

ENEWS

IAAP DIVISION 8

HEALTH PSYCHOLOGY

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IAAP Division 8

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SUCCESSFUL WEBINAR: BRIDGING ENVIRONMENTAL AND HEALTH PSYCHOLOGY FOR SUSTAINABLE DEVELOPMENT SPOTLIGHT

In a collaborative effort to foster dialogue between health psychology and environmental psychology, and to support the United Nations' 17 Sustainable Development Goals (SDGs), the International Association of Applied Psychology (IAAP) Division 4 (Environmental Psychology), IAAP Division 8 (Health Psychology), and the European Health Psychology Society (EHPS) Special Interest Group "Equity, Global Health, and Sustainability" co-hosted a webinar titled "Healthy Environments and Healthy People: Bridging Environment and Health Psychology." The event took place online on November 25, 2024, and was chaired and moderated by a panel including Marino Bonaiuto from Sapienza University of Rome, President-elect of IAAP Division 4; Gan Yiqun from Peking University, President of IAAP Division 8; and Josianne Kollmann from Eawag: Swiss Federal Institute of Aquatic Science and Technology, EHPS Special Interest Group. The webinar attracted over 140 participants from the global community of health psychology and environmental psychology, including experts, scholars, teachers, and students.

The program featured presentations from experts in the field:

- **Yidi Chen** from Beijing Forestry University discussed the "Positive effects of nature contact on mental health and health behaviors," exploring stress recovery mechanisms and the role of a nature-is-enhancing mindset.
- **Mat White** from the University of Vienna highlighted "Environmental change & health: The importance of nature for building individual & societal resilience," focusing on the physiological benefits of nature-based interventions.
- **Victor Corral Verdugo** from the University of Sonora presented on "Perceived integral restoration: psychological, ethical, and environmental restorations and their relationships with aesthetic appreciation and sustainable behavior," emphasizing the role of holistic restoration in fostering self-care and pro-environmental behaviors.

- **Susan Clayton** from the College of Wooster addressed “Climate Change and Psychosocial Well-Being,” presenting research on the impact of climate change on eco-anxiety, well-being and strategies for enhancement.

- **Jan Keller** from Freie Universität Berlin examined “Healthy and sustainable mobility in a Citizen Science study,” showcasing how positive and sustainable mobility can be promoted.

- **Jennifer Inauen** from the University of Bern discussed “Promoting environmental health behavior at the individual and socio-technical level,” using arsenic contamination in Bangladesh and India as a case study for evidence-based interventions.

Following the presentations, Sonia Lippke, past President of IAAP Division 8 and from the University of Applied Sciences Hamburg, provided a comprehensive review, discussing the theoretical and methodological intersections of health and environmental psychology relating to SDG3 and SDG13. She emphasized the need for further research on behavioral change, policy recommendations, and cross-disciplinary studies in multicultural contexts.

The webinar showcased the latest research and findings from health psychology, environmental psychology, sociology, and other interdisciplinary fields, with six scholars delivering insightful presentations on topics ranging from nature contact to environmental resilience and sustainable behavior. Sonia Lippke’s summary brought the event to a thought-provoking close, sparking lively discussions among participants on natural beliefs, intervention techniques, and research dissemination. There is a shared hope that this webinar will mark a new beginning for environmental health research, fostering greater collaboration between health and environmental psychology and contributing to the UN’s SDGs.

Sonia Lippke, as one Guest-editor, announced an upcoming special issue of the IAAP-flagship journal *Applied Psychology: Health and Wellbeing*, focusing on SDGs 3 (health and well-being) and SDG 13 (climate change), and called for contributions from scholars in relevant fields. The call is open until May 30, 2025.



MEMBER SPOTLIGHT



Ning Zhang, Ph.D., is the One-Hundred Talents Program Research Professor from the School of Public Health and the Second Affiliated Hospital of Zhejiang University School of Medicine. He received his PhD training in social psychology and now working in the interdisciplinary area of behavioral sciences and public health, focusing the application of behavioral and social sciences into improving public health (e.g., promoting health behavior change, developing and implementing behavior change interventions).

He has published 45 academic research papers as the first author or corresponding author in social psychology, health psychology, and behavioral medicine, with 29 of them published in English journals, such as *Annual Review of Psychology* (highly-cited paper based on Web of Science), *Emotion*, *Journal of Behavioral Decision Making*, *Journal of Health Psychology*, *International Journal of Behavioral Medicine*, *Psychological Trauma: Theory, Research, Practice, and Policy*, *Behavioral Science & Policy*, *Asian Journal of Psychiatry*, *Journal of Cross-Cultural Psychology*, etc. He is familiar with theoretical models in social psychology, health psychology, cross-cultural

psychology, and the recent trends of applying behavioral sciences into improving public health. He also serves on the editorial board of *Personality and Social Psychology Review*, *Applied Psychology: Health and Wellbeing*, *Applied Psychology: An International Review*, *International Journal of Behavioral Medicine*, *Journal of Health Psychology*, *Journal of Pacific Rim Psychology*, and *Global Health Research and Policy*.

His research “Development, test, and evaluation of future-oriented thinking-based nudge interventions to increase the adherence rates of colonoscopy for high-risk groups of colorectal cancer” is funded by National Natural Science Foundation of China.

His recent publications include:

Zhang, N. (2024). A comprehensive approach to improving children and adolescents’ mental health. *China CDC Weekly*, 6(40), 1017-1021.

<https://doi.org/10.46234/ccdcw2024.211>

Tang, Q., Jiang, C., Wang, M., Huang, Y., Wang, J., Du, Z., & **Zhang, N.** (2024). Implicit theories of health predict engagement in healthy lifestyles among Chinese early adolescents: the mediating effect of future self-continuity. *International Journal of Adolescence and Youth*, 29(1), 2409428.

<https://doi.org/10.1080/02673843.2024.2409428>

Kou, Y., & **Zhang, N.** (2024). Implicit theories of health predict influenza vaccination intention among elder Chinese: The mediating role of anticipated regret. *Journal of Health Psychology*. <https://doi.org/10.1177/13591053241253067>

Zhang, N., Ma, Q., Zhang, X., & Huang, Q. (2024). Implicit theories of health predict HPV vaccination intention among young adult Chinese women: The mediating effect of consideration of future consequences and future self-continuity. *Journal of Health Psychology*. <https://doi.org/10.1177/13591053241253065>

Hong, Q., Liao, Y., & **Zhang, N.** (2024). Implicit theories of smoking and intention to quit: A serial mediation model. *Nicotine & Tobacco Research*, 26(5), 621-628.

<https://doi.org/10.1093/ntr/ntad213>

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RECENT EVENTS

Our long-time member, **Jeremiah (Jeb) Edward A. Bohol**, Ph.D., and his colleagues, headed by Arthur Tolentino, Ph.D. (founder of Pathways mental health services and MHFR), gave a one-day mental health workshop called Mental Health First Response (MHFR) held on October 27, 2024 in Cebu City, Philippines. The participants came from profit and non-profit backgrounds. The aim of the event was to educate and equip the general public in the appropriate response during a mental health crisis using the acronym ESTIMATE. This stands for Evaluate, Screen, Think of safety, Intervene appropriately, Make referral, Ask



about their support, Transfer the case, and Encourage. It was a wonderful and productive engagement especially considering that the Philippines ranks third in cases of depression in the Western Pacific (Maravilla & Tan, 2021) and the growing difficulty of the public to access mental health services (Lally et al., 2019).

You can read more about Mental Health First Response (MHFR) and future trainings [here](#).



RECENT PUBLICATIONS AND BOOK CHAPTERS

Doval, S., Nebreda, A., & Bruña, R. (2024). Functional connectivity across the lifespan: a cross-sectional analysis of changes. *Cerebral Cortex*, 34(10), bhae396.

<https://doi.org/10.1093/cercor/bhae396>

Farista, F., & Jaga, A. (2024). Workplace breastfeeding as foodwork in organizational settings: Advancing knowledge from black, low-income women in South Africa. *Gender & Society*, 38(5), 761-787. <https://doi.org/10.1177/08912432241277223>

RECENT PROFESSIONAL ACHIEVEMENTS AND ACTIVITIES

Prof. **Sonia Lippke** started as a Full Professor of Health Promotion and Prevention with a special focus on Rehabilitation Sciences at Hamburg University of Applied Sciences (HAW Hamburg) on Nov 1, 2024. At the same time, she changed to Adjunct Professor of Health Psychology and Behavioral Medicine at Constructor University Bremen.

Congratulations on your achievement.

ANY NEWS TO SHARE?

You're very welcome to submit items for inclusion in the IAAP Division 8 eNews. The executive committee aim to contribute our eNews 5-times a year (February, April, June, October, December). Your news can be included if you sent it to Karolina Zarychta (kzarychta1@swps.edu.pl) by the 2nd Monday of the preceding month (January, March, May, September, November). Karolina will also send out calls for news ahead of preparing a new edition of this eNews.

