



**Health Psychologists** aim to understand and change what people think (cognitions), how they feel (emotions) and what they do (behaviour) in the context of health, illness and healthcare

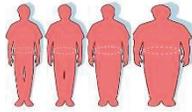


## Why does Scotland need Health Psychologists?

40% of adults have at least one long term health condition



65% of adults are overweight or obese



Only 17-20% of adults eat five portions of fruit and veg a day



35% of adults in deprived areas smoke



The number of adults aged >75 will increase 27% by 2028



## What do Health Psychologists do?

**Promote health and prevent illness:** e.g. helping people lose weight, maintain weight loss, stop smoking, take exercise, attend screening, wear sunscreen, see the dentist

**Manage illness:** e.g. supporting people to better manage chronic conditions, interpret symptoms, adhere to medication, manage pain, attend follow ups, improve quality of life

**Support effective healthcare delivery:** e.g. helping health professionals to adhere to clinical guidelines, develop skills to change patient behaviour, engage in hand hygiene

**Improve health**

**Reduce burden on the NHS**

**Increase healthcare quality and efficiency**

**Workforce:** 199 members of the Division of Health Psychology Scotland and 54 registered practitioner Health Psychologists in Scotland in 2018.

**Training:** Psychology degree + 1 year health psychology MSc + 2 years professional qualification in health psychology OR doctorate.

## Impact Case Studies



**1. Training Healthcare Professionals.** Health psychologists working in NHS Education for Scotland (NES) have successfully trained health professionals to change their own behaviour (e.g. to improve hand hygiene, infection control, communication etc) and to support behaviour change in their patients. Contact: Vivien Swanson

[vivien.swanson@nes.scot.nhs.uk](mailto:vivien.swanson@nes.scot.nhs.uk)

<https://tinyurl.com/HPbehaviourchange>

**2. Improving wellbeing of older adults.** A health psychology liaison service developed in partnership between the local authority and NHS in North Lanarkshire improved the health and wellbeing of older adults - reducing or delaying care home admission, preventing unnecessary hospital admissions, and reducing use of community alarms, out of hours and emergency services. Contact: Susan Ross [susanross@nhs.net](mailto:susanross@nhs.net)

**3. Increasing physical activity in diabetes.** Health psychologists in NHS Grampian designed and delivered a brief psychological intervention for overweight/obese people with diabetes leading to a significant increase in participants' physical activity and wellbeing and a significant reduction in depression and body mass index. Contact: Mary McCallum [mary.mccallum@nhs.net](mailto:mary.mccallum@nhs.net)

<https://tinyurl.com/PAdiabetes>

**4. Behavioural support in primary care.** The development of a 'behavioural health consultant'/Health Psychology role in primary care in NHS Fife and NHS Tayside has freed up considerable GP time by supporting patients to change their lifestyle behaviours and self-manage their health. Contact: Alyssa Lee [alyssalee@nhs.net](mailto:alyssalee@nhs.net)

<https://tinyurl.com/HPprimarycare> <https://rebrand.ly/HPprimarycareAngus>

**5. Improving the health of young people in care.** Health psychologists developed and implemented a psychological intervention for young people in care, resulting in significant improvements in sexual health, smoking, physical activity, fruit and vegetable consumption and wellbeing. Contact: Hannah Dale [hannahdale@nhs.net](mailto:hannahdale@nhs.net).

<https://tinyurl.com/HP-LAYP>

**6. Improving self-management in long term conditions.** Health psychologists were involved in the development and evaluation of a series of home-based self management programmes that support coping and recovery in people with cardiac conditions, cancer or stroke. Over 500,000 people have benefited to date from participation in these programmes. Contact Carolyn Deighan [Carolyn.Deighan@nhslothian.scot.nhs.uk](mailto:Carolyn.Deighan@nhslothian.scot.nhs.uk)

[www.theheartmanual.com](http://www.theheartmanual.com)

**7. Improving outcomes in preparation for weight loss surgery.** Patients completing a pre-surgical health psychology intervention demonstrated weight loss and reduced anxiety and depression. Contact: Clare Robinson [clare.robinson17@nhs.net](mailto:clare.robinson17@nhs.net)



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division of health psychology