

# PSYCHOLOGY

## A contribution to EU Policy Making

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# Outline

- Why this conference?
- About EFPA
- What psychology is (not)
- What psychology may contribute to EU policy making
- Program schedule

# Why this conference?

# Why this conference?

- There is little evidence of psychology's expertise being used in EU policy making. Policies focus on European citizens, and how they work and live together. Yet, human aspects are often ignored or addressed by common sense, which makes policies less effective and prone to unnecessary errors, delays, conflicts and costs.

***“Known by few, good for many”***

- A modest goal for today's conference: making clear that psychology can contribute to EU policy making, to the benefit of Europe's citizens.

***Psychologists are ready to do more,  
get involved, make targeted contributions***

# About EFPA

# What is EFPA?



- EFPA is the European Federation of psychologists' Associations - founded in 1981 !
- Its members are national psychologists associations (also federations, networks; *'Member Associations'*) from 35 countries with over 300.000 psychologists .
- It has links with some 20 European associations in specialist areas of psychology as well as Psychology Teachers and Psychology Students.
- EFPA offers a platform for collaboration, and for joint representation and action at the European level.

***“Helpdesk for Psychology in Europe”.***

- EFPA is recognized as NGO by the Council of Europe

# What EFPA does

- Representation and advocacy at European level
- Developing psychology in Europe and beyond: education, profession, research
- European expert groups (Boards, Standing Committees, Task Forces)
- Support for Member Associations
- Collaboration with other professional organizations
- Publicity and information sharing
- The European Psychologist (journal)
- Bi-annual European Congress of Psychology
- European projects

# What psychology is (not)



# Psychology

Psychology is about  
***thinking, feeling, doing***  
of people, alone and together,  
and about changing these, when desired,  
for the benefit of people, institutions, society.

Psychologist engage in  
***prevention and treatment***  
of human and social problems,  
guided by measurement, based on facts, driven by theory.

# Psychologists

The title and work of psychologists is ***legally protected*** in nearly all European countries.

Psychologists have at least ***5 years of academic training*** (research and theory based) and at least one year of supervised practice.



Psychologists have a ***Code of Ethics*** and follow ***Continuous Professional Development***

# What psychologists do with the knowledge they have

1. Professional work with individual clients, families, institutions.
2. Teaching psychology in secondary and tertiary education.
3. Supporting other professions (in health care, firms, traffic, prisons etc.).
4. Advice on policy development, highlighting the human & social dimensions\*.

*\* Psychologists do this within the Member States but are ready to engage themselves at the European level.*

# What psychology is **not**

- Psychiatry
- Psychotherapy
- Testing
- Just a health profession



# What psychology does

Psychology seeks to understand what drives human behavior, gives insight ..

helps people to gain mastery over their lives, effectively deal with others, take informed decisions ..

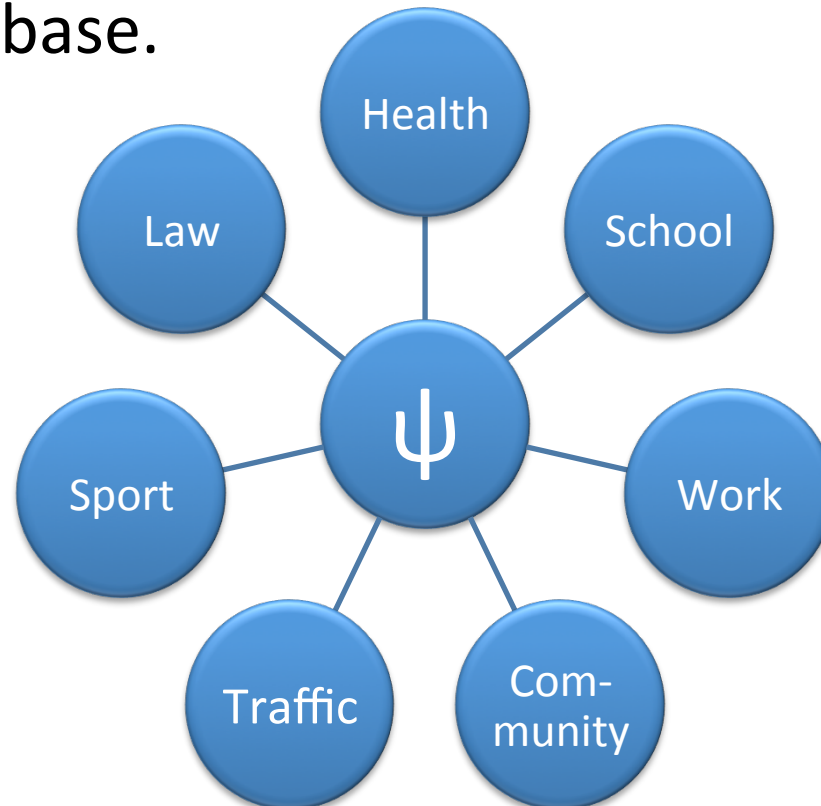
helps to prevent problems and reduce suffering ..

helps to shape environments that promote *health, wellbeing, participation, and productive performance.*

***It does so in different branches.***

# Several branches, one knowledge-base

- The branches of psychology cover people at different life stages and in different settings. It has a single knowledge base.



# Psychology & EU policy making

# A tour d'horizon

- What follows is a short “tour d'horizon” of psychology showing *topics* and *forms of expertise* relevant for policy areas such as:

Poverty and social exclusion	Violence and health	Road safety	Active and Healthy Ageing
Conflict prevention	European civil protection	Education and training	Safety and Health
Children's rights	Life-long learning	Racism and violence	and other





# 1. Health

This topic map gives examples of topics in the area of Health that psychologists have expertise about.

Topic maps in this presentation are used for the purpose of illustration and are not exhaustive.

Abortion - Eating Disorders - Healthy life styles - **Anxiety** - Alzheimer - **Depression** - HIV & AIDS - Natural Disasters - Autism - Fitness - **Sexuality** - Schizophrenia - Post-traumatic Stress Disorder - Medical consumption - Cancer - Personality disorders - **Emotional health** - Occupational diseases - Smoking - Alcohol - **Drugs** - Diets - Using pharmaceutical drugs - Deviant behavior - Wellness

# 1. Health

- Behavioral and social determinants of health, illness, and medical consumption
- Promoting healthy life styles and self-management of health
- Psychotherapy, health counseling, rehabilitation
- Assessment of functional and mental health in older people
- Early detection of e.g. dementia
- Behavioral approaches to depression and anxiety
- Prevention & treatment of addictions
- Training of emergency workers, health professionals and family caretakers

HEALTH INEQUALITY  
VIOLENCE & HEALTH  
MENTAL HEALTH & WELLBEING  
HEALTH IN ALL POLICIES

*EFPA Health Statement 2010*  
Integral approach to health:  
mental and physical, critical role of behavior,  
prevention and treatment

## 2. School

- Raising educational achievements
- Psychological consultation
- Early detection of e.g. dyslexia, ADHD
- Early school leavers
- Preventing and stopping bullying
- Deviant behavior in youngsters
- Identity and life perspective of youth
- Factors in Life long learning
- Protecting children's rights
- Crisis interventions in schools

Early school entry - **Dyslexia** -  
**ADHD** – Learning problems -  
Educational testing -

**Children's' rights** -  
Literacy - Developmental  
disorders - **Bullying** - Ethnic  
diversity - Multilingualism -  
Sexual education - **School  
dropout** - Teaching

*EFPA Position Paper on Psychologists in the  
Educational System and their Contribution  
to Life Long Learning, 2010:*  
A psychologist in every European school

STRATEGY ON EDUCATION &  
TRAINING  
TACKLING EARLY SCHOOL LEAVING  
LIFE LONG LEARNING  
CHILDREN'S RIGHTS

## 3. Work

Migrant workers - **Flexicurity** - Work stress - Nondiscrimination - Employee engagement - **Workplace safety** - Workload - **Work stress** - Occupational diseases - **Bullying** - Rehabilitation - Emotion work - **Reintegration** - Work design - Wages - Diversity management - Equal opportunities - Job creation - Worker mobility - Talent management - **Unemployment** - Vocational training - Retirement - Entrepreneurship - Management & Leadership - **Virtual work** - Social dialogue - Organizational change management - Recruitment & Selection - **Innovation** - Corporate governance - Shiftwork - Quality of work - Team work

## 3. Work

- Promoting decent work, *improving* job quality
- Prevention and treatment of work related stress and illnesses
- Unhealthy relations: conflicts, harassment, abusive leadership
- Non-discriminatory recruitment and selection
- Equal employment for men and women
- Innovative workplace and job design
- Managing organizational change
- Promoting productivity
- Shaping virtual and mobile work

*EFPA Position Paper 'Mental health and well-being at the workplace', 2011 :*  
Prevention of mental illness through work design and workplace action.

STRATEGY ON HEALTH & SAFETY AT WORK  
PROMOTING WORKERS MOBILITY  
AGENDA FOR NEW SKILLS AND JOBS  
A CORPORATE GOVERNANCE  
FRAMEWORK FOR EUROPEAN COMPANIES  
AGEING AND WORK

## 4. Community

Helping behavior - **Parenting** - Family issues - Social integration -  
Prejudice - Discrimination - Poverty - Immigration - Xenophobia -  
**Suicide** - **Ageing** - Child neglect - Conflict - Elderly abuse -  
Youth violence - Gender equality - Ethnic diversity - **Religious**  
**tolerance** - Retirement - Youth identity - Crowding behavior -  
Generations - Social policy - Homelessness - Women abuse - **Stigma**  
- **Racism** - Deviant behavior - Riots - Minorities - Virtual  
communities - Demographic changes - Adolescent drugs use –  
Solidarity – Mobility – Stereotyping

## 4. Community

- Public participation and well-being via community empowering
- Social inclusion of vulnerable families & improving family services
- Countering prejudice, intolerance, discrimination, aggression
- Crisis intervention and disaster response (natural, terrorism)
- Promoting active and healthy ageing at all life stages
- Promoting adaptation of immigrant youth
- Combatting unemployment impacts
- Suicide prevention
- Positive parenting
- Age attitudes

*Lessons Learned in Psychosocial Care After  
Disasters*

*EFPA / Council of Europe, 2010:*

What has been learned from Experiences  
with disasters in 16 European countries.

DEMOGRAPHIC CHANGE AND ITS  
CONSEQUENCES FOR THE FUTURE  
COHESION POLICY OF THE EU  
POVERTY & SOCIAL EXCLUSION  
MOBILITY & INCUSION OF PEOPLE  
WITH DISABILITIES  
RACISM AND XENOPHOBIA  
ACTIVE AND HEALTHY AGEING  
EUROPEAN CIVIL POTECTION

## 5. Transport

**Driver workload and fatigue** - Risk-taking - Attention - Passenger behavior - Traffic conflicts - Driver performance - Road user interaction - **Risky habits** - Driver assessment – **Driver training** - Vehicle design - Advanced Driver Assistance Systems - Passenger safety - Traffic regulations - **Enforcement** - **Road signaling** - **Infrastructure design** - Road pricing - Driver rehabilitation - **Mobility needs** - Choice of transport modes - **Road accidents** - Rail Safety - **Air traffic safety** - Pilot training - Licensing - **Human error** - System safety - Transport security



## 5. Transport

- Accident analysis
- Screening, training and rehabilitation of car drivers
- Mobility needs of senior citizens
- Enhancing traffic rules compliance
- Traffic safety education
- Demerit point system
- Selection of train drivers
- Selection and training of air pilots and air traffic controllers
- Design of Flight decks and ATC control systems

ROAD SAFETY: HALVING ROAD  
DEATHS BY 2020  
SINGLE EUROPEAN TRANSPORT AREA  
SINGLE EUROPEAN RAILWAY AREA  
SINGLE EUROPEAN SKY

*EFPA Position Statement on Age-Based  
Population Screening for Fitness to Drive  
2011:*  
Age-based screening does not raise safety  
and hampers mobility.

## 6. Sport

- Coaching of top athletes
- Athlete stress management
- Career transitions in sports
- Fighting violence and racism
- Sport parenting
- Protection of young players
- Doping and substance use
- Psychology in physical education
- of Lifelong Health and Fitness
- Developing Skills for Life

**Performance** - Personality -  
Motivation - Athletic skills  
training - Sport education -  
Coaching - Team dynamics -  
**Sport parenting** - Exercise -  
Workload - **Competitiveness**  
-Injuries - Counseling - Imagery -  
**Aggression** - Anxiety -  
Kinesiology - Personal training -  
Communication

- THE EUROPEAN DIMENSION IN  
SPORT
- PROMOTION OF PHYSICAL  
EXERCISE
- REGULATION ON SPORT AGENTS

**FEPSAC Position statement on Doping and  
substance abuse in competitive sport, 2003**

## 7. Law & law enforcement

**Human rights** - Citizenship -  
Refugees - Migration - Child  
custody - Crime prevention -  
**Crime investigation** - Forensic  
evaluation - Victimology - Testimony  
- Prisons - **Torture** - Reintegration -  
**Police screening** - Leadership -  
Command and control - **Teamwork** -  
War - Military issues - Combat stress -  
**Terrorism** - Veteran mental health

FUNDAMENTAL RIGHTS IN THE EU  
CHILDREN'S RIGHTS  
SEXUAL ABUSE AND SEXUAL EXPLOITATION  
OF CHILDREN AND CHILD PORNOGRAPHY  
ORGANIZED CRIME IN THE EU

- Promoting children's rights
- Refugee assistance
- Victim support
- Countering xenophobia and racism
- Psychological profiling
- Suspect pattern recognition
- Interrogation methods
- Detection of deception
- Suspect identification
- **Eyewitnesses testimonies**
- Hostage negotiation
- Counterterrorism approaches

## Other areas

- Significant numbers of psychologists work in other areas (consumer behavior, marketing, advertising, politics, natural environment, city planning and infrastructure design, cognitive psychology, cognitive engineering ICT, etc.).
- They can deliver valuable inputs to policy making as well.

# Finally, psychology for everyone

Anger - Anxiety - Intelligence Learning –  
Eating - **Memory** - Excellence - Failure  
Motivation – **Sleep** - Personality -  
Shyness **Violence** - **Dreams** - Jealousy -  
Daydreaming - **Sex** - Individuality - Lying  
Marriage – Group- Creativity - Identity -  
**Self** - Mental Health - Using drugs  
- Conflict - **Hate** – Divorce- Love -  
Extremism - Conformity - **Stress** -  
Depression -Bullying

We feel that a worthwhile aim for the future is to promote EU citizens' psychological literacy through teaching psychology in secondary schools.

- We find it hard to understand and justify that people learn the basics of physics and biology at school but have to learn the basics of human behavior by themselves, often at high personal and social costs.

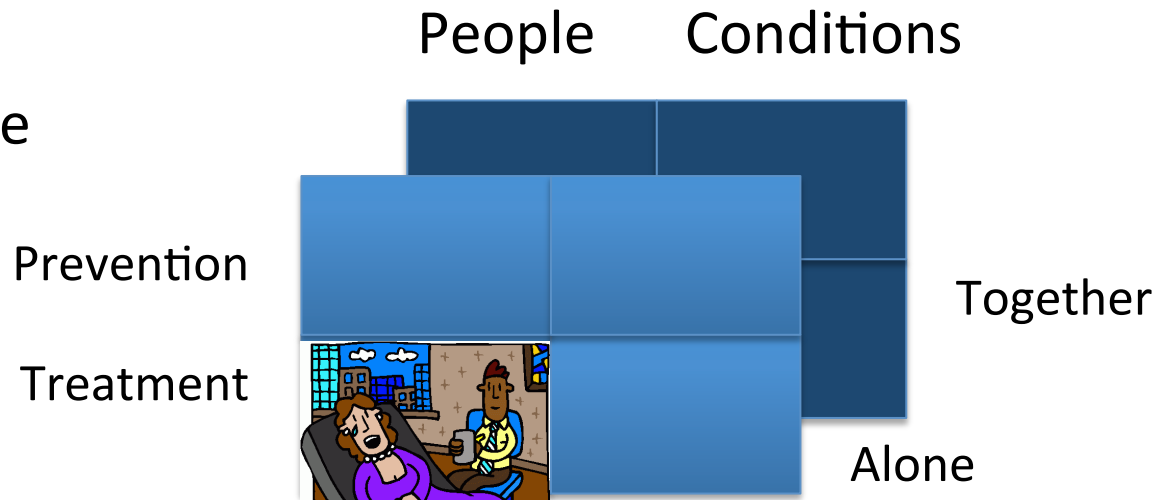
# Concluding remarks

# Greater effectiveness needed

- In many areas of policy the EU has still a long way to go to achieve its objectives, economically and socially. E.g.:
  - Almost 40% of the EU population suffers from mental disorders. The total associated costs amounts to 800 Billion Euro.
  - Work-related stress accounts for 50-60% of days lost which corresponds to 4% of the EU GDP.
  - Costs of road accidents are estimated to be around 180 Billion Euro, 2% of the EU GDP.
- We believe that psychology can help to enhance the effectiveness of EU policies in these and other domains, and to reduce these figures.

# What psychology can contribute

- Psychologists are known for their role in mental health care, treating clients on a 1:1 basis.
- They can do much more by helping to change the behavior and the conditions of **large numbers** of people in the domain of health, but also that of education, work, community, transport, sports, law, and others.
- They can enhance the power of people to manage their health and wellbeing **themselves**.





# How psychologists can contribute

- Psychologists can be made more effective by strengthening their roles as **gatekeepers** (e.g. in the schools, at work and in communities), and as **architects** of behavioral interventions that raise awareness and equip people with self-management and social skills, and as **designers** that help changing the legal and material conditions under which people live.
- The greatest effects are to be expected when psychological expertise is combined with that of other professions: law, economics, engineering, medicine,... In EU policy making psychology can have an **amplifier effect**, enhancing the effectiveness of policies based on expertise from other fields.
- Finally, psychological knowledge and expertise needs to be shared, enhancing psychological **literacy** among EU citizens.

Experts will now make  
supplementary statements and  
answer questions

***Thank you***

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