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News from the Editor

As the new year gets underway it seems fitting to first reflect on the achievements of the ISBM and that of our members. In this addition of the newsletter, ISBM President Urs Nater describes the activity and progress of the Society towards achieving its strategic goals over the past 12 months. While considerable progress has been made, it is clear that much is still to do in 2020.

We also acknowledge the great work of our ISBM international collaborative award winners. The recipients will spend time in host institutions internationally to receive mentoring and to establish networks and collaborations to undertake research of importance to our field. Congratulations to all award winners. Finally, INSPIRE this year welcomed a number of new members to its committee. The committee have been busy revamping their website and launching a newsletter.

I wanted to wish all members a happy and safe Christmas. I am looking forward to publishing the next issue of the newsletter in the new year. If you have any suggestions regarding newsletter content, please get in touch.

Regards
Luke



Luke Wolfenden
Newsletter Editor

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Letter from the President

Dear Colleagues,

Although the meeting in Chile was impressive and a wonderful memory of great research and good friendship, a lot has happened since we all met at the 2018 ICBM. At our various meetings during the conference, we decided to formulate a set of strategic goals that might steer our work as officers of ISBM during the upcoming years. These goals came out of the discussions we had on the numerous challenges that we (and other societies) face. Let me briefly summarize the goals that we identified:

1. Increase education and training activities; education and training is the backbone of every research and intervention activity that we undertake in behavioral medicine; we have already done great work in this area, thanks to a line of very active E&T committee chairs. Still, E&T is an area in which we can never have enough activity. We should expand our E&T activities both content-wise and region-wise. Our current E&T committee, led by Pernilla Asenlöf, is doing exciting work in this area. More on this in one of the future newsletters!
2. Become and remain financially healthy; I think it's safe to say that we are not a rich society. Our income is mostly generated by membership dues (please pay your dues if you haven't done so!) and to a smaller extent by successful congresses. Of course, there is also income from our journal. These funds go directly to managing the journal, however. So, there is not much money left to support exciting new initiatives. Our finance committee, spearheaded by Sherri Sheinfeld Gorin, has worked very hard throughout the past year to get us on a financially healthy and stable track. One important initiative is to use a professional management company; we are now in the final stages of negotiations and hope to be able to let you know soon about the results of this process!
3. Increase translation/application of behavioral medicine research into clinical care; one of the most relevant issues that came out of the strategic planning meeting in Chile was the need for more involvement of ISBM helping with this goal. This could especially mean to become more involved in the development of clinical guidelines, which can be achieved by strengthening ties to medical associations. Several activities of the past 12 months have addressed this goal, with several committees (e.g., International Collaborations Committee, Kazuhiro Yoshiuchi as Chair; Organizational Liaison Committee, Betsy Seng as Chair) being involved in this endeavor.
4. Help member societies thrive; it became clear from the Governing Council meeting in Chile that we have both active and inactive member societies. In our membership committee (chaired by Claas Lahmann and Lara Traeger), we are working on identifying those that are active and those that are not so active, and particularly help and support those that – due to a variety of reasons - are not active at the moment. Also, we discussed the problems of dwindling membership numbers and problems with recruiting new members, particularly early career people, so this is an area in which we will focus our efforts. Luckily, we have a very active INSPIRE committee, led by Briony Hill, with numerous opportunities to get involved.



Letter from the President (Cont'd)

5. To (better) define what behavioral medicine is (and what it isn't); we need to be all on the same page what behavioral medicine is and what it isn't, because this inevitably affects what our core beliefs and core goals are that we want to achieve with ISBM, and it will also affect the four goals that I have previously outlined. Joost Dekker, our Member-at-Large (and former President of ISBM as well as former Editor-in-Chief of our journal) was charged to lead a discussion on the definition of behavioral medicine. His idea was to implement a Delphi strategy, which is an ongoing process that is currently in its final stages. I very much hope that we will be able to report on the outcomes of this process anytime soon.

This summer, we had a strategic retreat that took place in Vienna, Austria, during which we discussed all five goals. The retreat provided us with the opportunity to stick our heads together and formulate specific ideas and suggestions on activities that might be helpful in achieving our goals. Over the months (and years) to come, you hear more about the initiatives that we discussed. I am very excited about the progress that we have been making and about all the initiatives that are on our agenda for 2020 and beyond. Please check out our website for a regular update on various activities, but also do not hesitate to contact me anytime if you have questions or want to get involved!

All the best,



Urs Nater
President of ISBM



News from the Editor-in-Chief of IJBM

Dear ISBM Members:

This is an exciting time for the International Journal of Behavioral Medicine! IJBM is experiencing tremendous growth and greater engagement with the international research community and is making impactful and important contributions to the science and delivery of behavioral medicine. We received a record number of submissions in 2019 and expect that number to grow in 2020.

I am eager to share some of the exciting new things happening at IJBM:

- Be on the lookout for release of an ***IJBM Special Issue on Salivary Bioscience in Behavioral Medicine***. We have implemented a special call for papers furthering the field in the area of salivary biomarkers in behavioral medicine. This special issue will highlight novel contributions of salivary bioscience to behavioral medicine with emphasis on research relevant to chronic management, the influence of psychological and social factors on disease processes, and understanding stress processes. This marks a notable step in encouraging submissions of biobehavioral studies in behavioral medicine.
- This year IJBM will also release the ***IJBM Special Issue on Translational Sleep Science***. IJBM collaborated with the Sleep Special Interest Group of the Society of Behavioral Medicine in the

USA. The focus is on empirical studies of sleep science in behavioral medicine across the translational spectrum. We received a particularly large response to this call. In fact, we expect to follow up the special issue with several special sections to bring high quality behavioral sleep science to our pages. We thank Natasha Williams and Tracy Trevorrow for their contributions as Guest Editors.

- We are pleased to announce the ***IJBM Springer Publication Excellence in Behavioral Medicine Awards***. Three awards for the best manuscript published in IJBM between July 1, 2019 and May 31, 2020 will be offered. One award is open to all, while one is designated for a trainee or post-doc and one for an early career professional (less than 7 years post-degree). The awards will be presented at the Opening Ceremony of the ICBM in Glasgow. The awarded manuscripts will be highlighted in IJBM and each awardee will receive a prize of \$500.
- Led by our Statistical Editor, Suzanne Segerstrom, we have initiated a ***Statistical Guideline Series*** of brief papers to highlight common statistical considerations in behavioral medicine research. The goal is to briefly discuss appropriate ways to analyze and present data in IJBM and offer guidance and discussion of both basic and advanced statistical choices. Collectively, the series will culminate in a set of basic statistical guidelines to be adopted by IJBM, but also to serve as an independent resource.



A single topic is presented in each IJBM issue and includes guidance on such things as handling missing data and imputation, reporting effect sizes, and designating statistical covariates. Currently, 10 to 12 topics are planned.

- We are pleased that an IJBM-organized panel presentation entitled "**Open Science in Behavioral Medicine: Multiple Perspectives and Provocative Questions**" is scheduled for the 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, which will be held April 1-April 4, 2020 in San Francisco. Our panelists include IJBM Associate Editors, graduate students, researchers, publishers, and grant funders.
- IJBM will be at the **American Psychosomatic Society meeting** in March 2020 in California. I will be part of a panel of the major journals in behavioral medicine. I hope you can join!
- IJBM continues to grow its **social media** presence and efforts appear to be increasingly successful at connecting the behavioral medicine community to IJBM. Anyone can follow IJBM on Twitter @IJBMed and on Facebook at facebook.com/IJBMed. It is a great way we are able to promote the science we publish and stay connected to our international community. Join us to stay current on IJBM.

As I transition to sole editor of IJBM, I want to express sincere gratitude to Tracey Revenson for her service as my joint Editor-in-Chief these past years. Tracey has taken editorship of Annals of Behavioral

Medicine and we are excited to find opportunities for collaboration between journals.

Being a part of this behavioral medicine community and furthering the growth of IJBM is tremendously gratifying. It only happens with the engagement of our broad network of researchers, clinicians, peer reviewers, editorial board members, leadership team, and Associate Editors. If you would like to get more involved with IJBM or have questions or ideas about our journal I want to hear from you. You can reach out to IJBMed@uci.edu.

Thank you for your support, scientific engagement, and editorial service to the journal. See you in Glasgow!

Michael A. Hoyt
Editor-in-Chief



2019 International Society for Behavioral Medicine International Collaborative Award Winners

International Society of Behavioral Medicine

Winner: Suzanne Tanya Nethan
Home institution: ICMR-National Institute of Cancer Prevention and Research, Noida, India, LMIC applicant
Host/mentor institution: Dr Tami-Maury, The University of Texas MD Anderson Cancer Centre, USA
Position: Scientist
Project: To contribute to a project based on assessing the use pattern of betel quid (BQ) among Asian immigrants and Asian descendants living in Texas (USA).
Email: suzanne.nethan@gmail.com

Biographical and project sketch: Dr. Suzanne Tanya Nethan is a trained dentist with a specialization in Oral Medicine & Radiology, and employed with the Indian Council of Medical Research - National Institute of Cancer Prevention & Research, India (in the division of clinical oncology). Her research interest includes screening and early diagnosis of oral cancer and precancer, and tobacco (& areca nut/betel quid- BQ) cessation. This travel award will be utilised to fund her visit to the MD Anderson Cancer Center, Texas (USA), to contribute to a project assessing the knowledge, attitudes, consumption and purchase patterns, and the health risk perceptions associated with BQ use

among a sample of Asian immigrants or descendants living in Texas, under the able mentorship of Dr. Irene Tami-Maury, Assistant Professor, Department of Behavioral Science, MD Anderson Cancer Center.

American Psychosomatic Society

Winner: Thomas Kraynak
Home institution: University of Pittsburgh, USA
Host/mentor institution: Professor Hugo Critchley, Brighton and Sussex Medical School, UK
Position: Graduate Student
Project: To adapt a standard psychological stress paradigm to experimentally manipulate cardiac viscerosensory signaling.
Email: tekraynak@pitt.edu

Biographical and project sketch: Thomas Kraynak is a graduate student in the Biological and Health Program in the Department of Psychology at the University of Pittsburgh. He is co-mentored by Pete Gianaros and Anna Marsland. Thomas has deep interests in brain-body interactions in the context of emotion, stress, and physical health. As part of this award, Thomas will travel to the laboratories of Professors Sarah Garfinkel and Hugo Critchley at Brighton and Sussex Medical School in the United Kingdom. His proposed project will adapt a standard psychological stress paradigm to experimentally manipulate cardiac afferent signaling. The proposed project will explore the impact of this manipulation on subjective and cardiovascular responses to psychological stress.



International Behavioural Trials Network

Winner: Tess Langfield
 Home institution: University of Cambridge, UK
 Host/mentor institution: Dr Philippe Gilchrist, Macquarie University, Australia
 Position: PhD Student
 Project: To investigate the impact of glassware design on drinking behaviours.
 Email: Tirl2@medschl.cam.ac.uk

Biographical and project sketch: Tess Langfield is an MRC-Sackler funded Ph.D. student supervised by Professor Theresa Marteau at the Behaviour and Health Research Unit, University of Cambridge. Tess will be using the HBIC award to support a trip to Macquarie University, Sydney, to work with Dr Philippe Gilchrist and A/Prof Melissa Norberg on a project investigating drinking behaviour using psychophysiological measures. This project builds on her Ph.D. research, which investigates the impact of glass shape on drinking behaviours for soft drinks. The experiment she will conduct during her visit to Macquarie University will use facial electromyography (EMG) to measure activity in the *orbicularis oris* during sipping from glasses of different shapes.

Society for Behavioral Medicine (USA)

Winner: Leslie Johnson
 Home institution: Emory University, USA
 Host/mentor institution: Professor Brian Oldenburg, University of Melbourne, Australia
 Position: Post-doctoral Fellow

Project: To examine the prevalence and correlates of depression and anxiety among participants in the Kerala Diabetes Prevention Program (K-DPP) and conduct a culturally-sensitive qualitative analysis identifying anxiety triggers related to diabetes care among adults with T2DM in India.
 Email: lmunoz@emory.edu

Biographical and project sketch: Dr. Leslie Johnson is currently a postdoctoral fellow at Emory University's Rollins School of Public Health in the Hubert Department of Global Health, working primarily with the Emory Global Diabetes Research Center. Dr. Johnson plans to use this award to enhance her implementation research competencies, develop collaborative partnerships with international chronic disease researchers working in India, and build mixed-methods research capacity within the Non-Communicable Disease Unit (NCDU) during her visit to the University of Melbourne in Australia. Using data from two implementation trials conducted in India, Dr. Johnson will partner with NCDU researchers to conduct novel mixed-methods analyses examining the prevalence and persistence of anxiety and depression among adults at risk for developing type 2 diabetes mellitus and to identify triggers of diabetes-related anxiety within the Indian context. Findings from this project aim to improve diabetes management interventions in India, where there is the highest absolute burden of diabetes in the world, by advancing knowledge of physical and mental comorbidity.

***Society for Health Psychology***

Winner: Chloe Huelsnitz

Home institution: University of Minnesota,
USA

Host/mentor institution: Professor Urte
Scholz, University of Zurich, Switzerland

Position: Graduate Student

Project: To understand how to optimize so-
cial control to improve individual and dyadic
health while also maintaining or improving
relationship functioning.

Email: MIRO0047@UMN.EDU

Biographical and project sketch: Chloe Huelsnitz is a PhD candidate at the University of Minnesota, where she conducts research examining the effects of interpersonal processes (e.g., social support, social control) on promoting health behaviors such as sun protection, sleep, dietary behavior, and physical activity. Chloe will be using the award funding to visit Dr. Urte Scholz at the University of Zurich, Switzerland. At the University of Zurich, Chloe will receive training in the design and implementation of dyadic daily diary studies that use ambulatory assessments to capture audio recordings of social control attempts. Chloe and Dr. Scholz will also collaborate on a study examining motivational determinants of social control attempts in romantic relationships.

On behalf of the Awards Committee:

Frank J. Penedo (Past President)

Urs M. Nater (President)

Anne H. Berman (President elect)



INSPIRE

A new Chair was appointed to the INSPIRE committee, taking over the new term Besty Seng at ICBM2018 Chile for a four year term. Existing members of the committee have been joined by new members:

Briony Hill

Australasian Society of Behavioural Health and Medicine - Chair

Heidi Bergmeier,

Australasian Society of Behavioural Health and Medicine - Secretary

Christopher Keyworth,

UKSBM - Social events

Susanne Fischer

German Society of Behavioural Medicine - Webmaster

Jose Custers

Dutch Behavioral Medicine Federation - Scientific events, newsletter

Rebecca Wyse

Australasian Society of Behavioural Health and Medicine - Newsletter

Matthias Aulbach

European Health Psychology Society - Member

Tommy Calner

Swedish Behavioural Medicine Society- member

Rina Sobel Fox

Society of Behavioural Medicine (USA) and APA Division 38 (Society for Health Psychology) - Member

Anne Sophie Friberg

Danish Society of Psychosocial Medicine - Member

Jennifer Mandelbaum

Society of Behavioural Medicine (USA) - Member

Phoenix Mo

Hong Kong Society of Behavioral Health - Member

The goals of INSPIRE are to:

1. Establish networking opportunities within INSPIRE both online, and at regional and international meetings.
2. Establish didactic and mentoring opportunities with more established members of the field
3. Support Education, Training and Professional Development
4. Enhance representation and encourage exposure of early career researchers in ISBM
5. Increase the visibility of early career research within the field

The committee have worked to revamp the INSPIRE website (now available through the ISBM website <https://www.isbm.info/isbm-committees/inspire/>) and have set up a new host for our database of INSPIRE network members. Anyone interested in receiving news and updates from INSPIRE can sign up via our website.



INSPIRE cont'd

We are also currently developing the new "Inspirations" newsletter for database members - stay tuned for further information. You can also follow us on Twitter @Inspirelsbm or contact us via inspire.isbm@gmail.com.

We are also working with the UKSBM Early Career Network for some exciting activities at ICBM2020 Glasgow - stay tuned!

Winners of the Health and Behavior International Collaborative (HBIC) Award have been announced. The INSPIRE committee, the ISBM and the HBIC Committee, along with the five sponsoring organisations are pleased to announce the 2019 Health and Behavior International Award winners.

The winners are:

- International Society of Behavioral Medicine - **Suzanne Tanya Nethan**
- American Psychosomatic Society - **Thomas Kraynak**
- International Behavioural Trials Network - **Tess Langfield**
- Society for Behavioral Medicine (USA) - **Leslie Johnson**
- Society for Health Psychology - **Chloe Huelsnitz**

Winners are each awarded USD\$3000 to facilitate a minimum of a one-week visit to an international laboratory or research group under the guidance of an identified international mentor.

21 applications were received in total. The quality of the applications was outstanding, with a spread of applications from graduate students and postdoctoral researchers/assistant professors.

Applicants were from 10 countries including Australia, Canada, Finland, India, South Korea, UK and the USA, and applied to 8 different host countries, highlighting the international reach of the award.

One winner was from a low and middle income country; 3 were graduate students; 3 are based in the USA; 2 are visiting Australia; and 1 is visiting Switzerland.



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