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News from the Editor

Dear ISBM-Members,

I hope you enjoy this special edition of the International Society of Behavioral Medicine newsletter to coincide with the 2016 International Congress in Melbourne.

For those of you fortunate enough to be attending, in this issue of the newsletter, the President welcomes delegates, and the chair of the organising committee gives you a taste of what to expect at the congress. The findings of hundreds of studies will be presented over the 4 day event, starting with pre-conference workshops on Wednesday the 7th of December. Research will be presented in a variety of formats, from researchers across the globe and with plenty of opportunities to network, socialise and enjoy the company of delegates in between.

Christina Lee, Editor of the *International Journal of Behavioral Medicine* provides an update on the continued strength of the journal in publishing high quality manuscripts in the field internationally. The Editors pick is a study conducted by Lim and colleagues from the National University of Singapore that examined the quality of life (QoL) of people with serious illness.

Excitingly in this issue we have profiled a number of the recipients of ISBM awards. Dr Rebecca Wyse from the Hunter-New England Population Health Research Group and the University of Newcastle describes her visit to the Food and Brand Lab, at Cornell University following receipt of the inaugural Health and Behavior International Collaborative Award. We also hear from Early Career Research Award recipients Lauren Wisk from Harvard Medical School and Oluwakemi Odukoya from the University of Lagos, Nigeria. Congratulations to all.

Delegates whose first time it is in Melbourne, I trust you will enjoy the food, coffee and hospitality the city has a thoroughly deserved reputation for. For those of you with spare time before or after formal proceeding, Australia boasts beautiful stretches of sand beach coast, internationally renowned wine regions, boutique and many other attractions that I would encourage you to visit.

Looking forward to your company.



Luke Wolfenden
 Newsletter Editor



Letter from the President

Dear Colleagues,

I am delighted to welcome you to the 14th International Congress of Behavioral Medicine in Melbourne. Thanks to the committed and enthusiastic work of the of the Local Organizing Committee, chaired by Kerry Sherman and to the Scientific Program Committee, chaired by Akizumi Tsutsumi, we are looking forward to a very high quality meeting bringing together more than 700 scientists and clinicians from all over the world.

In addition to our journal, the International Journal of Behavioral Medicine, the biennial ICBM Congress offers an outstanding opportunity to be informed about the state of the art in the field of behavioral medicine, to personally meet international colleagues, to learn and to be inspired by each other. It is also our occasion to experience the value of being part of a large and supportive scientific community. The Congress also offers an opportunity to become more familiar with the activities of ISBM and its growing global organization, and to get involved in ISBM committee work.

With our success and visibility in the international community also come some challenges. The role and the responsibility of international scientific organizations such as the ISBM is becoming more and more important particularly in overseeing the quality of the science in our field. Unfortunately, over the past several years, deceitful activities are targeting the scientific community, including fraudulent emails, predatory journals and sham meetings. Researchers may be invited to submit their paper to journals or to present at conferences whose names are nearly identical to well known, recognized journals and event names. We would like to draw your attention that this fraud has gone as far as

announcing conferences named “ICBM International Conference on Behavioral Medicine” at various locations on an annual basis, falsely suggesting an association with our society.

I would like to remind you that the next international congress organized by ISBM will be the 15th International Congress of Behavioral Medicine, ICBM2018 in Santiago de Chile, November 14-17, 2018, where you are most welcome. Please be warned that ISBM is not involved in any other “ICBM” conference in 2017, 2018 or 2019. We recommend that you always check the ISBM website (www.isbm.info), and the websites of the ISBM Member Societies for the list of conferences organized by, or recommended by ISBM and its member societies.

The behavioral medicine field continues to develop and grow in its impact in the modern world thanks to each of your contributions. Attending this Congress and bringing your expertise to our gathering significantly contributes to this unprecedented growth. I encourage you to use this great opportunity to attend the exciting keynote and master lectures, attend and participate in the discussions during the oral and poster sessions, and connect and network with others in order to learn more about others' work and to plan collaborations.

I am enthusiastically looking forward to the Congress, and I hope you will be inspired by the scientific discussions, enjoy the networking with international colleagues, and discover the beauties of the city of Melbourne!



Adrienne Stauder MD, PhD

President of the International Society of Behavioral Medicine 2014-16



Letter from the Chair

Spring is here and we are counting down to a little over 6 weeks before the 2016 International Congress of Behavioral Medicine in Melbourne (5-7 December). The Scientific Program Committee has put together a varied and exciting program of high quality workshops, invited speakers, oral sessions and posters. Our keynote speakers include Professor Rona Moss-Morris (King's College London) speaking about "Medically Unexplained Symptoms", Professor Ichiro Kawachi (Harvard University) speaking about "Why Do Attempts to Change Behavior Fail – and what can behavioral economics add?", and Professor Christina Lee (University of Queensland) speaking about "Women's Health in Context".

Our four Master Lecturers will provide insight into topics as varied as perspectives on indigenous health (Prof Alex Brown), placebo and nocebo responses (Prof Winfried Rief), innovative interventions for distress reduction in cancer patients (Prof Judith Prins), and the social regulation of human gene expression (Prof Steve Cole).

We have a wide variety of workshops covering different aspects of behavioural medicine from research design and measurement, to interventions and implementation, and education and training. The workshops are proving very popular, and I urge you to secure your place by registering in a workshop as soon as possible. There is also a satellite meeting prior to the congress on the topic of Measurement, Mechanisms and Interventions.

For detailed information about the congress and program, and to register for the congress please visit the website: <http://www.icbm2016.com/>

Kerry Sherman

Chair of the Local Organising Committee

News from the Editor-in-Chief of IJBM

The *International Journal of Behavioral Medicine* continues to function as a truly world-class society journal. Maintaining 6 larger issues a year is busy, but manageable with the support of a team of hard-working Associate Editors, a strong Editorial Board, and excellent behind-the-scenes work by Springer and Editorial Manager staff. We are particularly appreciative of our reviewers, who find time in busy academic lives to provide expert opinions. So far this year we have received a total of 235 independent external reviews, from 218 people in 36 different countries.

2016 has been a strong year for submissions, with numbers expected to top 350. Submissions have come from a total of 50 countries this year, and we have accepted manuscripts from every continent except Antarctica. Let's see some research on penguin wellbeing in 2017! We are on track to maintain our acceptance rate at a steady figure of around 25%.

This year we were very pleased to be able to dedicate issue 4 (August) to a special issue on Behavioural medicine in the Asia-Pacific Region. This issue, guest edited by Akihito Shimazu and Associate Editors Akizumi Tsutsumi and Kazuhiro Yoshiuchi, featured empirical and review papers from the People's Republic of China, Japan, Singapore, Taiwan, Hong Kong SAR, and Hawaii.

Another special issue on "e-Health Interventions for Addictive Behaviors" (Guest Editors Anne H. Berman, Mette Torp Hoybye, and Matthijs Blankers) currently has 18 submissions in active review and revision, and will be ready for publication in the first half of next year. A further special issue, on Women's Reproductive Health in Social Context (Guest Editors Yael Benyamini and Irina Todorova) is also in process.



News from the Editor-in-Chief of IJBM (cont'd)

The big excitement this year, however, has been our beautiful new hard-copy cover, consistent with our new-look Society logo and website. Thank you to everyone who helped to shape the very attractive and modern-looking design.

Editor's Choice

Lim, H.A., Yu, Z., Kang, A.W.C., Foo, M.W.Y., & Griva, K. (2016). The course of quality of life in patients on peritoneal dialysis: A 12-month prospective observational cohort study. *International Journal of Behavioral Medicine*, 23, 507-514. doi: 10.1007/s12529-015-9521-z

This special-issue article by a group of colleagues at the National University of Singapore examined a topic that is central to behavioural medicine – that of the quality of life (QoL) of people with serious illness – through a longitudinal study of 115 Singaporeans receiving home-based peritoneal dialysis for end-stage renal disease. Despite the assumed psychosocial advantages of home-based treatment over hospital-based haemodialysis, two-thirds of participants had physical-related QoL deficits, and one third had mental-related deficits. Although SF-12 measures of QoL did not change significantly over 12 months, there were reductions in perceived quality of care and staff encouragement. This highlights the need for ensuring continuous good-quality professional care for the growing number of patients who receive home-based dialysis.



Christina Lee
 Editor IJBM

Early Career Awards

At the opening ceremony of the Congress each of the 10 recipients of Early Career Awards and the inaugural recipient of the Health and Behavior International Collaborative Award will be acknowledged. I caught up with a few of them to ask about their work and the significance of the award to them.



Lauren Wisk

What is your current position and institution

I am currently an Instructor of Pediatrics at Harvard Medical School and a Research Associate in the Division of Adolescent/Young Adult Medicine at Boston Children's Hospital.

Please tell us about the project that you will be presenting at the conference

I'll be presenting my recent work looking at behavioral outcomes among a longitudinal cohort of youth with and without chronic medical conditions as they move from adolescence to emergent adulthood. My first presentation (No. S396) will characterize the onset and intensification of substance use during adolescence and young adulthood for medically vulnerable youth and their healthy counterparts, which has important implications for screening and health promotion and prevention in both primary and subspecialty care. My second presentation (No. O462) examines educational attainment among youth with and without chronic conditions and evaluates the extent to which these relationships mediate subsequent disparities in health and well-being.



Early Career Awards (Cont'd)

What does it mean to you to receive an Early Career Award from the ISBM

I am so grateful to the ISBM for honoring me with an Early Career Award; this award will facilitate my attendance at this year's ICBM and provide me with the opportunity to learn and receive feedback from exceptional researchers and practitioners from all over the world. This award is also an encouraging reminder of the importance of social and behavioral research and incredibly motivating for me as an early stage investigator in this field.

Why have you embarked on a career in behavioral medicine

Behavioral medicine is valuable interdisciplinary field and I realized it was a perfect fit for my research interests when I first learned about the biopsychosocial and multiple determinants of health models in my first semester of graduate school. Since graduate school, my research has been grounded by the hypothesis that reducing disparities and improving long term health and well-being requires investigating independent and interactive effects of biological, psychological, and social factors across the life course – so a career as a social and behavioral epidemiologist was a natural choice.

What do you hope to be doing in your career in 5 years time

I hope to continue my work on understanding how the psychosocial burden of disease affects health and health service use during the transition to adulthood for medically vulnerable youth and work towards developing interventions to reduce burden and improve self-efficacy for this population.

What are you most looking forward to doing at ICBM

This will be my first time attending an ICBM meeting and my first time in Australia, so I'm looking forward to attending as many excellent scientific sessions during the conference as I can and doing some sight-seeing in Melbourne!



Rebecca Wyse

Who are you and what do you do?

I'm an Early Career Researcher and I'm interested in developing innovative and efficient system-based interventions to improve healthy eating habits at a population level, particularly among children. Over the last 2 years I've been investigating the potential of online lunch ordering systems within school canteens. I think there's an amazing opportunity there to integrate simple interventions to encourage healthy purchasing decisions. For example, we work with a provider of online canteens that services over 1,000 schools and has processed over 20 million lunch orders. Each order represents an opportunity to prompt a healthy purchase through providing real-time feedback, information and prompts within an existing system. I think it's really exciting.

Tell us about the collaborative award?

I received the award to pursue an international collaboration with a renowned mentor, and received \$3,000USD towards this end.



Early Career Awards (Cont'd)

I've recently become interested in the use of behavioural economic strategies to encourage healthy behaviours, and had become aware of the research being conducted within the Food and Brand Lab, at Cornell University under the directorship Professors David Just and Brian Wansink. I was hoping to learning more about the behaviour economic strategies that they have implemented in American school cafeterias, and see which strategies could be adapted to use within online school canteen ordering systems.

What was the experience like?

It was a fantastic experience. Cornell is situated in Ithaca, in upstate New York, and is surrounded by lakes, forests and gorges. As the locals will tell you "Ithaca is Gorges". Cornell is flanked by gorges on either side, and it was such a pleasure to walk home at the end of the day down past flowing waterfalls and babbling brooks. The campus itself is beautiful too.

My time at the Lab was inspirational. It was a hotbed of research activity and ideas and influences from a wide variety of disciplines. It was a privilege to sit in on research meetings, both with senior researchers as well as junior researchers and students, distilling ideas for future projects and theses. It was also amazing to see the rapid progress from the initial ideas meeting to the execution of a randomised control trial and to be a part of that process.

Importantly, it was a chance to observe their model for translating research into practice. Strategies to prompt healthier eating behaviours are tested directly in lab-based trials, and successful strategies are then rolled out into their nationwide Smarter Lunchrooms Program, for the potential benefit of millions of school students. It's an incredibly efficient model.

What happens now?

Based on some of the strategies I had the chance to observe in the Lab, I'm about to start a small RCT testing the efficacy of a positioning strategy within the online canteen environment. (Specifically, does manipulating the position of a target food within an online menu influence the frequency of purchase of that food?) The beauty of this set-up is that the data to evaluate intervention efficacy is routinely collected, and the intervention utilises existing infrastructure and requires minimal resources to implement.

How did this experience influence you?

It was an incredibly valuable experience. I was very privileged to step away from my usual working environment, and be exposed to different approaches, methodologies and philosophies. I found the whole experience to be invigorating – it was a great reminder of the value of looking at things from different perspectives.

Any final thoughts?

I'd just like to thank ISBM and the Society for Health Psychology for this opportunity and David Just, Jeff Swigert and Gnel Gabrielyan at Cornell for their time and hospitality.

Oluwakemi Odukoya

What is your current position and institution

I am a public health physician and a lecturer at the department of Community health and Primary care, College of Medicine, University of Lagos, Nigeria.



Early Career Awards (Cont'd)

Please tell us about the project that you will be presenting at the conference?

I will be presenting a project titled “ The effect of a low-cost, text messaging intervention to promote tobacco cessation in clinical practice among physicians in Nigeria. This project stemmed from the fact that evidence abounds of the beneficial effect of physician-led brief tobacco intervention and majority of physicians in Nigeria have mobile phones. However, little is known about the effect of sending simple text messages (TM) to promote tobacco cessation among physicians in low-resource settings. We observed that the majority of physicians (86.7%) found the messages useful in their clinical practice. Awareness of the AAR approach increased from 19% to 68% post intervention ($p < 0.001$). Physicians who asked or advised at least half of their patients about their tobacco use increased from 44% to 60% ($p < 0.01$). ($p < 0.01$) While, those who referred patients for specialized care increased from 3% to 31% ($p < 0.001$). Based on these findings, we concluded that this intervention was effective at improving tobacco cessation practices among the physicians.

What does it mean to you to receive an Early Career Award from the ISBM

This award will provide me the opportunity to attend my first-ever ICBM conference. It will help me meet with knowledgeable experts in the field of behavioral medicine and hopefully expand my research knowledge and research networks.

Why have you embarked on a career in behavioral medicine?

I have chosen to embark on a career in behavioral medicine because I am a researcher with

interests in the prevention of the behavioral risk factors for the control of non-communicable disease. Behavioral medicine techniques are critical to success in dealing with the prevention and control of these risk factors.

What do you hope to be doing in your career in 5 years time?

In five years time, I hope to be an international researcher of repute contributing my own quota to developing research tested interventions to promote behavioral change in my community and beyond.

What are you most looking forward to doing at ICBM

Networking and learning from the conference sessions.



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