

A Milestone for CPS

April 04, 2013



April marks a one-year milestone for APS's newest journal *Clinical Psychological Science*! CPS [provides a venue](#) for cutting-edge research across a wide range of conceptual views, approaches, and topics. Since CPS Editor Alan E. Kazdin, Yale University, and his editorial team started accepting submissions in April 2012, CPS has been making news.

- [*Nonverbal Displays of Shame Predict Relapse and Declining Health in Recovering Alcoholics*](#): This study, conducted by Jessica Tracy and Daniel Randles of the University of British Columbia, focuses on whether the distinction between shame and guilt might play an important role in predicting outcomes for recovering alcoholics and has sparked a far-reaching [conversation on social media](#).
- [*Possible Mechanisms Explaining the Association Between Physical Activity and Mental Health: Findings From the 2001 Dutch Health Behaviour in School-Aged Children Survey*](#): It's well known that routine physical activity benefits both body and mind. And there are no age limits. Both children and adults can reap big benefits. This study explores whether certain factors may help to explain the value of daily physical activity for adolescents' mental health. [Listen>>](#)
- We all experience some measure of social anxiety, but some people suffer much more than others. Despite the prevalence of social anxiety disorder, a lot remains unknown about the disorder. A team of psychological scientists including Jeremy Jamieson, University of Rochester, Matthew Nock, Harvard University, and [2013 Convention Speaker Wendy Berry Mendes](#), University of California, San Francisco, set out to test a simple intervention that might diminish the unpleasant symptoms of social anxiety. [More>>](#)
- Convention attendees got the chance to chat with Alan Kazdin at the [Meet the Editor](#) event during the 24th APS Annual Convention in Chicago, Illinois, USA.
- Watch Kazdin discuss why now is the ideal time for a new, multidisciplinary, and international journal on clinical psychological science. [Watch>>](#)

Monshouwer, K., ten Have, M., van Poppel, M., Kemper, H., & Vollebergh, W. (2012). Possible Mechanisms Explaining the Association Between Physical Activity and Mental Health: Findings From the 2001 Dutch Health Behaviour in School-Aged Children Survey. *Clinical Psychological Science*, 1 (1), 67-74 DOI: [10.1177/2167702612450485](https://doi.org/10.1177/2167702612450485)