

Midlands Health Psychology Network

19th Annual Conference

HEALTH PSYCHOLOGY: OPTIMAL HEALTH FOR ALL

TUESDAY, 25 JUNE 2024

9:45am-3.30pm

ONLINE



Are you interested in Health Psychology?

The MHPN welcomes members at ALL STAGES of their career within the field of Health Psychology.

We count representatives from BSc, MSc, PhD studies, DPsych Trainees, and Chartered Health Psychologists as part of our network.

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Welcome to the Midlands Health Psychology Network Conference 2024

Firstly, thank you to everyone who will be part of our annual conference.

This is our **4th ONLINE CONFERENCE**.

As usual, Health psychology is a wide and diverse topic area, allowing us to put together a diverse programme of presentations for this conference.

We are pleased to welcome **Dr Lucy Webb** as our **KEYNOTE SPEAKER**, who will be presenting to us on her work with substance users and communities.
We very much look forward to this year's keynote!

In addition, we welcome **Dr Michael Head** as our **GUEST SPEAKER**, who will be presenting on health inequalities and the challenges of working with individuals in rural Ghana.

We ask all delegates to be supportive and kind with comments and feedback on the day. We look forward to meeting you all online on the day!

The MHPN Committee

Midlands Health Psychology Network Conference 2024

Conference schedule

Time	Event
09:45 - 10:00	**ENTRY & WELCOME**
10:00 - 10:20	**Talk:** Making the invisible, visible: exploring the verbal and visual accounts of men with fibromyalgia **Vasiliki Papoutsl**
10:20 - 10:40	**Talk:** How do young adults caring for parents/guardians with chronic physical conditions make sense of their time at university? **Madeehah Khan-Israeel**
10:40 - 11:00	**Talk:** Under the influence of alcohol content in TV advertising at Christmas. **Dr Alex Barker**
11:00 - 11:20	**Talk:** Exploring employees' breastfeeding experiences after returning to work from maternity leave: a qualitative study. **Jasleen Singh**
11:20 - 11:30	**10-minute BREAK**
11:30 - 12:30	KEYNOTE SPEAKER DR LUCY WEBB: **Working with substance users and communities: using co-production with reluctant partners.**
12:30 - 13:00	**30-minute LUNCH BREAK & POSTER SESSION**
13:00 - 13:20	**Talk:** How does the UK media represent type two diabetes remission? **Kathy Hart**
13:20 - 13:40	**Talk:** Psychosocial interventions to improve quality of life in older adults with multimorbidity: a systematic review of effectiveness. **Helen Ginman**
13:40 - 14:00	**Talk:** Exploring the lived experiences of emotional burnout in teaching staff: A phenomenological approach. **Zara Jade Rose**
14:00 - 14:20	**Talk:** Beyond the training course: Supporting health and social care staff to implement quality conversation skills into their practice. **Helena Lee**
14:20 - 14:30	**10-minute BREAK – FINAL VOTES ON POSTERS & TALKS**
14:30 - 15:15	GUEST SPEAKER DR MICHAEL HEAD: **Describing the challenges around health and social inequalities in rural Ghana.**
15:15 - 15:30	**PRIZEs & CLOSING**

Keynote speaker



DR LUCY WEBB

Manchester Metropolitan University

Lucy Webb is a Reader in Psychosocial Health in the School of Nursing and Public Health at Manchester Metropolitan University.
Her specialist clinical and research background is young people, substance use and recovery trajectories. She has worked as a senior nurse in drug and alcohol liaison at St George's Hospital in London, delivering motivational and behaviour change interventions.
From a research perspective, Lucy is particularly interested in the stages of recovery from substance use, from early identification and outreach to sustained recovery. In addition, she addresses the notion of recovery itself, championing the self-identification and holistic definitions and is happy to defend against medical/clinical imposed definitions for the purposes of measurement and tick-box outcomes.
Her work has included applying co-creation approaches with people who define themselves in recovery to identify features of sustained recovery over time, service evaluation and development for Alcohol Care Teams in the North West, and access to palliative services for people with continuing use at end of life. She is currently working on an international project to track universal features of long term and sustained recovery, and delivering a project in the North West to examine access barriers to services for non-engaged dependent drinkers and harms for young people.

KEYNOTE Title:

Working with substance users and communities: using co-production with reluctant partners

This presentation will use research examples to illustrate the challenges of co-produced research when working with communities who are typically reluctant to engage. This community group can be socially excluded and self-excluding, may not value their own knowledge and contribution, and be suspicious of 'authority figures'. By definition, the communities are wary of social contribution.
The presentation will address ways of understanding co-production and different definitions, the challenges of achieving genuine equality and sharing of knowledge and illustrate the methodology with reluctant partners. It will outline what our team found works, what method and process approaches need adapting, and what this says about current models of co-production used and recommended in the literature.
Our findings in exploring co-production methodologies with these communities are transferable in many ways to other reluctant and seldom heard communities. We have found the principles we developed and adopted are effective in engaging homeless communities and people with severe mental illness or involved in the criminal justice system.

Guest Speaker



DR MICHAEL HEAD

University of Southampton

Micheal Head is a Senior Research Fellow in Global Health, based within the Clinical Informatics Research Unit, Faculty of Medicine, at the University of Southampton. His research focuses around rural population health in Ghana, West Africa. Michael trained in epidemiology, and received his PhD (by published works) from the University of Amsterdam. Topic areas include Neglected Tropical Diseases, refugee health, COVID-19 and vaccine hesitancy. For example, he led on a study looking at healthcare-seeking behaviour around skin infections (a stigmatized area of health) in urban and rural districts in Ghana. Another example is describing the viewpoints around COVID-19 vaccines and the pandemic response in 'Last Mile' populations in rural Ghana. Furthermore, Michael's work highlights the need for locally-led research and implementation of health services, supported by the wider international community. Thus, equity and transfer of 'power' from the international stakeholders back to the local Ghanaian communities is vital. With this in mind, Michael co-delivered a Climate and Health Summit in Accra (capital of Ghana) earlier in 2024, with the Ministry of Health and a policy group called PACKS Africa. The focus was to improve Ghanaian and West African leadership on issues affecting their populations.

GUEST Title:

Describing the challenges around health and social inequalities in rural Ghana

Michael will be talking about his research around rural populations in Ghana and Togo, West Africa. He will describe findings from various vaccine hesitancy studies, with data collected electronically and in-person. He will also cover results from his research on Neglected Tropical Diseases (NTDs, which include infections such as leprosy, scabies and fungal diseases).

With nutrition colleagues, he has also led work that has reviewed food insecurity in these rural hard-to-reach areas, including with Burkina Faso refugee populations who are displaced into northern Ghana, in the face of a changing environment. Climate change is already a significant issue for these populations, with extreme heat, flooding and drought having an impact upon the burden of disease, and both health and socio-economic consequences such as crop failures.

He will also cover some thoughts around priority areas going forward, and how an inter-disciplinary research team can likely support the most rigorous and high-quality research, and thus produce the best new knowledge for local, national and international decision-makers.

Abstracts

Oral Presentations

Making The Invisible, Visible: Exploring the Verbal and Visual Accounts of Men with Fibromyalgia.

Vasiliki Papoutsi, ***Ulster University.***
M.Mclaughlin[1]
[1] Ulster University.

Background

Men with Fibromyalgia (FM) are underdiagnosed compared to women. Men communicate symptoms differently and healthcare providers should also attend to non-verbal cues (Muraleetharan et al., 2018). Drawings can address the invisibility of pain (Juuso et al., 2011) and improve doctor-patient communication (Shaballout et al., 2019). NHS pain clinic interventions combining drawings and psychology improved understanding of pain experiences (Kirkham et al., 2015).

Aim

This study aimed to explore experiences of men with FM using verbal accounts and pain-related images. Images used in qualitative chronic pain research can enrich participant accounts.

Methods

Participants, recruited through charities and university social media pages, were asked to draw on a body map and create a free-drawing or describe a mental image of their FM experienced and were interviewed about their FM journey. Images were analysed using critical visual analysis (Rose, 2022) and interviews were transcribed and analysed using reflexive Thematic Analysis (Braun & Clarke, 2013).

Finding

Three male participants (aged 51 to 53) took part in the study. The verbal and pictorial accounts included: experiencing a new normal and using humour and self-care to cope. Frustrations with the healthcare system and society regarding limitations of available treatments; feeling like guinea pigs; and wishing they were diagnosed with a 'legitimate' condition (e.g., cancer). Showing ambivalence towards FM support groups; seen both as a source of support and negativity.

Discussion

Similar to previous research men were 'afraid of being looked upon as being a whiner' (Paulson et al., 2002, p. 89), felt like a guinea pig and neglected by healthcare professionals (Paulson et al., 2002). Men found ways of coping with a new normal and wanted the public and professionals to take them seriously. Images were helpful in eliciting rich narrative accounts and validating FM experiences.

How Do Young Adults Caring for Parents/Guardians with Chronic Physical Conditions Make Sense of Their Time at University?

Madeehah Khan-Israeel, ***Manchester Metropolitan University.***

Background

National policy recognises how caring impacts the wellbeing of young adults (Boyle & Mozdiak, 2022). The Children and Families Act 2014, for example, entitles young adult carers (YACs) to local authority assessments and support (Carers Trust, 2020). YACs face both beneficial and adverse consequences, including depression symptoms, as well as increased confidence and self-efficacy (Bou, 2023; Greene et al., 2017). Becker and Sempik (2018) highlight an educational impact, with competing demands affecting attendance and attainment. Despite the evident educational inequality, national research fails to distinguish YACs (aged 18 – 24) from young carers (under 18) (Boyle & Mozdiak, 2022). Furthermore, the repercussions on their physical and mental health, and the educational success of those enrolled in university has not been considered in detail.

Aim

This study will explore how young adults caring for parents/guardians with chronic physical conditions experience and make sense of their time at university.

Methods

A social constructivist epistemology and a relativist ontology will be used. Semi-structured interviews (target N = 10) will explore the lived experiences of YACs balancing their university education alongside caring. Demographic data (age, gender, caring duration) will be collected, to provide contextual background for the findings. Interview data will be analysed using Interpretative Phenomenological Analysis (Smith et al., 2022).

Findings

This is a ‘work in progress’ abstract. Recruitment will be underway during the conference and preliminary findings will be presented.

Discussion

The findings will highlight the experiences of YACs in university, increasing understanding of the impact on their health and university life. Subsequently, they will guide the development of recommendations, for both universities and further services such as charities that support YACs, helping to address the key challenges and facilitate psychological and physical wellbeing, and greater success at university.

Under the Influence of Alcohol Content in TV Advertising at Christmas.

Dr Alex Barker, ***University of Derby.***
R. Thorley[1], Rachael Murray[1].
[1] University of Nottingham.

Background

Exposure to alcohol adverts or other audio-visual content (AVC) in the media is associated with alcohol initiation and subsequent use by adolescents and adults, especially those with or at risk of an alcohol use disorder. This is likely due to the persuasive effects of advertising and social learning theory. The Christmas period is characterised by excess and increased alcohol consumption and there may be an increase in alcohol content shown in the media.

Aim

To explore alcohol content in advertisements at Christmas time in 2022 and a follow-up in 2023.

Methods

The current study used frequency to explore the number of alcohol advertisements shown on UK television in a sample of days in the run-up to Christmas 2022 and one-minute interval content analysis methods to explore content in supermarket adverts. A follow-up content analysis took place in Christmas 2023.

Findings

Alcohol advertisements were commonly shown, with Guinness being the most prominent but alcohol was also seen in advertisements for other things such as supermarkets, with 28% of 1-minute intervals containing content across adverts for 6 supermarkets. Follow-up in 2023 showed an 11% reduction in alcohol content in supermarket adverts.

Discussion

The amount of alcohol shown is likely to encourage drinking and make Christmas a difficult time for people with alcohol use disorders or who are in recovery. Informing supermarkets of the public health harms associated with this appeared to have a positive effect with less content being shown, potentially leading to lower consumption in the population.

Exploring Employees' Breastfeeding Experiences After Returning to Work from Maternity Leave: A Qualitative Study.

Jasleen Singh, ***Aston University.***
G.Heath[1].
[1] Aston University.

Background

Breastfeeding is well established as protecting infant and maternal health and continues to be a public health priority. Although intention to breastfeed in the UK is often high, many women stop breastfeeding before they are ready. One contributing factor can be returning to work. Research conducted by Birmingham and Solihull Public Health department indicates that breastfeeding maintenance rates are decreasing, particularly for those following maternity leave. Limited qualitative evidence exists in relation to understanding the barriers and facilitators to employees continuing to breastfeed after returning to work, and what support they need.

Aim

The aim of this research is to provide insights into the views and experiences of employees in maintaining breastfeeding after returning to work, post maternity leave.

Methods

Twenty employees recruited via the social media pages of a local Public Health department, participated in semi-structured interviews conducted on Microsoft Teams. Data were analysed using Thematic Analysis.

Findings

Four key themes were generated: "Challenging journey", "Impact of barriers on mother and child", "Organisational culture", and "Needs assessment and tailored support". Employees described their breastfeeding transition from home to work as both physically and emotionally "challenging", where the nature of employment separated parent and child. Concerns about burdening coworkers or feeling judged at work for taking time to feed or pump acted as barriers, as did practical factors such as having an appropriate space. Employees suggested reasonable adjustments to the workplace that would facilitate breastfeeding following a return to work.

Discussion

This research identifies and raises awareness of the challenges of continuing to breastfeed following a return to work. Findings can be used to inform public health interventions for implementation within the workplace and will inform a wider strategy to make Birmingham a Breastfeeding friendly city.

How Does the UK Media Represent Type Two Diabetes Remission?

Kathy Hart, ***University of Central Lancashire.***
M. Clark[1].
[1] University of Central Lancashire.

Background

The media play a key role in synthesising and disseminating research on type two diabetes (T2D) remission to the public. However, the media have been criticised for their myopic focus on individual agency and perpetuating diabetes stigma. It is important to analyse the factors that influence the media's coverage of remission, how these shape understanding, public opinion and health policy.

Aim

The aim of this research was to analyse how the UK media represent T2D remission. Specifically, it investigated the frequency of news articles on remission between 2017-2023, how reactive the media are to remission science, and the other factors that influenced coverage of remission.

Methods

Print and online newspaper articles from 2017-2023 were extracted from Lexis Nexis, following pre-determined inclusion criteria. The Press Gazette site was used to identify the highest circulation figures. Initial searches revealed 2,092 sources which were then subject to de-duplication and an extensive screening process to achieve the final sample (n=150). Through an iterative process frequencies were generated, and key influences on the media's coverage of remission were identified. These have been captured in a novel, mixed method timeline.

Findings

There were significant fluctuations in the number of articles on remission which met the inclusion criteria over the 6-year time period. Increases in remission content corresponded with the introduction of new dietary approaches, cautions/concerns raised, the publication of high-profile studies, NHS involvement and Covid 19. References to expert opinion far exceeded the number of scientific studies referenced.

Discussion

Expert opinion presents a consensus to increase the legitimacy and trustworthiness of remission claims. However, conflicting influences and messages may cause confusion amongst the public and remission inertia for those with 2TD. Health care professionals have a crucial role in combatting misinformation and providing support.

Psychosocial Interventions to Improve Quality of Life in Older Adults with Multimorbidity: A Systematic Review of Effectiveness.

Helen Ginman, ***University of Gloucestershire.***
D.Marsh, J. Meyrick.

Background

Multimorbidity (MM) has emerged as a significant public health issue and is now one of the greatest challenges facing health services across the world (Pearson-Stuttard et al, 2019). Whilst MM is not isolated to older adults (Kanesarajah, 2018), its prevalence increases progressively and precipitously with age (Barnett et al, 2012). As those living with MM face increasingly chaotic medical lifestyle and complex self-management, they may experience a significant and increasing burden leading to a poorer QOL (NIHR, 2018).

Aim

Psychosocial interventions have the potential to improve quality of life in older adults with multimorbidity. However, evidence of their effectiveness remains limited. This study aims to address the evidence gap by systematically reviewing and assessing the effectiveness of psychosocial interventions on quality of life for older adults living with multimorbidity.

Methods

A systematic review with narrative synthesis was undertaken, structured by intervention type, with scientific quality used to frame the validity of study effect findings. Studies meeting inclusion criteria were identified through searches conducted using PsycINFO, Medline, CINAHL, Embase and Scopus (January 2012 to December 2022) as well as hand searching.

Findings

Of 2,882 studies identified, 8 studies met the inclusion criteria and included physical activity and education, self-management, behaviour activation, health coaching and goal setting. There is limited evidence of effectiveness with only two studies that adopted physical exercise and psychoeducation, observing significant improvements in QOL.

Discussion

Due to a paucity in multimorbidity interventions research and limited high-quality studies, there remains a significant gap in the evidence. The findings offer useful insights in order to build the evidence base for effective interventions for this population.

Exploring the Lived Experiences of Emotional Burnout in Teaching Staff: A Phenomenological Approach.

Zara Jade Rose, ***Birmingham Newman University.***
A. Karypidou[1].
[1] Birmingham Newman University.

Background

Occupational Burnout (BO) has garnered significant attention as a critical psychosocial occupational hazard, particularly within educational contexts. Research highlights the multifaceted impacts of BO, emphasising detrimental effects not only on individuals but on organisations and the broader educational landscape (Epstein, 2020). Current research reported a 52% prevalence rate of BO in teachers, thus reported higher than BO within health professionals (Ozamiz-Etxebarria et al., 2023); highlighting the need for proactive measures to mitigate teacher BO.

Aim

This study aims to explore the lived experiences of emotional BO and coping strategies in teachers.

Methods

Eight teachers (3 primary, 3 secondary, and 2 college) were recruited via snowballing purposive sampling. Semi-structured interviews were conducted via Microsoft Teams (MST) and Interpretative Phenomenological Analysis was used.

Findings

Several themes were identified, two of these including: i) Challenges of teaching: Teacher challenges highlighted as central contributors to BO were categorised into three domains; personal(taking away family time and feeling one has to leave the profession to prioritise family time), interpersonal(challenging behaviour owing to the impacts of Covid-19, lack of student respect and parent disparities), and organisational (lack of time and funding for teachers to progress, for extra staff and for necessary resources). ii) Coping: Setting up boundaries (being strict with what one agrees to do, and prioritising what needs completing) and seeking support (from colleagues) were acknowledged as tools for effective coping in reducing BO.

Discussion

Findings demonstrate teachers lived experiences, understanding of emotional BO and coping. Tailored interventions addressing challenges within the UK education system are crucial for promoting individual well-being and job retention. Providing in-service training on managing challenging behaviour can equip teachers with the skills and strategies necessary to navigate difficult situations. Additionally, mindfulness groups offer valuable opportunities for teachers to cultivate emotional resilience and enhance ability in coping with job demands.

Beyond the Training Course: Supporting Health and Social Care Staff to Implement Quality Conversation Skills into Their Practice.

Helena Lee, ***Derbyshire Community Health Service NHS FT.***
S. Hicken, E. Bull, A. Merriman and J. Hall.

Background

Training providers and learners document an implementation gap, where learners struggle to implement Continuing Professional Development course material into practice.

Aim

To explore methods to address the implementation gap following communications skills training.

Methods

Quality Conversations (QC) is a training course for health and social care staff in Derbyshire, aiming to support effective communications (N=2082, over 4 years). Three post-course interventions were designed to support perceived capability, opportunity and motivation, to improve the implementation gap. Interventions included a peer coach network, QC masterclasses designed using health psychology principles and email updates with bitesize learning.

To explore the peer coach network's impact, qualitative feedback collected via questionnaires and emails was summarised using content analysis.

To explore the impact of QC masterclasses, questionnaires were implemented pre-session, post-session and 6-weeks post-session exploring perceptions of COM-B factors (rated 1-5) surrounding use of QC skills, analysed descriptively.

Findings

Peer coaches (n=75) valued 'networking', 'learning about other services' and 'sharing best practice'. QC masterclass participants (n=97, over 11 sessions) identified the primary barrier to QC skills implementation as lack of physical opportunity. Pre-session mean COM-B rating = 3.1, 6-week post-session mean= 4, indicating positive changes. Qualitative feedback indicated masterclasses facilitated 'learning and refreshing knowledge', 'overcoming barriers' and 'reflection'.

Discussion

Initial findings suggest post-session interventions had positive impacts on capability, opportunity and motivation for QC skills implementation. Challenges include longer-term participant follow-up and collecting sufficient data for robust evaluation. Post-course interventions show promise for increasing longer-term impacts of communication training in health and social care.

Abstracts

Poster Presentations

POSTER 1

How do young adults caring for parents/guardians with chronic physical conditions make sense of their time at university?

Madeehah Khan-Israeel, ***Manchester Metropolitan University.***

Background

National policy recognises how caring impacts the wellbeing of young adults (Boyle & Mozdiak,2022). The Children and Families Act 2014, for example, entitles young adult carers (YACs) to local authority assessments and support (Carers Trust, 2020).YACs face both beneficial and adverse consequences, including depression symptoms, as well as increased confidence and self-efficacy(Bou, 2023; Greene et al., 2017). Becker and Sempik (2018) highlight an educational impact, with competing demands affecting attendance and attainment. Despite the evident educational inequality, national research fails to distinguish YACs (aged 18–24) from young carers (under 18)(Boyle & Mozdiak, 2022). Furthermore, the repercussions on their physical and mental health, and the educational success of those enrolled in university has not been considered in detail.

Aim

This study will explore how young adults caring for parents/guardians with chronic physical conditions experience and make sense of their time at university.

Methods

A social constructivist epistemology and a relativist ontology will be used. Semi-structured interviews (target N = 10) will explore the lived experiences of YACs balancing their university education alongside caring. Demographic data (age, gender, caring duration) will be collected, to provide contextual background for the findings. Interview data will be analysed using Interpretative Phenomenological Analysis (Smith et al., 2022).

Findings

This study is currently at the stage of recruiting participants (work in progress).

Discussion

Understanding how academic stress influences emotional eating will be beneficial for the development of interventions aimed at promoting healthier coping mechanisms which can further contribute to reduce various health issues such as obesity. Furthermore, educators and policy makers can implement strategies to support students in managing stress, potentially leading to better academic outcomes. Lastly, by promoting self-compassion as a trait or coping strategy, individuals may be less likely to engage in unhealthy eating behaviours, thereby improving their overall physical and mental health.

POSTER 2

The Role of Academic Stress and Self-Compassion on Emotional Eating Amongst the University Students.

Maha Sadiq, ***Birmingham City University.***
M.Hussain[1].
[1] Birmingham City University.

Background

Decades of research shows that students are inclined to consume more through emotional eating due to increased stress from their academic workloads, leading to an increased Body Mass Index (BMI). It has been found that emotional eating is prevalent among university students (La Madrid & Aguirre, 2023). A study examined the intrapersonal and interpersonal associations between mothers' and daughters' self-compassion, body esteem and emotional eating and findings showed that daughters of self-compassionate mothers were more self-compassionate and had higher body esteem, which in turn predicted lower emotional eating (Carbonneau et al., 2020). Moreover, investigation depicts that the academic stress and sleep quality influence eating behaviour and that the academic stress and sleep quality are significantly predicted towards emotional eating behaviour among IIUM students (Sahid et al., 2023).

Aim

The study aims to investigate the influence of academic stress and self-compassion on emotional eating amongst university students.

Methods

This study uses a quantitative approach through a survey which includes using a self-administered questionnaire to ascertain students' academic workload stress, self- compassion and emotional eating assessments. The sample comprises 130 university students enrolled in undergraduate/postgraduate programmes.

Findings

This study is currently at the stage of recruiting participants (work in progress).

Discussion

Understanding how academic stress influences emotional eating will be beneficial for the development of interventions aimed at promoting healthier coping mechanisms which can further contribute to reduce various health issues such as obesity. Furthermore, educators and policy makers can implement strategies to support students in managing stress, potentially leading to better academic outcomes. Lastly, by promoting self-compassion as a trait or coping strategy, individuals may be less likely to engage in unhealthy eating behaviours, thereby improving their overall physical and mental health.

POSTER 3

Experiences of Promoting Breast Cancer Screening Among Ethnic Minority Women: A Qualitative Study.

Helen Morley, ***University of Manchester.***
D.French[1] O. Allen[1], G.Hutchison[2]
[1] University of Manchester.
[2] Manchester University NHS Foundation Trust.

Background

Ethnic minority women continue to face challenges that result in lower breast cancer screening rates. Numerous initiatives have attempted to promote uptake for screening in various ethnic minority groups, but evaluations are sparse, so knowledge is not cumulative.

Aim

This study aims to investigate the experiences of healthcare providers and other people involved in implementing initiatives for breast cancer screening among ethnic minority women in the Northwest of England. Specifically, it seeks to understand their views of which initiatives work and why; and to understand the challenges and facilitators encountered by healthcare providers in addressing inequalities in breast cancer screening.

Methods

The research will employ a qualitative approach, using in-depth semi-structured interviews and focus group discussions with healthcare providers. Informed by the notion of information power the study aims to recruit 25 participants which should be sufficient to achieve data saturation. This will include clinicians, nurses and community-based healthcare workers engaged in delivering breast cancer screening initiatives. Thematic analysis will be used to identify and interpret patterns and themes within the data, shedding light on the experiences, perceptions, and strategies of healthcare providers in this context.

Findings

The findings of this study are anticipated to inform the development of tailored, culturally adapted interventions aimed at increasing breast cancer screening uptake among ethnic minority women. By synthesising these experiences, it will allow future initiatives to be informed by what has worked or not worked in the past.

Discussion

In progress.

POSTER 4

Reducing the Impact of Digital Distraction for University Students: Introducing Phase 1 of a 5 Part Study in a Co-Designed Intervention Utilising the Behaviour Change Wheel (Mitchie et al., 2014).

Doran Lamb, ***University of Nottingham Ningbo China.***
D.Towey[1], M.Stauffer[1], A.Gill[1].
[1] University of Nottingham Ningbo China.

Background

Digital distractions are a growing societal concern, most notably in young people who have grown up with such devices as integral to life (Pew, 2024). From a health psychology perspective, smartphone and gaming addiction are potentially diagnosable addictions and such behavioural addictions can severely impact the health of individuals and families, impacting sleep patterns, relationships, and the ability to lead a fulfilling life (WHO, 2020).

Aim

This project seeks to confirm the existence of Problematic Smartphone Usage (PSU) and its relationship to other psychological and behavioural factors, explore student perceptions of its impact and subsequently co-design an intervention for all UNNC students.

Methods

This project is in 5 phases. Phase 1 is a quantitative trial phase which will be carried out in July 2024. We will trial the confirmatory and exploratory phases of the study on a convenience sample of pre-sessional Masters students. We are seeking to replicate Hao et al., (2022) with the addition of self-regulation factors as predicted moderators between stress, academic burnout, smartphone motivation and PSU. Our exploratory design seeks to generate understanding of the frequency and type of digital distraction existing at UNNC.

Phase 2 will be the modified rollout of the confirmatory and exploratory phases (October 2024) to all UNNC students.

Following these phases the co-design intervention phases will begin, where an interested representative small sample of students will be invited to work at project co-designers, utilising the behaviour change wheel (Michie at al., 2014).

Findings

In progress.

Discussion

In progress.

POSTER 5

Completing the Professional Doctorate in Health Psychology within a Veteran's Community Mental Health Pathway: Face-to-Face Psychological Intervention.

Roisin Hampden, ***St Andrews Healthcare; Staffordshire University.***

Background

This poster outlines an intervention completed with a 50-year-old male Veteran, with multiple health conditions from military service, including: Arthritis and Chronic pain in back, toe, ankle, and knee; Spondylolisthesis; and Chondromalacia patella. In addition, he has later been diagnosed of Corneal Abrasion, Chronic Kidney Disease, and Dysphagia.

Treatment overview: Ten weekly face-to-face sessions, each lasting one hour, three of which were assessment and formulation. Sessions took place between April and June. Out of session practice tasks were set to increase committed action to change e.g. sitting outside a minimum of two times between weekly sessions. Behaviour change techniques were incorporated throughout the intervention.

Aim

This bespoke intervention aimed to 1) increase understanding of the link between physical and mental health 2) Provide coping strategies for pain 3) Improve quality of life by learning to live with the pain.

Methods

The Clinician used the COM-B and Hexaflex models to complete assessment and formulation of the Veteran's abilities, opportunities and motivation to manage their pain. The Hexaflex model enabled areas of psychological inflexibility to be highlighted and this formed the session plans.

Findings

Post measures showed an improvement in psychological wellbeing, and in the veterans understanding of his pain experience and the link between pain and mental health.

Discussion

Holding on to comparisons with past abilities appeared to often act as a barrier to accepting new reality. This intervention has highlighted that pain management within the veteran mental health population may increase quality of life and other symptoms. This type of intervention would be useful in a group setting so that more veterans can benefit from this and boost their connections at the same time.

Investigating the Predictors of Positive Body Image in Mid-Life Women: A Multiple Linear Regression.

Christina Packer, ***University of Gloucestershire.***

Background

Body image has been linked to an individual's health outcomes. Predominantly research has focused on young women and adolescents, considering the impacts of negative body image, with concerning links shown to the development of eating disorders.

However, emerging evidence suggests that positive body image (PBI), a separate construct, can be protective of health outcomes and behaviours. Having a PBI means cultivating body acceptance and has been proposed to be protective against body dissatisfaction. Those demonstrating PBI are more likely to participate in positive health behaviours such as resisting internalisation of societal messaging regarding the appearance ideal, partaking in physical exercise and developing intuitive eating behaviours.

Understanding what predicts PBI allows for points of intervention to be highlighted.

Aim

The aim of the research is to: 1) Examine predictors of PBI in a sample of mid-life women, an underrepresented demographic in this area of research. 2) It is hypothesised that physical activity, perceived body acceptance from others, self-compassion, internalisation of societal appearance ideals and intuitive eating will predict positive body image, producing a statistically significant model.

Methods

A cross-sectional design utilising a multiple linear regression will investigate the prospective relationship between the predictor variables and criterion of PBI. Participants will identify as women and be aged 40-60 years.

Findings

Data is being collected from Online Surveys. The aim was to recruit 97 participants, to achieve power of .80. This has been surpassed with 175 responses so far. The survey will close on 21st June 2024 for data analysis.

Discussion

The identification of predictors is important for the theoretical conceptualisation of PBI, also for positioning potential times for intervention. This research is hoping to provide this insight, for mid-life women, as this is a time that is generally overlooked in research but is pivotal in psychological and physical health for the future.

A Qualitative Study Exploring How Women Makes Sense of Their Experience Navigating Menopause in the Workplace.

Addey Sharif, ***Manchester Metropolitan University.***
C. Matthias[1].
[1] Manchester Metropolitan University.

Background

Corporations and organisations are now recognising menopause in workplace health initiatives. The current literature provides valuable insights into women's experiences for navigating menopause in the workplace; however, there is a notable gap in addressing specific barriers comprehensively, particularly the impact of workplace support on productivity and remaining in the workforce from the perspective of employees.

Aim

To explore how women make sense of their experience of navigating menopause within the work.

Methods

This qualitative study, adopting an idiographic, interpretivist phenomenological lens aims to uncover the nuanced narratives of women's menopause experiences. This includes the facilitators, barriers and coping strategies related to navigating menopause in the workplace. Semi-structured interviews will be employed, and interpretive phenomenological analysis will be used to analyse transcripts.

Findings

In progress.

Discussion

In progress.



Are you conducting Health Psychology research? Are you in need of recruitment assistance?

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Many researchers - including students - are looking for ways to recruit and conduct their research online.

We offer recruitment support via our social media pages to everyone (as long as they meet the requirements below). For your study to be included in our monthly newsletter, however, you will need to be an MHPN member*

Before we publish and promote your research, we will need to see/receive the following:

1) a copy of ethical approval, *and*
2) an overview (e.g. protocol /abstract) of the study, *and*
3) If you have a flyer/poster/image which summarises your research, please include this too so that it can be shared on social media. The image must be in **.jpg** or **.png** format (not pdf format).

Please get in touch by email (midshealthpsych@gmail.com)

or on social media (@MidsHealthPsych)



Thank you for joining us today!