



SIG Members In Touch

Spirituality and Health Newsletter

The whole is greater than the sum of its parts

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SIG Co-Chair

John Salsman

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Greetings to the Spirituality & Health SIG! We have some exciting activities that have occurred over the past year. One of those activities was to survey SIG members to better understand our needs and how we can move forward in the future. Thank you to those who responded! Your feedback will be critical to help us keep the momentum going and provide a SIG that will shape our future goals and initiatives. Some quick highlights of survey results are below and are also outlined at length on page 3. We also want to welcome our newsletter editor, Crystal Lumpkins to the team. We look forward to her contributions and hope you will consider submitting any news ideas for the next newsletter. I'd like to finally ask you to please consider submitting Spirituality & Health abstracts for papers, symposium, posters, and panels. The extended Thursday, September 10 deadline is quickly approaching and we encourage you to submit. Let's make this the best year for Spirituality and Health at SBM! Happy SBM Abstract Submission Season!

John Salsman, PhD
Spirituality and Health SIG Co-Chair



- *Response rate for survey (21.4% or 34/159 members)*
- *Respondents rated our newsletter as the most valuable benefit of membership in our SIG (64% of respondents rated it as "extremely" or "quite a bit" valuable)*
- *Roughly two-thirds of respondents do not consider our SIG as their primary home*
- *The three most common areas of expertise were (in order): health behavior change, interventions, and clinical populations (cancer)*

Greetings from Our Co-Chair

Andi Clements

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Greetings Fellow Spirituality and Health Researchers!

It feels like we just returned from SBM and the deadline for proposals are looming in a couple of weeks. I want to personally encourage you all to submit your high quality research for presentation in 2016. SBM is such a wonderful organization for reaching a broad audience with your research. Also as you submit your abstracts that contain spirituality or religiosity related variables, please be sure to tag them as such so that we can publicize them prior to the next meeting. Also, encourage your students to present their research. SBM is a very student-friendly organization and presenting would be an excellent way for them to get their feet wet in the public research world.



One of the priorities that John Salsman and I have both espoused is fostering more collaboration among the members of the Spirituality and Health SIG. We verified this as a SIG value in last year's survey as John will report in this newsletter. We have begun to see a bit of how that can work. Over the past several months each SIG was asked to submit a proposal for an article describing the state of the field and directions for future research in the SIG's interest area. The eventual articles are to appear as a special issue of a journal. Several of our SIG members answered the call to work together on this task, and we have just submitted our final proposal. I would love for us to tackle more of these collaborative projects. If you have ideas, please share them on the list serve.

Andi Clements, PhD
Co-Chair
Spirituality and Health SIG

Editor's Notes

Crystal Lumpkins

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I am thrilled to step into the role of Newsletter Editor for the Spirituality and Health SIG. Co-chairs Drs. Salsman and Clements and SIG members welcomed me to a great SBM interest group and also an exciting opportunity to get involved. I am looking forward to this journey and anticipate sharing news that will help bridge scholars to join or build collaborations, celebrate accomplishments and provide pertinent information that will help us to bolster our presence within SBM. I will also echo our Co-chairs' sentiment. Please consider submitting symposia, presentations, and posters for the 37th Annual Meeting in Washington, DC, March 30 – April 2. The Theme is "Behavioral Medicine at the



Crossroads: 21st Century Challenges and Solutions." Subthemes include:

- Innovative behavioral interventions that prevent disease and alter its natural progression
- Translation of behavioral medicine research into practice
- New ideas for funding health improvement research and evidence-based interventions
- Expanding behavioral medicine's reach

What a great opportunity to showcase our research! I am also looking for newsletter stories and ideas.

Crystal Y. Lumpkins, PhD
Spirituality and Health SIG Newsletter Editor

Earlier this spring, Andi Clements and I launched a Spirituality and Health Survey designed to better understand the specific needs of our Spirituality and Health SIG and to help us identify and guide future initiatives that may attract new members while adding value for (and retention of) current members. We had a modest but good response rate given the size of our SIG (21.4% or 34/159 members). A more complete description of the results will be sent out at a future date. For now, I wanted to share a few key findings based on a cursory review of the data.

First, as one of the smaller SIGs within SBM, it will come as no surprise to our members to learn that roughly two-thirds of respondents do not consider our SIG as their primary home. Rather than being a limitation, I think this presents some great opportunities for “cross-pollination” with other SIGs. For example, the conference planning committee for the SBM annual meeting has emphasized the benefits of joint presentations with other SIGs. These can take the form of preconference workshops, conference symposia, or mid-day meetings, to name a few options. The Integrated Primary Care, Aging, Theories and Techniques of Behavior Change, Student, Pain, and Cancer SIGs are other SIGs that have all expressed interest in potentially collaborating with our SIG. These potential linkages to other SIGs are worth exploring.

Second, respondents rated our newsletter as the most valuable benefit of membership in our SIG (64% of respondents rated it as “extremely” or “quite a bit” valuable). This is helpful feedback and we’ll plan to continue disseminating the newsletter 2 to 3 times a year to help our members remain knowledgeable about our current and future plans. Regarding the latter, a majority of survey respondents (76%) said a networking program linking Spirituality and Health

SIG members with other Spirituality and Health SIG members who have shared interests would be “extremely” or “quite a bit” valuable. To that end, I think we need a small working group of 3 to 4 individuals to discuss how to develop this idea more fully. Please contact me if interested.

Third, we asked our SIG members to list their areas of expertise as well as areas in need of further development. The three most common areas of expertise were (in order): health behavior change, interventions, and clinical populations (cancer). Interestingly, the three most common areas of interest for future training were (in order): health behavior change, interventions, and aging. Given the overlap between these lists, it would suggest that we have the expertise to address these training/development needs within our own SIG. There also may be opportunities for future pre-conference workshops in collaboration with other SIGs (e.g., Aging) around shared areas of interest.

So, if any of these ideas pique your interest, please email Andi Clements (clements@mail.etsu.edu) and me (jsalsman@wakehealth.edu) and we’ll be sure to include you in the discussion. We want to use this feedback in a meaningful way to engage, equip, and excite our small but active SIG. Thanks for reading and stay tuned as we gear up for the annual conference.

Best wishes,
John



Abstract Submission for the 37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine

<http://www.sbm.org/meetings/2016/abstract-submission>

Abstract Submission

Opens:

Wednesday, July 15, 2015

(Extended Time) Closes:

Thursday, September 10, 2015

Rapid Communication Poster Submission

Opens:

Tuesday, November 3, 2015

Closes:

Monday, December 28, 2015

Calendar of Events

**March 30-April 2,
2016**

37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington DC

May, 2016

5th European Conference on Religion, Spirituality and Health,

Newsletter Deadlines

Please send me news, events, issues, research and practice insights to share, information on resources, or anything else that you would like to be included in the winter newsletter by January 31, 2016. You can e-mail me at clumpkins@kumc.edu. Abstracts are always welcome, as are commentaries, or questions to pose to members. What are you doing? What would you like help with? Write to me with suggestions and comments too. This is the members' newsletter, so I would love to have your input. If I receive enough input soon, we will have a winter newsletter as well.