

EHPS Newsletter

Newsletter of the European Health Psychology Society

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Editor's Foreword

Let's take this occasion to wish you all the best for 1994!!!

This issue contains several items that are intended to elicit your active response: propose Executive Committee board members (p. 1), respond to the suggestions made during the round-table on East-West cooperation (p. 4), send your contributions and registration to Alicante (p. 7-8), and let us know how eager you are to join me as co-editor of the Newsletter (p. 12).

Apart from minutes of several Society meetings during the Brussels Conference, you will find information about Health Psychology in different parts of Europe and a lot of information on the forthcoming Alicante Conference.

We hope to publish an extensive report on the Brussels Conference in the next issue.

Jan Vinck, editor

**EHPS Executive Committee Elections 1994
Call For Nominations**

Nominations are required for the election of the EHPS Executive Committee in July 1994, in accordance with EHPS Articles and Standing Orders (see EHPS Newsletter 3, July 1991). Any nomination requires a proposer, seconder and agreement by the nominee : all three must be members of EHPS.

Nominations are required for : Secretary, Vice President, and Ordinary Members.

In making nominations, members are reminded that EHPS Article 19 (see EHPS Newsletter 3, July 1991) specifies that the Committee will consist of eight members who should be as representative as possible of the regions in Europe.

(this form can be copied)

EHPS NOMINATION FORM

We wish to propose

Name _____

Address _____

- as ORDINARY MEMBER
- SECRETARY
- VICE PRESIDENT

Proposer _____ Seconder _____

Name _____ Name _____

Address _____ Address _____

Signature _____ Signature _____

I agree to the above nomination

Signature of the nominee _____

Nominations should be sent to

**Dr A.A. Kaptein, Secretary EHPS
Medical Psychology
Department of Psychiatry
R.U. Leiden
PO Box 1251
2340 BG Oegstgeert
The Netherlands**

before April 6, 1994.

Minutes of the Meeting of the Executive Committee of EHPS

Brussels August 31, 1993 (2 - 5.15 pm)

*Present : Johnston (chairperson),
Julkunen, Kaptein (secretary), Maes,
Schmidt, Vinck.
Apologies : Weinman*

1. Introduction

Marie Johnston welcomed those present, especially Juhani Julkunen who represents the members from the Nordic countries in an observer role.

The minutes of the meeting of the Executive Committee (EC) held in Leipzig on 27 August 1992 were approved (see page 5 in Newsletter nr 5).

2. President's report

a. EC roles

Johnston reported that the role descriptions of the members of the EC have been compiled by the Secretary, who will send these to all EC members.

b. Elections

The President mentioned that Theresa Marteau and Glynn Owens, on behalf of the four scrutineers nominated to serve in electing the members of the EC in August 1992, wrote an election report. The recommendations in this report were discussed and found to be constructive and helpful. Johnston and Kaptein, who are responsible for the preparation of the 1994 elections, will take these recommendations into account.

c. EHPS Conferences

The meeting agreed the EHPS Guidelines for Conference Organizers.

It was decided to update and correct the EHPS members list. This will be combined with the list of the Brussels Conference participants in a Conference Circulation List. Maes will send the diskette with names and addresses to Schmidt. Schmidt was allowed DM 500 (maximum) to pay for

secretarial costs associated with completing this list. Vinck will send out the Conference Circulation List to the National Representatives before December 15, 1993, who should send corrections and new names to Schmidt.

Procedures re setting dates for future conferences will be discussed at the meeting of the National Representatives during the Brussels Conference.

d. Honorary Fellow

The President announced that the EC decided that Stan Maes should become the first Honorary Fellow of the EHPS. She mentioned the outstanding contributions of Stan Maes to the EHPS in the past years. Stan Maes will be presented with this honour at the EHPS "Open Meeting" on wednesday September 1, 1993.

e. Forum for International Psychology Associations in Europe

The President mentioned the development of a forum of International Psychology Associations, a forum of coordination between various international psychology associations in Europe, initiated by IAAP, EFPPA and IUPsS. Marie Johnston, on behalf of EHPS, attended the meeting in Tampere (SF) in June 1993. A further meeting will take place in Athens 1995 (European Congress of Psychology). It was decided to have this issue on the agenda for the EHPS Members' Meeting 1994.

f. The European Congress of Psychology, Athens 1995

The President announced that the organisers of the Athens 1995 Congress are keen to have EHPS play a role during this Congress. The meeting agreed that this should not interfere with the 1995 Bergen, Norway, EHPS Conference. Two suggestions were given : Maes and Anagnostopoulou on "Health Behaviour" and Marie

Johnston and Kaptein on "Coping with chronic illness", plus a panel discussion on "Everything you always wanted to know about health psychology but were afraid to ask".

g. ISBM affiliation

The issue of EHPS affiliating with ISBM will be reviewed next year.

3. Treasurer's report

a. Audit

David Marks and France Kittel will be invited to be auditors for the 1994 financial report. Johnston and Kaptein will invite these two persons to fulfill this role in 1994. Schmidt will be asked to send the relevant material to the auditors by May 1994.

b. Membership fees

As for 1993 the Treasurer will implement stricter rules re paying membership fees. A member who, after having received a reminder, does not pay his/her membership fees can no longer be an EHPS member. Schmidt and Johnston will draw up a letter on this matter.

Schmidt stated he will find out whether bank charges for membership fees can be returned to the EHPS account.

c. Conferences

Local organisers of EHPS Conferences will receive 500 pound if they ask for this money, in order to help cover costs. If there are any profits, the 500 pound should be paid back to EHPS: "EHPS is underwriting the event".

d. Account

The Treasurer reported on the current status of the EHPS bank account. This is now the only account held by EHPS; all other accounts should now be closed. The Treasurer mentioned that Wrzesniewski is in charge of accounts in countries where the local currency is not yet changeable.

e. Membership issues

Schmidt will draw up a proposal for the issue of membership criteria for EHPS membership. Number of publications and/or sending in cv's are suggestions. It was decided that the EC will propose at the Members' Meeting

in 1994 that a new category of membership is created for those who do not meet criteria for membership.

The Treasurer reported that he investigated options for paying membership fees via credit card. This apparently is virtually impossible. He also reported that it does not seem possible to earn interest on the EHPS account.

It was decided that Maes will approach Wiley, and Kaptein Harwood, to negotiate reduced prices for books and other publications for EHPS members.

A first version of an EHPS membership leaflet will be drawn up by Schmidt and Kaptein.

4. Newsletter Editor report

Vinck reported that two issues of the Newsletter were produced this year (summer 1992 to summer 1993) at 750 pound for the two issues. Wiley and Harwood should pay 100 pound per inserted leaflet to the Treasurer.

Kaptein announced that he will step down as Newsletter co-editor. It was decided that this will be announced in the December 1993 Newsletter. Candidates for the role of co-editor of the Newsletter will be invited to let this know in writing to Vinck and Johnston. The decision about this position will be made by the EC in July 1994.

Kaptein will contact Harwood and ask them to produce a correct leaflet in which it is announced that EHPS members can subscribe to Psychology and Health at a reduced rate. The need to maintain equal access to advertisers was emphasised.

Maes pointed out that in his view it was unfortunate that names and full addresses were included in the Newsletter nr 6. The EC agreed and hopes members will send corrections to the Membership Officer. The EC regrets any omissions.

5. Elections 1994

The meeting reviewed current and future positions of the members of the EC.

Johnston can stay on as President; Schmidt can go on as Treasurer/Membership Officer; Vinck, Weinman and Sabilia should step down unless they take office; Maes can stay on; Kaptein can stay on but not as Secretary.

It will be announced in the Newsletter that candidates may run for election by sending a letter to the President and Secretary before April 6, 1994.

At the 1994 Conference the EC will bring to the Members' Meeting

that the Nordic countries should become a separate region, but this decision will be made after voting in the election. The scrutineers will be asked to work out further procedures.

The President closed the meeting at 5.15 p.m.

Ad A. Kaptein

(the Minutes of the Meeting of the National Representatives, see p. 11)

Summary of the EHPS

“Open Meeting”

*Brussels, Wednesday September 1, 1993
(12.30 - 13.45 hours)*

The President explained that the EHPS holds its Members' Meetings once every two years (1992; 1994). She stated that she felt it would stimulate the involvement of EHPS members in matters related to our Society to discuss some issues during the current 1993 Conference.

1. Honorary Fellow

The President announced that Stan Maes is the first Honorary Fellow of the EHPS. His contributions to the founding of the Society and his stimulating work concerning organisation, training and EHPS Conferences have been outstanding.

2. Future Conferences

The President announced locations and dates for future Conferences :
1994 Alicante, Spain: July 13 - 15
1995 Bergen, Norway: no fixed dates yet
1996 Dublin, Ireland: September 4 - 6

3. Representation of Nordic countries on Executive Committee

The President introduced Juhani Julkunen as member of the EC with observer status, and mentioned that the EC will come up with a proposal re the representation of the Nordic countries in the EC for the next Members' Meeting.

4. Miscellanea

a. Conference publications

The publication of books based on the 1991 Lausanne Conference and the 1992 Leipzig EHPS Conference was announced.

b. International conference

McGhee (IRL) announced the International Society for Health Related Quality Conference, Brussels, February 3-4, 1994.

c. Conference fees

Some members raised the issue of the current Conference fees, which they felt were quite high. The issue of financing and sponsoring of EHPS Conferences was discussed.

Ad A. Kaptein

(for information on the 8th EHPS Conference Alicante, see p. 5-8)

Brussels Conference

1-3 September some 300 Health Psychologists from 32 countries gathered in Brussels for the 7th EHPS Annual Conference. A more extended report on this Conference, that was, we think, quite successful, will be given in the next Newsletter. Meanwhile, we already publish the report of the round-table-discussion on East-West cooperation. Researchers looking for East-West cooperation, particularly those with adequate resources can announce their interests in this Newsletter, contact K. Wrzesniewski at the Board of EHPS or the particular national representative.

East-West Round Table Discussion

(organizers: K. Wrzesniewski, L. Valach and A. Visser)

Following the heading of the Brussels Conference related to theory and practice in Health Psychology about 25 participants came together to discuss practical issues of health psychological cooperation between Western and Eastern European scientists. Attention was paid to cooperation in general, and especially to research and education.

A timely issue to pick up was the participation in the EHPS conferences. Although there were participants from the Czech Republic, Estonia, Hungary, Lithuania, Poland, Romania and Russia the presence of these countries was weaker than at the last EHPS conference in Leipzig. There is a substantial discrepancy between the interest in taking part and scientists being able to afford the journey from Eastern Europe. Several models of how to overcome this were evaluated such as a money prize for good entries, a rule for partial representative participation in symposia. This would imply that a symposium would be accepted only if relevant research from Eastern Europe is also included. Organisers of such a symposium as well as the participants of each symposium would be helpful in finding resources for the participation of their colleagues from Eastern Europe. Although there was a wish formulated that national representatives should be more active in this respect and that EHPS should use its influence to mobilize required resources, it seems that conference participants should be included in project proposals. Also postgraduate students should be animated to go to the EHPS conferences as it is easier

for them to find financial support. Finally, it was suggested that additional volumes of conference abstracts could be sent to Eastern Europe to disseminate the activity of our society and its members and thus keeping our colleagues informed.

There were a number of participants active in teaching and therefore this issue was also addressed. It was suggested that health psychology curricula should be exchanged or published within EHPS and that EHPS could also recommend relevant curriculum in Health Psychology. An ad hoc working group has already been formed in this area and an exchange of postgraduate programs was arranged. It would be appreciated if researchers with contacts to a publishing house would use their influence in insuring promotion copies of health psychological publications for the libraries in Eastern Europe.

Understandably, the most time was spent discussing questions related to research. An intention was formulated to produce a directory of research activity in East European countries. The national representatives are expected to take the initiative. The

national representatives are also asked to obtain additional copies of the EHPS Newsletter and distribute them among interested people. Finally, the participants were very optimistic that they soon will be able to organize an EHPS conference in their countries and thus promote health psychology teaching and research.

It has also been pointed out that there are some very specific issues in East-West European research cooperation. On one hand it is possible to save research money through contracting researchers in Eastern Europe. On the other hand it is necessary to provide 'seed money' at the very beginning of a project with colleagues there in order to trigger off the work as they cannot rely on sufficient infrastructure.

The function of the meeting was to facilitate an exchange on these issues and to formulate several points for the board of EHPS in which a special function for this task was created (K. Wrzesniewski). However, the real movement in this area must be carried out by the individual members. We hope that soon visiting young researchers from Eastern Europe could be met in every health psychology institute in Western Europe. This seems also to be the best way of developing working relationships between researchers and research centers in Eastern and Western Europe.

*L. Valach,
A. Visser,
& K. Wrzesniewski*

From our Membership Officer

New Members EHPS (15/11/93)

Helle Andersen (Kopenhagen, Denmark)
Marnix Arickx (Diepenbeek, Belgium)
Chris De Valck (Diepenbeek, Belgium)
Frank Donker (Eindhoven, The Netherlands)
Paola Grimigni (Bologna, Italy)
Wilhelm Janke (Wurzburg, Germany)
Klaus Jonas (Tubingen, Germany)
Christoph Klotter (Berlin, Germany)
Annie Props (Diepenbeek, Belgium)

Claudia Put (Diepenbeek, Belgium)
Bruno Quintard (Talence, France)
Lothar Schattenburg (Bad Mergentheim, Germany)
Harald Seelbach (Bochum, Germany)
Adrian Taylor (Eastbourne, U.K.)
Stephan Van den Broucke (Brussels, Belgium)
Heinrich Wabning (Munchen, Germany)
Anne Walker (Dundee, Scotland)
Jozef Zollneritsch (Graz, Austria)

8th EHPS Conference Alicante

The 8th Conference of the European Health Psychology Society

Quality of life & Health Psychology

Alicante (Spain), 13-15 July, 1994

Dear friend and colleague,

It is our pleasure to invite you to participate in the 8th European Health Psychology Society Conference which will be held in Alicante, Spain, July 13-15, 1994.

The programme will be devoted to advances in research and intervention in Quality of Life and Health. The Conference will provide the best opportunities for practitioners and researchers to interchange their viewpoints on this topic.

The 8th European Conference on Health Psychology in 1994 will be organized by The European Health Psychology Society (EHPS) with the collaboration of its Spanish section.

We look forward to having you with us in July 1994.

General information

Conference President

Jesús Rodríguez-Marín (Spain)

Organizing Committee

Jesús Cancillo (Univ. Alicante)

José Castejón (Univ. Alicante)

José A. García (Univ. Alicante)

José García Hurtado (Univ. Alicante)

Sofía López-Roig (Univ. Alicante)

Diego Maciá (Univ. Murcia)

Xavier Méndez (Univ. Murcia)

José J. Mira (Univ. Alicante)

Emma Pascual (Univ. Alicante)

María A. Pastor (Univ. Alicante)

Salvador Sánchez (Univ. Alicante)

Scientific Committee

Ramon Bayes (Spain)

Amalio Blanco (Spain)

Marie Johnston (Scotland)

Stan Maes (The Netherlands)

Hannah McGee (Ireland)

Arild Raaheim (Norway)

Jesús Rodríguez-Marín (Spain)

José Santacreu (Spain)

Conference Secretariat:

Lisbeth Sorensen

c/o Prof. Jesús Rodríguez-Marín

Dept. Psicología de la Salud

Facultad de Medicina

Apdo : 374

E - 03080 Alicante (SPAIN)

FAX : 34-6-594.00.15*

E-MAIL:8-EHPS@VM.CPD.UA.ES

*The preferred way of communication is by letter or fax. From the first of May 1994 on, the secretariat can be reached on the telephone number: +34-6-565.89.11 Ext. 148 from Tuesday to Thursday, 12:00-14:00

Place :

University of Alicante

Campus San Vicente

San Vicente del Kaspeig

Alicante, SPAIN

Location:

Alicante, on the East coast of Spain, is on the Mediterranean sea. The city has been a place of encounter for different cultures during centuries (Greeks, Romans, Phoenicians, ...) and now it is a lively modern city, with about 300.000 inhabitants. Thanks to its beaches extending six kilometers and the mild weather (12° C in winter and 28° C in summer, with 90% of sunny days a year), Alicante is one of the most visited tourist resorts in Spain.

Language:

The official language of the Conference is English.

Programme for accompanying persons:

Registered accompanying persons are entitled to attend all social events during the Conference. In addition, a special touring programme will be arranged during the scientific sessions.

Social Programme:

* *Thursday July 14, 21:30:* Official Reception by the Alicante Town at the Sta. Bárbara Castle.

* *Friday July 15, 21:00:* Farewell Dinner.

* *Sightseeing tours:* The Official Travel Agency offers to accompanying persons and Conference participants the possibility of arranging local tours during the Conference and payment will be arranged in site.

Travel and accommodation:

Viajes Alicante (Spain) (Official Travel Agency)

Pintor Lorenzo Casanova, 56 bajo

E - 03003 Alicante (Spain)

Phone : 34-6-592.67.47/48

Fax : 34-6-592.65.42

8TH EHPS CONFERENCE ALICANTE REGISTRATION FORM

(Please type)

After June 1, 1994 please registrate in situ

DELEGATE Female _____ Male _____
 Prof. _____ DR. _____ MA _____
 Researcher _____ Psychologist _____ Student _____*

* Stating student condition

Family name

First name

Mailing Address

.....

Postal code Country

Phone + Telefax +

REGISTRATION

EHPS-members	before April 1, '94 30.000 pts	after April 1, '94 36.000 pts	_____ pts
<hr/>			
Non-members	before April 1, '94 36.000 pts	after April 1, '94 42.000 pts	_____ pts
<hr/>			
Reduced fees*	15.000 pts		_____ pts

* only for students and delegates from East European countries

CHEAP ACCOMMODATIONS: (3 nights - Bed & Breakfast).

This accommodation is subject to availability, and reservation must be arranged before April 1, 1994.

Student residence	single occupancy 7.000 pts	double room/person 5.000 pts	_____ pts
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Total =====

PAYMENTS

All payments should be settled in PESETAS.

Please indicate which means of payment you have used:

_____ Money transfer to: Caja de Ahorros del Mediterraneo (2090)
 Oficina 3191
 Account number 40024303

Please charge my _____ VISA _____ EUROCARD _____ MASTER CARD

Card number Expiring day

Please enclose a copy of your payment document.

In order to avoid misunderstandings, please make sure you put your name and address on all your money transfers.

No inscription form will be accepted without payment.

Cancellation & Refund:

Must be in writing to the Conference Secretariat.
 Until June 1, 1994 a refund of 80% will be provided
 After June 1, 1994 no refund will be given.

Signature Date

<p>Please return this form to Conference Secretariat: Lisbet Sorensen FAX: (+34 6) 594 00 15</p>	<p>c/o Prof. Jesús Rodríguez-Marín Dpto. Psicología de la Salud Facultad de Medicina Apdo. 374 E - 03080 Alicante (SPAIN)</p>
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8th EHPS Conference Alicante

Registration for the Conference should be made using the REGISTRATION FORM.
Registration must be received by June 1, 1994. After that date, please register on site.
Registration and accommodation forms are enclosed in this Newsletter.

Registration fees:

	Before 1 April 1994	After 1 April 1994
EHPS members:	30.000 pts	36.000 pts
Non-members:	36.000 pts	42.000 pts
Reduced registration(*):	15.000 pts	

(*Only for students and delegates from East European Countries)

Charges include: Entrance to all scientific events, Congress documentation, City Hall Reception, Farewell dinner, 3 lunches & all coffee-breaks.

Cancellation and refunds of Registration Fees: See the Registration Form.

Scientific Programme

General Topic:

*Quality of life and Health

Special Topics:

- *Theoretical Issues
- *Health Behaviour
- *Illness Behaviour
- *Health Care
- *Professional Issues

Scientific Programme:

It will consist of the following activities:

**KEY NOTE ADDRESSES

- Prof. Robert M. Kaplan (U.S.A.) (confirmed)
"Health Related Quality of Life Assessment: A Basic Science for 21st Century Medicine".
- Prof. N.K. Aaronson (The Netherlands)
- Prof. J. Vila (Spain) (confirmed)
"Cardiac Psychophysiology and Health"
- Prof. Hanna McGee (Ireland) (confirmed)
"Quality of Life Research: More than a Scientific Endeavour".

**SYMPOSIA and ROUND-TABLES

The Scientific Committee would appreciate receiving suggestions to organize Symposia. Please, see instructions for these events.

**PAPERS and INTERACTIVE POSTER SESSIONS

**SPECIAL EVENTS

• "Sponsored Symposia": Symposia sponsored by other organizations, academic or industrial, would be strictly governed by the Executive Committee of the EHPS. Sponsorship of all special events must be approved, in writing, by the EHPS.

Please ask the Secretariat for specific instructions for papers, posters, symposia and round-tables.

All abstracts must be submitted in English in quadruplicate to Congress Secretariat (original and 3 copies).

Abstracts will only be accepted if the presenting author is registered in the Conference, and they will only be printed in the Abstract Book if the registration is received by Congress Secretariat BEFORE 15 April, 1994.

If you participate in a symposium:

- ☞ Allowed time per contribution will be 10-20 min.
- ☞ Discussion will be individualized for each contribution and not treated globally at the end of the session.

If you participate in a Round-Table:

Round-Tables should focus on some specific topics and discuss them in depth. Emphasis will be on the topic of the Round-Table rather than on papers.

- ☞ Time estimated of a Round-Table is 2 hours
- ☞ Presentations will be 10 min. maximum.
- ☞ Discussions will take place after all presentations.

DEADLINE FOR ABSTRACTS: 15 MARCH, 1994

Health Psychology in Estonia

by Maie Kreegipuu

One must never be too confident to assert something about psychology or health psychology in Estonia. The results of the ideologization of human sciences under the soviet government are difficult to imagine, if one has not seen them. They are even difficult to see, because the art of painting facade is highly developed. Orwell's concept "double-think" gives some idea about the phenomenon.

Although I shall give some official data and add some subjective comments, I am not very confident whether I have cleaned my spectacles or can clean the reader's. To colleagues more interested, I would recommend a review in the EFPPA newsletter, vol. 6. No 1, 1992, by Juri Allik, the president of the Union of Estonian Psychologists.

The population of about 1 million Estonians has about 500 persons identifying themselves as psychologists. Health psychologists are not a clearly differentiated group. Six persons have joined EHPS, one is applying. About 40 persons with diploma on psychology are employed in hospitals or conduct some research on clinical issues. Under the same title, we can find professionals, who have got different training and are carrying out different activities.

Most of them work in psychiatric hospitals. The traditional areas have been differential diagnosis and other kinds of assessment. Testing was officially forbidden under the soviet regime. A stalinist understanding of equality considered many things connected with individual differences to be hazardous to communist ideology. Double-think implies a happy aspect: you can carry out forbidden activities if you don't use the proper name for them. The very strict rules and laws of the Soviet system have usually been ignored, nobody cared, voluntarism was common. Actually many psychologists in Estonia (as in Russia and other regions) used tests. And again another, not so happy aspect of official nonacceptance spoils the situation - due to limited publicity and lack of investment, the training has been poor and the psychometric properties of the assessment tools very poor. One feature of the soviet psychiatric tradition - that there was very little interest in the rights of the psychiatric patients - made it possible to apply every kind of interventions to them, including such "nonhuman" things as testing. Therefore a lot of patients got the opportunity

to talk to somebody (what they highly appreciated) and the psychologists got the possibility to practice their assessment skills (which are now highly appreciated, as the demand for professionals trained in the assessment of individual differences is growing). The personnel selection and other consulting offices attracted some of their best professionals from the clinical field.

Another area for clinical psychologists has been work in somatic hospitals and medical institutes. The research has been conducted and practical help to patients and staff has been provided on several topics: cardiovascular diseases, preparation for cardiac surgery, rheumatoid arthritis, preparation to childbirth, work conditions and health of mining workers, stress management etc. A group of psychologists is working in Tallinn Pedagogic University Health Center, conducting research on stress and offering practical help to students (music therapy and creativity techniques).

Psychotherapeutic interventions have also been a forbidden area for psychologists. This vacuum explains the actual explosive growth of training in all kinds of psychotherapy. The new opportunities attract all kinds of helping movements from the whole world, including the scientology church that has founded a center for personnel selection and a group of people that is applying for the foundation of an Institute for Higher education in Transcendental Meditation.

Due to the health psychologist's research orientation and their inclination to objectivity, they fell close to the cognitive-behavioral orientation. The Estonian Association for Cognitive-Behavioral Therapy was founded in the spring of 1990 and accepted as a member of the European Association of Behaviour and Cognitive Therapy in September 1990. Six from the 7 Estonian health psychologists are members of EABCT. Two of them are currently organising the Society for Behavioral Medicine.

A consequence of the fact that we are a little country with few people is that we meet the same faces in different organizations and activities. It is quite common that one is a member of, for example cognitive-behavioral and psychoanalytically oriented associations or of family and gestalt societies concurrently. The advantages of this non-differen-

Health Psychology in Europe

tiated situation are close contacts and good communication. The disadvantages stem from the absence of an official training system and of legal regulations.

We have taken some steps to avoid role confusion and to solve our identity crisis in a productive way. All three psychotherapy associations, psychoanalytically oriented, cognitive-behavioral and family therapy, have finished their initial training for active members and feel confident enough to develop educational programs and to start regular training courses for newcomers. Clinical psychology will be included into the curricula of Tartu University and of Tallinn Pedagogical University on a regular basis. Until today some provisional courses have been offered. In autumn a new speciality - counselor in psychology and social problems - will be opened in Tallinn Pedagogical University. The program on psychology in Tartu University is renovated according to the standard of an internationally acceptable graduate educational system. The small active group of Estonian health psychologists has developed curricula in different areas of clinical psychology, including special courses on health psychology for both universities.

In March 1993, the Estonian Social Ministry accepted the Union of Estonian Psychologists' project for licensing clinical psychologists. This new title will be included into the staff and official demandings to different categories in this occupation will be fixed.

In this way developing educational, training and legal systems concurrently will enable us to rejoin the European mentality after 50 years of stagnation. EHPS has given important impetus to the development of psychology in Estonia. EHPS accepted membership of Estonian psychologists as early as 1991, before the acceptance of the Union of Estonian Psychologists by EFPPA or IUPsyS.

*Maie Kreegipuu
Department of Psychology
Tartu University
Tiigi 78
EE 2400 Tartu
Estonia*

Abstracts of two books recently published in polish were sent in by Kazimierz Wrzesniewski

Irena Heszen-Niejodek, Lekarz i pacjent. Radania psychologiczne (Doctor and patient. Psychological studies). Universitas, Krakow, 1992.

Empirical data from own studies including more than 2000 patients and 400 doctors, and also from studies of other authors are synthesized within a framework, based on general psychological theory, including also the assumption of man as a psychosomatic entity. The following problems are considered in detail :

- 1) Making a decision about a visit to the doctor after new symptoms have appeared; patient's anxieties prior to the visit and mutual expectations of the doctor and the patient.
- 2) The course of doctor-patient interaction, analysed on the basis of tape-recordings.
- 3) Giving medical information to the patient and improving the effectiveness of patient informing.
- 4) The influence of encounter with the doctor on patient emotional state; factors determining the level of patient satisfaction; the improvement of patient emotional state as a result of the doctor's purposeful activity.
- 5) Patient adherence; the amount of patient noncompliance; patient compliance considered in the context of the service-centered and patient-centered approach; behavioral and cognitive techniques available for improving patient adherence.
- 6) Psychological aspects of interaction with the doctor and effects of treatment in medical patients.
- 7) Patient agency; doctor's attitudes toward agency in patients under treatment; effects of patient agency on treatment outcome.

Kazimierz Wrzesniewski, Styl zycia a zdrowie: Wzor zachowania A (Style of life and health: Type A Behavior Pattern), Wydawnictwo Instytutu Psychologii PAN, Warszawa, 1993.

The psychological analysis of Type A behavior pattern (TABP) shows that the core features of such behavior are similar to those determining disorders other than ischemic disease. The author verified this hypothesis in four independent empirical studies. The first three were retrospective and the fourth prospective. A total of 425 patients participated in these studies, including 244 patients with various circulatory disorders, 107 patients with gastrointestinal pathologies and 80 patients with rheumatic disorders. Control groups included 263 comparable individuals free from significant disease symptoms. TABP was measured by the Polish version of the Jenkins Activity Survey. The results of three retrospective studies show high consistency. The intensity of TABP is similar in patients with circulatory, gastrointestinal and rheumatic disorders and significantly higher in these groups than in the control groups. The discriminative analysis of prospective results shows that TABP has higher predictive power for various circulatory and gastrointestinal disorders than blood pressure characteristics and serum cholesterol levels. The author presents a theoretical model of the relationship of TABP with the onset and progression of somatic disorders.

Abstracts of two articles, published in the (Norwegian) Tidsskrift for Norsk Psykologforening (INP) were sent in by Arne Holte, who is now at Tromsø University

Kjetil Sundet (Sunnaas sykehus, Nesoddtangen). *Neuropsykologisk sertifikatvurdering av hjerneslagpasienter* (Neuropsychological assessment for driver's licence). 1993, 30, 631-640.

Forty-three right hemisphere (RHD) and 29 left hemisphere damaged (LHD) stroke patients were tested with a specially designed neuropsychological test battery for assessment of deficit patterns considered critical for driver's licence. The groups did not differ on major demographic variables, though RHD patients were more often hemiplegic than LHD patients. Seven heart injured patients without cerebral injury served as controls. The test battery was factor analysed into 4 valid principal components, comprising measures of perception, attention, visuospatial cognition, and language/praxis functions. Measures of neglect and reduced speed of mental processing were found to be the more important predictors. Even though neglect was more often found among RHD patients, the hemisphere groups did not differ significantly in terms of numbers denying driving. In total, 58 % RHD compared to 42 % LHD patients were considered not to comply with neuropsychological prerequisites for driver's license. The need for comprehensive neuropsychological assessment is underlined.

Atle Dyregrov, *Sorg og traumer hos barn. Viktige avgrensninger* (Trauma and grief in children). 1993, 30, 431-442.

The research on children and death rarely focuses on the traumatic circumstances surrounding the loss, except when a child witnesses the violent death of a parent (murder). This article illustrates how the loss of a loved one in childhood can be grouped according to different traumatic circumstances, i.e. suddenness, lack of preparation, and presence of death. A sudden death with the child as witness and/or survivor will be the most traumatic death. Such deaths also traumatize parents (or the reliving parent) and thus has a negative impact on the child's support system. It is argued that traumatic bereavement lead to specific traumatic after-effects, intrusive images, fantasies, and thoughts that have to be dealt with by the child before the grief process can proceed. Dealing with the trauma takes priority in the grief crisis intervention. Different implications for intervention are described, with special emphasis on helping children to deal with the trauma in a direct and concrete manner. It is also emphasised that children must be given facts, as well as being included in rituals and meet with rescuers or other helpers to understand what happened. Moreover, they should be given the possibility, through drawings, play or conversation, to go through the event step by step.

Announcements

3th International Congress on Behavioural Medicine: 6-9 July 1994, Amsterdam (The Netherlands).
Information: Conference Office, University of Amsterdam, PO Box 19268, 1000 GG Amsterdam, The Netherlands.

8th EHPS Conference on Quality of Life and Health Psychology: 13-15 July 1994, Alicante (Spain).
Information: see p. 5 - 8.

20th European Conference on Psychosomatic Research: 24-27 August 1994, Gent (Belgium).
Information: ECPR Secretariat, University Hospital (Poli 2), Psychosomatisch Centrum, De Pintelaan 185, B-9000 Gent, Belgium.

The following announcement came to us from the northernmost university in the world, where our colleague Arne Holte is creating a new psychology department. We wish him all the best!

Tromsø: Positions for Professor and Assistant/Associate Professor in Social Psychology.

The Department of Psychology invites applications for two tenured positions in social/community psychology, one at Professor level and one at the Assistant/Associate Professor level. Responsibilities include teaching and supervising students in the fourth year of the Professional Program in the following areas: Social psychology, community psychology, health psychology and prevention, psychology of culture, and work and organisational psychology. Some teaching at the undergraduate level may be required. Individuals with an ongoing research program in any of these areas are invited to apply. The candidate will also be expected to share in some administrative duties.

The University of Tromsø is the world's northernmost university, located in the vibrant city of Tromsø amidst beautiful arctic scenery. The university is growing and now has almost 6000 students. The Professional School of Psychology was established in 1991, and the first graduating class will finish in 1995. We are in the process of expanding the Department of 15 faculty members to 34, and our current focus is on developing social psychology. There are excellent opportunities for research and collaboration with the international research community due to favorable opportunities for funding and sabbatical leaves.

Send applications along with curriculum vitae, university transcripts, documentation of work experience, and up to 10 representative publications to: Universitetsdirektoren, University of Tromsø, N-9037 Tromsø, Norway.

Minutes of the Meeting of the National Representatives

of the EHPS

Brussels, Friday September 3, 1993 (1.15 - 2.15 p.m.)

1. Present

a. Members of the EHPS Executive Committee (EC) : Johnston (Chairperson), Kaptein (Secretary), Maes, Schmidt, Sibilia, Vinck, Weinman, Wrzesniewski, Julkunen (observer)

b. National Representatives : McGhee (IRL), Seydel (NL), Holte (N), Marks (UK), Sibilia (I), Havlinova (CZ), Wrzesniewski (PL), Kopp (HUN), Farkas (HUN), Julkunen (FIN), Schoberberger (AUS), Valach (CH on behalf of Burckhardt), Rimm (EST on behalf of Kreegipuu), Van den Bergh (BEL), Rodriguez-Marin (ESP).

2. National Representatives

The President welcomed those present and stated that she was very pleased to discuss various issues with the National Representatives.

- An updated and corrected list of EHPS members will be sent to the National Representatives. She asked them to check this list and make amendments if necessary and send the corrected list to Schmidt, Membership Officer.

- Sibilia raised the issue of how National Representatives are being elected, since there appears to be no formal procedure for this. It was suggested that national groups should be involved in electing National Representatives for the EHPS.

- The issue of the number of years someone can be a National Representative will be reviewed in a few years.

3. Conference guidelines

The Guidelines for Conference Organizers were discussed and agreed upon. Data was collected on national factors influ-

encing timing of conferences.

4. Newsletter

- The names and addresses of the current National Representatives will be published in the Newsletter

Vinck reported on the Newsletter. He will involve National Representatives for getting material from various countries (abstracts, info on national health psychology conferences, relevant activities in the area of health psychology). Marks added topics such as training and professional issues. McGhee stated that the Newsletter should also cover announcements for Health Psychology Conferences outside Europe.

5. Activities of the National Representatives

The President asked if National Representatives wished to report on their activities. Wrzesniewski stated that he organised national conferences, discussed new curricula, exchanged information, invited international experts and organised a summer school. Schoberberger suggested to include names of new EHPS members in the Newsletter.

6. Fees for Eastern Europe

The issue of fees and financial support for members from countries in Eastern Europe was discussed. Various suggestions were offered.

The President closed the meeting and said she looked forward to seeing all National Representatives in Alicante next year.

Ad A. Kaptein

The Newsletter in need of a co-editor

After having served as co-editor from the start, Dr. Ad Kaptein announced that he will step down from this position. As the editor of the Newsletter and on behalf of the Board, I want to express our gratitude for what he has contributed to the development of the Newsletter. At the same time, we invite candidates for the role of Newsletter co-editor to let this know in writing to the President and to myself. The Executive Committee will decide on this position during its July 1994 meeting.

J. Vinck

European
Health
Psychology
Society

Members Of The Board

President:

Marie Johnston (UK)

Secretary and Newsletter Co-Editor:

Ad Kaptein (NL)

Membership Officer and Treasurer:

Lothar Schmidt (D)

Newsletter Editor:

Jan Vinck (B)

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Kazimur Wrzesniewski (P)

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