Welcome from the Standing Conference Committee…

Welcome to the first ever virtual BPS Conference! When we agreed the conference theme ‘Psychology of the Future: Changing Landscapes’ last October, little did we know how substantially our landscape would change, so soon into the future.

As a BPS member and a psychologist, I am incredibly proud of the way our Society and our discipline more widely have contributed to the Covid-19 response. This conference now gives us the opportunity to celebrate the contributions we’ve made, and to look to the future in terms of the important role that psychology has to play in dealing with the consequences of the pandemic and our adaptation to a ‘new normal’. Accordingly, our President and Chair of the BPS Covid-19 Coordinating Group has convened a symposium which showcases the efficient and important response of the BPS to the pandemic, and its priorities going forward. A further symposium will consider, from a psychological perspective, the role of the media during the pandemic.

The programme also offers further opportunities to us to consider the role for psychology in the Covid-19 response. We will hear keynote lectures from Professor Stephen Reicher, who is a member of the Sage subcommittee advising the government on behavioural science and Professor Paul Slovic, whose expertise relates to the role of stress and fear on risk perception and decision-making. In keeping with the ‘Psychology of the Future’ theme, a keynote from Professor Miranda Wolpert MBE (Mental Health Priority Area at the Wellcome Trust) will consider the use of radical new approaches to addressing anxiety and depression in young people, and Professor Alison Gopnik (University of California, Berkley) will consider how learning in babies can inform the development of artificial intelligence.

We are delighted that Claudia Hammond, presenter of BBC Radio 4’s All in the Mind has agreed to compere the event. Although we will miss catching up with friends and colleagues face-to-face this year, we invite you to join us on the first evening for some virtual networking and The Great Big Psychology Quiz.

Many thanks to all of the BPS staff and the Standing Conference Committee who have worked incredibly hard to ensure that Conference 2020 could go ahead. I wish everyone an enjoyable (virtual) conference.

Dr Michael Smith
Chair of Standing Conference Committee

STANDING CONFERENCE COMMITTEE

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Welcome from Sarb Bajwa, CEO

Welcome to what is a unique BPS Conference 2020, staged entirely online due to the Covid-19 pandemic.

I want to thank our Standing Conference Committee, and everyone who has worked hard to get this event on despite the unprecedented circumstances.

I’ve been extremely proud of how we’ve moved quickly to deliver our normal service despite the challenges posed by Covid-19, and this conference is another example of that.

I hope that you enjoy a two-day showcase of psychological research and thought from the comfort of home.

While not being able to meet up with friends and colleagues takes away from the experience of a conference, we are not alone, and moving online does make it easier for some of our international colleagues to join us. I want to extend a special warm welcome to them.

Covid-19 has shown how psychologists and behavioural scientists from across our many disciplines can come together, and you have made significant and vital contributions to the response to this pandemic.

Our theme for the conference is ‘Psychology of the Future’. If Covid-19 has shown us one thing, it is that when we work together across perceived boundaries we can make a real difference. The future holds many more big challenges, some of which we’ll be covering at this conference.

We often see other disciplines and professions tackling issues like the climate crisis and artificial intelligence but, ultimately, we will solve them by understanding people. Not just the impact on people, but how people can be at the heart of the solution.

If psychology is about anything, it’s about people, so we have so much to contribute to all of these defining questions.

I’m sure that our speakers and presentations across the two days of Conference 2020 will give you plenty to think about in these areas, and lots to discuss with peers in the networking sessions that are available.

While loading up your laptop for an online event may never replicate the buzz of arriving for a conference, I hope that you enjoy the event and that it offers some respite from what is a challenging time for everyone.

Thanks for joining us.
Psychology of the Future: Changing Landscapes

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Conference 2020 Programme
# Our Board of Trustees

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**Feedback...**

To ask a question during a session and for feedback please use [Slido](https://www.slido.com).  
Event code: #2020

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**Join the Conversation...**

There's still an opportunity for you to network at this year's virtual conference. Throughout the two-day event, we'll be opening up discussion topics for each of the presentations on our online community for BPS members, Member Connect. You can ask questions, share your thoughts, and discuss each presentation with other delegates.

Just log in to Member Connect to join the conversation.  
Not joined Member Connect yet? It's our new online community for members to share ideas, comment on ours and stay connected. Log in today using your existing BPS account details.

[bps.org.uk/communities](https://bps.org.uk/communities)

If you’re not already a BPS member, join now and be part of the conversation.
SPEAKERS

Conference 2020 Programme
Claudia Hammond is an award-winning broadcaster, author and psychology lecturer. Her work focuses on how psychological and medical research can help us in our everyday lives, whether through radio, TV, podcasts, public events or books. Claudia presents several podcasts and radio shows including All in the Mind on BBC Radio 4 which covers psychology, neuroscience and mental health. She also hosts the weekly global health show Health Check on BBC World Service.

She is Visiting Professor of the Public Understanding of Psychology at the University of Sussex. Claudia gives talks on psychology around the world and often chairs public events on psychology, medicine and science. She writes a regular column on medical myths for BBC Future.

Her latest book, The Art of Rest, examines the science behind our struggles to rest and relax. She is also the author of Mind Over Money, Time Warped and Emotional Rollercoaster. Claudia will compere Conference 2020 as well providing daily highlights.

Professor Stephen Reicher

Stephen Reicher is currently Wardlaw Professor of Psychology at the University of St Andrews. He is a social psychologist interested in issues of social identity and collective behaviour and has done research on a variety of topics including crowd behaviour, leadership, obedience and conformity, intergroup hatred, tyranny and behaviour in emergencies. Stephen is a Fellow of the Royal Society of Edinburgh, a Fellow of the British Academy and a Fellow of the Canadian Institute for Advanced Research. He is a participant in both the Behavioural Science Advisory Group on Covid-19 to the UK Government (SPI-B) and the Advisory group on Covid-19 to the Scottish Government. He is also the Convenor of the Behavioural Advisory Group to Independent SAGE. His latest book on the pandemic (with Jolanda Jetten, Alex Haslam and Tegan Cruwys) Together Apart – The psychology of Covid-19 is available as a free download.

Professor Paul Slovic

Professor Paul Slovic is based at the Department of Psychology, University of Oregon. Professor Slovic studies judgment and decision processes with an emphasis on decision-making under conditions of risk. His work examines fundamental issues such as the influence of affect on judgments and decisions. He also studies the factors that underlie perceptions of risk and attempts to assess the importance of these perceptions for the management of risk in society. His most recent research examines psychological factors contributing to apathy toward genocide. He will be presenting an overview of his decades of research on the psychology of risk perceptions and how this help us to understand such perceptions and reactions to Covid-19.
PROFESSOR MIRANDA WOLPERT MBE

Head of the Mental Health Priority Area, Wellcome Trust

WEDNESDAY 1 JULY 11:00–12:00

Professor Miranda Wolpert heads up the Mental Health Priority Area at the Wellcome Trust. This involves overseeing a ring-fenced fund of £200 million to develop a new generation of treatments and approaches to help young people held back by anxiety and depression. The overall vision is a world where no one is held back by mental health problems.

Miranda is also Professor in Evidence Based Research and practice at UCL and founded the Evidence Based Practice Unit, which is dedicated to bridging research and practice in youth mental health. Between 2012–2019, she was NHS England’s National Informatics Advisor for Children and Young People’s Mental Health.

Miranda has extensive experience as a clinical psychologist for NHS England and in schools. Her experiences working with young people and families led her to co-found the Child Outcomes Research Consortium, a learning collaboration focused on understanding the impact of mental health and wellbeing support through collecting and using outcome evidence.

In 2017, Miranda was awarded an MBE for her services to children and young people’s mental health.

PROFESSOR ALISON GOPNIK

University of California at Berkeley

WEDNESDAY 1 JULY 14:45–15:45

Alison Gopnik is a professor of psychology and affiliate professor of philosophy at the University of California at Berkeley. She is an internationally recognised leader in the study of children’s learning and development and was one of the founders of the field of theory of mind.

Alison is the author or co-author of over 100 journal articles and several books. The Philosophical Baby and The Gardener and the Carpenter each won the Cognitive Development Society Best Book Prize in 2009 and 2016. She writes widely about cognitive science and psychology for Science, The New York Times, Scientific American and New Scientist among others. Her TED talk has been viewed more than 2.9 million times, and she has frequently appeared on TV and radio including The Colbert Report. Since 2013 she has written the Mind and Matter column for The Wall Street Journal.
Presidential Address – What Improv, Ubuntu & COVID-19 have taught me about inclusive leadership

TUESDAY 30 JUNE 16:45–17:45

DAVID MURPHY

President (2019–2020) & Chair of BPS Covid-19 Coordinating Group

David Murphy FBPsS, FRSA is the 2019–2020 President of the British Psychological Society (BPS). He chairs the BPS Covid-19 Coordinating Group and co-led the development of the BPS guidance on psychological needs of people recovering from severe Covid-19. During 30 years as a clinical health psychologist and neuropsychologist in the NHS, David has worked mainly with patients with physical health problems and their families in acute hospital settings. He was Head of Psychology Services at Imperial College Healthcare in London for many years before becoming Director of the Oxford Institute of Clinical Psychology Training. He is currently leading a large-scale study into clinical leadership development based at the University of Edinburgh in addition to his role as President.

At the start of his term of office in 2019, David established the Presidential Taskforce on Diversity & Inclusion which has been tasked with developing concrete actions to make the BPS a welcoming place at every level for members from minoritised and marginalised groups and increase diversity & inclusion in the profession & discipline of psychology. He also chairs the BPS Covid-19 Coordinating Group and co-led the development of the BPS guidance on staff wellbeing and psychological needs of people recovering from severe Covid-19.

Welcome Address by Incoming President

WEDNESDAY 1 JULY 10:30–11:00

DR HAZEL MCLAUGHLIN

President (2020–2021)

Hazel McLaughlin is the President of the British Psychological Society June 2020–2021. She is a fellow of the BPS, a Chartered psychologist, and a Chartered scientist. She is a member of the Division of Occupational Psychology and the Special Group of Coaching Psychologists and works on global psychology issues through the Alliance for Organizational Psychology. She is an international IO psychology consultant with corporate experience in both Executive and Non-Executive Director roles. She is the Managing Director and founder of MorphSmart, applying the science of psychology to enable change and business transformation.

She coaches and advises business leaders and teams across industry sectors and is a trusted advisor to the C-suite. She combines evidence and practice to achieve organisational impact specifically in the areas of organisational effectiveness, leadership, diversity and inclusion, resilience, and corporate culture.

Her doctorate research centred on ‘Relational Power; uses and implications for leaders and organisations.’ She was the lead author on the international research paper ‘Women in Power’,
reviewing the psychological evidence on women and diversity. Mid-career, she was twice nominated for Women of the Year, the national UK event.

Her first degree is in psychology from Glasgow University, she has a Masters in Ergonomics from University College London, and her Doctorate from Kingston University London. She is a regular conference speaker and keynote at international events. Since 2012, she has been a regular visiting lecturer at the Institute of Psychiatry, Psychology and Neuroscience at Kings College London. She was the Excellence in Occupational Psychology Practice Award winner for 2019.

Covid-19 Symposium – Psychological contributions to managing the Covid-19 pandemic

TUESDAY 30 JUNE 13:15–14:45

DAVID MURPHY

President (2019–2020) & Chair of BPS Covid-19 Coordinating Group
See p.9 for biography.

DR ANGEL CHATER

University of Bedfordshire

Angel is a Health Psychologist based at the University of Bedfordshire where she leads the Centre for Health, Wellbeing and Behaviour Change. She is the current Chair of the British Psychological Society’s (BPS) Division of Health Psychology and lead of the BPS Covid-19 Behavioural Science and Disease Prevention Taskforce. Angel is a co-founder of the Behavioural Science and Public Health Network (BSPHN) and was the inaugural Chair.

DR INGRAM WRIGHT

University Hospitals Bristol and Weston NHS Trust

Dr Ingram Wright is a Consultant Paediatric Neuropsychologist and Head of Psychology Services at University Hospitals Bristol and Weston NHS Trust. He has worked as a Clinical Neuropsychologist at several tertiary neuroscience centres in the UK since qualifying as a Clinical Psychologist in 2000. His clinical role involves assessment and intervention for children who have acquired brain injury.

Ingram has published numerous studies in scientific journals, and regularly presents at international conferences on aspects of childhood brain injury. He contributes to teaching programmes at UCL, and the Universities of Bristol and Cardiff. Within the BPS Ingram was appointed inaugural Chair of the Faculty of Paediatric Neuropsychology in 2011. In 2006, he was appointed Chief Assessor in Neuropsychology in 2012, Chair of the Clinical Neuropsychology Qualifications Board and most recently Chair of the Division of Neuropsychology’s Professional Standards Unit. Twitter: @clinicalneuro
VIVIAN HILL

University College London, Institute of Education
Vivian Hill currently works for the Department of Psychology and Human Development, at the University College London, Institute of Education. She is the Programme Director of the Doctorate in Professional Educational, Child and Adolescent Psychology and works as a Consultant Educational Psychologist in Wandsworth. She is Chair of the British Psychological Society Division of Educational and Child Psychologists. Vivian does research in developmental psychology, educational psychology and applied psychology. Her research focus is in the areas of: Autism, children’s rights, the medicalisation of childhood behaviour, the education of looked after children, equal opportunities, children’s wellbeing and mental health needs. She has been an expert witness to the CQC Review of Children's Mental Health Services and presented to the All Party Parliamentary Groups exploring children’s mental health needs in schools, and Autism education.

DARYL O’CONNOR

University of Leeds
Daryl O’Connor is Professor of Psychology at the School of Psychology, University of Leeds where he leads the Laboratory for Stress and Health Research (STARLab). Daryl’s current research focuses on: i) investigating the effects of stress and psychological interventions on health outcomes and understanding the role of individual differences variables within the stress process; ii) exploring the effects of implementation intentions-based interventions on screening behaviours. Daryl is a past Chair of the British Psychological Society’s (BPS) Division of Health Psychology and the BPS Psychobiology Section and he is currently Chair of BPS Research Board and Chair of the European Federation of Psychology Associations (EFPA) Board of Scientific Affairs and is a Trustee of the BPS. Daryl was joint Editor-in-Chief of the journal Psychology & Health from 2011 and 2019. Daryl has also been actively involved in promoting Open Science and improving psychological science nationally and across Europe (www.youtube.com/watch?v=7H-e_n_eGhE). Twitter: healthpsycleeds.

Student Competition Winner – What changes will we see in psychology in 2040?

TUESDAY 30 JUNE 10:45–11:00

ALICE THOMSON

Student Competition Winner
I am a final year psychology student at the University of Westminster. Currently, I am preparing for my final year project in which I intend to investigate motivations for engaging in digital activism and online social movements. After graduating, I aim to undertake a Master’s degree in psychological research with the intention of then completing a PhD focusing on cyberpsychology.
Panel discussion – Covid-19 and the media

**WEDNESDAY 1 JULY 13:00–14:30**

**DR MICHAEL SMITH**

Northumbria University

Dr Michael Smith is Associate Professor of Psychobiology and Health Psychology at Northumbria University and Chair of the BPS Standing Conference Committee. His current research is investigating the psychobiological causes and consequences of stress and the evaluation of expressive writing techniques to promote wellbeing.

**DR DANIEL JOLLEY**

Northumbria University

Dr Daniel Jolley is a Senior Lecturer in Psychology at Northumbria University. He is a Chartered psychologist of the British Psychological Society and a member of the Executive Committee of the Social Psychology Section. Daniel's main area of research is the psychology of conspiracy theories. In his research, he uses experimental methods to examine the social consequences of conspiracy theories. He has also tested tools to address the negative impacts of conspiracy theories. You can read more about Daniel's work on his website (www.danieljolley.co.uk) or follow him on Twitter (@DrDanielJolley).

**DR LINDA K. KAYE**

Edge Hill University

Dr Linda K. Kaye is a Senior Lecturer in the Department of Psychology at Edge Hill University and Chair of the BPS Cyberpsychology Section. Her specialism is broadly in cyberpsychology, to understand the psychology of digital gaming and online behaviour. Specifically her research focuses on how online settings can promote social inclusion and aspects of wellbeing.

**PROFESSOR ROXANE COHEN SILVER**

University of California, Irvine

Roxane Cohen Silver, PhD, is Professor in the Department of Psychological Science, the Department of Medicine, and the Program in Public Health, and Associate Director of the ADVANCE Program for Faculty and Graduate Student Equity, Diversity and Inclusion in the Office of Inclusive Excellence at the University of California, Irvine, where she has been actively involved in research, teaching, and administration since 1989. An international expert in the field of stress and coping, Silver has spent almost four decades studying acute and long-term psychological and physical reactions to stressful life experiences, including personal traumas such as loss, physical disability, and childhood sexual victimisation, as well as larger collective events such as terror attacks, war, and natural disasters across the world (e.g. U.S., Indonesia, Chile, Israel). Her research has been funded by the U.S. National Science Foundation, the U.S. National Institute of Mental Health, the U.S. Department of Homeland Security, and the U.S. Public Health Service. She has guided governments in the U.S. and abroad in the aftermath of terrorist attacks and
earthquakes and served on numerous senior advisory committees and task forces for the U.S. Department of Homeland Security, providing advice to the Department and its component agencies on the psychological impact of disasters and terrorism. She has also testified at the U.S. House of Representatives’ Committee on Science and given several briefings to policy-makers at the White House and on Capitol Hill on the role of social science research in disaster preparedness and response and the impact of the media following disasters. Silver is currently the President of the Federation of Associations in Behavioral & Brain Sciences (FABBS) and was the 2016 President of the Society of Experimental Social Psychology. She was also a founding Director and Chair of the Board of Directors of Psychology Beyond Borders, an international nonprofit organisation that facilitated research, intervention, and policy development in the prevention, preparedness, and response to terror attacks, conflict, or natural disasters across the world. She is a Fellow of the American Psychological Association (in 4 Divisions), the Association for Psychological Science, the Academy of Behavioral Medicine Research, and the Society of Experimental Social Psychology. Silver has received a number of awards for her scholarship and service, including the 2007 American Psychological Association’s Award for Distinguished Service to Psychological Science, the 2010 Public Advocacy Award from the International Society for Traumatic Stress Studies (for ‘outstanding and fundamental contributions to advancing social understanding of trauma’), the American Psychological Association’s 2011 Award for Distinguished Contributions to psychology in the Public Interest (Senior Career), the 2011 Award for Outstanding Service to the Field of Trauma Psychology, the 2014 International Society for Traumatic Stress Studies’ Frank Ochberg Award for Media and Trauma Study, the 2016 Social Responsibility Award from the Western Psychological Association, the 2018 Robert S. Laufer Memorial Award for Outstanding Scientific Achievement from the International Society for Traumatic Stress Studies, and the 2019 Application of Personality and Social Psychology Senior Career Contribution Award from the Society for Personality and Social Psychology. Silver received her PhD in social psychology from Northwestern University.

DR JON SUTTON

The Psychologist magazine

Dr Jon Sutton has been Editor of The Psychologist since 2000. He has overseen the expansion of the magazine through print, online and live channels, as well as introducing the Research Digest. He is also a Chartered psychologist and Associate Fellow of the British Psychological Society.
Life history and learning: How the vulnerabilities of childhood and old age give us distinctively human strengths

Professor Alison Gopnik, University of California at Berkeley

Human beings evolved a much longer and more helpless childhood and longer old age than our closest primate relatives. Many more adults are involved in caring for children, including not only mothers, but fathers, grandparents, and unrelated ‘alloparents’. Why have such helpless children and put so much work into taking care of them? I’ll argue that these ‘life-history’ characteristics are related to other well-known human advantages such as learning and exploration, cooperation and culture. Research in biology, anthropology and psychology, computer science and neuroscience, studying a wide range of animals and cultures with a wide range of methods, suggests how childhood, caregiving, and learning might go together. In particular, across many species an extended childhood and high caregiving investment appear to be correlated with particular kinds of plasticity and learning, particularly social and cultural learning. Human life history is particularly distinctive, humans evolved an exceptionally long childhood and old age, and an unusually high level of caregiving investment, at the same time that they evolved distinctive capacities for cognition and culture.

Welcome Address by Incoming President

Hazel McLaughlin, President (2020–2021), The British Psychological Society

This welcome address is an opportunity to get to know the incoming President and her vision for the BPS. She will introduce herself, her background, and her approach. As Hazel says, ‘The BPS has two core roles, to be there for members and to be the voice of psychology externally.’ Her role is to enable the BPS team to deliver excellent services for members whatever their specialist area of psychology or their stage in their psychology career. She will review the current context and the impact of Covid-19 and beyond on the psychology landscape. She will reflect on the key milestones in the last year and focus on the challenges for the year ahead.

Of importance is clarity of purpose, coupled with an inclusive and engaging culture. Values such as transparency and openness are key. We must have a growth mindset and gain feedback and learn from our mistakes to become at our best. In the year ahead the BPS will be revisiting the strategy, and this needs a compelling vision. The strategy is about shaping the future and it needs to be smart to achieve the vision and purpose with the available resources. Throughout this strategic review there will be member consultation and a sharing of ideas as to the future of the BPS.

Hazel will highlight the factors that will influence our direction and priorities including the changing landscape, the drive for sustainability and the changing economic context. She will share the priorities including how we engage with all members, how we develop and enable talent within psychology, how we can recognise and encourage difference and diversity, and how we can embrace technology. Member services are critical, and we need to ensure that we get the basics right. There is a need to be agile in our approach, to enable voices to be heard and to seize the opportunities to create a BPS society and community in which all of us can be proud to belong.
Covid-19 Symposium –
Psychological contributions to managing the Covid-19 pandemic

Convenor: David Murphy, President (2019–2020) & Chair of BPS Covid-19 Coordinating Group

Summary
The current Covid-19 pandemic has been the most significant global health crisis in over a century. Psychology, and psychologists, have been able to make significant contributions to managing the crisis across a broad range of areas. In this symposium, psychologists who have been centrally involved with the BPS response to the crisis will give examples of the different ways we have contributed. This includes not only directly in relation to the disease (e.g. prevention, care and rehabilitation) but also in relation to mitigating the wider effects of the pandemic. These wider issues include managing the limitations on providing psychological services, the effects of isolation and disruption to education. Priorities for research related to the pandemic will also be considered and we are keen to ensure time for responding to audience questions.

Paper 1: Advising policy makers and public health on behavioural science and Covid-19 disease prevention
Dr Angel Chater, Chair of Behavioural Science & Disease Prevention Workstream

This session will give a brief overview of the work from the BPS Covid-19 Behavioural Science and Disease Prevention workstream. Our aim through this work is to bring to the attention of policy makers and communicators the things that they ‘don’t know they don’t know’, specifically around the determinants of human behaviour. With this, we hope to build capacity to use, or at the very least consider, behavioural science in the prevention of infection and disease management during Covid-19 and in the wider policy making decisions in Government. Our guidance documents can be considered as road maps of things to consider, that we know from the evidence, or preemptively suggest are important, based on theoretical mapping from a psychological perspective. Ultimately, what we highlight is that while we are all in the same storm, we are not all in the same boat, and factors that influence different populations need to be at the forefront of policies and campaigns in the Covid-19 response.

Paper 2: Quality and professional practice in remote assessment
Dr Ingram Wright, Lead – BPS Remote Assessment Guidance Subgroup

Restrictions on practice during Covid-19 have challenged our framework for delivery of psychological assessment and treatment. Remote working, and delivery of services is almost certainly a large part of our future but presents challenges to quality and professional practice.

Current restrictions have had particular implications for psychological assessment and corresponding diagnosis and intervention. Ingram will present the framework of the BPS response to this and will highlight professional issues and considerations which should guide our current and future approach to remote assessment. The risks, and potential benefits to our clients around remote assessment will be considered alongside practical aspects of effective service delivery.

Paper 3: Providing psychological support to manage the isolation and confinement experience of a pandemic: Covid-19
Vivian Hill, Chair of Effects of Confinement & Social Isolation Workstream

Vivian will outline the activity of the isolation and confinement working group, that is part of the BPS Covid-19 strategy. The work of the group has been diverse, covering all age ranges and abilities, it has brought together psychologists from numerous divisions and faculties within the
BPS to provide guidance and support for individuals, groups and communities, organisations and policy makers. The work has highlighted the significant contribution of psychology to inform policy and the processes of social change, as well as responding to the needs of communities and organisations. Our outputs have included support for closing and reopening schools, psychological support for those shielding and being shielded, strategies to promote resilience and coping as well as guidance directed to vulnerable communities including: Older people, refugees, young offenders, looked after children and the families of health care workers. We have been responding to issues as they emerged including the disproportionate impact of Covid-19 on the BAME community and those living in poverty.

**Paper 4: Psychological research priorities for COVID-19 pandemic and beyond**

Daryl O'Connor, Deputy Chair of BPS COVID-19 Coordinating Group

The severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) that has caused the coronavirus disease 2019 (Covid-19) pandemic represents the greatest international biopsychosocial emergency the world has faced for a century, and psychological science has an integral role to offer in helping societies recover. The aim of this paper is to set out the shorter- and longer-term priorities for research in psychological science. The research priorities were informed by an expert panel convened by the British Psychological Society that reflects the breadth of the discipline; a wider advisory panel with international input; and a survey of 539 psychological scientists conducted early in May 2020. The most pressing need is to research the negative biopsychosocial impacts of the Covid-19 pandemic to facilitate immediate and longer-term recovery, not only in relation to mental health, but also behaviour change and adherence, work, education, children and families, physical health and the brain, and social cohesion and connectedness. We call on psychological scientists to work collaboratively with other scientists and stakeholders, establish consortia, and develop innovative research methods while maintaining high quality, open and rigorous research standards.

**Presidential Address –**

**What Improv, Ubuntu & Covid-19 have taught me about inclusive leadership**

David Murphy, President (2019–2020), The British Psychological Society

In my presidential address I intend to share a bit about what I have learned about leadership development from my research with early career psychologists over the past several years but also from my experiences as President, particularly over the past few months during the coronavirus pandemic.

I’m going to take a critical look at the dominant narratives about leadership and where they come from. I’ll explore some alternative narratives that I think can tell us a lot about inclusive and shared leadership, including examples from the US civil rights movement in the 50s, and the current pandemic.

I’ll also touch on what we can learn about leadership from the field of improvisation, which I was introduced to some years ago by my friend and mentor, Patricia Ryan Madson, and how this has helped me cope with a couple of crisis situations. Finally, I’ll talk about what the African concept of Ubuntu and leadership, and how I, and other international psychology leaders, have drawn on this during the current crisis.

I do hope you’ll be able to join me.
The two psychologies of Covid-19: From individual vulnerability to collective resilience

Professor Stephen Reicher, University of St Andrews

In this talk, I will contrast two psychological approaches to Covid-19. The one is rooted in the notion that people are cognitively and morally frail, unable to deal with complexity or uncertainty, incapable of an accurate understanding of the world they inhabit, and particularly likely to succumb to irrationality when in crises. This is a psychology of individual vulnerability.

The other is rooted in the notion that people are active sense-makers, that groups assist in the process of sense-making, and that in crises people develop a sense of shared identity which allows them to confront difficult times together. This is a psychology of collective resilience.

Having outlined these approaches I will then consider the evidence from previous emergencies and from the present pandemic. I will show how this points overwhelmingly towards the development of shared identity which then underpinned a series of key developments such as unexpectedly high adherence to preventative measures, the formation of informal and formal structures of mutual aid, and the maintenance of both mental and physical good health. Accordingly, I will argue that shared identity – or ‘we-feeling’ – is the most precious of assets in a crisis.

Next, I will consider the practical implications of the two approaches in the pandemic. I will argue that the ‘vulnerability’ approach is not only unhelpful but may be counter-productive in suggesting actions that undermine any sense of partnership and shared identity between authorities and the public – something that is essential to an effective response. By contrast, I shall examine how authorities can nurture or else rupture ‘we-feeling’ and, at worst, convert social solidarity to social division and disorder.

I will conclude by considering the implications, both during the pandemic and beyond, for psychological theory and its use in Government.

The more who die, the less we care: Confronting the deadly arithmetic of compassion and the world’s urgent problems

Professor Paul Slovic, Decision Research and University of Oregon

In order to prevent or mitigate present and future catastrophic losses of life, immense effort and technological sophistication are employed to assess and communicate the size and scope of potential or actual damages. This assumes that people can understand the resulting numbers and act appropriately. However, much psychological research casts doubt on this assumption. Large numbers have been found to lack meaning and to be underweighted in decisions unless they convey affect (feeling). We respond strongly to aid a single individual in need, but often ignore mass tragedies such as genocide or fail to take appropriate measures to reduce potential losses from natural disasters or emerging pandemic diseases. As the numbers grow larger, we become insensitive; the data fail to trigger the emotion or feeling necessary to motivate action. In some cases, large numbers convey a false sense of inefficacy, discouraging us from taking valuable actions we are capable of doing. Biases in decision-making compound these problems, leading to actions that contradict our stated values toward protecting lives. Failure to understand how our minds become insensitive to catastrophic losses of life and failure to act on this knowledge increases the likelihood that we will not take appropriate actions to reduce the damages from catastrophic events associated with poverty, disease, natural disasters, domestic violence, and nuclear war.
Covid-19 and the media: Panel discussion

Chaired by Dr Michael Smith, Northumbria University and BPS Standing Conference Committee

Panellists: Dr Daniel Jolley, Northumbria University, Dr Linda Kaye, Edge Hill University, Professor Roxane Cohen Silver, University of California Irvine, Dr Jon Sutton, Managing Editor, The Psychologist magazine

In this session, Dr Daniel Jolley; Dr Linda Kaye; Professor Roxane Cohen Silver and Dr Jon Sutton will join Dr Michael Smith for a discussion about representations of Covid-19 in the media from a psychological perspective. The panel will consider the impacts of Covid-19 media exposure on health, public trust in media portrayals of Covid-19 information, the propagation of Covid-19 conspiracy theories and the role of (social) media and new communication technologies in the Covid-19 era. The role of psychologists in contributing to media dialogue around Covid-19 and the standing of psychology will also be discussed.

Student Competition Winner – What changes will we see in psychology in 2040?

Alice Thomson, University of Westminster

If the next 20 years are similar to the last 20, then we can expect technological advances to impact psychology massively.

As AI expands and becomes more accessible, we will adopt it not only as a subject of research and way of carrying out interventions but as a tool within our investigations. Virtual and remote counselling will increase due to its flexibility, accessibility and, hopefully, affordability. Allowing more people to access the services they need. We will be investigating how experiencing less human interaction in public spaces, such as supermarkets and on public transport, is affecting mental and physical health and whether just because ‘we can’, ‘we should’ when it comes to replacing human workers with technological alternatives. The ability to create virtual environments will also allow us to more accurately replicate conditions across studies and help us to combat the replication crisis, building back the public’s trust in psychology.

We will also be seeing the long-term impacts of growing up with social media with platforms such as Facebook turning 36 and Instagram turning 30. We are already seeing the effects these platforms have on the mental health of their users, but these are likely to differ in people who have never known the world without social media. Will they be more resilient? More aware of its influence? Or will the impacts build up over time resulting in more extreme results? Interventions for body-image issues, eating disorders and self-harm will continue to be improved and made more accessible as the number of those seeking them increase. But the positives of social media will also be heralded and built into plans for tackling depression, loneliness and spreading general positivity.

The changes raised so far have focused on the impact of technological advances on psychology. However, I have touched on improvements to accessibility and I think this is going to be one of the most important changes in all areas of psychological practice and research. We will be focusing on making effective and appropriate psychological practices available to everyone who needs them regardless of wealth, age, ability, geographical location, race and hundreds of other factors that affect the uptake of resources. Increasing collaboration across countries, disciplines and approaches will help to increase the variety of what is on offer and how it is made available to allow the individual to select what they feel is most suited to them. A focus on diversity, and anger
at the lack thereof in the bulk of previous research, will drive the foundations of psychological theory and practice to where they should be; more accurately reflecting the world we live in and encompassing all people, communities and cultures.

Overall by 2040, I expect the field of psychology to have changed colossally. But the motivation behind our work; of understanding behaviour, improving life and supporting those who need it, will remain at the heart of every person involved. Even if the ways in which we are carrying out this work are nearly impossible to conceive right now.

A world in which no one is held back by mental health problems: How Wellcome Trust is taking a radical new approach to addressing anxiety and depression in young people

Professor Miranda Wolpert MBE, Head of the Mental Health Priority Area, Wellcome Trust

Generally starting in youth, these issues are holding millions back in life. Yet we still know too little about what works for whom, in what contexts, and why, in terms of either prevention or intervention. Mental health science is decades behind in developing a new generation of treatments and approaches to address these issues.

In 2018, the Wellcome Trust announced its new £200m priority mental health programme that will take a bold new approach to tackle this and build a world in which no one is held back by mental health problems. The mission: Find the next generation of treatments and approaches for anxiety and depression in young people by advancing mental health science.

Since the launch of its strategy in January 2020, the programme has started by commissioning a select number of global research teams to review the evidence on which aspects of interventions really make a difference for prevention and intervention; from improving gut microbiome function to increasing financial resources via cash transfer, from the use of antidepressants to increased self-compassion. To understand what works for whom, in what contexts and why, it will be developing and testing a databank which will hold rich longitudinal data on approaches, treatments and interventions banked by young people globally.

Join Professor Miranda Wolpert, Head of the Mental Health Priority Area, as she presents the strategy for the first five years of the programme, what has been done so far, and how you can get involved.
### TUESDAY 30 JUNE

#### 10:30–12:00 MORNING SESSIONS

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<td>10:30</td>
<td>Conference opening – David Murphy, President (2019–2020) and Sarb Bajwa, Chief Executive Officer</td>
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<td>10:45</td>
<td>Student Competition Winner – What changes will we see in psychology in 2040?</td>
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<tr>
<td>11:00</td>
<td>Keynote – The two psychologies of Covid-19: From individual vulnerability to collective resilience</td>
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<td>Professor Stephen Reicher, St Andrews University</td>
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<td>12:00</td>
<td>Meet the Keynote</td>
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#### 12:00 LUNCH

#### 13:15–17:45 AFTERNOON SESSIONS

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<td>Welcome &amp; Introduction to Symposium</td>
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<td>David Murphy, President (2019–2020) &amp; Chair of BPS Covid-19 Coordinating Group</td>
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<tr>
<td></td>
<td>Brief overview of the BPS response to the COVID-19 pandemic</td>
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<td>David Murphy, President (2019–2020) &amp; Chair of BPS Covid-19 Coordinating Group</td>
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<td>Advising policy makers and public health on behavioural science and Covid-19 disease prevention</td>
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<td>Angel Chater, Chair of Behavioural Science &amp; Disease Prevention Workstream</td>
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<td>Quality and professional practice in remote assessment</td>
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<td>Ingram Wright, Lead – BPS Remote Assessment Guidance Subgroup</td>
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<td>Providing psychological support to manage the isolation and confinement experience of a pandemic: Covid-19</td>
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<td>Vivian Hill, Chair of Effects of Confinement &amp; Social Isolation Workstream</td>
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<td>Psychological research priorities for the COVID-19 pandemic and beyond</td>
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<td>Daryl O'Connor, Deputy Chair of BPS Covid-19 Coordinating Group</td>
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<td>Q&amp;A</td>
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<td>Chair – David Murphy, President (2019–2020) &amp; Chair of BPS Covid-19 Coordinating Group</td>
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#### 14:45 BREAK

#### 15:00

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<td>16:00</td>
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<td>Professor Paul Slovic</td>
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<td>16:30</td>
<td>Claudia Hammond’s highlights of the day</td>
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<td>16:45</td>
<td>Presidential Address – What Improv, Ubuntu &amp; COVID-19 have taught me about inclusive leadership</td>
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<td>David Murphy, President (2019–2020)</td>
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#### 18:00 AGM

#### 19:30 NETWORKING EVENT: THE GREAT BIG PSYCHOLOGY QUIZ

Our conference programme is subject to change at any point before or during the conference itself. We are unable to accept responsibility for changes made which are outside of our control.
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