



Name of Society:

“Hans Selye” Hungarian Society of Behavioural Sciences and Behavioral Medicine

Link to the society website (if any): www.selyesociety.hu

Name of President: Adrienne Stauder

Address: Institute of Behavioral Sciences, Semmelweis University Budapest
Nagyvárad tér 4, 1089 Budapest, Hungary

Phone:

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Email:

Secretary or contact person other than President: Éva Susánszky

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Phone:

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Number and profession (in broad categories i.e. psychologists, physicians, etc.) of members: (i.e., 2,600 members total: 76% psychologist, 8% physicians, 7% nurses, 9% other.):
36 members

Mission of the Society: To promote Hungarian psychosomatic traditions; to facilitate communication and interaction among Hungarian behaviour scientists; to provide professional forums and graduating possibilities for experts interested in behavioral medicine; to conduct activities that stimulate research and training in BM. Focusing on: health promotion, prevention of diseases induced by distress, better understanding of negative effects of stress on health.

Main activities and events YEAR 2014-16:

- ***Continuous Education and training activities:*** Each semester accredited postgraduate courses and workshops are offered by the HUSBM for physicians (CME), psychologists, social workers, and teachers on the topics of stress and stress management, burn-out prevention, work-related stress and interpersonal psychotherapy.

- ***Train-the-Trainer program:***

The Society offers a stress management group **Facilitator training and supervision program:** that is running very successfully since 2005.



- ***Behavioral Medicine Interventions:***

The Hungarian version of the Williams LifeSkills® Program is a complex standardized 16 hours coping skills training was delivered for various target groups (eg. chronically ill, high workstress, psychosomatic symptoms, healthy lifestyle, teenagers), we had in average about 400 participants per year all over the country in the last years. We have published a paper on the implementation of the program in Hungary (Stauder A, Balog P, Kovács M, Susánszky É: The Hungarian adaptation of the Williams LifeSkills® stress management and psychosocial skills training program and ten years' implementation in Hungary. (in Hungarian) Mentálhigiéné és Pszichoszomatika, 2016:17(2), 81-95)

1-day stress-management workshops at work-places: our program is recognized the Society also implemented

- ***Research award for medical students***

The HUSBM sponsors every year the “Annual Scientific Conference for Medical Students” by offering an award to an undergraduate student doing outstanding research in the field of behavioral medicine.

- ***Grant for conference attendance for our members***

Since 2014 the HUSBM offers every year 3 travel grants for its members to attend a scientific conference in the behavioral medicine field.

- ***Cooperations:*** The Society has formal cooperation agreement with several Hungarian non-profit organizations to implement various projects (patient education, workplace stress management, teacher and teenager programs, psychooncology).

Plans for activities and events YEAR:

Continue our activities as listed above.

2017 June 7-8: co-organizer of a Hungarian behavioral medicine conference.

Other important matters that should be acknowledged by the ISBM:

Please send this by email no later than **October 31st 2016** to **Maria Kleinstäuber** (ISBM Secretary; email: maria.kleinstaeuber@staff.uni-marburg.de)