

EHPS 2015

# 29th Conference of the EHPS - Cyprus 2015

## Principles of Behaviour Change in Health and Illness

### Message from the Scientific Committee

Yael Benyamini

Tel Aviv University

Maria Karekla

University of Cyprus

The scientific programme this year promises many exciting topics, talks, and posters. Over 750 abstracts were submitted to 19 tracks, ranging from eHealth/mHealth, through resilience, stress and burnout, well-being and quality of life in health, illness, and work contexts, to theories, models and interventions focusing on health promotion, prevention, and changing health behaviours. The theme of our conference, Principles of Behaviour Change in Health and Illness, will be reflected in many of the talks, as it is investigated and implemented in many populations ranging by age (children, adolescents, young and old adults), role (communities, patients, workers, health care professionals), cultures, ethnicity and country.

The conference will include four Keynote Talks from world renowned scientists. Prof. Howard Friedman from the University of California will share with us his impressive knowledge on pathways to health and longevity, based on his research with a cohort that has been followed from the 1920s. Prof. Susan Michie from University College London will share with us the significant work being carried out regarding the ongoing developments in the science of behaviour change. Prof. JoAnne Dahl from Uppsala University will open our minds to the newest developments in behavioural medicine, with the applications of

Acceptance and Commitment Therapy (ACT) to ameliorate symptoms and prevent illness. Prof. Ronan O'Carroll from Stirling University will close the conference with the new developments in the contribution of health psychology to identifying and overcoming barriers to organ donation.

In addition to these four exciting talks, this year's conference will include, for the first time, two Overview Talks: These are 30-minute talks, intended to provide an overview of an area of research. Many excellent abstracts competed for this new format – the Scientific Committee had a difficult time choosing from amongst them! Two

overview talks were finally selected: Dr. Benjamin Gardner will talk about the hot topic of habitual behavior, proposing a theoretical approach to deconstructing such behavior; and Dr. Tessa Hart will talk about progress toward a theory-driven method for defining and

measuring complex interventions. We hope these talks will provide the audience with a unique opportunity for an in-depth exposure to the state-of-the-art in specific areas of health psychology.

Twenty-seven symposia will add comprehensive views of specific fields and topics. The Annual Methods in Health Psychology symposium will focus this year on using N-of-1 methodology to study or change health-related behaviour. A Roundtable will provide insights into the conceptualization and challenges in caregiving research. In addition, many oral



presentations were grouped by the Track Chairs and Scientific Committee according to topics, so that each one provides interesting angles that complement one another, all within a single domain. Finally, our three poster sessions will include a variety of research in all areas of health psychology. They will be presented in 15 small interactive group sessions per day (in parallel), with four to seven posters in each group. You are invited to join these sessions, which will take place every afternoon, right before the keynotes.



Yael Benyamini  
Bob Shapell School of Social Work,  
Tel Aviv University, Israel  
benyael@post.tau.ac.il



Maria Karekla  
Department of Psychology,  
University of Cyprus  
mkarekla@ucy.ac.cy

