



STRESS AND ANXIETY RESEARCH SOCIETY

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Editorial Comment

Welcome to the October 2005 *STAR Newsletter (STAR)*. In this edition, we re-cap some of the highlights of the 2005 Conference in Halle, Germany chaired by Professor Oliver Stoll – Congratulations Oliver and team for a great job. We also give you a taste of future STAR conferences and highlight other conferences that might be of interest to members.

Have you checked out our new look website? www.star-society.org – No? Thanks to **Joachim Stöber**, together with John Muller, for this new development.

Read on for more news – but please know, the Newsletter can only be a success if we all contribute – so please, send me those snippets of information, NOW!!

In health,

Kate

STAR2005 - Halle

Congratulations to **Oliver Stoll** and his team for a highly successful 26th STAR conference. Approximately, 230 presenters and participants came from countries from as far afield as Germany [sic], and also from the Netherlands, Spain, Dominican Republic, Portugal, Puerto Rico, Netherlands, Turkey, Germany, UK, Greece, Italy, US, Malaysia, China, Poland, Iran, Singapore, Israel, India, Norway and Australia – truly international. It is a big task to run such a conference and our thanks to Oliver and the team, not to mention the participants without whom there would be no conference.

The conference was preceded by two **excellent workshops** conducted jointly by Stevan Hobfoll and Petra Buchwald on: *Introduction and applications of conservation of resources theory: The Impact on health and wellbeing* and *Conservation of Resources Theory: Stress and relationships*.

The **Keynote speakers**, that is, Professors Charles Carver, Esther Greenglass, Stevan Hobfoll, Michael Kellman and Charles Spielberger, provided us with state of the art and thought-provoking comment in their respective fields. The quality of the papers and posters presented at the conference was, as usual, very high. Also there were many opportunities to exchange ideas and to develop research links with colleagues working in similar areas.

The side-trip to **Leipzig** was wonderful for those of us able to make the short 20 minute journey. Aside from a wonderful commentary provided by our tour guide, we had a memorable visit to **Wilhelm Wundt's Museum**. What a wonderful collection of his instruments and papers, even his chair, to see and some to touch. We were privileged to have a lecture by a retired psychologist whose father had been taught by Wundt. I'm not sure if you know (or for some of us, remember) the song *The boy who danced with the girl who danced with the Prince of Wales!!* Well, it was a bit like that, for me at least.

The conference **dinner** was great fun, lots of energetic dancing and we're all determined to practice our steps for Greece in 2006. and there will be more fun ahead – see the schedule of STAR conferences already in the planning.

STAR Awards

Each year, STAR calls for nominations to two awards: the STAR early career contribution award and the STAR lifetime contribution award.

This year **Urte Scholz** was the recipient of STAR early career award. This is a great achievement and appropriate recognition of

one of our successful and developing researchers. Keep up the good work.

The lifetime award was presented to Professor **Kazimierz Wrzesniewski**, from Poland. In sum, Kas is an excellent academic and has been a wonderful role model to his students and colleagues over many years, a long-term member of STAR, and he was the host of the 20th STAR Conference in Poland in 1999.

Not only was Kas' award most highly deserved but it was also highly popular. The applause was deafening and attests to the high regard in which all his STAR colleagues hold him.

Well done and congratulations to both of you.

If you are considering a nominations for 2006, please forward it with support information to the President, Volker Hodapp (see the website: www.star-society.org) for further details.

News of Members

Thanks to Oliver Stoll who provides a report on his recent travels. I'm also pleased to say that Oliver visited Melbourne during his journey and he and I were able to meet together and discussed some research over some wine(sssss).

Report on the *11th World Congress of Sport Psychology*, August 5th to August 9th, 2005, Sydney Australia

This Congress is part of a tradition that dates back to the early days of sport psychology as a profession and its emergence as a separate academic discipline within the human movement and sport science field. The first ISSP World Congress of Sport Psychology took place in Rome in 1965. The congresses following were held in North America and Europe (usually every four years), except for the 7th World Congress that took place in Singapore in 1989. Thus, the 11th World Congress in Sydney marks the first occasion the event has been held in the southern hemisphere (Singapore is just north of the equator). So this year Australia had the opportunity to host the World

Congress as welcome recognition for the role that Australia and New Zealand have played in the profession of sport psychology, as well as in sport science and sport generally.

The aim of the organizers was to make the 11th World Congress a memorable event for all involved and they succeeded. The number of presenters reaches the 600 mark, making this Congress as big as any in the history of ISSP in terms of scholarly contributions. Over 1.000 participants attended the conference and the gorgeous conference site at the Sydney Exhibition and Conference Centre in Sydney Darling Harbour. The quality of the presentations was high in terms of content as well as clarity and presenting

This list of the keynote-lectures gives an idea about the wide spectrum that was covered by this conference:

Dr Carol S. Dweck - Self-Theories: The Mindset of a Champion

Dr Sandy Gordon - Identification and Development of Mental Toughness

Dr Bradley Hatfield - Cognitive Neuroscience Aspects of Sport Psychology

Dr Daniel Landers - Exercise Relative To Other Treatments for Reduction of Anxiety/Depression

Dr Franz Mechsner - A Psychological Approach to Voluntary Movements

Dr Nanette Mutrie - Applied Exercise Psychology - Promoting Activity and Evaluating Outcomes

Dr Karl Newell - Change in Motor Learning: A Coordination and Control Perspective

Dr Kenneth Ravizza - Lessons Learned from Sport Psychology Consulting

Oliver Stoll, Halle, Germany

STAR CONFERENCES

2006

The University of Crete at Rethymnon will host the 27th Annual STAR conference, **13-15 July, 2006**. The organisers are two STAR members whom we all know so well: **Eleni Vassilaki** and **Patzia Roussi**, together with their colleague, Sofia Triliva.

Having spent several weeks at the University in Rethymnon some years ago, I

can only say DO NOT MISS IT. The warmth – both in temperature and from the people – is wonderful – but do bring water, a bathing suit, a sunhat and sunscreen, as well as your appetite for some wonderful Greek food.

Among the workshops that Eleni and Patzia are planning is *An Introduction to Clinical Hypnosis* to be conducted by Kate Moore – clearly we don't want any real life examples of pain management for sunburn!!

2007

The following year, we move to the Caribbean to Santo Domingo in the **Dominican Republic** (get those maps out!). This conference also promises to be exciting both academically and from the opportunity it provides for us to visit this wonderful area of the world. Good luck to **Cecil Hiraldo** as the conference organiser, and to the rest of us – start those dancing lessons now, Salsa e Marengo!

ALSO IN 2006

26th ICAP, Athens 16-21 July– immediately after STAR in Crete – why not make it a joint occasion (see the STAR website for a link)

The **3rd Asian-Pacific Conference of Health Psychology** will be held in **Melbourne**, Australia in late August – what an opportunity to visit Australia and to tour to the Great Barrier Reef, to go the outback such as Alice Springs and Ularoo (Ayer's Rock), maybe even Darwin and Kakadoo or Broome and the Kimberleys. The possibilities are endless. Email; Kmoore@deakin.edu.au for details

COMING LATER for Forward Planning

XXIV International Congress of Psychology (ICP) Berlin 2008

Ralf Schwarzer was instrumental in winning this conference for Berlin, so please see the following link

<http://www.icp2008.de/>
and include it in your diary now.

IAAP Melbourne 2010

Another great opportunity to come to Melbourne. Stay tuned for future website details:

THE JOURNAL: ANXIETY, STRESS, AND COPING

Our international journal, *Anxiety, Stress, and Coping*, which is included in the membership fee, is issued four times a year. An excellent job is done by our editors: **Krys Kaniasty**, Dept. of Psychology, Pennsylvania University, Indiana, PA 15705, USA;

e-mail: ASC-USA@auxmail.iup.edu and **Reihard Pekrun**, Institute of Educational Psychology, University of Munich, 90802 Munich, Germany;

e-mail: pekrun@edupsy.uni-muenchen.de

At the 2005 Conference, Krys announced a new role, that of book editor, for the journal, and **Erica Frydenberg** was appointed. Congratulations to Erica – just keep those reviews rolling in to her and your articles to the Editors.

STAR Committee

A reminder of who the incumbents of the Star Board are at present. Please feel free to contact any member with your suggestions and ideas – always welcome.

- President: [Volker Hodapp](mailto:Volker.Hodapp@psych.uni-frankfurt.de), J. W. Goethe University, Frankfurt/Main, Germany (2004-2006) email: hodapp@psych.uni-frankfurt.de
- President-Elect: [Michael Eysenck](mailto:M.Eysenck@rhul.ac.uk), Royal Holloway, University of London, UK (2006-2006) email: M.Eysenck@rhul.ac.uk
- Past-President: [Juan Jose Miguel Tobal](mailto:pscog22@sis.ucm.es), Universidad Complutense de Madrid, Spain (2002-2004), email: pscog22@sis.ucm.es
- Secretary & Treasurer: [Petra Buchwald](mailto:buchwald@phil-fak.uni-duesseldorf.de), Heinrich-Heine University, Düsseldorf, email: buchwald@phil-fak.uni-duesseldorf.de
- Newsletter-Editor: [Kate Moore](mailto:kate.moore@deakin.edu.au), Deakin University, Melbourne, Australia, email: kate.moore@deakin.edu.au

In addition, it is important to acknowledge our webmaster and National Representatives:

- Webmaster: **John Mueller**, University of Calgary, email: mueller@ucalgary.ca
- National Representatives whose role it is to acquaint colleagues in their respective countries with our organization. If your country does not have a National Representative and you would like to suggest someone (including yourself), please contact Volker Hodapp, the STAR president. The term of office for National Representatives is three years, renewable if jointly agreed upon. National Representatives are appointed by the Board during each STAR annual meeting.

The primary role of the National Representative is to enhance STAR's visibility thorough:

1. Announcements of the Call for Proposals and annual meeting in newsletters, journals,
2. Recruitment of new members who are doing research in the areas of stress, anxiety, and coping;
3. Reporting activities as National Representative at the meeting of National Representatives at the annual STAR conference; and
4. Distribution of STAR information materials.

STAR Panel of National Representatives

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Until we meet again on Crete in 2006 – don't forget, send information for the newsletter –

Au revoir