

# Division of Health Psychology

## Newsletter – August

### Chair's update – Professor Angel Chater

This year so far has been like nothing we have ever experienced. It has had highs and lows, people have had to make real sacrifices and sadly some of us have experienced the loss of someone close. What's for certain, is we have all been affected in some way by Covid-19. But while we remain physically apart, what has been heart-warming, is how we as a community, feel closer than ever! There are many reasons for this, that all fall to our membership and those who are interested in health psychology who collaborate with us. You are all amazing, and I continue to ooze with pride at health psychology.

You turned out in great numbers for our online AGM on the 23 June 2020 and I was delighted to share all the great work from the committee and award winners over the year. We had 94 members dialled in, almost double our usual numbers at an AGM, and the feedback was fantastic. Delivering the AGM in this way allowed us to reduce the inequalities of not being able to attend when at the conference, due to financial, travel, and/or time restrictions among other things. In addition, people commented on how nice it was to not need to rush lunch (lol)! Taking on board the best outcomes for our members, we have decided to keep to this format next year, with the AGM most likely scheduled for the week before the conference. We will update further once we have dates secured. You can download this year's AGM slides [here](#).

Our DHP 2020 Conference webinar was also a fantastic success, with a great overview by the editor of *The Psychologist* Jon Sutton, who has heralded our physical conferences as the best! Who could argue with that. A huge thank you to the team effort involved in producing this brilliant and inspiring event, to our

speakers and all those who tuned in. You can read about it more later in the newsletter and there is a link to watch it again.

The BPS conference also took itself online this year, and I was an invited speaker at the two day event. I gave an overview of the work that we have been doing on the BPS Covid-19 Behavioural Science and Disease Prevention taskforce, which you can read also about in this newsletter, and the impact we have had thus far. This includes having our guidance translated into Japanese and cited within SPI-B and SAGE documents.

Health Psychology really has shone brightly during these difficult times, with Professors in Health Psychology, Susan Michie and Lucy Yardley, giving evidence on the importance of using our science in the House of Lords. There are many times where we would have seen a familiar health psychologist on breakfast TV or the evening news. Many have been informing government to support the Covid-19 response. Alas, the advice is not always followed, but it has been strong and consistent throughout the pandemic and for that we should be proud. It can be hard to keep up with what is going on in relation to Covid-19. Independent Sage has helped to bring further clarity and updates to the world, with thousands tuning in to weekly broadcasts, with health psychologists again featuring strongly. I highly recommend following them on Twitter @IndependentSage, watching their videos on YouTube and checking them out [here](#).

Thank you to our DHP committee, for all the work that goes into what they do, and for the time, commitment and dedication to lead their areas of the DHP. And thank you to you all, for flying the flag of health psychology #WeAreHealthPsychology

Have a great summer!

Professor Angel Chater (Chair DHP)

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Your outgoing DHP committee wanted to send you a BIG THANKS for flying the flag for health psychology and being an outstanding community!

## Division of Health Psychology AGM and Webinar – 23 June 2020

On the 23 June we were delighted to host a webinar to replace our 2020 conference. We wanted to provide a way for our health psychology community to come together after the AGM and to provide a platform for us to showcase how health psychology has responded to Covid-19. There were two sections (chaired by Jo Hart and Heather Buchanan), divided by a short break. First, the Health Psychology contribution to the response to Covid-19 with respect to research and the media, with great presentations and contributions from Susan Michie, Marie Johnston, Maddy Arden and Chris Armitage. The second part reflected new ways of working due to Covid-19 (to broadly mirror the competencies/working areas in health psychology) such as teaching, research and practice. There were fantastic talks from Eleanor Bull, Neil Coulson, Michael Smith, Mark Wetherell, Angel Chater, Emily McBride, Jo Hart and Lucie Byrne-Davis. This was then followed by a very LIVELY 'Zoom Social' hosted by Lucie Byrne-Davis. The event was free to DHP members and we had a really impressive 279 individuals who registered for the event. There were many questions and comments on the live 'Chat' function and the feedback on the day was incredibly positive. In addition, the

feedback after the event confirmed that those who attended really enjoyed the event. Indeed, 99 per cent agreed/strongly agreed the webinar was a good value of their time, the subject matter was presented effectively (100 per cent), the pace was satisfactory (93 per cent), the duration of the webinar was sufficient (83 per cent) and as a result of the webinar they gained new knowledge (97 per cent). Free text comments from respondents showed that participants liked having an event to replace the conference and enjoyed seeing what health psychology colleagues had been doing during the pandemic. Many respondents commented on the inclusivity of the event. Suggestions to take forward included having more time for the event (and a longer comfort break between sections) and more time for questions. Thanks to all our speakers and attendees for making this such a successful event. If you missed it, or would like to watch again, you can [here](#).

Please save the date for the 2021 conference, 29–30 June (with pre-conference workshops on the 28 June) – we are delighted it will be in Bristol (all being well), and we very much hope to see you there!

## Vacancy for Associate Chief Supervisor/Registrar

### Overview of role

The Health Psychology Qualifications Board (HPQB) is responsible for the management and delivery of the Society's Qualification in Health Psychology (Stage 2) which provides one of the routes to gaining eligibility to apply for Chartered Membership of the BPS, and to apply to the Health and Care Professions Council for registration as a health psychologist.

The HPQB is seeking to appoint an Associate Chief Supervisor/Registrar to support the role of the Chief Supervisor/Registrar overseeing the progress of candidates on the Qualification in Health Psychology (Stage 2) and liaising with supervisors.

### Role description

- To review and provide feedback on candidates' quarterly supervisory meeting record forms, highlighting any particular issues that require action
- Support supervisors in their Register of Applied Psychology Practice Supervisors (RAPPS) training,

both online and face-to-face

- To co-facilitate training days for supervisors and candidates alongside the Chief Supervisor/Registrar and Chief Assessor
- To correspond with candidates as necessary on behalf of the Board via the Delivery Team
- To provide input to the Delivery Team to support the development and maintenance of qualification related resources, including the Virtual Learning Environment
- To support and advise supervisors in their role, both in an ad hoc and structured way, identifying areas for improvement
- To attend occasional meetings with the Chief Supervisor/Registrar
- To attend Qualifications Board meetings, as required
- To support the work of the Qualifications Committee
- To comply with all Society policies and regulations.

Find out more [here](#).

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## Opportunity for Health Psychology input to health care staff support in Scotland

DHP-Scotland has been contacted by the President of the Royal College of Physicians of Edinburgh, Prof Andrew Elder, to facilitate sessions to support medical staff in these challenging times. Dr Vivien Swanson

from the committee and as the programme lead for Health Psychology in NHS Education Scotland is in discussion with Prof Elder to offer support.

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## A Rapid Review

A team of Health Psychologists from across the UK, co-led by Daniela Ghio (University of Salford), Chris Keyworth (University of Manchester), Sadie Lawes-Wickwar (City, University of London), Mei Yee Tang (Newcastle University), and Tracy Epton, (University of Manchester) have collaborated on a rapid systematic review evaluating the most effective methods of delivering public health messages for managing risks and preventing disease during public health crises with a focus on health pandemics.

The team includes academics, practitioners, and public health professionals from Manchester, Salford, UCL, Bedfordshire, UWE Bristol, Newcastle, City, Hertfordshire and Southampton including BPS DHP and Health Psychology Exchange group members Chris Keyworth, Daniela Ghio, Mei Yee Tang, Sadie

Lawes- Wickwar, Rachael Thorneloe, Tracy Epton, Angel Chater, Sarah Hothman, Lucie Byrne-Davis, Jo Hart, Angelos Kastianos, Elizabeth Jenkinson, Juliette Westbrook, Daniella Watson, Neil Howlett, Lisa Sutherland, Sabina Stanesco, Natalie Stanulewicz, Ella Guest, Daniel Scanlan and Natalie Carr.

Findings have been made available on a [pre-print site](#), which has been sent to Public Health England, who have forwarded to the Cabinet Office. The team are now working on a short report with key recommendations that will be made accessible to policy makers, healthcare professionals and commissioners, and as a peer-reviewed journal article. The work is intended to collate the best available evidence and formulate recommendations for delivering important public health messages during times of public health crises.

## BPS Covid-19 Behavioural Science and Disease Prevention Taskforce: Update

Led by our DHP Chair, Dr Angel Chater, the taskforce continues to meet on a weekly/bi-weekly basis with the aim to strategically engage policymakers and communicators in the complexity of human behaviour. We are highlighting the things that they ‘don’t know they don’t know,’ and the pitfalls in the translation of policy to real-world practice. We hope to build capacity to use, or at the very least consider, health psychology in policy and public health.

See contributors [here](#).

Early on we set nine core points for consideration in policies, programmes and communications related to the prevention of infection and disease management during Covid-19. [Our recommendations are:](#)

1. Minimise the ‘I’ and emphasise the ‘we’;
2. Deliver messages from a credible source in relatable terms to the target audience;
3. Create worry but not fear;
4. Identify what influences each preventive behaviour and ensure policies, messaging and interventions target all relevant drivers;
5. Clearly specify behaviours and their effectiveness;
6. Avoid unintended negative consequences;
7. Create clear channels of access for health literacy;
8. Use behavioural scientists and the psychological evidence base to support the Covid-19 response; and
9. Make a pledge to work together, through a multidisciplinary approach.

Since then we have been working on a number of strands:

**Translation of guidance to public health:** Through weekly public health forums with members who are based in public health departments to inform campaigns and communications. We have gathered examples of how health psychology has been used on the ground and produced a short report to be circulated to all Directors of Public Health and central teams.

**Mitigating behaviours for disease prevention:** We are near to launching a series of psychologically informed guidance documents on the core mitigating behaviours starting with handwashing, self-isolation, and physical distancing. Members of the team have led on [blog posts](#) and featured in several TV and radio interviews including featuring in [The Conversation](#).

**Wider behaviours to reduce transmission:** Pre-empting the need to understand uptake of the contact tracing app, and with evidence from a HPX led rapid review, we have produced [guidance](#) on considerations to achieve optimal uptake. We are now working on guidance in the area of face coverings, to ensure influencing factors that may reduce optimal engagement are considered.

**Health behaviours that may have been impacted on since Covid-19:** there are many behaviours that may have changed over the last few months, such as eating behaviour, physical activity and sitting, alcohol intake, smoking, sleep hygiene behaviours and how health services are accessed, that may influence medication use, opiate substitution therapy, screening and engagement with health care. A wider working group are producing guidance on what should be considered to support routines and behaviours that can promote population health during a national public health pandemic. We will give you an update on this in the next newsletter!

## New Consultation: HCPC - Standards of Proficiency

### Overview

The BPS would like your views on proposed changes to the HCPC Standards of Proficiency for Practitioner Psychologists. The HCPC is the UK regulator for psychologists and protects seven titles of practitioner

psychologist: Clinical, counselling, educational, forensic, health, occupational and sport and exercise. The HCPC regulates 15 different healthcare professionals, including psychologists, and are reviewing the standards of proficiency for all of them. The standards

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of proficiency, which set out what is considered necessary for safe and effective practice, describe what professionals must know, understand and be able to do at the time they apply to join the HCPC Register. There are proposed changes to both the generic and profession-specific standards, following engagement and feedback from stakeholders last year.

- The consultation document can be found [here](#).
- More information can be found [here](#).

## Please get involved

If you are interested in getting involved with this consultation as part of our DHP response, please contact Emily McBride (DHP Policy Lead; [dhp.policy@outlook.com](mailto:dhp.policy@outlook.com)) in the first instance by Friday 7th August. You can also respond via the BPS as an individual, in which case further details can be found [here](#):

### A reminder to join our DHP consultations database and help us achieve impact.

We are looking for Health Psychologists to join our DHP database of experts, to help us respond to consultation calls in priority policy and practice areas.

### What are consultation calls?

The British Psychological Society (BPS) publishes guidance, reports and position papers on areas of

psychological education, research, professional practice, and ethics. These documents are prepared on the basis of the expert contributions from members. The Society is reliant upon the psychological expertise of members in order to provide evidence-based responses to a whole range of stakeholders including Government departments and Policy decision makers (e.g. NHS, DHSC, HEE).

The Division of Health Psychology (DHP) is particularly interested in strengthening the voice of health psychology and facilitating member input into relevant official response documents. Recent examples of policy documents that DHP members have comments on include the DHSC Prevention Green Paper and the NHS Psychological Professions Vision.

### Your role

You must be willing to periodically provide views and/or contribute to consultation calls in areas relevant to your expertise. Members who contribute to BPS publications are acknowledged on the official response documents.

If you are interested in joining our DHP expert database, email Emily McBride (DHP Policy Lead) at [dhp.policy@outlook.com](mailto:dhp.policy@outlook.com). Include your role, affiliation, and a couple of lines outlining your key area(s) of expertise.

**Emily McBride**, DHP Policy Lead

## Health Psychology Exchange – An Update

The Health Psychology Exchange continues to provide a focal point for health psychology contributions to public health and healthcare related to the Covid-19 pandemic. 140 health psychology professionals have joined the [Open Science Framework](#) project and have shared or used the materials on the site. We have together completed three rapid systematic reviews

- 1) [Reflective practice in crisis situations](#);
- 2) [Scoping review](#) of mobile phone app uptake and engagement to inform digital contact tracing tools for Covid-19.
- 3) [What influences people's responses](#) to public health messages for managing risks and preventing disease during public health crises?

With a further review of public health messaging for vaccine uptake in preparation. We have been working

with 20 health and care organisations, advising on a range of issues related to public health campaigns and staff psychological wellbeing, including messages to include in food boxes distributed to people shielding, wording for messages on traffic signs and ways of supporting care home managers to reduce staff risk of psychological injury.

We are moving into the next phase, where we take stock and learn lessons. There are things that we have learned, as a group, about the value of collective action, the need for support across organisations and stages of career and the feeling of belonging that arises from working to a common goal. We have taken steps towards creating a strategy to take the positives forward and will be delighted to share these with the DHP membership in a future newsletter.

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The BSPHN have made the latest RWBS podcast available. Here is the link and image attached so please do share! It's a great one with the team working on the BCDF framework and has lots of practical support for anyone in Public Health interested in behaviour change. The show description has lots of info so please do use to write anything for BSPHN website/email/posts.

[Tracked link](#)

## Health Psychology Trainee Network: 'Conversation Cafes'

The second and third 'conversation cafés' for Stage 2 Health Psychology Trainees were held on the 4th June and 2nd July. These sessions aim to bring together trainees throughout the UK and encourage informal discussion and networking. We aim to hold them on the first Thursday of each month from 3-4pm via zoom.

The June café focused on the research competency and was joined by Dr James Byron-Daniel, the Chief Supervisor for the Health Psychology qualification. Dr Angel Chater opened with a set of slides summarising the qualification requirements for the research competency. The session was then opened up for questions and discussion, much of which centred around the practicalities of producing the portfolio report, for example 'Is using PhD work considered plagiarism?' and 'Do I need to highlight each individual

learning outcome?'

In July the session focused on the consultancy competency and was joined by Dr Liz Jenkinson, examiner for the Health Psychology Qualification, and Health Psychologist Consultant Dr Roseanna Brady. Dr Angel Chater opened with a set of slides summarising the qualification requirements for the competency, which was followed by some top tips on planning a consultancy project from Liz and Roseanna. Trainees were then encouraged to share their own experiences and offer questions to the guest speakers.

If you would like to attend the next conversation café, it will be held on Thursday 6 August, 3-4pm. For more information, or to access the meeting link, please email [traineedhp@bps.org.uk](mailto:traineedhp@bps.org.uk)

## Ongoing access to learning opportunities

For those of you who may have missed the webinar '[Towards the new normal and beyond](#)', with BPS members Dr Rowena Hill (Nottingham Trent University, currently seconded to cross-governmental Covid-19 Foresight Group), Professor Susan Michie (Professor of Health Psychology and Director of the Centre for Behaviour Change at UCL), Kathryn Scott (Director of Policy, British Psychological Society) and Dr Jon Sutton (Managing Editor, The Psychologist), we'd highly recommend watching on catch up.

To keep up to date with the BPS response to Covid-19

more generally, you can find more information [here](#).

A webinar from the BSPHN hubs in Yorkshire and Humber and North West: Using Evidence Based Behavioural Science Approaches to Inform Coronavirus Support & Management was held on 15th June 2020. This included talks by DHP members, Prof Angel Chater (University of Bedfordshire), Dr Tracy Epton (University of Manchester), Dr Rachael Thorneloe (Sheffield Hallam University), Dr Chris Keyworth (University of Manchester) and Prof Maddy Arden (Sheffield Hallam University). You can find the slides [here](#).

## Congratulations Corner

### Congratulations to Professor Rona Moss-Morris

We are delighted to announce that the BPS have now publicised that Professor Moss-Morris has been awarded the [Distinguished Contribution to Practice Award](#).

Rona told us: 'I am truly delighted and honoured to be recognised in this way. I am very passionate about the need for more integrated care for people with long term conditions. Health psychology has much to offer here as does a multidisciplinary approach. It has been a privilege to work alongside both health and clinical psychologists, and medical colleagues, to create national evidence-based guidelines and training in this area. Still lots of work to be done, but we are definitely moving in the right direction.'

Rona has also been involved in Covid-19-specific guidelines, [Meeting the psychological needs of people recovering from severe coronavirus \(Covid-19\)](#) alongside other DHP members

And hosted a [public event at KCL](#) which over 3000 people attended on the 2 April 2020

Huge congratulations to Rona for this fantastic and well-deserved recognition and for her continued work promoting health psychology.

Further congratulations go to Lucie Byrne-Davis, Jo Hart and Eleanor Bull who have been awarded the **BPS**

### Innovation in Practice Award for their Cards for Change.

The annual Innovation in Practice award is given in recognition of a particularly innovative and creative project design and/or delivery in practice. It is usually awarded to one person but, in light of the undeniably collaborative nature of the project, the BPS awarded this exceptionally to all three collaborators. The Cards for Change are playing cards to help people learn about, and use, behaviour change techniques (BCTs). There are 40 cards: six explain how to use the cards and 34 have a BCT on one side and an example activity using that BCT on the other. There are game suggestions to make learning about and using BCTs more accessible. They were developed with a group of health worker educators and health psychologists, who discussed each BCT and how it could be used in an education and training setting. The cards have been distributed to 280 researchers, practitioners, health workers and educators in 25 countries across five continents. They have been well received, with an evaluation word cloud highlighting they are innovative, useful and engaging. The team are now working on Cards for Change for smoking cessation, funded by Public Health Wales, in English and Welsh. They currently are not available as supplies have run out, but discussions with publishers are ongoing to try to make them available in future at a low cost.



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## MSc Health Psychology Research Project Prize

The prize sub-committee received 26 excellent nominations for the MSc Health Psychology Research Project Prize and were delighted to announce the MSc Health Psychology Research Project Prize at the AGM on 23 June 2020.

Huge congratulations go to our winner, **Natasha Seaton** (@NatashaSeaton2) from King's College London, who won with their project entitled 'Understanding abdominal pain and gastrointestinal symptom severity in Inflammatory Bowel Disease and Irritable Bowel Syndrome'.

The two runners up were **Romaana Kapadi** from the University of Derby with her project entitled 'Predictors of analgesic dependence among patients with chronic spinal pain', and **Kristiane Tommerup** from University College London for their project entitled 'The acceptability and feasibility of using a 3D body image scale to initiate healthy conversations with parents about weight in early childhood: a mixed-methods study'.

We are keen support nominations for health psychologists for awards – please do get in touch! BPS awards can be found [here](#).



Natasha Seaton

Want to nominate someone or feature in Congratulations Corner?

We enjoy seeing your successes on social media! If you want to share them with your DHP family, send them across to our Honorary Secretary and we will try to feature as many as possible in our future newsletters [honsecdhp@bps.org.uk](mailto:honsecdhp@bps.org.uk)

## Your DHP Committee

Following the AGM there are some changes to the committee. We would like to say a huge thank you to our outgoing committee members including Jo Hart (Past Chair & interim conference lead), Rachael Powell (Honorary Treasurer) and Rachel Shaw (Research Lead). We would also like to welcome Shilpa Patel and Harbinder Sandhu (Co-Honorary Treasurers), Tracy Epton (Communications Lead), Atiya Kamal (Conference Lead) and Gillian Shorter (Research Lead), and last but not least congratulations to Lucie Byrne-Davis who has been elected as Chair elect and so stands down from communications lead. Find out more about who we are and how to contact us on the [DHP microsite](#).