



Health Psychology SIG Updates

Health Psychology | Special Interest Group | 29 June 2021



General

Annual General Meeting

- The HP SIG will host a virtual AGM on the 22nd of July via Ms Teams.
- More information regarding this meeting will be placed in our next newsletter.

New Podcast series now available online!

- The new podcast series focuses on health workers experiences working amidst the Covid-19 pandemic.
- All podcasts available at www.psyssa.com/divisions/health-psychology/
- Let us know if you would like to talk about your health psychology research.

Working Groups

News and membership: The news and membership group are extremely excited about the positive feedback and enquiries after sending out the first newsletter. The group is now focused on developing the next newsletter, which will focus on Men's Health.

Contribute to the next newsletter on Men's Health. If you have work you would like featured in the newsletter, please email Meghan Mosalisa at meghanmosalisa@gmail.com. Submissions should be from 200 to 1800 words and can range from sharing experiences to reviews and articles. The deadline for these submissions for this newsletter will be the 2nd July. All material should be in line with the focus topic the Men's Health and should take on a Health Psychology narrative.

- Please also do follow us on our social media platforms

Twitter: @PSYSSA_Health_Psyc

Instagram: @PSYSSA_Health_Psyc

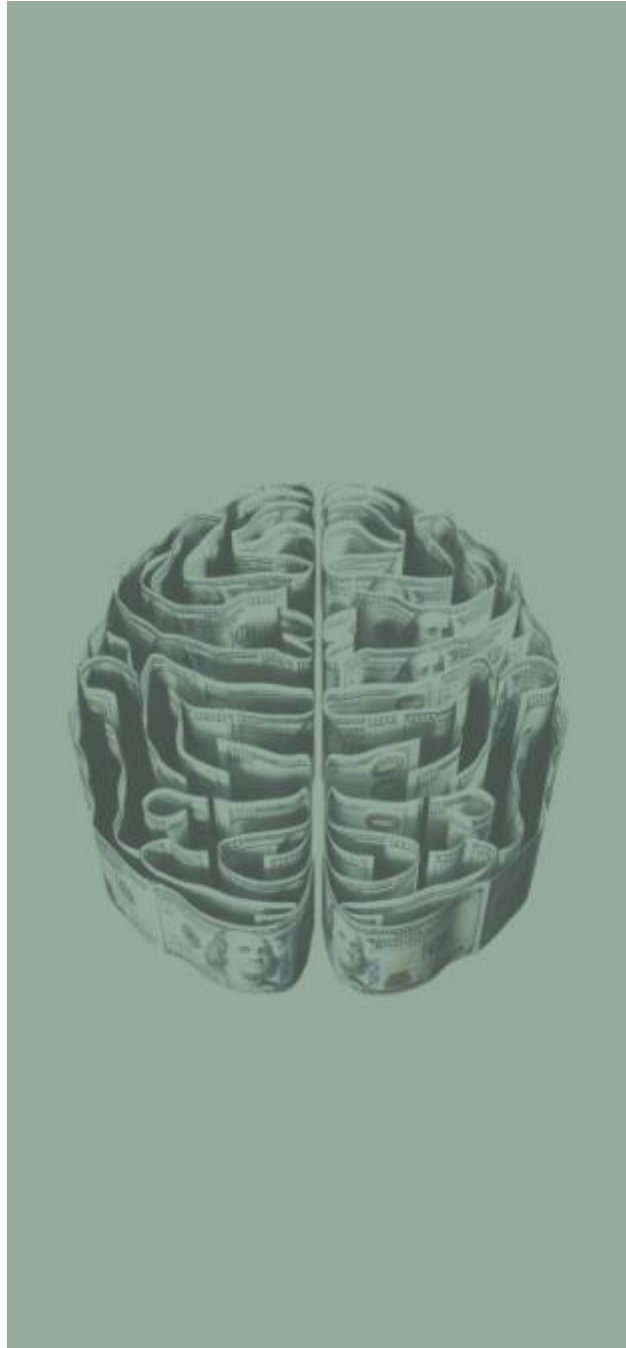
Facebook: Psyssa Health Psychology Special Interest Group

**Reminder to register with PSYSSA <https://www.psyssa.com/membership/membership-2021/>

Events: The Events working group are continuing to focus on the HPSIG podcast. We recently launched a series featuring healthcare workers and their experiences during the COVID-19 pandemic. You can find these and our other previous episodes on the PSYSSA website on the Health Psychology Special Interest Group page. For the next while we will be working on podcasts in line with the SIG's next theme, men's health. We have unfortunately lost a few of our members to other commitments so if you or anyone you know are interested in working behind the scenes or behind the mic, contact Laura at laurahartmann96@gmail.com. You can also contact us if you would like to feature yourself and your work in an upcoming episode.

Research: The last couple of months has been a challenging time for the citizens and the healthcare facilities in preparing for and handling the third wave of COVID-19 infections. Concurrently, the same parties have to effectively work together to facilitate the vaccine rollout. In light of these events, it is important to be aware of health psychology interventions that can aid in ensuring pro-health behaviour and getting citizens to buy into COVID-19 vaccination. There are several health psychology theorems and frameworks that underpin interventions promoting these type of actions. For this reason, the research

group has been working on a systematic review aiming to map the use of health psychology models and frameworks in the South African context. The review aims to gain insight into what models and theorems are being used and if they are being modified to fit the specific context in which they are implemented.



South African Health Psychology Research Publications

Men's Health Research Publications

Men's Head and Heart Health Beliefs Mediating Depression's Relationship to Heart-Healthy Behaviors

<https://doi.apa.org/doi/10.1037/men0000334>

Mahalik, J. R., Sims, J. P., & Di Bianca, M. (2021). Men's head and heart: Health beliefs mediating depression's relationship to heart-healthy behaviors. *Psychology of Men & Masculinities*, 22(2), 422–426.

Advancing gender equ(al)ity, lifting men's health: dealing with the spirit of our time

<https://doi.org/10.1136/jech-2019-213165>

Marcos-Marcos, J., Gasch-Gallén, A., Mateos, J. T., & Álvarez-Dardet, C. (2021). Advancing gender equ(al)ity, lifting men's health: dealing with the spirit of our time. *J Epidemiol Community Health*, 75, 100–104. <https://doi.org/10.1136/jech-2019-213165>

South African Health Psychology Research Publications

Fatigue-management strategies among women with endometriosis in South Africa: a qualitative study

<https://doi.org/10.1177%2F00812463211020173>

Sibande, Z. N., & Roomaney, R. (2021). Fatigue-management strategies among women with endometriosis in South Africa: a qualitative study. *South African Journal of Psychology*, 00(0), 1–12. <https://doi.org/10.1177/00812463211020173>

**We will share your most recent health psychology publications with the mailing list. Please send the reference and a link to your article to psysahealthpsychologygroup@gmail.com.

Conferences and Events

Division of Health Psychology Annual Conference 2021

<https://www.bps.org.uk/events/division-health-psychology-annual-conference-2021>

Psychology Health, Human Resilience and Well-being

<https://psychologyhealth.psychiatryconferences.com/abstract-submission.php>

BPS Conference 2021

<https://www.delegate-reg.co.uk/bpsconf2021>

**If you have any information on conferences, webinars or seminars coming up for this year, do send it to our mailbox at psysahealthpsychologygroup@gmail.com so that we may share it via our bi-monthly update emails.

