

Division 8 – Health Psychology

2016 Fall Bulletin

The divisional webpage has been updated, please visit <http://iaapsy.org/divisions/division8> .

Division 8 members actively participated at the International Congress of Psychology, held 24-29th of July in Yokohama, Japan. Jennifer Inauen chaired a invited Division 8 symposium on “Health behaviors in context: The role of social and structural factors in self-regulation” with Urte Scholz being the discussant. Urte Scholz chaired an invited symposium on “Theory-based approaches for promoting health behavior change”, with Aleksandra Luszczynska and Urte Scholz being two of the speakers and Ralf Schwarzer being the discussant.

Many Division 8 members recently attended and actively took part in the European Health Psychology Society Conference, held in Aberdeen, Scotland in August, 2016. Urte Scholz, Aleksandra Luszczynska, Barbara Mullan, Rik Crutzen, and Ralf Schwarzer served as chairs and participants of various keynotes, oral sessions, and symposia. Aleksandra was a keynote speaker at the conference, and discussed ‘Ways to Increase the Impact of Behaviour Change Interventions in a Real-World Setting.’ Aleksandra Luszczynska also chaired the symposium ‘Efficacy and mechanisms of theory-based behaviour change interventions’, to which Barbara Mullan and Ralf Schwarzer contributed recent research.

Urte Scholz facilitated together with Gertraud Stadler the EHPS Synergy Expert Meeting on “Social relationships and health: Collaborative and dyadic approaches” which took place from August 22-23, 2016 preceding the EHPS conference.

A number of division 8 members will also take part at the upcoming International Congress of Behavioural Medicine in November held in Melbourne, Australia. Ralf Schwarzer and Aleksandra Luszczynska have organised a symposium at this conference titled ‘Challenges and future directions in research on determinants of physical activity’. Barbara Mullan will be running a pre-conference workshop on ‘systematic reviews and meta-analyses in behavioural medicine: a practical introduction to best practices.’

Rik Crutzen has been re-elected as Executive Committee member of the European Health Psychology Society.

Sonia Lippke received a grant for one year from the German Pension Fund Oldenburg Bremen (DRV-Oldenburg-Bremen) about € 49,000 for conducting a meta-analysis on behavioural vs. environmental interventions reducing sitting time at work and preventing work ability, and for the study "Entwicklung eines teilhabe-orientierten Screenings zur differenzierten Rehabilitation abhängigkeitskranker Menschen" (TOSDA).

Urte Scholz (PI) received a grant of 500'000 Swiss Franks (≈ 504'000 USD) from the Swiss National Science Foundation for the interdisciplinary project “Measuring the impact of social support and joint dyadic coping on couple's dyadic management of Type II Diabetes by a novel ambulatory assessment application for the open source behavioral intervention platform MobileCoach”.

Sample of new publications

Banik, A., Luszczynska, A., Pawlowska, I., Cieslak, R., Knoll, N., & Scholz, U. (2016). Enabling, Not Cultivating: Received Social Support and Self-Efficacy Explain Quality of Life After Lung Cancer Surgery. *Annals of Behavioral Medicine*, 1-12.

- Beaujean, D. J. M. A., Crutzen, R., Gassner, F., Ameling, C., Wong, A., van Steenberg, J. E., & Ruwaard, D. (2016). Comparing the effect of a leaflet and a movie in preventing tick bites and Lyme disease in The Netherlands. *BMC Public Health*, *16*(1), 1.
- Berli, C., Stadler, G., Inauen, J., & Scholz, U. (2016). Action control in dyads: A randomized controlled trial to promote physical activity in everyday life. *Social Science & Medicine*, *163*, 89-97.
- Désiron, H., Crutzen, R., Godderis, L., Van Hoof, E., & De Rijk, A. (2016). Bridging health care and the workplace: formulation of a return-to-work intervention for breast cancer patients using an Intervention Mapping approach. *Journal of Occupational Rehabilitation*, *26*, 350-365.
- Hagger, M. S., Luszczynska, A., de Wit, J., Benyamini, Y., Burkert, S., Chamberland, P. E., ... & Gauchet, A. (2016). Implementation intention and planning interventions in Health Psychology: Recommendations from the Synergy Expert Group for research and practice. *Psychology & health*, 1-26.
- Hamilton, K., Warner, L. M., & Schwarzer, R. (2016). The Role of Self-Efficacy and Friend Support on Adolescent Vigorous Physical Activity. *Health Education & Behavior*, 1090198116648266.
- Inauen, J., ShROUT, P. E., Bolger, N., Stadler, G., & Scholz, U. (2016). Mind the gap? An intensive longitudinal study of between-person and within-person intention-behavior relations. *Annals of Behavioral Medicine*, *50*, 516-522. DOI: 10.1007/s12160-016-9776-x
- 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.
- Ketelaar, P. E., Janssen, L., Vergeer, M., van Reijmersdal, E. A., Crutzen, R., & van't Riet, J. (2016). The success of viral ads: Social and attitudinal predictors of consumer pass-on behavior on social network sites. *Journal of Business Research*, *69*(7), 2603-2613.
- Kuhlmann, T., Reips, U. D., Wienert, J., & Lippke, S. (2016). Using Visual Analogue Scales in eHealth: Non-Response Effects in a Lifestyle Intervention. *Journal of Medical Internet Research*, *18*(6).
- Luszczynska, A., Hagger, M. S., Banik, A., Horodyska, K., Knoll, N., & Scholz, U. (2016). Self-Efficacy, Planning, or a Combination of Both? A Longitudinal Experimental Study Comparing Effects of Three Interventions on Adolescents' Body Fat. *PLoS one*, *11*(7), e0159125.
- Milton, A. C., & Mullan, B. (2016). Views and experience of communication when receiving a serious mental health diagnosis: satisfaction levels, communication preferences, and acceptability of the SPIKES protocol. *Journal of Mental Health*, 1-10.
- Mullan, B., Henderson, J., Kothe, E., Allom, V., Orbell, S., & Hamilton, K. (2016). The Role of Habit and Perceived Control on Health Behavior among Pregnant Women. *American journal of health behavior*, *40*(3), 291-301.
- Scholz, U., Stadler, G., Ochsner, S., Rackow, P., Hornung, R. & Knoll, N. (2016). Examining the relationship between daily changes in support and smoking around a self-set quit date. *Health Psychology*, *35*, 514-517. DOI: 10.1037/hea0000286
- Schwarzer, R., Cone, J. E., Li, J., & Bowler, R. (2016). A PTSD Symptoms Trajectory Mediates Between Exposure Levels and Emotional Support in Police Responders to 9/11: A Growth Curve Analysis. *BMC Psychiatry*, DOI: 10.1186/s12888-016-0907-5. Open access: <http://bmcp psychiatry.biomedcentral.com/articles/10.1186/s12888-016-0907-5>

Zschucke, E., Hessel, A., & Lippke, S. (2016). Temporary Disability Pension from the Perspective of the Individual: Self-Reported Physical and Mental Health, Medical Rehabilitation, and Return to Work Plans. *Die Rehabilitation*,55(4), 223.

Warner, L. M., Wolff, J. K., Ziegelmann, J. P., Schwarzer, R., & Wurm, S. (2016). Revisiting Self-regulatory Techniques to Promote Physical Activity in Older Adults: Null-findings from a Randomised Controlled Trial. *Psychology & health*, (just-accepted), 1-38.