



January, 2008

## **STRESS AND ANXIETY RESEARCH SOCIETY**

### **CONSTITUTION**

#### **ARTICLE 1: NAME AND PURPOSE**

1. The name of the organisation shall be the Stress and Anxiety Research Society (hereinafter the Society).
2. The purposes of the Society are to foster research and understanding in stress, anxiety, and related emotions in a multi-disciplinary fashion. The objects for which the Society is established are:
  - (a) to provide a multidisciplinary, international organization of researchers and practitioners who share an interest in problems of stress, anxiety, and coping;
  - (b) to advance scientific interest and inquiry into stress and all related areas of knowledge and practice;
  - (c) to provide a forum, through its Conferences and Journal for the exchange of research findings and applications on a wide range of stress and anxiety related phenomena;
  - (d) to provide a unique opportunity through the membership network to learn, not just about stress and anxiety, but also how stress, anxiety and coping, are researched and how the applications of this study are practiced throughout the world.

To promote these purposes, the Society holds an annual conference in one of the member countries (defined by the membership) and also is associated with the journal, 'Anxiety, Stress, and Coping' (shortened ASC).

#### **ARTICLE II: MEMBERSHIP**

1. The Society shall consist of Full Members and Student Members. In subsequent Articles and paragraphs, the term "Members" covers both groups.
2. Qualifications for Membership:

Full Members:

  - (i) Creditable research and/or professional experience in anxiety, stress, or related areas, or
  - (ii) Membership in one of the major associations of psychology or a cognate discipline, or
  - (iii) Interest in stress and anxiety, and sponsorship by two Full Members of the Society.



Student Members:

- (i) Involvement in stress, anxiety, or a cognate area as an undergraduate or graduate student. Student status must be confirmed annually.
3. The amount of the annual dues shall be adjusted by the Board of the Society (hereinafter the Board) according to the financial needs of the Society. Annual dues shall be payable on 1 January of each year. Former members may reactivate their membership status after any period of time by paying their dues for the current year.

**ARTICLE III: OFFICERS AND BOARD OF THE SOCIETY**

1. The Board consists of 4 officers of the Society, namely the President, President-Elect, Past President, and Secretary/Treasurer. The Chief-Editors and the Book-Editor of the journal ASC and the Newsletter Editor form the extended Board serving as advisors if requested. Only members of the Society shall be eligible for nomination as officers of the Society.
2. The term of President Elect shall be two years, after which he/she shall serve for two years as President, followed by two more years as Past President. The Secretary/Treasurer shall serve for three years renewable for a further three years subject to confirmation by a majority of the other members of the Board. The Journal Editors are *ex-officio* officers who shall serve for the duration of their editorial responsibilities. The Newsletter Editor and the Public Relation officer shall serve for three years. All members of the Board shall be elected at least 3 months prior to assuming office.
3. It shall be the duty of the President to preside at all meetings of the Society and to exercise supervision over the affairs of the Society with the approval of the Board. If the President is unable to perform these duties, the President Elect shall assume the duties of President. If both the President and President Elect are unable to perform these duties, then the Past President will assume the duties of President. In case of a vacancy on the Board, the Board shall fill the vacancy by an interim appointment until a newly elected member can fill the vacancy.
4. It shall be the duty of the Secretary/Treasurer to co-ordinate the day-to-day operations of the Society; to keep records of Board and Business meetings of the Society; and to arrange for mailings to the membership regarding the annual meetings, elections, and other matters of interest. It shall be her/his duty to have custody of all funds and property of the Society, to co-ordinate the collection of dues, and to make or approve disbursements of Society funds as authorised by the Board.
5. The Board shall have general supervision of the affairs of the Society. The Board may act either at meetings or by email ballot. An action of the Board shall be



effective only if a majority of the Board vote is in favour of it. If it is deemed necessary and appropriate by a majority of Board members or by two-thirds majority vote of the Members present at the annual business meeting, specific actions of a continuing policy nature or of sufficient importance will be submitted to the entire membership by email ballot or by announcement on the homepage [www.star-society.org](http://www.star-society.org).

6. The President of the Society shall be chair of the Board, and the Secretary shall be secretary of the Board.

#### **ARTICLE IV: NOMINATIONS AND ELECTIONS**

1. The Board members shall be elected by members of the Society voting by email or by suitable alternative means if necessary. The Newsletter Editor and Public Relation Officer will be assigned by the Board.

2. Members will be invited to submit recommendations for nominations to elected offices to the Secretary/Treasurer, who will pass these nominations on to the Board.

3. The Board shall compile a complete list of willing candidates for President Elect, for each open position on the Board, and for Secretary/Treasurer when half a year remains in their terms. The Board may also add nominees beyond those received from the membership, but only by a majority vote of three Board members. The Secretary/Treasurer shall arrange for the emailing of an election ballot to the membership requesting that all candidates for each position be ranked and that ballots be returned by a specified deadline.

3. Election ballots that are returned by the deadline shall be tabulated by the Secretary/Treasurer. However, if the Secretary/Treasurer has been nominated for one or more of the elected positions, the Board will by a majority vote appoint a replacement person to receive and tabulate the votes. The candidate receiving the most votes is elected. If there is a tie, then a second ballot takes place. The Secretary/Treasurer (or Board-nominated replacement) shall inform the President, who shall immediately notify the elected officers and identify them at the next annual business meeting. The names and addresses of the officers and names of the Board members shall be published on the official website of the Society.

4. Each country represented by the members, will be entitled to have a National Representative of STAR to promote the Society and its activities. As and when any vacancies occur among the National Representatives, Members will be invited to submit recommendations for nominations (including self-nominations) to the Secretary/Treasurer, who will pass these nominations on to the Board who decides



upon appointments. If National Representatives do not attend two National Representative Meetings at the conferences in a row the Board may assign a new one.

5. New officers and Board members shall assume office at the close of the annual business meeting and shall hold office until their successors are elected and accept office in their stead.

#### **ARTICLE V: MEETINGS OF THE MEMBERSHIP**

1. There shall be at least one annual business meeting of the Society. There may be additional meetings of the Society if the Board or membership so decides.

2. Actions taken by members at the annual meeting shall be effective if a quorum is present. A quorum of the membership shall be defined as 50 members of the Society present at the annual business meeting or at any additional business meeting duly called by the Board or the membership.

#### **ARTICLE VI: COMMITTEES**

All Committees are to be chaired either by a chair, the decision to be made by the President with the approval of the Board.

1. The Programme Committee shall be a standing committee designated by the President consisting of the chair, the organiser of the next annual conference, and as many members appointed by the chair as believed necessary to assure adequate and timely reviews of the papers and symposia submitted. The Committee shall decide on the Keynote Speakers to be invited to the next annual conference having solicited recommendations from the conference organiser and the Board. The tenure of the Committee members is 2 years.

2. The Constitution Committee shall be a standing committee consisting of a chair and at least 2 other members appointed by the President with the approval of the Board to serve 3-year staggered terms. The appointed chair will have had at least 1 year's experience as a member of the STAR Board. The duties of the Committee shall be to report to the Board detailed changes in the Constitution recommended by the Committee. In addition, the Committee shall bring to the attention of the Board the fact that certain Articles may no longer be adequate or appropriate. Changes of the constitution can be assigned by the Board and Extended Board.

3. The Lifetime Career Award Committee shall be a standing committee consisting of the President-Past as the chair and the former award recipients. Each year, the duties of the Committee shall be to solicit nominations for possible



recipients of the Lifetime Career Award, to evaluate the qualifications of the nominees, and to inform the President of the winner (if any) of the Award.

4. The Early Career Award Committee shall be a standing committee consisting of the President-Elect and the former award recipients. Each year, the duties of the Committee shall be to solicit nominations for possible recipients of the Early Career Award, to evaluate the qualifications of the nominees, and to inform the President of the winner (if any) of the Award.

5. The Public Relation Officer acts to maintain and enhance the Society's web site as well as any other related internet-based resources. He or she also co-ordinates and consults with other Committees and the Board to develop content for the Society's primary web site and to aid in the development of other Society-related internet-based resources.

6. STAR has established a network of national representatives whose function is to act as a channel of communication between the STAR board and members (and would-be members) from their respective countries. The role of these representatives is the recruitment of new members, retention of existing members, dissemination of STAR publicity, provision of information on developments and events in the country. The National Representative Committee is chaired by the President-Elect.

## **ARTICLE VII: GIFTS AND ENDOWMENTS**

1. Any potential gifts or endowment of significant monetary value shall be referred to the Board for consideration of whether it should be accepted.

2. The Board shall by majority vote determine whether any conditions and/or stipulations associated with accepting a gift or endowment are inconsistent with the purposes of the Society as given in Article 1. If the Board finds that any conditions and/or stipulations are inconsistent with those purposes, the Board will not accept the gift or endowment for the Society.

3. Upon acceptance of a gift or endowment for the Society, the Board by majority vote shall determine a mechanism for administration of the gift or endowment which is consistent with both the purpose of the Society and any conditions or stipulations of the gift or endowment.

4. Should the Society cease to exist as an entity as given in Article I, then any remaining funds from gifts or endowments shall be transferred to the remaining premier scientific society for stress and anxiety research in accordance with any conditions and/or stipulations associated with the original bequests.



## **ARTICLE VIII: AMENDMENTS**

Amendments may be proposed by a majority of a quorum of the members of the Society at a business meeting or by a majority of the Board or by a petition of at least 10% of the Members. Upon notification of a properly proposed amendment, the Secretary/Treasurer shall arrange for a ballot containing the proposal to be emailed to all Members. An amendment is adopted by a two-thirds majority of the Members voting by email returned to the Secretary/Treasurer before the specified deadline.

January, 2008

*Michael Eysenck (President)*

*Kate Moore (President-Elect)*

*Volker Hodapp (President-Past)*

*Petra Buchwald (Secretary/Treasurer)*