

Conference Guide 2020:

Five health psychology conferences to consider today!

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Conference abstract submission season is mostly behind us but here are a few great conferences with upcoming submission deadlines to consider, with some exciting destinations to boot!

1. Canadian Psychological Association Annual Convention

Location: Montreal, QC

Conferences Dates: May 28-30th 2020

Abstract Deadline: Dec 2nd 2019

Website: <https://convention.cpa.ca>

Conference Breakdown: This one's a no-brainer – after all, CPA provides a unique opportunity to connect with colleagues from across the country. This year's program promises to be a great, including a keynote address by Dr. Steven Pinker!



Montreal City Skyline: view from the top of Mount Royal

Montreal has so many things to offer

tourists, it was hard to narrow them down into these suggestions!

- **Tourist Hot Spots:** in the Mile End district you can shop at some of the city's best boutiques, eat at amazing restaurants (you are in Montreal, you may as well get a poutine or a bagel) and visit a Canadian national historic site, the Théâtre Rialto for a show. In Old Montreal, you can find souvenir shops, art galleries, more restaurants and cobblestone streets.
- **The Party Scene:** Montreal is renowned for its lively nightlife, with plenty of pubs, bars and clubs to choose from. Crescent Street (nicknamed the “party street”) is one area that is packed with venues that you can add to your itinerary!

2. International Trials Network (IBTN) Summer School & Conference

Location: Montreal, QC

Conference Dates: summer school - May 24th-30th, conference only - May 28-30th 2020

Abstract Deadline: Starting November 4th 2019 (summer school application, Dec. 2nd)

Website: <https://www.ibtnetwork.org/conference/>

Conference Breakdown: If you're interested in the development and testing of behavioural interventions, IBTN is for you! The IBTN Summer School in Behavioural Trials is a 6-day intensive program covering all aspects of behavioural trial methodologies and includes registration in the conference. The conference itself features interactive workshops, plenary sessions and poster presentations on a range of research related to behavioural trials. And it overlaps with CPA so if you're feeling ambitious, you might consider attending both conferences – have your cake and eat it too!

3. Society of Behavioral Medicine (SBM) Annual Meeting

Location: San Francisco, USA

Conferences Dates: April 1-4th 2020

Abstract Deadline: Rapid communication poster submissions due Nov. 15th, 2019

Website: <https://www.sbm.org/meetings/2020>

Conference Breakdown: With over 2,100 attendees from around the world, SBM is huge compared to some of the others on this list, with over 250 educational sessions that will cover more than 30 topic areas relations to health psychology and behavioural medicine. The deadline for regular abstract submissions has come and gone but rapid communications poster submissions are still being accepted!

Now that you are in San Francisco, what next? Consider adding some of the adventures below to your itinerary!

- **Fisherman's Wharf:** At Fisherman's Wharf you can visit Pier 39 (a waterfront marketplace), get a sourdough bread bowl of clam chowder, or take a bay cruise under the Golden Gate Bridge.
- **Wine Tasting in the Napa Valley:** With more than 400 wineries of varying sizes, styles and prices to choose from, the Napa Valley is only about an hour's drive from the Golden Gate City.
- **Nightlife:** San Francisco's Exploratorium hosts Thursday evening adult-only After Dark events with over 650 interactive exhibits. Besides this, the city is filled with nightclubs, bars and excellent mixologists. The disco tech app can be used to help you research the nightlife scene (depending on your preferences) by the date (<http://www.discotech.me/app>).



The Goldengate Bridge in San Francisco

4. International Congress of Behavioural Medicine

Location: Glasgow, SCT

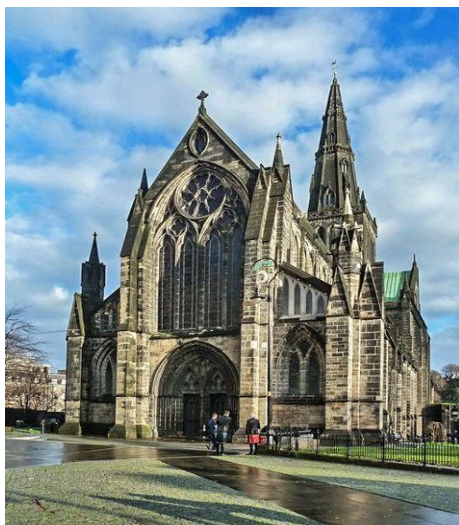
Conference Dates: August 19- 22nd 2020

Abstract Deadline: November 15th 2019

Website: <https://happening.eventsair.com/icbm2020>

Conference Breakdown: The official conference of the International Society of Behavioral Medicine, ICBM focuses on a broad range of topics in the area of behavioural medicine and offers a number of interactive, hands-on workshops. In addition to the conference itself, attendees can look forward to a Scottish themed drink reception, a gala dinner and a traditional Scottish ceilidh. (**What in the world is a Ceilidh?** It is a social event with traditional Scottish dancing, singing and story-telling).

If you're going to travel all the way to Glasgow, make sure you reserve enough time to take in the sights. Here are just a few ideas for attractions to check out:



The Glasgow Cathedral

- **Museums and Theatres:** Glasgow is filled with museums! Particularly, Kelvingrove Art Gallery and Museum is a free attraction. Glasgow is also home to the Sharmanka Kinetic theatre which features motorized machine sculptures synchronized to music and lights.
- **Glasgow Cathedral and Necropolis:** The Cathedral is one of the last remaining cathedrals in the UK, while the necropolis is among the most significant cemeteries in all of Europe. Various tours are available in the cathedral so you can marvel at the architecture and stained glass.
- **Drinks, Food and Tours:** One of two remaining whiskey distilleries in Glasgow, Clydeside Distillery offers a whiskey and chocolate tour. Hungry? Consider checking out Café Gandolfi which offers traditional Scottish cuisine. Or book a walking whiskey or lunch tour that will take you to some of the most popular breweries, distilleries and restaurants.

5. American Psychological Association Convention

Location: Washington, DC

Conference Dates: August 6-9, 2020

Abstract Deadline: December 2nd 2019

Website: <https://convention.apa.org/>

Conference Breakdown: The APA convention is much more general than the other conferences on this list, but will still feature a large health psychology division. In terms of attendance, guests can expect this to be one of the larger conferences on our list. There is still time to get your abstract in, so be sure to take advantage of this opportunity if you have missed out on the others!



The Washington Monument

While you visiting the capital city of our southern neighbours, take in all of the sights that Washington has to offer!

- **Tours Galore:** There are so many things to see and do in Washington, and you may be feeling overwhelmed by the thought of figuring out what is worth your time. Luckily, the city is jam-packed with tours to streamline your site seeing! You can view the city on a Segway, visit the many monuments by moonlight on a trolley or go on a guided night tour.
- **Catch a Ball Game:** Washington is home to the Nationals major league baseball team and one of the newest stadiums in the league (Nationals Park). They offer a refreshing change from the typical sports stadium food by featuring tons of locally sourced food. Baseball aside, they also host special events like Pups in the Park and decade nights.

Options to Consider Next Year:

- **International Conference on Health Psychology and Stress**
 - Abstract deadline: Early October
 - Website: <https://waset.org/health-psychology-and-stress-conference-in-july-2020-in-toronto>
- **Annual meeting of the American Psychosomatic Society**
 - Abstract deadline: mid-October
 - Website: <http://www.psychosomatic.org/home/index.cfm>
- **Annual meeting of the International Society of Psychoneuroendocrinology**
 - Abstract deadline: September
 - Website: <http://www.ispne.net/>

