



EUROPEAN HEALTH  
PSYCHOLOGY SOCIETY

# THE EUROPEAN HEALTH PSYCHOLOGIST

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## President's message

Dear Colleagues,

### *This year in Galway*

With 631 delegates, the Annual Conference in Galway, Ireland was our biggest conference with EHPS as sole organiser. It attracted delegates from all over the world, including the United States, Canada, Australia, New Zealand, Japan, Taiwan, Tanzania and South Africa. The scientific programme and the warmth of welcome lived up to our high expectations, thanks to outstanding organisation by both the Scientific Committee (chaired by Prof. Hannah McGee) and the Galway conference team (led by Prof. Ruth Curtis). I would like to extend a big thank-you to all concerned.

### *EHPS Publications: Health Psychology Review*

Following the continued success of *Psychology and Health* (Impact Factor now 1.7), the EHPS Publications sub-committee has worked with Taylor and Francis, our publishing partners, to develop a second journal, *Health Psychology Review*. This will be the first Review journal in health psychology, and will complement *Psychology and Health* with in-depth, cutting-edge reviews of relevant topics. We are delighted to announce the appointment of a scientifically strong and editorially experienced leadership for the journal: Prof Joop van der Pligt as Editor and Profs. Denise de Ridder, Alexander Rothman and Brian Oldenburg as Associate Editors. In consultation with the Executive Committee, they are putting together a team of editorial consultants with high international scientific standing, broad geographical representation and coverage of public health, clinical, theoretical and methodological issues. The first issue will be launched in 2007.

### *European Health Psychologist*

This year also saw the re-vamping of the EHPS Newsletter into the *European Health Psychologist*, with the first glossy issue distributed at Galway. It included fascinating reflections on the history of health psychology by Albert Bandura, Howard Leventhal, Michael Murray and Marie Johnston (available on the web). Thanks to the editors, Irina Todorova, Vera Soares and Falko Sniehotta for this important development. They welcome articles on scientific and professional issues, controversies and debates and reports of events and activities.

### *Psychology and Health*

After six years of excellent Editorship, producing consistent increases in number and breadth of contributions and subscriptions, Paul Norman will be stepping

## President's message

down as Editor. We are now seeking a new Editor (see p. 11 for the Call for nominations and details of electoral procedure), and welcome your proposals.

### *Next year in Warsaw*

The deservedly high reputation of our annual conferences meant that some of this year's late applicants could not be accommodated. So, the lesson for next year is Book Early! The conference will be held in Warsaw's beautiful University area next to the Old Town in the Centre of the city, from 30<sup>th</sup> August to 2<sup>nd</sup> September 2006 (full details on the EHPS website [www.ehps.net](http://www.ehps.net)). "Social Change and New Challenges for Health Psychology" is the conference theme and abstracts can be submitted from 2<sup>nd</sup> January, with the usual deadline of 14<sup>th</sup> February. Don't miss it! People will be informed about abstract acceptance by 8<sup>th</sup> May.

There will be two pre-conference workshops:

*CREATE* for early career researchers:

The topic is Stress, Coping and Social Support, and it will be led by Ralf Schwarzer (Germany) and Aleksandra Luszczynska (UK).

*SYNERGY* for advanced researchers.

The topic is "Behavioural Interventions: Bridging the Gap between Theory, Evidence and Intervention Research", and it will be facilitated by Susan Michie and Paschal Sheeran (UK) and Alexander Rothman (USA).

EHPS continues to grow in size as well as activities. The last Members' Meeting heard that membership has grown by 50% last year, although it is still very low in many European countries. The more members we have, the more events and services we can provide to you. We can send you leaflets and posters to help publicise the Society. Joining EHPS is now very easy via the web, so please encourage your colleagues to join.

We have had a very successful year, due to the hard work put in by a wide range of members, on the EC, the sub-committees and beyond. Thank you.

Best wishes for the coming festive season and for a happy and successful 2006,

Susan Michie, President EHPS

## EHPS Conference 2006 – Warsaw, Poland

On behalf of the Organising and Scientific Programme committees of the 20<sup>th</sup> European Health Psychology Society (EHPS) Conference 2006, the Polish Psychological Association (Health Psychology Section) and Warsaw University, I have great pleasure in welcoming you to Warsaw in Poland! For the first time the EHPS Conference will take place in Eastern Europe, which has undergone major political, economic and social transformations within the last years. That is why we have chosen the theme *Social Change and New Challenges for Health Psychology*.

Outstanding researchers and speakers have accepted our invitation to deliver keynote addresses including Prof. Stevan E. Hobfoll, Kent State University, Prof. Derek Johnston, University of Aberdeen, Prof. Maria Kopp, Semmelweis University, Prof. Ralf Schwarzer, Freie Universität Berlin, Prof. Paschal Sheeran, University of Sheffield, and Prof. Andrzej Elias, Warsaw School of Social Psychology. We have no doubt that the scientific program will be an exciting one and in tandem with it will be the opportunity to experience the social side of life in Warsaw!

With best wishes, Kaz Wrzesniewski, Chair of the Organising Committee



August 30<sup>th</sup> – September 2<sup>nd</sup> 2006

Submission deadline  
February 14<sup>th</sup> 2006

[www.ehps2006.org](http://www.ehps2006.org)

## EHPS Grants 2006

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 Warsaw 2006 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/or 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.

For the upcoming 2006 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 young researchers. Each grant is for 500 Euro toward conference registration and travel.

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

- Curriculum Vitae.
- For the graduate student grants, proof of student status, such as copy of student ID.
- Abstract of your paper or poster that you will be submitting for the EHPS Conference.
- 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](http://www.ehps.net)
- Statement that you are a resident of one of the low economic resources countries listed by the World Bank (see below)
- An official statement from your employer or supervisor that no funding is being provided from your University or Institution and confirming your financial need.

### DEADLINES:

*Deadline for grant application is April 21<sup>st</sup> 2006 . Applicants will be informed of the results by May 8<sup>th</sup>, 2006*

The selection of grant recipients will be conducted by a committee consisting of a representative from Create (Karen Grogan), Synergy (Falko Sniehotta) and EHPS Executive Committee (Irina Todorova). The Grant selection committee will follow the following criteria for EHPS, Create and Synergy grants selection: (1) the candidate has to be from the World Bank list of countries with low economic resources (see list [http://www.ehps.net/memb\\_reductioninfo.html](http://www.ehps.net/memb_reductioninfo.html)) (2) the quality of submitted abstract; (3) the CV. Please note, if a grant recipient does not attend the conference/pre-conference workshop, he/she must reimburse the money to the EHPS.

### Please send all applications by post to:

Dr Falko F Sniehotta  
University of Aberdeen  
School of Psychology  
College of Life Sciences and Medicine  
William Guild Building  
Aberdeen, AB24 2UB, UK  
[f.sniehotta@abdn.ac.uk](mailto:f.sniehotta@abdn.ac.uk)

If you have questions please contact

Irina Todorova  
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## Position statement

## Health Psychology, back to the future

Stan Maes



**STAN MAES** is professor of health psychology at Leiden University, The Netherlands. He was co-founder and first president of EHPS and has also been president of the Health Psychology Division of the International Association of Applied Psychology and of the International Society for Health Psychology Research. He produced over 250 scientific publications concerning health promotion in school and work settings and interventions in patients with chronic diseases. His current work focuses on the development and application of self-regulation theory.

In the early stages of health psychology, a prototypical research project started from a pragmatic question related to a health problem or disease, e.g. "What are the psychological consequences of a myocardial infarction and/or how does a patient cope with this event?" At best such a project was guided by the Lazarus and Folkman stress-coping model (which is more a frame of reference than a theoretical model). In many cases research was indeed a-theoretical, and most studies were of a cross-sectional nature. Over the last decades, this situation changed substantially. First, theoretical models, including social learning, self-regulation or social influence models are now more frequently used to understand and optimize illness management, and there has been a notable development in the area of measurement, in the sense that both the quality and the specificity of measures increased. Earlier on, available measures were generic, and thus lacked specificity for the population under study. Researchers, who wanted a better fit, had to develop their own tools for the purpose of the study. Today, many disease specific, well validated psychological measures do exist for a variety of chronic diseases or health problems, including e.g. coronary heart disease, diabetes, rheumatic diseases, chronic pain and cancer.

However, very few of these measures reflect key concepts of a relevant theoretical framework, and if they do, they only reflect part of the background theory. Examples of this last case are e.g. self-efficacy measures for self-management of specific chronic diseases or the more recently developed Illness Perception Questionnaire (IPQ) (Weinman et al, 1996). In the case of the IPQ for example, illness perceptions are an interesting, but not even the core part of Leventhal's common sense model, but the availability of a good measure is responsible for the fact that this aspect is well researched in contrast to other aspects. In other words, empirical studies frequently reflect what CAN be measured (depending on the availability of an existing measure) rather than what SHOULD be measured (components of a relevant theory). Another source of current concern relates to the nature of our measures. Many studies still exclusively rely on the use of questionnaires, without an attempt to relate these data to more objective (observational or physiological) or more qualitative measures (e.g. use of interview or diary procedures). And some people who do collect more qualitative data, erroneously think that these data should be analyzed in a qualitative, idiosyncratic and thus uncontrollable way. In this respect it would be wise to pay more attention to the use of existing statistical techniques for the analysis of categorical data (Meulman, J., Heiser, W. & SPSS, 1999).

Second, health promotion in e.g. school, work, leisure and family settings gained a lot of attention over the last few decades. In this area, models, which originated from social psychology (such as the health belief model, protection motivation theory, the theory of reasoned action, the theory of planned behaviour, the precaution adoption model or social learning theory) have been widely used for the prediction of health behaviour. While this may be seen as an early sign of scientific maturity, many of the studies based on these models were repetitive and did not really contribute to our understanding of health behaviour change. Most of these models describe indeed cognitive determinants of specific health behaviours such as sun screen use, wearing seat belts, smoking, drinking, condom use, snacking between meals or doing physical exercise, but changing these cognitive determinants seldom led to a long lasting health behaviour change. The reason for this is that (with the exception of social learning theory) they describe determinants of motivation or intention rather than determinants of active behaviour change or maintenance. As a consequence, a creator of one of these models now correctly states: "a new theory is needed to explain why some people do, and why some people do not act on their intentions"



## Health Psychology, back to the future

*'The advancement of the science of health psychology undoubtedly depends on the development of theory based intervention research'*

(Fishbein, Hennesy, Yzer & Douglas, 2003, p. 3).

Self-regulation theory can be considered as a more relevant theory to explain active behaviour change, by stressing the importance of planning, feedback mechanisms, feedforward mechanisms (context and capability expectations) and action control (attention and emotion control during goal pursuit) processes (Maes & Karoly, 2005). The dominant models of health behaviour, which have been used over the last few decades, also wrongly suggest that the psychological processes that guide the initiation of the behaviour do not differ from those which guide the maintenance of a healthful behaviour. However, whereas initiation may e.g. be determined by expectations about future outcomes, the decision to maintain a healthful behaviour is purportedly based on people's satisfaction with behavioural outcomes. Furthermore, there is evidence that maintenance is related to realistic expectations and to self-determination or 'ownership' of the process of change (Rothman, 2000 ; Maes & Karoly, 2005). Likewise, we should also try to gain understanding of the process of disengagement. Too many studies try to predict why people adopt a specific health goal or health behaviour, rather than to understand WHY these goals are abandoned or reformulated (Maes & Karoly, 2005).

Finally, most health psychology studies are still correlational and at best 'shortitudinal', rather than intervention studies with long term outcome measures. Although controlled studies of interventions can be considered to be the ultimate test of a model or theory of behavioural change, theory based intervention studies, with a longitudinal repeated measures design, have been relatively unpopular among health psychologists. One of the reasons for this may be that health psychologists are not always in a position to conduct such intervention studies without cooperation with other health professionals. While psychologists frequently point at the medical profession as the main culprit for this lack of cooperation, it may be rather our lack of assertiveness and lack of communication with other health care professionals that are the real causes for this isolated position. We indeed frequently fail to inform important others about our health psychology knowledge and competencies, partly because we are not very keen to participate in disseminating activities. We have for example as far as I know no accessible shortlists of advice or successes that can be used for this purpose. It would be an important initiative to start the production of small booklets, which can be disseminated via internet, containing principles, essential research findings and advice related to e.g. the prevention of addictive behaviours in schools, worksite health promotion, preparation for surgery and stressful medical procedures, pain management, doctor-patient communication, psychological interventions in patients with coronary heart disease, rheumatic diseases, diabetes, cancer and the like. The advancement of the science of health psychology undoubtedly depends on the development of theory based intervention research, but if we fail to prove that we can make a real difference in terms of health and illness, chances are low that we will get in a position to offer these interventions in health care settings.

### References:

- Fishbein, M., Hennesy, M., Yzer, M. & Douglas, J. (2003). Can we explain why some people do and some people do not act on their intentions ? *Psychology, Health & Medicine*, 8, 3-18.
- Maes, S. & Karoly, P. (2005). Self-Regulation Assessment and Intervention in Physical Health and Illness: a Review. *Applied Psychology, an international review*, 54, 2, 267-299.
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- Rothman, A.J. (2000). Toward a theory based analysis of behavioral maintenance. *Health Psychology*, 19, 64-69.
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## EHPS Conference

## Impressions from the 19<sup>th</sup> EHPS Conference, Galway, Ireland

*by Pepijn van Empelen*



PEPIJN VAN EMPELEN is a social psychologist, is an assistant professor at the Department of Clinical and Health Psychology at Leiden University. His expertise is in planned health promotion.

A spectacular number of people attended the 19<sup>th</sup> Conference of the European Health Psychology Society held from 31 August to 3 September in Galway, Ireland. The Conference was held in the Arts Millennium Building and The Arts/Science Building of the National University of Ireland, Galway, and hosted by the Department of Psychology. The Spanish Bar of Brennan's Yard hotel proved to be a good initial starting point to meet and greet new and familiar EHPS faces, on the evening before the start of the 19<sup>th</sup> EHPS Conference. The Conference was started with Dordán, a traditional Irish music group.

This year's programme featured 237 oral presentations and 440 poster presentations, as such providing a diverse overview of what health psychology has to offer at present. In addition, four keynote speakers provided an overview of past successes and future challenges, with a mixture of views on psychology, physiology, health and well-being.

The conference provided a very enjoyable scientific and social programme. Let me first start by highlighting some of the impressions of the conference days. By no means will this be an objective view, simply because of the impossibility to cover all topics and different views being presented within those approximate 700 presentations.

The 19<sup>th</sup> EHPS conference showed that health psychologists have started moving beyond motivation in order to examine action processes of goal attainment. This focus is logical, realising that in general we do not focus on one-off behaviours, but rather on behaviours that are recurring and need to be maintained overtime. In addition, in her keynote Mary Johnston pointed out the need for consensus on what are unique factors in order to reduce the wild increase in constructs that are virtually identical.

Different views were presented on how to examine the complexity of behaviour. One of the approaches people have taken is the focus on stage models. The symposium on stage models showed that there is an ongoing quest for the ideal, testable and measurable stage theory. Others have focused on intention-behaviour discrepancies without specifically suggesting a stage type of approach. Charles Abraham pointed out the need to focus on multiple behaviours instead of single behaviours, the enactment of intentions being more a relative function of priorities rather than absolute assessments. In addition, he proposed examining preparatory intentions besides goal intentions in order to explain (action sequences of) behaviours. In our study, we provided evidence for the suggestion that goal intention, although being a prerequisite, is not enough in ensuring prepared actions, but rather that action-specific cognitions predict preparatory behaviours (of condom use) beyond goal intentions.

Frederick Gibbons gave a nice overview of the prototype/willingness model, a dual process model, that points out that (young) people may not always choose the reasoned path, but rather react to opportunities that arise. Consequently, people may be willing to engage in risk taking behaviour without having planned it. Behavioural willingness depends on (a) the context (risk opportunity), (b) (lack of) experience, (c) affect (mood state), (d) disposition (impulsivity).

## EHPS Conference



Opening reception



Impressions from Galway

The symposium provided evidence that the perceived similarity of others may be very important in explaining both reasoned and reactive actions, as well as direct behavior.

Alternatively, the symposium on self-control examined when people are likely to be in control or when they loose control. Hugo Alberts showed that people might maintain their self-control when persistence is triggered. In the same symposium it was shown that making people aware of their goals being threatened might have a positive effect on self-control. Falko Sniehotta and Benjamin Schüz showed that action control is a vital condition of behaviour change and maintenance, simultaneously introducing the funny phenomenon 'dental floss residual'.

At the symposium also a diversity of interventions was mentioned, both small scale interventions and larger implementation studies. Interestingly, a number of seemingly simple intervention methods provided strong effects, and a lot of interest was given to self-regulatory interventions, capturing methods such as motivational interviewing, implementations intentions, self-monitoring diaries and self-help guides. In his keynote lecture on emotional writing, James Pennebaker showed that simple interventions might have very favourable effects, actually providing an emotion self-regulation strategy. Very impressive were the results presented a year after the smoking ban in Ireland, showing that legislation is also a very important intervention tool. Emmer Shelley provided evidence that the smoking ban was widely accepted by both smokers and non-smokers, and resulted in a decrease in smoking prevalence.

Points I did not capture but were certainly of interest were related to examining program fidelity, individual differences, (in-) direct contextual effects, and the need for both small scale testing of intervention methods, as well as their implementation on a larger scale. As Pennebaker pointed out we have to sell our products better, and this means both showing what works and why it works, and providing evidence on a larger scale (in terms of size and time period). In that sense it is also good to see that more sophisticated designs and methods are currently used to test models and examine intervention effects.

The scientific program was very worthwhile, but so were the social events that were arranged. The city of Galway proved to be an excellent place providing beautiful scenery in terms of its location at sea and the river Corrib, in addition providing a lively and friendly atmosphere with a mixture of good food, drinks and music. The receptions at the NUI Galway were a good moment for socializing, while enjoying the drinks and food offered. Also the lunches gave an opportunity for some discussions and the pretty good weather provided an opportunity for an outside 'picnic'. The Conference dinner ended vibrantly with a lot of people dancing until the band stopped playing. At the Closing ceremony poster prizes were awarded and some insights were given into what the 20<sup>th</sup> EHPS Conference might bring in Warsaw, Poland.

In conclusion, the 19<sup>th</sup> EHPS conference will be memorable for its scientific interest, the good organisation, and its social events, while, when looking ahead, the 20<sup>th</sup> EHPS Conference promises to be interesting and an important marking point for the EHPS.

*Pepijn van Empelen*

## EHPS Reports

Report on the 7<sup>th</sup> Annual CREATE Workshop in Galway, Ireland

CREATE website

(<http://www.ehps.net/create/>)

The early career network of the EHPS, CREATE, aims to provide young researchers in health psychology with further training and international collaboration. CREATE brings together early career experts in health psychology from all over Europe and the world to share expertise and support. The annual interactive workshop is one of the main features of CREATE and offers the chance to work closely with leading health psychologists who facilitate the workshop and the possibility of becoming part of an international network.

For this year's workshop, *Designing and Evaluating Theory-Based Interventions*, we had the pleasure of having Susan Michie, current president of the EHPS, Charles Abraham and Susan Ayers as facilitators, all outstanding experts in the field. The workshop took place immediately before the 19<sup>th</sup> conference of the EHPS in Galway, Ireland. Thanks to the local organizer, Karen Grogan, we were able to hold the workshop conveniently at the EHPS conference venue, the National University of Ireland, Galway. The participants in this year's workshop were 45 early career researchers from Bulgaria, Germany, Ireland, Italy, The Netherlands, New Zealand, and the UK.

The workshop's focus was on the complex interplay of theory and intervention in health psychology. We discussed how interventions can be designed and tested in such a manner that furthers theory development and theory selection. The facilitators used a wide range of innovative didactical measures to encourage active and lively participation. One important aspect was a statement of research interest and workshop motivation which all participants had to prepare beforehand. With the help of these statements, the facilitators formed homogenous working groups.

Thanks to their sense of humour, the facilitators were able to generate a friendly and productive workshop atmosphere right from the start. The excellent introductory talks by Susan Michie, Charles Abraham and Susan Ayers were very stimulating and encouraged participants to discuss their different backgrounds and research interests in the smaller groups. All participants had to read four papers (among them the Michie & Abraham, 2004 citation classic from *Psychology & Health*) before the workshop, which provided a sound basis from which to discuss matters of theory evaluation and designing interventions. Especially the aspect of basing theory-guided interventions on ample evidence was promoted.

On the first day of the workshop, the participants were briefed in theory evaluation. Matters of study design were discussed as well as criteria for assessing internal and external validity. In various workgroups, the participants were encouraged to examine their respective experiences with intervention studies and collect practical problems. The important issue of building evidence bases was discussed by introducing the Framework for design and evaluation of complex interventions by the Medical Research Council (MRC) of the UK.

The second day of the workshop was devoted to evaluation criteria such as various effect sizes. As a protocol for developing, conducting and evaluating theory-based interventions, intervention mapping was introduced and discussed. From the discussion of the Intervention Mapping and the MRC frameworks, the idea of generating an intervention checklist was born. A task force has been formed and aims at presenting a checklist by the end of the year.

The last day focussed both on troubleshooting participants' problems with their own studies and on discussions of the intervention checklist and integrated the issues from the previous two days. Lively discussions on topics such as theory selection, population identification, critical literature review, specifying behavioural targets against which to evaluate theories, and methodological issues





This year's workshop was organised by Inez van Korlaar, Emma Massey (both Netherlands), Marie Carmen Neipp (Spain), Pia Pajari (Finland), Magda Mazurkiewicz (Poland), Karen Grogan (Ireland), Urte Scholz, Jochen P Ziegelmann and Benjamin Schüz (all Germany). Sadly, this year's workshop was the last for Inez, Marie Carmen, Urte and Pia, as they have finished their PhDs- congratulations!

such as intention-to-treat analyses broadened the focus of the workshop and brought new insights.

This CREATE workshop was special as it addressed extremely important issues in health psychology, i.e. theory-based interventions and their evaluation. Thanks to the facilitators' flexibility and willingness to respond to the great interest in the MRC and Intervention Mapping framework, a task force on the intervention checklist was formed, which also offers the opportunity for researchers from different countries to continue working together beyond the workshop. Participants who were new to the field benefited from the various presentations, working groups and discussions and those already familiar with intervention design, implementation and evaluation were able to gain new insights.

Last but not least, the workshop and the social programme enables strong links throughout Europe, both in research and friendship. We learned a lot about King's heads, the sad story of the hanged Walter, and that there is strong evidence that health psychologists should base their nutrition on chicken wings and crisps and wash that down with some Smithwicks'. See the website for photos.

Working with Susan Michie, Charles Abraham and Susan Ayers was not only a great pleasure; it was also inspiring, both in terms of effectiveness and working climate. We are sure that all participants profited from their excellent teaching and tutoring, which will probably result in many high-quality papers during the next year.

On the last day, participants were asked to evaluate the workshop. The results were very positive, and we will try to follow the suggestions for further workshop topics such as Illness Perceptions, Intervention Techniques or Advanced Statistics in the coming years.

Next years' workshop will precede the 20<sup>th</sup> EHPS conference in Warsaw, Poland. Ralf Schwarzer and Aleks Luszczynska have agreed to facilitate the 8<sup>th</sup> CREATE workshop on *Stress, Coping and Social Support*. We are very happy and grateful to have these experts as facilitators, and we are looking forward to an exciting workshop next year. Please encourage early-career researchers to apply for the workshop. Further details on the content of next year's workshop will be announced in due time on the CREATE website ([www.ehps.net/create](http://www.ehps.net/create)).

CREATE workshop 2005 in Galway, Ireland  
Picture by Paul Norman



## Psychology & Health: Summary Report of Journal Operations for 2004

By Paul Norman

### *Submissions*

The number of submissions to the journal increased again in 2004. Since 2001, the number of submissions to the journal has risen by 29.8%. There were 148 new submissions to the journal, the majority of which came from Europe ( $n = 93$ ) and North America ( $n = 37$ ). Within Europe, the largest number of submissions came from the UK. There was a marked increase in the number of submissions from Europe, whereas submissions from other regions remained relatively stable.

### *'Regular' Submissions to Psychology & Health (2001-2004)*

	2001	2002	2003	2004
New Submissions:	114	130	138	148
No. Accepted:	38	34	50	43
No. Pending:	0	0	2	23
% Accepted:	33.3%	26.6%	36.2%	29.1%
Source of Submissions:				
Europe	75	74	75	93
North America	25	38	46	37
Australasia	9	11	11	11
Elsewhere	5	7	6	7

Of the new submissions to the journal, 43 have been accepted for publication, an acceptance rate of 29.1%, although there are still 23 submissions that are pending awaiting a final decision. The final acceptance rate for 2002 was 26.6% and will be between 36.2-37.7% for 2003 (depending on 2 pending decisions). It is likely that the final acceptance rate for 2004 will be of a similar level.

### *Articles Published*

The journal published 50 articles in 2004, including 8 articles in a Special Issue on "Coping and Physical Health" edited by Carolyn Aldwin and Crystal Park. In addition, 6 book reviews were published. The majority of published articles came from North America ( $n = 28$ ) and Europe ( $n = 21$ ). The increase in the number of published articles from North America was partly due to the fact that the Special Issue was dominated by North American authors. In contrast, the Special Issue published in 2003 included only European authors. This, in part, explains the corresponding decrease in the number of articles from Europe. A supplement issue of the journal was also published in 2004, containing abstracts from the Helsinki conference. This supplement was given to all conference attendees as well as being sent to all subscribers to the journal.

The median publication lag from final acceptance of a manuscript to publication in the journal was 8 months. The vast majority of manuscripts are published in the journal between 6-10 after final acceptance. This compares favourably with other journals in the field.

**EHPS Reports***Articles Published in Psychology & Health (2001-2004)*

	2001	2002	2003	2004
Articles Published:	48	53	48	50
Book Reviews:	2	5	2	6
Total Pages:	725	799	787	800
Median Lag (months):	7	9	8	8
Source of Articles:				
Europe	30	26	36	21
North America	14	23	11	28
Australasia	4	4	1	1
Elsewhere	0	0	0	0

*Impact Factor*

The 2004 impact factor for Psychology & Health was 1.683, which represents an increase on the impact factor obtained in 2003 (1.307). The journal's impact factor has more than doubled since 2001 (0.705).

*Psychology & Health Impact Factor (2001-2004)*

	2001	2002	2003	2004
Impact Factor:	0.705	0.920	1.307	1.683

*Online Journal*

Psychology & Health is available online to subscribers to the journal (including EHPS members) via the Taylor & Francis website ([www.tandf.co.uk/journals](http://www.tandf.co.uk/journals)). This service has proved to be very popular. Each issue appears online before the printed version of the journal is published. In addition, "in press" articles are now available through prEview from the journal's webpage. Taylor & Francis also have a free contents alert service ([www.tandf.co.uk/sara](http://www.tandf.co.uk/sara)) that members can sign up to.

**Call for Nominations for Editor of Psychology & Health**

December 2005

**Address for correspondence:**

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The present Editor's term of office expires at the end of 2006. The EHPS Executive Committee is therefore seeking nominations for the appointment of a new Editor whose term of office would run for 4 years. Self-nominations are encouraged, although EHPS members may also put forward nominations. Nominees should be members of EHPS. Nominations should be sent to the Chair of the EHPS Publications Sub-Committee, Teresa McIntyre, by 14 February 2006, by e-mail or mail.

Nominees should send a brief CV outlining academic appointments, publications and previous editorial experience, as well as a short statement on their view of the future direction of the journal under their term of office. Potential nominees may wish to make informal contact with either the out-going Editor ([p.norman@sheffield.ac.uk](mailto:p.norman@sheffield.ac.uk)) or the Chair of the EHPS Publications Sub-Committee to discuss the position.

## Health Psychology Groups in Europe



**Professor Ralf Schwarzer** is head of the Berlin Health Psychology Department since 1982. He is a leading expert in the area of health behaviour change, stress and coping, and social support as well as a fellow of the American Psychological Association and of the EHPS. From 1996 to 1998 Ralf was the President of the EHPS. Currently he is the President of the Health Psychology Division (Div. 8) of the International Association for Applied Psychology (IAAP) (<http://userpage.fu-berlin.de/~health/iaap/>).

For more information on the Health Psychology Department of the Freie Universität Berlin visit <http://web.fu-berlin.de/gesund/e.htm>.

## Health Psychology at the Freie Universität Berlin

### *A brief history of Health Psychology in Germany*

Although research on health psychology topics and concepts has a long tradition in Germany, the discipline of Health Psychology was introduced to Germany only recently. In 1988, Ralf Schwarzer established the first Health Psychology courses at the FU Berlin. Four years later, in 1992, the Division of Health Psychology was founded within the German Psychological Society. This Division of Health Psychology organises biannual conferences and workshops. Its journal, *Zeitschrift für Gesundheitspsychologie*, founded in 1993, publishes articles quarterly.

Although Health Psychology is still a minor subject in the studies in psychology and not yet available at every University, it is growing rapidly in Germany. From 2006 on, Health Psychology will become a major component of the new M.A. programme in Clinical and Health Psychology at the FU Berlin, and other universities are to follow.

### *Health Psychology at the Freie Universität Berlin*

The Department of Health Psychology at the Freie Universität Berlin ([www.fu-berlin.de/gesund/e.htm](http://www.fu-berlin.de/gesund/e.htm)) is amongst the research groups with the longest and most fruitful traditions in German Health Psychology.

With about 20 members, it has become the major component of the psychology at the FU Berlin. Prof. Ralf Schwarzer's team includes EHPS members Sonia Lippke, Benjamin Schüz, Amelie Wiedemann and Jochen P. Ziegelmann as well as other faculty, doctoral students and collaborators.

### *Collaboration and Research*

The group's collaboration is interdisciplinary and international. Currently, the group is cooperating with leading institutions and departments in the UK, USA, Canada, Korea, Israel, and Switzerland. Furthermore, the Department of Health Psychology participates in two interdisciplinary Doctoral Programmes: (1) Neuropsychiatry and Psychology of Aging funded by DFG (Deutsche Forschungsgesellschaft, German Research Foundation) and (2) International Max Planck Research School: The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE).

The ongoing projects in the department cover two main topics: the examination of processes and factors that promote health behaviour change; and coping with stress in the area of chronic illness and traumatic experiences.

In the area of health behaviour change, a randomized controlled trial on the promotion of interdental hygiene, two intervention studies on health behaviour change in rehabilitation patients, a study on marathon runners as well as several online studies on healthy nutrition and physical activity (<http://userpage.fu-berlin.de/~gesund/plaene/>) are being conducted. The area of coping with stress is covered with a project on burn patients, a project on cancer patients undergoing surgery and a project on psychosocial correlates of halitosis (breath malodour).

Specific individual research interests are: Psychosocial factors in the treatment and course of severe burn injuries, processes of emotion regulation in borderline personality disorder, cognitive-behavioural treatment of anxiety disorders and personality disorders (Babette Renneberg); Stage theories of health behaviour change (Sonia Lippke); Mechanisms underlying food choice and their implications for health psychology (Jutta Mata); Psychosomatic patients and therapy outcome/quality of life with regard to psychosocial predictors (Gabriele Schmid); Changing health behaviours and behavioural dentistry (Benjamin Schüz); theory building in developmental health psychology and intervention design in self-regulation and successful aging (Jochen Ziegelmann).

by Urte Scholz, Benjamin Schüz & Jochen P. Ziegelmann



## Impression from Recent Conferences

### III National Congress of Psychology

Sofia, 28-30. X. 2005



The III National Congress of Psychology was held in Sofia, Bulgaria, on October 28-30, 2005 at Sofia University "St. Kliment Ohridski". The initiative for organizing the III National Congress of Psychology was that of the Bulgarian Psychological Society – the professional organization of psychologists in Bulgaria, that more than 35 years has been applying the achievements of psychology in fostering well-being. The II National Congress of Psychology was held in the remote 1981, when many of the present-day congress participants (psychology students) were not yet born. The III National Congress of Psychology found Bulgarian psychologists facing the challenges of working in conditions of social change and forthcoming European integration, and trying to satisfy the growing needs of Bulgarian people and institutions in adapting to the dynamic processes of change. Thus, one of the main aims of the III Congress of Psychology was the promotion and regulation of good professional practice. The organizers aimed to create a forum for scientific and professional exchange and bring together specialists working in all fields of psychology from academic or state institutions, from private practice, and students in psychology. Both the Scientific Committee, presided by Prof. Sava Djonev, and the Organizing Committee, presided by Dr. Plamen Dimitrov, worked from the beginning of 2005 in preparation for the Congress. And not surprisingly, the III National Congress of Psychology was attended by a large number of psychologists, other professionals, working in the field of psychology and psychology students.

The program included two plenary sessions, 9 scientific sections with over 130 oral presentations, 11 round tables and workshops, and poster sessions. There were two international keynote speakers: Prof. Heinz-Martin Suess, Otto-von-Guericke University of Magdeburg, whose current research focuses on the study of intelligence, and Michel Marie, expert in criminology and victimology. The scientific activities of the Congress began even before its official opening on 27 October with the Round table "Psychological aspects of conditions of work in organizations", organized by the Institute of Psychology – Bulgarian Academy of Sciences, "Conditions of work" Fund – Ministry of Labor and Social Policy, Confederation of the Independent Trade Unions in Bulgaria, and the Bulgarian Psychological Society.

Eleven round tables and workshops were conducted, most of them regarding important issues on regulation of professional practice of psychologists in Bulgaria: Standards for development and use of psychological tests; Ethics Code of the Bulgarian Psychological Society; Register of the specialties and professional standards; European perspectives of Bulgarian psychology and European standards in psychological education; Young psychologists' ideas of professional development; Psychic trauma – the experience of the Center for recovery of women, adolescents and children; The psychological competence of teachers and professional development of school psychologists; Psychophysiological studies in criminal psychology; Hypnotherapeutic approaches for habits change; Eating disorders; Psychological support in calamity situations.

There were 11 health-related presentations in different scientific sections, including by members of EHPS. Most of them were related to the study of stress and burnout, but also to psychosomatic disorders, social support, cervical screening and counseling of liver transplant patients. Two of the studies suggested that the socio-economic change had a great impact on the increased levels of stress observed.

Anna Alexandrova ([annaalexandrova@yahoo.com](mailto:annaalexandrova@yahoo.com)), Sofia, Bulgaria

## Impression from Recent Conferences

## First Symposium of the Central Eastern European Behavioural Medicine Network

(CEEBMNET) in Targu-Mures, Romania, 14-16 October, 2005.

The main topic of the meeting was the „Development of Behavioural Medicine in Central Eastern Europe - The Role of a Regional Network in Integrating Behavioural Medicine with Health Care, Health Policy and Education in the CEE countries”. The main organizers were the CEEBM-NET, the University of Medicine and Pharmacy of Targu- Mures and the Bod Péter Charity and Educational Centre, with the contribution of the International Society of Behavioural Medicine (ISBM), the "János Selye" Hungarian Society of Behavioural Sciences and Medicine, and the Institute of Behavioural Sciences, Semmelweis University Budapest. 56 participants attended the meeting representing Bulgaria, Czech Republic, Finland, Hungary, Lithuania, Poland, Romania, and the United States.

See more details about the background, the program and the abstract book of the Symposium at our websites: [www.ceedbm-net.hu](http://www.ceedbm-net.hu), [www.selyesociety.hu](http://www.selyesociety.hu).

The program started with three workshops: 1) Education and training in Behavioural Medicine (Adrienne Stauder, Hungary, ISBM E&T Committee); 2) Social, economic and political changes and health in CEE. What should we as behavioural medicine scientists and practitioners do to improve the health of our populations? (Redford Williams, ISBM President Elect, USA); 3) Balint workshop (Prof. Bohdan Wasilewski and Prof. Maria Siwiak-Kobayashi, Warsaw, Poland).

The opening ceremony and the opening lectures took place at the University of Medicine and Pharmacy of Targu Mures. The Dean of the University welcomed the VIP guests in his office. Dentistry students contributed to the opening ceremony with a folklore program.

The main conclusions of the meeting were: Regional meetings are important to raise international consciousness of the health problems of this area. It was a good opportunity to overview last year's progresses in behavioural medicine, as well as the difficulties to be overcome. The need to strengthen interdisciplinary and international cooperation in research, education and training and clinical applications was emphasized in all the scientific sessions and the roundtable discussions.

- The proposal to develop the CEEBM Network into a Regional Society was approved. An action plan about the next steps were also outlined: A Regional Society's goals should be defined on the basis of careful assessment of *local / regional needs and resources*.
- A formal Regional Society representing many countries of the region can be *more powerful and effective* in translating *our theories to practice, influencing decision-makers* and achieving our goals.
- The Regional Society can also serve as a *bridge to the global "bloodstream" of BM* as a member of the International Society of Behavioural Medicine (ISBM), and should help to develop national societies and institutions in the future.

We would like to thank all those who contributed to the organisation of this meeting, especially to the local organizers Melinda Székely, Zoltán Ábrám; (ISBM) Antti Uutela, Redford Williams, Neil Schneiderman, Brian Oldenburg, Edwin B. Fisher; (CEEBM-NET), Mária Kopp, Mónika Erika Kovács, Adrienne Stauder, Adriana Baban and Irina Todorova, and to all participants of the symposium for their activity and enthusiasm.

Mónika E. Kovács (Hungary), Coordinator of CEEBM-NET, Adrienne Stauder (Hungary), ISBM E&T Committee Co-Chair

## Announcements

### Expert involvement in systematic review of measures of positive mental health

AHP Research has been commissioned by NHS Health Scotland to conduct a "Review of positive mental health and wellbeing scales". The aim is to identify and review measures that may be appropriate (a) for use in a national survey of well-being, and (b) for evaluating the impact of local interventions.

We have tentatively identified eight components of positive mental health that will be critiqued in the review. These include Psychological Well-being, Life Satisfaction, Morale/Optimism, Self-Esteem, Resilience/Coping, Spirituality (aka Purpose in Life), Social Integration (including positive relationships, trust, empathy, respect as well as social support / social networks), Emotional Intelligence. As an integral part of our review process, we would like to include the views of experts and practitioners with experience of measuring any or all of these aspects of 'positive mental health'.

Part One of the process is to conduct interviews in January about the components of positive mental health that we have established and the measures that we short-listed for inclusion in our review. Interviews are planned for the middle of January 2006 and will be conducted in person or by telephone.

Part Two of the process requires that our final reports (the first in an academic format and the second written in lay language in a format more suitable for practitioners to use) be peer-reviewed by experts and practitioners. We expect that the reports will be available for comment around mid-March.

All contributions will be acknowledged with thanks in our final reports. This is an exciting and timely opportunity to contribute to a review that will have a very real impact on the lives of people living in Scotland, and may have even wider impact once published. If you have relevant experience, we would be very pleased if you would be willing to contribute to the processes above to help ensure that the review is as robust and well informed as possible. If you are interested in participating, please indicate your availability for Part One and/or for Part Two by sending an email ASAP to: [jane.speight@ahpresearch.com](mailto:jane.speight@ahpresearch.com). Please include "Expert involvement in wellbeing review" in your subject header.

### Two-year MSc Program 'Psychological Health Research' at Utrecht University, The Netherlands

The MSc program *Psychological Health Research* is based on the understanding that the explanation of health and health behavior requires in-depth knowledge ranging from developmental and social psychology to abnormal and biological psychology. The program combines high-level course work with hands-on skill and competence development. In each semester of the first year you follow two courses with an accent on theories, one course on methods and statistics, and one workshop. The workshop integrates the theoretical and statistical knowledge of the other courses and teaches you how to apply this to actual research questions. The second year continues research training, research seminars, and the final Master's project. The program is completed with a Master's thesis and a draft research article for international publication.

The Master's thesis is supervised by staff members who are senior fellows in the Psychology and Health Research School of Utrecht University. Director of the MSc Program Psychological Health Research is Denise de Ridder, Ph.D.

#### For more information:

[www.fss.uu.nl/graduateschool](http://www.fss.uu.nl/graduateschool)

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## Upcoming Conferences

## VIIth National Congress of the Italian Health Psychology Society

Cesena, 28-30 September 2006

*Promoting well being with persons, groups and communities*

VII CONGRESSO NAZIONALE



FACOLTA' DI PSICOLOGIA

PROMUOVERE BENESSERE  
CON PERSONE GRUPPI COMUNITA'

Cesena, 28-30 Settembre 2006

The Italian Health Psychology Society was founded officially in 1997, and since then it has organised 5 National Congresses (Milan, 1998; Orvieto, 2000; Florence, 2002; Naples, 2004; Cesena, 2006). The Society also publishes a Journal (*Psicologia della Salute*). Former President of the Society was Mario Bertini, of the University of Rome "La Sapienza" (now Past President) and the current President is Giovanna Petrillo, from the University of Naples.

The general theme of the VII Congress is *Well being and its promotion*, examined from different levels of analysis (individual, group, community) and with an emphasis of the active role of citizens in health and well being. Topics of the Congress are: Theories and methods; Models of intervention in Health Psychology; Emotions and well being; Psychophysiology of well being; Risk and prevention; Promotion of healthy lifestyles; Positive psychology and well being; Critical events and emergencies; Quality of life in illness and disability; Participation of citizens in health management; Work, organizations and health; Social networks, prosocial behavior and well being; Social inequalities and health; Environments and health; Culture and well being; Communication of health.

Deadlines for submissions: February 28<sup>th</sup> 2006.

For further information please contact: Elvira Cicognani, Italy.

ph. +39 0547 338509; fax. +39 0547 338503;

e-mail: [sipsacesena2006@psice.unibo.it](mailto:sipsacesena2006@psice.unibo.it) webpage: <http://sipsa.psice.unibo.it>

### 2006 annual meeting of the American Psychological Association New Orleans

August 10 - 13, 2006

APA has been actively monitoring the New Orleans recovery after the summer hurricanes, including conducting a site visit on October 31. The decision to keep the meeting in New Orleans was made by unanimous vote by the board of directors.

For more information about convention planning visit [www.apa.org/convention](http://www.apa.org/convention)

### The Second International Congress of Qualitative Inquiry "Ethics, Politics and Human Subject Research In the New Millennium"

University of Illinois, Urbana-Champaign  
3-6, May, 2006.

Conference and workshop registration will begin December 1, 2005. To learn more about the Second International Congress and submit your paper or panel, please visit our website [www.QI2006.org](http://www.QI2006.org)



## Upcoming Conferences



**XV. IFTA World Congress:** "Reflection, Resilience and Hope; Strengthening Foundations" & FFF the Icelandic Association of Professionals Practicing Family Therapy in Iceland.  
Reykjavík Iceland  
4-7, October, 2006

Web site and the abstract submission are open! <http://www.ifta2006.org>

*Happy Holidays!*

## Executive Committee of the EHPS (2004-2006)

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## CALL FOR PAPERS

Original articles, editorial correspondence, and suggestions for review and discussion articles should be sent to: Professor Christopher Dowrick, School of Population, Community and Behavioural Science, University of Liverpool, Liverpool L69 3GB, UK. Email: [cfid@liverpool.ac.uk](mailto:cfid@liverpool.ac.uk)

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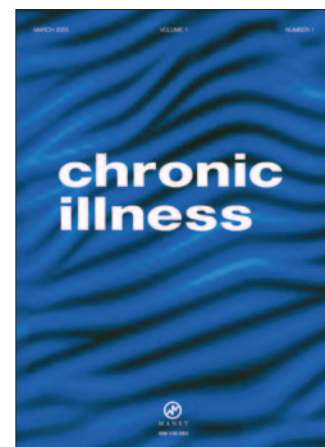
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