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## News from the Editor

Dear ISBM members,

I welcome you to the Fall-issue of our Society's newsletter in 2012! Much of this newsletter is dedicated to the change in the composition of our Society's Board, so you will find a letter from our leaving president, Norito Kawakami, and a welcome-address from our new president, Joost Dekker.

Other important topics of this newsletter are impressions, feedbacks and summaries regarding our past Conference, the ICBM 2012 in Budapest, which has been a great success. I hope that those of you who have participated will enjoy reading and seeing these impressions and be positively reminded about our time in Budapest. All others, who could not attend, hopefully will get a glimpse about the events and some motivating aspects of this conference to carry into their scientific and clinical work.

As a National Society to be presented this time we will find the portrait of the German Society of Behavioral Medicine, DGVM. Naturally based on my personal involvement as the secretary of the DGVM, I particularly encourage you to reading this portrait ☺.

We had also some sad news within the ISBM and two of our esteemed members, Prof. Dr. Maria Kopp from Hungary and Prof. Dr. Graciela Rodríguez Ortega from Mexico have passed away this summer. Thus, instead of presenting an interview with an important member, we will now have an obituaries section in this Fall issue of our newsletter. Actually both, Maria and Graciela have kindly provided interviews for our newsletter in the past and you can find both of these interviews on our Society's website: <http://www.isbm.info/>.

Finally, I would like to draw your attention to an online-book project featuring cortisol research in behavioral medicine; a topic which I believe interests many of us in research and practice.

So, on behalf our new Society's board, I hope that you enjoy reading this newsletter and I send you warm regards for the rest of this year 2012!



**Beate Ditzen**  
Newsletter Editor

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## Message from the past president - A summary report in 2010-2012

### 1. Overall evaluation 2010-2012

I am still in a kind of sense of exaltation after having the successful International Conference on Behavioral Medicine (ICBM) in Budapest, Hungary, August 29-September 1, 2012, with a high quality program in an extremely beautiful city. Undoubtedly, it was one of the most successful conferences in the history of the ISBM. With finishing my two years term as the President, I must start this report by thanking so many people who have been devotedly working for the ISBM in a various activities since the last conference in Washington DC.

The table shows my very final evaluation of the achievement of the ISBM in 2010-2012, using seven goals of the two-year activity plans

of the ISBM set in 2010. We are very successful in three of seven areas, which are rated as very good: Journal, Conference, and Liaison with international/regional societies. For Committee activities, communication with member societies and leadership in the global health, we had a moderate success, but still need to improve in the future. I will highlight some of these achievements in the following.

### 2. The Board and Committees

The Board was quite active, having two on-site Board meetings, four online webmeetings, and one Governing Council meeting during the two years. Dr. Carina Chan, the chair of the INSPIRE (formerly called the "Early Career Network") was elected as a Members-at-Large; Prof. Christina Lee was appointed as the next Editor-in-Chief of International Journal of Behavioral Medicine (IJB) for 2012-2017; Dr. Beate Ditzen (University of Zurich, Switzerland) was selected as the new Newsletter editor, and she

Areas of proposed activities	Status	Rating*
1. Journal (IJB)	Developing	+++
2. Conference (ICBM 2012 and beyond)	A successful ICBM2012. The next conference in Groningen, the Netherlands; working on the venue for ICBM2016	+++
3. Strengthen the Board and committee activities	The Board was quite active; most committees were active.	++
4. Strengthen ties with member societies	The Executive Committee visited several member societies; most societies are active, particularly developing a regional network. On the other hand, the Spanish Society dissolved.	++
5. Communication with individual members	Little interest in the "Contact" list on the ISBM website	-
6. Leadership in the global health	A tentative agenda of behavioral medicine in the global health challenges	+
7. Liaison with international societies	A memorandum with the ICOH; A collaboration with European Society of Cardiology to develop a guideline	+++

\* Ratings include: +++ (very good), ++ (good), + (moderate), + (fair), and - (poor).



is now one of the Board members. The Education Training Committee and Organizational-Liaison Committee have been particularly working for developing an international collaboration. I would like to express my appreciation to all the Board members, and also the assistants including Ms. Nicole Kroll, Ms. Daniela Oesterle, Drs. Kazuyoshi Yoshuuchi and Sakurako Ito.

### 3. Journal

We were delighted to learn that the journal's impact factor rose from 1.762 in 2010 to 2.625 in 2011. There was also an increase in the number of submissions: a total of 187 original manuscripts were submitted in 2011; in the first seven months of 2012, 118 were newly submitted. I would like to express my appreciation to the past Editor-in-chief, Prof. Joost Dekker and the current Editor-in-chief, Prof. Christina Lee. Along with this, another successful collaboration with the Springer was the publication of the Encyclopedia of Behavioral Medicine. I thank the editors, Profs. Mark Gellman and Rick Turner, and also many other contributors.

### 4. Conferences

The ICBM2012 had a great success. It received 839 abstracts with high scientific quality, covering diverse areas of behavioral medicine, but particularly focusing on an international collaboration in behavioral medicine. The number of total registrations was 729 from 50 countries. I am glad to report that the greatest number of registrations came from my country, Japan (n=104). My appreciation is to the Scientific Program Committee and Local Organizing Committee, as well as the Hungarian Society, particularly Profs. Frank Penedo and

Adrienne Stauder. The next conference, ICBM2014, will be organized by the Netherlands Society in Gronigen, the Netherlands, on August 20-23, 2014.

### 5. Communication with member societies

The ISBM consists of 25 member societies including 6,466 members in total. I and other Executive Committee members visited some member societies during the last two years, including the Chinese, Italian and Japanese Societies. From the reports submitted from member societies, we have learned that member societies have been very active, organizing their own conferences, promoting research and practice in behavioral medicine, establishing collaborations among member societies (e.g., the Nordic country network), and helping other counties/regions to develop a new member society of behavioral medicine. A sad news was the dissolution of the Spanish society. I hope that member societies continue and expand these activities.

### 6. Leadership in global health

The ISBM could identify key areas of research and practice in behavioral medicine to clarify our role in contributing to the global health challenges. I myself identified eight areas including cardiovascular disease, mental health, HIV/AIDS, cancer, maternal and child health, poverty and social inequity, work & health, and disaster & health. Such ideas should be elaborated further to guide research and practice in behavioral medicine in the world.

## 7. Liaison with international/regional organizations

The most successful collaboration with international/regional organizations was one with the European Society of Cardiology to develop the European Guidelines On Cardiovascular Disease Prevention In Clinical Practice (Version 2012), which was published in March 2012 (<http://www.escardio.org/guidelines-surveys/esc-guidelines>). I thank Drs. Christian Albus, Gunilla Burell, Kasisomayajula Vishwanath for their work in developing the Guidelines.

The second achievement in this item was a collaboration with the International Commission on Occupational Health (ICOH) (<http://www.icohweb.org>), a largest international professional organization with more than 1,700 members from 78 countries. I was invited as a keynote speaker at the 30th International Congress of Occupational Health in Cancun, Mexico, in March 2012. With the approval by the Governing Council, I, as the President of the ISBM, and Prof. Kazutaka Kogi, the President of ICOH, signed a memorandum between the two bodies to ensure their collaboration on August 29, 2012. The ICSU is a non-governmental organization with a global membership of 121 national scientific bodies representing 141 countries and 30 international scientific unions of a wide range of scientific disciplines. Membership in the ICSU may bring a merit for the ISBM promoting behavioral medicine in the world. In the last Governing Council meeting, it was decided that the ISBM could apply for becoming an associate member of the ICSU, with no financial risk.

## 8. Sad news

We had very sad news of two important members passing away in 2012 - Dr. Maria Kopp, Hungarian Society of Behavioural Sciences and Medicine, and Dr. Graciela Rodriguez, a member of Mexican Society of Behavioral Medicine. We expressed a sincere condolence to their societies during the ICBM2012.

## 9. Conclusion

In sum, the ISBM is in a very good shape, achieving many in the last two years and looking into further potentials in the future. With the leadership by the new President, Prof. Joost Dekker, the ISBM will be steering really into a global collaboration in behavioral medicine. I hope that the new endeavor of the ISBM will be successful and fruitful. Every time I attended the ICBM, I always feel that we are one family. Of course, we are very diverse in topics, principles and methodologies, but we still live under one big umbrella of behavioral medicine. I wish that I could see all of you, the behavioral medicine family, again in Groningen, the Netherlands, in two years.



*Norito Kawakami, MD, DMSc*  
Past President of ISBM

## Letter from the president

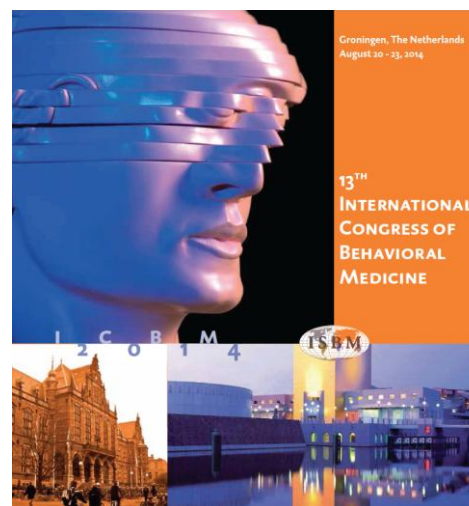
Dear all,

I hope you have enjoyed our recent conference in Budapest as much as I did. It was an excellent conference - high quality scientific presentations, very interesting discussions among colleagues, a pleasant social program, in the warm and friendly atmosphere created by our Hungarian colleagues. A very good experience.

At the conference I have noticed a strong need to strengthen international collaboration in the field of behavioral medicine. Individual members, ISBM member societies and other organizations in the field of behavioral medicine are looking for international partners. Joining forces at the international level makes us stronger, in research, in education and training, in clinical care, and in public health and health promotion. International collaboration may lead to new perspectives and insights, contributing to our understanding of health and disease. Addressing global issues such as the obesity epidemic requires international collaboration.

Strengthening international collaboration will be one of the major themes during my presidency, and hopefully also thereafter. Vehicles for international collaboration are our conference, our journal, our newsletter, our website, our committees, our regional networks, and our individual members. The conference program, as well as meetings and gatherings in conjunction with the conference offer important possibilities for collaboration, among individuals and among organizations. I wish that several sessions at the next ICBM2014 in Groningen, the Netherlands are organized in col-

laboration with partner organizations in the field of behavioral medicine.



I encourage all of you to use the conference as an occasion for a meeting with colleagues on common research interests, or teaching or issues related to behavioral medicine practice. The journal, with its rising impact factor, offers the possibility to publish special issues as well as individual papers informing us on recent findings by international colleagues. The newsletter informs us about events and developments initiated by member societies.

The early career network INSPIRE, the Education and Training Committee, the International Collaborative Studies Committee and the International Liaison Committee are facilitating international exchange and collaboration in their respective areas. Regional networks are highly seminal in facilitating collaboration among neighboring countries. And finally and possibly most importantly, individual members may use the ISBM network to initiate collaboration. A major theme during my presidency will be to strengthen and facilitate international collaboration through these vehicles.





**The Governing Council and ISBM-Board, 2012**

Strengthening internal processes and structures of ISBM is the other major theme during my presidency. We need to strengthen input from our member societies. At the Governing Council meeting in Budapest, member societies presented and discussed their activities and plans. This was a very useful exchange of information. I believe there is a need to follow up on this, with the Governing Council and Strategic Planning meeting as vehicles to achieve input from member societies. ISBM internal communication, support for emerging societies, strategic planning and financial planning are already well organized. Nevertheless, I believe we can develop these activities further. The vehicles in these areas are the Finance Committee, the Communications Committee, the Membership Committee; and the Strategic Planning Committee.

The Governing Council elected new members of the Board. The Board now consists of Norito Kawakami, Past President; Adrienne Stauder, President Elect; Petra Lindfors, Treasurer; Frank Penedo, Secretary; Anne Berman, Education and Training Committee; Urs Nater, Communications Committee; Shin

Fukudo, Finance Committee; Paula Repetto, International Collaborative Studies Committee; Christina Lee, International Journal of Behavioral Medicine; Yuji Sakano, Membership Committee; Kasisomayajula Vishwanath, Organizational Liaison Committee; Ronan O'Carroll, Scientific Program Committee; Neil Schneiderman, Strategic Planning Committee; Beate Ditzen, Newsletter Editor, and Carina Chan, INSPIRE. I am very pleased that these colleagues are willing to work for the benefit of ISBM. I look forward to our collaboration. Best wishes to all of you,



*Joost Dekker*  
President of ISBM

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## News from the Editor-in-Chief of IJBM

I am delighted to report that the International Journal of Behavioral Medicine's Impact Factor for 2011 was 2.625. This is a significant increase on previous years, and a strong indication that we are publishing high quality and influential work. It reflects the hard work of the current and previous editorial teams, as well as the high standard of research that is submitted. Of course this has led to an ever-increasing rate of submission, and we are continuing to work hard to stay on top of the flow of submissions and revisions. It was a pleasure to attend the 2012 International Congress of Behavioral Medicine in Budapest, to meet authors and potential authors, and to discuss future Special Issues with colleagues. There are some exciting ideas in the pipeline for future issues of the journal, which is increasing in size to cope with the high number of excellent submissions. I was delighted to be able to present a Meet The Editor session, at which I outlined the types of material we consider and the processes involved in review and editorial decision-making. It was gratifying to meet colleagues from many different countries, both early-career researchers and more experienced academics, and to be able to provide an insight into the workings of the journal. I am always pleased to receive email queries about potential submissions or about any aspect of the journal process. The journal has a number of special issues in train, including one on Functional Somatic Symptoms (Guest Editor Urs Nater and one on Behavioral Medicine in China (Guest Editors Joost Dekker, Bo Bai, Brian Oldenburg, Chengxuan Qiu, and Xuefeng Zhong), and a couple of others in the early stages of development. These provide an ex-

cellent opportunity to showcase work in specific areas.

### Editor's Choice

The lead article for issue 3, 2012 is 'Kobe Earthquake and Post-Traumatic Stress in School-Aged Children' by Masaharu Uemoto, Akihiro Asakawa, Shizuo Takamiya, Kiyoshi Asakawa and Akio Inui, a research group from a number of Japanese universities and medical centres. They examined children's psychological reactions to the Kobe earthquake in 1995, a major destructive event that resulted in over 5,000 deaths, over 40,000 wounded, and over 300,000 people evacuated from damaged or destroyed houses. The researchers surveyed 8,800 schoolchildren in the disaster area and a control group of 1,886 children in unaffected areas, on four separate occasions over the following two years. Although children's scores on fear and anxiety, depression and physical symptoms, and sense of social responsibility for the disaster all reduced over the two years, the youngest children and those who were most strongly affected (injured, evacuated, or with injured family members) showed the highest scores. The results show the importance of assessing children's psychological wellbeing, and intervening to support the most vulnerable, after natural disasters.



**Christina Lee**  
Editor IJBM



## German Society of Behavioral Medicine

As the current President of the Board of the German Society of Behavioral Medicine, it is an honor and pleasure to briefly present our Society to the international readership of the ISBM Newsletter.

The German Society of Behavioral Medicine (DGVM) has been founded in 1985 in Munich, Germany. Just as other Behavioral Medicine Societies, the Society aims to provide a platform for researchers and practitioners with a background in medicine, psychology and related sciences who are interested in the interdependency of bio-psychological and social influences on health.

Behavior analysis in empirical studies as well as the motivation of behavior change in order to increase self-regulation in the psychologically and medically ill are among the core concepts of behavioral medicine, and, thus, define our focus at DGVM. Examples are the conditioning of blood sugar levels, the modification of "learned non-use" in apoplexy, the voluntary manipulation of epileptic seizure, or pain perception. Also, methods in order to increase medication compliance or health-promoting behaviors, or cognitive-



photography by Oli Kerschen

behavioral treatments in cancer patients and their partners belong to the Society's research areas and clinical use.

Most of the current 185 DGVM members are medical doctors or psychologists by training and membership is open to all academically trained individuals who work in behavioral medicine, e.g. in the above sketched areas. The overall goal of the Society is to bring together Scientists and Clinicians in behavioral medicine and thereby improve research and practice in this area. In order to intensify this contact between those who work in Science and those who "use" the scientific results in everyday life clinical work, the Society organizes a conference on behavioral medicine every two years (in alternation with the ICBM). Below you can see some pictures of our last conference which was held in the beautiful city of Luxembourg in September 2011. Our next

planned conference will take place in Prien, situated at the Chiemsee, a large lake in Bavaria, in the South of Germany. Young researchers within the DGVM can apply for the "Irmela Florin Prospective Scientists Award" which is awarded at the conference and will next be given at the Prien Conference in 2013.

Being among one of the founding members of DGVM, Prof. emeritus Nils Birbaumer is the President of Honor of the Society since 2011. Prof. emeritus Jürgen Brengelmann was a Member of Honor from 1987 until his death. The Board of the DGVM consists of five members who are elected every two years. Besides these Board members, there are several contact-persons listed on behalf of the Society, who have specialized in one of the different areas of behavioral medicine in the German-speaking part of Europe. These areas are, among others, cardiovascular diseases, oncology, chronic pain and chronic fatigue, psychoneuroimmunology and –endocrinology, diabetes, behavioral neurology, or obstetrics and gynecology.

Recent and important information regarding the Society is disseminated through the Journal "Verhaltenstherapie" (Editors: Ulrike Ehler/Zürich; Fritz Hohagen/Lübeck, Michael Linden/Berlin, and Winfried Rief/Marburg). Since relatively recently also a newsletter from the Society is sent to the members via e-mail.

Like all individual ISBM members, DGVM members have free access to the „International Journal of Behavioral Medicine“ (Editor-in-Chief: Christina Lee/ Australia). Also, submission of papers to the online Journal „Psycho-Social-Medicine (p-s-m)“ (Editor: Jörg von Wietersheim/ Germany) is financially supported by the DGVM to its members.

Overall, the DGVM is an active and lively Society which has greatly helped improving the communication and cooperation between its members from different disciplines. Although we are a rather small Society (as compared to other psycho-medical Societies in the German-speaking part of Europe), we keep growing and thriving. So, I am optimistic that under my leadership we might even reach the 200 members in the following years, continue to grow and to keep having an impact on German Behavioral Medicine.

Cordially,

*Bernd Leplow*  
President of DGVM

#### **Bernd Leplow honoring the conference**



**organisers in 2011**

## Summary of the 12th International Congress of Behavioral Medicine in Budapest, August 29 – September 1, 2012

Budapest hosted the 12th International Congress of Behavioral Medicine (ICBM) this year, a conference that is organized biennially since 1990. This prestigious scientific event was held in a beautiful environment, the Hilton Hotel in the Castle District, respectively the House of Hungarian Culture on August 29 - September 1, 2012. The theme of the 12th Congress Behavioral Medicine was „From Basic Science to Clinical Investigation and Public Health”. The local organisers of the international conference were the Hans Selye Hungarian Society of Behavioural Science and Behavioural Medicine (President: Dr. Adrienne Stauder) and the Institute of Behavioural Sciences at Semmelweis University (Director: Prof. Ferenc Túry) and co-workers of the Institute (Dr. Zoltán Cserháti, Dr. Márta Novák, Csilla Raduch, Dr. Jenő Lőrincz, Noémi Somorjai, and Prof. Maria Kopp who passed away unexpectedly in April).

The ambitious program of the international scientific event attracted researchers from all over the world, altogether 50 countries were represented. The 850 presentations, including keynote and master lectures, symposia, paper sessions and posters centred around 26 topics in the field of behavioural medicine. It was a real challenge for the 730 participants to choose

between presentations in the 8 parallel sessions, the only exception being the master lectures given by invited speakers, only two master lectures running in parallel.

Behavioural medicine – in terms of bio-psycho-social approach – examines the mental, psychological and social processes that play a role in the development and treatment of illnesses, and elaborates preventive and therapeutic interventions. The inappropriate life-style (lack of exercise, excessive consumption of fat and carbohydrates, chronic stress) and addictions (smoking, alcohol abuse, drug abuse) play crucial role in the development and therapy of chronic diseases of great public health importance. The topics of the conference were greatly diversified due to the interdisciplinary and integrative nature of the discipline: cardiovascular diseases, tumourous diseases, obesity and diabetes, smoking, behavioral aspects of musculoskeletal, functional, and somatoform symptoms, psychosocial, gender and age related factors in the development and treatment of certain illnesses, the psychophysiological and epigenetic basis of human behavior, stress and stress management, health promotion and illness prevention on individual, community and population level.



The Hungarian Parliament, as seen during the conference boat trip

The leading experts who attended the congress (e.g. Jean-Claude MBanya, President of the International Diabetes Federation, WHO expert advisor, Susan Bennett Johnson, President of the American Psychological Association, Neil Schneiderman, founding president of ISBM, who was honoured with the Lifetime Achievement Award by the ISBM, Brian Oldenburg, leader of the „Global health, global health policy“ international program) stressed the importance of introducing evidence-based behavioral medicine into everyday practice. They also emphasised the importance of interdisciplinarity and international cooperation, respectively strengthening the relationship with health politicians, in order to consider more widely scientific evidences political decision-making.

Several examples for good practice were outlined, e.g. smoking was reduced in the US by applying both knowledge dissemination and legislation. The odds of smoking cessation are six times higher among those who receive professional help in comparison to those who attempt to quit smoking without assistance. Education and screening successfully stopped the spread of HIV in Africa, considering especially the state funded programs supporting pregnant women. The guidelines of the European Society of Cardiology (JOINT ESC GUIDELINES European Heart Journal, 2012, 33, 1635–1701) include the application of behavioral medicine methods in order to enhance life style changes and decrease psychosocial risks. Evidence-based cost-effective structured behavioral medicine interventions significantly improve the health status, ability to work, and survival rates of patients who underwent myocardial infarction or coronary bypass surgery. There are counter-examples as well, e.g. due to health care economics the routine screen-

ing for cervical cancer ceased in Bulgaria, leading to a dramatical increase in morbidity and mortality related to cervical cancer in a few years.

Work stress is a mid-level evidence-based cardiovascular risk factor. This is the focus of several leading experts from Japan, such as Norito Kawakami, the Past President of the ISBM, since work overload related health deterioration is a growing problem even in Japan, which is primarily known for its best life prospects and successful economics. Work stress is an essential problem also in Hungary, and the employment protection legislations enforce the assessment and reduction of work related psychosocial risks. The conference program included presentations on the development of a reliable screening tool for psychosocial risk assessment within the frame of an international cooperation, as well as the stress-management behavioral medicine program applied successfully in Hungary, too. Several presentations focused on the health status of health care workers, since the great physical and emotional overload leads not only to burnout and health deterioration, but to low quality health provision, and it also increases the prevalence of faults and errors.

There is also increasing knowledge about biological basis of behavior regulation, as well about the role of epigenetic effects and inflammatory mediators. One of the master lecturers at the conference was the Hungarian academician Tamás Freund, whose clear and expressive lecture on the complex issue of neural transmission of stimuli was most successful. His research on the role of cannabinoid receptors and endocannabinoids in the development of anxiety and epilepsy symptoms are pioneering, and suggest new treatment

possibilities. In the frame of the conference the local and international experts commemorated Prof. Maria Kopp, the prominent charismatic researcher in the field of behavioral sciences, who most actively organized this conference until her sudden death in April.

It was Prof. Maria Kopp who initiated the exposition of Hungarian Geniuses of Science, which was designed by the museologist Vilmos Gál, and was realized with the support of the Hungarian National Museum and the Hungarian National Tourist Office. This exhibition brought closer to the conference participants some of the eminent scientists of Hungarian origin, whose names are associated with famous inventions and important scientific results.

A Hungarian researcher from the Semmelweis University Budapest, Dr. Adrienne Stauder, co-worker of Prof. Maria Kopp, was elected President Elect of the International Society of Behavioral Medicine (ISBM) for the term 2014-2016. Another important event was the presentation of the Encyclopedia of Behavioral Medicine during the conference. This encyclopedia published by Springer and edited by Marc Gellman and Rick Turner fills a niche in behavioral medicine providing up-to-date summary of related knowledge, concepts and methods. The four-volume manual will be accessible on-line and electronic format at <http://www.springer.com/medicine/book/978-1-4419-1004-2>.

The ICBM2012 international congress was supported by the patronage of

- **Zoltán Balog**  
Minister of Human Resources
- **Dr. József Pálincás**  
President of the Hungarian Academy of Sciences
- **Dr. Miklós Réthelyi**  
Former - Minister, Ministry of National Resources
- **Dr. Zsolt Semjén**  
Deputy Prime Minister of Hungary
- **Dr. Ágoston Szél**  
Rector, Semmelweis University
- **Dr. Tivadar Tulassay**  
Past - Rector, Semmelweis University

The highlights mentioned above are only a few from a whole range of exciting topics and lectures presenting new findings. The conference abstracts has been published in the Supplementum of the International Journal of Behavioral Medicine (IJBM). The detailed program of the conference is still available at:

<http://www.icbm2012.com>

*Dr. Adrienne Stauder*

President of the Hungarian Society of Behavioral Sciences and Behavioral Medicine



## Awards

During the ICBM 2012 a number of award recipients were honored by the Society.

2012 Early Career Awardees were

- **Harald Baumeister**, Freiburg, Germany
- **Prisla Calvetti**, Porto Alegre, Brazil
- **Oralia Garcia-Dominic**, Hershey, USA
- **Nicola Hobbs**, Newcastle, GB
- **Mette Terp Hoybye**, Copenhagen, DK
- **Steven Kamper**, Sydney, Australia
- **Adrian Loerbroks**, Heidelberg, Germany
- **Daisuke Nishi**, Tokyo, Japan
- **Sangahmitra Pati**, Bhabaneswar, India
- **Jana Strahler**, Marburg, Germany
- **Evangelia Tsiga**, Thessaloniki, Greece
- **Lenoie Uijtdewilligen**, Amsterdam, NL
- **Melinda Vanya**, Szeged, Hungary
- **Bogdan Voinescu**, Cluj-Napoca, Romania
- **Luke Wolfenden**, Newcastle, Australia

The ISBM Lifetime Achievement Award was given to **Neil Schneiderman**.



**Neil Schneiderman** receiving the Lifetime Achievement Award from **Norito Kawakami** and **Hege Eriksen**. Below: his speech



Front: Early Career Awardees 2012

We congratulate all award winners for their excellent work!

*Anne H Berman*  
Chair, ISBM Education &  
Training Committee

## INSPIRE's update

The meeting in Budapest has been a great success. INSPIRE started off with a pre-congress satellite forum jointly organized by the International Collaborative Studies Committee and the Organisation Liaison Committee. "Getting Research into Policy and Practice: Advancing the Science for Dissemination and Implementation in Behavioral Medicine" addressed many important issues pertaining to translational research. The forum was attended by 31 delegates and presenters. The international line-up of speakers provided a stimulate discussion and a follow-up meeting is likely to take place at the next congress.



**Speed-Mentoring Session at ICBM**

Two international "speed-mentoring" sessions were co-organised with the Education and Training Committee. With the aim to support and mentor student and early career researchers in the field of behavioural medicine, 24 junior researchers met with 18 mentors during the sessions and received mentorship at an international level. We have had very positive feedbacks from both the mentees and mentors and we hope to continuous this activity to benefit more early career researchers at our next mentoring event.



**Brian Oldenburg**

As an ongoing development and planning for INSPIRE, we would like to make a call to all student and early career researchers to join INSPIRE. If you are within 5 years from your most recent graduation, please sign up on the INSPIRE forum ([www.isbminspire.org](http://www.isbminspire.org)) and keep up with what is happening! INSPIRE is a network created for you so please let us know how we can better support your research and career development in the field of behavioural medicine! Wish you all the best in your research endeavours.

*Carina Chan, PhD*

INSPIRE Chair

[carina.chan@monash.edu](mailto:carina.chan@monash.edu)



**Jean Claude Mbanya**



## Obituary Graciela Rodriguez Ortega

Dr. Rodriguez Ortega received her Ph.D. in General Experimental Psychology at the Faculty of Psychology at the National Autonomous University of Mexico (UNAM) and spent her postdoc at the Universities of Texas and Florida, USA.

Later, back at the UNAM she was appointed the first female Director of the School of Psychology, 1977-1981, and later became a member of the Governing Board of the UNAM from 1986 to 1998.

Graciela belonged to the review boards of international journals and served as an active member in a number of scientific and professional associations, among others the Mexican Society of Behavioral Medicine, or the Mexican National Council for Teaching and Research in Psychology (CNEIP) from 1971 until her death.

Dr. Rodriguez was the Principal Investigator of several research projects and served as a consultant to several more. As a committee member from 2005 she was involved in project reviewing for the National funds in the research sector Health and Social Security of CONACYT until her death this year. Based on her research results, she published over 30 articles in renowned national and international scientific journals, more than 25 books as editor and author and she co-authored 26 book chapters.

During her career, as a panelist in over 100 national and international conferences she has continuously supported the international exchange with important researchers in our field, such as e.g. Lacan and Skinner. She organized several conferences, including the XXVI International Congress of Psychology and the Mexican Congress of Psychology II, and she herself was honored the most important awards in the field of Health, Psychology and Scientific and Technological Development (including the "Wilhelm Wundt" medal during the XXI International Congress of Psychology, or the CNEIP 2002 National Teaching and Research Award in Psychology). Thus, she was and internationally recognized promoter of national policies in the area of public health and the role of psychology within this sector and the Mexican Behavioral Medicine suffers a great loss due to her death.





## Obituary Maria Kopp

Maria had been characterised by an amazingly abundant energy until the very last day of her life.

In 1968 she graduated from the Semmelweis Medical University with „summa cum laude“, thereafter she completed her psychology studies and became a clinical psychologist. She was the founder of the Institute of Behavioural Sciences at Semmelweis University, serving as the director of the institute for 14 years, thereafter as research director. Her scientific work includes nearly 300 publications. She published several books that now are considered fundamental works. She founded the Hungarian Psychophysiology and Health Psychology Society and the Végeken Health Psychology Foundation. She was the Hungarian representative and executive committee member of many international societies and editorial board member for many national and international scientific journals.

As tutor she was very popular and inspiring. She was the leader of a doctoral program, and she established a research school of high standards. Apart from education, the treatment of clients was of great importance for her. When she set up the Institute of Behavioural Sciences, she insisted on including treatment and healing among the main tasks of the Institute, and she developed a nationwide psychosomatic outpatient department.

In her last decade vital issues related to the nation's destiny became increasingly im-

portant: demographic questions, the battle against suicide, and researching happiness. She initiated and established the Demographic Round Table, the „Three Princes, Three Princesses“ movement; she actively participated in European collaborations, and she was very open towards the most recent research trends integrating the disciplines of biology, neurosciences and psychology.



Her lifework has been acknowledged by many distinguished awards; the most important: Gyula Nyíró Award (twice) by the Hungarian Psychiatric Association, Albert Szent-Györgyi Award, "For a Civic Hungary" award, Prima Primissima award, Hungarian Heritage Award, Stephanus award, honorary citizen of Budapest, and two weeks before her passing away: the Commander's Cross with the Star, order of merit of Hungary (civilian division).

What will we do without her? We will need to grow up – we have been challenged to do that now. We cannot substitute her, yet it is our obligation to cherish her memory with dignity.

*Ferenc Túry MD, PhD*

*Director of the Institute of Behavioral Sciences,  
Semmelweis University Budapest*

## E-Book recommendation

E-book from 2012 reviewing research on salivary cortisol measurement now available free of charge at:  
<http://www.benthamdirect.org/pages/1150/129054/the-role-of-saliva-cortisol-measurement-in-health-and-disease-open-access/vol-1.php>

### Abstract:

*In recent decades, the technique of using ambulatory saliva sampling for measuring cortisol levels has become increasingly popular in field research and clinical studies aimed at investigating bodily responses to psychosocial stress and other psychological and clinical conditions. This interest is paralleled with frustrations on opposing and ambiguous results. To get a deeper understanding of the seemingly contradictory results, the Scandinavian cortisol and stress network (Scancort) was formed, based on 20 researchers from the disciplines of public health, psychology, biology and medicine. This book is based on a critical review of the existing empirical literature on salivary cortisol, aiming to evaluate the usefulness of salivary cortisol as a biomarker in various settings. In particular, this book focuses on how the many different ways of evaluating the levels and dynamics of salivary cortisol (i.e., with regard to time points of assessment and different algorithms used to integrate data from multiple time points) affect the interpretation of cortisol measurements in various contexts. One main question is to find out if it is possible that different results of studies involving cortisol assessments are functions of differences in the theoretic assumptions made and the methods used.*

## The Role of Saliva Cortisol Measurement in Health and Disease



**Editors:**  
Margareta Kristenson  
Linköping University  
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Peter Garvin  
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Sweden

Ulf Lundberg  
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Bentham  Books



## News from the Societies

### **10th anniversary HEALTH PSYCHOLOGY / BEHAVIORAL MEDICINE IN CHILE**

2013 Annual Meeting of the Chilean Society of Behavioral Medicine and Health Psychology  
14-15 November 2013  
Santiago/ Chile

The Department of Psychology of the Catholic University of Chile will sponsor the meeting to celebrate the 10th anniversary of its graduate program in this field. The meeting has the objective of strengthening behavioral medicine, health psychology and related multidisciplinary areas in Chile. We expect that the meeting will encourage collaborative work among health professionals; stimulate research, clinical and preventive activities and support graduate programs in behavioral medicine and health psychology. Furthermore, with this initiative we hope to contribute to the development of a network in the Ibero-American region. We are planning to have 3-5 tracks, between them, cardiovascular; diabetes; pain/ musculoskeletal; PTSD and cancer. This can change according to the resources.

### **American Psychosomatic Society 71<sup>st</sup> Annual Scientific Meeting**

#### **"Impact and Innovation"**

March 13 - 16, 2013  
Miami, Florida, USA  
<http://www.psychosomatic.org/abstracts/index.cfm>

### **Society of Behavioral Medicine 34<sup>th</sup> Annual Meeting**

March 20-23 2013  
San Francisco, CA, USA  
<http://www.sbm.org/meetings/2013>