

Division 8 – Health Psychology

2017 Spring Bulletin

Sonia Lippke received a grant for writing the concept and the contents for an eCoach on “Welcome Culture and Diversity Management” with a German health insurance (Techniker Krankenkasse). This eCoach aims at helping migrating employees to acculturate better, mobilize social support and increase well-being as well as to prevent stress, illness and disability by means of mHealth technology.

The ASBHM/CHP 2017 Conference Hosted by the Australasian Society for Behavioural Health and Medicine (ASBHM) and APS College of Health Psychologists will take place from 13-15 July 2017 at Crowne Plaza Surfers Paradise, Gold Coast, Australia. Associate Professor Barbara Mullan will be presenting a workshop entitled “Making healthy choices easier by making them automatic: Building good habits”

Aleksandra Luszczynska delivered a keynote at the 11th National Conference of Polish Health Psychology. Her talk dealt with the challenges related to bridging the gaps between health psychology research and practice.

Professor Urte Scholz was awarded EHPS (European Health Psychology Society) fellowship. A Fellowship is recognition of an exceptional contribution and is regarded as an honour. To date, only 33 health psychologists from around the world were awarded this distinguished status.

Associate Professor Barbara Mullan presented to the Community Cancer Forum in Perth WA on the 23rd Match on Quality of Life in Cancer Survivors

Sample of new publications

Banik, A., Schwarzer, R., Pawlowska, I., Boberska M., Cieslak R., & Luszczynska, A. (2017). Women with family cancer history are at risk for poorer physical quality of life and lower self-efficacy: a longitudinal study among men and women with non-small cell lung cancer. *Health and Quality of Life Outcomes*, 15, 62. Doi: 10.1186/s12955-017-0645-5

Black, N., Mullan, B., & Sharpe, L. (In Press). Predicting Heavy Episodic Drinking using an extended Temporal Self-Regulation Theory. *Addictive Behaviors*.

Cihlar, V. & Lippke, S. (2017). Physical activity behavior and competing activities: interrelations in 55-to-70-year-old Germans. *Journal of Aging and Physical Activity*. DOI: 10.1123/japa.2016-0211

Duan, Y. P., Wienert, J., Hu, C., Si, G. Y., & Lippke, S. (2017). Web-based intervention for physical activity and fruit and vegetable intake among Chinese university students: A randomized controlled trial. *J Med Internet Res*, 19(4):e106.

Forberger, S., Bammann, K., Bauer, J., Boll, S., Bolte, G., Brand, T., Hein, A., Koppelin, F., Lippke, S., Meyer, J., Pischke, C. R., Voelcker-Rehage, C., & Zeeb H. (2017). How to tackle key challenges in the promotion of physical activity among older adults (65+): The AEQUIPA network approach. *Int J Environ Res Public Health*, 14(4), E379. doi: 10.3390/ijerph14040379.

Geller, K., Lippke, S., & Nigg, C.R. (2017). Future directions of multiple behavior change research. *J Behav Med*, 40, 194. doi:10.1007/s10865-016-9809-8

Keller, J., Wiedemann, A.U., Hohl, D.H., Scholz, U., Burkert, S., Schrader, M. & Knoll, N. (2017). Predictors of dyadic planning: Perspectives of prostate cancer survivors and their partners. *British Journal of Health Psychology*, 22, 42-59. doi:10.1111/bjhp.12216

Knoll, N., Hohl, D. H., Keller, J., Schuez, N., Luszczynska, A., & Burkert, S. (2017). Effects of dyadic planning on physical activity in couples: A randomized controlled trial. *Health Psychology, 36*, 8-20. doi: 10.1037/hea0000423

Lüscher, J., & Scholz, U. (2017). Does social support predict smoking abstinence in dual-smoker couples? Evidence from a dyadic approach. *Anxiety, Stress, & Coping, 30*, 273-281 DOI : 10.1080/10615806.2016.1270448

Milton, A., Mullan, B., & Hunt, C. (In Press). An evaluation of communication barriers and facilitators at the time of a mental health diagnosis: a survey of health professional practices. *Social Psychiatry and Psychiatric Epidemiology*.

Mullan, B., Ntoumanis, N., Thøgersen-Ntoumanis, C., & Lipp, O. (In Press). It's a bit more complicated than that": A broader perspective on determinants of obesity. *Behavioral and Brain Sciences*

Schulz, H., Zacher, H., & Lippke, S. (2017). The importance of team health climate for health-related outcomes of white-collar workers. *Frontiers in Psychology, section Organizational Psychology, 8*, 74. | <https://doi.org/10.3389/fpsyg.2017.00074>

Zarychta, K., Mullan, B., Kruk, M., & Luszczynska, A. (2017). A vicious cycle among cognitions and behaviors enhancing risk for eating disorders. *BMC Psychiatry, 17*, 154. Doi:10.1186/s12888-017-1328-9