

EHPS 2016

# European Health Psychology Society & British Psychological Society Division of Health Psychology Conference 2016

"Behaviour Change: Making an Impact on Health and Health Services"

Aberdeen, 23-27 August 2016

## Message from the Scientific Committee

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Chair of the Scientific  
Committee  
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This year, the annual conference of the European Health Psychology Society will be combined with the annual conference of the British Psychology Society Division of Health Psychology (DHP), to mark the fact that this is both the 30th annual conference of the EHPS and the 30th anniversary of the DHP. It promises to be an exciting conference with high-quality contributions.

We received almost 900 contributions for the conference programme from 47 countries, covering a wide range of topics related to health psychology. Contributions were submitted under 20 conference tracks, including eHealth and mHealth, Interventions in Chronic Disease, Ageing and Older People, Health Behaviour Change, Health Services Research, and Methodology. We have introduced a new Implementation Research track to underpin this year's conference theme and in recognition of the crucial step of implementing research evidence into clinical practice and policy. Implementation research addresses important questions such as effective approaches to increase the uptake and long-term implementation of evidence-based health psychology interventions by health practitioners, policy makers and governments. The theme of the conference is evident within the keynote talks, the state-of-the-art presentations (previously known as overview talks), symposia, roundtables and individual oral and poster presentations.

We are delighted to welcome four world-class

keynote speakers. Prof John Cacioppo, University of Chicago, will give a keynote entitled "The Social Brain, Health, and Well-Being", and Prof Marie Johnston, University of Aberdeen, will talk about "Making Behavioural Science Fit for Behaviour Change Interventions". Prof Kevin Patrick, US San Diego School of Medicine will give a keynote entitled "From Personal Health Data to Population Health Improvement: New Data, New Insights and New Challenges", and Prof Aleksandra Luszczynska, University of Social Sciences and Humanities, Wroclaw will talk about "Ways to Increase the Impact of Behaviour Change Interventions in a Real-World Setting".

The scientific programme consists of 26 symposia, 5 roundtables, 45 oral sessions consisting of six presentations each, and 59 interactive poster sessions which typically include 6-7 poster presentations each. The Track Chairs and Scientific Committee have compiled oral paper sessions within the 20 conference tracks, and these

sessions also include three state-of-the-art presentations by: Prof Denise de Ridder, University of Utrecht, on unresolved questions in nudging research; Dr Sally Pears, University of Cambridge, on very brief interventions to promote physical activity in primary care; and Prof Karina Davidson, Columbia University, on planning and implementing an n of 1 behaviour change service.

The 26 symposia cover a wide range of topics including goal management in chronic illness, paediatric pain, adherence to medication, linking behaviour change techniques to their mechanisms of action, and use of economic evaluations by



health psychologists and the relevance of their work for policy-making. The 6th Annual Methods in Health Psychology symposium includes contributions related to “Measurement in Health Psychology: Combining Theory, Qualitative, and Quantitative Methods to Do It Right”. The five roundtables cover topics as diverse as health psychology practice in Europe, health promotion among musicians, and using Bayesian analysis to get the most out of health psychology data.

Last but not least, 349 high-quality posters have been grouped into 59 interactive poster sessions representing all of the 20 conference tracks. Please join these stimulating and interactive poster sessions to hear about and discuss the latest health psychology research, with some poster presentations describing brand new work in progress.

All in all, this EHPS/DHP joint venture promises to be an excellent conference with ample opportunities for interactions with colleagues and for learning about exciting research across the whole spectrum of health psychology.



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