



THE INTERNATIONAL ASSOCIATION
OF APPLIED PSYCHOLOGY

Division 8 – Health Psychology

2015 - Fall Newsletter

UPDATES FROM THE EXECUTIVE COMMITTEE

Sonia Lippke received a grant from the German Federal Ministry for Education and Research (BMBF) within the prevention network AEQUIPA for healthy aging in the metropolitan region Bremen-Oldenburg. The network aims at fostering physical activity as a foundation for healthy aging. The goal of the project is to find out which physical exercise the age group of 65+ engages in and which ones are beneficial to their health. AEQUIPA is funded until 2018 and is coordinated by the Leibniz Institute for Prevention Research and Epidemiology (BIPS). Sonia Lippke is involved in the work package PROMOTE and the Graduate programme. Sonia Lippke is chair of the 'Health and behaviours within social and cultural contexts' interactive poster session, and both chair and discussant of the 'Computer-based health promotion to change health behaviours and to overcome health literacy challenges' symposium of the 29th European health Psychology Conference, Limassol, Cyprus (2015, September 1-5).

The National Science Centre, Poland, awarded Aleksandra Luszczynska with a grant for developing interventions aiming at dyadic, collaborative, and individual plans prompting physical activity among people with obesity, diabetes, and cardiovascular diseases. The development of the interventions, their evaluation and implementation will be

conducted in collaboration with Applied Social and Health Psychology Group at University of Zurich (Urte Scholz and Theda Radtke). Aleksandra Luszczynska has varied roles in the 29th European health Psychology Conference, Limassol, Cyprus (2015, September 1-5). Aleksandra is track chair of the 'interventions in chronic disease II' track, chair of the 'conceptualisation and challenges in caregiving research' roundtable, discussant of the 'health-related correlates of social support' symposium, and presenter within 'the varied roles of self-efficacy in health behaviour change' symposium.

Ralf Schwarzer received an invitation to speak at the 6th Asian Congress of Health Psychology in Yokohoma, Japan, July 2016. Ralf Schwarzer is also presenting within the 'varied roles of self-efficacy in health behaviour change' symposium, and discussant within the 'making sense of behaviour change' symposium of the 29th European health Psychology Conference, Limassol, Cyprus (2015, September 1-5).

Rik Crutzen is a member of the Executive Committee of the European Health Psychology Society (EHPS) and track chair of the 'eHealth and mHealth' track of the 29th European Health Psychology Society Conference, Limassol, Cyprus (2015, September 1-5).

RECENT PUBLICATIONS

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

- Berli, C., Ochsner, S., Stadler, G., Knoll, N., Hornung, R., & Scholz, U. (2015). Volitional processes and daily smoking: Examining inter- and intraindividual associations around a quit attempt. *Journal of Behavioral Medicine*, 38, 306-317. doi: 10.1007/s10865-014-9598-x
- Crutzen, R., Viechtbauer, W., Spigt, M., & Kotz, D. (2015). Differential attrition in health behaviour change trials: a systematic review and meta-analysis. *Psychology & Health*, 30, 122-134.
- Crutzen, R. & Rutter, R.A.C. (2015). Interest in behaviour change interventions: a conceptual model. *The European Health Psychologist*, 17, 6-11.
- De Wit J. B. F., Stok, F. M., de Ridder, D., T. D., de Vet, E., Gaspar, T., Johnson, F., Nureeva, L., & Luszczynska, A. (2015). Food culture in the home environment: Family meal practices and values can support healthy eating and self-regulation in young people in four European countries. *Applied Psychology: Health and Well-Being*, 7, 22-40. Doi:10.1111/aphw.12034
- Fleig, L., Kueper, C., Lippke, S., Schwarzer, R., & Wiedemann, A. U. (2015). Cross-behaviour associations and multiple behaviour change: A longitudinal study on physical activity and fruit and vegetable intake. *Journal of Health Psychology*, 20(5), 525-534
- Lhakang, P., Lippke, S., Knoll, N., & Schwarzer, R. (2015). Evaluating brief motivational and self-regulatory hand hygiene interventions: a cross-over longitudinal design. *BMC Public Health*, 15, 79.
- Lippke, S., Wienert, J., Kuhlmann, T., Fink, S., & Hambrecht, R. (2015). Perceived stress, physical activity and motivation: Findings from an internet study. *Annals of Sports Medicine and Research*, 2(1), 1012.
- Luszczynska, A., Zarychta, K., Horodyska, K., Liszewska, N., Gancarczyk, A., & Czekierda, K. (2015). Functional perfectionism and healthy behaviors: The longitudinal relationships between the dimensions of perfectionism, nutrition behavior, and physical activity moderated by gender. *Current Issues in Personality Psychology*, 3(2), 84-93. doi: 10.5114/cipp.2015.52085
- Mullan, B., Allom, V., Sainsbury, K., & Monds, L. (2015). Examining the predictive utility of an extended theory of planned behaviour model in the context of specific individual safe food-handling behaviours. *Appetite*, 90, 91-98
- Mullan, B., Smith, L., Allom, V., Sainsbury, K., Paterson, H., & Lopez, A. (2015). Active safety interventions in the construction industry: A systematic review including behaviour change techniques. *Safety Science*, 79, 139-148
- Norman, P., Boer, H., Seydel, E. R., & Mullan, B. (2015). Protection motivation theory. In M. Conner & P. Norman (Eds.), *Predicting and changing health behaviour: Research and practice with social cognition models* (3rd ed.). Buckingham: Open University Press.
- Ochsner, S., Knoll, N., Stadler, G., Luszczynska, A., Hornug, R., & Scholz, U. (2015). Interacting effects of receiving social control and social support during smoking cessation. *Annals of Behavioral Medicine*, 49, 141-146. Doi: 10.1007/s12160-014-9635-6
- Peters, G.-J.Y., De Bruin, M., & Crutzen, R. (2015). Everything should be as simple as possible, but no simpler: towards a protocol for accumulating evidence regarding the active content of health behaviour change interventions. *Health Psychology Review*, 9, 1-14.
- Stok, M. F., De Vet. E., Wit, J. B. F., Luszczynska, A., Safron, M., de Ridder, D T. D. (2015). The proof is in the eating: Subjective peer norms are associated with adolescents' eating behavior. *Public Health Nutrition*, 18, 1044-1051. Doi: 10.1017/S1368980014001268
- Scholz, U., König, C., Eicher, S. & Martin, M. (2015). Stabilisation of health as the centre point of a health psychology of ageing. *Psychology and Health*, 30, 732-749. Doi:10.1080/08870446.2014.991733
- Zhou, G., Sun, C., Knoll, N., Hamilton, K., & Schwarzer, R. Self-efficacy, Planning, and Action Control in an Oral Self-Care Intervention. *Health Education Research*. 30 (4), 671-681
<http://her.oxfordjournals.org/content/30/4/671.long>

- Zhou, G., Gan, Y., Ke, Q., Knoll, N., Lonsdale, C., & Schwarzer, R. (2015). Avoiding Exposure to Air Pollution by Using Filtering Facemask Respirators: An Application of the Health Action Process Approach. *Health Psychology*, Aug 10 , No Pagination Specified. <http://dx.doi.org/10.1037/hea0000264>
- Zhou, G., Gan, Y., Miao, M., Hamilton, K., Knoll, N., & Schwarzer, R. (2015). The role of action control and action planning on fruit and vegetable consumption. *Appetite*, 91(1), 64-68.