



International Society of Psychoneuroendocrinology

Letter to the ISPNE members – August 2022

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Dear friends and colleagues, dear members of the society,

This is my third letter that I have written to you, and I am delighted that we will all soon meet at our face-to-face conference in Chicago in September.

When I wrote to you last Summer, while we were preparing #ISPNE2021 as a virtual conference, we did not know whether the next conference would be face-to-face. Today, while we are enjoying the amazing success of the COVID vaccination programmes, we should not forget that the availability of vaccines in the developing world is still insufficient. As Society, we have introduced awards and discounted membership fees for scientists from low- and middle-income countries, to support researchers from the wider world.

If we needed to be reminded of the importance of stress for mental and physical health – one of the overarching themes of our scientific society – we have been tragically reminded not only by the impact of the pandemic on all of us, but also by the first war in Europe since World War II. Our 2022 Chicago conference has an emphasis on life-long and trans-generational effects of stress: and we will probably see the effects of these horrifying events for years to come.

It has been a very active time for the Society. We have a new management team, Degnon Associates, and we are continuing to develop our website and our social media activity, led by our Twitter accounts, @ISPNE, @PNECJournal and @CPNECJournal. Please check the other pages on this website and follow our social media accounts!

We are preparing to change key articles in the Bylaws, for the most important changes that you have requested, and especially the introduction of a representative of the Early Career Scholars (students, postdocs and residents) in the Executive Committee. These proposed changes will be distributed by email to the members and discussed at our next Business Meeting in Chicago.

Our 2022 Conference Chair and President-Elect, Emma K. Adam, together with Elif Duman and Sam Zilioli, have put together an outstanding scientific programme, with a unique 'longitudinal' approach that starts with pregnancy on the first day and finishes with menopause on the last. Many symposia have a life-span approach within themselves. It confirms the importance of psychoneuroendocrinology in all phases of life and places our society firms at the centre of both physical and mental health. This is our first face-to-face

conference since the pandemic, and we have made the decision to focus the conference on classical 'in person' attendance for both attendees and speakers. At the Conference, we will also celebrate our 2022 Award winners, Professor Robert Sapolsky for the Bruce McEwen Lifetime Achievement Award, and Dr Daniel Quintana for the Dirk Hellhammer Award.

In conclusion, I hope that this update conveys the continued energy and enthusiasm that all of us in the Executive feel for our Society, and for the rapidly approaching Conference, and I hope I will see many of you in Chicago soon.

And, while you are preparing for Chicago, plan for #ISPNE2023 in London!

With my best regards

