



THE INTERNATIONAL ASSOCIATION
OF APPLIED PSYCHOLOGY

Division 8 – Health Psychology

2016 – Spring Newsletter

UPDATES FROM THE EXECUTIVE COMMITTEE

Aleksandra Luszczynska became a member of a task group, supported by an EHPS Networking Grant (2015). The group focuses on investigating caregiver stress issues; the involved researchers are Tracey Revenson (USA), Val Morrison (UK), Noa Vilchinsky (Israel), Mariet Hagedoorn (the Netherlands), Aleksandra Luszczynska (Poland/USA), Efharis Pangopoulou (Greece), and Konstantina Griva (Singapore). So far the result of the task group collaboration is a book on providing a synthesis of theoretical approaches and research on caregiving. The book was published in 2015 by Palgrave (see <http://www.palgrave.com/us/book/9781137558978>; also available as pdf or ebook).

Rik Crutzen was an invited contributor to the Workshop Connected Well-being & Health: Focus on Mobile Health Applications, University of Manchester, United Kingdom.

Urte Scholz received together with Gertraud Stadler, Nina Knoll, Caterina Gawrilow and Beate Ditzen a Networking Grant of the European Health Psychology Society (EHPS) on the topic: “How Do Individual and Dyadic Regulation Intersect in Behavior Change? – Development of a Dyadic Health Process Model”

Sonia Lippke received a grant from the German Pension Fund Oldenburg Bremen (DRV Oldenburg-Bremen) for conducting a meta-analysis of behavioral vs. environmental interventions reducing sitting time at work and preventing work ability. Furthermore, she was promoted to Full Professor of Health Psychology and Behavioral Medicine at Jacobs University.

At Jacobs University, a new Master’s Program will start this fall focusing on different applied fields, such as health, cross-cultural aspects and organizational setting. In times of demographic change and globalization, this bilingual program takes up many actual topics. (see picture on page 2). More information can be found [here](#)

Upcoming Events:

This year’s Synergy meeting, an expert meeting during the two days before the conference of the European Health Psychology Society (EHPS), 22.-23. August 2016 in Aberdeen, on “Social relationships and health: collaborative and dyadic approaches” will be facilitated by Urte Scholz and Gertraud Stadler. More information can be found [here](#)



Picture with current and potential future students at Jacobs University with Prof. Sonia Lippke (president elect of Div. 8 of IAAP, very left), her colleague Prof. Ullrich (very right) and the Bremen Town Musicians (statue in the middle).

RECENT PUBLICATIONS

Below are a sample of some of the excellent new publications from our members:

Crutzen, R., Van 't Riet, J., & Short, C.E. (2016). Enjoyment: a conceptual exploration and overview of experimental evidence in the context of games for health. *Games for Health Journal*, 5, 15-20.

Hirata, E., Kühnen, U., Hermans, R.C.J., & Lippke, S. (2015). Modelling of food intake in Brasil and Germany: Examining the effects of self-construals. *Eating Behaviors*, 19, 127–132.

Jander, A., Crutzen, R., Mercken, L., Candel, M., & De Vries, H. (2016). Effects of a Web-based computer-tailored game to reduce binge drinking among Dutch adolescents: a cluster randomized controlled trial. *Journal of Medical Internet Research*, 18, e29.

Horodyska, K., Luszczynska, A., Hayes, C. B., O'Shea, M. P., Langoien, L. J., Roos, G., van den Berg, M., Hendriksen, M., de Bourdeaudhuij, I., & Brug, J. (2015). Implementation conditions for diet and physical activity interventions and policies: An umbrella review. *BMC Public Health*. 15, 1250. Doi:10.1186/s12889-015-2585-5

Lippke S., Fleig L., Wiedemann A., & Schwarzer R. (2015). A computerized lifestyle application to promote multiple health behaviors at the workplace: Testing its behavioral and psychological effects. *Journal of Medical Internet Research*, 17(10), e225. DOI: 10.2196/jmir.4486; PMID: 26429115; URL: <http://www.jmir.org/2015/10/e225>

- Luescher, J., Stadler, G., Ochsner, S., Rackow, P., Knoll, N., Hornung, R., & Scholz, U. (2015). Daily Negative Affect and Smoking after a Self-Set Quit Attempt: The Role of Invisible Social Support in a Daily Diary Study. *British Journal of Health Psychology*, 20, 708-723. DOI: 10.1111/bjhp.12135
- Luszczynska, A., Horodyska, K., Zarychta, K., Liszewska, N., Knoll, N., & Scholz, U. (2016). Planning and self-efficacy interventions encouraging replacing energy-dense foods intake with fruit and vegetable: A longitudinal experimental study. *Psychology & Health*, 31, 40-64. doi: 10.1080/08870446.2015.1070156
- Revenson, T. A., Griva, K., Luszczynska, A., Morrison, V. Panagopoulou, E., Vilchinsky, N., & Hagedoorn, M. (2015). *Caregiving in the Illness Context*. Basingstoke, UK: Palgrave Macmillan. Doi:10.1057/9781137558985.0004
- Zarychta, K., Mullan, B., & Luszczynska, A. (2016). It doesn't matter what they say, it matters how they behave: Parental influences and changes in body mass among overweight and obese adolescents. *Appetite*, 96, 47-55. doi:10.1080/17441692.2015.1094106