



## REPORT FROM THE 31ST EUROPEAN HEALTH PSYCHOLOGY SOCIETY (EHPS) INTERNATIONAL CONFERENCE: "INNOVATIVE IDEAS IN HEALTH PSYCHOLOGY", PADUA (ITALY), 2017

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31. The International Scientific Conference organized by the European Health Psychology Society (EHPS) took place from August 29th to September 2nd in Padua, Italy.

The aim of the annual EHPS Conference is to present and discuss the latest theoretical and practical achievements in the field of health psychology in an international group of representatives of the world of science, among whom are primarily psychologists. Particular emphasis is placed on the presentation of the latest ideas and the evaluation of the effectiveness of different methods of intervention. This year's EHPS Conference on "Innovative Ideas in Health Psychology" was inaugurated by Prof. Sabina Cipolleta. During her speech she presented, among others, special guests: Prof. Fabio Lucidi, Prof. Sherry Pagoto, Prof. Rory O'Connor and Prof. Anmarie Cano. It is worth noting that during this year's EHPS Conference almost 700 scientists from 47 countries presented the results of their research. 22 symposia, 43 thematic sessions and 3 poster sessions took place. Polish scientists, comprised of 20 active participants of the conference, presented mainly posters. In addition, they delivered 10 reports in the thematic sessions: A. Banik, K. Czekierda, A. Łuszczynska (Psychology Department, SWPS-University of Social Sciences and Humanities in Wrocław) - „Health-related quality of life and self-efficacy among patients with cardiovascular diseases: a meta-analysis”; B. Basinska (Gdansk University of Technology) - „Patterns of job-related affect and

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their relation with burnout syndrome: cross-sectional and longitudinal studies"; E. Gruszczyńska<sup>1</sup>, M. Rzesutek<sup>2</sup>, E. Firląg-Burkacka<sup>3</sup> (Psychology Department, SWPS-University of Social Sciences and Humanities in Warsaw, <sup>2</sup>University of Warsaw, <sup>3</sup>Warsaw's Hospital of Infectious Diseases) - „Social support, stress and affect among people with HIV/AIDS: a diary study of buffering hypothesis"; K. Horodyska, M. Boberska, M. Kruk, A. Łuszczynska (Psychology Department, SWPS-University of Social Sciences and Humanities in Wrocław) - „Parental and child perception of environment on physical activity and BMI. Longitudinal dyadic study"; A. Kroemeke<sup>1</sup>, Z. Kwissa-Gajewska<sup>1</sup>, M. Sobczyk-Kruszelnicka<sup>2</sup> (Psychology Department, Warsaw School of Social Sciences and Humanities, Maria Skłodowska-Curie Memorial Cancer Center-Institute of Oncology in Gliwice) - "Effects of daily coping on mood in couples dealing with hematopoietic stem cell transplantation"; A. Łuszczynska, K. Horodyska, M. Boberska, M. Kruk (Faculty of Psychology, SWPS-University of Humanities and Social Sciences in Wrocław) - "Why are you eating, moment? Mothers' emotional, restrained, and external eating explaining children's eating styles"; M.M. Małkiewicz (Psychology Institute, Cardina Stefan Wyszyński University in Warsaw) - „Can the experience of hope increase the propensity to cope actively in a stressful situation?"; D. Molek-Winiarska (Wrocław University of Economics) - "The use of psychological training in stress management intervention for extractive sector employees"; E. Wilczek-Rużyczka (Cracow University A.F. Modrzewski) - "Job burnout and empathy in physicians and nurses"; K. Zarychta<sup>1</sup>, M. Kruk<sup>1</sup>, C. Chan<sup>2</sup>, A. Łuszczynska<sup>1</sup> (Psychology Department, SWPS-University of Social Sciences and Humanities in Wrocław, <sup>2</sup>Australian Catholic University) - „Health and restrictive eating as mediators between appearance evaluations and BMI reduction in healthy adolescents".

During the first day of the Conference, 15 thematic sessions and 8 symposia were held, covering, among others, occupational health issues, mechanisms and adherence in interventions for patients with chronic diseases, individual differences in coping as well as their impact on health behaviors and the results of interventions, new e-methods in research focusing on pain or how to improve health care service delivery in the health care sector. Moreover, one roundtable discussion took place concerning new methods of teaching health professionals.

A significant event on the first day of the Conference was the speech of Prof. Lucidi, who spoke

about the use of doping by teenage athletes. During his speech, he focused mainly on a group of amateur athletes, reflecting on the mechanisms regulating the intentions and use of doping as well as the role that knowledge plays in the preparation of anti-doping intervention programs. Moreover, on the first day there were also presentations by Dr. Zarychta and Banik, MSc, which belong to the research team headed by Prof. Łuszczynska, PhD, as well as a presentation by Basinska, PhD. The first presentation concerned restrictive eating as a mediator of the relation between appearance evaluation and BMI in teenagers. The second was a meta-analysis of the relationship between health-related quality of life and self-efficacy in cardiovascular patients. The third presentation concerned the identification of affective patterns and their relationship with professional burnout.

During the second day of the Conference there were 12 thematic panels, 8 symposia and one roundtable discussion. Researchers discussed, among others, eating disorders and smartphone app-based interventions, stress and coping with it within a family, pain control, interventions used in chronic diseases, or new theoretical models of job demands. The main speaker on that day was Prof. Pagoto, who spoke about the role of "social media" in research and promotion of health-promoting behaviors. Moreover, in one of the thematic panels, Dr. Molek-Winiarska presented the results of research on the effectiveness of reducing occupational stress in copper mine employees. Whereas, in another thematic panel, Prof. Wilczek-Rużyczka talked about professional burnout and doctors and nurses' sense of empathy.

During the next day of the conference, 16 thematic panels, 6 symposia and two discussions were held. The topics discussed mainly concerned the determinants of wellbeing and predictions of behavior and health in various social groups. Again, the effects of using new technologies in health promotion and in crisis intervention were discussed, in several panels. One of the thematic panels also concerned the cognitive and physical functioning of older people. The main speaker on that day was Prof. O'Connor, who gave a presentation on the model of explaining the implementation of suicidal behaviors.

During the third day of the Conference, a presentation on the perception of physical activity by the parent and her relationship with BMI of the child was also given by Horodyska, MSc, a member of the research team of Prof. Łuszczynska. Whereas, Prof. Łuszczynska presented the results of research on the maternal eating style and its

relation to the eating style of overweight children. Moreover, during another thematic session, Dr. Małkiewicz presented the results of research on the role of experiencing hope emotions in active stress management.

During the last day of the conference there were 5 thematic panels and 3 symposia. Issues were raised in relation to: social support, functioning after transplantations, using qualitative methods in the evaluation of interventions related to behavioral change. The main speaker was Prof. Anmarie Cano with a presentation on how to support people with chronic pain and their relatives. Prof. Cano encouraged to consider whether, in fact, any behavior of the patient that results from chronically experienced pain should be extinguished. At the end of her presentation, she shared her own experience of using mindfulness and acceptance strategies in working with couples in which one person is experiencing chronic pain. Additionally, during the last day of the conference, the results

of the research were presented by Dr. Kroemeke and Dr. Gruszczyńska. Dr. Kroemeke's speech concerned the impact of daily stress management on the emotional state of patients after haematopoietic stem cell transplantation (HSCT) and their partners. In turn, Dr. Gruszczyńska referred to the results of the study concerning the impact of social support on the relationship between daily stress and the affective state of people living with HIV/AIDS experienced at the end of the day.

Summarizing this year's EHPS Conference, it is worth adding that apart from lectures, thematic sessions and discussions, there were also 7 workshops improving practical skills of providing psychological support and psychotherapeutic work, as well as improving knowledge and skills of statistical data analysis, and writing scientific articles. Moreover, during the last day an announcement was made that next year's EHPS Conference will take place in Galway, Ireland.