

Conferences, including presentations in the area of health psychology

Symposium "Perspectives of health professionals and patients from five countries on sources of work stress and burnout: Implications for understanding the link between organizational culture, job burnout and quality of care (ORCAB)" within the 25th EHPs Conference in Crete, Greece, September 2011. Organized by the Health Psychology Research Center, Sofia, Bulgaria, & Babeş Bolyai University, Cluj-Napoca, Romania.

Triennial National Congress of Bulgarian Psychologists, 18-20 November 2011, Sofia, organized by the Bulgarian Psychological Society. A separate health psychology session with 12 presentations was held within the congress.

Third Spring National Conference "Stress in the Profession of the Teacher", 24-25 March 2012, Varna. Among the main organizers: The Bulgarian Psychological Society.

5th National School for PhD Students and Young Researchers "Social Sciences and Their Role in Overcoming Different Types of Crisis", 17-18 May 2012, Sofia, organized by the Institute for Population and Human Studies – Bulgarian Academy of Sciences, Department of Psychology.

11th International Scientific Conference "Applied psychology in Bulgaria: Opportunities and perspectives '2012", 22-24 June 2012, Varna, organized by Varna Free University "Chernorizets Hrabar".

First National Congress of Clinical & Counseling Psychology, 29 June-01 July 2012, Sofia. Main organizer: the Masters Program in Clinic & Counseling Psychology at Sofia University "St. Kliment Ohridski". A separate health psychology session with 20 presentations was held within the congress.

Published books & chapters in the area of health psychology

Kalchev, P. (2011). Subjective well-being and relationships with parents and peers in adolescence. Sofia: Iztok-Zapad.

Tair, E. (2011). The faces of happiness: Personality, professional and intercultural differences in psychological well-being. Sofia: Institute for Population and Human Studies at the Bulgarian Academy of Sciences.

Krumova-Pesheva, R. (2011). Psychotherapy and transplantation: a practical guide. Sofia: Uniscorp.

Todorova, I. (2011). Health in Eastern Europe. In: Friedman, H. (Ed). Oxford Handbook of Health Psychology.

New Scientific and Applied Projects in the area of health psychology

2011: Project of the Department of Psychology at Sofia University "St. Kliment Ohridski" "Psychological characteristics of the attitudes towards risk and health behaviours in early adulthood", funded by the Bulgarian Ministry for Education, Science and Youth. The project studies the relationships between personality (big 5 factors), social identification and risk and health behaviours (alcohol and psychoactive substances abuse, risk sexual behavior, risky driving, unhealthy eating, obesity). It aims to develop an integrative multidimensional model for predicting attitudes towards risk and health behaviours among young people in Bulgaria, providing empirically grounded

basis for improving prevention and health promotion programs, as well as guidelines for psychological counseling.

2011: EU funded project, coordinated by the Bulgarian Ministry for Education, Science and Youth: "School for self-affirmation and preparation for European horizons (abbreviation SUCCESS)" aiming at raising schoolchildren's educational motivation and acquiring new knowledge and competences through extracurricular activities in different areas. Among the main areas are health education and promotion of healthy lifestyles (which factors affect health, responsibility for one's own health, physical activity and sport, healthy eating, mental health and well-being, sexual & reproductive health, drug addiction, smoking).

2011: The Department of Psychology at Sofia University "St. Kliment Ohridski" started two new research projects within its doctoral program in health psychology: "Interactive effects of resilience, optimism, self-esteem, humor, perceived stress and depressive symptomatology on well-being" and "Internet dependence, cyberchondria and well-being".

#### Other activities

In 2012 the Health Psychology Research Center started publishing a quarterly newsletter. It aims to present up-to-date information on HPRC's projects, publications and participations in national and international scientific, health promotion or policy related forums, as well as to develop as a platform for information exchange and scientific debates. The newsletter is distributed widely among organizations and professionals /scholars and practitioners/, from the areas of social science and medicine.

In April 2012 the Health Psychology Research Center organized a seminar on "Vaccination as a site of negotiation and controversy: Qualitative studies exploring controversial and newly introduced vaccines", lectured by Dr Carol Gray (Edinburgh Napier University). The seminar was attended by members of the Bulgarian Health Psychology Interest Group, psychologists and health professionals, active in the area of HPV related cancers prevention. HPRC's team assisted Dr Gray and her team in conducting in Bulgaria focus groups with young women as part of their international study on attitudes towards the HPV vaccine. The two teams are organizing a symposium on "Beliefs, Attitudes and Dilemmas about Vaccination in a Cross-Cultural Perspective" at the 26th EHPS Conference in Prague, August 21-25, 2012.

Lecturer in health psychology Assoc. Prof. Sonya Karabeliova from the Department of Psychology at Sofia University "St. Kliment Ohridski" was a guest professor in 2011/2012 academic year at the Department of Psychology at L. N. Gumilev Eurasian National University, Astana, Kazakhstan, where she taught courses in health psychology within the psychology and social work programs.