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IAAP Division 8

Executive Committee

Prof. Yiqun Gan, President

Prof. Sonia Lippke, Past President

Prof. John de Wit, President-Elect

Dr. Aleksandra Kroemeke, Secretary

Dr. Chun-Qing Zhang, Community
liaison

Dr. Diana Taut, Division newsletter

More information about Division 8
and contact details can be found on
the IAAP Division 8 webpages.

iaapsy.org/divisions/division8/



ENEWS IAAP DIVISION 8 HEALTH PSYCHOLOGY

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BOARD MEMBER UPDATES

Division 8 welcomes new members to the leadership team and recognizes the contributions of outgoing officers. We are pleased to announce that **Aleksandra Kroemeke** has assumed the role of Secretary, **Diana Taut** has taken on the responsibility for the Division newsletter, and **Chun-Qing Zhang** has joined as Community Liaison.

We extend our deepest gratitude to **Karolina Zarychta-Zajęczkowska** for her dedicated service as Secretary. Her commitment to Division 8 and contributions to advancing health psychology have been invaluable, and we wish her continued success in her scholarly endeavors.

DIVISION 8 SYMPOSIUM SPOTLIGHT: DIGITAL AND PERSONALIZED INTERVENTIONS FOR MENTAL HEALTH

Division 8 members recently co-chaired an inspiring symposium at this year's European Health Psychology Society (EHPS) conference, bringing together leading researchers to explore how applied psychology can drive innovation in digital mental health interventions.

The symposium, titled "Applied Psychology with Digital and Personalized Interventions for Mental Health and Well-being," was co-chaired by **Sonia Lippke** and **John de Wit**, representing the International Association of Applied Psychology. The session showcased research spanning mHealth interventions, single-session interventions (SSIs), and machine learning-driven tools designed to improve mental health and well-being across diverse populations. It featured five presentations that demonstrated the depth of current research in digital mental health:

Yiqun Gan examined the landscape of mobile health interventions in her presentation, "The potential of m-Health interventions in reducing stress and promoting mental health equality: A systematic review and network meta-analysis," highlighting how digital tools can promote mental health equity.

Huiqing Huang shared promising findings from "A single-session online intervention on reducing anxiety and depression and improving well-being among Chinese adolescents," demonstrating the potential of brief, interventions for young people.

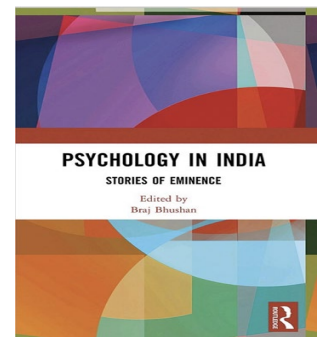
Jinmeng Liu presented exciting work on "Personalized stress optimization intervention to reduce adolescents' anxiety: A randomized controlled trial leveraging machine learning," showcasing how artificial intelligence can tailor interventions to individual needs.

Sonia Lippke discussed "eHealth for safe communication: Evaluating the impact of collaboration on end user engagement," exploring how collaborative approaches can enhance digital health platform effectiveness. The symposium concluded with **John de Wit** leading an audience engagement activity employing co-creation methodology, fostering discussion about the practical implementation of these research findings

This symposium exemplified Division 8's commitment to addressing urgent global mental health challenges through evidence-based, personalized, and digital approaches. The presentations highlighted how applied psychology research is translating into practical solutions that can reach underserved populations and provide scalable mental health support.

SCHOLARLY ACHIEVEMENTS AND MEMBERS' PUBLICATIONS

In 2016, psychology marked a century of existence as an academic discipline in India. To celebrate this milestone, 'Psychology in India: Stories of Eminence' (Editor: **Braj Bhushan**) was released by Routledge. This remarkable work features 64 chapters contributed by 57 authors from across five continents, offering a unique historiographical account of the evolution, influence, and progress of psychology in India. It stands as a tribute to both the art and science of the field, commemorating its journey over the past hundred years.



In the Fireside Chat "Decoding Dyslexia in the Digital Era – The Indian Context" organized by the Interview World at The Constitution Club, New Delhi, India, Professor **Braj Bhushan** of the Indian Institute of Technology Kanpur, India shed light on how technology, research, and awareness can reshape support systems for individuals with dyslexia in India.

Advancing health equity through behavioural research

Complementing one of the symposium's aims on reaching underserved populations, recent Division 8 research has been examining barriers to preventive health behaviours among vulnerable groups. Two newly published studies by board members explore the psychological factors influencing cervical cancer screening among Romanian women, addressing a critical health equity issue in Eastern Europe.

Paşca, N.-M., Taut, D., Pintea, S., & Băban, A.-S. (2025). Emotional, cognitive, and social factors influencing Romanian women's intention to undergo cervical cancer screening: A mixed-method study. *Healthcare*, 13(17), 2147. <https://doi.org/10.3390/healthcare13172147>

Additionally, **Taut, D., Paşca, N.-M., Pintea, S., & Băban, A.-S.** have had their qualitative study "Exploring emotional and cognitive perceptions of cervical cancer screening and self-sampling among vulnerable Romanian women" accepted for publication in *Health Expectations*.

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.

