This summary details my activities while attending the 12th International Congress of Behavioral Medicine, 2012 in Budapest, Hungary, August 29-September 1, 2012. The central theme, “From Basic Science to Clinical Investigation and Public Health,” reflects the broad and transdisciplinary nature of the field of behavioral medicine covered during the meeting. Budapest provided a unique opportunity for researchers and clinicians from Hungary, Central/Eastern European Countries, and across the world to discuss local, regional, and global health trends with colleagues from all around the world. The conference venue was at the Hilton Hotel in Castle District, a hotel with interiors highlighting a renovated 13th century cloister. Budapest has a very rich history, having gone through several invasion and occupation. The city has a rich cultural blend of Hungarians, Germans, Slavs, Jews, and Turks. The following presentations were made during the Congress:

1) Behavioral Aspects of Chronic Diseases: Enhancing resourceful skills: An Intervention to Improve Outcomes of Family Caregivers and Persons with Alzheimer’s Disease. This research study was done in collaboration with Drexel researchers (Dr. Carol Lippa, Medicine; Dr. Marci Polansky, School of Public Health). As a presenter during this session, I had the opportunity to share the research findings on the intervention study funded by the National Institute for Nursing Research (NINR) at NIH. The attendees represented researchers and clinicians from Hungary, Central/Eastern Europe, Asian, and the United States. The participants were interactive during the session and the presentation was well received. This conference provided networking opportunities. Additionally, a new direction in delivering the intervention is being explored in collaboration with other researchers.

2) Models and Theory-based Interventions for Risk Reduction: Community Health Workers in Chronic Disease Management. This research study was done in collaboration with researchers from Texas Tech Health Sc. Center (Dr. Christina Esperat) and University of Hawaii (Dr. Jillian Inouye). The lead presenter, Dr. Esperat, discussed the Transformation for Health framework to examine the effects of using community health workers on behavior change and clinical outcomes (HgA1c) in under-served minority populations with chronic illness. The participants were very engaged that the discussion continued after the end of the session.

Overall, this experience was beneficial on several levels and I am grateful for the support from Drexel University.