

**International Society of Behavioral Medicine**  
**Governing Council Meeting**  
**Groningen, The Netherlands**  
**Tuesday 19<sup>th</sup>, August, 2014**

**Governing Council Report**

**1. Society:**

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

**Submitted by:**

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**2. Activities**

**Number of members in 2014: 42 members**

**Link to the society website (if any): [www.selyesociety.hu](http://www.selyesociety.hu)**

**Summary of Activities 2013-2014:**

- ***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.

- ***Current research and development projects and grants (2013-14):***

The Selye HUSBM, with the of the Work Stress Research Group of the Institute of Behavioral Sciences, Semmelweis University Budapest, developed on Informational Homepage on Work Related Stress ([www.munkahelyistresszinfo.hu](http://www.munkahelyistresszinfo.hu)) and the on-line Hungarian version of the Copenhagen Psychosocial Questionnaire COPSQ II ([www.munkahelyistresszkerdoiv.hu](http://www.munkahelyistresszkerdoiv.hu))

The purpose of the webpage is to provide useful and reliable information on work related stress and its negative consequences, and to offer guidance on practical approaches towards the assessment and management of the psychosocial risk factors, useful for both the employer and the employee.

Besides practical advices, our latest research results, such as the first results of the Hungarian Work Stress Survey 2014 are also presented. The free on-line questionnaire on psychosocial risk factors COPSQ II-Hu provides on the spot feedback on the work stress profile of the person who complete it in comparison with Hungarian and work sector mean values. The project was supported by a grant of the Hungarian National Labour Inspectorate.

Another grant of the Hungarian National Labour Inspectorate allowed us to make a 2-parts video on work stress and the possibilities of its management. The videos (2 x 30') can be seen at

Part 1: <http://www.youtube.com/watch?v=G4PON0VUNxg>

Part 2.: <http://www.youtube.com/watch?v=3yOdW72Bsv4>

The Society participated as partner in consortium offering a community based program to disadvantaged family in the “Józsefváros” area of Budapest, a project supported by a TÁMOP (“Hungarian Social Renewal Operational Programme”) grant 2012-13.

- **Continuous Education and training activities:** Each semester accredited postgraduate courses and workshops are offered by the Society 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.

- **Continuous Behavioral Interventions:**

**Complex standardized 16 hours coping skills training** (the Hungarian version of the Williams LifeSkills Program) 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.

The Society also implemented **1-day small group stress-management workshops** at work-places.

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

- **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).
- **Award to students**

The Society sponsors each 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.

### 3. For the next Governing Council Meeting

**Proposal of action Items: (items that may require a vote)      none**

**Budget Impact: (Yes or No, if yes please detail)      No**

**Any other item to be discussed      none**

**4. Any other request to ISBM      none**