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News from the Editor

Dear ISBM-Members,

I welcome you to this Fall/Winter issue of our newsletter.

In this issue readers who have been in Groningen and participated in this year's ICBM, you will find many texts and pictures to keep your memory of the conference alive.

For those among you who missed the conference, this Newsletter issue will provide you with impressions from the conference itself, the new ISBM Board composition, and the new tasks which ISBM has in mind for the upcoming months and years.

In his message, our past president, Joost Dekker, describes what has been accomplished during his presidency. He hands over a well-organized and highly successful society to Adrienne Stauder, our new president.

In her welcome letter, Adrienne Stauder honours this internationally active and vibrant organization that she will now be leading and outlines her perspectives for the years to come.

At the same time, ISBM turns to Asia, with an Issue of the International Journal of Behavioral Medicine (IJBM) on China (please read Christina Lee's text about IJBM on p. 08) and a planned special issue on behavioral medicine in the Asia Pacific.

So, reading this newsletter, you will get an impression of the changes within the society – and by the same time our wholehearted invitation to stay and get involved!

Best regards,

Beate Ditzen
Newsletter Editor



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Message from the past president

Progress report 2012-2014

ISBM is in great shape. ISBM currently has 26 member societies, with the *Hong Kong Society of Behavioral Health* recently being accepted as member at the meeting of the Governing Council in August 2014. The main ISBM activities are currently:

- **International Congress of Behavioral Medicine (ICBM)**

Attendance at ICBM ranges between 600 and 800 people. A wide range of countries is represented at ICBM: with approximately 50 countries, it is a truly international congress. The quality of the meeting is high. The recent ICBM 2014 in Groningen, the Netherlands is a prime example of a very high quality congress, with lots of formal and informal opportunities to meet colleagues and friends.

- **International Journal of Behavioral Medicine (IJBM)**

Because of an increasing number of accepted papers, IJBM has seen an increase from 4 to 6 issues per year, with also an increasing number of pages per issue. IJBM is a well respected journal in the field, with a wide international representation among authors and readers.

- **ISBM Newsletter**

Two issues per year, with information on activities of ISBM and its member societies, and highly interesting interviews with prominent people in the field. The ISBM Newslet-

ter is of high quality, and serves the needs of our members.

While preparing my presidency, I contacted people in several member societies. I noticed a strong need for further international collaboration and exchange in the field of behavioral medicine. The benefits of international collaboration include:

- the possibility to learn from the experience of others;
- it leads to joint and stronger efforts;
- it broadens our view on issues and solutions;
- funding agencies prioritize projects which involve international collaboration.



I realized that ISBM has a strong potential to facilitate international exchange and collaboration. This applies to research, teaching and practice.

There are various ways to strengthen international collaboration and exchange.

- **ISBM senior members contribute to activities of member societies**

In the period 2012 – 2014, ISBM senior members contributed to meetings of member societies in China, Japan, Chile, and USA.

This resulted in special issues of IJBM, on Behavioral Medicine in China; and on Behavioral Medicine in the Asia-Pacific Region (forthcoming).

- **Individual members use ICBM to meet and work**

At ICBM 2014, there were meetings on Education and Training; International Behavioral Trials Network; and early career people.

- **ISBM Committees facilitate these meetings**

In the period 2012 – 2014, the INSPIRE network contributed to development and promotion of research opportunities and mentoring for students and early career researchers. The Education and Training Committee did an international survey on education and training. The Organization Liaison Committee did a survey to assess interest in, barriers to, and facilitators of international collaboration among ISBM member societies.

- **ISBM collaborates with partner organizations**

In the period 2012 – 2014, partner organizations have accepted our request to nominate the co-chair for one of our ICBM tracks. The International Commission on Occupational Health (ICOH), the Division 38 Health Psychology of the American Psychological Association (APA), the International Network on Brief Interventions for Alcohol and other Drugs (INEBRIA), the European League Against Rheumatism - Health Professionals (EULAR-HP), and the European Society for Cardiology (ESC) have all accepted our invitation to nominate an ICBM co-chair. Furthermore, ISBM has made significant contributions to the 'Dialogue on Diabetes and

Depression' and to the 'European Guidelines on CVD Prevention in Clinical Practice'.

Because of its growing position in the field, ISBM internal processes and structures need to be strengthened. In the period 2012 – 2014, it has become increasingly clear that financial planning needs to be improved. ISBM needs professional management, and cannot rely only on the enthusiastic efforts of volunteers. Furthermore, ISBM needs to further develop standard operating procedures. I trust that in the next planning period, ISBM will show significant progress in these areas. In the future, we also may want to consider issues of intellectual property and branding.

It has been a great pleasure to serve ISBM in my role as president. I want to thank my colleagues and friends for the close collaboration during the past two years: it really has been a great pleasure to work with you. I wish Adrienne Stauder, the incoming president, a very successful presidency: I trust that under her leadership ISBM will make significant progress. ISBM is in great shape and I wish ISBM to continue to flourish.

Joost Dekker

Past-President of ISBM



Letter from the President

Dear Colleagues!

The biennial ICBM conferences, besides offering a great opportunity to meet personally with colleagues from all over the world, and overviewing the current state of art in behavioral medicine, also mark the two-yearly cycles in the development of our Society. The Governing Council meets and the Board members are elected for the next 2-years period.

I am very honored and pleased to serve ISBM as president for the next two years, and to work on the further development of the society with the Board members: Joost Dekker (Past President), Frank Penedo (President Elect and Secretary), Maria Nordin (Treasurer), Beate Ditzen (Newsletter Editor), Anne H. Berman (Chair Education and Training Committee), Urs M. Nater (Chair Communications Committee), Shin Fukudo (Chair Finance Committee), Paula Repetto (Chair International Collaborations Committee), Christina Lee (Editor in Chief International Journal of Behavioral Medicine), Angela Maia (Chair Membership Committee), Jim McCambridge (Chair Organizational Liaison Committee), Akizumi Tsutsumi (Chair Scientific Program Committee), Bernd Leplow (Chair Strategic Planning Committee), Sakari Suominen (Chair Nominations Committee), Elizabeth Seng (Chair INSPIRE Committee).

I have been involved in the activities of ISBM from the year 2000 under the guidance of my mentor, the late Dr. Maria Kopp, as a representative of the Hans Selye Hungarian Society of Behavioral Sciences and Behavioral Medicine.



Over the years I have gained insight into the functioning and experience in the governance of the Society, first as co-chair of the Education and Training Committee (from 2002 to 2006), Nominating Committee chair (from 2008 to 2010), and two years ago as Chair of the Local Organizing Committee of the ICBM2012 in Budapest.

Throughout these years I could observe the growth and development of the Society, and as president I am committed to continue the excellent work of the previous presidents and to work with the Governing Council and the Committees along the main scopes of the Society, as defined in its charter:

- To encourage formation of national or regional organizations of behavioral medicine, and to develop and maintain liaison with related professional organizations.
- To encourage and co-ordinate communication and interaction among various health professionals including biomedical and behavioral science researchers and clinicians, without regard to specific discipline loyalties.

- To stimulate research, clinical, preventive and training activities through formal meetings, collaborative undertakings and awards for meritorious effort.
- To develop guidelines for implementation of behavioral medicine training and research activities at various levels in the health sciences.
- To serve as information resource for behavioral medicine by facilitating access to scientific and professional journals, computer-based information systems, and organization of scientific meetings/ conferences.

At the Board and the Governing Council meetings we agreed that ISBM can report a lot of success in all of the above areas, yet there is a need for further progress. The strategies and priorities for the next period were also outlined. We plan to intensify the contact between ISBM and the individual members of the member societies. Currently ISBM has 26 member societies, the Hong Kong Society of Behavioral Health was just recently accepted to become a member.

We lay emphasis on the cooperation with other organizations. A good example of collaboration with medical disciplines is the contribution of ISBM to the European Guidelines On Cardiovascular Disease Prevention In Clinical Practice (Version 2012) published by the European Society of Cardiology in March 2012

(<http://www.escardio.org/guidelines-surveys/esc-guidelines>), Drs. Christian Albus (Germany) and Gunilla Burell (Sweden) representing ISBM in the expert group. There is also a formalized collaboration with the International Commission on Occupational Health (ICOH), and a less formal collaboration with several partner organizations through the special interest groups or in form of joint conference sessions.

The cooperation of behavioral medicine experts with clinical disciplines is essential to increase interdisciplinary knowledge. This can facilitate collaborative studies and the transfer of research results into everyday practice.

The survey conducted by Vish Viswanath, chair of the Organizational Liaison Committee (2010-2014) indicates that there is a general interest in international research collaboration, and ISBM can help to connect potential research partners.

Implementation of the existing body of knowledge in clinical settings, and all over

the world, is becoming more and more a priority for ISBM. The successful satellite forums on dissemination and implementation of research results, organized by Brian Oldenburg, Carina Chan and K. Viswanath, at ICBM2012 and ICBM2014 as well as further sessions during the last conference illustrated well the progress and the needs in this area.



Education and training is a main vehicle for knowledge transfer and dissemination. Anne Berman has been re-elected to serve as chair of the E&T Committee for a further 4 years, so she can continue the great job she has started to develop online learning programs on up-to-date behavioral medicine knowledge accessible to any professionals even in underserved areas of the world. Another decision, based on the suggestion of the Communication committee, is to renew the website and to explore other modern, more interactive ways of communication such as Facebook or Twitter in order to facilitate information dissemination. On the other hand, the more traditional ways of knowledge transfer are also developing: the International Journal of Behavioral Medicine has doubled in size and went from 4 to 6 yearly issues. Christina Lee as Editor-in-Chief is doing a fantastic work that contributes largely to this successful growth of our Journal.

Last, but not least, our biennial conferences continue to be very successful. The ICBM2014 in Groningen offered a great opportunity for face-to-face meeting and intense learning. The program was very exciting and of high quality from the beginning to the end, including the pre-congress workshops, the satellite forum, the keynote and master lectures, as well as the symposia, paper sessions and poster sessions. Most of the participants gained inspiration for their future work and research, and the only difficulty was to choose between the attractive parallel sessions – this is what happens when a conference is really good. Before the end of this conference, preparations for the next conference started. Hosts of ICBM2016 are the Australasian Society of Behavioural Health and

Medicine (ASBHM, president: Carina Chan) and the Australian Psychological Society (APS) College of Health Psychologists; the Scientific Program Chair is Akizumi Tsutsumi and Local Organizing Committee is chaired by Kerry Sherman. You can already save the date of December 2016, the next opportunity to meet your behavioral medicine colleagues from all over the world!

If you feel inspired, you are most welcome to participate in the activities of a committee, or if you just wish to know more about it, you may contact its Chair.

In closing, I look forward enthusiastically to the upcoming cycle and I hope to contribute substantially to the further development of ISBM as an organization, and I wish for the realization of its goal through the involvement of behavioral medicine professionals from all over the world.

Adrienne Stauder
President of ISBM



News from the Editor-in-Chief of IJBM

The *International Journal of Behavioral Medicine* continues to attract an increasing number of excellent submissions from around the globe, keeping the Associate Editors, Editorial Board, Guest Editors, and reviewers very busy, but the result is a truly excellent society journal. This year we have increased from 4 to 6 issues a year, as well as increasing page count, while at the same time our acceptance rate has reduced slightly. The final acceptance rate for 2013 was 27% of all submissions; this is lower than in previous years – 37% in 2011 and 35% in 2012 – and reflects our goal of ensuring that every manuscript accepted is of the highest international standard.

This year, we were able to dedicate Issue 4 (August) to behavioral medicine in China, a country with rapidly changing health needs and a strongly growing interest in health promotion, disease prevention and maximising the effectiveness of health care. This included 21 articles: an Introduction; three commentaries on the history and current status of both clinical and population-health behavioural medicine in China; two basic-science papers on chronic disease and wellbeing; five clinical papers, dealing with topics as diverse as Tai Chi, insomnia, and the applicability of Western clinical concepts with Chinese populations; and eleven papers on public health and health promotion, dealing with specifically Chinese aspects of smoking, body weight, and reproductive health, and finishing with a report on psychosomatic reactions to a recent earthquake.

The excellent quality of this work, and the presence at this year's *International Congress of Behavioral Medicine* of a number of senior Chinese academics, suggest that there is substantial scope for continuing publication of work from China, as well as from every other part of the globe. So far this year we have received submissions from every continent, including many countries that are not yet part of the International Society for Behavioral Medicine. We continue to welcome a diversity of authors and topics to the International Journal.

Editor's Choice

Dekker, J., Bai, B., Oldenburg, B., Qiu, C., & Zhong, X. (2014) Behavioral Medicine in China. *International Journal of Behavioral Medicine*, 21, 571-573.

In this introductory article, the Guest Editors of the Special Issue point out the rapid development of behavioral medicine research in China. Scientific exchange between Chinese behavioral medicine researchers and colleagues elsewhere in the world is somewhat limited, mainly because of the language barrier, and some professional and cultural differences. They make the point that improved communication and collaboration will be of benefit to both Chinese researchers and researchers elsewhere. They express the hope that the special issue will contribute to scientific exchange between Chinese behavioral medicine researchers and colleagues elsewhere in the world.

Christina Lee
Editor of IJBM



Call for papers: Special issue on behavioral medicine in the Asia Pacific

A special issue of the International Journal of Behavioral Medicine will be devoted to papers on research in behavioral medicine in the Asia Pacific, which is diverse culturally, economically, and socially. Despite being the world's most populous region, little attention has been given to research and practice of behavioral medicine in the region. The dominant theories and techniques in behavioral medicine have been developed and refined in western cultures, and more research is needed to examine whether they are applicable to Asia Pacific. The special issue is intended to improve the communication and collaboration between Asia Pacific researchers and practitioners in the field of behavioral medicine and colleagues elsewhere in the world.

A broad range of studies which are carried out in the Asia Pacific or deal with issues related to behavioral medicine in the Asia Pacific will be considered for inclusion in the special issue. The issue will cover the entire range of behavioral medicine, including research on:

- individual health and clinical studies
- public health and health promotion
- cultural factors in assessment and treatment.



We encourage you to submit original, empirical studies as well as literature reviews.

The submission deadline is 15 December 2014.

Submissions should follow the instructions for regular articles and should be submitted via the online submission system. The cover letter should specify that the authors wish their manuscript to be considered for the Special Issue on Behavioral Medicine in Asia Pacific Region. Submissions will be peer-reviewed, according to the Journal's standard procedures. The issue is scheduled to appear in 2016.

Questions regarding the special issue should be directed to Akihito Shimazu, ashimazu@m.u-tokyo.ac.jp.

*Akihito Shimazu
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Kazuhiro Yoshiuchi*
Guest Editors IJBM

Reflections on ICBM 2014

The 13th International Congress of Behavioural Medicine was held on 20-23rd August 2014 in Groningen, the Netherlands. Over 630 delegates from 49 countries attended. The highest number of delegates came from the Netherlands, followed, in order, by Japan, US, UK and Germany. The congress hosted 11 half-day pre-congress workshops and also a pre-conference satellite forum entitled "From Research to Reality: Lessons from Dissemination and Implementation Research Across the Globe". The Congress was held in the excellent facilities of the Martini Plaza in Groningen and consisted of 26 symposia sessions, 38 oral sessions and 3 very well attended and interactive poster sessions.

We were very fortunate to have 3 excellent Keynote lecturers; Phyllis Butow, Andrew Step-toe and James Sallis and 4 excellent Master lectures from Laura Fratiglioni, Peter de Jonge, Susan Lutgendorf and Akizumi Tsutsumi.

At the Congress opening ceremony, President Joost Dekker presented the following ISBM awards:

- *ISBM Lifetime Achievement Award:*
Redford Williams
- *ISBM Distinguished Scientist Award:*
Brian Oldenburg, Winfred Rief
- *ISBM Distinguished Career Contribution Award:*
Eliana Guic Sesnic
- *ISBM Contributions to International Collaborations Award:*
Carina Chan, Chengxuan Qiu and Annette Stanton.



Our incoming President, Adrienne Stauder delivered the Irmela Florin lecture, entitled "Does work make people happy?"



Dr Anne Berman, Chair of the ISBM Education and Training Committee then presented the early career awards to 12 very deserving recipients.

We were also treated to operatic entertainment, the Prologue from 'I Pagliacci' by Roele Kok (Baritone) & Aleg Trifanengau (Piano).



During the award ceremonies

The local organising committee are to be commended for preparing such an excellent social program. This included a welcome wine reception at the first poster session on the Wednesday evening and then a “get-together” with drinks and snacks in the ancient Martini Church in the city centre of Groningen on Thursday evening. We were treated to a very informative speech about the history of the church and received excellent food and drinks and a marvellous organ recital from Jan Harryvan, who played music ranging from Bach to the Beatles!

On the Friday evening the Congress dinner was held at the Academieggebouw in Groningen. We again received excellent cuisine with varied musical accompaniment in this ancient University Building. We were very fortunate that the congress dinner was held on the date of the 400th anniversary of the University of Groningen, and at midnight we were treated to a stunning celebratory firework display.

At the end of the Congress on Saturday afternoon, Joost Dekker handed over the Presidency of ISBM to our new President, Adrienne Stauder. The congress closed with Kerry Sher-

man and Akizumi Tsutsumi, inviting us to attend ICBM 2016, to be held in Melbourne, Australia on December 7-10.

I am clearly biased, but in my opinion, ICBM 2014 was a great success. I learned a lot, ranging from Behavioral Medicine in China, to recent developments in the treatment of somatoform disorders and state of the art updates on placebo and nocebo research. It was also a great opportunity to meet new colleagues and old friends and I very much enjoyed getting to know the beautiful city of Groningen. As well as furthering my education, I was very impressed with the conference venue, the very helpful staff and all the social events.

Finally, I would personally like to pay particular thanks to the following people whose help and hard work made ICBM 2014 possible; Robbert Sanderman, Mariet Hagedoorn, Yvette Ciere and Harry Gubbels from the Local Organising Committee and Joost Dekker, Linda Cameron and Frank Penedo from the Scientific Program Committee. I look forward to meeting up with many of you again in Melbourne at ICBM 2016.



Ronan O'Carroll

Chair of the Scientific Program Committee,
ICBM 2014

Early Career Award

The ISBM Awards Committee has selected the following scientists to receive the 2014 Early Career Award:

- **Aliya Amirova, Kazakhstan**
The effectiveness of the mitchell method relaxation technique for the treatment of fibromyalgia
- **Raphael Herr, Germany**
Injustice at work is associated with reduced glucocorticoid sensitivity: findings from a cross-sectional study
- **Rebecca Hodder, Australia**
Adolescent tobacco, alcohol and illicit drug use: does resilience matter?
- **Sandra Klaperski, Germany**
Effects of a 12-week endurance training program on the subjective and the physiological stress response
- **Tamara Lacourt, USA**
Negative affectivity predicts increased pain sensitivity during low-grade inflammation in healthy women
- **Solbjørg Makalani Myrtveit, Norway**
Adolescent neck and shoulder pain - the association with depression, physical activity and screen-based activities
- **Patrícia Pinto, Portugal**
Differential predictors of acute post-surgical pain intensity after abdominal hysterectomy and major joint arthroplasty
- **Justin Presseau, UK:**
Dual process model of physicians' and nurse's type 2 diabetes-related prescribing, advising and examining behaviours
- **Annelieke Roest, Netherlands**
Symptom and course heterogeneity of depression following myocardial infarction and the association with long-term mortality
- **Susanne Rooij, Netherlands**
Blunted cardiovascular and cortisol stress reactivity and the metabolic syndrome
- **Kashif Shafique, Pakistan**
Depression and its determinants among flood-affected internally displaced persons in Pakistan
- **Steven Vijver, Kenya**
Development and implementation of cardiovascular prevention program in the slums of Nairobi, Kenya



News from the Member Societies

Event **73rd Annual Scientific Meeting of the American Psychosomatic Society (APS)**
Date March 18 – 21, 2015
Place Savannah GA (USA)
Organizer American Psychosomatic Society
Contact / Info <http://www.psychosomatic.org/AnMeeting/2015annualmeeting.cfm>



Event **36th Annual Meeting of the Society of Behavioral Medicine (SBM)**
Date April 22 – 25, 2015
Place San Antonio TX (USA)
Organizer Society of Behavioral Medicine
Contact / Info <http://www.sbm.org/meetings/2015>

