



Annual Activity Report 2015

Division 8 – Health Psychology

Successful initiatives and activities

- The members of the Division of Health psychology actively took part in the 28th International Congress of Applied Psychology (ICAP 2014), Paris, France. Aleksandra Luszczynska, Esther R. Greenglass, Urte Scholz, and Ralf Schwarzer presented a series of presidential, transversal and divisional keynote addresses discussing cognitions, environment, and obesity-related behaviors, the role of psychology for reactions to the recent financial crisis, and social exchange processes and self-efficacy in health behavior change and resilience. Sonia Lippke and Rik Crutzen convened invited symposia on multiple risk factors, multiple behavior change, and sustainable well-being and on interventions in health behavior change. The division had several other invited symposia, for example dealing with designing, evaluating and implementing behavior change interventions (Charles Abraham), social stigma and health (Gertraud Stadler), laboratory and field research for understanding mechanisms of health behavior change (Martin Hagger). State of the Art Health Psychology speakers giving divisional keynote lectures included Mark Conner, Stan Maes and John de Wit who presented advancements in research on the question-behavior effect, self-regulation in chronic disease, and prevention of sexual risk behavior.
- The Executive Committee of the Division 8, Health Psychology, granted the following scientific awards during the ICAP 2014:
 - Graduate Student Achievement Award: Natalia Liszewska (Poland)
 - Early Career Awards: Lisa Marie Warner (Germany), and Gertraud Stadler (USA)
 - Distinguished Health Psychology Contribution Award: Mark Conner (UK), and Martin Hagger (Australia).
- Initiative of a facebook page <https://www.facebook.com/healthpsychologyiaap>
- The members of the Division of Health psychology actively took part in the 12th Annual Scientific meeting of the Australasian Society for Behavioural and Health Medicine entitled Addressing barriers to health outcomes for people and populations which took place from Wednesday 11th to Friday 13th February, 2015. Barbara Mullan was the Local Organizing Committee Chair. Aleksandra Luszczynska and Martin Hagger presented. All three chaired sessions and were judges for the early career presentation prize.

- Aleksandra Luszczynska was invited to deliver the keynote address at the 10th Biannual Polish Health Psychology Conference (Gdansk, Poland). She presented on “Good practices in developing health behavior change interventions”.
- The IAAP Health Psychology Division Executive Committee (EC) members participated in the 28th European Health Psychology conference (Innsbruck, Austria). Aleksandra Luszczynska was acting as a co-facilitator of a two-day Synergy Expert Meeting, entitled ‘Implementation Intentions and Action Planning Intervention in Health Psychology: Evaluating the ‘State of the Art’ and Developing Guidelines for Best Practice and Future Research’. She also chaired the conference track devoted to social support and health issues. The EC members chaired and facilitated the following symposia: ‘Social cognition models and health behavior’ (Barbara Mullan), ‘Health Action Process Approach intervention studies’ (Ralf Schwarzer), ‘Risk Perception and Communication in Health Care Settings’ (Aleksandra Luszczynska), ‘Effective self-regulation strategies in health behavior change’ (Urte Scholz), ‘Social support and well-being’ (Aleksandra Luszczynska), ‘Theory-guided behavior change interventions to improve physical activity levels’ (Ralf Schwarzer), and ‘Technology-based interventions’ (Rik Crutzen).
- Members of the IAAP Health Psychology Division Executive Committee (EC) actively participated in the International Congress of Behavioral Medicine (ICBM) 2014 with the symposium “Digital Health Promotion: Innovations, evidences and directions” in Groningen, The Netherlands.
- Aleksandra Luszczynska joined the European Union’s Joint Programming Initiative in January 2014, entitled ‘Healthy Diet for Healthy Life’. The initiative has launched a knowledge hub called the Determinants of Diet and Physical Activity (DEDIPAC), involving partners from 12 European countries. DEDIPAC aims to identify best practices for interventions and policies promoting healthy lifestyles and implementation conditions enabling transfer of good practices across Europe (see: <https://www.dedipac.eu>).

Communication: Division

- Rik Crutzen is organizing a Workshop at the 14th International Society for Behavioral Nutrition and Physical Activity meeting, Edinburgh, United Kingdom (2015, June 3-6). The workshop is entitled Murphy’s law and other reasons why things go wrong in intervention studies.
- Aleksandra Luszczynska is organizing a roundtable on conceptualization and challenges in caregiving research, which will take place at European Health Psychology Society Conference (September, 2015). The roundtable will be followed by promotion of a book “Caregiving in the Illness Context” (2015, Publisher: Palgrave MacMillan), coauthored by Aleksandra Luszczynska.
- Sonia Lippke will chair a symposium at the same conference with the topic “Computer-based Health Promotion to change health behaviors and to overcome health literacy challenges” with prominent speakers from around the world (Brian Oldenburg, Wayne Velicer, Hein deVries and Lilian Lechner).