

**International Society of Behavioral Medicine
Governing Council Meeting
Washington, USA
August 3, 2010**

Member Society Report

Name of Society:

**Hans Selye Hungarian Society of Behavioural Sciences and Behavioral
Medicine**

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Number of members: 42

Main events 2009-2010 (January 2009 – July 2010)

- *The Society conducted a nationwide work-related stress intervention project “Hans Selye Mental Health Program” in 2009 in cooperation with the research Group of the Hungarian Academy of Sciences at Semmelweis University.* Stress management interventions were carried out at 34 Hungarian workplaces with 483 participants. Paralell research activity: baseline surveying and 3 months follow-up were taken. The project was financed by the Hungarian Government. Methodological and legal proposals were made for the government. One-year follow-up of the interventions was carried out in June 2010.
- *President of the Society spent 4-months grant in the United Kingdom.*
- *The Society applied for hosting International Congress of Behavioral Medicine 2012 and gained the honour to organize the event.*
- *Governing Council meeting of ISBM was held in Budapest in March 2010.* Preparations for ICBM 2010 started, venue for the congress was chosen.

- ***The Society developed and implemented new behavioral medicine interventions:*** stress management courses for undergraduate medical students, new CME-courses for physicians. Hungarian version of Williams LifeSkills Program was adapted and specialized for different target groups, version for adolescents was developed and tested, specific course for teachers is under development.
- ***9th Behavioural Sciences Days – Debrecen, June 11-13, 2009, 10th Behavioural Sciences Days – Pecs, May 25-26, 2010.***

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***

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 Selye Society is developing, supervising and monitoring the effectiveness of the most widely used structured behavioural intervention in Hungary, that is the ***Hungarian version of the Williams Lifeskills Program (WLS)***. The “train the trainers” program is also very popular, by July 2010 over 100 persons has completed the course to become WLS Facilitator, so by now over 1500 persons with various background participated in WLS workshops in diverse regions of the country.

- In 2009-2010 the adaptation of the ***Teenager version*** of the Williams Lifeskills Program to Hungarian has been completed and pilot groups were hold. At several universities this program has been included in the curriculum.

- ***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.

PLANNED ACTIVITIES (2010-2011):

Continuing former activities. Develop further educational activities.

Preparation for International Congress of Behavioral Medicine **ICBM 2012** in Budapest.

The Society will be co-organizer of XIV. Annual Scientific Meeting for Consultation-Liasion Psychiatry and Psychosomatics (**EACLLP 2011**) in Budapest,.

The Society will be co-organizer of Hungarian Behavioural Sciences Days in 2011.

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