



2020 INTERNATIONAL CONGRESS OF BEHAVIORAL MEDICINE SCIENTIFIC TRACKS

1. Aging, health and age-related diseases

- Physical, emotional, behavioral, and social aspects of aging among middle-age and older adults
- Factors related to successful aging or age-related disabilities (such as resilience or cognitive decline)
- Chronic disease management and palliative care in older adults
- Interventions to support older adults or their caregivers

2. Behavior change and interventions

- Theoretical models of health behavior change and adherence
- Development and testing of health behavior change interventions
- Mechanisms of health behavior change interventions
- Measurement and methodological issues related to health behavior change
- Health behaviors related to multi-morbidity
- Intervention strategies to change one or multiple health behaviors
- Interventions strategies designed to facilitate or improve adherence

3. Biological mechanisms

- Psychoneuroimmunology
- Psychobiological aspects of health and illness, psychoneuroimmunology, endocrinology, cardiovascular psychophysiology and neurophysiology
- Interventions that target psychophysiology and biobehavioral mechanisms of health and illness
- Genetic methods to investigate the nature and origins of individual differences in behavior, including the bidirectional relationships between gene and environment across the lifespan
- Genetic and environmental influences on individual differences in cognitive ability, personality, and psychopathology

4. Cancer prevention and control

- Factors related to cancer prevention such as tobacco control, nutrition, physical activity, sun protection, HPV vaccination, and adherence to cancer screening guidelines
- Management strategies for patients with cancer during treatment, survivorship and at the end of life
- Interventions to enhance cancer prevention and control, such as strategies to improve lifestyle behaviors, symptom management, or quality of life
- Biobehavioral factors related to cancer initiation and progression
- Caregiver-specific interventions

5. Cardiovascular and pulmonary health and disorders, and critical care medicine

- Biobehavioral factors related to cardiovascular and pulmonary health and disorders, and critical care medicine
- Interventions to enhance the prevention, treatment or management of cardiovascular and pulmonary disorders and acute critical care conditions
- Examples include hypertension, coronary artery disease, endocarditis, asthma, chronic obstructive pulmonary disease, pneumonia, sleep apnea, critical care conditions (e.g., stroke, TBI)

6. Child, adolescent and family health

- Factors related to physical, emotional, and behavioral development through infancy, childhood and adolescence

- Interventions to enhance reproductive health, the management of childhood illnesses, family adjustment to illness, or family caregiver well being
- Sex and sexual health

7. Diabetes

- Factors related to the development or management of diabetes mellitus, including Type 1, Type 2, or gestational diabetes
- Interventions to enhance diabetes prevention, treatment, management, or quality of life

8. Digital health

- Theoretical models of digital health, behavior change and adherence
- Measurement and methodological issues related to digital health and behavior change
- Use of telemedicine, web-based strategies, email, mobile phones, mobile applications, or text messaging in intervention and prevention strategies

9. Education and training in behavioral medicine

- Core courses and training for (medical) students and professionals in BM
- The learning environment—professionals' modeling of behaviors and attitudes that students experience
- Evidence-based competence development

10. Health education, communication, and decision-making

- Perceptions, decision-making, and patient-clinician communication related to health risks, genetic information, or other health issues
- Development and testing of health communication and education materials and decision aids
- Interventions to improve individual or community health by increasing knowledge or influencing attitudes

11. Health inequalities (among sexual/racial, socio-economic, and/or ethnic minorities)

- Factors linking culture, migration, minority status and social determinants with health and illness
- Health risks associated with population movements, such as psychological disorders, reproductive health problems, newborn mortality, substance use or nutrition disorders
- Factors linking racial, ethnic, gender or sexual minority status with health and illness across the lifespan
- Inequities and inequalities in healthcare access and outcomes
- Interventions to reduce inequities and inequalities or to enhance health among minority individuals, families and communities

12. Health systems, policy, promotion, advocacy, dissemination and implementation

- Models and interventions to promote effective healthcare laws, standards, systems and regulations
- Models and interventions to disseminate, implement, and strengthen capacity for evidence-based behavioral medicine in public health, clinical practice, and community settings
- Health services utilization
- Methods, research designs and methodological issues to involve patients, public, policy
- Strategies for involving patients, public, policy and practice
- Implementation science

13. Lifestyle behaviors

- Examples are addictive behaviors (smoking, alcohol use), nutrition, obesity and health, physical activity and related outcomes

14. Pain and musculoskeletal disorders

- Factors related to the development or management of (chronic) pain or musculoskeletal disorders
- Interventions to enhance prevention, management, or quality of life

15. Persistent physical symptoms (PPS)

- Factors contributing to the persistence of physical symptoms

- Factors contributing to a favorable versus an unfavorable prognosis of PPS
- Interventions to enhance symptom management or quality of life for patients with such disorders

16. Placebo and nocebo

- Mechanisms of placebo and nocebo responses
- Measurement or methodological issues related to placebo and nocebo responses
- Clinical implications of placebo and nocebo responses

17. Prevention

- Theoretical models of prevention
- Measurement and methodological issues related to prevention
- Prevention strategies to improve health behaviors

18. Occupational health

- Work and organizational factors related to health and illness outcomes
- Interventions to enhance occupational health and wellness

19. Systems and network approaches to improve health

- Systems approaches to health improvement/public health, in areas such as obesity, physical activity, mental health
- Social network interventions including peer and whole network approaches
- Complex systems methods applied to health

20. Tropical medicine, HIV/ AIDS, and other infectious diseases

- Physical, emotional, behavioral, and social aspects of diseases that occur in the Tropics and/or diseases that are caused by pathogenic microorganisms (bacteria, viruses, fungi or parasites); examples include malaria, dengue, measles, chicken pox, HPV, Zika, and hepatitis B
- Physical, emotional, behavioral, and social aspects of HIV among individuals, couples and communities
- Interventions to reduce primary or secondary HIV risk, increase adherence and engagement in HIV care, or improve quality of life
- Interventions to prevent or control tropical and infectious disease

21. Other

- Additional submissions and topics not directly fitting within the categories described above