Foundations to Future:
Happy “Birthday Season,” Division 38!

Annette L. Stanton, PhD
Division 38 President

Having the honor of conducting research and working clinically over many years with individuals and loved ones affected by cancer, I have gained a real appreciation for birthdays. For my cancer support group members, birthdays became a marker of living fully for the past year and looking forward to the year to come. They joked that getting older was much better than the alternative. Now, I no longer have birthdays, but rather celebrate “birthday seasons.” As Division 38 enters its 35th year in 2012, we have occasion to celebrate our accomplishments and look toward the future. Hence, my theme this year as Division 38 president is Health Psychology: Foundations to Future.

Sustaining the Foundations

A strong supporting structure is essential to an excellent organization. In 2011, Division 38 President Elizabeth Klonoff convened a Task Force on Structure. Led by Tracey Revenson, task force members Mary Davis, Linda Gallo, Sherry Grace, Barbara Keeton, and David Williams surveyed and interviewed multiple Division 38 members and examined organizational structures from (Continued on page 2)

Change is in the Air

Lisa Maria E. Frantsve, PhD
Editor, The Health Psychologist

With the APA Annual Convention behind us, now is the time to welcome Annette Stanton, PhD, our new Division President, as well as others who are joining the Division 38 Board and/or otherwise planning to be involved with the Division during the upcoming months. As a start, I wanted to make sure I extended a warm welcome to our new crew, as well as any new members to the Division. We’re glad to have you join us!

There are some exciting changes on the (Continued on page 22)
other associations. They offered specific recommendations and created a version of the structure you see in the figure below, which the Division 38 Board of Directors adopted after discussion and revision. If you’d like to see how streamlined it is, compare it to the previous Division 38 organizational chart: http://www.health-psych.org/PDF/Division38OrgChart.PDF.

Division 38 elected and appointed members in the Core Functions column perform activities necessary for the life of the Division. Each week, the three Presidents (Past President Liz Klonoff, President-Elect Kevin Masters, and I, Annette Stanton) have a conference call with Administrative Officer Barbara Keeton to discuss ongoing business and new initiatives. As Treasurer, Mark Lumley monitors the financial health of the Division (we are healthy!). Helen Coons and Kim Dixon serve as our APA Council Representatives. Under the new organizational structure, elected Members-at-Large Vanessa Malcarne, Martita Lopez, and Justin Nash each will create a specific initiative and chair an accompanying task force during their terms. Newly-appointed Membership Committee Chair, Belinda Borrelli, is creating a team to promote recruitment and retention of Division 38 members. Charles Emery, along with his committee and Division 38 members who offered supporting letters, were successful in nominating 17 health psychologists as Division 38 Fellows announced at the Orlando convention in August. In addition, Division 38 named its first Distinguished International Affiliate, Keith Petrie, at the convention. Chaired by Alex Rothman, the Publications and Communications Committee oversees our flagship journal, Health Psychology, the Division 38 website (www.health-psych.org), The Health Psychologist newsletter, our many listservs, and social media. Our APA Program Chair, Ted Robles, already has secured superb speakers for the convention in Hawaii, and he’s looking forward to receiving your submissions for the program by November 16. David Williams will chair the Nominations and Elections Committee. This year, we will elect a new President and a new Member-at-Large. As Past-President, Liz Klonoff will chair the Awards Committee and will seek nominations after the first of the year.
Building toward the Future

In the words of the Division 38 Structure Task Force, the Sustaining Councils column of the new organizational structure represents the “heart and soul” of the Division. The Councils are vital to building the future of health psychology and Division 38. Led by Dan Bruns, the Health Services Council works to advance the crucial role of evidence-based practice in health psychology within the broader health service environment. For example, the Council is developing a database of training opportunities in integrated primary care at the doctoral, internship, and postdoctoral levels (led by William Gunn and Nancy Ruddy, co-chairs of the Integrated Primary Care Committee), with support from the APA Education Directorate. Newly-appointed chair Patrice Saab will be developing initiatives for the Education and Training Council. The largest number of hits to our Division 38 website is to the Education and Training section; the Council will be working to enhance provision of accurate and current material regarding health psychology education at all levels. Sherry Grace is leading the Health Services Council to increase communication regarding research in health psychology via several outlets and to collaborate with other councils to sponsor our conference call series. Chaired by John Ruiz, the Diversity Council will be developing initiatives to promote diversity science and evidence-based practice in health psychology, as well as ensuring diverse membership on our Committees and Councils. Patty Moreno is leading the Student Council to recruit student affiliates to Division 38, collaborate on creating our conference call series, and organize programming for the Hawaii convention. Sponsored by the Student Council, the first very successful conference call this year featured Karina Davidson addressing how to succeed in academic medicine. Chaired by Zeeshan Butt, the vibrant Early Career Psychologists (ECP) Council is providing a Newsletter column, programming for the APA convention, a listserv for ECPs, and representation at several APA events (e.g., Division Leadership Conference, Education Leadership Conference). The ECP Council also will collaborate on this year’s conference call series.

Within the new organizational structure, the Current Initiatives column is designed to move the Division forward efficiently and effectively. Initiated by the President, Members-at-Large, and other Executive Committee or Council Members, as well as by the larger Division 38 membership, Task Forces are designed to be goal-oriented, to be limited in scope and duration, and to result in a specific product or outcome. Proposals for task forces are submitted on a standard form (obtained from Barbara Keeton at apadiv38@verizon.net), which are reviewed by the Executive Committee. Rapid Response Teams have an even more focused goal of addressing APA initiatives or divisional matters that require immediate action. For example, organizers of the upcoming Summit on Obesity in African American Women and Girls, co-sponsored by APA and the Association of Black Psychologists, requested Division 38 representation. A Rapid Response Team invited Health Research Council co-chair Stephanie Fitzpatrick, who will attend the summit.

Bridging Foundations to Future in Division 38

All the bolded names you see above deserve our sincere thanks for advancing health psychology through their engagement in Division 38. Continuing and increasing engagement is vital to promoting the science and evidence-based practice of health psychology in our current climate of scarce resources. With thanks to Chris France and Liz Klonoff, who catalyzed most of these goals during their Division 38 presidencies, I want to let you know about some of my goals as Division 38 president and ask for your help in achieving them:

1. Increase membership in Division 38. As of July 2012, Division 38 was 2,761 members strong. I believe that we can reach 3,000 members/affiliates by August, 2013. Many of us are members of several excellent multidisciplinary organizations. Among other important benefits, Division 38 offers a unique professional home for supporting our identities as health psychologists.

What you can do: Renew your membership now and give a membership form to a colleague or student. Note that you need not be an APA member/affiliate to join Division 38. Membership forms can be obtained at http://www.health-psych.org/LandingJoinUs.cfm

2. Enhance engagement in Division 38. I will promote the activities of our six Councils: Health Research Council, Education and Training Council, Diversity Council, Early Career Psychologists Council, Student Council, and Health Services Council.

What you can do: 1) Monitor the Division 38 listservs for opportunities to get involved. 2) Submit a proposal to contribute to Division 38 programming at the APA convention, and attend the convention. Did I mention that the convention is in Hawaii? 3) Consider joining one of our six Councils. For maximum efficiency, the Councils maintain a limited membership, but some are seeking new members and others will welcome members in the future.

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Jennifer F. Kelly, PhD, ABPP is the recipient of the 2012 APA Division of Health Psychology/American Psychological Foundation Timothy B. Jeffrey Award for Outstanding Contributions to Clinical Health Psychology. Dr. Kelly is a board certified clinical health psychologist who is Director of the Atlanta Center for Behavioral Medicine. Since 1994, her comprehensive practice has been dedicated to the psychological management of health-related conditions. She is highly regarded as an expert in the treatment of women and men coping with pain-related conditions and disability. Dr. Kelly is well known for her work with patients, as well as her collaborative approach with referring health care providers and pain treatment teams. In addition, her innovative, full-time practice is co-owned with an anesthesiologist/pain management specialist. They have provided collaborative care since 1991, and became business partners two years ago.

Dr. Kelly’s distinguished contributions in clinical health psychology extend far beyond the patient office. First, she regularly publishes and presents on pain management issues and serves as an expert source for the media. For example, a presentation at the 2010 APA Convention on research and clinical issues related to gender differences in pain syndromes was immediately picked up by national and international media. She has been interviewed on women and pain by an impressive range of news sources such as: CBS News 98 Los Angeles; Discovery News.com; Health.Com; WebMD; US News and World Report; CNN.com; The Saturday Evening Post, The Daily Telegraph in the UK; Revista ISTOE - a Brazilian Magazine; Good Health – an Australian Magazine; Verlagsgruppe News (Vienna, Austria); and RTT News.com.

Dr. Kelly’s work has been published in Psychotherapy: Theory, Research and Practice; Behavioral Sciences and the Law; Pain Digest; Comprehensive Review Book for Pain Medicine; and Practical Management of Pain. She is also an Associate Editor of Professional Psychology: Research and Practice; and a past Associate Editor for Pain Digest and Pain Practice.

Dr. Kelly has extensive APA and SPTA governance experience where she is a highly-effective advocate for health psychology science, education and training, practice and policy issues. In fact, she currently serves on the APA Board of Directors as a Member- at-Large. Dr. Kelly was also a Past-Chair of the Board of Professional Affairs (BPA); served on the Council of Representatives, the Committee for the Advancement of Professional Practice (CAPP) as well as four APA Task Forces; and was a Past-Chair of the Association for the Advancement of Psychology. In all of her APA leadership roles, Dr. Kelly is a strong voice for our health psychology agenda.

Dr. Kelly is also widely respected for her health and mental health policy and advocacy efforts at the State and Federal level. A past president of the Georgia Psychological Association, she has served as the Federal Advocacy Coordinator for her State Association for 13 years. In fact, Dr. Kelly has received five awards for her highly impressive advocacy efforts! In 2011, she was the recipient of APA’s State Leadership Award to honor her for her advocacy on behalf of psychology as well as the Diversity Award from the Committee of State Leaders of APA. Dr. Kelly also received the 2000 highly prestigious APA Karl F. Heiser Advocacy Award. She was also presented with the Legislative Award by the Georgia Psychological Association, and was the recipient of the 2004 Federal Advocacy Award by the APA Practice Organization.

Dr. Kelly also routinely works to bring the science and practice of health psychology to the public through community presentations, and, as noted above, by serving as an expert resource for the media. Community presentations focus on topics such as: maintaining a healthy lifestyle, stress management, the psychological benefits of exercise, and smoking cessation. She is also a frequent mental health expert on local radio stations in Atlanta for stories which address the relationships between physical and emotional health. Many of these interviews target the minority community. Dr. Kelly has been featured in the Atlanta Journal Constitution and Jet Magazine where she addressed the role of stress in the development of physical and emotional difficulties. She also served as a volunteer.
It is my distinct pleasure to introduce Dr. **John C. Linton**, the 2012 recipient of Division 38’s Nathan Perry Award for Career Service to Health Psychology. I have had the privilege of knowing Dr. Linton since the outset of my career – which began where Dr. Linton’s career began, at the West Virginia University School of Medicine, Department of Psychiatry and Psychology in Morgantown. While it is a challenge to summarize and his career in this introduction, it is my hope that I can convey the breadth and depth of his contributions and the personal qualities that make him such a uniformly trusted and valued colleague.

Dr. Linton’s “home base” has been at the West Virginia University School of Medicine, Charleston where he has enjoyed a distinguished career as a faculty member. He began his career at the West Virginia University School of Medicine, Morgantown, as an Assistant Professor in the Department of Behavioral Medicine and Psychiatry before moving to Charleston to establish the Department of Behavioral Medicine and Psychiatry in the Charleston Division. He is now Professor of Psychiatry, Chief Psychologist, and Vice Chair of the Department of Psychiatry and Psychology, both roles in which he has served for many years. This academic year he is the interim Chair of the Department of Behavioral Medicine and Psychiatry. He also has ably directed the APA-accredited doctoral internship in Charleston since its inception 35 years ago, and he has been Director of the medical student clerkship for 21 years. Notably, he has received two prestigious awards in West Virginia in recognition of his commitment and contributions to medical education, i.e., the Dean’s Award for Excellence in Service to the West Virginia University School of Medicine (2004) and the William J. Maier, Jr., Health Sciences Education Award (2005).

Dr. Linton is probably the most widely known and uniformly respected psychologist in the state of West Virginia. His reach extends throughout the entire state as evidenced by his work on numerous state boards and committees. He has served on the West Virginia Board of Examiners of Psychologists and for most of that time was Board Secretary. Likewise, Dr. Linton has also been active in numerous leadership roles in the West Virginia Psychological Association. He is sought out for his expertise in ethics, professional practice, professional affairs, medical and psychology education, and regulatory issues affecting research/education/clinical practice both at the state and national levels.

Since early in his career, Dr. Linton has been involved at the national level. He has been a member of numerous commissions and task forces for the American Psychological Association which include having served on the APA Public Information Committee, the APA Committee for the Advancement of Professional Practice, APA/Red Cross state disaster mental health co-coordinator, APA Ethics Committee, the Task Force to Review the Composition of the APA Accreditation Committee, the Commission for the Recognition of Specialties and Proficiencies in Professional Psychology, and APA Council of Representatives. During his career he has been active in several APA divisions: Society of Clinical Psychology, State Psychological Affairs, Rehabilitation, and Health Psychology. He has served on the Executive Committee and as Secretary of the APA Society of Clinical Psychology. He is an APA Fellow and a Fellow in each of the divisions of which he is a member.

His contributions to the Division of Health Psychology in particular are numerous, including his service as Co-chair of Public Information, Representative to the APA Council of Representatives, and Co-chair of the Health Services Committee. He was the founding editor of *The Health Psychologist* and ably served as the editor from 1979 to 1994.

Dr. Linton has consistently made important contributions to professional psychology board certification through his service on the American Board of Professional Psychology, including his tenure as President of the American Board of Clinical Health Psychology and service on the ABPP Board of Trustees and Board of Trustees Ethics Committee. He is board certified in both clinical psychology and clinical health psychology. In the Association of

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Outstanding Contributions to Health Psychology Award (Junior):
Tené T. Lewis, PhD
Rollins School of Public Health, Emory University

It is with great pleasure that I introduce Dr. Tené T. Lewis as the 2012 recipient of the Outstanding Contributions to Health Psychology Award (Junior) from Division 38. Dr. Lewis is currently an Associate Professor of Epidemiology at the Rollins School of Public Health at Emory University. She received her Bachelor’s degree with Honors and Distinction in Psychology from the University of Michigan in 1996 and her PhD in Clinical Psychology with a minor in Health Psychology from UCLA in 2003. From the time she entered graduate school, Dr. Lewis has been committed to an active and productive program of research on the health issues of African American women and families. In pursuit of this interest, she wrote a Master’s thesis on the relationships among stress, coping, religiosity and psychological distress in HIV-positive African American women, and followed that up with a study of early trauma, chronic stress and disease progression in a multi-ethnic sample of HIV-positive women.

Since going to Rush University Medical Center for post-doctoral training, and most recently as an Associate Professor in the Department of Epidemiology at Yale University, Dr. Lewis has developed substantial expertise on factors that account for the disproportionate burden of cardiovascular disease among African American women. She has authored several high visibility papers, including her 2005 Archives of Internal Medicine study on “Black-White differences in obesity across levels of education”, her co-authored 2005 Annual Review of Public Health paper of “Psychosocial Factors and Cardiovascular Disease”, and her 2006 Psychosomatic Medicine paper on “Chronic Exposure to Everyday Discrimination and Coronary Artery Calcification in African American Women: The SWAN Heart Study.” This widely-cited paper received considerable public attention with a full page write up in the Washington Post. Most recently, two other papers also received considerable public attention. Her 2010 paper on “Self-Reported Experiences of Everyday Discrimination are Associated with elevated C-Reactive Protein Levels in Older African American Adults” published in Brain, Behavior and Immunity was reported in a feature article in the Boston Globe and on National Public Radio. And most recently, her 2011 paper on “Self-Reported Experiences of Discrimination and Visceral Fat in Middle-Aged African and White Women that was published in the American Journal of Epidemiology was featured in the Boston Globe and on CNN.com. This is an extraordinary accomplishment for someone so junior.

Her work on exposure to everyday discrimination and CVD in African American women is some of the best work on this important topic. It is timely, rigorous, sophisticated and accessible to the general public. She has been very successful in obtaining grant support for her work, and has received numerous awards in recognition of her outstanding contributions to the field. She is clearly meritorious of the recognition she is receiving today as an outstanding young scholar.

Hector F. Myers, PhD
Professor and Director of Clinical Training
Department of Psychology, UCLA

Call for Nominations

Division 38 invites nominations for the offices of President-Elect and Member-at-Large. Self-nominations are welcome.

Elected members will take office immediately after the APA convention in Honolulu, HI, in August, 2013. Please send your nominations to apadiv38@verizon.net by January 7, 2013.
I am delighted to introduce Jerry Suls as the recipient of the 2012 Outstanding Contributions to Health Psychology Award (Senior). Jerry is a professor of psychology and Collegiate Fellow at the University of Iowa. He received his undergraduate and graduate training in psychology at Temple University. He was on the faculty at Georgetown University and SUNY - Albany before joining the faculty at the University of Iowa in 1990.

In baseball, they speak of truly great players as five-tool players – they excel at everything: hitting for average, hitting for power, base running, fielding, and throwing. In academia, one also finds people who excel at everything – our own “five tool” players. In this case, the five tools could be described as – research, academic leadership, professional leadership, teaching, and mentoring. With this award, Division 38 honors one of our own five-tool players as we recognize the contributions Jerry has and continues to make to the field of health psychology.

Through his research and writing, Jerry has made extensive contributions to the field. He has published over 125 papers and edited or co-edited twelve books. His work sits at the intersection of social, personality, and health psychology, and engages all facets of the biopsychosocial model. Jerry’s influence – his fingerprints – can be found in numerous areas within health psychology. For example, he has helped us understand how social comparison processes shape how people think and reason about their health; he has mapped out the complex interplay of social, psychological, and physiological processes that underlie the interpretation of physical symptoms and their effect on treatment seeking; he has clarified the role that stress plays in the recovery from or management of chronic illness and the impact that psychosocial factors have on the etiology of coronary heart disease. In many, if not all, of the areas in which he works, Jerry has moved seamlessly from the lab to the field and back. Through his work, Jerry can be counted on not only to contribute key findings, but also to help us connect the dots – bringing together disparate findings either within or across literatures – and we can count on him to tell us when the pieces don’t add up or that the work that has been done to date is not sufficient. In recognition of his work, Jerry has been elected as a Fellow of Divisions 8 and 38 of APA, a Fellow of the Society of Behavioral Medicine, a Fellow of the Association for Psychological Science, and a member of the Academy of Behavioral Medicine Research. In addition, his work has been funded continuously by NIH or NSF for a span of 25 years since 1988, at which time he received his first R01.

Jerry’s impact on the field can also be seen in the critical academic and professional leadership roles he has assumed. At the University of Iowa, he has helped found and lead the doctoral training program in Health Psychology. He is currently the editor-in-chief of the Social and Personality Psychology Compass and past editor of Personality and Social Psychological Bulletin. Jerry has also been a valuable representative of the field at the NIH and NCI, contributing to working groups and facilitating the development and implementation of important initiatives. Last, but not least, within Division 38, he has taken on several leadership roles, including serving as President of the Division in 2009-2010.

Jerry has also served as an important teacher and mentor to both graduate students and young faculty. He has played an important role as a model for investigators whose interest and training cross many fields – both within and across disciplines. This is particularly true for those of who are engaged in the field of health psychology, but were trained as social-personality psychologists.

In sum, what I believe underlies Jerry’s contributions to health psychology is his confidence in the impact that our field, health psychology, can have on human health and well-being and his commitment to ensuring that we, the people who make up the field of health psychology, deliver on our potential. Please join me in congratulating Jerry Suls, recipient of the 2012 Award for Outstanding Contributions to Health Psychology.

Alexander Rothman, PhD
University of Minnesota, Minneapolis, MN
At the recent Division 38 Membership Meeting, held during the APA Convention in Orlando, the Health Psychology Fellows Committee, chaired by Dr. Charles Emery, recognized the following members as Fellows in Division 38.

New APA/Division 38 Fellows:

Beth C. Bock, PhD
Professor of Psychiatry and Human Behavior
Brown University Medical School

Dr. Bock has a record of distinguished research contributions in the field of health psychology, addressing applications of technology for evaluating and promoting health behavior change. She has focused primarily on substance use, especially tobacco, and physical activity promotion. She has more than 75 peer-reviewed publications in high impact outlets (e.g., Health Psychology, Psychosomatic Medicine, Preventive Medicine), and has presented her work at numerous national meetings during the past 20 years. She has a long track-record of grant funding from NIH and other agencies and is currently PI on two multi-million dollar grants from NIH on: (1) evaluating the effects of exercise videogames on exercise adoption and maintenance; and (2) evaluating tracking and treatment strategies for smokers treated in hospital emergency rooms. Her work has documented the efficacy of internet-mediated smoking cessation therapies, and she has been recognized at the national level with the New Investigator Award from the Society for Nicotine and Tobacco Research.

Laura M. Bogart, PhD
Associate Professor of Pediatrics, Harvard University
Research Director, Division of General Pediatrics,
Children’s Hospital, Boston

Dr. Bogart’s distinguished research program is in the area of health disparities, focusing on the socio-cultural, behavioral and psychological factors that influence health behaviors, disparities and outcomes. Dr. Bogart’s influence in these areas has been substantial, particularly in the area of disparities related to HIV prevention and treatment as well as childhood obesity, and she has made several important clinical and scientific contributions. Her approach using community-based participatory research designs has resulted in innovative intervention strategies and broad reach throughout the populations she is interested in studying. Dr. Bogart has published more than 90 peer-reviewed papers and numerous book chapters, and has had continuous grant funding from the NIH and CDC for more than 10 years. In addition, she has served on the boards of several high-impact scientific journals and on review panels for the NIH and other granting agencies.

Belinda C. Borrelli, PhD
Professor of Psychiatry and Human Behavior
Brown University Medical School
Director, Program in Nicotine and Tobacco Research

Dr. Borrelli has a highly visible research program developing and testing theory-based interventions in public health contexts among populations at risk for disease and disability. Her work has been published in prominent journals in health psychology and clinical psychology, and she has received continuous grant support from NIH since 1997. A primary focus of her research is on developing and testing motivational interventions for smoking cessation, but her work in health behavior change also addresses medication adherence in a wide range of patient populations (e.g., asthma, cystic fibrosis, psychiatric patients). In addition, her intervention research has focused on a broad range of diverse, under-served groups including inner city youth, older adults, disabled smokers, pregnant smokers, African-Americans, and Native Americans. Dr. Borrelli is currently Associate Editor of Health Psychology and is on the Editorial Board of Journal of Behavioral Medicine. She served as chair of the NIH working group on Enhancing Treatment Fidelity and Adherence in Clinical Outcome Trials, co-chair of the NIH working group on Motivational Interviewing, and was a member of the NIH working group on Tobacco Dependence.

Elizabeth Brondolo, PhD
Professor of Psychology
St. John’s University

Dr. Brondolo has a distinguished record of research in the area of stress and health, specifically evaluating the effects of the stress of racism on hypertension, and the relationship of workplace stress to hypertension and mental health. Her work has extended in recent years to development of interventions for stress reduction, including web-based formats. This program of research has been funded by NHLBI, NIMH, AHA, and the CDC. Dr. Brondolo is a recognized national expert in the area of racism and hypertension, and her laboratory has developed a new measure of perceived racism that has been adopted for use by others. Her studies of interpersonal conflict and ambulatory blood pressure in
New York City Traffic Agents led to novel intervention programs that ultimately reduced civilian complaints against Traffic Agents. Through her work as Chair of the subcommittee on racial disparities for Division 38, Dr. Brondolo was instrumental in the creation of web pages highlighting the state-of-the-science in racism and health, thereby providing useful information to the public at large.

**Daniel Bruns, PsyD**  
Health Psychology Associates  
Greeley, Colorado

Dr. Bruns has made outstanding contributions to health psychology in the areas of professional practice and service, as well as in applied research. Dr. Bruns is a clinical health psychologist in full-time independent practice in Colorado, working in a multidisciplinary practice providing diagnostic and treatment services for medical patients suffering from injuries, chronic pain or illness. Dr. Bruns has served as Chairperson for the Clinical Health Services Council of Division 38 for four years, member of the Division 38 Board, member of the Long Range Planning Committee and the Guidelines Advisory Task Force, and member of the Medical Psychology Subcommittee. Dr. Bruns’ website, healthpsych.com, provides a wide-reaching source of health psychology information including presentations and ‘webinars’ about integrated primary care, somatization, pre-surgical psychological evaluations, billing, guidelines, and evidence-based practice. The website reportedly has drawn over two million visitors from approximately 130 countries. Information that was published on the website was incorporated into the Official Disability Guidelines and California medical regulations.

**Angela D. Bryan, PhD**  
Professor of Psychology and Neuroscience  
University of Colorado  
Research Professor, Center for Alcoholism, Substance Abuse and Addictions  
University of New Mexico

Dr. Bryan has a distinguished record of research focused on transdisciplinary approaches to understanding health and risk behavior, development of interventions to enhance health behavior, and studies of exercise interventions among sedentary individuals at risk for heart disease, diabetes, and cancer. In her primary line of research, Dr. Bryan has conducted research on substance use-related HIV/STD risk behavior among adolescents and promotion of safer sexual behavior. Dr. Bryan’s second major area of research addresses reduction of disease associated with sedentary lifestyle (e.g., heart disease, diabetes, cancer) via increased exercise activity. This work applies models from social psychological research to design, implementation, and evaluation of interventions to increase health behavior. Dr. Bryan has published numerous papers in highly visible health psychology outlets and she has had continuous NIH funding since 2000, with more than $10 million in direct costs. In 2006, Dr. Bryan received the APA Award for Distinguished Scientific Early Career Contributions to Psychology in the area of Health Psychology.

**Linda C. Gallo, PhD**  
Professor of Psychology  
San Diego State University

Dr. Gallo has made extensive research contributions addressing a conceptual model of stress-health outcomes developed in her lab. Most of her research addresses health disparities and seeks to clarify the social, psychological, and cultural factors contributing to these inequities, particularly in relation to cardiovascular disease and type 2 diabetes mellitus. Her second line of research seeks to develop and evaluate culturally sensitive interventions to reduce risk and improve health outcomes in underserved populations, especially among Mexican-Americans, the largest U.S. Latino subgroup. Dr. Gallo has been an outstanding mentor to undergraduate and graduate student trainees in health psychology, and she is a co-investigator on two training grants that focus on training undergraduate and graduate students in health disparities research and mentoring young investigators in Latino health research. Dr. Gallo’s service to Division 38 has been very substantial, including Program Chair (2003-2004), Health Research Council Chair (2006-2009), and chair of the Committee on Health Disparities (2007-2009). She most recently served as Member-at-Large (Publications and Research portfolio) for the Executive Committee of Division 38 (2010-2012).

**Kevin T. Larkin, PhD**  
Professor of Psychology  
West Virginia University

During the past 25 years, Dr. Larkin’s highly visible research program has addressed the nature of behavioral and cardiovascular responses to stress as well as interventions to reduce maladaptive responses to stress. He has published numerous papers and book chapters, as well as a book documenting the relationship of psychological stress and hypertension. Dr. Larkin also has contributed highly visible service to the field including Chair of the Council of Training Directors in Health Psychology, and he is currently on the Editorial Board of *Health Psychology*. At the
state level, Dr. Larkin has served as President of the West Virginia Psychological Association. Dr. Larkin is an exceptional educator and mentor, having received several teaching awards at WVU, and having chaired more than 30 Master’s theses and doctoral dissertations. Through his joint appointment in the Department of Behavioral Medicine and Psychiatry at WVU, Dr. Larkin is actively engaged in clinical supervision of interns, and is co-director of an NIH training grant for Research Training in the Behavioral and Biomedical Sciences at WVU.

Mark A. Lumley, PhD
Professor of Psychology
Wayne State University

Dr. Lumley is well-known for his research addressing the interface of stress, emotional processes, and physical health, especially pain, and documenting the utility of emotional disclosure paradigms for treatment of various chronic pain conditions. His research addressing a range of chronic pain conditions has resulted in 98 peer-reviewed papers in high-impact journals, and his research has been well-supported by NIH and other sources during the past 20 years. He is currently PI for a two-site, multi-million dollar study of emotional disclosure and cognitive behavioral therapy in the treatment of patients with fibromyalgia. Dr. Lumley’s service to the field has also been noteworthy. He is currently treasurer of Division 38 and serves on the Editorial Boards of *Health Psychology*, *Psychosomatic Medicine*, *Pain*, *British Journal of Health Psychology*, and *Translational Behavioral Medicine*. In addition, Dr. Lumley has served on numerous NIH grant review panels. Dr. Lumley also has devoted himself to teaching and mentoring, chairing 33 dissertations and 23 Master’s theses, for which he has received numerous awards at Wayne State.

**Division 38 Distinguished International Affiliate:**

Keith Petrie, PhD
Professor of Health Psychology
University of Auckland

Dr. Petrie has made significant research contributions in his interdisciplinary work conducted with colleagues in his native New Zealand and around the world. He is well known for co-authoring the Illness Perception Questionnaire approximately 15 years ago to measure the way patients cognitively represent their illness and associated symptoms. This measure has been utilized widely in research studies of various patient groups, especially cardiac patients. More recent research has addressed interventions to change illness perceptions and improve outcomes. Dr. Petrie has also conducted seminal emotional expression research documenting the relationship of emotional expressiveness to immune function. In addition to his research program, Dr. Petrie has been a dedicated mentor and teacher, having developed an innovative doctoral program in Health Psychology 15 years ago at the University of Auckland. In light of the outstanding and visible contributions Dr. Petrie has made internationally in both research and training, it is only fitting that he is the first health psychologist to receive the ‘Distinguished International Affiliate’ designation from Division 38.

New Division 38 Fellows (already APA Fellows):

Sharon L. Berry, PhD
Director of Training and Psychology Manager
Children’s Hospitals and Clinics of Minnesota

Dr. Berry has been actively engaged in clinical service and supervision of doctoral interns in pediatric and health psychology for more than 25 years. She has been director of training for an APA-accredited child clinical internship with specialty training in pediatric/health psychology for more than 15 years. In addition, she has maintained an active research program addressing pediatric psychology populations including juvenile rheumatoid arthritis (JRA), feeding difficulties in early childhood, hematology-oncology, and more recently, the integration of psychology with primary care medicine. Her training expertise has led to presentations at various meetings for Division 38 as well as the Council of Clinical Health Psychology Training Programs, APPIC, and the Association of Psychology in Academic Health Centers. Dr. Berry was the first recipient of the Education Advocacy Distinguished Service Award from APA in 2003. Dr. Berry is also a Fellow with Division 54.

Kathleen S. Brown, PhD
Director of Training, Clinical Health Psychology Post-doctoral Program
Department of Psychology, Tripler Army Medical Center, Honolulu, HI

Dr. Brown has maintained an active practice in health psychology, integrating science via clinical research and program evaluation, while educating and supervising health psychology trainees. During the past decade, she has been an advocate for implementation of the biopsychosocial model for pain management within the Department of Defense. Dr. Brown has developed an interdisciplinary pain management program integrating traditional medical and psychological services with complementary and alternative modalities. This program was designed to
extend beyond basic biomechanical or inflammatory concepts of pain to demonstrate pathophysiologic links between pain disorders and co-morbid trauma spectrum conditions and was cited as a "Best Practice" in pain management by the Office of the Surgeon General (OTSG) Pain Management Task Force Final Report in 2010, demonstrating an $11.2 million cost savings over a two-year period. Dr. Brown is also a Fellow of Divisions 22 and 31.

Prem S. Fry, PhD
Research Professor, Graduate Psychology Program
Trinity Western University, British Columbia

Dr. Fry has a noteworthy record of research in adult development and aging, and she has focused her recent research on social and psychological issues pertaining to the health psychology of aging. She has published book monographs and edited books on health-related issues among older adults including depression, adaptation, and stress-management as well as health-relevant topics of helplessness, control, and vulnerability among older adults. Dr. Fry’s research has documented links between stress and disease, particularly the influence of stress on the immune system. Her research on health and aging has been published in highly visible outlets. Dr. Fry has also examined the influence of personality traits, psychosocial resources, and cognitive beliefs on morbidity and mortality. Dr. Fry is also a Fellow of Division 17.

Jennifer F. Kelly, PhD
Atlanta Center for Behavioral Medicine

Dr. Kelly received Board certification in Clinical Health Psychology in 2010, and has been engaged in independent practice for more than 25 years. In conjunction with her practice of psychology, Dr. Kelly has been actively involved in service to the profession of psychology both nationally and locally. She previously served as Chair of the Board of Professional Affairs and served on the APA Council of Representatives, representing Georgia. Dr. Kelly currently serves on the Board of Directors of APA and the Board of the Academy of Clinical Health Psychologists (ACHP). Dr. Kelly has served on the APA task force on Infusing Multicultural Guidelines throughout APA (2007-08), and as Diversity Task Force Chair of Divisions 31 and 29. Dr. Kelly is also a Fellow of Divisions 29, 31, 35, 42, and 45.

Daniel McNeil, PhD
Department of Psychology
West Virginia University

Dr. McNeil has an outstanding record of research and teaching in the area of health psychology. His research focusing on emotional and environmental determinants of dental pain has been published in high-impact journals in psychology and in dentistry, and his work has been continuously funded by NIH for the past 10 years. His professional service has been significant both nationally (i.e., 2001 Council of University Directors of Clinical Psychology Distinguished Service Award) and locally (i.e., 2007 Psi Chi International Honor Society in Psychology Regional Faculty Advisor Award). He also received the Raymond D. Fowler Award for Contributions to the Professional Development of Psychology Graduate Students in 1999.

Richard J. Seime, PhD
Associate Professor
Department of Psychiatry and Psychology
Mayo Clinic

Dr. Seime has had a distinguished career as a health psychologist, training future health psychologists, at both West Virginia University School of Medicine and more recently at the Mayo Clinic. During 25 years in the WVU Department of Psychiatry and Psychology, Dr. Seime was integrally involved in training clinical health psychology interns and was Director of the APA-accredited Clinical Psychology Internship from 1981-1987. Since joining the faculty in the Department of Psychiatry and Psychology at the Mayo Clinic in 1999, Dr. Seime has taken a leadership role in securing APA-accreditation for the Clinical Health Psychology Postdoctoral Program in 2005, and he served as Director of the postdoctoral program until 2010. On the national level, Dr. Seime was recently elected to a three-year term on the Board of Directors of the Council of Clinical Health Psychology Training Programs. Dr. Seime is also a Fellow of Division 12.

Jalie A. Tucker, PhD, MPH
Professor and Chair, Department of Health Behavior,
School of Public Health
The University of Alabama at Birmingham

Dr. Tucker’s career has been dedicated to addressing patterns and determinants of recovery and help-seeking in the area of alcohol and drug misuse at the individual
and population levels. Dr. Tucker’s research examines substance misuse as a cause of increased morbidity and mortality, associated with increased risk-taking that contributes to accidents, injuries, HIV/STI infections, and sexual victimization, among other health-relevant concerns. Dr. Tucker’s advanced training in public health has fueled her research addressing barriers to seeking health care, including but not limited to care for substance misuse. Recent work has addressed use of telehealth applications to extend behavioral medicine services from the clinic into the community. Dr. Tucker has made major contributions to APA, serving as the first elected President of Division 50, serving four terms as Council Representative for Division 50, chairing the APA Board of Professional Affairs, and currently serving on the Board of Scientific Affairs. Dr. Tucker is also a Fellow of Divisions 1, 12, 25, 28, and 50.

W. Douglas Tynan, PhD
Program Director, Nemours Health & Prevention Services, Newark, Delaware
Associate Professor of Pediatrics, Thomas Jefferson Medical College

Dr. Tynan is Program Director of a large, multidisciplinary child health promotion program, with 30 staff and a $4 million dollar annual budget dedicated to reduction in child obesity and improvement in emotional and behavioral health functioning among children in Delaware. He is Board certified in both Clinical Health Psychology and Child & Adolescent Clinical Psychology, and has dedicated his career to the provision of effective mental health and health services for children. His primary clinical work has been in developing easily accessible evidenced based parenting programs within standard clinical settings for families of children with externalizing behavior disorders. In addition to his clinical work, Dr. Tynan has served on the state of Delaware Early Childhood Council. He previously served as a special advisor to Head Start and on the Committee for the Evaluation of Head Start. Dr. Tynan is also a Fellow of Divisions 53 and 54.

NOTE: Applications for Fellow status in Division 38 for 2013 will be accepted until December 15, 2012. Instructions for applying are found in this issue of The Health Psychologist as well as on the Division website (www.health-psych.org).

Call for Fellows:
Interested in Applying for APA Fellow Status for the First Time through Division 38?

Beginning September, 27, 2012, the process to apply to be an APA Fellow will be done via the APA Online Fellows Application Platform. This new system will allow nominees, endorsers and Division Fellows chairs to submit all required documents online. The online system will replace the previous, paper-based process. All new Fellows applications must be added to the system to be considered by the Fellows Committee.

The Division 38 deadline for submission of all materials to the platform is December 15, 2012. Because of the rigid timetable for reviewing and processing applications, there will be no extensions to this deadline for first-time applicants. Nominees whose applications are incomplete as of the deadline will not be considered further in the current year, but will have the opportunity to reactivate their applications the following year.

Please visit the APA Fellows webpage for more information and to access the new online system: http://www.apa.org/membership/fellows/index.aspx.

(If you need help accessing the platform or have any questions, please contact Sonja Wiggins in APA’s Central Office at 800-374-2721 (ext. 5590) or swiggins@apa.org.)

Application Process:
First-time nominees should complete the Uniform Fellow Application. It is also required that each applicant prepare a Self-Statement, which highlights the outstanding and unusual contributions to Health Psychology which warrant Fellow status (demonstration of national impact is required). Upload a current C.V. (showing an ‘R’ notation in the margin for publications listed which appeared in refereed publications).

Nominees who have never held Fellow status in any APA division (initial Fellows) should also provide an APA Standard Evaluation Form and a Fellow Status Evaluation Worksheet (which can be used by the endorsers to help ensure that a variety of criteria have been addressed in their letters) from at least three (3) evaluators.

(Continued on page 23)
Division 38 Member Spotlight:
A Naptime Interview with Graduate Student and Sleep Researcher Justin Thomas

In July 2012, I interviewed Justin Thomas, a fifth year graduate student in the Clinical/Health program at the University of Alabama. As a member of the Education and Training committee of Division 38, I thought it would be a great way to learn about his research in the field of behavioral sleep medicine and share with others what life is like as a graduate student in the 21st century.

We arranged to Skype after lunchtime in hopes that Justin’s 15-month-old son, Luke, would be napping. As it turned out, Luke was still full of energy and reminded us who is really in charge of setting the schedule as he played nearby! This was a perfect lead-in to our discussion of work-life balance, a topic that Andrea “Annie” Bradford mentioned in the Early Career Psychologist’s Corner in the Summer 2012 edition of The Health Psychologist and something that many of us struggle to attain, no matter what point we are in our career.

Part of our conversation related to Justin’s academic background and interests. When I asked him what got him interested in sleep research, he explained that he worked as a sleep technician in college at The University of Alabama, Birmingham which piqued his interest in behavioral sleep medicine. After graduating college, Justin participated in a summer program to work on one of Mary Carskadon’s research teams in Rhode Island. He fondly described this training opportunity and strongly recommended it for students with similar interests. Justin explained that through this summer fellowship, he better understood the methodological limitations in using retrospective questionnaires to assess sleep disorders as well as the critical role that clinical health psychologists play in evaluating and treating sleep disturbances – which may be particularly difficult amongst individuals with other conditions (such as with children with co-morbid Attention Deficit Disorder).

For his dissertation, Justin is using Google documents to collect data from undergraduates using the BDI, STAI, MEQ, Sleep 50, sleep diaries, and The Duke Health Questionnaire. He plans to have participants complete questionnaires online, and described the benefits of using technology in research (including the ability to send a reminder if a participant forgets to complete the sleep diary on a consistent basis). Ultimately, Justin expects to find a lower prevalence of sleep disorders in college students than what has been found in other studies. Additionally, he suspects that students with sleep complaints will exhibit decreased functioning in a number of domains.

Justin also mentioned that he took an elective course on Teaching of Psychology taught by Dr. Steven Prentice-Dunn, which he described as a particularly enjoyable educational experience. Justin has since done some teaching while in graduate school and explains that he tries to incorporate his passion for behavioral sleep medicine into all of his teaching activities.

In addition to talking about Justin’s professional life, we also discussed how he and his family strive to maintain work-life balance. As a 37-year-old father working on his dissertation and applying to approximately 15 clinical internships in the Fall, Justin commutes an hour from Birmingham every day, shares in daycare drop off and pickup, and participates in the nightly routine of “bath, books and bed.” Just imagining doing all that made me tired enough to ask to be in one of his sleep studies! When I learned that his wife is a neurologist, I was even more curious about how they juggled parenting and working without family nearby. Justin was quick to point out that “weekends are with Luke” and described his wife as being more of a multi-tasker who engages in a wide range of work-related activities while Luke naps. I found this particularly interesting as a chronic multi-tasker myself, despite all the research showing the inefficiencies associated with multi-tasking.

Overall, Justin said that the faculty - and especially his mentor, Dr. Ken Lichstein - are very supportive of him. He also described a meeting that the Director of Clinical Training (DCT) held with the graduate students to check-in and hear “how we view life and what’s important to us.” Instead of being critical of graduate students who maintained outside responsibilities and interests (as unfortunately is the case in other environments), Justin’s DCT sought to bridge any such gaps and began the conversation with a clear understanding that “family is a part of everyone’s life.” Similarly, Justin emphasized that there is a changing dynamic among both male and female graduate students as well as young faculty in which the need for increased support in maintaining work-like balance from senior faculty and others is now more important than ever. Justin stated that he (Continued on page 16)
As the lone psychologist in my department in an academic medical center, it was energizing to be among “my own kind” at the APA Convention this past August. In addition to attending excellent presentations, networking with colleagues old and new, and enjoying a little poolside R&R with my family, I solidified an important insight: I am far from the only person questioning how, and even whether, to identify myself professionally as a health psychologist.

Unlike professional identities that are established by virtue of a certain type of training (e.g., clinical, social, or cognitive psychologist), health psychology represents a wide array of backgrounds and activities. Many of us “opt in” to the field of health psychology. But what’s in the label? The question of how we come to identify as health psychologists was the topic of a symposium at this year’s APA Convention, presented by members of the Division 38 Early Career Psychologists Council, titled Training Models and Professional Identities in Health Psychology.

Symposium chair Chipper Dean and seven panelists (myself as well as Zeeshan Butt, Kristine Diaz, David Pantalone, Ted Robles, Amit Shahane, and Ranak Trivedi) sought to find common threads in how we fell under the umbrella of health psychology amid diverse training backgrounds and careers. It’s true that our projector didn’t work. The size of our audience was modest. Yet there was a genuine atmosphere of camaraderie and enthusiasm among panel members as we shared how our paths – some of which had little to do with health psychology initially – led us to a common place. More a conversation than a declaration, I would venture to summarize that most of us maintain some tension in defining what we are versus what we do. Chipper, for instance, called himself a “developmental psychologist studying health,” whereas some panelists readily identified as health psychologists but were equally quick to point out their training as clinicians.

In the end, identifying as a health psychologist can be one way of defining the overlap between our skills, goals, and interests and the needs of those we intend to serve. In some ways, this is similar to that very 21st century concept of a “personal brand.” Whereas our Convention symposium highlighted shared facets of our professional identities, it also illustrated how health psychology itself can be defined by the intersection of multiple perspectives and invigorated by the striking assortment of “brands” within. I came away from Convention more inclined to call myself a health psychologist, and less interested in a precise definition of the term.

Developing a Personal Brand

Maintaining a personal brand, particularly online, can facilitate networking, job searches, and control of your identity on the Web. Miriam Salpeter, social networking consultant and author of the book Social Networking for Career Success, emphasizes the importance of making visible your pitch, that virtual “elevator speech” encapsulating both your goals and your potential value to others. Some other tips for personal branding are:

- Make sure that your brand distinguishes you while also being relevant to potential colleagues, employers, and collaborators
- Be clear, but succinct
- Create a presence in key places where others will find you (e.g., a personal website, LinkedIn, Twitter, etc.)
- Use the same key words, phrases, and images everywhere your brand appears
- When possible, don’t just describe your knowledge and skills – demonstrate them
I am honored to serve with Dr. Annette Stanton as Division 38’s representatives on the American Psychological Association (APA) Inter-Organizational Work Group on Competencies for Psychological Practice in Primary Care. This work group is truly timely as it is crucial that we are preparing the psychology workforce for the rapid changes in the health care arena. The Work Group was formed at the request of APA President, Dr. Suzanne Bennett Johnson, as a special project that brought together stakeholders from various organizations committed to psychology’s role in primary care to articulate the competencies that are unique and essential elements for psychologists working in primary care settings.

The Inter-Organizational Work Group on Competencies for Psychological Practice in Primary Care was developed in alignment with one of three components of APA’s strategic plan, i.e. focusing on expanding psychology’s role in advancing health. The Work Group is chaired by Dr. Susan McDaniel, who has spent her entire career in primary care. Dr. Cathi Grus, Deputy Executive Director of Education for APA, has provided vital guidance to the workgroup and APA staff member, Jan Sheri Morris, has provided the needed support to get the work done.

Organizations involved include the American Psychological Association’s Divisions 20 (Adult Development and Aging), 38 (Health Psychology) and 54 (Society for Pediatric Psychology); Association of Psychologists in Academic Health Centers; Collaborative Family Health- care Association; Council of Directors of Clinical Health Psychology Training Programs; Society of Behavioral Medicine; Society of Teachers of Family Medicine; and the Veterans Administration Training Council.

The charge to the Work Group was to articulate competencies, their essential components and behavioral anchors fundamental to primary care psychology that will serve as the foundation for the roles and functions of psychologists in primary care. A working assumption was that general competencies for professional psychology, as articulated in the benchmarks model, would be attained and sustained in addition to the competencies necessary for practice in the primary care setting. The Work Group decided to focus on proposed competencies and essential components that transcended models of care (e.g. integrated, collaborative, collocated) while providing examples of behavioral anchors (i.e. observable, measurable behaviors) across various models being used, populations seen, or the organization of the system of care. While it was recognized that a number of documents already existed that addressed the competencies psychologists needed in primary care there was no integration of these documents and ideas into a single document. A single document on the competencies a psychologist needs to effectively work in primary care endorsed by stakeholders has the potential to inform APA’s Commission on Accreditation regarding expectations for programs providing training in primary care and to improve advocacy efforts that showcase the distinctive contributions of psychology to inter-professional practice in primary care.

To meet the charge, representatives from each of the stakeholder organizations were pulled together to meet monthly to review the literature on psychology in primary care, discuss models of competencies, and create a special document about the essential elements of working in a primary care setting. The work was originally divided into four subcommittee workgroups focusing on separate types of competencies. Then, the products created by each subcommittee were passed to a different subcommittee for further review. At a face-to-face meeting in September of 2012, the entire group carefully evaluated all of the material developed by each of the subcommittee work groups to review each group’s product and to finalize a document. The final document will be vetted by all the stakeholders (i.e. all of the organizations that sent representatives including the Division 38 Board), to produce a final product to be published and widely distributed.

When finalized, the project will increase the visibility of psychology as a health profession and underscore psychology’s unique contributions in primary care settings. It is our hope that once developed the competencies will serve as the basis for inter-organizational education, training, research, dissemination and advocacy efforts well into the future.
Jeffrey Award (continued from page 4)

consultant to the YMCA’s national African-American and Hispanic/Latino Health and Well-Being Collaborative, designed to address specific health issues facing African-American and Latino communities.

Dr. Kelly’s long standing and distinguished clinical work in health psychology; extensive leadership contributions at APA on behalf of health psychology as well as her community and policy work underscore why she is entirely deserving of the Timothy B. Jeffrey Award for Outstanding Contributions to Clinical Health Psychology.

Helen L. Coons, PhD, ABPP
Women’s Mental Health Associates, Philadelphia, PA
Recipient, 2005 Timothy B. Jeffrey Award

Perry Award (continued from page 5)

Psychologists in Academic Health Centers, he has had various leadership roles including President. He has been the recipient of several awards in recognition of his outstanding contributions his role as mentor, advocate for the profession, and psychologist leader, i.e., Division 38 Outstanding Contributions to Health Psychology (1991); Karl F. Heiser Award, APA Presidential Citation (1996); Distinguished Professional Career Award-National Register of Health Service Providers (2009); and Outstanding Contributions and Distinguished Service - American Board of Clinical Health Psychology (2010).

In addition to the numerous contributions already mentioned, Dr. Linton also has been an active scholar in the area of health psychology. He has edited a book on obesity interventions and authored numerous book chapters and journal articles. His work includes contributions related to obesity, bariatric surgery, psychological assessment in medical settings, professional issues, ethics, and life-long competencies in clinical health psychology to name a few.

Dr. Linton’s career exemplifies his commitment to education, clinical practice, professionalism, and scholarship. He has personal qualities that have contributed to his effectiveness as an educator, clinician, and leader. These include his kindness, his remarkably wicked and irreverent sense of humor, and his quietly competent manner. He is a consummate professional who has provided sustained, significant contributions to the field of psychology and health psychology in particular, and to the public and patients our profession serves. His many colleagues and the generations of those he has trained have benefited greatly from his wisdom, good counsel, and support.

For all you have done my friend over for your distinguished career, you are most deserving of this award. Congratulations!

Richard Seime, PhD, LP, ABPP
Mayo Clinic, Rochester, MN

A Naptime Interview (continued from page 13)

has felt fortunate that his DCT consistently advises graduate students to “make sure you eat three meals a day, sleep, and exercise.” This is not only fitting advice to dole out as a health psychologist, but also a nice example of how faculty can foster an environment that addresses the whole person and supports work-life balance.

By the end of the interview, little Luke had gone down for his nap and I am guessing Justin caught up on a few zzz’s himself!

Julie Guay McIntyre, PhD
Associate Professor,
Russell Sage College, Troy, NY
Division 38 of the American Psychological Association is sponsoring five graduate student awards to support new research. Each award is for $1500. The awards are distributed among the following categories that have the following focus:

**Studies in General Health Psychology (2 Awards):**

1. Understanding the etiology, promotion and maintenance of health;
2. Prevention, diagnosis, treatment and rehabilitation of physical illness;
3. Psychological, social, emotional and behavioral factors in physical illness;
4. Health care systems and health policy.

**Research in Child Health Psychology (1 Award):**

Studies addressing one of the topics outlined in the items above under General Psychology directed at a sample comprised primarily or exclusively of children or adolescents. This award is conferred in memory of Lizette Peterson, a former Health Psychology editor and Division 38 member.

**Research Addressing Health Disparities (2 Awards):**

Health Disparities is defined as “differences in the incidence, prevalence, mortality, and burden of diseases and other adverse health conditions that exist among specific population group” (National Institutes of Health). In particular, these awards are intended to support research focusing on various health conditions that are more prevalent, serious, or specific to disadvantaged and medically underserved groups, or on healthcare inequities relevant to these groups, specifically, ethnic minorities and socio-economically disadvantaged individuals in rural and urban areas.

In the event that fewer than 5 proposals are received in the area of child health psychology, relevant applications will be included in the pool for general health psychology research, and an additional award will be conferred in this area. Likewise, if fewer than 10 proposals (but more than 5) are received in the area of health disparities, only one award will be selected from this area, and an additional award will be conferred in general health psychology; if fewer than 5 proposals are received in health disparities, proposals submitted for this award will be included in the general health psychology pool, and two additional awards will be conferred in this area.

**Deadline:**

Proposals will be reviewed on an annual basis and must be received by January 15 in each year, with notification of award made in the following March.

**Eligibility:**

The award competition is open to full-time students enrolled in any degree conferring-graduate program in psychology. To be eligible to receive the award, students must be current members of Division 38. Research awards are typically used to fund students’ thesis or dissertation research, but this is not a requirement of the support mechanism. Students may submit only one award per content area and may not receive more than one award in a given year. Preference will be given to submissions from students who have not previously received this award.

**Research:**

For the purposes of this award, the term “research” is broadly defined as any scholarly endeavor, including but not limited to experiments, correlational studies, qualitative investigations and evaluation research.

**Proposals:**

Although the faculty sponsor may be consulted during the formulation of the proposal, the student should be the author of the proposal and the principal investigator of the research project. Research proposals must include the following information:

1. **Specific Aims** (recommended length 0.5 page): What are the research goals?; What are the specific hypotheses?
2. **Background** (recommended length 1 page): A brief literature review of the area; What has past research shown?; What gaps in the existing literature does this research address?
3. **Methods** (recommended length 2 pages): Inclusion and
exclusion criteria; Proposed sample; Measures/Instrumentation; Procedures; Data analytic plan; Anticipated limitations

Parts 1 through 3 of the research proposal should not exceed 6 single-spaced pages, including tables and figures. Proposals that exceed the 6-page limit will not be reviewed.

References:

Style for the proposal must conform to the guidelines for a Public Health Service Grant (i.e., National Institutes of Health) application. Instructions and forms are available at: http://grants.nih.gov/grants/funding/phs398/phs398.html. Please adhere to guidelines for font and margin size.

Applications that do not follow these guidelines will be excluded from consideration.

Submission:

Award submissions should be submitted via email (see below) and must be received by January 15 in any given year. All pieces of the application must be contained within a single document for ease of distribution to reviewers. It is preferable for the reviewers (and probably easiest for the applicant) if submissions are made as a single document in .pdf format. The name of the file should be the student’s last name, e.g., smith.pdf. Each submission should include:

1. A cover letter that indicates you are a member of Division 38, the award to which you are applying, and how the research addresses the topical area of general health psychology, child health psychology, or health disparities/ethnic minority health. Please note that the committee will make the final decision regarding the most appropriate category for the award.

2. A proposal title/cover page, that includes the project title, your name, title, affiliation, and contact information (email address, postal address, fax (if available), and phone), and the faculty sponsor’s name, title, affiliation, and email address.

3. The proposal, as described above.

4. Biographical sketch for the student (follow NIH biosketch guidelines).

5. A letter of recommendation from the faculty sponsor. The letter should verify that the proposed research is the student’s project and that the student will function as the principal investigator. Note that faculty mentors may email their recommendation letters directly, and separate from the student’s proposal and other materials, if preferred. Please include applicant’s name in subject line.

Email graduate student research award applications to: apadiv38.studentawards@gmail.com.

Review:

Proposals will be reviewed by members of the Division 38 Research Committee. Students will receive comments regarding their proposal and the outcome of the review process.

Research Report:

Each student receiving an award will be required to submit a report to the Research Committee by September 1 of the year following the award. The report should be limited to 2 single-spaced pages and should include a description of the results and a plan for presenting or publishing the results. In addition, we would appreciate the opportunity to post any final presentations, abstracts, or papers on the Division 38 website.

Inquiries:

For further information, please consult the Division 38 website: (www.health-psych.org) and/or email: apadiv38studentawards@gmail.com
President’s Column (continued from page 3)

Contact the Council Chair or Barbara Keeton to learn more. 4) Consider proposing a Task Force to accomplish a specific goal consistent with Division 38’s mission.

3. Enhance communication regarding health psychology and Division 38. I will be organizing the monthly Update for 38 listserv posts, working with the Publications and Communications Committee and the Education and Training Council to enhance content on our website, communicating regularly with our six Councils, and collaborating with other organizations (e.g., SBM, ISBM) to promote mutual interests.

What you can do: 1) Submit your best science to Health Psychology. 2) Accept the invitation to review manuscripts for Health Psychology and volunteer to be a reviewer in your specific areas of expertise. 3) Submit an entry for The Health Psychologist newsletter. 4) Submit to present at the APA convention July 31 through August 4, 2013. Deadline for submissions is November 16. Did I mention that the convention is in Hawaii?

4. Promote the careers of Division 38 Early Career Psychologist Members and Student Affiliates and thereby support the future of health psychology.

What you can do: Contribute to the Division 38 Tribute Fund. The Tribute Fund provides a mechanism for individuals to make a contribution in memory of a Division 38 member or in honor of a health psychologist or health psychology program (e.g., graduate program, internship). This year, contributions will support the travel of APA Division 38 Early Career Psychologists to present their work at the 2013 APA convention in Hawaii. Go to our website to contribute (http://www.health-psych.org/).

I vividly recall the first time I walked into a Division 38 social hour at the APA convention. I literally had to force myself to enter a group of strangers, many of them luminaries in health psychology, who looked as if they all knew each other and were having a great time. That first hour, I probably lasted about 20 minutes in the room. Now, the social hour is one of the highlights of my professional year—a time to connect with good friends and colleagues from across the map and to meet new members. Division 38’s Health Psychology remains one of my most valued journals for learning about and contributing to the science. My life as a health psychologist has benefitted enormously from what I’ve learned through the activities of Division 38, our journal, and my relationships with Division 38 colleagues. I look forward to this year of promoting engagement in the science and evidence-based practice of health psychology through Division 38, and I invite you to join me along the way. By the way, did I mention that the convention is in Hawaii?

Got Ballot?

On October 31, APA sent your apportionment ballot via US Mail (third-class). By November 20, 2012, Full and Fellow members should have a ballot in hand. (Didn’t get yours? Send an email to: gcoad@apa.org to request a replacement!)

Your apportionment votes help Division 38 hold (and possibly expand) our representation on APA Council. Since very few ballots are returned each year, every vote really does count!

Division 38 representation on Council keeps the voice of Health Psychology in the forefront of APA policy and gives health psychologists a stronger role in setting the course for the future of the profession.

All you have to do is “apportion” up to 10 points for Division 38 and mail it back by December 15, 2012. Please return your ballot today!
Call for Nominations for Division Awards

Nominations for Outstanding Contributions to Health Psychology:

Typically, the Division gives three awards each year for outstanding scientific contributions to the field. One goes to a "senior" researcher member (i.e., someone who received her or his terminal degree > 10 years ago); one goes to a "junior" researcher member (i.e., someone who earned his/her terminal degree within the past 10 years); and one goes to a clinical service provider member. All nominees must be current members of Division 38. Self-nominations are welcome.

- Senior Award Nominations: To nominate someone for the Senior Award, please send a 1-2 page letter describing the individual's work and why that person is worthy of recognition, as well as a copy of the individual's CV.

- Junior Award Nominations: For the Junior Award, please send a 1-2 page letter describing the individual's work and why that person is worthy of recognition, a copy of the individual's CV, and a few (2-3) key publications.

- Clinical Service Award Nominations: The Clinical Service Award is intended to recognize outstanding commitment to clinical health psychology by a full-time provider of direct clinical services. Nominees should typically spend a minimum of twenty hours weekly in direct, face-to-face patient care, in assessment or therapy, in individual or group settings. Additional time may be spent in professional activities such as consultation, teaching, supervision, or research. To nominate someone for the Clinical Service Award, please send a 1-2 page letter describing the individual's work and why that person is worthy of recognition, as well as a copy of the nominee's CV.

Although students and post-doctoral fellows may nominate candidates for these awards, there should be an additional letter of support from a more senior colleague in the field, who may be able to talk about the candidate's contributions from a broader vantage point.

Nominations for the Nathan Perry Career Service Award:

This award honors individuals who have made significant contributions to Division 38 and/or the advancement of health psychology as a field, nationally and/or internationally.

To nominate someone for the Career Service Award, please send a 1-2 page letter describing the individual's contributions and achievements as they pertain to the above guidelines.

These awards, as well as the Graduate Student Research Awards, Early Career Professionals Travel Awards, Student Poster Awards, and any special service awards directed by the Awards Committee, are presented at the Division's Annual Business Meeting, held in conjunction with the APA annual convention.

Additional Instructions:

Nominations for these Division 38 Awards should be sent as e-mail attachments to Barbara Keeton, the Division 38 Administrative Officer (email: apadiv38@verizon.net) by March 15, 2013. Nominations received after the deadline may be considered for the following year.

Other Awards:

2012 Graduate Student Research Awards presented by Division 38: Sandra M. Coulon, University of South Carolina; Erin M. Rabideau, Ohio University; Laramie R. Smith, University of Connecticut; Akhila V. Sravish, University of Massachusetts; and Emily Lynn Zale, Texas A & M University

2012 Outstanding Early Career Professional Presentation Awards presented by Division 38: David W. Pantalone, PhD, Suffolk University and Paul A. Sloan, PhD, Michael E. DeBakey VA Medical Center, Houston, TX

2012 Outstanding Student Poster Awards presented by Division 38: Gabriela Blaskovicova, BA, University of Texas at Arlington; Joy E. Lere, MA, George Washington University, Children's National Medical Center; and Kali Zabi-Tanguay, MA, University of Montreal
Aloha from the Division 38 Program Committee! We are planning a unique and exciting program at the 121st Annual APA Convention in Honolulu, Hawai‘i. The convention will be held at the Hawai‘i Convention Center, the Hilton Hawaiian Village Beach Resort and Spa, and the Sheraton Waikiki Hotel from July 31st through August 4th, 2013.

The overall theme of Division 38 programming is Foundations to Future. With the Division turning 35 next year, we want to highlight the role of health psychology’s luminaries in shaping the next generation of health psychologists. In addition to a great lineup of invited individual speakers discussing health psychology contributions to research, practice, and policy, we are featuring two special research symposia that reflect the Division 38 theme. Each symposium will include a renowned health psychologist, and one of their former protégés representing the next generation. Both symposia will discuss key issues related to socioeconomic and ethnic health disparities. In addition to the research, the presentations will be an opportunity to learn about professional development from the perspectives of both the mentor and mentee through a moderated question and answer session.

Like previous years, our program will also include programming specifically geared for students and early career professionals, furthering Division 38’s commitment to fostering mentoring and professional development.

The Call for Programs is available at http://www.apa.org/convention/call-for-programs.pdf. APA is accepting proposal submissions for symposia and posters now through November 20, 2012 at http://apacustomout.apa.org/ConvCall. In addition, awards will be given for the best student and early career professional submissions. We invite you to submit compelling work that will be of interest both within and outside Division 38!

While the convention location and Division 38 programming are sure to be a major draw, a final highlight of next year’s convention is that all sessions end in the mid-afternoon, leaving you more time to spend enjoying the urban comforts of Honolulu, the warm waters of Waikiki Beach, or the natural wonders all over the island paradise of Oahu.

For now, save the date for APA 2013 in Honolulu!
horizon for the Division. Most notably, Division 38 is making some significant changes in the structure of our organization with hopes that we will continue to remain strong, focused as well as quick-and-nimble in the face of addressing both long-range and short-term goals. Think of it as being like a “make-over” and know that you will become increasingly impressed with these changes the more you see how they affect the Division as well as the profession of Health Psychology. Be sure to read Annette Stanton’s column in the current issue of The Health Psychologist for additional details.

Speaking of change, I also wanted to alert readers that we’re making a small – but important – change to The Health Psychologist. Starting with the next issue, we are going to advance the submission deadlines for the Spring and Summer editions of the newsletter. Why this change? Each year, we strive to have the Summer edition of The Health Psychologist distributed to Division 38 members in advance of the Annual APA Convention in August. Unfortunately, this means that the late summer months are especially hectic for those of us directly involved in the newsletter (especially myself, Barbara Keeton, our Division 38 Administrative Officer and Jill Masters, who helps with the layout of the newsletter). We thought that a little more time would ease this strain. When further considering the logistics of advancing the deadline for submissions to the Summer edition of The Health Psychologist, however, it then became clear that it would probably also make sense to move up the deadline for the Spring edition of the newsletter so that the lead time between the Spring and Summer issues would not be so tight. As the flow of submissions and publication of the Fall issue has never been especially problematic, there did not appear any need to change the deadline for submissions for the Fall issue. The new deadlines for submissions to The Health Psychologist which are effective immediately are posted here and will be updated on all future editions of the newsletter.

### Revised Deadlines for Submissions to The Health Psychologist

<table>
<thead>
<tr>
<th>Edition</th>
<th>Deadline</th>
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<tbody>
<tr>
<td>Spring 2013</td>
<td>February 1</td>
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<tr>
<td></td>
<td>(New Deadline)</td>
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<tr>
<td>Summer 2013</td>
<td>May 15</td>
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<td></td>
<td>(New Deadline)</td>
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<tr>
<td>Fall 2013</td>
<td>September 15</td>
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<td>(No Change)</td>
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Let’s give this change – and the other changes within the Division – a try and see how it goes. Obviously, if the new deadlines for submissions to the newsletter prove to be problematic in a way we did not foresee, other options will be considered. In the meantime, please enjoy the current issue of The Health Psychologist which includes bios of several impressive recent awards recipients as well as a few submissions on a more personal level related to life as a health psychologist.
Call for Fellows (continued from page 12)

**tors who are APA Fellows.** At least two of those three evaluators must be Fellows of Division 38. It is suggested that evaluators be from different institutions, and at least one evaluator should be an individual with whom you have never had a continuing personal association. Evaluators should also complete these forms and post them to the APA Fellows portal by December 15, 2012.

It is strongly recommended that the nominee provide a copy of his/her self-statement and/or C.V. with the instructions sent to each evaluator. The most effective endorsement letters are those that systematically and specifically address the APA Fellows criteria. The nature of the "unusual and outstanding" contributions or performance in the field of psychology should be specified in sufficient detail so that members of both the Division 38 and APA committees who may be unacquainted with the candidate's work can write an evaluation of the candidate's qualifications relevant to the Fellows criteria.

**Selection Process:**

The Division 38 Fellows Committee forwards their recommendations for Fellows to the APA Membership Committee, whose recommendations are confirmed by the APA Council of Representatives at the APA Convention. Thus, the final outcome of applications for Fellows will not be known until after the annual APA Convention (in the year following the deadline). Shortly after the APA Convention, Division 38 will notify new Fellows of their status and send certificates of acknowledgement.

**Already a Fellow in Another APA Division?**

Simply fill out a Uniform Fellow Application at www.health-psych.org (noting "current" Fellow status and the Division/s in which you hold Fellow status; endorsers are not needed), prepare a thorough Self-Statement describing your accomplishments in Health Psychology, and attach a current C.V. Send all materials to apadiv38@verizon.net by December 15, 2012.
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Lisa Maria E. Frantsve PhD
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Deadlines for Submissions:
February 1, 2013
May 15, 2013
September 15, 2013

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