

Helena Wrona-Polańska*

Institute of Social Sciences, University of Economy in Bydgoszcz

0000–0001–7476–4845

Report on the 13th National Scientific Conference and the 30th Anniversary of the Health Psychology Section of the Polish Psychological Association

On May 14–15, 2021 at the University of Warsaw was held the 13th National Scientific Conference of the Section of Health Psychology of the Polish Psychological Association entitled *Psychological and social aspects of health from the perspective of global and local problems and their solutions*, under the patronage of the Dean of the Faculty of Psychology at the University of Warsaw, doktor habilitowany Kamil Imbir, Prof. University of Warsaw. The conference was organized by the Faculty of Psychology of the University of Warsaw and the Health Psychology Section of the Polish Psychological Association. The subject of the conference concerned health and disease, also in the context of the COVID-19 pandemic, taking into account social attitudes and the position of the scientific community towards the disease, treatment and health consequences of the pandemic. It was reflected in three plenary lectures: *Health and disease. Psychological mechanisms, conditions and contexts* of Helena Wrona-Polańska, *A panacea for isolation in the era of the COVID-19 pandemic? The specificity of psychosocial resources in the general population and among healthcare professionals* Mariola Bidzan and *Learning and unlearning pain. From experimental research to the scientific theory of placebo action* by Przemysław Babel. In addition to the lectures, six paper sessions and a poster session were held, which showed the psychological mechanisms of health and illness resulting from the social, professional and family context. The conclusion of the scientific discourse was the observation that the rapid development of medical research around the world regarding COVID-19 only creates an opportunity to increase immunity through vaccination (rather than treating the disease), which evoke extreme emotions due to the diversity and ambiguity of responses, deepening uncertainty and social chaos. This is prevention, and health promotion depends on psychological mechanisms, that is the release of mental

* Correspondence address: Helena Wrona-Polańska, Institute of Social Sciences, University of Economy in Bydgoszcz, Obrońców Bydgoszczy Street 1, 85–054 Bydgoszcz. E-mail: helena@wronapolanska.pl.

and behavioral activity in order to regain health. This is a huge challenge for health psychologists. The conference contributed to the expansion of knowledge, which is the basis for creating health-promoting programs, and pointed to the need for real involvement in the implementation of the third health revolution, initiated in Cracow by Prof. Julian Aleksandrowicz in 1972 in order to saturate the minds of young people and adults with knowledge about what is conducive to individual and social health. The program of the first day of the conference included a jubilee session dedicated to the 30th Anniversary of the Health Psychology Section of the Polish Psychological Association, which was held remotely. It was attended by honorary guests, Vice-Presidents of the Polish Psychological Association and members of the Health Psychology Section Board. Chairwoman of the Health Psychology Section of the PPA Prof. Helena Wrona-Polańska welcomed the invited guests and all those present. She presented the history of the section, starting from its founding by Prof. Kazimierz Wrześniewski in 1991 until now, emphasizing the multifaceted development of health and disease issues in theory and clinical practice. The chairwoman pointed out that from the beginning of her term of office she introduced scientific cooperation in the Health Psychology Section of the PPA, documenting the achievements of its members in journals and monographs. In 2013, she organized the Scientific Session of the Health Psychology Section of the PPA at the University of Warsaw, devoted to the scientific work of the section's founder and first chairman, Kazimierz Wrześniewski, the report of which was published in *The Review of Psychology [Przegląd Psychologiczny]* (2014, no. 57(2), 245–247). Together with doktor habilitowany Ewa Gruszczyńska edited the *Polish Psychological Bulletin* (2017, Vol. 48/3), with articles by members of the section. Selected materials from the conference of the Health Psychology Section of the PPA – in Warsaw in 2013 and at the University of Adam Mickiewicz in Poznań in 2017 – were published in multi-author monographs entitled *Health and disease [Zdrowie i choroba]* (2016) and *Health in a changing world of threats and challenges [Zdrowie w zmieniającym się świecie zagrożeń i wyzwań]* (2019). The report on the Jubilee of the 25th Anniversary of the Health Psychology Section of the PPA was published in the journal *Art of Healing [Sztuka Leczenia]* (2016, no. 2, 71–72), and the original works were published in *The Review of Psychology [Przegląd Psychologiczny]* (2018, no. 61(4), 459–460). At the jubilee meeting, the personage of the founder of the Health Psychology Section of the PPA, Prof. Kazimierz Wrześniewski was presented by doktor habilitowany Dorota Włodarczyk, and members of the Honorary Scientific Committee of the Conference: Prof. Helena Sęk and Prof. Jan Czesław Czabała discussed the development of health psychology, summarizing the directions of scientific research and clinical practice over the last 30 years. After a short discussion, the Vice-President of the Main Board of the Polish Psychological Association, Ph.D. Jerzy Korzewski, presented (virtually) a diploma of appreciation to the Chairperson of the Health Psychology Section of the PPA, Prof. Helena Wrona-Polańska, and the chairperson presented diplomas of appreciation to her associates: doktor habilitowany Ewa Gruszczyńska, Prof. SWPS University of Social Sciences and Humanities, doktor habilitowany Kamila Bargiel-Matusiewicz, doktor habilitowany Dorota Włodarczyk and doktor habilitowany Michał Ziarko.

The President of the Polish Psychological Association, Ph.D. Teresa Panas, sent congratulations to the Chairwoman of the Health Psychology Section of the Polish Psychological Association on the occasion of the Section's 30th Anniversary:

Dear Professor,

Please accept the words of great respect and appreciation for your knowledge, competence and professionalism, which are manifested not only in the successes of the Section you chair, but also in your research and scientific activities and in your work for the environment.

I am convinced that under the Professor's leadership, the Section of Health Psychology of the Polish Psychological Association will continue its successes so far, and the position of the Section will gain in importance, especially in the current health situation of Poles.

I would like to congratulate Professor and wish personal satisfaction in family and professional life to all of you involved in the work of the Health Psychology Section of the Polish Psychological Association.

Yours faithfully

Ph.D. Teresa Panas

President of the Polish Psychological Association

The Jubilee Session of the Health Psychology Section of the PPA ended with a musical accent: Frederic Chopin's *Nocturne in C sharp minor* performed by Marek Polański (violin) and Marta Polańska (piano).

Chairwoman of the Health Psychology Section of the PPA
Helena Wrona-Polańska