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## News from the Editor

Dear ISBM-Members,

There has been considerable activity among ISBM and its member societies over the past few months. And so, we have a busy edition of the September newsletter.

Christina Lee provides an update regarding the growth of the International Journal of Behavioral Medicine, upcoming special issues and recent publications of particular global merit. Christina will also be wrapping up her tenure as Editor in Chief of the journal at the end of 2017. We thank Christina for her tremendous contribution to the society in this role and welcome Tracy Revenson and Michael Hoyt, from City University who are transitioning into the Editors (Co) in Chief position with the journal.

Congratulations should also be extended to Professor Bjørn Holstein who was presented with his ISBM Lifetime Achievement Award in Copenhagen. Bjørn Holstein has made an enduring contribution to social and behavioral medicine and provided an insightful lecture during the award ceremony.

ISBM is supporting the growth of behavioral medicine across regions globally. Recently the new Academic Forum of Behavioral Health (AFBH) was established in mainland China to promote interdisciplinary collaborations. In this edition of the newsletter Professor Joseph Lau from the Hong Kong Society of Behavioral Health provides an overview of activity in this area.

There is also a number of events coming up hosted by member societies outlined in this issue. A warning for all members interested in ISBM events, we have become aware of a website promoting an International Conference of Behavioral Medicine in Sweden in 2018. Despite its appearance, the event has nothing to do with our society or the ICBM in Chile in the same year. Other websites may also emerge for events hosted by other member societies. Members are urged to exercise caution.

Regards,

*Luke Wolfenden*  
Newsletter Editor





## Letter from the President

Dear Colleagues and Friends,

It is hard to believe that it has been 10 months since we came together at our Biennial International Congress of Behavioral Medicine, in Melbourne, Australia. Thanks to the Local Organizing Committee, the Scientific Program Committee and the over 700 presenters and attendees, we had a very successful Congress. Since then, the Board and Governing Council have been working diligently behind the scenes on various initiatives that continue to place the ISBM as the leading international flagship organization for behavioral medicine scientists and trainees. As you are well aware, we as constituents of the ISBM share the common goal of promoting and advancing the field of Behavioral Medicine and reducing disease morbidity and mortality, and improving well-being across the world. Let me take an opportunity to highlight some of the key initiatives that align with our common goals.

**Expanding the reach of ISBM and Behavioral Medicine.** Joost Dekker (Treasurer; The Netherlands) and Joseph Lau (Co-chair International Liaison) have been leading our efforts in further developing and expanding the Behavioral Medicine in Asia, and particularly in China. In close collaborations with the Chinese Society of Behavioral Medicine and the Hong Kong Society of Behavioral Health ISBM member societies, the ISBM will be sponsoring or participating in several workshops in China in November 2017. The Chinese Society of Behavioral Medicine (CSBM) will be holding the China National Congress of Behavioral

Medicine November 10-13 in Xiamen, Fujian, China. The ISBM will be co-sponsoring, along with the CSBM and the Chinese Medical Association the *Second Global Behavioral Medicine Workshop*. Joost and the organizers have lined up an excellent group of speakers that will be highlighting three major areas of behavioral medicine and health, i.e., biobehavioral mechanisms, clinical diagnosis and intervention, and public health. The workshop is designed to introduce key concepts of Behavioral Medicine to early- and mid-career researchers in China, and provide skills and knowledge relative to improving the development, implementation and evaluation of interventions. Later in the same month, several ISBM members will be presenting at the *1<sup>st</sup> Interdisciplinary Behavioral Health Conference: Opportunities and Challenges* in Changsha, Hunan, China, hosted by the Xiangya School of Public Health Central South University. We are very pleased that several ISBM colleagues (Joost Dekker, the Netherlands; Rona Moss-Morris, the UK; Brian Oldenburg, Australia) will be presenting keynote lectures. In addition to our efforts in China, I had the opportunity to visit Cuba this past year and meet with key behavioral medicine researchers in the island including representatives from the Cuban Health Psychology Society and the Cuban Ministry of Health. I am thrilled to report that a very influential and well-recognized group of behavioral medicine researchers in Cuba are now in the process of establishing a Behavioral Medicine Section within the Cuban Health Psychology Society to create an emerging society. This development, along with other active ISBM member societies in Latin America will advance our efforts to promote



to the field of Behavioral Medicine in the region.

**Incorporation of the ISBM.** I am very pleased to say that we are only a few steps away from what has been a very involved and laborious process of incorporation for the ISBM. Adrienne Stauder (Past-President; Hungary) has spent an unwarranted amount of time working very diligently on the incorporation process which has involved multiple rounds of discussions with lawyers in Germany, multiple edits to the wording of our bylaws which have now been approved by the Governing Council, and constant communications with the Board, the Executive Committee and the incorporation lawyers. Pending the final steps, which involve notarization of the incorporation documents and approval by the lawyers, we will complete the process and begin to benefit from incorporation which includes a streamlined fiscal management of the ISBM by the MCI group—a professional association management company based in Switzerland with an international reach that spans across 31 countries.

**Prevention and Management of Non-Communicable Diseases in Low and Middle-Income Countries—a Role for Behavioral Medicine.** As low- and middle-income countries (LMICs) experience a shift from infectious diseases, to non-communicable diseases (NCDs), there is an urgent need to address the burden and chronicity of conditions such as hypertension, obesity and cancer. From targeting modifiable risk factors such as diet and sedentary behavior, to promoting effective management of prevalent NCDs (e.g., adherence to

treatment, follow-up), the field of behavioral medicine has much to offer to reduce the disease burden rendered by these conditions. This past summer, I was fortunate to work with Oluwakemi Odukoya (Nigeria) and Rina Fox (USA) in drafting an ISBM Policy Brief to Advocate for the *Role of Behavioral Medicine in the Implementation of the Global Action Plan for Prevention of NCD's (2013-2020) in LMICs* and a call for the incorporation of behavioral medicine strategies to prevent and manage NCDs. The policy is in its final drafts and pending some minor revisions. I strongly feel that Behavioral Medicine can play a pivotal role in addressing the emerging risk of NCDs in LMICs and we are fortunate to have ISBM investigators such as Oluwakemi (lead author) and Rina who are interested in promoting this area of investigation which builds on seminal work conducted by Brian Oldenburg (Australia) and other ISBM members.

**The 15<sup>th</sup> International Congress of Behavioral Medicine.** We are only a little more than a year away from our next Biennial Congress. The 15<sup>th</sup> Biennial International Congress of Behavioral Medicine (ICBM) will be held in Santiago, Chile in November 2018 and will welcome an internationally diverse group of Behavioral Medicine scientists. ICBM will address novel Behavioral Medicine developments and opportunities in disease prevention and control and provide a unique platform to broaden Behavioral Medicine research and practice. The Congress will also allow us to enhance the diversity of international Behavioral Medicine professionals by providing mentoring and professional development to attendees and by supporting



emerging Behavioral Medicine societies. Lara Traeger (Scientific Program Committee Chair) and the Scientific Program Committee (SPC) have put together an exceptional line up of Keynote and Master Lectures and Panels. The Local Organizing Committee (LOC) chaired by Eliana Guic (Chile) has been working closely with the SPC to and our congress organizer to provide an extraordinary experience to the Congress attendees that is characteristic of our Biennial Congress. I urge you to visit our website ([www.icbm2018.cl](http://www.icbm2018.cl)) to learn more about the Congress and to submit your abstract.

This is an exciting time for the ISBM filled with many opportunities, and of course several challenges. Our member societies and their membership are the strength and backbone of our scientific organization. I strongly encourage you to become involved and share your ideas and suggestions, whether at your member society or at ISBM at large. I look forward to hearing from you. If you would like to become more involved in the ISBM, or have any suggestions, please do not hesitate to contact me at [frank.penedo@northwestern.edu](mailto:frank.penedo@northwestern.edu).



*Frank Penedo*  
President of ISBM





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

With my term as Editor-in-Chief of the *International Journal of Behavioral Medicine* finishing at the end of 2017, the past twelve months have involved the selection of a new editorial team and the beginning of the hand-over process. The journal has grown substantially over the time of my editorship (2012-2017), going from 185 submissions and 4 small issues in 2011 to 333 submissions and 6 larger issues in 2016. In line with similar journals such as *Psychology & Health*, and the *British Journal of Health Psychology*, we invited expressions of interest from both individuals and pairs of colleagues to head the new editorial team.

I am delighted to say that – after consideration of three very strong expressions of interest – we have attracted a strong and experienced team of co-editors-in-chief, Tracy Revenson and Michael Hoyt, both from City University of New York. The year 2017 has been one of transition with Tracy and Michael taking carriage of all new submissions from the beginning of June, while I and the existing team of Associate Editors continue to work with all manuscripts submitted before that date.

Meanwhile, the work of the journal continues. The second half of this year will see the publication of two special issues/sections. The first, on “e-Health Interventions for Addictive Behaviors,” is organised by Guest Editors Anne H. Berman, Mette Terp Høybye, and Matthijs Blankers, and is now available online. The second, “Women’s Reproductive Health in Social

Context”, with Guest Editors Yael Benyamini and Irina Todorova, should be ready for publication before the end of the year.

Our publisher, Springer Nature, showcases the best of the best from its journals with its “Change the World” site “Change the World, One Article at a Time” initiative. Editors-in-Chief are invited to select the one paper published in their journal in 2016 that they believe could have the greatest impact on society’s most pressing problems.

I chose Wagner, J., Keuky, L., Fraser-King, L., Kuoch, T., & Scully, M. (2016). Training Cambodian village health support guides in diabetes prevention: Effects on guides’ knowledge and teaching activities over 6 months. *International Journal of Behavioral Medicine*, 23, 162-167. doi:10.1007/s12529-015-9515-x

This was one of 51 articles selected by Springer Nature for feature on their medicine and public health page. See <http://www.springernature.com/gp/researchers/campaigns/change-the-world/medicine-public-health>. The paper reports on the training of local community volunteers as “village guides” to promote healthy lifestyles and prevent diabetes. The strategy of training community members in specific health promotion activities is of growing importance in low-to-middle income countries, in which access to formally qualified health practitioners is severely limited, and has the capacity to improve the health of rural people across the world by bringing basic information and services to their communities.



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

### Editor's Choice

Piepoli, M., et al. (Sixth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice). (2017). 2016 European Guidelines on cardiovascular disease prevention in clinical practice. *International Journal of Behavioral Medicine*, 24, 321–419. doi: 10.1007/s12529-016-9583-6

We take great pleasure in co-publishing the updated European Guidelines, in conjunction with the European Heart Journal. This comprehensive document is an update of the 2012 guidelines, summarising and tabulating findings and recommendations for identification and clinical intervention in cardiovascular disease. With a strong emphasis on prevention and on lifestyle change, it epitomises the positive changes that have been seen in approaches to the non-communicable diseases that now constitute the greatest burdens to health, wellbeing, and health service expenditures across high, middle and low income countries.



**Christina Lee**  
Editor IJBM



## A Global Coalition for Circulatory Health



ISBM is a Member of the Global Coalition of international, regional and national stakeholders in CVD brought together by the World Heart Federation as an outcome of the 2<sup>nd</sup> Global Summit on Circulatory Health which took place in Singapore in July, 2017. The aim is to drive the urgent action needed to combat heart disease and stroke in preparation for the third UN High-level Meeting on non-communicable diseases (NCDs) in 2018.

[www.world-heart-federation.org/global-coalition-circulatory-health-launches-occasion-global-conference-ncds/](http://www.world-heart-federation.org/global-coalition-circulatory-health-launches-occasion-global-conference-ncds/)

**Lancet article on the Global Coalition:**

[www.world-heart-federation.org/wp-content/uploads/2017/10/Global-Coalition-LANCET-2017.pdf](http://www.world-heart-federation.org/wp-content/uploads/2017/10/Global-Coalition-LANCET-2017.pdf)

## Summary of the Summit

The World Heart Federation (WHF) 2<sup>nd</sup> Global summit on Circulatory Health was held in Singapore from 12-13 July 2017. ISBM was represented by Adrienne Stauder, past-president.

Building on the United Nations' goal of a 25% reduction in premature non-communicable disease mortality by 2025, Goal 3 of the Sustainable Development Goals (SDGs), and in anticipation of the forthcoming United Nations High-Level Meeting on Non-communicable Diseases (UN HLM on NCDs) in September 2018, over 100 leaders of global, regional and national organisations convened to discuss how to create the case for urgent action in the fight against circulatory diseases.

**David Wood, President, World Heart Federation:** "Without swift adoption of prevention and intervention strategies, current worldwide trends indicate increased global death and disability from preventable circulatory diseases. The global health community must act now with a greater sense of urgency if we are to contend with the world's number one killer".

Through a series of workshops, panel discussions, and plenary sessions moderated by Richard Horton (The Lancet), a consensus was rapidly reached on the need to collectively support the implementation of the 25 by 25 agenda at both the national and global level through the following actions:



## Summary of World Heart Federation Summit (cont'd)

1. All professional organisations, in collaboration with people living with and affected by circulatory diseases, to mobilise together in a Global Coalition to advocate for international and national actions to prevent and control circulatory diseases in preparation for the UN HLM on NCDs in 2018.

2. Partners of the Global Coalition to advocate collectively at the national level through their members to strengthen NCD Action Plans, by prioritising investment in access to treatment and services for the prevention and control of circulatory diseases at the primary healthcare level; to achieve this through the immediate implementation of the WHO Global HEARTS technical package in every region with a focus on secondary prevention, hypertension detection and control, and tobacco control.

3. Governments to support and promote policy decisions that have a positive impact on the prevention of CVD and stroke by adopting a 'health in all policies' approach, as recommended in the WHF Roadmaps.

4. Ministries of Health to develop systems to collect national data on CVD mortality and morbidity and the use of essential medicines and technologies for prevention and control of heart attacks and strokes, in order to detect and effectively manage hypertension, dyslipidaemia and diabetes over the lifetime of the patient.

Further details on the summit:

[www.world-heart-federation.org/2nd-global-summit-circulatory-health/](http://www.world-heart-federation.org/2nd-global-summit-circulatory-health/)

### About the World Heart Federation Global Summit on Circulatory Health

The 1st Global Summit on Circulatory Health was held on the occasion of the 2016 World Congress of Cardiology & Cardiovascular Health in Mexico City, and resulted in the Mexico Declaration. The 2nd Global Summit demonstrates progress and development from the Mexico Declaration, convening key leadership figures in civil society, policy, business, and government in order to develop an action plan as highlighted above.

The World Heart Federation 2nd Global Summit on Circulatory Health was held in collaboration with the Asian Pacific Society of Cardiology, the Asia Pacific Heart Network, the Singapore Cardiac Society, the Singapore Heart Foundation and the ASEAN Federation of Cardiology; and supported by Amgen, AstraZeneca, Novartis and MCI.

### About the World Heart Federation

The World Heart Federation is dedicated to leading the global fight against cardiovascular disease (CVD), including heart disease and stroke. We are the only global advocacy and leadership organization bringing together the CVD community to drive the CVD agenda and help people live longer, better, more heart-healthy lives.





## Summary of World Heart Federation Summit (cont'd)

Working with more than 200 member organizations in over 100 countries, we strive for a 25% reduction by 2025 in premature deaths from cardiovascular disease around the world.

For more information, please visit: [www.worldheart.org](http://www.worldheart.org);  
[www.facebook.com/worldheartfederation](https://www.facebook.com/worldheartfederation)  
and [twitter.com/worldheartfed](https://twitter.com/worldheartfed).



## *Behavioral Medicine: Making an Impact in the Modern World*

**The new Academic Forum of Behavioral Health (AFBH) has been set up in mainland China to promote interdisciplinary collaborations (written by Professor Joseph Lau, Hong Kong Society of Behavioral Health)**

In the *Developing behavioral health/Medicine in Asia* roundtable meeting held by the Hong Kong Society of Behavioral Health (HKSBH) at the ICBM 2016 meeting, a conclusion was made by the participants that it is important for ISBM to facilitate the setup of new interdisciplinary groups to advance behavioral health/medicine in different regions, such as Asia, where development of behavioral health/medicine may be relatively preliminary. Professor Joseph Lau, the President of the HKSBH, has taken up this initiative, and is happy to share some of the progress with our ISBM members.

It is very encouraging that the Academic Forum of Behavioral Health has been newly established in mainland China. It held its first meeting on 10 June 2017 in Guangzhou, China, which was joined by representatives from over 20 top universities. Instead of being a formal organization, it builds up a flexible platform that promotes interdisciplinary sharing and collaborations on training and research in behavioral health in China. The Fo-

rum currently has about 30 members of academic faculties/departments of public health, psychology, and anthropology from 25 universities, and keeps growing.

One of its first key activities is to organize the 1st Interdisciplinary Behavioral Health Conference in Changsha, China, on 16-19 November 2017. Multiple distinguished international speakers have already been confirmed including Professors Frank Penedo, Joost Dekker, Urs Nater, Rona Moss-Morris, Brian Oldenburg, Kasisomayajula Viswanath, Ron Borland, and others. Chinese presenters of the conference will be invited to submit a paper to a special issue of the Chinese Journal of Disease Control and Prevention, a key journal in China. The Hong Kong Society of Behavioral Health is a supporting organization of this exciting initiative. Furthermore, the Forum will work on a list of recommended topics for teaching behavioral health in schools of public health in China. Input from ISBM colleagues will be sought.

Professor Joseph Lau is the first convener of the Forum, together with co-conveners, Prof. Shuiyuan Xiao and Prof. Jing Gu. It is expected that this Network will work closely with member societies of ISBM.



## ISBM Lifetime Achievement awardee: Professor Bjørn Holstein celebrated

When he was honored with an ISBM Lifetime Achievement Award at ICBM Melbourne in December 2016 Professor Bjørn Holstein was not able to attend in person. The award was brought home to Denmark by DSPM president Mette Terp Høybye with a promise to celebrate Bjørn Holstein and his achievements in the Danish Society.



*(DSPM president Mette Terp Høybye presented the ISBM Lifetime Achievement award to professor Bjørn Holstein after having received it on his behalf at the ICBM congress in Melbourne.)*

This promise was fulfilled on a sunny Thursday, March 23 2017 in Copenhagen, where Bjørn Holstein was presented with his ISBM Lifetime Achievement Award. The award was presented as a recognition of his outstanding legacy and impact on the field of behavioral medicine from the perspective of

public health and health promotion. Bjørn Holstein has had a unique and magnificent influence on research and teaching in the area of Social and Behavioral Medicine in Denmark throughout a period of more than 40 years. His work, scientific curiosity and charismatic teaching has inspired more than one generation of researchers and practitioners within behavioral medicine in Denmark. His clear thinking, solid scientific argumentation and unpretentious engagement of interdisciplinary discussion has been an inspiration to the field of behavioral medicine research, with implications beyond his own work. Colleagues, collaborators, students, friends and public officials had filled the auditorium at the National Institute of Public Health (NIPH), University of Southern Denmark, where Bjørn is affiliated. Before he was presented the award Professor Pernille Due, first president of DSPM and a close colleague of Bjørn Holstein through many years delivered a speech, where she stressed the immense impact of Bjørn's work on the behavioral medicine in Denmark and internationally, and noted his ability to openly explore and challenge his findings, his ability of listen, be present and thoroughly engage the questions and collaborations the took on.

Upon receiving the award Bjørn Holstein expressed his gratitude, thanking ISBM for the grand recognition and DSPM for the nomination and stressed the collaboration



## ISBM Lifetime Achievement awardee: Professor Bjørn Holstein celebrated (Cont'd)

and inspiration for lifelong learning he acquired from his research team.



*(Professor Bjørn Holstein proudly holds his award and thanks ISBM for the recognition and the researchers who have taken part in and contributed to his work over the years.)*

Following the award ceremony Bjørn gave an insightful and thought-provoking lecture about the changes in social inequality in health among children and adolescent through the last 25 years. He brought the audience through the trends and challenges in defining and measuring social inequality with a particular focus on the methodological challenges that hold a tremendous impact on how inequality is interpreted. The lecture was followed by a panel discussion between Professor Pernille Due (NIPH), Head of Office

Niels Arendt Nielsen from Local Government Denmark and Bjørn Holstein himself, as well as input from the highly engaged crowd in the room. Among other things the discussions covered the demands for future interventions the inequality in health possibly poses to ensure long term public health. The potential in and demand for promotion efforts in early childhood were discussed and the definition and use of a life-course perspective was included.



*(Moving across 25 years of research on social inequality in health of children and adolescent Professor Bjørn Holstein in his lecture discussed the methodological challenges impacting how inequality is interpreted.)*

With outset in the discussions and Professor Bjørn Holstein's lecture it is clear that tremendous challenges of inequality in health persist, with a particular need for research into



## ISBM Lifetime Achievement awardee: Professor Bjørn Holstein celebrated (Cont'd)

which changeable determinants are significant as well as research into what interventions should be prioritized in the future to ensure the greatest possible equality in health for all social groups in society.

The Danish Society DSPM hosted a reception at the end of this tremendously inspiring meeting. The DSPM board are thankful for the overwhelming interest for participation in the event and once again congratulate Bjørn Holstein on his well deserved award.

## INSPIRE NEWS

Inspire is pleased to announce the winner of the second annual Health & Behavior International Collaborative Award sponsored by ISBM, **Samantha van Beurden!**

Samantha is a doctoral student of Medical Studies at the University of Exeter Medical School in the UK and will be traveling to the lab of Dr. Petra Staiger, Ph.D., at Deakin University in Australia to adapt a dietary impulse management intervention for use in problem drinkers.

The purpose of the Health & Behavior International Collaborative Award is to facilitate visits to an international laboratory or research group under the guidance of an identified international mentor. We are grateful for our co-sponsors, the Society for Health Psychology of the American Psychological Association, and the American Psychosomatic Society, each of whom sponsored an additional awardee in 2017. Applications for the 2018 awards will be due March 30th, 2018. Please stay tuned for the call for proposals, to be distributed in early 2018.



**Elizabeth Seng**  
INSPIRE Committee Member





## ICBM 2016 Final Report

The 2016 International Congress of Behavioral Medicine was held in Melbourne, Australia from 7-10 December. The theme for the Congress was “Behavioral Medicine: Making an Impact in the Modern World”.



The congress was a resounding success with more than 750 registered attendees representing 53 different countries, and with many local delegates having the opportunity to attend their first International Congress of Behavioral Medicine. With scientific presentations numbering in excess of 900 over the 3-day congress, it was a vibrant and intellectually stimulating meeting, with thousands of tweets and Facebook posts from delegates. We were privileged to hear about the work of our three keynote speakers, Professor Christina Lee, Professor Ichiro Kawachi and Professor Rona Moss-Morris, all of whom gave engaging and thought-provoking presentations.

One third of our congress delegates also attended the pre-conference workshops on

diverse topics ranging from tips on conducting randomised controlled trials and systematic reviews, to e-health intervention approaches, and the latest developments in education and training of behavioral medicine.

To cap off, we held a conference dinner where the hidden musical and dancing talents of our delegates came to fore! Overall, the meeting was a huge success, reflecting the dedicated team of the Local Organising and Scientific Program Committees. We can now look forward to meeting the ISBM community again at the 2018 ICBM in Chile.



**Kerry Sherman**  
Local organizing Chair



## News from the Member Societies

Event **2018 ICBM Santiago**  
 Date November 14-17, 2018  
 Place Santiago, Chile  
 Organizer International Society of Behavioral Medicine  
 Contact / Info <http://www.icbm2018.cl/>



Call for Abstracts: Oct 1, 2017  
 Abstract Deadline: Jan 31, 2018  
 Early Career award application: Jan 30, 2018  
 Abstract Notifications: May 10, 2018  
 Rapid Abstracts deadline: July 1, 2018  
 Early bird registration deadline: Aug 1, 2018  
 Rapid Abstracts notification: Aug 15, 2018

**NB:** We have been informed of conference/websites advertising an ICBM in Sweden also in 2018. You will see their tracks are identical to our previous congress tracks: <https://www.waset.org/conference/2018/07/stockholm/ICBM/home> This conference in Sweden has nothing to do with our Society or our upcoming Congress. Nonetheless, inevitable, some individuals may be confused by this other conference and we would like to avoid any impact on the ICBM 2018.

Event **24th Annual Meeting of the Japanese Society of Behavioral Medicine (JSBM)**  
 Date December 1-2, 2017  
 Place Tokyo (Japan)  
 Organizer Japanese Society of Behavioral Medicine  
 Contact / Info <http://jsbm2017.com/>  
 Mr. Jukka Siukosaari (Ambassador Extraordinary and Plenipotentiary of Republic of Finland)  
**ISBM Presidential Address:** Prof. Frank J. Penedo (Northwestern University, USA)



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