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Newsletter of the International Society of Behavioral Medicine

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## Contents

- [News from the editor](#)
- [Letter from the President](#)
- [News from the Editor of the International Journal of Behavioral Medicine](#)
- [SIG News](#)
- [Education and Training News](#)
- [Report on the Education and Training Workshop at the First Symposium of the CEEBM-NET in Targu-Mures, Romania, 14-16 October, 2005](#)
- [Update on the Ninth International Congress of Behavioral Medicine](#)
- [First Meeting of the UK Society for Behavioural Medicine \(UKSBM\)](#)
- [Meetings and Congresses in 2006](#)

## News from the Editor

It is with great pleasure that I begin my term as the newsletter editor for ISBM, and I am looking forward to working with ISBM members to produce our semi-annual issues. Hege Erikson has done an excellent job of developing the newsletter over the past two years, and I hope to produce issues that meet the high standards of quality that she has set.

This newsletter provides ISBM members with the opportunity to communicate news of behavioural medicine developments and activities to thousands of scientists and practitioners around the globe. Please share news from your member society and region with the rest of ISBM by sending in announcements and reports for inclusion in these newsletters. Items, as well as any suggestions and feedback, can be sent to my email address:  
[L.cameron@auckland.ac.nz](mailto:L.cameron@auckland.ac.nz)

The 2006 newsletters are scheduled for publication in May and November.

This issue includes reports of several successful conferences and scientific meetings that have taken place in a diverse range of locations around the world: Romania, Venezuela, Mexico City, and London. As Antti Uutela notes in his Letter from the President, it is exciting to see the development and expansion of our member societies in these and many other regions. In addition, Ulf Lundberg reports on the continuing success of the International Journal of Behavioral Medicine. And finally, Brian Oldenburg and Nick Kotchabhakdi provide an update on the program development and other preparations for our 2006 International Congress of Behavioral Medicine in Bangkok. Now is the time to start making your plans to attend what promises to be the most exciting ICBM yet.

**Linda D. Cameron**  
Newsletter Editor

## Letter from the president

### ISBM goes regional

It is remarkable how behavioral medicine is expanding. The number of ISBM member societies – full and affiliate – is 27. We may reach the number 30 by the Bangkok Governing Council time in late November 2006. The counter on the website of the forthcoming Bangkok international congress proves that ISBM congresses themselves awake frequent interest. I can add that this is rightly so since the Program and Local Organizing Committees and the Education and Training Committee have all been engaging in a keen discussion and planning process that still continues. In addition, October 2005 saw yet two important events that call our attention. The First Symposium of the Central Eastern European Behavioural Medicine Network in Targu-Mures, Romania, 14-16 October was one of the two, immediately followed by the III Congreso Nacional de Medicina Conductual, 20-22 October in Caracas, Venezuela. I was happy to be able to participate both of them.



The CEEBM-NET congress took place in a smaller and very nice university town of Targu-Mures, in Transylvania and the “Hungarian part” of Romania. Main organizers of the meeting were the Network itself, the University of Medicine and Pharmacy of Targu-Mures and the Bod Péter Charity and Educational Centre. The local organizers, Melinda Székely and Zoltán Ábrám, had done a fine job to create excellent auspices for the program organized by Mária Kopp, Mónika Erika Kovács, Adrienne Stauder, Adriana Baban and Irina Todorova. A warm thanks from my part goes to all those responsible for the excellent program and great hospitality.

The meeting was impressive: even if it “only” encompassed 56 participants, they were well representative of the eight countries (Bulgaria, Czech Republic, Finland, Hungary, Lithuania, Poland, Romania and United States (Neil Schneiderman and Redford B. Williams) they came from. Abstracts had been sent from yet another three countries (Serbia and Montenegro, Slovakia and Slovenia), but their presenters finally lost their chances to participate the meeting. The meeting, which had a very enthusiastic note from the beginning to the end, included three workshops (Education and training of behavioral medicine; Social, economic and political changes and health in CEE; and Balint workshops), and 25 oral and 20 poster presentations. These presentations generally were of a very good scientific quality. In addition, they not only brought insights to the regional health situation, but they also gave fresh new ideas on how to approach health matters.

Another target for the Targu-Mures meeting was to promote the establishment of a regional society. Those Hungarian, Romanian and Bulgarian colleagues who have already been mentioned had worked hard for this target, and as we were in the closing session of the meeting, both the panel and the floor, representing all the 8 participating countries came to the unanimous conclusion that the establishment of a regional society would be an important step toward promoting public health in the region. It was concluded then that this regional society should be established in a one-day administrative meeting in Warsaw, Poland in August 2006 so that it could then apply for the ISBM membership by the Bangkok Governing council time.

The Third National Congress of the Venezuelan Interdisciplinary Group Behavioral Medicine (SIVMEC) was organized around the Lifestyle theme as a two-day intensive meeting 22-23 October at the Caracas Hilton. Around 400 national participants, and Graciela Rodriguez (Mexico), and Sheila Payne (UK) actively participated in the meeting. Yes, we could all learn from the wonderful way of making the questions to the presenters that we have found to be the Latin way both in the Mexico City congress last June and in this Caracas meeting. I am also very thankful for the translation provided for the Congress. It seems that I am repeating myself when I am concluding that the two Latin American behavior medicine meetings in 2005 have both been very inspiring and educational; however, I found that to be the case. I am

indebted to my host Lydia Feldman and her team for the great hospitality and for the important business discussion concerning how our Venezuelan member organization sees the latest developments in ISBM and what their wishes are for the future.

In the beginning of this December (4-6), it is my privilege to take part in the 5<sup>th</sup> Annual Conference of the Thai Society of Behavioural Medicine that is also meant to be a regional meeting. This meeting is, of course, a "rehearsal" for the 9<sup>th</sup> International Congress of Behavioural Medicine to follow in 12 months, but it is also another step along the way to more regional behavioral medicine activities in South-East Asia as well. The second and third Thai meetings that I have participated in before have also included several regional participants (including those from Malaysia and Indonesia), and we should keep in mind, that the Korean Behavioral Medicine Society achieved an ISBM member status last June, so I am looking forward to a great regional meeting.

The Mexico City Governing Council meeting left a legacy for the ISBM executives to do a lot of preparations for the ensuing meetings. This involves instruments for making the International Society more transparent, democratic, and efficient in dealing with scientific and public health questions. There is nothing to go public about yet, but as soon as there is I'll keep you informed. Before the Governing Council meets in Bangkok, we will have a Board meeting in Oxford, UK. In fact, we shall meet in Oxford 12-13 May, 2006 for two other purposes as well. These include the ICBM 2006 Program Committee meeting and the ICBM 2010 site visit. I would like to remind you of very important appointments that have to be made in Oxford by the Board and then found acceptable by the Governing Council. The officers in question are the Nominating Chair and two co-chairs who, according to our by-laws, should solicit at least two nominations for each of the open positions at the Bangkok Governing Council meeting. I would like to encourage you now to start to identify possible nominations of chair and co-chair candidates so that you would have them ready at hand when we publish the call for the nominations.

Last, but not least, I want to express my warm thanks to Hege R. Eriksen who did an excellent job as the Newsletter Editor and now continues with the same effort as the Communication Chair. I am sure that Linda Cameron will follow Hege's example superbly.

Good luck, Linda, and best wishes for all of you,

**Antti Uutela**  
**President**

#### **News from the Editor of the International Journal of Behavioral Medicine**

The number of submissions continues to increase. This year, 63 submissions have been received so far. The rejection rate is about 50% (it has ranged from 40-60% over the years). The impact factor for 2004 was 1.3 (an increase from 0.77 in 2003).

Dr. Joost Dekker will become Editor-in-Chief for IJBM from 2007 but will start to process manuscripts from January 1st, 2006. ALL NEW SUBMISSIONS SHOULD BE SENT TO JOOST DEKKER <[J.Dekker@vumc.nl](mailto:J.Dekker@vumc.nl)> FROM JANUARY 1ST, 2006.

From 2006, volume 13, the number of pages of IJBM will increase by about 25%

#### TABLE OF CONTENTS IJBM 13 `1 (submitted to the Publisher)

MS 1 (#46-03) : Symptom Reporting and Self-Rated Health Among Women in Mid-Life: The Role of Work Characteristics and Family Responsibilities  
Christin Mellner, Gunilla Krantz, and Ulf Lundberg  
Approx. 16,5 pages.

MS 2 (#52-04) : Smoking Cessation Counseling by Russian Oncologists: Opportunities for Intervention in the Russian Federation  
Robert A. Schnoll, Paul F. Engstrom, Somasundaram Subramanian, Lev Demidov and Dustin B.

Wielt  
Approx. 16 pages.

MS 3 (#72-04): Prevalence and Correlates of Tobacco Use Among Russian Cancer Patients: Implications for the Development of Smoking Cessation Interventions at a Cancer Center in Russia  
Robert A. Schnoll, Paul F. Engstrom, Somasundaram Subramanian, Lev Demidov, Dustin B. Wielt and Mourad Tighiouart  
Approx. 20,5pages.

MS 4 (#16-04): HIV Risk Behavior in Male and Female Russian STD Clinic Patients  
Eric G. Benotsch, Steven D. Pinkerton, Roman V. Dyatlov, Wayne DiFranceisco, Tatyana S. Smirnova, Valentina Y. Dudko and Andrei Kozlov  
Approx. 14 pages.

MS 5 (#05-04) : Does Occupational Gender Segregation Influence the Association of Effort-Reward Imbalance with Myocardial Infarction in the SHEEP Study?  
Richard Peter, Anne Hammarström, Johan Hallqvist, Johannes Siegrist and Töres Theorell  
Approx. 18 pages.

MS 6 (#74-04): History of Depression, Race and Cardiovascular Risk in CARDIA  
Sarah S. Knox, Mary Whooley, Nathan D. Wong, Karen A. Matthews, Carlos Iribarren, Adelaide Barnes, Caia E. Lewis and Catarina Kiefe  
Approx. 14 pages.

MS 7 (#46-06) : Burnout in the Working Population: Relations to Psychological Work Factors  
Karin M. Lindblom, Steven J. Linton, Cecilia Fedeli and Ing-Liss Bryngelsson  
Approx. 20 pages.

MS 8 (#30-03): Written Disclosure of Experiences with Racial Discrimination and Antibody Response to an Influenza Vaccine  
Cinnamon Stetler, Edith Chen, Gregory E. Miller  
Approx. 24 pages.

MS 9 (#50-03): Dentist Preferences for Patients: Dimensions and Associations with Provider, Practice and Service Characteristics  
Davis S. Brennan, A. John Spencer  
Approx. 17,5 pages

MS 10 (#63-04): Adherence to Nicotine Replacement Patch Therapy in Cardiovascular Patients  
Louise C. W. Wiggers, Ellen M. A. Smets, Frans J. Oort, Marja N. Storm-Versloot, Hester Vermuelen, Lucas B. M. Van Loenen, Ron J. G. Peters, Hanneke C. J. M. de Haes, Dink A. Legemate  
Approx. 22,5 pages

MS 11 (#65-04): Income Differences in Cardiovascular Disease: Is the Contribution from Work similar in Prevalence versus Mortality Outcomes?  
Susanna Toivanen, Örjan Hemström  
Approx. 19 pages

**Ulf Lundberg**  
**Editor IJBM**

## SIG News

The ISBM GLOBIOTH SIG has been busy working on the SARS workshop program for the 13th conference of the European Public Health Association (EUPHA), which was held in mid-November in Graz, Austria. The overall theme of the conference was "Promoting the Public's Health: Reorienting Health Policies, Linking Health Promotion and Health Care". Close to 800 participants from different parts of the world attended the conference. The SARS workshop, entitled 'Assessment, management, perception and communication of risk: The lessons learnt from SARS', attracted a lot of interest and collaboration suggestions not only from researchers but also from the WHO and the European Union. The workshop was organized in collaboration with ISBM GLOBIOTH-SIG and the EUPHA section of Infectious Diseases.

For more information about the conference and its presentations, see the EUPHA website: [www.eupha.org](http://www.eupha.org)

## Education and Training News

The ISBM Education and Training Committee arranged a workshop in Mexico City in the context of the Latin American/Caribbean Conference on Behavioral Medicine. Representatives of Mexican and Cuban Societies, in addition to US and European representatives, presented their respective curricula in behavioural medicine, and described the current challenges in development and collaboration. This kind of get-together is important both for local participants and international ones. To be able to develop into a truly international society, ISBM needs to listen to the regional and local voices, and to be ready to learn from other contexts.

Another important development has been the Education and Training Workshop held at the First Symposium of the Central Eastern European Behavioural Medicine Network (CEEEM-NET). The following report, submitted by Adrienne Stauder, presents the highlights of the successful workshop. More information about CEEEM-NET, its activities, and the Symposium program and abstract book can be found on its website: [www.ceeem-net.hu](http://www.ceeem-net.hu)

Check the ISBM Education and Training Special Interest Group webpage for recent updates of its activities and resources: [www.isbm.info/education/](http://www.isbm.info/education/)

**Arja R. Aro**  
Chair, Education and Training Committee

### **Report on the Education and Training Workshop at the First Symposium of the CEEEM-NET in Targu-Mures, Romania, 14-16 October, 2005**

The workshop was chaired by Adrienne Stauder (ISBM E&T Committee co-chair, Hungarian BM Society vice-president) with the precious contribution during planning and preparation of Arja R. Aro (Finland, ISBM E&T Committee Chair), Marc Gellman, Justin Nash, Brian Oldenburg and Edwin Fisher. The most important issues and conclusions of the workshop were presented to all participants of the Symposium next day, during the plenary session. The main topic of the workshop was curriculum development in behavioural sciences. In an introductory presentation I gave an overview of ISBM constitution and activities, summarized some important

international recommendations (World Health Organization and the Institute of Medicine of the National Academies) and proposed a structure for the discussion based on the ISBM E&T survey 2004, with focus on competencies, target groups, curricular content, teaching techniques and assessment methodologies in behavioural medicine.

The 12 participants represented 8 institutions from 4 countries, among them heads of department, senior and junior teachers and also undergraduate students. This variety of academic backgrounds stimulated a very active discussion, starting with the definition of the field and the competencies: Should a behaviour scientist be an expert of many sciences or a coordinator of interdisciplinary cooperation?

Regarding the curriculum: At several universities in the region, courses called Behavioral Medicine have been only recently included (or will be included in the near future) in the programs, although some topics representing components of the field were part of the programs. There is little knowledge in one institution about another's program even within countries, indicating that more communication and cooperation is needed between institutions and individual professionals.

Concerning teaching techniques and assessment methods, international guidelines would be highly appreciated. Students expressed the need to learn practical skills rather than theories. The teachers were concerned with how the knowledge acquired in the first years of study can be maintained until the year of the diploma. Exchange of educational tools, and teachers / students was planned.

**Adrienne Stauder MD, PhD**  
**Co-Chair, Education and Training Committee**

### **First Meeting of the UK Society for Behavioural Medicine (UKSBM)**

The first scientific meeting of the UKSBM was held on November 3<sup>rd</sup> 2005 at the Kings Fund Conference Centre in London. It was attended by 110 delegates from a wide variety of disciplinary backgrounds. The scientific programme was organised by Dr Robbie Foy and the UKSBM committee, and was designed to reflect the wide scope and potential of behavioural medicine in the UK setting.

During an excellent opening plenary session, chaired by Dr Roger Boyle (cardiologist and National Director for Heart Disease), speakers Professor Bob Lewin (clinical psychologist) and Dr Mike Chester (cardiologist) highlighted the huge benefits that patients with refractory angina and other cardiovascular diseases can obtain from behavioural, rather than the usual, purely biomedical, approaches to their management. The second plenary session, which had the intriguing title 'herding cats', was a debate about the use of financial incentives to improve the quality of health care delivered by general practitioners. The speakers were Professor Martin Roland (general practitioner) and Professor Alan Maynard (health economist), and the session was chaired by Professor John Brazier (health economist). The session led to a wide-ranging discussion about health care delivery. For the remainder of the programme delegates contributed to any two of a choice of seven workshops on offer. These lively, interactive sessions covered a wide spectrum of topics including health-related behaviour change, medicines adherence, smoking cessation, professional behaviour-change interventions, determinants of health behaviour, lifestyle changes to control diabetes and the classification of behaviour change interventions.

At the first AGM of the Society, the President, Theresa Marteau, was able to tell delegates about the developing membership base (currently 97 members), the aims of our new society, plans for the next scientific meeting to be held on December 6<sup>th</sup>, 2006 in Cambridge, and the bid the UKSBM has made to host the meeting of the parent International Society of Behavioral Medicine, in 2010 in Oxford. At the closing drinks reception it was clear that delegates had enjoyed the day and were feeling very positive about the development of the UKSBM.

**Theresa Marteau**  
**President, UKSBM**

## Update on the Ninth International Congress of Behavioral Medicine

### ***Bridging Behavior and Health - Connecting the Hemispheres***

**Date:** November 29 - December 2, 2006

**Location:** Sofitel Central Plaza Hotel, Bangkok, Thailand

Arrangements for the 9<sup>th</sup> International Congress of Behavioral Medicine in Bangkok are proceeding very well. Bangkok is a very exciting and vibrant city and the Local Organizing Committee is organising a wonderful social program and lots of other associated events which are being regularly updated on the website.

Abstract submissions for oral papers, symposia and posters can now be submitted via the Congress website at: [www.9icbm-2006.org](http://www.9icbm-2006.org)

The Program Committee is very keen for the congress program to be the most diverse and most representative of all regions of the world for any ICBM held so far. So, please encourage your colleagues and others from around the globe to make submissions by the **due date for abstract submission: March 1, 2006**.

Please also contact the Program Chair (Brian Oldenburg @ [b.oldenburg@qut.edu.au](mailto:b.oldenburg@qut.edu.au)) if you have any other ideas or suggestions for the program—for example, topics for roundtable sessions that can be scheduled for the lunchtime sessions on Thursday, Friday and Saturday. The **Workshop Program**, which will take place on Wednesday, November 29, will be finalised and updated on the Congress website by the second week of December.

Major program highlights at this stage include:

**Three Keynotes** - Michael Meaney from Canada, Karen Matthews from USA and Anuar Zaini from Malaysia.

**Four Master Lectures** - Leenah Hsu from USA/Thailand, Norito Kawakami from Japan, Terrie Moffitt from UK and Manfred Schedlowski from Switzerland

#### ***Two Panel Sessions:***

Prakash C. Gupta (India) & Prakrit Vathesatogkit (Thailand) – *Challenges for tobacco control in countries undergoing rapid transition* (Chaired by Ron Borland, Australia)

Ruth Bonita (Switzerland) & Liming Lee (China) – *Regional and global health challenges for health systems* (Chaired by Robert Kaplan, USA)

Please direct any enquires about the program to Brian Oldenburg ([b.oldenburg@qut.edu.au](mailto:b.oldenburg@qut.edu.au)) and about the Local Organisation to Nick Kotchabhakdi ([scnkc@mahidol.ac.th](mailto:scnkc@mahidol.ac.th)). We look forward to welcoming everyone to the 9<sup>th</sup> International Congress of Behavioral Medicine in Bangkok, Thailand at the end of 2006!

**Brian Oldenburg, Program Chair**  
**Naiphinich Kotchabhakdi, Local Chair**

## Meetings and Congresses in 2006

### ISBM Board and Governing Meetings

<http://www.isbm.info/members/members.html> (password protected)

The 4<sup>th</sup> Annual Scientific Conference of the Australasian Society for Behavioural Health and Medicine will be held **February 9-11, 2006** at the Spencer on Byron, Takapuna in [Auckland, New Zealand](#). The theme of this year's meeting is *Behavioural Medicine: Local to Global*. Rapid communications abstracts will be accepted until January 13, 2006. For more information, visit the ASBHM website: [www.asbhm.org](http://www.asbhm.org)

The 64th Annual Scientific Conference of the American Psychosomatic Society will be held **March 1-4, 2006** at the [Hyatt Denver Convention Center, Denver, Colorado USA](#). The theme of this year's meeting is *Neuroscience*, with 20-25% of the meeting content devoted to this area. Visit [www.psychosomatic.org](http://www.psychosomatic.org) for more information

The 27th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine (USA) will be held **March 22-25, 2006** at the San Francisco Marriott in [San Francisco, California USA](#). The theme is *Behavioral Medicine Across the Lifespan*, and the program tracks are designed to encourage transdisciplinary presentations and new perspectives on human behavior, health and illness. Rapid communications papers will be accepted until January 13, 2006. For more information, visit: [www.sbm.org](http://www.sbm.org)

The Dutch Research Institute for Psychology and Health will be holding the [Sixth Conference on Psychology and Health](#) at the Rolduc Conference Center, Kerkgrade, [The Netherlands](#) on May 8-10, 2006. Abstracts for symposia, paper presentations, posters, and discussion sessions will be accepted until Dec. 20, 2005. For more information, visit: <http://pandh.fss.uu.nl/conference/conference.htm>

## Coming soon from Oxford University Press

### Obesity Prevention and Public Health

By David Crawford and Robert Jeffrey

This book provides an overview of the worldwide obesity epidemic and the case for prevention. The book reviews the existing evidence regarding the effectiveness of strategies to promote healthy eating and physical activity and prevent obesity. It also includes expert views of the potential opportunities for innovative approaches to tackle the obesity epidemic. Available August 2005 at £42.50

For further information about this book, or to order, please visit [www.oup.com/uk/isbn/0-19-856600-X](http://www.oup.com/uk/isbn/0-19-856600-X)