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## NEWSLETTER

### Newsletter of the International Society of Behavioral Medicine

No. 2/ Volume 2 / June 2002

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#### [President's Report - Brian Oldenburg](#)

I believe our International Society has made some excellent progress since our last Congress in Brisbane. We have a number of new and emerging societies and there is more interest than ever in our Society and our activities. We had one of our largest Governing Council meetings ever in Mainz, Germany late in 2001 and the ISBM Executive had its most recent meeting in Washington, DC, in early April at the US Behavioral Medicine Society Annual Meeting in Washington DC. The minutes are now available on the Members ISBM Website - ([www.isbm.info](http://www.isbm.info)). All the associated papers are also available on this website. You should remember that the password is ISBM. This can be typed now in either upper or lower case. Have a lot at these minutes and associated papers as there is much important information contained in these with the attached papers.

If you've not done so for a while I would suggest you visit <http://www.icbm2002.com> for all the very latest on the Helsinki Congress. All the arrangements are going very well and it is going to be a fantastic meeting.

For the Teaching Seminar prior to the Helsinki Congress, it is important that participants register for this IMMEDIATELY. A decision as to whether there are sufficient numbers for this Workshop must be made well in advance, so if you can encourage any colleagues or members from your national society to attend, I know this would be very much appreciated by Joost and others involved in putting so much time into organising this.

Please also remember the Special Poster Session planned on Education and Training for the Helsinki Congress. Joost Dekker and/or Adrienne Stauder can provide you more information on this, but basically, we are anticipating that all national societies would contribute to this.

There was an excellent meeting that ISBM (Brian Oldenburg and Kristina Orth-Gomer) were recently involved with the European Cardiology Society which I shall update on at the Governing Council meeting in Helsinki.

See you all in Helsinki....

Brian Oldenburg, ISBM President

### [Seventh International Congress of Behavioural Medicine](#) [Behavioural Medicine: Local and Global](#) [Helsinki, 28-31 August 2002](#)

#### ICBM2002 Helsinki aims for a dialogue about local and global health issues

#### Specifics of the location & highlights of the programme

Helsinki and Finland, as gateways to Russia and the Baltic countries, provide outstanding possibilities for debate concerning highly topical local and global aspects of behavioural medicine. We hope to attract new conference participants from these neighbouring transitional societies, as well as to provide an up-to-date and interesting programme for our members. The programme has been developed under the guidance of Christina Lee (AUS), the chair of the ICBM2002 scientific programme committee. The programme covers a wide range of topics from basic science to clinical medicine and public health, and naturally also genetics. The keynote lectures (by Jaakko Tuomilehto, FIN, Margaret Chesney, US, and Sally Macintyre, UK) will feature state of the art, and the debates on controversial issues will open up wider discussion. Four debates (each by two high profile participants) have been planned on a range of topics. Check out all the latest details on the website... [www.icbm2002.com](http://www.icbm2002.com).

#### Additional programme

In addition to the scientific programme we will have special interest group activities on nutrition and physical activity, and a round table discussion on emerging issues in research on women's

health. Before the actual conference dates (29-31 August 2002) a total of 11 half-day pre-conference workshops and the three-day ISBM Teaching Seminar will provide excellent opportunities to study specific topics and methods more deeply.

#### **Cultural & social programme**

The local organisers are planning to introduce typical Finnish culture in the highly interactive social programme of the ICBM2002. You may experience the Finnish sauna, and you can learn the Nordic pole-walk in the forest-like central park of Helsinki. The Night of Art City Festival as well as Helsinki Festivals ( [www.helsinginjuhlaviikot.fi/english](http://www.helsinginjuhlaviikot.fi/english) ) happen to take place during the conference. Although in the end of August nights in Helsinki are getting dark, there are plenty of possibilities to experience the famous Finnish summer nights. And if you are in a position to bring your family with you, please check in the 2nd announcement for the child minding service.

Arja R Aro ( [arja.aro@kti.fi](mailto:arja.aro@kti.fi) )  
co-chair, ICBM2002 programme committee  
member, ICBM2002 local organising committee  
chair, Finnish Society of Social Medicine

#### **8th International Congress of Behavioral Medicine, 2004**

The German Society of Behavioral Medicine (DGVM) is proud to announce they will be the hosts of the International Congress of Behavioural Medicine in 2004. The German Society was the host of the 1992 ISBM congress, and we will try to replicate and extend the positive course of that congress. Our aim is to stimulate an international exchange of new scientific and practical aspects of behaviour medicine. We are glad to receive all comments and suggestions which will help to prepare a successful meeting in 2004.

The congress will take place in Mainz (Germany), located in the heart of Europe. Mainz can easily be reached from Frankfurt International Airport which is only a few kilometres away. Mainz has excellent street and railway connections with all regions in Germany and the surrounding European countries. The congress will take place in the "Kurfürstliches Schloss", a palace in a beautiful Renaissance building from the 17th century. Mainz has about 80 hotels with more than 7000 beds. The prices for hotel rooms range from 40 to 100 Euro. In addition to the historic congress site Mainz is a lively town surrounded by some of Germany's most famous wine areas ("Rheinhessen" and "Rheingau"). Visitors of Mainz enjoy dining in various international restaurants or traditional old-style winepubs ("Weinstuben") which are located in the historic center. A social and cultural program will be organised including visits of the romantic town of Heidelberg, boat-cruises on the Rhine River, and other "classical" touristic highlights such as Rothenburg ob der Tauber or the famous Hofbräuhaus in Munich. In August, the weather in Mainz is usually ideal with many sunny days and temperatures around 20 to 25 °C.

Prof. Dr. Wolfgang Hiller Prof. Dr. Winfried Rief Prof. Dr. Heinz Rueddel  
(Local Host) (Incoming President of (President of the DGVM)  
the DGVM)

#### **Announcements**

#### **ISBM TEACHING SEMINAR ON BEHAVIOURAL INTERVENTIONS IN LIFE-STYLE DISEASES, SUN - TUE 25-27 AUGUST 2002, HELSINKI**

Leader: Dr. Joost Dekker, The Netherlands

To register and find further information, visit [www.icbm2002.com](http://www.icbm2002.com)

How to apply and evaluate behavioural interventions? Behavioural interventions are essential in the approach towards lifestyle diseases. The aim of this teaching seminar is to provide participants with a thorough understanding of principles, practice and evaluation of behavioural interventions in lifestyle diseases. Three major approaches will be covered: the disease oriented approach, focusing on behavioural factors relevant in a specific disease; the risk factor oriented approach, focusing on factors relevant in a range of diseases; and the contextual approach, focusing on a range of behavioural factors in a specific context. The seminar is targeted to both clinicians and behavioural researchers.

The programme consists of lectures and interactive (group) assignments with the following topics to be covered:

- Overview (Dr. Joost Dekker, The Netherlands)
- Cardiovascular Disease, Diabetes and Metabolic Syndrome (Dr. Gunilla Burell, Sweden)
- Infectious Diseases (Dr. Neil Schneiderman, USA)
- Somatoform Disorders (Dr. Holger Ursin, Norway)
- Alcohol and Drugs (Dr. Antti Uutela, Finland)
- Smoking (Dr. Peter Nilsson, Sweden)
- Work-Site (Dr. Brian Oldenburg, Australia)
- Schools (Dr. Maria Kopp, Hungary)

- Reproductive Health (Dr. Elina Hemminki, Finland)

### Information on Addictions 2002

Conference title: Addictions 2002  
Integrating Substance Abuse Treatment and Prevention in the Community

Dates: 15-17 September 2002

Location: Eindhoven, The Netherlands

Website: [www.addictions2002.com](http://www.addictions2002.com)

Organizers: Elsevier Science

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Abstract submission deadline: 15 June 2002

#### Conference Topics

Addictions 2002 - the fourth in a series of international conferences on addictive behaviors will be a two-day, interdisciplinary symposium on the theme of integrating substance abuse treatment and prevention in the community.

The aims of the conference will be to discuss:

- New developments in prevention and treatment
- Diffusion of innovation
- Community prevention interventions
- Drug policies and drug abuse

The community is the level where prevention and treatment interventions are carried out. This is where researchers and policy makers meet. Researchers develop and examine new interventions, and when these interventions have proven to be effective, policy makers decide about the use in their community.

During the conference, researchers and policy makers can exchange their ideas and concerns about which interventions should be disseminated in the community, new developments in community interventions, and the cooperation between research, practice and policy.

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Last update: Thursday, 3. March, 2011