

# EUROPEAN HEALTH PSYCHOLOGY SOCIETY

# THE EUROPEAN Health Psychologist

#### Issue 2

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# **President's message**

#### **Meeting & Learning**

The EHPS Conference will take place in Eastern Europe this year, in the city of Warsaw, from August 29<sup>th</sup> to September 2<sup>nd</sup>, 2006 The conference venue will be the University, established in 1816, which is on the Royal Route', which runs north–south from the New and Old Towns. The strikingly successful rebuilding of the Old Town placed it on the UNESCO World Heritage List in 1980. Warsaw has an impressive cultural scene and lively nightlife with countless bars, clubs, and outdoor cafés.

The programme is packed, with five parallel sessions of over 200 oral presentations and three interactive sessions of about 300 posters. Outstanding researchers and speakers will be delivering keynote addresses including Prof. Stevan E. Hobfoll, Kent State University, Prof. Derek Johnston, University of Aberdeen, Prof. Maria Kopp, Semmelweis University, Prof. Ralf Schwarzer, Freie Universität Berlin, Prof. Paschal Sheeran, University of Sheffield, and Prof. Andrzej Eliasz, Warsaw School of Social Psychology. An innovation this year is a Breakfast Roundtable discussion on stress and coping research, hosted by Stevan Hobfoll and Stan Maes.

This year's CREATE workshop will focus on "Stress, coping and social support" and will be facilitated by Ralf Schwarzer, Aleksandra Luszczynska and Krys Kaniasty.

Similarly, the 4<sup>th</sup> SYNERGY workshop will focus on <u>"Behavioural Interventions:</u> <u>Bridging the Gap between Theory, Evidence, and Intervention Research"</u> and will be facilitated by Professors Alex Rothman, Susan Michie and Paschal Sheeran. Expanding its educational and training activities, the EHPS has supported half and one day workshops adjunct to its annual meetings:

- <u>Preconference Workshop on "Path analysis and structural equation</u> modelling in health psychology research"
- <u>Postconference Workshop on "Interpretative phenomenological analysis"</u> Warsaw, Poland, 2nd - 3rd September 2006
- <u>Postconference Workshop on "Self-Regulation in Health and Illness"</u> Warsaw, Poland, 2nd - 3rd September 2006

More information on all of the above can be found at www.ehps2006.org.

#### **June 2006**

#### President's message

#### **Journal changes**

#### **Psychology and Health**

I am delighted to announce that we have appointed two excellent Editors who will begin their four year term of office after the conference. They are Professor Lucy Yardley and Dr Rona Moss-Morris, both of Southampton University. Their impressive research records cover a wide range of health psychology theories and methods, and they bring a wealth of editorial experience to the job. They are currently putting together a new team of co-editors and an editorial board to represent the breadth of health psychology and of Europe.

I would like to take this opportunity to thank Dr Paul Norman, the outgoing Editor, who has done an outstanding job of developing *Psychology and Health* to it current leadership position in Health Psychology. Submissions continue to be very strong with over 100 new submissions to the journal already this year, and quality continuing to increase. We are currently in discussions with the publishers about increasing the number of issues per year to eight to reduce the publication delay, which its popularity has produced. Paul was persuaded by unanimous acclaim by a Members Meeting to extend his term of office, which was very noble of him and greatly appreciated by us.

#### Health Psychology Review

Our new review journal, edited by Professors Joop van der Pligt, Denise de Ridder, Alex Rothman and Brian Oldenburg will be formally launched this year. To mark this important event, the publishers, Taylor and Francis, will be hosting a reception at the Conference.

I look forward to seeing many of you in Warsaw and, meanwhile, please contact me is you have any comments or suggestions about our work for the Society.

Susan Michie, President, EHPS

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# **Reminder: Election for the EC Board**

Dear EHPS members,

In accordance with the Articles and Bylaws of the European Health Psychology Society, the election process of the new Executive Committee (EC) for 2006-2008 started with the Call for Nominations for 6 members of the EC.

All members of the EHPS should have received the ballots for election of the Executive Committee. Please be reminded that these ballots need to be returned by the 20<sup>th</sup> of July, 2006, to Prof. Ralf Schwarzer.

We invite you to contribute to this democratic process and send in your vote. The results of the elections will be announced at the Members' Meeting during our EHPS annual conference, in Warsaw, 2006.

**EHPS Executive Committee** 

#### **Position Paper**



Address for correspondence:

Jonathan A Smith,

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# **Qualitative Research in European Health Psychology**

Jonathan A. Smith

There is growing interest in qualitative research methodology amongst European health psychologists. Here I would like to describe some of what is happening; much of the activity is under the auspices of EHPS. This serves as testimony to the rapid progress that has been made and also offers guidance for those people interested in finding out more.

For the last few years I have been on the scientific committee for the EHPS annual conference. During this time it has been satisfying to watch the growth in numbers of qualitative submissions and also a receptiveness by the committee to think of ways of facilitating this development. In recent conferences there have been qualitative papers within substantive sessions and also additional sessions dedicated to qualitative papers. At this early stage, as EHPS is adjusting to recognizing qualitative research, this strikes me as the best solution. However, things are developing and I would hope in the future we may have an even more synthesized programme where qualitative papers are integrated even more and the methodological approach itself is even less of an issue in selection. However I think there should also always be room for some specialist qualitative (and quantitative) sessions.

Emerging from the conference, there is now a qualitative research interest group facilitated by Irina Todorova. The group has made a commitment to a set of activities for the next five years: the establishment of a qualitative interest network and e-discussion group, a series of workshops on qualitative methods attached to the annual conference, offering qualitative expertise to the conference scientific committee.

• To join the qualitative network please email Maggie Donovan <u>mh699@soton.ac.uk</u> who will send you an electronic form to complete.

• To join the e-discussion group, go to <u>http://groups.yahoo.com/group/EHPS\_QRIG/</u>. This is a really useful way for people to communicate with each other, connect with individuals doing similar research projects, suggest collective activities etc.

• This year in Warsaw, I will be running a post conference workshop on interpretative phenomenological analysis <u>http://www.ehps.net/conf2006/Postconference\_flyer.pdf</u>. We will announce details of next year's workshop once they are confirmed.

Health psychology journals in Europe have responded well to the growth of qualitative work, so for example, *Psychology and Health, Journal of Health Psychology* and *British Journal of Health Psychology* now regularly publish qualitative papers. This strikes me as a healthy and sensible reflection of changing research practice. I can speak from personal experience here. As one of the co-editors of *Psychology and Health*, I handle qualitative submissions. We have an increasing rate of these and they are reviewed in exactly the same way as other papers. The aim is to publish high quality examples of qualitative studies and I am really pleased that we have been able to do that. As a marker of quality control, the acceptance/rejection rate for qualitative papers is exactly in line with that for the journal as a whole.

Increasing numbers of texts are now available for people wanting to learn how to do qualitative research. These include contributions to general methods texts; specialist books on qualitative methods (e.g., Murray & Chamberlain, 1999; Smith, 2003) and books focused on single approaches (e.g. Charmaz, 2006; Crossley, 2000). For the newcomer these texts are invaluable in introducing them to the main qualitative approaches now being used in psychology (e.g. discourse analysis, grounded theory, interpretative phenomenological analysis, narrative psychology) as well as other methodologies which they may find useful.

#### **Position Paper**

Qualitative Research in European Health Psychology

Jonathan A. Smith

I was pleased to read Stan Maes, in his recent position paper in the *European Health Psychologist* (Maes, 2005), state that he believed health psychologists should use more qualitative data in their analyses. However, he goes on to say 'some people who do collect more qualitative data, erroneously think that these data should be analyzed in a qualitative, idiosyncratic and thus uncontrollable way'. Here, as an inveterate pluralist, I disagree with him. I think there is room within psychology for a whole range of research approaches- entirely quantitative and entirely qualitative studies, as well as mixed methods designs. As part of this, I think it is fine for people to collect qualitative data and then analyse it quantitatively. However, I think there is an important place within psychology generally, and health psychology particularly, for studies which collect qualitative data and then analyse it qualitatively. Indeed for many qualitative researchers it is the analysis which makes it qualitative research.

Qualitative research is becoming an established part of health psychology. And this has happened pretty rapidly when set in a historical perspective. More courses are being set up, conference papers given, postgraduate dissertations written, texts and journal papers published. So the tools have been developed, some of the infrastructure is in place, and exemplars and precedents are increasingly available. The future looks promising and it will be interesting to witness how this pans out over the next five years.

#### **R**eferences

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Maes, S. (2005). Health Psychology, back to the future. European Health Psychologist 1 (2), 4-5.

Murray M and Chamberlain K (eds) (1999) *Qualitative Health Psychology: Theories and Methods*. London: Sage.

Smith JA (2003) (ed) Qualitative Psychology: A Practical Guide to Research Methods. London: Sage.

#### POST-CONFERENCE WORKSHOP Interpretative Phenomenological Analysis

#### **FEW PLACES LEFT!**

Facilitator: Jonathan Smith Saturday September 2<sup>nd</sup>, 2006 14.00h to Sunday September 3<sup>rd</sup>, 2006, 13.00 h.

This is an introductory workshop to interpretative phenomenological analysis (IPA). IPA is concerned with an in-depth analysis of lived experience and offers a flexible but systematic set of procedures for doing this. This workshop will give a brief introduction to the theoretical background of IPA and will then concentrate on the practicalities involved in using the approach. There will be opportunities for hands-on experience. This is an introductory workshop and no prior experience with IPA is required. Participants must have sufficient knowledge of English language. The participation fee is 50 Euros. Participants from those countries listed on the EHPS 2006 registration website (www.ehps2006.org) and students are eligible for the reduced fee of 40 Euros. The maximum number of participants is 20. In case of too many applicants, participants will be selected on a first-come-first-serve basis.

#### **Overview Paper**



#### Address for correspondence:

#### Andrzej Eliasz

Key Note Speaker EHPS 2006 Warsaw, Poland

Warsaw School of Social Psychology andrzej.eliasz@swps.edu.pl

# Internal incongruence among personality mechanisms as a constant 'sore point'

#### Andrzej Eliasz

Temperament is shaped early in life. Other personality mechanisms develop later in the life span and must be "matched" to those that were developed earlier (or simultaneously). These mechanisms are then included within the system of personality that has already been shaped. Individual's subordination to social demands exceeding his/her resources associated with temperament leads to development of personality mechanisms which are at variance with these resources. Henceforth, the Person – Environment misfit becomes internalized.

#### The Roots of the Internal Incongruence

People more or less try to avoid direct social pressure by subordination to social expectations. The data show that going against social expectations demands an internal strength. It turns out that reactivity, a dimension of temperament, plays a crucial role in the development of the need for achievement and Type A (Eliasz, A., 2001).

Data were collected by Wieczorkowska and Eliasz within the Eighth Polish General Social Survey (PGSS). Research was carried out on a representative national sample. The analyses were based on the responses of 852 participants (481 women and 371 men) aged from 18 to 66, with a mean age of 50. The assumptions were the following: a) Social norms for achievement depend on gender; b) Financial success is more important for men than for women.

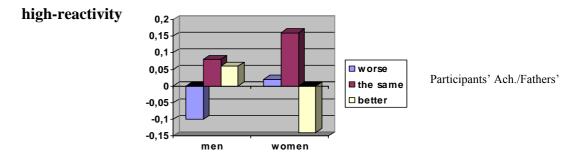
Respondents answered two sets of questions relevant to the present study:

First, **reactivity** was measured by a specially developed scale based on the Pavlovian Temperament Survey (Strelau, Angleitner & Newberry, 1996). Higher scores indicate higher levels of reactivity. This dimension includes such characteristics as sensitivity to weak stimuli and endurance under strong stimuli. The term reactivity, coined by Strelau (1983), as used here, is equivalent to the term *strength of the nervous system*. Reactivity is strongly associated with need for stimulation; the higher the reactivity, the lower the need for stimulation and *vice versa*.

Second, as a **measure of financial success** we used comparison of participants' material status to that of their fathers'.

To extract the effect of the socio-demographic factors, we used the residuals of the regression as variables in the analyses (reactivity, age, education level in years, and gender). Based on the answers to this question and taking into account the gender of the respondents, we divided participants into 6 groups. ANOVA's revealed a significant interaction effect of reactivity by gender.

The outcomes show that there are two groups who did not comply with gender norms: **Men** whose achievement was **lower** than their fathers' and **women** whose achievement was **higher** than their fathers' were **lower in reactivity** than the rest of the respondents. Data confirm that going against social expectations necessitates an internal strength, i.e., low reactivity in this case. The outcomes are in concert with the results of my previous study.



low-reactivity

#### **Overview Paper**

Internal incongruence

Andrzej Eliasz

#### The Side –effects of Internal Incongruence

The study was carried out by Eliasz and Klonowicz as part of the Warsaw Area Study, with a representative sample of Warsaw residents -1004 respondents (men -47%, women -53%), aged 20-62.

The burden resulting from stimulating behavior, e.g., behavior associated with Type A, manifests itself under the reactivity – Type A mismatch. Taking this into account, we expect different consequences of the fit *versus* misfit between reactivity and Type A. Short scales were developed to assess reactivity and Type A.

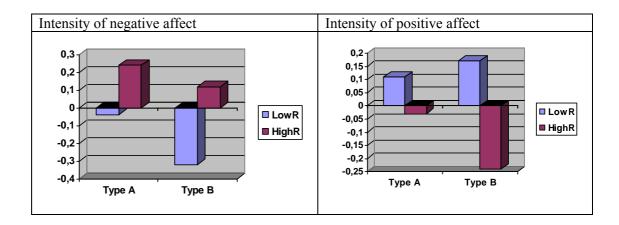
We also assessed life satisfaction, satisfaction with one's health, and subjective health. General psychic tension was assessed indirectly: we examined the so called 'welfare mentality' - the expectation that the state has to supply the minimum wage and full employment.

#### **Conclusions Drawn From the Study:**

- 1. Surprisingly, high-reactive Type B individuals (internal match but at a low level of resources and a low level of functioning), are most **concerned with their health** (frequent somatic symptoms and low satisfaction with one's health);
- 2. High-reactive Type As (internal mismatch) display a high frequency of **somatic symptoms** and only indirectly manifest their tension expressed in welfare mentality, i. e., in the search for social security.
- 3. Low-reactive Type A individuals (internal match), overlook signals of danger, e.g., they manifest very low frequency of somatic symptoms and high satisfaction with own health. The data are in concert with the outcomes collected using the Time Sampling Diary developed by Brandstätter (Brandstätter, H., 2001). It turns out that in job-related situations low-reactive Type A individuals commit to their work at the expense of their organism's need. On the other hand, high-reactive Type A individuals do not draw their attention away from their biological needs, physical discomfort or ailments (Eliasz, A., 2001).
- 4. These data, as well as those related to the structure of Type A depending on temperament, confirm that there are **two kinds of Type A** depending on whether Type A is matched or mismatched with reactivity.

One can conjecture that the emotional functioning manifested by Type B also depends on reactivity. Our recent data, collected by Wieczorkowska and Eliasz, concerning relations between reactivity and Type A/Type B, on the one hand and subjective well-being on the other, comes from the Polish General Social Survey. Emotional well-being was measured by the Modified Bradburn Scale. Type A personality was assessed by a short version of a questionnaire based on the short form of the Jenkins Activity Survey. Reactivity (R) was measured as stated above.

To extract the effect of socio-demographic factors, we used as variables in the analyses the residuals of the regression of positive and negative affect on age, education level and gender.



#### **Overview Paper**

Internal incongruence

Andrzej Eliasz

I would like to focus on Type B since the data cannot be easily interpreted within the idea of match vs. mismatch.

As regards to **negative affect**, Type B low-reactives report very low negative emotional states. This result, which illustrates a positive aspect of emotional functioning, cannot be explained in terms of the reactivity – Type B fit. Clearly, Type B does not fit low reactivity. However, low reactive Type Bs can satisfy their need for stimulation and use their surplus of resources in many different ways. Let us look at the data concerning positive affect in high-reactive Type Bs. Here reactivity fits Type B, i.e. resources are matched with "unconcerned" functioning. A very low level of positive affect in our Type B high-reactives suggests that Type Bs are much less easy going then we believed.

We can see that there is a system of reciprocal relations. However, it seems that the construct of the internal match versus mismatch is more useful in the explanation of what happens when heavy demands are being made on individual resources, than in explaining the surplus of resources.

The study by Dorota Żołnierczyk (Żołnierczyk-Zreda, D., 2005) extends our earlier findings by providing data concerning self-esteem and demonstrates that high-reactive (Hr) Type B individuals have low self-esteem while low-reactive (Lr) Type B individuals have high self esteem. As it turns out, there are no differences between Hrs and Lrs with Type A. Both of these groups present with average levels of self - esteem.

Therefore there are differences among people with Type B, who are sometimes described as "easy-going". It is immediately evident that the adjective refers only to Lrs. Hrs Type Bs have the lowest level of self-esteem. This outcome agrees with the data acquired in my laboratory by Cofta (Eliasz A. & Cofta, L., 1992). As a reminder, high-reactives are people with a low need for stimulation and are first and foremost oriented towards social stimuli and that social stimuli have a strong regulatory power.

One can presume that high – reactive people who make decisions according to their own capabilities "listen to their hearts", yet are internally split. This is because they do not – despite their own wishes – go along with what society expects of them. Their social environment failed in forcing Type A onto them, but managed to do so with their self-esteem criteria.

Therefore, their resistance to social influences is most likely incomplete and leads to internal incongruence, i.e., the choice of lifestyle that does not match their self-esteem criteria. This incongruence can bring about constant frustration. This would suggest also the existence of two kinds of Type B's, depending on the level of reactivity.

#### Summing up:

1. Most probably, there are two kinds of Type A and Type B.

2. An internal mismatch among personality mechanisms associated with lack of resources acts as an internal, lasting "sore point". This mismatch compels people to endless efforts directed at reducing the incongruence between resources and desires.

References:

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### **EHPS Subcommittees**



# Youlia Spivak

on behalf of EHPS Research Collaboration Sub-committee

Youlia Spivak Jacobs Center for Lifelong Learning and Institutional Development, International University Bremen, Germany

Email: y.spivak@iu-bremen.de **Results of the EHPS Member survey** 

The main goal of the survey was threefold: 1) to collect information about existing research activities in international collaboration projects, 2) to explore whether EHPS should be involved in professional organisations and in what function and 3) to explore whether members wish to be included in the EHPS Research and Collaboration Database (RECORD).

#### **Research** Activities

Fifty-nine EHPS members took part in the EHPS member survey. Twenty-one participants (37%) were involved in funded research projects in the recent past. Most projects were funded by the EU, followed by the WHO and other not further specified organisations. Among others, participants were involved in the following EU-funded projects:

- "Tackling Inequalities in Health",
- "Implementation of Mental Health Promotion and Preventive Policies and Strategies in EU Member States and Applicant Countries",
- "European 5<sup>th</sup> Framework research project about genetic education of non-genetic health-care providers",
  - "Diet, obesity and genes (DIOGENES)",
- "Exploiting bioactivity of European cereal grains for improved nutrition and health benefits (HEALTHGRAIN)",
- "Choosing foods, eating meals: sustaining independence and quality of life in older people (SENIOR FOOD-QOL)" etc.

Further, participants were involved in different WHO-funded research projects, for example, "Health Behaviour in School-aged Children (HBSC)" or "Global Youth Tobacco Survey (GYTS)".

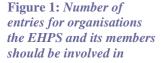
Thirteen participants (27%) indicated receiving joint funding together with their collaboration partners. Again, the majority of funding was received from the EU (62%). Eleven participants (21%) were involved in different international organisations. The majority was involved within the EU or was working for the WHO, mostly as reviewers of research proposals or as consultants.

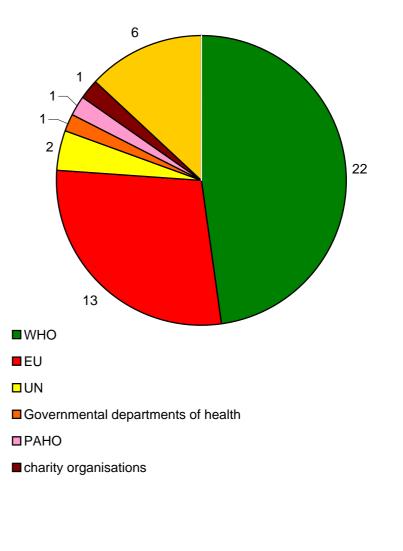
#### Desirability of EHPS Involvement in Professional Organisations

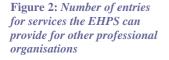
The majority constituting forty-eight participants (92%), agreed upon desirability of EHPS members' involvement in professional organisations. As can be seen in Figure 1, WHO with twenty-two entries was mentioned in the first place as a professional organisation EHPS could be involved in, followed by EU with thirteen entries. The other entries were distributed among the following categories: UN with two entries, governmental department of health, charity organisations and PAHO each with one entry. Six entries were assigned to other not further specified international or public health organisations that organize and finance large scale health interventions.

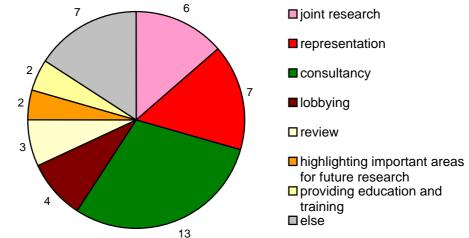
As can be see in Figure 2, a broad panoply of tasks and functions the EHPS and its members could execute in the above-mentioned organisations was mentioned. Consultancy through provision of health psychological expertise is seen as a leading competence that EHPS might offer, with thirteen entries. Promotion of health psychology through representation in the committees and participation in the decision-making processes was the second frequently mentioned task, with seven entries. It was followed by the possible cooperation with the professional organisations via joint research, e.g. through planning and carrying out surveys and intervention programs, with six entries. Further, EHPS could assume a lobbying function, e.g. try to acquire EU-funding (four entries) or help to review funding application (three entries) and provide education and training programs (two entries). Lastly, EHPS could also highlight important areas for future research (two entries). Seven participants pointed that EHPS should generally be active without listing any specific tasks or functions.











#### Training course, research and collaboration database

Further, participants were asked if they were interested in participating in a "Get ready for Framework 7" training course. Twenty-three participants (39%) evinced their interest, twelve of them (20%) preferred not to participate, and twenty-four (41%) were undecided. All participants with one exception expressed a wish to be included in the EHPS Research and Collaboration Database (RECODE). The vast majority of participants (91,5%) was interested to be included in an e-mail discussion group.

It can be concluded that nearly half of the survey participants are already involved in agile international research collaboration activities. However, a wish to be included in the EHPS Research and Collaboration Database (RECORD) was expressed almost unanimously, indicating a great openness toward possible international research collaboration. Moreover, almost all participants embraced the idea concerning the involvement of EHPS members in other professional organisations such as EU or WHO. Thus, a tighter linkage between health psychology research and different governmental or health organisations was found desirable.

#### **Country Profile Poland**



Barbara Mroziak EHPS National Delegate for Poland, Institute of Psychiatry and Neurology, Warsaw

Helena Sek President of the Polish Section of the EHPS, Institute of Psychology, Adam Mickiewicz University, Poznan

# Health Psychology in Poland

The main national organization of health psychologists in Poland is the Health Psychology Section of the Polish Psychological Association (HPS-PPA) with 58 members (as of May 2006), 9 of them are also EHPS members. The HPS-PPA evolved from the Somatic Patient Section affiliated with the PPA since 1983. A major event for Polish psychologists was the introduction of the *Act on the Profession of Psychologist*, in force since 1 January 2006 – the first national legislation of the profession, now vigorously implemented by psychologists.

#### **Education and Training**

Health psychology is on the curricula of many Polish universities, as a specialization during undergraduate studies, an optional course, or as part of postdiploma studies. Health psychology is taught at the following major universities: the University of Warsaw, Jagiellonian University in Cracow, the Adam Mickiewicz University in Poznan, The Catholic University of Lublin, the Silesian University in Katowice, the Universities of Gdansk, Wroclaw, Lodz, Opole, as well as the Warsaw School of Social Psychology (SWPS) and its Division in Sopot. The first in Poland obligatory courses in health psychology are to be introduced in SWPS.

#### **Research Areas**

Research in Poland covers all major areas of health psychology, including stress appraisal and coping after myocardial infarction, social support, coping and health, spirituality and health, health behavior, psychooncology, post-traumatic stress disorder, meaning of life and health, sense of coherence and other personal resources and quality of life.

#### International Collaborations

- A Multicenter Study "Person Stress Health" carried out by Czech, German and Polish groups, coordinated by Harry Schroeder from the University of Leipzig (Germany), with Helena Sek, and Mojomir Svoboda from the Masaryk University in Brno.
- 2. Aleksandra Luszczynska represents Poland in the multi-center research program "Adolescents Across Cultures" headed by Bettina Piko from Hungary.
- Aleksandra is a Secretary of the IAAP Health Psychology Division. She was a Visiting Professor at the Freie Universität in Berlin, and presently is a Senior Lecturer at the Sussex University, UK.
- 4. E. Gruszczynska is chairing the Local Organizing Committee of a strategic meeting of the Central Eastern European Behavioural Medicine Network (CEEBM-NET) to be held in Warsaw, 28 August, 2006.
- 5. H. Sek and A. Luszczynska collaborate with the Editorial Board of the Journal *Stress, Anxiety and Coping;* I. Heszen is a Consulting Editor to the *International Journal of Psychology* and a PPA delegate to the IUPsyS.

#### Participation in the EHPS Conferences

All the EHPS conferences are attended by a numerous group of Polish health psychologists, and conference reports are regularly published in Polish professional journals. The HPS-PPA has the honor of co-organizing the 20<sup>th</sup> Conference of the EHPS "Social change and new challenges for health psychology" Warsaw, August 30<sup>th</sup> - September 2<sup>nd</sup> 2006.

#### National Conferences on Health Psychology

National conferences on health psychology are organized annually by the HPS-PPA alternately in the mountains and at the seaside. Each conference is followed by a collective publication of the best thematic contributions (see below). Moreover, annual meetings of the HPS-PPA are usually supplemented by thematic workshops, and additional thematic health psychology conferences are organized almost yearly by universities or research institutes.



August 30<sup>th</sup> – September 2<sup>nd</sup> 2006 www.ehps2006.org

Warsaw, Poland

# 20<sup>th</sup> Conference of the EHPS: SOCIAL CHANGE AND NEW CHALLENGES FOR HEALTH PSYCHOLOGY

Have you secured your place at the Annual 20<sup>th</sup> Conference of the EHPS yet? With places booking fast now is the time to do so. We are happy to inform that 320 early birds from all over Europe and overseas have already registered. This year we welcome also many colleagues from new and candidate EU countries.

Keynote lectures will be presented by six eminent speakers, Professors: Stevan Hobfoll, Kent State University, USA; Derek Johnston, University of Aberdeen, UK; Maria Kopp, Semmelweiss University, Hungary; Ralf Schwarzer, Freie Universität Berlin, Germany; Paschal Sheeran, University of Sheffield, UK; and Andrzej Eliasz, Warsaw School of Social Psychology, Poland. For a preliminary program of the 20th Conference of the EHPS and more detailed information please visit the Conference website (www.EHPS2006.org ) and the EHPS Homepage (www.ehps.net ).

The abstracts submitted by the February 15<sup>th</sup> deadline were reviewed and 527 contributions were finally accepted by the Scientific Committee for presentation: 232 as oral papers and 295 as posters. Abstracts of the accepted presentations will be published in a special Supplement to the EHPS Journal *Psychology and Health*. <u>Please note</u> that the accepted presentations will be included in the conference program and in the Supplement only if the author's registration fee is paid by June 9<sup>th</sup>. Latecomers can register online and even on site after that date, but their contributions will neither be presented at the conference, nor published.

Three pre-conference workshops (4<sup>th</sup> SYNERGY, 8<sup>th</sup> CREATE, and a workshop on "Path analysis and structural equation modelling in health psychology") and two post-conference workshops will be held, for full details please visit <u>www.ehps.net</u>.

The Conference venue is the historical University of Warsaw campus, situated at the Royal Road, near the Old City. The conference lectures and sessions will be held in the Auditorium Maximum, and the welcome reception - in the Golden Hall and the Senate Hall of the Kazimierzowski Palace (where the Rector's office is situated). The conference dinner is planned also in most attractive settings in the old part of Warsaw. Warsaw is an interesting city, and you can see for yourself many signs of social change for the better in recent years.

The organizing company offers a wide range of events accompanying the main social program, from a Warsaw sightseeing tour to visiting the former Polish capital, Cracow, a lovely old city from the UNESCO World Heritage list, with a historical salt mine in Wieliczka nearby. We have even booked good weather for the time of the conference.

By attending this conference you will keep in touch with valuable research and new initiatives in health psychology. There will be many opportunities to exchange ideas with your EHPS colleagues from all over the world. Everybody is most cordially welcome. We look forward to meeting you in Warsaw.

On behalf of the Organizing Committee Barbara Mroziak EHPS National Delegate for Poland Institute of Psychiatry and Neurology, Warsaw

## Upcoming Conferences



## **Xth European Congress of Psychology**

Next year, Prague will be the host of several thousand psychologists from Europe and other countries around the world. The Congress is a traditional meeting place of professional sessions and discussions of European and non-European psychologists. The tenth anniversary congress entitled **"Mapping of Psychological Knowledge for Society"** will enable the sharing of new psychological knowledge and information with regards to current topics of the application of psychological knowledge in contemporary society. Thus, the congress aims to contribute to the development of a "knowledge society" and open discussion about all that unites different nations and cultures.

The aim of the congress is to map current knowledge and applied methods used in different countries and interpose them in the programme through individual dimensions of the congress. The role of the dimensions is to relate to all participants the state of current psychological knowledge, the existence of "white places" and the services, which psychology can offer to the society.

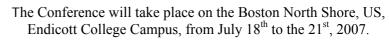
The dimensions can be characterized as:

- Main psychological disciplines and relevant associations
- Main topics and specific problems of the society
- Particular psychological disciplines in different sectors of the society

During the congress, the participants can visit 15 parallel sections, which relate to the individual associations in the given three dimensions. All the sections will be in English. Also, there will be a 16<sup>th</sup> section, which each day will be in different language. The languages are: Spanish, French, German and Italian. Also the congress will offer an opportunity to present posters and take part in Internet conference on-line. At the site of the congress there will also be an exhibition of the history of European psychology, exhibition of professional publications, research methods and experimental instruments and an exhibition of psycho-pharmacy.

As the preparations have already begun, it is our aim to make Prague the proper host of such an important psychological meeting. More information: www.ecp2007.com

# Fifth Biennial Conference of the International Society of Critical Health Psychology (www.ischp.org)



The purpose of the conference is to promote dialogue among academics, researchers and activists who are interested in developing critical and qualitative approaches within health psychology and related fields. Participants in the Conferences of the ISCHP espouse a variety of theoretical and methodological viewpoints. They share an awareness of the social, political and cultural dimensions of health and illness, and an active commitment to reducing human suffering and promoting improved quality of life. The Deadline for Abstract Submission will be February 1<sup>st</sup>, 2007

#### **Confirmed Key Note Speakers:**

Lesley Doyal, University of Bristol, UK Elliot Mishler, Harvard Medical School, US Catherine Riessman, Boston College, US

www.ischp2007.org info@ischp2007.org



#### **Call for Papers**

# Journal of Health Psychology: Special Issue Health Psychology and the Arts

#### Guest Editors: Michael Murray and Ross Gray

The past decade has seen an increasing interest in the arts and humanities by a wide range of social scientists. The value of the arts is now being discussed extensively as an important component of healthcare. This includes the use of different forms of arts in patient care and community health. It also includes the study of patients' autobiographies and links with the development of autoethnography and performative social science. The purpose of this special issue is to explore the opportunities for connecting health psychology with the arts through showcasing a variety of empirical examples and also considering some of the theoretical and practical issues for the discipline.

Examples of topics that may be included in this special issue include:

- . Artistic representations of health and illness
- . Forms of art therapy for chronically ill patients
- . Community arts and community health
- . Performative health psychology
- . Autobiographies of patients, their families and health professionals
- . Methodological and theoretical issues in researching health and the arts
- . The use of art in the training of health psychologists

Manuscripts should be submitted to one of the guest editors before December 31, 2006. You can also contact either of the co-editors to discuss possible articles.

Dr. Michael Murray Division of Community Health Memorial University St. John's, NL Canada A1B 3V6 <u>murraym@mun.ca</u> Dr. Ross Gray Psychosocial & Behavioural Research Unit Sunnybrook & Women's Health Sciences Centre 790 Bay St., Suite 950 Toronto, ON Canada M5G 1N8 <u>Ross.Grav@sunnybrook.ca</u>

#### Announcements

The International Society for Theoretical Psychology (ISTP) will hold its next conference in Toronto, Canada, York Unversity - June 18-22, 2007

THEORETICAL PSYCHOLOGY BEYOND BORDERS: TRANSDISCIPLINARITY AND INTERNATIONALIZATION <u>tteo@yorku.ca</u> <u>www.yorku.ca/tteo</u>

#### VISITING INTERNATIONAL FELLOWSHIP in social research methods

http://www.soc.surrey.ac.uk/isr.htm Applications should be sent to Sue Venn, Administrator, Institute of Social Research, Department of Sociology, University of Surrey, Guildford, GU2 7XH, UK, Email <u>isr@surrey.ac.uk</u> Applications must be received by 30th September 2006 for visits during the calendar year 2007.

#### Announcements

Physical Activity And Successful Aging European Group for Research into Elderly and Physical Activity (EGREPA)

> Xth International Conference September 14-16, 2006 Cologne, Germany http://www.egrepa.org/conference2006.php

COST Open Call for Proposals to support Scientific and Technical Collaboration in Europe

The first collection date for Preliminary Proposals is 31 May 2006 22:00 CET. Full Proposals will be invited by 30 June 2006 for submission by 15 September 2006. The next collection dates is expected to be 30 March 2007.

www.cost.esf.org/cnc opencall@cost.esf.org

# **Executive Committee of the EHPS (2004-2006)**

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