

## **SBM Annual Meeting and Scientific Sessions**

### **Topic Area Descriptions**

#### **Aging**

Abstracts that address issues related to the rapidly growing elderly population qualify for this topic area. Cross-sectional, prospective, longitudinal and intervention studies that examine healthy aging, disability and functional limitations, nursing care, hospice, palliative and end-of-life care issues for older persons, their family caregivers and geriatric health care providers are appropriate for this topic area. Abstracts that address the National Institute on Aging Strategic Directions for Research (2020 – 2025) including, but not limited to challenges faced by baby boomers and research findings about cognitive health, Alzheimer’s disease, and related dementias are of particular interest.

#### **Cancer**

Abstracts that address cancer at any point along the cancer continuum (prevention, screening, diagnosis, treatment, survivorship, palliative care, end-of-life) are appropriate for this topic area. This includes research related to the interplay of sexual health as well as genetics along the cancer continuum. Submissions that include understudied populations or cancer types are encouraged. Interventions or programs that focus on implementation, dissemination, policy, translation into communities or use of innovative methods (e.g., smart or adaptive designs, multi-level interventions) are of particular interest.

#### **Cardiovascular Disease**

Abstracts that address cardiovascular disease as an outcome or risk factors for cardiovascular disease in the context of cardiovascular disease prevention or management are appropriate for this topic area. Abstracts that address cardiovascular disorders as they arise in a community or clinical setting and behavioral treatments for cardiovascular disease are appropriate for this topic area. Interventions (including multi-level) and policies to address primary or secondary prevention of cardiovascular disease or management of post diagnosis health issues are of particular interest.

#### **Child and Family Health**

Abstracts that address issues related to child and family health, health promotion, disease prevention and management, and behavioral interventions targeting both child and family as unit of change are appropriate for this topic area as are abstracts that address biological, cognitive, emotional, behavioral, and social factors affecting health and well-being of children and families. Abstracts addressing health disparities related to race/ethnicity and/or socioeconomic and immigration status, etc. are encouraged, as are those that address contextual and socio-ecological influences on child health and development, and incorporate the role of the family.

#### **Climate Change**

Abstracts that address human behavior and climate change, or the impact of climate change on health, healthcare delivery, or access to healthy behaviors (e.g., healthy eating, physical activity) are appropriate for this topic area. Other relevant research includes interventions (at individual or community levels) or advocacy efforts (policy level) to mitigate climate change and its adverse effects on health and health behaviors, particularly among populations at greatest risk.

### **Community Engagement**

Abstracts that address strategies to engage community members, nonprofits, or other community-based groups in behavioral medicine research are appropriate for this topic area. Other relevant research includes observational, qualitative, intervention, and/or dissemination and implementation science studies that have a community engagement component including examination of community engagement-related outcomes. Research on engagement of historically underrepresented communities (e.g., marginalized racial, ethnic, sexual orientation, gender identity, religious, etc. groups) in the conduct of multi-level interventions and policy advocacy research to promote health equity in research is of particular interest.

### **Decision Making**

Abstracts that address the theory, science, and practice of decision making, particularly as applied in behavioral medicine, are appropriate for this topic area. Relevant topics for abstracts submitted to this topic area span widely across behavioral and medical domains and can include, but are not limited to, descriptive studies of decision making by patients, the general population, or health professionals; intervention studies that seek to promote better decision making, including specific decision processes or outcomes, in patients, the general population, or health professionals; and patient-centered and shared decision making between patients and health professionals including studies related to genetic testing and counseling.

### **Diabetes**

Abstracts that address issues related to diabetes prevention and management, including but not limited to lifestyle modification, self-care behaviors, diabetes related health outcomes are appropriate for this topic area. Abstracts addressing diabetes related health disparities related to race/ethnicity and/or socioeconomic status are encouraged, as are those that address diabetes and social determinants of health, multi-level interventions and diabetes related policy research.

### **Diet, Nutrition, and Eating Disorders**

Abstracts that address dietary and nutritional factors as exposures or outcomes are relevant to this topic area. Epidemiological, behavioral, intervention, clinical, and policy research studies related to diet and nutrition are encouraged. Studies addressing the design, implementation, and evaluation of multi-level interventions and policies to impact dietary and nutrition behavior, including those impacting food systems, food environment and food insecurity, are of particular interest.

### **Digital Health**

Abstracts that address the use of digital health technologies for impacting health and health care outcomes are appropriate for this topic area. Digital health technologies can include mobile health (mHealth), health information technology, wearable devices, telehealth and telemedicine, as well as artificial intelligence and machine learning. Studies addressing the design, implementation, ethics, evaluation of behavior change interventions delivered through advanced technologies and/or incorporate digital health into multi-level interventions or policies are encouraged.

### **Dissemination and Implementation**

Abstracts that address factors and strategies to promote the dissemination and implementation of research findings and evidence into broader policy and practice are appropriate for this topic area.

Abstracts may address successful methods for encouraging adoption of evidence-based programs or policies among stakeholders in healthcare, community, or policy settings; how to best disseminate and package information about psychosocial, behavioral and multi-level interventions to enhance reach and adoption in non-academic public health and clinical settings; effective strategies to promote the integration of evidence-based programs and policies into practice settings; and barriers and facilitators that influence successful implementation and sustainability of effective interventions.

### **Education, Training, and Career Development**

Abstracts that address opportunities or promote enhanced training and career development throughout all phases of careers in behavioral medicine are relevant to this topic area. Topics may include strategies for training and promoting a diverse workforce, how to successfully manage career transitions, social networking opportunities, grant writing strategies, academic and non-academic career trajectories, sharing behavioral medicine curricula and strategies to train the workforce to integrate behavioral medicine into larger systems.

### **Health Communication and Policy**

Abstracts on the use of communication strategies to inform and influence individual decisions that enhance health and those addressing health policy and advocacy issues are appropriate for this topic area. Topics may include patient-provider communication, health promotion, social marketing, campaign evaluation, risk communication, misinformation, communication about emerging hazards, health information seeking and research testing theories of health communication, as well as research evaluating the health outcomes of policy changes and research focused on integrating the literature to make evidence-based policy recommendations are of particular interest.

### **Health of Marginalized Populations**

Abstracts that emphasize and address health issues within medically marginalized, understudied, and/or underserved groups, including (but not limited to) racial, ethnic, cultural, sexual, gender, and low-income populations are appropriate for this topic area. Investigations focusing on health disparities or health equity, of proposed biological, psychosocial, cultural, policy, and contextual determinants of health and illness, as well as studies describing novel methodological, theoretical, intervention, and multi-level or policy approaches are of interest to this topic area.

### **HIV/AIDS**

Abstracts reporting findings of novel studies focused on the primary/secondary/tertiary prevention, consequences, and social impact of HIV/AIDS prevention and treatment on individuals, families, and communities are appropriate for this topic area. In addition, novel studies focused on the lived experiences of HIV infection (e.g., health-related quality of life, coping); interventions, especially multi-level, to improve health outcomes (e.g., treatment and treatment adherence); mental health aspects of HIV/AIDS; stigma, sexual health; and informing HIV/AIDS related policy are welcomed.

### **Integrated Primary Care**

Abstracts that promote and enhance the delivery of evidence-based behavioral health care in primary care settings. Topics may involve focus on integration of behavioral health professionals and biopsychosocial interventions into primary care settings; examination of behavioral health

interventions in primary care; training students in integrated primary care; and policies that impact behavioral health care in primary care settings.

### **Integrative Health and Spirituality**

Abstracts that address mechanisms of health, illness, and interventions that are typically outside conventional Western medical/psychological approaches are appropriate for this topic area. Interventions might include, but are not limited to, acupuncture, meditation, art therapy, Qi Gong, botanicals, special diets, or therapeutic touch. Abstracts that describe spiritually- or religiously-oriented processes, mechanisms, or interventions related to health, health behaviors, and illness are also appropriate for this topic area.

### **Mental Health**

Abstracts that examine prevention and/or intervention efforts (including multi-level and policy-related) targeting health risk behaviors among individuals with mental health problems are appropriate for this topic area. Research studies related to psychological disorders characterized by severe disturbances in eating behaviors (i.e. eating disorders) and related thoughts and emotions are also of interest. In addition, abstracts that examine the role of mental health problems in predicting adherence to behavioral interventions and/or influencing outcomes of such interventions would be of interest.

### **Methods and Measurement**

Abstracts that focus on measurement or methodological issues related to behavioral medicine topics are appropriate for this topic area. Relevant to this topic area are submissions that involve scale development, application of measurement techniques, or statistical approaches and applications. The focus of submissions to this topic area should be on measurement issues or methodological techniques.

### **Military and Veterans' Health**

Abstracts submitted to this topic area should describe data-driven research that targets Military or Veteran populations and healthcare systems. Research that examines health behaviors and/or mental health issues that arise in clinical or medical settings is most relevant. Submissions that address implementation of evidence-based practices are particularly encouraged. Abstract conclusions should refer to the translation of research to practice by including clinical or policy recommendations.

### **Multiple Behavior Change**

Abstracts that provide data from research that targets change across multiple behaviors as the outcome are appropriate for this topic area. Submissions may include, but are not limited to, intervention studies of behavior change, studies examining mediators and/or moderators of behavior change, individual-and multi-level approaches, or research examining population-level data as it pertains to understanding behavior change. Abstracts focused on behavior change to address health equity, specific at-risk populations, and/or healthy people groups are appropriate for this topic area.

### **Obesity**

Abstracts that address obesity as a predictor, risk factor, or outcome are relevant to this topic area. Obesity may be assessed through a variety of measures such as height/weight, waist circumference, or body composition. Epidemiological, behavioral, intervention (including multilevel), clinical, and policy research studies related to obesity are encouraged

**Pain**

Abstracts that address pain, and biopsychosocial factors that are associated with pain experience and its outcomes, are appropriate for this topic area. Examples include pain assessment and measurement, management, epidemiology, policy, quality improvement, education, telehealth, information technology, care models, patient-reported outcomes, tobacco and other substance use, and disparities linked to sex, race, ethnicity, and age. A focus on psychological and behavioral interventions for pain, including the processes of change during these interventions, and their integration into healthcare settings, are of particular interest. The influence of pain on emotional distress, coping, and health outcomes is relevant. A focus on pain in veterans, women, and palliative care populations with cancer or other serious medical illnesses is encouraged.

**Physical Activity**

Abstracts that address physical activity, as a behavior and/or an outcome, are appropriate for this topic area. Physical activity that differs by type, such as leisure time, occupational, household, and transportation, are encouraged. Interventions and policies using physical activity as a method to change behavior are of particular interest.

**Quality of Life**

Health related quality of life encompasses multi-dimensional aspects of overall quality of life that affect health and functioning of individuals, groups or communities. Abstracts describing research on quality of life are appropriate for this topic area. Submissions may include measurement and descriptions of quality of life in individuals or groups, interventions and policies to improve quality of life, and predictors of quality of life (e.g., demographic, psychosocial, contextual, cultural, environmental)—applied across the life span and/or continuum of disease, treatment, or prevention.

**Sleep**

Abstracts that address sleep, as a behavior/exposure and/or an outcome, are appropriate for this topic area. Studies that seek to modify sleep duration, sleep quality, insomnia symptoms, and sleep apnea symptoms are encouraged. Interventions using behavioral treatments or multilevel for sleep disorders and poor sleep are of particular interest.

**Social and Environmental Context and Health**

Abstracts that address the relationship between health and the social/physical environment or contextual factors are appropriate for this topic area. Abstracts may address the settings and contexts in which psychosocial, policy, or behavioral interventions are delivered (e.g. workplace, community, school, family, health system); the dynamic and synergistic ways in which sociocultural, individual, interpersonal, organizational, systems, and environmental factors affect health, biological/genetic systems and disease; political, social, economic, and environmental determinants of health; and social, contextual, multi-level factors relevant to the development, prevention, treatment and management of a range of health behaviors and diseases.

**Stress**

Abstracts that describe research on stress, stress processes, the stress response, behavioral or biological mechanisms, or interventions related to health, health behaviors, and illness are appropriate for this topic area. Examples include, but are not limited to research focusing on factors related to stress,

mediators and moderators of stress, and behavioral and multi-level interventions to decrease stress and/or improve the stress response.

### **Substance Misuse**

Abstracts that address substance misuse, as a risk factor, behavior and/or an outcome, are appropriate for this topic area. Substance misuse topics include but are not limited to alcohol, illicit drugs, prescription and over-the-counter drugs, are encouraged. Epidemiological, co-occurring behaviors, prevention, treatment and dissemination abstracts that include multi-level interventions and/or policy research are of particular interest.

### **Tobacco Control and Nicotine-Related Behavior**

Abstracts that address tobacco use behavior, tobacco cessation, and tobacco control are appropriate for this topic area. Studies may examine or intervene on use of cigarettes, cigars, hookah, electronic nicotine delivery systems (e.g., e-cigarettes) or other tobacco products. Abstracts that describe multi-level interventions and those relevant to tobacco regulatory science are also of interest.

### **Women's Health**

Abstracts that address issues related to women's health, including mental, physical and behavioral health issues, are appropriate for this topic area. Examples include reproductive and sexual health, health behaviors, maternal and child health, health disparities, and gender differences. A focus on novel interventions including multi-level interventions and policies addressing these issues in maternal and child outcomes are of particular interest, as well as a focus on diverse populations.