



EUROPEAN HEALTH  
PSYCHOLOGY SOCIETY

# THE EUROPEAN HEALTH PSYCHOLOGIST

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## President's message

### President's message March 2010

**Irina Todorova**

Dear EHPS Members,

It has now been six months since the EHPS Conference in Pisa in 2009 and the Member's Meeting we had there. We feel that this is a good point at which to update members on the activities of the Executive Committee during this period and invite you to get in touch with us with your ideas, comments and suggestions. Additionally, as has been the practice during the last few years, the EC had our mid-year Strategy Meeting in February 2010, and we would like to let you know about some of the issues we discussed and decisions we made.

The mid-year Strategy Meetings have been very useful and constructive, and this year's meeting confirmed their importance for the smooth functioning of the Society and the EC. They have allowed us more time to meet face-to-face, brainstorm ideas and finalize decisions. They have also given us the opportunity to visit our colleagues in their home towns and home institutions, gaining some understanding of local contexts and local health psychology developments. This year the meeting graciously hosted by the EHPS Secretary, Yael Benyamini, in Tel Aviv. We had two intense days of meetings, and even introduced a new technological element – we had the opportunity to include teleconferencing with two of the EC members who were not able to attend for health reasons. They kept in contact through much of our discussions and were thus informed and contributed their input. We were excited to be able to take a break from the snow of the more northern EHPS countries and to land in the summery city of Tel Aviv with nearly 28 degrees of sun and Mediterranean breeze (I must say, it was quite a contrast to the 2009 strategy meeting in Sofia during the gas crisis!)

Some of the main issues we discussed at the Strategy meeting were the following:

- We summarized the outcomes of the 2009 *EHPS Conference in Pisa, Italy*. As you know it was our largest conference so far in terms of abstract submissions. Thus, the reports and financial calculations are more complicated, and we have written to the Pisa organizers for some additional information in order to wrap up the reports from our very successful 2009



Irina Todorova

President European Health Psychology Society

conference.

- As we are in the most intensive period for the organization of the *2010 EHPS Conference in Cluj, Romania*, we summarized all that is taking place in preparation for that event. We are very happy to say that this conference is as successful as the previous two, as we have received nearly 900 abstract submissions! Abstract submissions have now closed, and the chair of the Scientific Committee Paul Norman has sent out information to the Track Chairs for reviewing abstracts. In addition, our Education and Training Officer Holger Schmid has organized the different educational activities for 2010: the Grants for the 2010 Conference were announced (the announcement is available on the EHPS website, and it is also published in this issue of the EHP). The abstracts for the keynote lectures are posted on the Conference website; the pre-conference workshops have also been posted – please take note of them when registering for the Conference! We will also soon be sending you information for the CREATE and Synergy workshops for 2010. Preparations for our interesting annual initiative *Meet the Expert* are also underway.
- We look forward to future successful conferences in our many member countries. The preparation for the 2011 EHPS Conference in Crete *Engaging with other health professions: Challenges, barriers, and perspectives* is also well underway, as reported at the Strategy Meeting by our

## President's message

### President's message March 2010

Conference Officer Paul Norman and the Liaison Officer for Crete – Yael Benyamini. We discussed the composition of the Scientific Committee for the 2011 Conference and ideas for key note lectures. It is important to note that the 2011 Conference will be the 25<sup>th</sup> EHPS Conference and this anniversary will be marked by special ceremonies! We have also started initial preparations and venue confirmation for the 2012 Conference in Prague, under the theme of *Resilience and health*. We invited Ralf Schwarzer to be the EC Liaison Officer for 2012 and are very happy that he has accepted. We decided to make a call for proposals for hosting the 2013 EHPS Conference in the near future. We learn a lot from each year's conference and after the Strategy Meeting updated many of the details in the EHPS Conference Procedures, which we trust will be a useful resource for future EC members and Conference organizers.

- The new Editor-in-Chief of *Health Psychology Review* Martin Hagger has actively started his term, and the Associate Editors are also on board. The term of the Editors-in-Chief of *Psychology and Health*, Lucy Yardley and Rona Moss-Morris, is coming to an end this year. Look for our call for nominations for new Editor(s)-in-Chief and certainly send in your nominations and self-nominations.
- We recently established the post of *Communications Officer* in the EC, currently held by Vera Araujo-Soares. Vera detailed to the Strategy Meeting the multiple activities that are being undertaken in the Communications area; as well as developed a description of the role of the Communications Officer.
- We are happy to announce that we have now clarified the details of our proposed *Research Networking Grants*. After the Strategy Meeting Elvira Cicognani and Vera Araujo-Soares designed the call for applications, and the EC finalized the requirements and criteria. You will be receiving this call shortly and we hope that members will take advantage of this opportunity to develop research networks and partnerships and start-up collaborative research initiatives!
- The EHPS membership renewal and finances are in good shape. The EHPS *bank account* has now been moved to Deutsche Bank, thank to the efforts of our treasurer Manja Vollmann. This is an international bank with branches in

many countries. Thus, this will facilitate our banking, as well as allow future EHPS treasurers to be from any EHPS member country.

- Importantly, we discussed the preparations for the 2010 EHPS *Executive Committee Elections*. We will be sending out a call for nominations next month and then we will proceed to voting. We considered the future potential of using available internet technologies for anonymous voting which can make elections easier to conduct and ensure higher participation. We may bring this option for your consideration at the Member's Meeting, since it will require changes in the EHPS Bylaws.

Dear EHPS Members, as you can see, Spring 2010 will be a busy season for our Society, and you will be receiving a lot of announcements, calls for nominations and applications. This is a reflection of the vibrancy of the Society and we trust that they will not overwhelm you, but that you will be able to actively participate. We look forward to your comments and ideas.

Best wishes from me and the whole Executive Committee,

Irina Todorova, EHPS President



## Opinion piece

**Implicit cognition and health psychology: changing perspectives and new interventions.**

Reinout W. Wiers, University of Amsterdam

Wilhelm Hofmann, University of Würzburg & University of Amsterdam

One of the major perplexities in health psychology is why people so often engage in behaviors which harm their own health. How can this be, and what can we do about it? For a long time, psychologists embraced the idea that people lack the relevant information, how otherwise could their mental calculus lead them astray? The underlying assumption is that people are rational decision makers in general, and this should also apply when it comes to health-relevant behaviors. As many readers will have noticed, in broader areas of psychology, this assumption has been challenged, and many dual-process models have been proposed. For example, Strack and Deutsch (2004) proposed an influential model in which “rational” and “impulsive” processes jointly predict behavior. The rational system is roughly similar to the system proposed in the theory of reasoned action and related approaches; behavioral decisions are based on knowledge about facts and values. The impulsive system elicits behavior through associative links and motivational orientations. Importantly, the relative influence of both systems differs, both between people and within people. The reason is that the reflective system has a low capacity and is vulnerable to factors like fatigue, emotion, and to substances like alcohol. This, we believe, is a prime reason why many people know about health-risk of alcohol abuse, overeating, smoking, etc., when asked in a neutral context, and still perform these actions when tired, stressed or intoxicated (Hofmann, Friese & Wiers, 2008; Wiers, Houben, et al., 2010).

From our perspective, health behaviors are determined by at least two main factors: the strength of the relevant impulsive processes, and the strength of the relevant reflective processes. In the latter, there are different important aspects, including the *ability* to exert control over impulses, the *motivation* to exert such control, and the relevant beliefs or expected outcomes (Wiers et al., 2007; Wiers, Houben, et al., 2010). In the impulsive system, we distinguish between attentional processes (e.g., smokers often have an attentional bias for cigarette-related cues), memory associations including automatic evaluations, and automatically triggered action tendencies (e.g., a tendency to approach alcohol in heavy drinkers). Hence, if we want to best predict a health behavior, we



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need an index of both the relevant impulsive processes and the relevant reflective processes. We further assume that the predictive power of both types of processes depends on the person and on the situation (including boundary conditions like fatigue, mood, and alcohol use, see Hofmann et al., 2008; Wiers et al., 2010).

With regard to differences *between* people, we hypothesized that individual differences in the capacity to control cognitive processes (executive control functions, with a central role for working memory) moderate the relative influence of impulsive vs. reflective processes on health behaviors. Specifically, we predicted that markers of associative processes (such as memory associations or automatic evaluations) would be more strongly related to health behaviors in people low in executive control, and that beliefs, expectancies and (explicit) attitudes would be more strongly related to health behaviors in people high in executive control (Wiers et al., 2007). We consistently found this pattern of results, using different measures (both for the relevant associative processes and for the relevant executive control processes), and for a variety of outcome measures, including alcohol use and misuse (Houben & Wiers, 2009; Thush et al., 2008), smoking (Grenard et al., 2008), aggression, sexual interest, eating behavior (Hofmann et al., 2008), and aggression after alcohol (Wiers et al., 2009). For example,



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automatically triggered associations predicted alcohol use and problems in youth with limited executive control capacity, whereas expected outcomes and attitudes were better predictors of alcohol use and problems in youth with relatively strong executive control (Houben & Wiers, 2009; Thush et al., 2008). It is also interesting to note that these findings were obtained both in adolescents with low levels of education (Grenard et al., 2008; Thush et al., 2008) and in university students (Hofmann et al., 2008; Houben & Wiers, 2009; Wiers et al., 2009).

In addition to differences between people, there are differences *within* the same person, across different situations or contexts that impact the ratio of impulsive to reflective processing (Hofmann et al., 2008). For instance, there is ample evidence that the reflective system is vulnerable for fatigue (or more specifically, ego depletion), and acute alcohol effects. A large literature shows that acute alcohol effects impair executive control functions and the impact of reflective processes on health behavior. This may be an important reason why, after a couple of drinks, “common sense sometimes goes out of the window” (to quote Tara MacDonald): the same student who knows about the risks of unprotected sex may do this very act after a couple of drinks (for an elaborated discussion, see Wiers, Houben et al., 2010). In addition to undermining the influence of the reflective system on (health) behavioral choices, in heavy drinkers, acute alcohol has the additional effect of eliciting further appetitive processes, including a desire for more alcohol (for a review, see Field, Schoenmakers & Wiers, 2008). Note that also the control over other behaviors may shift from primarily reflective to impulsive processing after a couple of drinks, including sexual behaviors, aggression, and unhealthy eating (see Hofmann & Friese, 2008; Wiers et al., 2010).

What can we do to promote health behaviors from the present perspective? Traditionally, health promoting interventions have primarily aimed at the reflective system, for example, by providing information about healthy behavioral alternatives or increasing motivation. The present perspective can generate new ways to promote health behaviors. Specifically, based on the findings reviewed, we suggest that health promotion approaches may work best if they simultaneously increase the effect of reflective processes *and* decrease or modify in a



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constructive way the influence of impulsive processes, at the *moment supreme*. There are different ways in which the latter could be done. First, new techniques are explored which aim at directly interfering with impulsive processing. For example, an attentional bias for alcohol can successfully be re-trained with positive effects on abstinence in alcoholic patients (Schoenmakers et al., in press), and can reduce problem drinking in community samples (Fadardi & Cox, 2009). Similarly, heavy drinkers' approach bias for alcohol can be re-trained, with (short term) decreased alcohol use as a consequence (Wiers, Rinck, et al., 2010). An alternative strategy is to generate associative processes that promote healthy rather than unhealthy choices. In other words, to try to let the associative processes (which will primarily guide our health behaviors in moments of weakness), steer us to the healthy alternative. This can be done, for instance, by forming implementation intentions, that is, if-then statements that are automatically activated through associative processes (e.g., “If the waiter asks me for a drink, I will order non-alcoholic beer”, for the driver or “If I have drunk an alcoholic drink, I will order a water next, for the moderate drinker who wants to prevent a binge). Implementation intentions can help us to choose the healthy behavioral alternative, as long as unhealthy habits are not too strong, which can be the case in addictive behaviors (Webb, Sheeran, & Luszczynska,

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2009).

In addition to the traditional ways to influence the reflective system, by providing information and by increasing motivation for healthy alternatives, there may also be ways to train executive control functions, so that the influence of the reflective system can be enhanced (and the influence of the impulsive system suppressed). This can be done either in a general way by training executive control capacity, as has successfully been done in hyperactive children (Klingberg et al., 2005), or in a more domain-specific way which we are exploring at the moment. In our view, both the more basic work on direct ways to influence impulsive and reflective processes in health behaviors as well as practical applications are exciting topics of new research. Interestingly, many of these approaches can be done over the Internet, which may give a new dimension to the emerging field of e-health interventions (which so far primarily aimed at reflective processes).

In summary, we have argued that health-relevant behaviors are predicted by the joint outcomes of impulsive and reflective processes. The relative influence of both varies across individuals as well as within individuals from situation to situation. This dynamic view may explain why many well informed and seemingly reasonable individuals (e.g., health psychologists), in certain situations (e.g., at a conference dinner), may engage in unhealthy or risky behaviors such as binge drinking or even dancing on tables. Interventions are now developed which aim to directly address both types of processes, and by doing so to promote health behavior in individuals and situations where impulsive processes easily lead to unhealthy behaviors.

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## Journals update

### Health Psychology Review: New Editorial Team

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The EHPS are delighted to welcome Martin Hagger, University of Nottingham, UK as the incoming Editor for Health Psychology Review from January 2010. We would like to extend our thanks to outgoing Editor Joop van der Pligt.

Joining Martin is a new team of Associate Editors:

Noel Brewer, University of North Carolina, USA Linda Cameron, University of Auckland, New Zealand Denise de Ridder, Utrecht University, The Netherlands Antonia Lyons, Massey University, New Zealand Falko Sniehotta, University of Aberdeen, UK

Published in association with the European Health Psychology Society (EHPS) [www.ehps.net](http://www.ehps.net) Health Psychology Review is the first review journal in the important and growing discipline of health psychology. The journal publishes high quality conceptual articles, narrative reviews, research syntheses, and empirical reviews (including systematic reviews and meta-analyses) that advance theory and practice in health psychology. The journal has an Unofficial 2009 Impact Factor\* of: 1.125.

Scholars are cordially invited to submit empirical reviews, systematic reviews and meta-analyses, and theoretical papers to the journal. All submissions should be made online at Health Psychology Review's ScholarOne Manuscripts site: <http://www.tandf.co.uk/journals/titles/17437199.asp>

### Call for Nominations for Editor-in-Chief of Psychology & Health

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The present Editors' term of office for *Psychology & Health* expires at the end of 2010. The EHPS Executive Committee is therefore seeking nominations for the appointment of a new Editor-in-Chief whose term of office would run for 4 years. Self-nominations are encouraged, and EHPS members may also put forward nominations. Nominations for joint Editors-in-Chief are also welcomed. Nominees should be members of the EHPS. The final decision will be made on the basis of the criteria listed below by the joint search committee, which has representatives from EHPS (Paul Norman), Psychology & Health (Lucy Yardley and Rona Moss-Morris) and Taylor and Francis.

Nominations should be sent to the Chair of the EHPS Search Committee, Dr. Paul Norman ([p.norman@sheffield.ac.uk](mailto:p.norman@sheffield.ac.uk)), by **May 14th, 2010**.

Nominees should send a brief CV outlining academic appointments, publications and previous editorial experience, as well as a short statement on their view of the future direction of the journal under their term of office.

Potential nominees may wish to make informal contact with either the out-going Editors-in-Chief Rona Moss-Morris and Lucy Yardley, or the Chair of the EHPS Search Committee, Paul Norman, to discuss the position.

#### Criteria for Journal Editor-in-Chief:

1. Previous editorial experience
2. Professional standing (i.e. well-known/respected in the field)
3. Publication record
4. Area of research (which should reflect one of the main strengths of the journal)
5. Statement of future direction of the journal (i.e., should build on strengths rather than take the journal in a very different direction)
6. Strength of link with EHPS (i.e., conference attendance, etc.)
7. Organizational ability (as evidenced by leadership positions)
8. Internationalisation (connection with colleagues around the world)
9. Language proficiency in English.

## EHPS Grants



## EHPS Research Networking Grants 2010

The EHPS Executive Committee is pleased to announce a new Grant initiative for 2010.

The **aim** of these Grants is to *support collaboration across EHPS countries and members* in their *research endeavours*. We envision them as *start up grants*, which will catalyze initial stages of the development of collaborative research projects involving EHPS members in different institutions/countries (e.g., a small pilot study/meeting or a first part of a larger project). Currently we aim to fund initiatives that are *of interest to our Society*, by allocating, every other year, a sum to start-up networking research projects.

For the current year the available sum is **Euro 5000**.

***Application procedures***

*EHPS members* from any country may apply. There is no limit on the number of partners involved, although partners from *at least 3 different countries* are required, with *one of them acting as coordinator*.

Applicants should *submit a Project proposal* of 2 pages (single spaced, 12 font), including theoretical rationale and aims, design, method, participants, partners involved, available resources, budget and research timeline. If the research will be part of a larger project, applicants should provide a brief description of the larger project, and a more detailed description of the specific study for which they are applying for the Grant. Since Networking Grants are conceived as partial start-up for research initiatives, applicants are expected to find additional funding to carry out the project. Application materials include: the Project proposal and the CV of the partners involved (Coordinator and Co-investigators referents of the other groups).

**Topics** of projects should be of interest to the Society and consistent with the EHPS aims.

The **deadline** for application is **October 30<sup>th</sup> 2010**

***Selection process***

Proposals will be evaluated by a **Selection Committee** including three members of the EHPS Executive Committee (Communication Officer; Education and Training Officer; National Delegate Officer) and a Member of Synergy Committee.

Selection criteria:

- coherence with the aim of the Networking Grants
- interest for the EHPS
- scientific quality of the proposal
- adequacy of the resources

Results of the selection process will be communicated by **November 30<sup>th</sup> 2010**.

Recipients of the grants will be asked to write a final report on the outcomes of their project, describing how the EHPS Grant has contributed, and send an article to the *European Health Psychologist*. Recipients are expected to acknowledge the financial contribution of the EHPS on the publications emanating from the research.



## EHPS Grants



## NEW EHPS Conference Grants

The Executive Committee of EHPS is pleased to announce several different grants this year. The EHPS and its interest groups CREATE and Synergy will be able to offer grants to support conference and/or workshop attendance at our Cluj-Napoca 2010 Annual Conference as well as grants to support collaboration and networking. To apply for the grants, please submit the following application materials. The application materials and checklist will be available on [www.ehps.net](http://www.ehps.net).

## EHPS Conference Grants 2010

The **purpose** of these grants is to encourage talented researchers and graduate students who do not have access to funding to attend the EHPS conference and CREATE or Synergy workshops. For the upcoming 2010 conference the following grants will be offered:

- 1) **Synergy Workshop participants:** 2 grants **for researchers** who plan to attend the Synergy workshop. Each grant is for a maximum of 1100 Euros toward workshop registration, conference fee, accommodation and travel.
- 2) **CREATE Workshop participants:** 2 grants **for graduate students** who plan to attend the CREATE Workshop. Each grant is for a maximum of 800 Euros toward workshop registration, conference fee, accommodation and travel.
- 3) **EHPS Conference only:** 3 grants **for graduate students and researchers**. Each grant is for a maximum of 750 Euros toward conference registration, accommodation and travel. Grant is contingent upon acceptance of your paper or poster for the conference.

## How to apply for EHPS Conference Grants: checklist

- Ü A one-page narrative, describing your reasons for applying for the grant, your planned participation in the specific workshop and/or EHPS Conference and your estimated financial need. Please indicate which of the three grants you are applying for.
- Ü Curriculum Vitae
- Ü Abstract of your paper or poster that has been submitted for the EHPS Conference. You can only receive the grant if finally your paper or poster is accepted.
- Ü For the graduate students, proof of student status, such as copy of student ID
- Ü An official statement from your employer or supervisor that no funding is being provided from your University or Institution and confirming your financial need.
- Ü Synergy applicants please also fill out the Synergy Workshop application form (Forms will be available at <http://www.ehps.net/synergy/>)
- Ü CREATE applicants please also fill out the CREATE Workshop application form. (Forms will be available at <http://www.ehps.net/create>)

**Conference Grant application - Deadline is May 3<sup>rd</sup> 2010**

## EHPS Grants



### Precondition and expectations for receiving grants from the EHPS

Candidates must be **EHPS members** when accepting the grant. Grant recipients in the past three years are not eligible for application (for a list of grant winners see:

[http://www.ehps.net/index.php?option=com\\_content&view=article&id=100&Itemid=211](http://www.ehps.net/index.php?option=com_content&view=article&id=100&Itemid=211)). If a grant recipient does not attend the conference/pre-conference workshop, he/she must reimburse the money to the EHPS. Grants can not exceed the maximum amount of costs indicated above. Candidates should give an estimate of their expenses upon application. Final reimbursement is based on the actual expenses per original receipts. It will be expected that after the conference/workshop recipients submit a letter describing how the fund has supported their work.

### Grants Selection Process

The selection of EHPS grant recipients will be conducted by a committee consisting of a CREATE member, a Synergy member and the EHPS Education and Training officer.

The selection criteria will be:

- (a) Relevance of the applicant's work to the topic of the workshop (for Synergy and CREATE grants), or relevance of the submitted abstract to the conference (for the EHPS conference grant).
- (b) Demonstration of financial need
- (c) Potential of the fund to promote the career of the recipient
- (d) Complete application package (see checklist above)

You will be informed of the results by May 10th, 2010.

Please send all application materials electronically (include scanned copies of the official letters and student ID cards) to Holger Schmid, Education and Training Officer: [holger.schmid@fhnw.ch](mailto:holger.schmid@fhnw.ch)

### EC call for nominations



Dear EHPS Members,

The term of the current EHPS Executive Committee will expire in September 2010, and in accordance with the Articles and Bylaws of the Society, nominations for election to positions on the Executive Committee are invited at this time.

This is an opportunity for you to take a more active part in the Society because you have the possibility of nominating candidates for the EC, members that in your opinion can make a valuable contribution to the future of the Society and can represent your point of view.



## EC call for nominations



As an European democratic association, the European Health Psychology Society welcomes nominations from all members of the Society as well as declarations of intention to stand for election of any of its members (of 2 years or more), including putting themselves forward for nomination. The EHPS election scrutineers will also aim at an adequate representation of the various regions of Europe (according to the guidelines provided in the EHPS bylaws).

In accordance with the Articles and Bylaws of the Society, any member of the Society who has been a member for at least 2 years by the time of nomination is eligible for election unless they have expired the possible time as a member of the Executive Committee. **A list with members fulfilling this criterion is attached to this mail.** The Executive Committee consists of eight elected members: a President, a Past-President, a President-Elect, a Secretary, a Treasurer/Membership Officer, and 3 members who oversee activities such as National Delegates, Education and Training, and Communications. The President-Elect comes in for a two-year term before his/her term as President and remains for an additional term as Past-President (altogether six years). The Secretary and the Treasurer/Membership Officer can serve for a maximum period of six years. Other members of the Executive Committee can only serve for a maximum of two consecutive terms of office.

To get an idea of what EC members do, you are invited to browse through our messages in the August 2007 and the September 2009 issues of the European Health Psychologist:

[http://www.ehps.net/ehp/issues/2007/v9iss3\\_August2007/EHP\\_Aug07\\_Presidents\\_Message.pdf](http://www.ehps.net/ehp/issues/2007/v9iss3_August2007/EHP_Aug07_Presidents_Message.pdf)

[http://www.ehps.net/ehp/issues/2007/v9iss3\\_August2007/EHP\\_Aug07\\_EC\\_Messages.pdf](http://www.ehps.net/ehp/issues/2007/v9iss3_August2007/EHP_Aug07_EC_Messages.pdf)

[http://www.ehps.net/ehp/issues/2009/v11iss3\\_Sept2009/EHP\\_Sept09\\_PresidentsMessage.pdf](http://www.ehps.net/ehp/issues/2009/v11iss3_Sept2009/EHP_Sept09_PresidentsMessage.pdf)

[http://www.ehps.net/ehp/issues/2009/v11iss3\\_Sept2009/EHP\\_Sept09\\_ECreports.pdf](http://www.ehps.net/ehp/issues/2009/v11iss3_Sept2009/EHP_Sept09_ECreports.pdf)

You are invited to nominate EHPS members for the following positions: President-Elect, Secretary, Treasurer/Membership Officer and 3 members.

Paul Norman remains on the Executive Committee as incoming President.

Irina Todorova remains on the Executive Committee as Past-President.

Holger Schmid (Education and Training Officer) is willing to continue serving the society as member of the Executive Committee and is eligible to be re-elected.

Manja Vollmann is not seeking re-election as Treasurer/Membership Officer but is willing to take on another role in the Executive Committee.

Yael Benyamini (Secretary) and Elvira Cicognani (National Delegate Officer) are not seeking re-election.

Britta Renner (Past-President) and Vera Araujo-Soares (Communication Officer) have completed their maximum term of office.

The Secretary must receive via **e-mail, fax or post**, confirmation of nomination from 2 nominating EHPS members and an acceptance of nomination by the person being nominated. Along with their acceptance of nomination, nominees are encouraged to submit a brief statement (no more than 500 words) of their expertise, involvement in the EHPS and similar organizations, and their view of their contribution to the development of the EHPS and of health psychology in Europe.

Mailed or faxed nominations (see attached form) must be signed by the nominee him/herself and must be nominated *and* seconded by EHPS members. Nominations must be sent by e-mail, fax or mail to the secretary to arrive not later than **May 14<sup>th</sup>, 2010**.

Sincerely,  
Yael Benyamini, EHPS Secretary.



**24<sup>th</sup> Annual Conference of  
The European Health Psychology Society**

**1<sup>st</sup> - 4<sup>th</sup> September 2010, Cluj-Napoca, Romania**



**Universitatea  
BABEȘ-BOLYAI**

*Dear Colleagues,*

*The European Health Psychology Society* invites you to participate in the 24th Annual Conference to be held in Cluj-Napoca, Romania, 1-4 September 2010. The conference provides the opportunity to present research findings and to share working experience with colleagues from countries all around the world, to strengthen current networks and build new ones. Your participation and scientific contribution can broaden and deepen our understanding of global health in light of the conference theme, *Health in Context*.

Cluj, the treasure city of Transylvania, which from the Middle Ages onward has been a multicultural city characterized by diversity and intellectual effervescence, offers the perfect setting for the 2010 Annual Conference of the European Health Psychology Society.

We look forward to seeing you in Cluj,  
*Adriana Baban*  
*Conference President*

**Scientific Programme**

The 24th Conference of The European Health Psychology features a variety of formats including: Keynote lectures, Symposia, Oral and Poster sessions; Round-tables/Panel discussion; Pre-conference workshops; Synergy and Create workshops.

**Keynote Speakers**

Prof. Michelle Fine (City University of New York, New York, USA)  
Prof. Michael Murray (Keele University, Keele, UK)  
Prof. Mircea Miclea (Babes-Bolyai University, Cluj-Napoca, Romania)  
Prof. Suzanne Segerstrom (University of Kentucky, Lexington, USA)

**Important Dates**

**February 15<sup>th</sup> 2010 – Deadline for abstract submissions**

April 15<sup>th</sup> 2010 – Abstract acceptance notification

May 15<sup>th</sup> 2010 – Deadline for early registration and hotel accommodation

June 15<sup>th</sup> 2010 – Deadline for Synergy and Create application/registration

**!!!!!!!!!!!!!!!!!!!!POSTERS ABSTRACT DEADLINE!!!!!!!!!!!!!!!!!!!!**

**May 4<sup>th</sup>, 2010**

Website: <http://www.ehps-cluj2010.psychology.ro/>

Email: [contact\\_ehps@psychology.ro](mailto:contact_ehps@psychology.ro)

**Local organizers**

Babes-Bolyai University, Cluj-Napoca & Romanian Association of Health Psychology



## conference announcements

conference title	date	location
<b>11<sup>th</sup> International Congress of Behavioral Medicine</b>	4 – 7 August 2010	Washington DC, USA
<b>31<sup>st</sup> World Conference on Stress &amp; Anxiety Research: STAR 2010</b>	4-6 August 2010	Galway, Republic of Ireland.
<b>British Psychological Society Division of Health Psychology</b>	9 – 11 September 2010	Belfast, Northern Ireland
<b>24<sup>th</sup> Conference of the EHPS</b>	1 – 4 September 2010	Cluj-Nacopa, Romania
<b>9th International Conference on Grief and Bereavement in Contemporary Society and Association for Death Education and Counseling (ADEC) 33rd Annual Conference</b>	21-25 June 2011	Miami, Florida, USA.

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