

## 2018 Spring Bulletin

The European Commission has awarded Horizon 2020 grants in call H2020-SFS-2016-2017 dealing with sustainable food security – resilient and resource-efficient value chains. A proposal on confronting obesity by co-creating policy with youth (CO-CREATE) was approved for funding. CO-CREATE aims to reduce childhood obesity and its co-morbidities by working with adolescents, to create, inform and disseminate obesity-preventive evidence-based policies. The project applies a systems approach to provide a better understanding of how factors associated with obesity interact at various levels. Aleksandra Luszczynska and her team are among partners who will pursue these goals, together with partners from Europe, USA, Australia, Africa and leading international organizations such as World Health Organization, World Obesity Federation, and World Cancer Research Fund International.

Sonia Lippke received funding to work in a project coordinated by University Medical Center Groningen in the Netherlands called IMPACCT (IMproving PATient-centered Communication Competences: To build professional capacity concerning health literacy in medical and nursing education). This is an international consortium with the aim of developing an educational program to improve the communication competences of medical students and nursing students to communicate better with older patients with low health literacy. The grant is part of the EU Erasmus + program.

Urte Scholz was elected president-elect of the Swiss Society of Health Psychology.

In November 2017, Ralf Schwarzer delivered a keynote speech at the Regional Psychology Conference of the IAAP in Hanoi, Vietnam. He also offered a well-attended training workshop on how to publish.

Also in November 2017 Aleksandra Luszczynska delivered a keynote entitled “Ways to increase the impact of psychosocial interventions in the rehabilitation context” at the Annual Israeli Rehabilitation Psychology Congress in Ashkelon, Israel.

### Sample of new publications

Allom, V., Mullan, B., Clifford, A., Scott, A., & Rebar, A. (2018). Understanding Supplement Use: An Application of Temporal Self-Regulation Theory. *Psychology, Health & Medicine*, 23(2), 178-188.

Bierbauer, W., Inauen, J., Schäfer, S., Kleemeyer, M. M., Lüscher, J., König, C., Tobias, R., Kliegel, M., Zimmerli, L., Holzer, B. M., Battegay, E., Siebenhüner, K., Ihle, A., Schmid, C., & Scholz, U. (2017). Health behavior change in older adults: Testing the health action process approach at the interindividual and intraindividual level. *Applied Psychology: Health and Well-Being*, 9, 324-348. DOI: 10.1111/aphw.12094

Black, N., Mullan, B., & Sharpe, L. (2017). Predicting Heavy Episodic Drinking using an extended Temporal Self-Regulation Theory. *Addictive Behaviors*, 73(111-118).

Cihlar, V., & Lippke, S. (2017). Physical activity behavior and competing activities: Interrelations in 55-to-70-year-old Germans. *Journal of Aging and Physical Activity*, 25, 576-586. DOI: 10.1123/japa.2016-0211

Crutzen, R. & Peters, G.-J.Y. (2017). Targeting next generations to change the common practice of underpowered research. *Frontiers in Psychology*, 8, 1184.

Crutzen, R. & Peters, G.-J.Y. (2018). Evolutionary learning processes as the foundation for behaviour change. *Health Psychology Review*, 12, 43-57.

Duan, Y. P., Wienert, J., Hu, C., Si, G. Y., & Lippke, S. (2017). Web-based intervention for physical activity and fruit and vegetable intake among Chinese university students: A randomized controlled trial. *J Med Internet Res*, 19(4):e106. URL: <http://www.jmir.org/2017/4/e106/>. doi:10.2196/jmir.7152

Horodyska, K., Boberska, M, Knoll, N., Scholz, U., Radtke, T., Liszewska, N., & Luszczynska, A. (2017) What matters, parental or child perceptions of physical activity facilities? A prospective parent-child study explaining physical activity and body fat among children. *Psychology of Sport and Exercise.*, 34, 39-46. Doi: 10.1016/j.psychsport.2017.09.007

Inauen, J., Bolger, N., Shrout, P.E., Stadler, G., Amrein, M., Rackow, P., & Scholz, U. (2017). Using Smartphone-Based Support Groups to Promote Healthy Eating in Daily Life: A Randomized Trial. *Applied Psychology Health and Well-Being*, 9, 303-323. doi:10.1111/aphw.12093

Lippke, S. (2017). Self-efficacy. In V. Zeigler-Hill & T. K. Shackelford (Eds.). *Encyclopedia of Personality and Individual Differences*. Cham: Springer International Publishing. [http://dx.doi.org/10.1007/978-3-319-28099-8\\_1165-1](http://dx.doi.org/10.1007/978-3-319-28099-8_1165-1)

Lüscher, J., Stadler, G., & Scholz, U. (2017). The role of dual-smoker couples' received and provided social support for daily smoking after a joint quit date. *Nicotine and Tobacco Research*, 20, 100-107. DOI: 10.1093/ntr/ntx079

Muellmann, S., Steenbock, M., De Cocker, K., De Craemer, M., Hayes, K., OShea, M. P., Horodyska, K., Bell, J., Luszczynska, A., Roos, G., Langøien L. J., Rugseth, G., Terragni, L., De Bourdeaudhuij, I., Brug, J., & Pischke, C. R. (2017). Views of policy makers and health promotion professionals on factors facilitating implementation and maintenance of interventions and policies promoting physical activity and healthy eating: results of the DEDIPAC project. *BMC Public Health*, 17, 932. Doi: 10.1186/s12889-017-4929-9

Mullan, B., Ntoumanis, N., Thøgersen-Ntoumanis, C., & Lipp, O. (2017). It's a bit more complicated than that?: A broader perspective on determinants of obesity. *Behavioral and Brain Sciences*, doi:10.1017/S0140525X16000947, e105, 1-53.

Pisanti, R., Lombardo, C., Luszczynska, A., Poli, L., Bennardi, L., Giordanengo, L., Berloco, P. B., & Violani, C. (2017). Appraisal of transplant-related stressors, coping strategies, and psychosocial adjustment following kidney transplantation. *Stress & Health*, 33, 43-447. Doi: 10.1002/smi.2727

Schwarzer, R., Warner, L.M., Fleig, L., Gholami, M., Salvatore, S., Cianferotti, L., Ntzani, E., Roman-Viñas, B., Trichopoulou, A., & Brandi, M. L. (2017). Psychological Mechanisms in a Digital Intervention to Improve Physical Activity: A Multicenter Randomized Controlled Trial. *British Journal of Health Psychology*, doi:10.1111/bjhp.12288.

Schwarzer, R., Warner, L.M., Fleig, L., Gholami, M., Serra-Majem, L., Ngo, J., Cianferotti, L., Kritikou, M., Mossi, P., Ntzani, E., & Brandi, M. L. (2017). Dietary Planning, Self-efficacy, and Outcome Expectancies Play a Role in an Online Intervention on Fruit and Vegetable Consumption. *Psychology & Health*, DOI 10.1080/08870446.2017.1385785.

Whittal, A., Hanke, K., & Lippke, S. (2017). Investigating acculturation orientations of patients with an immigration background and doctors in Canada: implications for medical advice adherence. *Quality of Life Research* 26 (5), 1223–1232. doi: <http://dx.doi.org/10.1007/s11136-016-1438-8>.