

# Division of Health Psychology

Newsletter – Nov 2020

## Welcome from the Chair

Health psychology continues to shine during the Covid-19 pandemic, [highlighted in the recent excellent editorial](#) led by the British Journal of Health Psychology editors Dr Joe Chilcot and Professor Maddy Arden, with guest contributions from Professors Jo Hart (DHP Past Chair) and Lucie Byrne Davis (DHP Chair Elect), alongside Emily McBride (DHP Policy Lead) and I. The special edition of the [Health Psychology Update](#) is also out now, with contributions from those who presented at the special DHP conference 2020 webinar and some fantastic articles from our members. Both definitely worth a read!

Your committee continue to represent the DHP both internally in the BPS and externally to stakeholder organisations. It is wonderful to see the growing recognition of health psychology at the core BPS Covid-19 co-ordinating group that I attend, which now meets every 2-3 weeks (was weekly). The BPS Covid-19 Behavioural Science and Disease Prevention (BSDP) Taskforce that I lead, which reports to this co-ordinating group, continues to go strong, and we are now meeting fortnightly. The group has produced some excellent documents relating to Personal and Community Protective Behaviours (PCPBs: e.g. hand hygiene, self-isolation), and we have just launched a series on health promotion behaviours that we discuss later in the newsletter. I'm overwhelmed with the generosity of time people have dedicated to this taskforce and related working groups, and the positive feedback on both the process and mentoring opportunities, alongside the documents we have produced; one of which has had over 6000 views from the BPS website alone. I've asked if we can have a section on the DHP website so that external people have one place to go to view all the

BPS Covid-19 documents that health psychologists and trainees have contributed to, so watch this space! I encourage you [to look at the suite of materials from the BPS](#) – it is impressive!

Through our work on the BSDP taskforce, we have been meeting regularly with colleagues from Public Health England (PHE), to discuss ways of embedding health psychology more at a national level. Drs Paul Chadwick, Atiya Kamal and I presented on the work of the taskforce to the communication and behavioural insights cells in a virtual forum for PHE, on the 30 Sept 2020. This session was very well received.

Our relationship with the [Behavioural Science and Public Health Network](#) (BSPHN), for which I am now the Past Chair, also continues to be strong. As part of the [PHE-led Behavioural and Social Sciences Strategy](#) (BSSS), the BSPHN have developed regional 'hubs' across the country, and I have presented both to North and South BSPHN hubs on the benefits of the application of health psychology to the health and care system.

The most recent was on the 10 Sept 2020 to the BSPHN Midlands and East hub on the topic of 'What every commissioner needs to know about health psychology' (no pressure lol!). It was incredibly well attended and co-hosted by Health Education England and PHE. There was lots of interest in embedding health psychology into public health/health and social care. The following month on the 16 Oct 2020, I met with the BSSS oversight group for which I am a member, who met to discuss progress with the strategy objectives. Capacity building by supporting

# Division of Health Psychology

Newsletter – Nov 2020

opportunities through the Stage 2 health psychology training route is one of these objectives, and I continue to work with colleagues on this mission.

Our vision is to advance the idea that Professor Jo Hart and I [present \(on page 40\) of a Health Psychology Champion pathfinder initiative](#); drawing on learnings from the [Stage 2 funded model in Scotland](#).

To support this, we aim to create a series of documents that highlight [health psychology careers and case studies](#) that we can showcase to potential funders, similar [to those produced by our fantastic colleagues in DHP-Scotland](#).

Our postgraduate (PsyPAG and Trainee) leads, Lauren and Kristina and Practice lead Eleanor are leading on this and would love to receive a case study from you! You can read more later in the newsletter.

Another development to highlight relates [to a recent conversation document from the Psychological Professions Network](#) (PPN) that discusses the role of psychology in a physical health setting. Our chair elect, Professor Lucie Byrne-Davis and I have met with representatives from the PPN and have provided feedback on health psychology's role within this

space, which has been received positively in the spirit of collaboration. I am delighted that our past Chair Professor Jo Hart and current DHP Conference Lead Dr Atiya Kamal have agreed to represent health psychology and speak [at the PPN national conference](#).

We continue to build relationships with our colleagues in the Psychological Society of Ireland, specifically Drs Lisa Hynes and Jenny McSharry and we have recently supported them in an article on the benefit of health psychology in the health and care system for the Irish Psychologist. Lisa has also joined us at the BSPHN event to hear more about health psychology's contribution to public health in the UK. I look forward to continuing to build these relationships with our friendly subject title #UnitingDivisions.

The enthusiasm and passion of those working in health psychology is contagious, and I am sure you will echo my thanks to one and all for the contributions across the board.

Wishing you and your loved ones positive health.

**Dr Angel Chater**, DHP chair

## Your DHP committee

### Join your committee

We're recruiting now for the Division of Health Psychology (DHP) Standing Conference Scientific Committee Chair (SCSC)

The SCSC Chair is responsible for leading on the scientific content for the annual conference.

There will be a period of shadowing the current chair and the role will start directly after the DHP annual conference in June 2021. **The deadline is 30 November 2020.** Please apply!

[Go to the DHP website for details.](#)

## Welcome to our Equality & Diversity Lead

Aimee Aubeeluck is our new Equality & Diversity lead. Aimee is a Professor of Health Psychology Education at the University of Nottingham. She is deputy head of the School of Health Sciences and her research and scholarly activity focuses on interventions to improve wellbeing and quality of life.

Her role as diversity and inclusion lead will raise the profile of equality and diversity to drive forward a

proactive culture of inclusivity within the discipline of health psychology.

The DHP's priorities are a) to create a more inclusive culture, promoting equality of opportunity through improved membership engagement b) to advocate for the importance of equality, diversity and inclusion in clinical practice and in communicating psychological knowledge to others and c) to embed the principles

# Division of Health Psychology

Newsletter – Nov 2020

of equality, diversity and inclusion in our policies, practices and behaviours to the benefit of the DHP membership, other stakeholders and the community.

[You can email Aimee direct.](#)

## Career case studies project

Lauren Rockliffe (PsyPAG Representative), Kristina Newman (Trainee Lead) and Eleanor Bull (Practice Lead) have recently embarked on a new project, aiming to collate career case studies from our qualified and trainee health psychologists, in a bid to share their diverse and impactful work, and advice, especially for potential trainees looking to enter the profession.

We have asked all current trainees to contribute a summary of their training and work experience so far, and have also asked them to reach out to qualified

health psychologists to ask them to complete a case study of their own. We are hopeful that this process may also encourage networking and collaboration for our trainees. So for qualified health psychologists, please keep an eye on your inbox!

If you'd like to contribute, or for more information about the case study project and example case studies, [please contact Lauren by email.](#)

## Health psychology trainee network: Conversation Cafes

Our regular Health Psychology Trainee Network (HPTN) Conversation Cafés were held recently on the 6 August and 3 September. The August session provided trainees with an opportunity to have a catch-up and general discussion about the training process.

Discussion centred around challenges of training during Covid-19 and sharing strategies to overcome related difficulties. Our September session was focused specifically on the viva process. We were joined by Dr

Aimee Aubeeluck, Dr Amy Baraniak & Professor Chris Bundy, who shared their top tips for viva preparation and an insight into the examination process.

If you would like to attend the next Conversation Café [follow our updates on Twitter.](#)

## HPU Special Covid-19 issues

We are pleased to announce the publication of a special issue of Health Psychology Update (HPU), focused on the role of health psychology in Covid-19.

This special issue features: research articles related to Covid-19; a report of the DHP webinar on Covid-19 and speaker summaries from the event; as well as short summaries of the fantastic research, practice, and consultancy work being conducted from across the network in relation to Covid-19. Y

[You can download this special online-only issue of HPU from the BPS shop](#) (free to DHP members).

If you'd like to make a submission to for consideration in the Autumn 2021 issue of HPU, the deadline for submissions is 1 March 2021.

[Please contact Dr Pippa Tollow by email](#) if you have any questions or would like to discuss.

## Education & Training Lead Update

I was delighted to be elected onto the DHP Committee in 2019 and since this time have focused on trying to develop CPD opportunities of interest to members at all stages of their careers and in different areas of health psychology.

This year we have been able to put on two webinars which were free to access for DHP members. I'd like to say a huge thank you to the co-facilitators for Open Science webinar in May (Prof. Daryl O'Connor, Dr. Emma Norris & Dr. Peter Branney) and the Involving Patients and Members of the Public in Research webinar in September (Dr. Sarah Hotham, Dr. Amanda Bates & Lynn Laidlaw the expert patient contributor).

Combined the webinars had over 350 attendees and the feedback we have had has been absolutely brilliant, so I'd like to say a huge thank you to all of our members for your interest and engagement!

DHP are keen to build on this progress and I'm currently in discussions with potential DHP members about developing a further two webinars in addition to two pre-conference workshops for 2020.

I would actively encourage any members interested in co-facilitating a webinar or with suggestions on what would be an important area for us to cover [to e-mail me](#) or contact me via Twitter on [@BPS\\_dhp\\_lead\\_ET](#) or [@NiallCAnderson](#).

In addition, I am working behind the scenes to try to support members with E&T queries or concerns, and I am working with other DHP members to try to progress and promote our wonderful field, and I'd always welcome members contacting me. Keep your eyes peeled for our upcoming events in the new year!

**Niall Anderson** (HCPC Registered & BPS Chartered Health Psychologist)

## Events

### Health Psychology Exchange:

### Consultancy in health psychology (Webinar 1)

The Health Psychology exchange is running a free webinar on Thursday 26 November 12.30pm to 2.30pm.

The webinar will be chaired by Professor Angel Chater.

They will look at:

- What is consultancy in practice?
- Core skills required to be a practitioner consultant
- Examples of consultancy delivered during the COVID-19 pandemic

There are some great speakers:

- Judit Varkonyi-Sepp
- Dr Roseanna Brady
- Dr Sian Armstrong
- Daniella Watson
- Dr Jemma Byrne

[Register your place on Eventbrite.](#)

## Division of Health Psychology Conference

### SAVE THE DATE – 29-30 June 2021!

We are delighted to announce that our annual conference theme for 2021 is Celebrating Health Psychology and Connecting Communities. The conference will be a two-day online event across 29 - 30 June 2021.

Submissions will be open very shortly and we welcome a range of abstracts (including oral and poster presentations, symposia and workshops) across all health psychology topics and methodologies. The online conference will include a varied and exciting

scientific programme, including top keynote speakers (Professor Victoria Tischler and Professor Maddy Arden).

We will also have a really exciting and inclusive virtual social programme with plenty of opportunities to meet and chat with other delegates and speakers! This is a great opportunity to come together with colleagues to present your research and listen to the most recent cutting-edge science. We look forward to receiving your abstracts!

## BPS Covid-19 Behavioural Science and Disease Prevention Taskforce: Update

We continue to meet fortnightly to produce a series of guidance documents to support health professionals and officials in their response to the COVID-19 pandemic.

These documents include:

[Encouraging and supporting adherence to self-isolation during Covid-19](#)

[The psychology of handwashing](#)

[Hand hygiene in the community](#)

[Likely uptake of test and tracing apps](#)

[Generic behavioural guidance](#) (which has also been translated into [Japanese](#))

### **Health promotion behaviours that may have been impacted on since Covid-19:**

Our health promotion guidance documents are also [now available online!](#) This was a fantastic team effort, with a wider working group contributing from across the UK. A HUGE thanks to all those involved! The BPS have launched the following press release:

The Covid-19 pandemic has brought serious disruption to people's lives, with changes in our routines and behaviours potentially affecting our overall health and wellbeing. With lives thrown upside down as a result of measures to contain the virus, many people may

be finding it challenging to focus on their health at the time they need it the most. Aiming to help health officials to consider the changes people may have had to make in their lives during the Covid-19 pandemic, and giving psychologically-informed behaviour change approaches to help address them, the guidance focuses on addressing the following key health behaviours:

- Physical activity
- Sedentary behaviour
- Eating behaviour
- Stopping smoking
- Alcohol consumption
- Sleep hygiene

[You can access all of these on the BPS website.](#)

Professor Angel Chater, lead of the BPS Covid-19 Behavioural Science and Disease Prevention Taskforce, said: "We know the Coronavirus pandemic is affecting us in a huge number of ways, and as we enter the second wave of the pandemic over autumn and winter, it's vital that people are supported to engage in behaviours that can help promote their health and wellbeing."

# Division of Health Psychology

Newsletter – Nov 2020

Dr Gillian Shorter, co-lead for the guidance group, said: “Whether home-working is resulting in people leading a more sedentary lifestyle than they have previously, they’re drinking more alcohol than they usually would, or are struggling to get a good night’s sleep, it’s important that people are positively supported to take care of themselves, now more than ever.”

Professor Chater concluded: “Health officials have the opportunity now to support national behaviour change. Our guidance documents aim to give those in power the tools they need to enable, encourage and empower people to take steps to protect their health, and include recommendations for new policies that can help support positive change.”

## Congratulations Corner



Congratulations to Dr Harbinder Sandhu, Health Psychologist and Associate Professor at the University of Warwick, who won the International Pain Foundation’s Hero of Hope Award, in its Healthcare Provider category. Her award is for demonstrating outstanding commitment to assisting and advocating for people living with chronic pain diseases.

Harbinder’s research is in behaviour change interventions in pain management.

Harbinder is also the DHP co-treasurer.



Congratulations to, Professor Lucy Yardley, Professor of Health Psychology at the University of Bristol and University of Southampton. She has been awarded an OBE (Officer of the Order of the British Empire) in the Queen’s birthday honours (2020).

Lucy’s research is in developing and evaluating digital interventions including ‘Germ Defence’ (a web app which helps to reduce viral infections). She is co-chair of SPI-B that gives behavioural science advice to SAGE. Her well-deserved award was for services to the Covid-19 response.

## Are you an Independent Practitioner?

What are your professional development needs? By completing our one question survey you will help the Special Group for Independent Practitioners shape their future programme. [Take the survey now!](#)

## European Health Psychology Society opportunity

The EHPS needs a UK national delegate take over from Jo Hart. We want this to be a DHP member. If you are an EHPS member, HP practitioner/academic and interested [please email Jo Hart](#) before 5 Jan 2021.