**BMRC Quarter-One Conference Call Minutes**

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| Date: **Tuesday, March 23, 2020**  | Time: **4:30 PM – 5:30 PM (EST)** |
| Facilitator: **Karina W. Davidson** | Call Info:[**Microsoft Teams**](https://teams.microsoft.com/dl/launcher/launcher.html?url=%2f_%23%2fl%2fmeetup-join%2f19%3ameeting_YmRmZGNjZWEtYzQ1Mi00MTc4LTkzZDQtZDAzMTkzYzg4YTQ1%40thread.v2%2f0%3fcontext%3d%257b%2522Tid%2522%253a%25227f786e85-2b61-4bbe-a796-71e91e5e7e38%2522%252c%2522Oid%2522%253a%2522fdd5baeb-a926-400a-ae31-405610900b5e%2522%257d%26anon%3dtrue&type=meetup-join&deeplinkId=ae3bec99-0999-42b6-ad45-bef9a9875807&directDl=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true) |

Participants:

* Simon L. Bacon (ABMR)
* Karina W. Davidson (SfHP)
* Michael A. Diefenbach (SBM)
* Elissa S. Epel (APS)
* Karen A. Matthews (ABMR)
* Tracey A. Revenson (SBM)
* John M. Ruiz (SfHP)
* Suzanne C. Segerstrom (APS)

AGENDA ITEMS

1. Election Results
	* John Ruiz has been selected for the role of president-elect. Per Article III, Clause D of the BMRC Bylaws, his term will begin on 1/1/21.
	* Suzanne Segerstrom has been selected for the role of secretary/treasurer. Per Article III, Clause D of the BMRC Bylaws, her term will begin on 1/1/21.
2. BMRC Term Length
* Per Article II, Clause B of the BMRC Bylaws . . .
	+ “The initial BMRC will contain four members with a term length of two years and four members with a term length of three years to control for member turnover.”
	+ “Each member subsequently nominated to the BMRC will serve a three-year term.”
* ABMR will need to nominate or re-nominate a member in December 2020 (when Karen Matthews’s term ends) and December 2021 (when Simon Bacon’s term ends).
* APS will need to re-nominate Suzanne Segerstrom in December 2020 (when her term ends) and nominate or re-nominate a member in December 2021 (when Elissa Epel’s term ends).
* SBM will need to nominate or re-nominate a member in December 2020 (when Michael Diefenbach’s term ends) and December 2021 (when Tracey Revenson’s term ends).
* SfHP will need to nominate or re-nominate a member in December 2021 (when Karina Davidson’s term ends) and December 2023 (when John Ruiz’s term ends).
1. Finances
	* We’ll likely not use travel funds at the rate that things are going.
	* We look forward to having Suzanne on to keep track of finances and ensure that we’re in good shape.
2. Virtual Conferences
	* The face-to-face IBTN conference has been canceled, but they are looking to do something virtually.
	* **Simon** reached out to APS and SBM to see if they would be willing to partner on something as their conferences were also canceled.
	* **John**: For APS, there has been an effort to think about what 2021 is going to look like and what the viral landscape will be at that time (there will possibly be a hybrid kind of meeting). Perhaps this plays into BMRC’s long-term strategy, as well.
	* **Simon**: If APS and SBM both wanted some space, we could bundle everything together; it wouldn’t necessarily have to be specific to the interventions or trials piece.
	* **Michael**: SBM is still formulating the response to think about different ways to make content available. They will likely organize a series of open webinars for keynote and master lectures, and presenters will upload their posters, which can then be accessed either via a dedicated webpage or their conference application.
		+ SBM wants to ensure that everything will be logistically and electronically possible before communicating this update to membership.
	* **Simon**: One of the Irish health psychology groups is allowing abstract presenters to upload a poster OR a three-to-five minute home presentation.
	* **John**: APS is sending an email for posters indicating that people have the option to opt out. Otherwise, their abstracts will be published and saved in a repository (likely on the APS website). Talks are a bit of a different animal.
		+ If any other members have ideas, please feel free to contact John offline.
	* **John** and **Michael** had also discussed the idea of a “Behavioral Medicine Olympics” of some sort, as well. Though it needs to be determined whether or not this falls under BMRC’s scope, there seems to be a need for opportunities that bring the community together.
3. BMRC Website
* The BMRC website is officially finished and ready for members’ final review at <https://laurachyppolite.wixsite.com/bmrcouncil>. Changes to the site include the following:
	+ Updated “Bylaws” page
	+ Updated “Members Portal” password (which is now **BMRC20**)
	+ A complete edit of all content
	+ Sharpened formatting (i.e., fonts, spacing, layout of sections, etc.)
* Once the site is approved by the BMRC, we will purchase the following domain names to finalize the website’s formal publication:
	+ BehavioralMedicineResearchCouncil.org
	+ BehavioralMedicineResearch.org
1. Manuscripts
* “Accomplishing Breakthroughs in Behavioral Medicine Research”
	+ Simon, Karen, Tracey, Michael, and John offered edits; thanks to the substantial feedback we have received, we will proceed to move forward with the manuscript.
	+ This will be sent to *Nature Human Behaviour*.
* “Behavioral Medicine: A Five-Year Review”
	+ Jerry Suls has been working on this piece, which is an objective five-year review of the main impactful papers that influenced health psychology.
	+ We’ve handled the literature searches many different ways and are trying to ensure that we have a transparent, reproducible, rigorous way of identifying them.
	+ We hope to have at least an outline for this within the next couple of weeks.
	+ This will also be sent to *Nature Human Behaviour*.
* “BMRC Methods”
	+ This piece will detail what it is we’re going to use as a process for identifying topics, papers, areas for intervention, and systematic reviews.
	+ When ready, this will also be routed to the council for comment.
	+ The plan is to send this to multiple major journals simultaneously so people see in a clearer way what it is that we’re proposing to do.
1. Open Science Framework
	* Going forward, we will be using Open Science Framework (OSF) to manage manuscripts. Though the system was outlined in Andrew’s “Manuscript Writing Process Meetings – Thank You!” email from 2/28/20, he will provide a demo to any BMRC member who was unable to attend an introductory conference call and would like one.
	* The system is very intuitive and will keep us from worrying about version control and passing manuscript versions around via email during review stages.
2. Quarter-Two BMRC In-Person Meeting
	* The lunch is currently scheduled for Sunday, 6/28/20 during the annual ABMR conference.
	* 1440 Multiversity (800 Bethany Drive, Scotts Valley, CA 95066)
* We will keep you informed of any updates in the event the meeting is rescheduled or canceled.
* **Simon**: In Quebec, all healthcare-system travel has been banned through the end of August.
* **Karen**: Attendance will depend on finances.
* **Suzanne:** As long as university allows it, “I plan on attending.**”**
* **Michael**: Was planning on attending.
* **Karina**: Planning on attending, “but if there is a surge in the workforce where they require healthcare professionals to be present in order to help, I will alert you as soon as possible.”
* **Elissa**: ABMR is going to be reassessing in mid-April—or earlier if we know more by then—but the hope is that travel bans will lifted by June 1 (the deadline to cancel reservations, etc.).
* In the meantime, we will plan on making the Quarter-Two meeting virtual should ABMR not happen in person or a sufficient number of BMRC members will be restricted from travel.
	+ **Michael**: We can probably utilize SBM’s platform to pull people in as necessary.
1. 2020 Deliverables
	* First three/four papers are fairly well sketched out and those will be routed in a relatively steady stream.
	* The objective of this portion of the meeting is to discuss some of the ideas raised in BMRC’s last in-person meeting to see if there is continued interest in any of the topics or opportunities, and if yes, how we can go about identifying lead authors.
	* The [virtual] commitment of an annual “Year in Behavioral Medicine” review publication
	* **Karina**: Would we prefer to wait until the two pieces that Jerry is working on come through, and we start to see where there are accelerating trends or where there are really substantive breakthroughs that we want to focus on, or do we want to spin it towards a more generic focus?
		+ Agreement that it would be more interesting to apply a prospective rather than a retrospective focus.
		+ **Simon**: Especially considering the context of COVID-19, a window of opportunity opens: “here’s how behavioral science, understanding behavior and changing people’s behavior, and engaging people in behavior change could be used.”
		+ **Suzanne**: One of the things we should consider is an adjusting-time paper about responses to a vaccine (i.e., looking into the future, what do we know about vaccine compliance and why some people agree to get vaccinated while other people don’t?)
		+ **John**: We can think about it clinically (i.e., for recommendations about where surveillance should be set up, who should be targeted, what behaviors are going to be necessary now and in the context of the introduction of a vaccine, etc.), but it may be prudent to start thinking broadly about research endeavors that might be important/what a prototype model for prospective research might look like, develop that model, and even go so far as to pull partners in who help us to think about how to fund those efforts/a way to get the money quickly into the hands of researchers so that data can be gathered.
		+ **Karina**: A sweet spot for BMRC would be indeed be a how-do-you-do-this approach with methods to enable others to clearly and crisply get out there and do the things that are needed.
		+ **Karina**: We can predict that the general focus is off of physical activity this coming year; this is potentially something to monitor while everybody’s eyes are on COVID-19/a vaccine.
		+ **Michael**: An additional way to space out manuscripts: if our Year in Behavioral Medicine has a more of a future outlook, maybe that’s not the publication that should appear every year but instead can be spaced out. And then, in those off years when that publication does not appear, we could have these rapid-cycle-response kinds of papers that address various current issues.
		+ **TAKEAWAY**: We have the more routine “Year in Behavioral Medicine Looking Forward” series, the one-off “How to You Protocolize Being Ready for a Crisis?”, and the shorter Rapid-Response article.
		+ **Simon**, **John**, and **Michael** will take the lead on “How to You Protocolize Being Ready for a Crisis?”
		+ As a group, we will look into bringing in outside experts for the other pieces (Elissa will send Simon details for Roxane Silver and Allison Holman [sp?]).

Additional 2020 Deliverables:

* + An effort to determine the value in declaring a decade of focus on a particular priority for behavioral medicine
	+ Thoughts?
	+ Commentary by the BMRC on the standardization of open science and data deposit policies for behavioral medicine
	+ Thoughts?
	+ Commentary on how the BMRC will weave a disparities lens in all future projects
	+ Thoughts?
	+ An effort to determine the value in declaring a decade of focus on a particular priority for behavioral medicine
	+ Thoughts?
* The contribution of Delphi poll and crowdsourcing data results to Michael Diefenbach’s presidential initiative for SBM
	+ Thoughts?