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News from the Editor

Dear ISBM-Members,

ICBM 2018 is just around the corner. While I fell in love with Chile when travelling through South America in the mid-2000s, I am unable to make it back to Santiago this year for the Congress. In this edition of the Newsletter, Eliana Guic, the Local Organising Committee Chair does a fantastic job of detailing what I will be missing out on. The Congress will include 22 scientific tracks and Key Notes from world leading behavioural scientists. All this at the foot of the magnificent Andes Mountains. If you are like me and can't get there, stay glued to the Congress twitter feed and face book page.

This is the first update on the IJBM from its new Editors-in-Chief. Michael and Tracey describe a number of changes in Editorial processes of the journal including changes to peer review and new instructions to authors. Submitting a paper has never been easier, and peer review never more rigorous... They are also notifying members of a special call for papers and the opportunities for members to become more involved in the journal. Under their stewardship, no doubt the impact factor of the journal will continue to rise.

Finally, in this issue, we catch up with recipients of the 2019 Health and Behaviour International Collaborative Awards. And what an impressive bunch of scientists they are. The awards will support their visits to leading research groups across the globe to conduct collaborative behavioural research. The calibre of the work that is enabled by the award is tremendous. No doubt the recipients will benefit from this experience for the rest of their career.

Regards
Luke



Luke Wolfenden
Newsletter Editor

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Letter from the President

Dear Colleagues and Friends,

I am delighted to write this letter as we get closer to our 15th Biennial International Congress of Behavioral Medicine (ICBM) which will take place from November 14th to the 17th in Santiago, Chile. Thanks to the efforts of our Scientific Program Committee and the Local Organizing Committee, the 15th ICBM promises to be a very successful Congress. But, more on the Congress later. Over the past year, the International Society of Behavioral Medicine Board (ISBM) has been working diligently on various initiatives that continue to place the ISBM as the leading international flagship organization for behavioral medicine scientists and trainees. We as leaders and constituents of the ISBM share the common goal of promoting and advancing the field of Behavioral Medicine and reducing disease morbidity and mortality, and improving well-being across the world. I would like to take this opportunity to highlight some of the key initiatives that align with our common goals.

The 15th International Congress of Behavioral Medicine. We are weeks away from our next Biennial Congress. The 15th Biennial International Congress of Behavioral Medicine (ICBM; www.icbm2018.cl) will be held in Santiago, Chile in November 2018 and will welcome an internationally diverse group of Behavioral Medicine scientists. We received and accessioned over 700 abstracts for the Congress. The Congress activities will kick-off with a series of innovative and exceptional tutorial workshops that provide opportunities to Congress attendees to obtain specialized “hands

on” experiences in a variety of topics including *RCT design, motivational interviewing, advanced statistical methods, and the NIH Science of Behavior Change Initiative*, among others. These workshops are led or co-led by internationally-recognized experts in the field. Following the workshops, we will have our opening ceremony where we come together to officially welcome the Congress delegates, present ISBM awards and receive the *Irmela Florin Lecture* which will be delivered by our incoming President, Urs Nater (Austria). Immediately after the welcoming ceremony, we will have our first of several poster sessions where you will have an opportunity to interact with various presenters. Thursday through Saturday we have an outstanding line up of symposia, oral and poster presentations, along with keynote and master lectures from prominent scientists in behavioral medicine presenting topics spanning from biobehavioral mechanisms to public health policy. We also have multiple morning and midday meetings which provide more intimate and open forums to discuss a broad range of topics in behavioral medicine including training, fostering international collaborations, addressing emerging issues in global health, to name a few. Friday night we have our traditional Gala Dinner at the *Sky Costanera*—the tallest building in South America with amazing 360° views of the Chilean Capital and the Andes. Saturday afternoon we wrap up the Congress with our closing ceremony and introduction of our incoming board.

The closing ceremony is immediately followed by a reception hosted by the UK society and an introduction to our next Congress—ICBM 2020 which will be held in Glasgow, Scotland. I would like to take this opportunity to thank



Lara Trager (USA), Scientific Program Committee Chair and Chair the Scientific Program Committee and Eliana Guic (Chile), Chair of the Local Organizing Committee (LOC), and our Congress Organizer (Zentidos) for their hard work and dedication which will provide an extraordinary experience to the Congress attendees that is characteristic of our Biennial Congress. If you have not already done so, I urge you to visit our website (www.icbm2018.cl) to register for the Congress.

I would also like to share the wonderful news that for the first time in the history of ISBM, we received a National Institutes of Health (NIH; USA) conference grant to support attendance and activities of trainees and scientists developing behavioral medicine programs from traditionally underrepresented countries. Funds will help defray costs of travel, lodging and registration, and provide several sessions that will help mentor trainees and faculty in the development and expansion of behavioral medicine research in their respective countries. We are very thankful for the support provided for this grant by the National Cancer Institute (NCI), the NCI Center for Global Health, and the NIH Director's Fund.

Expanding the reach of ISBM and Behavioral Medicine—China and the Southeast Asia Initiative and Regional Forum. In close collaborations with the Chinese Society of Behavioral Medicine and the Hong Kong Society of Behavioral Health ISBM member societies, I had the opportunity to present at the Chinese Medical Association—Society of Behavioral Medicine Annual Scientific Meeting to promote behavioral medicine interventions in

cancer prevention and control. This opportunity is aligned with our strategic objective to expand behavioral medicine and the activities of ISBM to China and Southeast Asia. I also had the honor of hosting in Singapore the *1st Asia Pacific Regional Forum on Behavioral Medicine* along with the Society of Behavioural Health, Singapore this past month. At this forum, we were able to bring together key stakeholders and scientists from the region to begin to establish a Southeast Asia regional network. Speakers included representatives from several established societies such as *Hong Kong, China, Australia, Japan and Thailand*, as well as behavioral medicine leaders from *Malaysia, Singapore, Macau, Indonesia, Vietnam and Taiwan*. At the forum, following a presentation on the foundations of behavioral medicine and the ISBM, we heard from various speakers on the opportunities and challenges of behavioral medicine as an emerging field in the area. Other presentations included discussions of how to foster links and collaborations to achieve impact and next steps. Overall, this was a very successful first meeting and first step at solidifying the development of behavioral medicine in the region and I could not be prouder of having ISBM take the lead in this initiative. We were also very fortunate to have this first regional forum co-hosted by the newly established Society of Behavioral Health, Singapore, which was instrumental at bringing the group together. A follow-up meeting of the discussions will take place at the 15th ICBM and we all look forward to the next steps. We realize there is a lot of work to be done, and plenty of challenges, but I am confident that with the exceptional group of attendees at the forum, their drive and motivation will continue to move this initiative forward.



Incorporation of the ISBM. Speaking of challenges, we continue to diligently engage in the process of incorporation. As I write this letter, we have had to resort to considering multiple other options for incorporation beyond our initial plan to be incorporated in Germany. Briefly, as the incorporation process moved forward, it became apparent to the Board that incorporation in Germany would not be feasible due to multiple challenges regarding tax and professional association laws. Consequently, we have moved on to consider other options which will be discussed at our Board and Governing Council meetings, and highlighted during the President's report. I hope to provide a more detailed update with some good news at the Congress.

Incorporation of New Societies and Membership in ISBM. I am thrilled to report that we will be considering two new societies for membership at the ISBM. In Latin America, the Behavioral Medicine Section of the Cuban Health Psychology Society was recently incorporated by several leaders in the field. The Cuban Health Psychology Society represents a broad and robust group of scientists that have been involved in multiple aspects of behavioral medicine research and clinical care delivery. Subsequent to several meetings, some of which were held in Cuba, key stakeholders of the Society formed the Behavioral Medicine Section and we are very excited to welcome several Cuban delegates to the Congress. In Southeast Asia, the Society of Behavioural Health, Singapore which was instrumental in co-hosting the 1st Asia-Pacific Regional Forum on Behavioral Medicine was recently incorporated and will be considered for membership

in ISBM. The Singapore society has an exceptional and very active group of behavioral medicine researchers, some of which will be attending the 15th ICBM. Pending approval from the Board and the Governing Council, we are very pleased to welcome these two new societies into the ISBM family.

This is an exciting time for the ISBM filled with many opportunities, and of course several challenges. Our member societies and their membership are the strength and backbone of our scientific organization. I strongly encourage you to become involved and share your ideas and suggestions, whether at your member society or at ISBM at large. I look forward to hearing from you. If you would like to become more involved in the ISBM, or have any suggestions, please do not hesitate to contact me at frank.penedo@northwestern.edu.

Frank Penedo
President of ISBM



Frank Penedo
President of ISBM



News from the Editor-in-Chief of IJBM

Dear ISBM Members:

We are so pleased to begin our term as the new Editors-in-Chief of the International Journal of Behavioral Medicine (IJBM) and to connect with the diverse global behavioral medicine community.

IJBM holds a special purpose in the field of behavioral medicine. The journal is the platform for innovative scientific behavioral medicine research with an extensive reach to a global audience. We receive submissions from almost every region of the world and IJBM is read by individuals in every corner of the globe.

Recently, the impact factor of IJBM has increased substantially to 2.012 in 2017. We look forward to ensuring that IJBM remains a prominent behavioral medicine journal. In this regard, we are working to accentuate our uniqueness as *the* international behavioral medicine journal while publishing articles of high scientific caliber.

Furthermore, in our effort to advance the success of IJBM we highlight the following:

Double-Blind Review: The journal has moved to double-blind review. That is, the reviewers are blinded to the authorship of the paper and the authors are blinded to the identity of the reviewers. This reduces bias in the peer review process and contributes to fair and equitable handling of every journal submission.

Social Media: IJBM is now on social media! Follow IJBM on Twitter @IJBMed and on Facebook at facebook.com/IJBMed. Our growing social media presence has already begun to connect our global community and keep individuals informed about what is happening with IJBM including the latest accepted research articles.

Special Call for Papers: We have plans for various upcoming special issues. Currently, we have a special call for papers for a themed issue on Salivary Bioscience in Behavioral Medicine. This issue will be co-edited by Doug Granger & Michael Hoyt. The emphasis is on research relevant to chronic disease management, the influence of psychological and social factors on disease processes and understanding stress processes. More Details can be found at: www.bit.ly/2IOVMGA Please encourage submissions to this special issue and stay tuned for additional special calls for papers.

New Instructions for Authors: Easy-to-use guidance on manuscript preparation and reporting standards have been developed. (www.springer.com/12529).

Call for Editorial Board Members: We are expanding the IJBM editorial board. Board members are expected to review 6-10 manuscripts a year in their area of expertise. We especially encourage women, members of underrepresented groups, and early career professionals to apply. If interested, please send a CV to IJBM@hunter.cuny.edu.



Thank you for your support of IJBM. We look forward to receiving your research submissions and hope you will continue to share and cite the work published in IJBM as well as encourage your colleagues to submit their work for consideration.

Michael A. Hoyt & Tracey A. Revenson
Editor-in-Chief IJBM

IJBM Editorial Team:

- Adam Carrico, University of Miami, USA
- Mary Davis, Arizona State University, USA
- Kyra Hamilton, PhD, Griffith University, Australia
- Nina Knoll, PhD, Freie Universität Berlin, Germany
- Urs Nater, University of Vienna, Austria
- Eli Puterman, University of British Columbia, Canada
- Christine M. Rini, Hackensack University Medical Center, USA
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- Akizumi Tstusumi, Kitasato University, Japan
- Suzanne Segerstrom, University of Kentucky, Lexington, USA (Statistical Consulting Editor)
- Keli M. Ballinger, Managing Editor, USA



2018 International Society for Behavioral Medicine Award Winners

The International Society of Behavioral Medicine (ISBM) is most pleased to announce the recipients of a range of ISBM Awards 2018. Recipients will be officially recognized during the Opening Ceremony of the International Congress of Behavioral Medicine, 14th November 2018, Santiago, Chile. We congratulate all recipients and have provided a brief description of the winners of the Contribution to Collaboration award below.

Life Time Achievement Award

Jorge Amadeo Grau Abalo, PhD
Eliana Guic Sesnic, MSc. PhD
Omer van den Bergh, PhD

Distinguished Scientist Award

Michael H. Antoni, PhD
Annette L. Stanton, PhD

Outstanding New Investigator Award

Ricarda Nater-Mewes, PhD

Distinguished Career Contribution Award

Anne H. Berman, PhD
Kerry Sherman, PhD

International Collaborations Award

Joost Dekker, PhD
Joseph Tak Fai Lau, PhD

Freddie Rivera



On September 20, 2017, Hurricane María made landfall in Puerto Rico, leaving the island in a state of devastation and millions of citizens without access to power, clean water, or reliable communication for months. Recently, school-based health personnel in the island have reported significant concern about the mental health of Puerto Rican youth. For a number of children, exposure to such a catastrophic event can increase the risk for mental health, behavioral, and somatic problems. With the International Collaborative Award, I will partner with a faculty mentor in Puerto Rico, in collaboration with mentors from my home institution, and provide training to school health personnel in identifying trauma-related symptoms in students and referring them to appropriate evidence-based mental health services.



Joshua Wiley



Joshua completed a PhD majoring in health psychology at the University of California Los Angeles in 2015 and currently is a lecturer at the Monash Institute of Cognitive and Clinical Neurosciences in Melbourne, Australia. His research focuses on the interplay between stress, sleep, and emotion regulation factors, often in the context of cancer.

With the collaboration award, he will travel to Arizona USA to work with Prof Weihs on adapting an emotion regulation in cancer intervention for online and remote delivery. Ultimately it is hoped that this will be tested along with other behavioral interventions to build a platform that provides personalized predictions about which first line treatment is most likely to succeed and makes these available for little or no cost.

Jessica Latack



Jessica Latack, Ph.D. is a Postdoctoral Fellow at Weill Cornell Medical College in the USA, and earned her Ph.D. in Clinical Psychology from Stony Brook University in New York. Dr. Latack will be traveling to the lab of Dr. Susan Ayers, Ph.D., at City, University of London to qualitatively examine women's psychological adaptation to pregnancy, and investigate associations with postnatal mental health.

Fabiana Brito Silva



Fabiana Brito Silva, PhD, MS, BSN, is a post-doctoral research associate at the University of Nebraska Medical Centre College of Nursing. She will be visiting Associate Professor Fabio Almeida and Professor Tania Rosane Bertoldo Benedetti at the Universidade Federal de Santa Catarina in Florianopolis, Brazil to adapt and evaluate intervention materials from a lifestyle modification program delivered in community settings.

On behalf of the Awards Committee:

Adrienne Stauder (Past President)

Frank J. Penedo (President)

Urs M. Nater (President elect)



ICBM 2018

Our 2018 International Congress of Behavioral Medicine (ICBM) is just one month away! This year's congress in Santiago de Chile on November 14-17 will bring together over 600 multidisciplinary researchers from all corners of the world to network, learn and present cutting edge advancements in behavioral medicine. The 22 scientific tracks of the 2018 ICBM represent the depth and breadth of behavioral medicine research – from diabetes, aging, and pain, to novel topics in behavioral genetics and digital health. As a congress highlight, we also include tracks of importance to regions around the world, such as tropical medicine and the health impacts of epidemics and disasters. Our key note speakers and master lecturers include groundbreaking leaders in research on cancer, HIV, cardiovascular health, aging, health disparities, implementation and dissemination, and the science of health behavior change. Visit our congress web site at www.icbm2018.cl to access more details about the 2018 ICBM scientific program.

This year marks the very first time that ICBM will take place in Latin America. Santiago de Chile lies at the base of the Andes Mountains and is one of the most important commercial and cultural centers of the continent. Congress attendees will be close to cultural institutions and parks in downtown Santiago as well as beaches and valleys where the regional wines of Chile are cultivated. We encourage you to take advantage of congress social events to network with international colleagues – including the Welcome Reception, Gala Dinner and Closing Reception. The ICBM

2018 Gala Dinner will take place at Sky Costanera, the tallest building in South America with an observational deck that offers stunning views across Santiago. The 2018 congress will be co-hosted by the Chilean Society of Behavioral Medicine and Health Psychology, and all scientific sessions will be simultaneously translated in Spanish language. For the most up to date congress information, visit www.icbm2018.cl and follow us on Facebook and twitter @icbm2018chile. See you in Santiago!

Eliana Guic

Local organizing Chair





News from the Member Societies

Event	2018 ICBM Santiago
Date	November 14-17, 2018
Place	Santiago, Chile
Organizer	International Society of Behavioral Medicine
Contact / Info	http://www.icbm2018.cl/

Call for Abstracts: Oct 1, 2017
 Abstract Deadline: Jan 31, 2018
 Early Career award application: Jan 30, 2018
 Abstract Notifications: May 10, 2018
 Rapid Abstracts deadline: July 1, 2018
 Early bird registration deadline: Aug 1, 2018
 Rapid Abstracts notification: Aug 15, 2018



NB: We have been informed of conference/websites advertising an ICBM in Sweden also in 2018. You will see their tracks are identical to our previous congress tracks: <https://www.waset.org/conference/2018/07/stockholm/ICBM/home> This conference in Sweden has nothing to do with our Society or our upcoming Congress. Nonetheless, inevitable, some individuals may be confused by this other conference and we would like to avoid any impact on the ICBM 2018.



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