

Division of Health Psychology

Newsletter – Feb 2020

Welcome to our new newsletter!

It is an exciting time for our Division. This newsletter will keep you up-to-date on DHP activities, events, and things to celebrate.

I am delighted to be your Chair and to represent you all. My core aims from the 2019 AGM were: to listen to the DHP membership, taking direction and action, to listen to those who could benefit from health psychology and continuing to build partnerships.

My main objectives are to strengthen a sense of home within the DHP for all those working or interested in health psychology and our identity as a discipline.

I also want to develop stronger training opportunities and career pathways for those working in health psychology and to provide ongoing structured mentoring and legacy building to sustain leadership of the discipline.

Our vision

- a. Maintain a strong sense of being part of something bigger... our DHP Family
- b. Enhance the health psychology identity to anyone who will listen
- c. Give health psychology a stronger voice to policy makers, government and Members of Parliament
- d. Build stronger links with commissioners and research councils
- e. Create funded training and research opportunities, with clearer career pathways
- f. Support structured supervision and mentoring opportunities
- g. Develop co-ordinating roles in health psychology and highlight national champions

I feel honoured to have had the benefit of insight from past DHP Chairs, and significant others who participated in the Oral History of UK Health Psychology project (led by Dr Francis Quinn, Professor Val Morrison and myself). They shared their views of things that worked well over the years and areas for development. As a committee, we stand on the shoulders of giants,

and draw on this insight to represent you, our DHP membership, and our discipline.

We have an amazing, enthusiastic and empowering committee, which has benefited from excellent leadership under the term of Professor Jo Hart. While sitting by a pool during the European Health Psychology Society conference in Crete, 2011, Jo and I spoke about a time where we would follow one another as DHP Chairs. I am now honouring that pact and if you would like to make that same pact with me, I'd love to hear from you, as we are now looking for the next DHP Chair Elect! And I will support this role, wholeheartedly.

I would like to take this opportunity to thank all those who continue to support the DHP. The committee works tirelessly in the background and I can't thank them enough for all they have done thus far. You will see in this newsletter how busy they have been and the exciting things to come!

What you won't see is the work of the DHP Treasurer, Dr Rachael Powell. But let me tell you, she keeps a tight ship, and has totally transformed our

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Our vision, cont.

understanding of the DHP budget. Huge thanks to her for her dedication to this role and for helping us to find ways to bring you membership benefits!

Finally, I would like to warmly invite you to our annual conference on the 23-24 June in Bristol, with pre-conference events on the 22 June with the theme

‘Celebrating Health Psychology’.

We hope to see you there.

Keep being amazing... [#WeAreHealthPsychology](https://twitter.com/WeAreHealthPsychology)

Dr Angel Chater, DHP Chair (2019-2021)



DHP Twitter more than 7k followers

Join us on [@divhealthpsych](https://twitter.com/divhealthpsych) or active and lively discussions, sharing successes, papers, events and stories.

To promote our work to others interested in what we do, and to share the amazing variations in our work, we have started [#DayinLifeOfHealthPsychology](https://twitter.com/DayinLifeOfHealthPsychology) in which

members have tweeted a summary of their day.

Follow us, check out the hashtag and add your own daily summary. Above is a word cloud of what others have said so far.

Dr Lucie Byrne-Davis, Communications Lead

BPS survey results for health psychologists

The results of the BPS membership survey, in which members were asked about their views and experiences, demonstrated a stark picture of a profession under pressure.

Clear themes have emerged and the BPS has promised to press for change in the main areas of concern, like excessive workplace demands, recruitment issues and gaps in the services psychologists can offer.

Below are the survey's findings in relation to health psychologists and our response to the BPS as a Division:

Along with clinical and educational psychologists, health psychologists were most likely to report signs of stress and burnout. The survey showed that members very regularly feel that they are so stressed that they want to quit and health psychologists were most likely to report regularly feeling this way (19.2 per cent).

Our response

A career in health psychology is incredibly rewarding. Health psychologists are trained in competencies relating to 'research', 'teaching and training', 'psychological intervention/ behaviour change' and 'consultancy'. However, with such a richness of skills, they can often find themselves pulled in a number of different directions depending on the day of the week or time of the year.

The members of the DHP committee are saddened by the results from the membership survey, highlighting levels of stress and uncertainty felt by our members within the profession. The lack of resources provided by employers could highlight a lack of clarity about what support a health psychologist might need, and the differences between those employed in different settings (e.g. the National Health Service, higher education, private practice). Unpaid overtime and unpaid work are an area of particular concern. However, these results are not unsurprising. There is an increasing desire from healthcare, public health, social care and industry to utilise the knowledge and skills of health psychologists. Yet, there is no current standard mechanism to access such expertise.

In other professions (e.g. law, dentistry, plumbing), seeking initial advice would typically come with a fee. This is not, however, seen as norm of practice in health psychology, often leading to health psychologists

Health psychologists were also among those most likely to regularly work unpaid overtime (44 per cent). Unpaid work alongside employment was very common among health and occupational psychologists (56 per cent and 49 percent respectively), with health psychologists reporting a £49,688 average salary.

More than a quarter of those working as psychologists felt they were rarely provided resources by their employer, compared to a fifth of those not working as a psychologist. This issue was particularly significant for health psychologists (34.9 per cent)

They [Health Psychologists] were more likely to have experienced financial barriers when entering the profession (38.5 per cent) compared with other types of psychologist, and 45 per cent were more likely to have found unclear pathways a barrier.

delivering 'clinics', talks, workshops or reviewing lengthy documents, without remuneration. Providing such services at no cost clearly benefits those making the request, but may not be included in allocated workloads of health psychologists, potentially causing friction with employers or leading to unpaid overtime in evenings and weekends.

One solution could be for employers, stakeholders with an interest in health psychology, and the DHP to define the roles of a health psychologist with more clarity and to explore ways to introduce health psychology into the health and social care workforce at multiple points. The good news is that there are many ways to do this, including competency based advertising, developing best practice guidelines for employers and creating funded training pathways that lead to direct employment.

Health psychologists can be utilised through employment, secondment, apprenticeships, studentships, consultancy, research collaboration and Knowledge Transfer Partnerships. The DHP will prioritise support for our membership to address these issues, working together with partners such as the NHS, higher education institutions, Health Education England, Public Health England and the British Psychological Society.

**Dr Angel Chater, DHP Chair
On behalf of the DHP Committee**

Professional Practice update

In the last few months we have been continuing to work on the important issue of health psychologists' employability in practice settings.

Thank you to everyone who completed the independent stage 2 route employability survey, this provided very useful information which was fed back to the DHP training committee, and we hope to share findings in the next issue of HPU. Partly as a result of this, the psychological intervention competence of the stage 2 health psychology qualification will shortly be reviewed by a working group, chaired by Dr Liz Simpson, and changes proposed to the training committee and to members via consultation.

Progress is also moving regarding a renewed BPS position statement on advertising of NHS jobs by

competence (e.g. as practitioner psychologists requiring particular knowledge/skills) rather than qualification (e.g. counselling/forensic/health/clinical psychologist) to help tackle unfair recruitment practices affecting health psychologists and others.

Hannah Dale and Eleanor Bull are part of the workforce group contributing to this work led by BPS Policy Advisor Hannah Farndon. We hope that an agreed position statement will be presented to the BPS Practice Board in June 2020.

Eleanor has been elected to the BPS Practice Board and a workforce group reviewing a Nuffield Project on psychological professions' contribution to the NHS Long Term Plan.

Dr Eleanor Bull, DHP Practice Lead

Congratulations corner

DHP Past Chair makes Professor

Can we start with a HUGE congratulations for our Past Chair Jo Hart, for achieving the fantastic recognition as Professor of Health Professional Education at the University of Manchester! Jo and her collaborators

are having a global impact in this area and I am sure all reading will agree, this is an achievement worth celebrating!

DHP members elected as EHPS fellows

Six Chartered members became Elected Fellows of the European Health Psychology Society (EHPS) in 2019 and you will see some familiar DHP members names.

Congratulations to them all, alongside other winners from our European health psychology family:

Dr Lucie Byrne-Davis, University of Manchester

Professor Jo Hart, University of Manchester

Professor Val Morrison, Bangor University

Professor Daryl O'Connor, University of Leeds

Professor Dame Theresa Marteau, University of Cambridge

Dr Konstadina Griva, National University of Singapore

[Read more.](#)

We are keen to support others with Fellowships, deadline for the EHPS is 31 October 2020 <https://ehps.net/application-procedure-for-ehps-fellowship/>

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Want to nominate someone for 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.

DHP events

CPD workshop on n-of-1 methods

9 April 2020, 10.00-17.00, Aberdeen

Want to learn about the design, conduct and analysis of N-of-1 (or single case) studies? This workshop will cover studies where repeated measurements of experiences or behaviours (such as mood, stress, food intake, pain etc) are taken from the same individual over time using

diaries, smartphones or wearable sensors. Such studies can be used to reveal how experiences and behaviours change over time within individuals, test relationships between potential predictors of behaviour over time and measure individual response to interventions. No prior experience is required as the workshop will be introductory. [Book your place online.](#)

DHP annual conference and AGM 2020 - 'Celebrating Health Psychology'

23-24 June 2020, Bristol Marriott

With our theme *Celebrating Health Psychology* we're delighted to be in the beautiful city of Bristol.

We have a fantastic all-female line-up of keynotes:

- Professor Maddy Arden (Sheffield Hallam University)
- Professor Victoria Tischler (University of West London).

Thanks for so many great submissions. Decisions will be sent by the end of February.

You still have time to submit a poster presentation – deadline is 10 March.

Or why not apply to be a steward (deadline 12 April)?

Registration is also open and to secure the early-bird rates, register before April 22 on the [conference website](#).

We look forward to seeing you in Bristol!

Dr Heather Buchanan, Chair of the DHP Conference Scientific Committee
Professor Jo Hart, Conference liaison

DHP BREATHE events

BREATHE and network

BREATHE (British REsearch And Training in HHealth Psychology) is back.

We are investing in ways to enhance training and

networking opportunities in health psychology.

Those of you who remember BREATHE... share your memories with us on [social media!](#)

BREATHE Preconference workshops

Monday 22 June, Bristol, Arnolfini (10 – 4pm)

In partnership with the University of West England,

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and the fabulous Dr Liz Jenkinson and Professor Di Harcourt, this year, we have two exciting pre-conference workshops taking place, followed by an evening of networking at the beautiful Arnolfini in Bristol.

Detail of workshops:

10.00-13.00 - Having a Career with Impact – Dr Julie Bayley

14.00-17.00 - Behaviour Change Competencies - Professor Diane Dixon & Professor Marie Johnston

Registration cost for DHP members: £15 for one

workshop or £25 for both.

Places are limited, so book now!: www.bps.org.uk/DHP-PreConferenceWorkshops-22Jun20

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Places are limited, so [book online](#) now.

Niall Anderson, DHP Education and Training Lead

BREATHE Trainee/Supervisor days

23 April 2020, 10.30-16.30, BPS offices, Leicester
19 October 2020, 10.30-16.30, BPS offices, London

To support our trainees and supervisors engaged in Stage 2 training in Health Psychology, we are hosting bi-annual Trainee/Supervisors. These dates have been chosen to support the May and November quarterly reports and there will be plenty of opportunity to network with others and share ways to achieve the health psychology competencies and support your

trainees as supervisors. We will encourage you to continue this networking locally. Each event will end with informal drinks/dinner afterwards.

Registration is free! And will open soon - watch this space!

Kristina Newman, DHP Trainee Lead

Get involved!

Join the DHP committee - we'd love to have you!

We are looking for a Chair Elect, Treasurer, Research Chair and Wales representatives. Nomination details will go out to membership soon. For informal discussions, please contact the relevant person on the committee:

Treasurer: hontredhp@bps.org.uk

Research: researchdhp@bps.org.uk

Chair Elect: ChairDHP@bps.org.uk

Could you help develop new guidance on Assistant Psychologists?

The society is developing guidance on working as and with an assistant psychologist. This includes expectations of duties, activities and supervision requirements for both paid and unpaid assistants and

interns. Statements of interest should be sent to the society. [Find out more online.](#)

The deadline is the 9 March.

Are you working as an expert witness?

The society's Practice Board is looking for experienced

members to join the Expert Witness Advisory Group.

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To request a statement of interest form or for more information please contact:

sunarika.sahota@bps.org.uk

The deadline is the 3 April.

Policy & consultation opportunities

NHS England consultation on the psychological professions vision for England 2019-24:

The purpose of the psychological professions vision for England 2019-24 is to maximise the collective impact of the psychological professions to deliver the objectives of the NHS Long Term Plan.

The BPS is looking to feed their wider feedback into the draft vision and comment on the content outlined within the [consultation document](#).

Deadline for response 3 March.

Drug offences (Sentencing Council)

The Sentencing Council's Drug Offences Definitive has decided to review the current drug offences guidelines and revise them to ensure that they reflect the type of offending coming before the courts today, and to include the new legislation on psychoactive substances for the first time.

The revised drug offences guideline will provide sentencers across the Crown Court and magistrates' courts with guidance, which will assist in achieving the

Council's objective of consistent sentencing, and provide transparency for the public regarding the penalties for these offences. If you're interested in contributing to any of these important consultations, contact [Emily McBride](#).

Deadline for response 6 March.

Dr Emily McBride, DHP Policy Lead

Open data sandpit

The BPS research board has just hosted an Open Data Sandpit, led by Dr Lisa Morrison-Coulthard. It was an informative, collaborative and productive meeting. I represented DHP members: lots of my questions were answered and I learnt a lot. We have paved the way for an

inclusive approach to open data in psychology.

Watch this space for announcements!

Dr Rachel Shaw, DHP Research Lead

Your DHP Committee

Find out who we are and how to contact us on the [DHP mircosite](#).