



Dennis Relajo-Howell

Dennis Relajo-Howell is the founder of [Psychreg](#) and editor-in-chief of *Psychreg Journal of Psychology*. He interviews people within psychology, mental health, and well-being on his YouTube channel, [The DRH Show](#). Psychreg is recognised by Vuelio as one of the top mental health blogs in the UK and has been named 'Blogger of the Year' by Mental Health Blog Awards.

Dennis did an MSc in Research Methods in Psychology from the University of Hertfordshire. His research interests encompass blog psychology, expressive writing, and mental health. He sits on the editorial boards of a number of academic journals.