

**The British  
Psychological Society**  
Promoting excellence in psychology

# Getting the voice of health psychology heard by policy makers



Promoting health, understanding illness,  
improving healthcare

[www.bps.org.uk/dhp](http://www.bps.org.uk/dhp)



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Division of Health Psychology

# Making our voice heard

It is a continuing priority for the Division of Health Psychology (DHP) to raise the profile and influence of health psychology with policy makers. The DHP believes it is important to take a *proactive bottom-up* approach to influencing policy, rather than waiting to be asked by government to respond to consultations on particular issues.

The DHP are currently engaging in various activities to achieve this. We need your help to make sure our voice is heard!

## 1. Production of a health psychology resource document

**What we are doing:** The DHP is currently compiling a comprehensive resource document that brings together a wide range of evidence and case studies on the effectiveness of health psychology. This document will be used proactively to convince health care and policy decision-makers of the utility of health psychology. Specifically, it can act as a proactive resource when responding to consultations thus enabling quick, evidence-based responses.

**How can you help:** We are looking for case studies of a behaviour change or health psychology intervention with a clear health outcome. Contact us at [dhp@bps.org.uk](mailto:dhp@bps.org.uk) if you know of such examples.

## 2. Representation at British Psychological Society policy network

**What we are doing:** The Policy Network is a British Psychological Society (BPS) forum for exchanging information on UK, Devolved Nation and European policy developments. The Network is attended by DHP representatives, along with representatives from other member networks and Devolved Nation Branches, and provides a forum for us to share information on current priorities and external engagement activities. This also provides us with an opportunity to work collaboratively to contribute to the BPS's strategy policy direction and external engagement.

**How can you help:** We would be keen to hear about any policy engagement work you are doing, as well as your views on the DHP's current strategic policy direction. Contact us at [dhp@bps.org.uk](mailto:dhp@bps.org.uk).

### 3 Responding to consultations

**What we are doing:** Along with this more proactive work, it is still important that the DHP continues to respond to the regular calls for consultations we receive from various government (e.g. Department of Health) and non-government (e.g. NICE) bodies. These consultations cover a wide range of topics including health policy, public health, chronic illness management, education, professional issues and research. The DHP relies heavily on our expert members to provide high quality, evidence-based responses. Over the last year, DHP members have responded to 23 consultations and at least one comment from each consultation has been taken on board in the final policy or strategy decision.

**How can you help:** Getting involved in consultations is a great way to influence policy, raise awareness of health psychology, collaborate with other experts and demonstrate impact of your work. You don't need to have any specific status or credentials to get involved in consultations – just have knowledge, experience or views relevant to the consultation issues.

There are two ways in which you can get involved in consultations:

1. Email us at [dhp@bps.org.uk](mailto:dhp@bps.org.uk) or pop along to the DHP stand at the DHP's annual conference to add your name to the specialist knowledge list and let us notify you of consultations that might interest you.
2. Look out for consultation calls via the BPS website [www.bps.org.uk/consult](http://www.bps.org.uk/consult) or DHP twitter page [@divhealthpsych](https://twitter.com/divhealthpsych) and let us know that you want to be involved.

***We look forward to hearing for you!***

Find out more at:

[www.bps.org.uk/dhp](http://www.bps.org.uk/dhp)



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