

August 27-30, 2008

Tokyo, Japan

www.icbm2008.jp

**10th International Congress of
Behavioral Medicine**

"Drawing from traditional sources and basic research
to improve health of individuals, communities and populations"

Organized by

International Society of Behavioral Medicine (ISBM) and
Japanese Society of Behavioral Medicine (JSBM)



Invitation

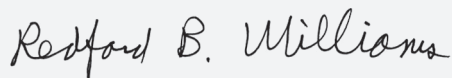
On behalf of the International Society of Behavioral Medicine and the Japanese Society of Behavioral Medicine, it is our great honor to announce that the 10th International Congress of Behavioral Medicine will be held in Tokyo, Japan, on August 27-30, 2008.

The ISBM currently has over twenty prestigious member societies around the world. We are proud that so many colleagues have gathered, every two years since 1990, to present and discuss the very latest advances in behavioral medicine, sharing a common interest in the most vital concerns of issues relevant to this area and in contributing to the health and welfare of all humankind.

ICBM 2008 marks the 10th anniversary of this ICBM series. The Congress theme of "Drawing from traditional sources and basic research to improve health of individuals, communities and populations" will provide a unique opportunity for you to meet behavioral medicine colleagues from around the world, make your own valuable contributions to the exchange of ideas, and establish new friendships.

It is our sincere hope to see a variety of colleagues submit abstracts and attend this congress to exchange their ideas toward creating a higher standard in the field of behavioral medicine.

We look forward to welcoming you to Tokyo in August, 2008.



Redford Williams, M.D.
President
International Society of Behavioral Medicine
redfordw@duke.edu



Yuji Sakano, Ph.D.
President
Japanese Society of Behavioral Medicine
icbm08@the-convention.co.jp

Scientific Program Committee

Chair:

Theresa Marteau (Kings College, London, UK)
E-mail: scicbm2008@kcl.ac.uk

Co-chair:

Linda Cameron (University of Auckland, New Zealand)
E-mail: l.cameron@auckland.ac.nz

Co-chair:

Bernt Lindahl (Umea University, Sweden)
E-mail: bernt.lindahl@medicin.umu.se

Co-chair:

Redford Williams (Duke University, USA)
E-mail: redfordw@duke.edu

Co-chair:

Shin Fukudo (Tohoku University School of Medicine, Japan)
E-mail: sfukudo@mail.tains.tohoku.ac.jp

Local Organizing Committee (LOC)

LOC chair:

Yuji Sakano (Health Sciences University of Hokkaido)

LOC Secretary General:

Teruichi Shimomitsu (Tokyo Medical University)

Scientific Advisory Committee Co-chairs:

Norito Kawakami (University of Tokyo)
Shin Fukudo (Tohoku University)
Akira Tsuda (Kurume University)

Finance Committee Chair:

Shinobu Nomura (Waseda University)

Fundraising Committee Chair:

Tomifusa Kuboki (University of Tokyo)

Public Relations Committee Chair:

Kazunori Kayaba (Saitama Prefectural University)

General Management Committee Chair:

Mitsuki Niregi (Rissho University)

Workshop Committee Chair:

Shinichi Suzuki (Hiroshima University)

General Information

Period:

August 27-30, 2008

Site:

Rissho University (tentative), Tokyo, Japan

Official Language:

English

Congress website:

<http://www.icbm2008.jp>

ISBM website:

<http://www.isbm.miami.edu>

JSBM website:

<http://www.spu.ac.jp/dantai/jsbm/>

Organized by:

International Society of Behavioral Medicine (ISBM)
Japanese Society of Behavioral Medicine (JSBM)

Contact Address:**Secretariat**

c/o The Convention
2-6-12 Minami-Aoyama, Minato, Tokyo 107-0062, Japan
Tel: +81 (0)3 3423 4180 / Fax: +81 (0)3 3423 4108
E-mail: icbm08@the-convention.co.jp

Important Dates

Deadline for Workshop Submission: **August 31, 2007**

Deadline for Abstract Submission for Symposia, Papers, and Posters: **December 1, 2007**

Deadline for Early Registration: **March 10, 2008**

Deadline for Submitting Rapid Communication Posters: **May 1, 2008**

Registration

There are two ways to register. On-line registration will be possible via the congress website (www.icbm2008.jp) from early August 2007. The other way is to send a reg-

istration form to the secretariat by fax (+81-3-3423-4108). Please download the registration form from the congress website.

Registration Fees

	Early Registration (until March 10, 2008)	Late and On-site Registration (after March 10, 2008)
ICBM member	40,000 yen	45,000 yen
Non-member	50,000 yen	55,000 yen
Student	10,000 yen	10,000 yen
Accompanying person	10,000 yen	10,000 yen
Workshop	To be announced on the congress website	To be announced on the congress website
Banquet	5,000 yen	5,000 yen

* Advanced registration will be available until July 31, 2008. After July 31, 2008, you should register on-site.

Registration as an active participant includes:

- All sessions
- All official documentation including the program & abstract book
- Opening ceremony, welcome reception, and farewell party
- Coffee breaks

Registration as an accompanying person includes:

- Opening ceremony, welcome reception, and farewell party
- Coffee breaks

Payment

Credit Cards: Visa, MasterCard only

*国内の方は銀行振込及び郵便振替も可能です。
詳細はホームページをご覧ください。

Cancellation

Please notify the registration office if you need to cancel. Cancellation fees will be charged as follows:

Received by June 30, 2008	50%
Received after June 30, 2008	100%

Deadline for early registration: March 10, 2008

Social Program

Opening Ceremony
Welcome Reception
Farewell Party
Banquet (charged)

Excursions to Kyoto, Nikko, Tokyo (charged) (Detailed information will be made available on the congress website.)

Scientific Program

Based on the tradition of the previous nine congresses in Uppsala, Hamburg, Amsterdam, Washington DC, Copenhagen, Brisbane, Helsinki, Mainz and Bangkok, the scientific program of this 10th congress will include keynote addresses, master dialogues/debates, symposia, roundtable discussions, oral and poster presentations, meetings of special interest groups, teaching and training workshops, satellite activities, and scientific and trade exhibitions.

The 10th ICBM will be attended by authorities and experts

in behavioral medicine and related disciplines from every region of the world, including all the countries of Asia. The theme of the 10th ICBM, "Drawing from traditional sources and basic research to improve health of individuals, communities and populations," will encourage collaboration and networking between all regions of the world as well as all disciplines that contribute to the science and practice of behavioral medicine.

Keynote Addresses

Peter Gluckman (NZ): Mismatch between our world and our bodies

Julia Chan (China): Diabetes and metabolic syndrome from an Asian perspective

James S Jackson (USA): Health disparities

Master Lectures

Johannes Siegrist (Germany): Job stress in a global economy

Neville Owen (Australia): Increasing physical activity

*Additional speakers will be announced on the website.

Master Panels

CBT in Physical Health

Yuji Sakano (Japan)

Trudie Chalder (UK)

Winfried Rief (Germany)

Behavioural Medicine and the Brain

Shin Fukudo (Japan)

Tobacco Control

Ron Borland (Australia)

Jiang Yuan (China)

Metabolic Syndrome

Thorkild Sorensen (Denmark)

*Additional speakers will be announced on the website.

Call for Papers

All participants are invited to submit an abstract for symposia and/or oral and/or poster presentations. It is not necessary to be a member of a member national society of the International Society of Behavioral Medicine to submit

an abstract. Abstracts will be reviewed by members of the scientific program committee.

All accepted abstracts will be published in a program & abstract book.

Please note: All presenters must pay to register for the congress by May 30, 2008

Symposia are 90 minutes in length and should involve one chair and a maximum of four speakers, one of who may be a discussant (optional). Symposia must be international and interdisciplinary in scope; i.e., they must include a diversity of disciplines and a minimum of two countries must be represented among the participants. If a symposium is not accepted, individual presentations in that symposium will be evaluated for acceptability as oral or poster presentations.

Oral presentations will be grouped according to the congress tracks.

Poster presentations will be grouped in sessions during which authors should be present to answer questions and discuss their work.

Rapid communication posters will be accepted up until May 1, 2008 to allow for the latest information and research findings to be presented.

Abstract Submission

Abstract submission will only be possible **via the congress website**.

Complete instructions will be available in early August 2007 (<http://www.icbm2008.jp>).

Abstracts must be received by **December 1, 2007**. Authors will be notified whether their abstract has been accepted or rejected by late March 2008.

Tutorial Workshops

Half-day, pre-congress tutorial workshops will be held on Wednesday, August 27, 2008 (9.00-12.00h). These will cover a range of topics relevant to behavioral medicine research, training and practice. Schedule workshops include:

- **Kerry E. Evers (USA):** "Developing interventions based on the Transtheoretical Model of Behavioral Change"
- **Bernt Lindahl (Sweden) and Pilvikki Absetz (Finland):** "Stress, metabolic syndrome and health behavior change"
- **Maria M. Llabre, (USA):** "Applications of structural equation models in behavioral medicine research"
- **Frank van Lenthe (NL) and Jos Twisk (NL):** "Multilevel modeling in health related behavioral research"

Participation in each of the workshops costs *US\$ 50 (registration before 10 March 2008) or *US\$ 60 (registration after 10 March 2008).

If you are interested in presenting a workshop, you are invited to submit proposals **by 31 August, 2007**. Please send an abstract of your proposal to and/or contact the International Workshop Coordinator, Dr Rona Moss-Morris (R.E.Moss-Morris@soton.ac.uk) for further information.

*The participation fee for the workshops are required to be paid in Japanese Yen. The fixed rate in JPY will be announced on the congress website.

Track Chairs and Co-chairs

TRACK	CHAIR	CO-CHAIR
Adherence	Rob Horne (UK)	Teruichi Shimomitsu (JPN)
Aging	Pilvikki Absetz (FIN)	Frank Penedo (USA)
Infectious Diseases/SARS/HIV/AIDS	Jane Leserman (USA)	George Bishop (SINGAPORE)
Alcohol/Smoking/Substance Abuse	Ron Borland (AUS)	Jasjit Ahluwalia (USA)
Genetics/Environmental Interactions	Jaako Kaprio (FIN)	Debra Bowen (USA)
Cancer	Maggie Watson (UK)	Mike Antoni (USA)
Cardiovascular & Pulmonary Disorders	Jim Blumenthal (USA)	Masanori Munakata (JPN)
Childhood & Adolescence	Annette LaGreca (USA)	Edith Chen (CAN)
Cross Track and Other	Andrew Steptoe (UK)	Johannes Siegrist (GER)
Diabetes/Metabolism/Nutrition/Obesity/Eating Disorders	Neil Schneiderman (USA)	Max de Courten (AUS)
Gender and Health	Christina Lee (AUS)	Ulrike Ehlert (SWZ)
Health Behaviors	Kerry Evers (USA)	Gregory Kolt (AUS)
Health Education and Promotion	Kav Vedhara (UK)	Shinobu Nomura (JPN)
Health Systems, Policy and Economics	Bob Kaplan (USA)	Anuar Zaini (Malaysia)
Illness/Illness Affect/Illness Behavior	John Weinman (UK)	Bong Yul Huh (KOREA)
Measurement and Methods	Maria Llabre (USA)	Akira Tsuda (JPN)
Pain, Musculoskeletal and Neuromuscular Disorders	Joost Dekker (NL)	Alex Zautra (USA)
Physical Activity	Abby King (USA)	Neville Owen (AUS)
Somatoform Disorders/Chronic Fatigue/Medically Unexplained Symptoms	Winfried Rief (GER)	Rona Moss-Morris (UK)
Psychophysiological Disorders & Sleep	Shin Fukudo (JPN)	Martica Hall (USA)
Screening & Early Detection	Arja Aro (FIN)	Kazunori Kayaba (JPN)
Socioeconomic Factors, Culture & Health	Linda Baumann (USA)	Philippa Howden-Chapman (NZ)
Stress/Psychophysiology/PNI/PNE	Manfred Schedlowski (SWZ)	Ken Pakenham (AUS)
Violence/Victimization/PTSD	Andreas Maercker (GER)	Gunilla Krantz (SWE)
Work Related Health	Norito Kawakami (JPN)	Reiner Rugulies (DNK)
Traditional, Integrative & Complementary Medicine	Kenji Watanabe (JPN)	Lenore Manderson (AUS)

Early Career Award

The ISBM Governing Council will present early career awards to assist behavioral medicine scientists early in their careers to attend the 10th ICBM. The awards will be

distributed at one of the congress ceremonies. (See the ICBM website for more detailed information on application for an award.)

Hotel Accommodation

JTB Global Marketing & Travel Inc. has been appointed the official travel agent for the congress and will handle hotel accommodations. Rooms at hotels in Tokyo, within 30 minutes of the congress site, have been booked for

the congress period. Rates range from 8,500 to 20,000 yen for a single with bath. Reservations will only be possible **via the congress website** (www.icbm2008.jp). Complete instructions will be available from early August 2007.

Access to Tokyo

Many flights are available from many cities in Asia, Europe, and North America, directly into New Tokyo International Airport (Narita), through Kansai International Airport or Central Japan International Airport.

From New Tokyo International Airport (Narita):

Downtown Tokyo is 60 minutes by Narita Express train. It costs 2,940 yen non-stop to Tokyo Station.

From Kansai International Airport, Central Japan International Airport:

We recommend using Haneda Airport. There are many domestic flights from Kansai International Airport and Central Japan International Airport to Haneda Airport. Downtown Tokyo is 30 minutes by Tokyo monorail and local train. It costs 620 yen.

Entry into Japan

Every foreign visitor entering Japan must have a valid passport. Visitors from countries whose citizens require visas should apply to the Japanese consulate or diplomatic mission in their own country. For further information, please

visit http://www.mofa.go.jp/j_info/visit/visa/index.html
Requests for official invitations in support of visa applications should be sent to icbm08@the-convention.co.jp

Climate

The temperature in Tokyo during the congress period ranges between 25 and 30°C, with the chance of occasional rain showers.

Currency Exchange

Only Japanese yen (¥) is acceptable at regular stores and restaurants. Certain foreign currencies may be accepted at a limited number of hotels, restaurants and souvenir shops. You can buy Japanese yen at foreign exchange banks and other authorized money exchangers on presentation of

your passport. Travelers' checks in Japan are not as popular as in some other countries. Visa, MasterCard, Diners Club and American Express are widely accepted at hotels, department stores, shops, restaurants and nightclubs.

Tipping

In Japan tips are not necessary anywhere, even at hotels and restaurants.

A light gray map of Japan is visible in the background of the page. The map shows the main islands and surrounding waters. A small black dot is placed on the main island of Honshu, with the word "Tokyo" written next to it.

Shopping

Shops and other sales outlets in Japan are generally open on Saturdays, Sundays and national holidays as well as weekdays from 10:00 to 20:00. Department stores, how-

ever, are closed one day per week, differing by store, and certain special shops may not open on Sundays and national holidays.

Tax

A consumption tax of 5% is added to all purchases. Prices shown include this tax.

Taxis

The fare consists of an initial flag-down price of approximately 660 yen plus an additional cost per distance covered and time elapsed. Payment is made at the end of

the ride, and you need to pay only the amount marked on the meter. Trains, subways and buses are recommended as inexpensive means of transportation.

Mobile Phones

Please note that GSM mobile phone service is not available in Japan. Mobile phones can be rented for use during your stay.

Electricity

Electric current is uniformly 100 volts AC throughout Japan, but with two different cycles: 50 in eastern Japan including Tokyo, and 60 in western Japan including Kyoto

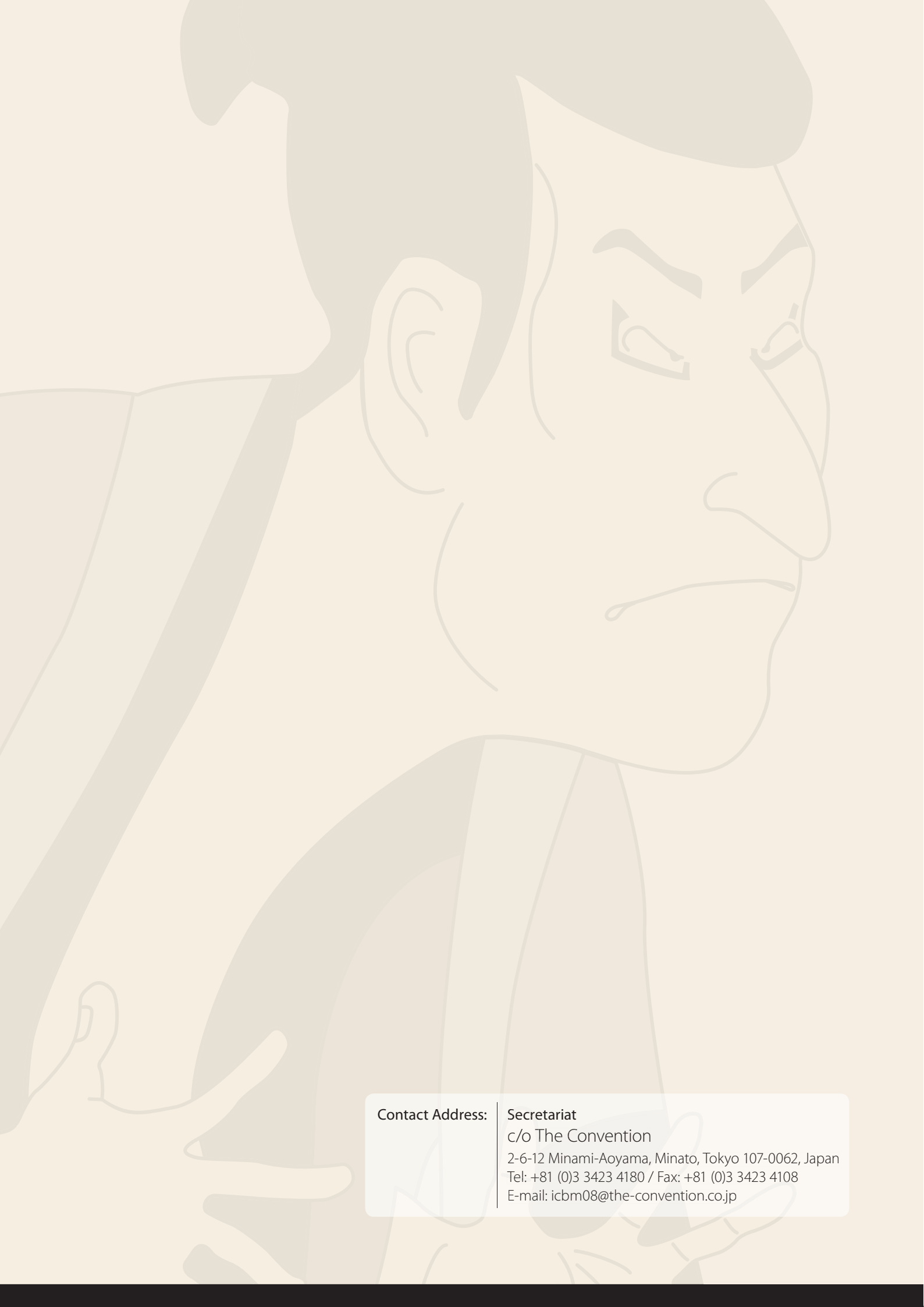
and Osaka. Leading hotels in major cities have two outlets of 100 and 220 volts but their sockets usually accept a flat two-pin plug only.

Time Zone

Japan is 9 hours ahead of GMT.

Insurance

Participants are encouraged to obtain travel insurance (medical, personal accident and luggage) in their home country prior to departure.



Contact Address:

Secretariat

c/o The Convention

2-6-12 Minami-Aoyama, Minato, Tokyo 107-0062, Japan

Tel: +81 (0)3 3423 4180 / Fax: +81 (0)3 3423 4108

E-mail: icbm08@the-convention.co.jp