

# INVITATION TO JOIN

SOCIETY OF BEHAVIOURAL HEALTH, SINGAPORE

Dear friends and colleagues,



On behalf of the steering committee, it gives me great pleasure to inform you of the registration and establishment of the Society of Behavioural Health, Singapore, and to warmly invite you to join the Society as a member.

As you may be aware, the seeds that led to the establishment of the Society were first sown in early 2017, when a meeting was convened to gather like-minded individuals who had a passion for behavioural science and health. From that group of practitioners and researchers from a wide range of backgrounds and institutions was drawn the consensus that a Society was needed to represent our diverse interests and to further our common goal of improving and advancing Behavioural Health in Singapore.



# INTRODUCTION

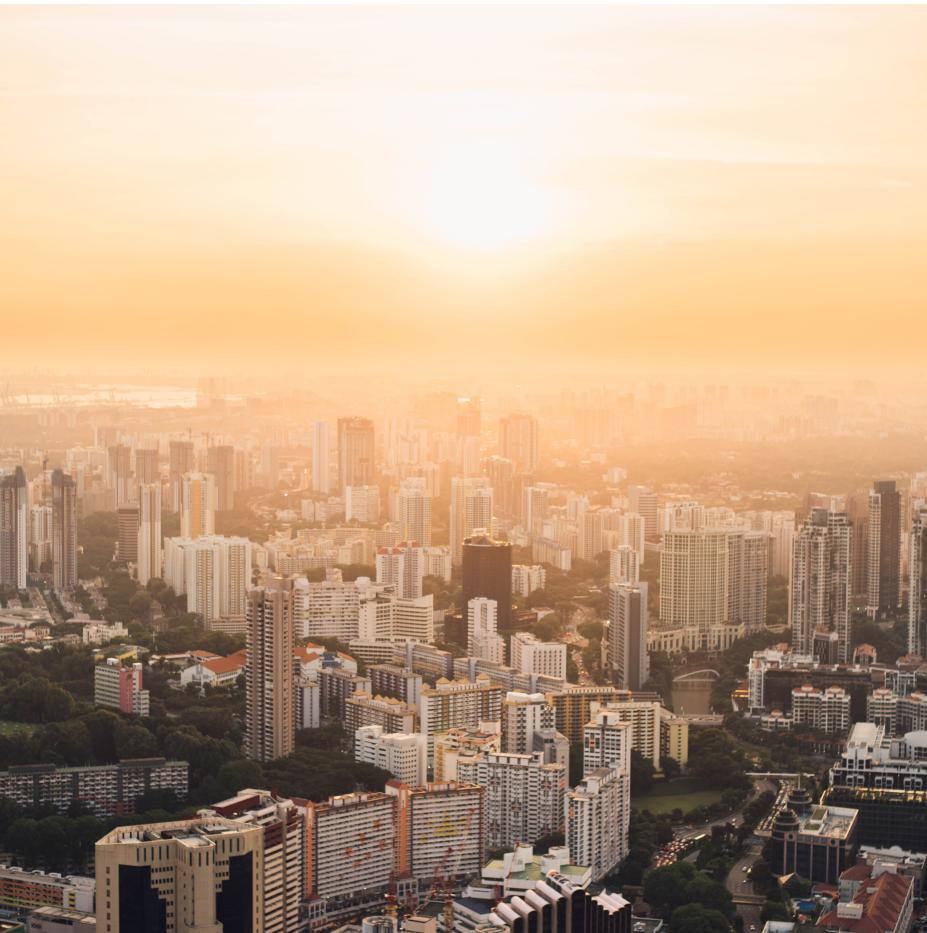
Who We Are

*Timeline of Events - Our History*

Leadership and Structure

Mission and Vision

## Who We Are

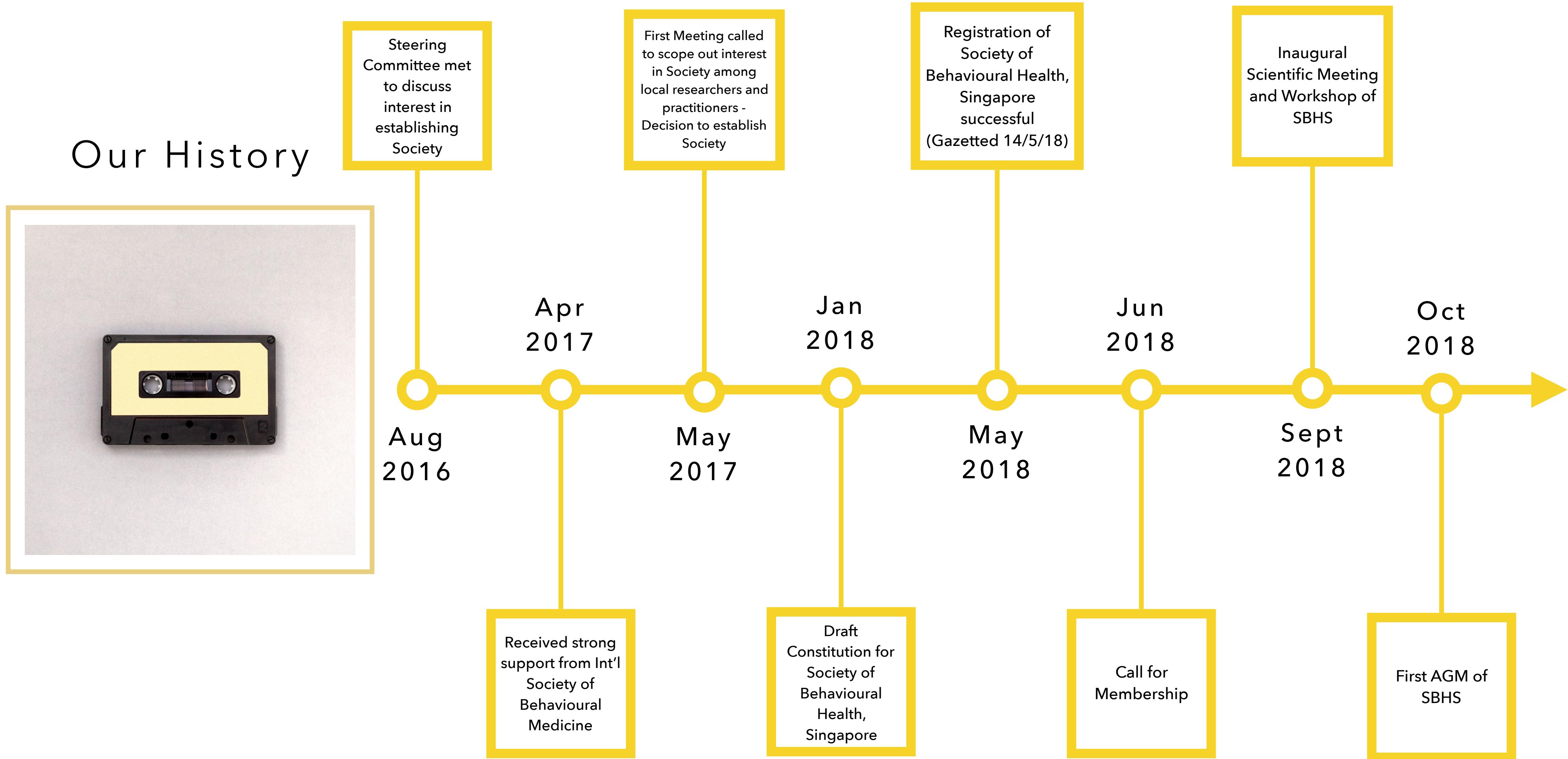


## Background:

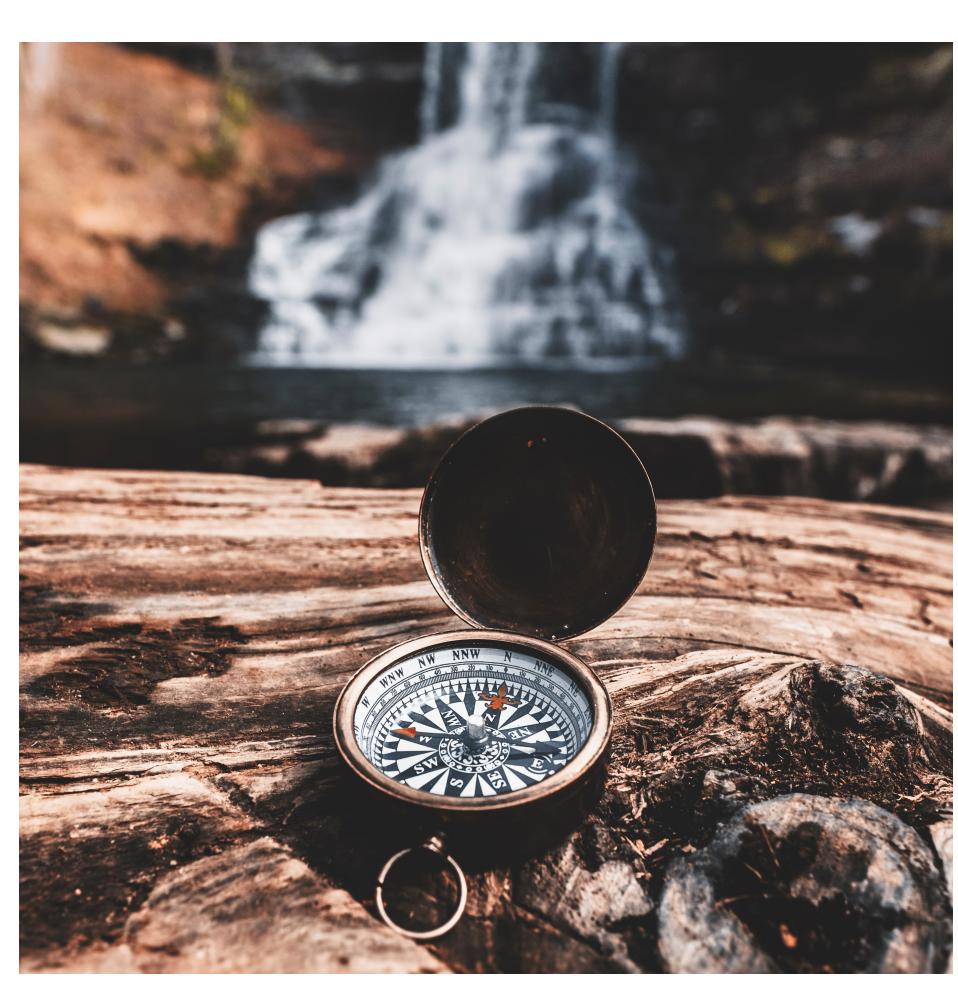
In Singapore, obesity and other lifestyle-related diseases such as diabetes, cancer and hypertension have risen rapidly. The National Health Surveillance survey conducted in 2010 found that about half of Singapore residents aged 60 years and above had hypertension and about one-third had diabetes. The modifiable factors to arrest the rapidly increasing trend in these conditions locally and worldwide are health behaviours such as physical activity, diet and screening. Health behaviours are very complex and are influenced by the interaction of the socio-cultural and physical environment and the health care system with institutional, interpersonal and individual-level factors. There is a need for a multidisciplinary and multi-sectoral approach, with researchers and practitioners from diverse disciplines such as psychology, sociology, public health, clinical medicine, dentistry, marketing, business, organizational behaviour and communications to work together to plan, implement and evaluate behavioural interventions to tackle these health problems. Recently, a core group of like-minded interested individuals met and decided to form the Singapore Society of Behavioural Health to address these problems through awareness raising, capacity building and collaborative research and practice.

## Our History

### Timeline of Events



# Leadership



## SBHS Steering Committee

Following initial discussions amongst like-minded individuals passionate about the establishment of the Society of Behavioural Health, Singapore, a steering committee was set up.

This Steering Committee will be responsible for the running of the Society up till Q4 2018, when the first Annual General Meeting of the SBHS.

**President**  
A/Prof Wong Mee Lian



**Secretary**  
Dr Wong Chen Seong



**Vice-President**  
A/Prof Konstadina Griva



**Treasurer**  
Mr Rayner Tan

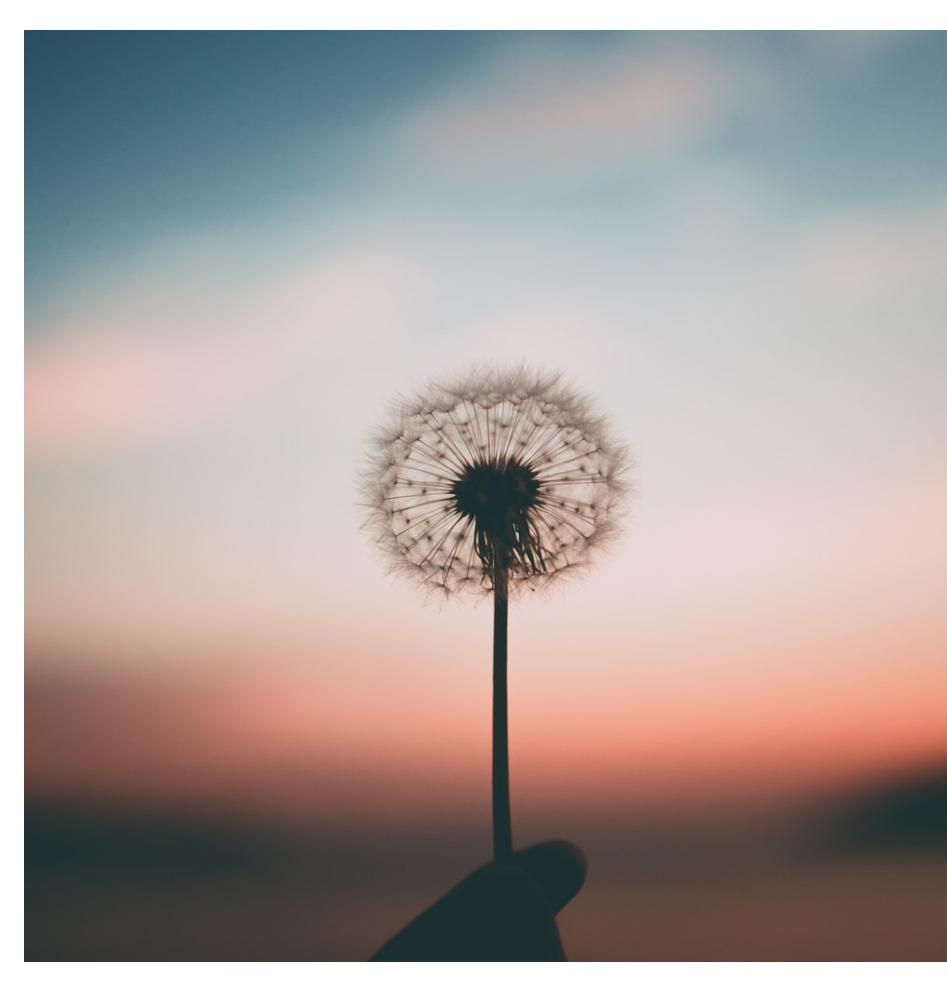


**Committee Member**  
Dr Feng Lei



**Committee Member**  
Ms Elizabeth Ow

## Mission and Vision



### **Our Objectives for the Society:**

1. To foster collaborative research, and provide training and services to build on the field of behavioural health and medicine in Singapore.
2. To plan, organize, and facilitate scientific meetings and conferences for the exchange of scientific information, professional views, research or practice updates, and discussions.
3. To develop and maintain liaisons and collaboration with the International Society of Behavioural Medicine (ISBM) and other relevant local and regional professional organizations.
4. To facilitate communication and exchanges among professionals and academics in disciplines related to behavioural health, including public health, social sciences, biomedical research, clinical sciences, and other disciplines.
5. To increase public awareness and interest in improving behavioural health across vulnerable populations and in the general public.



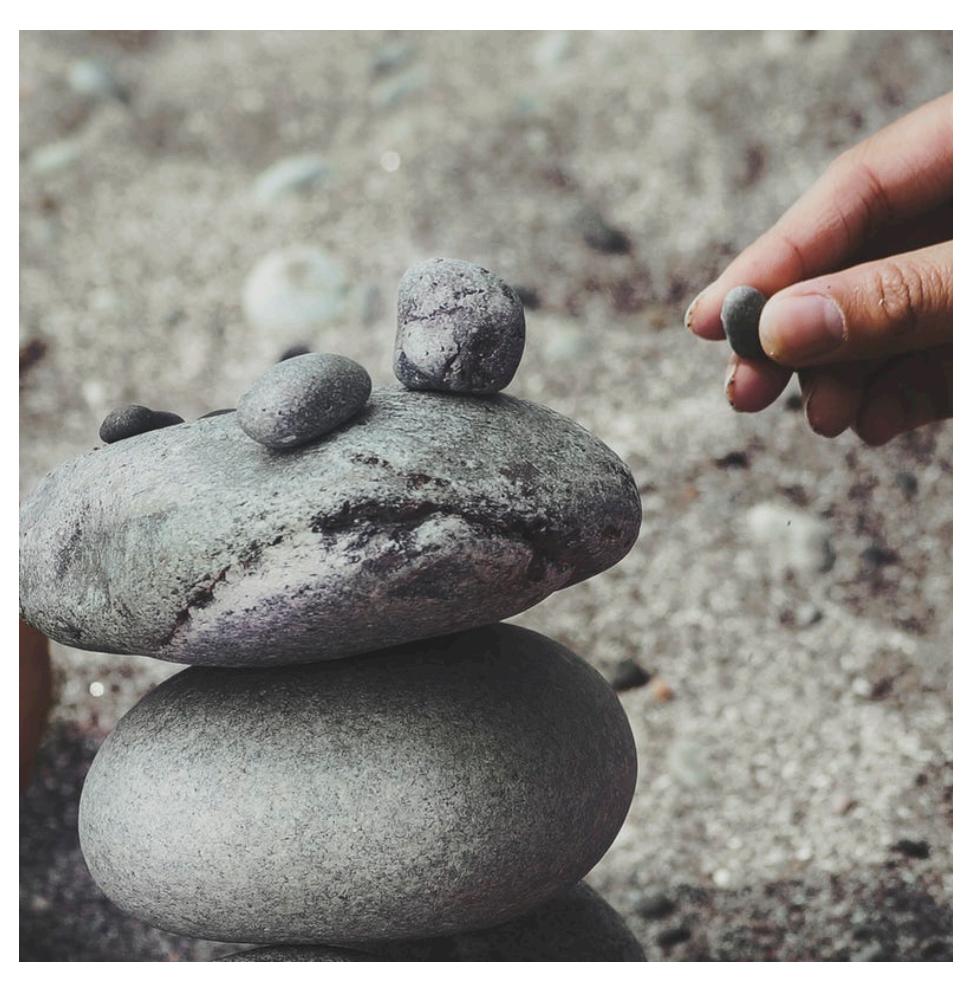
# MEMBERSHIP

*Fields & Disciplines*

*Communities of Practice*

*National & International Affiliations*

## National Affiliations



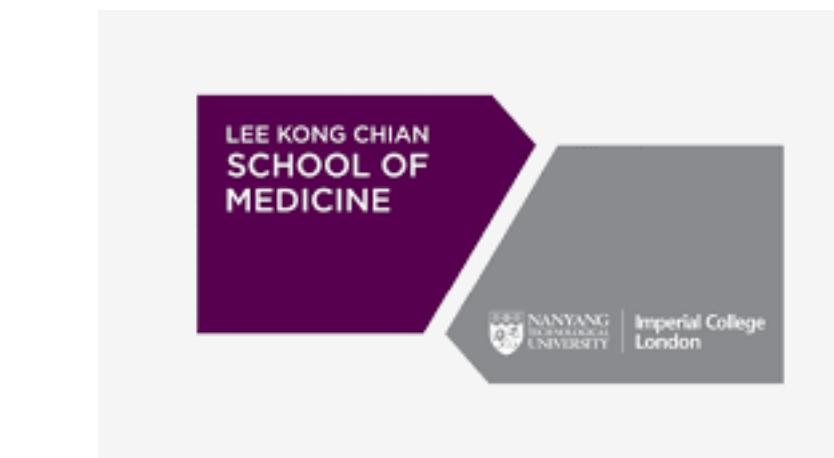
## Support from Local Institutions

In the establishment of the Society, we have received strong support from the local institutions that we represent. We will seek to leverage on these strong ties in the activities of the Society going forward.



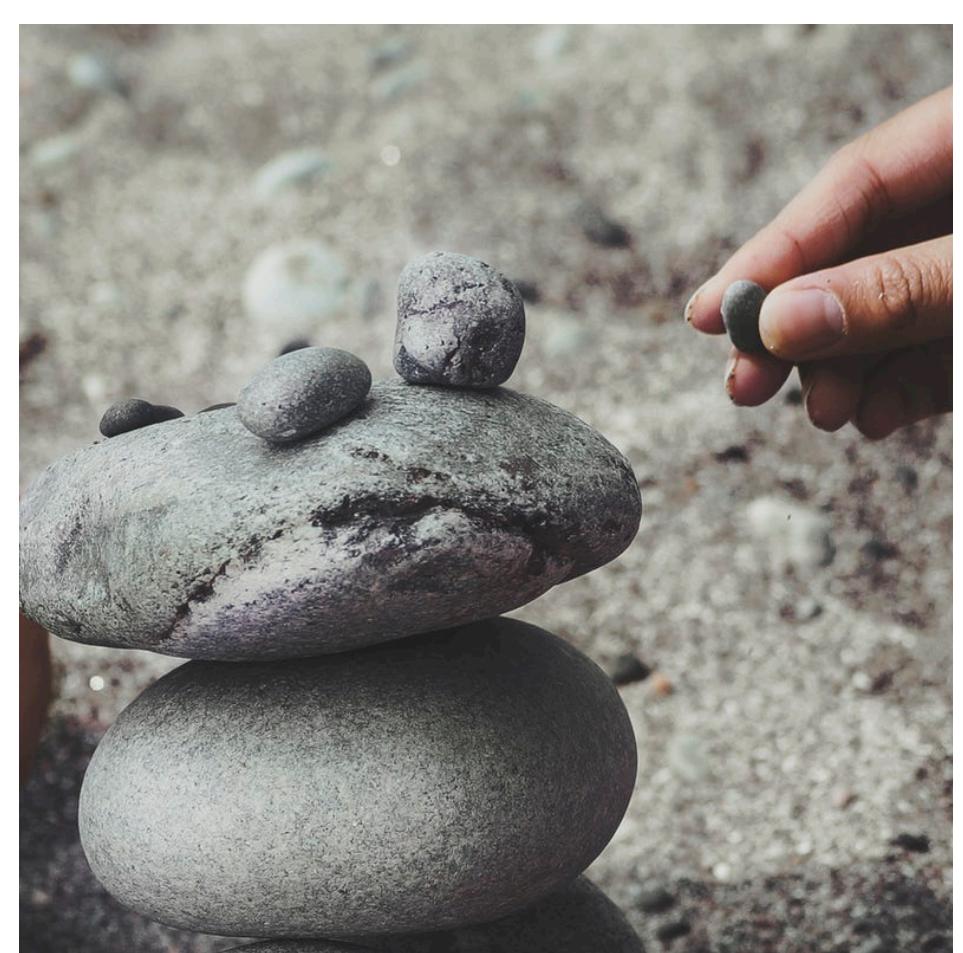
**NUS**  
National University  
of Singapore

Saw Swee Hock  
School of Public Health



National Centre for  
Infectious Diseases

## International Affiliations



### **International and Regional Support**

The International Society of Behavioral Medicine has lent strong support to the establishment of the Society of Behavioural Health, Singapore. This has come in the form of written support for our registration, affiliation of the SBHS to the ISBM, as well as the promise of ISBM members to speak at our upcoming inaugural Scientific Meeting.



**ISBM**  
International  
Society of  
Behavioral  
Medicine

# International Affiliations



FRANK J. PENEDO, PHD  
PRESIDENT, ISBM  
PROFESSOR, NORTHWESTERN UNIVERSITY, Chicago, IL, USA  
FRANK.PENEDO@NORTHWESTERN.EDU



Griva Konstadina  
Associate Professor  
Centre for Population Health Sciences (CePHaS)  
Lee Kong Chian School of Medicine,  
Imperial College & Nanyang Technological University  
18<sup>th</sup> floor Clinical Science Building, 11 Mandalay Road  
Singapore 308232

February 11, 2018

Dear Professor Konstadina,

I hope this letter finds you well. It is with great pleasure and enthusiasm and we have learned of your intent to establish the *Singapore Society of Behavioral Health*. As you are well aware, behavioral and psychosocial factors significantly contribute to chronic disease prevention, onset, management and outcomes. Therefore, it is imperative that scientists across the world engage in interdisciplinary behavioral medicine approaches that develop and integrate psychosocial, behavioral and biomedical knowledge relevant to health and illness and apply this knowledge to prevention, etiology, diagnosis, treatment and rehabilitation. Therefore, the *International Society of Behavioral Medicine (ISBM)* is delighted to see the establishment of the Singapore Society of Behavioral Health.

We are very supportive of this very exciting and critical development in Singapore and as soon as the society is formed, we are keen to receive the formal application for membership of ISBM subject to fulfilment of all conditions and approval by the ISBM board which I fully trust your society will meet. As you are aware, the ISBM is a vibrant scientific society representing individuals from all over the world who are brought together by a common interest in behavioral medicine and health. Activities of our society include our biennial Congress which brings together over 700 scientists and trainees in the field of behavioral medicine from diverse international and scientific backgrounds, educational and training activities, and public health policy of relevance to our constituent societies. The ISBM currently has 26 member and several emerging societies. Our collective goals include encouraging formation of national or regional organizations of behavioral medicine; maintaining liaison with related professional organizations; coordinating communication and interaction among various health professionals including biomedical and behavioral science researchers and clinicians, without regard to specific discipline loyalties; stimulating research, clinical, preventive and training activities through formal meetings, collaborative undertakings and awards for meritorious effort; developing guidelines for implementation of behavioral medicine training and research activities at various levels in the health sciences; and serving as an information resource for behavioral medicine by facilitating access to scientific and professional journals computer-based information systems, and organization of scientific meetings and conferences.

We look forward to working closely with you to implement our goals in close collaboration with the Singapore Society of Behavioral Health. It has been a pleasure meeting you and interacting with you and your colleagues in recent scientific meetings and we look forward to the successful establishment of your society.

With warm regards,

A handwritten signature in black ink, appearing to read "Frank J. Penedo".

Frank J. Penedo  
ISBM President

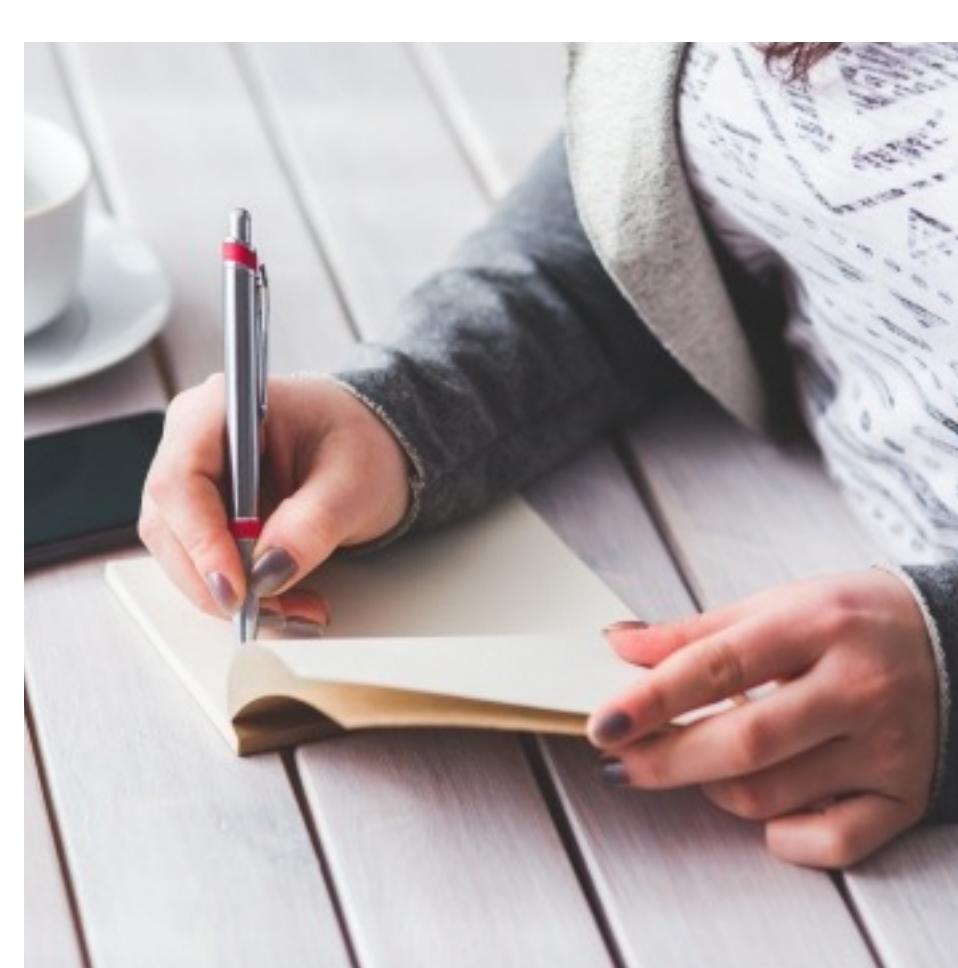


# ACTIVITIES

**In furtherance of the Society's Vision, the Society aims to conduct the following:**

1. Promotion of interdisciplinary activities. The Society will seek to develop an interdisciplinary professional group with common interests in behavioural health. The Society endeavours to promote membership and involvement from a broad range of professional disciplines.
2. Information dissemination. The Society will promote effective communication among individuals and organizations to facilitate research, clinical, and training activities in behavioural health in Singapore.
3. Scientific activities. The Society will organize and facilitate the launching of scientific conferences, seminars, and courses on a regular basis to promote the exchange of knowledge in the area of behavioural health.
4. Affiliation with ISBM. The Society will seek affiliation with the International Society of Behavioural Medicine, and support the ISBM in promoting and developing local and international endeavours in behavioural health.

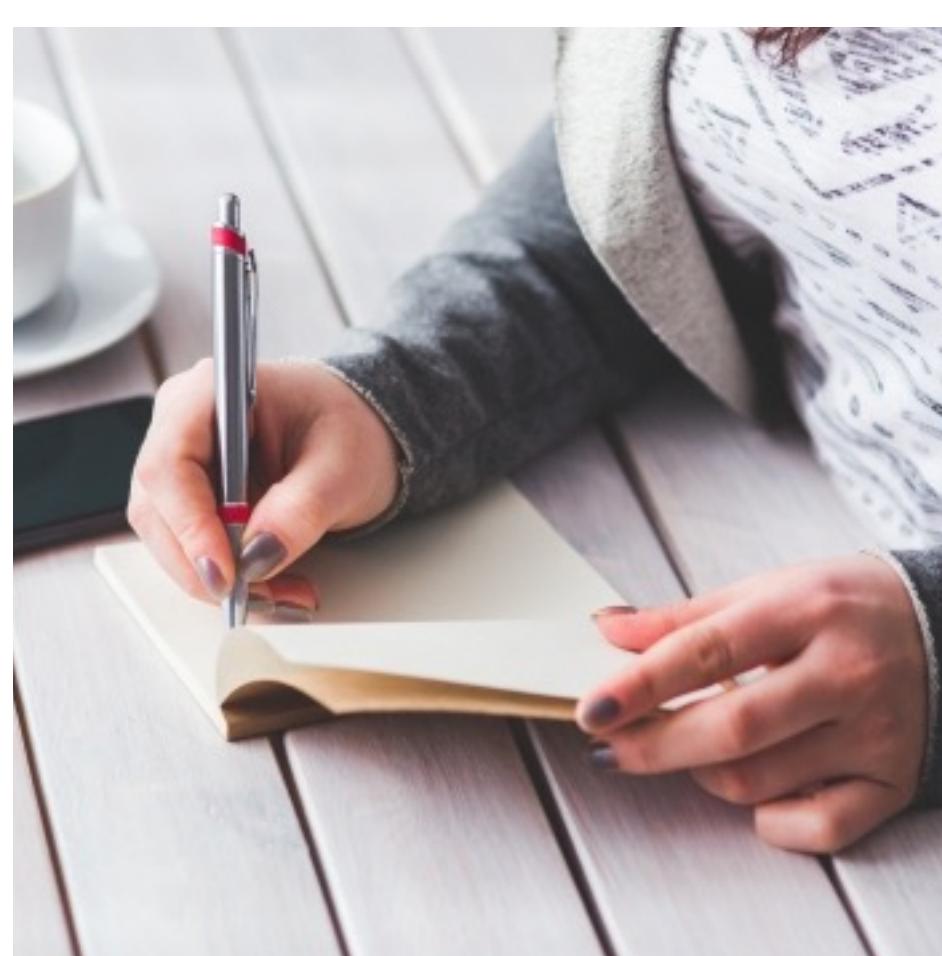
# Annual General Meetings



**In keeping with the Constitution, the Meetings of the Society are to be held as below:**

- 7.1 The supreme authority of the Society is vested in a General Meeting of the members.
- 7.2 The first General Meeting of the Society shall be held at such time not being more than 18 months after the formation of the Society, and at such place as the Committee shall decide.
- 7.3 An Annual General Meeting shall be held within 3 months from the close of its financial year.
- 7.4 At other times, an Extraordinary General Meeting must be called by the President on the request in writing of not less than 25% of the total voting membership or thirty (30) voting members, whichever is the lesser, and may be called at any time by order of the Committee. The notice in writing shall be given to the Secretary setting forth the business that is to be transacted. The Extraordinary General Meeting shall be convened within two (2) months from receiving this request to convene the Extraordinary General Meeting.

## Workshops & Trainings



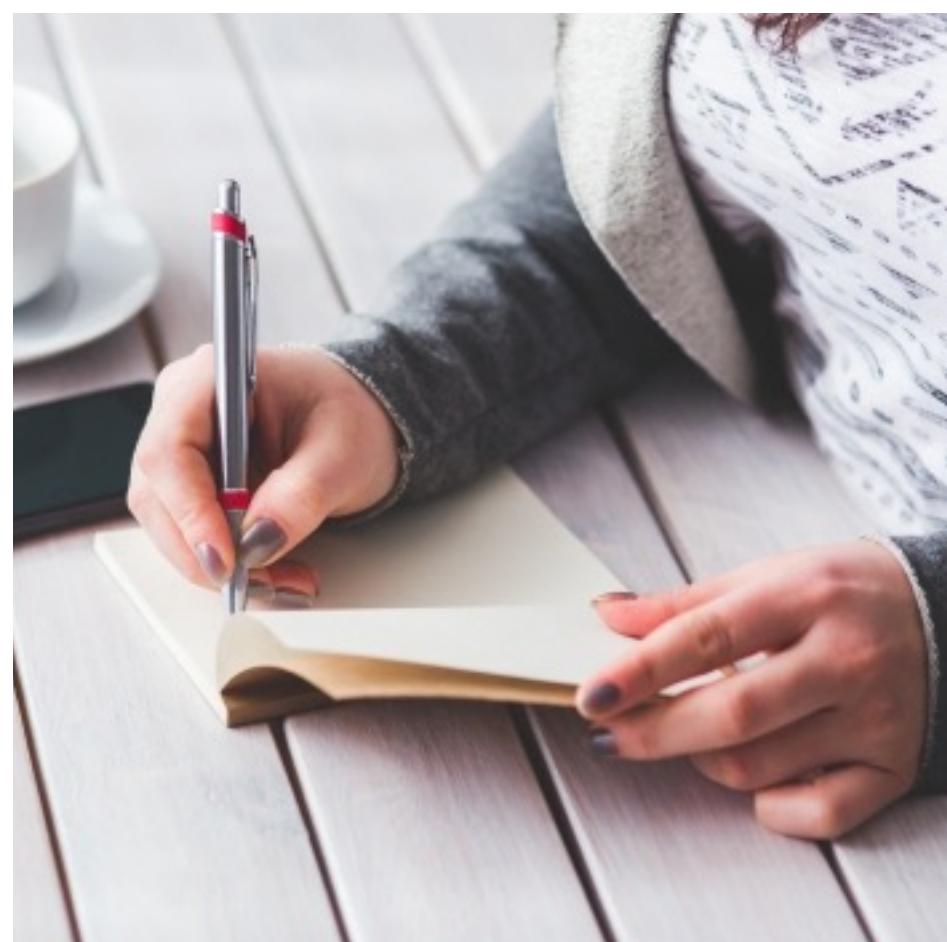
SBHS will organise workshops and training course for members, as well as for practitioners and students in the general public. These will be aimed at enhancing capabilities in behavioural science and health in the country. These workshops will be run at least twice annually, and will form an important part of the Society's activities. These also constitute part of the Society's **outreach** efforts.

Examples of workshops will include:

- Planning Behavioural Interventions Health and Health Promotion Programmes (Prof Wong Mee Lian; July 2018)
- Workshop on Motivational Interviewing (A/Prof Konstadina Griva)
- Qualitative Research Skills Workshop (Dr Angela Chow and Team)
- Implementation Science Workshop (Dr Yap Peiling, Dr Wong Chen Seong)

These workshops will also be a significant source of revenue for the Society, both in terms of registration fees, as well as possible industry funding where relevant.

## Scientific Meetings



### Annual Scientific Meetings

The Society will aim to hold Annual Scientific Meetings, the first of which will be held on 29 September 2018.

The objectives of the Scientific Meeting are to:

- Promote the application of behavioural science in multi-disciplinary population health research and practice, particularly in the planning, implementation and evaluation of programmes to improve population health in Singapore
- Provide training and build capabilities in behavioural research and practice in patient and community care.

## Society Activities 2018 - 2021: A 3 year plan

	Q3/18	Q4/18	Q1/19	Q2/19	Q3/19	Q4/19	Q1/20	Q2/20	Q3/20	Q4/20	Q1/21	Q2/21
AGM		AGM				AGM				AGM		
Workshops	Behavioural Interventions	Implementation Science Workshop		Motivational Interviewing Workshop*			Qualitative Research Skills Workshop*			Workshop*		
Scientific Meetings	1st Annual Scientific Meeting & Workshop				2nd Annual Scientific Meeting & Workshop				3rd Annual Scientific Meeting & Workshop			
Publications and Periodicals		Newsletter		Newsletter		Newsletter	Publication 1	Newsletter		Newsletter	Publication 2	Newsletter
Practice Updates			Update Meeting				Update Meeting				Update Meeting	



# OUTREACH

The Society has a role to play in the advancement of behavioural health as a discipline, as well as the general health of the population of Singapore. In furtherance of these aims, the Society will undertake activities and roles to raise the profile of behavioural health and medicine in the nation.

These outreach channels will act in concert with the activities already described in the sections before.

## Practice Updates



As part of the Society's efforts to raise the profile of Behavioural Health in Singapore, we hope to conduct Practice Updates for practitioners and students alike.

These Updates will showcase the latest research in Behavioural Health, as well as highlight areas for further development and interdisciplinary collaboration.

The target audience for these Updates will include individuals and groups with less experience in Behavioural Health, in the hope of encouraging budding interest in the field, and stimulating further development in their respective fields. Participants will also be encouraged to join the Society.

## Periodicals and Publications



The Society will aim to publish a newsletter for distribution to members as well as their institutions, highlighting:

- the year in review for the Society
- highlights from research and implementation of behavioural health projects
- highlights from the national and international partners

In addition, the Society will look into publishing resource materials that may be derived from the training and education programmes we run, e.g. handbooks or guides to qualitative research, motivational interviewing etc. These resource materials will form the corpus of expert knowledge developed and owned by the Society.

## Seed Funding



Once the Society has established itself and is stable in its finances, it is our hope that we will be able to set aside resources for supporting small, inter-disciplinary research or implementation behavioural health projects. These seed funding grants will be competitive, and should form the basis of further study or scaling up of interventions aimed at improving population health.



# MEMBERSHIP DETAILS

## **Membership Details:**

### *Annual Membership Fees:*

Ordinary Members: S\$50 per annum

Associate Members: S\$20 per annum

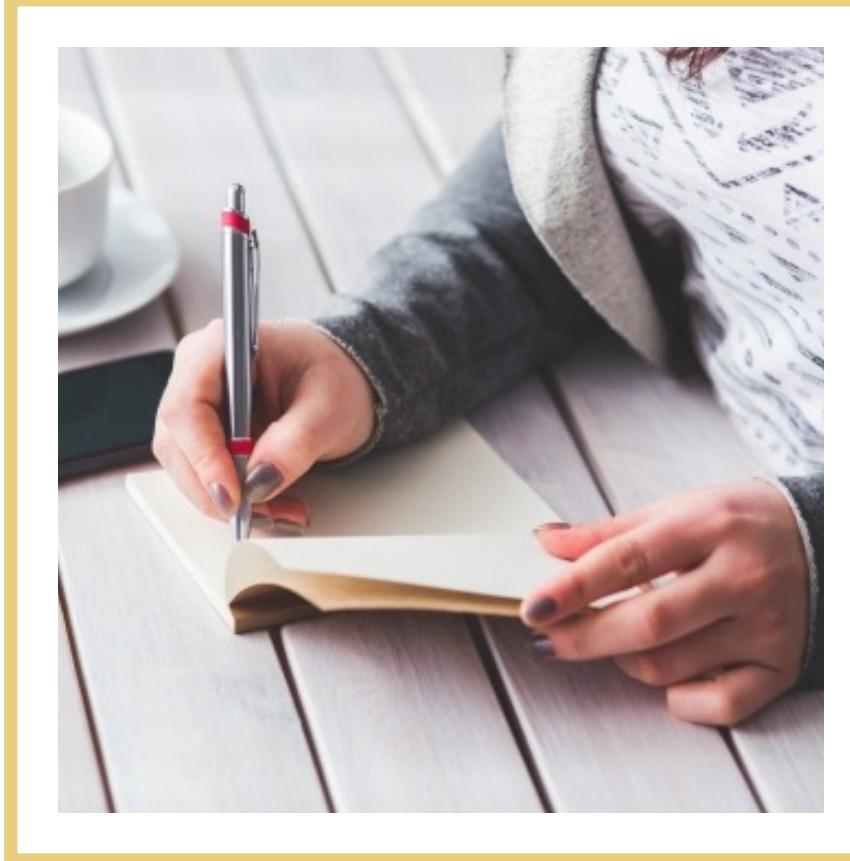
(students with a valid student identification are eligible for associate membership)

### *Membership Perks:*

Priority registration for workshops, courses and training

Waived fees for 1st Scientific Meeting

Annual newsletter



## **How to Join:**

- Details on joining as a member will be sent to you shortly