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# Division of Health Psychology

## Newsletter – February 2021

### DHP chair's update

This is our first DHP newsletter of 2021, so I'd like to take this opportunity to wish you all a very happy and healthy New Year! I hope you were all able to take some rest over the winter holidays and feel energized with all the exciting things health psychology has to offer in 2021.

We've had a great response to the first conference deadline, and I encourage those who are considering submitting to present a poster to get your abstracts in before the March deadline! I know it may feel a little

### We need you!

I'd like to reach out to you all for an exciting new initiative we'd love to get your involvement in. We are looking for health psychology case studies to create a 'Health Psychology in Action' series and from these, select a few for a short animation that describes what health psychology is and the impact that it has had. Details of how to get involved are later in this newsletter.

Please help us to share our combined pride for health psychology as a profession!

The Health Psychology Trainee Network is doing a great job at hosting monthly conversation cafes for those in training and we are hearing some fantastic feedback on the support it is providing, so if you haven't signed up to them yet, [email our trainee lead](#).

We've also had a great response to the call for career case studies and I can't wait to share these with you once they have gone through the production process.

weird this year with it being online, but how amazing will it be to be a part of that history! As a reminder, our conference is the 29-30 June this year. We are planning a pre-conference event the day before the conference on the 28 June, so get it in your diaries.

Our AGM will be on the 24 June from 1pm. Some people found their AGM invitation in spam email folders last year, so be sure to check yours or look out for updates on [our website](#) and [social media](#).

A special thank you to Lauren Rockliffe, Eleanor Bull and Kristina Newman for their dedication and time on this project.

The recent consultancy webinar hosted through the Health Psychology Exchange has also generated lots of excitement, chaired by our past DHP chair, Professor Jo Hart, it featured useful practical advice from Stuart King, Judit Varkonyi-Sepp and Dr Roseanna Brady.

Another big thank you to them, to Lucie Byrne-Davies who hosted the event and to Niall Anderson who helped to arrange the consultancy series. Our committee is continuing to work on your behalf to promote the profession, the work that you are involved in and to celebrate health psychology achievements. I am sure you will join me in thanking them.

And on a final note of celebrations, a big congratulations to Professor Lorraine Sherr who has received an MBE in the New Years Honours list. We

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interviewed Professor Sherr as part of our Oral History of UK Health Psychology project (Quinn, Chater & Morrison, 2020.) It was wonderful to hear her contributions to the development of health psychology in the UK, and one of her quotes resonates with the importance of health psychology during the current pandemic, stating:

*“I worked clinically with the HIV patients at St Mary’s [Hospital in London] in the early days of the epidemic... really, conducted a lot of the HIV work in a research paradigm. And the reason behind that being that we would drive the practice by evidence of*

*what works, what doesn’t work, what the nature of the problem was and how best to deal with it. And in a way that is the epitome of health psychology.”*

What a fantastic discipline we are part of.

Until next time, take care.

**Professor Angel Chater**

DHP Chair (2019-2021)

## Your DHP needs you!

We’re hoping to start a project to review and develop supervision guidance and resources for qualified practitioner health psychologists during 2021. If you have experience of working as a health psychologist in practice settings and would be potentially interested

in joining a small working group, contributing collaboratively to our guidance in our field on this important topic, please email [the DHP Practice Lead, Dr Eleanor Bull](#).

## DHP animation project

The DHP is creating an animation video to promote the work that we do. This work is being led by Professor Angel Chater and Dr Amy Baraniak, and is being supported by a stage 1 trainee health psychologist, Karolina Vodrazkova.

The aim is to (a) inspire potential candidates to become the next generation of health psychologists, (b) inform people who could benefit and commission our services (e.g., public health, local authorities) and c) celebrate our profession.

We will develop a short film, [like the BPS one](#) that shows how occupational psychologists created tea breaks, with interesting facts about the impact of health psychology. Our audience would be aspiring and current health psychologists and all those who could benefit from interacting with us. The animation will be delivered in a clear, concise, non-scientific language to account for this wide audience.

The first step to achieve this will be to gather one-page templates from health psychologists who are interested in informing this project with a case study of their work, that would support the aim of the animation. The points of interest in the case study template include: background, aim, what we (you) did, impact, conclusions, recommendations, and links to further information.

As we may not be able to use all that we receive, we will also create a ‘Health Psychology in Action’ series that will include all case studies that we receive. If you can contribute to this work, please [email Amy Baraniak](#); who will be able to provide a copy of the template.

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## Call for reviewers - Health Psychology Update

Health Psychology Update (HPU) is looking to add to its list of potential peer reviewers for the articles that are submitted to HPU.

If you would like to be added to the list of potential peer reviewers for HPU, please get in touch. If you put your name forward, there is no obligation to review and we try not to call upon the same reviewers too often.

This could also be a great opportunity for PhD students and early career researchers to get more experience reviewing, with a friendly editorial team to support you.

If you are interested, please send your name, preferred contact details and a quick description of your area of study/expertise [to the editorial team](#).

## Health Psychology Exchange – Second consultancy webinar

On the 21 January 2021, the Health Psychology Exchange (HPX) hosted the second in the series of 'Consultancy in Health Psychology' webinars.

Professor Jo Hart chaired the event, which offered practical advice from Stuart King, CEO and head of distraction at BeeZee Bodies, a company he founded and runs; Judit Varkonyi-Sepp, an experienced counselling psychologist and trainee in health psychology at the NIHR Southampton

Medical Research Centre and Dr Roseanna Brady, a practitioner health psychologist, with over 30 years of experience as an independent consultant.

A big thank you to all the speakers, and to Lucie Byrne-Davies our DHP chair elect for hosting the event and Niall Anderson, our DHP education and training lead, who supported the proposal of this consultancy series.

## Upcoming events

### DHP Annual Conference 2021 - Celebrating Health Psychology and Connecting Communities

Online 29 - 30 June 2021

Our DHP Annual Conference theme for 2021 is Celebrating Health Psychology and Connecting Communities. The conference will be an exciting two-day online event.

Remember that [submissions are open](#) for posters until 10am on Monday 1 March, and we welcome a range of abstracts across all health psychology topics and methodologies.

Our online conference will include a varied and exciting scientific programme, including top keynote speakers: Professor Victoria Tischler and Professor Maddy Arden.

We will also have a really exciting and inclusive virtual social programme with plenty of opportunities to meet and chat with delegates! [Registration is open](#).

We are delighted to have a range of bursaries to apply for – deadline 29 March for applications. [Find out more](#).

This is a great opportunity to come together with colleagues to present your research and listen to the most recent cutting edge science. We look forward to seeing you there!

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## Behavioural Science and Public Health Network (BSPHN) annual conference

The [Behavioural Science & Public Health Network](#) (BSPHN) ran its annual conference earlier this year with the theme “Reflecting on public health and behavioural science responses to Covid-19”.

This series of lunchtime events hosted by fantastic speakers such as Professor Susan Michie (UCL), Professor Jim McManus (Director of Public Health at Hertfordshire County Council) and case studies of

research and practice, including one from our Chair Professor Angel Chater who was speaking about the work of the BPS Behavioural Science and Disease Prevention taskforce that she has been leading.

## Health Psychology Training Network (HPTN)

The HPTN holds monthly Conversation Cafes for stage 2 trainees. All meetings are held on a Friday from 2-3pm.

Upcoming meeting dates in 2021 include

- 12 March
- 09 April
- 14 May
- 11 June

- 09 July
- 13 August

Meeting topics will be confirmed throughout the year.

Please add the details to your calendars to make sure you can attend and get the most out of these networking and training opportunities.

To find out more please contact [trainedhp@bps.org.uk](mailto:trainedhp@bps.org.uk).

## Promoting the work of health psychology

Dr Koula Asimakopoulou from King’s College London has been providing expert health psychology advice to inform how people might best recover from a Covid-19 infection. You can access the [Times article online \(£\)](#).

Professor Angel Chater has featured on [BBC One’s The Truth About Improving Your Mental Health](#), discussing how the COM-B model can be used to perform a behavioural diagnosis with clients in clinical practice, as part of a programme exploring how we might

improve mental health.

The clip features one of Angel’s research projects ‘Active Herts’, a community-based physical activity programme to support people with cardiovascular disease risk and mental health concerns, and starts at 48 minutes.

## Congratulations Corner

Many congratulations to Professor Lorraine Sherr who was awarded an MBE for services to vulnerable children and families in the New Year’s Honours List. Lorraine is a professor of clinical and health psychology, and runs the Health Psychology Unit at UCL. [Find out more.](#)

## European Health Psychology Society – change in UK national delegate

The European Health Psychology Society ensures excellent representation across Europe (and beyond) by having [national delegates for each country](#). I became national delegate for the UK in 2018 (preceded by Angel Chater and, before that, Martin Hagger).

Delegates meet each year at the conference, and during the year, keep in touch through a mailing list - we have discussions on key issues, contribute perspectives from our own countries, have the opportunity to get involved in working groups, and to support other countries with developments in particular areas.

During this time, I have been part of the DHP committee and so have been able to liaise on key developments from the UK to the EHPS. I have really enjoyed working with colleagues across the world and been constantly impressed by the efforts of colleagues to develop health psychology as a profession in countries where it is less well known. I am delighted to hand over to Sue.

### **Jo Hart (outgoing UK delegate)**

I attended my first EHPS annual conference in Galway in 2018 and was immediately struck by the diversity of perspectives and the warm welcome that I experienced. This was reinforced at the conference the following year in Dubrovnik. Since then, I have been looking out for an opportunity to get more involved and so I was delighted when I saw the call for a new UK delegate.

I am looking forward to learning more about the issues that health psychologists are engaging with across Europe and beyond and to providing a UK perspective. As a relatively new member of the DHP, an additional benefit of this role for me is that it gives me the opportunity to interact with colleagues in the DHP committee.

I'd like to thank Jo for her terrific work in this role and for being very generous in her handover to me. I have a lot to live up to. I hope to see some of you online at EHPS2021.

### **Sue Sherman (incoming UK delegate)**