

EHP Profiles 2018

Vera Araujo-Soares (Portugal/UK)

President



I am a Senior Lecturer in Health Psychology in the Faculty of Medical Sciences, Newcastle University, UK. An EHPS member since 1997, I attended 17 EHPS conferences, served on two previous ECs, was as a member of CREATE and Synergy organizing committees for 5 years and was an editor of the EHP. My research focuses on the

development and evaluation of complex interventions for the promotion of health behaviours, prevention and self-management of chronic conditions. I am passionate about translating theory and empirical evidence into practice and by doing so, refining theory.

I am very honoured to be the President of this Society that has contributed so much for my training. My priorities for the next two years are to;

1. contribute to further improve our communication with our members (it is becoming easier to read the emails sent by the society);
2. professionalise the processes designed to facilitate the management of this society and its webpage
3. increase opportunities for research and collaboration between our members;
4. invest in legacy events;
5. support the work of our UN subcommittee in order to understand how to influence policy and support the UN in the complex implementation process of its SDG's for the health of the population and the planet.

I am very fortunate to have such a great team in this EC and also an active membership with outstanding expertise and engagement across Europe. I aim to draw on the expertise of our members and fellows to make sure that we progress towards these goals: together we are strong and can promote change.

There is one final thing that we would like to embark on: mapping the history thus far of the EHPS and adding to this the potential impact of this Society.

Evangelos (Vangelis) Karademas

President Elect



I am a Professor in Clinical Health Psychology at the Department of Psychology, University of Crete, Greece. For more than a decade, I served as the Head of the Counselling Center for Students at the University of Crete. In addition, I served as Head of the Department of Psychology, University of Crete for two years. I currently collaborate with the University of Crete Medical School, and the Faculty of Nursing and the Dental School at the University of Athens, and I am actively involved in the activities of local associations for the support of patients suffering from cancer. I have been a member of the European Health Psychology Society since 2002 and I was the Greek National Delegate for several years (2004 – 2010). Also, I have helped

in the organization of seven EHPS conferences as a Scientific Program Track Chair or as a member of the Scientific Committee, and I was the Chair of the Organizing Committee and President of the 25th EHPS Conference in Crete. For the last two years, I served as a co-opted member of the EHPS Executive Committee (National Delegate Officer). This year, I was elected an Honorary Fellow of the Society. My research interests include patient adaptation to chronic illness, the role of stress and related factors in health and illness, individual differences in health, self-regulation and dyadic regulation. Currently, I am a member of the editorial board in seven international journals and an Assoc. Editor of Translational Behavior Medicine. As President-Elect, I plan to focus on the strengthening of the international impact of the EHPS, as well as on the enhancement of the collaboration with local national health psychology societies/organizations.

Karen Morgan (Ireland)

Past President



I am the Deputy Dean and Foundation Lead in Psychology and Behavioral Science at Perdana University, Royal

College of Surgeons in Ireland School of Medicine in Kuala Lumpur, Malaysia. I have been here on secondment from the Division of Population Health Sciences, RCSI Dublin since 2011.

My research focuses include ageing, quality of life and sexual health. Since moving to Malaysia, I have become increasingly involved in studies of how culture influences health and health behaviour. Health psychology is very much in its infancy in Malaysia but the potential for growth is significant. A member of EHPS since 2004, in the past I have been the local liaison for CREATE, Chair of CREATE, Chair of

Synergy and Secretary of EHPS. I was very proud to serve as President of EHPS from 2016-2018. As Past President on the committee I will be working closely with Easy Conferences and the conference teams for 2019 and 2020. I also hope to become more involved in the growing group of EHPS members involved in developing and facilitating research activities in low and middle income countries.

Benjamin Schüz (Germany)

Secretary



I am a professor of Public Health at the University of Bremen in Germany. Before coming to Bremen in 2017, I have worked at

the School of Medicine (Division of Psychology) at the University of Tasmania, Australia and the German Centre of Gerontology.

My research focuses on understanding socioeconomic differences in health-related behaviours, and how to address these through evidence-based interventions.

The EHPS has been good to me – I have profited from the workshops, the networks created through the workshops and the international perspectives on Health Psychology since my first conference in 2004. Throughout my research training and post-doc phase, I have served on the boards of CREATE and SYNERGY in varying roles.

In my role, I hope to be able to give back to the society after having profited from it throughout the years. I want to support the society in growing, in continuing to provide a platform for sharing research excellence, in fostering early-career researchers, and in providing a Health Psychology perspective on the challenges our health systems face.

Gudrun Sproesser (Germany)

Treasurer



I am a postdoctoral researcher in the Psychological Assessment and Health Psychology group at the University of Konstanz, Germany. My research focuses on the multiple dimensions of both eating behavior as well as of the reasons why people eat what they eat. Also, I'm interested in the dynamics of health behavior and compensatory patterns. Currently, I am working on an international project targeting the question what constitutes traditional and modern eating in ten different countries.

I am an EHPS member since 2008 and intensified my EHPS activities as a member of the CREATE organizing committee from 2009 until 2013. Since 2014, I am treasurer of the EHPS and always enjoyed taking part in the fantastic work of the Society. I am glad to have the opportunity to serve for another two years.

Marta Marques (Portugal)

Membership Officer



I am a Marie Sklodowska-Curie Research Fellow at Trinity College Dublin, and Honorary Research Associate at University College of London.

I obtained my Ph.D. in Health Psychology from Leiden University, and I am a chartered clinical and health psychologist. My research focuses on motivational and self-regulation processes underlying health behavior change and maintenance, and developing and testing theory-based health digital behavior change interventions.

Since I joined the EHPS in 2009, I have

participated in most of the annual conferences and various workshops/expert meetings. In recent years I have been involved in various activities of society, which provided me valuable experience that I can use to enhance EHPS reach and initiatives. I was associate editor of the *European Health Psychologist*, chair of the E-courses Committee, and member of the UN Committee Group. In August 2016, I joined the EC, taking the role of Membership Officer. As membership officer, I am responsible for promoting recruitment of new members, and for maintaining good membership records.

Val Morrison (UK)

Grants Officer



With 30 years of research experience since the late 1980's (before 'health psychology' had emerged in the UK) I am a latecomer to the EC although I've been a member of the EHPS since 1994! Working with academic and NHS colleagues to address functional and emotional outcomes in patients and carers living with varied health conditions, we use mixed methods in prospective designs, or within randomised controlled trials. A key focus is developing and delivering multidisciplinary, health psychology informed interventions (e.g FEMUR trial; SLA Social & Leisure Activities after stroke trial; TOPCAT-G optimising follow-up in gynecological cancers). Receiving the 2014 EHPS Network grant with fantastic colleagues in the Netherlands, Israel, USA, Poland, Singapore and Greece, culminated in the book *Caregiving in Context*, Palgrave 2015. Following up on some aspects of this led some of us to recently capture a Marie Curie Sklodowska International Training

Network Grant -and so from 2019 we will have 15 new PhD students investigating caregiving motivations and interventions across many countries. These students and their supervisors will no doubt attend future EHPS meetings and keep caregiving issues on the agenda.

As well as through research I try to 'give back' to my discipline through my textbook, *Introduction to Health Psychology* (Morrison & Bennett, 2006/09/12/16 and soon, 2020!). This widely used core text for health psychology and medical students helps me bring to the EHPS EC a breadth of understanding of the potential of Health Psychology research and training across Europe.

Sabrina Cipolletta (Italy)

National Delegate Officer



I am a professor at the Department of General Psychology of the University of Padova, Italy. Here, I teach the social psychology of health and lead a laboratory for research and intervention in health psychology, called Psymed. My research targets illness experience and caregiving, but also online communication and support in health psychology, mainly within a constructivist perspective. I am also a psychotherapist and I strongly believe that research and practice reciprocally feed each other. My commitment in the interdisciplinary cooperation led me to be part of the Human Inspired Technology Research Centre and to be one of the funders of the Italian Association of Systems Medicine. As delegate for the internationalization of my Department, I am committed to promoting international collaborations.

My first EHPS conference was in 2009 and since then I have been attending conferences almost

every year. This allowed me to taste the vibrant and democratic atmosphere of the association and I finally entered in its very core by organizing 2017 EHPS conference in Padova. I also served as a member of Synergy committee.

As National Delegate Officer I would like to promote the dissemination of health psychology and the networking among different countries. I also would like to construe new links between different scientific societies in order to extend EHPS borders and contribute to construe a more comprehensive approach to health psychology.

Sharon Cahill (Ireland)

Administrator



I'm Sharon, the EHPS Administrator, a position I've been in for the past 5 years. I am originally from Ireland, and now living in Beijing with my family.

I qualified from university with a business management degree and worked in hotel management for several years. I have also worked with major international Insurance companies performing Company Secretarial duties and supporting directors at board level and company board meetings.

My duties at EHPS include administrating to all the various tasks of the society and supporting the members of the Executive Committee. My job is varied and interesting and I'm always available to assist in any way I can. I enjoy being part of the EHPS team!