

Annual EHPS Cyprus report, 2015.

There are few research projects running in Cyprus in regard to Health Psychology discipline. These are:

Cyprus is Hosting the 29<sup>th</sup> Health Psychology Society conference in Limassol in September 1<sup>st</sup> to 5<sup>th</sup> 2015 titled «Principles of Behaviour Change in Health and Illness». Everything is ready and the organising committee is excited to welcome all the delegates in Cyprus. Some of the tracks of this conference are: eHealth and mHealth, Resilience and Health, Stress and Coping, Self-Regulation in health and illness, Chronic Disease, Pain and Psychosomatic Issues, Interventions in Chronic Disease, Ageing and Older People, Social Support and Health, Health, Families, and Children, Well-being and Quality of Life, Health Behaviour Change Models etc <http://www.ehps2015.org>.

The preparations for the Synergy expert meeting in Cyprus in 2015 have also completed. The following workshops will take place: «Using Item Response Theory in questionnaire development and theory testing in Health Psychology», 2. «To Provide Innovative Strategies for Writing Scientific Papers, Including Creative Use of New Internet Resources, and Responding to Reviews, Including Rejection», 3. «How do you conduct a meta-ethnography? An introduction to meta-syntheses», 4. «Motivational Interviewing in Health Care – willing ready and able to change health behaviours», και 5. «Using Acceptance and Commitment Therapy (ACT) in Health Psychology settings – an experiential introduction».

Furthermore, the expert meeting will be held over 2 days: 31st August-1st September 2015 (Monday and Tuesday respectively) and the title of the upcoming meeting is: mHealth for behaviour change: opportunities, challenges and future directions. The meeting will be facilitated by Profs Lucy Yardley, Susan Michie and Robert West. Further details about the meeting is uploaded on Synergy's website <http://ehps.net/synergy/>

Regarding further development on the island:

Last year 3 new medical schools opened and they have included in their curriculum Health Psychology lectures and Clinical Communication Skills. Therefore, even though departments of psychology in Cyprus do not open positions for Health Psychologist and they do not offer Master's Programs in Health Psychology, Medical school seems to appreciate more the specialty!

Research activity:

Dr Panayiota Andreou, based at the Nursing Department at the Cyprus University of Technology, is working as part of a team on a project on rationing of nursing care and the factors involved in decision-making by nurses on what nursing tasks are implemented or not due to time constraints and staff cuts, the impact on patients and the quality of healthcare delivered.

Dr Theano V Kalavana at the Medical school of University of Nicosia is preparing a research project on clinical communication skills, self-regulation skills and patients' satisfaction. Dr

Kalavana has also been involved since 2014 in Nurses training focusing on the development self-regulation and communication skills.

Furthermore, the “Algea” project for chronic pain is still continuing, aimed at creating a new Behavioral Medicine environment for chronic pain patients and their families, by incorporating the needs of local health services providers and communities in Greece and Cyprus, including patients, family members, doctors, health and support organisations etc. The study is funded by The Cross Border Cooperation (CBC) Programme “Greece- Cyprus” and through government funds from both countries. The project employs a multidisciplinary approach which combines both psychological support and pharmacotherapy as treatment for chronic pain. The study aims to use critical factors that have been shown to be associated with effective chronic pain rehabilitation programs.