



## Division of Health Psychology Northern Ireland

Newsletter – Dec 2020



### Message from the chair

Welcome to the December edition of our newsletter update. It's been a difficult year for most, and whatever uniquely challenging circumstances we've each found ourselves in, I sincerely hope that throughout 2021 we can begin to reconnect, rebuild and repair our lives and our society.

This pandemic has shone a light on health psychology and illustrated the vital role it can play in guiding us all through the pandemic as safely as possible. Now, more than ever it's important that we unite across nations and sectors and work together.

We have a fantastic health psychology presence in NI already, and as a committee, we will strive to strengthen the identity of health psychology further, creating more opportunities for training and careers, and importantly making those working in health psychology feel that they have a 'home'.

Our aim with this DHP-NI newsletter is to keep members informed on upcoming events and recent developments. We are happy to include your good news stories, so please [email Jenny Davison](#) if you have anything you wish to share.

We look forward to virtually welcoming you to our busy schedule of planned events in 2021. In the meantime we wish you a merry Christmas and a peaceful New Year.

Take care, **Dr Laura McGowan**

Chair of the DHP-NI and lecturer in nutrition and behaviour change in the Centre for Public Health, QUB

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## What's coming up in 2021?

Association for the Study of Obesity (ASO) Northern Ireland Network and Division of Health Psychology NI

**FREE** Webinar on digital technologies and weight management

19 January 2021, 10am - 12pm

**\*\*PLACES ARE EXTREMELY LIMITED DUE TO SIGNIFICANT INTEREST\*\***

Speakers will provide an overview of ongoing research in this area, and include Dr Anne Moorhead and Fiona Quigley (Ulster University); Professor Michelle McKinley and Dr Jenny Groarke (QUB); and Dr Jane Walsh (NUIG).

You can find more info available on the [ASO website](#).

**Register your place now**



## NIBPS 2021 virtual conference 'The psychology of wellbeing in Covid times'

15 & 16 April 2021

Keynote speakers include Professor Rory O'Connor (University of Glasgow), Professor Lucie Byrne-Davis (University of Manchester), Professor Neil Coulson (University of Nottingham), Professor Nichola Rooney (QUB), Dr France Duffy (NHSCT), Dr Jo Yarker (Birkbeck University of London) and Dr Petra Corr (NHSCT).

Keep an eye out on [@NIBPS](#) and [@DHPNI](#) for exciting updates.

Register on the conference website

## Health Psychology Careers and Training virtual day

25 June 2021

Watch this space and keep in touch with @DHPNI @divhealthpsych for updates!

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### PhD congratulations to DHP committee member

Congratulations to Dr Deirdre Timlin, Ulster University (and to her supervisors: Dr Liz Simpson, Dr Maeve Kerr, Professor Jaqueline McCormack, and Dr Laura Keaver) who successfully passed her Viva on 11 December 2021.

Deirdre's PhD was titled: Promoting uptake of the MIND diet to prevent cognitive decline in adults at midlife: Employing the Behaviour Change Wheel and COM-B model. Well done Deirdre!



### Some publication collaborations by committee members

Timlin, D., McCormack, J.M., Kerr, M., Keaver, L. *Are dietary interventions with a behaviour change theoretical framework effective in changing dietary patterns? A systematic review*. BMC Public Health 20, 1857 (2020).

Davison J, Stewart-Knox B, Connolly P, Lloyd K, Dunne L, Bunting B. (2020). *Exploring the association between mental wellbeing, health-related quality of life, family affluence and food choice in adolescents*. Appetite, 158:105020.

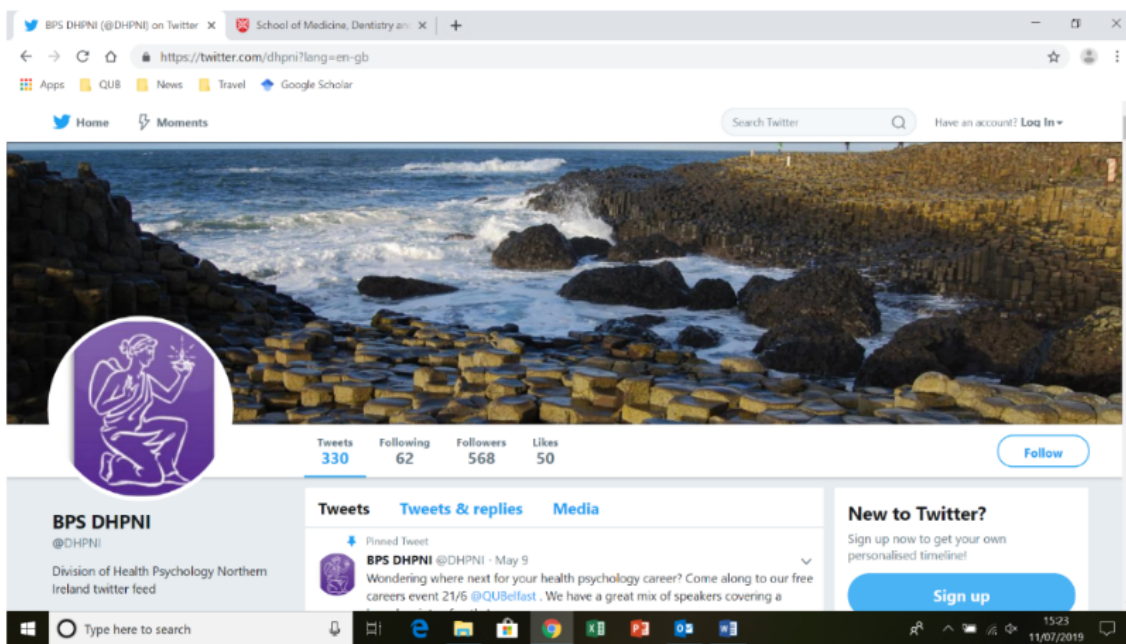
McKinley, N., Convie, L., McCain, S., Dempster, M., Kirk, S., Clarke, M. (2020). *A cross-sectional study of resilience, burnout and coping mechanisms in UK doctors*. British Medical Journal Open, 10 (1)

McCrum, L.A., Watson, S., McGowan, L., McGuinness, B., Cardwell, C., Clarke, M., Woodside, J.V. and McKenna, G., 2020. *Development and feasibility of a tailored habit-based dietary intervention coupled with natural tooth replacement on the nutritional status of older patients*. Pilot and Feasibility Studies, 6(1), pp.1-15.

McGowan, L., Lennon-Caughey, E., Chun, C., McKinley, M.C. and Woodside, J.V., 2020. *Exploring preconception health beliefs amongst adults of childbearing age in the UK: a qualitative analysis*. BMC Pregnancy and Childbirth, 20(1), p.41.

## Stay in touch with your Division!

Don't forget to tag @DHPNI in your health psychology-related tweets as we want to maximise our presence here in NI!



## HCPC launches Diversity Data Survey

Today, the Health and Care Professions Council (HCPC) has launched its annual **Diversity Data Survey** to increase its understanding of equality, diversity and inclusion among its registrants. The survey will help the HCPC create and develop strategies, policies and regulatory processes that are inclusive and fair.



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