



Name of Society:

"Hans Selye" Hungarian Society of Behavioral Sciences and Behavioral Medicine

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

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Number and profession (in broad categories i.e. psychologists, physicians, etc.) of members:

32 members total; 44% physicians, 31% psychologist, 25% other including in sociology, anthropology, bioethics, theology, teacher, economics, theology, communication sciences, archeology (many of our members has two diplomas)

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 2016-18:

- The HUSBM had Board elections in April 2018, Adrienne Stauder has been reelected president, new Vice President is Éva Susánszky, General Secretary Ágnes Zana, Treasurer Gyöngyvér Salavec, board members Imola Sándor and Piroska Balog.

- ***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.

Informational website and on-line questionnaire to assess and manage work-related stress, recommended by the National Labour Office: www.munkahelyistresszinfo.hu



- ***Behavioral Medicine Interventions:***

The Williams LifeSkills® Program, a **complex standardized 16 hours coping skills** training has been translated into Hungarian and is implemented with success since 2004 by the HUSBM and its partners targeting various at risk populations (eg. chronically ill, high workstress, psychosomatic symptoms, overweight “emotional eaters”, teenagers, etc.). (ref: Williams RB, Williams VP. Adaptation and implementation of an evidence-based behavioral medicine program in diverse global settings: The Williams LifeSkills experience. TBM 2011;1:303–312; http://www.eletkeszsegek.hu/stressz_publicacio.htm)

In 2016 the 30-hours teacher version of the WLS program (PED-WÉK) has been accredited by the Hungarian Educational Office. The student version of the WLS (DIÁK-WÉK) has been accredited by the Ministry of Human Capacities.

A cooperation agreement was signed with the Educational Office to implement the Teacher WLS program in disadvantaged schools in the framework of an EU project (EFOP-3.1.5.-16.-2016-00001) aiming to reduce early school leaving, and several members of our expert team have been working on this project.

Overall, more than 700 persons participated in our trainings in 2017-18 all over the country.

HUSBM also provides a “WLS facilitator” training program each semester since 2005, in 2017-18 41 mental health care professionals or trainers completed it. Group and individual supervision is also offered to the WLS facilitator network with more than 100 persons actively involved.

- ***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).

- ***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.

- ***Travel grant to support the conference attendance of our Society members***

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

PLANS FOR ACTIVITIES AND EVENTS YEAR 2018-2020:

- We plan to continue our activities as listed above.
- The HUSBM will be the co-organizer of the **8th biennial conference of the International Society of Interpersonal Psychotherapy (ISIPT)**, with the central theme “IPT: Across the life span, across the globe” Date and Venue: 6 - 9 November 2019, Novotel Centrum Budapest, Hungary.

Other important matters that should be acknowledged by the ISBM: none