

NOMINATION FOR ELECTION TO THE EXECUTIVE COMMITTEE OF THE EUROPEAN HEALTH PSYCHOLOGY SOCIETY (2022-2024)

Name of candidate: Michael Kilb

Country: Germany

Position seeking nomination for: Treasurer



I studied Psychology (B.Sc. and M.Sc.) at the University of Mannheim, Germany. I am currently in the final stage of my Ph.D. at the Health Psychology Lab of the University of Mannheim, where I research the influence of social media on health behaviors, mainly eating behavior. I also examine how social media could be used for health behavior interventions. Furthermore, I am interested in long-term health behavior change and habit formation (on which I also conducted a research project). I cover the topics of health behavior interventions, obesity prevention and intervention, and biological foundations of health behaviors in my teaching. I am also contributing to science communication in health psychology (in my web blog and as a member of the blog team of In-Mind.org). I worked with experimental methods and intensive longitudinal data (experience sampling and daily diaries) throughout my research. At the moment, I am applying for Post-Doc positions. I mainly experienced the EHPS from the view of a participant in events and groups organized by the society (EHPS conference, CREATE workshop, digital health and computer tailoring SIG). I am also a member of the International Society for Behavioral Nutrition and Physical Activity and the national health psychology group of the German Psychological Association. However, the EHPS has a special and unique role in connecting researchers in health psychology within Europe and worldwide. I enjoy being part of this inspiring society, and I would like to give something back and help the society by serving as a treasurer. Thereby, I aim to support the society in reaching its important tasks (e.g., organizing conferences and workshops) and expand its role as a leading society for health psychology researchers. Furthermore, I would be glad to support the society in achieving democratic decisions that make the society grow and become even better in the long-term by serving as an executive committee member.