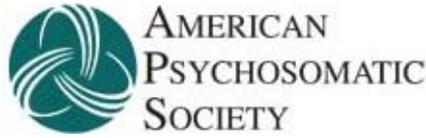


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Suzanne C. Segerstrom, PhD, APS President



I can tell you exactly what I was doing late in the evening of November 8, 2016: I was watching election returns and researching whether New Zealand was offering visas to university faculty. The potential threat to values that I and other members of this Society hold dear, such as social justice and affordable health care, seemed overwhelming. Yet, a few months later, when an international colleague asked me if I was thinking about leaving the U.S., I told her that I was resolved to fight the good fight instead.

In a *New Yorker* article about the economist Albert Hirschman (June 24, 2013), Malcolm Gladwell wrote, "Hirschman was interested in contrasting the two strategies that people have for dealing with badly performing organizations and institutions. 'Exit' is voting with your feet, expressing your displeasure by taking your business elsewhere. 'Voice' is staying put and speaking up, choosing to fight for reform from within . . . Exit is *passive*. It is silent protest. And silent protest, for [Hirschman], is too easy." APS has already faced one decision between *exit* and *voice*: where to hold our annual meeting. After the initial travel ban imposed by the Trump administration, we made a quick poll of the membership to try to gauge the effect on meeting travel and the general opinions of our members. Unsurprisingly, the membership who responded were in favor of APS making its voice heard for freedom of science (94%), affordable physical and mental health care (93%), and freedom of travel and immigration (88%).

But the question of where to hold the annual meeting was more difficult. The economic value of our meeting makes exit relatively more appealing – we have seen lately in the retail sphere what "voting with your wallet" can do! In terms of people who would have been personally affected by the travel ban, it was almost literally six of one (would not be able to attend a meeting in the U.S.) and half a dozen of the other (would not be able to attend a meeting outside the U.S.). We also asked you about this option: "I support moving the 2018 APS Annual Meeting to a location in Canada if technically feasible without excessive cost to the Society." Most people (68%) were supportive of this option, a minority opposed it (16%), and another minority were undecided (16%). In the end, moving the meeting to Canada for 2018 was not possible at short notice without excessive cost, and so Council, after long discussion, voted to keep the 2018 North American location the same (Louisville, Kentucky) and to consider locations in Canada for 2019. (Maybe in 2020 we'll go to Mexico!)

Exit was not an option for 2018, but that doesn't mean accepting the status quo – *voice* remains. Some of you probably think of Kentucky as the home of Senator Mitch McConnell, about whom nothing more need be said, but Louisville is also the home of U.S. Representative John Yarmuth. In case you haven't seen him on the Sunday talk shows in the

U.S., Yarmuth is one of the most vocal defendants of the Affordable Care Act. He also cares about reducing gun violence, improving literacy, and instituting a more humane immigration policy. To read more about Yarmuth and his positions, see his webpage (<https://yarmuth.house.gov/>). At our Council meeting in March, Pete Gianaros shared what he had learned about influencing politicians: that grassroots endeavors count for a lot more than official statements. Maybe the 2018 meeting offers us an opportunity to “stay put and speak up” by hearing from Yarmuth or one of his staffers about how to most effectively influence members of Congress and state houses; to devote some meeting space to a call room stocked with phone numbers of congressional representatives and scripts for advocating for issues related to mental and physical health and wellness; or to pick up an APS-branded postcard and drop a line to someone in government.

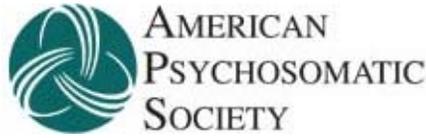
The 2017 meeting in Seville also saw the formation of a new advocacy group. President-Elect Bruce Rollman joined with others for the first meeting of this group, which will be taking the lead on matters of *voice* for the Society. We hope to have a discussion board for advocacy issues in place in the coming months. If you want to become involved in advocacy or you have ideas about enhancing APS’s voice, please contact Bruce (and let him know).

By the time you read this, one of the biggest opportunity for scientific voice will have just passed: The March for Science. I hope that many of you will have made *your* voice heard in Washington, D.C., and around the U.S. and the world in support of scientific values and the role of science in public health and public policy. If you have photos of yourself and/or other APS members marching for science, share them with us! I myself have my brain hat and my APS-branded March for Science poster ready and will be marching with other APS members in Chicago.

My final word for this column is one of thanks. The meeting in Seville was a great success, in large part due to the efforts of outgoing Program Chair Lorenzo Cohen and his committee. Christoph Herrmann-Lingen finished his Presidential year by handing a society over to me that is in great shape and poised for growth. Thanks, too, go to all of our outgoing officers and committee chairs, who were recognized in Seville. I am looking forward to this year, culminating in our Annual Meeting in Louisville. Keep an eye out for information about things to see and do in the beautiful Kentucky bluegrass region, which will appear in the newsletter and on Facebook over the year. It’s more than racehorses and bourbon (as if that wasn’t enough.) For example, although you’ll miss the Kentucky Derby, which is run on the first Saturday in May, you’ll catch the Humana Festival of New American Plays, a nationally recognized theater festival.

Wishing you all a happy and productive summer (or, as they call it in New Zealand, winter).

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From the Editor's Desk
Aric A. Prather, PhD, APS Newsletter Editor



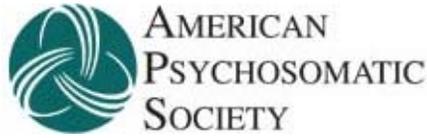
Hola, welcome to our Spring Edition of the APS newsletter. For those of you winding down the academic calendar, congratulations! For the rest of you (yours truly included) in medical centers, non-traditional academic appointments, or somewhere in between...well, it's just another day...but summer is upon us. For our Society, the year is off to a roaring start, including a successful international meeting in Seville, Spain.

Unfortunately, I was not present but I loved following it on twitter and other social media outlets. As always, the science was top-notch mixed with a healthy dose of socializing and enjoyment of the incredible sights, sounds, and tastes of Spain. I want to echo the comments from our President, Dr. Segerstrom, in thanking Dr. Lorenzo Cohen for leading the program committee over the past two years. Dr. Sarah Pressman, our next program chair, has a lot to live up to (though I know she is more than up to the task). In addition to the annual meeting, the Spring was also marked by increasing activism by the Society. Please turn to Dr. Segerstrom's Message to read more about the initiatives of the Society. In the coming issues, I will be inviting members of our Society to weigh in on these initiatives, provide context, and pointed discussion about many of the events beyond our Society that may affect our science and our scientific community.

In this issue you will find photos from the annual meeting and from the recent March for Science. Many of our members turned out in Washington, D.C. and at other satellite marches in support of science. Speaking of science...this issue also highlights one of our senior scientists who has been a stalwart member of the Society for several decades: Dr. Dick Jennings from the University of Pittsburgh. Please read more about him in the "Getting to know" section. In this issue we also highlight the Psychosocial Processes and Health Laboratory directed by Dr. Peggy Zoccola at Ohio University. Finally, as always, please find highlights from our Journal from the Editor-in-Chief Dr. Wijo Kop. Enjoy.

Any feedback on the Newsletter, good or bad, I'd love to hear about it (aric.prather@ucsf.edu).

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Meet the Lab

There are so many incredible laboratories associated with our Society; however, very few focus specifically on health psychology. A stand-out in this regard is the Psychosocial Processes and Health Laboratory directed by Dr. Peggy Zoccola at Ohio University. Founded in 1804, Ohio University was the first public higher learning institution in Ohio, but, as you will see, the PPH lab is writing its own history in the field of Psychosomatic Medicine.

[Meet the Psychosocial Processes and Health Laboratory at Ohio University](#)



Lab Director: Peggy M. Zoccola, Ph.D.

APS: Who are you and what do you study in the PPH Lab?

PZ: I am an Experimental Health Psychologist who received my B.A. in Psychology from the University of Pennsylvania, and Ph.D. in Psychology and Social Behavior (Health emphasis) from the University of California, Irvine. After I completed my doctoral work in 2010, I joined the Department of Psychology at Ohio University, and am currently an Associate Professor there.

I've long been interested in mind-body processes, and my broad research interests are on the science of human stress and health. Although stressors are ubiquitous, there is a great deal of variability in individuals' psychological and physiological responses to stressful experiences. Since a first year graduate student, my program of research has focused on the role of cognitive and emotional factors in prolonging physiological and psychological stress responses and the potential health consequences. For example, my research begins to ask questions such as: Do individuals who ruminate have increased cortisol or inflammation in response to psychosocial stressors, and if so, for how long do these stress-related changes persist? Are some individuals at greater risk for ruminative thinking in response to stressors? Are certain kinds of stressors or environmental contexts more likely to elicit ruminative thought and increases in cortisol and inflammatory processes? What are the consequences of rumination and prolonged exposure to stress hormones and inflammation? What can prevent or reduce rumination-related physiological activation?

APS: How is the lab structured?

PZ: I aim to cultivate collaborative and interdisciplinary empiricism while training my doctoral students to become independent investigators. By having faculty and student collaborators from a range of disciplines and specialties (current and former collaborators are from Biomedical Sciences, Clinical Psychology, Health Communication, Public Health, Social Psychology, and Music), we enhance our ability to think creatively and to adopt diverse perspectives to reframe research ideas and to tackle complex research questions.

In terms of the projects we focus on in the lab, we typically have at least one larger ongoing lab-based study to which all of my graduate students contribute. In addition, students will take the lead role on additional projects specific to their research interests. To assist with the day-to-day running of projects, we have a large team of bright undergraduate research assistants, who are interested in getting hands-on experience prior to applying to grad school. Our graduate students, train, mentor, and work alongside our undergraduate research assistants.

APS: Are there any unique aspects of this lab?

PZ: One unique aspect of our research lab (and department, really) is our psychophysiological research and training facilities. For example, I oversee our department's wet lab which is dedicated to specimen storage and processing. Students receive hands-on training and experience performing immunoassays to quantify salivary and blood-based molecules in our research (e.g., cortisol, testosterone, cytokines). Our department also has a sophisticated psychophysiological training lab equipped with a dozen workstations. This training lab is a major component of our undergraduate and graduate courses in Human Psychophysiology, and the training that students receive directly informs their research. In addition, our students often obtain additional training experiences from our partners at Ohio University (e.g., [genomics](#)).

APS: Your lab does a lot of work on rumination. Does that ever seep into your lab's collective consciousness?

PZ: Haha! Yes, I do think we engage in a fair share of meta-cognition, or thinking about thinking! Hopefully most of the repetitive thought my students engage in is the more productive type of problem-solving or more neutral form of reflective thinking, rather than negative rumination.

APS: Do you have any advice for junior faculty about the "dos and don'ts" for setting up a lab and nurturing the futures of eager graduate students?

PZ: Setting up a lab with psychophysiological equipment is a lot of work and requires a great deal of patience. Having bright graduate students (who aren't intimidated by complex equipment) to learn and contribute to the process early on is *very* helpful. Having said that, mentoring and training future Experimental Health Psychologists takes a lot of time and energy, so it's important to find the right balance in terms of the number and type of students in your lab. Although I haven't yet implemented this, I often wonder whether at future graduate student interview days, I should disassemble a piece of research equipment to see how applicants respond. I suppose we can consider this a warning!

APS: Now let's meet some members of the PPH Lab.

Alex Woody

I am a fifth year doctoral student in Ohio University's Experimental Health Psychology program. I earned my B.A. in Psychology from Hendrix College and my M.S. in Experimental



Psychology from Old Dominion University. My program of research focuses on cognitive and physiological mechanisms that may link stress exposure to poor health. For example, recent work is examining if and how rumination may affect the physiological stress response over time, in the context of dementia caregiving, a strong, chronic stressor. Following graduation in 2017, I will be a post-doctoral researcher at the Ohio State Institute for Behavioral Medicine Research under the supervision of Dr. Jan Kiecolt-Glaser.

Katrina Hamilton

Currently, I am a third year doctoral student in Ohio University's Health Psychology program, where I also earned my B.A. I am supported by a Heritage Fellowship from the Heritage College of Osteopathic Medicine, which allows me to work with two mentors to foster interdisciplinary work between our Psychology department and medical school. My primary research interests focus on how stress affects one's biopsychosocial status in both healthy and chronically ill individuals, and what non-invasive interventions are useful for reducing these effects. To find out



more about my work check out: <https://www.ohio.edu/cas/psychology/contact/profiles.cfm?profile=kh353709> or email me at kh353709@ohio.edu. I attended my first APS conference in 2015 and was immediately drawn to the variety of talks offered and the opportunity to meet others interested in similar research. Each year I'm excited for the opportunity to catch up with those I've met previously and make new connections in our research community.



Matt Scanlin

I am a graduate student in experimental health psychology and in public health. Within psychology, my research focuses on how behaviors such as blood donation and cigarette smoking and emotions such as psychological stress affect the cardiovascular and endocrine systems. Within public health, my research focuses on program evaluation using health behavior change models. For example, I am currently working on a study evaluating a smoking cessation program using the Theory of Planned Behavior.

Cari Hollenbeck

I earned my B.A. in Psychology at Ohio University in 2014. I am currently in my third year of my doctoral program in Experimental Health Psychology, and my second year in my Masters in Public Health (with an emphasis in social health) at Ohio University. Broadly, I am interested in biopsychosocial determinants of health (e.g., diet, sex and gender), and have tied this into my public health work by considering how these determinants of health contribute to health disparities in rural areas. My thesis work examines how omega-3 fatty acids may buffer stress responses (e.g., mood, inflammation) to acute psychosocial stress in women. In my current work, I am interested in digging further into the global differences in health reported between men and women to tease apart the biological (i.e., sex) and psychosocial (i.e. gender) effects in the physiological stress response and how we cope with stress.





Andrew Manigault

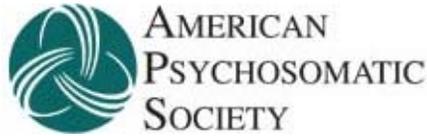
I have been a graduate student in Ohio University's Health Psychology program since 2014. I earned my B.S. in Psychology at Montana State University with a focus on Social Psychology as well as Judgment and Decision Making. I receive my M.S. at Ohio University in 2016. My Master's thesis examined how mindfulness and rumination are associated with acute physiological stress responses. While my research has primarily focused on mindfulness, I have also tested the relationship between stress and physiological markers of health under other contexts. For example, I recently found that education influences patterns of cortisol responses to acute laboratory stress among college students. In collaboration with other members of the laboratory, I also found that sexual identity disclosure predicts the total output of diurnal cortisol secretion among sexual minority young adults. The most current study in the Physiological Processes and Health lab examines how mindfulness based stress reduction and cognitive behavioral therapy impact stress responses when those are repeated (i.e., stress habituation). Working with Dr. Peggy Zoccola and graduate students in the Psychosocial Processes and Health Lab continues to be a truly fulfilling experience.



Want to learn even more about the PPH Lab? Reach out through their lab website:

https://www.ohio.edu/cas/psychology/research/clinics_and_labs/psychosociallab.cfm

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Getting to Know You... **J. Richard Jennings, PhD**



Dr. J. Richard Jennings is a psychophysiological working in the Departments of Psychiatry and Psychology at the University of Pittsburgh. He has had a lifelong interest in how autonomic variables relate to cognitive function, as well as to health and disease. Recent work has extended this to the brain regulation of autonomic function. Dr. Jennings grew up in Idaho and California and attended Universities in both states. After his PhD, he spent 8 years at the Walter Reed Army Institute of Research prior to going to Pittsburgh, where he's been since 1978.

APS: Thank you for taking time to talk to APS. You have had such a storied career in psychosomatic medicine. I think our readers would love to hear a little bit about how you got started and some insights into key turning points in your career.

DJ: My early career was all turning points. I was interested in how cognition interacted with motivation/emotion. Without a mentor in the area, I found and worked in Richard Lazarus' lab at the University of California, Berkeley. He had the polygraphs I'd need to examine autonomic changes during cognition. Lazarus was interested in this only because he'd seen two psychophysiologicals, John Lacey and Paul Obrist, engage in a ferocious argument at a meeting of the Society for Psychophysiological Research. He mistakenly thought we could settle the argument by doing an experiment. Nonetheless, after this experiment I was permitted to do a dissertation on autonomic change related to Piagetian stages of cognitive development. My career as a developmentalist ended, though, when I chose to go to Walter Reed and do research for soldiers rather than be an artillery forward observer in Vietnam (Editor note: I had to look this up: https://en.wikipedia.org/wiki/Artillery_observer). The Lazarus stress research suddenly became relevant. The earlier work acquainted me with both Lacey and Obrist. Despite their quarrel, both were very helpful to me. Indeed, Lacey convinced me to go to my first American Psychosomatic Society meeting. I spent 8 years in the army as academic positions were very sparse. I finally gave up on psychology departments and applied to psychiatry as well (at the time I wasn't sure that psychiatrists really did research). This worked out and I chose to go to Pitt rather than moving to research administrative posts in the army. Pitt was a medical school appointment and now the psychosomatic exposure and disease relevance became important. This was truly a wonderful opportunity as Pitt had a small core of investigators with psychosomatic interests that then grew into a whole host of wonderful friends and colleagues. Since then (1978), I've been a bit more stable in interests and research.

APS: Congratulations on your recent Distinguished Scientist Award- such a well-deserved honor. Where were you when you found out you had won and what was the first thought

that went through your mind?

DJ: Thank you and all for your congratulations. I was clearly pleased when I read the news via email sitting at my home computer, but I was also surprised. The Society has many distinguished researchers and it wasn't clear that I stood out. I did note that the award included lifetime contributions to the Society/field—and I have been both active in the Society and lived a good while. Working in Pittsburgh among all my great colleagues in psychosomatic medicine also gave me an advantage.

APS: I've been in your lab, and the equipment ranges from top of the line to museum worthy. Do you still prefer the grass polygraph? Are there things you are still tinkering with in the lab?

DJ: Did I show you the silver sheet that I have to make silver/silver chloride electrodes by hand? Modern integrated hardware/software systems for data collection are clearly the most efficient approach to research. I succumb to this efficiency, but with the older polygraphs/biological amplifiers there was the clear virtue of requiring direct knowledge of how the signals were filtered and amplified. Once you mastered data collection with these devices, you understood your data well. I also understood skin conductance better when I had to build my own Wheatstone bridge to measure it, but I'm not about to do this now (and overall, modern amplifiers and systems yield much cleaner and interpretable data).

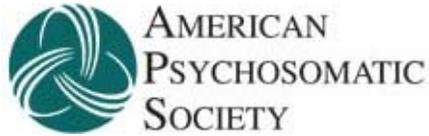
I'm not fiddling so much in my lab anymore, though I have infected my former postdoc and co-teacher, Pete Gianaros. In his lab, we're trying to use multiple impedance cardiographs simultaneously to do a better and much cheaper job of measuring arterial pulse wave velocity than black box medical devices. We're also fiddling with old devices and methods for measuring forearm blood flow—thinking about this as another low cost marker of vascular disease. We seem to never give up on the power of psychophysiology and tinkering with dusty devices.

APS: Where do you see the biggest opportunities to make significant strides in psychosomatic research?

DJ: I have come to think that 'biopsychosocial' is indeed a good description of what we do and a good description of the diseases that we study. It is clearly not a simple description. I think this complexity has led us to large descriptive studies that try to assess and incorporate multiple measures. Typically, we end up putting measures together in linear models that remain rather descriptive. New big data and machine learning techniques might serve us better with such data to find groupings of participants and measures that work together forming different paths to disease outcomes. Such results should be combined with conceptual reviews of all the results that we all know too well; results that suggest disease relevance of a variable, but not that strongly or that consistently. All of this though should be designed to get us thinking again and developing detailed conceptual models that can be brought into the laboratory for experimental testing. Testing new and exploratory ideas, perhaps in line with the suggestions of Fiedler (*Perspectives on Psychological Science*, 12, January 2017, 46-61).

APS: Reflecting on your career, what advice would you like to impart to junior investigators and graduate students hoping to make their marks in this field?

DJ: Adopt an ambitious goal and keep at it. Perseverance is key to survival. Each aspect of what we do develops us—read the literature, write the literature, and help improve it through volunteering to review, and taking on editorial roles. Finally, don't ignore or resent the situations that life gives to you. Learn from colleagues and situations even though they aren't an exact fit with your plans. Despite it being tangential to my then interests, the time spent with Richard Lazarus' students and in his seminars ended up being very useful.



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

Good news: The impact factor of *Psychosomatic Medicine* is up from 3.638 to 3.863. *Psychosomatic Medicine* is thriving with already over 200 manuscript submissions in 2017.

We also received a very positive reaction to the open invitation for papers in the upcoming special themed issue on the Neuroscience of Pain. Dr. Lauren Atlas (NIH, NCCIH, Section on Affective Neuroscience and Pain) and Dr. Mustafa al'Absi

(University of Minnesota Medical School, Duluth) serve as Guest Editors for this special issue. In addition, we expect to publish this year's special issue on the role of the microbiome in brain-gut interactions in the Fall of this year. Guest Editors Dr. Emeran Mayer and Dr. Elaine Hsiao and Dr. Emeran Mayer (both from UCLA) have built a superb collection of articles addressing this intriguing new and fast developing field, many of the papers are already available online as "publications-ahead-of-print" (see below for a few examples).

In [the previous APS Newsletter](#), I outlined several important new developments that will increase the efficiency of the review and publication process, including accelerated publication of papers ahead of print and new ways to quantify online societal impact of articles by Altmetrics.

Recent Noteworthy Articles

The subtitle of *Psychosomatic Medicine*: "Journal of Biobehavioral Medicine" highlights our focus on biological and behavioral processes in health and disease that characterize the articles published in the journal. Among the many excellent articles that were published recently, the following are of particular interest:

Moller CM, Olsa EJA, Ginty AT, Rapelje AL, Tindall CL, Holesh LA, Petersen KL, Conklin SM. Influence of Acute Multi-Species and Multi-Strain Probiotic Supplementation on Cardiovascular Function and Reactivity to Psychological Stress in Young Adults: A Double-Blind, Randomized, Placebo-Controlled Trial. *Psychosom Med*. 2017 May 12. doi: [10.1097/PSY.0000000000000489](https://doi.org/10.1097/PSY.0000000000000489). [Epub ahead of print]

Kim H, Park YJ. The Association Between Temperament and Microbiota in Healthy Individuals: A Pilot Study. *Psychosom Med*. 2017 Mar 7. doi: [10.1097/PSY.0000000000000459](https://doi.org/10.1097/PSY.0000000000000459). [Epub ahead of print]

Sundin J, Ohman L, Simren M. Understanding the Gut Microbiota in Inflammatory and Functional Gastrointestinal Diseases. *Psychosom Med*. 2017 Apr 18. doi:



[10.1097/PSY.0000000000000470](https://doi.org/10.1097/PSY.0000000000000470). [Epub ahead of print]

Lovallo WR, Enoch MA, Sorocco KH, Vincent AS, Acheson A, Cohoon AJ, Hodgkinson CA, Goldman D. Joint impact of early life adversity and COMT Val158Met (rs4680) genotypes on the adult cortisol response to psychological stress. *Psychosom Med*. 2017 Apr 27. doi: [10.1097/PSY.0000000000000481](https://doi.org/10.1097/PSY.0000000000000481). [Epub ahead of print]

Gasperi M, Herbert M, Schur E, Buchwald D, Afari N. Genetic and Environment Influences on Sleep, Pain, and Depression Symptoms in a Community Sample of Twins. *Psychosom Med*. 2017 Feb 3. doi: [10.1097/PSY.0000000000000456](https://doi.org/10.1097/PSY.0000000000000456). [Epub ahead of print]

Taren AA, Gianaros PJ, Greco CM, Lindsay EK, Fairgrieve A, Brown KW, Rosen RK, Ferris JL, Julson E, Marsland AL, Creswell JD. Mindfulness Meditation Training and Executive Control Network Resting State Functional Connectivity: A Randomized Controlled Trial. *Psychosom Med*. 2017 Mar 20. doi: [10.1097/PSY.0000000000000466](https://doi.org/10.1097/PSY.0000000000000466). [Epub ahead of print].

Savransky A, Chiappelli J, Rowland LM, Wisner K, Shukla DK, Kochunov P, Hong LE. Fornix Structural Connectivity and Allostatic Load: Empirical Evidence from Schizophrenia Patients and Healthy Controls. *Psychosom Med*. 2017 May 12. doi: [10.1097/PSY.0000000000000487](https://doi.org/10.1097/PSY.0000000000000487). [Epub ahead of print].

Gonzales MM, Ajilore O, Charlton RC, Cohen J, Yang S, Sieg E, Bhaumik DK, Kumar A, Lamar M. Divergent Influences of Cardiovascular Disease Risk Factor Domains on Cognition and Grey and White Matter Morphology. *Psychosom Med*. 2017 Jan 16. doi: [10.1097/PSY.0000000000000448](https://doi.org/10.1097/PSY.0000000000000448). [Epub ahead of print].

Kerr KL, Moseman SE, Avery JA, Bodurka J, Simmons WK. Influence of Visceral Interoceptive Experience on the Brain's Response to Food Images in Anorexia Nervosa. *Psychosom Med*. 2017 May 12. doi: [10.1097/PSY.0000000000000486](https://doi.org/10.1097/PSY.0000000000000486). [Epub ahead of print]

Lowe B, Piontek K, Daubmann A, Harter M, Wegscheider K, Konig HH, Shedden-Mora M. Effectiveness of a Stepped, Collaborative, And Coordinated Health Care Network for Somatoform Disorders (Sofu-Net): A controlled cluster cohort study. *Psychosom Med*. 2017 May 12. doi: [10.1097/PSY.0000000000000491](https://doi.org/10.1097/PSY.0000000000000491). [Epub ahead of print]

Elliot AJ, Mooney CJ, Infurna FJ, Chapman BP. Associations of Lifetime Trauma and Chronic Stress With C-Reactive Protein in Adults Ages 50 and Older: Examining the Moderating Role of Perceived Control. *Psychosom Med*. 2017 Apr 21. doi: [10.1097/PSY.0000000000000476](https://doi.org/10.1097/PSY.0000000000000476). [Epub ahead of print]

Ironson G, Fitch C, Stuetzle R. Depression and Survival in a 17-year Longitudinal Study of People with HIV: Moderating Effects of Race and Education. *Psychosom Med*. 2017 May 12. doi: [10.1097/PSY.0000000000000488](https://doi.org/10.1097/PSY.0000000000000488). [Epub ahead of print]

van de Grift TC, Elaut E, Cerwenka SC, Cohen-Kettenis PT, De Cuypere G, Richter-Appelt H, Kreukels BP. Effects of Medical Interventions on Gender Dysphoria and Body Image: a Follow-up Study. *Psychosom Med*. 2017 Mar 18. doi: [10.1097/PSY.0000000000000465](https://doi.org/10.1097/PSY.0000000000000465). [Epub ahead of print]

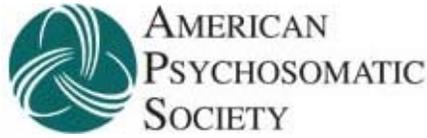
Hall PA, Erickson KI, Gianaros PJ. The Neurobiology of Health Communication. *Psychosom Med*. 2017 May;79(4):376-378. doi: [10.1097/PSY.0000000000000457](https://doi.org/10.1097/PSY.0000000000000457). An editorial on an innovative article by Yoona Kang et al. doi: [10.1097/PSY.0000000000000445](https://doi.org/10.1097/PSY.0000000000000445)

Rozanski A, Cohen R. From Vitality to Vital Exhaustion and Other States of "Tense Tiredness": A New Biopsychosocial Risk Domain. *Psychosom Med*. 2017 Apr;79(3):256-259. doi: [10.1097/PSY.0000000000000452](https://doi.org/10.1097/PSY.0000000000000452). An editorial on a meta-analysis by Daria Frestad and Eva Prescott. doi: [10.1097/PSY.0000000000000423](https://doi.org/10.1097/PSY.0000000000000423)

A very efficient way to keep up to date with recent developments in our field is to check out the Article Summaries, at the [beginning of each issue](#) of the journal. If you open the pdf that goes with these summaries, you will find links that directly access the articles to which the summary refers. In addition, check out our [podcasts](#). We recently added an informative podcast outlining the highlights of our Special Issue on "Mechanisms Linking Early Adversity with Physical Health": listen to the Guest Editors' interview with one of the contributing authors.

This update shows how vibrant our field is and the exciting science published in our journal. The journal's editorial team is looking forward to receive your best science for publication in *Psychosomatic Medicine*.

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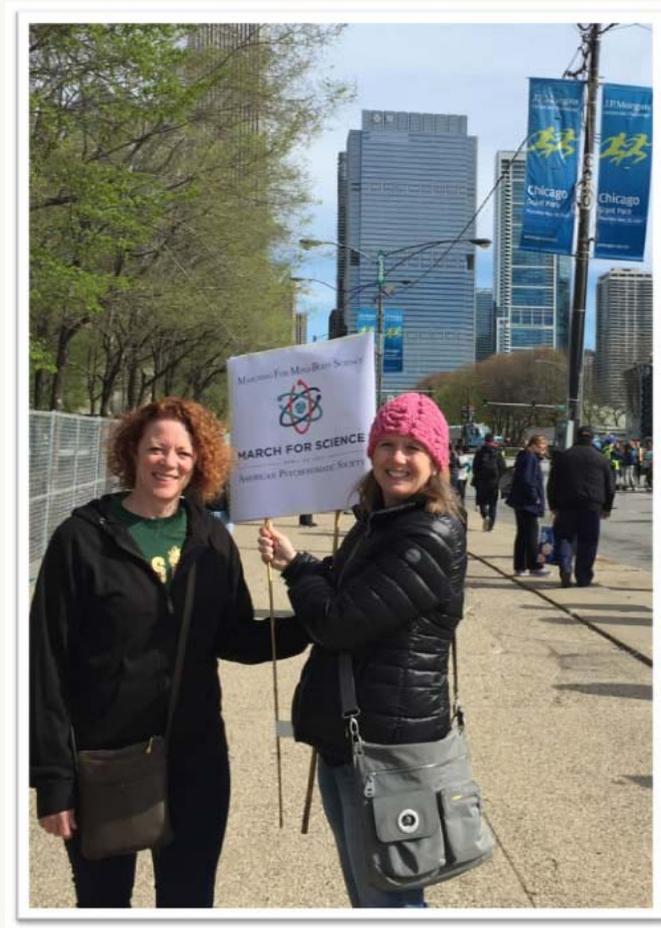
The American Psychosomatic Society Supports the March for Science Around the World

Scenes from the March for Science in Washington, DC

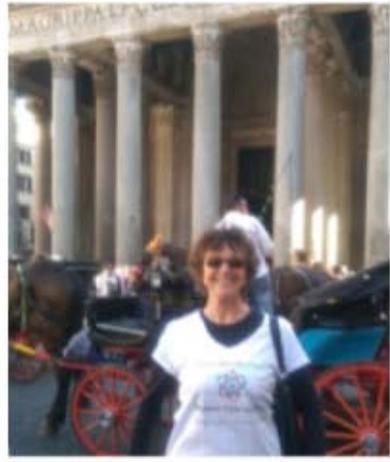




APS Members Marching for Science in Chicago



APS Members March for Science in Rome



APS Members Marching for Science in Tucson



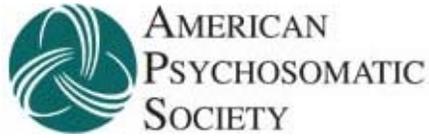
Scenes from the March for Science in St. Lois



APS members at the Science March Amsterdam



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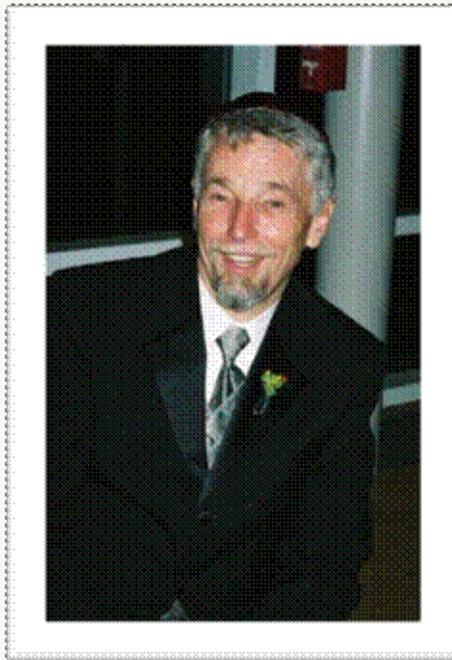
2017 Annual Meeting Award Recipients



2017 Paul D. MacLean Award recipient
Hugo D. Critchley, MB ChB, DPhil, FRCPsych (left) with Pete Gianaros, PhD



2017 Patricia R. Barchas Award recipient
Andrew Steptoe, DSc (right) with Derek W. Johnston, PhD



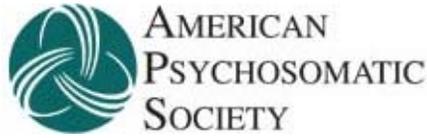
2017 Distinguished Scientist J. Richard Jennings



2017 Herbert E. Weiner Early Career Award recipient
David Creswell (right) with Matt Muldoon, MD



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What's Up at APS

Emotions in Social Relationships: Implications for Health and Disease

October 20-21, 2017

Celebrating its 75th anniversary, the American Psychosomatic Society is holding a meeting on the role of emotions in social relationships in Berkeley, California.

The goal of the meeting is to advance knowledge of:

- how emotional mechanisms or processes mediate protective effects of social support on health outcomes;
- how emotional mechanisms or processes mediate adverse effects of social disruption or isolation on health outcomes;
- the biological mechanisms linking social interactions, emotions, and health.

The program features presentations by international experts Drs. Emily Butler, Frances Champagne, Christoph Herrmann-Lingen, Robert Levenson, Tené Lewis, Matthias Mehl, Wendy Mendes, Kevin Ochsner, Paula Pietromonico, Tim Smith, Nim Tottenham, and Jamil Zaki.

Special lectures will be given by Drs. Naomi Eisenberger, Janice Kiecolt Glaser, and Mary-Frances O'Connor, who will receive APS 75th Anniversary Awards for their research on emotions and social processes.

APS will also be accepting poster submissions. The deadline for poster submissions is July 9, 2017. For more information visit

<http://www.psychosomatic.org/AnMeeting/MidYearMeeting2017.cfm>

Neuroscience of Pain: Early Life Adversity, Mechanisms and Treatment

Recorded October 2016

APS is pleased to make available selected recordings from the special topic meeting held in October 2016 in New York, NY entitled "Neuroscience of Pain: Early Life Adversity, Mechanisms and Treatment" – visit

<http://www.psychosomatic.org/AnMeeting/MidYearMeeting2016.cfm> and available sessions are hyperlinked.

International Lab to Lab Exchange Program
Health and Behavior International Collaborative Award

APS, the International Society of Behavioral Medicine and the Society for Health Psychology have partnered to award annual competitive grants to facilitate a minimum of a one week visit to an international laboratory or research group under the guidance of an identified international mentor. The visit is based on aims to pursue a specific research project or a specific program development project in the areas of health research, clinical behavioral health, or health promotion.

The APS International Lab Exchange award recipient for 2017 is Patricia Moreno, PhD, a post-doctoral fellow at Northwestern University working with Frank Penedo, PhD, who will be hosted by Manuel S. Ortiz, PhD at Universidad de La Frontera in Chile to comparatively study cardiometabolic dysregulation in Latinos in the U.S. and Chile. In addition to submitting a report to the Health and Behavior International Collaborative Research Award Committee as condition of her grant, Dr. Moreno will provide a report of her experience for the Newsletter upon her return – watch this space and consider applying for this grant in March next year!