



HEALTH PSYCHOLOGY  
SPECIAL INTEREST GROUP

## UPDATES FROM THE HEALTH PSYCHOLOGY SPECIAL INTEREST GROUP

### General

1. April is Health Awareness month and we would like to showcase your work to members of PSYSSA. If you are interested in writing an article or creating a podcast of your work please contact us to express your interest.
2. Rizwana Roomaney and Max Friedrich will present thoughts and examples of methodological challenges when conducting research in low- or middle-income countries to the European Health Psychology Equity, Global Health and Sustainability SIG on 3 May, 1-2:30pm (CET). Please contact Rizwana at rizwanaroomaney@sun.ac.za if you would like to attend.

### 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.

-- 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 22nd of May. 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: Exciting developments in the early months for the Events group as they have started recording podcasts, which will soon be uploaded and made available to our health psychology readers.

Research: The Health Psychology research SIG has seen an increase in membership since the start of the 2021 academic year. This excitement coincided with the group finalizing their first research paper and submitting it for publication consideration. The increase in members has allowed the group to take on two research projects at the same time, allowing for the footprint of health psychology in South Africa to grow even more. One of the new projects consists of an investigation into the presence of Health Psychology in the curriculum of tertiary institutions in South Africa. The other research endeavour sees the group undertaking the task of reviewing the current use of health psychology theories in South Africa and evaluating their effectiveness.

### **South African Health Psychology research publications**

Mental health and well-being of university staff during the coronavirus disease levels 4 and 5 lock down in an Eastern Cape university, South Africa. Rudolph L. van Niekerk, Maria M. van Grant

<https://sajp.org.za/index.php/sajp/article/view/1589>

A looming mental health pandemic in the time of COVID-19? Role of fortitude in the interrelationship between loneliness, anxiety, and life satisfaction among young adults. Tyrone Pretorius, Anita Padmanabhanunni

<https://journals.sagepub.com/doi/full/10.1177/0081246321991030>

\*\*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](mailto:psysahealthpsychologygroup@gmail.com).

### **Conferences and events**

The European Association for Behavioural and Cognitive Therapies conference will be a hybrid conference in September 2021.

<https://eabct2021.org/>

The conference is looking for specific submissions and are particularly interested in getting good submissions on behavioural medicine and children and adolescents.

\*\*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](mailto:psysahealthpsychologygroup@gmail.com) so that we may share it via our bi-monthly update emails.