



Report 2015-2017

of the

/ Standing Committee /

Psychology and Health

**To the EFPA General Assembly in Amsterdam on
July 15-16, 2017**

Point to note:

1. This report covers a period of 2 years, from the General Assembly 2015 till the General Assembly 2017.
2. Reports will be included in the material to be received and read by the Delegates to the General Assembly.
3. Apart from exceptional cases, to be decided upon by the Executive Council, there will be no oral presentations of committee reports to the General Assembly.
4. All reports will be accompanied by written recommendations of the Executive Council.
5. Proposals for decisions to be taken by the General Assembly need endorsements of the Executive Council.
6. Committees will be informed about decisions of the General Assembly affecting their remit or activities.

Please send the Report by April 30 to EFPA Head Office at headoffice@efpa.eu

Report 2015 -2017

Executive summary

SC Psychology and Health has 16 active members (and 5 corresponding members) from across Europe and held their inaugural meeting in Brussels on 11th February 2012. Since then SC meetings have been held at least bi-annually. The role of the SC is to “monitor and assess developments in research, education and professional practice pertaining to mental and physical health, and suggest standards for the education and professional practice of psychologists working in the field of health” (From Annex II: Tasks and activities of EFPA Boards, Standing Committees and Task Forces). To this end, the SC will continue to undertake a range of activities including progressing the mini website and regular press releases as a public relations resource for psychology and health in Europe, finalising the position paper on health to include brief evidence statements and fully engaging with a range of relevant EU organisations. Future planned activities are to develop a health agenda to identify and spread the value (via a communication strategy) of psychology for healthcare with a focus on maintenance in illness and health. In addition, we aim to be more proactive in following health related events and gather intelligence on/respond to policies/organisations that are relevant to health as well as present symposia at relevant conferences.

Introduction

This report covers the activities of the SC Psychology and Health performed during the period July 2015 – June 2017.

Activities

1. Activity as planned: Participation in the European Semester, Portugal
 - 1.1. Activity as performed: Participation in the European Semester, Portugal
Telmo Mourinho Baptista, President of the Portuguese Psychological Association
|| President of the European Federation of Psychologists Associations (EFPA)

Stefan Höfer, Standing Committee on Psychology and Health

The Healing Power of digital interventions

Maria Karekla, Standing Committee on Psychology and Health

The project Stop Depression: Combining ICT tools and the treatment of depression in the primary health care

João Salgado and Tiago Bento, Instituto Universitário Da Maia (ISMAI)

E-health for physical health problems

J. Paulo Moreira, Universidad de Extremadura

MHealth technology and health psychology - the key to successful health behaviour change?

Jane Walsh, Galway University

EFPA's Standing Committee on Psychology and Health Statement

Stefan Höfer, Standing Committee on Psychology and Health

The role of health literacy in access to care

Rita Veloso Mendes, ISCTE

The role of health literacy in access to care

Kristine Sørensen, Maastricht University to Global Health Literacy Academy

Cost effectiveness of psychological interventions

Martin Knapp, London School of Economics

Effectiveness of psychotherapy or medication: The example of sexual dysfunctions

Pedro Nobre, Universidade do Porto

1. Organization of a symposium at the ECP 2017 in Amsterdam
2. Bi-annual press releases at the World Health Day and World Mental Health Day
3. Special issue European Psychologist: Best practices and guidelines for utilizing digital interventions to improve engagement and adherence in chronic illness sufferers
4. Continuation of cooperation with the European Health Psychology Society and inviting its representative to the meetings of SC Activity
5. Monitoring of and attendance (when possible) to European health policy events, and bringing in the view point of psychology
6. Monitoring of health policy developments of European Commission (including Health Policy Forum of SANTE) and World Health Organization, inform and advice Executive Council on these developments;
7. Draft of position paper on Psychology and Health

Meetings (incl. videoconferences, or skype meetings) during term 2015-2017

- 1) 10.12.2015 – 11.2, Lisbon, Portugal
- 2) 06.05.2016 Dublin, Ireland
- 3) 22.10.2016 Alicante, Spain
- 4) 24.02.2017 Zürich, Switzerland

On average 5 participants were attending the meetings

Important: Information & recommendations for GA & Member Associations

The General Assembly is asked to take notice of the following:

- a. The SC has prepared several press releases. However, the impact of these press releases are completely unclear to the SC. It would be good to know how many member states actually take them up, and if they are taken up what the response is.
- b. EFPA should inform the members more actively about the ECP congress to make it more visible. E.g. benefits for members of national societies should receive a significant discount to the EFPA congress; members of the SC/working groups etc. should also receive a significant discount on top of it. This would be a visible sign of appreciation of voluntary work.
- c. The SC consists of several members. However, the active participation of the members (either via skype or physically present) is insufficient; in particular almost no replies from many of the representatives were experienced even after specific email requests. The long term organization of SC with non-active members to the group questions the sustainability of the SC, in particular the expected work which cannot be carried out by a handful of people.
- d. The general organization of the EFPA webpage should be reconsidered. In particular the focus of the webpage is unclear: is it other professionals, is it the lay person, is it other societies, policy makers? This most likely reflects the overall issue whether the EFPA is an umbrella organization for the member associations, or a direct content provider for the lay person, or a lobbying association to policy makers.

Proposals for decisions by GA

The General Assembly is advised to accept the following proposals:

1. None.

Members of the group: (name and country)

EC LIAISON	Robertas Povilaitis
Austria	Stefan Höfer (convenor 2015 – 2017)
Belgium	Koen Lowet
Cyprus	Maria Karekla
Czech Republic	Vladimír Kebza
<i>Finland</i>	<i>Tuula Hynninen</i>
France (New)	Frédéric Conti
Germany	Julia Scharnhorst
Ireland	Mary Morrissey
Italy	Vito Tummino

<i>Latvia</i>	<i>Ludmila Derjabo</i>
Luxembourg	Claus Vögele
Norway	Ingrid Hyldmo (until 2015) <i>New appointment awaiting</i>
<i>Norway</i>	<i>Siv Tove Engebraten</i>
Poland	Zofia Milska-Wrzosińska
Portugal	David Dias Neto
Romania	Oana Maria Sandovici
<i>Russia</i>	<i>Mikhail Reshetnikov</i>
Spain	Jesús Rodríguez Marin
Switzerland	Agnes von Wyl
Turkey	Asli Carkoglu
United Kingdom	Pauline Adair (until 2016) <i>New appointment awaiting</i>
EFPSA	Hannes Jarke