

## ***National Society Reports 1999/2000***

### **"Hans Selye" Hungarian Society of Behavioural Sciences and Medicine Activities during the period from June 1999 to April 2000**

#### **Main activities in 1999/2000**

- A "Quality of Life" Symposium was organised in Budapest on the 24<sup>th</sup> of November 1999. This was the first professional meeting in Hungary focusing on this field of behavioural science. (*see attached the program in details*)
- A „Behaviour Sciences” hand-book in Hungarian language has been prepared for publication with support of the Members of the Selye Society. The book is now in print.
- The contribution to the „Better Health for Women” program, started last year, went on this year, too. Besides research activities a health promotion program was worked out for district nurses and a screening program for better identification of anxiety and depressive problems in women with allergic symptoms was set up.
- From our homepage, patient information modules are accessible on a number of public health problems, others are under preparation.
- We began to organise a National Meeting planned for the 26-27th May 2000 entitled „Behaviour Sciences Days: education, research and behavioural medicine” to reassemble professionals working in the recently formed Institutes of Behavioural Sciences (the 4<sup>th</sup> of this name was formed and started its work in Debrecen in 1999). The aim of this conference is to discuss the role of behaviour sciences in medical and health professional education, with workshops on educational methods and its most effective tools in teaching any of the subjects within this field (communication, psychology, antropology, sociology, ethics, evidence based medicine). On the second day implementation of behavioural medicine in every day practice and actual research trends will be discussed.

# **QUALITY OF LIFE SYMPOSIUM**

## **BUDAPEST, 24<sup>th</sup> November 1999**

This one day conference, the first in Hungary focusing on "Quality of Life" was organised by the „Hans Selye” Hungarian Society of Behavioural Sciences and Medicine and the „Evidence Based Medicine” study group of the Institute of Behavioural Sciences (Semmelweis University, Budapest).

The Symposium was designated to a limited number of participants. The invited speakers and the delegates were colleagues who are involved in QoL research and in validation of QoL questionnaires (primarily Health related QoL). The main topics of the Symposium were focused on the concept of QoL reassembling several different views and the discussion raised many general problems and difficulties in QoL research. After the theoretical introduction, four of the general health questionnaires already available in Hungarian, or under validation, were presented. In a final workshop future QoL research topics were outlined, and the organisation of similar meetings at a regular basis with wider professional participation was decided. For an overview, here follow the titles of the presentations:

*What is QoL? What is Health related QoL? The role of bio-psycho-social factors in QoL (Maria Kopp); What is the sense and the importance of measuring QoL in the evaluation of health care technologies? (Zoltán Kaló); What (Hr)QoL can be used for? Quality of life, cost-effectiveness and allocation in health care. (Zsolt Mogyorósy) Antropologic standpoints in the evaluation of QoL measures. (László Lajtai) How is a good QoL measure, or does a perfect QoL questionnaire exists? (Zoltán Kaló); Critical appraisal of the evaluation of QoL measures. (István Mucsi); Population study of the WHOQoL questionnaire (Lajos Kulmann); Nottingham Health Profile (Kornélia Lovas); SF-36 (Ágnes Czimbalmos), EuroQoL (Gábor Hoffer).*

The main goal of the Symposium was the promotion of information exchange in this field, as there is limited information of each others work. Clinicians and researchers often have serious difficulties to obtain QoL questionnaires. Our aim is to develop an information centre where data on research groups, ongoing QoL researches, validated general and disease specific QoL questionnaires (whom to contact if a questionnaire is already translated and adapted, or if there is a need for translation and adaptation into Hungarian) could be available. To reach this aim we would like to develop further contacts with other QoL research centres. We have also begin to draw up a mailing list in order to inform colleagues interested in this field at a regular basis.

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