



the british
psychological society
east of england branch

'The Psychology of Wellbeing'

East of England Branch Conference 2019

Anglia Ruskin University
Cambridge Campus
Lord Ashcroft Building
Cambridge
CB1 1PT

Thursday 12 September 2019

9am – 4.30pm



Welcome from our Chair

Welcome to the 2019 Annual conference of the East of England Branch of The British Psychological Society. Our programme has a great mixture of workshops, oral and poster presentations centred around the theme of “The Psychology of Wellbeing”. I am also delighted to welcome our keynote speakers Dr Daragh McDermott of Anglia Ruskin University and Dr Noel Brick of Ulster University. We had an excellent response to our call for submissions from academics and practitioners and will be running parallel sessions for most of the day.

As you might expect many individuals have contributed to the planning of this conference and I’d like to thank BPS staff and all of the members the East of England Branch Committee for their hard work.

I hope you enjoy the conference, and that it contributes to your own psychological wellbeing.

Yours sincerely

Dr Helen Kaye

Branch Chair

Oral Presentations

	Lab 107	Lab 102	Lab109
09.00		Registration	
09.45		Welcome Dr Helen Kaye, Branch Chair	
10:00		Keynote address The psychology of wellbeing: Theory, application and practical implications Dr Daragh McDermott, Head of Psychology Anglia Ruskin University	
10:45–11:00		<i>A cross-cultural comparison of stress and resilience among the parents of children with Autism Spectrum Disorder in India and the UK</i> Fathima Kodakkadan, Anglia Ruskin University	Wellbeing in context: Understanding and enhancing wellbeing skills of employees Antonina Semkina, University of East Anglia
11:00–11:15		<i>An exploration of posttraumatic growth experienced by young people in care and their perception of what helps promote this growth</i> Michelle Francis, University of Suffolk alumni /CAREapy	Empowering staff: Empowering patients – The feasibility of a specialist staff training programme using an Adapted Health Behaviour Change Model Tracy McCrossan, Western Health & Social Care Trust
11:15–11:30		<i>Young people’s wellbeing in East Anglia and in a British Overseas Territory</i> Clare Jolly, Gibraltar Health Authority	Older workers: The effect on wellbeing of age discriminating work practices Diane Keeble-Ramsay, Anglia Ruskin University

11:30-12:00	Coffee		
12:00-12:15	<p><i>It's time to talk about talking about research: Presentation anxiety and other aspects of our jobs</i></p> <p>A workshop where we will look together at the sources and impact of anxiety on researchers.</p>	<p><i>Stronger families – building resilience</i></p> <p>Olga Fuentes, Relate Cambridge</p>	<p>Personal resilience groups for social care staff: Acceptance and Commitment Therapy based groups to increase self-awareness, mindfulness skills, and to reduce stress</p> <p>Amber Snell, Suffolk Family Focus Psychology Service</p>
12:15-12:30	<p>Our aim is to open up a dialogue in order that we are all in a better position to support ourselves and our colleagues.</p> <p><i>Irenka Suto and Gill Elliott from Cambridge Assessment</i></p>	<p>A longitudinal investigation of the relationship between parenting behaviours and child effortful control: What do these findings suggest for models of child and parent wellbeing?</p> <p>Victoria Simcock, University of Sussex</p>	<p>Oil industry workers in Nigeria: Why might you accept a job which could result in your death?</p> <p>Diane Keeble-Ramsay, Anglia Ruskin University</p>
12:30-12:45		<p>Does participating in delivering Forest School increase resilience and wellbeing?</p> <p>Jane Jennison, Autonomous Ideas</p>	<p>Health, wellbeing and resilience in pre-registration nursing and midwifery students: A qualitative needs analysis</p> <p>Hazel Wallace-Williams, University of Greenwich</p>
12:45-13:00		<p>Stepping into the kitchen: Strategies to foster a sense of belonging at university</p> <p>David Nevard, Attleborough Academy Norfolk</p>	<p>Men's mental wellbeing is predicted by job satisfaction, relationship stability and health</p> <p>John Barry, University College London</p>
13.15	Lunch		
13:40		<p>Annual General Meeting BPS East of England</p>	

14:00-14:15	<p>Using doulas (trained birth companions) to improve the wellbeing of disadvantaged mothers</p> <p><i>Interactive workshop enabling participants to:</i></p>	<p>Brain Tingles: An exploration into the effects of Autonomous Sensory Meridian Response (ASMR) on symptoms of depression and anxiety</p> <p>Poppy Lingard, University of Lincoln</p>	<p>Evaluating 'psychology of emotion' workshops: Intervention based on psychological wellbeing rather than illness</p> <p>Lawrence Howells, Norfolk and Suffolk Foundation Trust</p>
14:15-14:30	<p>– Identify the role of 'lived voice' in recovery of mental health issues in relationship to Birth as medium for change.</p> <p>– Consider impact of addressing social isolation in supporting mothers-to-be.</p>	<p>Do you mind? Inter-personal biological approaches to 'wellbeing'</p> <p>Robin Trewartha</p>	<p>Mood states during a period of high-intensity interval training</p> <p>Dan Gordon, Cambridge Centre for Sport & Exercise Sciences, Anglia Ruskin University</p>
14:30-14:45	<p>– Describe the role of 'mothering the mother' and peer support to support attachment with the newborn.</p>	<p>Altered interoceptive processing in smokers: Evidence from the heartbeat tracking task</p> <p>Farah Hina, Anglia Ruskin University</p>	<p>Exploring the attitudes of women sports coaches to motherhood using story completion</p> <p>Sharon Boswell, Anglia Ruskin University</p>
14:45-15:00	<p>Dr. Sara Ireland, (Psychologist), Alex Davies (Asst Early Help Manager) and Rebecca Talbot (doula) – Project set up by Cambridgeshire County Council Early Help and Clinical Service</p>		<p>There is more good in one happy life than a lifetime of happy moments</p> <p>André Bilbrough, The University of East Anglia</p>
15:00–15:45		<p>Keynote address Think like an athlete: Implications for wellbeing from endurance exercise activity</p> <p>Dr Noel Brick, Ulster University</p>	
16:00	Tea & Depart		

Poster Presentations (on display all day)

Barriers to mindfulness

Moitree Banerjee, University of Chichester

Experiences of behaviour management: A case study of one senior school leader at a secondary school

Laura Oxley, University of York

Emotional support and life satisfaction

Mia McKean, Manchester Metropolitan University

Workplace satisfaction and wellness behaviours

Katie Emmison, PJ Care

The experiences of men with prostate cancer regarding information they received about erectile and sexual dysfunction as a side effect of cancer treatment: 'This was the light at the end of my tunnel and she switched it off'

Lynne Gordon, University of Hertfordshire

Exercise addiction prevalence and correlates in the absence of eating disorder symptomology: A systematic review and meta-analysis

Mike Trott, Anglia Ruskin University

The hidden emergency service: Experiences of stress and trauma in prison operational staff

Jodie Winterton, Her Majesty's Prison and Probation Service (HMPPS)

A narrative review of attachment and wellbeing in the coach-(youth) athlete relationship

Ashley Meggitt, Anglia Ruskin University

Can cognitive and behavioural therapy aid mental health sufferers to flourish? A systematic critical review of the literature

Mabel Martinelli, Cambridge Flourishing and University of Hertfordshire

A systematic review on the effect of child effortful control on parenting behaviours

Victoria Simcock, University of Sussex

Health-related quality of life in coeliac disease

Larysa Zasiiekina, Anglia Ruskin University

Investigating the mediating role of shame on self-compassion in individuals with and without Social Anxiety Disorder

Vicki Slater, Anglia Ruskin University

Keynote Speakers

The psychology of wellbeing: Theory, application and practical implications

Dr Daragh McDermott, Anglia Ruskin University

In this introductory session, Dr Daragh McDermott will set the scene for this conference by considering the notion of the Psychology of wellbeing and what this means for both researchers and practitioners. Using examples from his own research working with sexual and gender minorities, this talk will consider look at some of the key psychological issues at play and their role in increasing or reducing overall wellbeing. At the same time, this talk will consider some examples of intervention-based research that has aimed to improve overall wellbeing among a key 'at risk population' – trans and non-binary young people.

Daragh McDermott is Head of School in the School of Psychology and Sport Science at Anglia Ruskin University. His research primarily focusses on gender and sexual minorities and his work has been published in journals such as the *Journal of Sex Research*, the *Journal of Health Psychology* and the *Journal of Homosexuality* amongst others. He is currently Co-editor in Chief of Psychology and Sexuality and is an Associate Fellow of the British Psychological Society

Think like an athlete: Implications for wellbeing from endurance exercise activity

Dr Noel Brick, Ulster University

The importance of physical activity for both physical health and psychological wellbeing is increasingly recognised. Yet, World Health Organisation data suggests that globally, 23% of adults and 81% of adolescents do not meet current physical activity guidelines. In this address, Dr Noel Brick will present an overview of his research work on attentional focus and cognitive strategy use during endurance exercise activity. This will include a discussion of the impact of affective experiences and perceptual responses during activity on both endurance performance and longer-term physical activity behaviour. Applied recommendations from this research will be considered, including implications for physical activity characteristics, modality, and setting and the impact of these on psychological wellbeing. Dr Brick will also discuss how his research and applied work on cognitive strategy use and metacognitive processes during endurance exercise applies to psychological wellbeing beyond the physical activity domain.

Noel Brick is a lecturer in Sport and Exercise Psychology at Ulster University and a chartered member of the British Psychological Society. His research has primarily investigated the effects of attentional focus and cognitive strategy use on endurance performance. More recently, his work has focused on the effects of acute exercise bouts on post-exercise cognitive function, and on affective and perceptual responses during exercise activity and the importance of these to longer-term exercise adherence. Dr Brick's work has been published in journals such as *Psychology of Sport and Exercise*, *Medicine and Science in Sport and Exercise*, and the *International Journal of Sport and Exercise Psychology*. He is currently co-authoring a book entitled *Think Like an Athlete: Cognitive Strategies to Thrive in Sport and Life*.