

## **Annual Report of Japanese Association of Health Psychology**

### **1. Association**

JHPS is one of the biggest associations of psychologists in Japan with 2,170 members, and just welcomed new chairman Koji Takenaka in June 2015. JHPS organizes annual conferences and quarterly workshops and publish JHPS journals three times (two regular issues and one special issue on a specific topic) per year which since 2015 have been available only via an online subscription.

### **2. Conference**

The 28<sup>th</sup> JHPS annual conference will be held at J.F.Oberlin University, Tokyo on 5-6 September. The theme of the conference is “Empowerment by Health Psychology.”

The board of JHPS is now preparing for two big projects in 2016: 6<sup>th</sup> Asian Congress of Health Psychology in Yokohama on 23-24 July and 31st International Congress of Psychology in Yokohama on 24-29 July 2016, on both of which EHPS kindly let us set up an information booth at EHPS 2014 conference in Innsbruck. These occasions will be great opportunities to present one’s work, to communicate with international colleagues, and, for international participants, to gain first-hand knowledge of the health norms and life-styles unique to the local culture.

### **3. Academic Research**

The rise of lifestyle-related diseases such as Type 2 diabetes is one of the most urgent health issues in Japan since its public medical expenses have been expanding rapidly. As a vital means of promoting healthy eating and regular exercise, introduction of behavior modification techniques has come to be recognized.

Another important issue concerning health psychology is stress management in the work place, especially preventing stress-triggered depression, long-term sick leaves and suicide. In tackling work-related mental issues, more preventive measures such as health promotion

programs targeting everyone in a workplace have come to be undertaken along with a traditional approach of treatment after symptom onset.

Reported by Yasuo SHIMIZU Ph.D as an associate professor in International Christian University, Tokyo Japan and National Delegate of Japan in EHPS



**Yasuo SHIMIZU**  
**Associate Professor**  
**International Christian University, Tokyo Japan**