

## EFPA Newsletter

September - 2025



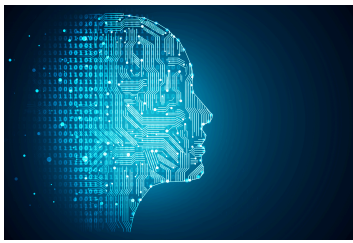
11/07/2025

### Changes in the Board of Directors of the European Federation of Psychologists' Associations AISBL (EFPA)

EFPA announces that consequent on the mandates of its current President and Vice President Finance coming to an end, the EFPA General Assembly held on Tuesday, July 1, 2025, elected a new President and Vice President Finance, and also elected two Other Directors.

The changes in the Board of Directors took effect on 14 July.

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01/07/2025

### **EFPA launches Digitalisation Priorities at European Congress of Psychology 2025**

At the European Congress of Psychology the European Federation of Psychologists' Associations AISBL (EFPA) has announced 6 priority areas for navigating digitalisation in society.

The increasing use of technology both offers benefits and poses challenges, and is a topic where European psychology can provide relevant input on the human and societal impacts that arise from our interaction with it.

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13/06/2025

### **EFPA supports Polish Government in cooperation with UNICEF**

EFPA participated in an initiative organised by UNICEF and the Polish Government focused on mental health and psychosocial support for children and adolescents in Poland, with the support of the [Polish Psychological Association](#).

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24/07/2025

### **EFPA Provides Expert Feedback on EU Guidelines for Protecting Minors Online under the Digital Services Act**

Following its earlier contribution to the European Commission's call for evidence on the Digital Services Act (DSA), EFPA has submitted a detailed response to the public consultation on the draft guidelines for protecting minors online.

EFPA welcomes the Commission's comprehensive approach to ensuring children's privacy, safety, and security on digital platforms, particularly the risk-based framework and the emphasis on privacy by design. The guidelines' focus on measures such as age assurance, private-by-default accounts, and user controls aligns closely with EFPA's prior recommendations.

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26/08/2025

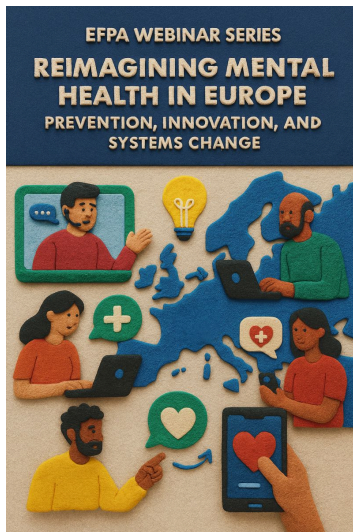
### **2025 updated version of the EFPA Test Review Model**

The Model for the Review, Description and Evaluation of Psychological and Educational Tests (Test Review Model) developed by the European Federation of Psychologists' Associations AISBL (EFPA) provides a structure for descriptions and rigorous evaluations of psychological assessments, tests, scales, profiles, and questionnaires used in work and organisational, educational, clinical and health (including clinical neuropsychology), sports, forensic, counselling, coaching and other contexts.

It is designed to be adapted to reflect different national

arrangements for psychometric testing and to be applied by expert reviewers.

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08/07/2025

### **WEBINAR SERIES: Reimagining Mental Health in Europe: Prevention, Innovation, and Systems Change**

As mental health challenges continue to grow in scale and complexity across Europe, there is an urgent need to move beyond traditional, treatment-focused approaches.

This webinar series—hosted by the European Federation of Psychologist’s Associations AISBL (EFPA)—brings together experts, researchers, and practitioners to explore the future of mental health through the lenses of prevention, systems thinking, and digital innovation.

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24/07/2025

### **Council conclusions on promoting and protecting the mental health of children and adolescents in the digital era**

The Council of the European Union firmly places mental health and psychology at the centre of its digital-era strategy: from promoting counselling and emotional skills, to embedding psychological safety in tech design, education, regulation, and community efforts.

It calls for collaborative, evidence-based, and child-centred approaches—deeply informed by psychological science.

[READ MORE >](#)

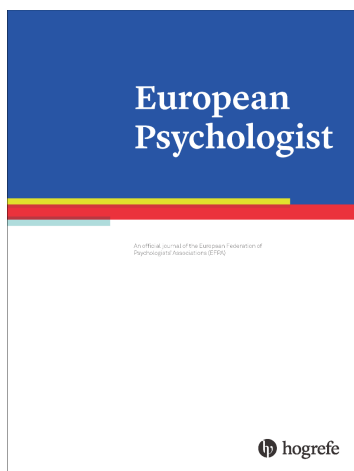
#### **Read more about EFPA’s participation in other partners events here:**

- [EFPA attends the American Psychological Association \(APA\) Convention 2025 >](#)
- [EFPA collaborates with the American Psychological Association on the topic of digitalisation >](#)

[More news on EFPA website](#)

## **Latest publications**

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## European Psychologist Vol 30. Issue 3. 2025

The European Psychologist is a multidisciplinary journal that serves as the voice of psychology in Europe, seeking to integrate across all specializations in psychology and to provide a general platform for communication and cooperation among psychologists throughout Europe and worldwide.

Integrative articles and reviews constitute the core material published in the journal. These state-of-the-art papers cover research trends and developments within psychology, with possible reference to European perceptions or fields of specialization.

The European Psychologist is an official journal of the **EFPA**.

In this edition:

- Editorial :Cohort Studies, Child Well-Being, and Policy Impact .
- Reflections on the Design and Development of First 18 Years of the Millennium Cohort Study
- COCON – A Multi-Cohort, Multi-Informant Panel Study: A Theoretical Framework and Key Findings for Development and Mastery of Life-Course Transitions of Children, Adolescents, and Young Adults in Switzerland
- Life Course in the Making :Educational and Labor Market Trajectories Through the Lens of the Swiss TREE Panel Survey
- Children's School Lives – A National Cohort Study of Primary Schooling in Ireland
- Growing Up in Digital Europe (GUIDE) : A Comparative Longitudinal Study for Child Well-Being

**CURRENT ISSUE >**



## European Journal of Psychology Open Psychologist Vol 84. Issue 3. 2025

The European Journal of Psychology Open (EJPO) publishes innovative, original, high-quality empirical papers from all fields of psychology.

As the name implies, the journal has a European orientation and aims to promote modern open science practices. It also aims to promote young talents: fresh, modern, open, progressive, innovative.

The journal publishes full-length original articles and brief reports describing single studies.

The European Journal of Psychology Open is the official open access empirical journal of the **EFPA**.

In this edition:

- Teacher Relatedness Support and After-School Physical Activity in University Physical Education. Mediation Role of Intrinsic Motivation and Self-Efficacy
- Unpacking Burnout. A Mixed-Methods Study of Workplace, Personal, and Academic Stressors
- Impact of Gender, Age, First University Choice, and Residence on Academic Adaptation and Performance Through Academic Motivation. A Path Analysis

- Sleep Difficulties in Children with Autism and Poor Family Functioning. The Moderation Effects of Parental Sleep Knowledge and Social Support

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### **WHO Europe : Transforming mental health through lived experience**

This roadmap, co-created under the WHO Regional Office for Europe's collaboration with the European Commission under the "Addressing mental health challenges in the European Union, Iceland and Norway" project, provides a structured framework to integrate lived/living experience expertise into mental health systems and workforce through six essential actions. Case studies from a variety of European countries are presented to illustrate these actions in practice.

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### **OSHA: Preventing psychosocial risks at work: insights on legislation and strategies from six EU countries**

This policy brief analyses the approaches of six EU Member States to psychosocial risk (PSR) prevention and management. It examines national legislation and strategies as well as drivers of change impacting workplace mental health.

[READ MORE AND DOWNLOAD HERE >](#)

## **Upcoming events**

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### **European Health Forum Gastein 2025**

**September 30-October 3, 2025  
Austria, Bad Hofgastein**

With politicised immigration, disinformation campaigns, and a disconnect between people and politics, a polarised world has emerged where solidarity is under threat.

The hybrid EHFG 2025 will explore how we can heal Europe's fractured social contract for health and well-being.

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## The EFPA Mental Health Toolkit: scaling and speeding up mental health promotion and prevention using a whole systems approach

October 9, 2025. 12:00-13:30 - CEST  
Online

Increases in mental health difficulties in people of all ages continues to rise. While resources continue to be put into developing effective treatments, the areas of prevention and promotion continue to be under resourced, underfunded and undervalued.

This is difficult to understand given that prevention and promotion are proven to increase well-being and to reduce psychological difficulties, e.g. to reduce the rate of suicide, depression, anxiety, eating disorders, obesity and a wide range of other conditions.

[READ MORE AND REGISTER HERE >](#)

## About ECPs

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### ECP2025 - Paphos, Cyprus



### Press release 19th European Congress of Psychology - ECP2025

From July 1–4, the scenic coastal city of Paphos hosted the 19th European Congress of Psychology (ECP 2025), gathering more than 1,100 attendees—including academics, early-career researchers, practitioners, and students—from 73 countries.

Held under the theme “**Transforming Psychological Science: the 2030 Agenda**,” the Congress showcased psychology’s vital role in addressing global challenges while strengthening its position in European policy and practice.

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[Book of abstracts >](#)

### ECP2027- Belgrade, Serbia



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