie

Conferences and meetings

The 8th AFPSA

Conference was held abroad for the first time, at Liège University (Belgium) in December 2014, thus establishing the AFPSA in the francophone area.

The conference focused on social evolution, innovation and policies in health psychology. These topics allowed us to address current issues for health psychology in our contemporary societies. An emphasis was put on 1) new concepts and methods to cope with the global ageing of populations, increases in chronic disease prevalence, and societal changes (in work, family structures, etc.); 2) ethical questions, regarding for instance the development of genetic screening and of bio psychosocial epidemiology; 3) the evolution of medical care systems and its consequences on the role of physical and mental health professionals in a changing society.

AFPSA co-organized, with the Regional Institute for Cancer of Lyon, a 2-days conference "Community Research" (Lyon, June 29-30).

The 2015 "Doctoral Days in Health Psychology" were held in Genève (June 15-17).

This year, about 25 students in health psychology from all over France presented their research and benefited from feedback and advice from health psychology experts. They benefited from two training courses: the social cognitive models, and an introduction to structural models.

A workshop entitled "therapeutic education at the intersection of medical and social sciences and humanities disciplines: the role of

psychologist in therapeutic education" will be held in Lyon in December 2015 (10-11).

Legislation and professional recognition

Within the SFP (French Psychological Society), AFPSA contributed to the recent updating of the French psychologists' ethical code.

Moreover, we are actively taking part in a critical debate with the French Ministry for Research concerning the classification of Psychology Master Degrees. At this time, the Classification defined by the Ministry is far from being satisfactory for future professionals and generally speaking for Psychology, insofar as disciplinary orientations are still quite ambiguous. It appears to be a real concern for health psychology, along with the current climate of decreasing university funding and of the growing policy of merging universities.



Cécile Dantzer
Université de Savoie, Département
de Psychologie, Laboratoire inter-
universitaire de Psychologie
Chambéry-Grenoble
Cecile.Dantzer@univ-savoie.fr

Annual Report - Ireland

Molly Byrne
National University of
Ireland, Galway

For the period of
2014/2015 Psychological
Society of Ireland (PSI)
Division of Health
Psychology (DHP) had 61 members. The PSI DHP
committee was elected at the Annual General
Meeting (AGM) held in May 2014 (up until May
2015). The committee included the following
committee members: Frank Doyle (Chair),
Philippa Coughlan (Previous Chair), Laura Coffey
(Hon. Sec.), Catherine Darker (Hon. Treas.), Mary
Ivers (Membership Sec.), Lisa Mellon (PR),
Andrea Gibbons (PR), Deirdre Desmond, Pamela
Gallagher, Stephen Gallagher and Molly Byrne.
The current committee was voted in at the DHP
AGM in April 2014, current committee members
are listed at: <http://www.psihq.ie/psi-division-health-psychology>. The current Chair of the
Division of Health Psychology is Gerry Molloy,
NUI Galway. The Hon. Treasurer is Lisa Hynes,
NUI Galway. The Hon. Secretary is Lisa Mellon,
RCSI.

Health Psychology Appointments and Awards for Irish EHPS members

In August 2014, at the AGM of the EHPS, Karen Morgan (past secretary of EHPS EC) was voted President-elect of EHPS. In addition, Molly Byrne was elected onto the EHPS EC, in the role of Grants and Education Officer. Ruth Curtis (Emerita Professor, NUI Galway) was awarded an EHPS Fellowship.

Professional Development in Health Psychology in Ireland

Currently available courses for health psychology in Ireland are as follows: a fully Psychological Society of Ireland accredited Masters degree programme (MSc) in Health Psychology at NUI Galway; a British Psychological Society accredited MSc at University of Ulster; and a 4-year structured PhD Programme in Psychology and Health at NUI Galway.

Over the last year, Molly Byrne has chaired a Psychological Society of Ireland Working Group to promote practitioner training for Health Psychologists in Ireland. The group has worked together this year to develop Guidelines for Postgraduate Programmes for Health Psychology Practitioners. The draft guidelines are being reviewed by the Psychological Society of Ireland currently.

Psychological Society of Ireland Annual Conference 2014

A DHP-sponsored symposium entitled 'Psychosomatic influences on health' was convened by Stephen Gallagher at the November 2014 PSI Conference in Kilkenny, consisting of 5 presentations:

- Stephen Gallagher et al. Supporting others during times of stress: Think twice!
- Ann-Marie Creavan. A role for concordance?
- Siobhan Howard, Brian Hughes. Examining the role of personality Type D on cardiovascular health

- Páraic O Súilleabháin, Siobhan Howard, Brian Hughes. Personality, gender, cortisol and perceived stress in a large national sample: New evidence for openness to experience from the Big Five

- Samatha Dockray, Elisabeth Susman. An examination of the influence of social competence, stress and cortisol on weight trajectories in adolescence

Division of Health Psychology 12th Annual Conference 1st April 2015

The 12th annual conference of the Division of Health Psychology, 'Psychology, Health and Medicine' was hosted by Stranmillis University College, Belfast, and organised by Conference Chair Marian McLaughlin (www.kc-jones.co.uk/phm2015). The Division's annual conference is a joint venture between the Psychological Society of Ireland and Northern Ireland British Psychological Society Divisions of Health Psychology and embodies a valuable spirit of collaboration and creativity in the discipline throughout the island of Ireland. The aim of the conference is to promote high quality research at the interface of psychology, health and medicine, as well as to facilitate social and professional networks among people working in this area and it regularly attracts the interest of a variety of health professionals, as well health psychologists. It showcases important research in health psychology in Ireland and the UK and is a key event for people working in the areas of psychology and health in Ireland. Keynote speakers were: Marijn De Bruin, University of Aberdeen; Jane Walsh, NUI Galway; Nanette Mutrie, MRC Social and Public Health Sciences Unit in Glasgow and also at the University of Ulster. Next year's conference (2016) will take place in Cork.

Early Career Investigator Awards

A new Early Career Investigator award, introduced this year, was awarded to Frank Doyle, Royal College of Surgeons in Ireland. The award acknowledges excellence of the breadth of contribution to advancing the science and/or profession of health psychology nationally and internationally. It is also envisaged that a DHP student prize will be commenced in the near future.

Conference Bursaries

The PSI DHP Committee approves each year a number of conference travel bursaries to contribute towards conference registration fees, accommodation, and travel expenses for UK or European health psychology conferences. Three applicants were awarded a travel bursary last year – these were awarded to Teresa Corbett, Jenny McSharry and Noirin Lennox.

Innovations in Health Psychology: Celebrating 21 years of Health Psychology at NUI Galway

In 2015, NUI Galway's MSc in Health Psychology programme (founded in 1994) celebrates its 21st birthday. In recognition of this achievement, the School of Psychology at NUI Galway and the PSI Division of Health Psychology hosted a daylong event on 8th June 2015 and invited past graduates, researchers, practitioners and policy makers to a day-long celebration of Innovations in Health Psychology in Ireland (<http://www.conference.ie/Conferences/index.aspx?Conference=426>). The event was a mix of invited speakers, panel discussions and poster presentations which showcased the past, present

and future of Health Psychology at NUI Galway. Over 100 delegates attended the event and keynote speakers included: Prof John Weinman (Kings College London) and Prof Marie Johnston (University of Aberdeen).



Molly Byrne
National University of Ireland,
Galway
molly.byrne@nuigalway.ie

Annual Report - Japan

Yasuo Shimizu

International Christian
University

1. Association

Japanese Health
Psychology Society is
one of the biggest

associations of psychologists in Japan with 2,170 members, and has just welcomed a new chairman Koji Takenaka in June 2015. JHPS organizes annual conferences and quarterly workshops and the JHPS journal is published three times (two regular issues and one special issue on a specific topic) per year which since 2015 have been available only via an online subscription.

2. Conferences

The 28th JHPS annual conference will be held at J. F. Oberlin University, Tokyo on 5-6 September, 2015. The theme of the conference is "Empowerment by Health Psychology."

The board of JHPS is now preparing for two big projects in 2016: 6th Asian Congress of Health Psychology in Yokohama on 23-24 July and 31st International Congress of Psychology in Yokohama on 24-29 July 2016, on both of which EHPS kindly let us set up an information booth at EHPS 2014 conference in Innsbruck. These occasions will provide the opportunity for participants to present one's work, to communicate with international colleagues, and, for international participants, to gain first-hand knowledge of the health norms and life-styles unique to the local culture.

The rise of lifestyle-related diseases such as Type 2 diabetes is one of the most urgent health issues in Japan since its public medical expenses have been expanding rapidly. As a vital means of promoting healthy eating and regular exercise, the introduction of behavior modification techniques has come to be recognized.

Another important issue concerning health psychology is stress management in the workplace, especially preventing stress-triggered depression, long-term sick leaves and suicide. In tackling work-related mental issues, more preventive measures such as health promotion programs targeting everyone in a workplace have come to be undertaken along with a traditional approach of treatment after symptom onset.



Yasuo Shimizu

International Christian University,
Tokyo

syasuo@icu.ac.jp

3. Academic Research

Annual Report - Latvia

Kristine
Martinsone
Riga Stradins University

Applied developments

Latvian Health Psychology Association (LHPA)

In 2014/2015, the number of LHPA members has increased and currently the organization has 24 members. Jelena Kolesnikova is chairwoman of the board since 2015 (<http://www.veselibaspsihologija.lv>).

LHPA members have continued to deepen and broaden the understanding of Health Psychology and its role in human health and quality of life, participating in discussions with colleagues, professional psychologists, as well as professionals from other sectors and politicians. This has led to legislative developments (see below).

To strengthen the awareness of Health Psychology, LHPA organized several workshops for professionals and the wider Latvian public (including "Well-being: Theory and practice", "Cognitive behavioral approach to working with different client groups") and, in cooperation with Riga Stradins University, participated at the Latvian Psychology Days (<http://www.psihologijasdienas.lv/>), organizing the following events: "Health psychology history and principles", "Short excursions in health psychology", "Health psychologist's professional activity", "Health perception and behavior", "Regulation of bodily functions and health".

The Latvian Medical Association's discussion with industry experts, held on the topic of "Health Behaviors" in 2015, was attended by LHPA member and lecturer at Department of

Health Psychology and Pedagogy in Riga Stradins University Aelita Vagale.

Latvian residents have the opportunity to learn about Health Psychology in social networks (Twitter @VesPsiRSU)

Legislative developments

In 2014/2015, active work was continued on the Psychologist's Professional Activity draft law in which Health Psychology is named as one of the areas of activity of psychologists. In October 2014, LHPA and the Latvian Association of the Professional Rehabilitation Organizations reiterated the letter about the role of psychologists in the health care system to the Latvian Ministry of Health and the Saeima (=parliament) Social and Employment Matters Committee.

Academic developments

Health psychology at Riga Stradins University

(1) Professional Master study programme "Health Psychology" - The first graduates

From the 2014/2015 academic year, Prof. Jelena Kolesnikova started to manage the Master's study programme "Health Psychology" launched in 2012. Following the programme approval, the Health Psychology programme study courses were analyzed and several were restructured or new courses developed, improving the

programme content according to development trends of health psychology as well as the recommendations by students, lecturers, employers and social partners (representatives of professional associations).

After the successful accreditation at Latvian Ministry of Education, the first 11 young specialists graduated the programme in 2015. Several graduates have already started work in the health care system, mainly in rehabilitation facilities; this may be interpreted as an indicator of the high esteem of the new study programme.

(2) Department of Health Psychology and Pedagogy

The development of the Health Psychology programme contributed to the creation of a new unit: the Department of Health Psychology and Pedagogy was established in the Public Health and Social Welfare Faculty, Riga Stradins University on July 1, 2014. The head of the department is Prof. Kristine Martinsone, who previously created and managed the study programme "Health Psychology". Four doctors were involved in the newly-created department, thus strengthening the scientific and methodological capacity of the programme. At present, 12 lecturers are working in the department: (see more at: <http://www.rsu.lv/fakultates/svslf/katedras/veselibas-psiheologijas-un-pedagogijas-katedra>).

Active work in the development of health psychology was carried out in the department:

- A text of the collective monograph "Health psychology" was written (scientific editors Dr. psych. K. Martinsone, Dr. med. V. Sudraba, Dr. psych. J. Kolesnikova). The textbook encompasses the basic concepts of the field in Latvian for the first time.

- Student's scientific society in psychology started operating at the end of 2014 (leader Dr. Psych. Jelena Levina).

- The lecturers have developed three optional courses in health psychology for students of the

other programmes of health care studies (Faculty of Medicine, Faculty of Rehabilitation). These courses will launch at 2015/2016, promoting awareness of health psychology among medical students and other health care professionals, and, hopefully contribute to enhanced integration of health psychologists within the multidisciplinary team in the future.

- The lecturers developed and offered two courses related to Health Psychology for continuing education of health professionals.

- In April 2015, a scientific conference was organized, which included health psychology issues. In the conference, Dr. Efrat Neter from Israel gave a live video presentation on the eHealth literacy:

<http://www.rsu.lv/images/stories/dokumenti/prezentacijas/eHealthLiteracyLatvia2015.pdf>.

Publications and conferences

Health Psychology was presented as a field in Volume 2 of the collective monograph 'Psychology' issued in 2015:

- Stokenberga, I., Freimane, G., Sudraba, V., Bite, I. (2015). Veselibas un slimibas psihologija [Health and illness in Psychology]. Martinsone, K., Miltuze, A. (eds.). Psiheologija, 2.sej. Personiba, grupa, sabiedriba, kultura, (171 – 230). Riga: Zvaigzne ABC.

Reports on the development of health psychology in Latvia were also prepared in different contexts.

In Latvian:

- Martinsone, K., Freimane, G., Mihailova, S. (2014) Veselibas psihologija Latvija: izaicinajumi, to risinasanas iespejas un ieguvums sabiedribai [Latvian health psychology: challenges, options and the benefits to society]. Sabiedriba un kultura. Rakstu krajums XIV. Sast. A.Medveckis. Liepaja: LiePA.

In Russian:

- Мартинсоне К., Фреймане Г., Колесникова Е. (2014). Психология здоровья в Латвии в контексте современных европейских исследований [Health psychology in Latvia in the context of contemporary european studies]. "Медицинская психология в России" nr. 5(28):

http://www.mprj.ru/archiv_global/2014_5_28/nomer/nomer05.php

In English:

- Neter, E (2015). Dr. Kristine Martinsone – an Academic Pioneer. The story of Health Psychology in Latvia is the story of Kristine Martinsone. *European Health Psychologist*, 17(1), 50-51.

http://openhealthpsychology.com/ehp/index.php/contents/article/view/766/pdf_42

More than 10 reports on topics of local health psychology were provided both at local conferences (RSU Scientific Conference; University of Latvia Scientific Conference, Psychology section) and at international conferences (14th European Congress of Psychology; 5th International Interdisciplinary Scientific Conference Society Health Welfare "Family Well-Being and Human Capital Improvement in Changing Society: Strategy and Practice"; 2nd International Interdisciplinary Conference: Biopsychological Basics of Life in Education and Health - RTTEMA; 28th Conference of the European Health Psychology Society [The Approach towards the Economics of Happiness in the Baltic States]; Международная научно-практическая конференция «Медицинская (клиническая) психология: исторические традиции и современная практика» [International scientific-Practical Conference "Medical (clinical) psychology: historical traditions and modern practice"]).



Kristine Martinsone
Riga Stradins University
Kristine.Martinsone@rsu.lv

Annual Report - Russian Federation

Elena Nikolaeva
Herzen's State Pedagogical
University

This year is the first time in which Russian EHPS membership reaches 8 researchers living in different towns: Saint-Petersburg, Novosibirsk, Krasnojarsk, Eletz.

This year the collective monograph "Psychological Health of Personality" has been printed by the Psychological Institution in Moscow (Eds: A. L. Juravlev, M. I. Volovikova, T. V. Galkina). In our article "European approaches to analysis of Health Psychology" we have tried to describe the EHPS mission and different theories in Health Psychology.

A book targeting kindergarten teachers interested in the formation of health behaviors among children "Health promotion and health forming" have been published.

This year the international round table, planned to take place in November, is devoted to the Masters program "Health Psychology".

We currently encounter specific political and economic situation which restricts the realization of some projects, but we hope we can realize these in the future.



Elena Nikolaeva
Herzen's State Pedagogical
University
klemtina@yandex.ru

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