Introduction to the new editorial team

Angela Rodrigues
Northumbria University

I am a Senior Lecturer in Health Psychology in the Department of Psychology, Faculty of Health and Life Sciences, Northumbria University at Newcastle, UK. Before obtaining my lectureship, I worked as a postdoctoral researcher at Newcastle University, UK. My research focuses include the science of behavioural change, with an emphasis on developing complex interventions for health-related behaviours, the mechanisms of behaviour change and the application of digital technologies to health.

I have been a member of the EHPS since 2008, attending regularly the annual conferences and engaging with its various activities. In 2009 I joined CREATE as grant master and later became the chairperson and EC member until 2014. I was also a member of the Scientific Committee for the 28th EHPS Conference (Innsbruck, 2014).

I hope to build on the strengths of the journal by supporting the activities of the EHPS and fostering its dissemination to members. In addition to the dissemination of the EHPS activities, the journal will also recognise student participation at the annual conference by creating a Meritorious Student Award, which will be given to outstanding papers submitted by students. The winner will be invited to publish an article in the journal based on their submitted abstract.

Pamela Rackow
University of Stirling

I am an Anniversary Fellow at the I University of Stirling. I obtained my PhD in Social- and Health Psychology from the University of Zurich. In my research, I am particularly interested in how social exchange processes and characteristics of a person's social network are associated with a person's behaviour, health and well-being outcomes. Very recently, together with colleagues from various disciplines, I received funding from the Medical Research Council (UK) to adapt an intervention that target young people with asthma to the NHS-UK context. Before starting in Stirling, I worked in the "Aberdeen Health Psychology group" (University of Aberdeen, UK) and in the "Applied Social and Health Psychology" research group at the University of Zurich (CH).

I am a member of the EHPS since 2009 and have been attending EHPS conference regularly since then. From 2011 until 2013, I was the application master for CREATE. In 2017 and 2018 I was a track chair for the EHPS conferences. I have also been regularly involved in the EHPS conferences as a poster judge and session chair. I am enjoying being part of the EHPS family because everybody is very supportive and meeting old and new colleagues at the conferences is great.

I am delighted to be the new co-editor for the European Health Psychologist. I am looking forward to work together with the community to shape the journal and improve its visibility.

Dr Angela Rodrigues
Department of Psychology,
Northumbria University, Newcastle
upon Tyne
angela.rodrigues@northumbria.ac.uk

Dr Pamela Rackow
Faculty of Natural Sciences,
University of Stirling

pamela.rackow@stir.ac.uk

Call for Special Issue – Health psychology and Public health in the EHPS context

Angela Rodrigues
Northumbria University
Pamela Rackow
University of Stirling

In this issue we are looking for articles providing an overview of how health psychology is influencing public policy in EHPS country members.

Articles will reflect on how members have brought forward their areas of concern and had them adopted as a policy priorities, championing the synergy of health psychology and public health.

The goals of this special issue are to provide examples of health psychology contributions across: 1) health improvement, health protection and commissioning of services to improve health and well-being; 2) design, implementation and evaluation of services, working collaboratively across the local public health system and with local communities to improve health outcomes and reduce inequalities; 3) design and delivery of targeted public health campaigns; 4) training to the public and various healthcare professionals; and 5) evidence-based recommendations for change and public policy development.

How to Submit

Proposals are due by 30 June 2019. The plan is to finalize the special issue by the end of 2019.

Proposals should be 200 words double spaced. For research articles a description of the research questions or aims, participants, design, methods and results are required. For theoretical/reflective articles, include a synopsis of the major themes of the paper. Proposals that will be invited for full

article submission will be notified by July 15th. Proposals can be sent directly to Angela Rodrigues (angela.rodrigues@northumbria.ac.uk) or Pamela (pamela.rackow@stir.ac.uk). A typical manuscript will not exceed 1500 words including tables/ images, references, captions and endnotes.

Angela Rodrigues
Department of Psychology, Northumbria University, Newcastle upon Tyne

angela.rodrigues@northumbria.ac.uk

Dr Pamela Rackow
Faculty of Natural Sciences, University of Stirling

pamela.rackow@stir.ac.uk

Using Principal Component Analysis to Validate Psychological Scales: Bad statistical habits we should have broken yesterday II

Stefan L.K. Gruijters
Open University of the Netherlands

There is surprisingly little justification to be found in the literature for the use of principal component analysis (PCA) for scale validation purposes – which raises the question why the practice sporadically reappears in the literature. Instead, a large body of literature suggests that PCA is inappropriate in the context of psychological construct validation (e.g., Borsboom, 2006; Edwards & Bagozzi, 2000; Fabrigar, Wegener, MacCallum, & Strahan, 1999; Mulaik, 1990). One reason for PCA's continued appearance in the literature might be because methodological decisions often involve fast and frugal heuristics. In this instance, the continued use of PCA for validation work likely connects to the default heuristic – *if there is a default in the SPSS graphical use interface, do nothing about it* (see Borsboom, 2006). As a result, despite various substantive reasons to prefer alternatives, SPSS default procedures such as PCA continue to be reported in the literature. [1]

In this short paper, I will review some reasons why the use of PCA finds little justification in the context of validating psychological scales. I will make a case for the burgeoning use of better alternatives such as confirmatory factor analysis (CFA). This will amount to two recommendations. The arguments described here are not novel or original (e.g., Borsboom, 2006; Borsboom, Mellenbergh, & van Heerden, 2003; Costello & Osborne, 2005; Fabrigar et al., 1999; Haig, 2005;

Mulaik, 1990), but worth discussing given the persistent habit to use PCA for scale validation.

Measurement of latent variables

Many researchers tend to assume that PCA is just a form of factor analysis (such as principal axis factoring), when in fact these are different methods designed for different goals (Fabrigar et al., 1999). In general, there are two different objectives when performing a component or factor analysis: 1) achieving data reduction, and 2) performing a latent variable analysis. PCA is a data reduction method and not a latent variable detection technique, but factor analysis is a latent variable technique (e.g., Borsboom, 2006). For some purposes, such as creating an index variable (e.g., socioeconomic status) from various indicators (e.g., income, education level, etc.), PCA could perhaps be a feasible technique. But when validating *psychological scales*, researchers are interested in testing *latent variables*, and not just in reducing a large number of variables to fewer indices. By extension, this makes PCA inappropriate to use in the context of latent variable analysis, which is involved when validating psychological scales. To make a case for this view, some issues need to be clarified in more depth. First, what are "latent variables" exactly?

There are myriad informal and formal definitions of latent variables (e.g., Bollen, 2002; Borsboom et al., 2003). A colloquial definition holds that latent variables are unobservable, and therefore not

directly measurable. Such latent variables are held causally responsible for observable data patterns, including the correlations between items. Most researchers (ideally) have a good conceptual grasp of the latent variable they aim to measure – what it relates to, why people vary on the variable, and what sort of indicators can be used to measure the latent variable. For example, health psychologists working in the socio-cognitive tradition rely heavily on the conceptual model for *attitude* provided by expectancy-value theory, which is embedded within the Theory of Planned Behavior (TPB), Reasoned Action Approach (RAA), and so forth. These approaches assume that attitudes are created on the basis of expectancy-value weighted behavioral beliefs.

Measurement of the latent variable proceeds (indirectly) by responses on observable indicators, sometimes referred to as manifest variables. In the case of attitude, this latent variable is held to manifest itself in responses on semantic differentials (e.g., do you think exercising is good – bad, fun – not fun, important – not important). Often, psychometricians (e.g., Bollen, 2002; Borsboom et al., 2003) assume a causal model underlying measurement of latent variables (see also Gruijters & Fleuren, 2018). That is, the latent variable is conceptualized as a *cause* of response variation on observables – though there are alternative models (e.g., Fleuren, van Amelsvoort, Zijlstra, de Grip, & Kant, 2018). In the TPB for instance, variation on semantic differentials (e.g., 1= bad; 7 = good) is seen to be *caused* by individuals' attitude (it is because of attitude variation that individuals respond differently to semantic differentials). As another example, intelligence is often seen to cause variation on particular IQ-test questions; that is, the variation in test scores *reflect* (is caused by) variation in intelligence. An analogy may further clarify the causal model of measurement – in a sense, psychologists studying latent variables are in the business of estimating the size of an unobservable distant fire, by merely looking at the smoke that rises above the skyline.

The question of validity, then, involves determining whether we are looking at smoke (a scale) that is telling of one particular latent variable (e.g., attitude), or perhaps distinctive ones (e.g., affective and cognitive components), or perhaps something else entirely. A valid instrument is here defined as an instrument that measures what it claims to measure. More specifically, a test (Y) can be said to be a valid measurement of latent variable (X), if the latent variable X exists and is causing variation in item scores on test Y (Borsboom, Mellenbergh, & van Heerden, 2004). The assumption that the latent variable in question exists as a relevant psychological phenomenon is critical (*cf*. Peters & Crutzen, 2017), because one cannot measure them otherwise (Michell, 1999) – in which case, of course, no instrument could provide a valid measurement. One important prerequisite for concluding an instrument taps into an underlying latent variable is unidimensionality (one underlying factor) – because a scale cannot be said to measure attitude (and just attitude) if the data reflect more than one underlying dimension. Of course, the converse (observing unidimensionality) merely provides *evidence for* a valid instrument. It could still be the case that 'schmattitude' rather than attitude was measured. Because of this, the question of validity cannot be answered by solely scrutinizing statistics (Borsboom et al., 2004) – it requires grounding in substantive theory of what an attitude is and what sort of indicators can be used to measure it. Nonetheless, though not sufficient, unidimensionality is a necessary requirement for validity. This can be examined with a latent variable analysis.

Latent variable analysis to test measurement validity

In a latent variable analysis one tries to estimate a number of potential latent variables in an observable response pattern (i.e., an exploratory analysis), or test hypotheses about expected latent variables in a response pattern (i.e. a confirmatory analysis). Given the previously described requirement of unidimensionality, a latent variable analysis for validation purposes needs to assess whether correlations between items can be explained by a single *common cause* (a latent variable). The *principle of local independence* (e.g., Bollen, 2002; Borsboom et al., 2003) allows such a test. Local independence implies the following: If items are measuring a single latent variable (causally responsible for variation in item scores), then factoring out this common cause of variation should (approximately) render the correlations between indicators zero. Conversely, if items still correlate substantially after controlling for the effect of the common cause, then a particular instrument is likely multidimensional. This is somewhat intuitive: If variation on IQ-test items is solely caused by differences in intelligence, then controlling for the influence of intelligence should leave all IQ-test items uncorrelated. So, in order to test local independence we need a statistical procedure that is able to explain the *correlations* between items by involving latent variables as potential common causes.

Both factors and components explain correlations between items to some extent, but component analysis does a poorer job at it because it includes a portion of irrelevant variance in the analysis. Items in a scale have two main variance components, communality (shared variance) and uniqueness (item-unique variance). Shared variance refers to variance which potentially can be explained by reference to a common cause. Item-unique variance refers to variance that cannot be explained by postulating a common cause but rather (as the term suggests) implies unique sources. PCA uses *both* the shared variance and item-unique variance of items to create a number of components (e.g., Fabrigar et al., 1999). For this reason, components do not provide a good explanation of the correlations between items because correlation is *solely* related to the shared variance. Consequently, components account for more than what latent variables are supposed to account for. By including *irrelevant* item-unique variance in the analysis, the result is that components are not adequate representations of latent variables (see also Borsboom, 2006; Borsboom et al., 2003; Costello & Osborne, 2005; Fabrigar et al., 1999; Mulaik, 1990).

Factor analysis reduces the variance-covariance matrix to a number of factors by just using the estimated shared variance of items to do so. This makes factors suitable for use in a latent variable analysis – because the latent variable of interest is supposed to only explain the shared variance of items and not their unique variance. By explaining some of the shared item variance, the factor succeeds to some extent in reproducing the observed correlations between items. A perfect unidimensional model with no measurement error would completely succeed in reproducing the observed correlation between items – these items would be completely locally independent. In practice, factors will never *fully* account for the correlations between items – this left-over bit is usually referred to as residual correlation.

But does the choice of method actually matter?

Despite the differences between components and factors, it seems that often researchers determine the appropriateness of a particular analysis by informal empirical comparison. Does method B usually result in roughly similar numbers compared

Attitude as a factor   Attitude as a component
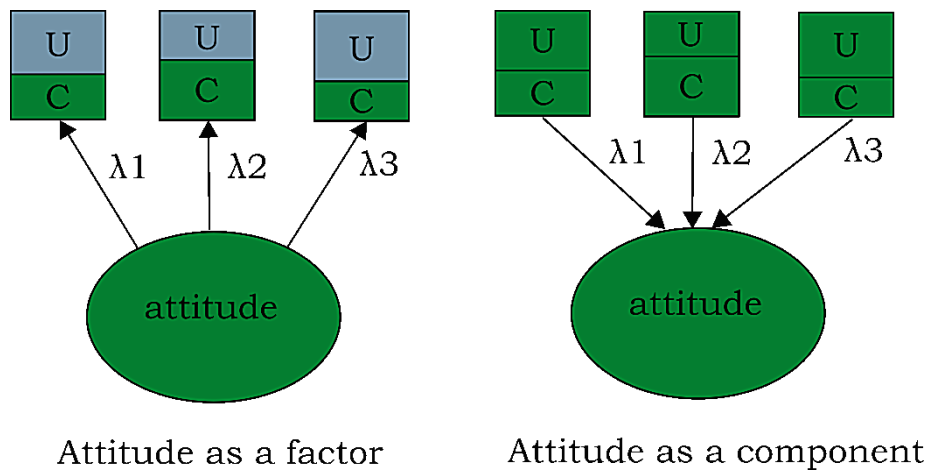
Figure 1. A simplified depiction of a factor and a component. C= communality (shared variance), U=uniqueness (item-unique variance). Left: a one-factor model of attitude. The factor is extracted while making a distinction between communality and uniqueness. Right: a one-component model. The 'attitude' component is distilled from all of the item variance, including the item-unique variance (U).

to alternative or golden-standard method A? If so, then all must be fine with method B. For instance, Field (2009) argues that the methods (component and factor analysis) 'usually result in similar solutions' (*p*. 636/637) and that 'differences arise largely from the calculation' (*p*. 638). Indeed, PCA may not always lead to different conclusions when used as an alternative to factor analysis. But, empirical similarity with factor analysis does not imply that PCA is (conceptually) appropriate for a latent variable analysis[2]. No matter how similar the results of the methods can be, in specific cases the number of estimated components can and will differ from the number of factors (e.g., Fabrigar et al., 1999). Discrepancies such as these, and – of course – because it is impossible to predict beforehand whether the methods will differ, make it worthwhile to have theoretical arguments to strengthen the choice of methodology.

Finally, another reason for not using PCA to validate a scale is because it is an exploratory approach while validation is by definition a confirmatory matter. But, the same critique applies in this instance to using methods such as principal axis factoring and other forms of exploratory factor

analysis (EFA) – so for validating scales, both methods ignore hypotheses (a priori beliefs about the factor structure). In instances where researchers have a clear idea about what a scale is supposed to be measuring, there is little justification for using exploratory approaches rather than a confirmatory approach (i.e., confirmatory factor analysis). The difference between EFA and CFA lies in the former using the data to estimate a potential number of factors, whereas the latter uses a hypothesis about the number of factors to test against the data (e.g., Haig, 2005). Naturally, researchers examining the validity of a measurement instrument will have developed an instrument *in line with* a theory or model, specifying how the latent variable can be measured. CFA allows one to specify a model that aligns with the theory, and to test whether the model is feasible given the data. Compared to EFA, CFA thus allows researchers to put the theory before the observation – instead of using theory to aid with post-hoc interpretation of noisy empirical findings. EFA is, for these reasons, best seen as a method to generate theory involving latent variables, whereas CFA is a method to test *a priori*

ideas about latent variables (see Haig, 2005).

Conclusion

Factor analysis provides a means to perform a latent variable analysis, because it is well-suited to explain correlations between indicators. Component analysis involves not just shared variance, but also tries to explain variance that is unique to the item. Because latent variables of interest are not supposed to account for item-unique variance, but only the shared variance, PCA is ill-suited for a latent variable analysis (see also Borsboom, 2006; Costello & Osborne, 2005; Fabrigar et al., 1999; Haig, 2005) – and is thus also not suited to validate scales. Additionally, in the context of scale validation, there are no good reasons to take an exploratory 'going in blind' approach when one has a priori beliefs about the factor structure. By specifying a factor structure to be tested in a CFA, one is in a position to use theory to guide empirical tests rather than vice versa.

Adequate measurement is a prerequisite for replicable research – this makes it important for researchers to assess the quality of their measurements using appropriate procedures. Two recommendations for research in health psychology follow: 1) do not resort to PCA for latent variable analysis and scale validation specifically, and 2) use CFA to test measurement hypotheses rather than EFA.

Footnotes

1. Some note that a component analysis is computationally less demanding than a factor analysis. Before the advent of modern computers it was more feasible to conduct a PCA, which may be one historical factor explaining its initial popularity (see Costello & Osborne, 2005).

2. Another illustration of the 'empirical

similarity' argument can be found in discussions surrounding the (mis)use of coefficient alpha to estimate reliability. Defenders of coefficient alpha often point out that in many contexts, despite making some (usually) unrealistic assumptions, alpha closely approximates other internal consistency indices. By extension, it is argued, the choice between alpha and its alternatives must be trivial. This is problematic reasoning for researchers who do arrive at different conclusions with regard to internal consistency, depending on the index that was used.

Acknowledgements

References

Bollen, K. A. (2002). Latent variables in psychology and the social sciences. *Annual Review of Psychology, 53*, 605–34. http://doi.org/10.1146/annurev.psych.53.100901.135239

Borsboom, D. (2006). The attack of the psychometricians. *Psychometrika, 71*(3), 425–440. http://doi.org/10.1007/s11336-006-1447-6

Borsboom, D., Mellenbergh, G. J., & van Heerden, J. (2003). The theoretical status of latent variables. *Psychological Review, 110*(2), 203–219. http://doi.org/10.1037/0033-295X.110.2.203

Borsboom, D., Mellenbergh, G. J., & van Heerden, J. (2004). The Concept of Validity. *Psychological Review, 111*(4), 1061–1071. http://doi.org/10.1037/0033-295X.111.4.1061

Costello, A. B., & Osborne, J. (2005). Best practices in exploratory factor analysis: four recommendations for getting the most from your

analysis. *Practical Assessment Research & Evaluation*. Retrieved from https://pareonline.net/getvn.asp?v=10&n=7

Edwards, J. R., & Bagozzi, R. (2000). On the nature and direction of relationships between constructs and measures. *Psychological Methods, 5*(2), 155–174. http://doi.org/10.1037//1082-989X.5.2.155

Fabrigar, L. R., Wegener, D. T., MacCallum, R. C., & Strahan, E. J. (1999). Evaluating the use of exploratory factor analysis in psychological research. *Psychological Methods, 4*(3), 272–299. http://doi.org/10.1037/1082-989X.4.3.272

Field, A. (2009). *Discovering statistics using SPSS* (third edition). London: Sage Publications, Inc.

Fleuren, B. P. I., van Amelsvoort, L. G. P. M., Zijlstra, F. R. H., de Grip, A., & Kant, Ij. (2018). Handling the reflective-formative measurement conundrum: a practical illustration based on sustainable employability. *Journal of Clinical Epidemiology, 103*, 71–81. http://doi.org/10.1016/j.jclinepi.2018.07.007

Gruijters, S. L. K., & Fleuren, B. P. I. (2018). Measuring the Unmeasurable: The Psychometrics of Life History Strategy. *Human Nature, 29*(1), 33–44. http://doi.org/10.1007/s12110-017-9307-x

Haig, B. D. (2005). Exploratory Factor Analysis, Theory Generation, and Scientific Method. *Multivariate Behavioral Research, 40*(3), 303–329. http://doi.org/10.1207/s15327906mbr4003_2

Michell, J. (1999). *Measurement in psychology*. Cambridge, U.K.: Cambridge University Press.

Mulaik, S. A. (1990). Blurring the Distinctions Between Component Analysis and Common Factor Analysis. *Multivariate Behavioral Research, 25*(1), 53–59. http://doi.org/10.1207/s15327906mbr2501_6

Peters, G.-J. Y., & Crutzen, R. (2017). Pragmatic Nihilism: How a Theory of Nothing can Help Health Psychology Progress. *Health Psychology Review*, 1–39. http://doi.org/10.1080/17437199.2017.1284015

Stefan L.K. Gruijters
Open University of the Netherlands
General Psychology, Faculty of Psychology & Education Science
mail@stefangruijters.nl

Addressing the Challenges of European Health Psychology: Update from the EC Winter meeting December 2018

Vera Araújo-Soares
Newcastle University

Hello and welcome!

Since the election of our new executive committee (EC) https://ehps.net/executive-committee/#, we have been busy. As a new committee we have met after the Galway conference to develop a strategy and review working procedures. We focused on four main priorities: our membership; documenting the history of the EHPS; knowledge transfer to support impact; legacy and sustainability. Below I will address these issues and convey some of the discussions and decisions made.

Membership

The members of the EHPS, are a community sharing key interest in the area of health psychology. The activities available in the EHPS are plentiful and all are led by EHPS members: a) Create & Synergy; b) EHPS UN sub-committee; c) Fellowship Committee; d) EHP (EHPS newsletter); e) the Practical Health Psychology Blog; f) our societies multiple scientific Journals; g) our conference scientific and local organizing committees and track chairs (crucial to shape our yearly conferences), and last, but not least; h) our special interest groups (SIGs). They say it takes a village to raise a child... it takes a village to run the EHPS and all its buoyant activities. We know we could do more for our SIGs and we are consulting stakeholders on a strategy how these can best be supported in their activities.

Many EHPS members take on key roles in service of our society. People from all over Europe, and the world, generously engage in the society, to advance the science and the field of Health Psychology. Leading activities within the EHPS (e.g. Create; EHP) provides the opportunity to gather key experiences and establish international networks and relationships. Two recent examples are Antony Montgomery and Konstadina Griva. As editors of the European Health Psychologist they developed a new approach for the EHP and build a strong and innovative editorial team to sustain it. We thank Antony and Konstadina for their work! After five years of dedication, at the end of 2018 they stepped down from their role. A call went out and a new team of editors came forward: Angela Rodrigues and Pamela Rackow. We wish them well in this new role and we are sure that the EHP will go from strength to strength in serving and informing our members.

The editors of Psychology & Health, Mark Conner and Daryl O'Connor have led this journal since 2011. Under their leadership the Journal has substantially increased its profile, and this can be seen when looking at its impact factor, now at 2.45. Psychology & Health is the first Journal of the Society, and Mark and Daryl have made sure that it continuously served as a bastion of scientific quality, transparency and rigour. The EHPS is forever indebted to them and to all those that preceded them. After almost a decade of service Mark and Daryl believe that it is time for another team to take over the direction of the Journal. A call as gone out and we will inform you soon about the new editors-in-chief.

The EC is here to assure that the necessary

conditions are provided for all these services, after all, these and our members are the society 'raison d'etre'. For all those members proactively engaged in the society we are planning the organisation of a networking thank you event at our conference. This first event, that will be celebrating EHPS active engagement, will occur on the Wednesday 4th September from 7pm. We will be assessing it, and if successful we hope it continues. I am sure we will see many of you there for some fun! A lot of work goes into what we all do: without you our society would not be as aspirational, proactive, and ambitious as it is! Thank you!

History of our Society

Documenting the history of a society is an endeavor that societies (e.g. BPS-DHP, UK) have engaged in. Considering that our EHPS has reached "adulthood" we would like to engage with such project. We will soon be consulting with our members and fellows to decide on the nature and scope of such a project. The History of our society has many and certainly interesting pages. We believe that it would be important in shaping our identity as a society, to understand the processes involved in the creation, development and maintenance of our society.

As you all know Professor Stan Maes, one of the pioneers of European Health Psychology and co-founder of the EHPS, has sadly passed away. Considering his key role in training and shaping early career researchers we thought that it would be befitting to rename the EHPS Early Career Awards after him. This year the "Stan Maes Early Career Award" will be announced at the Opening Ceremony in Dubrovnik on Tuesday the 2nd of September (https://2019.ehps.net/). The Stan Maes ECA will be awarded to four young but already distinguished scientists, by Professor Veronique De Gucht, Stan's beloved wife and collaborator. Also, our eminent member and founder, as well as

Honorary Fellow of our Society, Professor Marie Johnston, will present Stan's contribution to science and the EHPS.

Knowledge transfer for Impact

In the age of anthropocene (current geological age, the period during which human activity has been the dominant influence on climate/ environment) evidence shows that environmental conditions shaped through human behaviour are developing into a key determinant of population health, thus making sustainability-related behaviour a clear and important addition to the health psychology repertoire. This will lead to the development of new scientific agendas and highlight the potential for evidence on human behaviour and behaviour change accumulated by EHPS members to be used as a force for transformation. In this context one question emerges as crucial: how can we share the knowledge produced by our members to inform policy?

As a society we have been accredited for the United Nations Economic and Social Council (UN-ECOSOC) as an expert Non-Governmental Organisation (NGO) with consultative status since 2015. The possibilities of a more pro-active contribution to this body requires further engagement and understanding. As a Society we aim at further investing on this process as we understand this will lead to real world Impact. Our UN Sub-commitee (led by Lucie Byrne-Davies) as well as the Special Interest Group (SIG) associated to it (led by Jennifer Inauen) will engage members and coordinate efforts for the implementation of this goal.

The United Nations have set 17 Sustainable Development Goals (SDGs, https://www.un.org/ sustainabledevelopment/sustainable-development-goals/) that its nations agreed to pursue by 2030.

EHPS members produce knowledge and skills that would be of particular interest for SDG 3 (good health and wellbeing) but also for other SDGs as they relate to health and, more generally, to human behavior. For example:

SDG 2 - end hunger, achieve food security and improved nutrition, and promote sustainable agriculture;

SDG 6 - ensure availability and sustainable management of water and sanitation for all;

SDG 12 - ensure sustainable consumption and production patterns, and;

SDG 13 - take urgent action to combat climate change and its impacts.

To understand what research EHPS members are doing that could support SDGs implementation we have initiated a process to collect this information. Our conference abstract submission system now asks people to select two relevant SDGs the submitted research is targeting. Mapping what knowledge we are creating that targets distinct SD goals is one first step. Our aim is to use this information to plan future white papers that we can submit as an expert NGO, assuring that our knowledge is shared and increasing its potential of transferability. There is a lot of work that needs to be done on the path to impact, it will take many years, but nothing is achieved without hard work.

As we realise more and more that the health of our populations is indelibly dependent on the health of our planet, with recent studies linking climate change brought by human activity with food in security and armed conflict (just to name a few), knowledge on behaviour change can be put to good use in supporting policy change in the pursuit of sustainable development goals. As a society we hope that we can support our members in harnessing this knowledge and sharing it with those that can make a difference: our policy and practice partners.

To further support knowledge transfer and increase the scope of our impact we are piloting an exciting new funding stream 'Bring a Stakeholder Grant'. In order to optimise the understanding, reach and impact of health psychology research this grant will enable applicants to bring a non-academic collaborator or partner, for example a practitioner, policy maker, charitable worker, industrial partner. For this pilot a maximum of 1000 euro is available to go towards the Stakeholder conference fee, accommodation, travel and subsistence. Applications must be led by the academic collaborator, with the stakeholder as a named co-applicant. Involving stakeholders in research and dissemination is crucial to assure impact (see https://ehps.net/grants/). We will be assessing this grant and consult with our members in order to refine this by, for instance, adding a role/function for these people at the conference.

We are also considering other forms of knowledge transfer. We have discussed sponsoring 'Café Science' events taking place on the cities where we organise our conferences, targeting stakeholders (practice partners, health care professionals, health commissioners as well as policy makers) and occurring in parallel with the conference (an out of hours event). The idea is to implement symbiosis in the scientific field. Having so many experts present in any specific city, coming together to attend the conference, could be harnessed to deliver scientific knowledge (without scientific jargon) to those interested. Where language is an issue we might need to think about translators. This would increase the visibility of EHPS, facilitate local networks, and open avenues for knowledge transfer and impact down the line.

Legacy and Sustainability

As a society we invest in conference grant funding schemes to support conference and/or workshop or expert meeting attendance at the EHPS Conferences. The purpose of these grants is to encourage talented researchers and graduate

students who do not otherwise have access to funding to attend the conference and/or CREATE workshops or Synergy Expert meetings. These grants will hopefully support and nurture EHPS researchers of the future, our next generation: our future, our legacy.

In order to consider strategic initiatives, and assuring that the society gains from engaging the accumulated knowledge of our more distinguished members, our fellows, we aim also to further engage them.

We also believe that part of our legacy can occur through our engagement with other societies like the European Federation of Psychology Associations (EFPA). EFPA is currently overseeing a Europe wide initiative that could have an impact on the training standards for Health Psychology, and one of our members, Maria Karekla is liaising between EFPA and the EHPS. We will keep you posted as we know more ourselves. Linking with other international society's (e.g. the Psychology Coalition of the United Nations, EFIC) allows us to better understand how the EHPS can collaborate in order to influence the international agenda through joint actions.

The way sustainability is assured relies also on our conferences. The 2020 EHPS conference dates are now fixed for August 25 - August 29, 2020 in Bratislava, Slovakia. Soon a call will be issued for 2021. If you are interested please contact admin@ehps.net. With the dedicated support of the event management company that provides the EHPS with its main technology platforms as well as with clear conference organisation procedures and clear contracts, it has never been easier for local organisers to bring the conference to their city/country.

For sustainability investing in our infrastructures is crucial. Over the past few months we have successfully migrated the membership database to Easy Conferences. Now it is easy to register as a member, view your account details, make payments, access journals and much more.

Our website has also received a new facelift check it out here https://ehps.net/, we are continually updating our website and appreciate suggestions for update by email to our Administrator admin@ehps.net. EasyConferences is not only supporting the EHPS with key professional conference services but also with general web based services and knowledge. This collaboration is paramount to run a society in the 21st century. As our society grows, the number of services provided increases as well as the technological requirements. Having a dedicated company that services our needs by providing and updating the necessary IT 'ecosystem' is crucial.

Finally, we are always looking for new ideas to improve the society and would welcome any comments; drop an email to our Administrator, Sharon admin@ehps.net, she is always there to support us. Thank you Sharon, what would be of us without you?!

Hope to see you all soon in Dubrovnik for what I am sure will be a very exciting conference!!

On behalf of the EHPS EC,
Vera Araujo-Soares
14th EHPS President
EHPS Executive Committee 2018-2020
Vera Araujo-Soares (President), Evangelos Karademas (President Elect), Karen Morgan (Past President), Benjamin Schuez (Secretary), Gudrun Sproesser (Treasurer), Sabrina Cipolletta (National Delegates Officer), Marta Marques (Membership Officer), Val Morrison (Grants Officer), Sharon Cahill (Administrator)

Vera Araújo-Soares

Faculty of Medical Sciences, Newcastle University

vera.araujo-soares@newcastle.ac.uk

Disclaimer: The views expressed within the European Health Psychologist are those of the authors and do not necessarily represent those of the European Health Psychology Society (EHPS) or the European Health Psychologist's (EHP) editorial board.