

Division of Health Psychology

Newsletter – May 2020

Welcome from the Chair

I hope that this May edition of the DHP newsletter finds you and your family well. Our love and thoughts go out to everyone who has been affected by Covid-19. We appreciate that these have been unsettling and difficult times, and want you to know that we are here to support our members as best we can.

This newsletter is packed with committee activities. They have been working tirelessly to provide opportunities for members to network with each other, share information and best practice, engage in CPD, disseminate research, support consultancy, contribute to policy consultations and raise the identity and impact of health psychology. I hope you will join me in thanking them for their time and dedication to DHP.

Covid-19 has, of course, been a focal topic of conversation over recent months and it has been great to see health psychology at the forefront of national advice. A number of our members have been involved in producing guidance documents, rapid reviews, attending advisory groups and holding media interviews. I am sure we can all agree what a busy time it has been. The strengths of health psychology to integrate and apply psychological theory and evidence, within a multi-disciplinary perspective has been heralded. And we have been recognised as a discipline that has been able to quickly mobilise our members and come together due to the strength of our already existing networks and collaborations. The Health Psychology Exchange, which you will read

about later in this newsletter, is a great example of this. Personally, I am incredibly proud to be part of such a knowledgeable, collegiate and supportive community, and many members have contacted me feeling the same. So thank you, to one and all for your part in flying the flag for health psychology. Long may our connectedness continue.

There has also been clear leadership in health psychology, and this is important for us as a discipline, strengthening our collective voice and identity. We were delighted that health psychologist and a past chair of the DHP, Professor Susan Michie (University College London) received the 2019 BPS Research Board Lifetime Achievement award. This is a fantastic recognition of the incredible impact she has had on the psychological profession and in sharing the application of psychology to other disciplines, on an international platform. I hope you would share in my thanks to Susan for being part of that clear leadership voice on the importance of health psychology and behavioural science, mostly recently in relation to the response to Covid-19.

We have so many things to celebrate in health psychology, so please do share your stories with us. As we continue in these uncertain times, I hope that while we are physically distant, we can maintain being socially and professionally connected. And that this continues into the future, as together, we are stronger.

Dr Angel Chater, DHP Chair

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DHP AGM and webinar: Save the date - 23 June 2020

DHP AGM

The Division of Health Psychology Annual General Meeting will be held on the 23 June from 1.00-2.15pm, via Zoom. More details will be sent to

you via your BPS registered email address in due course. There will be time after the AGM for an open discussion, we look forward to seeing you there.

DHP Conference webinar 2020

We are delighted to announce that following the AGM there will be a DHP Webinar, also on 23 June to replace the 2020 conference.

This will be a great way for our health psychology community to come together after the AGM and will provide a platform to show how health psychology has responded to Covid-19.

It will take place between 2.30-4pm (via Zoom). There will be two sessions divided by a break. First, the health psychology contribution to the response to Covid-19 (research and media/advisory roles) - confirmed speakers are Susan Michie, Marie Johnston,

Maddy Arden and Chris Armitage.

The second part focuses on new ways of working due to Covid-19 (to broadly mirror the competencies/working areas in health psychology). Confirmed speakers are Jo Hart & Lucie Byrne-Davis (volunteering/consultancy); Angel Chater & Emily McBride (Policy/Psychological Government); Neil Coulson (online research); Michael Smith & Mark Wetherell (online teaching) and Eleanor Bull (new ways of working in practice). **It is free to DHP members!**

More details will be available shortly on the DHP website but for now please save the date!

BPS Covid-19 Behavioural Science and Disease Prevention Taskforce

Dr Angel Chater, Chair of DHP, alongside other DHP members, namely: Maddy Arden, Chris Armitage, Lucie Byrne-Davis, Paul Chadwick, Jo Hart, Lesley Lewis, Emily McBride, Daryl O'Connor, (newly appointed) Gillian Shorter, Viv Swanson and Ellie Whittaker, with wider BPS members: John Drury and Sam Thompson, are volunteering for the British Psychological Society Covid-19 Behavioural Science and Disease Prevention Taskforce.

This team are tasked with developing policy advice, supported by BPS Policy member Saskia Perriard-Abdoh, in relation to the psychology of behaviour, to support public health during the Covid-19 pandemic.

You can read the [first psychological guidance for policy makers and communicators](#) from this BPS taskforce on the website.

Towards the new normal and beyond

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 (BPS Director of Policy)

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 on the [BPS website](#).

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Health Psychology Exchange

Health Psychologists across the UK have come together to ensure all health & social care professionals have access to health psychology knowledge and skills during Covid-19. Dr Lucie Byrne-Davis, Professor Joanne Hart (both from University of Manchester) and Dr Angel Chater, (from the University of Bedfordshire), have established the Health Psychology Exchange, a volunteering collaborative of over 135 members, including many members of the Division of Health Psychology.

Health Psychology Exchange (HPX) is already working with a number of county and city councils providing behavioural science input for public health advice. As part of this, they are providing rapid reviews of evidence for councils and government and supporting public health teams to use behavioural science in their

communications. Members of HPX are working with councils and non-governmental organisations (NGOs) to help maintain a psychologically healthy workforce during the pandemic and prevent psychological injury in this uncertain time. They have created a flyer about who they are, their members work, and how they can help, this flyer is circulating to NHS & social care stakeholders nationally.

As well as extending health psychology knowledge outside of the community, HPX is also providing a point of contact for health psychology researchers conducting Covid-19 research, for example: factors influencing adherence to prevention behaviours and adjustment to social-distancing. Volunteers are supporting each other professionally and collegially during the pandemic.

Influencing Government and Policy

BPS Psychological Government Expert Reference Group launched!

Advising government on psychologically-informed decision making couldn't be more relevant. There is great health psychology representation on the new [BPS Psychological Government expert reference group](#).

Eight steering group members have been selected by the BPS, with health psychologists accounting for a large proportion, including DHP Chair Dr Angel Chater and DHP Policy Lead, Dr Emily McBride.

This initiative was developed before Covid-19 and launched on 24 March, 2020.

Initial projects will involve facilitating events for Members of Parliament on decision making and behaviour change and developing a BPS strategy for projecting the voice of psychology in government and policymaking. An overview on the initiative and comments from members of the group can be read [online in The Psychologist](#).

2019-2020 BPS Senate Campaign: Prevention: Tackling a key government priority

In the summer of 2019, DHP submitted a BPS Senate campaign alongside many other submissions, suggesting '[Prevention: Tackling a key government priority](#)' as the focus for the BPS in 2020. The BPS membership voted in their numbers for our campaign,

and we came in as one of the top three to be considered at the BPS Senate. Given the importance of prevention currently, we will continue to work on this area as our priority area for the next Senate campaign. Watch this space!

Psychological Manifesto

The BPS Psychological Manifesto was launched on 1st November 2019 and calls for all political

parties to consider how psychological evidence and expertise can improve policy making and to commit

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to including psychologically informed policies in their manifestos and work going forward. The Psychological Government aims to support this work to take this agenda forward. You can see a strong health

psychology presence in this document based on our 2019 Senate campaign.

[Read the Psychological Manifesto online.](#)

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 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 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 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). Include your role, affiliation, and a couple of lines outlining your key area(s) of expertise.

Emily McBride, DHP Policy Lead

Stage 2 Health Psychology Trainee ‘Conversation Cafes’

In May we held our first online ‘Conversation cafe’ for Stage 2 Health Psychology Trainees. The one-hour meeting brought together people from across the country with the intention of establishing a Health Psychology Trainee Network (HPTN), and to provide the opportunity for peer-support and sharing.

This first event was positively received, and we have now agreed to facilitate them on a monthly basis (first

Thursday of each month). Each session will take a different focus and will revolve around supporting training competencies. The next planned Conversation café will be on the 4 June, 3-4pm, and will focus on the research competency.

For more information, or to access the meeting link, please contact: traineedhp@bps.org.uk.

BREATHE and Network

We are investing in ways to enhance training and networking opportunities in health psychology at all career stages, bringing back BREATHE (British Research And Training in HEalth Psychology) for all!

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BREATHE Webinar

We continue to listen to our members and respond to training requests, providing them currently in the virtual world.

We were delighted to host the first DHP BREATHE Webinar on the 12 May 2020 entitled 'An introduction to open science for health psychology'.

We extend a big thank you to our facilitators Professor Daryl O'Connor, Drs Emma Norris and Peter Branney and Professor Jo Hart who chaired the event. For those who missed it, don't worry – it was recorded and will be available to watch on catch up soon!

Niall Anderson, DHP Education and Training Lead

Research update

MSc Research Project Prize

The prize sub-committee received 26 excellent nominations for the MSc Health Psychology Research Project Prize, a higher number than in previous years, which delighted us.

Each abstract submission was reviewed anonymously & independently by two reviewers. All were of a very high standard. Three were shortlisted to be reviewed in

full, again, anonymously by two reviewers. They were assessed for their contribution to health psychology, critical appraisal of the literature, transparent methodology, appropriate & detailed analysis, and a strong conclusion. The MSc Health Psychology Research Project Prize will be announced at the AGM, June 23 2020.

Research Seminar Prize

Unfortunately, due to Covid-19 restrictions, last year's prize-winning Research Seminar, which was due to take place in May has had to be postponed. The event will be held remotely by the end of December this year, hosted by Debbie Smith from Leeds Trinity and her

colleagues. The team intend to develop a collaboration to work towards an understanding of behaviour in pregnancy and to examine the opportunities presented by pregnancy.

Congratulations Corner

We are keen support nominations for health psychologists for awards – please get in touch! Information about [BPS awards](#) can be found on the website. 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, email them to our [Honorary Secretary](#) and we will try to feature as many as possible in our future newsletters

Have your say

Current UK practice survey – children at risk of attachment problems Researchers from University College London and the University of York are undertaking the first national survey to find out which interventions are being used to support children with or

at risk of attachment problems in the UK. They want to reach all those who work with children aged 0-13 years and/or their care givers. This includes local authorities, child and adolescent mental health services, voluntary agencies, fostering and adoption agencies, education,

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health visiting services, and private organisations and individuals. Survey responses will be anonymous, no individuals will be identified in any published materials

arising from this project. [Read more and complete the survey](#)

Your DHP Committee

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

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