

President’s 2019 Report

ASBHM has continued to be an active society for our members throughout 2019. Our membership numbers have remained stable, however interest from a broader range of disciplines has been increasing, suggesting that people are recognising the benefits of interdisciplinary research. Our membership is now a valued mix of post doc students, early and mid-career researchers, senior academics and professionals ranging across a variety of health-related disciplines including behavioural and biomedical science researchers and clinicians. This broad membership base has allowed valuable communication and collaboration across varied disciplines stimulating research, clinical, preventive and training activities to further enhance behavioural health and medicine and allow growth of the field. Once again, members are encouraged to share ideas on ways to further support behavioural health and medicine in Australasia, so feel free to chat with a committee member or email ASBHM (the link to email is on the website).

Our student membership in 2019 was high and I would like to thank the Peers Connect Group Leaders who have been extremely active throughout the year for supporting our students (and early career researchers). A variety of activities were organised and facilitated by this group, including online workshops presented by experts in the field of behavioural medicine. The Peers Connect Facebook site has been very popular and has provided a space for collaboration, connection and resources for all. Peers Connect continues to provide mentoring with experts at the annual conferences as well as social activities to encourage networking and support.

The financial growth of the society has been welcomed and as the finance report shows, we are in a healthy state to continue delivering a valuable network of opportunities for all members.

Communication to members has been regular and informative. The ASBHM website is well received by all and new functionality has made it much simpler for members to access information and resources, pay membership and enjoy the other benefits of being an ASBHM member. A major aim of ASBHM is to serve as an information source for clinicians and academics with an interest in behavioural health and medicine and this being achieved through facilitating access to scientific resources such as relevant journal articles, webinars, workshops and through the organisation of an annual conference which provides opportunity for exchange of scientific information, professional views and debates. We also have a strong Twitter following and encourage all members (and others) to follow us on @ASBHM1

Following on from the ISBM congress, held in Chile in November 2018, the ASBHM conference was held in Christchurch, New Zealand. The theme for the conference was ‘Behavioural Medicine – making an impact’ and I would like to thank all of the presenters and our 3 keynote presenters, Prof Jeffrey Braithwaite, Prof Beth Grundy and Prof Christine Stephens for their stimulating, interesting presentations. The conference provided an opportunity to bring together members to share research, collaborate and learn.

Finally, I would like to thank the executive committee for their time and the effort they have put into ASBHM throughout 2019. Without them, we would have no society. Their motivation, ideas and support are much appreciated and help to deliver a very successful, relevant society. Thank you! If anyone else is interested in joining the committee, please let us know. It is a great opportunity to learn new skills and contribute to the growth of behavioural health and medicine in Australasia.

Dr Helen Brown (ASBHM President)