Introduction to the diamond anniversary special issue: systematic reviews in *Translational Behavioral Medicine* and an editorial look ahead

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The year 2020 will certainly be remembered as a time of great change for the health and well-being of the entire population in the US, and around the globe. The pandemic caused by the novel coronavirus and COVID19 are stark reminders of how vitally important it is for clinicians, researchers, and policymakers to all come together in the interest of protecting the public's health and bettering the human condition through discovery and innovation in science and healthcare delivery. The year 2020 also marks the beginning of the 10th anniversary of the launch of the Society of Behavioral Medicine's (SBM) visionary journal *Translational Behavioral Medicine: Practice, Policy, Research* (TBM). Anticipating SBM's direction, and working in tandem with the Society's leadership, TBM's longstanding mission has been to engage, inform, and catalyze dialogue among the research, practice, and policy communities about behavioral medicine, the science of health behavior change, and its role in improving population health. Since Dr. Bonnie Spring inaugurated the journal as a "pathway to better health" [1], TBM aims to bring actionable science to practitioners and to prompt debate on policy issues that surround implementing evidence-based best practices. TBM's vision is unique: to lead the field in translating behavioral science findings to improve individual and community health outcomes. Throughout the last decade, TBM has dramatically increased its visibility in the field through its indexing and abstracting in MEDLINE and Thomson Reuters, as well as PubMed; obtained and grew its impact factor; and published special and virtual issues that have been widely disseminated through traditional and social media, as well as our evolving practice and public health partnerships. This is truly an exciting time for our field, our professional Society, and our journal.

Toward that end, members of our senior editorial team and other highly accomplished scholars have taken on leadership roles across individual papers and compiled unique collections to publish novel, practice-changing, and impactful science that advances our field. Miller et al. recently edited a special section on the adaptation and implementation of

diabetes prevention and management in five international settings with varied resources [2]. Bowen et al. directed a series of papers on food insecurity [3], and have a future issue on integrated care in the works. Michael Diefenbach, in his role as SBM President, along with the TBM senior editorial team, explored the move to "open science" and its impact on how scholarly articles are being distributed. Keith Bellizzi has taken the helm for TBM's new virtual issues: compilations of previously published articles that are curated around a contemporary theme or hot topic and made available to readers online through the journal's website. Finally, Tercyak et al. collaborated on two special issues in translational genomics [4] and pediatrics [5] that highlight cross-cutting research themes in both SBM and TBM. Impressively, TBM has already published seven special issues and three special sections that address questions targeted to key domains across the entire spectrum of health needs in prevention and control under the current editorial leadership. TBM has additional timely and relevant issues for the journal coming, so please stay tuned!

As we approach another inflection point in the journal, we sought to mark the occasion by bringing attention to the tremendous growth and progress in the field. Here, we dedicate a special issue to encapsulating the science of behavior change in focal areas of health—both venerable as well as new and emerging. To bring this idea forward, we issued a call for systematic reviews from SBM's Special Interest Groups (SIGs) or their designees, who largely represent cutting-edge research on specific populations, physical and mental health conditions, systems and specialties, and diseases and disorders. The papers contained within this special issue rigorously compile study evidence as objectively as possible, assess its quality, and synthesize it for our readers. Specifically, the reviews subscribe to the definition of the Cochrane Handbook for Systematic Reviews of Interventions as "A review of a clearly formulated question that uses systematic and explicit methods to identify, select, and critically appraise relevant research, and to collect and analyze data from the studies that are included in the review" [6].

The systematic reviews in this diamond anniversary issue revolve around five themes: (a) physical activity/bodyweight/nutrition and energy balance; (b) cancer; (c) child and family health; (d) applied intervention research; and (e) technology. These foci represent important domains for the Society and the field at large and expand TBM's coverage of, and contribution to, these areas. Two reviews in the first category complement each other by summarizing the existing evidence on the need for physical activity across the life span and the importance of reducing sedentary behaviors. These articles are further complemented by a review of the pernicious effects of food insecurity on health outcomes in children and a systematic review of weight-related communication training for physicians. The cancer articles provide reviews of skin self-examination among melanoma survivors and physical activity interventions among colorectal cancer survivors. The child and family health reviews describe multipronged efforts to address obesity, physical activity and sedentary behaviors, and areas of prominent public health importance. Specifically, they systematically review guidelines for health care professionals to communicate to children about being overweight or obese, review the current state of physical activity and sedentary behavior among adolescents, and provide evidence for obesity prevention interventions in educational settings.

The reviews in the applied intervention research area address interventions for medication adherence among patients with hypertension, as well as an evaluation of programs that address the requirements of high-need and high-cost patients in the outpatient setting. The section is rounded out by a review of the important role stigma plays among sexual and gender minority health interventions. Our technology-focused reviews provide a systematic analysis of mHealth interventions for HIV prevention among men who have sex with men; the use of mHealth interventions to promote physical activity; and the potential of smartphone applications to increase alcohol and illicit substance use. Finally, Dr. William Riley provides a scoping commentary of efforts by the National Institutes of Health's Office of Behavioral and Social Sciences Research promoting behavioral medicine as a means to advance and accelerate public health.

Taken together, these articles present a bird's eye view of our field. They represent current public health problems of utmost importance, notably obesity and lack of physical activity and increased sedentary behaviors but also alcohol and illicit substance abuse, as well as longstanding problems, such as the initiation and maintenance of preventive behaviors and regimen adherence. They highlight a variety of age- and life-phase-based, cultural, and social influences, target multiple health outcomes and

indicators, and intercept them at multiple levels (e.g., individual, family, provider/health care system, and community). Of note, the reviews identify specific methodological needs of the field today, including intervention design, mHealth applications, and measurement tools. This depth and breadth demonstrates how much our field has matured, made key contributions that are translated into practice and policy, and are used in designing future research that leads to an even swifter pace of discovery.

The reviews themselves are methodologically rigorous, providing a moment in time when the authors have pulled a specific health field's worth of findings together and critically examined their quality, quantity, and usefulness. All of the reviews adhere to the guidelines set forth in PRISMA [7] and, so, provide reliable structures and choices to guide our field in its next steps. Thus, as reviews do, they synthesize what we know and help us identify where more work must be carried out. What is equally illuminating are those areas that are new and emerging and have not yet sufficiently matured to warrant extensive reviews and meta-analyses. The examples here are numerous and might include the role of artificial intelligence in individual behavior change and public health at large, the potential impact of new genetic modification techniques on health and behavior, and innovative methodological approaches that offer us alternatives to established methods, as well as the response to emerging health crises. TBM will continue to critically evaluate these and other emerging areas and is committed to remaining a platform for scientific leadership and vigorous discussion.

One of the strengths of TBM is that it is a place to publish findings along the entire research translation continuum: it is a forum for show-casing definitive randomized trials on health behavior change interventions, as well as for publications on the implementation of the intervention into practice and public life. TBM has a proud history of publishing multiple articles that begin where other journals end: the application of behavioral interventions, their methods, and effects into ongoing choices confronted by providers and public health officials, as well as patients, families, and communities. A focus on implementation science [8], which translates evidence-based findings into effective change interventions, is a strength of TBM that is not duplicated in other behavioral medicine and public health journals. The current editorial team remains committed to investigating these opportunities: we will continue to build upon and expand this focus through empirical articles, commentaries, and policy briefs from the entire field, working in tandem with SBM and external partners.

We celebrate TBM and its accomplishments and offer these reviews as a means of enlightening the

field about the translational science that we represent and its relevance to practice and policy and the future of behavioral medicine. We thank the authors for working under tight timelines to help us complete this anniversary issue, and we thank the reviewers who provided critical comments and insights about each manuscript. Finally, we acknowledge Oxford University Press for being an excellent publishing partner and you, our engaged and active readership, for making TBM the outstanding journal it has become. Happy 10 year anniversary, TBM!

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Compliance with Ethical Standards

Conflicts of Interest: S.M.M., K.M.B., D.J.B., M.A.D., and K.P.T. declare that they have no conflicts of interest.

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Ethical Approval: This article does not contain any studies with human participants performed by any of the authors. This article does not contain any studies with animals performed by any of the authors.

Informed Consent: This study does not involve human participants and informed consent was, therefore, not required.

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