

2018 update- Health psychology in Israel

Research

1. **The Stress, Self & Health Lab**

The Stress, Self & Health Lab (STREALTH; <http://golanshahar.wix.com/strealth>) the Department of Psychology of Ben-Gurion University of the Negev (BGU), Israel, focuses on the study of the links between psychopathology -- primarily effective disorders -- and health outcomes -- particularly chronic illness/pain, high-risk pregnancy, adolescent risk-behavior, and compliance with mass vaccinations. STREALTH is directed by **Professor Golan Shahar**, Ph.D., who serves as Professor of Clinical-Health Psychology at BGU, as well as Adjunct Professor of Psychiatry and Child Study at Yale University School of Medicine. The lab is populated by over ten graduate students and about 20 undergraduates. STREALTH'S specialty is in conducting multi-wave, multi-measure, complex longitudinal studies and in applying sophisticated statistical procedures (e.g., Structural Equation Modeling and Multi-Level Modeling) to examine the causal role of life stress and subjective (self-related) experiences in health and illness. In addition, the lab also utilized qualitative research methods and -- more infrequently -- laboratory experiments.

2. **European Research Commission- Horizon 20/20 winning!**

Dr. Noa Vilchinsky from the Department of Psychology of Bar-Ilan University, the Israeli national delegate to the EHPS, is one of the PI's of a recently winning Horizon 20/20 European consortium. The consortium is coordinated by Prof. Mariet Hagedoorn and Prof. Robert Sandermann at the University Chroningen, and consists of many European partners as Prof. Val Morrison from Bangor University, as well as partners from Italy and Sweden. This specific grant - ITN (innovative training network) will enable the consortium to form a network of 15 doctoral student who will focus on the critical issue of CAREGIVING in chronic illnesses.

Services development

3. A new App to manage stress!

New apps which combine knowledge from cognitive behavioral therapy, mindfulness and biofeedback to help manage stress was launched by iFeel Labs (www.ifeellabs.com) - a digital health company in Israel. These mobile apps include popular games (like Candy Crush) which have been converted to even more engaging biosense games. The apps precisely guide one's inhale and exhale to maximize the proven benefits of Heart Rate Variability (HRV) breathing. One only progress in the game when is breathing in a way that modulates the autonomic nervous system. iFeel's Asthma clinical trial preliminary results with Apollo Hospital Group in India show:

- 1) Improvement of 32% in Asthma control
- 2) Reduction of 28% in rescue medication intake
- 3) Improvement in the quality of patients' life

Ifeel Labs has won the first place in the world health summit 2016 for most revolutionary startup and was chosen for Top 10 medical apps in Medica world forum for medicine 2015. contact info. **Dr. Yuval Oded**- co-founder and chief psychologist.

4. A new website for individuals coping with brain injury.

A new website (<http://meroshu.com/>) aiming at consolidating all available information in Israel related to the rehabilitation of the adult population following an acquired brain injury was currently developed by **Maya Ehrlich**, a current psychology intern. The website provides a search engine that helps find suitable rehabilitation facilities. Additionally, it provides information regarding community rehabilitation services, questions and answers, a glossary, video clips, an index of medical and paramedical therapists from various disciplines, and more (the medical consultation is provided by the medical doctor Dana Gefen Doron, a physical medicine and rehabilitation specialist. The website is a private initiative aimed at making the relevant information accessible to the community; its use is completely free of charge.