



The European Health Psychology Society (EHPS; <https://ehps.net/>) is a professional organisation with members in >50 countries which promotes Health Psychology internationally through;

- Research collaboration and the sharing of ideas and best practice,
- Networking and professional development
- Special interest groups and member networks
- Science and practice dissemination, via flagship journals and a blog published in 30 languages (www.practicalhealthpsychology.com)



Practical Health Psychology

Translating behavioural research to practice

Editors: Dominika Kwasnicka, Gill ten Hoor, Keegan Knittle, Sebastian Potthoff, Ainslee Cross, Jenny Olson



John Weinman

Professor of Psychology, King's College London, UK

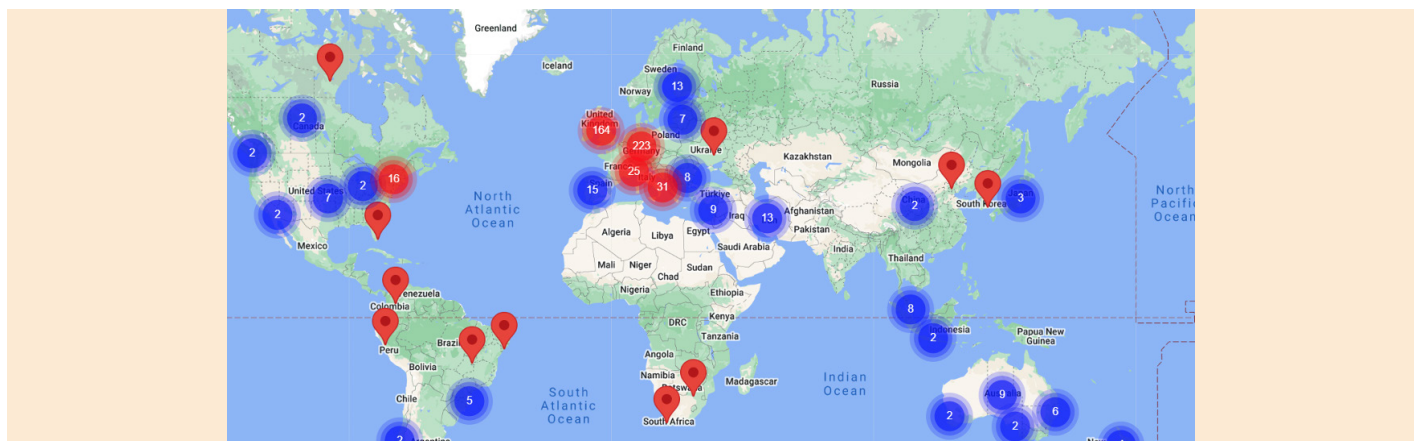
"... research collaboration and the sharing of ideas and expertise across Europe..... some great research as well as many lasting collaborations and friendships"



Vica Tomberge

PhD Candidate, University of Bern, Switzerland

"... the opportunity to connect with experienced, leading researchers as well as with other early-career scientists through Special Interest Groups (SIGs), the virtual annual conference and webinars"



Health psychology aims to understand and change what people think, feel and do in the context of health, illness and healthcare.

Through research, practice, training, consultancy and the design and delivery of health interventions, Health Psychologists help people to;

Stay Healthy



By understanding and changing things like;

- Diet
- Smoking
- Physical activity
- Weight management
- Screening
- Vaccination
- Sexual behaviour
- Health literacy
- Health communication
- Work practices
- Wellbeing
- Stress
- Risk perception

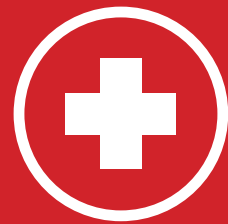
Manage Illness



By understanding and changing things like;

- Self management
- Coping
- Illness beliefs
- Symptom perception
- Help-seeking
- Adherence to treatments
- Pain
- Quality of life
- Social support
- Health inequalities
- Disability
- Caregiving

Deliver Effective Healthcare

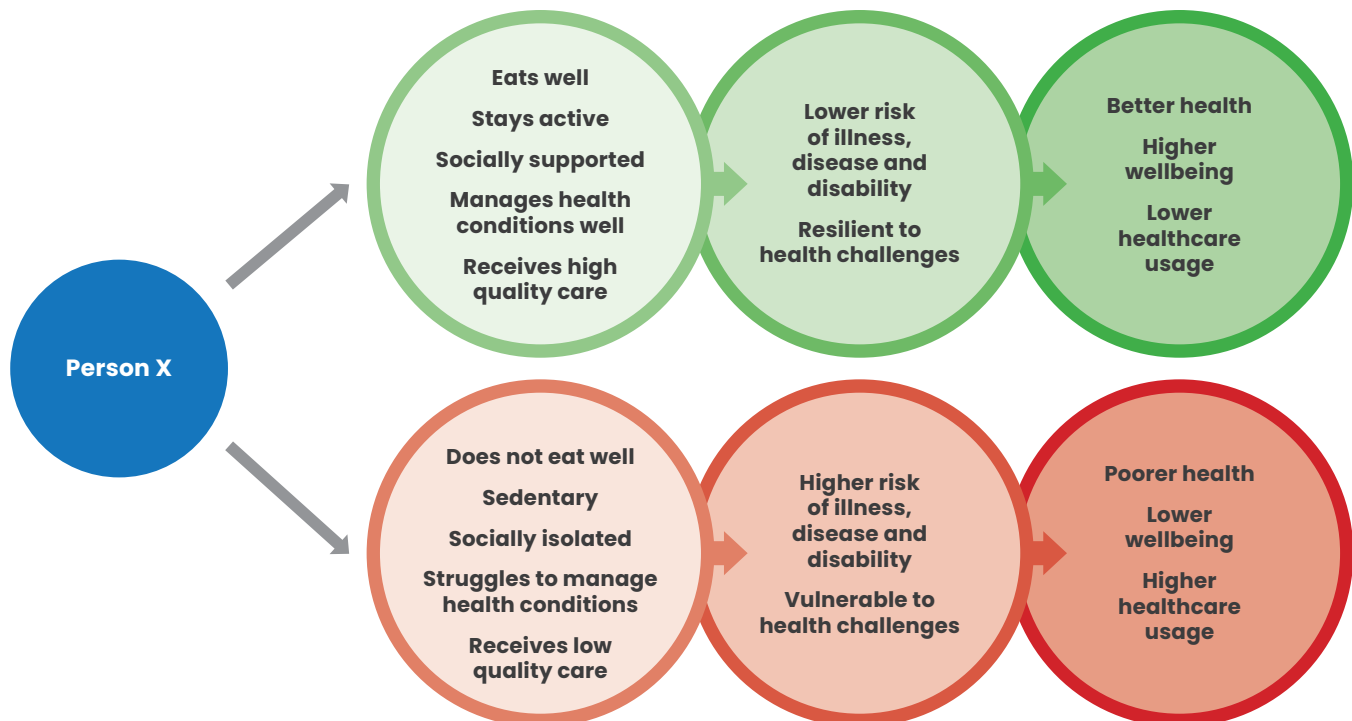


By understanding and changing things like;

- Delivery of behaviour change support
- Patient-professional communication
- Implementation of evidence-based practice
- Guideline uptake
- Service design
- Health professional stress and fatigue
- Healthcare decision making

Why is Health Psychology important?

Understanding and changing behaviours in the health context leads to improvements in key health outcomes.



Example EHPS member activities;

1. **The Change Xchange** is an international collaborative network of Health Psychologists who use behavioural science to analyse and improve the delivery of healthcare around the world <https://pubmed.ncbi.nlm.nih.gov/28606162/>
2. Health psychologists in the **Psychology Coalition of Non-Governmental Organisations at the United Nations**, raise international awareness of key psychological issues and contribute expert advice to global behavioural challenges including Covid-19 and climate action <https://ehps.net/ehps-un-committee/>
3. Health psychologists in Scotland have developed and implemented **nationwide training for health professionals** enabling them to support behaviour change in their patients <https://www.nes.scot.nhs.uk/our-work/behaviour-change-for-health/>
4. EHPS members are working with the World Health Organisation to develop and refine the **International Classification of Health Interventions (ICHI)**, a classification system that will allow health systems around the world to collect, monitor and synthesise healthcare intervention data <https://www.who.int/standards/classifications/international-classification-of-health-interventions>