

ELECTRONIC NEWSLETTER

Issue 1

March 2005

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President's message

Dear Colleagues,
Strategy meeting

In January, the entire EC spent two intensive and very productive days in Braga reviewing EHPS work over the last two years and planning a programme of work for the coming term of office. The subjects we discussed included:

- *Developing a strategy for growth:* activating and supporting our National Delegates to step up EHPS recruitment in their countries, providing EHPS promotional materials and continuing to develop our website, Newsletter and membership facilities.
- *Regional and research development:* ideas for supporting and developing Health Psychology in Southern and Eastern Europe include seeking European-wide funds for training (similar to the previous Erasmus scheme), and informing members of EU Framework 7 to foster collaborations across countries.
- *Involving more members in EHPS activities:* We now have five Sub-committees, with non-EC members as well as EC members serving on them. They are
 - o *Education and training*
 - o *Research collaboration*
 - o *Publications*
 - o *Newsletter*
 - o *Recruitment and promotion*

If you would like to become involved in the work of any of these, please contact me.

- *Links with other organisations:* we have joint symposia this year with both the International Society of Behavioural Medicine and the International Association of Applied Psychologists. ISBM have agreed to collaborate with us on a joint symposium for their conference in Bangkok in 2006: if you would be interested in developing or convening this symposium, get in touch.
- *Health Psychology Review:* our discussions were reflected in the message I sent to all members last month. This initiative has been received with enthusiasm: I have received many messages of support from members in a wide range of countries.

Executive Committee at its strategy meeting in Braga



*from left to right:
Britta Renner,
David French,
Irina Todorova,
Teresa McIntyre,
Adriana Baban,
Susan Michie,
Pilvikki Absetz and
Christel Salewski*



Church in Braga



August 31st – September 3rd

The report of this strategy meeting will be in the form of Action Plans in the various areas of work, and this will be presented to the Members Meeting in Galway.

EHPS conferences

An exciting scientific programme for our conference “Enhancing Individual, Family and Community Health” in Galway, Ireland (Aug 31st-September 3rd) awaits us. Keynote speakers are Prof. Shelley Taylor UCLA, Prof. James Pennebaker, University of Texas, Prof. Marie Johnson, University of Aberdeen and Prof. Jack James NUI, Galway. Both the Create and Synergy workshops promise high quality scientific interchange and development (see details in the Newsletter or website), and the social programme will provide the warmth of welcome and fun that Ireland is famous for. I hope to see you there! If you missed the deadline for oral presentations, the deadline for late poster submissions is April 30th 2005. We see poster presentations as a very important part of the conference, as they provide an excellent way of making contact with others working in similar fields. The abstracts will be published in a special supplement of “*Psychology and Health*”.

In 2006, our Polish colleagues at the University of Warsaw will host the EHPS conference, from 30th August to 2nd September. “Social change and new challenges for health psychology” will be the theme. We thank the conference President, Prof Kazimierz Wrzesniewski and the organising team for all the hard work they are putting into its development.

If you have comments about any of the news I have provided here, or about other EHPS issues or activities, I would be delighted to hear from you.

With best wishes,

Susan Michie,
President, EHPS
s.michie@ucl.ac.uk

EHPS Conference 2005 – Galway, Ireland

Preparations for the 2005 Conference are underway. The deadline for submitting oral papers has passed. Abstract submissions for poster presentations will take place until April 30th 2005.

We are happy to say that there have been 500 submissions so far and they have been sent to track chairs for review. Information about acceptance of submissions will be sent out by April 30th for oral papers and by May 20th for posters. The conference program will be posted on the web site at the end of May.

Further details of the conference can be obtained from: www.ehps2005.com or alternatively you can contact us at: conference@ehps2005.com



EHPS Grants 2005

The Executive Committee of EHPS is pleased to announce that EHPS and its interest groups Create and Synergy will be able to offer grants to support conference and/or workshop attendance at our Galway 2005 Annual Conference. This year we are offering a total of seven grants. The purpose of these grants is to encourage talented researchers and graduate students who don't have access to funding to attend the EHPS conference and Create or Synergy workshops. We hope that this experience will encourage them to be more involved in the Society and its interest groups in the future.

GRANT DESCRIPTION

For the upcoming 2005 conference the following grants will be offered:

Synergy Workshop participants: 2 grants for researchers who plan to attend the Synergy workshop and who are EHPS members. Each grant is for 500 Euro toward workshop registration and travel.

Create Workshop participants: 2 grants for graduate students who plan to attend the Create Workshop. Each grant is for 300 Euros toward workshop registration and travel.

EHPS Conference only: 3 grants for graduate students and researchers. Each grant is for 500 Euro toward conference registration and travel. Grant is contingent upon acceptance of your paper or poster for the conference.

GRANT APPLICATION

To apply for the grant, please submit the following application materials.

- A one-page narrative, describing your reasons for applying for the grant, your planned participation in the specific workshop and/or EHPS Conference and your financial need. Please indicate which grant you are applying for.
- Curriculum Vitae.
- Abstract of your paper or poster that you will be submitting for the EHPS Conference.
- For the graduate student grants, proof of student status, such as copy of student ID.
- An official statement from your employer or supervisor that no funding is being provided from your University or Institution and confirming your financial need.
- CREATE applicants please also fill out the CREATE Workshop application form; SYNERGY applicants please also fill out the SYNERGY Workshop application form; Forms are available at www.ehps.net

SELECTION PROCESS

The selection of grant recipients will be conducted by a committee consisting of a Create, Synergy and EHPS Executive Committee member. The selection criteria will be demonstrated financial need and relevance of the applicant's work to the topic of the workshop (for Synergy). The committee will also aim to distribute the grants to representatives from a wide range of European countries. It will be expected that after the conference grant recipients submit a letter describing how the grant has supported their work.

DEADLINES:

- *Deadline for Create grant application is April 15th. Applicants will be informed of the results by May 1st, 2005;*
- *Deadline for Synergy and EHPS grants is April 30th. Applicants will be informed of the results by May 30th, 2005*

Please send all applications by post to:

Marie Carmen Neipp
Health Psychology Department.
Miguel Hernández University.
Avda. Ferrocarril s/n. Edificio Torreblanca
03202 Elche (Alicante); Spain

If you have questions please contact
Marie Carmen Neipp
neipp@umh.es

SYNERGY Workshop 2005



Emotional processes and Health: The Role of Emotional Disclosure
Galway, 29-31 August

The workshop will be facilitated by:

- Prof. James Pennebaker, University of Texas, Austin, U.S.A.
- Prof. Bernard Rimé, University of Louvain, Louvain La Neuve, Belgium

The SYNERGY annual workshop is organised to provide an opportunity for discussion between health psychologists conducting research in core fields within health psychology. The focus is on advancing the standard of work within the field by pooling expertise, sharing critical evaluations, and stimulating networking and collaborative research between researchers from all over Europe in an informal and supportive atmosphere.

The aim is to develop improved theoretical and methodological approaches, as well as practical applications concerning the workshop topic. It is an opportunity for researchers to present their research for discussion in depth with other experts working in the same field in a friendly and relaxed atmosphere. By focusing on a core topic on which all participants have some expertise and have conducted research (published and unpublished), we would expect to reach a shared understanding of the strengths, weaknesses and opportunities in the area. We hope that this will influence future research and its application in the field. For more information on the workshop and the application procedure please visit the SYNERGY website: <http://www.ehps.net/synergy>

Kind regards,
Efharis Panagopoulous



SYNERGY Workshop 2006

Call for Applications as Organizing Team

The Call for Application invites active health psychologists to submit proposals for Synergy workshop topics and thereby become members of Synergy organizing teams. At this point, we are inviting proposals for year 2006 Synergy workshop that will be held in Warsaw, Poland.

The SYNERGY annual three-day workshop is organised to provide an opportunity for synergistic discussion between health psychologists conducting research in core fields within health psychology. The workshop precedes the annual EHPS conference. The focus is on theoretical and methodological development and enhancement of practical applications within our field by pooling expertise, by sharing critical evaluations, and by stimulating networking and collaborative research between advanced researchers from all over Europe in an informal atmosphere. Facilitators will guide the work and support and moderate the discussion.

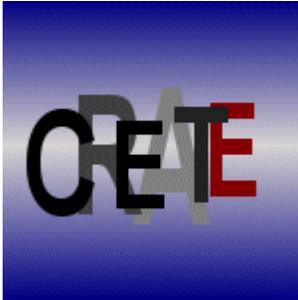
- Proposals must include the topic for the planned workshop, an abstract outlining the envisaged program, and the envisaged facilitators. In the proposals, at least two people should be named as members of the organising team. Team members need to be committed to taking responsibility of the organisation of the specific workshop following the guidelines stated in the Synergy Articles (<http://www.ehps.net/synergy/articles.pdf>).
- Preference is given to health psychologists who are active researchers and who have expertise in the special topic.
- Organisers of the workshop need to become a member of the EHPS and therefore will also receive the benefits of EHPS membership (www.ehps.net).
- For further information please view the SYNERGY website at <http://www.ehps.net/synergy> or contact Prof. Dr. Christel Salewski (christel.salewski@stendal.hs-magdeburg.de) or Prof. Dr. Britta Renner (b.renner@iu-bremen.de).

Proposals including the names and addresses of the organizing team members should be send to

Prof. Dr. Christel Salewski (christel.salewski@stendal.hs-magdeburg.de) by **May 15th, 2005.**

CREATE Workshop 2005

Designing and Evaluating Theory-Based Interventions. Galway, 28-30 August



CREATE, a subdivision of the EHPS, is happy to announce their 7th annual Workshop in Galway, 2005. The Workshop will be held on the three days preceding the EHPS conference in Galway (28-30 August) and will be facilitated by Charles Abraham, Susan Ayers, and Susan Michie.

The Workshop at a glance:

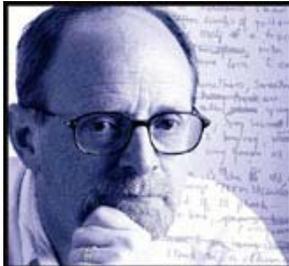
- **What:** Designing and Evaluating Theory-Based Interventions.
- **When:** 28th – 30th August 2005
- **Where:** The Workshop will take place at the University of Galway, in Galway, Ireland
- **Accommodation:** Participants can book their own room at the Corrib student village in Galway.
- **Food:** Coffee and tea will be provided during the Workshop days at suitable break times. On the first night of the Workshop, a dinner will be organized. Breakfast, lunch, and dinner for the 2 other nights are not included.
- **How to apply:** For more information and application, download the application form at www.ehps.net/create
- **How much:** the Workshop fee is 85 Euro
- **Deadline for applications:** May 15, 2005
- **Deadline for payment:** June 15, 2005
- **Hardship grants:** This year CREATE is able to offer 2 grants for graduate students who plan to attend the CREATE Workshop but do not have sufficient financial resources. Each grant will be 300 Euros and covers participation fee for the CREATE Workshop and the remainder is meant to assist with travel costs. More information about the grants can be found at www.ehps.net/create

More about CREATE

Collaborative Research And Training in the EHPS (CREATE) is a subdivision of the European Health Psychology Society (EHPS). CREATE provides further training and promotes collaboration among early career health psychologists. In addition, it has formed an international network of researchers who can provide support and expertise to other researchers. It is hoped that this international network can help researchers identify and discuss common research interests and concerns.

If you are interested in finding out more about CREATE then you can visit the CREATE website (www.ehps.net/create).

Hot Topic in Health Psychology



This new section will offer intriguing new topics for discussion and reflection – through the EHPS newsletter and the website.

In this issue Dr. James Pennebaker, one of our keynote speakers for Galway 2005, offers us a “hot” issue. The Hot Topic will also be available on our web site www.ehps.net

*James W. Pennebaker
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Pennebaker@mail.utexas.edu*

Pronouns are Hot

Everyone is talking about them; everyone is using them. Pronouns are this year's social support, positive psychology, meditation, and forgiveness rolled up into one. For the last few years, my collaborators and I have been exploring how the use of different pronouns in natural speech can reflect people's mood, hormone levels, social relationships, and personalities. Preliminary findings have been quite encouraging. For example, the use of first person singular pronouns (I, me, my) is reliably correlated with elevated depression, low self-esteem, and neuroticism. The effect sizes are small ($d=.10$ to $.20$ range), but consistent with large samples. By the same token, I-words are linked to honesty (as opposed to deception), lower status in dyadic relations, and perceptions of likeability. Counter to our initial hypotheses, the use of I-words drops during periods of shared upheavals -- such as September 11. Healthy people naturally reduce their self-focus in the face of adverse events.

Use of other pronouns including 1st person plural (we), second person (you), and third person (she, he, they) is generally positively correlated with markers of adjustment. That is, the awareness of and interest in other people is linked to better health. Even hormone levels may influence pronoun use. In the analysis of writings of two people taking testosterone (a male and a female), we found that the higher their testosterone levels, the less they referenced other people. Testosterone, then, may serve to screen out thoughts of other people in order to get tasks accomplished.

Interestingly, first person singular (we, us, our) is emerging as a far more complex pronoun. The stereotype is that references to “we” connote togetherness, group identity, and cohesiveness. Indeed, this is true on some occasions. On others, however, the use of we-words signals an emotional detachment or diffusion of personal responsibility. “We need to analyze the data” often means “You need to analyze the data.”

Finally, we (and I mean that in a warm way suggesting tremendous cohesiveness in my lab) have been exploring how pronoun use is related to expressive writing. For several years, several researchers have found the writing about emotional upheavals is associated with markers of improved physical health. Using a method developed in the artificial intelligence world called latent semantic analysis (or LSA), my students and I have discovered that people who switch in their pronoun use from one writing sample to the next are most likely to show health improvements. More specifically, switching from 1st person singular to other pronouns – or vice versa – signals a change in perspective, which also predicts subsequent drops in physician visits.

Health psychologists like other social scientists have been relying on self-reports too much for too long. The analysis of natural language is an alternative way to tap into the psychological processes of the people we are studying. Who would have known that pronouns could say so much?

Health Psychology International

Psychological Impact and challenges of the Tsunami disaster: A Report from an EHPS member in Indonesia and a Volunteer Psychologist in the Field

Recently in Indonesia a massive catastrophe shacked and shocked the area, and the "impact waves" of grief and solidarity overcame geographical barriers, since many thousands of people, from all around the planet, were affected by the Tsunami. This tragic event brought to light old new reflections, and required the help of health experts to asses, intervene and bring life back to a "normal process" in the affected areas. Psychologists were called to the area. In the piece that follows we will read about what happened in Indonesia and what is going on in terms of the adaptation to a new life of the most affected populations. The hardship and challenges for the people will be discussed using the invaluable experience of a volunteer psychologist on the field. Our thanks go to Margaretha, EHPS member from Indonesia, who made this piece possible and also to Kuriake, who brought the knowledge of the field to this reflection.



The main aim of this piece is to reflect upon how the tsunami disaster affected people in some of the destroyed Indonesian areas. Figures on the number of victims brought up by the Tsunami are not clear, but the impact is obvious. According to *Research and Documentation of Acehkita* the number of people dead was 173,981 (www.tokohindonesia.com/berita/berita/2005/tsunami/index.shtml); the *Bulletin no. 39. Bakornas* estimates the number of deaths as 108,110, and the number of missing people as 127,749.

In face of these data some questions are unavoidable: Where are the missing people? What happen to them? The answer is as fuzzy as the figures: they might be dead or dislocated from Aceh in refugee camps. The uncertainty associated with the different "bits and pieces" of information circulating around the area increases difficulties in the effort to reunite families. Especially poignant is the reunion of parents and their children. Most of the children have great difficulties in finding their parents because there is no valid data about the identity of the ones missing.

The impact of this natural disaster on the Health Care System is not only impressive through the figures concerning death and dislocated people but also through the burden on the different health institutions. Data from the Ministry of Health (from 26th January 2005), revealed that 3,296 wounded people were being cared for at the hospital and 56,381 were being cared for in a day-care system (www.acehkita.com). Based on mass media reports, some Tsunami victims are also located in Mental Health Hospitals due to psychological problems, but no official figures about the prevalence of such cases are available. From our own observations in the field, we see numerous psychological problems in the tsunami victims. These problems range from mild depression to post-traumatic stress disorder. Psychological problems are also found amongst people injured during the event, making the recovery process longer and more difficult, hence increasing health care costs. Motivational levels to heal are sometimes too low, bereavement is very common and to recover means, in many cases, to face a new life - a life without their loved ones! The psychological problems encountered can also be associated with the attributions people make. Most of Aceh people think that the disaster was caused by their own sins (internal attribution). They believe they have sinned in almost all aspects of their life (global attribution), and almost every time (stable attribution). These attributions increase their feelings of helplessness. For psychologists intervening in the impacted area, the intervention process uses the tool of cognitive restructuring, emotional coping and also God as a co-therapist. People pray to God in a continuous way (Moslem people call it Dzikir, it is similar to litany in Rome Catholic religion).

A problem that the refugees will soon be facing will be the move from the camps established immediately after the Tsunami to new places being prepared by the



Indonesian government. Many refugees don't want to leave the camps because they realize that they will live alone. They will not be going back to live with their family anymore.

The vast majority of them come from extended families. In the camp, the feeling of belonging to a wider group seems to protect them from facing the hard reality of the new life that will unfold. Although the Indonesian government tries to group people based on their last community, this is a very hard and strenuous task, and sometimes not very successful since most of the people are spread across many different areas.

Another topic of uncertainty is economic survival; people affected by this catastrophe saw their places of work destroyed. These refugees need self-empowering strategies before moving to the new places provided. Almost all family, social and economic structures, either formal or informal, were destroyed. Consequently after moving to these new places provided by the Government, they need to be supported especially for basic needs such as food, clothes, and education, until they achieve an autonomous life. The question is when can they be autonomous? And what can the Government and experts do to foster this autonomy?

Lately, many of the volunteers that dedicated their expertise to the areas most impacted by the Tsunami (physicians, psychologists, educators, etc.) are returning to their place of origin due to the fact that their finances and energy levels have reached their limits, and also to resume their own jobs. Furthermore, the Indonesian Government decided to impose a restriction on the presence of foreign volunteers. They must leave Aceh by the end of March this year.



The problem is becoming more difficult because of the socio-political condition. Rumours about the safety of refugees and the volunteers increase the feelings of uncertainty on the future. There are some rumours that people from Freedom of Aceh Movement (GAM), attack both volunteers and refugees, and that non-Moslem volunteers are forbidden to help Aceh people. However, according to Kuriake (volunteer in the field) these rumours have no foundations in reality and seem to take place outside Aceh.

The conditions of Nanggroe Aceh Darussalam and North Sumatera Province influenced people from other provinces. Most of the volunteers return home in traumatic states because they faced extreme conditions in Aceh and North Sumatera. Nowadays, there is a long unbroken wave of psychological problems in Indonesia. It steams from disaster areas and spreads into other areas. We hope that Indonesian psychologists can help them optimally.

Semarang, 19th February 2005

Margaretha Sih Setija Utami,

Centre for Research and Development of Health Psychology, Soegijapranata Catholic University, Semarang, Indonesia (Cicih@unika.ac.id)

Kuriake Kharismawan

Psychology Faculty, Soegijapranata Catholic University, Semarang, Indonesia and a volunteer for Tsunami victims in Nanggroe Aceh Darussalam Province.

Health Psychology Programs in Member Countries

Two new Master Programs in the context of Human Development, Lifelong Learning, and Institutional Change at the International University of Bremen



Prof Ursula M Staudinger

The [Jacobs Center for Lifelong Learning and Institutional Development](#) starts its teaching program with two transdisciplinary Master Programs this year. Both aim to impart knowledge and paradigms helpful to master recent developments in Western societies such as demographic aging and a shortened half-life of knowledge. Dr. Ursula M. Staudinger, Professor of Psychology and Dean of the Jacobs Centre, identifies the central issue of: "...the development of environments optimised for continuous individual learning over the whole lifespan and of structures best facilitating institutional change." Therefore, "...our program is as complex and interdisciplinary as the topic [...]. The studies encompass disciplines such as Neuroscience, Human Performance, Lifespan Psychology, Health Psychology, Motivational Psychology, but then also Educational Science, Communication Science and on the macro level we deal with Sociology, Economics and Business Administration."

Asked to describe the main differences between the two Master Programs, U. M. Staudinger accentuates: "Mainly they are directed towards two different target groups. The [Executive Master's Program](#) is dedicated to persons already active in the labour market. We are targeting people in the Human Resource and Organizational Development Department, especially when they are interested in demographic change and what it means for their company. Therefore, it can be organized as a part-time study program. [...] While the first round of this program is already booked up, prospective students can already apply for 2006." The other program is "a regular full-time academic [Master/ PhD Program](#). [...] Within the Master's track of this Graduate Program participants have to plan two years to obtain the Master of Science. If they choose the PhD track, participants can proceed to the PhD level, provided that they successfully finished a research-orientated Master's Thesis and a qualifying exam. For this track participants need to plan three more years of studying, conducting research and writing their dissertation thesis at the IUB. Depending on the main focus of their dissertation thesis, they can obtain a PhD in each of the related fields. For this program prospective students still have the option to apply until the 1st of May."

Within this manifold field of teaching and research, U. M. Staudinger points out the role of Health Psychology as a domain that can handle questions such as: "...the bodily functioning of the aging worker. The motivation of individual health behaviours becomes a central issue for the required transformations of an aging society." Besides the obvious necessity of a healthy lifestyle for a lifelong learning person, she highlighted the domain of Health Psychology as a lifelong topic itself. For example "...we need to think about how Health Psychology can be better interwoven with everyday practice in the labour force." And moreover, "...that assumptions sometimes held in health psychology about the generality of models of health behaviour to apply across the lifespan, may not necessarily be true. [...] Especially when dealing with old age, I am convinced that Health



Psychology is facing specific challenges, because at that point the definition of health becomes very tricky. At the age of seventy for instance, when morbidity and illness become largely normative, it might be a question that a person with only one diagnosis is still healthy.” To deal with questions like this, the Jacobs Centre has invited Britta Renner to form a research group for...

Health Psychology at the International University Bremen

Within this highly interdisciplinary environment the new [Health Psychology Research Group](#) focuses on the judgment and decision-making processes that underlie the onset, maintenance, and cessation of health-relevant behaviours with a particular emphasis on risk perception and reactions towards risk information. The activities of the research group are designed to further the synthesis of basic research on how people process and utilize health information and whether there are age-related differences in the functionality of health behaviour changes. These efforts are motivated by the broader goal of developing theoretical frameworks that can be applied across a range of behavioural domains.

Furthermore the research group aims to apply its theoretical knowledge to the fields of Risk Communication, Health Counselling and the motivation and habituation of health behaviours. From a medical perspective the group primarily targets sexually transmitted and cardiovascular diseases.

A second line of research focuses on interpersonal perception with a particular emphasis on expectancies and curiosity. The goal of this line of research is to determine how people derive judgments of the other person, which factors facilitate or diminish the accuracy in personality judgments and how accuracy varies with age. Moreover, the research group examines the conceptualising of and social reactions towards optimism, pessimism, and realism. The goal of this line of research is to study whether judges respond differentially to optimism, realism, and pessimism, and to which specific cues differential responses can be related.

Andries Oeberst

We thank Ursula M. Staudinger for the intriguing interview.

For more information about the Programs and/ or the Health Psychology Research Group please use the links within the text.



To get a visual impression: From the left: Martina Panzer, Youlia Spivak, Britta Renner, Freda M. Hartung & Andries Oeberst.

Health Psychology at the University of Athens, Greece

The activities in the field of Health Psychology at the Department of Psychology at the University of Athens were launched rather recently. At the end of the previous decade a relevant under-graduate course was initiated, while shortly after two courses were started within the Graduate Program of Clinical Psychology: Principles and Practice of Health Psychology, and Clinical Aspects of Health Psychology. At the same time, several doctoral dissertations with a health-psychology related topic were being conducted. Having a Master degree in Health or in Clinical Psychology stands as a prerequisite for being accepted as a doctoral student. Quite recently, a MSc Programme in Health Psychology has been established at the University of Crete, Department of Psychology, thus enforcing our efforts to establish a strong health psychology tradition in our country.

Since 1995 four PhD dissertations were completed in the area of Health Psychology at the Psychology Department of the University of Athens. The main supervisor in all four PhD's was Dr. Anastasia Kalantzi-Azizi, a Professor of Clinical Psychology at the University.

The topics covered by these 4 PhD projects go from "self control" in adolescents suffering from Insulin Dependent Diabetes (Klimentioti, et al., 1995) to work with obese, sedentary adults with type 2 diabetes (Paschali, et al., 2004) examining whether giving activity feedback to this specific obese population would improve their adherence to a home-based walking program. Child populations were also approached and a cognitive-behavioural stress management program for children with nephrotic syndrome (NS) was tested (Kollia, et al., 2004). The fourth PhD project (Ploubidis, et al., 2004) investigated the relationship between psychosocial variables such as family support, self-efficacy, diabetes perceptions, depression and stress, to the adherence of Type 1 diabetic patients to medical recommendations. Most of the above research was recently presented at the 1st Greek Health Psychology Conference, which was held in Athens in 2004.

Antonia Paschali (PhD), Assistant Professor, Highest Technological Institute of Athens, and organizing committee member of the 1st Greek Health Psychology Conference. tonipaschali@netscape.net

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Conferences and Events in Member Countries

3rd INTERNATIONAL CONGRESS OF HEALTH PSYCHOLOGY THE IN FRENCH LANGUAGE

**“ Psychology, Health & Society”
Aix-en-Provence, June 23rd-25th 2005
University of Provence / Aix-Marseilles I**

The Third International French Speaking Congress of Health Psychology, will be organized in Aix-en-Provence on the **23rd, 24th and 25th June 2005**. Under the auspices of the French Health Psychology Association (AFPSA), this meeting will bring together researchers and practitioners who are today involved in the development and promotion of health at a time when, in France as well as in most other European countries, we are faced with increased needs and demands and a worsening of the crises shaking our health systems. The aim of this congress is to present and discuss the most recent studies and research projects clarifying the role of psychological and social factors in the formation, the management and the evolution of health and illness behaviours. This year, this congress specifically aims to encourage multidisciplinary approaches in which new roles are constructed and experimented by psychology in those sensitive social fields that are, increasingly, called upon to mobilize the social sciences: health and environment; health and work; precariousness and vulnerability; aging; therapeutic education; the training of health practitioners.

SYMPOSIA:

- Health and work
- Precariousness and health
- Health and aging
- Chronic illness
- Cancer and treatment
- HIV and societies
- Qualitative methods in health psychology

ORGANIZING COMMITTEE (University of Provence – Aix-Marseilles I)

Thémis APOSTOLIDIS (AM-1), Julie BALBUENA (AM-1), Mireille BASTIEN (AM-1), David CASTELLA (AM-1), Cathya CYPWYJ (AM-1), Olivier DESRICHARD, (Université de Savoie), Lydia FERNANDEZ (AM-1), Pierluigi GRAZIANI (AM-1), Laura LANTEAUME (AM-1), Caroline PELLETTI (AM-1), Marie PREAU (AM-1), Georges ROUAN (AM-1), Michel MORIN (AM-1), Marc SOUVILLE (Université de la Méditerranée)

For more information visit:

www.afpsa.fr



DIVISION OF HEALTH PSYCHOLOGY

Second Annual one-day Conference

'Psychology, Health and Medicine'

Friday, April 22nd 2005

Trinity Centre for Health Sciences, Tallaght Hospital, Dublin

The second annual one-day conference of the Health Psychology Division of the Psychological Society of Ireland, will take place on Friday, April 22nd 2005 at the Trinity Centre for Health Sciences, Tallaght Hospital, Dublin, Ireland.

A health psychology Special Interest Group has been in existence in Ireland since the late 1980s. The Division of Health Psychology was established in 2003, with Dr Brian Hughes, current President of the Psychological Society of Ireland, as its founding chair. The division was founded in response to rapidly increasing interest and research activity in the field from Irish psychologists and other health professionals, as well as a growing need for a psychological approach to health and health care.

The conference, entitled 'Psychology, Health and Medicine', will be of interest to a variety of health professionals. Last year's inaugural conference at the National University of Ireland, Galway, was a resounding success, playing host to speakers and delegates from all around Ireland, both north and south, and the UK. The event witnessed impressive representation from a variety of health-related professions, with attendees having backgrounds in nursing, general practice, speech and language therapy, health promotion, drug rehabilitation, psycho-oncology and learning disability service provision, as well as psychology. Session topics included pain management, stress, psycho-social interventions and disease risk perception.

The keynote speakers presenting at this year's conference have contributed significantly to their diverse areas of speciality within the field of health psychology. John Weinman is Professor of Psychology as applied to medicine at the Health Psychology Section, Department of Psychology, Institute of Psychiatry, King's College London. Prof. Weinman's presentation will address 'The patients' perception of illness and treatment: A basis for predicting and improving outcome in chronic illness.'

Dr Susan Michie, Reader in Clinical Health Psychology at the Centre for Outcomes Research and Effectiveness at the Department of Psychology, University College London, will give a presentation titled 'Changing behaviour: Which theories and which techniques?'

Professor Malcolm MacLachlan is Associate Professor of Psychology at the Department of Psychology, Trinity College, Dublin, where he teaches clinical and health psychology and psychological assessment. His presentation title is broad in scope and with a hint of humour as, 'Return of the body snatchers! Towards an embodied health psychology.'

Conference registration forms and further information on this year's programme are available on the conference website:

www.nuigalway.ie/psy/phm2005

or by contacting Molly Byrne at:

molly.byrne@nuigalway.ie

+353 91 512106.



Central Eastern European Behavioural Medicine Network

Background:

The interdisciplinary approach of behavioural medicine - the integration of sociocultural, psychosocial, behavioural and biomedical knowledge relevant to health and illness – is fundamental in understanding the determinants of the morbidity and mortality crisis in our region and more importantly in implementing community based behavioural medicine health promotion methods.

At the Budapest Satellite meeting of the 8th International Congress of Behavioural Medicine (August 29-31, 2004, Budapest, Hungary) participants agreed to promote the establishment of a Central Eastern European Behavioural Medicine Network so as to strengthen teaching, research and system engagement in behavioural medicine in the countries of the region.

The idea of a regional cooperation was welcomed and approved by the International Society of Behaviour Medicine, as well. In January 2005 the Network has officially started functioning.

Objectives of the network:

- **Research cooperation:** between researchers, clinicians and health policy professionals to examine how behavioural medicine research and practice can be used to understand the health issues of countries undergoing rapid political and economic transition and how to address these health challenges in the future.
- **Clinical applications:** to adapt and evaluate the evidence based behavioural medicine interventions for preventing the health crisis in the region.
- **Education and training:** to give and promote education and training on how to implement BM interventions in health promotion and clinical practice. To specify the levels, formats and contents of according to the specific local and regional tasks. To exchange educational methods and materials between institutions and countries.
- **BM Organisations:** to help start national BM societies and institutions in the region.

First activities:

- Stimulate networking, communication and information exchange;
- Launch the CEEBM-NET website;
- Establish a Steering Committee of the network and outline its organisational guidelines;
- Organise the first symposium of the Network. Its is planned to be in Romania, in middle October, 2005.

*Monika Kovács, MD, PhD
General Secretary of the "János Selye" Hungarian Society of Behavioural Sciences and Medicine, and coordinator of CEEBM-NET*

We hereby invite you all to join the network and help creating and broadening a really active and functioning cooperation, which will strengthen the social capital in our region.

Please contact us with your advice, ideas and help concerning our aims by e-mail to kovmon@net.sote.hu or info@selyesociety.org, or via the internet: www.selyesociety.org.



Seminars

The GOAL International Teaching Seminar 2005

Applying the evidence base to prevent disease and improve health

The goal of this intensive three-day seminar is to find ways to translate evidence on disease prevention and health promotion into practical action. The seminar is targeted at people who work on the practice level as well as those struggling with research, at the health care professionals as well as health promoters, at health promotion program designers, evaluators, and funders as well – at a broad range of professionals working in areas related to disease prevention and health promotion. The seminar will be held on 6-8 June in Finland, in Lahti which is the hometown of the GOAL Program. More information, a detailed program, and an application form from pilvikki.absetz@ktl.fi or at www.ktl.fi.

Cordially, Pilvikki Absetz

Research Grants

The European Science Foundation research programme (www.esf.org/) has issued the following calls for research bids:

ECRP 2005 Call for Proposals

Following agreement with EUROCORES Funding Agencies (EFAs), the ESF is launching a Call for Proposals under the EUROCORES Programme for European Collaborative Research Projects (ECRP) in the Social Sciences. An ECRP Protocol has been agreed by the EFAs enabling them to consider collaborative proposals from European research teams based on a Common Application Form, submitted by a common deadline and evaluated using a common reviewing process, while funding decisions are made at national level in accordance with national rules. **Deadline 1 June 2005.**

The ECRP Programme is designed to advance international research collaboration in the social sciences by encouraging European academic networking and pooling of research expertise. The Programme offers the opportunity to conduct problem-driven multilateral projects on any topic within the social sciences that demonstrates an international framework for research collaboration. Projects need not be exclusively European in their topic focus.

ECRP applications must involve collaboration among research teams in a **minimum of three** participating countries. Projects can receive medium to long-term support, i.e. up to a maximum of five years' funding in each country, subject to national rules. Applications need to demonstrate that adequate research expertise exists in each participating country to ensure the viability of the research. The support requested must include full-time or part-time research posts, in accordance with national rules. In addition, funding can be sought for networking activities, through the organisation of workshops and research visits, and for shared data facilities for secondary analysis and primary data collection, although the Programme is not intended for infrastructure development.

Conference Announcements

The deadline for submissions is the 28th of February 2005

Biographical Perspectives on European Societies Research Network: The 7th ESA Conference

9 - 12 September 2005 in Torun, Poland

For further information, contact:

<http://www.valt.helsinki.fi/esa/newslet5.pdf> .

The deadline for submissions is 1st of March, 2005

Social Context of Death Dying and Disposal

15-18th September, 2005

University of Bath

For further information contact:

<http://ddd7.bath.ac.uk>

The deadline for submissions is 18th of February, 2005

5th Annual - Narrative and Memory Research Group Conference: 'Narrative, Memory and Knowledge: Representations, Aesthetics, Contexts'

Saturday 9th April 2005

University of Huddersfield

For more information visit:

<http://www.hud.ac.uk/hhs/dbs/nme/2005/index.htm>

The deadline for submissions is the 28th of February, 2005.

World Ageing & Generations Congress 2005

29th of September - 1st October 2005

University of St. Gallen, in St. Gallen, Switzerland.

For more information visit:

www.viva50plus.org

The deadline for submissions is 11th of March, 2005

4th Global Conference Making Sense of: Health, Illness and Disease

Mansfield College, Oxford

Monday 4th July - Thursday 7th July 2005

For more information visit:

<http://www.inter-disciplinary.net/mso/hid/hid4/cfp.htm>

Sleeping, Eating, & Physical Activity: A Focus on Health Behavior

Summer Institute, June 8-11, 2005
Pittsburgh, PA.

To apply, send a 2-page biosketch or curriculum vitae, a brief statement on why you want to attend, one letter of reference, and contact information (mailing address, phone, fax, and E-mail) to 1) Lori Liller Arnold (arnoldla@upmc.edu) by April 25, 2005.

Travel stipends will be available to offset expenses. Accommodations are available at the conference site for out-of-town attendees.

For further information's visit:
www.pghmhc.org

**Enhancing Communication in Medical Education and Healthcare:
Pedagogy, Policy, & Practice**

October 13 - 16, 2005
Hilton San Diego Airport/Harbor Island
San Diego, CA

For more information:
www.absame.org

8th European Conference of Psychological Assessment

31 August – 4 September, 2005
Budapest

Hotel Brenczúr, H-1068, Budapest, Benczúr u. 35.

Organized by the European Association of Psychological Assessment (EAPA)

For more information
<http://ppk.elte.hu/ecpa8>

**Life History and Biography Network:
Biographical research and practice as a setting for personal and
social change**

Anghiari
(Arezzo) in Tuscany, Italy.
Thursday the 3rd to Sunday the 6th of
March 2005

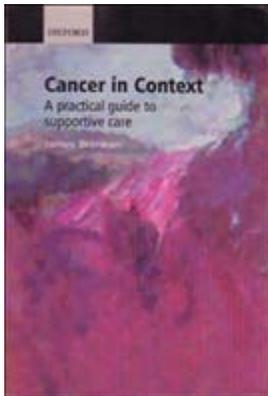
For more information contact
Dr. Laura Formenti
Università di Milano Bicocca, Italy
e-mail laura.formenti@unimib.it

*Application deadline 25th of April
2005.*

*The deadline for submission is
15th of May, 2005*

*The deadline for submission is 15th
of March, 2005*

New Books



424 pages - ISBN: 0-19-851525-1 -
£29.95
Published 2004 by Oxford
University Press - www.oup.co.uk

Cancer in Context A practical guide to supportive care

James Brennan
Consultant Clinical Psychologist
Bristol Haematology & Oncology Centre
& Senior Lecturer, Palliative Medicine
University of Bristol

In consultation with

Clare Moynihan
Medical Sociologist
Royal Marsden Hospital
& Senior Research Fellow
Institute of Cancer Research

Cancer in Context is the essential textbook of supportive care. It describes the impact of cancer and its current treatments on people's lives and the vital role that all healthcare professionals can play in minimising and preventing psychosocial, physical and spiritual distress. The actual experiences of cancer patients, as recorded in their personal diaries, are combined with theory, research evidence and practical clinical advice. The book moves beyond a merely mental illness focus and tackles a wide range of supportive care topics:

Sensible, humane, and sophisticated

"Cancer in Context - A practical guide to supportive care, is a sensible, humane, and sophisticated examination of the challenges facing cancer patients, their families, and those who care for them. The deep understanding conveyed by this book will lead to more compassionate and effective care."

David Spiegel, M.D., Willson
Professor in the School of Medicine,
Stanford University, USA

- **Clinical context** – general practice, surgery, radiotherapy, chemotherapy, rehabilitation, palliative care, bereavement...
- **Common treatments difficulties** – fatigue, pain, nausea, depression, insomnia...
- **Communication challenges** – working with denial, people with special needs, breaking bad news, discussing resuscitation, professional distance, assessing intense emotional distress, psychosocial needs...
- **Social support** – how partner and family relationships are affected over time, how carers are able to sustain their frequently exhausting role, and the needs of particular groups within society who face additional challenges due to their age or lifestyle...
- **Sociocultural context** – the social and cultural context of a person's life is critical to understanding their resources, the way they are treated, and the responses they make to serious illness...
- **Professional context** – staff stress and burnout, user involvement, complementary therapies...
- **Human context** – People with cancer face wide-ranging challenges that stretch from the biological to the spiritual. Yet despite the diversity of their concerns there are general psychological and social processes that underlie how most people respond and adjust to cancer.

Executive Committee of the EHPS (2004-2006)

| | |
|--|--|
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*Wishing everyone a springtime
prone to metamorphosis and
growth!*

*From the EHPS Newsletter
Editorial Subcommittee:
Irina Todorova (Newsletter Editor)
Vera Araújo-Soares(December
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Falko Sniehotta (March 2005 issue
co-editor)*