

**National Society Reports 2005**  
**"Hans Selye" Hungarian Society of Behavioural Sciences and Medicine**  
**Activities during the period from June 2004 to June 2005**

**Main events 2004/2005:**

- **. August 29-31, 2004, ICBM Budapest Satellite Meeting Budapest, Hungary**

The main topic was “The role of behavioural medicine in understanding and preventing the mortality and morbidity challenges occurring in Central and Eastern European countries”

Program Chairs: Maria Kopp, Brian Oldenburg Local organizers: Adrienne Stauder, Monika Kovacs, Csilla Raduch

**Participants:** The meeting had altogether 146 participants from 21 countries: 109 persons from Central Eastern Europe (Armenia, Bulgaria, Hungary, Poland, Romania, Slovakia), 15 persons from Western Europe (Denmark, Finland, France, Germany, Netherlands, Norway, Sweden, United Kingdom), and 22 persons from other continents (Australia, Canada, Iran, Japan, New Zealand, South Korea, United States).

**The scientific program** included in total 70 oral presentations and 60 posters. The keynote speakers, and the chairs and discussants of the discussion groups were the leading clinicians and researchers, many of them representatives of ISBM.

**Education and training activities:** A workshop for teachers focused on regional needs for “Education and training in behavioural medicine” chaired by Arja R. Aro (ISBM) and Justin Nash (SBM). Two teaching seminars were proposed to postgraduate students and young researchers: 1) “Using epidemiology and prevention concepts to design, implement and evaluate programs to prevent disease and promote health”. (Brian Oldenburg) 2) “How to write and publish a scientific paper.” (Povl Munk-Jorgensen). A five-day CME credited post-congress training about the “Williams Life Skills Program” was given by Virginia Williams to Hungarian participants.

**Conclusions:** During and after the meeting there was a considerable mass media interest, several programmes and interviews were reported on each state television channel, and on eight radio broadcasts and printed press. This mass media interest might be a strong basis for further community based intervention programs based on mass media.

- **The formation of a Central Eastern European Behavioural Medicine Network**

As a conclusion of the Satellite Symposium, the need for long-term cooperation in the CEE region has been expressed. The aim of the CEEBM-NET is to support international research cooperation, to adapt behavioural interventions to specific regional needs and to organise regional meetings to promote information exchange. The Hungarian BM Society as a well-functioning regional society will facilitate this process.

Monika Kovacs MD, PhD ([kovmon@net.sote.hu](mailto:kovmon@net.sote.hu)) has been elected as coordinator of the CEEBM Network.

The financial support from ISBM made the initiation of the Network activities possible, the CEEBM-NET website has been formally established, [www.ceebm-net.hu](http://www.ceebm-net.hu). Further regional centres and experts have been contacted, and a regional meeting is being organised.

- **Cultural adaptation of the Williams Lifeskills Program.**

The Society has been donated the rights by the Williams Lifeskills Inc. to translate into Hungarian the WLS program, including the materials used. It allows the use of the Hungarian version to help high risk populations and also to train facilitators with supervision of Virginia

Williams.

The Hungarian version, including cultural adaptation is completed. This well structured stress-management and coping skill enhancing program will be widely used in ongoing Hungarian community based interventions. The effectiveness of the program is monitored by using appropriate research methods in cooperation with WLS Inc.

- **“Presence of Mind Film Club” – continuous since 2001.**

Informal discussions, in(tro)duced by a movie film, between medical students and health professionals or other invited guests about psychological, sociological, behavioural aspects of health, illness and health professions.

- **“Janos Selye Award 2004** The Society started to award an undergraduate student doing outstanding research in the field of behavioural medicine in the frame of the “Annual Scientific Conference for Medical Students” this year hold in Budapest in February 2005.

**Plans for activities and events 2005/2006:**

- **6th Behavioural Sciences Days – Debrecen, June 9-11, 2005.**

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

- **Regional Meeting in Targu-Mures, Romania, 14-16 October 2005**

”Development of Behavioural Medicine in Central Eastern Europe: The role of a regional network in integrating behavioural medicine and sciences with medicine and public health”. First Symposium of the CEEBM-NET.

website: [www.ceebm-net.hu](http://www.ceebm-net.hu)

**Training activities, behavioural interventions**

Postgraduate seminars on Behavioural Sciences topics

Train the trainers programs

Community based stress-management interventions

Dr. Adrienne Stauder MD  
General Secretary

Prof. Dr. Mária S. Kopp MD, PhD  
President