American Psychosomatic Society

Newsletter

Fall 2018

From the Editor's Desk

Annie Ginty, PhD, APS Newsletter Editor

Welcome to our Fall Edition of the APS newsletter. I hope everyone's academic year has gotten off to a great start! I am pleased to provide you with the most recent addition of the APS newsletter.

APS President, Dr. Bruce Rollman, has been providing insightful monthly messages through email. For those who may have missed the emails from Dr. Rollman, you can locate past President's Messages here (http://www.psychosomatic.org/news/Presidentsmessage.cfm). In the current issue, *Psychosomatic Medicine* Editor in Chief, Professor Wijo Kop, provides an update on the society's Journal and highlights of recently published work.

The abstract deadline for the 2019 American Psychosomatic Society Conference is quickly approaching (http://www.psychosomatic.org/AnMeeting/2019/meeting_abstracts.cfm). Dr. Sarah Pressman, who is serving as the Program Chair, and the Program Committee are creating a sensational program for the conference centered on the theme "From Body to Mind." For further details, see Dr. Pressman's Annual Meeting Update (https://mailchi.mp/8f6db53616b4/message-from-the-aps-program-chair-158543) and follow Twitter (**#APS2019van**). It is never too early to start planning your visit! We have a featured section on "Reasons to Love Vancouver" written by Canadian members of the Program Committee, which will be sure to help you find delicious places to dine and exciting sites to see.

For our "Meet the Lab" and "Getting to Know You" sections in this issue, we travel to Tilburg, The Netherlands; Galway, Ireland; and North Carolina, United States of America. Be sure to read these sections to learn more about Professor Brian Hughes, Dr. Nina Kupper, and Dr. Keely Muscatell.

The Stress Measurement Network at University of California San Francisco has recently released Practical Tools for Improving Measurement of Psychosocial Stress. We were fortunate enough to touch base with Dr. Alexandra Crosswell, Executive Director of The Stress Measurement Network, regarding these exciting resources. Be sure to check this out!

A special thank you to Degnon Associates for making this issue of the newsletter possible.

If you have any suggestions, comments, questions, or would like to be featured in the "Meet the Lab" section, please contact me at Annie_Ginty@baylor.edu

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Meet the Lab: GO-LAB

Meet the Behavioral Physiology Lab (GO-LAB) at Tilburg University, the Netherlands

The Behavioral Physiology Lab (GO-LAB) at Tillburg University, The Netherlands. The GO-LAB is a collaborative group who regularly attend the American Psychosomatic Society Annual Conference. We were fortunate enough to interview lab director, Dr. Nina Kupper. Please read below to hear about the exciting research the GO-LAB is currently pursuing.

APS: Can you tell us a little about yourself and what you study in your lab?

NK: I am Associate Professor at the department of Medical & Clinical Psychology at Tilburg University, the Netherlands and lab director of GO-LAB. I have a background in psychophysiology, and I did my PhD at the Vrije Universiteit Amsterdam, on the behavioral genetics of cardiovascular risk factors, such as heart rate variability and blood pressure, in the early 2000's. About five years ago, I initiated the build of a new lab facility, called the Behavioral Physiology lab (GO-LAB). This lab facility hosts researchers from the department of Medical & Clinical Psychology and the research institute CoRPS. In this lab and in our local teaching hospital, I study individual differences in psychophysiological processes associated with stress and emotions in health and disease. Particularly, I am interested in explaining the observed increased cardiovascular risk associated with depression and Type D personality, by focusing on psychobiological processes and mechanisms in lab and field experiments. For example, I recently examined cross-system profiles of cardiovascular stress reactivity with latent class analysis, and studied these profiles' relatedness to personality traits and mood. In another line of work, I also investigate the physiological correlates of emotion regulation strategies. To me, it is very important to conduct research in both medical settings as well as in structured laboratory environments.

APS: Can you give us a sneak peek on the types of questions your lab is tackling in the near future?

NK: GO-LAB is a fizzing workplace, where both staff and trainees are working on many new experiments. To give you an idea of what we are doing right now, these are some key words: * positive affect induction to reduce pain and catastrophizing * hormonal and cardiovascular effects of a virtual reality stress test * the cardiovascular effects of mindfulness after stress * the interaction of mood and physiology following physical exertion.

APS: How is the lab structured?

NK: GO-LAB was established in 2015. Differently from how things go in the US, in the Netherlands, GO-LAB functions as a collaborative group of staff, PhD students and trainees, with staff pursuing their own research lines within the broader mission of the lab, the Department of

Medical and Clinical Psychology and the *CoRPS* research institute. Moreover, PhD students here are not students but academic employees, with educational duties as well. The overarching mission of GO-LAB is to (1) Develop and expand the understanding of the fundamental behavioral and biological processes through which psychological factors increase the risk of chronic medical and psychological disorders; and (2) To employ experimental manipulations to identify the fundamental behavioral and biological responses as related to individual differences in trait and state psychological phenomena.

GO-LAB is unique in that we accommodate a very broad range of psychophysiological measures. My own research involves cardiovascular psychophysiology, brain activity (fNIR, EEG), markers of autonomic nervous system activity (e.g. EDA, ECG, ICG, continuous BP, respiration). My colleagues use these techniques as well, which creates very productive collaborations. Other researchers in the lab investigate (neuro-) hormonal markers such as oxytocin and cortisol. We combine these measures with behavioral and facial expression coding, as well as bodily balance measures, and live exercise performance. We also conduct studies linking these laboratory measures to ambulatory measures to enable lab-field experiments.

APS: Your lab is also part of the Center of Research on Psychological and Somatic disorders (C*o*RPS). Members of the center include many familiar APS faces (including the Editor-in-Chief, Willem Kop). What are the biggest advantages you find working as part of a center of researchers committed to *Psychosomatic Medicine* research?

NK: Working in such a large group of researchers within one interdisciplinary institute has many benefits. We benefit from the wide variety of expertise (from clinical psychology to cardiology and oncology) that is present within the center, and the possibility to combine fundamental lab work with clinical research. As for *Psychosomatic Medicine*, we get a different editor handling our manuscripts: One thing is sure, the journal treats us with the same level of scrutiny as everyone else, probably worse (haha).

APS: During APS in Seville, your lab performed a tech demo on emotion expression software. What's that all about?

NK: Yes, we recently purchased a very cool and sophisticated software and camera system that reads the face for emotional expression, summarizing them in the basic emotions (Noldus FaceReader®). It actually identifies 20 of Ekman's action units. Through a digital neural network, it keeps track of the movements of these points across time. Each action unit provides information on trace amounts until full-blown activity. We are finishing a validation study to compare action unit activity with the facial muscle activity as measured with EMG. We are using FaceReader® to examine emotion expression in emotion regulation experiments, or anger recall tasks. Other research lines include the analysis of emotion expression during (non-)cardiac chest pain, doctor-patient interaction, and in children.

APS: Your lab is often seen as a large group at APS. What has been a favorite APS conference location of the lab? What would be a location the GO-LAB would like to see in the future?

NK: Haha, yes. Look for our green C*o*RPS posters and presentations! APS is one of the main conferences for our group. Also for young scientists, it is important to build your network, and we think it is very valuable to let as many people attend as possible. I think I have been to all but two meetings since 2007. If I would have to choose... I liked San Francisco the best, and Chicago is a good second! We would love to visit APS in Boston or New York.

APS: Meet the lab, brief bios and pictures of all laboratory members.

Staff members at the GO-LAB

Prof.dr. Willem Johan (Wijo) Kop is Full Professor of Medical and Clinical Psychology at Tilburg University. Currently, Dr. Kop

investigates cardiovascular diseases and other disorders where fatigue and depression play a major role. His research focuses on the associations of acute mental stress, exercise, fatigue, and depression with the autonomic nervous system, immunological processes, and neuro-hormones. The general scope of his research program is to identify the biological mechanisms by which psychological factors affect disease outcomes, and to what extent these relationships are mediated by health behaviors, such as physical activity. In the GO-Lab, Dr. Kop focuses on acute mental stress responses, mood and physical exertion, and lab-field associations using ambulatory monitoring.

Dr. Ivan Nyklíček obtained his PhD in Psychology in 1997 at Tilburg University, Netherlands. Currently, he is Associate Professor at the department of Medical and Clinical Psychology at this university and is mainly involved in research on effects, mechanisms, and moderators of mindfulness interventions and manipulations. Nowadays, an important part of this research is conducted in the GO-LAB, mainly on potential buffering effects of various brief mindfulness and acceptance manipulations on subjective, cardiovascular (e.g., heart rate variability, blood pressure), and central nervous (EEG, fNIRS) system responses to various psychosocial stressors. In addition, potential moderating effects of psychological traits and episodic cognitive tendencies are examined.

Dr. Hester Trompetter: I work as an Assistant Professor at our department of Medical and Clinical Psychology. Prior to coming to Tilburg, I earned my PhD in Psychology at the department of Psychology, Health and Technology (University of Twente, The Netherlands). My research aims to understand if and how protective psychological factors - primarily positive emotion(s) (regulation), acceptance and self-compassion - contribute to mental health in the context of stress, and chronic pain and illness. In addition to experience sampling studies and observational studies I perform experimental studies at our GO-LAB. Together with Nina I currently focus on the role of positive emotions in physiological and cognitive stress responses to CPT-induced pain. I love cooking, reading novels that have nothing to do with my research or with science in general, and being outdoors.

Dr. Annemiek Karreman is Assistant Professor at the department of Medical & Clinical Psychology. Her research focuses on the role of emotion regulation in mental health problems in both children and adults. She has a special interest in studying multiple aspects of emotions, such as emotional facial expressions, physiological responses, and emotion experience. In recent experiments in the GO-LAB she examines the effects of emotion regulation on individuals' emotional responses when dealing with stressful situations. For example, she studies whether instructions to use specific emotion regulation strategies can diminish children's sadness feelings and facial expressions.

Dr. Madelon Hendricx-Riem is Assistant Professor at the

department of Medical & Clinical Psychology, with a background in fMRI research. She obtained her PhD at the Centre for Child and Family Studies at Leiden University. In her research, she aims to understand neurobiological mechanisms related to attachment and childhood trauma. In current studies in the GO-LAB she focuses on effects of intranasal oxytocin administration on cortisol and autonomic reactivity during stress, taking into account moderating effects of childhood experiences. In addition, she examines the role of emotion regulation strategies in mothers' responding to infant crying, together with Dr. Annemiek Karreman.

PhD students

Stefanie Duijndam: Hello! I'm a fourth year PhD student at the Medical and Clinical Psychology department of Tilburg University. I earned my BSc in Psychology and MSc in Clinical Neuropsychology at Leiden University. My research focuses on the individual differences in emotional and physiological stress reactivity, and whether these differences are associated with social inhibition. I am particularly interested the psychophysiology of social evaluative stress and emotion regulation. Besides conducting my own experimental research, I supervise undergraduate and Master students for their research internships, in which I teach them how to conduct experiments, and process and analyze the collected (physiological) data. When I'm not working in the GO-Lab, I spend my time singing in a Rock Choir (yes, that's a thing and we only sing Rock songs), going to music festivals, biking, playing golf, and watching a bunch of TV shows.

Tom IJdema: I'm a third year PhD student at Medical and Clinical psychology at Tilburg. I did both my master's and bachelor's at Utrecht University in Utrecht, where I also live. In my free time I like to go to concerts, listen music, play games, play guitar, fitness and last but not least, brew beer. My research looks at the efficacy of dual tasking (the working mechanism of EMDR) treatment in addiction and anxiety. Specifically, I am interested to see whether the model of EMDR can be refined by adding a component of valence, and to explore electronic delivery of such an intervention. In my most recent project, we developed an app to treat craving in smoking pregnant women in the hospitals in Tilburg, which we thoroughly piloted in the GO-LAB.

Laura Kunst: Laura Kunst completed her Research Master's in Clinical and Health Psychology at Leiden University and subsequently worked there as a teacher and researcher. Presently Laura is working on her PhD at Tilburg University. Her main research interests lie in treatment strategies for anxiety disorders. As a PhD project, Laura is investigating the comparative (cost-)effectiveness of cognitive behavioral therapy and autonomy enhancing treatment for anxiety disorders, in a multi-center randomized controlled trial. In the GO-LAB she additionally carries out on experimental research on stress reactivity and vulnerability for anxiety disorders.

Master students

Several research master students work in GO-LAB to help with our projects as a test leaders and with data processing. In addition, they may write their first year paper and Master's thesis on data

collected in the lab. This is one of our second year students.

Robin van der Linde (Research Master Student):
Hello! My name is Robin and I am in my second year of the Research Master in Individual Differences and Assessment. For my masters, I had to do internal traineeships at Tilburg University, which I did last year at the GO-Lab. Together with Stefanie Duijndam and Nina Kupper I worked on the Inhibit project as a test leader. Inhibit is a research project that looks at the psychobiology of interpersonal interaction, and with the focus on individual differences in this process. The Inhibit study very much suited my research interests, as I am highly interested in physiological processes and especially individual differences in these processes (which you can probably already tell from looking at the title of my Master program :)). I very much enjoyed helping out in the GO-lab, and hopefully you will see me there again this year!

The GO-LAB

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Meet the Lab: Up and Coming

The Social Neuroscience & Health Lab

APS: Can you tell us a little about yourself and what you study in the Social Neuroscience & Health Lab?

KAM: Hi, APS community! My name is Keely Muscatell, and I am currently an assistant professor in the Department of Psychology & Neuroscience at the University of North Carolina at Chapel Hill. I also have an appointment in the Lineberger Comprehensive Cancer Center at UNC. I got my PhD in Psychology from UCLA (social/health areas) and then I completed three years of post-doctoral training at UCSF and UC Berkeley as part of the RWJF Health and Society Scholars program.

My lab, the Carolina Social Neuroscience & Health Lab, is broadly interested in understanding the neural and physiological mechanisms linking social experiences and health. A lot of our work focuses on understanding disparities in mental and physical health, while a related line of research explores how physiological information from the body (e.g., inflammation, autonomic arousal) feeds back to the brain to influence our emotions and social experiences. We use a number of different methods in our work, including those from experimental social psychology, social and affective neuroscience, psychoneuroimmunology, and pharmacology.

APS: Can you give us a sneak peek on the types of questions your lab is tackling in the near future?

KAM: We have a lot of studies I'm really excited about in the works, but I'll highlight three of them here. The first is a new fMRI study, where we're looking at how perceptions of economic inequality influence the way the brain responds to risk. The second is using a technique that is new to our lab, transcutaneous vagus nerve stimulation (tVNS), to stimulate the vagus nerve and examine how this affects psychological and physiological responses to acute social stress. And finally, we're collaborating with a group of oncologists at the UNC Breast Center and a cognitive neuroscience lab at UNC to try and uncover potential neural biomarkers of risk for chemotherapy-induced cognitive decline (colloquially known as "chemobrain") in breast cancer patients. That's just a snapshot of things we're working on, but I think it nicely illustrates the range of projects going on in our lab!

APS: How is the lab structured?

KAM: As a lab whose research focuses on the pernicious effects of hierarchies, I would say our lab structure is (unsurprisingly) very egalitarian, such that at any given time, the lab's "resident expert" in a particular research area or methodological technique could be anyone, from our lab

manager to a post-doc and anyone in between. We then teach one other what we know by consulting with each other on study design, teaming up for data collection, and helping each other through analyses. I was trained in the tradition of “the best way to really learn something is to try and teach it to someone else,” and I’m trying to apply that philosophy now that I have my own lab. In terms of the nitty-gritty, we have a weekly lab meeting where we practice talks, give feedback on in-prep manuscripts and study ideas, and discuss journal articles; we also have a bi-monthly lab meeting for our undergraduate RAs that focuses mostly on professional development topics that are relevant for them, like how to ask a professor for a letter of recommendation or what the day-to-day life of a grad student is like. I meet with each student/trainee for an hour each week one-on-one to discuss their specific projects/paths as well. We try to get together socially at least once a semester, too; one of my favorite memories so far was when we went to a brewery to watched UNC play in the NCAA basketball tournament during APS in Louisville last year!

APS: Are there any unique aspects of the lab?

KAM: I’d say that one unique aspect of our lab is that we come from very different personal backgrounds in terms of our early-life SES, our racial/ethnic identities, sexual orientations, geographic origins, etc. It’s awesome to be surrounded by such a diverse group of people and I think that diversity serves to inform and expand the types of research questions we are interested in. One other unique thing we do is something I stole from my husband, who is a professor in mathematics. In math, it’s common to have a regular “tea hour” where students and faculty come together to have tea and talk about math in a more informal setting. I loved this tradition so much that I decided we should do it in our lab, so once a week, we have a lab tea time where we get together and talk about whatever - psychology in the news, a research issue someone is struggling with, professional development topics, etc. It’s a nice opportunity for social connection and to chat about research outside of our formal meetings (plus people in my lab bring really good snacks, and our tea collection is getting pretty impressive!).

APS: Now that you have just finished your second year â€“ do you have any advice for junior faculty about setting up a lab?

KAM: Most of what I’ve learned about how to manage life as an assistant professor is wisdom from the Center for Faculty Development and Diversity; I did their “Faculty Success Program” (sometimes called a “new faculty bootcamp”) and I highly recommend it (#notanad), especially if you can pay for it out of your start-up funds. (If you don’t have funds to put toward it, there is a lot of good information in their weekly newsletters as well!) One of the major things I learned was to make sure and write for at least 30-60 minutes per day. While I’d always heard that having a daily writing routine was the best way to be productive, this didn’t really set-in for me before starting my faculty job, at which point I recognized it would be super easy to let my days fill up with teaching prep, student meetings, service responsibilities, keeping up with email, and so on. I’ve found that if I don’t prioritize even a small chunk of time for writing each day, I could go for weeks without writing a thing! I like to do mine first thing in the morning (usually in my PJs with a big mug coffee, which for some reason helps alleviate my imposter syndrome!). That way, even if I’m busy for the rest of the day, at least I’ve written a paragraph on a grant or a paper (or even an IRB application) each day. And 30-60 minutes a day doesn’t sound like a lot, but you’d be surprised how it adds up if you do it consistently. Other than that, my advice is to find yourself a REALLY comfy office chair, as you’re going to spend a lot of time in it.

APS: Your lab seems very committed to engaging in science outreach activities within the community. What is your favorite outreach activity so far?

KAM: Yes - while our research mostly focuses on health disparities, we’re also very aware of the existence of educational disparities across SES strata and racial/ethnic groups (particularly in STEM), so we try and do at least a few small things to bring science to underrepresented communities. Probably our favorite so far is the booth we have every year at the UNC Science

Expo, which brings K-12 students from around the state of North Carolina to campus for the day to learn about the exciting research being conducted here. To illustrate our work to the students, we developed two fun activities: The first is a “live” version of the Reading the Mind in the Eyes task, where we created masks that obscure the face to leave only the eyes showing, which we wear and then ask kids to guess what emotion we’re feeling based on only seeing our eyes. They love the idea that they can “read minds”! The other activity teaches them about the mind-body connection: We take their resting blood pressure with an ambulatory monitor, then have them do age-appropriate mental math out loud for a few minutes, and then we re-take their blood pressure. Most of the time it goes up! We also hand out emoji stickers and erasers shaped like brains. It’s really fun to see the kids get into doing the tasks, and is a fun lab bonding event, too!

APS: Tell us a little about your lab.

KAM: Here they are!

Gabriella M. Alvarez: I am a second-year doctoral student in the Social and Clinical Psychology programs at UNC. Although I primarily work in the Social Neuroscience & Health Lab, I also work in Dr. Mitch Prinstein’s Peer Relations Lab. My research focuses on studying how social contexts affect psychobiological responses to stress using methods from psychoneuroimmunology and affective neuroscience. Ultimately, my work aims to improve our understanding of how the social world sculpts biology, and to reveal the mechanisms underlying socioeconomic and racial health disparities. I received my A.B. in Psychology and Anthropology at Washington University in St. Louis in 2015, and following graduation, I completed a post-baccalaureate intramural research training position at the National Institute of Mental Health. In my spare time, I enjoy eating, listening to podcasts, and bonding with my kitten Lillith.

Samantha N. Brosso: I am the lab manager for the Social Neuroscience & Health Lab. Currently, I manage two studies; one that investigates the neural underpinnings of risky decision making in the context of inequality, and another that examines the physiological contributions to social perceptions and responses to stress, using a novel method, transcutaneous vagus nerve stimulation. Before my position as the lab manager, I graduated with a B.S. in Psychology from UNC Chapel Hill. After my post-bac position, I hope to pursue a PhD in Social Psychology, studying how people’s early life experiences and current social world (i.e. social status, socio-cultural environment, social interactions) impact their brain and stress responses, and in turn, how the organization and function of these biological systems influence the way in which individuals interact with the world around them. In my spare time, I enjoy playing my guitar and writing song lyrics.

Monica M. Gaudier-Diaz: I am a postdoctoral fellow in the Seeding Postdoctoral Innovators in Research and Education (SPIRE) program at UNC, where I work in the SNH Lab. My primary research interest is to understand how environmental factors such as social support and socioeconomic status influence psychological and physiological processes, consequently impacting health and well-being. I contribute my neuroimmunology expertise to all research projects in the SNH Lab, and I also lead a study that investigates physiological and psychological responses to academic stress among first-generation undergraduate students. Upon completing my

postdoctoral fellowship, I hope to become a tenure-track faculty member at a primarily undergraduate institution and excel as a neuroscientist who teaches the next generation and serves the community. I completed my B.S. in Biology at the University of Puerto Rico-Mayaguez and my Ph.D. in Neuroscience at The Ohio State University. In my free time, I enjoy spending time with my family, cooking, and listening to music.

Jennifer K. MacCormack: I'm a sixth-year doctoral trainee in Social Psychology at UNC and work in both the Social Neuroscience & Health Lab and Dr. Kristen Lindquist's Carolina Affective Science Lab. Psychology and medicine have long recognized the mind's powerful impact on the body, but I want to champion the reverse direction: how the body bottom-up shapes the mind. For example, my master's thesis tested how hunger is transformed into feeling "hangry." I'm building expertise in peripheral psychophysiology, psychoneuroimmunology, social affective neuroscience, and aging to understand the links between allostasis (e.g., gut-brain axis, inflammation, interoception) and social affective processes across the lifespan. I hope to become a tenure-track professor at a research university and build a lab that uses social affective and developmental science to explore the mind-body link. I received my B.A. in Psychology from NC State University in 2013. Before that, I studied Welsh language and literature at Bangor University in North Wales, UK for four years. In an alternate lifepath, I'd be an anthropologist researching cross-cultural differences in the mind-body connection!

Carrington Merritt: I am a first-year doctoral student at UNC, where I am dually enrolled in the clinical and social program. My primary research interests are in how social conditions influence neural, physiological, and psychological functioning, and thus contribute to the onset, course, and treatment of severe mental illness, specifically schizophrenia. In my graduate studies, I plan to investigate social determinants of schizophrenia pathology, their associations with neurobiological mechanisms underlying schizophrenia risk, and how these associations may vary across socially advantaged and disadvantaged groups. I completed my BA in Psychology at UNC, during which time I was an honors student in the SNH lab. In my spare time, I enjoy running, reading historical fiction novels, and watching stand-up comedy specials on Netflix.

Rebecca E. Salomon: I am a fourth-year doctoral candidate in the School of Nursing at UNC. My research focuses on a specific subset of depressive symptoms, which we refer to as the psychoneurological symptom cluster in Nursing. For my dissertation, I am looking at whether these symptoms are associated with the chronic situational stress experienced by low-income mothers, as

well as whether the symptoms are associated with maternal functioning and child behavior. I hope to follow up this research with an exploration of the biological link between chronic stress and development of symptoms in low-income moms. My long-term research goal is to develop an accessible stress intervention for this dually-vulnerable population of mothers and children. I received my B.A. in Psychology and English at Wellesley College in 2008. After spending time working with children in a variety of settings, including on a biodynamic dairy farm in upstate New York, I attended Vanderbilt University where I received my MSN in Psychiatric Mental Health Nursing across the lifespan. When I'm not wearing my academia hat, I love to garden, cook, and spend time with my wife and daughter.

SNH Lab Photos

At the UNC Science Expo outreach event:

Our lab:

Watching the Tar Heels play basketball in Louisville during APS last year:

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Getting to Know You...*Brian Hughes, PhD*

Professor Brian Hughes is a Professor of Psychology and serves as the Dean of International Affairs at National University Ireland Galway. He is the author of three books: *Conceptual and Historical Issues in Psychology*, *Rethinking Psychology: Good Science, Bad Science*, *Pseudoscience, and Psychology in Crisis*. He is also a Fellow of The Psychological Society of Ireland, Associate Editor for International Journal of Psychophysiology, and past president of the Stress and Anxiety Research Society.

Professor Hughes's research focuses on psychological stress and on psychosocial moderators of stress processes. He has conducted extensive research into the ways human cardiovascular responses habituate during repeated or sustained stress exposure, helping to explain how some people are resilient to the long-term health effects of chronic stress.

Were there any meaningful events that shaped your research and career trajectory?

When I was a child in the 1970s I was an avid watcher of science shows on TV, especially the BBC show *Tomorrow's World*. I recall watching an experiment where heart rate was tracked in motorists while they drove on the highway. It showed that HR tends to vary as a function of driving speed. In later life I became a researcher in cardiovascular psychophysiology, so I guess the idea somehow stuck with me. Back then in Ireland, people were somewhat paranoid about the terrible effects TV would have on children, so I am thankful that my parents facilitated my viewing habits.

Tell us a bit about your research.

I suppose you could say that I have micro-level and macro-level interests. At the micro-level, my laboratory work focuses on individual differences in habituation of cardiovascular stress responses, with an emphasis on how cardiovascular parameters habituate to stress as it unfolds in real time. Stress habituation is subject to stark individual differences, which helps to explain the traditional reactivity hypothesis more completely. (I've recently summarized this point in a theory paper, if you are interested: https://doi.org/10.1016/j.ijpsycho.2018.02.003).

At a macro-level, I write more broadly about good and bad science in psychology, and why I feel it is important -- for humanity -- that psychologists not only practice good science, but champion it too.

What do you think is the most pressing research question in psychological stress? How do you see the field addressing this in the next decade?

One area where we can do extremely important work relates to the experiential and social psychological impacts of our digital lives. For much of the world, the ubiquity and reach of virtual social networks is profound, radically altering the context of human existence. People who until

recently would have lived lives of isolation might now interact with peers across the globe several times a day. All this has fundamental implications for our study of mental health, social relationships, personality, and adaptation. For decades I argued that our ways of thinking about social support are not well framed to deal with modern living; in our new digital age, this threat to external validity has greatly intensified.

The burning research question is this: To what extent do human beings thrive in a world where our personal social contexts span the globe, involve networks of potentially thousands of peer-contacts (a.k.a. 'friends'), and are judged against a norm of immediate on-demand feedback via digital platforms?

To address this we need to consider significantly updating all the fundamental tenets of psychology -- our assumptions regarding personality, developmental growth, social cognition, and self-worth, to name just a few.

You have found the time to write three psychology related books (*Conceptual and Historical Issues in Psychology; Rethinking Psychology: Good Science, Bad Science, Pseudoscience*; and *Psychology in Crisis* (which has just been published) while serving as Dean of International Affairs, running an active research laboratory, being an associate editor of *International Journal of Psychophysiology* and raising young children - do you sleep? But, seriously, how do you find the time?

Funnily enough, I am a terrible sleeper. But nonetheless I seem to find the energy somewhere. When I reflect on what I do, I try to see all my roles as interlinked -- essentially, to see them as comprising one higher-order role rather than lots of lower-order ones. Writing and research produce knowledge that (hopefully) informs society; university service is a wider collaborative part of disseminating knowledge, through education; teaching is a clear part of that; even parenting is an extension of this endeavor to help the next generation and create a better world. I think that when you see the links across all your responsibilities, it is easier to take everything on. Seeing myself as 'tasking' rather than 'multitasking' helps me manage.

What inspired you to write your books? If you could summarize the "take home" message of each book in one sentence what would they be?

I have always loved books. You can tell a story and inform, and invite the reader to become immersed in what you have to say. Science books challenge you to show where your ideas come from and what makes some ideas stronger than others. I love the form and I see book writing as an extremely important dimension of my work.

You are right that it is essential for books to have messages. My first book -- *Conceptual and Historical Issues in Psychology* -- was quite short, but its message was important: namely, that history is as much about looking at the future as it is about studying the past. In *Rethinking Psychology*, my message concerned fake news (although I wrote it before 'fake news' entered our political vernacular): namely, that bad ideas are typically more effective, more popular, and more robust than good ones, and so psychology must resist an ever-present pressure to dumb down.

The take-home of *Psychology In Crisis*, my latest book, is that there is much more to psychology's replication crisis than meets the eye, and so our proposed solutions will have limited effects -- if we are not careful, the way we produce psychology today will gradually erode the field to a point of practical irrelevance. (Should you wish to find out more, *Psychology In Crisis* is, of course, available from your favorite online booksellers [<<shameless plug!>>].)

Do you have an academic idol - someone whose work fascinates or inspires you?

Generally I am wary of idolizing academics, as there often seems to be a low threshold for this kind of idolatry. That said, I have always had a soft spot for William James. All four of his grandparents

were Irish-born, so I suppose you could say that the founder of American psychology was, in fact, Irish.

If you could have dinner with three scientists (alive or dead) who would they be and why?

First would be V. S. Ramachandran, the neuroscientist who invented the mirror box. His work is not always the most scientifically rigorous, but he is hugely insightful and a fascinating and entertaining speaker. Next would be primate scientist Jane Goodall, who is a talented animal behaviorist, a creative (if not eccentrically so) researcher, and an advocate for global betterment to boot. Finally, no dinner-with-three-scientists-alive-or-dead would be complete without Nikola Tesla, the charismatic nineteenth-century inventor and futurist who developed the induction motor, worked on anti-gravity rays, claimed to have been contacted by extraterrestrials, and fell madly in love with a pigeon.

If the APS conference were held in Galway, Ireland what are the can't miss experiences?

Galway is a pretty unique place, even in Irish terms. It is the most ethnically diverse city in Ireland while simultaneously being the epicentre of traditional Irish language, music, and culture. Legally, it is a bilingual city -- Gaelic as well as English -- the only city in Ireland to have this status. At the same time, we are a global town; the university, for example, has students from 125 countries. Galway is pretty, compact, historic, and extremely safe. Walking through the markets at weekends and absorbing that mix of global and Irish is a truly wonderful pleasure, and I feel privileged that I can raise my children in such a place. Perhaps some day you can all come and see it for yourselves. That would be wonderful!

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American Psychosomatic Society

Newsletter

Fall 2018

Ten Reasons You'll Love Vancouver during APS 2019

Your 2019 APS Canadian Program Committee Members: Matt Shay, Linda Carlson, Claudia Trudeau-Fitzgerald, Gerry Giesbrecht & Sarah Pressman

There are always **many** reasons to go to APS from year to year, but for its 2019 conference, the program committee is particularly excited to entice you with the wonder of Beautiful British Columbia and the cosmopolitan city of Vancouver. In particular, the FOUR Canadian program committee members and your Canadian program committee chair are extremely eager to have APS returning at long last to Canada, and to this magical city.

Below, we've put together a taste of some of the great things about Vancouver, as well as some recommendations on what to do when you are there in March 2019.

1. **Springtime in Vancouver!** Vancouver is heralded as one of the most **beautiful** cities in the world due to its varied landscape. There are the beaches and the Pacific Ocean on one side, and on the other a series of impressive mountain ranges. Within the city, the massive Stanley Park offers an easily accessible temporary escape from the city. With springtime arriving in March, when the sun peeks out the city is at its most beautiful! **And the sunsets, we mean, *come on.***

***Recommendation**: Walk, bike, blade, or run the Stanley Park seawall, breathe in the fresh air, stop and see the incredible totem poles, and sit back, relax, and take in the sunset.*

2. **Food!** If you're into diverse menu options, the multicultural nature of Vancouver lends itself to a variety of authentic ethnic restaurants. British Columbia is also home to fruit orchards, organic vegetable farms, and access to the ocean allows for the freshest possible seafood (read: AMAZING sushi). There's something for all palates.

For more traditional Canadian obsessions, go to Tim Horton's ("Timmies") for some coffee (ask for a "double-double" if you like cream and sugar) or if it's warm enough, have Matt Shay's rec: an "Iced Capp". Next, head out for the "Canadian Donut" - a Beavertail (the company where your program chair Sarah Pressman landed her first job!) (https://theculturetrip.com/north-america/canada/articles/the-canadian-doughnut-a-history-of-the-beaver-tail/). Is it cold out? Are you really hungry? While it's definitely Quebecois by invention (Claudia Trudel-Fitzgerald claims the best remains in Quebec City!), you can find excellent poutine in Vancouver (https://theculturetrip.com/north-america/canada/articles/gourmet-guide-to-the-10-best-poutine-spots-in-vancouver/) and don't forget to have a buttertart for dessert, a quintessentially Canadian treat. [Note from Linda Carlson: I can't stand buttertarts, and not a fan of Timmies either! Not all Canadians are totally agreeable...sorry (but we do apologize a lot).]

Recommendation: *Granville Island for lunch/dinner on the waterfront, good choices include Bistro 101 at Pacific Institute of Culinary Arts, The Sandbar Seafood Restaurant, Afghan Horsemen Restaurant, The Market Grill or just take in the array of options at the public market.*

Want more adventure? Take the lift to the top of Grouse Mountain for the best dinner with a view in town (below).

3. **Wine!** A few hours away in the interior of British Columbia you'll find the many award-winning vineyards in the Okanagan valley. And if you like it there as much as we do, you'll soon find yourself with a home away from your new Vancouver home away from home.

Recommendation: *Shop for local wine at a BC Provincial Liquor Store and try out local British Columbia made wine from the popular (Summerhill Pyramid Winery (organic), Mission Hill Family Estate, Cedar Creek Estate Winery, Quail's Gate Estate Winery) to the lesser known gems (Little Straw Vineyards, Vibrant Vines, or Intrigue Wines).*

4. **Beer!** If wine isn't your thing, there's a rapidly growing brewery district with 22 local breweries on tap. (e.g., http://craftbeervancouver.ca/breweries/)

Recommendation: *Book a tour with friends through VancouverBreweryTours.com and enjoy a curated experience and some behind the scenes info, or craft your own experience. And you can easily tour some of these amazing breweries yourself because...*

5. Vancouver is extremely **bike friendly**! From cheap rental bikes located all around downtown to easily accessible dedicated bike paths throughout the city, it's one of the easiest cities in Canada to ditch the car. Your wallet, your cardiovascular system, and the environment will appreciate it.

Recommendation*: Rent a bike nearly anywhere downtown with the Mobi Shaw go Bike Share program, where you can rent any available bike from a variety of locations and pay a low fee per use. It's an excellent way to see the city if you didn't plan on shipping your own bike along for the trip. The walk around the Stanley Park seawall can be looong on foot, so a bike is a great alternative!*

6. **Go Outside:** For outdoorsy people, there are a wealth of options including pretending to be a subject in Dutton & Aron's famous misattribution of arousal paper (1974) by walking across the Capilano suspension bridge (Ya gotta try this!) (https://www.capbridge.com/ and http://psycnet.apa.org/doiLanding?doi=10.1037%2Fh0037031), learning about your cardiovascular system's capabilities via a steep hike up the Grouse Grind ("mother nature's stairmaster" https://www.grousemountain.com/grousegrind - *or if you prefer, taking the skyride chairlift shown below to the mountain top*), outdoor yoga classes, paddle boarding (even paddle boarding yoga!). The mild weather year-round also makes for long and competitive seasons of recreational sports (maybe your chance to try out some beach volleyball?)

Recommendation: *If you are missing your yoga mat or feel like relaxing, look out YYoga, a Vancouver-based studio that offers 15 styles of yoga and fitness classes, along with wellness services (https://yyoga.ca/). There are also beautiful beaches all around Vancouver (e.g., Second Beach Pool and First Beach/English Bay in Stanley Park), some with paddleboard and kayak rentals. Kitsilano Beach is on Cornwall Ave at the north end of Yew St, and is one of the most popular spots in Vancouver. It has a large sandy waterfront, concession, tennis courts, basketball courts, playgrounds, and is a perfect spot for adults and kids alike. Finally, Vancouver is also home to a popular clothing optional beach, Wreck Beach, located about 15 minutes from downtown (http://www.wreckbeach.org/about.html). Keep in mind March might not be warm enough to truly sunbathe...unless you're Canadian!*


7. If **winter sports** are more your style, Vancouver was home to the 2010 Olympics with opportunities to ski, snowboard, snowshoe, ice skate, and more in some of the best conditions around the world just up the coast in beautiful Whistler, BC. The mountains stay snowy and the ski season rages on well into April. (https://www.whistler.com and https://www.whistlerblackcomb.com/).
Recommendation: *GO! You won't regret it.*

8. For those who prefer their **sports** to be done by other people, there are tons of fandom options available throughout the city. Vancouver is home to several sports franchises, including the BC Lions of the CFL (Grey Cup champions in 2011), the Vancouver Whitecaps of the MLS (the first Canadian team to make the Major League Soccer playoffs back in 2012), the Vancouver Canadians (the Northwest league affiliate of the Blue Jays) and the Vancouver Canucks of the NHL (Stanley Cup finalists in 2011 but we don't want to talk about it).
Recommendation*: Nothing is more Canadian than going to a hockey game: The Canucks will be active during this time, with games against Toronto March 6 (a hot ticket), and against Las Vegas (last year's Stanley Cup finalists) on March 9. Soccer fans may be able to enjoy the Whitecaps (the next season's schedule is not yet released).*

9. **Celebrity and Movie/TV Location Spotting:** Vancouver is a Hollywood shooting hotspot so don't be surprised if you see familiar beaches, buildings, and even some celebrities wandering around from movies like Star Trek Beyond, X-Men: The Last Stand, Juno, Jumanji, Tomorrowland, I,Robot, Rise of the Planet of the Apes, Mission Impossible: Ghost Protocol, Godzilla, Fantastic 4, 50 Shades of Grey, and the Twilight series. Do you have dreams of being an extra? Countless TV

shows are filmed here, so keep your fingers crossed for your walk-on role on Supernatural, The Flash, Arrow, Riverdale and more…

***Recommendation**: Love Ryan Reynolds? See if Deadpool or Deadpool 2 are streaming on the flight in and try to spot the Vancouver skyline or landmarks from the movie when you arrive.*

10. All of this adds up to a **city that is frequently rated as the #1 most livable (lovable?) city in the world** based on culture and environment, healthcare, stability, education, and infrastructure. You'll soon see why the people are putting down outlandish amounts of money to own property in Vancouver. And hey, if you manage to get that property, you'll enjoy an amazing city and also have the lowest property tax of any city in Canada! So, that's something.

***Recommendation**: Check out the local academic scene at the world renowned and beautiful UBC campus in Vancouver, home and training location of many APS members and also the location of a fantastic museum of anthropology which has great first nations art and fabulous architecture.*

To sum up: It's impossible to narrow down all of the reasons that every APS 2019 attendee will love Vancouver. It might be the classic Canadian politeness and hospitality or even the proximity of BC's capital, the dynamic Victoria (a less-than-2-hour ferry ride!) or the simple charm of a working steam clock in Gastown. No matter what the reason, we Canadians are **positive** that you'll love your visit and never want to leave! Oh, and don't forget this dude - we love him!

See you in March!

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American Psychosomatic Society

Newsletter

Fall 2018

Stress Measurement Network Announces Release of Practical Tools for Improving Measurement of Psychosocial Stress

By Alexandra Crosswell, PhD, Assistant Professor, UCSF Department of Psychiatry, Executive Director, NIA-funded Stress Measurement Network

Many of us are aware of the compelling epidemiological evidence showing that aspects of chronic psychological stress, such as early life stress and job strain, increase risk for chronic illnesses and mortality (e.g. Chida, Hamer, Wardle, & Steptoe, 2008; Felitti et al., 1998; Kivimäki et al., 2012). Despite this compelling evidence however, there are critical barriers that slow progress in the study of psychological stress as a risk factor for disease.

One of these key barriers is the measurement of the broad umbrella term 'stress.' Measurement of stress is inherently complex and multi-level (e.g., social, psychological, physiological), involving capturing objective exposures to events and a person's response to those exposures. There are few agreed upon 'gold standard' measures of these processes and thus measurement has remained inconsistent and superficial, with heterogeneous constructs often conflated. While some have argued that the term stress is too non-specific to be useful (Kagan, 2016), our Network argues that instead of getting rid of the term, we need to push for increased specificity in the language we use in scientific discourse and improvements in stress measurement.

Thus, the National Institute on Aging-funded Stress Measurement Network (R24AG048024) has developed resources to help scientists improve the measurement of psychosocial stress. ***These resources are now ready for distribution on our website*** http://stresscenter.ucsf.edu/. These include a detailed description of appropriate language to use to adequately describe various aspects of stress exposures and response (called the Stress Typology), an Online Toolbox of expert-recommended measures of psychological and physiological stress, and a user guide that describes all stress variables across the 10 Health and Retirement Study (HRS) Families of Studies. The HRS stress harmonization user guide was developed in collaboration with Dr. Jinkook Lee's Gateway to Global Aging Data effort. This project provides an incredible opportunity to examine cross-cultural comparisons of relationships and processes linking stress, health, and aging.

Many members of APS have contributed to the recent advances in the basic science of stress processes, which have helped to unpack the cognitive and affective components, links to brain and peripheral physiological responses, and daily-level experiences of stress exposure. We hope that the resources provided by the Network will contribute to this research, and also make it easier for epidemiologists to incorporate stressful exposures and responses in their models of healthy aging and disease development.

We welcome scholars from all disciplines and perspectives to comment and contribute to our resources, and hope that you will share these newly available tools with your colleagues.

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Chida, Y., Hamer, M., Wardle, J., & Steptoe, A. (2008). Do stress-related psychosocial factors contribute to cancer incidence and survival? *Nature Clinical Practice Oncology*, *5*(8), 466–475.
Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., … Marks, J. S. (1998). Household dysfunction to many of the leading causes of death in adults the Adverse Childhood Experiences (ACE) Study. *American Journal of Preventive Medicine*, *14*(4), 245–258.
Kagan, J., 2016. An overly permissive extension. Perspect. Psychol. Sci. 11 (4), 442–450.
Kivimäki, M., Nyberg, S., Batty, G., Fransson, E. I., Heikkilä, K., Alfredsson, L., … Theorell, T. (2012). Job strain as a risk factor for coronary heart disease: a collaborative meta-analysis of individual participant data. *The Lancet*, *6736*(12), 1–9.

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American Psychosomatic Society

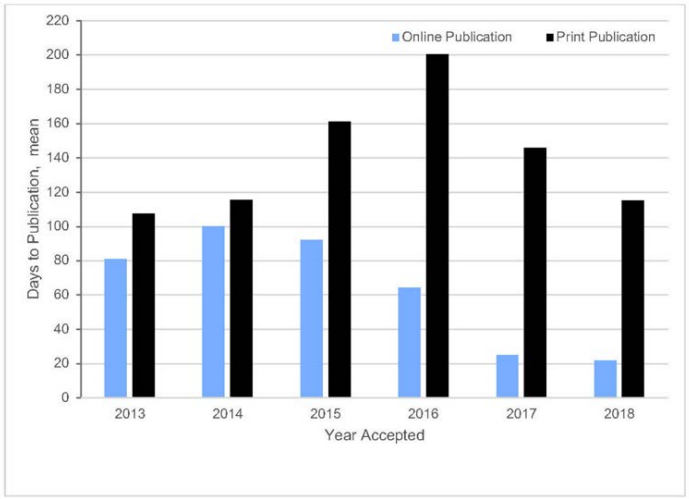
Newsletter

Fall 2018

Highlights from *Psychosomatic Medicine*
Willem (Wijo) Kop, PhD, Editor-in-Chief

Psychosomatic Medicine receives approximately **600 manuscripts each year**. The peer review process is essential to the journal and we are very fortunate to have a large group of colleagues providing expert evaluations of the papers we receive. Each year, all reviewers who contributed to the peer review process are listed in the journal's January issue. The Associate Editors and I rely on these reviews in making our editorial decisions and we have now been able to reduce the average turn-around time below 30 days.

Time From Acceptance to Publication



We are very pleased to welcome **Dr. Andreana Haley** as **Associate Editor** of *Psychosomatic Medicine*. Dr. Haley is Associate Professor in the Department of Psychology at The University of Texas at Austin. She received her Ph.D. from the University of Virginia, Charlottesville, and has developed an impressive research line in neuroscience combined with experiences in applied neuropsychology. She is the author and co-author of over 65 articles in prestigious peer-reviewed journals, such as *Archives of General Psychiatry*, *Neurology*, *Behavioral Brain Research*, several neuroimaging journals, and of course *Psychosomatic Medicine*. Her expertise in various aspects of neuroscience as related to health and disease will be an important asset to the journal.

I also would like to take this opportunity to thank **Dr. Peter Gianaros** for his services as Associate Editor to the journal. Dr. Gianaros played an essential role in promoting the neuroscience

perspective of the journal, starting with the Special Series on “Neuroscience in Health and Disease” that he coordinated in 2012. His scholarly approach to the integration of biobehavioral processes, neuroscience, and psychosomatic medicine is impressive, and it was a pleasure and honor to have him as part of our team of Associate Editors. We have relied on his thoughtful insights and perspectives over the past years and are very pleased that he will continue to serve on the journal’s Editorial Board.

The journal is now compiling the upcoming **Special Issue** on the **Neuroscience of Pain,** with Dr. Lauren Atlas and Dr. Mustafa al’Absi as guest editors. This promises to be a very interesting and important selection of articles that are published on-line when the papers are accepted for publication (as publish-ahead-of-print) and we expect the issue to come out in print in the Fall of this year.

Several impressive papers have been published over the past few months, a few of them are listed here as they reflect the innovative nature of our field:

Good news from Psychosomatic Medicine! Our **impact factor of 3.81** is among the highest in our field and we also have substantially **reduced the time** between acceptance of a paper after review and the online publication from 100 days in 2014 to 22 days in 2018.

For many authors, it is increasingly important to have fast turnaround times between article submission and publication. Over the past years we have used a **two-step procedure** in which the editorial team makes a first-pass decision for suitability of a manuscript within two weeks and when papers are good candidates for publication in the journal, we send them out for full peer review. About 40% of the 600 papers we receive each year are sent out for review and our **average time to decision is around 30 days**. In 2017, our **overall acceptance was 20%** of all manuscripts that were received.

The types of articles that typically do very well in review are papers that have a clear focus on integrating biological or disease-related measures with psychological or social factors, hence the journal’s subtitle: “journal of biobehavioral medicine.” The journal publishes clinical trials, observational studies and investigations based on experimental designs in humans and animals. In addition, systematic reviews and meta-analyses are typically very well received by reviewers.

High-quality peer review is essential for *Psychosomatic Medicine*, as for any high-end scientific journal. In addition to our Editorial Board members, the journal has a database of over 3,000 reviewers with a wide range of expertise who assist in the evaluation process of manuscripts. **Reviewers can get formal credit and recognition** for their important work by requesting **CME** credit as well as by **registration via Publons**. On Publons you can efficiently track, verify, and showcase your review work and expertise without compromising the anonymity of the peer review process. If you are invited to review for the journal, you will receive an easy-access sign-up link so that when you complete a review, it will be added to your profile. Other reviewer recognition programs are also being developed; it remains to be seen whether one will become the most dominant. For now, we encourage reviewers to make use of the Publons registration so that they can use this for practical issues such as annual evaluations at their institutions. To date, more than 80 reviewers have already made use of the Publons option and this number is likely to increase rapidly.

Several impressive papers have been published over the past few months, a few of them are listed here as they reflect the innovative nature of our field:

Bremner JD, Campanella C, Khan Z, Shah M, Hammadah M, Wilmot K, Al Mheid I, Lima BB, Garcia EV, Nye J, Ward L, Kutner MH, Raggi P, Pearce BD, Shah AJ, Quyyumi AA, Vaccarino V. Brain Correlates of Mental Stress-Induced Myocardial Ischemia. Psychosom Med. 2018 Jul/Aug;80(6):515-525.

Celano CM, Albanese AM, Millstein RA, Mastromauro CA, Chung WJ, Campbell KA, Legler SR, Park ER, Healy BC, Collins LM, Januzzi JL, Huffman JC. Optimizing a Positive Psychology Intervention to Promote Health Behaviors After an Acute Coronary Syndrome: The Positive Emotions After Acute Coronary Events III (PEACE-III) Randomized Factorial Trial. Psychosom Med. 2018 Jul/Aug;80(6):526-534.

Patel JS, Berntson J, Polanka BM, Stewart JC. Cardiovascular Risk Factors as Differential Predictors of Incident Atypical and Typical Major Depressive Disorder in US Adults. Psychosom Med. 2018 Jul/Aug;80(6):508-514, and the accompanying editorial by Drs. Herrmann-Lingen and al'Absi M
Article | Editorial

Peng H, Zhu Y, Strachan E, Fowler E, Bacus T, Roy-Byrne P, Goldberg J, Vaccarino V, Zhao J. Childhood Trauma, DNA Methylation of Stress-Related Genes, and Depression: Findings From Two Monozygotic Twin Studies. Psychosom Med. 2018 Sep;80(7):599-608.

Lane RD, Anderson FS, Smith R. Biased Competition Favoring Physical Over Emotional Pain: A Possible Explanation for the Link Between Early Adversity and Chronic Pain. Psychosom Med. 2018 Sep 14

Roubinov DS, Hagan MJ, Boyce WT, Adler NE, Bush NR. Family Socioeconomic Status, Cortisol, and Physical Health in Early Childhood: The Role of Advantageous Neighborhood Characteristics. Psychosom Med. 2018 Jun;80(5):492-501.

Sevinc G, Hölzel BK, Hashmi J, Greenberg J, McCallister A, Treadway M, Schneider ML, Dusek JA, Carmody J, Lazar SW. Common and Dissociable Neural Activity After Mindfulness-Based Stress Reduction and Relaxation Response Programs. Psychosom Med. 2018 Jun;80(5):439-451.

Henningsen P, Gündel H, Kop WJ, Löwe B, Martin A, Rief W, Rosmalen JGM, Schröder A, van der Feltz-Cornelis C, Van den Bergh O; EURONET-SOMA Group. Persistent Physical Symptoms as Perceptual Dysregulation: A Neuropsychobehavioral Model and Its Clinical Implications. Psychosom Med. 2018 Jun;80(5):422-431.

This list is merely a selection of the many excellent articles published in the journal. The open access **Article Summaries**, at the beginning of each issue of the journal are an efficient way to keep up to date with recent developments in our field. You may also be interested in checking out some of the new **Abstract video summaries**, for example the video on Psychological Stress and Mitochondria by clicking here.

In the November/December issue, we will publish the **Special Issue** on the **Neuroscience of Pain**, with Dr. Lauren Atlas and Dr. Mustafa al'Absi as Guest Editors. We are now gearing up to finalize the new special issue based on the APS 75th anniversary meeting on "Emotions in Social Relationships: Implications for Health and Disease" guest-edited by Dr. Naomi Eisenberger (UCLA) and Dr. Bert Uchino (University of Utah).

Psychosomatic Medicine is promoting new initiatives on **Social Media**. The journal is looking for **volunteers** who will work with us to send out Facebook messages, instagrams, and tweets about cutting-edge articles, new initiatives, and other information relevant to our audience. If you are interested in promoting our science, please **contact Vicki White**, Managing Editor, at our editorial office: EditorialOffice@psychosomaticmedicine.org. This is a good opportunity to make a difference, contribute to the impact of psychosomatic medicine, and network with prominent scientists and clinicians in our field.

It is a pleasure sharing this update with you as it highlights the exciting science published in our journal. Please continue to send your work to *Psychosomatic Medicine* at:
http://www.editorialmanager.com/psymed/default.aspx

With very best wishes,
Willem J. (Wijo) Kop
Editor-in-Chief, *Psychosomatic Medicine*

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