

Member Society Report 2008

Hans Selye Hungarian Society of Behavioural Sciences and Medicine

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Name of President: Adrienne Stauder, MD, PhD

Honorary President: Prof. Maria Kopp MD, DSc

Vice president: Monika Erika Kovács, MD, PhD

General Secretary: Zoltán Cserháti MD

Number of members: 42

Main events 2008 (June 2007 – June 2008)

- **The Society edited a memorial book entitled “STRESS”** to celebrate the centennial birth anniversary of Hans Selye, including commemorative writings of former co-workers of Hans Selye and artistic representations of the stress of life, pictures from the ***fine arts exhibition on Stress organized by the Downtown Artists association and the Selye Society***.
- **The Society was co-organiser of the World Stress Congress:** Stress of Life: from Molecules to Man (23-26 August 2007 Budapest) (Website: www.stress07.com)
- **The Society produced a 3 part television series on stress and effective stress management strategies (3 x 25’)** to be broadcasted on national and local TV channels.
- **The Society produced a 70 minutes educational DVD on stress management and communication**, the culturally adapted Hungarian version of the Williams Life Skills educational program.
- **The Society produced 3 scenes illustrating effective and non-effective ways of doctor patient communication-** for educational purposes to be used in undergraduate medical training.
- **9th Behavioural Sciences Days – Szeged, June 5-6, 2008.**

National Meeting of professionals working at the Behavioural Sciences Institutes at the four Hungarian Medical Universities. The main topics are common issues in field of Behavioural medicine, with special regards to Hungarian educational, scientific and financial issues.

CONTINUOUS ACTIVITIES:

- **“Hans Selye Award 2008**

The Society contributes each year to the “Annual Scientific Conference for Medical Students” by offering a special award to an undergraduate student doing outstanding research in the field of behavioural medicine.

- **Promotion and implementation of behavioral medicine interventions**
- The most widely used structured intervention is **the Hungarian version of the Williams Lifeskills Program**. The Selye Society has culturally adapted the program and is training the trainers, so by now the program is used in several cities and for diverse risk groups in Hungary (for example workplace stress-management, patients with chronic disease, health care professionals, teachers). There is also a monitoring of the effectiveness of the intervention for quality control and research purposes.
- **Extension of postgraduate educational and training activities**

Postgraduate seminars on behavioural interventions not only for physicians and psychologists, but also for other diplomed health professionals (e.g. nurses), teachers, and social workers. The accreditation of the curriculum has been initiated.

PLANNED ACTIVITIES (2008-2009):

Continuing former activities

Increase educational activities

Increase media activities, by info campaigns and broadcasting of the stress film