

# Achieving Success in SBM and at the Annual Meeting



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## BACKGROUND

- The Society of Behavioral Medicine (SBM) is a multidisciplinary organization of clinicians, educators, and scientists dedicated to promoting the study of the interactions of behavior with biology and the environment, and then applying that knowledge to improve the health and well-being of individuals, families, communities, and populations.
- The Annual Meeting of SBM is an important experience for the society to achieve several of its goals, including:
  - Establish SBM as a visible and influential champion of behavioral medicine
  - Enhance the value of SBM as a base for networking, professional growth, and information exchange

## PURPOSE

1. To assist SBM members in having a successful SBM annual meeting experience
2. To inform SBM members of ways to become more involved in SBM

## METHODS & SAMPLE

- An online survey was sent to former Annual Meeting Program Chairs to get their opinions and thoughts regarding SBM and the Annual Meeting.
- 7 Program Chairs completed the survey.



## RESULTS

### (1) Why do you choose to devote your time to SBM versus other professional societies?

“It has strongly supported my career.”  
“SBM activities have helped me engage in the bigger picture of my field.”

### (2) What was most fulfilling about being Program Chair of the Annual Meeting?

“Networking and facilitating networking.”  
“Getting to bring a perspective on how the real world thinks about behavior change.”

### (3) What advice do you have for SBM members submitting abstracts to the annual meeting?

“Include data, submit flexibly, consider different platforms [papers and posters].”  
“Focus on the methods and results ”

### (4) What advice do you have for SBM members attending the annual meeting?

“Network, network, network. Go to social events.”  
“Get to know members doing work in your space.”

## RESULTS

### (5) What constitutes a “successful” annual meeting?

“Good attendance, lively plenary sessions, and networking opportunities.”  
“People learned something they couldn't have learned on Pubmed.”

### (6) What advice do you have for members hoping to get involved in SBM?

“Simply ask”  
“Email committee/council chairs and offer to help; take an active role.”  
“Use the SIGs”

### (7) What do the leaders of SBM have in common?

“A commitment to spreading our mission beyond our membership.”  
“A deep commitment to the science of behavioral medicine and a desire to train junior members in the field.”

### (8) After having served as a Program Chair and having attended other professional organizations' meetings, what in your opinion is the biggest improvement SBM can make relating to the annual meeting?

“Greater innovation and engagement in how content is delivered. Could be data blitzes, mini-debates, etc.”

### (9) What are some innovative ideas/concepts you have seen at other societies meetings that you would like to see implemented at SBM?

“We need structures to help us to reconcile with the hot button issues of the day.”  
“Options for virtual attendance at some of the sessions ”

## CONCLUSIONS

- **GET INVOLVED WITH SBM!!!**

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