



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

Bulletin of the European Health Psychology Society

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Stan Maes: the founder of EHPS

In memoriam Stan Maes

In memoriam Charles Carver

**Stan Maes, PhD
Colleague, Lifetime friend.**



Editorial

Angela Rodrigues
Northumbria University

Pamela Rackow
University of Stirling

The 2019 EHPS conference is fast approaching and this issue offers a preamble of the 2019 conference. As a result, it makes us curious and excited about the forthcoming conference (3–7 Sep, Dubrovnik, Croatia) by presenting the new special interest group on digital health and computer tailoring.

This issue is also a tribute to Stan Maes, the founder of our society. Without him the EHPS and European Health Psychology would still be in its infancy. An obituary to Charles Carver is also part of this issue.

Professor **Vera Araujo-Soares** (*EHPS President*) report reflects on developments of the last year and stresses relevant goals of the EHPS such as “Knowledge transfer for impact”.

Hagger et al. reflect on 2018 Synergy meeting about “Promoting Scientific Integrity in Health Psychology Research and Publishing”. The experts identified key issues in the context of open science and agreed a key open science practices to prevent questionable research practices such as withholding results, retrospectively fitting data to hypotheses etc. The synergy experts also reviewed current literature on benefits of transparency and open science and discussed this topic. Solutions and recommendations had been agreed on and comprise “totally open science” which means that the principal of open science should be worked in in all stages of the research process; “education” all researcher should get training in open science principles and practices, “publishing” societies such as the EHPS and editors should be on the forefront of championing open science and support

their authors to meet minimum requirements; “advocacy” societies such as the EHPS should have a focus on encouragement and advocating advantages of open science.

The Smit et al. contribution informs about the launch of the new special interest group on digital health and computer tailoring, which will take place at the 2019 EHPS conference. The authors started in 2017 at the Padua conference to gather opinions on this topic, conducted a survey among interested society members on what such a group should focus on. Moreover, this SIG also has formulated a mission statement and will be officially launched as EHPS Special Interest Group on Digital Health & Computer-Tailoring during a lunch meeting on Thursday September 5, from 13:00 to 14:00 in room Elati 4.

With the sad passing of **Stan Maes**, society members expressed the wish to honor him and his extraordinary and exceptionally contribution to the EHPS by providing obituaries. The piece by Marie Johnston has been previously published in the December 2018 issue, but we decided to publish it again as part of the tribute to Stan Maes in this issue. A special tribute to Stan Maes by Dr Marta Marques and Professor Howard Leventhal is also included in this issue.

The current issue also contains a paper written by Evangelos Karademas to honour **Charles Carver** contribution on self-regulation. Charles Carver passed away in June 2019.

The current EHP issue summarizes beautifully the words of the EHPS president (“this society is run ‘by members for members’”, Araujo-Soares, pXX) with contributions from several members that demonstrate the extent of the EHPS members

engagement and also the impact of the different activities organized and sponsored by the EHPS. Finally, it also shows the strong bond between the EHPS members and the kind words in this issue also demonstrate the EHPS essence.

Hopefully see you all in Croatia!
Angela Rodrigues & Pamela Rackow



Angela Rodrigues

Department of Psychology,
Northumbria University

angela.rodrigues@northumbria.ac.uk



Pamela Rackow

Faculty of Natural Sciences,
University of Stirling

pamela.rackow@stir.ac.uk

A year in the life of the EHPS

Vera Araujo- Soares Dear Members,
Newcastle University, UK I am looking forward to seeing you all at the 2019 Conference in Croatia! I am sure the setting will provide us all with the perfect opportunity for fruitful scientific exchanges and will allow us to see old friends and make new ones.

I am always extremely impressed, proud and thankful to see all the amazing and creative work that our energetic EHPS community engages with in order to support our Society's goals. At this year conference we organized a *Celebrating EHPS Active Engagement* event to thank all those engaged in organising EHPS activities, invites will be issued. This event will take place on Wednesday the 4th of September from 7 to 9 pm and I shall be delighted to see many of you there! As always, we welcome members who would like to become actively involved in any of the society's activities. If this is something that would interest you please do not hesitate to get in touch with the EC or come and join us at the *Members Discussion Forum* (4th of September at 8:30 am). This forum is an ideal opportunity to discuss ideas, ask questions and start your networking.

This new EC (<https://ehps.net/executive-committee/#>) has started with a key meeting to address the strategic direction of the Society 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 (<https://www.ehps.net/ehp/index.php/contents/article/view/3302>) volume 20 issue 5, 2019). In this

report I will give a brief update on the first 3 points. These three points also serve the last one on point legacy and sustainability.

Membership

The members of the Society come together to make the EHPS possible as a community sharing key interests in the area of health psychology. There are several activities available in the EHPS and all are led by EHPS members: a) Create & Synergy; b) EHPS UN subcommittee; 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); h) our special interest groups (SIGs) , and last, but not least; i) our National Delegates group. This year EHPS report focuses on the activities by many of the main groups. I am sure you will all be amazed by all the work developed and be thankful to all those engaged when you read these.

A key part of our membership strategy this year was to improve communication with members, other societies and other organizations. We have strengthened our links with *EasyConferences* (see the Past President Report as well as the ICT and Communication report by the EHPS EC Secretary, Benjamin Schuz). In his report, Ben describes the efforts made to improve our communication with members via e-mail, and make the experience with our website more pleasant. We have migrated all our data bases, external facing web page, and

conference support to *EasyConferences*. The aim was to provide members with a complete user-friendly experience from membership to conferences. We are now finalising a new contract with them.

Membership numbers remain strong and constant (around 700). This is clearly linked to the fact that this society is run 'by members for members' making continuous needs assessment an integral part of its functioning. Last year a *Membership Strategy Committee* was set up by the EC and is run by Marta Marques (our membership officer). This group aims to further understand the needs and developing ways of answering these.

We offer grants to members who wish to attend our conferences and have added an extra opportunity: *Bring your Stakeholder Grant*. Health psychology has a role to play in improving health and wellbeing of our countries. To assure impact engaging with stakeholders is key! This year there was little time between launching the idea and the deadline for applications. In Val Morrison's (our Grant Officer) report, you will note that there were no applications. It is challenging for professionals to take time to attend a conference, but we will increase our dissemination efforts and still believe that, with enough time, we can have successful applicants next year as Impact remains key. A group of those in the EC are also supporting Val in considering reinstating other grants, such as the Networking Grants.

Another of our groups led by our members is the National Delegates (ND) group, which has been very active. Thank you all and Sabrina Cipolletta for leading this! New members have been recruited (Malta) and there is a call out for representatives from Slovenia and Serbia (please contact Sabrina Cipolletta). Our NDs are contributing a key task: to identify the core and unique competencies of health psychologists in order to collaborate with a relevant initiative by EFPA on this. Representing us in EFPA is Maria Karekla. We will come back to you on this with a consultation and there will be a

round table on this topic at this year conference (Dubrovnik) organised by this *Committee on Health Psychology Training and Regulation* (please check the program and the app that will soon be out). If you are interested in what our ND group does, please come along to the ND meeting (4th of September, 6 -7 pm).

Year on year it is encouraging to see the increasing number of nominations for EHPS fellows. All applicants demonstrate a clear investment in knowledge transfer and legacy. This year we welcome a new distinguished group of our EHPS members as honorary fellows (see the report by the Fellowship Committee Chair and Deputy-Chair, Yael Benyamini and Irina Todorova). One of our EC aims is to further engage our fellows and we are progressing with discussions on this. We have developed an organogram for the society and are working on a logic systemic model of our society.

We are committed to strengthening our financial stance, making sure that the society can respond to unexpected stressors impacting our income (e.g. in this anthropocene era natural disasters seem more prevalent and these could affect some of our income sources), see the report by our financial officer Gudrun Sproesser. In order to assure our Society can manage financial stressors we have created an emergency fund and hope to, yearly, review how much we should allocate to it. You will notice from the financial report by Gudrun Sproesser that we do not foresee the need for a winter meeting this year and will continue our work together using online meetings. This saving and our other sources of income will allow us to revisit discussions about grants/training spending to support our members. We welcome members' input to this discussion.

Our journals, *Psychology & Health* and *Health Psychology Review*, continue to perform strongly under the excellent leadership of editors-in-Chief Mark Conner and Daryl O'Connor (Psychology & Health) and Martin Hagger (Health Psychology Review). I have been chairing the committee that

was in charge of appointing the new editors for Psychology & Health. This committee was comprised by all current and future editors of our EHPS Journals under T&F. We will be announcing the result of this process at the Members Meeting this year. Meanwhile, we say thank you for the amazing work that the current teams have executed on behalf of the EHPS and for fostering the steady scientific advancement and robust standards of our field: thank you!

Our new journal Health Psychology and Behavioral Medicine (editors-in-chief: Frank Doyle and Irina Todorova) is moving from strength to strength and, as an open-access journal, offers competitive publication fees. Please, keep in mind that, as members of the EHPS, there is the possibility of negotiating a better rate on a case by case basis. In terms of the *Health Psychology Bulletin* (editors-in-chief: Gerjo Kok & Gjalte-Jorn Peters) there is still some work to be done but we remain very supportive of it. We would like to thank all editors for their dedication to the society and point you to their reports.

The European Health Psychologist, for many years headed by Anthony Montgomery and Konstadina Griva, has now a new team: Angela Rodrigues and Pamela Rackow. We thank the previous team for all the work that they have done and welcome this new team. Another of the EHPS publications is the Practical Health Psychology Blog (head editors Dominika Kwasnicka, Gill ten Hoor, Keegan Knittle, Sebastian Potthoff and Theda Radtke). This blog continues to thrive. Thank you to both teams for their continuous hard work.

We will continue the *Meet the Editor* forum this year on the 6th of September at 6 pm. If you would like to hear more about the EHPS journals you are most welcome to attend.

History of our Society

Documenting the history of a society is an endeavor that many societies (e.g. BPS-DHP, UK, led by our own Val Morrison) have engaged in. 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, and will be consulting our members on this.

As you all certainly know last year our founding President Professor Stan Maes has passed away. Given his key role in our society formation we have consulted with Professor Maes's wife and distinguished EHPS colleague (Véronique De Gucht), some of his colleagues and fellows, on how best to homage him. Considering his contributions to those early in their careers we have now renamed the *Early Career Award* the Stan Maes Early Career Award. This award will be delivered this year at the *Opening Ceremony* (Tuesday the 3rd of September from 6-7:30 pm), introduced by Marie Johnston and delivered by Dr. Véronique De Gucht to this year awardees. The report by our President-Elect Evangelos Karademas provides more details on the process and awardees this year. In this report, you will also find details on the Herman Shaalma Award. It was good to see such quality applications coming through! Congratulations to all!

Other homages ensued with an editorial written by Professor Marie Johnston and published in Psychology & Health <https://www.tandfonline.com/doi/full/10.1080/08870446.2018.1546801>. Marie has also wrote a briefer epitaph sent to all members on the occasion via email and later published in the EHP December issue. The EHP has also decided to republish this epitaph with others by Dr Marta Marques and Professor Howard Leventhal in this EHP summer issue. Professor Stan Maes was crucial to our Society's formation and we would like to think that his values and vision live on!

Knowledge transfer for Impact

Evidence shows that environmental conditions shaped through human behaviour are developing into a key determinant of population health (see Araujo-Soares, 2019 at the EHP), thus making sustainability-related behaviour a clear and important addition to the health psychology repertoire. With this in mind, the EHPS UN sub-committee has been very active again this year under the chair of Lucy Byrne-Davies (read her report). One of the ideas of this committee last year was to map each abstract submitted to our conference against the United Nations Sustainable Development Goals (SDGs¹, <https://www.un.org/sustainabledevelopment/sustainable-developmentgoals/>). This task has been completed successfully, and we hope to turn this into a tradition at the EHPS; other societies are also pondering doing the same exercise. The results of this mapping exercise indicate that the majority of our research falls where we would expect it, SDG 3 (Good Health and well-being), but our members are also doing a lot on SDG 10 (Reduced Inequality), SDG 4 (Quality Education) and SDG 5 (Gender Equality). We are also conducting research in many of the other SDGs.

Mapping who does what for which SDG, will allow us to understand what is our expertise and how can we contribute to SDGs implementation and clear assessment of this by supporting nations to define clear indicators/outcomes. The UN Sub-committee is now aiming to analyse in detail and sort out the expertise available at the EHPS in

¹ The UN Sustainable Development Goals are: 1: No Poverty; 2: Zero Hunger; 3: Good Health and Well-being; 4: Quality Education; 5: Gender Equality; 6: Clean Water and Sanitation; 7: Affordable and Clean Energy; 8: Decent Work and Economic Growth; 9: Industry, Innovation and Infrastructure; 10: Reduced Inequality; 11: Sustainable Cities and Communities; 12: Responsible Consumption and Production; 13: Climate Action; 14: Life Below Water; 15: Life on Land; 16: Peace and Justice Strong Institutions; 17: Partnerships to achieve the Goals

order to use our role within the UN-ECOSOC to influence change and reach IMPACT. The UN-EHPS Subcommittee has also been behind the formulation of a new SIG that will target Sustainability. The EHPS UN Sub-committee continues to participate in the monthly meetings of the UN Psychology Coalition in order to progress the EHPS agenda. We see a lot of potential on this endeavor and with more time and resources allocated I am sure we will be successful in disseminating knowledge created by our members on a global scale and hopefully supporting the implementation of UN SDGs.

This is my first year as President and I would like to thank my colleagues in the EC: Karen, Vangelis, Benjamin, Gudrun, Marta, Val and Sabrina and our ever-efficient, present and proactive administrator Sharon, for all their hard work. It is a pleasure to work with this team. I would also like to thank *EasyConferences* for all their ICT, membership and conference support. I would like to thank the *Local Organising Committee* as well as the *Scientific Committee* for all the work they have put on to organise this year conference. The conference scientific and social programme embodies the traditional excellence and collegiality of the EHPS conferences. Thank you for all your efforts: Teamwork always pays off! Last, but not least, I would like to thank all our members: you are the key to our success!

Serving as President to such a great organisation is a privilege and a pleasure. This past year has been the realisation that this society needs the proactive support of its members to be successful. Thank you all and hope to see you soon at our conference venue for our *33rd EHPS annual gathering entitled: 'Individuals and Professionals: Cooperation to Health'*. This year we meet at the warm shores of the Mediterranean. See you all there!

Vera Araujo Soares,
EHPS President
July 2019



Vera Araujo Soares

Professor of Health Psychology
and Public Health, President of
the European Health Psychology
Society, Faculty of Medical
Sciences, Newcastle University, UK

**vera.araujo-
soares@newcastle.ac.uk**

Reflections from the 2018 SYNERGY meeting on 'Promoting Scientific Integrity in Health Psychology Research and Publishing'

Martin S. Hagger

University of California,

USA; University of

Jyväskylä, Jyväskylä,

Finland & Griffith

University, Australia

Gill A. ten Hoor

Maastricht University, The

Netherlands & The

University of Texas School of

Public Health, USA

Kyra Hamilton

Griffith University & Curtin

University, Australia

Introduction

As a theoretical and empirical discipline, health psychology is reliant on robust evidence adopting rigorous research designs and methods aimed at understanding the determinants, processes, and mechanisms that relate to health outcomes, broadly defined. The research

process is a well-trodden path beginning with the identification of a health problem or research question; followed by generation of testable hypotheses designed to address the problem or answer the question, often with reference to theories based on previous knowledge; development of fit-for-purpose research designs to test the hypotheses, collect data using rigorous methods, analyse the data and draw inferences, again often referencing and updating theory; and finally disseminating the findings in (preferably) peer reviewed outlets (Chambers et al., 2014; Nosek & Lakens, 2014). This process forms the cornerstone of generating evidence that will inform future research and feed in to practice and, therefore, reliability and precision of findings is expected to be paramount, and rigorous assessment and evaluation of findings disseminated is key to this trustworthiness.

However, the career pathway of an academic researcher, with its dependence on output quality, usually judged by relatively arbitrary metrics like impact factors, numbers of outputs, and the need to demonstrate novelty and that one is 'carving a niche' in the field, can lead to certain practices that introduce bias in the publication processes, which can result in misleading findings and hinder scientific progress. For example, ambitions to publish in high quality outlets (usually journals) drives competition for journal space which, in turn, means those determining what gets published (usually journal editors) must be selective in what gets published. Criteria for this selectivity includes methodological rigor, and sound research design, but there is a disproportionate emphasis on novelty and the need for findings that confirm hypotheses and support theory. The latter emphasis means that null findings, and findings that replicate previous findings, are not considered of high value and high priority. These problems have been starkly exposed in recent years through high profile 'failures' of replication of key psychological effects, previously thought to be robust. Coupled with this, there have been numerous cases demonstrating prevalence of dubious research practices, likely driven by the need for hypothesis confirming findings and statistically significant results. Issues that have been raised in relation to replication of findings have resulted in questions being raised over the reliability and trustworthiness of scientific data in disciplines like psychology. This 'replication crisis' has resulted in calls for revisions in the ways in

which research evidence is produced and published.

During the 2018 European Health Psychology Society (EHPS) Synergy Expert Meeting (20-21 August 2018, Galway, Ireland)- a meeting organised annually to facilitate collaborative discussion between health psychologists- it was discussed how to promote scientific integrity in health psychology research and publishing. The goal was to discuss issues relating to the problems identified in the high-profile replication failures in psychology (Hagger et al., 2016; Open Science Collaboration, 2012; 2015), the incidence of dubious research practices, and other issues relating to improving scientific integrity in the discipline. In this report, we summarize some of discussions held during the course of the meeting, and identify some of the potential suggested solutions, with particular focus on the role of transparency and open science.

The Emergence of Open Science

Some questionable research practices that have been exposed in current times have included the withholding findings or, in particular, withholding results that do not confirm an expected hypothesis; searching for statistical significance, for example, adding more covariates or varying the variables included in an analysis; and retrospectively fitting explanations to data (termed 'hypothesizing after results are known'- HARKing). Often these practices are conducted with the focus on publication and meeting the expectations of high-ranking outlets, without a deliberate intention to 'do the wrong thing'. There are, of course, some cases of deliberate fabrication of data (e.g., Diederik Stapel's studies; Levelt, Drenth, & Noort (2012)), although these are likely to be relatively rare. Nevertheless, dubious research practices subvert the research process, and can lead to misleading or erroneous conclusions when judging a body of work in health psychology.

Moreover, the high-profile failures to replicate can be attributed to these kinds of dubious research practices.

Numerous solutions have been offered to minimize incidence of dubious research practices, and ensure maximum integrity and trustworthiness in psychology, and other sciences, and address the 'replication crisis' head on. Solutions have been offered through a collection of research practices known as 'open science'. During the SYNERGY meeting, experts discussed issues relating to open science. Experts agreed that open science practices were essential to maximize the integrity of health psychology research, and suggested that by encouraging open science in our discipline we can lead the way in producing evidence that is trustworthy.

The starting point is to define open science. Open science is defined by the European Commission (2019) as: "*A new approach to the scientific process based on cooperative work and new ways of diffusing knowledge [...] shifting from the standard practices of publishing research results in scientific publications towards sharing and using all available knowledge at an earlier stage in the research process.*" Key open science practices identified by consensus of the SYNERGY experts included: (1) preregistration of study methods including sampling, measurement, statistical power (if relevant), design features, and analysis or treatment; (2) full disclosure of study materials and data (de-identified), and analysis output (e.g., making these materials available via a publicly accessible repository such as the Open Science Framework); and, (3) making outputs publically accessible via open access publishing or making preprints available on a public repository (e.g., psyarxiv - <https://psyarxiv.com/>). Collectively these practices not have the effect of minimizing dubious research practices, but also have the effect of focusing the researcher on the essential components of the research methods and design, and the importance of transparency. The SYNERGY

experts also highlighted the need for all of those involved in the research process, from those producing the evidence –researchers and their teams– to those involved with determining its dissemination (e.g., journal editors) and those involved in supporting the research (e.g., universities, funders), to support and actively encourage and engage in open science practices. It was noted that guidelines had been provided to ensure that journals are provided with guidance of minimum and ideal levels of transparency and openness, such as the TOP guidelines (Nosek et al., 2015).

Benefits and Barriers to Open Science in Health Psychology

In reviewing the current literature on the benefits of transparency and open science, and with what was discussed among the SYNERGY experts, support for the arguments towards this movement can be summarised in the following factors: *efficiency* through improvements in the effectiveness and productivity of the research system, *quality and integrity* through wider evaluation and scrutiny of research findings by the scientific community, *economic benefits* through better access to research results, *innovation and knowledge transfer* through the re-use of data, *public disclosure and engagement* through promoting awareness and engagement among citizens, and *global benefits* through promoting collaborative efforts and faster knowledge transfer (for full details see <https://www.fosteropenscience.eu/content/what-are-benefits-open-science>; see also <http://rsos.royalsocietypublishing.org/benefits>, <https://www.leru.org/publications/open-science-and-its-role-in-universities-a-roadmap-for-cultural-change>, <https://www.openscience.nl/en/open-science/why-open-science/index>). These benefits are not solely targeted at those involved with producing research

and its dissemination (e.g., scientists, researchers, funders, journal editors), but also extend to the wider community and stakeholders in research such as social, educational, and government organisations; local and national authorities; and professionals, citizens, and end-user groups. This is because part of open science is to allow ready access to, and use of, scientific information for the benefit of wider society.

Arguments in support of open science practices seem reasonable and strong, especially for those in favour of such movements, and members of the open science community (e.g., the Center for Open Science - <https://cos.io/>) have paved the way to greater transparency by making resources on open science readily available. However, a shift to greater transparency and open science requires a culture change for successful implementation at all levels of the research process. Stakeholders in research need to move from traditional research models and psychological science practices to adopting new values and operating systems which, to date, have not been extensively tried and tested over time (see <https://www.leru.org/publications/open-science-and-its-role-in-universities-a-roadmap-for-cultural-change>). Reservations and scepticism toward this movement of transparency and open science should be recognized and acknowledged. These barriers were identified in discussions during the course of the SYNERGY meeting, but it was also clear that the barriers to transparency and open science in health psychology are speculative, and there is need for research to identify the barriers and facilitators among all key stakeholder groups to engaging in open science.

The current literature on open science suggests that implementation of open science practices will require real culture change at all levels of the research process and that all stakeholders need to be committed to change for open science to become a routine set of practices within the research process (see <https://www.leru.org/publications/open-science-and-its-role-in->

universities-a-roadmap-for-cultural-change). This will not happen overnight, and perhaps at this stage there needs to be an acceptance that only some stakeholders may invest in change, but over time change will happen, albeit slowly, with an end goal that open science will become the norm. As outlined in the document on 'open science and its role in universities: A road map for cultural change', many challenges exist in embracing and adopting this movement including issues of copyright, costs, data privacy, metrics on evaluation, non-universal commitment, and more, but the most difficult foreseen is culture change. This is notwithstanding more personal beliefs and realities including openness at early stages resulting in possible loss of competitive advantage and difficulties to applying for patents as well as citizen or professional misunderstandings and interpretations of scientific findings (<https://www.openscience.nl/en/open-science/why-open-science/index>). In sum, although benefits to adopting a new model of transparency and open science are well-voiced, many challenges exist to its uptake. This is where we need to have clear strategies to lead the future in the movement toward greater transparency and use of open science practices.

Solutions and Recommendations

Despite the challenges to open science, the SYNERGY experts agreed that the benefits by far outweigh the detriments. The group agreed on a number of clear recommendations that might form the basis of a future position statement and guideline document on open science for health psychology. These include:

(1) 'Totally' open science. Advocating a 'farm to fork' approach to open science, meaning that open science principles should be worked in to all stages of the research process from inception to publication. This means that researchers need to

assume transparency in materials and data as well as pre-registration of methods, data collection procedures, and results from the outset. This approach is consistent with the idea of a 'culture' of open science and transparency.

(2) Education. Providing the current and future generation of researchers with resources and training on open science principles and practices, and develop means to best disseminate these recommendations e.g. through health psychology degree programs, workshops at conferences.

(3) Publishing. Societies, such as the EHPS, working with editors of their journals to implement open science principles in journals and, in so doing, assist in providing authors with guidance on how to meet minimum open science requirements when it comes to conducting research to be submitted to the journals – the journals could be seen as leading the way in open science principles. Examples include the inclusion of a 'registered report' article type and compulsory data sharing (with exceptions for certain data types).

(4) Advocacy. Societies, such as the EHPS, playing a leadership role in advocating open science and research integrity to the community through its flagship ventures (e.g., encouraging open science in annual conferences) and links with the community. The focus should be on encouragement and advocating advantages of open science rather than a pressuring, didactic approach.

Conclusion

The SYNERGY expert meeting convened to discuss various issues relating to open science and research integrity. The issues are topical give high profile issues with replication and dubious research practice. The experts identified key issues relating to open science, discussed numerous issues and controversies, identified important practices needed to improve transparency and openness in research in health psychology, and made recommendations

on possible solutions and future directions.

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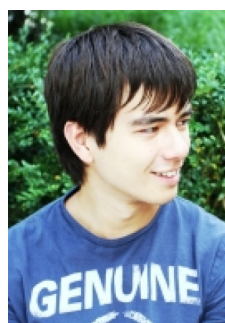
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Martin S. Hagger

Psychological Sciences, University of California, Merced, CA, USA; Faculty of Sport and Health Sciences, University of Jyväskylä, Jyväskylä, Finland & School of Applied Psychology, Menzies Health Institute Queensland, Griffith University, Brisbane, Australia

mhagger@ucmerced.edu



Gill A. ten Hoor

Dept. Work & Social Psychology, Faculty of Psychology and Neurosciences, Maastricht University, The Netherlands & Dept. Health Promotion and Behavioral Sciences, The University of Texas School of Public Health, Houston, TX, USA.

gill.tenhoor@maastrichtuniversity.nl



Kyra Hamilton

School of Applied Psychology, Menzies Health Institute Queensland, Griffith University, Brisbane, Australia & Health Psychology and Behavioural Medicine Research Group, School of Psychology, Curtin University, Perth, Australia

Kyra.Hamilton@curtin.edu.au

Digital Health & Computer-Tailoring

The launch of an EHPS Special Interest Group

Eline Suzanne Smit

*University of Amsterdam,
The Netherlands*

Camille E. Short

*University of Melbourne,
Australia*

Corneel

Vandelanotte

*Central Queensland
University, Australia*

Hein de Vries

*Maastricht University, The
Netherlands*

Given the Internet's 24/7 accessibility and availability independent of people's location, it comes as no surprise that the Internet is presently the most frequently consulted medium when people need health-related information (van de Belt et al., 2013). As a consequence, and given their potentially high scalability, digital health interventions have mushroomed in popularity. We define *Digital Health* as the use of digital information and communication technologies to improve health and increase the chances of sustainable healthcare for all. As such, digital health interventions include but are not limited to eHealth, mobile health (mHealth), telemedicine as well as wearable devices (e.g. activity trackers).

As the Internet enables the provision of instant feedback based on the information provided by an individual, many of these digital health interventions include computer-tailoring strategies. Computer-tailoring can best be described as the programmed delivery of intervention materials adjusted based on the specific characteristics of an individual person (de Vries & Brug, 1999). In contrast to static online health communication (e.g. health information websites), tailored interventions provide individuals only with information that is relevant to them and their situation. As a result, and in line with the Elaboration Likelihood Model (Cacioppo & Petty,

1984), this information is more likely to be considered as personally relevant and, consequently, to be read. This is expected to lead to an increased desire to use and keep using the intervention, more user engagement, more in-depth processing of information, greater recall and more likely initiation or continuation of the desired health behaviour change (Cacioppo & Petty, 1984; Kreuter, Farrell, Olevitch, & Brennan, 1999; Nikoloudakis et al., 2018; Ritterband, Thorndike, Cox, Kovatchev, & Gonder-Frederick, 2009). Computer-tailored digital health interventions have repeatedly been shown to be able to (cost) effectively improve health behaviour (Cheung, Wijnen, & de Vries, 2017; Lustria et al., 2013; Schulz et al., 2014). Yet, despite the generally positive outcomes, effect sizes tend to be only small to medium (Lustria et al., 2013) – as is the case for digital health interventions more generally.

The positive results in terms of (cost) effectiveness suggest that digital health interventions should be implemented on a large scale. As a result, efforts are presently undertaken to apply computer-tailoring methodology also to intermediate target groups (e.g. the health professional context (de Ruijter, Candel, Smit, de Vries, & Hoving, 2018)) and intermediate behaviours (e.g. by focusing on smoking cessation support tool uptake instead of smoking cessation). Nonetheless, the limited size of the effects found suggests that there is also still room for improvement. Therefore, as also described in a previous call for action in this journal (Smit, Linn, & van Weert, 2015), the exploration and testing of innovate digital health behaviour change strategies, e.g. message frame tailoring and

tailoring of delivery modes, remains a priority for research. At the same time, it remains a research priority to continue to build the science of tailoring (Harrington & Noar, 2012). Therefore, it is important to clearly specify the tailoring processes which are applied in the development of digital interventions. First and foremost, by reporting openly on 1) what specific tailoring inputs are captured in assessments, e.g. the behavioural characteristics or assumed behavioural determinants assessed, 2) on what theoretical basis they are included, 3) when these assessments occur (e.g. dynamic – over the course of an intervention – or static, i.e. at baseline), 4) what specific tailoring strategies are used, as well as 5) what outputs are considered (Ryan, Dockray, & Linehan, 2019). Lastly, new technologies offer new possibilities that warrant further exploration and testing, such as artificial intelligence that can potentially be used to enable data-driven tailoring and build recommender systems (Cheung, Durusu, Sui, & de Vries, n.d.; Hors-Fraile et al., 2018).

To join forces in this respect, we discussed the idea of launching an EHPS Special Interest Group (SIG) on the subject of computer-tailoring during the 2017 EHPS conference held in Padova, Italy. Before launching this SIG, however, we conducted a survey amongst EHPS members with interest in the subject (N=38). The results from this survey showed a desire to raise awareness of the method of tailoring as digital health gains traction, while also focusing on digital health more broadly. To reflect this, the name of *'EHPS Special Interest Group on Digital Health & Computer-Tailoring'* was chosen. Furthermore, the majority of survey participants (63%) agreed that the SIG would need to focus on both mobile phone-based (mHealth, e.g. apps and text messaging) and web-based (eHealth) digital health interventions, and on both more traditional web 1.0 features (e.g. self-monitoring and goal setting tools, forums, educational info) and newer web 2.0 features (e.g. social networking, blogs, wiki's, google-maps mash-ups). In terms of the

SIG's activities, survey participants mentioned that next to distributing a regular newsletter – which was mentioned by 34% of participants as an important activity to be undertaken – the SIG should:

- 1) create collaborative networks (66%);
- 2) organize one or more symposia and/or round tables at the annual EHPS meeting (50%);
- 3) set up international studies through joint applications for grants (50%);
- 4) write joint papers on specific topics (50%);
- 5) organize special issues in (one of the) journals of the EHPS, such as the *European Health Psychologist* (47%).

Based on the survey results, and in consultation with the digital health and computer-tailoring experts mentioned in the acknowledgements, the SIG's mission statement has been formulated as follows: *"To build a community of interested EHPS members to advance digital health and computer-tailoring research and to provide a forum to discuss new evidence, underlying mechanisms and specific components of digital health interventions that may lead to enhanced behavioural outcomes"*.

During the next EHPS conference, to be held in Dubrovnik (Croatia) from September 3-7 2019, the EHPS Special Interest Group on Digital Health & Computer-Tailoring will be launched officially during a lunch meeting on Thursday September 5, from 13.00-14.00 in room Elafiti 4. If you wish to participate in this lunch meeting, please sign up through <https://bit.ly/2Y9TrB0> no later than August 28, 2019. In addition, we have organized a symposium entitled *'Tailoring digital health interventions: different strategies, different effects?'*, taking place on Friday September 6, from 11.30-13.00 in room Elafiti 3. See for up-to-date details also the final conference program. On a last note, we would like to mention that the EHPS is also supporting the Open Digital Health initiative. In line with our SIG's mission and vision, this initiative aims to survey and list descriptions of existing digital health tools – more information

about the Open Digital Health initiative can be found here: <https://www.opendigitalhealth.org>.

We would like to warmly invite all those interested in the subject of digital health and/or computer-tailoring to attend the lunch meeting and symposium, visit the Open Digital Health website and jointly take the first steps that need to be taken to achieve our mission.

Acknowledgements

We would like to thank all survey participants for their participation. Also, we thank Dr. Laura König, Dr. Alexis Ruffault, Kathleen Ryan, Dr. Dominika Kwasnicka, Dr. Angela Rodrigues and Dr. Pamela Rackow for their feedback on an earlier version of this paper.

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Eline Suzanne Smit

Department of Communication Science, Amsterdam School of Communication Research (ASCoR), University of Amsterdam, The Netherlands

E.S.Smit@uva.nl



Camille E. Short

Melbourne Centre for Behaviour Change, Melbourne School of Psychological Sciences and Melbourne School of Health Sciences (jointly appointed), University of Melbourne

camille.short@adelaide.edu.au



Corneel Vandelanotte

Physical Activity Research Group, Appleton Institute, Central Queensland University, Rockhampton, Australia

Corneel.Vandelanotte@usq.edu.au



Hein de Vries

Department of Health Promotion, Care and Public Health Research Institute, Maastricht University, Maastricht, the Netherlands.

hein.devries@maastrichtuniversity.nl



EHPS Special Interest Group on Digital Health & Computer-Tailoring

Please sign up no later than August 28, 2019.

Official Launch



Thursday September 5,
from 13.00-14.00

Hotel Valamar, room Elafiti 4

Stan Maes: the founder of EHPS

Marie Johnston

University of Aberdeen

Dear EHPS members

It is with great sadness that I write of the death of Stan Maes.

Stan will be remembered in many spheres of life - for his science and practice in health psychology, for his success in developing health psychology in the Netherlands, for his contributions to health and social care, for his active representation of European health psychology in the wider international context - but here I write about his enormous gifts to members of EHPS.

Stan Maes as the founder of EHPS

We in EHPS owe Stan a great deal as this society would not exist without Stan's phenomenal initial work. In the early 1980s, several of us were working in health psychology, often as lonely but enthusiastic isolates within our own country and watching developments in the USA. Stan gathered us together - from Finland, Switzerland, Poland, Czechoslovakia, Italy, Germany, Belgium, Spain, the UK and the Netherlands - giving us an identity as European health psychologists and a focus for our professional and scientific endeavours. In 1986 he held an outstanding conference in Tilburg bringing together health psychologists from many parts of Europe and the USA and EHPS emerged from that first meeting. Over the following years and many meetings in Tilburg, several of us worked with Stan to turn this embryonic gathering into the society we know today. With Stan as President we held annual meetings in Trier (1988), Utrecht (1989), Oxford (1990), Lausanne (1991) and Leipzig (1992)

and published proceedings. Meanwhile we worked to develop the rules, articles and legal status of EHPS with an amusing lack of skill. In 1992 I was honoured and flattered that Stan supported me in becoming the second President. He continued as an active member of the EC until 1996 and a keen attendee at conferences until limited by poor health. He delivered many papers at our conferences including his most recent invited keynote in Bordeaux in 2013.

Stan succeeded in developing EHPS because of his outstanding vision, scholarship and energy. He was generous and sociable, fluent in many European languages and able to enthuse those around him. His leadership was fundamental not only to the existence of EHPS but also to its ethos of sharing and inclusiveness, supporting young careers and enabling health psychology to thrive within and between the countries of Europe.

Stan Maes as the supporter of young international careers

From the very beginning Stan was keen that EHPS would not only be a vehicle for those already established in their careers but that we would develop early careers. At a very early stage we held a workshop in Rome programme and continued to run annual postgraduate training workshops for several years. Following these Erasmus funded programmes, Stan obtained funding to run advanced workshops in Greece for graduates of the previous workshops and they in turn went on to create CREATE.

The workshops had a spirit and character that

owed everything to Stan. They lasted up to 2 weeks, involved intensive 9 to 5 working, were delivered and attended by the founders and senior members of EHPS and each closed with presentations by each attending participant. But it was not only hard work. We had evenings of entertaining performances by students including flamenco from Spain, a performing 'haggis' from Scotland and an international rendering of 'singing in the rain'. We had our own version of 'Blind Date' and were astonished to discover that the theme tune was known to all Europeans. We had local outings, splendid meals and beach bonfires. All of these diverse experiences resulted in a wonderful cadre of young health psychologists, with lasting collaborations and friendships who constitute a large tranche of current members, attenders and leaders of EHPS.

Stan's emphasis on young careers was exceptionally far-sighted as it not only ensured the future membership, it built relationships between the early and more senior members. The spirit of work, fun and conviviality contributed to the friendly cooperative atmosphere that continues to characterise EHPS meetings.

Stan Maes and national representation

Right from the start Stan involved health psychologists from many different nations of Europe. His first committee had people from many parts of Europe. He personally visited many countries, giving talks, supporting postgraduates and enabling the development of national societies. He was particularly keen to facilitate members from Eastern European countries and created financial systems that allowed them to participate in EHPS activities. From very early days we had national delegates and our newsletter had regular items on the developments within countries. He encouraged the emergence and

welcoming of delegates from each country. However, in several countries delegates did not know other delegates from their own country and on occasions we had more than one national delegate from a country. Starting with these unsystematic but enthusiastic beginnings we now have a very successful, active representation of the nations of Europe.

As with all the early developments of EHPS, national representation was ensured by Stan's foresight, organisation, social skills, goodwill and persuasiveness – and in no small way by his facility with languages, his understanding and appreciation of different cultures and his charismatic character.

Finally Thank you Stan

Stan has meant an enormous amount to EHPS but he has also meant a great deal personally and professionally to many members. For me personally, he has been an outstanding influence on my career, enabling me to be part of something I could never have anticipated. But beyond that he has been the most generous, delightful friend in ways too important and numerous to mention. We all owe him so much in so many ways for so many things within and beyond EHPS. Thank you Stan.

Marie Johnston

Aberdeen, October 2018

The piece was already published in issue 20_4, but EHPS decided to publish it again as part of the special conference- issue tribute to Stan Maes.





Marie Johnston

Emeritus Professor of Health,
Psychology, University of
Aberdeen

m.johnston@abdn.ac.uk

In memoriam Stan Maes

Marta M. Marques

Trinity College, Dublin

To my “scientific father”, I will always remember the first time Stan used the expression “scientific father”. It took me 5 years (a long PhD) to fully understand and appreciate what it really meant. Stan Maes was my PhD supervisor and mentor in Leiden University, I met him when I was doing my MSc in Health Psychology and he was a visiting professor in Portugal. After a brief chat about my ideas for the MSc research thesis, Stan accepted to supervise it under the condition I would then apply for a PhD in Leiden. From day one he believed in my capabilities to learn, grow and become an internationally recognized health psychologist. As a student in a southern European country where international recognition and research options were (and still are) limited, this was the encouragement and support I needed to put all of my efforts into pursuing a meaningful research and academic career.

Stan was an exceptional mentor, supervisor, teacher and friend. He was genuinely curious about my ideas and he would support them all the way through (also strongly disagreeing and saying no many times!). He supported students and researchers from many different European countries, with all the challenges that brings. I remember him saying “If you come all the way from Portugal to do a PhD, then I know you must be really motivated to do it and have some good resilience skills!”.

I was one of his last PhD students, and I think I still remember most words of his speech during my public defense, it was very emotional, beautiful and incredible encouraging. His words are a source

of energy and a boost of confidence when I need.

Stan shaped my thinking as a researcher, mentor, teacher, and as a health psychologist, reminding me that we are “interventionists” above all, “developing ways to help patients and people live better and healthier lives”. I share and I am proud of this mission! Stan was a proud co-founder of the EHPS. It was his passion talking about the EHPS and his activism that got me involved in the activities of the EHPS, and I now share the same passion for the society mission and people.

This year, I am receiving the EHPS Early Career Researcher Award, now named “Stan Maes” award. I couldn’t be more honored and happier to be one of the first recipients of this award.

Stan was passionate about culture, food, languages, and travelling. During my PhD we not only had long work meetings, but we also had many social and cultural moments, amazing meals talking about many interesting topics that had nothing to do with work (a lot of football conversations!). One was a very special dinner in Cape Town where we were attending a conference. It was me, Stan, Veronique (his wife and my incredible co-supervisor), my partner and Howard and Elaine Leventhal. I was so happy that evening, listening to all of their amazing work and life stories (including how the common-sense model started), accompanied by amazing food and wine.

Last but not least, Stan used to say “You should be where your heart is. Family and friends are the foundations for being motivated to work... be where the sun is”. Stan often reminded me that “work and a job” aren’t everything, and that I should pursue my research and life dreams where

and with whom I would be happier. We, early career researchers know how hard it is to achieve this... but this learning echoes when I need to make professional and life choices. I am writing this piece 21 weeks pregnant, and I now understand how our personal lives (whatever choices we make) can really be foundations for our willingness to use our knowledge and skills to benefit others and help build a better world.

Thank you Stan for being my scientific father, for all your inspirational advice, and for your invaluable contribution to the EHPS and health psychology.

Marta Marques

EHPS Membership Officer

Marie-Curie Research Fellow



Marta M. Marques

Marie Skłodowska-Curie Fellow,
Trinity College, Dublin

mmoreira@tcd.ie



In memoriam Charles Carver

Evangelos Karademas

University of Crete, Greece

Charles S. Carver, a Distinguished Professor of Psychology at the University of Miami and

Director of the Adult Division of the Psychology Department, aged 71, died on June 22, 2019. He was born on August 19, 1947, in Cleveland, Ohio.

Charles Carver received his bachelor's degree from Brown University, and his PhD in Personality Psychology from the University of Texas at Austin in 1974. In 1975, he joined the University of Texas faculty, where he spent his entire academic career.

In Carver's own words, "...most of my work is associated in one way or another with the phrase 'self-regulation'.... I continue to be interested in places where this difference between people makes a difference in how they think, act, and are responded to by others" (<https://carver.socialpsychology.org/>). He was an extremely productive and one of the most highly cited researchers in the entire field of psychology. His work spanned the areas of personality and social psychology, human motivation, and health psychology. Recently, he was interested in experimental psychopathology. He developed measures for the assessment of several aspects of the self-regulation process, including optimism, coping, goal-setting, self-criticism, and adult attachment. He was particularly interested in the ways that people cope with stressful conditions, such as a chronic illness. He extensively published on the impact of optimism on human behavior, as well as on the coping efforts of patients suffering from breast cancer.

Carver has authored ten books and over 400 articles and book chapters. His work has been cited

over 120,000 times. He also served for six years as the Editor of the *Journal of Personality and Social Psychology* and an Associate Editor of *Psychological Review*.

For his career contributions, Carver was repeatedly honored by several scientific organizations, such as Divisions 38 (Society of Health Psychology) and 8 (Society for Personality and Social Psychology) of the American Psychological Association. In 2018, he was awarded by the APA the *Distinguished Scientific Contributions Award* "...for significant theoretical and empirical contributions to our understanding of goal-directed behavior and self-regulation."

Charles S. Carver was one of the truly bright minds in psychological science who paved new ways for a better understanding of human nature and greatly contributed to the development of new theories regarding adaptation to aversive conditions. He will be remembered not only by his family and friends, his numerous students and collaborators, but also by all those who try to decipher human behaviour.

Evangelos Karademas
(President Elect of the EHPS)



Evangelos Karademas

Department of Psychology,
University of Crete, Greece

karademas@uoc.gr

Stan Maes, PhD

Colleague, Lifetime friend.

Howard Leventhal *Rutgers University*

I met Stan in 1986 at the first meeting of the European Health Psychology Society in Tilburg, the Netherlands. Rather than the typically enjoyable, though forgettable meeting, it was the beginning of a 32 year friendship that enriched work and added an extra joy to life. We were not the best or should I say most respectful of attendees, as we exchanged glances, nods of agreement, expressions of disbelief, and posed annoying questions during several presentations. We quickly realized that we shared a common vision of behavioral research: it must describe the mechanisms underlying and generating behavior. Research should deepen our understanding as to how behaviors start, unfold and stop in real time in contrast to identifying variables that predict a behavior without addressing "causal" mechanism. This put us at odds with presenters who were satisfied with predicting outcomes, using scales to assess what were assumed to assess stable but complex, individual differences and transient states, ignoring how these predictors related to underlying processes. We also shared a strong desire to support and encourage young investigators to take chances and innovate rather than simply repeat the ideas of their mentors. This was followed by our co-editing a series on Health Psychology and repeated meeting at numerous conferences around the globe.

Far more important however, were our twice yearly travels together for over 20 and the various antics that unfolded that brought mild scolding from our wives. We walked, used local transit in Tokyo, Kyoto, Venice, Florence (with my

granddaughter in tow), Spain (where we "rescued" a bench from a hotel courtyard and elevated it to a higher floor where it could better serve humanities and our needs), Gibraltar, Taiwan, Southeast Asia, and Mexico where we climbed about Aztec ruins. Our European visits were "blessed" by Stan's insistence on "price-quality" lodgings, rooms that required ascending multiple flights stairs, were economically reasonable and suitable therefore for maintaining health. Our travels in South Africa was especially memorable for Stan's skills at the wheel, rapid reversal of gears, and turning about to avoid an encounter with 4 huge, elephants lumbering toward us.

We visited Leiden multiple times where we gave talks and participated in doctoral ceremonies and attended a chamber music concert at Peter De La Court Hall, arranged by Stan and our daughter Sharan (the house staff was enchanted – it was the first such event). And we remember trips to the seaside, to museums in Antwerp and the Netherlands, and multiple interesting restaurants. Most of all, we remember Stan and Veronique's wedding, and festivities with Stan's brothers and sisters at a riverside restaurant. And Stan, the wunderkind of the kitchen, created endless dishes for our delight. Not all is happiness for those who are "family"! Hospital visits for Stan's mother, Elaine's consultation with doctors, and then the onset of Stan's illness; Elaine was on the phone with Veronique discussing medical treatments and likely outcomes. When it was clear that the end was inevitable, we flew to Amsterdam for a brief visit.

Stan radiated an enthusiasm for life that Elaine and I were fortunate to share. Psychology brought

us together and led us to experience the joyful and sad moments that make a life. Though these details and associated thoughts and feeling may seem trivial in relation to our academic work, common-sense tells us they are the core of a full life, experiences that are too easily forgotten when we allow ourselves to be consumed by the pressures of work.

Stan left us too soon.

Howard



Howard Leventhal

Institute for Health, Health
CarePolicy, and Aging Research,
Department of Psychology,
Rutgers University, US

hleventhal@ifh.rutgers.edu

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