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Education Section

Education Section Annual Conference, The University of Greenwich Maritime Campus, 6–7 November 1999.

The knowledge and skill is out there: New ways of thinking

P AINLEY, PCET, The University of Greenwich

This paper questions the presuppositions upon which the present orthodoxy of so-called 'personal and transferable skills' at all levels of learning are based. It aims towards an alternative paradigm of learning in which such 'key skills for employability' are recognised as the generalised competencies demanded of most employees in a labour market responsive to the latest demands of re-globalised capitalism. It suggests reconceptualising skill in relation to knowledge, while thinking of both skills and knowledges in social rather than individual terms. Real generalised knowledge skills are counterpoised to, on the one hand, academic 'Official Knowledge' tested largely via written examinations and, on the other, to vocational tests of practical competence. These divisions of learning are related in turn to new divisions of labour emerging in an increasingly 'flexible' employment market.

Numeracy in education

M ASKEW, School of Education, King's College, London

This symposium examines aspects of research in the teaching and learning of numeracy and indicates directions for future research. Aspects covered include: the research base of the National Numeracy Strategy and what needs to be further researched; research into children's cognition in numeracy; the implications for the curriculum in terms of mental and written strategies; exploring the relationship between the rhetoric of the Numeracy Strategy and the practicalities of schooling social representations of mathematics and mathematics learning held by different groups (in particular those directly engaged in 'school learning', such as school managers, teachers, parents and the children);

exploring the way children experience their learning of mathematics both at home and at school and the transition between the two. Contributions are from Margaret Brown, King's College, London, Michael Shayer, King's College, London, Anne Watson, Oxford University, Guida de Abreu, University of Luton, Mike Askew and Tamara Bibby, King's College, London, Julia Anghileri, Homerton College, Cambridge.

Primary school children's acquisition and understanding of science terms

R BEST, Division of Psychology, South Bank University

What exactly do children understand when learning new science terms? Can new terms be learned when knowledge of the semantic domain being investigated is incomplete? In most word learning research production of target terms, introduced in experimental paradigms, is often significantly inferior to comprehension (e.g. Braisby, Dockrell & Best, 1999). This implies children have an understanding of word meaning although they often fail to equate this with a specific label. However, in an investigation of 30 four- to nine-year-old children, Best, Dockrell and Braisby (in prep.), using a variety of comprehension measures, demonstrated that understanding of science terms varied widely across tasks and a number of participants were able to learn new terms with an erroneous or incomplete knowledge of the referents on which target terms were built (e.g. sun, moon and earth to eclipse). Indeed, erroneous or partial knowledge tended to lead participants to reason using 'surface', perceptual cues resulting in 'naive theorising' (e.g. Vosniadou & Brewer, 1992).

Attitudes towards computers of children with and without reading difficulties

D BENNETT-GATES & E KONTAXAKI, Cardiff University

This study replicated and extended a previous survey by todman and Dick (1993). In addition to

documenting trends over the last six years, this study compared attitudes across three groups of children. These groups represented children with identified reading difficulties such as dyslexia (n=20), children identified by their teachers as being poor readers (n=45), and those who were reading at an appropriate age level (n=48). Children in Year Seven (12–13 years of age) were recruited from several schools in South Wales. The initial survey questionnaire was modified to include additional items specifically about the internet and comprehension of material presented on a computer screen. Although there were no significant group effects, attitudes towards computers were related to frequency of usage. Interaction effects were present in the areas of 'ease of use' and 'fun'. Educational implications are discussed.

The psychology of questioning children's knowledge of their environment

R BOWLES, School of Education, University of Greenwich

Five hundred children, in groups of five, have been interviewed upon the perception of their locality in the context of the Geography Programme of Study at KS1 and KS2. Discussion is welcomed upon the observed characteristics of answers given to four standard questions. In particular with reference to known psychological studies that have produced evidence to support the premise that answers can show:

- (i) the degree of development of thought processes;
- (ii) the effect of family constraints;
- (iii) the effect of community constraints;
- (iv) the influence of (i-iii) upon observation skills.

Evidence is given upon the contrasts shown between inner city, suburban, urban and rural locality awareness. It seems reasonable to weight the evidence by consideration of the above factors. In the short term the style of eliciting the information and the constraints have to be considered.

Gender differences in the perception of computing as an acquirable skill impact upon gender differences in computer-related confidence and performance

MJ BROSANAN, Psychology Division, School of Social Sciences, University of Greenwich

Recent research has highlighted that the perception of a skill as 'acquirable' facilitates acquisition of that skill whilst a perception of a skill as a 'fixed ability' inhibits acquisition of that skill. This paper examined whether this perception underlies gender differences in the uptake of computer-based skills. The perception of computing as an acquirable skill (rather than a fixed ability) significantly correlated with both computer-related confidence and performance upon a computer-based assessment of short-term memory. Males were both significantly more confident with computers than females and had a significantly stronger belief that computing is an acquirable skill. The implications for these processes underlying gender differences in achievement upon computer-based tasks are discussed.

Mapping and promoting children's social competence

D CHRISTIE, D WARDEN, W CHEYNE, H FITZPATRICK & K REID, University of Strathclyde

This paper explores the components of children's social competence in the context of widespread concerns about bullying in schools and recent evidence of the apparent intractability of the problem. Evidence is presented from an ESRC-funded intervention study carried out in Scottish primary schools in which children engaged in activities designed to enhance their interpersonal awareness and foster pro-social behaviour. Children categorised as initially 'pro-social', 'anti-social', 'victims' and 'neutral' by a peer-nomination technique were assessed on measures of empathy, socio-moral reasoning, social problem-solving and perspective taking before and after the intervention. The relationships among these measures which provide a map of social competence were discussed together with initial evaluations of the intervention. Methodological issues arising from the study were also discussed, including the demands of assessment in the affective domain and the applicability of the concepts of control and ownership in school interventions.

Screening for dyslexia in higher education

G CODY, Psychology Division, School of Social Sciences, University of Greenwich

Screening for dyslexia in higher education required objective, effective and time efficient procedures (Nicolson & Fawcett, 1977). This study attempts to effectively screen for dyslexia in a group setting, using a modified version of DAST for adults (Fawcett & Nicolson, 1996). Together with a general information questionnaire, the modified version of DAST for adults was administered to 165 freshmen from the School of Social sciences at the University of Greenwich. The results identified significant differences in some of the tasks between dyslexia and non-dyslexic students, i.e. phoneme fluency, spoonerisms and speed of copying text. Also a small number of students were identified, by poor scores in the group testing, as having problems. However, it is suggested that the group setting for administering tasks produced results both too inconsistent and unreliable to be used as an effective and time efficient procedure for screening for dyslexia in higher education at this stage.

Technology teaching with attitude

E CRAWFORD, Dept. of Equity Studies and Special Education, University of Greenwich

Since 1933, parts of a four-year technology

teacher training programme, BEdTechnology, have included classes to actively develop the reflectivity and professional attitudes required of teachers. The work acknowledges ideas from emotional education and from anti-discriminatory policy and practice, and pays attention to the feelings and attitudes of teacher trainees. It is recognised that attitudes and cultures are notoriously difficult to alter (e.g. Byrne, 1993, pp.1–211) however well they are identified, as emotional response, influencing attitudes, is effective prior to awareness (Goleman, 1995, 1998; LeDoux, 1998). The main focus of the approach is, therefore, through emotional education. Using peer groups to offer feedback and strategies which develop self awareness, the effects of feelings and the processes involved are linked first to attitudes and then connected with the ways people function within professional roles. The approach began with a stated interest in reflective practice, still a desired outcome, but one now triangulated with two other aspects: role-adaptability and the development of personal authority; all three inter-relating in an emotional literacy which these teachers will hopefully carry with them into the profession. The workshop focuses on ways of reviewing placement experience, as professional learning in many fields makes use of a 'placement' (in school, hospital, social care setting or whatever). The aim is usually to enable students to integrate theory and practice and become independent practitioners, able to think for themselves and function alongside others. Unfortunately, the capacity to reflect is often assumed, taken for granted as an outcome of being on placement, so the actual integration of theory and practice may also be assumed, left to students to achieve, consciously or unconsciously, as best they can.

Networked environments for student tenancy: What undergraduates do in their learning nests

C CROOK & D BARROWCLIFF, Loughborough University

As with the best acronyms, our term 'nest' abbreviates a formal definition with a word that captures something of the essence of the thing defined. Where study bedrooms are wired to a campus computer network, the result is typically claimed to be learning spaces with nest-like conviviality. Indeed this blend of virtual and real university experience might be expected to have a special potency for learners. Yet little is known of how full-time, residential undergraduates make use of distributed computing for their studies. We have randomly selected groups of students in networked study bedrooms at a university with serious commitment to ICT for learning. We have interviewed them, solicited reports of e-mail use, asked them to keep detailed study diaries and continuously monitored their PC use across a full week. These records reveal that the impact of such interventions is not – at first anyway – at the level of re-mediating co-ordinations with the institutional space, educational materials, or interpersonal learning relationships. Rather the effects may occur more at the level of desktop study practices.

Name-calling and hurtful nicknames: Prevalence and impact

WR CROZIER, PS DIMMOCK & E SKLIOPIDOU, School of Social Sciences, Cardiff University

Name-calling and the use of hurtful nicknames represent some of the most prevalent forms of bullying in school. This paper presents findings from two investigations. In the first questionnaire study, 60 primary-school pupils provided examples of nicknames and reported on the types and incidence of several forms of verbal harassment. Being called disliked nicknames, called names, teased, and other forms of verbal harassment were widespread, with more than 20 per cent of children experiencing nasty comments and unkind nicknames on a daily basis. In a follow-up interview, nearly all children reported that being called names and nicknames

caused distress. In the second questionnaire study, 220 adults completed questionnaires about their experiences of nicknames at school and their perceptions of its long-term impact. The prevalent kinds of nicknames, e.g. references to appearance, were similar in both studies, and both found evidence of the hurt that was caused.

Parents' representations of mathematics and participation in supporting their children's mathematics learning at school

G DE ABREU, T CLINE & T SHAMSI, Dept. of Psychology, University of Luton

Links between home group membership and school mathematics performance have been widely researched in socio-cultural studies, but this work has not illuminated the origins of individual variation within groups.

In this presentation we develop a perspective which explores the role of parents' representations in the emergence of within-group differences.

The presentation is based on data collected from parents of 24 children of Pakistani and White British origin enrolled in primary schools in a small industrial town in the South of England. For each group half of the children were high and half low-achievers in school mathematics. Semi-structured interviews were conducted with the parents, exploring

(a) parents' sources of information about and participation in supporting their children's mathematics learning;

(b) parents' comparisons of their own experiences of school mathematics and those of their children.

In both ethnic groups parents described differences between school and home mathematics in terms of both the mathematical content and strategies that are taught and the methods and tools used to teach them. In addition, Pakistani parents stressed the differences of language. Some strategies that parents developed to cope with the various differences between home and school seemed to be conducive to children's school success, while others did not. Extracts from the interviews are presented to illustrate this. It was evident that within the same ethnic-cultural group parents provided quite different forms of support to their children's mathematics learning at school depending on their representations of home and school mathematics and of the relationships between them.

Academic difficulties of dyslexic university students

J DEMETRE, M BROSANAN & G CODY, Psychology Division, School of Social Sciences, University of Greenwich

The present investigation sought to examine dyslexic students' experience of academic difficulties and their correlates. Twenty-six dyslexic students (DS) on various degree schemes within the university were interviewed and assessed on a number of measures, along with age-matched non-dyslexic controls (NDS). The DS and NDS groups produced similar mean rankings of degree of difficulty experienced with various aspects of academic work, but the DS group experienced a significantly greater degree of difficulty with academic work. Degree of difficulty experienced by the DS group was significantly correlated with both a measure of phoneme fluency (Snowling *et al.*, 1997) and the Rosenberg Self-Esteem Scale. Moreover, degree of difficulty experienced did not differ significantly in relation to number of years at university, as indeed did neither phoneme fluency nor degree of self-esteem. Data on the academic attainments of these students is due to be made available, which will enable the authors to assess the relationship between students' perceptions of academic difficulty and actual academic attainment.

Classroom learning

C DESFORGES, University of Exeter

The history and contemporary significance of

classrooms as settings for teaching and learning is briefly described. The contribution of psychological research to understanding classroom life is surveyed and evaluated. The scope and limits of classroom learning is evaluated in the context of current educational policies.

This is contrasted with contemporary psychological research on learning. It is argued that major advances in achievement in formal educational settings will be made only when economics afforded by classrooms are matched by requirements for human learning. An agenda to develop high performance learning communities in classrooms will be derived from modern research on learning.

Students' perceptions of what helps them to learn: A comparison of Greek and English secondary schools

A DIONYSOPOULOU & S HALLAM, Institute of Education, University of London

There has been little research examining students' perceptions of the teaching methods and learning activities which they believe help them to learn in formal educational settings. This study explores these issues additionally making comparisons between the perceptions of students in compulsory education in Greece and England. In Greece the educational system and the teaching methods adopted tend to be more formal in comparison to those adopted in the UK. Over 800 students from two age groups, 13 and 5 years, completed a questionnaire which explored issues relating to the curriculum, teachers, teaching methods and their effects on concentration and learning. A further 80 pupils, 20 from each age group in each country, were interviewed to explore the issues in greater depth. Preliminary findings are presented with a particular focus on pedagogical issues.

Working with the complexity of teaching: Interpreting practice through research

A EDWARDS, School of Education, University of Birmingham

In this short paper I examine evidence-based practice from the starting points of research as illumination and psychology as discipline with hermeneutic potential, in order to consider relationships between research and practice and the opportunities available within current research agenda for psychologists working in educational settings.

The roots of motivation: Classroom and cultural factors

J ELLIOTT, Professor of Educational Psychology & N HUFTON, Principal Lecturer in Education, University of Sunderland

This paper reports the findings of a four-year research problem exploring factors underpinning academic achievement in more than 6000, 9- to 10-year-olds and 14- to 15-year-olds in Sunderland, Eastern Kentucky (US) and Saint Petersburg (Russia). In pulling together strands from several investigations undertaken by the research team, the paper examines the impact upon children's educational performance of many, closely interrelated factors: children's self-perceptions, interests and motivation, the views and impact of peers, teachers and parents, social forces and pedagogic practices in classrooms, the impact of educational reform, economic influences and broader political sociocultural factors. It is argued that the comparatively high levels of motivation and performance of children in Russia, noted not only by the research team but also by many authors during the past two decades, cannot be ascribed to cultural, pedagogic or socioeconomic factors in isolation, one from another. Key elements, however, are identified and their interrelationships highlighted. Finally, some implications for Western countries eager to emulate Eastern practices are drawn.

Literacy education: Where do we go from here?

R FISHER, University of Plymouth

Findings from an ESRC-funded project investigating the effects of the National Literacy Strategy (NLS) in small schools are reported. This in-depth study provides early insights into how teachers are responding to the literacy hour and the requirements of the NLS. The NLS has drawn heavily upon research from cognitive psychology in devising the programme of study for early word level reading, which can be considered to be the basis for successful literacy development. What happens beyond early word reading skill?

Sex, achievement and classrooms

B FRANCIS, School of Post-Compulsory Education, University of Greenwich

It is not that the boys are less successful at school than they used to be; rather girls are doing better. Thus the primary question to be addressed is why girls are excelling. Further, we should ask why (generally) boys are not matching girls' achievement. For boys, the situation is largely one of continuity rather than change. Government statistics show that boys' GCSE results are improving: they are not 'failing'. It is simply that girls are out-stripping them. The research of Francis (1999a; 1999b) demonstrates that girls now prioritise careers, and see educational achievement as an investment for the future. Their construction of femininity is not at odds with educational achievement. For many boys, however, academic success sits uneasily with hedonistic constructions of masculinity. Therefore, a way forward may be to provide boys with more facts concerning the contemporary labour market, and to encourage classroom discussion of gender identity. I seek to keep the debate on 'boys' underachievement' in perspective, and to draw attention to girls.

An exploration of postgraduate students: Conceptions of the nature of argument

H FRANCIS & S HALLAM, Institute of Education, University of London

Study at postgraduate level requires the development of the skills of argument. This study aimed to explore conceptions of argument among postgraduate students using qualitative methods within a quasi-experimental design. Thirty nine students, divided into two groups, participated. Each group completed two tasks in a different order. Task 1 required each student to describe in writing how an argument might be used to add to knowledge and to list any characteristic structural features of an argument. Task 2 required the reading of a short text which was then evaluated in relation to its use or argument. For each task, small group discussion of differences, similarities and changes in views was tape-recorded. The findings showed considerable agreement regarding the main characteristics of an argument but variability in how argument was perceived to add to knowledge. The findings are discussed in relation to the work of Kuhn (1991) and in terms of their educational implications.

Gifted education: The evidence

J FREEMAN, Middlesex University

A critical overview is presented of international research on the development and education of very able or gifted pupils (Freeman, 1998). This examines which procedures are likely to work and which are unsupported by scientific evidence. Identification is a major problem. To reach an exceptionally high standard in any area, children need the means to learn – the right material to work with, focused challenging tuition and encouragement. However, talents may emerge in a variety of ways in unexpected situations and at different points during a lifetime. The overall conclusion is to move away from concern only for already highly achieving pupils to develop unrealised high-level potential

in others, using a wider and more dynamic approach. Freeman's sports approach proposes that as in sport, where extra tuition and equipment are normally available to the keen and talented, similar provision could be made in other subjects. The cost is modest and the scheme has the potential of increasing, within a few years, the proportion of children we now see as gifted.

Peer learning in children with Down's syndrome and children with non-specific learning difficulties

K GOODALL, The University of Edinburgh

While awareness of the essentially social constructivist nature of learning has led to a recognition of the benefits of group work in mainstream settings, somewhat less is known about its application in special education. This paper reports on a study in which 32 children (eight with Down's syndrome, eight with non-specific learning disabilities, 16 typically developing) participated in a Lego construction task. In the first and third sessions, the children worked independently. In the second session children worked with a partner. Learning disabled pairs and a control group of typically developing pairs were matched on non-verbal subtest of the Wechsler Preschool and Primary Scale of Intelligence (WPPSI). Learning disabled participants ranged from 8 to 17 years; the typically developing participants from three to eight years in age. Comparisons of pre- and post-test scores were used to assess whether working with a partner was beneficial. Video recordings of collaborative sessions will be used to investigate qualitative indices such as language, balance of power within the dyad and motivation.

School entrants with learning problems: Assessment and intervention – the American experience

GR GREDLER, University of South Carolina

There is considerable discussion today in the US concerning assessment and placement issues as children begin school. Psychologists and school personnel are concerned on how to identify and provide appropriate interventions for learning problems. Discussion centres around the following issues: validity of school readiness and developmental screening tests; the use of social maturity measures; the entry age controversy; intervention and remediation strategies such as retention in grade; the use of transition or pre-first grades; and the introduction of programmes such as 'Reading Recovery', 'Writing to Read' and 'Success for All'. Concerns of parents about school assessment practices as well as the use of various placement options are also discussed. Court cases which review school practices concerning the assessment and placement of children beginning school are summarised. Implications for the practice of school psychology are discussed.

Ability grouping practices in the primary school: Pedagogic practices

S HALLAM, J IRESON, J DAVIES & P MORTIMORE, Institute of Education, University of London

In response to the publication of examination results, performance league tables and inspections by Ofsted, schools have been under pressure to maximise the academic achievement of their pupils. One approach to raising standards has been to consider different ways of grouping pupils by ability. This research, funded by the ESRC, examined six primary schools which have adopted different ability grouping practices including streaming; setting within and across age; and within-class ability and mixed ability groupings. The six schools varied in size and location. Drawing on evidence from written documentation provided by the schools and semi-structured interviews with the head teacher,

members of the senior management team of the school, governors, class teachers and pupils the research explored:

- The rationale adopted by the schools for their grouping policies;
- Whether the practices had changed as a result of external pressures;
- How the practices were operationalised and resourced;
- The ways in which their effectiveness was established;
- How they impacted on pupils of different ages and abilities.

This paper reports findings on the pedagogical practices adopted with pupils of different abilities relating them to findings from the international literature.

Psychological perspectives of skill

S HALLMOND, The University of Greenwich

I explore the main problems around attempts to understand educational outcomes in terms of individual skill acquisition and the related assumptions of transferability/generalisability in learning. The emphasis is on work by developmental psychologists and broad theories of learning in relation to skill. I argue that the competence model we are presently developing at the different levels of education is logically and empirically inconsistent with the development of real skilled behaviour/effective learning. Finally, I relate these conclusions to educational practice.

Psychological evidence for transferable skills

N HARVEY, Psychology, University College London

I discuss the putative nature of transferable/core/key skills and mention some of those that educationalists have identified in the past. Then I review psychological evidence for their existence in two domains: practical (motor) skills and cognitive skills. I conclude that there is some evidence that they exist in the former domain but query whether their influence on performance is sufficient to allow substantial savings in re-training costs to be made.

Do you know what you are doing as well as us?

J HOWARD, Cardiff University of Wales

This paper describes the adaptation and use of the AASP (Activity Apperception Story Procedure) for application in pre-school contexts. Recent changes which seem to be extending national curriculum activities down the age range call for investigation of the way children perceive their activities in a range of pre-school contexts. Children are shown by means of this procedure to have considerable insight into adult priorities. By using an instrument to gauge the frequency of age appropriate activities in the contexts investigated it can be shown that there is a linkage between adult uncertainty about what is expected from pre-school provision and children's assurances about whether they are working, playing, learning or not learning.

Literacy education: Where do we go from here?

J HURRY, Institute of Education, London

Issues relating to the development of successful reading beyond the level of word reading accuracy are considered. The National Literacy Strategy (NLS) is designed to raise literacy standards in the country. Part of the strategy now includes a short-term remediation programme for children in Years 3 and 4 who are struggling. However, there are major questions to be asked about whether we have the necessary tools to diagnose children's difficulties. Without effective diagnostic tools, teachers may have difficulty designing effective programmes to help the strugglers.

Ability grouping in English, Mathematics and Science: Effects on pupil attainment

J IRESON, S HALLAM, P MORTIMORE, S HACK, H CLARKE & I LEWIS, Institute of Education, London

In England and Wales there is renewed interest in the issue of ability grouping in the context of the concern to raise standards, whilst retaining a system of comprehensive schooling. This paper presents findings from a project exploring relationships between different types of ability grouping in English secondary schools and both academic and non-academic outcomes for pupils. The sample comprises all Year 9 pupils in 45 secondary comprehensive schools (Years 7 to 9). Measures of pupil attainment in national tests at the end of primary school (Year 6) and at the end of Year 9 (age 14) are used to indicate academic achievement. Measures of self-concept and attitudes towards school are obtained through self-completion questionnaires. Data on attendance and exclusions from school are collected from school records. The analysis reveals that setting has an effect on attainment in mathematics, but not English or Science. In mathematics, there are differential effects on pupils of high and low ability. The findings are discussed in relation to other aspects of teaching and learning that may mediate the impact of structured grouping on pupils' attainments.

Sex, achievement and classrooms

G IVINSON & P MURPHY, School of Education, Open University

(a) Main areas covering sex and achievement in classrooms today. Schools have recently been encouraged to implement ameliorative strategies to address boys' underachievement. For example, single sex teaching has been advocated.

(b) What support is there for this position? Both UK (Arnot *et al.*, 1996) and US (AAUW, 1998) research concludes that single sex education does not in itself ensure any particular outcomes, positive or negative but has multiple forms which cannot be reduced to a 'gender factor' and suggests that specificities of contexts are important.

(c) What the government is telling us about this position? There appears to be a link between anxieties about boys' underachievement and a drift back to traditional understandings of assessment and pedagogy. Recently, the then Chief Inspector, Chris Woodhead (OFSTED, 1998), reiterated that students from single sex schools were more successful in public examinations than those from co-educational schools. Gender strategies tend first, to be based on stereotypical views about gender difference, second to draw on nostalgic beliefs about good schooling, and thirdly, to be introduced without reference to prior research.

(d) What do you suggest are the ways forward? It has been recognised that a variety of factors influence achievement but that some factors affect boys and girls differently (cf. Murphy & Elwood, 1998; Murphy, 1997). There is a complex interplay among gender, subject contexts and learning. While the weight of evidence suggests that gender patterns in education are influenced by social factors, there remains a need to work out how social forces work at the level of the classroom.

Pupils with literacy difficulties in mainstream schools: An investigation and development of a teaching package

M JOHNSON, S PHILLIPS, Manchester Metropolitan University & L PEER, British Dyslexia Association

Following the publication of the 1994 SEN Code of Practice, the then Department for Education commissioned this project to identify methods of identification and assessment of specific learning difficulties (dyslexia) and effective intervention strategies which can be used by classroom and subject teachers in mainstream schools. The

project also sought to evaluate three published teaching schemes, and develop additional materials that are appropriate to the UK classroom. The literature review identified phonological awareness as a prerequisite for all pupils when learning to read and that interventions which focus on phonics are most effective if directly related to the reading process. A questionnaire to specialist teachers showed that the methods they use all:

- promote phonological awareness, ensure 'over-learning' and give time for review and attainment of mastery;
- are based on cumulative, structured, sequential multi-sensory delivery with frequent small steps; and encourage independent learning and improved self-esteem.

In the evaluation of three published schemes based on these principles, all produced significant gains in reading and spelling attainments and enhanced the pupils' understanding of how to learn to read, the most effective and accessible of these was the Multi-sensory Teaching System (MTS) scheme. This scheme was revised for use in UK schools and subsequently published by the MMU as *A Multi-sensory Teaching System for Reading (MTSR)* (Johnson, Phillips & Peer, 1999).

The National Literacy Hour and pupils with SEN: An investigation in two LEAs

M JOHNSON, Manchester Metropolitan University & L PEER, British Dyslexia Association

In January, 1999 the Department for Education and Employment commissioned this small-scale 'snapshot' of the effects on pupils with SEN of inclusion within the Literacy Hour. Data was collected from two LEAs in the north-west of England during two weeks in February, 1999. A collaborative research design was used which included interviewing, observation and debriefing. The study demonstrated that the results of implementing the Literacy Hour had been overwhelmingly positive. Literacy teaching for all pupils was more structured, the work was more challenging but, in general, pupils were responding well. Pupils with SEN were more confident, contributed effectively in whole-class work and had enhanced self-esteem. However, there were concerns that the need for detailed work at word level was being overlooked, particularly for pupils showing signs of mild to moderate dyslexia. There were also indications that pupils with SEN were being supported to complete rather than engage with tasks set. It was also noted that whilst literacy teaching was now more structured teachers were not recognising that pupils with SEN also needed methods that followed a coherent sequence of clear teaching points. Teachers were unanimous that if the pupils with SEN were to be fully included in the Literacy Hour the support of an additional adult was needed at least during group work.

The whether, when and who of EDB in a Welsh LEA

R JONES & W BELLIN, School of Education, Cardiff University

Although gender differences are regarded as a feature of referral or perception by teachers of EBD, there is a need for a systematic approach informed by the literature on social positioning for analysing the realities of a unitary authority's situation. Recent literature on EBD has either adopted a positivist stance in terms of antecedents and causal models or a social constructionist point of view. This contribution retreats from a positivist perspective but still analyses the incidence in terms of risks rather than causal factors. It takes on board social constructionist alternatives, but in so doing gives full attention to social positioning within the classroom which children at risk provide for themselves. Their positioning of themselves is compared with accounts by teachers and other professionals.

Children's use of CD-ROMs and the WWW as sources of information to support learning at KS1 and KS2

R KERSHNER, Homerton College, Cambridge

With the current expansion of ICT in primary schools there is a need for continuing research into how children learn with the help of computers. The growing acceptance of the value of school-based research supports the involvement of teachers in the research process. Previous research in this area has identified several factors which may affect children's learning, including the ways in which information is represented and organised on multimedia software, the children's motivations, attitudes, learning styles and strategies, the teacher's role, and the limitations of time, space and curriculum. Psychological perspectives vary from traditional individual differences (e.g. Riding & Grimley, 1999) to social constructivism (e.g. Pea, 1993). This paper offers a mid-term report of 'work in progress' with a small network of primary teachers who are evaluating practice and innovation in their different school contexts. It is hoped that the discussion around issues raised in the paper will contribute to the research process.

Sex, achievement and classrooms

P KUTNICK, University of Brighton

Too much 'research' which purports to explore/explain underachievement in schools focuses solely on the sex/gender dimension. This focus is unlikely to provide real insight into underachievement as it is unidimensional and often misconstrues the root of the problem. This contribution will draw upon research in the Caribbean (Trinidad and Barbados) which finds that underachievement is better explained by a combination of factors including type of school attended, home background (with whom the child lives, occupations and education of both mother and father, etc.), within class interactions and pre-school attendance. The sex/gender dimension only explains approximately two per cent of the variance in achievement when set alongside these other factors. Too strong or too early of a focus on sex/gender may actually mask the children who are really underachieving in class – both girls and boys!

Peer groupings in primary school classrooms: Relationships between size, composition and pedagogy

P KURNICK, University of Brighton & P BLATCHFORD, Ed Baines Institute of Education, University of London

For every child in school, learning (and other) experiences will take place in the presence of others – in a form of grouping. Grouping practices for pupils in school may relate to curricula, age level, ability to work effectively with others, and learning tasks. The gap between ineffective use of classroom groupings and the theoretical potential of grouping in the classroom needs to be overcome.

The study reports systematic descriptive information on classroom grouping practices in England. Information was obtained on grouping practices at Key Stages 1 and 2, focusing on number and size of groups per class, group composition, the role of adults, curriculum, learning tasks, and interactions taking place between pupils. The study found:

- Few teachers trained pupils for effective group work skills.
- Small groups were the predominant seating arrangement.
- Groupings were generally composed of pupils of a similar ability and mixed sex; only rarely were friendship and mixed ability groupings found.
- There was a predominance of individualised work and little interactive tasks assigned.
- Some teachers considered the nature of groups for certain learning purposes (pupil interaction – small groups; and ability – individual work for low ability pupils).
- But, low ability pupils were likely to be

engaged in interactive group work and middle-high ability groupings were associated with individualised work.

- Grouping by curriculum subject was indicative of 'formal' and 'informal' pedagogic approaches of mathematics and art respectively; with distinct task focus by year group.
- Number of adults present in a class was related to number of groups per class, type of task assigned and age of pupils.

While there are a range of groupings that pupils can be placed in, teachers tend to limit groupings to the 'small group'. They give only limited pedagogic thought to composition, curriculum and tasks. We are concerned about the limited opportunities for interaction within certain types of grouping and the predominant use of homogenous ability grouping. More time and effort must be devoted to pedagogically effective organisation, task structuring and training of groups within the classroom.

Mapping a pedagogy for special educational needs

A LEWIS, Institute of Education, Warwick University & B NORWICH, School of Education, Exeter University

In this paper we summarise the main issues and outcomes of a recent review of literature which addresses the question of whether there is a pedagogy that is distinct for pupils with special educational needs (SEN). The review has been conducted as part of the BERA national event initiative. The review was based on a briefing paper which set out a conceptual framework to inform a national seminar which we organised on the issue. In this framework we distinguish between pedagogy focussed on educational needs which are common to all, distinct to some pupils and individual to each pupil. We then conducted a systematic literature search which focussed on the SEN areas of specific, moderate and severe/profound learning difficulties in the learning areas of literacy, numeracy and motivational/attitudes. We discuss the main implications of this review in terms of current issues concerned with inclusion, specialist teaching and future research needs.

Academic aspirations: Views of students and parents in state and private schools

S LEWIS & M YEE, De Montfort University

Sixth-form students' and their parents' academic aspirations and beliefs about the importance of education were studied in two contexts: state and private schools. The hypothesis was that private school (PS) students would perceive more parental influence than state school (SS) students. The 55 student-parent pairs responded separately to identical questionnaires. Furthermore, PS students' expectations and disappointment thresholds for A-levels grades were also explored. The hypothesis was partially supported. The findings showed student-parent agreement in both schools for parent-child communication and parental expectations in education. Nevertheless, school differences were found, with PS respondents reporting more involvement in parent-directed issues and higher parental expectations in education than SS respondents. Moreover, the latter reported more peer communication. On the A-level results, student expectations were highly correlated to actual grades received. Students' expectations and their disappointment thresholds revealed an extremely high relationship, suggesting that students would be unhappy if they did not achieve those particular grades they desired. In addition, students showed higher disappointment thresholds than they perceived their parents to hold.

Sex achievement and classrooms

P MARAS & P KUTNICK, Psychology Division, School of Social Sciences, University of Greenwich & University of Brighton

Sex differences and gender issues have long

been a topic for debate in Education both at academic and policy/practice levels. Discussion has been reflected in, and reported by, media. Most recently discussion has focused on links between sex and achievement in school, the most oft cited opinion being that girls are now out-performing boys on a range of indicators including SATs, GCSE and A Levels. Despite this interest arguments are not as clear cut as they might at first seem. Furthermore, action to remedy identified anomalies between girls' and boys' achievement has been ill-defined and often based on atheoretical notions about learning – often ignoring literature on children's social, emotional and cognitive development and the impact of peers and other pressures. This round-table aims to begin to address this deficit. Invited participants with expertise in different aspects of gender, achievement and education each focus on the following questions:

- What is (are) the main issue(s) in terms of sex and achievement in classrooms today?
- What support is there for this position?
- What do you feel government statistics tell us about this position?
- What do you suggest are ways forward?
- What do you wish to add to this debate?

Sex, science and psychology: 13 to 18-year-old students' academic choices

P MARAS & M BROSNAN, Psychology Division, School of Social Sciences, University of Greenwich

It has been suggested that traditional views on the gender-stereotyped nature of girls' and boys' academic preferences and attainment are reversing, especially in high attaining student groups. In order to consider this, 731 13- to 18-year-old students from mixed and single-sex schools completed a questionnaire on their academic and employment choices and aspirations and reasons for them. Analysis found, contrary to predictions, fewer girls than boys preferred science to non-science type subjects, and that girls that did prefer science tended to select subjects along gender-stereotypic lines, i.e. preferring biology to physics and chemistry. Differences were found between students in single-sex and mixed schools at different age levels. The reasons given by the students for their choices are discussed and considered in light of current media and government attention to sex differentiated attainment and academic preference.

New generations of Welsh speakers: Language group formation

A MATSUYAMA, School of Education, Cardiff University

Research on attitudes to the Welsh language in adolescents has been informed by theories about intergroup relations, but tends to neglect the importance of 'history' explaining negativity in terms of maturation and group identity. Since legislation in 1988, 1993 and the referendum of 1998, the Welsh language has been given much higher status than occurs with minority languages in other countries. There is a lack of reflexivity in much research on language attitudes, since investigators ignore the salience of their stance as members of language groups. By using a member of an ethnic group having no salience for Welsh and English issues, accounts of the importance of Welsh were obtained which showed variations obscured in other investigations. Changes in attitudes can be shown to be influenced by location, historical events and salience of the investigator's ethnicity as well as individual maturation. Areas where intergroup theory needs to accommodate simultaneous membership of more than one group are highlighted.

Gender differences in motivational profile: A possible impediment for a successful intervention programme

R McLELLAN, School of Education, King's College London

This paper investigates the motivational profiles of a cohort of students attending schools that are participating in a professional development programme (CASE) and a similar cohort in schools not involved in the programme. CASE (Cognitive Acceleration Through Science Education) is an intervention programme conducted during Years 7 and 8, which has reported remarkable success in raising students' academic achievement. The findings reported here are from the first phase of a longitudinal study concerned with the impact of CASE on achievement motivation. Working within a goal theory framework, motivational constructs including motivational orientation, beliefs and self-view were assessed via a self-report instrument to form a baseline measure ($n=1591$). Of interest here are gender differences, with girls exhibiting more adaptive motivational profiles than boys. The implications of this finding for successful engagement in programmes such as CASE, which make stringent cognitive demands on students, are discussed.

The magic of Father Christmas and its potential for children's development

T PAPTODOROU, Centre for Educational Research, Faculty of Education, Canterbury Christchurch University College

Commercial pressures, the spirit of giving and traditional conformity may be factors for perpetuating the Father Christmas story. However, a study of the unspoken beliefs that adults hold about the perceived effects of the Father Christmas story on children may illuminate better the justification of its perpetuation. The reported study aimed to investigate parental practices, experiences and attitudes toward the Father Christmas story. The study sample consisted of parents of young children selected by using random, multi-stage sampling and purposive sampling. 318 questionnaires were distributed and 24 individual interviews were offered. A survey was conducted by employing intra-method triangulation and using postal questionnaires and semi-structured interviews. Father Christmas is widely celebrated by families. Parents reported the 'finding out' about Father Christmas not to be a traumatic experience, while they particularly appreciate the effects of excitement and magical experience of Father Christmas, and the spirit of generosity and kindness he seems to represent. The magic of Father Christmas is reported as being of paramount importance in young children's lives, while values he may represent have also been acknowledged although to a lesser degree. Findings seem to set up the agenda for early years professionals. Further research is needed to investigate how professionals can use the Father Christmas story and utilise his magic in the best way to feed children's imagination, facilitate their mythic and causal thinking and provide meaning for the world and the self.

Verbal analogy test performance benefits following relational focus instruction

S PRESSLER, Bolton Institute

The notion that the analogical process is 'higher-order driven', or is reliant on the development of 'abstract' reasoning, is challenged. The research used a transfer and generalisation of training paradigm, in keeping with a 'lower-order' driven, or 'equivalence' matching model, of analogical reasoning. Relational focus between pairs of words, later embedded within tests of verbal analogies, was trained. This study also considered a variety of relation types, and level of abstractness within relation type. The benefits of training were in keeping with an 'equivalence', or lower order driven model of analogy, since

partial knowledge outcomes were best explained by this model. The findings were also in keeping with a metacognitive framework, reflected in awareness of relational focus and optimal level of relational difficulty influences. Overall, the work is in keeping with knowledge based accounts of analogy, contradicting the Piagetian notion of age-related step – wise qualitative increases in 'abstract' abilities.

A Welsh corner – the home corner

V REES, J PRINCE & W BELLIN, Cardiff University of Wales

Long held assumptions about the role of the home corner are challenged on the basis of recorded conversations of children when 'playing' in the home corner. The data were collected at locations chosen for contrasts in pre-school practice along the M4 corridor in South Wales. The absences in the conversations are important to note as well as what is present, in view of the assumptions being made as provision for pre-school children is extended down the age range while expectations for baseline assessments at the age of compulsory schooling begin to rise.

Evaluating learning: Determining the impact of an arts-based after-school project

P RIDEOUT, M KER & A DE LANEROLLE, Faculty of Education University of Glasgow and 'Arts is Magic'

It is intended to illustrate the conceptual framework for a three-year project that started in April 1998 and will continue until the end of 2000. An after school programme is running on two afternoons a week in a 'disadvantaged' area of Glasgow. This is arts-based with children in their last year at primary school embarking on structured activities with artists that are designed to extend their development not only aesthetically, but in personal, social and other cognitive areas. It incorporates a cross-age mediation programme with secondary pupils each allocated to assist a small group of primary children. The programme also aims to establish strong community links through the production and display of artwork, and liaison with local schools. The independent evaluation is gathering data from both formal assessment, and in qualitative ways that highlight the complexity of the social processes operating. It is exploring the development of the children's skills through a Multiple Intelligence perspective, with the aesthetic activities at the centre. It is also examining the administrative functioning and community liaison in the After-School Project with a view to providing a future prototype in running such a scheme. The paper discusses features of the hybrid evaluation model, including the dynamics of data exchange with project staff. The model combines elements of:
Discrepancy – looking at how far aims and intended implementation, are actually achieved;
Transaction – considering the administration, organisation and communication channels between the various participants in the Project;
Illumination – using qualitative methods and naturalistic inquiry to provide multiple perspectives on the Project, as well as explore processes that may not be apparent in a strict aims-outcome model.

Developing a relational self-concept scale

G SCHOTT, Institute of Education, London

For the last 20 years psychometric instruments that measure the self-concept have focused on the enduring features of the self rather than the more malleable elements that come from social influences. The self-concept can no longer be portrayed as a collection of individual thoughts and feelings that are separate from the ecology of the individual's life. This paper describes the development of the 'Relational Self-Concept Scale' which takes account of the social processes that inform the self, and was developed in Wales but is being trialled beyond and has shown its value for taking account of the complexity and variation of the self as a multi-

dimensional construct.

A study of trainee teachers numeracy skills and the demands of the national numeracy framework

G SHEATH, R TOWNSEND & J MITCHELL, School of Education, University of Greenwich

Over the past five years there have been many government initiatives aimed at improving the standard of pupils' numeracy. For schools the National Numeracy Project has developed the National Numeracy Framework which will be introduced in, essentially, all English primary schools in September 1999. The framework will effectively determine teaching methods, curriculum and teaching sequence of numeracy and mathematics in primary schools in England. For teacher training the DfEE issued Circular 4/98 in May 1999 which contains a list of some 200 standards for mathematics, a large section of which are about the trainee teacher's personal knowledge of mathematics. Teacher trainers are obliged to audit each of these standards and certify that the trainee meets each one before the trainee can be awarded Qualified Teacher Status. In order to meet the requirements of 4/98 the authors devised a pre-audit comprising 30 oral questions and a number of longer questions. This was administered to around 400 students/trainee primary teachers during the academic year 1998/99. The students were from PGCE Primary courses, four-year Honours courses with specialisms in maths, English, science and DT, three-year BEd courses, a small number from Key Stage 2/3 courses (to teach pupils from 7 to 14 years of age) with specialisms in maths, science and DT. The responses were used to provide evidence of the student having met standards but were also used to inform the mathematics courses that are delivered to students. This paper analyses the responses of students, indicating strengths and weaknesses, both overall and in particular groups. It also relates the results to the demands inherent in the National Numeracy Framework and draws conclusions about what should be provided in courses for prospective primary teachers.

Developing literacy through the Literacy Hour: A survey of teachers' experiences

C SMITH & H WHITELEY, Dept. of Psychology University of Central Lancashire

In early 1999 all primary schools in Preston, Blackpool and Chorley were sent copies of a questionnaire on aspects of the first term of the government's newly introduced Literacy Hour initiative, under which all primary schools in the UK must devote one hour each day to the study of literacy. The questionnaire was divided into five sections: training and preparation, implementation, effectiveness, children with specific difficulties and a general comments section. This paper presents results on each of these sections from 101 responses to the questionnaire. Sufficient general comments were made for us to be able to report on other aspects of the Literacy Hour such as writing, children's attitudes to the Literacy Hour, differences between school years and the differential outcomes of the Literacy Hour for children of different levels of ability.

Psychological research and teaching reading: Implications for classroom practice

J SOLITY, University of Warwick

There have been few school-based attempts to integrate children's acquisition of phonological skills with other aspects of teaching reading (e.g. general teaching methodology, reading stories, listening to children read, assessment, spelling, writing, etc.) to establish whether their impact can be transferred to everyday classroom contexts. Troia (1999), in a critical review of the experimental methodology adopted in phonological awareness intervention research

(*Reading Research Quarterly*), found that the most methodologically impressive studies were the least representative of typical classroom instruction and so could be regarded as having the least ecological validity. He suggests that there is an urgent need for more classroom research into the most effective educational practice. However, this requires the educational and research community to accept compromises and innovation in experimental methodology and alternative investigative paradigms so that the most effective classroom practice can be demonstrated. The paper presents a three-stage experimental model for conducting school-based psychological research into children's reading which is designed to establish the instructional strategies which enable children to make the greatest progress in reading and prevent the occurrence of reading difficulties. The impact of the model is illustrated through a description of the Early Reading Research, a six-year funded project, which combines large-scale, classroom-based, experimental investigations with a series of smaller-scale studies which have helped to identify the impact of specific instructional principles, based on psychological theory (e.g. the impact of distributed rather than massed practice), on children's reading. The paper highlights key issues to be addressed in research methodology in order to translate psychological theory on teaching and learning into effective classroom practice which has a significant impact on children's learning outcomes.

Literacy education: Where do we go from here?

R STAINTHORP, Institute of Education, London University

We have now ended the Year of Reading and schools have experienced the first year of teaching literacy under the guide-lines of the National Literacy Strategy (NLS) Framework. Where now? The National Literacy Strategy Framework has been designed to provide teachers with a clear structure for teaching all aspects of literacy throughout primary school. At Key Stage 1 the programme for word level work has been informed by empirical evidence from psychology that in order to begin to read successfully children have to develop fast accurate word recognition skills. Because English is an alphabetic language, albeit probably the most opaque one, children need to be taught letter sound correspondences so that they can begin to use a decoding strategy when reading and spelling. However, though there is strong evidence that can inform pedagogy at this early stage of reading development, there is considerably less evidence about the processes involved beyond word level work. What must be taught beyond phonics? It would be a mistake to think that all issues relating to the teaching of literacy have now been solved. Jane Hurry addresses this issue. What are the processes involved in reading beyond phonics and how might we begin to study this to develop evidence-based teaching? The Secretary of State for Education and Employment has made the bold commitment that he will be responsible if 80 per cent of Year 6 children do not achieve Level 4 in the English SATs by the year 2002. There are many questions that could be raised about the validity and reliability of the SATs but one issue is very clear – they are designed to be a summative record of achievement to date. This is true for all the key stages. This means that they are, at best, a rather crude measure of performance and of little use to teachers since they provide no analysis of the pattern of performance of the children. Where children are achieving at a satisfactory level this may not be of major concern. The KS1 SATs simply tell teachers what they already know – a child is reading or not. However, where children are failing to make adequate progress there is a need for diagnostic assessments that will enable teachers to plan effective recovery programmes. The Additional Literacy Strategy materials incorporate a fairly crude assessment for deciding the level of entry into the programme but there is no rationale given for this. Morag Stuart presents an analysis of existing reading assessments purporting to be diagnostic that are

open to teachers. This analysis will consider the theoretic basis of the assessments and whether they enable teachers to plan effectively. It is too early to make any judgement about the effectiveness of the NLS. However, the work being undertaken by Ros Fisher and Maureen Lewis at Plymouth University is mapping the implementation of the strategy in small schools. This very detailed study is providing some exciting insights into teachers' solutions for achieving success. The success of the strategy will relate not to the Framework alone but to the way teachers realise the strategy in their classrooms.

What happens to phonological awareness?

R STAINTHORP, Institute of Education, London University

Understanding of the processing involved in learning to read leads us to conclude that children need to be given explicit instructions about the sound structure of words and how to map on letters. The National Literacy Strategy now requires all schools to have some form of structured teaching of phonics. This is predicated on teacher's having expert knowledge in the domain of phonological awareness. This paper presents data that suggest that literate adults, who are not normally required to reflect upon the sound structure of words, do not necessarily have explicit awareness of phonemes.

A study of the note-taking at lectures of beginner students

P SUTHERLAND, R BADGER, G WHITE & T HAGGIS, Institute of Education, University of Stirling

The aims of the research were (1) to ascertain the relative effectiveness of the note-taking skills at lectures of three categories of starting students at university, and (2) to explore their attitudes towards note-taking: what they perceived to be the reasons for taking notes and how they set about it. The three categories were: English as a Foreign Language students (non-native English speakers), 1st year Education students and mature students on a Wider Access course preparing them for university. All the students attended a common Education lecture after which they were asked to submit their lecture notes to the researchers and to volunteer to come to a semi-structured interview about their attitudes. There were six in each of the category interview groups. There was a particular focus on the role of handouts in lectures: whether they are seen as a replacement for taking notes or as an Ausubellian advance organiser for taking a 'good' note. Interviews focused in particular on what students do about their notes after the lecture: whether they edit their notes, read around the topic and reflect about the content or not. A comparison was made of the relative effectiveness of the three categories in taking notes and of their attitudes towards taking notes at lectures. Most students in all three categories either tried to get every word or else the main points down. Tidiness and usefulness for subsequent preparation for essays and/or exams were seen as the main criteria of a 'good' set of notes. Handouts were seen as either of no use at all, a useful prop or an advanced organiser. When the actual notes of the 23 native and non-native speakers of English were analysed according to Hull's categories, only four used the lecture as a basis for serious further reading. Otherwise there were no significant differences between the notes of the native and non-native speakers.

Co-operative learning helps teach science through Welsh

E THOMAS, School of Education, University of Cardiff

The way in which materials are developed for teaching science through the medium of Welsh involves a complex co-operation between agencies such as the Curriculum Authority, LEAs and practising teachers. The Curriculum Authority has commissioned improved materials for

teaching in Welsh medium primary schools. The majority of pupils in anglicised areas who receive Welsh medium education speak English at home. Hence, in science teaching, to ensure usage of scientific terminology, something more than teacher talk and individual written work is important. Using an action research paradigm a co-operative learning scheme was developed based on US and UK precedents. Evaluating the scheme finds that long-term retention of technical terminology is significantly improved. The results are discussed from Vygotskian perspectives and neo-Piagetian perspectives which allow for peer influence to have an effect on equilibration.

Examining the contexts of the use of ICT

A TOLMIE, University of Strathclyde

Policy-makers are often tempted to look for direct and obvious benefits from the use of ICT in education. In fact, though, whatever form it takes, ICT is necessarily introduced into a pre-existing framework of educational and social activity, and the outcomes are dependent on how it fits to this activity. One consequence is that the uses and benefits of the same technology or software may be unexpectedly diverse, according to specific setting. A second is that if we wish to exercise control over outcome, the conditions of use of specific instances of ICT need to be planned for within the design and implementation of the technology. A third point is that in order to do this, research needs to gather data on the interplay between technology and context, raising questions about appropriate methodologies. These points are illustrated via three studies, one each at primary, secondary and university levels of education.

Teachers professional development: Towards a research agenda

P TOMLINSON, University of Leeds

This symposium is intended to take a relatively interactive form involving discussion by all participants, in the interest of coming up with an agenda of researchable aspects of teacher education and development. Discussion is initiated by brief inputs from the three named speakers.

When psychological theory is overtaken by classroom pragmatics

J UNDERWOOD, University of Nottingham

The claims for the educational benefits of multimedia supported software are positive but largely untested. Can such claims be justified with specific reference to support for the development of reading skills? This paper presents evidence of learning outcomes in the area of reading from the use software incorporating two very different styles of learning, structured sub-skills tutoring versus free reading, but which both heavily exploit multimedia presentation. The message from these two studies is complex. Learning does occur but differential performance gains compared to more traditional teaching are not assured. Secondly, these studies show that current debates about whole-word versus phonological skills teaching can be overshadowed by characteristics of the software other than that of the mode of teaching, and by organisational choices and constraints within the classroom.

Constructivist teaching and pupils with learning difficulties

J WATSON, Faculty of Education, University of Edinburgh

In my paper I make the claim that the growth of interest in social constructivist approaches is especially relevant to the education of pupils with learning difficulties. I illustrate the potential benefits with examples from classroom practice. Social constructivist ideas have so far had most effect on early education. Educators can readily accept that learning in young children is interactive and social in nature, and that they gradually develop more autonomy over time. They see the scaffolding metaphor as entirely

appropriate. However the impact of social constructivist ideas has spread wider. It seems to me that there is the potential to enhance pupils' learning at any age or level of ability, and in all areas of the curriculum. They give due recognition to the teacher, to what happens in classrooms and to pupils' existing knowledge and interests, and thus seem to crystallise what effective teaching and learning are about. I want to consider the special potential of social constructivist ideas in the education of pupils with learning difficulties by looking at some of the commonly agreed obstacles to their learning and at research findings concerning their classroom experiences. I have taken 12 headings identified by Brooks and Brooks (1993) as a framework for discussion of classroom practice. Their choice is derived from their own research and informed by that of others. I thought it would be useful to consider their application to pupils with learning difficulties.

The educated brain: The implications for education of current research in cognitive neuroscience and neural Darwinism

D WHITEBREAD, Homerton College, Cambridge, J GEAKE, Faculty of Education, University of Melbourne, Australia & P COOPER, School of Education, University of Cambridge

Recent technological advances in the studies of genetics and neuroscience have led to an explosion in research findings and theorising about the evolution, structure and functioning of the brain. This paper reviews these current developments in cognitive neuroscience and the debate about whether research in this area can usefully inform educational psychology. It goes on to explore the possibility that there might be implications of both a general and specific nature for a range of educational issues and practices, including: specific cognitive disabilities, e.g. ADHD, autism, dyslexia, specific areas of

learning, e.g. mathematics, reading, general and educationally relevant cognitive processes, e.g. memory, attention, motivation, general cognitive, developmental and educational issues, e.g. the nature of intelligence and giftedness, readiness for learning, appropriate curricula. The paper concludes by examining the kinds of research approaches which seem to offer the most potential in relation to educational issues and the kinds of research questions which might be most usefully addressed.

Teachers professional development: Toward a research agenda

A WILLIAMS, School of Education, King Alfred's College, Winchester

This symposium is intended to take a relatively interactive form involving discussion by all participants, in the interest of coming up with an agenda of researchable aspects of teacher education and development. Discussion is initiated by brief inputs from the three named speakers.

Skill as characterised within sport psychology and its relevance to education

R WILLSON, Psychology Division, School of Social Sciences, University of Greenwich

The concept of 'transferable skills' occupies a prominent position within current educational thinking. However, there seems to be a lack of consensus as to an exact definition for this terminology. In this paper I present a definition of skill taken from sport psychology and explore the application of this definition within the context of education. Specifically, I argue that much of the apparent confusion with regard to transferable skills results from a confusion between three related but distinctly different concepts, those of ability, technique and skill. The relationship between these concepts is hierarchical with ability as the foundation, technique as an

intermediate stage with skill being the endpoint. Technique builds from ability and skill is the application of correct technique within the correct context. In conclusion, I present several examples of how this distinction should be applied within an educational context.

Exploiting theories of learning in the design and use of computer-based learning environments

D WOOD, University of Nottingham

The application of theories of learning to the design of computer-based learning environments has reached the stage where theory has provided the design inspiration for some serious commercial systems. These have found their way into classrooms in a big way. The school-based evaluations of these systems have, I argue, revealed serious shortcomings in their effectiveness. These shortcomings rest on at least two weaknesses, each of which stems from a rather social view of the nature of learning. I illustrate each of these claims with examples of computer-based learning environments which we have designed on the basis of such theoretical assumptions and discuss the evidence that we have gathered from evaluations with learners.

Mathematical, Statistical & Computing Section

Mathematical, Statistical & Computing Section, Birkbeck College, University of London, 27 November 1999.

Object relocation tasks: An exact test of significance with credit for partial knowledge

R Gillett, University of Leicester

The object relocation paradigm is used to assess spatial memory in cognitive, developmental and clinical contexts. A number of objects are displayed on a desk or on a computer screen for a period of time. They are then cleared away to one side of the desk or screen. The subject is asked to replace them in their former locations. The objective of the present approach is to provide an exact test of significance for a

measure of individual performance that gives credit for near misses.

The objects are arranged in a grid with b rows and c columns. The more finely position is to be measured, the larger $n = bc$ will be. In many cases, the number of objects will be smaller than n , and there will be unfilled locations on the grid. The analysis is unaffected if we consider those locations to contain phantom objects.

It is helpful to view the problem as a combinatorial matching task.

The $b \times c$ grid of object positions is subjected to the following transformation. The $n = bc$ possible locations are represented by the columns of an $n \times n$ matrix whose rows consist of the n possible objects (including phantom objects) to be placed in those locations.

Partial knowledge is captured by designating as permitted (in the matrix) cells that are adjacent

(in the grid). The permitted cells represent allowable responses. For example, depending on the hypothesis being tested, an experimenter might designate as permitted those cells that are adjacent horizontally, vertically, or both. The level of acceptability of near misses may be controlled by treating as permitted those cells within a one-cell, two-cell, etc., radius of the correct cell in the grid representation.

A generating function is presented that enumerates permutations with k correct responses, where a correct response is defined as an object-position pairing that falls in a permitted cell of the $n \times n$ matrix. A closed-form expression is provided for the probability distribution of correct responses. An online statistical test with an intuitive graphical interface, that is accessible on the internet, is demonstrated.

Division of Clinical Psychology

Annual Conference, Winchester Cathedral,
13–16 April 2000

Sexual satisfaction and sexual difficulties amongst lesbian GU clinic attendees

N ADAMS, Camden & Islington Community NHS Trust, J STOKES, City University & J PETRAK, Barts & the London NHS Trust

Objective: This study attempts to examine the type and frequency of sexual problems in lesbian couples attending a GU clinic. In addition we aim to collect preliminary, exploratory data on variables which have been implicated in the theoretical literature as being of particular relevance to lesbian sexual relationships, such as drug and alcohol use, sexual abuse history, specific relationship beliefs and internalised homophobia.

Design: This is a qualitative and descriptive study using self-report questionnaires. These include an adaptation of the Golombok Russ Inventory of Sexual Satisfaction, the Hospital Anxiety and Depression Scale, the Relationship Beliefs Inventory and Internalised Homophobia scale.

Method: All women attending a specialist sexual health clinic for lesbians, over a six-month period from October 1999, will be invited to complete an anonymous questionnaire.

Results: None available at the present time. Results will be descriptive. Some comparison with published norms will be possible for the HADS and the GRISS.

Conclusions: Little is known of the type and prevalence of sexual dysfunction experienced by lesbians, or of what characterises sexual satisfaction in lesbian relationships. Clinical experience, however, suggests that increasing numbers of lesbians are seeking treatment for sexual difficulties in specialist centres. Current classification systems for sexual dysfunction are based on models of heterosexual sex and as such may be inadequate in developing therapeutic interventions. It is our aim to determine the extent and nature of difficulties in this population, in order to improve both assessment and clinical intervention.

Psychological therapy for cancer patients: Does it work? And what do we mean by 'outcome'?

P ALDEN, Derbyshire Royal Infirmary

Objective: The aim of this paper is to consider the evidence for the efficacy of both individual and group psychological therapies for cancer patients, and to consider what constitutes appropriate outcome measures for this patient group.

Background: In the current evidence-based practice climate of the NHS, the measurement of clinical effectiveness in terms of outcome data has become increasingly important. It is incumbent on the clinician to demonstrate the validity of their techniques, to evaluate their work and to keep abreast of clinical research.

Method: The methodology employed in the preparation of this paper was a combination of literature review and examples from clinical practice. Databases Psychlit and Medline were searched using keywords: Groups, Psychotherapy, Cancer, Malignant, Psychosocial, Cognitive Behavioural, and Psychological. Group therapies have become popular as they are viewed as cost-effective as well as being able to reach larger groups of patients in a shorter time and make better use of resources. This paper reviews the current status of various group and individual therapeutic approaches.

Conclusions: Whilst some outcome data may look convincing, it raises the question as to what is a valid outcome.

Route learning in patients with memory difficulties: Limitations of training in a virtual environment

T ANDREWS, Royal Free Hospital, London, B BROOKS, University of East London, J McNEIL, Homerton Hospital, London, F ROSE, University of East London & R GREENWOOD, Homerton Hospital, London

Objective: The current study investigated the feasibility and effectiveness of using Virtual Environments (VEs) for training route memory to patients with cognitive and physical impairments resulting from a range of neurological conditions.

Design & Method: Similar to a recent study describing the training of routes with a VE to a brain-injured patient (Brooks *et al.*, 1999), the current study described route training of three patients with severe memory difficulties. All participants had been resident in a rehabilitation unit for several weeks prior to the study commencing, but all were unable to find their own way around the unit. All three participants were taught to find two routes in a detailed computer-generated 3D VE based on the rehabilitation unit and to find two routes in the real unit.

Results: All participants were able to use the VE. However, the participants varied in the amount of route memory gained from each training technique. Two participants with preserved procedural learning benefited from the use of VE. In contrast, one participant with impaired procedural learning and very poor attention learned routes more effectively from training in the real unit. Possible explanations for these findings are presented.

Conclusions: The present study provided evidence for the feasibility of using VEs with a varied population with a single neurological insult.

Psychosocial intervention for children exposed to trauma: The role of external evaluation

J BARTON & C PUCKERING, University of Glasgow

Objective: This paper describes a method of external evaluation of psychosocial intervention programmes for children in traumatic circumstances. A model of intervention and the role of external evaluation are discussed.

Background: Between 1996 and 1999, the Glasgow Psychological Trauma Consultation Group were commissioned by UNICEF to evaluate psychosocial support for children and young people in especially difficult circumstances in the former Yugoslav republic of Macedonia, the Federal Republic of Yugoslavia and Croatia.

Method: A method was developed, including the assessment of the effects of specific UNICEF projects in the context of existing health, education and social welfare provisions and complementary activities of other non-governmental organisations. Programmes ranged from specific treatment strategies for children with identified psychiatric conditions to community-based programmes. The latter were based in pre-schools, schools, libraries, etc., which provided non-stigmatising psychosocially facilitating environments and provided the opportunity for skilled health, education and welfare staff to intervene where necessary and to identify those in need of more specialist help.

Conclusions: The aim of the external evaluation was to assess the effectiveness of the programmes implemented and to develop a model of intervention which could be applied in the future. Recommendations for the role and timing of external evaluation were derived from these experiences. In particular, the external evaluation could have a proactive role in advising on the choice of interventions of established effectiveness and in planning appropriate implementation of innovative locally developed programmes.

Mother's beliefs regarding her child's safety and vulnerability

A BOGAN & E CAMPBELL, University of Glasgow

Objective: To examine and clarify the psychological processes in mothers whose children have sustained a significant accidental burn injury. The main aims were to compare the cognitive schemas (re safety, vulnerability and parental competence) of mothers of injured children and mothers of non-injured children and to compare parenting practices.

Design: Mothers of accidentally burned children compared to mothers of children (age and gender matched) having day surgical procedures.

Method: Mothers of children aged 0-10 years ($n=28$) who had sustained a burn injury 5-19 months earlier participated in a purpose-designed, semi-structured interview and completed a battery of standardised measures. Controls consisted of mothers ($n=14$) whose child had undergone an elective surgical procedure. Potential participants were identified via hospital records and invited to opt in to the study by letter from the consultant paediatric surgeon.

Results: There were no significant associations between childhood burn injury and elevated scoring on emotional and behavioural measures, according to the chi-square test for independence. Similarly, mothers' schemas regarding vulnerability and parental competence did not differ from controls. However, mothers of burned children were consistently found to differ from controls in terms of their benefits about the meaningfulness (or controllability) of the environment.

Conclusions: The study did not find a high rate of emotional or behavioural symptomatology following childhood burn injury. Results indicate that, where disturbance occurs, it is primarily in terms of beliefs about the controllability of one's environment. Mothers should be screened for 'uncontrollability' cognitions in the acute and follow up stages of their child's burn care and efforts taken to aid the accommodation of the burn experiences into existing beliefs in order to ameliorate the potential development of future problems.

The social-cognitive transition model of adjustment

J BRENNAN, Bristol Oncology Centre

Objective: To consider a model of adjustment which can be used to explain the many responses to a diagnosis of cancer.

Background: Within psycho-social oncology the term 'adjustment' is used in many contexts: a patient's return to their premorbid state of mental health, their level of psychological morbidity, the end-point of coping with threat of cancer, an adjustment disorder. It is argued on theoretical grounds, however, that the term should more appropriately be reserved for the psychological processes of adaptation to cancer and all its implications.

Method: Involves a literature review and the discussion of clinical issues. This common sense notion of 'coming to terms' is explored and a social-cognitive transition of model of normal adjustment is proposed which is drawn from theoretical work in both bereavement and trauma. This clinically relevant model accounts for both the development of psychological disorders, including PTSD phenomena, as well as patients' reports of healthy personal growth as a result of cancer. The model also suggests why psychological treatments can be effective, and enables predictions to be made about how psychological morbidity may be prevented.

Conclusions: The model has implications for the way in which 'quality of life' is conceptualised.

The impact on professionals who work with traumatised children

J BURNS & E CAMPBELL, University of Glasgow

Objective: To examine the psychological cost of working with traumatised children in general and the concept of secondary traumatic stress (STS) in particular.

Hypotheses:

- the greater the exposure to traumatised children, the presence of previous traumatic histories, and recent personal adversity will be associated with greater levels of secondary traumatic stress (STS);
- the more training in post-traumatic stress and the more support and supervision a worker receives, the less severe their STS will be.

Design: A non-experimental design consisting of postal questionnaires (n=496) and semi-structured, anonymised follow-up telephone interviews with a random sample of participants who opted in (n=29).

Methods:

Participants:

- nursing and medical staff at a paediatric teaching hospital;
- social workers in the field of child protection;
- workers at a telephone helpline for children.

Results:

- 61 per cent reported medium-high levels of post-traumatic symptomatology;
- 53.8 per cent and 15.3 per cent reported caseness levels of anxiety and depression respectively;
- social workers in the field of child protection were found to be experiencing the most psychological difficulties;
- no individual predictors of disrupted cognitive schemas associated with vicarious traumatisation were identified.
- a general increase in psychological symptoms was evident as the number of reported chronic difficulties and life events increased;
- levels of training and support at work not significantly correlated with any outcome measure;
- main coping strategies employed included making use of the team and debriefing;
- impacting positively on others' lives was the main rewarding aspect.

Conclusions:

- phasic relationship (rather than a dose response relationship) suggested between levels of exposure to traumatised children and psychological symptomatology;
- possible reasons for increased symptomatology:
 - greater use of maladaptive coping strategies;
 - statutory demands;
 - organisational issues;
 - other participants under-endorsing psychological symptomatology due to avoidance.
- need for recognition of STS as potential 'occupational hazard'.
- further research of longitudinal nature needed.

Abuse history and sexual risk behaviour in female STD clinic attendees: A qualitative study

A BYRNE, University of East London & J PETRAK, Barts & the London NHS Trust

Objective: Studies conducted in the US have established a connection between a history of sexual abuse and HIV risk behaviours in several adult populations. However, there has been limited study of the psychosocial factors that may account for this connection. The present study aimed to explore factors influencing sexual risk behaviour among women who have experienced abuse.

Design: As part of a larger quantitative study, qualitative analysis was employed in an in-depth study conducted with a small sample of women who reported past experience of abuse. Qualitative methods were used in order to begin to redress gaps in the literature characterised by an absence of accounts of the women themselves.

Method: In-depth, semi-structured interviews were conducted with five women who reported past experience of abuse. The resulting data

were analysed by means of Interpretative Phenomenological Analysis. This method is deemed to be especially useful when the focus of the research is complex, controversial and personal.

Results: Themes identified included: self-esteem; fear of rejection; recklessness; wariness; strength; and the influence of male sexual partners.

Conclusions: The effects of past abuse on risk behaviours are complex. Low self-esteem and fear of rejection create difficulties for women in negotiating safe sex. However, wariness and determination to avoid further abuse may have self-protecting functions. Prevention efforts aimed at abuse survivors should be multifaceted, incorporating individual and interpersonal variables and considering issues of gender and power.

A psychodynamic approach to Combination Therapy adherence

M CHESTER-JONES, Camden & Islington Community NHS Trust

Objective: This paper approaches the topic of adherence (compliance) from a psychodynamic perspective.

Background: The main factors influencing adherence are abstracted from the mainstream research on Combination Therapy in HIV infection, and the psychodynamic literature on psychoactive medication. There has been little psychodynamic interpretation of these 'behavioural' or 'psychosocial' factors in HIV therapy, and less on the role of the clinician-client relationship.

Method: Factors contributing to adherence are re-examined in the context of the clinician-client relationship, and from psychodynamic (Long-standing, individual, nonconscious) perspective. Issues of 'forgetting', clinical alliance, resistance, transference and counter-transference are highlighted and discussed, with presentation of relevant clinical material and two case summaries.

Conclusions: Difficulties facing physicians and psychologists who are designing or offering adherence interventions will include focusing on the client rather than the clinician, unconscious attitudes to the medical regimen, and problems in the therapeutic alliances.

Progress and prospects in quality of life assessment in oncology

A CULL, Western General Hospital, Edinburgh

Objective: This presentation aims to summarise progress in the development and use of instruments to measure aspects of quality of life (QL) of cancer patients, highlighting the contribution of psychological knowledge and skills and to identify priorities for future research.

Background: In the past decade it has been demonstrated that it is possible to measure the impact of cancer and cancer treatment on patients' well-being using psychometrically sound instruments which are feasible for use in international clinical trials in oncology. Methodological issues remain to be addressed in the analysis and interpretation of QL data. Nonetheless, the clinical value of QL outcome data is increasingly recognised, particularly in the palliative setting, and there is evidence that QL scores carry prognostic information independent of other clinically recorded factors.

Method: Included review of the literature on recent psychometric studies and of the author's own recent empirical studies. There is now interest in incorporating QL assessment into routine oncology practice. Preliminary evidence suggests this improves doctor-patient communication about physical and psychosocial problems and increases satisfaction with the consultation. It has been demonstrated that it is feasible to use touchscreen computers in the clinic to automate the collection and scoring of QL data. This approach offers an improved means of screening for patients with clinically significant levels of psychological disturbance who warrant clinical assessment and potentially psychological intervention.

Conclusions: The paper concludes that in future, application of item response theory to calibrate item difficulty and computer-assisted testing will allow more efficient and brief scales to be generated, tailored to measure more precisely the multiple dimensions of cancer patient QL.

Ethical processes in the collection and management of culturally sensitive health information

O DAVIDSON, M MUDARI-CHINOYA, Camden & Islington Community NHS Trust, London, K FENTON, University College London & D MILLER, UNAIDS, Geneva

Objective: This paper attempts to address some of the issues associated with managing and disseminating culturally sensitive information that is obtained from minority ethnic groups for the purpose of clinical health service research and development.

Design: The MAYISHA study provides an example of community-based research which highlights both the importance of, and the difficulties in, researching sexual health behaviour in the African communities residing in central London. The stakeholders include the health service, the funding agency, the academics, the NHS researchers, the community organisation representatives, and, of course, the individuals from the target communities themselves. The public may have a variety of interests also. All these groups may have goals in common, but they may also have agenda (explicit or implicit) that are incompatible with those of others. Given the importance of developing a user involvement model of research in such an area, the target communities themselves need to be more influential in the design and methodology of information gathering. In return they need to be more involved in the development of initiatives aimed at addressing health needs identified in the research. However, in the participatory process, it is of equal importance that communities are given the opportunity to view, comment on and own the data collected, and determine how it should be disseminated.

Results: Work in progress.

Conclusions: This study challenges the traditional relationships between researchers and their study participants, and raises issues regarding ownership, responsibility and accountability.

'Cutting out the pain': A functional model of self-mutilation in adolescence

S DAVIDSON, Brent, Kensington & Westminster Mental Health NHS Trust

Objective: The study examined the phenomenology and function of self-mutilation as perceived by adolescents who self-mutilate.

Design: A qualitative design was implemented using a grounded theory approach to develop a model of self-mutilation from the adolescents' interview transcripts. This approach allowed the researcher to remain close to the adolescents' narratives and make sense of them by developing a model that was grounded in the adolescents' accounts.

Method: Semi-structured interviews were conducted with eight adolescents (seven female, one male: mean age = 16 years) who had self-mutilated on at least five occasions. The last occasion of self-mutilation fell within six months of the interview.

Results: Self-mutilation was influenced by experiences of disconnection and low self-worth that were associated with difficulties in early attachment and subsequent relationships. Increased sensitivity to particular factors in the environment, such as conflict and rejection led in turn to overwhelming affect that was dealt with by self-mutilation. Multiple expressive functions of self-mutilation were reported that seemed highly reinforcing for the adolescents. The long-term consequences of the act, however, were largely negative and were associated with further disconnection and low self-worth.

Conclusions: Self-mutilation was described by the adolescents as having multiple functions and

as being highly reinforcing. The difficulties the adolescents described in their attachments with others and in expressing various overwhelming feelings can be considered within a model that has implications for professional intervention and understanding.

Adherence, antiretroviral medication and sexual behaviour among gay men living with HIV/AIDS

M DAVIS, Royal Free & University College Medical School, O DAVIDSON, Camden & Islington Community NHS Trust, J IMRIE, J STEPHENSON, Royal Free & University College Medical School, G HART, University of Glasgow & I WILLIAMS, Royal Free & University College Medical School

Objective: Adherence to prescribed anti-HIV drugs has become an important public health issue. Without strict adherence, several health-related consequences are likely: rebound of viral load levels, emergence of treatment-resistant HIV, and reduction in future treatment options. Lack of adherence combined with unsafe sex is likely to contribute to ongoing transmission of treatment-resistant virus. Little published research in the UK has examined these issues through a combination of behavioural and epidemiological techniques. Therefore, this paper will report on work in progress about the relationship between measures of adherence, viral load, perceptions of risk and unprotected anal intercourse in HIV-positive gay men.

Design: The study employed behavioural and epidemiological dimensions in order to identify the predictors of unprotected anal intercourse and its association with levels of adherence. These data have been collected as part of the Sex Health Antiretroviral Project conducted at a large HIV outpatient clinic in London.

Method: Data and specimens have been collected from 500 HIV-positive gay male outpatients using three methods: a cross-sectional survey of sexual behaviour and risk perception; a review of treatment and viral load history; and a prevalence survey of sexually transmitted infections. To promote confidentiality, the questionnaire was in a computer-based self-administered format.

Results: The relationships between the variables in question will be analysed using regression and non-parametric techniques to predict risk behaviour.

Conclusions: Results will be discussed in relation to the development of effective interventions to promote adherence, along with rigorous monitoring and evaluation protocols.

The professional, clinical and research implications of developing and providing services for a multicultural population

M DENNIS, Tavistock Clinic

Objective: This paper attempts to provide an overview of some of the key features of ethnically and culturally appropriate research, clinical practice and professional issues. Some of the contextual frameworks which clinical psychologists need to take into account and encompass in order to provide services to meet the needs of a diverse population are highlighted.

Background: There is a critical appraisal of the structural factors that have developed out of the historical context of the profession which now present a challenge.

Keypoints: Attention is paid to key government papers and initiatives. Specially, how these initiatives may or may not lead to the social inclusion of black and minority ethnic people. The three subsequent papers further elucidate the issues raised regarding the profession and core competencies – Zenobia Nadirshaw's paper, research issues – Oliver Davidson's paper and clinical practice – Sue Holland's paper.

Conclusions: The second half of this paper summarises and suggests guidelines on how to provide services that are ethnically and culturally sensitive.

Clinical psychology and the treatment of challenging behaviour

E EMERSON, University of Manchester

Objective:

1. To describe the current role played by clinical psychology in the treatment and management of challenging behaviours shown by people with intellectual disabilities.

2. To identify predictors of use of clinical psychology services.

Design: Secondary analysis of two databases.

Method: Database 1: survey undertaken in the North West of England in 1987 of 264 people with intellectual disabilities and challenging behaviour. Database 2: cross-sectional study of quality and costs of residential supports provided to 500 people with intellectual disabilities. Each database included the Client Service Receipt Inventory (measure of services received in three months), measures of adaptive and challenging behaviour and details of treatment/management strategies.

Results: Simple descriptive statistics will be used to describe current levels of service receipt and use of specific treatment strategies. Logistic regression will be employed to identify individual and contextual factors associated with service receipt and use of specific treatment strategies.

Conclusions: Results will be discussed in the context of existing evidence regarding 'best practice' in the treatment/management of challenging behaviour.

Traumatic neonatal events: Mothers' reactions

D FORREST, E CAMPBELL, C DEL PRIORE & B HOLLAND, University of Glasgow

Objective: This study is a largely exploratory, but it aims to build a psychological profile of mothers who have premature infants admitted to a neonatal unit. These events will be viewed from a trauma perspective. The main hypotheses are: i. mothers who have infants in a neonatal unit will display some psychological difficulties; ii. mothers whose infants need special care and not intensive care will display fewer symptoms; iii. the preparedness of mothers will influence their response to events iv. symptoms will change over time.

Design: The design of this is both between and within subjects. It is largely exploratory due to the fact that this area has not, in the past, been viewed from a trauma perspective.

Method: Participants are mothers of premature infants who have been admitted to the neonatal unit in a Glasgow hospital. Mothers will be interviewed while their child is still in hospital, between one and four weeks after childbirth. This involves completing components of the Structured Clinical Interview from DSM-IV (SCID), the Hospital Anxiety and Depression Scale (HADS) and the PENN inventory and a semi-structured interview which assesses pregnancy and birth details. Mothers will be sent the HADS and PEN questionnaires to complete three months after the initial interview.

Results: Data collection is ongoing and preliminary results should be available in April 2000.

Conclusions: It is hoped that the results of this study will be of assistance in shaping future psychological services in this field.

Organisational culture in community homes for people with learning disabilities

E GILLET, Birmingham

Objective: This study aimed to explore the relationship between organisational culture and workplace performance as measured by quality of life in community homes for people with learning disabilities. It was hypothesised that a positive organisational culture would be associated with high quality of life for users.

Design: Two community homes were compared on organisational culture and quality of life measures. As quality of life is increasingly being proposed as the ultimate criterion for the assessment of service effectiveness, it was used

to quantify the outcome of staff performance.

Method: The participants were 'low' and 'high' performing staff groups, as labelled by their area manager. Materials were the Organisational Cultural Inventory (OCI) and COMPASS: A Multi-Perspective Evaluation of quality in Home Life. An OCI was completed by staff during a one-to-one meeting, with individual scores being combined into a global cultural profile. A COMPASS profile was completed for each home by interviewing users, staff and by direct observations.

Results: Statistical manipulation was limited, where possible Mann Whitney tests were employed. The staff group serving the home with lower quality of life demonstrated significantly higher scores on the cultural scores associated with high stress. High stress is implicated in poor performance and other staff behaviours like absenteeism and turnover.

Conclusions: As many other factors known to impact on quality of life were controlled for, it is suggested that the difference in organisational culture can account for the difference in quality of life for users as mediated through staff behaviour and performance.

Disorganised attachment representations in the early school years: Link to child psychopathology and maternal attachment representations

J GREEN, R GOLDWYN, C STANLEY, V SMITH, S MARROLINI & S PETERS, University of Manchester

Objective: To investigate the linkage between disorganised attachment representations.

Design: Two related studies investigated: (1) the distribution of attachment disorganisation in normal and clinical groups; (2) possible association between child and parental representations of attachment.

Method: Children's attachment representations were studied using a new validated vignette completion doll play procedure, the Manchester Attachment Story Task (MCAST). Maternal representations were rated on the Adult Attachment Interview (AAI). Behaviours were rated using parental and teacher CBCL. Study 1 investigated a mixed cohort (n=99); 55 children aged 5-7 years recruited from a primary school and 49 aged matched children at clinical referral with emotional and conduct disorders. Study 2 used a subgroup of 30 mother-child pairs from the school group, in which concurrent AAI had been performed on the mothers.

Results: Three forms of disorganised attachment representations (D) were identified on the MCAST – episodic, pervasive and bizarre. Disorganisation of all kinds were increased in the clinical group but pervasive D was confounded by language delay. Episodic D was independent of developmental variables and was associated with externalising disorder on the CBCL. Child disorganisation showed association with parental unresolved loss and trauma on the AAI ($\kappa=0.5$, $p=0.006$).

Conclusions: It is possible accurately to identify subtypes of attachment disorganisation on the MCAST. Disorganisation shows association, also reported in other studies, with child behavioural problems and unresolved loss and trauma in the mother. The study has implications for clinical assessment and treatment design.

The role of psychology in oncology – looking to the future

P HARVEY, Queen Elizabeth Hospital, Birmingham

Objective: The aim of this paper is to demonstrate the role of psychology in oncology.

Background: Psychological knowledge has contributed much to the care of people living with cancer, whether patient, relative and professional carer. It has altered the process of care from detection through diagnosis and treatment to palliation and the terminal stages of the illness. The provision of proper psycho-social care is now seen as integral to the work of cancer centres and units (in theory, if not always in practice).

Method: Involved Literature Review and discussion of clinical and epidemiological issues. Examples from the empirical literature are presented to demonstrate this which, in turn, sets the scene for the identification of areas for future development, both clinically and theoretically. For example, it is still not clear as to the intensity and style of psychological service provision that best serves people's needs; there are significantly more potential users of such service than providers – how can some equity be achieved? What can models of coping, communication and decision-making add to better services – and how can the experience of service users and service providers contribute to theories of those processes?
Conclusions: Suggestions for future research themes are outlined, as are the implications for other diseases.

Witnesses with learning disabilities in court: Questioning strategies of lawyers

C HATTON, Lancashire Clinical Psychology Course, M KEBBELL & S JOHNSON, University of Birmingham

Objective: People with learning disabilities can give accurate accounts of past events, although this accuracy is vulnerable to particular question types, such as yes/no and leading questions. This paper examines the extent to which hostile lawyers in cross examination use such unhelpful question types, compared to friendly lawyers in direct examination.

Design: The study employed a within-participants Design: Question types used by lawyers in direct and cross examination were compared in eight court cases where a person with learning disabilities was a witness.

Method: From court transcriptions, question types were coded into the following categories: open; closed; yes/no; either/or; leading; negatives; multi-part; questions about names, numbers and dates/times; assertions of not telling the truth or inaccurate memory; and questions using cognitive interview techniques. Initial estimates of inter-rater agreement were acceptable.

Results: As more questions were asked in cross examination than direct examination, questions frequencies were converted to percentages. A series of t-tests revealed the following differences between direct and cross examination ($p < 0.01$). In direct examination, lawyers asked more open and closed questions. In cross examination, lawyers asked more yes/no and heavily loaded questions, and made more assertions of not telling the truth and inaccurate memory. Across both conditions, the use of yes/no questions was high and there was little use of cognitive interview techniques.

Conclusions: From this small sample, it appears that cross examination lawyers are using questioning strategies to discredit the testimony of witnesses with learning disabilities. Although direct examination lawyers are more supportive, they are not using questioning strategies likely to maximise the accuracy and completeness of eyewitness testimony from people with learning disabilities.

From patient to participant: Clinical psychology's growing awareness of 'The User' and 'The Community'

S HOLLAND, South Buckinghamshire NHS Trust

Objective: The development of service user involvement in the community has been developed over the last 20 years from a social action psychology model. This approach integrates psychological principles with social structuralist overviews.

Background: This paper describes the development of a social action psychotherapy which began in crowded metropolitan multi-racial working class estates.

Method: The current principles of this approach are examined and clinical examples are given to illustrate current work which can best be described as a mix of Healer (psychotherapy), Helper (consultancy, teaching) and Hustler

(project development). This work is currently with a minority population, mainly originating in rural Pakistan or small islands of the Caribbean.

Conclusions: A summary of insights drawn from the social action model over the past 20 years and implications for working with diverse communities.

An investigation into HIV disclosure and social support in black African men and white gay men

C KOCH, University of East London & O DAVIDSON, Camden & Islington Community NHS Trust

Objective: This pilot study aimed to further examine issues of disclosure of HIV status and social support in HIV-positive Black African men.

Design: Both a case controlled quantitative and a single cohort qualitative design were adopted.
Method: For the quantitative part of the study, 20 white gay men and 20 black African men infected with HIV were recruited through a North London Sexual Health clinic and through a number of local community based African HIV organisations. They were administered formal and custom developed structured questionnaires. Ten of the Black African participants also took part in the qualitative part of the study. Interviews were carried out using a semi-structured questionnaire and were tape-recorded. Transcripts were analysed based on a thematic content analytic approach.

Results: The two groups were similar in terms of age, education, SES, relationship status, living arrangements and HIV disease progression, but they were different in terms of number of people disclosed to, who the disclosure was made to, and the number of voluntary organisations accessed. Some differences could also be shown in terms of measures of overall social support. The themes that emerged related to who and why interviewees disclosed or not their HIV status to; the relationship between disclosure, social support and emotional well-being; different types of social support and their perceived helpfulness or unhelpfulness; and differences in disclosure and social support issues between the UK and participants' country of origin.

Conclusions: Implications for clinical services are discussed.

Local HIV prevention: 'Getting the sex you want'

L McAUSLANE, Camden & Islington Community NHS Trust

Objective: To evaluate the change in knowledge about STIs/HIV, attitudes towards safer sexual practices and reported sexual behaviour in gay men attending a cognitive behavioural prevention group at an STD clinic.

Design: Questionnaires administered before, immediately following and three months after participation in the group include: Hospital Anxiety and Depression scale (pre-group only), Situational Confidence Questionnaire and questionnaire which assesses knowledge about HIV, attitudes to safer sex and current sexual behaviour.

Method: Men who identify themselves as being at risk of contracting HIV/STDs through their sexual behaviour are recruited through posters, adverts in the gay press and referrals from staff in an STD clinic. All men attend an assessment interview with one of the facilitators to identify whether the group may meet their particular needs. If so, pre-group questionnaires are administered. The group's design develops a previous group by its basis in the Information, Motivation and Behaviour Model of HIV Preventive Behaviour (IMB) with assessment data from the previous groupwork serving as elicitation research. The group's duration is 17 hours in total and is facilitated by a clinical psychologist and a health adviser who work in the STD clinic.

Results: Not yet available.

Conclusions: While it is feasible to develop groups according to psychological theory and practice, our experience has highlighted important practical issues that can impact on a group's viability and efficacy. These include issues to do with local purchaser/provider contracts and recruitment to groups.

Post-traumatic symptoms in children with burns

D McQUAID, J BARTON & E CAMPBELL, University of Glasgow

Objective: To determine the incidence of post-traumatic reactions in burned children and adolescents. To investigate influence of developmental, cognitive and familial factors on post-traumatic responses.

Design: A prospective longitudinal study of children and adolescents aged 5-18 years who have sustained an accidental burn injury.

Method: Interviews with both children (>50) and parents (21 mother-child pairs). Assessments included: DICA and DICA-P, Child Post-Traumatic Stress Reaction Index, Child Behaviour Checklist.

Results & Conclusions: Generally, good adjustment was found regardless of the time since the burn, extent of burn or burn severity. Post-traumatic symptoms immediately after a burn are common, but full PTSD rare. Mothers indicated that children aged less than five years may be more severely affected, but interpretation of these data is problematic. At six-month follow-up, the study was subject to problems with participant attrition. The implications for burned children, adolescents and their care-givers are discussed.

Issues of attachment in the school context: Its role in bullying

R MYRON-WILSON, University of Hull & P SMITH, Goldsmiths College, University of London

Objective: This paper explores how children's experiences of attachment may influence bullying behaviour.

Design: Past research has indicated that attachment and parenting can influence a child's aggressiveness and bullying behavior (Rigby, 1994; Troy & Sroufe, 1987). This paper clarifies the supposed link between attachment and aggression in school.

Method: Data was gathered from 196 school children aged 7-11 years. Each child completed the Separation Anxiety Test (a measure of attachment to parents). Bullying behaviour was assessed by peer nomination using the Salmivalli *et al.* (1996) Participant Roles Scale.

Conclusions: Results are discussed in relation to previous findings and their implications are considered in terms of intervention strategies and in terms of further research informed by these findings.

Clinical psychology services for black and minority ethnic people – An exploratory study

Z NADIRSHAW, Brent, Kensington, Chelsea & Westminster Mental Health NHS Trust

Objective: The study undertakes to ascertain the views of clinical psychologists and black and minority ethnic mental health service users. It examines the historical role and function of clinical psychologists in mental health settings and examines the current context of clinical psychology service provision, planning and delivery – including the key issues involved in the practice and delivery of a culturally competent clinical psychology service to black and minority ethnic communities in multi-ethnic, multi-cultural Britain.

Design & Method: The study is of an exploratory, pilot nature and data on the small sample of 65 service users presented in descriptive form.

Results: The overall results indicate that black and minority ethnic people suffering from mental health services are not known to traditional clinical psychology services/departments within mental health settings, that these communities look towards the black voluntary sector to cater for their emotional/psychological/counselling needs. It is argued through this exploratory study that despite changes in legislation on equality, fair access, equity of services, the mental health psychological problems suffered, black and minority ethnic people remain marginalised from

mainstream clinical psychology services.

Conclusions: Findings are discussed and set against a Service Specification for Purchasers of clinical psychology service and the identification of Core Competencies for clinical psychologists working with black and minority ethnic clients in the mental health settings.

Adherence to combination therapy in people with HIV/AIDS – testing the Health Belief Model

A PAPAPOULOU, University London & L SHAW, Haringey Healthcare NHS Trust

Objective: Non-adherence to combination therapies has been linked to viral resistance, a variable quality of life and disease outcome. Ethnic background in particular has been associated with low rates of adherence. However, variables contributing to ethnic differences in adherence have not as yet been explored systematically. Most of the studies employing theory-driven methodologies to address adherence issues have used the Health Belief Model (HBM). The HBM suggests that adherence can be predicted from perceived severity of AIDS, perceived susceptibility to it and costs and benefits of taking the medication. However, few studies have used the revised HBM, which includes two further concepts: cues to action and self-efficacy. The present study (in progress) is an attempt to use the revised HBM to identify contributing factors to non-adherence with combination drugs and to further explore factors that can account for low rates of adherence amongst different ethnic groups.

Design: This is a prospective cross-sectional study that utilises both quantitative and qualitative methods to address its research aims.

Method: The study is under way in Enfield and Haringey, a district that serves a culturally diverse community. Participants are asked to complete an HBM questionnaire and a drugs adherence questionnaire. Focus groups are also employed to explore in greater depth the difficulties of taking combination drugs.

Conclusions: It is hoped that the findings of the present study will serve to support the relevance of HBM in examining adherence difficulties, alongside identifying areas that need addressing in order to improve the likelihood that medication will be appropriately utilised in combination therapies.

Anomalies in the construing of learning disability in individual cases

A RICHENS, South Birmingham Psychology Service

Objective: To encourage interest in the phenomenon of inconsistent construing of learning disability, and its implications, in individual cases.

Background: The fact of having a learning disability can have pervasive implications in the life of the person concerned. Capacity to do various things (e.g. vote, marry, make a will, consent to medical treatment) may be called into question. There may be a right of access to specialised care, protection arrangements and welfare benefits. There is the possibility of being subjects to legal provisions, in areas such as mental health and sexual offending, that only apply to people who have a learning disability. In clinical practice with people who have a learning disability it is not uncommon to encounter anomalies in the ways in which these considerations are being operationalised for single individuals. The same person may, for instance, be experiencing levels of protection which are being treated for other purposes as if capable of making relatively sophisticated choices and decisions (or vice versa). Examples of such contradictions occasionally receive public scrutiny in the context of legal proceedings or informal advocacy and become notorious, but the prevalence of the underlying phenomenon is greater than implied by the relative infrequency of publicised cases. While it is easy to hypothesise explanations of the phenomenon, and to impute motives (often negative ones) to key players in the scenario for any one individual,

there is not yet a body of relevant research.

Methods: To illustrate the phenomenon, three cases (drawn from the author's direct experience as clinical psychologist) are presented in vignette form. Inconsistencies and anomalies within each case are highlighted, as dispassionately as possible. Explanatory theories are identified from relevant literature and the extent of empirical support for them is critically reviewed. They are then applied to the cases and examined for goodness-of-fit.

Conclusions: The outcome of this examination has potential implications for policy and practice in relation to the delivery of services to people with learning disabilities, and indicates worthwhile directions for further psychological research.

A motivational approach to working with a man who has Prader-Willi Syndrome

J ROSE, University of Birmingham and Birmingham Clinical Psychology Services to People with Learning Disabilities & S WALKER, Gwent

Objective: This paper describes a motivational intervention with a man who has Prader-Willi Syndrome (PWS) and mild learning disabilities in a residential setting. PWS is a chromosomal disorder that is characterised by a wide range of behavioural characteristics including overeating and challenging behaviour. The intervention was designed to reduce both the individual's weight and the occurrence of challenging behaviour.

Design & Method: Records of weight and challenging behaviour were kept for 12 months prior to intervention and maintained for a further 18 months on implementation of the new treatment strategy. The intervention included a range of techniques and principles derived from a motivational interviewing approach, which were embedded in a broader behavioural and organisational strategy.

Results: Monitoring of records suggest that the approach had relatively little impact on overall weight however, levels of expressed challenging behaviour were quickly reduced and have been maintained at a stable and lower level. Weight has also been maintained without confrontation between the individual and staff or excessive environmental restrictions.

Conclusions: While it is difficult to generalise from a case example, this result suggests that challenging behaviour was reduced by the intervention and is likely to be influenced by environmental factors. However, overeating is more likely to be a true characteristic of the chromosomal disorder.

The relationship between attachment strategies and psychopathology in adolescence

L SCOTT-BROWN, South West London & St George's NHS Trust & J WRIGHT, Tavistock Clinic

Objective: The aim of this study is to investigate attachment patterns in adolescence and their relationship to psychopathology.

Design: The study employed a two-sample comparative design (n=30).

Method: A clinical group of adolescents were compared with a matched non-clinical group on attachment classifications, reported interpersonal difficulties and clinical symptoms.

Results: Non-parametric tests were used to analyse the data. Significant differences were found between the clinical and non-clinical groups on the reported level of interpersonal difficulties and symptoms. Significant differences were also found between the groups on attachment classifications. The results are suggestive of specific differences in how difficulties are reported. Adolescents with anxious attachment patterns reported significantly more interpersonal difficulties and symptoms compared to young people classified as having secure and avoidant attachment classifications.

Conclusions: The findings are consistent with a hyperactivating strategy (Kodak, Ferenz-Gillies, Fleming & Gamble, 1993), and it is proposed that

a deactivating strategy may be operating amongst those adolescents with avoidant attachment classifications. The implications of using self-report measures in clinical work and for evidence-based practice are discussed.

The role of self-efficacy in adherence to antiretroviral medications

P STALWORTHY, S.W. London & St George's Mental Health NHS Trust & B HEDGE, Barts & the London NHS Trust

Objective: Adherence to antiretroviral medication regimens is essential in the treatment of HIV if drug resistant viral strains are to be prevented.

This study investigates the predictive value of self-efficacy in adherence to antiretroviral medications, in a UK sample of HIV positive individuals. Relationships between self efficacy, mood and coping strategies were also explored.

Design: A cross-sectional, within subjects design was employed with all participants completing all measures on a single occasion.

Method: Volunteers (n=52) were recruited from two linked London HIV clinics. All were over 18 years and taking antiretroviral medications. Each participant completed a questionnaire measuring adherence behaviours, global and medication specific self-efficacy, mood, coping style, number of side effects and health beliefs. Multiple and stepwise regression models were used to evaluate factors associated with adherence.

Results: Over 90 per cent of the sample considered themselves good adherers. However, only 25 per cent reported never changing proscribed medications times and less than 50 per cent reported always adhering to proscribed routines for drug taking. Dose delays were predicted by medication specific self-efficacy measures which accounted for 42.9 per cent of the variance. Use of recreational drugs was the main predictor of dose omissions. When this was controlled for, self-efficacy added 12.7 per cent to the variance in predicting drug omissions. Self-efficacy was positively associated with adaptive coping strategies.

Conclusions: Self-efficacy is related to adherence. As self-efficacy is quickly and easily assessed, and amenable to intervention this may prove a useful variable in programmes aimed at boosting adherence to antiretroviral medications.

Surviving cancer: Does the fighting spirit matter?

L WALKER, University of Hull

Objective: To determine whether or not teaching relaxation and guided imagery to women undergoing strategies, and Quality of Life.

Background: Although negative findings have been reported, four prospective, randomised trials have found that psychosocial interventions not only enhanced quality of life, but also prolonged survival. One possibility is that the putative effective on survival, at least for some tumours, is mediated by the effects of these psychosocial interventions on host defences, for example natural killer (NK) cell and T cell cytotoxicity.

Method: 80 women with large or locally advanced breast cancer were studied. Following diagnosis, and before commencement of primary chemotherapy, there were randomised to a control condition (a high level of support in the Behavioural Oncology Unit) or to similar support plus training in progressive muscular relaxation, cue controlled relaxation (RT) and the use of guided imagery (GI). The intervention enhanced mood and quality of life as assessed by various standardised measures, and it was also successful in altering coping strategies. However, we also found that patients receiving RT and GI had higher numbers of CD2+ cells (mature T cells), CD3+ cells (TCR subunit) and CD25+ cells (activated T cells), lower circulating TNF- α and higher lymphokine activated killer cell activity. Self-rated imagery intensity was positively correlated with changes in NK activity. These results demonstrate that, even in patients with large tumours receiving immunosuppressive treatments (chemotherapy, surgery, radiotherapy), RT and GI can produce

immunological changes.

Conclusions: The clinical relevance of these immunosuppressed individuals less likely to succumb to infection. To date, however, there is no direct evidence that the effects of psychological interventions on host defences prolong survival.

Attachment and its relationship to childhood asthma – a qualitative study

B WILKINSON, V BINNEY & J WRIGHT

Objective: This paper describes the qualitative findings of a study examining the link between internal representations of attachment and

asthma-related anxiety where the hypothesis was that children with secure and insecure internal representations of attachment would differ in their levels of asthma-related anxiety and asthma morbidity.

Design: A differential research design with between groups comparisons was employed to collect data from all consenting families attending a paediatric outpatient asthma clinic over a period of 6 months.

Method: 60 children aged 8 to 12 years were interviewed by the first author. The Separation Anxiety Test, a semi-projective measure of internal representations of attachment was completed with the child whilst the accompanying parent and the paediatricians answered questions regarding the history and course of the

child's asthma.

Results: Quantitative analysis showed that internal representations of attachment were not significantly related to asthma anxiety or morbidity. The current paper focuses on the qualitative analysis of the Separation Anxiety Test where interesting differences in the way in which the children talked about their asthma emerged. These findings are discussed in more detail together with implications for treatment.

Conclusions: The value of an attachment theory framework in understanding and developing interventions for children with asthma and associated emotional and behavioural difficulties is put forward.

Student Members Group Conference

Annual Conference, Winchester Cathedral,
13–16 April 2000

Please note that the following papers have been refereed by the committee members of the Students Member Group themselves.

Cognitive style and individual differences in formal and informal human reasoning

A BACON, De Montfort University

Objective: Human reasoning research has frequently involved formal syllogisms with relatively little emphasis on informal reasoning, where premises may be less well-defined. Individual differences in cognitive style during various tasks have been evaluated quantitatively using the Embedded Figures Test (EFT). The present study aims to bring together these lines of research and identify whether a relationship exists between cognitive style and performance in both formal and informal reasoning tasks.

Design: It is proposed that EFT score will predict performance in formal and informal reasoning. A repeated measures design is used to compare scores within subjects, and a semi-structured interview gathers information on qualitative aspects of each individual's preferred approach. Regression analysis is employed to test the predictive power of EFT score. Qualitative information is analysed using data reduction techniques to reveal the relationship between cognitive and reasoning styles and whether trends exist within/between individuals and task type.

Method: 60 undergraduate students are each presented with a set of formal syllogistic problems and an informal argument evaluation task, presentation counterbalanced to minimise order effects. Following each task, a semi-structured interview determines qualitative aspects of reasoning strategy. In addition, each participant completes the standard adult EFT.

Results: Work still in progress.
Possible Conclusions: A relationship between an assessable measure of cognitive style and reasoning performance may help to provide insight into processes underlying individual differences in reasoning behaviours such as bias and strategy choice. This could bring about an increased understanding of everyday reasoning within an array of applied social, educational, occupational and therapeutic settings.

Enhancing sport performance through mental work: Hypnosis – a means to improve young athletes learning and performance in alpine skiing

D BENEDETTI, Open University

Objective: Alpine skiing techniques and possibly many other complex motor skills, can be acquired much faster if accompanied by mental training in hypnotic states. Some case studies will provide the qualitative and, to some extent, quantitative data that supports the above claim.

Background: Good or exceptionally good runs are experienced as a sort of trance where the entire action is lived like a film and the racer perceives himself as an observer rather than the actor. This, obviously subjective experience, has been confirmed by many athletes and comes close to what leading psychologist Mihaly Csikszentmihalyi termed as 'flow experience'.

Method: Hypnosis is a particular state where the subjects' attention can be directed onto particular aspects of reality, so the others, that sometimes may interfere in a negative way with performance, may be excluded – not perceived. Further, time can be stretched, in other words, actions that take place in fractions of seconds may be lived in a much longer time frame and gone through several times, each time considering another particular aspect of total experience. And last not least, emotions, which greatly influence athletes' performance, may be included in a positive way. Skiing, as many other

competitive sports, requires very specific abilities. One of the most important ones, due to the speed, is a continuous, uninterrupted flow of information at a speed that allows for now 'conscious' elaboration of the single actions. In other words, the skier cannot 'consciously' think of what he is doing, at least not at the moment of action. He actually lives a particular trance state.

Conclusions: Traditionally, complex motor actions were and are still taught through processes of conscious elaboration and lots of praxis, but as will be shown this is only one aspect.

Development of the Attitude to Smokers Scale

D BOOKER

Objective: Cigarette smokers are perceived in two ways in the mass media. Cigarette companies promote a positive image of the smoker, often by using celebrities. The health risks of smoking are highlighted in the mass media by organisations such as Action on Smoking and the WHO. The reduction of areas in which smoking is permitted promotes a negative image of smokers. A number of researchers have found smokers to be perceived as more sexy, more risk taking, more daring but less attractive and less healthy. However, research on personal space found smokers required more personal space than non-smokers. At work, non-smokers were found to be preferred to smokers in job applications. The aim of this study is to develop an Attitude to Smokers Scale, which could be used as a tool to investigate sub-groups of the population with respect to variables such as sex, age and smoking status.

Design: The Attitude to Smokers Scale was based on three key areas, which were identified from the research in this field as: attractiveness; personal space; and work. The development of the Attitude to Smokers Scale was divided into two studies: the Pilot Study and the Main Study.
Methods & Results: The 'Pilot Study' identified of statements using component loadings and factor analysis. A reliability analysis found two dimensions of Work and Social using principle components and reduced the number the Attitudes to Smokers Scale to be highly reliable. The Attitude to Smokers Scale was tested with 68 lecturers in a College of Higher Education and found that smoking status was the main effect in which non-smokers and reformed smokers were found to view smokers more negatively than smokers ($F=4.709, p<1.2$). Comparisons between all age groups did not reveal any significant differences ($F=1.887, p=0.16$) nor did the comparisons between males and females ($F=0.200, p<0.65$).

Conclusions: General support was found for the reliability of the developed Attitude to Smokers Scale.

Positive approaches in clinical psychology

R BRETHERTON, Lincoln County Hospital

Objective: The aim of this brief presentation is to highlight the approaches and techniques derived and used by clinical psychologists which, rather than concentrating on symptomatology, pathology and deficit, focus on human resources, potential, and achievement. The presentation will make reference to numerous orientations endorsed and practiced by clinical psychologists, including psychoanalytic, cognitive-behavioural, existential and solution-focused therapeutic techniques, with a view to indicating the 'positive' aspects of these approaches.

Background: An examination of the positive assumptions inherent in these approaches provokes a number of conceptual questions concerning the nature of 'pathology' and 'cure', and whether an assessment of disorder and deficit is necessary in order to implement change, i.e. is an understanding of the negative implicit in achieving a positive outcome?

Method: It is often assumed that the purpose of psychological intervention is to reduce reported

symptomatology and to restore functional equilibrium in the patient. It can be argued that this perspective represents the pervasive influence of the medical model and that psychological intervention, rather than attempting to restore people to a postulated 'normality' should aim to facilitate a higher level of functioning ensuing from the transformation of their problems effected by therapy.

Conclusions: These considerations point to the possibility of a therapy in which symptomatology does not represent an absolute to be quantified but rather a deviation from progress and development of the person. They also highlight the nature of therapy as a moral enterprise, promoting the 'good' and negating the 'bad'.

The effects of parental bonding and child care experiences on adult self-esteem and other measures.

F CLOUGH

Objective: This study constituted an investigation into the effect that parental bonding and child care experiences exhibit on adult self-esteem, locus of control, coping strategies and frequency of lying. These factors were chosen as the clinical literature on personality disorders highlight them as functions which are manipulated by parental bonding, and it was hypothesised that these would manifest in a non-clinical population in a less severe, but similar form.

Design: These factors were measured using Parker *et al.* (1979) parental bonding instrument; a retrospective child care questionnaire, purposely designed; self-esteem questionnaire (Rosenberg, 1965); locus of control questionnaire (Vinokur & Caplin, 1986); and, a specially designed coping strategies towards stress questionnaire, based on the work of Drayton (1998). Lying was measured using a single question, to ascertain the frequency.

Method: There were 243 participants, who were undergraduates at the University of Central Lancashire.

Results: Results indicated that low parental care, high parental overprotection, together with purely home based care, resulted in low self esteem, high external locus of control and high incidence of lying.

Conclusions: The results were found to support the expectations. The effect of parental bonding on coping strategies was found not to be supportive of the hypothesis.

The discursive construction of identity in storied accounts: Adolescents' descriptions of the meanings of their material possessions.

R DHENSA, London School of Economics

Objective: Social psychology has virtually ignored researching what material possessions mean to individuals. Existing research has used quantitative methods (e.g. questionnaires) to uncover this relationship, finding that identities are influenced by symbolic meanings of possessions. The aims of this study were two-fold: to contribute to the neglected area of material possessions, and to challenge existing quantitative approaches. Quantitative methods are seen to present a restrictive view of identity by pigeonholing responses patterns in data, and believing that 'truth' about identities is discernable via empirical procedures. This study adopted a social constructionist perspective, a tenet of which is that there is no 'objective truth'. Identity was reconceptualised as a phenomenon surfacing in talk: the aim was to uncover how individuals construct identities when talking of possessions.

Design: The study used a qualitative design of semi-structured interviews.

Method: Semi-structured interviews were conducted with adolescents. Data were analysed using principles from discourse analysis (Edwards & Potter, 1992). Four stories were

analysed for discursive techniques deployed and the functions served by story-telling.

Results: It emerged that stories are the site at which identities are occasioned. Story-telling was a feature of talk in which individuals made relevant a specific identity; it was deployed to justify each individual's position in talk, and to manage specific interactional contexts.

Conclusions: An identity-through-talk approach offers a more fruitful exploration of how individuals themselves explicate meanings of possessions. If we theorise language as a site of social action, then exploring the link between possessions and identity in talk offers a promising avenue for future research.

Treatment that works: Positive psychology with court-mandated clients

J DICKENS, Capella University, United States.

Objective: The purpose of this paper is to review how and why positive psychology works for court-mandated clients with addictions. Positive psychology works well with court-mandated clients, and works equally as well regardless of the orientation one chooses. It emphasises the clients' strengths and helps them stay focused on the present.

Background: With the application of positive thinking principles to their lives, clients have mastered fear, healed personal relationships, found better health, overcome inner conflicts and gained new confidence. When working with clients who are court-mandated for addiction treatment, more often than not, these clients expect distrust and criticism. By using the approach of Positive Psychology, there is an added advantage of being unexpectedly affirming.

Method: This session reviews and acknowledges Positive Psychology as a consistent thread in counselling. Rogers' 'unconditional positive regard' is examined to see what it is and how it can be practically applied in the clinical setting. Next Rogers' and Ellis' models are examined to see what these two opposites have in common. Participants are also given a synopsis of how to apply Positive Psychology in groups.

Conclusions: Finally the work of two contemporary Positive Psychologists is reviewed. In the words of Dr Martin Seligman, it is hoped that Positive Psychology is a subject that will grab every psychologist in this room by the heart, shaking them and saying, 'Hey! This world should be smiling a lot more than it is! What am I going to do about it?'

The effect of a health information pamphlet on attendance at water-resistance walking therapy

P DUCKER, Canterbury Christchurch University College

Background: The health belief model (HBM) and strategies for health behaviour change originated from Hochbaum's (1958) studies of the uptake of tuberculosis x-ray screening. The HBM was further consolidated by Haefner and Kirscht (1970) and Becker *et al.* (1977). The HBM focuses on two aspects of individual's representations of health and health behaviour; threat perception and behavioural evaluation. The model proposes that cues to action can trigger a health behaviour change. These 'cues' include social factors and health education. A health education leaflet can strongly influence behaviour change. The processes whereby values and beliefs determine the way individuals behave are important in this respect; a well-designed health information leaflet could positively alter the patients' attitudes towards the therapy and this would facilitate a change in behaviour.

Objective: To see if a health information pamphlet affects attendance at water-resistance walking therapy. The group of participants who receive the information pamphlet will attend the water-resistance walking therapy more than the group of participants who do not (n=52).

Samples: An opportunity sample of 52 participants will be drawn from the target

population of patients using the water-resistance walking therapy at the pain clinic at Kent and Canterbury hospital (n=52). The 52 participants will be representatively allocated to the two different groups on as random a basis as possible (26 participants in each group; 13 males and 13 females). The two groups will be Group A (who receive the pamphlet) and Group B (who do not receive the pamphlet).

Method: An unrelated survey design will be used. The independent variable is information (pamphlet; no pamphlet). The dependent variable is attendance.

Results: The data collection has not taken place yet.

Gay adolescents and self-esteem: The efficacy of social support groups

R HAMMOND, University of Westminster

Objective: This study examines the self-esteem of gay adolescents and if membership of a Gay Social Support Group provided any increase in self-esteem.

Design: The research employed a triangulated design. Quantitative data was compiled by utilisation of The Rosenberg Self-Esteem Scale and The Hospital Anxiety and Depression Scale (HADS). One set of scores were retrospective measures from before participants joining a social support group, the other set of scores being current measures when participants were established members of a social support group. Qualitative data consists of 36-question interviews, recorded on to tape for transcription.

Method: Retrospective scores were taken first, followed by the interview, which used a developmental path of sexual identity formation, from early realisation up to the present time. After this, current scores were taken. This format helped participants to focus on changes to their self-esteem. Seven participants were drawn from the membership of two groups operating within London. All self-identifying as gay males, their ages ranged from 18 to 23. Group membership varied from six months to two-and-a-half years.

Results: Matched pre- and post-scores were subjected to a paired samples inferential test of significance. Quantitative analysis provides significant results in improvement to anxiety, depression, and self-esteem resulting from group membership. Qualitative analysis, employing a partly thematic approach, using categories outlined by Troiden's Model of Homosexual Identity Formation (1989), reinforces the quantitative results.

Conclusions: The conclusion is drawn that social support groups can be efficacious in restoring, and helping to maintain, higher levels of global self-esteem in gay adolescents.

Interviewer effects in children's perceptions of religious groups

N KARIA, University of Surrey

Objective: Using social identity theory and self-categorisation theory as a background, this study of the development of religious identity in children investigated the effect that a same- or crossed-religion interviewer had on perceptions of own and one other religious group.

Design: The study used a between-groups MANOVA design to investigate the effect of the perceived religion of the interviewer on children's perceptions of religious groups.

Method: Participants were 353 Christian, Muslim and Hindu children, between the ages of 5 years and 11 years 5 months, living in Britain. An interviewer who was perceived to be from either the same or a different religious group to them interviewed the children. A Relative Subjective Importance task, incorporating various social identities, was used to determine the salience of religion to the children. An adjective rating task was used to examine the children's perceptions of religious in-group and out-group.

Results: Results indicated that religion was not as salient to the children as nationality and language, although for the Muslim children it was the most salient identity. MANOVA analyses indicated that the children perceived their

religious in-group as more homogeneous and evaluated it more positively than the out-group. **Conclusions:** Religious groups were perceived to be more homogeneous when interviewed by a crossed-religion interviewer. Findings are discussed in relation to social psychological theories.

Sources of ethnic differences on measures of stress, coping, health, and self-esteem

S KHAN, University of Southampton

Objective: The literature suggests that differences in sources of stress may be due to the construals of self as independent or interdependent. Such a difference may provide the basis for an understanding of the effect of culture (collectivistic versus individualistic) on individual's psychological functioning. The present study seeks to empirically explore this. It was hypothesised that White participants would have an independent construal of self, while Asian participants would have an interdependent construal of self.

Design: Participants were tested using a range of self-report measures to assess whether their construal of self could be described as independent or interdependent.

Method: Undergraduate university students (n=120; White=60, Asian=60) completed self-report measures of self-esteem; individualistic student stress; perceived stress; interdependent student stress; life satisfaction; general health; and coping strategies.

Results: Differences between groups were found on measures of self-esteem, individualistic student stress, perceived stress, and life satisfaction. Asian students suffered more stressors associated with independence.

Conclusions: Differences in individualistic stress appeared to be a result of the acculturation of Asian students into White British culture. Discrepancies in generational scores of self-esteem, perceived stress and general health were attributed to culture clashes and differences in coping strategies. Further research is required for firm conclusions to be made.

Trauma and growth: Finding the positive in a negative experience

PA LINLEY, University of Leicester

Objective: This paper sets out to review evidence which demonstrates that the psychological sequelae of a traumatic event are neither solely nor exclusively negative. The potential for positive outcomes has been empirically demonstrated, and these research findings suggest exciting areas of future research.

Background: Empirical research into traumatic experience has tended to focus on the negative psychological sequelae of traumatic events, notably post-traumatic stress disorder (PTSD). However, it is well-recognised that not all people exposed to a traumatic stressor go on to develop PTSD. Indeed, research is increasingly beginning to indicate that there may be substantial positive outcomes from traumatic experience.

Method: This paper outlines the main areas in which post-traumatic growth has been identified. These categories are compared to the areas of a 'positive life' which have been proposed by Positive Psychology research. A theoretical process model is presented which explains the processes of change which bring about these improvements in subjective life experience.

Conclusions: The positive outcomes of trauma can indeed be compared to the three categories of a 'positive life.' These findings suggest that as much as traumatic experience has traditionally been regarded as an extremely negative event, the potential for positive outcomes is inherent within it. Research which identifies variables with predictive value for positive adaptation can suggest improved clinical interventions, focusing on increasing the benefit a trauma survivor finds in life, over and above the removal of psychological symptoms.

Positive Psychology: Conclusions and future directions

PA LINLEY, University of Leicester

Objective: This paper sets out to draw together the various positive approaches to diverse areas of psychology which have been shown in the earlier presentations, and incorporate them with the broader research which has been conducted within the Positive Psychology framework.

Background: Positive Psychology is a flourishing discipline in the US, which is gaining increasing recognition in the UK. Its focus is on the psychology of optimal human functioning. It aims to redress the traditionally negative focus of many areas of psychology by providing evidence for how a more positive approach is both more accurate and more beneficial.

Method: The presentations given under the conference theme have addressed diverse areas of psychology, including clinical, occupational, social and forensic psychology. The remit of Positive Psychology is broad, and it provides a balance to the often negative traditional focus of the discipline. The various papers presented are reviewed, and the main contributions they have made are taken forward.

Conclusions: The question posed by the conference theme was 'Positive Psychology: A new approach for the new millennium?' This paper draws together the evidence, both empirically reported and that presented at the conference. It seeks to provide an answer to this question, indicating where the adoption of the approach advocated by Positive Psychology can have most impact. The paper seeks to show how Positive Psychology can be used to greatest effect in affording people a better life and a better society for the new millennium.

Psychosocial approaches to dementia care

L NEWTON, University of Leicester

Objective: This presentation will encompass a combination of both these aspects. Without carers, formal or informal, the efficacy of the above mentioned approaches would be insignificant.

Background: The variables associated with dementia encompass numerous aspects spanning the biopsychosocial range. The evidence would seem to suggest that dementia is mainly caused by biological deterioration of brain function. However, there is also support that psychological and social interventions can be seen to effect amelioration or deterioration of the condition.

Methods & Keypoints: The term 'psychosocial approaches to dementia care' can have different meanings. Some define it in terms of management, paying reference to psychological interventions such as cognitive, emotion-focused and behavioural approaches and their usefulness. However, others use the term with reference to the needs and experiences of the carer, thus the more social impact of dementia.

Conclusions: The importance of putting these interventions into practice cannot be understated, especially if we consider that assessment of dementia is a complicated procedure due to the diversity of human nature. No two individuals share the same combination of personality and life history, hence dementia can be regarded as a very 'individual illness.' It is this realisation that perhaps suggests an eclectic and fluid approach would be most effective in the psychosocial management of dementia care.

Cognitive neuropsychological deficits and social functioning in schizophrenia: An exploratory study

RG PURVIS, University of Surrey & The Institute of Psychiatry, London

This research investigates the stability of neurocognitive and social functioning over a 12 week time-lapse, and in particular the relationship between neurocognitive and social functioning within and across the two time periods with a sample of 15 adults diagnosed with long-term schizophrenia. The research was framed by the 'executive functioning' model of

neurocognitive functioning in schizophrenia which is in turn linked with intervention work on neurocognitive 'remediation' (Wykes *et al.*, 1999). Participants were administered an assessment battery across two time periods comprising a wide range of neurocognitive tests measuring cognitive flexibility, cognitive planning and working memory, as well as two measures of general ability (NART, WAIS-R), two measures of social functioning (SBS, LSA) and three measures of symptom severity (BPRS, PSE, AHRS). Measures of social functioning were independently derived. Data was analysed using correlational and univariate analysis. Results tentatively show that neurocognitive and social functioning is fairly stable over time, and are relatively independent of symptom severity. The results also point to the importance of 'cognitive flexibility' and to a lesser extent also 'working memory' as primary correlates of social functioning as assessed here. Cautions are due in the way the findings are received and interpreted due to small sample size, high degrees of measurement error and the univariate/correlational nature of the analyses. Nonetheless, these findings are consistent with previous research (Penn *et al.*, 1998; Wykes *et al.*, 1998). The paper ends with a call for construct development in research on neurocognitive functioning and in research on social functioning, as well as for theoretical work to guide research on the relationship between neurocognitive and social functioning domains. To this end, measurement issues within each domain of consideration are also addressed. It is concluded that future research and intervention practice must be theoretically guided not least so that highly efficient, focused and cost-effective neurocognitive 'remediation' strategies can be developed.

Eat for your feet

I RONCAGLIA, Roehampton Institute London, University of Surrey

Objective: This paper will explore and discuss eating disorders such as Anorexia Nervosa and Bulimia Nervosa from the perspective of a dancer within the world of ballet. It will look at the psychological implications for dancers.

Background: Vast amounts of literature exist on eating disorders as professionals from various disciplines try to gain an understanding. Furthermore, many celebrities have suffered and died from eating disorders. This has highlighted the media interest and popularised this topic.

Method: Ballet dancers are often seen as role models for children. They are not viewed as a group of individuals with deviant behaviours as so many people with an eating disorder are. Dancers receive much positive reinforcement for becoming very thin. In the world of ballet, directors usually pick the thinnest dancers. Other dancers aiming to be picked learn this quickly. It is argued in this paper that such an ethos can facilitate an eating disorder as dancers strive to become successful.

Conclusions: A much greater emphasis needs to be placed upon young dancers and their holistic well being. Many forget that most dancers are still children and should be protected as such. Dancers are vulnerable and eating disorders have a strong opportunity to develop in the dancing world. Dancers construct their identity and often their self-esteem in an ethos that is dictated by a person being either thin or fat. It is time the psychological consequences of such an approach were assessed.

Attitudes to cancer and reported health behaviours

A SMYTH, University of Ulster at Jordanstown

Objective: Individuals' attitudes to cancer are argued to be influenced by experience, knowledge and health-related behaviours, performed to reduce the risk of contacting the disease. This study aimed to assess this assumption.

Design: The study was a one-shot, self-report questionnaire design. It controlled for extraneous variables that included, age, sex, smoking and close personal experience of cancer. This was

used to ascertain if previous findings on the Cancer Attitude Inventory (41 items) and Reported Health Behaviours Checklist (21 items) could be replicated and to ascertain validity and factor structure of certain measures.

Method: A sample of undergraduate students (n=126) from the School of Leisure & Tourism, University of Ulster, were given self-report measures. This sample was chosen because it represented an important target audience for health promotional material. Descriptive and correlational statistics were used. Debriefing took place.

Results: The results are ongoing at this stage. However, initial findings have displayed a lack of cancer screening and regular health check-ups being taken by the participants. At this time this is the major finding.

Conclusions: The implication the study hopes to show is the importance of designing appropriate health promotional strategies, which communicate well with the general population. This may help to reduce the risk of cancer and fears people have of getting cancer.

Trimodal Theory: A new paradigm for psychology

R STEVENS, Ph.D, Open University

Objective: In this paper, I outline the problems which I see in the fragmentation of psychology, and propose a tentative way forward with a statement of my Trimodal Theory. This is an attempt to find a super-ordinate framework to inter-relate different forms and areas of psychological understanding.

Background: Psychology lacks a general integrated theory which effectively makes sense of human action – why we behave and experience as we do. I am concerned at what I regard as the fragmentation of psychology – the co-existence of very different forms of understanding in different areas of the discipline which appear to have very little, if any, relation to each other. The approach represented by Positive Psychology, for example, poses a challenge to conventional psychology. Not only does it require the adoption of a value position, but it also assumes some degree of openness in the human condition, that people have the potential to develop their capacity to live more fulfilling lives.

Method: By taking a broadly evolutionary view, it is possible to distinguish three emergent sources of human action – biological, symbolic, and reflexive. Each of these demands a different kind of epistemology – respectively, nomothetic (i.e. the establishment of cause-effect laws), hermeneutic (i.e. interpretative), and transformational (i.e. concern with potentialities), each with different goals and methodological strategies.

Conclusions: The paper indicates how inter-relating these epistemologies can produce more effective understanding of human action and experience. It also shows how different schools of psychology, including positive psychology, map onto the schema presented; in this way, moving towards a more unitary science of psychology.

Internet performance and users' mental models

E TURPIN, University of Cardiff

Objective: The study described in this paper aims to further explore users' mental models of the Internet and their subsequent performance on a specific search task. It is suggested that how a user understands and represents the Internet internally will affect the techniques they employ while using it. It is further suggested that certain understanding of the Internet may result in more advanced search techniques.

Design: This is a within subjects design with all participants completing the same search task. The site to be found is difficult to locate and so allows an opportunity to observe how individuals engage in complicated searches. The keywords that are used in searches as well as revisiting pages are some of the measures of performance used. A structured interview, based on an interview used in a similar study, follows immediately after the task.

Method: 20 psychology undergraduates from

Cardiff University are used as participants. A PC linked to the university network with Internet Explorer 5 is used for the participants to complete the search task. They are instructed to search for a secondary school website about which they are given information but not the name. The interview then follows the task and covers both their experiences with the Internet and how they think it works.

Results: No results are yet available.

Conclusions: The implications that this study has for future design and training to encourage both wider and more efficient use are covered.

Spatial streaming of irrelevant tones in reducing disruption in serial recall

V NAIK, University of Cardiff

Objective: This experiment aimed to investigate whether irrelevant tones produced the irrelevant sound effect when they were spatially streamed (i.e. presented in stereo).

Design: There were four conditions: (1) changing different tones (xHz, yHz, zHz) presented in mono, (2) changing different tones (xHz, yHz, zHz) presented in stereo, (3) single repeated tone (yHz) presented in mono, and (4) quiet control. Predictions for the results were according to the changing state hypothesis. This states that disruption between the stimuli and irrelevant sound will only occur if the same process i.e. seriation is taking place. As such, it was predicted that the most disruption will occur for the changing tones presented in mono. It was further anticipated that the spatial streaming of the different tones will show equal disruption to the single repeated tone.

Method: 30 undergraduate students from the School of Psychology, Cardiff University took part for course credit. A list of seven digits was presented in silence and followed by ten seconds' rehearsal. During this time one of the four conditions of irrelevant sound was played. Participants then recalled the seven digits in serial order.

Results: Not yet available.

Conclusions: Results in line with the prediction will lend more empirical support for the changing state hypothesis. These results then extend the finding that spatial streaming of not only irrelevant speech but tones as well negates the amount of disruption on serial recall of a list of numbers.

The effect of drugs on motor imagery in Parkinson's patients

M WALLS, University of Sheffield

Objective: Motor imagery involves imagining physical movements, but not actually performing them. Previous work has shown that mental imagery reflects actual physical constraints surprisingly accurately. Although there has been considerable work on the modulation of motor imagery by external factors such as task difficulty and the size of the movements involved, very little work has been done on the short term alteration of motor imagery by internal factors. This study expands on previous work on patients with damage to various parts of the brain, by looking at the effects of drugs on motor imagery in Parkinson's patients.

Method & Results: It was found that when patients imagined performing various finger movements when on and off Parkinsonian medication, they imagined performing the movements significantly faster after taking the medication. This effect was found even in patients who could not perform the movements in reality either on or off medication, suggesting that it is a direct effect of the drugs on the brain rather than the calibration of motor imagery.

Conclusions: Two possible explanations for the effect were considered: that it was the result of the effects of dopamine on timing, and that it reflected the direct alteration of mental imagery by drugs. The second explanation was accepted as being better supported by the evidence.

These findings were interpreted as evidence for common neural substrates for imagery and performance, which are affected directly by changes in basal ganglia function. The influence of the basal ganglia in imagery suggests that it has cognitive as well as purely motor functions.

Positivity and negativity: Their impact on job performance in leadership appointments

H YUAN, Gallup UK

Objective: This paper presents a new theory of 'True positivity'. 'True Positivity' is defined as the presence of positivity and the absence of negativity. Contrary to the common belief in positive psychology, the fundamental hypothesis of this paper is that positivity alone does not differentiate top performers from bottom performers at work. The absence of negativity has significantly stronger predictive power for job performance than the presence of positivity. It is 'True Positivity', i.e. the combination of positivity and the lack of negativity that predicts a person's job performance.

Design: The theory is based on the assumption that positivity and negativity are independent rather than bipolar. Being positive does not mean 'not negative'.

Method: A 120-item open-ended structured leadership interview was administered to over 700 high-level executive leaders from a variety of functions and organisations. The interviews were tape-recorded and transcribed. The text sample of the research contains over eight million words. The methodology used General Inquirer, a computerised word content analysis program developed by Stone, to conduct thematic text analysis of the positivity and negativity of each leader. The job performance of each leader was assessed by 360° feedback.

Results: Results have found that positivity and negativity measured by General Inquirer are unidimensional.

Conclusions: Positivity had barely any predictive power for leadership job performance while negativity appeared to have a significant negative correlation to job performance.

Northern Ireland Branch

Hotel Carrigart, Carrigart, Co. Donegal,
Republic of Ireland, 5–7 May 2000

The factor structure of the Ways of Religious Coping Scale: A failure to replicate using confirmatory factor analysis

FJ BAILEY, M SHEVLIN & CA LEWIS,
University of Ulster at Magee College

The Ways of Religious Coping Scale is a recently developed 25-item scale with two sub-scales measuring Internal/Private and External/Social aspects of religious coping cognitions and behaviours. The aim of this paper was to confirm the factor structure of The Ways of Religious Coping Scale among a sample of 222 Northern Irish University students. Data were examined using confirmatory factor analytic methods. A one-factor model was tested and rejected on the basis of fit statistics. In addition, a correlated two-factor model as proposed by Boudreaux, Catz, Ryan, Amaral-Melendez and Brantley (1995) was also specified and tested. This model was not found to fit the data. The present results do not support the author's conclusion that The Ways of Religious Coping Scale is psychometrically sound, with no support being found for a general factor or the Internal/Private and External/Social factors. The present scale cannot be recommended for future research without major refinement.

Responses of football fans to relegation of their team from the English Premier League

P BANYARD, Nottingham Trent University
& M SHEVLIN, University of Ulster at
Magee College

The aim of the study was to measure the level of psychological distress caused to supporters of a football team by relegation from the English Premier League. The relationship between age, sex and psychological distress were examined. Participants were approached through networks of fans and through e-mail networks. Participants were supporters (n=65) of two relegated Premiership football teams. Participants completed the Impact of Event Scale. Mean total Impact of Event Scale scores indicated a clinically significant degree of psychological distress for the majority of respondents. Age or sex of the participants did not predict Impact of Event Scale scores. The results are discussed in terms of the magnitude of Impact of Event Scale scores in relation to other stressors. It is concluded that the impact of such sporting events is psychologically significant.

Dealing with missing data: A Monte Carlo examination of the performance of methods of data deletion and imputation

BP BUNTING, G ADAMSON &
P MULHALL, University of Ulster at
Jordanstown

This paper examines some designs for the effective use of the EM algorithm in minimising the burden of data collection in the context of multi-trait multi-methods models. Within multi-trait multi-methods models it is possible to distinguish between reliability and validity. However, a serious limitation with this approach is that data is required to be obtained on at least three occasions and with three different methods. A planned incomplete data structure is proposed which substantially reduces the amount of data required of each individual at the third point in time. The efficacy of this approach is tested via a series of simulations and the resulting parameter estimates are shown to be both consistent and efficient. This Monte Carlo experiment was designed to assess the relative effectiveness of different strategies of dealing with missing data. Data was simulated from the published results of

a multi-trait, multi-method analysis. The effectiveness of listwise deletion, pairwise deletion and the EM algorithm were determined by assessing how each method could recapture the known population parameter values. In addition the standard errors of the estimates were used to determine the accuracy of each method. The results are discussed in terms of the different processing giving rise to missing data and suitable procedures available to psychology researchers.

Sex differences in motivating factors for exercise

PG CAMPBELL, D. MacAULEY,
E. McCRUM & A. EVANS, Queen's
University of Belfast

Motivating factors for physical exercise were recorded by participants (n=1020) in the Northern Ireland Health and Activity Survey (1994). It is hypothesised that men and women exercise for different reasons and thus the data were analysed for sex differences on the constructs of 'personal goal setting' and the 'effectiveness of exercise in achieving these goals'. The most significant difference between the sexes was that significantly more (85 per cent vs 70 per cent) women found the factor 'to look good' as an important personal goal. Whilst this difference is significant we see that a majority of men still rate 'to look good' as an important personal goal. The results also showed some similarities between the sexes.

A preliminary investigation into the reliability of psychometric tests in laparoscopic surgery

I CROTHERS, A GALLAGHER &
R COWIE, Queen's University of Belfast

Whilst the validity of various methods of assessment in laparoscopic surgery has been established for the simulated laparoscopic cutting task (Gallagher, McClure, McGuigan, Richie & Sheehy, 1997), and the MIST virtual reality simulator (Gallagher, McClure, McGuigan, Crothers & Browning, 1998), to date little work was been done to establish the reliability of these tests. The current study aims to establish the test reliability of the simulated laparoscopic tasks, and a new test designed to measure depth perception (Gunslope). Reliability was established through the test-retest method with twelve participants completing the tests, with four weeks between the first and second conditions. Correlational analysis was performed between the participants' scores in the two conditions with the resulting R-values indicating the stability of the tests over time. The implications of this research will indicate the reliability of these tests as methods of laparoscopic assessment.

Cognitive functioning of alcoholics following an addiction treatment programme

D DOHERTY & K COYLE, University of
Ulster at Magee College

The objective of this research was to investigate the recovery of cognitive functions in sober alcoholics over a six-month period following an addiction treatment program. The study followed a repeated measures design. A task battery was administered to alcoholics at the beginning of treatment with three further tests occurring at six weeks, twelve weeks, and six months. To assess optimal performance a matched non-alcoholic control group (n=30) was administered the battery on one occasion. Results showed that alcoholics exhibited functional recovery during the six-month period on the majority of tasks. Significant recovery occurred within the twelve-week period and was maintained over six months. However performance had still not reached optimal levels by six months.

Psychological effects of the Omagh bombing: Short and long-term consequences for those personally or socially exposed

MJ DORAHY, University of New England,
Armidale, Australia, J GILMORE, University
of Ulster at Jordanstown, CA LEWIS &
RG MILLAR, University of Ulster at Magee
College

The present study adopted a longitudinal prospective design to examine both short and long-term psychological consequences for adults who were either personally – or socially – exposed to the Omagh bombing in 1998. Moreover, effects were made to empirically identify predictors for the development of severe posttraumatic stress reactions. Previous work has suggested that dissociative responses at the time of traumatic experience, commonly known as peritraumatic dissociation, are important predictors for the development of posttraumatic symptoms. To further elucidate this finding and identify the psychological consequences of the Omagh Bombing individuals at or near the bomb site at the time of detonation (n=20) as well as those not in the vicinity but who were residents of Omagh (n=17) were administered the Peritraumatic Dissociative Experiences Questionnaire (PDEQ), the Dissociative Experiences Scale (DES), the Impact of Events Scale (IES) and the Brief Symptoms Inventory (BSI) one week after the explosion. Both samples were subsequently administered the DES, IES and BSI 19 and 53 weeks after the bombing. Results show that those personally-exposed to the bomb had significantly higher DES and peritraumatic dissociation scores than those socially-exposed. Moreover, those personally-exposed reported significantly more intrusion and avoidance symptoms. Results are further discussed with reference to the changing nature of post-traumatic symptoms over time.

The relationship between dissociation and religiosity: An empirical evaluation of Schumaker's theory

MJ DORAHY, University of New England,
Armidale, Australia & CA LEWIS, University
of Ulster at Magee College

Following Schumaker's (1995) suggestion that dissociation elicited by religious ritual provides the basis for religious beliefs the current aim was to empirically assess the relationship between dissociation, religious ritual and religious beliefs. Four samples with varying levels of religious commitment were administered the Dissociative Experiences Scale, the Francis Scale of Attitude toward Christianity Scale and the Religious Ritual Scale. Dissociation scores were highest in the young Catholic sample and lowest in the Fellowship group. However, these results are largely effected by the covariate of age. No relationship was found between dissociation, religious ritual and religious beliefs in the student sample. Yet small to moderate results were found in the Catholic sample. Results are discussed with reference to Schumaker's theoretical proposal and directions are suggested for future assessment of the dissociation-religiosity relationship.

The Premenstrual Syndrome: A survey of general practitioners on current treatment practices

K DUDGEON, J KREMER & J REILLY,
Queen's University of Belfast

This survey assessed contemporary treatment practices of PMS in GP's surgeries across Northern Ireland. A total of 56 general practitioners took part in this survey and completed a questionnaire assessing definitions and causes of PMS, diagnostic services, treatment homogeneity, available and recommended treatments and perceived success

of treatments. It was found that GP's employed mainly non-invasive diagnostic means. No uniform approach to treatment of PMS could be identified. The existing lack of consensus as to how to diagnose and treat PMS should be addressed through the development of specific and diagnostic treatment regimes. Guidelines as to how to bring clarity into the current state of diagnostic and treatment practices are discussed.

Religiosity and subjective well-being among children

P DUNNE & CA LEWIS, University of Ulster at Magee College

Subjective well-being has been the focus of a growing body of research within the psychology of religion. Subjective well-being is the field of psychology that attempts to understand people's evaluations of their lives. These evaluations may be primarily cognitive (e.g. life satisfaction) or may consist of the frequency with which people experience pleasant emotions (e.g. happiness) and unpleasant emotions (e.g. depression). The aim of the present study was to examine the relationship between religiosity and components of subjective well-being. The Francis Scale of Attitude Towards Christianity was administered alongside the Oxford Happiness Inventory, the Bradburn Affect Balance Scale and a single item measure of life-satisfaction among a sample of Irish school children. The data demonstrate a significant association between religiosity and aspects of subjective well-being.

Psychological type and attitude toward Christianity: Applying the Keirse Temperament Sorter among A-level students

M FEARN & LJ FRANCIS, University of Wales, Bangor

A sample of 367 students studying religion at A-level completed the Keirse Temperament Sorter together with the Francis Scale of Attitude toward Christianity. The data demonstrated that sensing types hold a more positive attitude toward Christianity than intuitive types and that judging types hold a more positive attitude toward Christianity than perceiving types. No significant differences in attitude toward Christianity were found either between extraverts and introverts, or between thinking types and feeling types.

An evaluation of the factor structure of a scale measuring patriotism: Is patriotism blind?

N FERGUSON & M GORDON, Hope University College, Liverpool

This paper explores the factor structure of a scale, which examines attitudes towards one's nation. The scale, which comprises 18 items, is based on using contemporary approaches to Social Identity Theory, and examines the relationship between Blind Patriotism (a loyalty to a group regardless of its conduct) and Constructive Patriotism (which involves balancing attachment to the in-group with considerations for the well-being of both in and out groups). The scale was constructed by Schatz and Straub (1997) and was previously validated with an American sample (Schatz, 1995), and has been validated in this paper within the political context of Northern Ireland. The sample consists of approximately 300 Northern Irish adults, from both Nationalist and Unionist backgrounds, taken from three university campuses across Northern Ireland. A confirmatory factor analysis, using Lisrel, was carried out on the data. The model indicated a two-factor model, which was a good description of the data. The analysis indicated that the factor structure of the scale could be described in terms of the proposed constructs of Blind and Constructive Patriotism.

Patriotism and the future of Northern Ireland

N FERGUSON & M GORDON, Hope University College, Liverpool

The research explores the relationship between blind versus constructive patriotism and satisfaction with the outcome of the Peace Process in Northern Ireland. Analysis also explores intended voting behaviour and a variety of contributing demographic variables, such as religion, social class and political identity. The research is based on using contemporary approaches to Social Identity Theory to examine how or if blind patriotism (a loyalty to a group regardless of its conduct) or constructive patriotism (which involves balancing attachment to the in-group with considerations for the well-being of both in and out groups) are connected with satisfaction with the Northern Irish Peace Process.

Assembling the jigsaw: Attitude toward Christianity inside and outside the churches

LJ FRANCIS, University of Wales, Bangor

As a research student in the early 1970s I set out to review what was then known about attitude toward Christianity among young people in the UK. Integration of the findings of previous research was frustrated by the lack of any agreement about common definitions and common indices of measurement. Placing two existing studies side by side is problematic if such studies employ different definitions of what is meant by attitude toward Christianity or different measures of basically similar constructs. In response to such frustration I proposed a new instrument and invited colleagues to work alongside me in developing a series of studies, interrelated one with another through the use of the same instrument. Now over two decades later well over a hundred published studies have begun to offer us the possibility of assembling the jigsaw puzzle. We can begin to see how the pieces fit together. My aim in this paper is to describe the scale of attitude toward Christianity and to provide a map of the different contexts in which it has been used. Then I propose to illustrate these contexts by describing three specific examples in greater depth. The scale has been employed in a series of studies to examine the relationship between personality and religion, to test the power of different theories advanced to account for frequently observed gender differences in religiosity, and to establish whether religion tends to go hand in hand with happiness or with unhappiness.

New pieces, same puzzle?

LJ FRANCIS, University of Wales, Bangor

The symposium has identified and contributed to three jigsaw puzzles, adding new pieces to developing pictures in the social psychology of religion. The first puzzle has coordinated independent studies around the Francis Scale of Attitude towards Christianity. New pieces added to this picture include emotional intelligence, dissociation, suggestibility, happiness, personality and self concept. The second puzzle has recognised the importance of adding depth to the picture by augmenting the attitudinal dimension with other dimensions of religiosity. The debate embraced notions of religious orientation and the broader construct of spirituality. The third puzzle has recognised the importance of critiquing studies in the social psychology of religion from informed theological perspectives as well as from informed psychological perspectives. The debate was illustrated by reference to the complex theological and psychological nuances raised by the notion of prayer.

Personality factors and attitude toward Christianity: Applying Cattell's model among secondary school pupils

LJ FRANCIS & R BOURKE, University of Wales, Bangor

A sample of 1070 secondary school pupils

between the ages of 11 and 18 years completed the High School Personality questionnaire alongside the Francis Scale of Attitude toward Christianity. The data demonstrate that religiosity is significantly correlated with five of the 14 personality factors and with two of the four second order factors. A positive attitude toward Christianity is associated with high scores on factor G (conformity), factor I (tendermindedness) and factor Q3 (self discipline) and low scores on factor E (submissiveness), factor F (sobriety), second order factor of extraversion (indicating a relationship with introversion) and second order factor of tough poise (indicating a relationship with emotionality).

Assessing attitude toward Christianity among adolescents in the Czech Republic: The Francis scale

LJ FRANCIS, University of Wales, Bangor, M QUESNELL, Trinity College, Carmarthen, Wales & CA LEWIS, University of Ulster at Magee College

A sample of 3432 young people between the ages of 14 and 16 years attending secondary schools within the state maintained sector completed the Czech translation of the Francis Scale of Attitude toward Christianity. The data support the reliability and validity of this instrument and commend it for further use in studies conducted among young people in the Czech Republic.

Fit indices in confirmatory factor analysis: The importance of parameter magnitude

S FORREST, Nottingham Trent University & M SHEVLIN, University of Ulster at Magee College

The statistical research literature suggests that fit indices should have desirable properties such as sensitivity to model mis-specification and independence of sample size. One factor that has received little research interest is the effect of the magnitude of the model parameters on fit indices. This Monte Carlo experiment examined the performance of the GFI, RMSEA, RMR and CN under three levels of model mis-specification (correct, acceptable, mis-specified), five levels of sample size (50, 100, 200, 500, 1000) and three levels of model parameters (low, medium, high). The results from a MANOVA showed significant main effects and interactions, indicating that model mis-specification is not the only variable accounting for variation in the fit indices. In particular the effect of model parameters is discussed.

Languages of the Northern Ireland peace process: A multi-dimensional scaling analysis.

A FORSYTHE & T TEGGART, Queen's University of Belfast

This study examined the relative linguistic positions of the politicians involved in the 1998, Good Friday agreement, (n=12). Its basis is the work of Roderick Hart (1984 and 1995) on the Diction text-analysis program, which searches text for five measures of speech variability. These variables are Optimism, Activity, Realism, Commonality and Certainty. Multi-dimensional scaling (MDS) determined the dimensions necessary to distinguish among the political figures in terms of these five variables. Two dimensions were extracted with three of the variables representing a good fit with the configuration. Activity with an angle of 31.8 o, (p<.001) and Optimism with an angle 35.9 o, (p<.001), both represent the first dimension. Realism loaded significantly on dimension two (p<.001), presenting an angle of 42.2 o. Findings are discussed with reference to political proposition. These results provide a degree of support for our hypotheses that Diction, coupled with simultaneous data analysis, will reveal previously hidden linguist patterns.

‘Reduce the fat and reduce the flavour. What do consumers really think?’

J HAMILTON, B KNOX, D HILL & H PARR, Northern Ireland Centre for Diet and Health, University of Ulster at Coleraine

Dietary guidelines consistently advocate the reduction of fat in the diet but reduced fat diets are difficult for people to maintain. In an attempt to help consumers meet this recommendation the food industry have introduced a vast range of reduced fat foods on to the market. This study investigates how consumers rate and perceive the sensory properties of these foods. Sensory studies, focus group discussions and one-to-one interviews were carried out with consumers in Northern Ireland and England. The results imply that consumers associate reduced fat products with inferior sensory properties, in spite of the food industry's attempts to replicate standard fat products.

Bullying-behaviour, peer-victimisation and self-esteem among 16- to 18-years-old in Ireland

C HANNIFY, University College Cork & CA LEWIS, University of Ulster at Magee College

The present study sought to ascertain the prevalence of bullying behaviours among sixth-form students in Ireland and examines the self-esteem of both ‘bullies’ and ‘victims’ of such behaviours. The Peer-Victimisation and Bullying-Behaviour Scale and Rosenberg's Self-Esteem Scale were administered to a sample of 445 sixth-form students aged between 16- to 18-years-old in Ireland. Data demonstrates that bullying behaviour is more prevalent among males than females. For females, higher scores on the peer-victimisation scale and the bullying-behaviour scale were significantly associated with lower scores on the self-esteem scale. Similarly for males, high scores on the peer-victimisation scale were associated with lower scores on the self-esteem scale. However, there was no statistical significance found between scores on the bullying-behaviour scale and the self-esteem scale for the male sample. The present findings further help to establish the psychological consequences of being either a perpetrator or victim of such bullying behaviours.

The psychological and physical health of full-time reserve officers retired from the Royal Ulster Constabulary

N HARKIN, MC PATERSON & AD POOLE, Police Rehabilitation and Retraining Trust, Holywood

The Royal Ulster Constabulary is comprised of regular and reserve officers. Those in the Reserve are employed on either a three-year full time contractual basis or paid pro rata for part-time service; none advance beyond the rank of Reserve Constable. Many full-time reserve officers have served for multiple contracts and as such qualify for an occupational pension upon retirement from the police service; others have been medically retired from service due to ill-health or an injury on duty. Earlier research with retired regular officers (Paterson, Poole, Trew & Harkin, in press) found that psychopathology was present to a significant extent, particularly in those retired medically. The present study examines the psychological and physical health of retired full-time reserve officers and compares their situation to that of retired regulars. Factors important in their satisfaction with life also considered and discussed.

Assembling the jigsaw of Attitude toward Christianity: New pieces, same puzzle?

CA LEWIS, University of Ulster at Magee College

Over the last 25 years a wide range of studies have been conducted among both children and adults concerned with the measurement of attitude

towards Christianity. The interpretation and synthesis of these findings is straightforward given that all have agreed on a common instrument for assessing attitude to Christianity, the Francis Scale of Attitude Toward Christianity (Francis, 1978; Francis & Stubbs, 1987; Francis, 1993a). ‘I envisaged the advantages to be gained by attempting to co-ordinate a series of otherwise independent studies which could agree on definition and methodology. The image in my mind was that of a jigsaw puzzle. Properly co-ordinated each individual study could build on what was already known and gradually extend the picture’ (Francis, 1993b, p.4). The aim of the symposium is to present new research findings using the Francis Scale, therefore providing additional pieces to further assemble the ‘attitude towards Christianity’ jigsaw.

Bullying in the school and the workplace: Prevalence, cause and consequence

CA LEWIS, University of Ulster at Magee College

Bullying appears to be an increasing social problem within most industrialised countries in both the school and the workplace environment. Despite various indicators that may substantiate claims of an increase, there is a conspicuous absence of empirical data on why these behaviours occur, how their occurrence can be reduced and what can be done to help both the bully's and their victims. Previous research initiatives have emerged mainly from Northern Europe and North America and there is only limited data from the United Kingdom and Republic of Ireland on bullying in either the school or the workplace context. The aim of the symposium is to begin to address this deficit and provide data on the antecedents, prevalence and consequences of bullying among samples of both children and adults. Specifically research examines the prevalence of bullying among school children, sixth-form students and nurses, and also the association between bullies and victims with self-esteem, general mental-health, personality and measures of life-satisfaction.

Convergent validity of the Depression-Happiness Scale with the Bradburn Affect Balance Scale

CA LEWIS, University of Ulster at Magee College, P McCOLLAM, University of Ulster at Coleraine & S JOSEPH, University of Warwick, Coventry

There is increasing interest in the study of subjective well-being and this has been accompanied by the recent development of a number of new self-report measures. The aim of the present paper is to provide further evidence for the convergent validity of one such measure, the Depression-Happiness Scale (McGreal & Joseph, 1993; Joseph & Lewis, 1998). The Affect Balance Scale (Bradburn, 1969), a measure that is very well established in the subjective well-being literature, which contains measures of both positive and negative affect, was administered alongside the Depression-Happiness Scale to 67 undergraduate students. As predicted, higher scores on the Depression-Happiness Scale, indicating a higher frequency of positive feelings and a lower frequency of negative feelings, were significantly associated with higher scores on the Affect Balance Scale and the Affect Positive Scale and with lower scores on the Affect Negative Scale. These data provide further evidence of the convergent validity of Depression-Happiness Scale.

Gone but not forgotten: Research on trauma in Northern Ireland

CA LEWIS, University of Ulster at Magee College

It is widely evidenced that traumatic events can give rise to a wide range of psychiatric disorders, including post-traumatic stress disorder. Post-traumatic symptomatology is often associated with: re-experiencing the trauma in dreams, survivor guilt, general emotional numbing, and

impaired social functioning and interpersonal relationships. Given the recent history of Northern Ireland and the accompanying manifest social and political unrest, it is likely that for mental health practitioners post-traumatic stress disorder is a relatively common condition. However at present there is scant research in the area of post-traumatic stress disorder in Northern Ireland. The aim of the present symposium is to review the literature relating to post-traumatic stress disorder in Northern Ireland and provide examples of current research initiatives addressing the correlates and predictors of post-traumatic stress disorder in the province. Directions for further research are outlined.

Some contemporary issues within occupational psychology

CA LEWIS, University of Ulster at Magee College

The aim of the present symposium is to examine some current issues within occupational psychology. Within the work environment such issues include the psychological effects of the increased usage of temporary contracts in the health care profession, the increase in ‘atypical’ work patterns, and the prevalence of workplace bullying. In addition the use of emotional intelligence within occupational selection is also discussed. It is argued that if occupational psychology is to continue to offer value for money, such contemporary issues require discussion and research so that the discipline can aid those that it aspires to help, the worker and the organisation alike.

The personality profile of the churchgoer: A study among female French undergraduates

CA LEWIS, University of Ulster at Magee College

A series of recent studies has employed various measures of Eysenck's dimensional model of personality alongside frequency of church attendance. The consensus from these studies suggests that within Eysenck's dimensional model of personality, psychoticism rather than extraversion or neuroticism, is fundamental to a greater frequency of church attendance. The present study tested the generalisability of these findings by examining the association between frequency of church attendance and the Eysenck Personality Questionnaire Revised Abbreviated among a sample of French undergraduate students. A significant negative association was found between greater frequency of church attendance and lower psychoticism scores. In contrast there was no significant associations between church attendance and extraversion, neuroticism or lie scale scores. These findings are consistent with Eysenck's theory regarding individual differences in social attitudes.

The psychological impact of the ‘Troubles’ in Northern Ireland: Research findings among adults

CA LEWIS, University of Ulster at Magee College & E CAIRNS, University of Ulster at Coleraine

The present aim is to review research that has examined the psychological impact of the ‘Troubles’ in Northern Ireland, with particular reference to adults. Previous research is classified according to the methodology employed. First, using clinical referrals, a number of studies have examined the mental-health of those who have been caught up in terrorist incidents. From these studies there is evidence of adverse psychological reactions and post-traumatic stress disorder. Second, employing community surveys using random or stratified samples, a number of studies have examined the impact of the ‘Troubles’ on mental-health at the community level. Evidence suggests that at the community level the on-going political violence is moderately associated with psychological disorder, but perceptions of the violence and coping processes have a moderating role, so that only a minority of those who live in areas of high

violence have been adversely affected.

Are religious people more intelligent?: Examining the relationship between religiosity and emotional intelligence

CA LEWIS & C MCGUCKIN, University of Ulster at Magee College

The traditional view within the psychology of religion is that there is a negative association between religiosity and intelligence. Following a review of the empirical literature, Argyle (1958) concluded that '... intelligent students are much less likely to accept orthodox beliefs, and rather less likely to have pro-religious attitudes ...' (p.96). However, Francis' (1998) more contemporary review challenges this conclusion and provides some evidence that there is no association between religiosity and intelligence. Given that the conceptualisation and operationalisation of both religiosity and intelligence are not simple matters, the aim of the present study was to extend the religiosity-intelligence literature by employing different definitions of these constructs than has been previously employed. The Francis Scale of Attitude toward Christianity and the Emotional Intelligence Scale were administered to a sample of 95 Northern Irish undergraduate students. A significant positive association was found between higher scores on the Francis Scale and higher score on the measures of emotional intelligence. The present results provide some support for the view that religious people are more emotionally intelligent.

An eye-movement analysis examining the effects of increased information on the recall of environmental data

M LINDEN, N SHEEHY & J WYLIE, Queen's University of Belfast

The communication of environmental information through company reports is an expensive and often unrewarding experience. Companies must not only convey the message but must also ensure it is understood. The study presented here is part of a wider research project aimed at improving the communication of environmental data. The SMI eye-movement camera, and a qualitative analysis of participants' information recall were used to examine the effects of the addition of graphic features, and increased text to a report cover. Low, medium and high information conditions were independently administered to four participants. The addition of information to a report cover had a detrimental effect on recall of important details such as company name and report title. In conclusion, if information is to be added to a report cover, distracting design features should be de-emphasised.

Life for the underprivileged: Can psychology make a difference?

T MACKAY, Psychology Consultancy Services and University of Strathclyde

This paper provides an overview of life for the underprivileged by demonstrating the extent to which socioeconomic disadvantage is associated with higher infant mortality, lower longevity and poorer quality of life, together with an increased level of physical and mental disabilities. It asks the question whether psychology, as well as being an academic discipline, can do any good in society, and addresses this issue with particular relation to educational failure in disadvantaged populations. Examples are provided of small-scale research interventions which transformed school ethos in single establishments on a long-term basis through a focus first on playground behaviour and then on reading failure. The question is then raised as to whether psychological interventions can be designed which will transform not only individual schools but also entire populations of disadvantaged children and young people through raising achievement. The results of current studies using samples of 4000+ children per year in the age

range 4 to 7 years are presented, together with supporting studies for other age groups. These provide a basis for significant long-term improvements in the populations studied.

The impact of workplace bullying on the self esteem of nurses

C MCGUCKIN, CA LEWIS & M SHEVLIN, University of Ulster at Magee College

If nursing personnel are to look after the health and well-being of the populace at large, it is incumbent hospital management to provide workplaces free from harassment and stress for their nurses to conduct their work in. It has been widely reported that stress and bullying at work may be a major hazard for the modern health care worker. The current study sought to determine whether such workplace bullying has any differential effect on self-esteem levels between victims and non-victims of bullying behaviours. The level of bullying behaviour in the workplace was assessed by means of the Leymann Inventory of Psychological Terrorization, and also by asking the respondent directly if they were the victim of such behaviours. Estimates of self-esteem were made using Rosenberg's Trait Self-Esteem Scale and Heatherton and Polivy's State Self-Esteem Scale. Significant differences were found between the self-esteem levels reported by victims and non-victims in the study. Implications for hospital management and nursing personnel are discussed.

Towards a working definition of workplace bullying

C MCGUCKIN, CA LEWIS & M SHEVLIN, University of Ulster at Magee College

As a relatively recent and hugely important area of study within occupational psychology, the issue of workplace bullying is at danger of becoming another victim of nondescript terminology (e.g. as has happened in the stress literature). In some countries the term 'bullying' has been used so often to describe so many types of behaviour that the term has now been rendered defunct in that country. Indeed, Rayner *et al.* (1999) argue, 'The issue of language for the 'naming' of the phenomenon (or phenomena) may be an issue to address sooner rather than later' (p.13). The present paper argues that any proposed operational definitions of such behaviours should be tightly defined and encompass the oft times tricky issues of defining 'frequency' and 'duration' of behaviours (e.g. Leymann, 1990). Such 'tight' definitions shall help protect workers from actual bullying behaviours, or indeed, against malicious accusations from work colleagues. If such definitions can be explored and agreed upon, the research within this emerging field of investigation can progress directly and allow meaningful comparisons to be made both within and across national boundaries. Such a start should enable the formation of an eclectic approach to the amelioration of such insidious behaviours in our workplaces.

The 'next day effects' of a previous night's drinking on mood and performance

A MCKINNEY & K COYLE, University of Ulster at Magee College

The studies that have investigated the carry-over or the hangover hypothesis attribute any observed performance impairment in sober social drinkers, to the residual effects of recent drinking. The present study examined the effects on mood and cognitive performance the morning after a normal night's drinking. Forty-eight participants (15 male and 33 female) completed a battery of objective cognitive tasks and subjective measures of sleep quality, mood and anxiety when no alcohol had been consumed in the previous 24 hours and again when alcohol had been consumed during the previous evening. The pattern of results suggests that mood and performance are differentially influenced the morning after a normal night's drinking however these effects cannot be attributed to the

presence of alcohol in the blood.

Attitudes to forgiveness in Northern Ireland: Evidence from focus groups

F McLERNON, E CAIRNS, University of Ulster at Coleraine & M HEWSTONE, University of Cardiff

Forgiveness in the context of group relations is a relatively new concept for research in Northern Ireland. Eight focus groups were arranged to discuss various aspects of the concept of forgiveness, its relevance to the Northern Ireland peace process and particularly to persons injured or bereaved in the conflict. Victims' groups consisted of two from the Catholic, and one from the Protestant, community. A further two groups represented lay members of victim support and conflict resolution organisations, and one group consisted of clerics and church leaders. Finally, two group meetings consisted of representatives of the Loyalist and Nationalist paramilitary organisations. Qualitative analysis of the discussions revealed that views on forgiveness were complex, and differed as much within groups as between groups.

The use of the Bayesian Information Criterion (BIC) in psychological measurement research

JNV MILES, Derby University & S HEMPEL, Halle University, Germany

The introduction of structural equation modelling (SEM) in personality research has provided a rigorous technique for researchers to empirically and statistically test the unidimensionality of their measurement scales. When SEM was first developed, the assessment of a model was carried out using a chi-square test, to determine the probability of the data arising if the null hypothesis of model fit were correct. If this test was non-significant, the model was accepted as a potential representation of the state of affairs that gave rise to the model. However, the chi-square test is subject to a number of problems, and researchers have attempted to solve these problems in a number of different ways. Examples include first, by resorting to the comparison of a model with a baseline, or null, model (for example the NFI), second by examining the proportion of covariance in the data that is explained by the model (e.g. the GFI), and third by considering the notion of approximate fit (for example the RMSEA). In the conventional use of null hypothesis statistical testing procedure (NHSTP) there has recently been a revival in interest in Bayesian methods, which consider the prior probability of a result, which is used to calculate the probability. This approach has recently been applied to SEM, in the form of the Bayesian Information Criterion to determine model fit. This paper describes the rationale behind the use of the BIC, and shows, by means of simulations, how it can be used to determine the most appropriate model from a set of theoretically derived models.

The factor structure of the Free Will-Determinism Scale: A failure to replicate using confirmatory factor analysis

M NAVRÁTIL, The Academy of Sciences of The Czech Republic, Brno, Czech Republic, C MCGUCKIN, CA LEWIS & M SHEVLIN, University of Ulster at Magee College

Presently, there is little empirical research related to the construct of free will. In an attempt to facilitate research in this area the Free Will-Determinism Scale (Stroessner & Green, 1990) was developed to measure strength of beliefs in free will or determinism. This self-report scale comprises 17 items with three sub-scales measuring Religious-philosophical determinism, Psychosocial determinism, and Libertarianism. Although Stroessner and Green (1990) do provide some preliminary evidence for the reliability and validity of the scale, the aim of the

this study was to confirm the factor structure of the scale among a sample Northern Irish University students using confirmatory factor analytic methods. A three-factor model, as proposed by Stroessner and Green (1990), was specified and tested and this model was found not to fit the data. The results question the construct validity of the Free Will-Determinism Scale and a number of suggestions are proposed for further refinement of the scale.

Identity management strategies in Northern Ireland

U NIENS & E CAIRNS, University of Ulster at Coleraine

Social identity theory suggests that individuals and groups apply different identity management strategies to cope with threatened identities. An explorative study was carried out in the changing political context of Northern Ireland in October 1998. The aim of this study was to develop five identity management strategy scales for Northern Ireland and to investigate the relationship between perceptions of stability and legitimacy and ingroup identification and these strategies. Results supported the factor structure of the identity management strategy scales. Perceptions of stability and legitimacy and ingroup identification were correlated with some strategies only. This might indicate that some identity management strategies are related to psychological constructs beyond social identity theory.

Bullying in Northern Ireland secondary schools: The personality, self-esteem, and physical and mental health of bullies and victims

BF O'FARRELL, University of Ulster at Jordanstown, C MCGUCKIN, CA LEWIS & M SHEVLIN, University of Ulster at Magee College

The present study sought to ascertain: (1) the prevalence of bullying behaviours among secondary school children in Northern Ireland; (2) examine the personality profile and self-esteem of both 'bullies' and 'victims' of such behaviours; (3) determine if there is a link between such behaviour and the physical and mental well-being of both 'bullies' and 'victims'. A number of measures of bullying (e.g. Peer-Victimisation Scale) were administered alongside the Eysenck Personality Questionnaire Revised Abbreviated, the Rosenberg Self-Esteem Scale and the General Health Questionnaire to a large number of 13 to 15-year-old students. On the basis of their scores on the measures, the respondents were placed into four groups: 'bully', 'victim', 'bully/victim', and 'control'. Post-hoc comparisons were made between each of the groups. Significant differences were found between the groups on several of the measures. The present findings further help to establish the psychological consequences of being either a perpetrator or victim of such bullying behaviours.

In search of a more concise and effective measure of attitudes to specific illegal drugs

G PRENTICE, University of Ulster at Jordanstown

Due to the paucity of short reliable drug attitude questionnaires this study focused on producing as brief and internally consistent an attitude questionnaire as possible. Undergraduate students (n=164) completed our sub-scales from the Drug Attitudes Survey (DAS: Goodstadt, Cook, Magid & Gruson, 1978) (Marijuana, Heroin, Speed & Acid) along with two newly-constructed scales (Ecstasy & Cocaine) not originally included in the DAS (44 items in total). Factor analyses were conducted on each scale, the four DAS sub-scales together, the new scales together and all the scales together explained by a second order factor (Overall Drug Attitude). The resulting 23-item scale (items with factor loading >.50) had acceptable internal consistency. At least 25 per cent of each item's variance was explained by each factor making the scale a valid and effective attitude measurement tool and more readily

adaptable to use with multiple measures. It is recommended that individual factor totals be used in future investigations in order to address variability between specific drug attitudes.

Part-time work, part-time equality?

J REILLY, O MULDOON, F MULHERN & J KREMER, Queen's University of Belfast

Atypical work is an umbrella term, which describes a variety of work patterns, which deviate from the traditional '9 to 5' permanent position. While the term 'atypical' suggests that these patterns are unusual, there has been a dramatic rise in this form of employment in the United Kingdom. The preponderance of women and the differing rights and benefits afforded to atypical workers raise questions regarding the potentially discriminatory impact of these practices, which is the primary focus of this study. A mixed methodological approach utilised surveys, interviews and focus groups. Initially, 210 small, medium and large organisations randomly sampled from the public and private sectors were surveyed, and a total of 117 organisations completed the questionnaire. The second strand of the research involved follow-up interviews with 49 employers, exploring the meaning of atypical work in the context of their own organisations. Finally, six focus groups were conducted to provide an employee perspective. The survey indicated that more women than men were engaged in atypical work, which was more prevalent in the service industries. Employers did not report less advantageous terms and conditions being offered to atypical workers. However, interview and focus group data revealed that atypical workers were not always afforded the same opportunities and benefits as other employees. Results from the employer perspective are discussed in terms of implications of atypical work in relation to equality issues, and highlight the utility of a mixed methodological approach to the study of equality issues to identify and promote best practice at work. From the employee perspective, results are discussed in terms of the latent and manifest benefits of work, including implications of atypical work for employee's self perceptions.

Happiness and attitude towards Christianity

M ROBBINS & LJ FRANCIS, University of Wales, Bangor

A sample of 295 individuals, ranging in age from late teens to late seventies, completed the Oxford Happiness Inventory and the Francis Scale of Attitude toward Christianity, together with the short form of the Revised Eysenck Personality Questionnaire. The data demonstrate a positive correlation between religiosity and happiness.

Smoking and gender identity in early adolescence

J RUGKÁSA, J SITTLINGTON & B KNOX, Northern Ireland Centre for Diet and Health, University of Ulster at Coleraine

Children are not simply children. Children's social universe is as heterogeneous as that of adults', and children may belong to distinctive social groups such as 'losers', 'hard', 'boys', 'posh' etc. These social groups have partly different values and symbol systems. That means that children who smoke may do so for a variety of reasons. It follows that boys and girls could have different reasons for smoking. Gender identity is apparent in children from a very early age and forms an important part of a social identity. This paper seeks to explore the relation between smoking, group identity, and gender identity in early adolescence. Gender identity, we believe, can be seen as simultaneously structuring and providing room for agency, facilitating interplay between individuals and society. The paper is based on 150 qualitative interviews with 10 to 13-year-old children in Northern Ireland.

Feeltrace: Validating a tool for continuous measurement of perceived emotional content

S SAVVIDOU, R COWIE & E DOUGLAS-COWIE, Queen's University of Belfast

We examined the reliability of a system we developed, which allows people to record their perceptions of emotion on a computer screen. The system is based on the classical activation-evaluation concept but it is applied in a new way based on computer presentation, capturing temporal variation in a natural way. The activation-evaluation framework is presented to respondents as a circle on the computer screen and they are then asked to describe the emotional content of the material by moving a pointer in the circle. The circle shows a number of key emotion words that are placed on the appropriate points in the space so that users take them as points of reference. Stimuli in this study were emotional clips from TV programs involving real interactions. Reliability was assessed by measuring the spread of average co-ordinates for responses to each clip. Distribution was compact showing that Feeltrace provides a reliable recording tool.

The influence of religious conservatism on political opinion among Northern Irish students

I SCHERMBRUCKER & K TREW, Queen's University of Belfast

This study emerged from work done by Boal, Keane and Livingstone (1997). They found that when churchgoing Protestants and Catholics were sub-divided into 'Conservative', 'Liberal-conservative' and 'Liberal' categories, variations of opinion could be found among these categories. Political opinion, however, was notably similar for members of all three categories. This study concerned itself with an examination of this relationship between religious conservatism and political opinion. A questionnaire was devised to categorise participants by both their community background and their level of religious conservatism. This was complimented by questions concerning opinion on the constitutional stance of Northern Ireland and the strength of this view. The questionnaire was distributed to first year, Northern Irish undergraduates at the Queen's University of Belfast. It was found that Liberal and Liberal-conservative participants from both communities tended to express similar views within their community categories. Conservatives tended to differ from their more liberal community members, tending to reject compromise solutions in favour of clear-cut membership of either a United Ireland or exclusive membership of the UK. Conservatives also differed as regards strength of opinion, indicating more strongly held opinions than the more liberal participants. Too few participants were tested to treat the results as anything other than suggestive. Nevertheless they might be taken as another indicator that social identities should not be considered in isolation but as constituents of an interactive network.

Self-stranger agreement on personality based on facial photographs

M SHEVLIN, CA LEWIS, University of Ulster at Magee College, M DAVIES, S WALKER & P BANYARD, Nottingham Trent University

Recent 'zero acquaintance' experiments have shown that stranger ratings of personality dimensions based on photographs are moderately associated with self ratings by the target. This experiment extends the 'zero acquaintance' design by manipulating the amount of information available to the rater. Subjects completed the Eysenck Personality Profiler and had a colour head and shoulder photograph taken. Strangers were asked to rate the photographs in terms of extroversion, neuroticism and psychoticism in one of three conditions; full

head and shoulder photograph, cropped photograph showing only head and hair, and cropped photograph showing only face. Significant correlations were found between self and stranger ratings of psychoticism across all three conditions. No significant associations were found for extroversion and neuroticism. The results are discussed in terms of mate selection strategy.

Young adolescents perceptions of health, smoking and other health risk

J SITTLINGTON, J RUGKÅSA & B KNOX, Northern Ireland Centre for Diet and Health, University of Ulster at Coleraine
Very little is actually known about the perspectives of children with regard to overall health and their attitudes to various risk behaviours such as smoking, alcohol and drug abuse. This paper explores young adolescents' perceptions and views on health and what it means to them. It also looks at their health attitudes towards smoking, alcohol and drug abuse. The objective is to explore what adolescents think about such health risk behaviours and why they still pursue them knowing the risks. As our data demonstrates, adolescents perceive that 'health' is associated with low fat food consumption, the participation in exercise, the importance of personal hygiene and the abstinence of smoking, drinking alcohol and the use of drugs. The data also showed that they have a wide knowledge of the consequences of smoking as well as those of alcohol and drug use. This paper reports data from more than 150 qualitative, unstructured interviews, which is part of a cross-cultural longitudinal study with 10 to 13-year-olds from economically deprived areas of Northern Ireland.

Academic ratings of journal quality: An internet study of United Kingdom psychologists

M STRINGER & K STRINGER, University of Ulster at Coleraine
The internet is now being used as a means of conducting psychological research (Buchanan & Smith, 1999; Senior & Smith, 1999). A questionnaire study using the Internet was carried out with academic staff in UK psychology departments. Individuals were asked to rate psychology journals on a five-point scale indicating their estimation of each journal's international, national or sub-national status. The results of 194 psychologists were collected and compared with impact factor ratings derived from the 1997 SSCI reports from same journals. The results indicate that academics ratings are highly consistent with journal impact ratings revealing considerable consensus amongst psychologists about what constitutes journal quality. The results of academics ratings of

journals are outlined along with the advantages and difficulties of carrying out questionnaire research using the internet.

Identifying outcomes in cognitive therapy through linguistic analysis: A preliminary investigation of changes in therapist's language.

T TEGGART, I CROTHERS & M LINDEN, Queen's University of Belfast
The words used by therapists in describing the clients' progress as measured by Second version of the Linguistic Inquiry and Word Count (SLIWC) were hypothesised to predict outcomes in mental health, measured by the Beck Depression Inventory, the Beck Anxiety Inventory, and the general health questionnaire. Previous research has indicated that people's physical and mental health is reflected in the language they use (Anderson, Bein, Pinnell & Strupp, 1999) but the link between outcome and therapists' viewpoint remained largely unexplored. The SLIWC is a text analysis program that classifies text on a word-by-word basis, and calculates the percentage words belonging to one of 85 categories. A case study design was used involving the clinical notes of 20 clients from a psychiatric nurse trained in cognitive therapy. Preliminary results indicate subsets of therapists' language are representative of clinical outcomes. Implications suggest linguistic analysis as a valid method for the retrospective assessment of clinical practices.

Religiosity, social suggestibility and compliance

SJ THOMAS, University of Ulster at Jordanstown & CA LEWIS, University of Ulster at Magee College
According to Paloutzian (1996) '... people who are dependent upon authority and/or who have difficulty living with uncertainty could be attracted by religious institutions, because their needs for authority and guidance and for unambiguous answers to life would be satisfied. They would also more likely believe the answers provided by religious authority' (p.244). The aim of the present study was to examine the relationship between scores on measures of religiosity, social suggestibility and compliance among a sample of 156 Northern Irish students. All participants completed the Gwynn Suggestibility Scale (containing five subscales: Concern for Social Appropriateness, Ego Strength, Persuasibility, External Influences, Consideration of Others), the Gudjonsson Compliance Questionnaire and the Francis Scale of Attitude toward Christianity (short-form). Higher scores on the measure of religiosity were significantly associated with higher scores on the measure of compliance, but not with scores on the measure of social suggestibility or the related subscales of Concern for Social Appropriateness, Ego Strength,

Persuasibility, External Influences, and Consideration of Others. These results provide tentative support for the view that religious people are more compliant, but not that they are more suggestible.

An investigation into the mediating influence of intra- and inter-personal functioning on the effectiveness of brief versus focused intervention programmes for individuals with alcohol related problems

L WOODHOUSE, Homefirst Community Trust, Ballymena, P MULHALL & BP BUNTING, University of Ulster at Jordanstown
The aim of the present study was to investigate the possible mediating influence of intra- and inter-personal functioning on the effectiveness of brief versus focused intervention programmes for individuals with alcohol related problems. The study was set within a community based alcohol and drugs treatment centre. The study was a randomised design. Prior to attendance consecutive clients were randomly assigned to receive either brief intervention or focused intervention, which was matched to their 'stage of change' at initial assessment. Consecutive patients attending a specialist Community Addiction Service over a 12-month period were invited to participate in this study. Those that accepted (n=189) were randomly assigned to either the brief or focused intervention groups. All participants were administered a comprehensive assessment battery. Details of alcohol consumption, dependency levels, levels of intra- and inter-personal functioning and demographic details were collected. The findings indicate that those who rated aspects of their interpersonal/personal functioning positively consumed less alcohol, however the relationship between these measures and the amount of alcohol consumed differed depending on treatment condition. A similar trend was found when dependency level was used as an outcome measure. It was found that participants who rated their level of interpersonal/personal functioning as being lower and were in the brief intervention group reported higher levels of alcohol consumption and higher levels of dependency than those with comparable ratings in the focused intervention group. The influence of interpersonal/personal functioning may have a mediating effect on the efficacy of brief and more focused treatment programmes for individuals with alcohol related problems.

Division of Counselling Psychology

Annual Conference, The Swallow Hotel,
Liverpool, 19–21 May 2000

Therapist dilemmas – When a system fails

K BEWSEY & A ODULATE, City University

Therapist dilemmas have been addressed by Dryden (1985) and this presentation sets out to highlight certain difficulties faced by Counselling Psychologists within the context of particular settings such as a Community Mental Health Team and more specifically a Domestic Violence Project. These difficulties include maintaining the role of the therapist, being part of a wider system and managing personal feelings (including to be or not be a 'freedom fighter'). The following case examples are used to illustrate these difficulties.

Case Example 1

This case example is that of a woman aged 44 from a lower socio-economic background who has experienced a recurrent pattern of domestic violence, rape and has a history of sexual abuse. Her presenting problems include depression, low self-esteem and a lack of assertiveness. This client was referred for counselling by the Police as she had made allegations of rape against her ex-boyfriend. Following court proceedings, at which he was found 'not guilty', the client attempted suicide.

Case Example 2

This case example is of a woman aged 49 with a history of child sexual abuse and repeated patterns of abusive relationships. She has a long history of psychiatric interventions concerning her self-harming behaviour, depression and anxiety. After being discharged from a psychiatric hospital this client claimed she had been raped by one of the hospital nurses.

Both examples demonstrate: (1) how the wider system reinforces client feelings of helplessness and powerlessness, and (2) the difficulties of raising issues relating to domestic violence, rape and professional misconduct.

When does the process begin? Meanings of a waiting list for psychology services

B DOUGLAS

Purpose: What is the experience of being on a waiting list to see a counselling psychologist, or that of the psychologist providing a service for which there is a waiting list? Do these subjective experiences form part of the therapeutic process? This paper explores the concept of the waiting list as an active process, firstly, to highlight the intra and inter-personal meanings of it to the participants involved, and secondly, to examine the implications of these meanings for the counselling psychology process.

Background: There are differing theories of health care rationing and there is significant research into waiting lists from public health and statistical perspectives. But these in themselves do not inform us about the experience of being on a waiting list, or of being responsible for the management of a waiting list. Less emphasis has been placed on the role of these subjective meanings in health care and in particular the part they play in counselling psychology provision.

Key points:

- The waiting list is an active process;
- That each participant in this process attributes their own meanings to it;
- The subjective meanings of each participant may have a direct bearing on the therapeutic process.

Conclusions: In conjunction with the public health, political and economic arenas the intra and inter-personal meanings attached to the waiting list have significant relevance to the delivery of a counselling psychology service and the experience of it to both Client and Psychologist.

Recent development in infant psychology: Implications for psychotherapeutic counselling

R DRAGHI-LORENZ, University of Surrey,
Guildford

Purpose: The primary objective of this paper is to provide counselling psychologists with the opportunity to update themselves on current developments in infant observation studies (which have implications for adult psychotherapy) as well as the practice of psychotherapeutic counselling psychology with children.

Background: There have been important developments in the research of developmental processes in infants based on video studies and other research relating to infant and child observation. This work has considerable implications for working psychotherapeutically with adults of all ages and it also contributes to the important area of the provision of psychotherapeutic counselling psychology to children and infants.

Method/Key Points: The paper updates participants to contemporary findings from research in developmental psychology through the use of video and provides opportunities for participants to review/apply these principles in the psychotherapeutic counselling of children and adults.

Conclusions: The paper is based on a phenomenological and relational approach to infant observation which has methodological applications to adult psychotherapeutic psychology. It may also expand the competencies of counselling psychologists who want to work with children and adolescents, as well as inform themselves of how contemporary child development research can impact on their practice with adults of all ages.

Psychological therapy & Psoriasis: A grounded analysis of the phenomenology of psoriasis and its psychological treatment

E FARHY, CPS Northampton Healthcare

Objective: To formulate a tentative theoretical model explaining the perceptions of people who had psychological intervention to treat their psoriasis, concerning which aspects of their therapy were central in alleviating their physiological and psychological condition.

Design: A qualitative methodology was used since it represents an approach to studying social phenomena that lets participants speak about their therapy and its processes from their point of view and allows the development of general theoretical analyses whilst ensuring these remained close to the participants' specific accounts.

Method: A sample of fourteen adult individuals with no known probable physical cause to their psoriasis was recruited by placing advertisements in various community settings. Their experiences and beliefs concerning their therapy experiences and beliefs about it were elicited by a semi-structured interview.

Results: Transcripts' data was divided into units of meaning, coded and indexed with the following question in mind: what categories, concepts or labels were needed in order to account for the phenomena of importance in the units until when further coding added no more relevant information. In a parallel process, concept interrelationships were recorded on theoretical memoranda, for theory genesis. Thus a constant comparative analysis of data was used to simultaneously develop concepts, identify their multiple properties and explore their relationships with other concepts weaving them into a theoretical model.

Conclusions: The theoretical model emerging from the data juxtaposed therapeutic school, personal and situational elements and processes within the therapy as playing an intricate role. For instance, stress management and emotional release was seen as pivotal yet at the same time were described as taking second place to the

therapists' personal qualities and the relationship's nature. Qualities such as acceptance, sensitivity and empathy were seen as central to therapy's efficacy, reflecting findings that therapeutic alliance strength is a major predictor of therapeutic outcome.

Counselling psychologists' experiences of sexual attraction toward their clients: Impact on the therapeutic process

T GIOVAZOLIAS, University of Surrey

This study has attempted to address Counselling Psychologists' experiences of sexual attraction to their clients, by exploring the incidence of this phenomenon, the reaction that it provokes to therapists, the way they manage their feelings, and the potential impact of their sexual attraction on the therapeutic process. It was hypothesised that sexual attraction toward clients is frequently occurring in the therapeutic encounter, and that these feelings may have a positive impact on the therapeutic process; also, it was hypothesised that the disclosure of these feelings to the client may lead to a positive therapeutic outcome. A cover letter, an information sheet, a consent form, a questionnaire and a return addressed envelope were sent to the 286 Chartered Counselling psychologists included in the 1998 Register. The results showed that significantly more therapists were attracted to at least one client than not. Furthermore, half of the respondents who reported attraction to clients found that their feelings had a positive impact on the therapeutic process. Therapists who had disclosed their feelings to their clients found significantly more frequently that the impact of their sexual attraction had been positive on the therapeutic process (87.5 per cent), than therapists who did not disclose their sexual attraction (47.1 per cent). It is suggested that it may be helpful for counselling psychologists who experience sexual feelings in therapy, to recognise that they are not alone, that this phenomenon occurs generally more frequently than it used to be considered, and that many therapists are or have felt uncomfortable about these feelings themselves and the prospect of speaking out about them.

The role of evidence in counselling psychology

PE JAMES, Southport, Merseyside

This paper aims to raise the awareness of the role of evidence in promoting counselling psychology as a discipline in the area of mental health. Currently there is a mix of professions putting forward ways of working with psychological distress. Counselling psychology has a clear profile backed with evidence showing how a range of related therapies can help clients. Evidence is produced from data which is collated, interpreted and presented in journals. Sources are both qualitative and quantitative and can impact on the public through the media, and through journals to the academic community. Evidence can influence people's understanding; studies can sway the public for and against counselling psychology.

Academic enquiry and reporting is important, but is it enough? There is a need to work collaboratively with colleagues in the medical profession. There is psychological evidence that explains the nature of the human response to trauma and difficulty, the evidence of the past on present functioning, and human variation in response. This must be noted. A programme of action is suggested to take these ideas forward.

Professional and ethical issues for counselling psychologists in primary care today

P LENIHAN, City University & Royal
Free/UCL Medical School

Purpose: To discuss the ethical and professional issues for counselling psychologists raised by current developments in primary care.

Background: The Primary Care Group (PCG) agenda requires primary care teams to improve the health of their communities through addressing the health needs of their population, promoting the health of that population and working with other organisations to deliver effective and appropriate care (HSC 1998/228). Developing more of a local public health focus in health care delivery is a key aspect of this agenda.

Key Points: Primary care counselling psychologists work is expected to meet PCG requirements. Should they be embracing recent NHS developments and the new opportunities for collaboration they provide, or challenging assumptions which can be used to support ethically debatable mental health interventions? Primary care service development models based on physical health and social development research evidence are being promoted as feasible models for addressing mental health issues. Counselling psychologists are confronted with significant ethical concerns and differences in professional agendas, in developing collaborative professional and user relationships within the rapidly changing NHS.

Conclusions: Current NHS developments open up new opportunities for counselling psychologists and place additional demands on their work in health care settings. Counselling psychologists can make a substantial contribution to proposed and recently implemented multidisciplinary primary care service developments. Critical reflection on these models is advised however. They may be based on methodologies tested in a physical rather than a mental health context, and can raise significant ethical and professional issues for counselling psychologist practitioners.

The relevance of consciousness research to counselling psychology

S MUNT, University of Surrey, Roehampton
The aim of the session is to draw attention to some of the recent findings and current debates in the field of brain and consciousness research and to suggest how these may be helpful to counselling psychologists in providing a scientific, biological basis for some psychological theory and clinical method.

By the end of the 'Decade of the Brain' there has been a great increase in knowledge concerning brain structures and their functions. Developmental psychology has also contributed fascinating new evidence regarding the internal world of the infant. As a result there is currently a lively debate taking place across many disciplines, about the nature and origins of consciousness and the relationship between mind and body.

Some of the psychological and clinical models which counselling psychologists base their work on appear to be supported by recent findings and ideas in the field of consciousness research, whilst other models are not supported. Insofar as this is the case, it may be possible to discern the beginnings of a scientific rationale for an apparently emerging integrative consensus in counselling psychology and allied clinical disciplines.

The mental health of people raised in repressive religious sects who subsequently leave

J MYTTON, University of East London

The debate regarding the influence of religion on mental health has largely ignored the question of the possible effect on childhood development of a strict, repressive, and dogmatic religious upbringing. This paper aims to address this aspect and to alert counselling psychologists to such considerations.

Hypothesis: That people raised in strict and repressive religious sects experience long lasting and higher levels of psychosocial problems after exiting as compared to the general population norms. The example chosen is the Taylorite branch of the Exclusive Brethren. Mediating factors are also considered.

Methodology: A cross-sectional historical and psychological assessment was carried out using

self-report measures. Former members of the Taylorite sect were recruited via newspaper advertisements and personal contacts. Current mental health was measured using the Brief Symptom Inventory (BSI). Historical and demographical information was collected. 201 out of the 295 sets of questionnaires sent out were satisfactorily completed for statistical analysis (68 per cent).

Results: The BSI full scale mean and the means of the obsessive compulsive, interpersonal sensitivity, depression, anxiety, and psychoticism subscales were found to be significantly higher than the population norms. Factors mediating the effects of stress were social support on and after exiting. Factors increasing the effects of stress included loss on exiting. No association was found between the elapsed time since leaving and mental health scores.

Conclusions: The results support the hypothesis that significantly higher levels of psychological distress would be found in this group and suggest that the pervasiveness of the sect experience can have profound, long lasting effects on many aspects of mental health. Reasons for the raised BSI subscale scores, methodological limitations and the implications for counselling psychologists are discussed.

Procrastinating change: An exploration of the gap between intentionality and action in working with clients

J O'CALLAGHAN, University of Surrey, Roehampton

Most models of counselling have distinct assumptions about the change process yet few explicitly address the psychological processes involved in the clients' experience of intentional talk in counselling and the actual execution of those intentions outside the counselling relationship in their everyday lives. This paper proposes that greater dialogue between psychological theories and counselling models may highlight practical ways of addressing the gap between intentionality and action.

Here the phenomenon of procrastination offers a distinct context within which to consider this gap in terms of how intentions are neglected or abandoned rather than executed. Procrastination is generally construed as the experience of knowing what you want to do, intending to do it yet not doing it! This doing as action can obviously range from subtle shifts in thought or mood processes through to observable behavioural changes and include most of clients' presenting problems with self-regulation.

An overview of some of the relevant theoretical perspectives and intervention strategies are considered from psychology and counselling models to clarify some of the key issues involved in this complex process of working with a procrastinator. Some illustrative data will be presented from exploratory in-depth interviews with counselling psychologists about this paradoxical experience of working with talk for change in behaviour.

Use of the controversial technique of EMDR in the resolution of a case of PTSD complicated by guilt

DG PURVES, London Guildhall University

Purpose: A case study of PTSD complication by guilt is presented as an illustration of the usefulness of EMDR in the resolution of PTSD.

Background: This case study presents a client who suffered severe delayed PTSD following a road traffic accident in which another road user was killed. Counselling psychology took place over 19 sessions during which seven used EMDR to facilitate information processing of the traumatic memories.

Method/Key Points: One of the features of PTSD are intrusive memories of the traumatic event. These appear to resist extinction, through repetition and thus remain clinical problems. Symptomatic Core images of a trauma held in mind during EMDR appear to undergo transformation and are frequently reported to become asymptomatic during the process. EMDR is a controversial technique that utilises

rapid eye movement to facilitate information processing. Although the theoretical basis of EMDR still needs to be firmly established, in practice it appears to be a powerful technique of symptom processing and resolution for some clients. Treatment points involved the re-establishment of a sense of relationship to the self, the world and the future. To achieve this, new ways of understanding were developed by the client.

Conclusions: EMDR has been demonstrated to provide a rapid and effective means of resolving PTSD. At termination the client described in the case study was completely free of symptoms.

Ethnic matching, counsellor preference and premature termination

G RICHARDS, University of Surrey, Roehampton

High premature termination of counselling in one group of clients (such as those from ethnic minority backgrounds) raises questions about the accessibility and accessibility of current counselling service provision. Previous research, mostly American, has suggested that high rates of termination amongst ethnic minority clients is mostly due to visible differences, such as lack of counsellors from their own ethnic background, especially since premature termination by the client usually takes place before the second session. The current research aimed to identify whether premature termination amongst black clients was also a phenomena in Britain and, if so, whether counsellor preference in terms of ethnic matching was a key ingredient in this pattern of behaviour. Statistical analysis of archival data of both black and white clients did not find a significant difference between them in terms of their premature termination of counselling. Although some black clients did specifically request a counsellor of the same ethnicity as themselves, this pattern was not found to be statistically significant. The implications of these findings seem to be that whilst black clients' ethnic identity is of importance, ethnicity *per se* is not the most important aspect of the counsellor. Their main concern was to receive counselling from a suitably qualified counsellor who was sensitive to multicultural issues where appropriate. This also has implications for training of counselling psychologists in areas of multicultural awareness and multicultural competencies.

One-to-one counselling with Board-level executives. A window to their emotional world; some possible influences on their leadership styles and the consequential organisational culture

CC RIDGEWAY, ODL Consultancy Partnership, Windsor

The issues: Why do some people drive themselves to be CEOs, or Board-level executives? What are the influences on these drives? Do they have their roots in early life experiences? What influence do these drives have on later life leadership style and the organisational culture that this influences?

The sample: Around 50 CEOs and Board-level executives of the *Financial Times* Top 100 companies in the UK, all of whom were in career transition.

The data-gathering process: All were sent a 40-plus page career workbook which required them to consider and write about their:

- Life;
- Work experiences;
- Career orientations;
- Family;
- Spirituality;
- Outside work interests;
- Work, preferences, satisfactions, motives and concerns.

They all then spent a day with the author exploring their:

- Self-understanding;
- Inter-personal understanding;
- Organisational vision;

- Organisational influence;
- Organisational leadership;
- Career orientation;
- Life orientation.

Around two weeks afterwards, they spent a further half-day with the author exploring his understanding of themselves, their personal and organisational world and their intended actions. There were further related processes with career consultants and, from time to time, with a variety of other therapists.

Some conclusions: Most CEOs have some split in their early lives. This appears to result in, compared to others, different motive structures and emotional attachments. It tends to lead to different relationships with partners and children. It seems to relate to different leadership styles. Perhaps the increased power drive and need for independence produces a more detached relationship style and a more dominant, authoritative approach. Culturally it appears to produce a preference of task-centred rather than other-person centred organisations. It also appears in some to produce significant conflicts between the need to satisfy the 'fantasy' father or mother and the possibility of achieving fulfilling relationships with 'chosen' family members. This may lead those who have, perhaps for the first time, an opportunity to explore themselves, to the conclusion that work may not provide total fulfilment and can therefore suggest the need for longer term personal changes in life orientation and work relationships.

Transpersonal supervision

J ROWAN, Minster Centre, London

The aim of this paper is to introduce counselling psychologists to the theory and practice of transpersonal supervision, and to distinguish this from two other levels of supervision.

In previous presentations I have introduced the idea that there are several different levels of psychospiritual development which are relevant to the practice of counselling psychology. These include particularly the Mental Ego level (relevant to the cognitive-behavioural and psychodynamic approaches), the Centaur level (relevant to the humanistic approaches) and the Subtle level, relevant to the transpersonal approaches (Rowan, 1993). But when I tried to do the same thing for supervision, I found that there was no book on the subject, and that the other references were scattered and sparse.

A survey of the literature turned up a good deal of material, from four out of the six schools of transpersonal psychotherapy. This work fell very naturally into order, and it is this which will be presented here, together with reflections on its implications for practice in the field.

The conclusions perhaps throw light on to the whole process of supervision, and suggest that most books and papers on supervision make insufficient distinction between different levels of approach to the activity.

The emblem of the soul (psyche)

BK RUDD, City University

Objectives: The primary objective is to tell the story of Psyche. Since the 1980's numerous psychologists have been asked if they know who the figure of the lady is which The British Psychological Society uses as its logo. To date, all people that were asked have replied that they do not know, and that they would like to know. The rationale for telling this story is to inform the members of the Society's Division of Counselling Psychology, who the lady with the wings is, and to tell her story in an entertaining yet informative way. In this way, the Society's logo can be placed in context at the new millennium conference.

Background: The story behind the meaning of the word PSYCHOLOGY is a fascinating one. Having been asked over several years by friends and colleagues to tell the story, the conference seems an apt opportunity to share that information. Psyche's fable is usually considered allegorical. In ancient Greek, psyche means butterfly. The same word also translates as the soul. In order to prepare for the joy of sheer happiness, there is a purification of the human soul via pain and suffering. The immortal soul is illustrated as a beautiful butterfly, which has strikingly burst on its wings of brilliance from the

tomb in which it lay.

Group therapy for obsessive-compulsive disorder

H SEQUEIRA, St George's Hospital Medical School, University of London & A MAILLARD, Coventry NHS Trust

Objectives: The study presents a preliminary evaluation of short-term group therapy for obsessive compulsive disorder (OCD). The programme provides a psycho-educational approach to understanding OCD and structured behavioural and cognitive behavioural treatment. Aspects of this programme are discussed in the presentation.

Design: A methodologically pluralistic design is used. This includes quantitative and qualitative methods of evaluation.

Method: 22 clients with OCD completed treatment and two dropped out. Standardised self-report instruments (PADUA, BDI and BAI) were completed before treatment, after treatment and at six-month follow-up. Clients' own perceptions of the programme efficacy were examined through a group interview and individual qualitative questionnaires. Clients' comments were then subject to qualitative analysis.

Results: Improvements were found on the self-report instruments for OCD, depression and anxiety. Clients perceived the group format itself to be an important component in treatment. The opportunity to meet others with similar problems and the motivational forces offered by the group to carry out the difficult behavioural treatment tasks were highlighted as significant elements.

Conclusions: The study is presented as an example of 'good enough' research, conducted within a clinical setting, rather than as a strictly conducted trial. The conclusions drawn are offered more as indications of effective practice than as formal conclusions.

The authors suggest that short-term group therapy can be an effective treatment for OCD. The current study extends the findings of previous research by including client perceptions of their treatment in the evaluation. The group format itself is perceived to be a significant aspect of treatment.

Cognitive therapy groups: Development and integration in an NHS setting

F SPENCER & V GILLIARD, Horsham Hospital

The objective of this study was to assess the feasibility and value of introducing cognitive therapy groups within an NHS Psychology Department for primary care referrals, initially targeted on those with depression. It was of interest to know whether cognitive therapy could be applied on a group basis with this being the sole form of psychological intervention. Patients were individually assessed using a semi-structured interview.

The first group, for which there were eight participants, has been completed and psychometric outcome data (BDI & CORE) collected. The course consisted of ten weekly sessions, each lasting one-and-a-half hours. The group was co-run by two Counselling Psychologists, one of whom had a psychodynamic background and the other integrative. One participant had to leave the group, the remaining seven attended regularly throughout the course. The results were extremely encouraging in showing consistent diminishment of depression symptoms across all group members. The paper includes reflections on how other elements were introduced into a structured cognitive programme, their relative contributions to the overall therapeutic benefits and the value of the group process. It was concluded that group cognitive therapy could lead to a significant reduction in depression symptoms, and allowed participants to gain insight into their core maladaptive beliefs, and develop personalised cognitive strategies for dealing with emotional difficulties. Further follow-up is continuing to monitor patient's longer-term progress.

The body in counselling psychology practice: A brief tour of models and methods

W WAHL, Devon Education Authority

Historically, there have been a number of therapeutic approaches that have placed a great deal of importance on understanding and working with the body in psychological therapy. Various referred to as 'somatic therapies', 'body-mediated therapies' or 'psychological body therapies', these approaches are often sadly left out of mainstream textbooks. Based on a review of literature relevant to the practice of counselling psychology, the purpose of this presentation is to offer the listener a broad (and yet brief) overview of a range of body-oriented approaches. A review is made of Reich's *Orgon Therapy*, Lowen's *Bioenergetics*, Boadella's *Biosynthesis*, Gendlin's *Focusing Therapy*, Kurtz's *Hakomi Therapy* and consideration of the body in *Gestalt Therapy*. The contributions of Moshe Feldenkrais, John Konger and Stanley Keleman are also briefly mentioned. A case is made for a greater integration of methods for understanding and working with the body in counselling psychology practice. For those listeners who wish to explore various approaches further, a bibliography of important texts associated with somatic therapies is offered.

INVITED SPEAKERS

Counselling in and for organisations

M CARROLL, Roehampton Institute, London

There is always an organisational/contextual/systemic side to counselling. In some sense there is personal but not private counselling. The organisational setting in which counselling takes place has an impact on the therapeutic work. Training in counselling/counselling psychology and psychotherapy does not always take into consideration the organisational side of counselling and what that means.

This presentation will look at the history of counselling psychology and isolate features of four eras in that history leading to the challenge today to see how counselling can be used both as a one-to-one intervention and possibly as an organisational intervention.

Four possible ways of using counselling psychology within organisations will be considered:

- Using counselling skills in organisational settings;
- The professional counselling psychologist within organisations;
- The professional counselling psychologist who has other roles within organisations alongside one-to-one therapeutic interventions;
- The counselling psychology consultant to organisations.

The experience of being a psychotherapist: From object to subject, from the individual to the social

S ORBACH, London School of Economics

The paper discusses what is required of a psychotherapist in order for clinical work to stay fresh, alive and relevant for each participant. It examines the demands clinical work makes on the clinician, the impact of psychic pain and the ways in which extra analytical material can be handled.

Sense and nonsense in the understanding and treatment of anxiety disorders

P SALKOVSKIS, Warneford Hospital, Oxford

After almost a century of stagnation in psychotherapeutic approaches to anxiety, considerable progress appears to have been made in our understanding of, and ability to treat, anxiety disorders. The reality and illusion of this

progress will be considered. In the 1960s, treatment of specific phobias took 80 sessions. This was regarded as revolutionary and controversial. Today, a single session of therapy produces a 70 per cent 'cure' rate for specific phobias. In this talk, I will consider: (1) how this astonishing progress has been achieved; (2) how similar 'miracles' can be (and are being) achieved for other anxiety disorders; and (3) what we can learn about the likely future of psychotherapy from these developments. It is suggested that the key to this type of progress lies in the sensible application of clinical science, and in an ability on the part of therapists to understand the basis of their patients' emotional reactions and needs. Good theory, good evidence and good understanding of the patient form the backbone of this approach. The way each of these three factors feature in the cognitive behavioural approach is considered in detail, and some new data on brief (three session) treatment of housebound agoraphobics will be presented. Some unhelpful 'fashions' in anxiety research will be considered. It is suggested that cognitive-behavioural therapy needs to learn from the mistakes of history in order not to repeat them. In particular, false promises from simple-minded biological approaches and psychoanalysis are considered. Some possibilities for integration of cognitive and neuroscience approaches are discussed. Finally, what these various developments tell us about how psychological treatments work will be discussed.

Absent and present: Helping families adjust following the death of a parent or child

J STOKES, Winston's Wish

This presentation will describe the struggles that families face in holding onto memories whilst adapting to their different future.

This presentation will briefly describe the development of a community-based child bereavement service over a 10-year period, 1989-1999.

The service was originally available as an outpatient, individual 'therapy/counselling' format based within a palliative care service at a general hospital. In 1992 the service needed to change substantially in order to accommodate larger numbers of children, most of whom had experienced the death of a parent as the result of a sudden death.

Winston's Wish, a community-based grief support programme for children, subsequently evolved.

The importance of working systematically and in partnership, with parents, schools, statutory and voluntary agencies in the community will also be discussed. A Charter for Bereaved Children has developed following discussions with over 2000 children and their parent(s).

The pitfalls and challenges of creating sustainable services, which adhere to agreed standards, are essential if we are to achieve a national network of services for bereaved children over the next 10 years.

POSTERS

A comparison of Russian and British attitudes towards mental health problems in the community

B ADAMS & N SHULMAN, City University

The present study was conducted to examine the differences in attitudes towards mental health problems between Russian and British communities. For this purpose 134 subjects from the two countries were asked to fill in a specially developed questionnaire. The questionnaire contained four vignettes conforming to specific DSM-IV diagnoses of mental disorders commonly occurring in the population (Obsessive Compulsive Disorder, Schizophrenia, Depression and Dementia). Additional questions attached to each vignette were aimed at identifying different attitudes towards the mentally ill, as well as public awareness of the possible causes of these disorders and the availability of potential sources of help. The comparisons between the two

samples were made not only in terms of national differences, but also demographic characteristics such as sex, age (ranging from 16 to 69), education (ranging from GCSE to postgraduate), marital status, the presence or absence of children and the degree of familiarity with mental illness. Finally, various arguments are presented for the occurrence of differences between the national samples in terms of historic, political and cultural perspectives.

Analysing the role of client's evaluators within the structure of therapy stories

S BALAMOUTSOU, University of Wolverhampton

Objectives: The aim of this study has been to explore the ways in which clients in psychotherapy highlight their values during the telling of stories.

Design: The research has been based on the analysis of therapy transcripts, and has required the creation of a method for making sense of the structure of the stories told by clients, as a preliminary to understanding the role of 'evaluators' within these stories.

Method: Although some existing research was relevant to this task, there did not appear to be any existing method that could achieve the kind of fine-grained textual analysis that was necessary.

Results: This paper reports on the search for a method, and the eventual discovery of a technique of narrative analysis originated by Livia Polanyi. A brief analysis of one key story is presented in order to illustrate how this approach was used.

Conclusions: The implications for psychologically-trained researchers (e.g. counselling psychologists) of employing methods developed within other disciplines (in this case, sociolinguistics) are discussed.

The nature of counselling psychology in Ireland: A profile of practitioners

J BRODERICK, Dublin Institute of Technology, Ireland

This paper outlines the development of the Division of Counselling Psychology within the Psychological Society of Ireland (PSI) and presents a profile of its current membership. The Division was established in 1997 and is the second largest division in the Society with a current full membership of 115. In 1999 a postal survey of the membership (n=86) was carried out to give a profile of members' training, experience, professional role, salary level, etc. The design was similar to that of a recent membership survey carried out by the Division of Counselling Psychology of the Society. The response rate was 55 per cent. The results show that the majority completed training less than 12 years ago and almost half are registered psychologists of the PSI. Members work predominantly in private practice, educational settings, voluntary bodies or health boards with the provision of individual therapy indicated as their primary occupational role. The majority is employed in a full time capacity with mean annual incomes of between £20,000 and £24,000. Comparisons are made with the findings of the DCoP findings as well as with recent selected US statistics on Division 17 members. These findings would suggest that the profession, while young and energetic, is facing developmental, status and political issues similar to those of their British counterparts.

Personal development in counselling psychology training: Selected findings from a survey of the views and experiences of trainers and trainees at four UK training centres

M DONATI, City University

This poster presents a selection of findings from a survey of counselling psychology trainers and trainees on the topic of personal development in

counselling psychology training.

The survey employed a specially designed questionnaire to ask trainers and trainees about their views and experiences regarding four basic areas, which the authors argue, are in need of greater critical study and discussion. These are the definition, facilitation and assessment of personal development and the selection of trainees.

Questionnaire items were based on themes that emerged from a qualitative analysis of in-depth interviews with trainers and trainees conducted at an earlier stage of research. They combined open-ended questions, such as 'What is personal development?' with scale-rated attitude statements, such as whether or not 'personal counselling should be obligatory for counselling psychology trainees'.

Questionnaires were distributed to trainers and trainees at four accredited centres for counselling psychology training in the UK (City University, University of Surrey, Roehampton, University of Surrey and University of Wolverhampton).

Participation was voluntary and anonymous, and completed questionnaires were returned by prepaid envelope.

The reported analysis focuses on describing the pattern of responses within the sample in relation to a selection of key questionnaire items and the differences between the responses of sample subgroups (e.g. trainers vs. trainees).

Conclusions centre on the practical implications of the findings for personal development in counselling psychology training.

A biopsychosocial approach to counselling women with post-natal depression

J FLETCHER, City University

Traditionally, childbirth in all cultures is seen as a joyful event, however, the experience for some mothers is in stark contrast to this and they experience low mood and emotional lability following delivery. A large number of women (estimates vary between 10 and 20 per cent) have been found to have post-natal depression (PND). Counselling is usually offered by Health Visitors using a person centred approach and research suggests this is helpful for about seven in ten mothers.

The author, a Counselling Psychology Trainee and also a Health Visitor suggests that the 30 per cent who remain depressed could be helped by conceptualising the problem using a biopsychosocial model of PND, that has only recently been proposed as an alternative for persistent sufferers. This model highlights the role of cognitions and behaviours in exacerbating and maintaining PND and proposes a cognitive-behaviour therapy approach as an effective way of helping mothers with PND. A single case is presented, where this approach is used with a mother in a general practice setting. The approach incorporates a cognitive behavioural approach and in addition integrates some systemic concepts. The impact of PND on the mother's relationship with her child and partner is also explored.

Substance abuse and schizophrenia – a role for counselling psychology

P FORD, City University

The dual presentation of substance abuse and schizophrenia can be disabling both for clients and practitioners. This paper outlines the high prevalence of substance abuse among people with a diagnosis of schizophrenia, and its relevance to treatment and relapse to ill health by way of an interactional model of the comorbidity. A model of treatment that is used with clients detained under the Mental Health Act (1983) under conditions of medium security is described. The model is based on the integration of psychological treatment within the broader multidisciplinary team that constitutes forensic psychiatry. In this respect the paper argues for an accommodation between psychological and medical treatment.

The emphasis in the treatment model is placed upon the therapeutic relationship as the vehicle for effective treatment. Clinical material is used to

highlight the need to establish rapport with clients who may oppose both the diagnoses of schizophrenia and substance abuse, and who are often angry at their detention in hospital. Some familiar counselling strategies are suggested for achieving a working therapeutic alliance with this client group. Finally the paper addresses two issues in the context of psychotherapy process and the practitioner's relationship with the work. Despite the 21st century's demands for improved efficiency and quick fixes, this paper argues for psychotherapy of a duration that matches the chronic conditions that it aims to treat. Given the long duration of the work, finding and maintaining a sense of hope is essential for the counselling psychologist undertaking this kind of work.

The multiple systems counselling psychologists work with

V GEORGOPOULOU, NSPCC

Most of the articles/books published on counselling psychologists (CP's) refer to therapeutic work. Not a lot of attention has been given to the multiple work contexts/systems we are part of, the way our practice is informed by them and our role in the latter. The theoretical framework used is systemic thinking. The aim of this paper is to open a space for discussion around the different contexts, within which CP's operate. Such contexts include the agency one works for, the setting, the team, the network of local services, the local community, the professional societies one belongs to and national policies on counselling psychology issues. The relation between these work contexts and CP's reflects a two-way process. Work contexts influence CP's both in practice-related issues and general working conditions. CP's also exert an influence on the systems they enter. The very notion of counselling psychology might initially be perceived as challenging by some systems, which might later change their beliefs by having a more positive stance towards the profession. The implications for therapeutic practice can be grouped around two main areas. The more aware CP's are about the contexts they work in and the interactions that take place in them:

- the more conscious they will be of the influences and expectations that arise from them;
- the more aware they will be of their own power to act as change agents within multiple contexts.

The emphasis is around co-creating ways of collaboration that value all the systems involved and facilitate therapeutic practice.

Adapting traditional counselling methods for working with learning disabled clients

S PAISLEY, New Possibilities NHS Trust & City University

This presentation shows the use of a Cognitive Behavioural approach with a young female client with learning disabilities. The client had a number of presenting problems, including agoraphobia with panic disorder, depression, anxiety, restricted eating and self-induced vomiting. It was necessary to assess the client's level of understanding and to adapt the usual cognitive approach to take this into account. As she suffered from dyslexia it was also necessary to administer some self-report measures verbally. This process produced some benefits and these are described in more detail. The intervention chosen was a combination of graded live exposure with relaxation, self-monitoring and cognitive re-framing by the therapist. The intervention achieved some positive results in the client's behaviour and affect. However, the case also illustrates some of the challenges and special issues that are important to consider when counselling learning disabled clients.

Self-esteem groupwork based on enhancing perceived control

P RONALD, Ravenscraig Hospital

Purpose: To describe the Improving Self-Esteem group and some preliminary data.

Background: Referrals to the group were from the Primary Care caseload of a NHS psychology department. The group, facilitated by a Chartered Counselling Psychologist was held over five weekly sessions, with a follow-up session six weeks later. Participants completed the Beck Anxiety Inventory, Beck Depression Inventory and Rosenberg Self Esteem Scale at the first and follow-up sessions.

The group was based on the hypothesis that self-esteem could be increased by enhancing participants' perceived control: research suggested this could be done by helping participants develop adaptive coping strategies and by supporting this through cognitive restructuring. Perceived control is the belief that one can determine ones' own internal states, behaviour and environment and bring about desired outcomes.

Key Points: Of 15 females who have participated to date, 100 per cent of those with complete Pre and Post Rosenberg data (n=10) reported increased self-esteem; 82 per cent with complete BAI data (n=11) reported reductions in anxiety symptoms; 91 per cent with complete BDI data (n=11) reported reductions in symptoms of depression.

Conclusions: Preliminary data, showing that participation in the group was associated with improved self-esteem in 100 per cent of cases, suggests that basing self-esteem groupwork on the hypothesis that enhancing perceived control leads to improved self-esteem may have utility. Including a more direct measure of perceived control in future may help determine how much of any effect is due to the approach taken or to participation in the group.

SYMPOSIA PRESENTATIONS

The Paddington rail crash

J BERRIMAN & O WALPOLE, Sainsbury Supermarkets Ltd

No one in Sainsbury's supermarket at Ladbroke Grove ever imagined that they would be called upon to have to provide large-scale emergency support and assistance for the hundreds of injured and distressed people. Yet when two trains crashed on the railway line on the edge of their site passengers from both trains required urgent help.

Within minutes of the crash occurring the supermarket staff were totally involved in the rescue, turning the store into an emergency collection area where immediate first aid and assistance was provided. These employees were exposed to the full horror of a major disaster and yet were still able to provide practical and emotional support to the passengers. This paper describes how the management in the store and Occupational Health worked together to help the employees in the immediate aftermath of the crash and shows how this support was tailored to the needs of the individual employees. The usefulness of a self-report traumatic stress questionnaire is described together with the results of the trauma care evaluation.

Counselling psychology for health care problems

R BOR, London Guildhall University

Counselling psychologists practise in a wide range of settings. This symposium presents recent research from colleagues working in health care settings. The papers cover an interesting and diverse series of problems in the specialist areas of psychodermatology, HIV disease, miscarriage and prenatal care. The psychological themes include illness perception, grief in miscarriage, imparting bad news to pregnant women and disclosure of HIV status within families. The research presented reinforces the established link between social and psychological processes on the one hand, and coping with and adjustment to illness and medical problems on

the other.

Psychological intervention with pregnant clients: Ethical issues and practical considerations

L CHARLES, University of Surrey

This presentation addresses issues, which pertain specifically to therapeutic practice with pregnant clients. This concerns work with not only those female clients who present with pregnancy-specific difficulties but any client who is pregnant during the course of therapy. Pregnancy is largely absent from mainstream psychology textbooks and trainings. This provides little opportunity for challenging personal beliefs and value systems which, rather than being grounded in research and theory, may be rooted in the many social myths and cultural expectations that enshroud pregnancy because of this lack of structured attention. The audience is actively encouraged to consider their own personal beliefs and conceptualisations about pregnancy and pregnant women and how these might impact upon their work with this client group. Issues are identified from the literature and from a recent qualitative study, conducted by the author, which explored therapists' accounts of working with pregnant women. Specifically, the notion of pregnancy as a time of protection against psychological difficulties and disorders is challenged and evidence that shows pregnancy to be a time of increased susceptibility is offered. The potential ethical dilemmas inherent in working with a woman who is considering termination of her pregnancy are discussed in order to illuminate how personal beliefs and values, despite a therapeutic emphasis on individual meaning, colour the face-to-face therapeutic encounter. The practical implications of a client's pregnancy upon the therapeutic process are outlined with a particular emphasis on the changes in the therapeutic relationship brought about by the presence of an other, a third. Exemplar quotations from the aforementioned qualitative study are offered to illustrate the potential ramifications of this triangular relationship between therapist, client and foetus in terms of transference and countertransference, the altered sense of therapeutic responsibility from one client to two clients, the relationship of the therapist to the unborn child and the wish to protect the unborn child from the psychological or emotional distress of the mother. The audience is cautioned against idealising the inter-uterine experience and to be mindful that not all pregnancies end in a wonderful and perfect baby and specifically to therapeutic practice with pregnant clients, which means any female client who is pregnant during the course of therapy and not only those who present with pregnancy-specific difficulties.

Narrative approaches to psychotherapeutic counselling psychology and supervision

P CLARKSON, PHYSIS & University of Surrey, Roehampton

Objectives: To present the use of narrative approaches in psychotherapeutic counselling psychology and supervision.

Design: Comparatively recently there has been an increased interest in narrative approaches to psychotherapeutic and supervisory work. Theory, practice and research is presented regarding the uses and abuses of narrative approaches in psychotherapeutic counselling psychology and supervision.

Method: Qualitative discourse analytic studies of the uses of narrative approaches in psychotherapy counselling psychology and supervision are compared with readings from the literature in this field.

Conclusions: Studies conducted so far emphasise the importance of making meaning of individual and collective lives and the value of using narrative approaches drawn from constructivist, archetypal and life-script sources. Further research into the implications for the training, supervision and research of narrative approaches is indicated.

Narrative approaches in psychotherapeutic and organisational counselling psychology

H COWIE, University of Surrey, Roehampton

Myth and story go beyond mere explanation and give us access to our inner wisdom. They help us escape from the confines of linear, rational thinking. This is absolutely vital if we are to embrace the chaos and complexity of post-modern life and not stick our heads in the sands of reductionism. Contrary to literary convention, stories (at least myths, legends and fairy stories – which are essentially non-literary) do not have a linear form with beginning, middle and end. Such stories are fragments of the never-ending story. They are currents and eddies in the great sea of stories... Our psyches contain all the characters and all the plots of all the stories – even those dark murderous aspects of the shadow which we hesitate to own – and so too do our organisations (Mead, 1997, p.22). The theme of this symposium is to explore narrative approaches (which are gaining increasing importance in our field) from three different but interconnected perspectives: the work of organisational counselling psychologists using narrative approaches; the use of narrative approaches in psychotherapy (which is work in progress); and research on the representation of psychotherapists/psychologists in modern English literature (research). The symposium covers the practice and supervision of psychotherapy (work in progress); the practice and supervision of organisational counselling psychology (review), as well as the interface between literary representations of the work of psychotherapeutic counselling psychologists: the individual, the organisation and the larger culture.

Narratives of psychotherapy in modern English literature

H COWIE, University of Surrey, Roehampton

Objectives: To investigate the representation of psychotherapy and psychology in novels published in the last 15 years of the 20th century.

Design: A discourse analysis of texts giving detailed descriptions of a psychotherapy session. While writers for the popular press have tended to present counselling in a negative way and have often portrayed therapists as ineffective figures of fun or unscrupulous manipulators, there has been very little analysis of the accounts of psychotherapy in serious literature.

Method: These novelistic textual extracts were analysed in terms of: the theoretical orientation of the therapy; evidence of research on the part of the author into the practice of counselling; the context in which the counselling session took place, including social class indicators; the appearance and personal characteristics of the counsellor; the quality of the therapeutic relationship; the effectiveness or otherwise of the therapy; its clinical validity; whether overall the counselling was represented in a positive or negative light.

Results: There was evidence that all the authors had carried out research into the practice of psychological counselling. The counselling took place for the most part in private practice settings and social class indicators were predominantly middle- or upper-class – only three cases were cheap or free. The quality of the therapeutic relationship was of more importance than theoretical orientation.

Conclusions: Therapy was presented as good, bad and indifferent and the findings are in line with the consistent research findings of the last 10 years, that the therapeutic relationship is more important than theoretical orientation.

Students' research and group investigation on the USR MSc in counselling psychology

H COWIE, University of Surrey, Roehampton

Theme: Completing a research dissertation is a key step in counselling psychologists' training. This symposium reports examples of students' research work and group investigation, and reflects on students' research experience and its role in their training as practitioners of counselling psychology.

Objective: The symposium aims to: (1) report examples of students' dissertation research and group investigations; and (2) discuss the role of research training in students' professional development.

Relevance of normal contributions: Helen Cowie's opening presentation outlines the context of the research dissertation and the group investigation within the programme describing students' prior research training and the arrangements for supervising students' work. She gives examples of the themes explored in students' group investigations. She also outlines the key themes of the symposium. Three members of the research supervision team and students then make contributions which: (1) present examples of dissertation research which they have supervised; and (2) draw on their experience as supervisors to review the role of the research dissertation and students' learning experience. Stephen Munt presents examples of students' dissertations to illustrate the role of the research supervisor. Jean O'Callaghan explores the strengths and weaknesses of grounded theory and narrative methodology as a strategy for students' research and illustrates her argument with reference to a student dissertation on therapists' work with physically disabled clients. Annemarie Salm presents work on research into trainees' experience of therapy as a training requirement, with particular reference to negative experiences of psychotherapy.

Training in group investigation

H COWIE, University of Surrey, Roehampton

Group investigation takes place in the first year of the programme as one of the assignments in the module 'Psychotherapy, Human Development and Personality'. The aim is to give students an opportunity to review contemporary themes and issues in counselling psychology, and to gain a working knowledge of the underlying concepts and themes of the major counselling psychology orientations. Students work in collaborative groups on a topic, give a group presentation to the class, and then jointly submit a group written project. Each group is assessed on: (1) the capacity to overview and critique a topic in counselling psychology; (2) the capacity to work together as group; (3) the quality of the presentation; and (4) the quality of the write-up. Illustrative examples include: the use of narratives in work with clients and the identification of spiritual issues for counselling psychologists.

Becoming a counselling psychologist: Perspectives and influences on the impact of training

MC CROSS, City University

Research in Counselling Psychology at City University is diverse and ongoing. A range of projects in progress are reported in this symposium all involving trainees and their experience of training. Through the provision of 5 snapshots of research, drawn together around the common theme of the impact of training on trainees, this symposium will seek to stimulate awareness and generate debate. Personal development, motivation to train, theoretical allegiance, the adequacy of training designed to assist therapists deal with issues of a sexual nature and the experience of personal therapy are used as a backdrop to this exploration of the experience of becoming a Counselling Psychologist. There will be an opportunity for the audience to reflect upon and

discuss the implications of the material presented for the future of Counselling Psychologists.

Theoretical allegiance and generic training – when do we make up our minds?

MC CROSS, City University

In a repeated measure study involving 16 entry-level counselling psychologists in training their theoretical model of practice or allegiance was measured at 18-month intervals. The results were unequivocal in that trainees did not change their theoretical affiliation. This finding is discussed in the light of the provision of generic training and the Society's Diploma in Counselling Psychology requirement that candidates demonstrate an understanding of three models of practice.

Researching personal development in counselling psychology training: Some emergent themes and practical applications

M DONATI, City University

This presentation discusses some of the broader themes that have emerged from an ongoing doctoral research project, which takes a critical look at the topic of personal development in counselling psychology training. Themes include a need for greater definition, discussion and integration of personal development within the context of training.

An initiative underway at City University is then described, which draws on the findings of this research. This involves a series of 'Personal Development Workshops', during which trainees will be invited to reflect on and discuss issues such as the meaning and function of personal development, as well as participate in some personal development-focused exercises. It is hoped that the workshops will help to foster in trainees an enduring commitment to and responsibility for their own personal development, as well as provide a useful supplement to more conventional training activities, such as personal counselling. The audience is then invited to respond and contribute their own views and experiences.

Social support systems of people affected by HIV

P DU PLESSIS, South London & Maudsley NHS Trust, & R BOR, London Guildhall University

Objective: To identify: (a) who HIV infected men define as family; (b) the nature of social support for HIV men and their families; and (c) the coping mechanisms of HIV affected individuals.

Methods: Explorative, semi-structured interviews were carried out at St Thomas' Hospital, London, with a cohort of 62 HIV infected individuals and 40 self-defined family members, during 1998/1999.

Results: Non-biological family members (a partner or close friend) were identified as providing primary social support. Uncertainty about the future, HIV progression and HIV treatments were identified as the primary stressor since HIV diagnosis. High levels of satisfaction with family and social support were reported. Family members reported a wide range of 'coping techniques' and types of reciprocal support.

Conclusions: The majority of participants had disclosed their diagnosis to their self-defined family and felt supported by them. However heterogeneous the family presentations, themes emerged that add to the existing knowledge of social support and coping in HIV.

The family of NHS chartered psychologists

R JORDAN, Farnham Road Hospital

The developing role of what is termed the 'Family of Psychologists' which includes Clinical, Counselling, Health and Neuro-psychologists will be discussed in relation to the work achieved by the Research and Practice Committee

concerning Parity of Pay for all psychologists. Equality in pay and practice between all chartered psychologists is the aim of this work. Also under discussion is the emergence of the new National Service Framework for Mental Health and how this will impact on the delivery of counselling psychology services.

The psychotherapeutic utility of using the NEO Personality Inventory – Revised in counselling

P MOORE & A HEANEY, University of East London

Personality psychologists are generally agreed that there are five major dimensions of individual difference in personality traits. The NEO-PI-R is the only validated self-report personality instrument that measures the Five-Factor Model of personality and is particularly appropriate for use in counselling because it is brief, nonpsychopathological in content, and sensitive to client strengths and weaknesses. This paper presents a case study of a client and discusses the way the NEO-PI-R can be used to assess clients' strengths and weaknesses, motivation for counselling, likely reaction to the therapist and therapeutic interventions, and willingness to work in counselling.

Examples of student dissertation research

S MUNT, University of Surrey, Roehampton

The research dissertation makes up 60 credits (out of a total of 180 credits) and is conducted under the guidance of a research supervisor. This course is typically taken in the final year of the two-year programme. (Under modular degree arrangements students can choose to take it as the second year or the third year of a third year programme). The research dissertation aims to enhance the research skills which students develop through a course in Advanced Research Methods taken in the first year of the programme. This course develops on undergraduate research training by presenting research methodologies (both qualitative and quantitative) as techniques for contributing to knowledge of psychotherapeutic processes and outcomes. It also addresses the planning and communication of research in counselling psychology, including ethical issues. It is assessed through a research project and a research proposal. The research dissertation allows students to pursue research on a topic of their choice (subject to requirements such as its relevance to the programme and its ethical appropriateness). In this paper, examples of the kinds of topics that MSc students investigate for dissertations are explored.

Brief Couple Therapy: Using MMPI-2 feedback and the Consensus Rorschach Technique

ML NEWMAN, University of East London

This paper illustrates an approach to providing brief couple therapy using feedback from the Minnesota Multiphasic Personality Inventory – 2 and Rorschach Ink Blot test. A case study of a couple experiencing marital difficulties is described and an assessment strategy that included the use of the MMPI-2 and the Rorschach is discussed. The interrelationship between the test results provided a comprehensive explanation of the dysfunctional communication patterns, and the increasing dissatisfaction with their relationship they both experienced. The Consensus Rorschach Assessment (Klopfer, 1984) – a dynamic behavioural assessment procedure for exploring systematic patterns of interaction in couples and families – is then used as the centrepiece of providing feedback and intervention. The couple's responses during the consensus Rorschach technique vividly illustrated an interaction pattern of demanding-withdrawal-hostile withdrawal. The overall procedure enabled the couple to gain insight into their personality dynamics as well as directly observing their pattern of interaction. Treatment recommendations based on their results are described.

Psychological assessment and counselling psychology: The therapeutic power of psychological tests

ML NEWMAN, University of East London

This symposium presents a series of papers highlighting the important role of psychological assessment in counselling psychology and in the preparation and training of counselling psychologists. The first paper, Psychological Assessment a New Paradigm for Counselling Psychology, briefly reviews the history of personality assessment from its formal beginnings in the 1940s, and describes a new paradigm relevant to counselling psychology – therapeutic assessment. The second paper, Using the MMPI-2 as a Therapeutic Intervention, describes a case study in which the world's most well-researched and used clinical instrument is used to demonstrate how clinical feedback can be used as a therapeutic intervention. The third paper, The Psychotherapeutic Utility of using the NEO Personality Inventory – Revised, presents a case study and summarises the way the NEO-PI-R can be used to assess clients' strengths and weaknesses, motivation for counselling, likely reaction to the therapist and therapeutic interventions, and willingness to work in counselling. The fourth paper, Brief Couple Therapy: Using MMPI-2 feedback and the Consensus Rorschach Technique, illustrates an approach to providing brief couple therapy using feedback using a Consensus Rorschach Assessment – a dynamic behavioural assessment procedure for exploring systematic patterns of interaction in couples and families.

Psychological assessment a new paradigm for counselling psychology

ML NEWMAN & R DONALD, University of East London

This paper supports the view that personality assessment has an important place in counselling psychology and in the preparation and training of counselling psychologists. It briefly reviews the history of personality assessment from its formal beginnings in the 1940s, and considers some of the challenges to its current role in treatment planning and intervention. It describes a new paradigm relevant to counselling psychology – therapeutic assessment. This model of assessment furthers the counselling process: (a) by enabling clients to make sense of their experiences; and (b) by giving clients insight into the ways in which their personality works. This initial exercise of introducing clients to how they function in their day-to-day life gives them a sense of the direction counselling should take. The paper reviews a growing body of evidence that providing test feedback has therapeutic benefits. It concludes by suggesting that this approach further clarifies the distinctive role of the counselling psychologist who occupies a valuable professional niche between the non-psychologist counsellor and the clinician.

The strengths and weaknesses of grounded theory and narrative methodology as a strategy for students' research

J O'CALLAGHAN, University of Surrey, Roehampton

Students research a wide range of issues through a variety of methodologies ranging from quantitative evaluations of services in workplace contexts to qualitative examinations of psychotherapists' reasons for their choice of theoretical orientation. In this paper, research into therapists' work with physically disabled clients is used as a basis for exploring the strengths and weaknesses of the grounded theory and narrative methodology as a strategy for research.

Counselling psychology trainees evaluate their experience of personal therapy

E PAPAKYRIAZI, Greece

A survey of 50 counselling psychology trainees using a 16-item questionnaire was conducted. Attitudes and other aspects regarding PT were assessed, including levels of enthusiasm, views on the number of sessions required (40), and perceived effects on work and personal life. The results indicated a relationship between the trainees' theoretical model and their general views towards PT, in particular in their opinion about the sufficiency/insufficiency of the 40 required hours. There was a significant difference between trainees using the psychodynamic and trainees using CBT. The findings are discussed in the context of the debate over the mandatory nature of personal therapy, and other implications are highlighted and considered for the future development of counselling psychology and its training.

Grief in miscarriage patients and satisfaction with care in a London hospital

F PATON, Hillingdon Hospital NHS Trust

Miscarriage can result in significant psychological distress to women and their partners. However, experience of medical and psychological care may directly affect women's emotional adaptation following miscarriage. This paper reports on women's satisfaction with care received in hospital and the association with levels of grief. Both quantitative and qualitative data were collected from 79 women admitted to a large London teaching hospital between August and December 1996. In-depth interviews were conducted with 21 women and questionnaires collected from the remaining 58 women. The Perinatal Grief Scale and the Hospital Anxiety and Depression Scale were used to assess levels of psychological distress. All data were collected four to six weeks after their miscarriage. 72 per cent of women positively rated their experience of hospital care. Areas that required improvement were the way the bad news was given, the explanations given for why the miscarriage had happened and the provision of medical and psychological follow-up. Nuances of care (attentiveness, kindness, sensitivity) were a strong determinant of women's satisfaction. The level of grief amongst patients was high, but little association was found between grief and satisfaction with care. Recommendations for improving the satisfaction with care for these patients are made.

Narrative and organisational counselling psychology

F PORTSMOUTH

In recent years, there has been a rapid increase in the roles, functions, and scope of counselling psychology's practice. Although many members of our profession continue to practice in settings that have an educational or clinical emphasis, a growing number have moved to corporate, industrial, and other types of organisational settings. (Gerstein & Shullman, 1992, p.581). **Purpose:** The purpose of this session is to review the field of organisational counselling psychology with particular emphasis on the use of narratives, storytelling and archetypal perspectives in working with the whole organisation as client.

Background: Organisational counselling psychology in the UK is still in its infancy and overlaps with the adjacent disciplines of organisational consultancy and occupational psychology.

Method/Key Points: This review is based on literature research drawing from North American contributions as well as completed and contemporary research in the use of narrative approaches as used by organisational counselling psychologists in the UK. Since most individuals in counselling psychology interface with organisations, the understanding of organisational dynamics is a vital ingredient of the well-equipped counselling psychologist.

Narrative approaches, including the judicious use of qualitative research, have been found to be effective in organisational interventions.

Conclusions: Training placements and supervision in organisational counselling psychology need to be encouraged and valued.

Using the MMPI-2 as a therapeutic intervention

EDJ ROBINSON & I RONEY, University of East London

The MMPI is the most widely used and researched psychological instrument in the world. Its revision in 1989 (MMPI-2) provided an improved version that became even more valuable for use by counselling psychologists in collaborating with clients in gathering accurate and useful information to assist clients to understand their experiences. This paper presents a case study of a client with narcissistic personality features and demonstrates how the MMPI-2 is used to help both the client make sense of their experience and the therapist to provide appropriate and positive interventions.

Negative experiences of psychotherapy and trainees' experience of therapy as a training requirement

A SALM, University of Surrey, Roehampton

The research dissertation allows students to pursue research on a topic of their choice (subject to requirements such as its relevance to the programme and its ethical appropriateness). In this paper, the topic to be explored concerns research into the experience of therapy as a training requirement, and, in particular, negative experiences of psychotherapy on the part of trainees.

The Manchester bomb

M SHAUGHNESSY, Royal & Sun Alliance

On a sunny Saturday morning in 1996 a huge vehicle bomb went off in the centre of Manchester. This bomb had been placed outside an office block occupied by Royal & Sun Alliance. Thirty-four employees were in the office at the time the bomb went off. In this presentation a manager responsible for administering the trauma care programme will show a video which describes the impact of the bomb on the organisation and the workforce. In the video there are interviews with managers and employees describing the impact of the bomb. The video graphically illustrates how the organisation managed the immediate crisis and the difficult task of balancing the needs of the business with those of the employees. The post trauma debriefing and counselling is described together with the lessons learned from the experience. The presentation closes with a description of the lessons learned and the additional support that was required to deal with some of the more seriously traumatised employees.

The problems associated with imparting bad news at obstetric ultrasound scans

R SIMPSON, City University

Obstetric sonographers were interviewed to canvass their experiences of breaking bad news to pregnant women. Following this, a postal survey of 180 obstetric sonographers in England was conducted to find out whether difficulties described at these interviews were commonly experienced in the population. A number of issues associated with difficulty in breaking bad news have been described in the literature and these were found to exist in the context of imparting bad news in obstetric ultrasound departments. In addition, this study identified several factors specific to this unique situation that compound the difficulty experienced. These include practical considerations, in particular, lack of time, training and support. There are also ethical dilemmas which obstetric sonographers have to grapple with. These include the issue of

whether or not to disclose findings that have uncertain medical implications and whether or not to disclose the gender of the foetus when this is not medically relevant. The sonographer may suspect that the pregnancy will be terminated on this basis and in this study it emerged that the ethnic origin of the pregnant woman may impact on the behaviour of some obstetric sonographers. This study found that some sonographers do experience symptoms of psychological distress in the context of delivering bad news to pregnant women.

The Omagh bomb – before and after: The benefits of CID

K SPENCE, Northern Ireland Fire Brigade

The fire-fighters from the Northern Ireland Fire Brigade have handled some of the most horrendous and distressing events that have taken place in the UK. However the Omagh bomb which was exploded in August 1998 was an event that severely affected all those involved. This paper looks at the development of a trauma care programme within the Brigade and how this programme enabled the Brigade to respond to the needs of the firefighters. The paper goes on to demonstrate the importance of ensuring that those responsible for implementing the trauma care programme are able to respond appropriately to the changing needs of the traumatised employees. The positive benefits of the trauma care programme are illustrated using a comparative assessment of the outcome of the Omagh Bomb incident with a similar incident that occurred prior to the introduction of trauma care.

Evaluating trauma care

N TEHRANI, ESTD

The final paper in the Symposia looks at the development of trauma care within organisations. A number of organisational trauma care models are described together with the need to tailor trauma care to the needs of the organisation and its employees. The elements of an integrated trauma care programme are described together with the controversy caused by some of the recently published studies that have looked at the effectiveness of debriefing and trauma counselling. A systematic evaluation process is described together with some of the early results from one organisation. Recommendations are made on how practitioners can ensure that their interventions are effective in helping the recovery of employees exposed to traumatising events.

Supporting distressed employees – how to survive the disaster

N TEHRANI, ESTD

Although major disasters are relatively rare events for organisations, during the last two decades an increasing number of disasters have affected UK organisations and their employees. Despite the clear evidence that exposure to traumatising incidents can cause serious psychological injury, little practical advice has been made available to help organisations decide on the best approach to take to safeguard the well-being of employees.

This symposium is designed to look at the trauma care programmes that have been developed in three different organisations. The presentations describe the organisations and the impact of the traumatic event on the immediate victims and other employees. The symposium goes on to look at the current controversy surrounding trauma care including the use of debriefing and trauma counselling, identifying the difficulties organisations have in meeting the rigid 'academic' approach to evaluation advocated by some academics. Finally the symposium makes recommendations on what organisations can do to ensure that their trauma care provisions are adequate and appropriate for the needs of their distressed employees. The symposia will bring together a range of presenters with experience of working within organisations that have been faced with supporting traumatised employees. The presenters come from different professions including occupational health, human resources, welfare counselling, psychiatry and counselling psychology.

The changing face of counselling psychology within the NEW NHS.

A THOMAS, Mile End Hospital, London

This symposium debates the future job opportunities for counselling psychologists and the role that they can play in developing the requirements for a modernised mental health service for the NHS. Recent research by Professor Bor has shown that a high proportion (42 per cent) of counselling psychologists are already employed within the NHS, and this percentage of staff is likely to increase in line with many of the new NHS reforms for mental health services. These reforms and job opportunities will be explained. Therefore this symposium will examine the changing face of counselling psychology within the NHS and the debate will focus around three factors shown in the abstracts below. For those hoping to interview for NHS posts in the future this is a symposium not to be missed, as an update on the meaning of the current NHS 'jargon' and developmental trends will be explained.

The move from uni-disciplinary to multi-disciplinary working

A THOMAS, Mile End Hospital, London

This paper will discuss the move from uni-disciplinary counselling practice to multi-disciplinary and interface working, as the NHS develops partnerships with social services and other care agencies. The move from autonomous working practice to team-care planning is discussed.

Opportunities for counselling psychologists

A THOMAS, Mile End Hospital, London

Paper One will discuss the role of Clinical Governance and how the requirements of this statutory change may improve job opportunities for counselling psychologists within NHS. Employers are now required to raise the standards of care and support for their clinical staff, not only their patients. NHS Trusts are now instructed to make provision for whistleblowing, anti-harassment, and staff counselling, requiring the employment of counselling staff to ensure these processes are operational. Additionally new work with carers, the long term mentally ill and health promotion, means Counselling Psychologists will have new responsibilities as well as opportunities.

Understanding the biological basis of traumatic stress

G TURNBULL, Ticehurst House Hospital

This paper sets the scene for the seminar by briefly describing traumatic stress: the common symptoms, underlying biology and effective interventions. The paper will begin by describing how people normally respond when exposed to an event that causes them to experience extreme horror and distress. The variables that influence the development of Post Traumatic Stress Disorder will be described. The paper provides an insight into recent research that has examined the underlying biological changes that occur during a traumatic experience and describes how an understanding of the biology can help to explain the occurrence of classical post trauma symptoms. Finally the paper will look at how debriefing and post trauma education provide an effective approach to reduce the occurrence of post traumatic stress.

The forgotten people – who are donor offspring and how might they present within clinical practice?

AJ TURNER, University of Surrey

Purpose: To consider the potential therapeutic needs of donor offspring from an integrative theoretical perspective.

Background: Adult donor offspring are those conceived by donor sperm. Secrecy surrounds the practice of donor insemination and donor offspring are usually unaware of their donor offspring status. Donor offspring are not afforded

the same rights as others to complete their genetic picture or search for their donor fathers due to the call for secrecy within families and the protected anonymity of donors. What psychological implication has this for identity and therapeutic practice?

Key Points: Drawing on the author's research into the identity experiences of donor offspring, this paper uses participants' accounts to identify four major themes pre-disclosure: not belonging; knowing that something is not right; rejection; unusual family dynamics. The paper then considers the five major themes identified post-disclosure: mistrust/life as a lie; need to know genetic origins; fantasy; loss; lack of understanding by others. It also asks whether early family relationships might be predictive of donor offspring's adult relationships post-disclosure.

Conclusions: Therapists need to pay particular attention to the establishment of the therapeutic relationship and transference, and be aware of themes such as grief, loss, providing meaningful narratives within a genetic context, restoring self-esteem, self-worth and a sense of personal agency. The paper suggests that pre-disclosure relationships in childhood might be predictive of adult relationships post-disclosure and could be the basis for future research.

Perfect mothers but invisible women: time to change?

S VAN SCOYOC, The Women's Practice, London

Women struggle balancing home, children, work and as a consequence become invisible themselves. Recent publicity of this dilemma has highlighted these pressures upon women. As counselling psychologists do we recognise these unique but age old conflicts? The high rate of women compared to men who present to the medical establishment with anxiety, depression, etc. is, I propose, a reflection of the unique conflicts faced by women in our society. As counselling psychologists we are in a position to recognise the impossible position women are in when they become mothers BUT what can we do to assist the women who are crying out for help? Proposals and an Adult Mothers Charter will be presented as a guide to counselling psychologists who work with women who are mothers.

The forgotten and invisible client

S VAN SCOYOC, The Women's Practice, London

Theme: The forgotten invisible people. Our three presentations cover diverse themes such as the invisible but very present foetus in the therapy room, the forgotten donor offspring, and finally the woman pushed into invisibility by motherhood.

Objectives: The speakers aim to bring to the attention of the audience the presence of the forgotten and invisible clients who present before us, sometimes escaping our awareness, sometimes being consciously or unconsciously avoided.

Relevance: These forgotten and invisible people are encountered in our day to day work with clients, but have we recognised their presence?

Sexual issues in academic counselling training: Are they being adequately explored?

T VASILEIADOU, Greece

The presented work is based on research involving 33 counselling psychologists in training and 11 counselling psychologists. The participants rated the effectiveness of their academic training, in terms of helping them explore sexual issues, such as therapist's sexual attraction to a client, and the client's sexual orientation. A score that expressed the level of cognitive anxiety was calculated for each individual.

High levels of cognitive anxiety were found, as well as a general negative evaluation of the academic training. Specific areas of interest were identified and will be discussed in terms of the implications concerning academic training.

The Illness Perception Questionnaire as a reliable assessment tool: Cognitive representations of vitiligo

C WALKER, London Guildhall University
Vitiligo is an episodic condition with uncertain etiology, therefore, the labelling and in turn, beliefs about the nature of the condition are less likely to be based on substantive medical knowledge and more on cognitive representations which the patients develop. As such, a reliable measure of these representations could be very useful in understanding how the vitiligo patient interprets their condition. The present study examines the internal consistency of the Illness Perception Questionnaire (IPQ) (Weinman, 1996) subscales with respect to its usefulness as a reliable measure of these cognitive representations of illness in vitiligo patients. 922 usable questionnaires were returned from UK Vitiligo Society members and a reliability analysis was carried out on SPSS for Windows for each of the four subscales and the symptom scale. The symptom scale and every subscale showed high internal consistency when completed by vitiligo patients. Results suggest that the Illness Perception Questionnaire is a reliable assessment tool for the cognitive representations of illness of vitiligo patients. The questionnaire could be very useful for health care professionals. The IPQ would also allow the investigation of socio-demographic variance with respect to vitiligo populations.

Factors motivating a choice toward counselling psychology training

G ZERVA & MC CROSS

The motivating factors leading to one seeking to pursue a career in counselling, counselling psychology or psychotherapy have been subject to much speculation, popular theorising and at times unflattering jest.

This project reports on an attempt to systematically analyse the accounts of 70 applicants seeking to gain entry to a BPS accredited programme in Counselling Psychology.

The findings derived from this grounded theory analysis are reported in terms of implications for recruitment, trainee safety in training and the role of the institution in developing the trainee as a complete person.

WORKSHOPS

Western and traditional African therapies: A transcultural exploration of psychotherapy

E BURKE & H CAMPBELL, South East Health Board, Kilkenny

Workshop participants will be invited to explore in small groups the role of ritual, spirituality and religious systems in their current therapeutic practice and how this might change as we enter the post modern era, drawing on insights derived from traditional African healing practice. Participants will be given an outline of the historic and pre-historic development of therapeutic systems in a transcultural and evolutionary context. An example of a traditional Tanzanian healing intervention with a patient will be shown using videotape. Similarities and differences between traditional African therapeutic systems and modern Euro-American systems which have roots in Cartesian philosophy will be outlined.

An experiential workshop on a Person-Centred model of supervision

A FRANKLAND, The Nottingham Trent University

Purpose: The purpose of the workshop is to encourage participants to explore and develop their own models of supervision through an experiential examination of a Person-Centred model.

Background: Person-Centred Practice has now been in development for about 50 years. It has a strong theoretical and empirical basis, which provides guidance for effective therapeutic work with clients. This workshop applies these principles to the task of supervision rather than therapy.

Method/Key Points: The workshop has four sections:

- Outline of the functions and importance of supervision for the professional practice and development of psychotherapeutic practitioners. Practice and ethical issues.
- Outline of a Person-Centred model of supervision developed from Rogers, and other PCA practitioners. Relational depth (Mearns' way of understanding what is required for work with clients with profound difficulties) and the PCA approach to symbolic activity in therapy and supervision. The Seven Step Supervision Schedule.
- Demonstration of the model through live supervision with one or two workshop participants using real material. Opportunity to try the Seven Step Schedule with peers (in triads).
- Discussion of the model as a tool to develop the work of all psychotherapeutic counselling practitioners. Bozarth's proposal that Rogers' statement of the requirements for effective therapy in 1957 was pan-theoretical and integrative in intent; implications particularly for counselling psychologists.

Conclusions: The workshop seeks to show that a Person-Centred Approach to Supervision may be brief and effective and of assistance to supervisees working within almost any therapeutic tradition.

Trainees on the independent route

PE JAMES, Southport, Merseyside

This will be an opportunity to hear about the experiences of some trainees on the independent route. It is intended to be of interest to those people who are thinking about training towards the Society's Diploma, to enable them to find out more about this route. Those who are already registered and are studying the components can further their knowledge and/or raise issues in the question and answer session.

Traumatic Incident Reduction as a treatment for post traumatic stress

J MYTTON, University of East London

Traumatic Incident Reduction (TIR) is a person-focused, structured exposure-based therapeutic approach developed by American psychologist, Dr Gerbode. It has proven highly effective in the treatment of PTSD. This workshop introduces TIR to UK counselling psychologists.

TIR is based on Freud's early work on abreaction and anamnesis. Being exposure-based its principles also derive partly from Pavlov and the 'conditioned reflex'. TIR operates on the belief that a permanent resolution of an incident requires recovery of repressed memories with cognitive restructuring, rather than emotional catharsis or education of coping strategies alone. By exposure, TIR asks that the client reviews the memory silently from beginning to end and then tell the counselling psychologist what happened. This process, (termed as 'viewing'), is repeated until the client, ('viewer') reaches the point of resolution. Another TIR technique, unblocking (using a structured list of questions repetitively) enables a client to examine a specific issue by taking it apart piecemeal.

The workshop includes an exercise to raise the participants' awareness of what happens when we face crises and what instinctual strategies we use to process these crises. This is used to introduce the theoretical and practical aspects of TIR. A case presentation and discussion, a video presentation, and simple exercises in the TIR techniques of viewing and unblocking are included to illustrate this treatment method. Although TIR appears to be a simple easy approach to use, participants are warned of the dangers of using this method without proper training. The ease with which people can be re-traumatised by incorrectly used techniques is stressed.

Relationship and learning in the supervision process

V ORLANS, Psychology Matters

This workshop focuses attention on the process of supervising and being supervised rather than on 'the tasks' of supervision, a focus which, it is suggested, warrants more attention than it has so far received both in the literature on supervision, and in many training settings. Two particular aspects of the process are highlighted, namely the *nature of the relationship* between supervisor and supervisee, and the *quality of learning* that takes place in the context of that relationship. It is suggested that these elements of the supervision process are both interrelated, and are also potentially significant in their capacity to influence the quality of the service ultimately provided to the client. The aim of this workshop is to explore and discuss these topics, as well as making space 'to experiment' with the relationship and learning issues 'in action'.

In examining this process, we explore supervision as a phenomenological experience which expresses and develops itself through our bodies, our minds and our experiences in relationship – for example, we consider the implications of supervisee and supervisor experiencing themselves as being potentially of different 'sizes' in the context of this relationship – possibly a familiar experience where the supervisee is regarded as 'student', and the supervisor is regarded as 'expert'.

Participants are invited to bring their own experiences of supervision, whether as supervisee or supervisor, as well as their 'spirit of enquiry', to this workshop.

Introduction to meditation

I SLACK, The Open University

This workshop is an introduction to meditation aimed at beginners or those who simply wish to know a little about the subject. We will consider the questions 'what is meditation and why meditate?' The advantages of teaching meditation to children will also be discussed. The workshop will continue by introducing different meditation techniques. There will be short experiential exercises throughout the session. The session will end with a short meditation.

Psychology of Women Section

Section Conference, University of Dundee,
10–12 July 2000

KEYNOTE ADDRESS: Women in the BPS

P. FRANKISH, Rampton High Security Hospital

My first attendance at the Council of the BPS caused me to do a double take as I realised how many men there were and how many grey suits. As a clinical psychologist, where the majority of practitioners are female, this seemed strange. It has changed a great deal since then. There are now no doors closed because of gender. There are many women who do not put themselves forward. The year 2000 sees the beginning of a scheme to support childcare costs to support attendance at BPS meetings. This presentation describes some of the hurdles that have been overcome and some of the issues still to be faced, from a very personal angle. Hopefully it will inspire other women to follow a similar path.

KEYNOTE ADDRESS: Disrupting narratives of blame and re-enactment: Domestic violence, child sexual abuse and the regulation of experience and identity

S. WARNER, Freelance Consultant

Whilst the belated recognition that domestic violence has implications for the welfare of children is to be applauded, the common techniques of regulation implicit within practices of domestic violence and child sexual abuse have seldom been explored. Everyday enactments of child sexual abuse and domestic violence rely on social narratives that position women and children as powerless to change things, yet responsible for all that happens to them. This paradox functions to immobilise relationships and stabilise identities such that women and children are discursively precluded from escaping actualised abuse. Moreover, narratives of blame that individualise subjugation as pathology further position those women, abused in childhood, as responsible for re-enactment of abusive relationships in adulthood. My aim in this talk is to disrupt these trajectories of responsibility by explicating how power operates to construct guilt and victimhood as being internalised to individually pathologised women. I then explore how categorical systems which seek to intervene in instances of domestic violence and child sexual abuse further trap women and children within identities, such that they can neither live nor leave. Hence, I am concerned not with how women and children 'really are' but with how they come to know, and be known, through practices of abuse and intervention. An alternative approach that directly and explicitly challenges normative constructions of women and domestic violence, and children and child sexual abuse, is described. The aim is to provide a means through which non-pathologising practices may be developed and evaluated such that narratives of women's pasts may no longer foreclose their futures.

Violence and violation? Women in secure psychiatric care

G AITKIN, L JELICOE-JONES & K NOBLE, Mental Health Services of Salford

In this paper we discuss evidence for the environmental violence to and violation of women in secure settings, arguing that this must be addressed in plans to develop more gender sensitive and appropriate services. To do this we first consider definitions, and impact, of violence and violation to contextualise many women's lives. Second, we deconstruct secure environmental structures, systems and procedures as exemplars of environmental damage to women. Finally we draw together our arguments to conclude that rather than high

physical security, it is *high quality care and relational security* that are the key needs for many women in contact with (secure) psychiatric services.

Domestic violence against women in Bangladesh: Findings from Naripokkho's pilot study

S AZIM, University of Dhaka, Bangladesh

This paper reports the results of a two-year pilot study conducted by Naripokkho, a women's activist organisation, about violence against women in Bangladesh. Evidence about the forms and rate of domestic violence was gathered from a variety of sources: media stories; hospital, police and court records; and structured interviews with 845 randomly selected women in Dhaka city. Results showed that women were most likely to report violence when they were young, rather than after they marry. Interviews revealed that 66 per cent reported verbal abuse and 60 per cent reported physical violence from husbands. Institutional records revealed a significant proportion of women who experienced 'dowry torture', which included burning, stabbing, rape, and abduction; such torture may occur at the hands of husbands, fathers, or other family members. Overall these results reveal that domestic violence is one of the most prevalent forms of violence against women, and that media reports represent only the tip of an iceberg. While the results have been useful in advocating policy change in Bangladesh, they have been unable to reveal much about the psychological impact of such violence.

Domestic violence and child contact: The rhetorical construction of the 'unco-operative mother'

S BECKER, Loughborough University

This paper seeks to outline research in progress, which takes a discursive and rhetorical approach to the process of child contact negotiation. The use of domestic violence as a resource within legal argument, for the construction of women who are resisting contact between their children and abusive ex-partners as acting as outside the 'best interests' of their children, is explored. Using material drawn from case files, including correspondence between legal representatives, this paper argues that women's experience of abuse and fear of further violence is vulnerable to manipulation and reformulation into a resource for undermining partner violence as grounds for resisting the enforcement of child contact arrangements.

Natural dramas: Virginia Woolf's identity through photographs

H BELOFF, University of Edinburgh

Baudelaire said portraits present a natural drama. They provide provocative evidence for the study of visual rhetoric. Virginia Woolf was often photographed, from 1884, aged two years, until just before her death. As the great-niece of Julia Margaret Cameron (1815–79), about whom she published a book, she must have been aware of the power of the camera. However, in her photographs Woolf seems to allow us see her 'natural self'. The image by George Beresford of a wraithlike innocent, aged 18, has become an icon of genius. In contrast is the picture by Man Ray for Vogue. Here she is a 'Mrs Dalloway', a social and literary success who gave dinner parties for Sigmund Freud. Interpretation of the last formal portraits from 1939 is complicated by the different accounts of the sitting given by the photographer, Gisele Freund, and Woolf herself. The images can adjudicate between them.

Mediating domestic violence

HE BETTS, University of Dundee

Divorce mediation has been welcomed as the solution to the divorce settlement process, which

can often be confrontational and detrimental. Mediation claims to provide a more caring and civilised process for the termination of a marriage. It presumes that the parties will come together as equals in a spirit of good will and cooperation. It is arguable, however, that in cases of domestic violence, the advantages of mediation are actually prejudicial to the victims of abuse. Protection for the powerless may best be provided by formal procedures of law, a proposition that this presentation explores.

Women's subjectivities between individualistic and homogenising identity

B BIGLIA, University of Barcelona

In this paper I consider and compare different conceptions of identity, from the individual psychodynamic view to the understanding of identity as a collective outcome produced inside groups. Special attention is given to how women construct their identities including the stereotypical underlying aspects of this process. Unfortunately, group identity construction produces discrimination mechanisms. Can we manage to work together without the need of a common identity? Will the fragmentary and many sided identities defined in a postmodernist view be able to solve this situation? I offer suggestions as to how we would be able to create pedagogic practices by using such new epistemological references.

Date rape, contexts and consequences: Making an impact on the media

P BOYNTON, Royal Free and University College Medical School

Recent figures suggest that the number of acquaintance rapes in the UK is increasing, whilst sentencing rates for this crime are falling. This paper outlines results from a study that examined 100 male and female participants' reactions to a magazine article attacking 'date rape'. Participants' belief about the source of the article was manipulated such that they were told it appeared in one of five different publications aimed at men or women. Participants were asked to rate the article in terms of sympathy, information, and advice, as well as whether they believed the article would help prevent rape. Analysis indicated the source of the article affected responses, although most participants felt advertisements against rape were not particularly effective. Findings are discussed in relation to improving media education campaigns about sexual violence.

'Your body is what you are': Talking about the vagina and gendered identity

V BRAUN, Loughborough University

'Sex' is determined by the (unambiguous) appearance of the genitals when a baby is born – a vagina equals a girl, a penis equals a boy. Assumptions of sex/gender normalcy for women include the possession of a vagina. As a consequence, feminists in the 1970s appropriated the vagina as a symbol both of womanhood and of women's oppression. But what role do women currently feel the vagina plays in their embodied identity as women? In this paper, I draw on talk-data to explore this relationship, focusing particularly on the difficulty women experienced in talking about this topic.

Female police officers' work experiences, job satisfaction and well-being: What have we learned from 20 years of research?

P BROUGH, Victoria University of Wellington, New Zealand

Attention to the factors affecting female police officers' perceptions of their work and its effects

upon individual well-being have increased over the past two decades. The majority of these studies have involved the identification of discrimination and harassment. A number of recent investigations identified organisational, rather than operational work experiences, which affect the well being of officers (both female and male). This paper presents the results from a quantitative investigation of police officers within three UK police services to further explore this finding. Measures controlling for individual differences (e.g. negative affectivity, perceived work mastery and coping behaviours) were included and the adoption of a longitudinal methodology allowed causal relationships to be explored. A number of expected gender differences were found, and their relation to female officers' job competence, job satisfaction and individual well being will be described. A review of changes that have occurred within police organisations to address female officers' distress is included.

Societal perceptions of British women and mothers

E BROWNE, University of Dundee

American research has identified the content of stereotypes of American 'types' of mothers. The purpose of this study was to identify societal perceptions of British mothers and British women in general. Participants were asked to generate words and short phrases that they believed were used by society when describing adoptive mothers, lesbian mothers, married mothers, older mothers, single mothers, stepmothers and British women in general. Participants were 98 students studying at the University of Dundee. The results revealed a 'mother hierarchy', with adoptive mothers and married mothers being perceived the most positively, and single mothers and stepmothers being perceived the most negatively. Results also indicated that British women were, in general, described in comparison to men rather than for their own qualities.

Love against the odds? Theorising the perverse power of obstacles to love

A BURNS, Staffordshire University, Stoke-on-Trent

This paper explores contemporary ways of constructing love and raises questions about the extent to which a discourse of romantic love may be understood simply as a discourse of women's powerlessness. A discourse of men's emotional illiteracy identified in interviews with women, in modern literature and in feminist theorising offers little hope of gender equality. While love stories are characterised as most romantic when there are obstacles to be overcome, I want to question whether 'male emotional illiteracy' and (possibly) feminist calls for women to give up loving men may perversely support the power of romantic love.

Dilemmas of feminist and discursive psychology: Motherhood and childcare

P CALDER, South Bank University, London

The paper discusses epistemological and methodological tensions in drawing upon feminist theory, grounded theory and discourse analysis in the interpretation and analysis of mothers' accounts of childcare needs and perceived childcare barriers to accessing education and employment. The accounts drawn on are transcribed interviews with mothers and key informants in an inner London borough, obtained in the course of a qualitative study into maternal childcare needs and experiences. The paper discusses the implications of different forms of analysis for conceptions of the mothers' subjectivities and for policy interventions.

Professional support offered to breast and bottle feeding mothers in a Scottish population

P CAIRNEY, University of Dundee

This presentation forms part of the analysis of a large scale cohort study across Tayside and Fife, in which data were gathered between January 1998 and April 1999. Postal questionnaires were offered to mothers at 34 weeks gestation, and 4, 12 and 26 weeks post-partum. Part of the survey asked mothers to rate the support they received from a range of health practitioners and social contacts. This support was in three categories – information, practical help and emotional help. Variations in support are compared across demographic and feeding variables. Implications for long term health of the infants will be considered.

The pornographic body: Embodiment or representation?

K CICLITIRA, Middlesex University

In this paper I discuss women's accounts of how they view sexualised images of bodies in pornography and the media, and the effect this may have on their behaviour and self-image. Binary oppositions such as active/passive, aggressive/submissive, and hairy/hairless constrain both men and women. Arguably these binaries are not 'natural' but are culturally produced categories. Nowadays women increasingly challenge these norms by refusing to shave ('depilate') and by engaging in 'masculine' pursuits such as bodybuilding. Women challenge binaries such as heterosexual/homosexual, masculine/feminine, while both men and women engage with representations in pornography in subversive and unexpected ways.

Sameness and difference in the psychological literature on lesbian and gay parenting: Are we really all the same?

V CLARKE, Loughborough University

In this paper I explore the construction of lesbian and gay parenting in the psychological and feminist literature on lesbian and gay families. I argue that the primary meaning of lesbian and gay parenting within psychology, and within feminism, is 'difference'. I discuss four models of difference that structure the literature on lesbian and gay families, including 'different, sick and inferior' and 'different only because of oppression'. I explore why the question of difference is so central to the literature on lesbian and gay parenting, and consider the political costs and benefits of constructing lesbian and gay parents as the same as or different from the heterosexual norm.

Role models: Are they relevant to young women today?

M COHEN, Loughborough University

Claims are common within academic and lay literature that young women 'need' 'strong' role models. Despite frequent use of this term, it is not clearly defined within mainstream or feminist psychological literature, and there is also a lack of literature concerning young women's understanding of the concept and whether it applies to their experience. I have explored this concept with young women within focus groups utilising a feminist standpoint methodological approach (n=30). This presentation reflects three main findings from my data: collective rejection to the idea of prescribed (specifically celebrity) role models; difficulty participants had in applying the implied meaning of a role model to their actual experience; and an expressed lack of celebrity influence within these young women's lives overall.

When a friend has a sex change: Social support, homophobia and gender

M DAVIES, University of Central Lancashire

Despite the prejudice that transsexuals face from others in their day-to-day lives, there is no psychological research on how people view transsexuals. The aim of this study was to investigate attitudes towards transsexual men and women. Sixty-seven respondents (all psychology undergraduates) were asked to read a hypothetical scenario in which a friend that they knew well decided to have sex-change treatment. Respondents were then asked to complete an open-ended question in which they were asked to write down in their own words how they would react to this news. Content analysis revealed that people were generally supportive of their friend. Respondents were also asked to complete a scale measuring their attitudes towards their transsexual friend, a homophobia scale, and the hostile sexism scale of the Ambivalent Sexism Inventory. Results revealed a highly significant correlation between attitudes towards transsexuality and homophobia. Results also revealed that males were more negative towards transsexuals than were females. Results are discussed in relation to gender beliefs and homophobia.

Women and alcohol: Discourses around femininity and pleasure in the UK at the turn of the century

K DAY, Sheffield Hallam University

This paper is based on the main findings of PhD work in progress. The aim of this work is to investigate social constructions of white feminine identities in the UK at the turn of the century, primarily using group discussions with women. Alcohol consumption and women's talk around this issue are used as a site for the study. The paper discusses how discourses about femininity and alcohol consumption (including those evident in the psychological literature) can be seen to position women in ways which restrict their social actions and movements. Yet, the paper demonstrates that women are not fixed by such positions, rather, they actively negotiate these (e.g. in public drinking spaces) and construct alternatives. The paper also demonstrates evidence of conflicting, complex and multiple feminine identities in current cultural and sub-cultural contexts, implicating class as a particularly important factor in their construction. As such, the paper argues for the reinstatement of class analyses in feminist work.

Narratives, identity and sexuality: Looking at how young women represent their first sexual encounter

G DEANE, South Africa

The majority of literature available regarding young people's sexuality pertains to the negative consequences of adolescent sexual behaviour such as unwanted pregnancy and sexually transmitted infections, particularly for young women. Phenomenological and experiential information of young people's first sexual encounters is largely unavailable. From a South African qualitative study focussing on the 'lived experience' of young people's first sexual encounters, a number of observations about young women's sexuality in relation to identity are made. The construction of the notion of 'readiness' seems to encompass personal meanings of oneself as a sexual being and is related to other developmental and identity issues. Spontaneous meaning-making of the sexual encounter appears to involve the acceptance and incorporation of the event into a sense of self or identity. These tend to be built up in the context of a narrative around the first sexual encounter. Suggestions for uses for this information are made.

Accounting for domestic violence: A Q methodological study

P DELL & O KOROTANA, University of East London

In this paper it is argued that academic and lay accounts of domestic violence act as powerful socio-historically located discourses that simultaneously produce knowledges and social practices that have very real (material) effects on embodied subjects. Adopting such a material-discursive approach has implications for the ways in which domestic violence is researched. The investigation reported here uses a pattern analytic 'Q methodology' to elucidate some of the multiple ways in which the object 'domestic violence' is discursively constituted. Implications of such a method of inquiry for research and policy in this area are discussed.

'I'm not lesbian so I don't see that it's my problem': Students' perceptions of their responsibility for creating positive social change for lesbians and gay men

S ELLIS, Loughborough University

A common goal unites those working in both 'Feminist Psychology' and 'Lesbian and Gay Psychology': the desire to challenge oppression and work towards positive social change. The research on which this paper is based explored students' perceptions of their responsibility for creating positive social change for lesbians and gay men, based on completed questionnaires from 627 students from 14 universities across the United Kingdom. An analysis of the data shows that although just over half of respondents viewed themselves as personally responsible for creating positive social change for lesbians and gay men, few gave responses that indicated a commitment to supporting lesbian and gay rights. Responses as a whole indicated an overwhelming sense of apathy, despite a willingness to endorse liberal notions of equality for all. The implication of these findings for feminist psychologists and educators will be discussed.

'A rape by any other name?': Scots law definitions of sexual violence

P FERGUSON, University of Dundee

Rape is among the most serious of criminal offences, yet the law as currently drafted in Scotland is in need of drastic reform. Rape is defined by the law as a crime in which the perpetrator must have overcome the will of the victim. This means that intercourse with a woman who is unable to assert her will (such as a woman who is asleep, unconscious, or even highly intoxicated) is classified as sexual assault, not as rape. Furthermore, as long as the perpetrator states that he believed the woman consented to intercourse, he cannot be found guilty of rape, even if his belief was not a reasonable one under the circumstances. Thus, the classification of rape is based on the perpetrator's subjective interpretation of the situation; the victim's interpretation of the act is not considered relevant by the law. This paper critiques the Scots law of rape as it is currently constructed, contrasting it with those operating in other jurisdictions, and suggests some possible ways forward.

Buying into identity: Young women negotiating and subverting the meaning of clothes

H FRITH & K GLEESON, University of the West of England

Clothing has long been recognised as an important aspect of adolescent life. Buying and choosing clothes is significant in terms of increasing independence and autonomy in that it allows young women a means for asserting their own identity project, and signals wealth, social class, sexuality, gender and identification with groups (including family, school, peers). In this paper, the consumption of clothing by young women aged 11 to 16 years is examined as part of a process of negotiating identities that are

acceptable to themselves and meaningful to others. Analysis of in-depth interviews suggest that women are aware of being targeted by carefully constructed 'product images', and variously 'buy into' and resist the image aspirations associated with these clothes. These young women resist positioning as 'victims' of the fashion industry, and they assert their abilities to decode product image, create identities, subvert and resist pre-constructed image aspirations. As they choose clothes, which they incorporate into their own identity projects, young women resist and/or collude with parents, school, peers and the fashion industry.

'...But I love him': Discourses of domestic violence

V GARDNER, Loughborough University

In this paper I approach discourses of domestic violence from a discursive social psychological perspective. Women (and men's) narratives are analysed to examine how abused women construct their accounts for remaining in a relationship that is apparently damaging to the 'self'. Developed from Wittgenstein's later work, discursive psychology views language as 'tools' that people use to actively construct their own reality. Discursive psychology incorporates (for the purposes of this paper) discourse analysis, conversation analysis and rhetorical analysis of women and men's talk. This is applied to their talk about domestic violence, with the analytic aim of demonstrating how accounts, justifications and blamings are worked up in ways that show a concern for the accountability and identity of the speaker.

Domestic violence addressed in the school setting

J GUISHARD & T AFUAPE, Lambeth Educational Psychology Service

This paper explores issues involved in addressing the effects of domestic violence on children and their mothers. The specific interrelationships within the family and the dynamics and conflicts between the mother-daughter dyad and the mother-son dyad are compared. Aspects of the work of a specialist educational psychologist's project for domestic violence in group counselling and groupwork is described, including the process of dealing with issues of race and power.

The sexual identity of black teenagers

J GUISHARD & V BRYAN, Lambeth Educational Psychology Service

Following the recent Channel 4 documentary about the sexual behaviour of 15-year-old youngsters in one of Lambeth's secondary schools, a renewed examination of teenage sexuality has emerged, particularly the sexuality of black teenagers, and 'pregnant schoolgirls'. The paper focuses on the developing framework of sexual development as it manifests in the inner-city school context, and the issues of race and power that overlay the development of the girls' sexual identity.

Drug users and sexuality: The relationship between attitudes toward pregnancy, abortion, sexually transmitted diseases and contraception use

S GUTIERRES & A BARR, Arizona State University

Use of alcohol and drugs during pregnancy is a serious problem in the medical field. The current study explored gender and ethnic differences in attitudes and behaviours related to sexuality and contraceptive use among clients in drug recovery programmes. Results showed gender and ethnic differences in attitudes toward pregnancy, abortion and contraceptive use. In addition, consistent with previous research, European American women who reported sexual abuse as children were more likely to engage in sexual risk taking (e.g. low contraceptive use) than were those women who

reported no sexual abuse. In contrast, contraceptive use was lower among Mexican American and Native American women who did not report sexual abuse compared to those who did report sexual abuse. The observed gender and ethnic differences will be discussed in relation to design of treatment programme components to increase contraceptive use and decrease unwanted pregnancies among drug users.

What we think about domestic violence: An investigation into public perceptions of male violence towards women in the home

C HEALY & P NICOLSON, University of Sheffield

This study explores public perceptions of domestic violence and the degree to which it is understood as 'acceptable'. Despite increasing awareness of domestic abuse in the media and popular culture and the increase in research over the past 15 years, there remains a lack of information on both (a) public awareness of male violence towards women in the home, and (b) public attitudes towards this behaviour. Here we used an electronic survey of university databases to explore these issues. Results indicated that domestic violence was not condemned unequivocally by women or men, although women were less likely to condone violent behaviour.

Gender stereotypes and gender transgression

K HENWOOD, University of East Anglia

The literature on gender and the body challenges the standard reduction of male and female embodiment to a matter of sex or gender difference. This paper reports on research that seeks to contribute further to understandings of this issue. Men were asked about a range of topics such as the exemplary male body, fitness, and relationships. Analysis of their accounts identified a range of challenges to the cultural binary which constructs men as rational agents who transcend the body and reduce women to the 'natural' – ruled by emotions and preoccupied with the appearance of their bodies. Some complex psychological and interpretative issues associated with claims about 'transgressing gender' are considered

Negotiating standpoints and differences in research concerning gender, sexuality and the body

K HENWOOD & E SIEG, University of East Anglia

Qualitative researchers have offered many different ways of conceptualising the stances of the researcher and the researched in qualitative interviewing. However, for the most part, these have not fostered detailed explorations into the ethical issues that are raised when multiple standpoints and differences in positions, values and personae have to be negotiated between interviewer and interviewee(s) in qualitative research encounters. Two projects will be drawn upon to illuminate these issues, both involving a combination of individual and focus group interviews with adolescents and young adults. The first study explores young women's sexual identities. The second seeks to map men's identities and embodiment in contemporary culture. The ethical issues discussed concern how the apparent presentation and interpretation of identities can introduce issues of intrusiveness, risk and deception.

Validity checking and conflict of interests

W HOLLWAY & C SHERRARDP, University of Leeds

Our paper picks up two sets of ethical concerns emerging from the philosophy and practice of qualitative methods. The concerns arise from the centrality of the researcher-respondent relationship in these methods. While we are certain that recognition of the importance of

relationships has been a major ethical advance in psychology, we are aware that it raises a new set of ethical problems. The overarching category of concern is the researcher's role as interpreter of the respondent. This divides into concerns about checking validity, and concerns about conflict of interests between researcher and respondent. We need to find ways of checking the validity of our interpretations and to problematise respondent validation as a procedure. The problem is highlighted by, for example, psychoanalytic interpretations including unconscious defences, and social-cognitive interpretations including self-enhancement. Ways of checking validity need to be developed which both maintain the researcher's role as theorist and critic, and the respondent's dignity as a peer. We also need to find ways of negotiating the conflict of interests this validity problem reveals. We argue that researchers need to recognise and critique their own interests, both legitimate (as researchers) and non-legitimate (e.g. are we voyeurs?). They need also to consider the interests of their respondents, legitimate (as our peers) and questionable (e.g. are they exhibitionist?). Might an ideal solution be a mutually satisfying negotiation? At the very least, the researcher's role as interpreter requires regular reflection on the interests of both parties.

Self-efficacy and a 'process of stigmatisation': Exploring 'invisibilities' in the lives of care leavers and their children

C HORROCKS, University of Huddersfield
This research project explored the lives of young women and their children using an ethnographical, biographical approach (Runyan, 1982), setting their accounts within an historical, social, and individual account. In particular, it focused on women who were raised within the state care system who had subsequently become mothers themselves – women who are frequently positioned as 'young', 'single' mothers and thus a social problem. This study sought to uncover the 'invisibilities' of their lives, enabling a better understanding of the way in which they negotiate aspects of their identity. One of the primary outcomes of the study, which involved a group of 11 women, was to reveal the extent to which they felt their lives were under 'surveillance'. Their own experiences of the state care system rendered them acutely aware of the power of the state to remove children from parents. The paper explores the way in which the women actively resisted both surveillance and threats to their self-efficacy and identity.

'Girls just wanna have fun': Toward alternative versions of sexuality

S JACKSON, Victoria University of Wellington, New Zealand
This paper presents material from research on young people's talk about sexuality in Aotearoa/New Zealand. Textual analysis of their talk revealed pockets of resistance to culturally dominant discourses of male and female sexuality. Resistance took a number of forms within young women and young men's accounts, including subversion, rebuttal, and generating alternative versions of male and female sexuality. The latter included articulation of potential new discourses of 'sex as fun' and the 'sexually sensitive young man'. The paper explores some of the implications for young women and young men of taking up positions within these alternative versions of sexuality.

'Born in the wrong body': Cartesian dualist accounts of transsexualism and beyond

K JOHNSON, London
This paper aims to refute Cartesian dualist accounts of transsexualism, which promulgate the notion of a rational unified self that pre-exists the physical body. Media representations of transsexualism present pervasive but simplistic explanations such as 'being born in the wrong body' and 'having the brain of the other gender'.

Such discursive constructions are readily available within transsexual narratives but can be problematic for the individual, particularly when reciting their biography. In a move towards a theory of embodied subjectivity, I argue that the interrelationship of mind and the body needs to be recognised.

Constructing womanhood across the lifespan: The example of the transition to higher education

S JOHNSON, University College Northampton
Until recently psychology has failed to pay serious attention to bring a life course perspective to explorations of womanhood. This paper seeks to address this gap, using the example of the transition to a programme of higher education to illustrate the impact of the construction of womanhood upon identity. A life course perspective gives emphasis to issues of individuality and of family, within a social and historical context. Women's roles as carers (for children and for elderly relatives) as well as their relationships with male husbands/partners were dominant themes in the accounts, which emerged particularly in reference to specific life course trajectories. The paper highlights the implications that constructions of womanhood hold for women across the lifespan and in life course transitions.

A grounded analysis of exercise dependence and chronic dieting in women

O JOHNSTON, J REILLY & J KREMER, The Queen's University of Belfast
This study explores women's subjective experiences of exercise dependence and chronic dieting. Much research has been carried out on the relationship between exercise dependence and eating disorders/dieting, but the nature of the relationship is still the focus of debate. Previous work in this area has often been purely quantitative, or has consisted of case reports or interviews which have not been subjected to systematic analysis. The present study utilises semi-structured interviews and grounded analysis as well as supplementary quantitative measures. Preliminary results indicate that women's subjective experiences of exercise dependence and disturbed eating are not necessarily consistent with classifications based upon questionnaire scores and behavioural measures.

How do we know where we are going?: An application of the archetypal science to women's identity in Poland

A KAROLCZAK, University of Opole, Poland
This paper examines contemporary women's development from an archetypal basis, a perspective first developed by CG Jung. According to this theory, development is concerned with integrating personality with a sense of 'meeting' the archetypes. This is done in the context of a dialogue with any given culture. Jung argued there were six main archetypes, but other archetypes are possible. CS Pearson, a contemporary theorist, proposed such additional archetypes for contemporary society. This paper seeks to continue and transform the archetypes identified by Pearson. The notion of archetype is operationalised in an original way, and it is used as a basis for creating a new psychological method. 75 Polish women were tested with this method, including correlation with an objective test of personality: the Adjective Check List. It may be that the understanding of archetypal behaviour is best conceived as a temporal dimension of women's identity construction.

Doing, undoing and not doing gender in male transvestites' discourse

J KELLY & E STOKOE, University of Derby
Post-modern theories locate gender in everyday discursive practice (e.g. Butler, 1990). The recent shift in psychology from essentialist to constructionist notions of gender has been played out in numerous explorations of the discursively articulated and gendered self. However, little attention has been paid to the trajectory of gender constructions during male-female transgressions. In this study, a number of semi-structured interviews with male transvestites were tape-recorded. The data were transcribed and subsequently analysed using the critical discursive methods developed by Wetherell (1998). A number of related issues emerged from close readings of the transcripts. First, speakers' conversational footing shifted routinely between 'male' and 'female' as they constructed feminine and masculine gender identities. However, the speakers were found to 'do gender' perpetually. In other words, the participants always spoke from a gendered, rather than non-gendered, subject position. As a result, gender identities were constantly in flux and shaped at a local interactional level. Finally, the participants invoked gender dualism as a warranting device in accounting for transience in gender identity.

Child protection practice: Implications for mothering

N KELLY, University of Huddersfield
This paper will outline a piece of qualitative research that analysed decision making within child protection practice in the UK. It will describe a social psychological model of decision-making that integrates aspects of individual and group decision processes. The application of documentary analysis to cases in child protection will be demonstrated. Themes that emerged from the analysis were concerned with the ways in which the focus on the needs of children shifted to the needs of others. This appeared to be a consequence of beliefs surrounding the role of mothers and the nature of mothering. The paper outlines the implicit nature of those beliefs and the implications for mothers involved in child protection cases.

Re-inventing the abortion 'problem' in anti-abortion discourse

E LEE, Women's Studies Centre, Kent University
Over the past decade, British anti-abortion organisations have diverted resources to publicising the claim that abortion leads to a 'woman's' disease' named Post-Abortion Trauma or Post-Abortion Syndrome (PAS). The claim that abortion leads to such a 'syndrome' or 'disease' is the subject of this paper. I discuss the emergence of this claim as a response to the problems posed by prior forms of anti-abortion argument. I argue that the 'medicalisation' of opposition to abortion, through the PAS claim, constitutes an attempt to re-frame abortion opposition. Such re-framing has become important given the problems presented by an opposition framed in moral terms. I discuss the dimensions of the PAS claim, mainly through use of published materials (leaflets, books) distributed by anti-abortion organisation. I focus in particular on the construction of the 'problem' of abortion in the PAS claim. I conclude with a consideration of the effectiveness of the claim in winning support in Britain for opposition to abortion and suggest that, to date, the claim has been unsuccessful in winning such support.

Asian women and westernisation: Personal and cultural identity challenges

J LIPPINCOTT & R LIPPINCOTT, Pennsylvania, USA
Asian women, increasingly exposed to 'Westernisation', are experiencing changes in personal and cultural identities. An example is a

marked rise in distorted eating/body image, historically a Western syndrome. Research will be presented that compared attitudes toward eating among a sample of women in the U.S. (n=111) and South Korea (n=115). Nearly 20 per cent of each sample scored in the range suggesting eating disorder symptomology. A review of cross-cultural literature and specific case studies will also portray the conflict between the relative independence of Western women and the more submissive, dependent cultural expectations of Asian women. Challenges for Asian women include the conflict of self and family, male/female roles, and autonomy.

Notions of emotionality: Reconstructing the emotional label

A LOCKE, Loughborough University

The paper provides a discursive analysis of notions of emotionality in women and examines the ways in which women who have been portrayed as emotional construct themselves and their actions. It focuses on Diana, Princess of Wales and Monica Lewinsky. The content of television interviews with them is examined to determine how they use notions of emotionality in their discourse in order to account for their actions. Diana allocates blame by accusing the media and royal family of applying the label 'emotional' to her. She constructs them as being threatened by her strength of character. In contrast, Monica Lewinsky embraces the label 'emotional', using her emotional nature to excuse her actions and to blame others for her circumstances.

Utilising Gestalt therapy techniques with women survivors of domestic abuse

S LUNDAHL, Ohio, USA

Domestic abuse is currently a multi-level and multi-faceted pandemic that warrants attention from both researchers and clinicians. The devastating consequences of abuse have critical implications on an individual's personality, belief system and coping style. Identifying and exploring effective counselling methods with this population is thus important. One way of conceptualising this phenomenon is to examine the concepts and constructs of the Gestalt therapy model. Understanding the relationship between the Gestalt resistances and clinical profiles of women survivors of domestic abuse may serve to assist researchers and therapists in determining more effective counselling interventions with this population. Personality profiles of women survivors, defined as emotional, social, physical and coping characteristics thought to be best descriptive of survivors, will be addressed. Specific attention to Gestalt therapy and the Gestalt perspective on resistances as it relates to effective therapeutic intervention with this population will be identified and discussed.

Embodied subjectivities in transition: Young women's negotiations of gendered, sexualised and racialised identities

H MALSON, University of Western Australia

This paper presents an analysis of the ways in which young women negotiate their embodied subjectivities in the context of the multi-cultural inner cities in which they live. This paper explores some of the ways in which 'bodies' are made to signify in young women's talk about themselves as part of wider discussions about issues such as popular culture, fashion, physical appearance, health, relationships and 'the future', and the contemporary contexts in which they live. More specifically, the paper deploys a feminist post-structuralist form of discourse analysis to analyse (a) how 'the body' figures in young women's talk and (b) how young women discursively construct their bodies as young, gendered, sexualised, and racialised. Drawing on Homi Bhabha's critical conception of 'cultures-in-between', the paper explores how the cultural contexts in which these women live can be understood as creatively negotiated spaces in

which gender and ethnicity are articulated in the interview transcripts as fluid and dynamic, rather than as foundational categories. By analysing the ways in which young women's bodies are discursively constituted and regulated, the paper seeks to elucidate how these women's embodied subjectivities are articulated as identities signified by the body.

'I want to be just like her...' Femininity, identity and phantasy: Exploring the place of Xena and the other Tough Girls

E McCORMACK, University of Western Australia

This paper considers the question of feminine identity through an analysis of contemporary popular cultural representations of women such as Xena Princess Warrior, Buffy the Vampire Slayer, Lara Croft and Dana Scully. This paper is sceptical about claims that these tough women represent an enormous change in terms of gender arrangements in Western culture and that they are evidence of the 'greater variety of roles open to women'. Against this dominant reading are posed excerpts from interview transcripts with women who express profound conflict and frustration. It is proposed that these phantasy characters have much to tell us about women's conflict and desires [and men's fantasies]. Moreover, contrary to dominant readings it is suggested that what they can tell us has more to do with what is unchanged for women and what is unchanged about the phallogocentric order as it circulates essentially undisturbed. Therefore these popular cultural images are interrogated with a view to what they can expose about women's identity and experience as well as indicating the broader cultural context within which that experience is situated.

When abuse comes to work: Women, work and intimate partner violence

J McFARLANE, Texas Women's University

To examine the indicators and consequences of intimate partner violence on women's employment and associated types and levels of violence, a consecutive sample of 90 women seeking protection orders were interviewed. Actual and threatened violence was measured with the Severity of Violence Against Women Scales (46-items). Eight questions were asked regarding type of harassment experienced at the worksite. Results showed that most of the abused women had been employed at one time (87 per cent) and had also experienced harassment related to their work from an intimate partner (89 per cent). Major losses in productivity and associated earning power for women were indicated by the findings.

The work-family interface: Experiences of professional and non-professional women

K McLAUGHLIN & O MULDOON, The Queen's University of Belfast

Over the past 20 years, the dramatic increase in women entering the labour force has been accompanied by an increase in research relating the two most central domains of women's adult life: work and family. This research has almost exclusively focused on the negative aspects of combining work and family and the associated conflict between the two. Additionally the majority of research has been undertaken with professional workers, limiting the possibility of generalising these findings to other types of workers. This research aims to address some of the limitations of previous work. Semi-structured interviews were conducted with working women with families (n=18) to establish the issues facing women who balance the demands of work and family life. Grounded analysis of these data suggests that women see both benefits and drawbacks to combining work and family roles. Furthermore, the problems faced by manual, semi-skilled working women are multivarious in comparison to those that affect professional

women. These results are discussed in terms of current models of work-family conflict.

(Re)locating clinicians and researchers: The influences of individual professional identities on ethical dilemmas

C McQUEEN, Shropshire Community Mental Health Team

Clinical psychologists who work within the NHS are influenced and in part constrained by a number of ethical principles in their contact with clients. These include confidentiality, informed consent and measures taken to reduce risk of harm to the client or others. In addition to these main principles, individual clinicians further negotiate their own standpoints, including 'boundary' issues such as self-disclosure to the client and the empowerment to challenge systems or individuals. This paper focuses particularly on the tensions that may arise for clinicians undertaking research work, as they attempt to renegotiate their role as researcher rather than clinician. Tensions are likely to be considerable for clinical psychologists, who are influenced both by particular models of therapy and by models of research that draw on positivistic epistemologies and ideas of objective expertise. Drawing on research with young men with mental health problems and on conversations with clinical psychologists, the paper explores the influences of professional identities on resolving ethical dilemmas in research interviewing. From this perspective, a space will be created to discuss how the resolution of ethical dilemmas is achieved not just by reference to abstract ethical guidelines but is placed in a context of multiple negotiation and renegotiation.

Occupying the space: A reflection on women's role in achieving an inclusive built environment

R MORROW, Sheffield University

This paper discusses the role women can play in the formation of an inclusive built environment. In architectural terms, the 'built environment' includes all buildings and constructed spaces within a community (i.e. public, private and corporate buildings, such as houses, schools, offices, factories, car parks, public squares, and alleyways). There are increased calls within the critical literature to make such spaces more inclusive and accessible to all people, regardless of race, gender, age, ability, income, education, and other factors. Examples of how the built environment discriminates and how it support certain groups in society, while excluding others, is illustrated. Attention is given to the reasons why those professions who are traditionally responsible for the built environment have failed to provide non-discriminatory environments, with the aim that women will be better able to deal with them

The social constructions of gender roles and sexual violence

S MURNEN, Kenyon College, Ohio, USA

Data from four studies is used to evaluate the sexual terrorism model, which suggests that sexual violence against women is perpetuated by various societal factors including traditional gender roles, pornography use, and language use. In Study 1, a meta-analytic review of studies conducted in laboratory settings, it was found that women responded with less sexual arousal to pornography than did men. Similar results were found in Study 2, which employed a naturalistic approach. In Study 3 it was found that men tended to use degrading and aggressive sexual language, and the potential consequences of such language use are examined in Study 4.

Whose madness? Post natal depression or domestic abuse?

P NICOLSON, S PECKOVER & C HEALY, University of Sheffield

Concern over the impact on children of having a

depressed mother has led to widespread screening for postnatal depression using the Edinburgh Postnatal Depression Scale (EPDS). Pregnancy and early motherhood are also times when domestic abuse may occur and when existing violence and abuse may escalate. Recent evidence suggests that health visitors may (mis)diagnose PND for some women experiencing domestic abuse. There has been no test of the validity of the EPDS in discriminating between the symptoms of domestic abuse and PND, a particular problem in that the presenting psychosocial symptoms overlap. Here we re-assess interview data from new mothers in the context of this recent evidence.

Walking the talk

L OLNEY, Manukau Institute of Technology, New Zealand

Discriminatory practices are obstacles which prevent some women from obtaining the paid jobs they want and which they are suitably qualified for. Feminist research has argued that training and qualifications are less of a barrier to getting desired work than are sexism, racism, ageism and classism. This paper discusses this argument, reflecting the author's journey in exploring this question. The investigation of this issue caused her to re-examine both her role as a researcher and her responsibilities as a counsellor of polytechnic students enrolling on courses. The presentation includes a reflection on this shift.

Constructions of identity: The contribution of narrative ideas

J PAGE, Australia

In narrative therapy, identity is viewed as a fluid construct that develops out of a person's relationships with others as well as through language that represents the person's experience. This presentation explores the use of narrative ideas in counselling and therapy, particularly in relation to constructions of identity. Key narrative concepts are examined, with the most central of these being externalisation of problems. Externalising assists people to view problems as separate from themselves, rather than believing that the problem speaks the truth of their identity. Reference is made to the stories of women who have made the transition from an internalised view of the problem to a position that locates the problem outside of them. They have begun to experience themselves as experts in their own lives. The role of the therapist in this situation becomes that of a consultant who collaborates with the client in undermining the problem.

Back to the future: Gendered parenting discourse in New Zealand

M PAYNE, University of Waikato, New Zealand

During the 20th century husbands 'going out to work' and wives 'staying at home' to run the household and care for the children became established as a traditional ideal in Western societies. Although there is a considerable body of (mostly feminist) writing critiquing discourses of gendered parenthood, some have argued that most people – women as well as men – see major disruptions to this division of labour as undesirable. Data collected in a fairly large-scale survey in New Zealand suggest that many people do indeed perceive a return to more strongly gendered parenting roles as the way to solve many of the problems of contemporary family life. Much of the reasoning underpinning these perspectives clearly also sustains an inferior positioning of women in society and privileges middle-class values.

Mundane heterosexism: Understanding incidents of the everyday

E PEEL, Loughborough University

Theorising ordinary, everyday heterosexism is as challenging as is naming (and undermining) gender sexism. This paper examines the

construction of heterosexism, as both an individual and institutional oppression, within academic psychology and in contemporary society. The theory and practice of heterosexism, the 'belief that the only right, natural, normal, God-given way of relating to each other is heterosexually', (Gray *et al.*, 1996, p.205) is critiqued. Lesbian and gay psychology's purchase on the issue is explored, as are parallels with feminist psychology's takes on (hetero)sexism. Specific cases of the phenomenon of 'mundane heterosexism' are explicated, employing a discursive lesbian feminist and experiential approach. The conclusions examine methods of challenge and strategies for future theorising.

ENHANCE: A computer-based counselling tool for women survivors of sexual violence

D RAMANEE PEIRIS, BP WILLIAMS, KW FRASER & S CUMMING, University of Dundee

A collaborative project between software engineers, social workers and counsellors has produced an innovative counselling tool for use with women who have been sexually abused. The ENHANCE software package aims to empower the users and help them to express their feelings. This includes a diary facility for free writing and a work area for the user to try to express her feelings in a visual way. The software is demonstrated as part of this presentation. Future work will consider possible longer term effects of the software on the women's self esteem, and its transferability to other counselling agencies. One interesting angle might be in the counselling of male survivors

Meeting the challenge of sustainable transport choices: Why it's hard being a woman

J PRIOR & P GAFFRON, Napier University

As we become more aware of the responsibilities we need to accept to ensure the well-being of our environment, many of us are trying to make changes, small and incremental, to our lifestyles with the aim of reducing the negative social and environmental effects of our actions. However, despite our support for protecting the environment as women, many of us face particular problems, which at worst are not recognised within policy or institutional practices and at best are given lip service. Transport and mobility are vital elements of our everyday lives but the ways in which we choose to travel – as individuals and as a society – also have major environmental and social implications. In this paper we explore some of the limitations experienced by women in adjusting their transport requirements to become more environmentally friendly and the impact of current transport policies and institutional practices on the psyche of women.

False memory syndrome: The politics of memory and law's response

FE RAITT & MS ZEEDYK, University of Dundee

This paper examines the phenomenon of False Memory Syndrome (FMS), a syndrome that has polarised those engaged in the domains of cognitive and therapeutic psychology. FMS has gained prominence recently in legal cases where adults allege that they are survivors of childhood sexual abuse and seek to prosecute or claim damages from their alleged abusers. Many alleged abusers respond by claiming that they have been falsely accused and some try to sue therapists for creating these 'false memories' in clients. In discussing how psychology is thus brought into the courtroom, the paper argues that FMS is one of a number of syndromes that reveal an implicit relation between psychology and law, a relation that disadvantages women.

Child sexual abuse, women survivors and sexuality: Professional and everyday discourses of choice, agency and re-enactment

P REAVEY, South Bank University

This paper examines how the sexual identities of women survivors of child sexual abuse are constructed in therapeutic and everyday discourses. Therapy and psychology have become key ways in which past abuse is reconstructed in adulthood, and they have overshadowed some of the political concerns raised by feminists in regard to the subordinate positions of women and children in society (Armstrong, 1994). The aim of this paper is to examine psychological texts in order to reveal how therapy and psychology make judgements about how child abuse affects women's sexuality and sexual relationships in adulthood. Interviews with therapists, women survivors and a reading of 'self-help' texts form the basis of this analysis. 'Self-evident' connections between past abuse and present sexuality were established in nearly all cases, making the connection between an individual's past and present appear to be tightly sealed and very suitable for psychological interpretation and intervention. The task of this paper is to discuss the repertoires of such texts which implicitly produce meanings associated with gender and power, though not often explicitly acknowledged. Furthermore, an analysis of the ways in which 'abuse' acts as a self-evident and central principle to justify labelling women as unconsciously driven to sexual pathology, and abusive relationships with over-masculine men is examined from a feminist poststructuralist position.

Success stories and moral tales: Career narratives of women professors in South Africa

C DE LA REY, University of Cape Town

Narrative analysis was used to interpret the interview transcripts of 25 South African women professors. Analysis of features such as sequence and directionality showed that these women's lives did not follow a linear model of career. Frequent occurrences of regressive micro-narratives nested in the larger progressive narratives pointed to late beginnings and interruptions in career trajectory. Interspersed in these narratives were stories of husbands, lovers and children. Figurative language suggested a shared representation of academic life as a battle. Furthermore, functional features of the narratives pointed to gendered reconstitutions of self in response to the multiple imperatives of career and affiliative relationships, but gender did not manifest as unitary. Instead, the subjective meaning of gender shifted in relation to other axes of difference, most notably race.

Abortion and mental health: Understanding the relationship

N FELIPE RUSSO, Arizona State University, USA

The idea that abortion has widespread and severe negative mental health effects among abortion patients is being advanced around the world. It involves attempts to construct a 'Post Abortion Syndrome' and to pass 'informed consent' legislation mandating that doctors tell their patients that abortion is likely to cause depression and other severe mental health problems. This presentation considers the evidence for such claims, reporting findings on the relationship between abortion and depression from large national samples of US women. The need to recognise the pervasiveness of violence against women when discussing the mental health of women who have had an abortion will be emphasised and implications for practice and public policy will be discussed.

Constructing motherhood within a dual family earner context

M SHAMS, University of Luton

This paper addresses the issue of motherhood among dual-earner Asian families, in particular examining the 'constructive variations of motherhood' within a multicultural framework. While the social constructionist perspective of motherhood has come to dominate the literature on discourses of motherhood, multicultural aspects of this issue are often overlooked. The paper is based on a study of five Asian working mothers who were experiencing dilemmas concerning the socially sanctioned norms for motherhood for Asian women within a Western context. The implications of the present findings for child care provision, family-friendly employment policy and flexible working hours are considered.

Coping and low-income South African women of colour: Implications for mental health care

D SPIES & L KRUGER, University of Stellenbosch, South Africa

Findings that there is a modest correlation between measures of stressful life events and physical/mental health have lead researchers to suspect that the way individuals appraise and deal with stress may be more important to well-being than is the actual presence of stress (Aldwin & Revenson, 1987). It is now recognised that a thorough understanding of coping processes is imperative when mental health interventions are planned and executed. However, little research has yet been conducted about how low-income women – a group that has repeatedly been identified as one of the groups at highest risk for developing mental disorders – deal with stress. This paper will argue that, to understand the coping mechanisms of specific groups such as low-income women, it is necessary to understand how they themselves talk about coping. It will report the results of interviews with eight low-income South African women of colour. Results showed that while these women use coping mechanisms discussed in literature, the ways in which they use these mechanisms are often different from those reported in literature. Also, the coping mechanisms clustered together in specific ways, suggesting the existence of broad coping strategies that may be typical for this population.

Constructing a feminist identity: Discourse and the community of practice

K STAPLETON, University of Ulster

Feminism is a complex and multi-faceted concept, which frequently renders problematic the assumption of a feminist identity. While a number of studies have examined such processes from a 'cognitive' perspective, the present study is concerned with the presentation of a feminist identity 'in action' (i.e. in real-life contexts). Hence, I draw on case-study data to explore the discursive means by which one woman ('Zoe') negotiates such an identity, focusing on her deployment of a 'gender stereotypes' repertoire, in two interactional contexts. Through a series of mitigated self-positionings, it would initially appear that Zoe displays differential degrees of 'feminism', depending on the interactive situation. However, while such (discursive) analyses offer a detailed account of the linguistic resources, devices and contexts of identity production, I argue that they should be further grounded by reference to the communities of practice wherein identities are forged and constituted. From this perspective, the crucial issue is not Zoe's 'degree of feminist self-identification' in either interaction, but rather the way in which a feminist identity is constituted within the locally engaged community. Hence, her mitigated self-positionings do not 'diminish' her construction of a feminist identity; rather, they reflect the mutually negotiated norms through which 'feminism' is constituted within the respective communities of practice.

Women and club culture: Adopting, resisting and accounting for (gendered) subject positions

L TAYLOR & E STOKOE, University of Derby

The focus of this paper is on the discursive construction of women's rave or club culture and the multiple meanings that women attach to their clubbing experiences. We also examine the ways in which different subject positions are taken up and resisted within such a context. Semi-structured interviews were carried out with seven women 'clubbers', and the resulting data transcribed and analysed using a combination of discourse analysis and positioning theory (cf. Harre & van Langenhove, 1999). The analysis revealed that women's descriptions of clubbing and club culture were bound up with the negotiation of accountable gender and sexual identities. For example, the participants contrasted 'rave clubs', where women enjoy dancing without dealing with unwanted sexual attentions, and 'night clubs' whose clientele attend largely for the purposes of initiating sexual relationships. Furthermore, the women negotiated conflicting subject positions such as 'responsible mother' and 'clubber/drug taker', revealing the troubled identity of 'woman clubber' and the dilemma of entitlement for women engaging in such activities

Childbirth, the crisis in midwifery and institutional defences

M TAYLOR, Psychodynamic Counselling & Therapy, London

This paper examines the phenomenon of childbirth from the point of view of feminist essentialism. In so doing it will elicit previously unarticulated aspects of midwifery knowledge and values. A crisis currently exists in midwifery in that there is a lack of resourcing in terms of staff and also a mismatch between what midwives are theoretically and legally able to do to support a woman in childbirth and what an institution will allow her to do. The paper examines this crisis within a historical and critical context. It uses the work of Isabel Menzies-Lyth, whose groundbreaking study examined an institution in crisis in 1959, to apply the psychoanalytic concept of 'defence' to explain institutional structures and processes.

Different but equal: Contemporary undergraduates' beliefs about feminism and gender issues

Z TODD, D WARD, C RAYNE-DAVIS & A RICHARDSON, University of Leicester

Although there are still many inequalities in women's position in society, there appears to be a general belief that we are now in a post-feminist state in which gender equality is the norm. This paper sets out to explore young women and men's beliefs about gender issues and feminism in contemporary society, and how they interact with ideas about changes in society over time. Twelve undergraduate students (six female, six male) took part in semi-structured interviews and the data were analysed using grounded theory. The main themes to emerge concerned biology, stereotypes and differences (both generational and gender). Participants expressed the idea that equality has been largely achieved for young people, and the reasons given are explored, along with the implications for society and individuals. The difficulties of interviewing on a political topic are also discussed with reference to specific instances in the data.

Premenstrual syndrome: A critical analysis of women's subjective experiences of PMS

J USSHER, University of Western Australia

This paper presents a critical psychological analysis of premenstrual syndrome (PMS), a disorder that is said to affect 95 per cent of women to some degree, with 40 per cent being seriously debilitated. Now that it has been

included in the DSM IV, does this mean that 40 per cent of women suffer from psychiatric illness every month? Is it raging hormones which are to blame? Or, as feminist psychologists argue, is PMS a social construction, a means of dismissing and pathologising legitimate anger and despair? If we deconstruct PMS as a medical or psychiatric category, as many feminists have suggested, how do we understand women's subjective experience of premenstrual symptoms? Through presenting a material-discursive-intrapsychic approach, these issues are addressed and reconciled. Drawing on in depth interviews with 80 women who meet clinical criteria for moderate to severe PMS, the meaning of PMS to women is explored. This allows us to understand PMS in the context of relationships, in relation to representations of femininity, and as a part of women's negotiation of gendered subjectivity.

Does rape increase when there are more men than women in a population?

E VAUGHAN, University of Central Lancashire

The purpose of this study was to determine if the ratio of men to women within the general population was related to the prevalence of rape. In particular, the ratio of women with a high fertility value to men of a high competition age was considered (Thornhill & Thornhill, 1983). Gender ratios and rape prevalence were calculated for 42 British police force areas and 51 American states. It was found that prevalence of rape in the British data was negatively correlated with gender ratio, so rape did increase when there were more women than men. When population density was partialled out the strength of the relationship was reduced. Further analysis found that rape prevalence increased as population density increased. A positive correlation was found for the American data, but this only approached significance. The findings suggest that rape prevalence is not associated with the ratio of men to women, but is positively related to population density.

'I'd have liked a natural birth but...': Talking about caesarean section

J WEAVER, H STRATHAM & M RICHARDS, University of Cambridge

There is growing concern about the rising caesarean section rate in England. Why should obstetricians be willing to perform, and childbearing women to submit to, a surgical procedure that is not always necessary and which carries increased risks for mother and baby? A pilot study exploring this issue has found that women who undergo caesareans describe the experience in terms of both a medical model and a natural model of childbirth, negotiating these two dominant but conflicting discourses in various ways. These negotiations render caesarean section acceptable, even though medical terminology can be used simply as a strategy for obtaining the operation.

Nine women, nine months, nine lives

S WHEATLEY, University of Leicester

The aim of this study was to explore how much and in what ways women's expectations of first-time pregnancy and new motherhood are different to their actual experiences. Women's actual experiences of what is arguably the biggest transition of their lives are rarely reported. They are of value individually and en masse to help identify what is normal to feel and vice versa. One method of preventing low mood postnatally is to reduce the disparity between expectations and reality. In order to do this effectively we must know what women expect. Nine women took part in a qualitative interview when their child was one year old. They were originally involved in the author's PhD work and agreed to assist in this supplemental research. The women were encouraged to reflect upon their experiences from the moment they saw the two blue lines on the pregnancy test to the day

the interview took place. Their frank descriptions of the disparity they experienced were analysed using grounded theory techniques. The common themes emerging included their varying unrealistic expectations of themselves, their partners, and their babies from both the practical and emotional perspectives.

Negotiating cultural identity: A case study of an Indian/Asian young woman

A WOOLLETT & H MARSHALL, University of East London

Young women growing up in inner cities in the UK negotiate their identities-in-transition in the

context of cultural and racial diversity. This paper takes a case study from a wider study of the identities, lived experiences and ideas of young men and women about a range of issues including popular culture, fashion, relationships and 'the future'. It draws on issues for young women's lives of the tensions between retaining and transforming cultural identifications. The case study (which utilises interviews and the production of a video-diary) examines the representations of a young Asian, Hindu woman in terms of her various cultural identifications. Her self accounts are read as supportive of notions of identities as hybrid and as constituted in relation to local and global cultural contexts and representations. Conceptualising cultural identifications as multiple, fluid and contextually

embedded poses challenges to traditional notions of culture and cultural identifications as static and self-contained. The combination of visual with spoken textual analysis enables consideration of cultural identifications as plural, complex, embodied and distributed, demonstrated through fashion, pop music, possessions and interior decoration. We explore the usefulness of visual analyses in enabling consideration of power and cultural politics in 'bringing into the frame' elements of dominant culture present yet unmarked and unspoken.

Lesbian & Gay Psychology Section

Inaugural Annual Conference, University of Surrey, 18 July 2000

KEYNOTE ADDRESS: Where the action is: An agenda for lesbian and gay psychology

C KITZINGER, Dept of Social Sciences, Loughborough University

Purpose: This paper advocates a shift within lesbian and gay psychology research from a focus upon self-report to a focus upon action.

Background: In common with mainstream psychology generally, a great deal of contemporary (and classic) lesbian and gay psychology relies on self-report data, recorded via interviews, focus groups, questionnaires, tests and scales. Despite the usual caveats (related to truth telling, social desirability, memory deficits, conventionalisation, etc.), such data are usually treated as (more or less) adequately reflecting the cognitions, attitudes, discourses, interpretative repertoires, experiences or behaviours of the research participants.

Methods/Key Points: I want to argue for the importance of developing more research which analyses not self-reports of action but action itself. I will illustrate this distinction using actual examples from the existing literature, for example, the difference between analysing self-reports of 'homophobia' versus analysing the actions which constitute 'homophobia' and between analysing self-reports of sexual activity versus analysing sexual actions themselves.

Conclusions: Centrally, the shift from analysing self-reports to analysing action does not necessarily mandate a different data set nor does it demand any particular theoretical perspective (i.e. it can be done as much from a positivist as from a social constructionist perspective). While not, therefore restricting the range of data or theories upon which lesbian and gay psychologists might draw, this shift from self-report to action as the focus of inquiry offers some important political and scholarly benefits. To illustrate this point, I will draw on my own research to demonstrate the political and scholarly benefits in analysing coming out as action.

KEYNOTE ADDRESS: Educationally queer: Teaching lesbian and gay studies in higher education

G WOODS, Faculty of Humanities, Nottingham Trent University

Purpose: This paper considers the challenges of teaching lesbian and gay studies in higher education and the social, political and professional issues that shape these challenges.

Background: The ideal lesbian and gay studies tableau involves an openly lesbian or gay teacher working with openly lesbian and/or gay students on explicitly lesbian and/or gay topics. The reality is more complicated and less complete. Such studies – such careers – take place within the same context of homophobia, indifference and acceptance that prevails outside the academy. Like media studies, courses in lesbian and gay studies are misunderstood as being vocational (cue much merriment in the popular press). This is a misapprehension shared by students – heterosexual, lesbian or gay – who avoid lesbian and gay courses because they do not wish to be thought lesbian or gay; or by those lesbian and gay students who expect good grades merely because they are lesbian or gay. The rarity of such courses leads to distorted expectations. Lesbian and gay students often look to a lesbian or gay course for the educational experience of their lives. Many heterosexual students come to such courses with the conviction that the struggle for lesbian and gay rights has long been won and then get upset that the course appears to be attacking heterosexuals.

Methods/Key Points: The author is the first professor of gay and lesbian studies in the UK and draws general conclusions from three decades addressing lesbian and gay issues in

the academy.

Conclusions: Inevitably, such issues are indivisible from 'political' questions of employment practices, equal opportunities policies, curriculum development, old universities' contempt for new disciplines, new universities' drive for conventional academic kudos, the open or covert prejudices of staff and students – not to mention the particular needs of lesbian and gay staff and students.

A minority within a minority: Identity and well-being among gay men with learning disabilities

CJ BENNETT & A COYLE, Dept of Psychology, University of Surrey

Purpose: This paper explores gay identity and its implications for psychological well-being among gay men with learning disabilities.

Background: There has been a growing recognition that lesbian and gay identity intersects in important ways with other minority positions. This has led to research on lesbian and gay identity development in various cultural and ethnic contexts. This paper expands this focus by considering the challenges faced by men with learning disabilities who are gay or who are exploring gay identity.

Methods/Key Points: The analysis offered draws upon research literature on gay identity and sexuality among people with learning disabilities, the first author's clinical experience, identity process theory and the concept of stigma. It is concluded that, although gay men with learning disabilities are often (to a greater or lesser extent) reliant upon others for day-to-day care, service providers fail to validate gay identity and tend to overlook these men's identity needs. Furthermore, when learning disabled gay men gain access to gay community contexts, they may not be accepted because of their socially devalued difference. The psychological implications of these and other challenges are considered, mindful that awareness of belonging to a socially stigmatised group does not necessarily impact negatively upon self-esteem.

Conclusions: Further research is required to explore the experiences of this group in relation to the development, claiming and maintenance of gay identity. Services for people with learning disabilities need to attend to the possibility of lesbian and gay sexualities among their clients.

The 'lesbian vagina': Does it exist?

V BRAUN, Dept of Social Sciences, Loughborough University

Objectives: The paper aims to explore the meaning of the vagina for lesbian women.

Design: The vagina has been constructed as a paradigmatically heterosexual part of the female body and continues to be represented (for example, in dictionary definitions and in slang) as a part of the female body designed to be penetrated by a penis (and to subsequently allow a baby out). A definition of meaning centred on penile penetration excludes lesbian women's vaginas.

Methods: This paper takes a feminist social constructionist approach to explore how the 'lesbian vagina' is constructed. It draws on data from lesbians talking in focus groups (that were mixed in terms of participants' sexuality) and in interviews about the vagina, and additionally takes data from lesbian sex books, magazines and writings. Data are analysed using a biographical and thematic approach to explore inconsistencies across and within different accounts.

Results: The terms in which the vagina was discussed in most focus groups were profoundly heterosexist and lesbian participants were often silenced or their contributions were ignored. Despite this, women described the vagina in a variety of different ways: the vagina as unimportant in life or identity; the vagina as a crucial element of womanhood; the vagina as sexually insignificant; and the vagina as central

to sexual practices.

Conclusions: The 'lesbian vagina' as a unitary construct with fixed meanings clearly does not exist. Instead, for different lesbians and in different contexts, the vagina carries a diverse range of meanings that need to be recognised.

The normalisation of lesbian and gay parenting in popular culture: A strategy of resistance?

V CLARKE, Dept of Social Sciences, Loughborough University

Objectives: The primary aim of this study is to explore how 'positive' representations of lesbian and gay parenting in popular culture portray lesbian and gay parents as 'just like' heterosexual parents and often address arguments commonly used to undermine lesbian and gay parenting. It is argued that these depictions normalise lesbian and gay parents, minimising their difference(s) from the heterosexual 'norm'.

Design: A qualitative, discourse analytic study was undertaken, based on data from a variety of sources.

Methods: Data were obtained from talk shows, documentaries and newspaper articles as well as from focus groups and individual interviews with lesbian and gay parents, (heterosexual) university students and others. Discourse analytic techniques were employed to identify normalising strategies repeatedly used to represent lesbian and gay parenting in the public domain (particularly in contexts where there is opposition to lesbian and gay parenting).

Results: Analysis identified four key normalising strategies which construct lesbian and gay parenting as 'just like' heterosexual parenting through (i) emphasising love and security; (ii) explicit parallelism; (iii) emphasising ordinariness; and (iv) highlighting compensations for deficits. These strategies are demonstrated and critically discussed.

Conclusions: It is argued that these strategies have both costs and benefits for lesbian and gay parents. They are effective in appealing to the mainstream and advancing lesbian and gay rights. However, heterosexual parents (and thus heterosexuality) are the standard against which lesbians and gay men are judged and normalising strategies offer no opportunities to challenge heterosexual norms.

Perceptions of male and female drug rape victims: Blame, homophobia and gender

M DAVIES, Dept of Psychology, University of Central Lancashire

Objectives: In recent years, drug rape has become a commonly discussed crime in the media and there are increasing reports of both males and females becoming victims of this crime. However, few studies have investigated public perceptions of drug rape victims. Most studies that have investigated rape experimentally have only considered female victims of male perpetrators, and male victims are rarely discussed in the experimental literature. However, several studies have shown that male victims are, in some circumstances, blamed for their assault more than female victims are. Male victims are particularly blamed when they are portrayed as gay. The study reported here investigated perceptions of male and female victims of drug rape.

Design: This study used an experimental design in which victim gender, victim sexual orientation and perpetrator gender were manipulated between subjects and respondents' perceptions of the victims of the assault were measured.

Methods: 177 undergraduates read a hypothetical scenario depicting a drug rape. They then completed a series of questions about their perceptions of this assault.

Results: Results revealed that men were more likely to blame victims who were portrayed as gay and assaulted by a male perpetrator. In

addition, the assault of male victims was considered less severe when the perpetrator was of the same gender that the victim was normally attracted to. Men considered all victims more negatively on a series of trait adjectives than women did. Men's responses towards the perpetrator were less negative than those of women, particularly when the victim was portrayed as gay.

Conclusions: Results are discussed in relation to gender roles and homophobia towards male victims. Implications for support services are also considered.

The effect of self-identified sexual orientation on helping behaviour in a British sample: Are lesbians and gay men treated differently?

J ELLIS & P FOX, Dept of Psychology, Thames Valley University

Objectives: This paper reports a study which examined levels of helping behaviour shown towards self-identified lesbians and gay men and which compared men's and women's actual helping behaviour.

Design: The study involved monitoring the responses of men and women to a 'wrong number' telephone scenario created by the researchers in which the gender and self-identified sexual orientation of the caller were manipulated.

Methods: 232 men and women received a 'wrong number' telephone call from either a man who self-identified as gay or heterosexual or a woman who self-identified as lesbian or heterosexual. The caller requested help by asking the respondent to relay a message to his/her partner by telephone.

Results: Self-identified lesbians and gay men were less likely to be given help than callers who identified as heterosexual. However, lesbians and heterosexual men were helped with the same frequency. Male participants were less likely to provide help to gay men than to lesbians but female participants were no less likely to help lesbians than gay men.

Conclusions: The results suggest that, although lesbians and gay men encounter discrimination in everyday life, the level of discrimination may differ. The findings from this study can be used within awareness training programmes to indicate the diverse nature of discriminatory behaviour. They also indicate the need for future research to explore differing discrimination against lesbians and gay men.

Do students support lesbian and gay rights? Results of a large scale questionnaire study

SJ ELLIS, Dept of Social Sciences, Loughborough University

Objectives: The aim of the study reported in this paper was to investigate students' attitudes towards lesbian and gay (human) rights issues, with a view to exploring the extent to which they support lesbian and gay rights.

Design: An exploratory survey of attitudes was undertaken.

Methods: 627 students at 14 universities across the UK completed the 'Support for Lesbian and Gay Rights' scale (Ellis *et al.*, 1999) as part of a larger questionnaire on reasoning about lesbian and gay issues. Questionnaires were distributed to classes of university students, the final sample comprising predominantly undergraduate students majoring in psychology and/or the social sciences.

Results: 96.0 per cent of respondents endorsed the statement 'a person's sexual orientation should not block that person's access to basic rights and freedoms'. However, 63.1 per cent thought that 'lesbian and gay male couples should be legally entitled to marry'; 55.3 per cent that 'books promoting lesbianism and gay male homosexuality as a positive lifestyle should be freely available in schools'; 47.5 per cent that 'lesbian and gay couples should have all the same parenting rights as heterosexuals do'; and 48.3 per cent disagreed that 'society has a right to prevent lesbians and gay men who want to speak in schools from actively promoting

homosexuality as equivalent to heterosexuality'.

Conclusions: While students overwhelmingly supported the general principle of human rights, they were less willing to extend specific human rights to lesbians and gay men, especially social and (some) political rights. This would seem to suggest that students do not conceptualise socio-political rights as part of the package of human rights, pointing to the need for human rights education both to improve people's understanding of human rights and to facilitate positive social change for lesbians and gay men.

Transgender: Ideas for a research agenda

PA HARRIS, University of Wales Institute, Cardiff

Purpose: This paper identifies questions for research on transgender by exploring two key issues: (1) the meaning of transgender and (2) the feminist critique of transgender activism.

Background: The term 'transgender' may be used to broadly describe all people who exhibit any kind of dress and/or behaviour interpreted as 'transgressing' gender roles. There is a growing public interest in transgenderism but most of the research that has been conducted has been based on a medical model. Psychological and social research in this area is comparatively uncommon.

Methods/Key Points: The meaning of transgender is explored by looking at the way in which transgendered people have been categorized by DSM and juxtaposing this with the categories commonly used in the literature written specifically for a transgendered readership as well as with findings from a grounded theory approach to understanding transgender. Three challenges raised by the feminist critique of transgender activism are examined – that transgenderists trivialise gender roles through their focus on performance and fun; that transgenderists maintain the gender status quo whereas lesbian feminists are committed to the destruction of the gender system; and that transsexualism is a medical abuse of human rights.

Conclusions: Through the exploration of transgender categories and the feminist critique, a number of questions for future psychological research on transgenderism are identified.

Training therapists for working with lesbian and gay clients: An existential-phenomenological perspective

DP JUDD & M MILTON, Dept of Psychology, University of Surrey

Purpose: This paper discusses how the existential-phenomenologically informed training model proposed by Todres (1990) can be incorporated into current psychotherapeutic training programmes, with the aim of assisting the novice therapist in working with lesbian and gay clients.

Background: The importance of this training model – for the 'heterosexual' trainee in particular – is that Western society's longstanding dominant essentialist-heterosexist beliefs and assumptions (within which therapy takes place) may impede the therapeutic relationship and the therapeutic process if left unacknowledged and unchallenged.

Key Points: Specifically, the model attends to four related but experientially distinct modes of 'being-with', upon which the relational basis of therapy rests. These are (1) attentive 'being-with' (becoming absorbed into the phenomenological reality of the client); (2) focusing 'being-with' (exploring and clarifying the client's phenomenology in greater depth as their story takes shape); (3) interactive 'being-with' (being attentive and mindful of the quality of the relationship in-session); (4) invitational 'being-with' (being aware of the client's healthy potential expressed in the phenomenology of their narrative).

Conclusions: The model's focus upon 'being' and not 'doing' highlights how it is fundamentally the therapist's 'being-ness' that the client will connect with or not – a central issue for all clients

but especially for those who form part of a socially stigmatised 'out-group'. By attending to each mode throughout the therapeutic process, the trainee may be better able to 'find' how to 'be' with a lesbian or gay client, where the client's sexuality is allowed a space whilst not silencing, foregrounding or pathologising it in the process.

Advocacy for lesbian and gay users of mental health services: Theory and practice

C OLIVER, Thomas Coram Research Unit, Institute of Education

Objectives: This paper explores the theory and practice of advocacy in relation to the preliminary findings from an evaluation of a voluntary sector-based mental health advocacy project for lesbians and gay men. Continuities and discontinuities between theory and practice are examined from the perspectives of (1) lesbian and gay users of mental health services, (2) volunteer advocates and (3) advocacy staff. The paper focuses upon the relationship between mental health advocacy and the concept of empowerment in relation to lesbian and gay users of mental health services, the core research question being 'can advocacy make a difference to lesbian and gay users of mental health services?'.

Design: In-depth interviews were selected as the most appropriate method for exploring and analysing the concept of advocacy and the processes and outcomes associated with advocacy from the different 'stakeholder' perspectives (mental health service users, volunteer advocates and advocacy staff). The design allowed for a comparison to be made between these groups in relation to key questions. Interviews with mental health professionals will be included in the second phase of the evaluation.

Methods: Separate interview schedules were developed for project users and advocates, using a semi-structured format. Project staff were relied upon to contact potential respondents from among project users. Originally, a purposive sample of 20 advocates and 20 project users, stratified by gender and ethnicity, had been established. However, due to lower numbers using the project during the evaluation period than expected, only 13 project users (eight men and five women) and 11 advocates were interviewed. Data were analysed on a group-by-group basis, i.e. by considering key emerging themes in the accounts of lesbian and gay project users and advocates as key groups.

Results: The preliminary findings suggest that lesbian and gay mental health service users, volunteer advocates and advocacy staff share a core common understanding of advocacy but that tensions can emerge between the different levels of need expressed by users and politically-driven approaches to advocacy which focus upon 'empowerment' and the fostering of independence and autonomy.

Conclusions: While mental health advocacy (for a variety of populations, including lesbians and gay men) typically focuses upon rectifying or compensating for the imbalance of power between mental health professionals and service users, less attention is paid to the power relationship between mental health service users and their advocates. The question remains of how these tensions affect the delivery of mental health advocacy by and for lesbians and gay men.

'I am what I am'? Appearance, stereotypes and managing heterosexism in anti-homophobia training

E PEEL, Dept of Social Sciences, Loughborough University

Objectives: The aim of the study reported in this paper is to critique essentialist research in lesbian and gay psychology by providing a discursive psychological alternative. Traditional research suggests that heterosexuals have mental stereotypes of gay men as perverted, effeminate and lonely. Moreover, within traditional stereotype research, gay maleness is conflated with femininity and lesbianism with masculinity.

Design: This paper challenges established notions of lesbian and gay physical stereotypes by providing a qualitative discursive exploration of the construction of stereotypes in lesbian and gay anti-homophobia trainers' talk.

Methods: Discourse analysis is used to unpack the interplay of sexual and pedagogic identity by emphasising the dilemmatic contrast categories present in trainers' talk. Extracts from interviews with 15 lesbian and gay male trainers are used to illustrate the manner in which trainers topicalise their identity in relation to stereotypical lesbian and gay images.

Results: The analysis addresses a number of the trainers' dilemmatic constructions of stereotypes – for example, the construction of 'normal' appearance versus 'unusual' ideas. Also, the methods trainers use to manage notions of heterosexism are highlighted. The discursive constructions of 'pinko, lefty activist' or 'camp, effete fairy' stereotypes and 'short-haired butch' lesbians wearing 'sensible' shoes are explored and discussed, along with their implications for lesbian and gay identity. It is argued that alignment with or distancing from cultural stereotypes is a complex interactional concern.

Conclusions: Suggestions are made for 'managing' stereotypes and heterosexism, arguing that there are complex costs and benefits for lesbians and gay men when discussing their identity in this context. The implications of a discursive approach for lesbian and gay psychology and for stereotype research are also discussed.

Minimising social risk for lesbian and gay consumers: The internet as an informational resource on 'lesbian and gay friendly' hotels

Y PORIA, School of Management Studies for the Service Sector, University of Surrey & A COYLE, Dept of Psychology, University of Surrey

Objectives: The internet potentially plays a major role in shaping lesbian and gay consumer behaviour because of the anonymity it affords to its users. The present study investigated the perceived attractiveness of using the internet to obtain information about 'lesbian and gay friendly' hotels.

Design: An ethnographic, qualitative approach to data collection was adopted.

Methods: 78 participants (39 lesbians and 39 gay men) took part in individual and group interviews in Israel and England. Most participants were recruited through lesbian and gay groups, organisations and venues, personal contacts and 'snowballing'. Participants were interviewed using a semi-structured format. Data were subjected to thematic content analysis.

Results: Participants reported that the main reason for using the internet for this purpose was to obtain information that would otherwise involve social risks and that might not be available from travel agents. Participants expected to obtain general information about hotels, information about the nature of hotels' 'friendliness' to lesbians and gay men and information about the local lesbian and gay 'scene'. Reservations were expressed about web sites which used sexual imagery: those who viewed these sites at work felt that it was socially risky to print out the web pages.

Conclusions: With some reservations, the internet was regarded as a potentially valuable resource for obtaining information on lesbian and gay friendly hotels. Recommendations are offered concerning how web sites can be made even more useful for lesbian and gay consumers. The potential for the internet to shape lesbian and gay consumer (and other) behaviour is examined.

Anti-lesbian and gay bullying, academic achievement and mental health at school: Implications for educational psychology

I RIVERS, School of Sports Science & Psychology, College of Ripon & York St John

Objectives: This paper reports the results of a three-year study focusing on the experiences of a sample of lesbian, gay and bisexual people in the UK who were bullied by their peers at school. It assesses the nature of the bullying they experienced, its impact upon academic achievement and its long-term mental health correlates.

Design: Quantitative and qualitative data were gathered retrospectively between 1994 and 1997 in three stages. Within-group analysis of academic achievement was assessed using information on absenteeism and suicidal ideation in adolescence as independent variables. Mental health variables were assessed by comparing participants' scores on a range of standardised measures to those of three control groups, i.e. heterosexual non-bullied, heterosexual bullied and lesbian, gay and bisexual non-bullied.

Methods: Data collection was primarily conducted using a purposive sample gathered from advertisements in local and national press, community groups and lesbian and gay venues. Participation in the study required respondents to provide qualitative evidence of the nature of their bullying at school. 190 participants took part in the survey of bullying at school, 119 in the survey of long-term implications and 16 in structured interviews.

Results: The results suggested that participants' experiences of bullying at school were both long-term (mean duration – five years) and systematic and were perpetrated by groups of peers rather than by individuals. In terms of the long-term impact of bullying at school, the results indicated that over 50 per cent of the participants had contemplated self-harm or suicide at the time they were being harassed and 40 per cent had engaged in such behaviour at least once. As adults, participants were found to exhibit symptoms associated with negative affect when contrasted with heterosexual and non-victimised lesbian, gay and bisexual groups. A small proportion (17 per cent) were also found to exhibit a range of symptoms suggesting the presence of post-traumatic stress disorder. The data also suggested that those participants with a history of absenteeism were less likely to successfully complete A-levels than non-absentees and were significantly more likely to contemplate self-harm or suicide while at school.

Conclusions: Despite evidence linking school bullying to suicidal ideation in adolescence and poor academic achievement, for the majority of participants in this study, there was very little evidence of an increased likelihood of suffering from an affective disorder when compared to controls. In addition, many participants seemed to have addressed their school failure in later years by taking adult education classes. These findings are discussed with reference to current literature in the field relating to anti-lesbian and gay abuse in educational settings.

The representation and misrepresentation of research: Homosexuality and the House of Lords debates, 1998-2000

I RIVERS & H HARDCASTLE, School of Sports Science & Psychology, College of Ripon & York St John

Objectives: This paper reviews the debates held in the House of Lords between 1998 and 2000 addressing the age of consent for gay men and Section 28 of the 1988 Local Government Act, which prohibits the promotion of homosexuality as a 'pretended' family relationship in schools. It considers how psychological research can inform political debate and how it has been misrepresented to maintain discriminatory legislation and codes of practice.

Design: The material presented arises from an

analysis of the content of five key debates – conducted over the last two years – on these issues.

Methods: A content analysis of these debates was undertaken. Particular attention was paid to the way in which arguments were formulated using social research as a basis either for the promotion of tolerance or for the maintenance of discrimination.

Results: Key themes were found to be consistent across the debates, all of which have their foundation in psychological research. The analysis suggests that social research – particularly psychological research – has played a significant role in the promotion of both tolerance towards and discrimination against lesbians, gay men and bisexual men and women. Key factors that continue to sway debates include: gender differences in maturational development; the social and sexual implications of discussing homosexuality with children; and levels of children's understanding. **Conclusions:** It is suggested that the use of psychological research in debates surrounding discrimination should be closely monitored, with the aim of ensuring that misrepresentation is kept to a minimum.

'I can accept my child is transsexual but if I ever see him in a dress, I'll hit him': Dilemmas in parenting a transgendered adolescent

B WREN, Gender Identity Development Unit, Portman Clinic, London

Objectives: In this paper, I describe the personal accounts of a group of parents of transgendered adolescent children. I look specifically at how parents try to build an intelligible story of the young people's gender identity and how their story shapes their coping strategies.

Design: A qualitative, interview-based approach using grounded theory.

Methods: I interviewed adolescents (aged 15-20 years) with a well-established gender identity disorder and their parents from ten families referred to a specialist NHS service. The detailed first-person accounts were analysed using grounded theory. By using this approach, I hoped to do justice to participants' thinking in an area where conventional perspectives on gender and normality do not allow for the possibility of transgenderism as a legitimate experience of the self.

Results: A number of findings carried implications for therapeutic work with families in this domain. It was clear that these parents are aware that their response to the gender identity disorder is a deeply moral issue. There was a recursive relationship between the activity of meaning-making and the tasks of practical coping, with more accepting parents engaged in more active coping behaviour. Parents who reported a pre-existing troubled relationship with their child seemed to find it more difficult to find any positive aspects in the child's transgenderism. A belief in biological causation of transgenderism was associated with a more benign view of the adolescent. There were interesting differences in the accounts of mothers and fathers, largely in line with gendered patterns of talk in other domains. Evidence of reflexivity in parents' accounts was associated with greater acceptance; certain parents articulated a readiness to re-shape aspects of their own identity as they struggled to understand their child.

Conclusions: The findings from this study will hopefully illuminate clinical encounters and encourage reflexive thinking among practitioners by taking seriously the thinking of clients who struggle to describe transgenderism as a legitimate experience of the self.

WORKSHOPS

Sexual identities in families: Therapeutic issues

F TASKER & M MALLEY, School of Psychology, Birkbeck College, University of London

Purpose: The aim of this workshop is to enable clinicians to consider a variety of issues pertaining to multiple sexual identities within families and to incorporate this into their work with clients.

Background: There is an increasing diversity of family forms in which one or more family members identify as lesbian, gay or bisexual.

Methods/Key Points: The first aim of the workshop is to distinguish the variety of family constellations that lesbian, gay, bisexual and heterosexual individuals look to for support and to recognise key characteristics of these families. A key part of this will be conducted through participation in a group exercise, entitled 'How many family forms?'. The second part of the workshop considers aspects that influence how family members manage lesbian, gay and bisexual identities within a variety of homonegative contexts. This will be explored through a second group exercise – 'Multiple issues, multiple sexual identities, multiple family forms and multiple contexts'.

Conclusions: Effective work with lesbians, gay men and bisexual women and men needs to affirm their family contexts as well as an individual's sexual identity. In order to affirm the family context, therapists need to consider the multiple systems through which individuals and their families move.

How to get your research on lesbian and gay psychology published in academic journals

S WILKINSON, Dept of Social Sciences, Loughborough University

Purpose: The main aims of the workshop are to 'demystify' the process of publishing in peer-reviewed academic journals and to offer participants advice on the practical steps they can take to improve their chances of publication.

Background: It can be difficult for those new to academic journal publishing to develop a sense of how the process operates – for example, the timescale involved, the criteria by which papers are assessed, how to 'decode' editorial decision letters, variations in practice between different journals, and so on. It can also sometimes be difficult for those working in non-traditional or 'new' areas of psychology – like lesbian and gay psychology – to 'break into' journal publishing, which is often very conservative and which may not appear to welcome innovative work. The workshop addresses both of these potential 'problems'.

Methods/Key Points: The workshop will cover the following broad issues: (i) how to decide which journal(s) to publish in; (ii) how to produce the best possible manuscript; (iii) how to prepare your manuscript to improve your chances of acceptance; (iv) how the peer review process works; (v) how to deal with decision letters, especially rejections and those requiring revisions and resubmissions; and (vi) the

practicalities of journal publication. The workshop will be highly interactive and participants will be encouraged to draw on their own experiences of journal publishing (if any).

Conclusions: At the end of the workshop, participants will be in a better position to submit their work for journal publication and will have a clearer understanding of what they should – and should not – do to influence their chances of success.

POSTERS

Constructing gazes: Young people's gendered and sexualised accounts of looking

M HOLT & C GRIFFIN, School of Psychology, University of Birmingham

Objectives: This study considers young people's constructions of looking and 'the gaze' in relation to feminist film theory. Gendered and sexualised discourses of the gaze are analysed, exploring more than a type of difference and the construction of a heterosexual gaze by lesbian and gay youth.

Design: Data were gathered through semi-structured interviews about leisure time and sexuality. Discourse analysis was chosen to explore the construction of meanings by young people in their dialogue.

Methods: 19 participants (six male, 13 female aged 17-27 years) were recruited by word of mouth and by contacting youth groups in Birmingham. They were selected to achieve a range of opinions, not for representativeness. All the men defined themselves as gay; five of the women defined themselves as lesbian; two as bisexual; and six as heterosexual or 'straight'. Interviews were recorded on audiotape, transcribed and subjected to discourse analysis.

Results: Various discourses of looking, which were used by participants to describe their leisure time, were identified. Participants constructed both male and heterosexual gazes. In addition, the lesbian and gay 'scene' of bars and clubs was constructed as lacking oppressive male or heterosexual gazes.

Conclusions: The 'male gaze' from feminist film theory is only one form of the gaze, albeit a dominant one. Lesbians and gay men constructed the 'heterosexual gaze' as oppressive and intrusive. This relates to Foucaultian ideas of power and surveillance. The construction of the 'scene' as lacking oppressive gazes can be seen as a reverse discourse that challenges the assumed superiority of heterosexuality over homosexuality.

Masculinity and sports: The construction of male identity in the media

J HORWOOD, K GLEESON & J WAITE, Dept of Psychology, University of the West of England

Objectives: This study aimed to identify the range of male identities presented in the relatively new media genre of male lifestyle magazines.

Design: Viewing gender identity as assembled through a deliberately appropriated series of

symbols and signs, discourse analysis was employed to unearth the construction and production of male identities in text and images from two male lifestyle magazines in the UK.

Methods: The magazines selected for investigation were *Loaded* – which has been hyped for its 'laddish' values – and *Attitude* – currently the only gay male lifestyle magazine on widespread sale in the UK.

Results: Five 'identities' emerged from the analysis of articles from *Loaded* and ten from the analysis of *Attitude*. The focus here is on the construction of male sporting identities in each magazine. Sporting identities are constructed in alternative ways, uncovering contrary displays of power, competitiveness and violence.

Conclusions: By examining the ways in which identities respond to traditional notions of masculinity, we can reach a better understanding of how masculinity is achieved in media cultures. It is suggested that even though traditional notions of masculinity are still readily discernible and influential in many cultural contexts, challenges to this cultural production of masculinity are emergent.

Developing lesbian, gay and bisexual youth services: A survey of sex education and information sources

E PEEL, J LIPPET & J ZIMMERMAN, GAI Project, Nottingham

Objectives: The aim of this study is to provide a profile of lesbian, gay and bisexual people's experiences of sex education at school to enable a sexual health project to develop lesbian, gay and bisexual youth services. The study focuses specifically on the quantity and quality of lesbian, gay and bisexual sex education.

Design: This is a quantitative study based on a questionnaire consisting of (mostly) closed questions.

Methods: Data were collected over a three-month period from a convenience sample of lesbian, gay and bisexual adults aged 16 and over (n=125: 28 per cent female; 72 per cent male). Descriptive statistical analysis was used to explore these data.

Results: The main results indicate that, although the majority of the sample (72 per cent) received generic sex education at school, only nine per cent received any discussion of lesbian or gay issues. The majority (64 per cent) rated the treatment of lesbian and gay issues in schools as 'very poor' and none thought that discussion of non-heterosexuality was 'good'. Most participants felt that discussion of sex, coming out, sexual health, homophobia, relationships, support groups and help lines would be valuable in schools. These data also show that, as adolescents, respondents received more negative information about non-heterosexuality than positive information from a variety of sources, including family, youth clubs and the media.

Conclusions: These results are discussed in relation to methodological issues and the current context within the British educational system. It is argued that more positive discussion of lesbian and gay issues is needed in schools and suggestions are made for the development of lesbian, gay and bisexual youth services.

Division of Health Psychology

Annual Conference, University of Kent at Canterbury, 6–8 September 2000

INVITED KEYNOTE SPEAKER: Social stress, social support and susceptibility to infectious disease

S COHEN, Carnegie Mellon University, Pittsburgh

Over the last 15 years, Dr Cohen has been interested in how psychological and social factors influence susceptibility to disease, especially the common cold. Much of his work uses a unique paradigm in which he assesses psychological characteristics in individuals and then intentionally exposes them to viruses that cause colds and flu. Approximately one-third of those exposed to a virus developed a verifiable clinical illness. His talk reviews the roles of social stress and social networks in predicting who develops colds when exposed to a virus. He also discusses the specific types of stressful events that put people at risk for illness, as well as the role of personality factors in susceptibility. Finally, he presents data intended to address the issue of how 'external' factors such as stressful life events and social networks 'get inside the body'. Pathways that might link psychosocial factors to susceptibility include behavioural pathways (e.g. smoking, alcohol consumption, and sleep disturbance) and biological pathways (e.g. changes in circulating hormones or in systemic or local immune function).

INVITED KEYNOTE SPEAKER: Measurement in psychology: Difficulties and solutions

J MICHELL, University of Sydney

Most texts on research methods in psychology take it that psychological measurement is a *fait accompli*. In a series of publications I have argued that there is widespread misunderstanding about measurement within psychology and the difficult conceptual, theoretical, and empirical work is yet to be done. The difficulties, however, are not all intrinsic to the task. Perhaps the most formidable difficulty facing measurement in psychology resides in the attitudes of psychologists themselves: they are alienated from their quantitative methods. This alienation is manifest in the structure and content of courses in quantitative methods, in their misunderstandings about measurement and, crippling, in a failure to 'own' their quantitative methods. By way of contrast, modern exponents of qualitative methods in psychology are not alienated from their methods: they both understand and identify with them. As a result they have applied their alternative methods to many research problems in psychology, especially those connected with questions relating to meaning, in interesting and novel ways. This is not to say that the exponents of qualitative methods correctly understand the qualitative-quantitative distinction either. In fact, many of them are deeply confused in this respect, mistakenly identifying quantitative methods with positivism and failing to appreciate its empirical basis. This latter point – the empirical basis of methods in science – is the key to any solution to the problems facing measurement in psychology. The structure of psychological attributes can only be identified empirically and cannot be identified by wishful thinking. Turning attention, for example, to the issue of meaning, we must be open to the possibility of both qualitative and quantitative structures therein.

ROUNDTABLE DISCUSSION: The interface between health psychology and clinical health psychology

Convenor: J UNWIN, on behalf of the DCP Special Interest Group in Physical Health and Disability

Chair: M O'REILLY

Discussants: S MICHIE, R PEMBERTON

Purpose: To discuss the similarities and differences between Health Psychology and Clinical Health Psychology

Rationale: To further explore the ongoing debates around Applied Psychology, employment of Health Psychologists and the role of limited numbers of Clinical Psychologists in the health field

Objectives: Discussion to include:

- The role of applied psychology in health care;
- The similarities and differences between Health and Clinical Health Psychology;
- The role of Health and Clinical Health Psychologists in applied and preventative health fields;
- Possible organisational structures for Applied Psychology in Health Care.

ROUNDTABLE DISCUSSION: Is poor measurement impeding health psychology?

Convenor: D FRENCH

Chair: T MARTEAU

Discussants: R EISER, J MICHELL & E FERGUSON

Purpose: To consider the merits and drawbacks of current measurement practices in health psychology, and alternative approaches to quantitative measurement.

Rationale: Joel Michell has written on both the fundamental problems with current psychological measurement, and promising future directions in quantitative measurement. His plenary presentation at this year's conference is likely to create much discussion of these issues, on which these discussants should provide a variety of informed perspectives.

Objectives: Current measurement practices in health psychology have been strongly criticized from a number of perspectives. The goals of this session are: (1) to consider the merits of these criticisms; (2) to consider the feasibility of a 'pragmatic' approach of current measurement practice; and (3) to discuss alternative approaches to quantitative measurement. In a provocative 1997 *British Journal of Psychology* article, Joel Michell argued that what has been termed 'measurement' in psychology is in fact no such thing, and bears little relation to what would be considered measurement in other sciences. Michell argues that there have been very few attempts at establishing the degree of correspondence between the scores that psychological scales yield, and what they are supposed to represent, i.e. some quantity in people's heads/minds. This justifies the continuing practice of arbitrary assignment of numbers to questionnaire responses, with questionnaires yielding only ordinal data at best. This has such implications as making any meaningful interpretation of any interaction effects impossible, and making a nonsense of the use of any parametric statistics. In response, in his 1998 book *The New Psychometrics*, Paul Kline argued that there is little scientific basis of psychological measurement, especially in health and social psychology. Michell, Kline and others concur that these fundamental problems with measurement are seriously undermining the progress of quantitative psychology.

WORKSHOPS

Professional qualification in health psychology

Facilitators: C ABRAHAM and S MICHIE on behalf of the DHP Training Committee, Psychology & Genetics Research Group, GKT, London; School of Social Sciences, University of Sussex

In developing health psychology as a profession, the Division has defined the knowledge base and core skills necessary for professional qualification. The workshop will outline the training route for this qualification, which will be necessary for becoming a Chartered Health Psychologist from September 2001. Becoming chartered will require:

- Being eligible for BPS Graduate Basis for Registration;
- An MSc from an accredited health psychology course (or a pass in a BPS-equivalent exam);
- Two years experience as a health psychologist with a demonstrated competence in three areas: research, teaching and consultancy. Assessment will be by portfolio and interview. Information about performance requirements and plans for the development of the qualification will be given.

The uses of clinical hypnosis in the oncology setting

Facilitator: C LIOSI, University of the West of England

Purpose: The aim of the present workshop is to inform and familiarise participants with the clinical practice and research of hypnosis and, more specifically, its uses in Oncology with adults and children with cancer.

Rationale: Clinical hypnosis is a powerful therapeutic intervention with great potential in the management of patients suffering from a physical illness in general and patients with cancer in particular. There is a lot of research evidence regarding its efficacy and safety although its wider application is still hindered by a number of misconceptions and outdated ideas.

Objectives: It is expected that the workshop will:

- challenge some of the misconceptions held by health psychologists regarding clinical hypnosis;
- provide the participants with accurate and up-to-date information about the practice and research of hypnosis in Oncology;
- stimulate some further reading and exploration of hypnosis and possibly encourage participants to consider integrating it into their practice and research.

Activities: The participants will be involved in activities such as sharing their attitudes and professional experience of hypnosis, actually experiencing hypnosis themselves, watching a video where hypnosis is being used with real patients, etc. This workshop would be suitable for qualified health psychologists and postgraduate students. No prior knowledge of hypnosis is required although some experience/understanding of the issues involved in the care of people with cancer would be useful.

Health psychology as a low impact science – is it time for a change in strategy?

Facilitator: K NICHOLS, University of Exeter & Royal Devon and Exeter Hospital

Despite a burgeoning research literature in health psychology there is little evidence that the provision of organised psychological care (as distinct from psychological therapy) for the average patient in the average general hospital has improved in availability and quality – although there are obviously various units where individual psychologists have made successful developments. The case will be made that organised, preventive psychological care is a

relative rarity in general hospitals mainly because the levels of knowledge and attitudes among nurses, doctors and (increasingly importantly) managers remain unfavourably weak. This workshop is designed to take a further look at the type of psychological care needed within general hospitals, the means by which this is best provided and, most importantly, why mainstream health psychology does not seem to be achieving significant positive attitude change within the medical, nursing and management professions. Using examples drawn primarily from cardiac medicine I will look at the justification for *preventive* psychological care highlighted by both research and clinical intervention. This emphasis on preventive psychological care faces us with overwhelming numbers of patients which inevitably means that the delivery of psychological care has to be through the nursing profession, with training and guidance by psychologists. The original scheme for achieving this aim, as presented by Nichols (1993), will be reviewed and assessed for current suitability. I will claim, that the current efforts of the health and clinical psychology professions are failing to make sufficient impact to induce change primarily because research is often descriptive of psychological hardship and the psychological consequences of physical illness rather than fostering the development of manageable and time limited psychological care procedures suitable for widespread use by nurses and therapist staff. In addition the validity of psychological care must be demonstrated both via conventional clinical audit and through research involving the 'user perspective'. It is hoped that the discussion will initially be of a 'stocktaking' nature and then move to consider ways forward and planning. I will make the point that an effort at publications in widely circulated professional periodicals for nurses, doctors and managers will have more impact on the problem than publications in conventional psychological journals.

Health and mental well-being at work: Self-management using visualisation approaches

Facilitators: AL SCHWARTZ & EJ DENNIS, Arcadia Alive, Stafford

Purpose: To outline practical self-management strategies for developing empowerment and reducing stress at work, focusing on the use of visualisation and imagery. The workshop would be suitable for people who are involved in staff support and stress management in organisations.

Rationale: The use of imagery in psychology has long been supported by research and cited in the literature. Initially used in systematic desensitisation programmes in behaviour therapy, multimodal therapy, and psychotherapy, it has recently been shown to be effective with physical health, personality and other complex problems such as those of post-traumatic stress disorder. Approaches to managing staff stress and self-development have been examined and workshops run with people in a number of contexts (viz. health, education and business). This workshop is to share the work in this exciting field, through looking at a particular programme and its evaluation, and to offer participants an opportunity to experience some of these techniques. The aim is to enhance self-management for 'ordinary people in stressful circumstances'.

Objectives:

- To consider practical techniques for enhancing performance and decreasing stress;
- To highlight the value of trans-disciplinary working, and the sharing of knowledge (e.g. presenters combining respective experience in psychology and business);
- To present benefits of a structured approach to freeing the mind of everyday mental 'clutter' in order to focus on a personal vision;
- To practice specific mindfulness techniques and visualisation exercises that can be used in a variety of settings.

Activities: Brief introduction to the area, group participation activities (e.g. mindfulness), and experiential work, discussion and feedback.

Doing interpretative phenomenological analysis

Facilitators: JA SMITH, Birkbeck University of London & P FLOWERS, Glasgow Caledonian University

Purpose: To provide people who have an interest in, but limited or no experience with, interpretative phenomenological analysis (IPA) some practical guidance and an opportunity for 'hands-on' work.

Rationale: There is growing interest among health psychologists in qualitative approaches including IPA. This is an efficient way of offering some training/guidance to people who are attending the DHP conference.

Objectives:

- To offer some practical guidance to conducting research using IPA;
- To give 'hands-on' experience of some of the activities involved in doing IPA research.

Activities: The workshop will cover the stages in conducting a piece of research using IPA: constructing an interview schedule, conducting an interview, analysing a transcript. Each stage will first be introduced by the facilitator and guidance will be given; participants will then try it out in small groups.

SYMPOSIUM

Using interpretative phenomenological analysis to examine issues in the new genetics

Convenor and Chair: E CHAPMAN, Centre for Family Research, University of Cambridge

Discussant: A WALKER, Health Services Research Unit, University of Aberdeen

Introduction to interpretative phenomenological analysis and the new genetics: The social and ethical implications of changing genetic technologies

E CHAPMAN, Centre for Family Research, Social and Political Sciences, University of Cambridge

Purpose: This paper introduces a particular qualitative methodology (Interpretative Phenomenological Analysis, IPA) outlining method of analysis and its application to one substantive Health Psychology area. Key dilemmas raised in the new genetics are outlined, reiterating the appropriateness of qualitative analysis where issues are novel and complex.

Empirical data on subjective levels of health and quality of life for individuals with late- or early-onset genetic conditions are presented. The paper gives voice to some ethical dilemmas that are raised by different emphases in judgements and definitions of quality of life, combined with advances in reproductive/testing technology.

Methods: 18 adults with an early onset condition (cystic fibrosis) or a late onset condition (Huntington's disease) participated in semi-structured interviews. Questions investigated perceptions of the body/quality of life, and views of prenatal testing. Transcripts were thematically analysed using IPA.

Findings: Analysis uncovered themes such as 'What is a life worth living?' and exposed broad ethical dilemmas arising from advances in testing/treatment technology.

Conclusions: This paper emphasises that the voices of people living with genetic conditions should form part of wider bio-ethical debates arising from genetic technology advances. Qualitative methodologies such as IPA are valuable in increasing information and knowledge about genetic conditions and disseminating this to wider audiences, i.e. those making reproductive decisions or within the field of Health Psychology generally.

Perceptions of an inherited increased risk of heart disease

V SENIOR, J SMITH, S MICHIE & TM MARTEAU, Psychology and Genetics Research Group, Guy's, King's College, and St Thomas's Hospitals Medical and Dental Schools

Purpose: To investigate perceptions of familial hypercholesterolaemia (FH) and its genetic basis in patients diagnosed with, and receiving treatment for, FH.

Methods: Semi-structured interviews are being conducted and interview transcripts subjected to interpretative phenomenological analysis (IPA). Four analysts are participating in this exercise.

Findings: Initial analysis suggests two main themes. One theme that is emerging is the extent to which FH is perceived as problematic. A second theme concerns downward social comparison between the self and others with similar risks of heart disease but who were unaware of these (both family member and the general public). We are currently investigating participants' explanatory models of FH, particularly whether the disease is perceived as solely genetic or whether environmental factors are also perceived to play a role in causation. The relationship between these explanatory models, other perceptions of FH, and health-related behaviours is being explored.

Conclusions: The technique of IPA in assessing patients' perceptions of their chronic condition is proving useful in moving beyond assessment of single risk factors, allowing elaboration of the dynamic and complex explanatory models patients seem to hold.

Experiences and reproductive decisions of carriers of X-linked conditions

L GROVER, Centre for Fetal Care, Queen Charlotte's Hospital, London

Purpose: To investigate feelings about being a carrier and attitudes towards reproduction of women found to be carriers of an X-linked condition.

Methods: Semi-structured interviews were conducted with 14 women known to be carriers of an X-linked condition associated with 'serious' disability. Interview transcripts were qualitatively analysed using Interpretative Phenomenological Analysis.

Findings: A strong sense of responsibility was common to all participants in relation to issues surrounding pregnancy including a need to control pregnancy and being the main reproductive decision-maker. Half of participants had lived with an affected brother and as a consequence seemed to have experienced a series of losses associated with the effects on the family of disability and death. Two main experiences were found to influence reproductive plans and decisions. Firstly, although all participants planned, or had made decisions, to avoid having an affected child, those who had lived with an affected brother were more concrete in these decisions compared to those with less personal experience of the condition. Secondly, lack of experience of an 'at risk' pregnancy seemed to delay the process and limit the number of children planned.

Conclusions: Feelings of responsibility relating to pregnancy and its outcome may be common to carriers of genetic conditions which put them at considerable risk of having a child with disability. Reproductive decisions are likely to involve a number of factors, including personal experience of the condition and anticipated ability to cope with an 'at risk' pregnancy.

Patients' views of their genetic consultation

R MACLEOD, Dept. of Medical Genetics, St Mary's Hospital, Manchester

Purpose: To investigate how patients newly referred to a Regional Genetics Clinic view the consultation process.

Methods: 12 patients attending a Regional Genetics Clinic for the first time were invited to participate in a study, 'to look at which aspects of

genetic counselling are helpful to patients'. Participants were selected from each week-day clinic and were being seen for a range of reasons including seeking a diagnostic opinion, following a pregnancy loss and on account of a family history. In-depth interviews were conducted one week following the genetic consultation. Interview transcripts were subjected to Interpretative Phenomenological Analysis (IPA) to identify major themes arising across cases. **Findings:** Key 'moments' in the consultations (both positive and negative) were recalled by nearly all the participants. Positive aspects of the consultation were associated with certainty of information, being believed and being able to do something about the problem. Negative aspects were associated with lack of certainty, the perception that information was being withheld and being given the wrong type of information. The conditions differed in the extent to which they were amenable to control, however even in conditions with apparently little control, e.g. being at risk of Huntington's disease, participants were helped by finding an element of the problem that they could do something about. **Conclusions:** Suggestions will be put forward for ways in which genetic counsellors may enhance patients' perception of control.

SYMPOSIUM

Pre-natal screening: The challenge of communicating information to women

Convenor & Chair: S HALL, Psychology & Genetics Research Group, GKT, Guys, London & Centre for Health Care Research, University of Brighton
Discussant: L QUINE, Centre for Research in Health Behaviour, University of Kent at Canterbury

Professional ambivalence around pre-natal screening: A survey of midwives' attitudes and practice

R GRELLIER & J SANDALL, Dept. of Midwifery, City University
Purpose: A multi-national, multi-disciplinary study was undertaken as part of the European Union Biomed II programme to examine social, ethical and policy implications of the 'new genetics'. The research involved partners from Finland, Greece, Netherlands and the UK. This paper presents findings from one part of the study that explored midwives' practice and attitudes to prenatal screening and testing for genetic and chromosomal conditions. **Methods:** A postal survey was sent to a regionally stratified three per cent random sample of members of the Royal College of Midwives in 1998 (n=424). An overall response rate of 69 per cent was obtained. **Findings:** This paper presents empirical findings from a national representative survey of midwives in England and Wales. Responses provided qualitative and quantitative information on midwives' practice, views and experience of prenatal screening; their presentation of the risk of genetic anomalies to families; and their perceptions of the benefits and problems associated with prenatal genetic testing. There appears to be ambivalence between midwives' recognition of their role to inform rather than guide women's decision making; professional support for screening at the individual level; and concerns about the negative impact of screening on wider societal attitudes. **Conclusions:** This ambivalence is discussed and consideration given to its potential impact on presentation of risk and on women's decision-making. These findings have implications in terms of informed decision-making, women's reproductive choices and perceptions of both maternal and professional responsibility.

Health professionals informing couples about an unfamiliar fetal anomaly

S HALL, Psychology & Genetics Research Group, GKT, Guy's, London, L ABRAMSKY, Medical & Community Genetics, Imperial College School of Medicine, London & T MARTEAU, Psychology & Genetics Research Group, GKT, Guy's, London
Purpose: Sex chromosome anomalies (SCAs), such as Klinefelter syndrome, are most often discovered accidentally when diagnostic testing has been conducted for other chromosomal anomalies such as Down's syndrome. They are less serious than many anomalies and most parents are unfamiliar with them, making decisions about whether or not to terminate or continue the pregnancy more difficult. The information given by health professionals is likely to be of critical importance in guiding parents' decisions about the pregnancy. The aims of the study are to describe how couples are told about a SCA and to explore the association between the information health professionals report providing and the outcomes of pregnancies. **Methods:** Telephone interviews were conducted with the health professionals who disclosed the initial diagnosis to parents. The interviews were tape-recorded and then transcribed. Statements which health professionals reported providing to parents about the condition were coded as positive, neutral or negative. Outcomes of the pregnancies were obtained from medical records. **Results:** There was enormous variation between different health professionals in what they knew, thought, felt and said about SCAs. For seven of the 23 pregnancies, health professionals reported giving more positive than neutral and negative information about the condition. None of these pregnancies was terminated. For 16 pregnancies health professionals reported giving more negative information. Six of these pregnancies were terminated (Fisher's exact test $p=0.07$). **Conclusions:** What parents are told about an unfamiliar fetal anomaly depends largely on who happens to inform them. Parents may be more likely to terminate a pregnancy if they are provided with an excess of negative information about the condition. It remains to be determined which consultations lead to better parental adjustment and least regret over any decision.

Towards evidence-based counselling of parents following detection of minor fetal anomalies on routine ultrasound scanning: A pilot study

M WATSON, S HALL & T MARTEAU, Psychology & Genetics Research Group, GKT, Guy's, London
Purpose: To describe counselling for parents after the detection of a minor fetal anomaly on routine ultrasound screening; determine the long and short term effects of detecting a minor fetal anomaly on mothers' well-being; and to examine the association between counselling and outcomes for mothers'. **Methods:** 20-week routine anomaly scans were audiotaped. Women in whom a minor fetal anomaly was detected were telephoned within a week of their scan and asked to complete a questionnaire over the phone. These women were then followed up at 30 weeks gestation and one month after the birth of their child. A matched control group was obtained by selecting from those with no complications according to age, parity and previous abnormalities. **Results:** Women with anomalies were more anxious ($p<0.005$), worried ($p<0.02$) and less confident ($p<0.01$) about the health of their baby than women in the control group. Women who recalled being given information before their scan were less anxious, as were women who were told during the scan that the chances were that their baby was normal. **Conclusions:** The detection of minor fetal anomalies on routine pre-natal ultrasound causes considerable anxiety in women. Providing information about the nature of the scan before

the procedure may attenuate levels of anxiety as does reassurance once an anomaly has been detected.

Pre-natal consultation after a fetal anomaly scan: Videotaped exploration of physician's attitude and patient's satisfaction

JAM HUNFELD, A LEURS, M DE JONG, Dept. of Medical Psychology & Psychotherapy, Erasmus University, Rotterdam, M LESNIK OBERSTEIN, Dept. of Obstetrics & Gynaecology, University Hospital, Rotterdam, A TIBBEN, Dept. of Medical Psychology & Psychotherapy, Erasmus University, Rotterdam, JW WLADIMIROFF, Dept. of Obstetrics & Gynaecology, University Hospital, Rotterdam, HIJ WILDSCHEUT, Dept. of Obstetrics & Gynaecology, University Hospital, Rotterdam & J PASSCHIER, Dept. of Medical Psychology & Psychotherapy, Erasmus University, Rotterdam
Purpose: The main aim of the study was to evaluate the relationship between the physician's attitude (using non-verbal global Affective Measure of the Roter Analysis System and the Counsellor Rating Form – short version) and the satisfaction of the pregnant women with the prenatal consultation. A secondary aim was to evaluate the women's recall of essential information (i.e. location, severity, prognosis and cause of the anomaly). **Methods:** 24 pre-natal consultations (pregnant women, partners and physicians) were videotaped following a fetal anomaly scan, and a few days later, the pregnant women completed questionnaires to assess their perception of the physician's attitude and their satisfaction with the consultation and the extent to which they could recall the essentials of the information given about the fetal anomaly. **Results:** In descending order, the physician's dominance/assertiveness (i.e. being self-confident and decisive) (assessment of the videotapes by two psychologists), trustworthiness (women's report) and expertise were significantly positively associated with the women's overall satisfaction, i.e. satisfaction with the information given and affective behaviour on the part of the physician during the pre-natal consultation. All the women recalled the essentials of the information given about the location of the fetal anomaly. The majority of them correctly reproduced the severity, the prognosis and the cause of the anomaly. **Conclusions:** Our findings indicate that women in whom a fetal anomaly has been detected derive particular benefit from a self-confident, decisive, and trustworthy physician.

SYMPOSIUM

Neuroendocrine and immune factors in health and disease risk

Convenor and Chair: A STEPTOE, St George's Hospital Medical School, London
Discussant: S COHEN, Carnegie-Mellon University, Pittsburgh, US

Stressful life events and size of social network predict delayed type hypersensitivity response among women with metastatic breast cancer

JM TURNER-COBB, J DENISON RABINOWITZ, C KOOPMAN, SE SEPHTON & D SPIEGEL, Centre for Research in Health Behaviour, University of Kent at Canterbury
Objectives: This study examined the effects of social support and stressful life events on antigen-specific cell-mediated immunity.

Methods: Participants were 84 women drawn from a larger sample of 125 women with documented metastatic breast carcinoma recruited into a randomised, prospective study of the effects of supportive-expressive group therapy on cancer survival. At baseline, prior to randomisation, all participants completed standardised psychosocial measures of life stress and social support, and their antigen specific immune response was measured using the delayed type hypersensitivity (DTH) test to seven skin test antigens.

Results: No main effect was found for life stress or social support with number of positive antigens. However, number of positive antigens to the DTH test was greater for those women who had experienced a high frequency of life events but who reported a larger network of support. For those women who had experienced fewer stressful life events and who reported larger social networks, the opposite relationship was observed, revealing a poorer antigen specific immune response.

Conclusions: These results are consistent with the notion that social support may confer immune benefits under high stress conditions. Implications of this interaction for cancer are discussed, including the influence of possible acute stress reactions to the DTH test.

Endocrine and immunological responses to a psychosocial stressor in TH1- and TH2-mediated inflammatory skin disorders

M EBRECHT, A BUSKE-KIRSCHBAUM & D H HELHAMMER, Unit of Psychology, GKT Medical School, London

Objectives: This laboratory has previously shown a reduced adrenocortical stress response in subjects with atopic dermatitis (AD), which is a TH2-type inflammatory skin disorder. The specific goal of the present study was to investigate whether this attenuation can also be observed in a population with a TH1-mediated disease.

Methods: Subjects with a Th1-type inflammatory skin disorder (psoriasis, n=24) and healthy controls (n=24) were confronted with a psychosocial laboratory stressor (Trier Social Stress Test, TSST) consisting of public speaking and mental arithmetic. Blood and saliva samples were repeatedly obtained over a 2h period for determination of cortisol, ACTH, catecholamines and leukocyte subsets in peripheral blood.

Results: In contrast to findings in AD subjects, the psoriasis group neither showed an altered cortisol or ACTH stress response nor differences in dexamethasone-induced cortisol suppression compared with controls. This suggests that HPA axis function is unaffected by psoriasis. However, differential stress responses were observed in monocytes and lymphocyte subsets. Monocytes and CD4+ cells in peripheral blood were significantly elevated immediately after the stressor in the psoriasis group but not in controls.

Conclusions: Monocytes and CD4+ cells play an important role in inducing hyperproliferation of keratinocytes in psoriasis. These findings could link exacerbations of psoriasis after psychosocial stress to differences in the immunological stress profile in these patients. The possible contribution of catecholamines in modulating the immunological stress response in psoriasis is discussed.

Psychobiological stress responsivity and coping in relation to risk of alcohol abuse

S KUNZ, K HAHN, R LIEB, U ZIMMERMANN, H-U WITTCHEN & F HOLSBOER, Dept. of Public Health, University College London

Objectives: The connection between stress and alcohol is well established. The habitual use of alcohol in stressful situations can be seen as an inadequate coping strategy that may lead to heightened physiological and psychological stress reactions. This study evaluated whether individuals with a family history of alcohol dependence show heightened physiological stress responsivity and different psychological

problem solving strategies compared with controls.

Methods: Male subjects with a positive family history of alcohol dependence but who are not affected themselves were compared with matched controls. The Trier Social Stress Test was used (public speech and mental arithmetic), and plasma cortisol and ACTH were monitored. Measures of coping were also obtained. The experiment was conducted with and without alcohol (placebo) challenge in order to investigate whether alcohol altered stress reactivity.

Results: High-risk subjects were significantly more likely to report using drugs and alcohol in stressful situations than are controls. Moreover, high risk subjects reported a significantly higher preference for avoidant stress coping strategies ($p<.05$). High risk subjects in the placebo condition showed a trend towards a higher cortisol response and a significantly higher ACTH response ($p<.05$) during the stress protocol. In the alcohol condition, endocrine stress responses were reduced for both groups, but this effect was more pronounced in the high risk subjects compared with the controls.

Conclusions: The observed dampening effect of alcohol on the endocrine stress response could be a possible risk factor for developing alcohol dependence in those subjects with a positive family history of alcoholism.

Patterns of post-stress recovery of cortisol in relation to health risk

A STEPTOE & C KIRSCHBAUM, St. George's Hospital Medical School, London

Objectives: Heightened cortisol and delayed post-stress recovery are typically regarded as markers of psychobiological stress responses that may have adverse effects on health. However, recent data suggest that low cortisol responses may be associated with some forms of chronic stress. This study assessed factors associated with rate of recovery of cortisol following acute behavioural challenge

Methods: Salivary cortisol was assessed during mental stress testing with two behavioural tasks in 95 schoolteachers (38 men, 57 women). Post-stress recovery was measured as the difference between peak cortisol and values recorded at the end of the session. Cortisol profiles over a working day were measured, and psychological well-being and cardiovascular risk factors were assessed.

Results: Post-stress recovery was not related to perceived stressfulness of tasks, gender, age or smoking. Participants who showed fast recovery had higher cortisol levels over the day, and elevated scores on the General Health Questionnaire, indicative of emotional distress. Slow recovery was associated with lower cortisol during tasks. Men in the slow recovery group had a raised cardiovascular risk profile in terms of total cholesterol, systolic blood pressure, waist/hip ratio and body weight.

Conclusions: Brisk cortisol stress responses and rapid recovery were associated with elevated cortisol over the day and with psychological distress. Small cortisol responses and slow recovery were correlated among men with a raised cardiovascular risk profile. We suggest that both profiles may be relevant to health risk, and that assessment of post-stress recovery may be fruitful in investigating neuroendocrine correlates of psychological distress and physical disease.

SYMPOSIUM

Health psychology and cardiac practice

Convenor, Chair & Discussant: C HALLAS, Centre for Health Psychology, Staffordshire University

Predictors of outcome post-myocardial infarction: Exploring the relationship between preceding social stress and psychosocial factors

L MCGOWAN, F CREED, C DICKENS, J DOUGLAS & C PERCIVAL

Objectives: Previous studies have shown that depression, social isolation, negative illness perceptions and hostility are all associated with poor outcome post-myocardial infarction (MI). In particular, depressed MI patients have been found to have four times increased mortality. Some authors speculate that it may be high levels of social stress pre-MI that better predict outcome. It is possible that social stress leads to depression, which in turn influences illness perceptions, and that depression is also associated with high hostility.

Hypotheses: (1) Anxiety and depression is associated with both illness perceptions and hostility. (2) Social stresses which precede MI are associated with psychological distress, illness perceptions and hostility. A model was proposed to prioritise social stress as a predictor of outcome, by examining the effects on baseline measures.

Methods: In this study consecutive first MI patients (n=316) were assessed on a range of psychosocial variables, including the Life Events and Difficulties Schedule (LEDS).

Results: 11 independent variables were entered into a stepwise multiple regression. Total Hospital Anxiety and Depression Scale (HAD) scores were best predicted by the presence of marked difficulties, lack of a confidant, age and gender. Very little of the variance was accounted for when hostility and the dimensions of the Illness Perception Questionnaire (IPQ) were entered into the regression.

Conclusions: This suggests that whilst social stress is related to psychological morbidity, hostility and illness perceptions are independent factors. In this ongoing study the relationship between these concepts and morbidity and mortality post-MI are evaluated.

Neuropsychological outcome in survivors of out-of-hospital cardiac arrest

RE O'CARROLL & N GRUBB, School of Psychology, University of St. Andrews and Dept. Cardiology, University of Edinburgh

Objectives: The aim of this research was to characterise the neuropsychological outcome of patients who have survived an out of hospital cardiac arrest. A secondary aim was to localise any hypoxia induced brain damage. In particular we tested the hypothesis that the hippocampus would be selectively damaged.

Methods: Patients who had survived an out of hospital cardiac arrest underwent neuropsychological examination and magnetic resonance imaging (MRI) brain scanning. Patients who had suffered a myocardial infarction, with no arrest, were used as controls.

Results: Significant memory impairment was observed in 40 per cent of cardiac arrest survivors. Contrary to our experimental hypothesis, the hippocampus was not selectively damaged, rather global cerebral atrophy was observed in memory impaired survivors of out-of-hospital cardiac arrest.

Conclusions: Our results indicate that marked memory impairment is common following cardiac arrest. Hypoxia leads to generalised not localised brain atrophy. Cognitive rehabilitation techniques should be evaluated in memory impaired cardiac arrest survivors.

Neuropsychological changes following coronary artery bypass graft (CABG) surgery

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Objectives: Open-heart surgery is successful in improving the physical status of coronary patients but may lead to cognitive deficits. The extent of these deficits may be dependent on the specific tests used, as well as the time of pre- and post-operative testing. The present study describes the profile of neuropsychological change across time, for different patients.

Materials & Methods: In a prospective, longitudinal study, patients (n=70) were tested one week before, and two and six months post-surgery. Fifteen neuropsychological tests were administered at each assessment. The tests included immediate and delayed auditory verbal recall, manual dexterity and attention – specific tests forming a 'core battery' recommended for use with such patients. Additional tests assessed other aspects of memory, reaction time, and cognitive planning. A 20 per cent decline from a pre-operative test score was the criterion for a significant test deficit on any one test, with a decline on 20 per cent of the total of tests indicating an overall deficit at post-operative testing.

Results: Two months post-operatively, a majority of patients (62 per cent) had an overall deficit. At six months this deficit had fallen to 51 per cent. Deficits remained high for motor dexterity, non-verbal memory, and tests reflecting cognitive planning. A substantial minority (18 per cent) of patients revealed new deficits at six months.

Conclusions: The data confirm previous suggestions of significant and lasting neuropsychological deficits in patients following CABG surgery. However, the extent and profile of change varies considerably for different patients, indicating a need to identify intraoperative conditions (e.g. temperature of surgery) associated with such different outcomes.

Neuropsychological functioning in patients with implantable cardioverter defibrillators

JL BIRKBY, CN HALLAS, Centre for Health Psychology, Staffordshire University, C BUNDY, Dept. of Psychiatry, University of Manchester, D CONNELLY, Cardio-Thoracic Centre, Liverpool & A FITZPATRICK, Manchester Heart Centre

Objectives: To quantify and compare changes in cognitive function over three months for implantable cardioverter defibrillator (ICD) patients and drug-maintained ventricular arrhythmia (VA) patients.

Rationale: The ICD has proven to be superior to anti-arrhythmic medications in treating potentially life-threatening ventricular arrhythmias (VA). However, electroencephalographic (EEG) evidence has suggested that physiological changes occur during testing of the ICD, which may have implications for cerebral dysfunction.

Design: 15 ICD patients were assessed one day prior to implant and again at three months. The assessment consisted of a battery of neuropsychological tests, as recommended by the Statement of Consensus on the Assessment of Neurobehavioural Outcomes after Cardiac Surgery. Comparison groups of drug-maintained VA patients and normal controls completed the same assessment batteries.

Results: Neuropsychological deficits were quantified using the Statement of Consensus recommendations (20 per cent impairment from the pre-operative baseline on 20 per cent of the tests). Multiple regression techniques evaluated the effect of previous cardiac arrest, number and length of ventricular fibrillation (VF) episodes during device testing and number of post-implant shocks upon neuropsychological outcomes.

Conclusions: Recommendations are made with regards to the future treatment of ICD and VA

patients in terms of pre- and post-operative support. Implications may also exist for the refinement of clinical and surgical techniques.

The first randomised controlled trial of a comprehensive cardiac rehabilitation programme for implantable cardioverter defibrillator patients

C BUNDY, University of Manchester School of Medicine, P DOUGHERTY, University of Manchester School of Physiotherapy, W BELL & AP FITZPATRICK, Manchester Heart Centre

Background: Comprehensive cardiac rehabilitation (CCR) comprising exercise, education and psychological support is known to be safe and effective in many cardiac groups. Previously no such programmes have been provided for patients with Implantable Cardioverter Defibrillators (ICDs) yet these patients have much to gain from structured rehabilitation. There is good evidence that these patients are often disabled both by their cardiac disease and the unique psychological problems that result from living with a past history of malignant ventricular arrhythmias coupled with the future threat of their ICD discharging. We have designed the first CCR programme specifically for patients with an ICD assessed its effects in a randomised controlled study.

Methods: 20 patients were randomised to a 12-week, twice weekly CCR programme or a control period of usual care. Physical, cardiological, and psychosocial parameters were measured pre-CCR, and post-CCR. They were prescribed individually designed supervised exercise and this was continued at home between visits. Individual regimens were based on cardiological function, performance at exercise testing and personal history. Psychological support and educational input comprised individualised assessment for illness perceptions and psychological distress. The programme was designed to facilitate understanding of the overlap between psychological and physiological functioning, challenging misconceptions and emotions management.

Outcome measures: A graded exercise tolerance test, psychological distress (HADS), illness cognitions (IPQ), coping (CHIP) and quality of life (SF-36, QLMI adapted).

Results: The safety and efficacy of the CCR programme was assessed by comparing pre- and post-CCR physical, cardiological and psychological parameters.

ORAL PRESENTATIONS

Are health promotion texts shaped by psychological research?

A content analysis of safer-sex promotion leaflets in two European countries

C ABRAHAM, University of Sussex, UK, B KRAHÉ, University of Potsdam, Germany, R DOMINIC, University of Nottingham, UK & I FRITSCHKE, University of Magdeburg, Germany

Objectives: The study sought to categorise and count messages contained in publicly-available safer sex promotion leaflets in the UK and Germany and to assess coverage of psychological correlates of condom use.

Methods: A theory-based, semantic content analysis using category frequency counts was undertaken (Weber, 1990). Thirty-six UK leaflets and 35 German leaflets were included.

Results: Inter-coder reliability was high (e.g. UK, $r=0.90$, $p<.0001$ across all 47 categories). Few content differences were observed between the national samples. Leaflets from both countries were found to emphasise HIV transmission routes and advice to contact healthcare professionals. Drawing upon a recent meta analysis (Sheeran *et al.*, 1999) six key psychological correlates of condom use were identified. Twenty categories describing text

corresponding to these correlates were selected. Frequency counts of one standard deviation above the mean on these categories were noted. Allocating a score of one to leaflets with such counts a theory-driven index was created. Overall, 67 per cent of UK leaflets (24) and 71 per cent of the German leaflets (25) failed to score more than two out of 20 on this index. However, four leaflets scored between 10 and 16.

Conclusions: Messages based on empirically-supported psychological theory can be identified in health promotion texts. This facilitates assessment of the correspondence between theory and practice. It also allows identification of texts that maximise coverage of psychological correlates of health-related behaviour.

Why do mothers wean early?

EM ALDER, AS ANDERSON, C GUTHRIE, F WILLIAMS, J S FORSYTH & P HOWIE, University of Dundee

Purpose: Nutrition in infancy is an important influence on later adult health. Current recommendations by the UK Department of Health are that infants should not be given solid foods before the age of four months. In Scotland, in 1995, 64 per cent of infants had received solids by three months. We aimed to investigate the reasons for early introduction of solids and began with a qualitative study.

Methods: A qualitative study was used to identify the reasons for early introduction from the mothers' perspective, in order to inform the design of a larger prospective study of 500 mothers. Five focus group discussions with new mothers were carried out in which early feeding behaviour was explored. The group communications were taped and transcribed. Two researchers independently read the scripts and identified common themes.

Results: 29 mothers took part in the discussions. Almost 40 per cent of the participants had already introduced solid food to their infants. The pattern of feeding varied widely from teaspoons of baby rice added to bottles, to two course meals. Many mothers believed that the introduction of solids was led by their baby, as judged by characteristics of the infant, and babies were described as 'hungry babies'. All mothers were aware of current recommendations but few knew the reasons. They found it difficult to conceptualise long term ill health risks when their babies were content and happy.

Conclusions: The reasons for introducing solids early include beliefs about the baby's behaviour.

Work stress, problem-solving style, perceived social support availability and well-being in male fire fighters

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Objectives: To examine (1) the frequency and intensity of organisational and incident-related work stress in fire service personnel, and variations amongst different ranks of fire fighters; and (2) problem-solving style and perceived social support availability as predictors of work stress and well-being.

Methods: A sample of 79 male fire fighters was obtained from three divisions of a UK regional Fire Service. Each completed a questionnaire measuring frequency and intensity of organisational and incident-related work stress, problem-solving style, social support availability, and psychological and physical well-being.

Results: Watch members had higher levels of incident-related stress than did senior officers. Differences also emerged between ranks in the nature of organisational and incident-related stressors, although both watch members and senior officers reported lack of consultation and communication as the greatest organisational stressor and attending incidents involving children as the greatest incident-related stressor. Multiple regression analysis showed that problem-solving style accounted for a significant proportion of the variance in organisational stress (33 per cent) and, to a far lesser extent, incident-related stress (12 per cent). Thirty-six per cent of the variance in well-being (psychological distress

and physical ill-health) was explained by only two variables: (1) perceived social support availability; and (2) problem-solving approach style.

Conclusions: These results are discussed in terms of the experience of stress in fire service personnel particularly variations amongst different ranks, and the usefulness of using role problem-solving style and perceived social support in understanding variations in work stress and well-being.

Predicting pre-natal diagnostic test decisions: Why facilitate informed choice?

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Introduction: Research in the pre-natal diagnosis context aims to understand women's testing behaviour, to reduce associated iatrogenic consequences and to facilitate informed choice. Evidence suggests that decision-aided information may be associated with changes in each area. This study evaluated decision analysis within the pre-natal diagnosis context; the presentation focuses on describing those psychological constructs associated with women's test choices.

Design: Randomised control trial (routine versus decision analysis consultations).

Materials: Coded consultation-transcripts and post-consultation questionnaires assessing: perceived social norm, attitudes and risk perception of prenatal diagnosis, Down's syndrome and termination; informed decision-making; knowledge; affect.

Analyses: Univariate analyses identified factors for inclusion in a stepwise discriminant function analysis (test versus no test).

Results: 106/121 women with a positive serum screening result agreed to randomisation (50 decision analysis, 56 routine). Seventeen chose to have no diagnostic test. One function accounted for 57 per cent variation in behaviour ($\chi^2=85.6$, d.f.=6, $p<0.0001$). Perceived social norm of testing and termination, value of having a Down's syndrome child, perceived likelihood of terminating and perceived likelihood of having a healthy child predicted group membership. Perception of serum screening and test miscarriage risk, attitudes to testing, knowledge, informed decision-making and consultation style were not associated with the decision.

Discussion: Explores why cognitive factors discussed during the consultation did not predict prenatal choice, i.e. why perceptions of individual risks for Down's syndrome and miscarriage were not associated with making risky decisions.

Assessing and remembering information about prescribed medication: Effects of personalisation

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Objectives: To assess whether presenting information about prescribed medication in a personalised rather than non-personalised style affects people's ratings of satisfaction with the information, perceived risk, and intention to comply, as well as their memory for the information.

Design: In two experiments, information about prescribed medication was presented in either a personalised or non-personalised style, in a between-participants design. Dependent measures were people's ratings of satisfaction with the explanation, perceived risk and intention to comply and, in Experiment 2, participants' memory for the information.

Methods: Volunteers from the general public were given (in a written booklet) a hypothetical scenario about visiting a doctor, being diagnosed with a particular illness, and being prescribed a medication, together with an explanation about the medication. They were asked to provide ratings of satisfaction, risk to health, and intention to comply, as well as demographic information. In Experiment 2, they were also given an unexpected memory test for the explanation.

Results: In both experiments, multivariate analyses of variance showed that presenting the information in a more personalised style led to improved ratings of satisfaction and reduced ratings of risk to health. In addition, memory was better for information presented in a personalised style.

Conclusions: Manipulating the way in which health information is presented affects people's satisfaction, perceived risk, and memory. The findings have important implications for the design of medication information leaflets. Where appropriate, designers should use a more personalised style of expression.

Women's perceptions of health and their help-seeking behaviour in the 12 months after childbirth

D BIGGERSTAFF, C MacARTHUR, D BICK & H WINTER on behalf of the IMPaCT Team, Dept. of Public Health & Epidemiology, University of Birmingham & JA SMITH, Birkbeck College, University of London

The purpose of the research presented here is to investigate how women themselves view their experiences following childbirth in relation to their health care and their seeking assistance from health professionals. The research is part of a larger study which is a randomised controlled trial examining a new model of midwifery-led postnatal care aimed at identifying and managing women's health problems (Implementing Midwifery-led Postnatal Care Trial-IMPACT). This part of the study draws on open ended comments made by participants in the trial in their follow up questionnaires completed 12 months after the birth, and on transcripts of in-depth semi-structured interviews of a sub-sample of 20 women. This material was analysed using interpretative phenomenological analysis (IPA). The problematic nature of women's health in the postpartum period is considered in relation to women's remarks. Themes discussed include how women view their experiences with ambiguity, often holding both positive and negative emotions about their encounters. This ambiguity often focuses on mixed emotions about their health and their health care and on how things used to be. Search for support and explanation for their health and depression are other themes which will be discussed. This study has implications for how health care may best be delivered to enhance women's satisfaction in relation to postpartum experiences.

Amplification of risk and the 1995 'pill scare'

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The Social Amplification of Risk Framework (SARF) was developed to facilitate a greater understanding of the social processes that can mediate between a hazard event and its consequences. SARF has stimulated theoretical development concerned with how particular technologies or products might become stigmatised. It suggests that this process may ultimately result in higher order impacts such that the significance of initially unrelated hazards is also affected. However, the ways in which this might happen have not yet been specified. This issue is explored in two case studies using secondary data sources relating to media coverage, government statements and data on public perceptions and behaviour changes. The first relates to the Pill and the second to Hormone Replacement Therapy (HRT). In October 1995 the UK Committee on the Safety of Medicines announced that an increased chance of a thrombosis was associated with particular types of oral contraceptives. The content and management of the announcement has been linked with a range of impacts including a rise in teenage pregnancies and the abortion rate. Later announcements linking both the Pill and HRT with breast cancer have not led to impacts of a similar magnitude. These case studies are used to illustrate how amplification processes associated with a particular risk event may de-

sensitise public perceptions such that the risks of subsequent hazards are attenuated. It is suggested that the consideration of such processes within SARF is important when encouraging people to take precautions against health hazards.

Predicting parental involvement in service provision for disabled children with the theory of planned behaviour

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The theory of planned behaviour (Ajzen, 1988; 1991) was applied to parental involvement in their disabled child's service provision over the two-year period following diagnosis. The prospective study assessed the utility of attitudinal variables within the theory, namely attitudes, subjective norm, control beliefs and perceived behavioural control, as well as including a measure of intention. Results indicate that only attitude is predictive of parental intention, whilst control beliefs and perceived behavioural control are highly predictive of parental involvement in service provision. Several preventative factors were identified, which attenuated the intention/behaviour relationship (Ajzen, 1988). No support is offered to the proposed perceived behavioural control-intention link (c.f. Ajzen, 1991), yet perceived behavioural control appears to directly influence behaviour (Terry & O'Leary, 1995).

'How are you?' The problematics of managing everyday social interactions for someone with a cancer diagnosis

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Cancer is known to be a sensitive topic to talk about and sometimes it is difficult for people without cancer to know what to say to someone who has cancer. This paper looks at how people with a cancer diagnosis talk about their social interactions with family and friends and identifies how they discursively manage some of the interactional problems they encounter. Even managing normative everyday greetings such as being asked 'how are you?' could be dilemmatic for someone with cancer. On occasions, responding with how they actually are may augment a problem for recipients – what should they say next? Consequently, the person with cancer is often faced with a predicament; how do they account for and manage other people's interactional difficulties of not knowing what to say or how to respond? Transcribed in-depth interviews with cancer patients are analysed using a discursive analytic approach. The analysis looks at how participants account for and endeavour to overcome problematic interactions, sometimes by implying their preferred response or by using a number of devices including evoking another topic, laughter or providing a normative response. This paper highlights some of the discursive practices people employ in their talk and some of the problems that surround the nature of talk about cancer. Such an understanding of the process of how participants manage interactional difficulties will be advantageous to both health professionals and carers particularly when considering the effectiveness and outcome of social support.

Using Q-methodology to investigate smokers' representations of smoking

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Evidence suggests that smokers derive many real and perceived benefits from smoking, despite the obvious health costs. However relatively little research has examined how smokers 'make sense' of this. This study used Q-methodology to investigate smokers' own representations of their smoking behaviour. Concourse analysis produced 75 statements about smoking and these were used to generate

the Q-grid. 36 adult smokers completed this grid and an accompanying response booklet. All participants had previously made at least one attempt to quit. Analysis revealed four main factors: 'smoking as a social tool'; 'smoking as an expression of identity'; 'reactionary smoking' and 'smoking as a social event'. An exploration of these factors suggests that smokers depend on smoking to fulfil a range of important functions, particularly in social situations. For some, smoking plays a role in identity and image projection. While the respondents were well aware of the adverse health consequences, many still reported positive representations of their smoking habit. Indeed the evidence suggests that smokers themselves may not adequately appreciate the longer-term costs of quitting, putting themselves at risk of relapse. Interventions need to adequately address the role that smoking plays in smokers' lives

A qualitative analysis of roles within general practice – is there a gender divide?

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Purpose: General practice is characterised by a gender divide in GP's roles; male doctors often have responsibility for minor surgery and information technology, and female doctors have responsibility for women's health. Existing research has been limited by the use of quantitative methodology, whereas current qualitative research has failed to include the views of both male and female GPs. The aim of this study was to further explore this possible gender division within general practice, and also to see how this division is constructed and maintained through the discourses used.

Methods: 12 semi-structured interviews (six female, six male) with practising GPs were analysed using both grounded theory and discourse analysis.

Findings: In support of previous research it was found that female GPs perceived that they carried out the majority of the gynaecological consultations; are more likely to have a staff liaison role than their male counterparts; and tend not to carry out minor surgery within the practice. There was a contrast in the way that male and female GPs discussed their roles and the area of women's health, in that the males actively chose their specialisms and considered gynaecological consultations as inconsequential, whereas although the women were satisfied with their roles as they felt skilled in this area, they did not actively chose to carry out the majority of this work.

Conclusions: Despite being skilled in the area of women's health issues, the female GPs disliked male partners 'offloading' their share of this work onto them. Unlike other specialist areas within general practice, women's health issues were viewed as low status and not actively sought.

Young people's attitudes to smoking cannabis and driving: A qualitative study

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The main purpose of this study is to gather information about the attitudes and beliefs of 17- to 24-year-olds concerning the effects of cannabis on driving. The research was initiated by the Hertfordshire Health Promotion service. Their main objective was to determine how best to inform this age group about the risks involved, and also to reduce the number of road traffic accidents associated with cannabis use. Data was collected via five focus groups. The transcripts of this discourse have been analysed from a grounded theory approach, with the use of the computer package Nud-ist 4. The main findings are that smoking cannabis and driving is common amongst young people, and that they do not recognise the associated risks. These results are in stark contrast to their attitudes about drinking and driving, about which they are well informed and strongly disapprove of. The

same sample would not themselves drive if they had been drinking. The type of campaign suggested by these young people includes hard-hitting information, portrayed in a visual form such as television adverts. The implications of this study are that aspects of the campaign against drinking and driving that were successful in changing the attitudes and behaviour in young people, should be adopted in the campaign against cannabis consumption.

Factors contributing to therapeutic exercise adherence for low back pain

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Purpose: To explore patient and physiotherapist perceptions of low back pain, activity and exercises, with particular regard to treatment adherence.

Methods: Nine patients and eight physiotherapists consented to participate in semi-structured interviews. Patient interviews focused on their back pain experience, general activity and their reasons for adopting, or not, prescribed exercises. Physiotherapist interviews centred on how back treatment and exercise therapy was delivered and what strategies, if any, were employed to promote adherence. Interpretative Phenomenological Analysis was used to explore transcribed data.

Findings: Patients described their 'personal theories of cause', their expectations of physiotherapy and their relationships with health professionals. From this, factors contributing to adherence and non-adherence were identified. For example, creating lifestyle space for regular exercise and establishing a routine is crucial for long term adherence. The physiotherapists' theme concerned developing therapeutic relationships. Their accounts suggest a 'role dilemma' whereby physiotherapists are directive, clearly defining their role and what is expected from the patient. This conflicts with aims for patient self-management and autonomy, suggesting a tension between how adherence is perceived to be facilitated by patients and physiotherapists.

Conclusions: Leventhal's Self Regulatory Model and the 'benefits and barriers' component of the Health Belief Model provides a theoretical framework for explaining patient accounts of adherence and non-adherence. The physiotherapist's 'therapeutic alliance' underpins the importance of concordance, or mutual contracts of health care, when identifying strategies to facilitate adherence.

Pain management experiences and pain coping styles among people with sickle cell disease (SCD)

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Objectives: To examine relationships between hospital experiences of pain management and personal pain coping styles. Most painful episodes in SCD are managed at home with oral analgesics, but some are treated in hospital with parenteral opiates. At home, patients play an active role in their pain management, and cognitive-behavioural strategies are associated with better pain outcomes. In hospital, patients report mistrust, stigmatisation, excessive control and neglect by medical staff, and interpersonal factors play an important role in quality of pain management. A possible explanation for the difficulties patients' experience in hospital is that staff misconstrue active pain coping styles as problem or drug-seeking behaviours.

Methods: Semi-structured interviews and self-complete measures of pain management experiences in hospital, patterns of analgesic use at home, impact of painful episodes on family life, education and work, cognitive-behavioural strategies for coping with pain, and beliefs about pain control.

Results: We report: (1) Frequency of negative experiences in hospital involving behaviour that could be construed as problem or drug-seeking behaviour; (2) Frequency of patterns of analgesic

use at home that could be construed as problem drug use; and (3) Relationships between hospital experiences, patterns of analgesic use at home, personal pain coping styles, beliefs about pain control, and impact of painful episodes on patients' lives.

Conclusions: The results indicate ways in which the understanding of staff and patient-staff communication about pain and analgesia use could be improved to promote more effective pain management for SCD in hospital.

Preventing STD/HIV in heterosexual men: Does psychology play a part?

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Aim: The aim of this study is to systematically review the literature to determine whether psychological theories are effective as the basis for interventions to prevent the spread of sexually transmitted diseases (STD), including HIV, among heterosexual men.

Background: Sexually transmitted diseases are more easily transmitted from men to women than from women to men. Therefore, men's sexual and reproductive behaviour has direct effects on their own health and on the health of their female partners. We reviewed the evidence base for incorporating psychological theories into interventions to prevent STD/HIV in men, and compared these with interventions providing information only.

Methods: Studies were identified through searches of 16 electronic databases, handsearching of key journals, and contacting experts in the field. Studies meeting the inclusion criteria (one of four study designs and presentation of data on heterosexual men) were assessed for methodological quality using checklists. Three outcomes were assessed: morbidity (changes in the incidence or prevalence of infection), behavioural (condom use, reduced numbers of sexual partners and/or unprotected sex) and social psychological (changes in attitudes, cognitions or intentions to behave).

Key points: 47 studies were included. Both types of interventions reported equally on all three outcomes. Interventions guided by cognitive-behavioural theories (n=24) reported similar levels of efficacy to those based on providing information only (n=21) ($\chi^2=0.59$, $df=1$, $p>.05$).

Conclusions: Interventions guided by psychological theory may be as effective at preventing STD/HIV in heterosexual men as interventions that provide information only. These interventions need to be directly compared in a randomised, controlled trial.

Cancer treatment: Implications for health care practice

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This research is part of a wider, multi-methodological study of women with breast cancer. The paper under discussion has addressed the reported experiences and interactions with current services with whom these women had contact during their treatment for breast cancer. Attention has been drawn to the positive and negative aspects of treatment processes in subjects (n=40, mean age 51 years, SD 9.16) who have undergone either mastectomy (n=20) or lumpectomy (n=20) and were a minimum of one year post-surgery. A qualitative approach has been used and the data obtained using Grounded Theory (Strauss & Corbin 1990). The data was obtained from semi-structured questionnaires used as part of the main study. Inter-rater reliability was established using Cohens K. Subjects (mean years since surgery=6.03) recalled experiencing considerable distress prior to surgery with respect to their initial diagnosis and lack of information about treatment options. Further distress and anxiety during radiotherapy treatment on realisation of their cancer status is evidenced. Continued apprehension and frustration about staff changes is reported regarding follow up visits to hospital.

The value of continued support from statutory and voluntary services is highlighted as is other helpful and unhelpful experiences. This study illuminated the need for clarity, greater awareness of options and the need for greater support at times of particular distress or realisation.

Personality, environmental triggers and non-specific symptomatology: A time-series and hierarchical approach

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Objectives: The nature (natural history) and prediction of non-specific symptomatology (NSS) is a key area of health research. This research has traditionally used static retrospective or simple longitudinal designs. However, the 'natural history' of NSS is likely to involve rapid and dynamic changes over time as well as having an inherently hierarchical structure (i.e., symptom fluctuations by day are nested within person). Theoretically, in terms of prediction it is possible that both environmental triggers and personality influence this temporal sequence. For example, recent data suggests that Consciousness (C) is positively related to the reporting of NSS. To explore these issues data should be analysed in terms of their time series and their hierarchical structures.

Methods: 23 subjects completed a health diary over eight days and a measure of the Big 5. **Results:** Traditional linear analyses indicated the previous days NSS was positively correlated with the subsequent days NSS and personality was un-related to NSS. However, the auto-correlation functions indicated that a single lagged negative association best explained the NSS time series. Further a cross-correlation function indicated that previous days activities triggered subsequent days NSS. Hierarchical linear analysis indicated that C accounted for a significant proportion of the between person and between day variance (Beta-Hat = -0.30).

Conclusions: These findings indicate that NSS is: (1) framed negatively, not positively, relative to the previous days NSS; (2) triggered by environmental stimuli; and (3) reduces over time as a function of C. Implications for the study of other process models (e.g. stress, intentionality) and theories of NSS are discussed.

Understanding HIV antibody testing amongst gay men in Scotland

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Purpose: Gay men in Scotland report relatively low rates of HIV testing. Furthermore, a relatively high proportion of HIV positive men do not currently know their HIV status. Given that recent treatments for HIV present a powerful new rationale for seeking HIV testing, gay men's HIV testing decisions must be re-addressed. Here, I examine contemporary HIV testing decision-making.

Methods: Gay men (n=19) were recruited from the commercial gay scene in late 1999 and completed in-depth interviews. Focus groups (n=18) were also conducted with men recruited from gay organisations. Participants included positive, negative and untested men. All interviews were transcribed verbatim and analysed for recurrent themes using interpretative phenomenological analysis

Findings: Analysis revealed multiple testing rationales (The impacts of new treatments, General influences, Psychological influences, Sexual influences, Status related influences, Process related influences). Critically, whilst men were familiar with the benefits of new treatments, the on-going psycho-social cost of a positive diagnosis (e.g. living with uncertainty, status disclosure, increased responsibility) remained a strong disincentive to learning one's status.

Conclusions: Like other health technologies, the HIV test can deliver clear positive health outcomes (e.g. access to early anti-retroviral-therapy). However, often of more concern are the negative outcomes that stem from the social construction of such technologies (the meaning of HIV testing and HIV status). Health

psychology must attend to both the medical and psycho-social meanings of HIV testing in order to understand individual decision-making and to conceptualise health promoting interventions.

Genetic screening for Alzheimer's disease: What predicts intentions to take the test?

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Objectives: The aims of the present study were to investigate which factors predict intention to take a genetic test for Alzheimer's disease (AD), and to explore whether the degree of certainty that a genetic test can provide affects intention.

Methods: The study was a cross-sectional, questionnaire study of 449 students. The questionnaire measured Theory of Planned Behaviour (TPB) variables (beliefs, attitudes, normative beliefs, and perceived behavioural control), anticipated regret, risk perception, likelihood of having a genetic test for cancer, and AD risk factors. Participants were randomised to one of two experimental conditions: they were told that a positive result means either a 90 per cent chance of developing the disease (increased certainty) or a 50 per cent chance (decreased certainty). Results were analysed using correlations and multiple regression.

Results: TPB variables, likelihood of having a genetic test for cancer, number of people known with AD, experimental condition (degree of certainty), and anticipated regret accounted for 51.1 per cent of the variance in intention. Subjective norm was the strongest predictor of intention in the increased certainty condition, and positive belief was the strongest predictor in the decreased certainty condition.

Conclusions: The findings highlight the influential role of beliefs about genetic testing and normative beliefs in making decisions relating to genetic screening. The findings also demonstrate that one of the strongest predictors of intention to opt for screening in this group was the degree of certainty that a genetic test can provide.

Type A behaviour as a trigger for coronary events

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Objectives: Attempts to associate components of type A behaviour, such as hostility, with incident heart disease remain controversial. Although the balance of opinion is in favour of an association sufficient negative findings have been reported to prevent satisfaction with the hypothesis. Progress in the type A debate was sought through investigating the change in predictiveness over time of type A for incident heart disease.

Methods: 2394 men aged 50-64 years were assessed for ischaemic heart disease (IHD), type A behaviour and IHD risk factors. Type A was assessed using the Jenkins Activity Survey, the Bortner scale and the Framingham scale. Further examinations were completed at five and nine years to measure incident IHD.

Results: After nine years there was no increased risk of IHD associated with any Type A score. Nevertheless high Type A scores were associated with increased risk of incident IHD at five years and decreased risk between five and nine years. Further analysis of Type A score on time of first coronary event found strong inverse associations for each type A questionnaire regardless of age or evidence of previous ischaemia.

Conclusions: The data suggests that Type A is associated with risk of IHD only in the short term. If a heart attack occurs, however, Type A is a strong predictor of when. This suggests that type A increases exposure to potential triggers, rather than directly affecting the underlying process of arteriosclerosis.

Determinants for reducing dietary fat consumption: Perceived control or self-efficacy

M GEEKIE, R SHEPHERD, M RAATS & P SPARKS

Objectives: Reducing consumption of dietary fat is a major public health issue. The role of psychosocial determinants, in particular perceived behavioural control (PBC) and self-efficacy (SE) have been examined as the means for intervention to reduce fat reduction.

Methods: In a longitudinal study of 188 female students, measures investigated components of the theory of planned behaviour (TPB) extended by factors of SE and anticipated affective reaction (AAR) to predict reduced fat consumption prospectively.

Results: Mean results indicated subjects had a perception of control over reducing fat consumption. They demonstrated good understanding for the means of fat reduction, although high-fat consumers had a poorer perception of fat consumed than low-fat consumers. Those intending to reduce fat were identified as low fat consumers; they reported greater SE to overcome barriers to fat reduction but lower SE to resist fat consumption when in a negative mood state. Analysis to predict reduced fat consumption identified intention and AAR as significant factors; subjects achieving reduced fat consumption were identified as high fat consumers.

Conclusions: The results indicated similarities between SE and PBC although the multidimensional measure of SE (barriers, plans and affect) had greater explanatory value and provide the means of intervention for behaviour change. It has been argued that the perception of control reflects ego defence rather than the volitional nature of the behaviour, that secondary processing is used to rationalise the dominance of desire over will power for fat consumption, and this identifies the nature of the difficulty facing health educators.

Individual variation in smoking abstinence experiences

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Objectives: Research on smoking cessation has established some commonly experienced symptoms during abstinence from tobacco, and this has led to the popular image of nicotine withdrawal, leading most people to believe that this is an inevitable consequence of quitting smoking. However, there is also evidence that the effects of abstinence are quite variable, and the aim of this research was to investigate the variation in the type and amount of cessation experiences reported.

Methods: Smokers stating an intention to quit recorded their experiences both before and after quitting, on questionnaires designed to assess a wide range of experiences, both positive and negative.

Results: Factor analyses of these experiences produced three factors, one positive and two negative, and analyses of means showed a significant decrease in positive affect, and a non-significant increase in negative affect. However, frequency analysis of the pre to post change indicated that considerable proportions of respondents reported a change contrary to that expected. The variation in the pre to post change was compared with that of a control group, and the overall variance in the data found to be significantly larger in the index group than in the control group, suggesting that stopping smoking is indeed experienced as very good by some people and very bad by others.

Conclusions: The overall conclusion is that cessation experiences vary greatly among individuals. Smokers are a heterogeneous group and consequently treatment for smoking cessation might be improved by paying more attention to individual differences.

Psychological response to asthma attacks – emotional response predicts asthma outcomes

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Objectives: To examine the effect of recent asthma experience on psychological status, and to relate this to future asthma outcomes.

Methods: Case-controlled comparison between a group of 35 recent attack cases, and 35 case-matched stable-asthma controls, with a longitudinal (12 month) follow-up of outcome measures. Participants were given questionnaires measuring quality of life, panic fear, self discrepancies, and confidence about asthma control. The effect of demographic factors was taken into account, including historic attack frequency.

Results: Large changes in emotional status and quality of life were found to accompany attacks. Overall, no psychological variables predicted future emergency service use. However, when the groups were considered separately, large amounts of the variance in emergency service use were predicted by anxiety and control confidence responses. A denial stance (high confidence and low emotional response after attacks) was particularly associated with increased emergency service use. Confidence was related to emotional status.

Conclusions: The link between emotions and the course of asthma may be confounded in many studies by differences in recent experience. When the history and recency of attacks, is taken into account, the predictive power of psychological variables is increased. Emotional trauma following attacks may motivate changes in self care behaviours. Hence, there may be a window of opportunity to get across self-care messages following recent attacks. Patients who adopt a denial stance are at particularly high risk, and may need special attention.

A review of the common sense model of illness representations in health psychology: Measurement issues and prediction of outcomes and coping behaviours

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This article reviews empirical studies of Leventhal *et al.*'s (1980) Common Sense Model (CSM) of illness representations. The review aimed to: (1) examine the measurement issues in illness representation research; and (2) examine the relationships between the illness representation dimensions and coping behaviours and outcomes. A literature search was conducted using the BIDS Social Sciences Citation Index, Medline and Psychlit as well as in the pertinent journals from the illness, medicine and health psychology disciplines. The search revealed 21 quantitative, empirical studies of the CSM model that satisfied the inclusion criteria. In terms of methods, tests of the CSM adopted the Illness Perception Questionnaire, the Implicit Model of Illness Questionnaire, or utilised open-ended interviews to develop study-specific measures. Four measurement issues were identified and evaluated as being important to the study of illness representations using the CSM: construct validity, discriminant validity, criterion validity and study design. Examination of associations with coping and outcomes suggest that CSM dimensions, in particular, identity, consequences and time line were reliably associated with behavioural, cognitive and emotional responses to illness and the CSM is a useful means of mapping the mental representations that individuals make with respect to their illness. It is recommended that future research on the CSM model of illness representations in health psychology focuses on the correct construction and evaluation of scales as well as examining the impact of such representations on illness behaviours, outcomes and coping strategies.

Reconstructive surgery after breast cancer: The implications of women's decision-making style

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Objectives: Each year, 13,000 women undergo mastectomy in the UK. Currently five to 10 per cent elect breast reconstruction, but this figure is increasing. This study examined the process by which women decide for or against reconstruction and the implications of their decision.

Methods: 103 women (56 mastectomy alone; 37 mastectomy with immediate reconstruction; 10 delayed reconstruction) undergoing surgery at one of three hospitals were interviewed prior to surgery, six and 12 months later. Recognised measures (HADS, EORTC-QLQ, Body Image Questionnaire) were completed on each occasion.

Results: The take-up of surgery varied considerably between the centres. Women electing reconstruction were significantly younger than those undergoing mastectomy alone and levels of distress were high in each group prior to surgery. Women electing delayed reconstruction reported more body image problems than those undergoing mastectomy alone or with simultaneous reconstruction. Interview data was used to categorise participants according to their decision-making style. 78 women reported making quick, 'instant' decisions, whilst 17 sought out further information before making their choice. Eight women (five undergoing delayed reconstruction) deliberated over their options and found decision-making particularly difficult and confusing. Unexpectedly, there was little evidence of psychological distress or post-decisional regret in any group six months after surgery. However, many women were relying upon cognitive re-appraisal as a coping strategy in order to support their decision.

Conclusions: The option of breast reconstruction is typically offered to women around the time of diagnosis. Comparatively quick, intuitive decisions appear effective in temporarily reducing the distress of this difficult and emotional situation, but are influenced by perceived norms within the care setting. The role of health professionals in supporting women making this decision is discussed.

Alcohol consumption patterns: A comparison according to smoking status

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Objectives: Alcohol consumption patterns in 375 undergraduates are examined and consumption across smoking status is compared. Relationships between alcohol expectancies, personality and smoking status are also explored. It was anticipated that smokers would consume more alcohol than non-smokers, and that they would differ in alcohol expectancies and personality. Finally, methodological issues concerning the measurement of alcohol consumption by questionnaire are also considered.

Method & Design: Questionnaire-based.

Measures: all participants completed an alcohol consumption questionnaire, the Eysenck Personality Questionnaire – Revised Short Scale (Eysenck & Eysenck, 1991), the Arnett Inventory of Sensation Seeking (Arnett, 1994) and the Alcohol Effects Questionnaire (Rosenhow, in press). Smokers also completed a smoking questionnaire. Analyses: Data was analysed using ANOVA, correlation and regression.

Results: The main hypotheses were supported. Smokers consumed more alcohol than non-smokers. Ninety-one per cent of smokers also reported an increase in smoking following the consumption of alcohol. Personality differences between smokers and non-smokers were

observed. Alcohol expectancies varied according to alcohol consumption, but not smoking status. Evidence for the underreporting of alcohol consumption was also observed in some of the measures used.

Conclusions: The importance of examining multiple substance use is highlighted. Programmes aimed at reducing or preventing alcohol consumption and smoking may want to consider the role of personality. Finally, methodological issues raised concerning the underreporting of alcohol consumption via questionnaires must be considered in future research into alcohol consumption.

Domestic violence: There are no excuses?

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Objectives/Purpose of the Study: Domestic abuse is now being recognised as a major health care issue. (BMA, 1998). Public education and opinion are key to primary prevention of any health problem. There is however a lack of information on both (a) public awareness of male violence towards women in the home, and (b) public attitudes towards this behaviour. (Klein *et al.*, 1997) The purpose of this study is to explore public perceptions of domestic violence and to assess the degree to which it is understood as 'acceptable'.

Methods: An hypothetical story containing an incident of man-on-woman violence was administered via e-mail to all staff at two universities. Participants were asked to read and respond to a series of statements about the scenario and responses were scored using a Likert scale. There were also two open-ended questions regarding what advice they would give to both parties about their relationship. The quantitative data was analysed using SPSS. Cross-tabs and chi-squares were calculated for each of the Likert scales. The qualitative data was analysed thematically.

Results: Results suggest that domestic violence is by no means condemned unequivocally by respondents. Almost one-quarter of women and one-third of men had sympathy with the man in the scenario. Significant differences were found between male and female responses.

Conclusions: Results demonstrate a culture which may implicitly condone domestic violence. This militates against women admitting to being victims of violence which may impede help-seeking. This research highlights the importance of psychosocial factors in the experiences of women living with violence.

Women's use and interest in complementary/alternative therapies

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Objectives: (1) To explore women's use and interest in, over the counter supplements and alternative /complementary therapies (ACT). (2) To explore women's beliefs and perceived efficacy about ACT.

Methods: Questionnaire study: 1143 women aged 40–65 years from five different health authority patient lists responded to a life-style, diet, health and quality of life questionnaire. Interviews: 10 women who had used ACT agreed to take part in follow-up interviews to explore their beliefs and attitudes towards health and illness and the perceived efficiency of ACTs and conventional medicine.

Results: 46 per cent of women reported taking over-the-counter supplements on a regular basis. 58 per cent expressed an interest in complementary therapy. 28 per cent had consulted an alternative therapist in the past. The majority of women (82 per cent) believed that ACTs were an effective alternative to conventional medicine and most said (64 per cent) they would use ACTs for the relief of menopausal symptoms. Interview data revealed that women who had used ACTs were highly supportive of, and had high expectations about the efficacy of ACTs. Interviewees used different standards to evaluate conventional medicine and ACTs, and practitioners. Typically, both ACTs and

conventional approaches were used but, ACTs were perceived as being safer than conventional approaches.

Conclusions: Interest and use of ACTs and supplements is on the increase. Women have high expectations about the efficacy and safety of ACT.

Causes and consequences of work-related distress in nurses: A critical review and conceptual framework

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Purpose: To examine the validity of a socio-ecological account of work stress (Schaefer & Moos, 1993) in detailing the determinants and consequences of work-related distress for nurses.

Background: A socio-ecological account of work stress combines both organisational and transactional accounts of the stress process, and details pathways transmitting the influence of the care environment to the patient. While recent studies suggest the predictive power of limited parts of this model (e.g. Kyrouz & Humphreys 1997), the validity of the whole model has still to be demonstrated.

Methods & Key points: Using a systematic approach, 94 descriptive studies were retrieved relating model components to the work-related experience of nurses. While the socio-ecological model of work stress accounted for many direct and indirect influences on work-related distress in nurses, several direct and reciprocal relationships were not supported, additional complex interactional effects were apparent which were not predicted by Schaefer and Moos (1993b), and key elements of the model await systematic research, i.e. the impact of the health care system on patient outcomes. A nurse-specific extension of the socio-ecological model is presented in response, with 60 studies supporting a series of evidence-based pathways.

Conclusions: This amendment provides a framework for future research designed to maximise the quality of patient care provided by nursing practitioners working in difficult conditions.

The psychological care provided to stroke patients in hospital – results of a national audit

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There is much current research into the best ways to organise care for patients with stroke, but little is known about current practice nationally. As a result, the Intercollegiate Working Party for Stroke conducted an audit of case notes and service organisation in 1998. The audit was conducted in 197 trusts in England, Wales and Northern Ireland (representing 80 per cent of those eligible), and looked at case notes of 6894 patients. The case notes audit revealed that screening for common psychological problems after stroke was conducted in a minority of patients. For example, 35 per cent patients had their mood assessed during admission and there was evidence of a management plan for mood disturbance in only 18 per cent patients, where appropriate. During hospital admission, 23 per cent patients were screened for cognitive impairment, although 69 per cent trusts had an agreed assessment measure for cognitive function. Screening of mood was more often conducted when patients were admitted to specialist stroke or rehabilitation units than to general medical wards. Screening for cognitive impairment was done more often on stroke units than on rehabilitation units or general wards. Stroke units and rehabilitation units were more likely to have a management plan for mood disturbance. The audit showed that the stroke service had access to clinical psychology in only 29 per cent trusts and psychiatry in 98 per cent trusts. Most patients are not screened for emotional and cognitive outcomes after stroke,

despite their high prevalence. It appears that specialist stroke units are associated with a better quality of psychological care.

Early vs established rheumatoid arthritis: An investigation of coping with illness vs coping with other stressors, and psychological adjustment

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Objectives: This study evaluated differences between early and established rheumatoid arthritis (RA) patients in: (a) coping strategies they employ to manage illness-related or other types of stressors; and (b) levels of psychological adjustment.

Methods: A between groups design was employed with group (early RA, up to 1 year from diagnosis, n=99) vs established RA (4–7 years from diagnosis, n=100), sex and age (18–50 vs 51–65 vs 66–90 years) as the between subjects factors. Scores on questionnaires assessing coping strategies (Ways of Coping), depression (CESD), and positive and negative affect (PANAS) were the dependent variables. Type of stressor (RA-related, other) was also used as a factor in the analysis of coping strategies data. A factorial analysis of variance model was used in the data analysis.

Results: Of the 160 patients who reported type of stressor, 41 per cent reported on arthritis. These patients reported using more distancing ($p<0.05$) and seeking social support ($p=0.062$) as coping strategies than patients reporting on other types of stressors. Men reported using more accepting responsibility and playful problem solving as coping strategies irrespective of type of stressor. The older group scored significantly lower than the younger group on confrontive coping ($p<0.05$). There were significant interactions ($p<0.05$) for: sex and age group in the reported use of positive reappraisal; sex and type of stressor for reported use of confrontive coping, seeking social support and distancing. The middle age group scored significantly higher on the negative scale of the PANAS ($p=0.03$). Although no significant effects were found for depression scores, patients overall scored higher than general population norms.

Conclusions: Type of stressor, sex and age are important determinants of coping strategy use and negative affect in RA, irrespective of disease duration. These factors should be addressed in psychological management of the disease.

Predicting attendance at diabetes clinic: A self-regulatory approach

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Background: Little is known about the perceptions of patients with diabetes who do not attend hospital clinic for follow-up care.

Methods: Using the self-regulatory framework this exploratory study examined the factors associated with non-attendance at diabetes clinic among patients with type 1 diabetes. The study group comprised 42 patients who had not attended clinic for a period of 18 months and 42 matched controls who were regularly attending clinic. Measures. Illness cognitions were assessed using the IPQ and a modified version of the PMDI. Coping was measured by the COPE, and evaluation of coping by the Diabetes Quality of Life Measure (DQOL) and the Diabetes Clinic Satisfaction Questionnaire.

Results: Non-attenders had more negative illness representations, employed less effective coping strategies, reported a poorer overall

quality of life, and less satisfaction with diabetes clinic. Multiple regression analyses demonstrated that PMDI dimensions were stronger predictors of follow-up care than any IPQ component. Care-seeking was driven by representations of strong treatment effectiveness, a less serious health threat, and worries about the consequences of diabetes. However, supporting the self-regulatory model, coping responses were more powerful predictors of behaviour than illness cognitions. Seeking instrumental support, less use of humour, and less acceptance of diabetes-related problems were significantly related to care-seeking. These findings are in contrast to several other studies which showed that illness representations themselves were stronger predictors of outcome than coping. In this study, the nature of the outcome measure 'attendance' which could be considered a coping strategy in itself may explain the conflicting results.

Narrating death: African and African-Caribbean women's accounts of delay in seeking help for late stage carcinoma of the breast

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Purpose: The authors wished to understand why women may not seek help from the health services when they have breast lumps, breast bleeding and or ulceration. Whilst the larger study interviewed women from many ethnic backgrounds, the focus of this paper is on the African and African-Caribbean women.

Methods: Women aged between 40 and 75 years attending a breast clinic were interviewed, and those given a diagnosis of breast cancer were then followed up and interviewed at six weeks then again at six months. The interviews were conducted with a series of prompt questions allowing the women to tell of their experience of breast changes and decision to finally seek help. The interviews were tape recorded, transcribed and analysed thematically. The interviewees were interested in the narrative construction of 'self' and how this might relate to delay in treatment seeking.

Findings: Early findings are that attendance was prompted by a person close to the woman encouraging attendance, that rejection of mastectomy/bodily disfigurement and a preference for viewing it fatalistically (turning to prayer) are some of the reasons for delay. Incorporating health programmes into places of worship, reassurances about treatments for keloid scarring and appropriate prosthetics may modify delaying behaviour.

The extent and nature of appearance-related concerns in adolescence

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Objectives: The psychosocial difficulties encountered by visibly disfigured adolescents are well documented, and intervention strategies (both cognitive-behavioural and social skills training) have been shown to make a significant difference to levels of self-esteem. However, levels of appearance-related concern in the general population of adolescents have not been widely researched by the scientific community. This is despite acceptance of adolescence as a time of heightened appearance-related concern that can result in equally dysfunctional emotions and behaviour.

Methods: This study (using questionnaires about appearance-related concerns designed by adolescents themselves) targeted one entire secondary school (Years 7–13) and additional Year 7 pupils from state, public and single sex schools.

Results: The results in co-educational schools show that whilst males and females show similar levels of concern both socially and at home, they differ at school, with females more likely to cite their appearance as hindering their academic

confidence. Males and females are particularly concerned about appearance-related bullying. Over half the females questioned wanted to lose weight and over half of all participants thought they would feel better about their appearance after adolescence.

Conclusions: Results will be discussed with reference to their implications for classroom-based intervention strategies (aimed at raising self-esteem) designed by students themselves and the relevance of interventions currently used with disfigured adolescents.

Using a self-regulation approach to understand participation in screening for bowel cancer

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Objective: To investigate interest in bowel cancer screening using a self-regulation approach.

Methods: As part of a national randomised control trial of the efficacy of flexible sigmoidoscopy screening for bowel cancer, 4205 older adults (55–64 years) were sent information on the FS test and a background questionnaire. A modified version of the Illness Perception Questionnaire was used to measure cognitive representations of bowel cancer, drawing on perceptions of the causes of bowel cancer, consequences, cure and control. Emotional responses were measured using the STAI and a fear of cancer scale. The Health Belief Model was also used to incorporate perceived susceptibility to bowel cancer and perceived benefits and barriers of FS screening.

Results: The response rate was 60 per cent (n=2520) and 82 per cent of respondents indicated interest in the FS test. In the univariate analyses, beliefs about the cause, consequences, control and cure of bowel cancer significantly predicted screening interest as did the HBM. factors. Emotional responses to bowel cancer were also strong significant predictors of screening interest with those indicating higher anxiety and fear, reporting lower rates of interest. Cognitive representations of bowel cancer were significantly correlated with emotional measures. In the multivariate analyses, linear regression revealed that the model explained 49 per cent of the variance in screening interest.

Conclusions: The results suggest that the self-regulation approach may be useful to understand cancer screening decision making.

Predictive genetic testing in children and adults: A study of emotional impact

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Aims: To describe the emotional consequences of predictive genetic testing for an inherited predisposition to bowel cancer, familial adenomatous polyposis (FAP) amongst children and adults.

Methods: Design: Cross-sectional. Sample: 208 unaffected individuals (148 adults and 60 children) at risk for FAP. Main measures: Dependent variables: Anxiety, depression, perceived threat of test result, situational distress. Independent variables: test results, demographic measures, optimism, self-esteem, illness and test perceptions. Analysis: Predictors of outcome were analysed in adults using hierarchical linear regression.

Results: Amongst both adults and children, those with positive results perceived their chance of getting polyposis as higher than did those with negative results, worried more about this and felt more threatened by their results. However, children's anxiety was in the normal range, regardless of test result. Amongst adults, those with positive results had a mean level of anxiety in the clinical range, significantly higher than those with negative results. Anxiety in adults was predicted both by individual characteristics (e.g. optimism and self-esteem) and by test result.

Conclusions: Although both children and adults felt more threatened by positive than negative results, this was associated with clinically significant levels of state anxiety in adults only. It may be that children with positive results do not experience such high levels of anxiety because they are less aware of the implications of a positive result, because they cope in a different way than adults or because they receive more intensive counselling and support.

Quality of life in survivors of bone cancer

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Objectives: Quality of life (QoL) and general functioning was investigated in 35 patients (aged 12 to 47 years) who had been treated for bone cancer (osteosarcoma). Limb salvage surgery (LSS), rather than amputation is the preferred option for treatment in these patients, as it is thought to result in relatively better mobility and body image. The aim was to investigate whether QoL was better for patients treated with LSS compared with patients treated by amputation.

Methods: Patients completed measures of body image, mobility, social anxiety, and QoL. Two groups of patients were included: patients treated with amputation (n=22), and patients treated with LSS (n=13).

Results: Comparisons of the two groups of patients showed no differences on any of the measures. However, regression analyses, controlling for gender, age and time since diagnosis, identified the patients' mobility as a significant predictor of certain domains of functioning. Patients with lower mobility were more likely to experience social anxiety, have poorer mental health, report more pain, and have poorer body image.

Conclusions: The results suggest that treatment of bone cancer with LSS does not necessarily lead to better QoL and general functioning, in comparison with patients treated by amputation. The individual patients' level of mobility is a better predictor of domains such as social functioning, mental health, pain and body image, than the treatment experienced.

Quality of life measures in chronic diseases of childhood

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Purpose: The development of quality of life (QoL) measures for use in paediatrics is a rapidly expanding area. Quality of life measures have often been justified in terms of their potential role in allocation of resources and public policy decision making.

Background: A systematic literature review funded by the NHS R&D programme was conducted to address a series of questions concerning the development and application of QoL measures in childhood. This paper focuses on two of these questions: (1) the extent to which adult measures of QoL are used with children; and (2) the appropriateness of adult measures for work with children.

Results: 43 QoL measures (19 generic, 24 disease specific) used with children were identified. Eleven of these measures were derived from adult measures. In practice, it is necessary to make some changes to adult measures for work with children, however, disagreement exists as to how extensive these changes should be.

Conclusions: An approach embedded in an adult model of QoL may fail to tap the specific aspects of QoL that are important to the child. In addition, the format of adult measures does not account for children's emerging cognitive skills. The review highlights the need to develop measures that adhere to a developmental framework.

Psychological and behavioural correlates of stress in dentists

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Objectives: Various studies have suggested that dentistry generates more stress than any other profession, primarily because of the nature and working conditions of dental practice. However, there are a lack of studies investigating the correlates of stress in dentists. The current study investigated the relationship between stress, physical symptoms, and various psychological, social and behavioural measures in dentists.

Methods: The study was a cross-sectional anonymous postal survey of 2120 General Dental Practitioners in the UK who completed questionnaires on health behaviours, perceived stress, dental work stress, social support, anger, Type A Behaviour pattern, physical and psychological symptoms, demographic and work variables. Results were analysed using factor analysis, correlations and multiple regression.

Results: Perceived stress was significantly positively correlated with job dissatisfaction, anger symptoms, Work stress, Type A Behaviour Pattern, alcohol consumption, and negatively correlated with social support from significant others and family. Multiple regression indicated that all these variables were significant predictors of perceived stress. High work stress was associated with a number of potentially unhealthy behaviours – not eating breakfast, not getting eight hours sleep, not exercising 30 minutes per day, and a number of minor symptoms e.g. sore throat, difficulty in sleeping, and backache.

Conclusions: These results are discussed in terms of factors which may worsen or buffer stress in dentists.

Barriers to HRT – a psychological investigation into uptake and adherence to Hormone Replacement Therapy

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Introduction and aims: There is a discrepancy between the beneficial claims made for HRT and the number of women who use it in the U.K. (current estimates vary between nine to 20 per cent). In the literature bio-medical accounts predominate as explanations for this relatively poor uptake. Prescribing biases and lack of patient knowledge have been advocated as adequate explanations. However, these are likely to be too simplistic as they neglect the views and attitudes of women themselves. Very little research has been carried out in this area which has adopted a health psychology approach, looking at the views and attitudes of women towards the menopause and HRT, as explanations of uptake and adherence. This study used a qualitative methodology to investigate decision making processes in perimenopausal women choosing whether or not to take HRT. The Theory of Planned Behaviour was applied as a theoretical framework and its predictive utility was tested.

Methods: A qualitative study using focus group and in-depth interview techniques.

Results: Several themes were identified in women's accounts of their decisions. Although the advice of health professionals was a theme, many other psychological factors were identified including: (1) attitudes towards the menopause; (2) influence of the media; and (3) views of friends/family. These are currently being investigated in the context of adherence. The predictive utility of the Theory of Planned Behaviour in the context of HRT decision-making will be discussed.

Conclusions: Women appear to be considering different criteria from health professionals when making decisions about HRT. This has implications for medical consultations with menopausal women and for the marketing of HRT.

Post-natal depression or domestic abuse? A re-assessment of emotional distress in new mothers from in-depth interview data

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Purpose: The purpose of the study is to explore the overlap between the psycho-social symptoms of domestic abuse and those of postnatal depression (PND) (Schornstein, 1997). A researcher (or primary care worker) may miss potentially overlapping symptoms.

Methods: The study was designed to collect in-depth verbal accounts of the transition to motherhood and the early postpartum months from a small sample of women (n=24). The focus was upon the subjective experience of postnatal depression. Interviews were tape-recorded and took place during pregnancy, and one, three and six months after the birth. Interview one obtained detailed biographical material. Interviews two to four obtained detailed accounts of the birth and subsequent period focusing upon the respondents' explanations of their behaviour and emotional reactions as well as their social context.

Findings: These suggest that there is potential overlap between psycho-social symptoms of postnatal depression and those of domestic abuse. Examples will be given from the interview data.

Conclusions: Further research needs to be conducted to explore the interpretation of psycho-social symptoms by primary care workers and qualitative researchers. Also there is a case for a re-assessment of the validity of the EPDS in the context of these findings.

'Another string to my bow': Patient perspectives of self-management of oral anticoagulation therapy

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Increasing numbers of patients receive warfarin therapy, but optimum therapeutic control requires precise monitoring to minimise haemorrhagic complications or thromboembolic events. The development of monitoring equipment which does not require laboratory facilities has meant that patients are now able to manage their treatment themselves. Studies of Patient Self-Management (PSM) in other chronic diseases, e.g. diabetes, suggest that this form of care may be beneficial to patients by raising self efficacy, and lead to better outcomes through closer adherence, as well as being more convenient for patients. However, it may also place a considerable psychological burden on patients. A purposive sample was taken of 16 patients, established on warfarin, who were involved in a randomised control trial of PSM: eight patients from the intervention arm of the trial and eight from the control arm. The participants were interviewed and completed the SEIQoL. Interviews covered aspects of daily living, illness, warfarin and PSM when relevant. Interpretative Phenomenological Analysis was used to analyse the interviews. The main theme which emerged from the PSM group was empowerment, however this was linked less with feelings of control over illness than with increased knowledge of disease and treatment processes, and the acquisition of new skills. Convenience also emerged as a theme but only in relation to health professional time and resources. The results are important in understanding the impact of PSM on treatment efficacy and patient well-being. They also point to ways in which health psychology can help in training and supporting patients for PSM.

Does working life help or hinder exercise intentions and behaviour?

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Objectives: The present study aims to identify ways in which innovative and flexible working practices disrupt or facilitate healthy intentions and behaviour.

Methods: A questionnaire comprising measures of the variables from the Theory of Planned Behaviour (Ajzen, 1991), measures from Karasek (1979) and work related barriers and facilitators was completed by 241 white-collar employees. Exercise behaviour was self-reported one week later.

Results: Employees who followed their intentions to fruition (versus those who did not) reported higher exercise self-efficacy and were less obstructed by barriers posed by motivational factors. There was no difference in the extent to which work related barriers disrupted exercise but intenders who exercised were more likely to report that their job facilitated exercise due to the jobs flexibility and the use of exercise as an outlet for 'stress'. Employees in high strain jobs (high demands and low job control) reported lower exercise self-efficacy and were more obstructed by barriers posed by tiredness and external factors (e.g. weather, convenience of facilities) than employees in low strain jobs (low demands and high job control).

Conclusions: These findings demonstrate a gap between intentions and behaviour and the need to take environmental contexts such as work into account. This has implications for models of social cognition. When attempting to integrate exercise into a busy working life, work related facilitating factors are more important than work related barriers.

Influences and implications of satisfaction at diagnosis for people with diabetes mellitus

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Objectives: The primary objectives of this study were to examine influences on the emotional problems of adults with diabetes. The specific research questions asked were: to what extent is overall satisfaction with diagnosis related to emotional problems occurring after diagnosis, and what are the different influences (using Ley's cognitive model as a theoretical framework) on this satisfaction?

Methods: This was a cross-sectional survey using a questionnaire specifically designed for the purpose of the study. Of 218 people surveyed, 171 completed and returned questionnaires (78.4 per cent response rate). All participants were on the diabetes register of a large teaching hospital in the north of England.

Results: Spearman's rho correlations showed that overall satisfaction with diagnosis was correlated with emotional problems at diagnosis, problems with managing diabetes, and current emotional problems. In addition, overall satisfaction with diagnosis was associated with: perceived difficulty in understanding information given; whether the patient could remember the information given; whether the patient felt able to ask questions; and whether the patient perceived health professionals to be understanding. Results from a hierarchical regression analysis showed that satisfaction at diagnosis was predicted by the extent to which health professionals were perceived to be understanding, and perceived difficulty with understanding the information given ($R^2=0.520$; $F(6,116)=20.91$, $p<0.001$).

Conclusions: The results from this study lend support to Ley's cognitive model. In particular, the results highlight the importance of the role of communication and satisfaction at diagnosis and the potential implications for the development of emotional problems post-diagnosis.

The utility of the hopelessness theory of depression in predicting post-natal depression

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Objectives: This paper reports a longitudinal investigation into the role of the hopelessness theory of depression in predicting postnatal depression in women at four weeks and twelve weeks postpartum. The hopelessness theory of depression (Abramson *et al.*, 1989) considers hopelessness to be a subtype of depression. A causal chain is proposed which starts with the perceived occurrence of a negative life event, at which point inferences can be made about: (1) why the event occurred; (2) its consequences; and (3) characteristics about the self. In particular, the hopelessness theory predicts that: (a) each cognitive diathesis (i.e. inferential styles) will interact with subsequent stress (e.g. child-related problems) to produce symptoms of hopelessness depression (diathesis x stress component); and (b) each causal factor in the model will contribute to the next in a proximal direction (causal mediation component).

Methods: Primiparous women (n=172) were questioned during the third trimester of their pregnancy, at four weeks and twelve weeks postpartum.

Results: Multiple regression analyses revealed little evidence to support the diathesis x stress component of the theory. However, considerable support was found for the causal mediation component, with the results suggesting that hopelessness may mediate between existing inferential style and subsequent stress in predicting depression after childbirth.

Conclusions: Approaches based on the hopelessness theory of depression may prove useful in the early identification of women likely to develop depression during the postnatal period.

Can anxiety levels for mothers of children attending a severe allergy clinic be predicted?

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Objectives: To examine the factors influencing anxiety levels in mothers attending a severe allergy clinic, and to explore whether these can be predicted prior to the appointment.

Methods: A repeated measures design was employed to analyse maternal anxiety (using the STA) at three time points (prior to, during and following the appointment) over a period of at least four weeks. Other data was collected using Richtmeiser and Hatcher's (1994) Pre- and Post-Visit Parent Questionnaires; Multi-dimensional Health Locus of Control Scale; and patient records.

Results: Mothers' anxiety levels did not appear to be related to the time spent on the waiting list; whether it was a first or follow-up appointment; their Health Locus of Control or the severity of the child's condition (perceived or actual). There were, however, relationships between: (1) state anxiety and trait anxiety at all time points ($p<0.05$); (2) state anxiety prior to the appointment and state anxiety at the appointment ($p<0.01$); (3) state anxiety at the appointment and state anxiety several weeks following the appointment ($p<0.05$); and (4) distance lived from the clinic and state anxiety on the day of the appointment ($p<0.05$) although not prior to or following the appointment.

Conclusions: Maternal anxiety levels were not related to the factors which are often assumed to raise anxiety, i.e. time spent waiting for an appointment and severity of the child's condition.

Exploring self-image during hot flushes using a semantic differential scale: Associations between poor self-image, flush distress and flush frequency

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Objectives: Previous researchers have established that the twenty-item, seven-point semantic differential Menopause Attitude Scale (MAS) has good reliability and validity. Using this scale, depressed women, and those under 35 years old, have been shown to demonstrate more negative attitudes to menopause. In this study, the MAS was adapted to assess attitudes towards the self during menopausal hot flushes. The study's purpose was to examine associations between MAS scores, self-esteem, flush frequency, and ratings of flush distress at Time one and Time two (twelve months later).

Methods: Sociodemographics and data relating to the variables above were collected through two postal surveys, conducted 12 months apart. At Time one, the volunteer sample comprised 55 women (40–60 years) who reported menopausal hot flushes. At Time two, 37 of the original sample participated.

Findings: The MAS showed high internal consistency (Cronbach alpha=0.92). Women revealing poorer attitudes towards the self during hot flushes also reported significantly lower general self-esteem, more frequent flushes and greater distress during flush episodes. Almost all items of the MAS were individually predictive of reported distress during flushes. For example, vasomotor distress was highly associated with feeling unattractive, not needed, and unsuccessful. Time one MAS scores were predictive of reported flush distress at Time two. There were no relationships between MAS scores and age or flush chronicity.

Conclusions: Further enquiry is needed concerning the respective roles of flush frequency and cognitive appraisal processes in shaping flush distress. Women may reduce the stress of vasomotor instability by challenging beliefs about flushing which undermine self-image.

Predicting young people's binge drinking behaviour: A test of the prototype/willingness model

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Objective: To integrate the Prototype/Willingness model of adolescent health-risk behaviour (Gibbons & Gerrard, 1995; 1997) with Ajzen's (1991) Theory of Planned Behaviour in predicting young people's binge drinking behaviour.

Methods: A prospective questionnaire design was employed. Students completed measures of Prototype/Willingness model and Theory of Planned Behaviour variables. Two weeks later they reported their binge drinking behaviour.

Results: Path analysis indicated that intentions were associated with behaviour but willingness was not. Prototype evaluation was not mediated by willingness or intention but had a direct effect on behaviour alongside intentions and past behaviour ($R^2=.51$). Similarity to the prototype, attitude, perceived ease, descriptive norms and past behaviour were significantly related to intentions and explained 75 per cent of the variance.

Conclusions: The primary contention of the Prototype/Willingness model that young people's health-risk behaviour is unplanned was not supported by the findings for willingness here. However, prototype evaluation and similarity from the Prototype/Willingness model contributed to the prediction of intentions and behaviour after Theory of Planned Behaviour variables had been controlled. Thus, integration of the two models has utility for understanding binge drinking.

Illness representation in patients with coronary artery disease managed either surgically or medically

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Objective: Illness cognitions were examined in a sample of patients with coronary artery disease (CAD).

Methods: Following coronary angiography two groups were identified, those who underwent coronary artery bypass grafting (CABG) (surgical group) and those who were treated pharmacologically (medical group). The CABG patients were surveyed prior to (Time one) and six months after (Time two) surgery and the medical group were seen at matched times. Illness cognitions were examined using the Illness Perception Questionnaire and anxiety and depression were assessed using the HADS. The data were examined for relationships between the dimensions of the IPQ and the HADS, and for within and between group differences.

Results: Greater symptom reporting was strongly related to perceptions of serious consequences, poorer perceptions of control/cure and more chronic time-line perceptions. Time-line perceptions and depression were the only variables that were significantly different between the groups; while the Medical group scores on all the other variables remained stable, the surgical group reported fewer symptoms, less serious consequences and reduced depression over time. As expected, the surgical patients improved over time; the medically managed patients fared less well psychologically, which was not predicted.

Conclusions: These findings have implications for targeting 'at risk', or psychologically vulnerable patients. We have shown the CAD population is not homogenous and interventions should be tailored to the different needs of surgically and medically managed patients.

Men's attitudes towards taking viagra: An exploratory study

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Purpose: The aim of this study was to explore men's attitudes to the drug known as Viagra, using a focus group framework which allowed elaboration of the themes and concepts which men use when discussing sensitive health issues in a social context.

Methods: Two focus groups were established. The first comprised six members of a sports club, the second, six patients attending a clinic for men with sexual problems. All were aged between 45 and 65. Each group met once, for one hour. They were directed to discuss what they knew about Viagra, and what they thought of it. The ensuing discussion was tape recorded and transcribed. Interpretative phenomenological analysis was used to identify themes.

Findings: Analysis indicated the following themes: the use of joking to deflect embarrassment; professed lack of knowledge as impression management; establishing a traditional image of a 'sporty' man; females as potential victims of male sexual demands; lack of sympathy in men's accounts of health problems.

Conclusions: Men in some group contexts talk about Viagra in ways which serve to project a socially desirable image, which may include feigned lack of knowledge. Image maintenance may be more important to many men than their health.

The psychosocial needs of out-patients with visible disfigurements

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Introduction: Current care provision within the NHS for out-patients with visible disfigurements is based primarily on the biomedical model,

resulting in the psychosocial effects of disfigurement (including social anxiety, social isolation, depression, low self-confidence and low self esteem) remaining largely unaddressed.

Objectives: The main aim of this study was to establish the extent and type of psychosocial needs experienced by out-patients with visible disfigurements, (including head and neck cancer, tattoos, birthmarks, burns, craniofacial conditions, dermatology, hand abnormalities and disfiguring eye conditions) leading to recommendations for appropriate solutions to these problems.

Methods: A semi-structured interview and standardised measures (relating to anxiety and depression, appearance-related concerns, personality characteristics and quality of life) were administered to 651 consecutive attenders at 15 out-patient clinics. Both quantitative and qualitative analysis were performed on the data.

Results: There was no relationship between the severity of disfigurement and levels of distress. Raised levels of social anxiety, depression and self consciousness, and low levels of social self confidence were common to varying proportions of participants in all clinics. The results also revealed condition specific effects (e.g. the impact of life threat in head and neck cancer on measures of psychological wellbeing) and interaction effects, including the impact of perceived noticeability, social support and coping strategies on psychological adjustment and well-being.

Conclusions: A substantial proportion of participants experience psychosocial problems relating to appearance related concerns. Such needs are currently being addressed with the options for delivering care more closely tailored to the needs of patients under discussion.

Illness representations, coping and outcome in irritable bowel syndrome (IBS)

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Irritable bowel syndrome has no observable symptom markers and there is little the medical profession can do to help sufferers.

Psychotherapy (e.g. cognitive-behavioural therapy), anti-depressants and drugs aimed at the most problematic symptoms have been shown to have limited effects for patients. In order to understand the illness, the influence of illness representations (Leventhal *et al.*, 1980) on outcome was investigated. Members of the IBS Network (an independent charitable support network for IBS sufferers) were contacted via the quarterly newsletter and invited to participate in the research. 190 completed questionnaires were returned. Participants completed the illness perception questionnaire (IPQ), the COPE and the WHOQOL-Bref. Respondents also completed open-ended questions about living with their illness and their reasons for joining the support network. The results suggest that IBS patients believe that the main causes of their symptoms are due to internal factors, with stress being the most commonly cited causal attribution. These and other findings will be discussed.

Occupational stress in radiographers: Demands-control or demands-control-support?

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According to Karasek and his colleagues, highly demanding jobs can lead to poor psychological and physical health, but the effects may be moderated by how much control or authority for decision-making the job allows. It was later suggested that social support may be a moderator too, and the Demands-Control model thus became the Demands-Control-Support model. The present study tests the two models on a sample of more than 1100 radiographers employed in the UK National Health Service. In postal questionnaires sent to radiography departments throughout Britain, respondents were asked to complete scales measuring job demands, decision authority, social support at work, perceived stress at work, job satisfaction,

how often they thought about leaving, and whether they would actively look for another job in the next twelve months. Median splits on demands, decision authority and support gave a 2 x 2 x 2 factorial design, and each of the four outcome measures was examined by three-way analysis of variance. Descriptive statistics showed that 30 per cent of respondents reported 'clinical' levels of stress, but only 20 per cent often thought about leaving or would actively look for another job. The analyses of variance showed that, while demands had the main effects predicted by Karasek, decision authority and support had main effects too but did not interact with demands and so were not moderators. The implications of the findings both for theory and for policy and practice are discussed.

Medication compliance amongst people suffering from diabetes

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Although the Theory of Planned Behaviour has received extensive support in the health literature it has been criticised for not catering for emotional fear and arousal variables. This exploratory study was performed to investigate the beliefs and affective responses associated with the diabetes self-care regimen. The aims of the study was firstly to assess a set of modal beliefs representing patients reasons for their medication non-compliance and secondly, to assess the importance of positive and negative affect in determining behaviour. This study firstly found that the most frequently reported reasons for not complying with the dietary recommendations within the diabetes self-care regimen were concerned with taste, lack of time and the availability of appropriate foods in restaurants. The most frequently reported obstacles reported for non-compliance towards participating in exercise were lack of time, lack of motivation, health restrictions and inclement weather. Secondly, it was found that positive and negative affect played an influential role in affecting compliance towards certain dietary aspects of the regimen and exercise. This result lends support to the argument that more attention should be paid to emotional reactions when investigating determinants of health behaviour. Based on the problems associated with non-compliance to certain dietary recommendations, an intervention based on implementation intentions perhaps should focus on encouraging planning both in terms of time and how to deal with eventualities (such as going out for a meal and being offered inappropriate food). Similarly, an intervention based on implementation intentions to increase exercise participation might encourage the diabetes sufferer to plan when they will exercise.

Are implementation intentions useful for bridging the intention-behaviour gap in adhering to long-term medication regimens? An attempt to replicate Sheeran and Orbell's (1999) intervention to enhance adherence to daily Vitamin C intake

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Sheeran and Orbell (1999) significantly increased adherence to a daily regimen of Vitamin C intake among young people who had been exposed to a post-decisional intervention, linked into the Theory of Planned Behaviour (TPB), known as implementation intentions (Gollwitzer, 1993; Gollwitzer & Brandstätter, 1997). Unlike the TPB, in which intentions capture the motivational force behind a behavioural goal, implementation intentions involve a state of planning which leads to a volitional force that commits the individual to plan when where and how their goal intentions are to be achieved. Using a larger population than the original study, the present authors successfully replicated Sheeran and Orbell's results – a significantly greater number of

participants in the intervention condition adhered to a month-long regimen of Vitamin C than participants who had not been exposed to the intervention. The implications for this intervention to increase adherence among patient populations on life-long medication regimens are discussed.

Genetic testing from the partner's perspective: Objectively testing subjective norms

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Objectives: The study examined the attitudes of high risk individuals (patient group) and their partners (partner group) towards genetic testing for bowel cancer (n=80).

Methods: Postal questionnaires were sent to people on a hospital database who were known to be at high risk of bowel cancer, they were also sent questionnaires to give to their spouse or partner. The framework used was the theory of planned behaviour, with additional variables including susceptibility and severity.

Results: The results showed that overall, partners held very similar views to those held by the high risk individuals. There were, however, important differences in their assessment of risk, with partners assessing high risk individuals to be at lower risk than the high risk individuals themselves did (p<0.05). Additionally the patient's assessment of their partner's attitude towards them having a genetic test (their subjective norm), was more highly correlated to their own interest in having a genetic test (p<0.001), than it was to their partner's true interest in having a genetic test (p<0.05). This was true even when considering only those partners who said they had discussed genetic testing.

Conclusions: This study highlights the truly subjective nature of subjective norms, and the ways in which risk perception varies according to perspective. Theoretical and clinical implications will be discussed.

Parental mental health, parenting practices and the quality of life of children with cancer

YH VANCE & C EISER, Dept. of Psychology, University of Sheffield

Objectives: Parenting children with cancer poses a real challenge to the extent that they may be fretful and tired, difficult to feed, and frightened. Parents may be uncertain about imposing strict limits on a child who has a life-threatening illness. Discipline practices have been studied in the cancer field, but only in the context of parental responses to the child's treatment procedures. Specifically, negative discipline strategies (e.g. force) have been correlated with the child's distress and poor pain management during medical procedures (e.g. lumbar punctures). More positive ways of interacting with the child (e.g. reassurance) have been shown to reduce the child's fear and distress. This study is novel in investigating both parental mental health and parenting practices in relation to the child's self-reported quality of life (QOL), a comprehensive measure of the child's overall functioning.

Methods: 36 parents completed measures of mental health, worries about the child's illness, parenting and QOL. Their children completed a measure of QOL. The children were aged 6 to 12 years, had been diagnosed with acute lymphoblastic leukaemia, and 64 per cent had completed active treatment.

Results: Using multiple regression analysis, the child's QOL was higher when parents had low levels of depression and endorsed fewer negative discipline strategies.

Conclusions: Children of parents who present with poorer mental health or demonstrate negative discipline practices show poorer QOL. This suggests that intervention programmes that teach parents appropriate ways of disciplining a sick child has important implications for the child's QOL.

Fertile and sub-fertile women's choice of social over genetic parenthood

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The choice of adoption over genetic parenthood was investigated retrospectively by questionnaire to determine the extent of cognitive consistency regarding the importance of a genetic link and disclosure of a child's origins. 105 women were recruited from adoption agencies and services. Participants were divided into four groups, female/male subfertility, female subfertility, male subfertility and female/male fertile group. Half the sample answered the question about the importance of a genetic link. Women who failed to adopt thought a genetic link was important, as did those who were less likely to disclose alternative reproductive conceptions to their child. No differences in the importance of a genetic link were found in women who initially opted for IVF, fertility drugs, sperm or egg donation. First thoughts following diagnosis were more focused and actions more centred on adoption in the female/male subfertile group compared to other groups. Communication of the child's origins was least prevalent in the female/male subfertile group, followed by the male subfertile group, although all groups would disclose adoption. The choice of adoption was determined by a number of factors, not all associated with infertility resolution. Although it is unlikely that resolution to infertility can be achieved in any population attempting to overcome infertility, the cognitive dissonance identified is likely to be generalizable to those choosing other options to overcome infertility, and is based on traditional structural functionalist theory influences. A post modern approach to family principles should have the reverse effect.

First class disservice: Trusts' strategies for changing clinical practice in the first year of clinical governance

LM WALLACE, Health & Social Sciences, Coventry University

The term clinical governance was first defined in June 1998 in A First Class Service as 'a framework ... for continuously improving the quality ... of clinical services'. It specified key accountabilities that reside in the Board and Chief Executive, and implies the need for organisation wide commitment to achieve the required changes. Out of a possible 86 trusts, 72 trusts' clinical governance leads in the South West and West Midlands regions completed a questionnaire in April to June 1999 on the first year's progress on many aspects of clinical governance. This paper reports specifically on the strategies used to change clinical practice. Respondents rated 13 change strategies which fall into four groupings (educative, facilitative, performance management and multi-component approaches) for their current use, perceived effectiveness and predicted future use. Results showed that while certain strategies, particularly educative ones such as attending critical appraisal skills workshops and using protocols were frequently used, there was only a weak relationship with perceived effectiveness. However, neither was perceived effectiveness a strong predictor of predicted future use. Relationships with a composite index of reported progress on implementing changed organisational structures and systems were not significant. Barriers to clinical governance are primarily resources, rather than perceived resistance, or organisational capability to change. Respondents also rated nine expected organisational impacts of clinical governance. It is clear that trusts do expect to impact clinician behaviour, although they are less optimistic about direct impact on patient care. Trusts are aware of the need to change clinician behaviour, but are failing to use existing evidence, and their own experience, to develop more effective organisational interventions.

Socio-economic status, obesity and weight control

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Background: In most developed countries obesity is more prevalent in lower SES groups. Several hypotheses for the SES differences have been put forward. Some emphasise the effect of weight on SES (so-called 'selection' explanations), arguing that obesity constrains educational and occupational success. Others focus on the influence of SES on weight ('causation' explanations). Causation explanations are of two kinds: exposure (characteristics of the low SES environment affect weight) or agency (differential uptake of health behaviours). This paper presents the results of a study which attempts to evaluate SES differences in deliberate weight control. **Methods:** An epidemiological sample of 1894 adults in Britain were interviewed about their attitudes to, and practice of, weight control. **Results:** As expected, higher SES women had a lower BMI and a lower prevalence of obesity. Despite this, higher SES men and women perceived themselves to be fatter, monitored their weight more closely, and were more likely to be either watching their weight or trying to lose weight. Higher SES groups also reported more restrictive dietary practices, especially if they were trying to lose weight, and higher SES women participated in more vigorous activity. **Conclusions:** The results are consistent with the agency hypothesis, and support the view that part of the protection against weight gain in higher SES groups derives from greater concern about weight, which translates into more active weight control practices.

Personality and social predictors of atherosclerotic progression: Edinburgh Artery Study

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Objectives: Personality and social factors are associated with cardiovascular disease, but the biological mechanisms of the associations are not fully understood. An objective, non-invasive and reliable measure of atherosclerosis is the ratio of arm systolic blood pressure to ankle systolic pressure (ABPI). A low ABPI indicates peripheral arterial disease. Studying personality and social factors in relation to the change in ABPI over time can help indicate whether these factors are part of the mechanism that accelerates atherosclerosis. **Methods:** In the Edinburgh Artery Study, 1592 men and women were randomly sampled from the general population. Their ABPI was measured at baseline and at the end of a five-year follow-up. Data on physiological, social and personality factors were collected at baseline. Statistical analyses included multiple linear regression and structural equation modelling. **Results:** Hostility was related to worsening atherosclerosis. Its effect was mediated by age and smoking. In men, smoking, alcohol consumption and submissiveness accounted for two per cent of the variance in ABPI change. In women, only age related to ABPI change, accounting for six per cent of the variance. Well-fitting structural equation models revealed complex associations: age directly influenced both baseline ABPI and change in ABPI; smoking and social deprivation directly affected baseline ABPI; the effect of hostility, and some of the effect of social deprivation, was mediated by smoking. **Conclusions:** In addition to biological factors, social and psychological variables have an impact on cardiovascular disease. This is important for a clearer understanding of the complex interaction of risks and for more effective disease prevention.

Adherence to medical treatments: Investigations of decision making

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Objectives: It has been suggested that 'nonadherence' may reflect active decisions. The study described aims to further understand this decision making process. Consistent with a modified version of Subjective Expected Utility Theory, it is proposed that the decision process reflects a rational weighing up of the pros and cons that the individual sees as relevant at that time. Also investigated was the relationship between adherence and ways in which treatment decisions were made, e.g. patient involvement. **Methods:** Patients were individuals with asthma, COPD or HIV (diseases selected because of major problems with adherence to medication) who rated frequency of: (1) forgetting to take prescribed medication; (2) missing out doses; and (3) adjusting doses. Participants stated reasons for and against taking their medications, and rated these according to personal relevance (or value). The questionnaire also asked about treatment decisions. **Results:** People gave a range of reasons for and against taking their prescribed medications, e.g. concerns about side effects; fear of the illness. These reasons were associated with levels of adherence, such that 'adherence decisions' appear to reflect a balance of the issues that individuals consider relevant at the time. **Conclusions:** This research suggests that adherence/non-adherence may reflect internal rationality, highlighting the importance of assessing individuals' idiosyncratic beliefs. The relationship between adherence and patient involvement in treatment decisions will be discussed, and the possibility of influencing factors on which individuals' focus, as a method of improving adherence.

Parents' accounts of wheeze and asthma in their children

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Purpose: To explore parents' concepts of wheeze and asthma and to identify what influences them when interpreting and reporting symptoms in their own children. **Methods:** Semi-structured interviews with 20 parents of children aged six years and under, recruited from an earlier cohort survey of child respiratory symptoms and from GP practices. Quota sampling was used to reflect child age and sex, area of residence, ethnicity, parental smoking and reports of wheeze and asthma. Interviews were tape-recorded and transcribed verbatim. Data analysis adopted the constant comparison approach. **Findings:** Parents' accounts of their children's respiratory symptoms drew on a range of resources. These included a lay epidemiology and symptomology of respiratory symptoms, but the application of these to their own children was influenced by their in-depth, intimate knowledge of their own child and the context in which symptoms occurred. Parents' accounts of their children's symptoms were also influenced by a need to demonstrate the adequacy of their parenting. For example, parents 'worked' to balance conflicting responsibilities when reporting symptoms: they might report consulting a doctor to ensure their children's symptoms were investigated and managed appropriately, but invoke medical uncertainty about diagnosis to protect their children from medical labelling. **Conclusions:** Improved design of survey questionnaires about children's symptoms may be achieved by better framing and wording of questions, and by providing appropriate information to acknowledge parents' concerns. Interpretation of the results of child symptom surveys is enhanced by recognising the range of resources and competing concerns that parents bring to bear in completing these instruments.

Influence of donor type, recipient age and time since transplantation on the five dimensions of the Transplant Effects Questionnaire (TxEQ)

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Objectives: To investigate the influence of transplant type, recipient age and time since transplantation on the five dimensions of the Transplant Effects Questionnaire (TxEQ). **Methods:** The TxEQ was administered to a sample of $n=336$ renal transplant recipients. A $2 \times 3 \times 3$ MANOVA was performed on the five factors (previously established by confirmatory factor analysis: 'worry', 'guilt', 'disclosure', 'adherence', and 'responsibility') to analyse the effects of donor type (living-related/cadaver-related); age in years (19-39/40-53/54-78); and time since transplant in years (0-5.00/5.01-11.00/11.01-28.97) on scale means. **Results:** The combined dependent variables were significantly affected only by donor type, $F(5, 261)=7.643, p<.001$, partial $\eta^2=.128$ and age $F(10, 524)=4.514, p<.001$, partial $\eta^2=.079$ and neither by time since transplant nor by any interaction. The donor type main effect was significant for factor 'guilt' only with live-related recipients reporting more feelings of guilt towards the donor than cadaver-related recipients. The age main effect was significant for four factors (worry, guilt, disclosure, responsibility) but not for 'adherence'. Older participants were less worried, less guilty, reported less disclosure, and showed more responsibility. **Conclusions:** These analyses show how different forms of transplantation lead to different responses. In particular feelings of guilt towards the donor appear to be more prominent in living-related transplantation. Further research is currently in progress to assess other groups of transplant recipients and examine the relationship of the TxEQ to other measures.

POSTER PRESENTATIONS

Children with chronic asthma: Its relationship with expressed emotion and stress in parents

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Objectives: Expressed Emotion (EE) describes attitudes and feelings that people have about their ill children, characterised by a critical and hostile attitude, emotion, over-involvement and low warmth. Research has cited the negative effects of high EE on adaptability, cohesion and outcome of families of children with chronic disease. There are two issues to be addressed: Is there a difference in the type and amount of emotion expressed by parents of children with asthma and which categories of EE are most frequently expressed? Do certain categories of EE affect the child's symptoms? **Methods:** A cross sectional within subjects design is employed, using a clinical sample of 40 parents of children with asthma and a control group of 40 parents of children without asthma. The measures used are the Parental Stress Index Short Form (PSI/SF) and a revised Five-Minute Speech Sample, the Southampton Speech Sample (3S). A parallel NHS funded project, using the same clinical group, but different measures, includes a lung function test for each child, which provides an objective measure for this study. **Results:** One-way ANOVA to analyse between group differences in EE and stress and regression to analyse association, between EE, stress and children's asthma symptoms. **Conclusions:** Given an association between high EE, stress and chronic asthma, therapeutic considerations of familial aetiology might help relieve symptoms, reduce recurrences and improve adherence to medication.

Patients' perceptions of what helped them make changes whilst attending a residential chronic pain management programme

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Purpose: The process of change was investigated using patients' perceptions of the influence of non-technical aspects of a residential pain management programme on the changes they made. Therapeutic alliance and the dynamics of group psychotherapy were considered as possible non-technical aspects. Technical aspects of the programme comprised medicine, nursing, clinical psychology, occupational and physiotherapy.

Methods: 13 patients (7 women; aged 39 to 71 years) with differing pain sites participated. Mean pain duration was 16 years (range 6 to >30 years). Patients were interviewed twice, during weeks two and four of the four-week cognitive behavioural programme. Open-ended questions focused on: (1) what was/was not changing, physically and psychologically; (2) perceptions of the staff; and (3) the experience of being in a group of people with chronic pain. Interpretative Phenomenological Analysis (Smith *et al.*, 1997) was used to identify themes from the recorded interviews.

Findings: Emergent themes influencing change were: (1) acceptance of the patient's pain by staff and fellow patients; (2) group identity; as patients with chronic pain, and as patients participating in the programme; (3) mutually supportive group environment; (4) patients 'choosing' to make changes; (5) witnessing change in others; and (6) staff perceived as giving time and individualised help.

Conclusions: Tentative conclusions suggested that patients felt sufficiently safe to attempt changes whilst attending the programme. Factors that contributed to this safe environment were staff attitudes and empathy, and aspects of being with other patients with chronic pain. The usefulness of the group as a therapeutic environment in pain management programmes was discussed.

Are the stages of change 'pseudo-stages'?

MA ARDEN, School of Social Science & Law, Sheffield Hallam University & CJ ARMITAGE, Dept. of Psychology, University of Sheffield

Objectives: The principle objective of this poster is to investigate whether the Theory of Planned Behaviour (TPB) variables show linear increases over Transtheoretical Model (TTM) stages. Linear increases in TPB variables across TTM stages would suggest that it is a 'pseudo-stage' model (Sutton, in press) which describes the characteristics of those in each stage rather than explaining the differences between stages.

Methods: The study ($n=331$) investigated the TTM and TPB (extended to include self-identity, self-efficacy and perceived control over behaviour) in the domain of health-related food choice using a cross-sectional design (Sutton, in press) and a questionnaire methodology. The data were analysed using Analyses of Variance and polynomial contrast analyses.

Results: Results showed a significant linear trend for all TPB variables across TTM stages, although there were also significant quadratic relationships between TTM stage and both subjective norm and behavioural intention.

Conclusions: The present study suggests that TTM stages reflect linear differences in TPB variables and are therefore 'pseudo-stages' which are descriptive rather than explanatory. Further research is required to evaluate the effectiveness of interventions targeted at individuals in certain stages with variables informed by the TPB, and to extend the present findings beyond the domain of health-related food choice.

Patient perceptions of rheumatoid arthritis

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This qualitative study used a grounded theory approach to examine the experiences of individuals with rheumatoid arthritis and their personal representations of the physical and social effects of the disease. Questions for a semi-structured interview were developed by a small group of nurses working within Rheumatology. Interviews were carried out with 15 patients with rheumatoid arthritis and these interviews were recorded and transcribed verbatim. Participants were questioned about their likes, dislikes and concerns about treatment; concern about the future; the affect of the disease on work, social and family life; the affect rheumatoid arthritis has on the self and any other important issues that the individual felt should be addressed. Each interview was analysed by two independent analysts and the following major categories were identified from the transcriptions: medication; activity and mobility; mood; social support; the experience of pain; the importance of information and issues surrounding work. The data indicate a complex interaction between a variety of health-related behaviours that need to be viewed individually and in terms of their dynamic effect on each other. This has implications for proposed psycho-educational interventions and a further understanding of which may assist in improving the holistic treatment for individuals with rheumatoid arthritis.

Evaluating the needs of marginalised groups in dementia care: A systematic review of the literature

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Purpose: This paper presents the results of a systematic literature review concerning the provision of dementia services to groups of people believed to be currently marginalised in service provision, i.e. people aged under 65, people from minority ethnic groups, and people with mobility problems.

Background: Dementia is usually defined as global impairment of cognitive function that interferes with daily life and activities. In the UK the most common dementing illness is Alzheimer's, although increasing numbers of people are being diagnosed with other dementing illnesses such as Creutzfeldt-Jakob or HIV-related dementia. Younger people may be disadvantaged as the majority of existing services are directed towards older people, which may be inappropriate. People from minority ethnic groups may experience a lack of culturally appropriate services. People with mobility problems may be denied access to services because of their disability. Many services are constrained by a medical model of disability rather than one that embraces a bio-psycho-social approach which recognises the dynamic interaction of all three perspectives.

Methods: In order to evaluate the needs of marginalised groups a standardised systematic review methodology was followed (Cochrane Library, 1997). A total of 18 databases were searched with specific search strategies employed in order to identify relevant articles. 'Grey' literature and hand searching of key journals was also carried out.

Conclusions: The quality of evidence concerning marginalised groups and service provision varies widely. The implications of this for policy and practice in the field of dementia care are discussed.

Adult minor illness and general self-efficacy – are they related to birthweight?

DA BELLINGHAM-YOUNG & EN ADAMSON-MACEDO, Dept. of Psychology, University of Wolverhampton

Objectives: A large body of research indicates that in an unfavourable environment the developing foetus will attempt to compensate for deficiencies. Compensation affects birthweight, cognitive function and health in later life. Barker's Hypothesis suggests poor nutrition in vitro is linked to low birthweight and major illness in particular cardiovascular disease. Research from the Dutch hunger winter concludes that 62 per cent of variance in birthweight is determined by the environment in the uterus. As far as we are aware, very little research has been conducted with a population who are not officially low or normal birthweight. The study reported here aims to do this, and investigates links with birthweight, minor illness and general self-efficacy.

Design: 75 participants whose birthweight ranged from 2.69kg to 4.88kg and a mean 3.4kg, completed a symptom checklist and general self-efficacy questionnaires. Since it is a measure of central value the median of 3.31kg was used as a cut off point to identify 2 groups.

Results: Results of t-tests indicate those with a higher birthweight experience less minor illness, and have a higher general self-efficacy. Multiple regression reveals that membership of birthweight group is significantly predictive of general self-efficacy and minor illness.

Conclusions: Findings add support for Barker's hypothesis and suggests that cognitive traits and susceptibility to minor illness may be explained by coactions between structure, function and environment prior to birth. Further research is suggested to establish the implications for the growing body of research utilising self-efficacy.

Eggs, baskets and whipped esteem – physical self-perceptions and self-esteem profiles of physical education alumni differing in BMI: The Loughborough Alumni Health Study

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Objectives: To assess the relationships between physical self-worth (PSW) sub-domains (Level III), PSW (Level II) and self-esteem (SE; Level I) in groups differing in BMI.

Methods: Cross-sectional survey of college physical education alumni ($n=109$ males, mean age=55 years; range=49.7-69.9). Instruments were the Physical Self-Perception Profile for adults (PSP-A), Rosenberg's Self-Esteem scale, and BMI. PSP-A Level III constructs assessed were perceptions of sports competence (SPORT), physical appearance (APPEAR), functional capacity (FC) and health/disease (HEALTH). BMI groups were 'normal weight' (BMI=18.5-24.9, $n=26$, $M=23.5$), 'overweight' (BMI=25.0-29.9, $n=70$, $M=27.0$), 'class I obese' (BMI=30.0-34.9, $n=13$, $M=33.6$).

Results: Relationships between Level III constructs and PSW were moderate-to-high for normal weight and overweight groups across all four sub-domains. For obese, the associations were high only for APPEAR (SPORT: $r=.59/.61/.36$; APPEAR: $.81/.82/.73$; FC: $.38/.41/.07$; HEALTH: $.58/.48/.23$; bold $p<.05$). Partial correlations (controlling for PSW) confirmed the mediating role of PSW for Level III constructs on SE. PSW-SE correlations were low-to-moderately positive for 'normals' ($r=.21$, $p>.05$) and 'overweights' ($r=.35$, $p<.05$), but negative for the obese ($r=-.21$, $p>.05$).

Conclusions: For these obese individuals, PSW is based mainly on appearance perceptions. Having only one egg in the basket of PSW might be damaging to SE. A broader contribution to PSW seems more positively associated with SE.

Families living with psychosis

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Changes to the mental health system in the UK have resulted in the treatment of individuals with mental health problems being community based so that it is the immediate family that shoulders most of the caring responsibility. In this exploratory study we sought to investigate the factors that affected living with psychosis in the family. Influencing factors of interest were ethnic origin and relatives' knowledge of the illness. Interviews with an opportunistic sample of 19 participants from three ethnic groups (British Whites, Afro-Caribbeans and Asian-Indians) were audio-taped. Using grounded theory, 16 categories were constructed which described processes associated with dealing with mental illness within the family. Core categories included coping, evaluation of psychiatric services, and learning about the illness; these gave rise to constructs such as gaining control, future needs and caring role. Ethnic origin had a marked effect on many of these categories. The core categories are currently being explored in more detail. Analysis indicates that questioning and learning about psychosis and service provision, which differed with ethnic origin, often stimulated a change in the needs and the role of the family, and facilitated adaptation to living with psychosis. Clear communication with health professionals can enable families to make a valuable contribution to the care management of individuals with psychosis.

The effect of previous experience on current coping in a low-control, unpredictable situation

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Objectives: To examine the coping strategies used during a protracted low-control stressful situation and to determine whether prior experience influenced the choice of strategy.
Methods: In this prospective study women (n=63) undergoing infertility treatment monitored their emotional distress (Boivin & Takefman, 1995: Daily Record Keeping Chart) and coping strategies (Stone & Neale, 1984: Daily Coping Measure) during the two-week period prior to the pregnancy test by which they would discover whether treatment had been successful or not. Women had been infertile for about eight years; 68 per cent (n=43) had no prior experience with this treatment whereas the remaining 32 per cent (n=20) had tried it at least once.
Results: Analysis of variance (ANOVA) revealed that inexperienced patients reported more distress during the two week waiting period than did patients with previous infertility treatment experience. However, prior treatment experience did not influence the coping strategies used. For all women, seeking support, distraction and catharsis were the most common strategies. The number of coping strategies used and the intensity with which strategies were used changed over the 14 day waiting period (p<.001).
Conclusions: The results of this prospective study failed to show coping differences which could account for the greater distress reported by patients inexperienced with infertility treatment compared to experienced patients.

Coping and psychological outcomes after military service

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Objectives: Although 25,000 NCOs leave the British Army each year, little is known about this transition. Two studies were therefore conducted. The first sought to document ex-soldiers' experiences in various lifestyle domains. The second had two objectives: assess ex-soldiers' well-being, and examine potential coping determinants.

Methods: In study 1 (n=134), a questionnaire was used to collect data pertaining to seven lifestyle outcomes of ex-soldiers: alcohol consumption, criminality, illicit drug use,

employment, finances, relationships, and social network composition. In study 2 (n=91), data were collected with a questionnaire that contained measures of type A behaviour pattern, self-esteem, dispositional coping, army social identity, and general well-being. Hierarchical regression was used to examine potential determinants of coping. Problem- and emotion-focused coping were examined separately. Type A behaviour and self-esteem were entered in the first step of the equation, social identity in the second.

Results: Study 1 revealed that ex-soldiers experienced numerous negative outcomes, which are potentially maladaptive with regard to future adjustment and well-being. Study 2 demonstrated that ex-soldiers' well-being was poor, with 78 per cent of participants being moderately to severely distressed. Type A behaviour and self-esteem accounted for 24 per cent of the variance in coping and, once the effects of these variables were controlled, social identity significantly contributed another 18 per cent to the model.

Conclusions: Social identity is a key determinant underlying ex-soldiers' psychosocial adaptation. Further research is required to determine the precise functional role of social identity in relation to coping and adjustment, including its relevance to alternative populations and health psychology more generally.

Development of a computerised scale to measure children's dental anxiety: The Smiley Faces program

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Objectives: To develop and test an interactive computerised scale that can assess children's trait dental anxiety. The scale aims to assess anxiety over a variety of dental scenarios as well as to produce a total anxiety score.

Methods: The Smiley Faces Program (SFP) assesses anxiety over various dental scenarios using interactive animations. The response set comprises a range of seven faces and participants are able to select the appropriate face for each scenario in a trial and error manner. In the first part of the study, 40 children completed the pilot scale with half of these participants providing test-retest data. In the second part, 120 school children (12–15 years) completed the SFP.

Results: The 'scale and polish' item was removed from the SFP as the pilot study highlighted that children were not familiar with this form of treatment. After this item was removed the SFP was found to be a reliable indicator of children's dental anxiety (based on test-retest data and alpha coefficients). Children were found to be most anxious of the drill and local anaesthetic injection and a small but significant number of children were dentally anxious.

Conclusions: These preliminary results suggest that the SFP may be useful in trials to assess the benefits of interventions to help children receive dental treatment.

Implementing a psychological intervention to improve lifestyle self-management in patients with Type 2 diabetes

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Lifestyle and behavioural factors play an important role in the development of Type 2 diabetes and management of this chronic illness involves a combination of medication and lifestyle change. However, diabetes lifestyle programmes have been found unsuccessful unless they are intensive and continued over long periods of time. The present study, which is one of the few randomised controlled trials of lifestyle interventions in diabetes to be conducted outside of the US, aims to evaluate a brief psychological intervention that can be integrated into routine usual care to assist people to make the recommended lifestyle changes. Subjects are allocated to either an intervention or usual care

control group. The intervention includes assessment and a personalised programme in which realistic manageable goals for lifestyle change and overcoming barriers are negotiated using brief motivational interviewing. Maintenance issues are addressed by follow-up telephone contact. The process of implementation of this study will be presented together with baseline data on participation rates, demographic and medical characteristics, eating patterns, weight history, personal models of diabetes and self-care activities. Implications for practice will be discussed.

Psychosocial support on the Paediatric Intensive Care Unit (PICU)

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Purpose: The British Paediatric Association (1993) has recommended that PICUs employ specialist personnel to address the psychological needs of patients, relatives and staff. In this paper the results are presented of a recent survey into present psychosocial staffing levels on PICU in the UK.

Methods: A brief questionnaire was sent to all 26 PICUs in the UK requesting details of the level and types of psychosocial support offered.

Principal areas addressed were: provision and accessibility of staff; referral practices; staff support and bereavement support. The questionnaire was sent out in three waves with telephone contact for non-responders.

Findings: The response rate (88 per cent by the third wave) was increased to 100 per cent by telephone contact. In the previous year, all units (54 per cent of which had a social worker and 31 per cent a psychologist attached) had referred either a child and/or a family for further help. Fewer than half had regular staff support meetings and only 19 per cent held a regular psychosocial meeting. All units offered one meeting with bereaved parents, but only 19 per cent routinely provided further support.

Conclusions: Despite increasing recognition of the distress affecting parents and staff in health settings such as PICU, it is still relatively rare for a unit to have a formally allocated psychologist. Hopefully in the future, research on the nature of the child's direct experience will establish which patients are at the greatest risk of developing adjustment problems and how these can best be ameliorated.

Breast cancer: Psychosocial effects on male partners

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The aim of this paper is to examine research pertaining to the psychosocial aspects of breast cancer from the perspective of the partner. Focus will be on coping and the role of social support for the partner as it has been suggested in the literature that it is the partner who is the most important person in determining the well being of the woman cancer patient. Considerable evidence suggests that coping and social support processes play an important role in the adjustment made by couples experiencing chronic illness such as breast cancer. Studies show that women receive more social support than partners and are more likely to actively seek such support. However, it is simplistic to conclude that only the person with the cancer requires or benefits from social support. Ability to cope may be affected by many variables including fear of an unknown future and the fact that following the diagnosis of breast cancer there is a shift of role with the partner often taking on more practical tasks as well as emotional caregiving. A deeper understanding of the support processes that benefit partners is essential in assisting both the partner and the woman. Such understanding will assist health professionals in designing intervention strategies that benefit the partner as well as the woman. There is a clear indication as to the need for further research in this area because of a number of methodological shortcomings including predominantly retrospective data, small samples, samples which often include patients of various

age groups and at different stages of illness/recovery.

Venous leg ulcers – patient reported impact on quality of life

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Purpose: Venous leg ulceration (VLU) is a common recurrent condition resulting from chronic venous insufficiency. While it is widely agreed that VLU and its treatment have a profound impact on patients quality of life, there is currently few instruments available for quantifying this impact. This study identifies relevant QoL issues as a starting point for development of a new measure specific to VLU.

Methods: The theoretical basis adopted is the need-based model of QoL. Sixty unstructured qualitative interviews were conducted with relevant patients (30 UK, 15 Italy, 15 Netherlands) to identify impact on QoL. Interviews were transcribed verbatim and content analysis identified statements consonant with the needs-based model.

Findings: VLU clearly has a considerable impact on patients' ability to meet their needs. Similar issues relating to need fulfilment were raised in each country including: lack of freedom from pain, loss of energy/motivation, feelings of confinement, loss of independence, impact on self-esteem/self worth, feelings of self-consciousness, loss of personality, reduced social contact and impact on personal/family relationships. A draft measure consisting of 54 statements was produced.

Conclusions: The draft measure provides the opportunity to assess the effectiveness of treatment from the patient's perspective. Deriving the content from three countries allows the future production of cross-culturally comparable instruments.

Looking for common ground: A first step towards comparing quality of life across diseases

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Purpose: The purpose of the present study was to explore the potential for using condition-specific measures to compare quality of life (QoL) across different diseases. The primary research question was whether QoL items that appear to address similar issues are interpreted in the same way by the different patient groups.

Methods: The RAQoL (a 30-item rheumatoid arthritis (RA) questionnaire) and the QoL-AGHDA (a 25-item adult growth hormone deficiency (GHD) questionnaire) were selected for this study as they both possess excellent psychometric properties and the two patient groups appear to have certain issues in common. Semi-structured interviews were conducted with 20 RA and 19 GHD patients to assess the applicability and relevance of RAQoL items to GHD patients and vice-versa.

Findings: 18 items were identified as being common to both conditions. However, the findings also indicate that although the two diseases impact on similar areas of QoL, the exact nature of the problem can vary considerably. Such differences in emphasis can greatly influence the way in which individual items are interpreted.

Conclusions: The way in which individual questionnaire items are interpreted across disease groups varies considerably. This has serious implications for the continued use of generic instruments to compare QoL across diseases. The identification of a pool of common items represents the first step towards being able to make comparisons while retaining the benefits of disease-specific measures.

Health outcomes: Are we getting the complete picture?

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Purpose: The present discussion outlines emerging concerns within the field of health outcome measurement about the ability of existing instruments to assess the full range of the construct being measured. These concerns are illustrated using a needs-based QoL measure, the Quality of Life in Depression Scale (QLDS).

Background: The challenge presented to researchers is to produce instruments that have a comprehensive coverage of the construct but are sufficiently short to minimise respondent burden. The QLDS is a 34-item measure that is highly acceptable to respondents and has excellent psychometric properties. However, Rasch analysis of existing data indicates that it does not cover the full range of QoL impairment experienced by depressed patients.

Key points: The QLDS was developed using the traditional approach to instrument development. This involves the rejection of both frequently and infrequently affirmed items and a reliance on inter-item and item-total correlations to maximise homogeneity. As a result, extreme items are excluded and others that have equal 'weight' are selected leading to a narrow range of measurement.

Conclusions: The issues raised apply to all instruments developed using traditional methodology. A potential way forward is to identify additional items representing the extremes of the construct being measured. Item selection should then be employed to ensure that the items retained represent different amounts of the construct. Such methodology would substantially improve the potential measurement range of existing health outcome measures.

Psychosocial interventions for carers of people with dementia: A systematic review

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Purpose: (1) To identify the type of components (e.g. general education, counselling) that have been utilised in psychosocial/psychoeducational interventions for dementia carers. (2) To evaluate the success of the different components or combination of components in producing positive outcomes for dementia carers.

Background: The content of interventions for carers of dementia patients is highly varied. None of the reviews conducted to date have focused on evaluating the effects of the content of interventions exclusively for dementia carers and this issue is not well understood.

Methods & Key points: A literature search was carried out using computerised databases. Thirty studies, that quantitatively evaluated the effectiveness of a psychosocial intervention for dementia carers, were included in the review. Approximately two-thirds of the interventions did not show improvements in any outcome measures. Among those studies, which did demonstrate improvements, the inclusion of social components (e.g. social support) seemed to be relatively effective, while cognitive approaches did not. It is important to note, however, that these analyses were based on small numbers and the review was limited by a number of methodological issues (e.g. poor description of interventions).

Conclusions: In order to advance our understanding of the efficacy of psychosocial interventions for carers of people with dementia a more systematic approach is required. Intervention components need to be carefully contrasted in appropriately designed studies of sufficient size.

A qualitative examination of adolescents' attitudes towards additives in food

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Young people's views on the use of additives in food production were examined in this qualitative research project. Fifty-four adolescents aged 12 to 16 years were individually interviewed using a semi-structured format. The young people were able to identify a range of foods which contained additives with snack and junk foods being considered the worst examples. The findings indicate that a range of benefits could be identified with the reduction of microbial contamination (a key function of preservatives) identified by a minority of the sample as the only justifiable use. Much suspicion was identified in terms of the health risks of additives in foods. Concern was noted not only about the possible acute effects (such as allergies) but also the somewhat unknown longer-term chronic effects of ingesting additives. Notions of risk were also found to be linked with perceptions of control and trust in the regulation of their use. Views differed in relation to the extent to which additives were associated with food choices. Whilst some young people felt they could select foods which contained less additives others felt that additives were so prevalent that it was difficult to avoid them. Practical and policy implications are discussed.

Impact of Systemic Lupus Erythematosus (SLE) experienced from the patients' perspective

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Purpose: Systemic Lupus Erythematosus (SLE) is a chronic, multi-system, systemic autoimmune disease which can present in a variety of ways. As disease onset is generally in early adulthood, the effects are evident for a majority of the patient's life. SLE patients were interviewed to identify how SLE impacts on everyday life. This paper reports on their views.

Methods: Patients were recruited via a rheumatology clinic in Leeds. Unstructured, in-depth qualitative, one-to-one interviews were conducted and audiotaped.

Findings: Based on 50 interviewees (age range: 19 to 71, mean: 42.4 years). In addition to the general impact of chronic disease (constant pain and tiredness, feeling drained of energy, lack of motivation), the following issues were considered particularly important:

- Quality of medical care – attitude of medical staff, disinterest in side-effects of treatments;
- Concerns over image portrayed to others – fear of rejection, judgmental attitude of others, trivialising the condition;
- Impact on personal relationships – difficulties giving and receiving affection, difficulty joining in social activities;
- Concern for the future – pessimistic feelings, perceived lack of progression.

Conclusions: SLE has a profound effect on the individual. Information from the interviews has been used to develop a new quality of life measure, (the SLE-QoL) which will allow measurement of the impact of SLE from the patients' perspective.

The patients' experience of Psoriatic Arthritis (PsA)

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Purpose: Psoriatic Arthritis (PsA) is a severe form of inflammatory arthritis accompanied by psoriasis. The purpose of the present study was to explore how PsA affects the everyday lives of patients.

Methods: Qualitative unstructured interviews were conducted with 48 patients with PsA. Interviewees were asked to describe their

experience of PsA and any issues they felt were important to them. The interviews were audiotaped and transcribed verbatim, with all identifiable information omitted.

Findings: The interview sample comprised 32 males and 16 females. Ages ranged from 22 to 73 years (mean 46.9 years). Many issues raised appeared to be related to four main experiences or events:

- Reaction to diagnosis – issues included not only individuals' feelings but also attitudes of medical staff and the affect on family and friends;
- Life changes – changes affecting their personal role, behaviour and attitude to life and changes to their work and social life;
- Adaptation and acceptance – adapting day-to-day routines, acknowledging necessary alterations to daily life;
- Looking to the future – uncertainty of future capabilities, concerns about what the future will hold.

Conclusions: Recognition of the concerns of patients will facilitate the assessment of the true impact of PsA. The information gained from the present study formed the basis of a new measure of quality of life, the PsA-QoL.

The influence of test presentation on uptake of a screening test

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Aims: This study aims to determine the association between test presentation and uptake of an antenatal screening test for Down's syndrome. Two aspects of test presentation were considered: the way testing was organised and the way health professionals presented the test.

Methods: (1) Information about organisation of the screening programme across 29 hospitals in one region were obtained using a brief questionnaire completed by screening programme representatives. (2) The way tests were presented was assessed by examining women's responses to individual health professionals in one hospital.

Results: (1) Hospitals requiring women to make a separate visit for the screening tests had a lower uptake than those where screening was offered as part of a routine visit (56 per cent vs 73 per cent, $p=0.048$). (2) Uptake across eight midwives within one hospital varied between 47 and 86 per cent ($p=0.016$). Attitudes of these health professionals to the antenatal screening test are currently being assessed.

Conclusions: Uptake of an antenatal screening test varies according to way testing is organised and also, who makes that offer. It remains to be determined the extent to which uptake of tests under these different conditions facilitate or impede informed choice.

Silent voices – hidden lives. Carer's perceptions of the impact of caring for a relative with Alzheimer's disease

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Purpose: The burden, stress or strain associated with caring for relatives with Alzheimer's disease have been well documented. However, the wider impact of caring on quality of life (QoL) has not been investigated. The present study was designed to explore the QoL of carers.

Methods: Unstructured, in-depth qualitative interviews were conducted with current or recent carers.

Findings: 40 people caring for a spouse (29), parent (10), or sibling (1) were interviewed. Care duration ranged from 1 to 14 (median 6) years. The care process had a profound impact on all aspects of the carers' lives and on their ability to fulfil their personal needs. Many interviewees felt that they were experiencing a 'living bereavement'. They reported feeling isolated, commenting that they received little support from professionals, friends or family. Problems were

experienced in the areas of sleep, energy level, social life, relationships with the patient and other family members and physical and emotional well-being. QoL was particularly influenced by whether or not the patient; could be left alone, was continent and was able to recognise the carer.

Conclusions: Caring has a profound impact on the individual. Information derived from the interviews has been used as the basis for a new QoL instrument, the ACQLI (Alzheimer's Carers Quality of Life Instrument).

The development of the Alzheimer's Carers Quality of Life Instrument (ACQLI)

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Purpose: Existing instruments used to assess the impact of caring for a person with Alzheimer's disease (AD) have focussed on the constructs of burden, stress or strain, rather than quality of life (QoL). The aim of the present study was to develop a QoL measure specific to carers of patients with AD (the ACQLI).

Methods: The theoretical foundation of the ACQLI is the needs-based model of QoL. Content was derived from analysis of in-depth, qualitative interviews with 40 carers. Face and content validity were tested by interviewing 23 carers. The final stage was a postal survey designed to establish test-retest reliability, internal consistency and construct validity (known groups validity and convergent validity).

Findings: Field-testing indicated that carers found the ACQLI acceptable, relevant and easy to complete. In the postal survey questionnaires were returned by 42 carers on two occasions. The ACQLI has excellent test-retest reliability (.93) and internal consistency (.92). It was able to distinguish between carers reporting excellent, good or poor self-perceived general health and was found to relate as expected with the General Well-Being Index.

Conclusions: There is now a tool available for assessing the impact of caring for a patient with Alzheimer's disease on the QoL of the carer, suitable for use in clinical trials or in clinical or community-based studies.

Intentional and unintentional non-adherence to dental appointments: Do anxiety and attitudes really make a difference?

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Patient non-adherence is a severe and persistent problem, which is greater for dentistry than for medicine (Liddell & Locker, 1992). Research now focuses on non-adherence as an informed choice. And, in concert with the beliefs of up to 75 per cent of dental practitioners, non-adherence appears to be partially due to dental anxiety (Griffiths, 1998, Liddell & Locker, 2000), although some argue for the potency of representation and other factors. Thus this paper aims to examine the role of dental anxiety and also patient attitudes towards dentists and dentistry underlying intentional and unintentional non-adherence. It was hypothesised that patient anxiety and attitudes would predict intentional and unintentional non-adherence and that unintentional non-adherence would be greater for patients with positive attitudes. In contrast, intentional non-adherence was predicted to be greater for high anxiety patients with negative attitudes. Sixty-six patients were interviewed, and completed a questionnaire comprising five demographic items, the Attitudes towards Dentists and Dentistry Questionnaire, and the State Trait Anxiety Inventory (Martean & Becker, 1992). Unintentional non-adherence patients had more positive attitudes ($t=2.6$, $p=0.01$) compared to intentional non-adherence patients. And intentional non-adherence had more negative attitudes than unintentional non-adherence patients ($t=3.767$ $p<0.01$). Furthermore, discriminant function analysis revealed that attitudes and anxiety predicted 67.7 per cent of

intentional and 62.9 per cent of unintentional non-adherence. In summary, while the role of attitudes and anxiety was upheld, 34.8 per cent of non-adherence was not predicted. Therefore research driven by the self-regulatory model into the role of other factors, including perceptions of competence, is currently underway.

A comparative approach to alcohol expectancies and beliefs about risks of future drinking problems among young people

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Objective: To develop a common framework for understanding beliefs about both the short-term effects (expectancies) and the longer-term consequences (perceived future risk) of drinking. Alcohol expectancies have been shown to influence young people's drinking and mediate the effects of other risk factors for drinking problems. Optimistic biases about future risks (where personal risk is rated lower than average risk) have been examined for a wide range of health-related events, but not for beliefs about drinking and alcohol problems. We tested for optimistic biases in young people's beliefs about the risks for future drinking-related problems, and examined the role of comparative expectancies (differences between the expected effects of alcohol for self and others) in optimistic biases about future problems.

Methods: General population samples of schoolchildren, adolescents and young adults rated alcohol expectancies and risks of future drinking problems for themselves and for the 'average social drinker'. Participants also reported their drinking frequency, drinking control beliefs, and previous drinking problem experiences.

Results: There were significant optimistic biases for beliefs about the risks of many categories of future drinking problems, and those biases were related to drinking frequency, personal experience of drinking problems, and perceived control over drinking. Differences between ratings for self and others were much less marked for alcohol expectancies than for risks of future problems, but comparative expectancies did play a role in relationships with optimism about future problems.

Conclusions: Comparative beliefs may be important in the development of risks for drinking problems, and may be a useful target for drinking-related health promotion.

Psychology: The principle cause of non-compliance in clinical hand hygiene practice

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Purpose: This theoretical presentation aims to establish a new perspective on an aspect of clinical health care practice that has been identified as the principle cause of cross infection over the past 150 years.

Background: Since the time of Semmelweis (1847 cited in Frazer, 1950) a significant volume of literature has identified the existence of a problem where the hand hygiene of those involved in the provision of healthcare is concerned. Further, there has been discussion regarding the issues of problem solving, decision making, education and training, time management, professional accountability and the implementation of clinical protocols/ prescriptive rules as solutions to the problem. However, despite all of this, non-compliance in hand hygiene continues to contribute towards rising infection rates and the demise of patients/clients. Therefore, it is time, at a multi-professional level, we moved beyond stating the known towards establishing the principle cause of the problem and the development of potential solutions in order to ensure health carers do undertake appropriate hand hygiene.

Key points: Hand hygiene, problem solving, decision making, changing behaviour.

Conclusions: Hand hygiene is an aspect of clinical health care practice which has received little attention where health psychological

research is concerned and yet it is an area where health carers from all professions and disciplines regularly act in an unprofessional manner towards their patients, clients and colleagues with the potential to do them serious harm.

Investigations into the reactivity of the hypothalamus-pituitary-adrenal axis under psychological, physiological and pharmacological stress in Chronic Fatigue Syndrome (CFS) and health

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Objectives: Subtle alterations of the hypothalamic-pituitary-adrenal (HPA) axis in CFS have been proposed as a 'shared pathway' linking numerous etiological and perpetuating processes with symptoms and observed physiological abnormalities. Since the HPA axis is responsible for adaptive responses to stress and patients with CFS experience a worsening of symptoms after physical and psychological stress, we tested HPA axis reactivity with two procedures mimicking real life stressors and compared it with a standardised pharmacological neuroendocrine challenge test.

Methods: 21 CFS patients and twenty matched healthy controls were compared regarding their plasma cortisol, free cortisol, and ACTH responses and heart rate in a psychosocial stress test ('Trier Social Stress Test', TSST), in a standardised bicycle ergometry protocol (Ergo) and in the insulin tolerance test (ITT). To allow for comparison of endocrine reactivity, the relevant psychological and physiological parameters were assessed.

Results: CFS patients exhibited significant lower response levels in ACTH in all three tests, while no difference regarding the cortisol response in plasma and saliva. However, the mean increase in ACTH was not significantly different between the groups in the TSST and Ergo condition.

Conclusions: The results do not support assumptions that stress induced worsening of CFS symptoms is a result of a deficient glucocorticoid secretion. Furthermore, patients seem to be capable of mounting a normal response on the level of the pituitary in terms of a relative increase. The differences in response levels support the existence of a subtle dysfunction of the central HPA axis drive. Results are discussed with regard to precipitating and maintaining factors.

Psychosocial issues in diabetes as experienced by adolescents

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Purpose: First, to understand how adolescents see themselves in terms of their social relationships with family members and friends and to elicit the dimensions upon which young people compare the placing of themselves and others within this group. Second, to understand what the psychosocial issues of having diabetes are for young people and to measure their concerns about these issues.

Methods: 12 focus groups were conducted with 96 adolescents aged 14–15, 16–17 and 19–20, 48 had diabetes. The groups were age and gender matched, groups were run separately for those with diabetes. Social group members and pertinent descriptive terms were discussed and the most commonly used were extracted for use as supplied elements and constructs in the repertory grids employed during the second stage of the study. Individual sessions were conducted with each participant using repertory grid, and those with diabetes completed three further grids assessing psychosocial issues of

having diabetes, self-care tasks and perception of risk and complications associated with the disease.

Findings: The repertory grids were analysed using multidimensional scaling techniques. The adolescents with diabetes had poorer self-image and a greater discrepancy between 'actual self' and 'ideal self' scores. Self-care tasks were described negatively, as were the social issue of having diabetes (boyfriend, attending sleepovers, school). Perception of risk to self was slightly lower than risk to others, and an overall awareness of diabetes-related complications was displayed.

Conclusions: The findings from this study will provide the foundations of a longitudinal study highlighting the psychosocial issues in diabetes as experienced by adolescents.

An exploration of psychosocial issues in people with Type 2 diabetes: An ethnographic approach

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Purpose: Relatively little attention has been given to chronic illness considerations of the experiences of living with type II diabetes in the community, utilising psychosocial theoretical constructs in qualitative enquiry. The purpose of this study was to explore and describe the patients' perceptions of the disease state using a qualitative ethnographic approach.

Methods: A purposive sample of 18 people with type II diabetes, under primary sector care, was derived from a diabetes register database. Ethical committee approval was obtained and all participants signed a consent form after receiving appropriate information about the study. Participants were interviewed in their own homes and the sample was composed from a broad range of demographic backgrounds. Data were collected by semi-structured interviews, which were tape-recorded and transcribed. The transcripts were analysed together with the researchers' observational notes, using open and axial coding procedures to identify main categories.

Findings: Three main categories emerged from the data of: information-knowledge of illness; the psychological burden of diabetes; rationalising. The findings showed that these people with diabetes experience and describe complex psychological effects and coping mechanisms in having a chronic illness. The results also suggested that participants in this study felt that the control of their chronic condition had been externalised to the health care professionals responsible for their care.

Conclusions: Further exploration is required to elicit more detailed information about the psychosocial aspects of living with diabetes.

Factors contributing to distress in women attending gynaecology out-patient clinics

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Objectives: To assess the level of distress in women attending gynaecology outpatient clinics and to identify factors relating to distress. The illness representations model (Leventhal, 1984) provided a theoretical framework.

Methods: 230 women attending gynaecology outpatient clinics completed the Hospital Anxiety and Depression Scale (Zigmond & Snaith, 1983). They filled in a questionnaire relating to distress and recent life events which also included items about gynaecological diagnosis, perceptions of cause (women could endorse more than one), timeline, consequences and control.

Results: 60 per cent of women scored in the clinical range for anxiety and 35 per cent for depression. 49 per cent noted that they were distressed. 35 per cent had experienced one or more recent life events. Women with fibroids had

particularly high levels of both depression and anxiety, while those with endometriosis, PMS and hysterectomy also had high levels of distress. 27 per cent stated that they did not know what caused their gynaecological problem, 37 per cent identified hormones as a cause, 38 per cent age, 34 per cent stress and 12 per cent saw it as related to their general health. Perceptions of cause varied with diagnosis. Sixty-one per cent thought their problem would last years rather than days, weeks or months. A multiple regression analysis showed that the occurrence of a recent life event significantly predicted anxiety while no factors significantly predicted depression.

Conclusions: The results suggest that this group of women have significant levels of distress, which varies according to diagnosis. Results are discussed in terms of models of women's help seeking for gynaecological problems.

Sex-role orientation, self-esteem and disordered eating in women

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Sex role orientation has been reliably implicated in disordered eating attitudes and behaviours: femininity has been consistently found to be positively associated, and masculinity negatively associated, with a wide range of measures. Self-esteem has been proposed as a mediator of these effects. We investigated this using a non-clinical opportunity sample of 90 women from the Luton area. Participants completed the BEM sex-role inventory, the Culture Free Self-Esteem Scale, a measure of dietary restraint and three subscales of the Eating Disorders Inventory (Drive for Thinness, Body Dissatisfaction and Bulimia). Multiple regression revealed self-esteem to be a significant negative predictor ($p < 0.001$) and femininity to be a significant positive predictor ($p < 0.05$) for all dependent variables. There was a significant main effect of sex role category ($p < 0.01$) on Dietary Restraint, Body Dissatisfaction and Drive for Thinness. Those with a feminine sex-role had the highest scores on all measures, significantly ($p < 0.05$) higher than those with masculine and undifferentiated orientations. There was also a significant main effect of sex-role on self-esteem, with masculine and androgynous women reporting significantly ($p < 0.01$) higher self-esteem than feminine and undifferentiated women. Self-esteem correlated positively ($p < 0.05$) with masculinity, but not with femininity. These results are consistent with previous findings and suggest that self-esteem is an important mediator of the relationship between femininity and disordered eating.

Pre-morbid depression and cancer incidence: Evidence from cohort research and Whitehall II

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Objectives: Apart from the controversial Type C personality construct, health psychology has tended to focus on cancer progression rather than the contribution of psychological factors to cancer development. The objective of the current research is to address prospectively whether the presence or history of depression increases the risk for developing cancer. Evidence from cohort and other research in this field is presented, along with data from the Whitehall II cohort.

Methods: Studies investigating the association between depression and cancer incidence are reviewed, taking account of historic trends and recent developments (e.g. in PNI). Depression was assessed in the Whitehall II cohort using the 30-item GHQ and cancer incidence followed up over 15 years from ICD-9 registrations and deaths. Other data include demographics, socio-economic status, general health and relevant risk factors. The prospective design uses Cox's regression (proportional hazards) models to analyse the data.

Results: An association between depression and cancer has been demonstrated only in a minority

of studies. However studies varied in their measurement of depression, follow up time, handling of relevant confounders and the treatment of cancer as outcome. Analyses from Whitehall II should clarify whether depression is associated with cancers in this non-industrial cohort.

Conclusions: This research brings the reach of health psychology into cancer aetiology using prospective cohort designs. Points for discussion include implications for research design and analytic strategies, issues pertaining to methodology, and assessment of depression and cancer.

Cognitive interviewing: More than just a method in questionnaire design

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Purpose: This pilot study used cognitive interviewing to assess the interpretability and relevance of a new symptom diary for people with MS and explore the process through which respondents judge the severity and impact of their symptoms.

Methods: Symbolic interactionism was used as a framework to understand the process through which people respond to health questionnaires. Cognitive interviews and non-directive probing were used to access this process by asking nine people with MS to 'think aloud' while they completed the symptom diary.

Findings: Respondents' difficulties in answering questions concerned which benchmark for comparison should be used to judge the severity and impact of current symptoms. Several, conflicting benchmarks could be applied – 'self with MS' either during relapse or feeling well; 'self previous to MS', the general population and other people with MS. Respondents reported difficulty in making judgements due to confusion as to which benchmark they should use since each would give a different answer. The lack of a common benchmark for comparison to current status may limit the extent to which responses to health questionnaires may be compared within respondents over time or between different groups, in the case of generic instruments.

Conclusions: Cognitive interviewing is a valuable method for health psychologists to assess the interpretability and relevance of standardised health questionnaires and can also shed light on the complex cognitive processes involved in responding to such questionnaires.

Body image in adolescent girls: Perceived and ideal BMI

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Background: Research on body image has established that most women feel dissatisfied with their shape and identify their ideal size as smaller than their perceived size on the widely-used series of line drawings (the Figure Rating Scale; FRS). One shortcoming is that the FRS drawings do not denote actual BMIs, consequently it is impossible to tell what BMI is identified as ideal, or whether women really overestimate their body size. This study utilises images derived from photographs of real women, with known BMI, to establish the degree of over-estimation of body size, awareness of healthy weights, and ideal BMI.

Methods: 1248 girls aged 13–15 years of age were measured, and completed a set of evaluations about their perceived and preferred body size. Size perceptions and preferences were evaluated using a series of 12 images with BMIs ranging from 12.5 to 37.4.

Results: As other studies have found, most girls (70 per cent) chose for their 'ideal' an image that was thinner than for 'self'. Perceptions of healthy weights were fairly accurate: most girls identified images with a BMI below 18.5 to be too thin, and above 26 to be too fat. However the image most often chosen as a personal ideal had a BMI of 16.5. Surprisingly, only 22 per cent over-estimated their size, with the majority (51 per

cent) selecting for 'self' an image with a BMI smaller than their own. Under-estimation increased with increased actual body size.

Conclusions: The use of a BMI-calibrated Figure Rating Scale, indicates that adolescent girls have a good awareness of healthy weights, but nonetheless identify a low BMI as the most attractive body size and favour underweight for themselves.

The influence of autonomous motives and general perceptions of control on physical activity intentions within the Theory of Planned Behaviour

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This study aimed to examine how general motives derived from self-determination theory (SDT; Deci & Ryan, 1985) influence intentions to engage in physical activity within the Theory of Planned Behaviour (TPB; Ajzen, 1985). It was hypothesised that the general motives will influence intentions only when mediated by the situation-specific, correspondence-tied cognitions of attitude, subjective norms and perceived behavioural control (PBC). Self-report questionnaires were administered to 1088 children aged 12–14 years. The children's intentions, attitudes, subjective norms and PBC towards participating in physical activity were assessed using a TPB questionnaire. A modified version of Ryan and Connell's (1989) perceived locus of causality (PLOC) inventory and the physical domain from Connell's (1985) measure of perceptions of control were also included. Data were analysed using structural equation modelling (Bentler, 1989). The resulting well-fitting model demonstrated that attitude and PBC completely mediated the influence autonomous motives to perform physical activity on intentions, while the effects of controlling motives were completely attenuated. The present results indicate that general autonomous motives to participate in physical activity based on SDT influence children's judgements regarding their specific attitudes and PBC. Attitudes and PBC are necessary to translate these 'higher' motives into intentions in a top-down pattern of influence.

'It's encouraging me to smile': Older volunteers' experiences of running arthritis self-management courses

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Introduction: The value of volunteerism among older people continues to be recognised, with benefits extending to both giver and recipient. Enhanced confidence in managing chronic illness has been linked with an increased interest in helping others. The purpose of this study was to determine whether conducting an arthritis self-management course as a volunteer lay-leader would lead to improvements in terms of physical and psychological health status.

Methods: The study was a pre-test post-test design with data collected at three points in time; before attending training, six weeks, and six months after training. Data was collected through self-administered postal questionnaires and telephone interviews. Quantitative data were analysed using the Wilcoxon Signed Rank Sum Test to compare median values on health status outcome, self-efficacy, communication with doctors, and GP visits. The sample comprised 22 older people with arthritis. The majority of participants were women (n=20), married or living with their partner (n=20), with either osteoarthritis (n=14) or rheumatoid arthritis (n=9), a mean age of 57.9 (SD 5.3) and a mean disease duration of 17.2 years (SD 11.2). Thirteen participants were unable to work as a result of their arthritis.

Results: Six months after training, participants reported small but significant increases in arthritis self-efficacy pain (p=.002), cognitive symptom management (p=.004) and communication with

health practitioners (p=.024), and a small but significant decrease in depression (p=.04). Qualitative data supported these findings with participants reporting more confidence, happiness and a changed outlook on life in general. One volunteer was experiencing less pain and another had noticed a reduction in levels of stress and depression.

Conclusions: Improvements reported by study participants lend support to the value of volunteerism and training to become lay leaders on an arthritis self-management programme. Volunteers noticed positive changes both in themselves and course participants, having enjoyed helping others, involvement in a worthwhile activity and their newly acquired status. Many had begun to apply their new found knowledge about self-management to their own situation, reporting less pain and more willingness 'to get on with life'.

Coping with stress and illness

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Purpose: To present the current work of the author and to illustrate the framework on which it is based.

Background: The monitoring-blunting framework (e.g. Miller & Mangan, 1983) classifies individuals according to their preferences for information in stressful situations. These preferences have been reported to predict a range of outcomes in health-care settings such as the patient's desire for involvement in decision-making and their experience of the physical and psychological effects of treatments.

Methods: A detailed search has been conducted of research focussing on the monitoring-blunting framework. The results of this search have been compiled into a literature review. The poster will summarise this review, present an illustration of the model and discuss the aims of the author's current work.

Key points: The full potential of the framework for designing practical interventions to aid patient coping is constrained by problems of methodology and measurement. The current research aims to overcome these limitations in order to design an intervention that will aid coping for patients with a chronic pain condition.

Conclusions: Increasing the scope of the monitoring-blunting framework will be beneficial in terms of tailoring treatment to meet the individual needs of patients. The chronic pain condition on which this research will focus is not curable and the available medical means of pain relief often have aversive side-effects. Research into non-medical interventions to aid coping is, therefore, extremely important.

Methods and health psychology: Do we use what we value?

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Objectives: Health psychology uses a range of approaches to design, sampling and measurement. Methodological texts suggest some are better than others. We sought to ascertain whether the methods used were those valued by health psychologists.

Methods: (1) Structured review of methods used in four issues of the journals *British Journal of Health Psychology*, *Health Psychology* and *Psychology and Health*. The designs, samples and measures used in each paper were categorised. (2) A random sample of 100 chartered health psychologists were asked to rank eight types of designs, four sampling methods and four measures in terms of how often they should be used. (3) Frequencies of methods use were compared with ranking of methods values.

Results: 33 journal papers were examined. The most commonly used design was cross-sectional, sampling method was convenience sampling and measure type was self-report. Forty-six participants responded. The most highly valued design was the randomised controlled trial, sampling method was probability sampling

and measure type was direct assessment. The most commonly used methods were not the most highly valued.

Conclusions: Methods encountered in the journals differed considerably from methods participants thought should be used. If the methods used are not those that are highly valued by health psychologists then health psychology is not performing to its own standards. However, conclusions are limited by the extent to which the respondents, papers and journals were representative of the discipline.

Testicular self-examination: Impact of a health promotion leaflet

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Objectives: To determine the impact of a leaflet about testicular self-examination (TSE) upon Theory of Planned Behaviour (TPB) components.

Participants: 123 male carpentry, plumbing and construction students (mean age 18.2 years; sd 2.4)

Materials: Questionnaire relating TPB components to TSE.

Methods: After baseline questionnaires, 37 men (30.1 per cent) received an Imperial Cancer Research leaflet about testicular cancer and TSE (L), 46 (37.4 per cent) received leaflet with group discussion (L+D) and 40 (32.5 per cent) were Controls (leaflet provided after study) (C1 and C2), of whom only C2 (n=20) received TPB questions at baseline. Four weeks later, all students completed TPB questionnaires.

Results: At four weeks, experimental groups differed in perceived behavioural control ($p<0.001$) and behavioural intention ($p<0.05$) but not attitude, subjective norms or actual behaviour (ANOVA). Both intervention groups had higher perceived behavioural control than Controls ($p<0.001$ t-tests) but did not differ from each other. Behavioural intention was greater in L+D than Controls ($p<0.05$). However, ANOVAs on change scores (difference between baseline and four weeks), revealed no difference between experimental groups for any TPB component. Multiple regression revealed significant prediction of behavioural intention, by attitudes, subjective norm and perceived behavioural control together ($p<0.001$). Inclusion of experimental condition did not appreciably improve prediction. Perceived behavioural control and intentions together predicted behaviour ($p<0.001$).

Conclusions: The leaflet apparently influenced perceived behavioural control and intentions, yet the importance of pre- and post-intervention measurement is emphasised. The TPB predicts TSE satisfactorily. Studies with longer follow-up are recommended.

Patient self-medication with low-dose aspirin – the role of medication beliefs

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Background: A recent study found that following a myocardial infarction adherence to aspirin was significantly less than for other prescribed cardiac medications and this was related to how necessary patients perceived their treatment. However, half of patients did not receive aspirin on prescription from the GP, but bought aspirin over the counter from the pharmacy (James, 1999). It is not known whether the perception of the necessity for taking aspirin is also related to how patients self-medicate with this treatment. This study aims to investigate the role of patients' beliefs about medicines (necessity vs concerns theory – Horne, 1999) in self-medication with aspirin.

Methods: A cross-sectional study of 74 consecutive subjects who bought aspirin 75mg from one pharmacy between January and March 1999. Measures included the 'Beliefs about Medicines – Specific Questionnaire' and the MARS (6 item) self-reported adherence scale (Horne, 1999).

Results: Of the 74 (70 per cent) subjects who returned the questionnaire, only 26 (35 per cent)

had a diagnosis of MI or angina. Others had high blood pressure, stroke, diabetes or other heart conditions and 21 (29 per cent) had initiated aspirin therapy not based on medical advice. Overall, subjects' perceived 'necessity' for aspirin was low (mean score=14.3, SD=4.6), as were perceived 'concerns' about aspirin (mean score=9.5, SD=3.0) and adherence to aspirin was high (mean=28.5, SD=2.54). Perceived necessity scores were significantly higher in the GP initiated group than in the self initiated group (mean difference=3.93, $df=62$, $p<0.01$). Spearman correlations showed that a high necessity score was related to high adherence ($\rho=0.40$, $n=64$, $p<0.01$).

Conclusions: A relationship was found between patients' perception of the necessity for aspirin and adherence to therapy. These findings show that the necessity v concerns theory, which explains some of the variation in patients' adherence to prescribed medicines, also holds true for the way patients self-medicate with aspirin.

The effect of perceived control and risk factors over recovery on stroke patients

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The purpose of this study was to investigate the implications of psychosocial factors for the quality of life and well being of stroke patients within a stroke rehabilitation unit. The priorities of the unit with whom we collaborated are the physical improvement and functional independence of the patients e.g. self-care. The quality of life and psychological well being of patients are not given the highest priority and psychosocial interventions have not been conducted in past. In this study the relationships between the variables of self-efficacy, locus of control and risk factors and the recovery of motor function is investigated. Previous studies have found that perceived control is predictive of recovery of functional disabilities. This study considers whether factors such as self-efficacy, locus of control and other risk factors predict functional recovery. The Luria-Nebraska Psychological Battery, the General Self-Efficacy scale and Recovery Locus of Control scale were used to collect data on functional ability and perceived control respectively. Participants (Ss 18) were tested initially on the ward when they arrived and then re-tested for followed up within four to six weeks, either just before they discharged or post-discharge. Two-way ANOVA and Regression analysis were used to analyse the data. The results did not support the hypothesis that high internal locus of control and self-efficacy would predict recovery. However, there was a significant correlation between general self-efficacy and recovery of locus of control ($r=.70$, $p<0.01$). Risk factors were also found to have a significant correlation with recovery of motor functions ($r=.61$, $p<0.01$). Regression analysis showed that 56 per cent of the variance in the recovery level of motor functions was explained by risk factors (e.g. isomorphic heart disease, and previous stroke), suggesting that risk factors are important in recovery ($\beta=.61$, $t=2.7$, $p<0.05$). So, past illnesses did not have a negative impact on recovery as hypothesised. There is need for further studies, using a larger number of stroke-patients to establish why the risk factors has positive effect on recovery of motor functions.

Stress, burn-out and social support amongst nursing staff in acute mental health settings

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Objectives: To identify and compare the main sources of stress experienced by staff nurses and nursing assistants, measure and compare their levels of burn-out, examine the relationships between stress and burn-out, and assess the impact of social support on these relationships. It is predicted that nursing assistants will report significantly higher levels of burn-out than staff nurses, higher levels of social support will be associated with lower levels of burn-out, and

social support will act as a buffer in stress-burn-out relationships.

Methods: Descriptive cross-sectional design involving a convenience sample of nursing staff on acute adult mental health wards. Self-completed questionnaire comprising the Mental Health Professionals Stress Scale, Maslach Burnout Inventory, and House and Wells Social Support Scale.

Results: Analyses including MANOVA for staff nurse-nursing assistant comparisons of stress and burn-out, bivariate correlations of total and individual sources of stress and social support with each dimension of burn-out, and hierarchical multiple regression to test the social support buffering hypothesis.

Conclusions: Significant differences between the work experiences of staff nurses and nursing assistants may suggest a need for separate staff support programmes to focus on the major concerns of each group. A test of the buffering hypothesis and identification of the most influential source of social support can provide an indication of the usefulness of such programmes.

A survey of student nurses' attitudes to hand hygiene practice

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Background: The eight per cent prevalence rate of hospital-acquired infection is costing the NHS in England £980 million per annum (Plowman, 1999). Hand hygiene (HH) is regarded as the single most important measure to reduce cross-infection (Bauer *et al.*, 1990) yet many studies have shown that all health care workers, especially doctors, do not adhere to HH standards (Albert & Condie, 1981; Williams, 1987; Tibballs, 1996). Student nurses are taught and shown how to wash their hands early in their training, whereas this is rarely the case for medical students. Hence the question arises as to the extent to which student nurses continue to value the importance of HH whilst exposed to others' poor practice.

Methods: A within and between subjects design was used to determine first, second and third year student nurses' attitudes to HH (year 1, $n=141$; year 2, $n=138$; year 3, $n=107$). A 33-item self-report questionnaire was used to measure attitudes to the student's own practice, and to that of other nurses and doctors for 11 different clinical procedures (CPs). Data were analysed using analysis of variance.

Results: For 10 out of 11 CPs, student nurses believed that they themselves valued HH more than other nurses; and they also believed that other nurses valued it more than doctors. This finding was a statistically significant trend. First year student nurses valued HH significantly more than second- and third-year student nurses for 10 of the 11 CPs.

Conclusions: These progressive downward trends reflect the discrepancy between the ideals taught during nurse training and the reality of clinical practice. This highlights the need to bring about a cultural change in the clinical setting with regard to the value placed on HH. It is also essential to reinforce the importance of HH at several stages during nurses' education but especially at the beginning of the second year.

Distinguishing between dieting and body dissatisfaction: Which is more harmful to young girls?

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Objectives: Dieting in young women has been associated with both pathological eating behaviours and psychological distress, but there has been little examination of whether these associations are more accurately ascribed to the cognitive and emotional dimension of body dissatisfaction, or the behavioural dimension of dieting.

Methods: 1248 adolescent girls completed self

report measures of body dissatisfaction, dieting, eating behaviour, physical activity, self esteem and depression during school lessons.

Results: Both dieting and body dissatisfaction were found to be linked to low self esteem, high levels of depression, and binge eating, but contrary to expectation, the major associations were with body dissatisfaction when both factors were entered into the analysis together. Emotional eating was, however, more strongly related to dieting than to body dissatisfaction. Low levels of physical activity were more common amongst girls who did not diet, and amongst those who were most dissatisfied with their bodies. Dieting girls were less likely than non-dieters to eat a high fat diet.

Conclusions: These results suggest that some of the harmful correlates of dieting are more closely related to body dissatisfaction, and that dieting may be associated with some positive health behaviours.

Does academic and clinical support influence the well-being of student nurses?

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Objectives: To explore direct and indirect effects of managerial support from clinical and education sources on distress and dissatisfaction in student nurses.

Methods: This study reports results from the first measurement point in a three year longitudinal study targeting student nurses in a School of Nursing/Midwifery in the North-East of Scotland (N_{time} 1=434, Cohorts 1-4). Data was collected at week 25 of training. Latent variables were used to represent individual difference, organisational work climate and affective outcome variables, and to test the fit of a hypothesised model (Moyle, 1998) on initial (n=195), replication (n=239), and combined data sets (n=434).

Results: In the initial data set the effects of academic and clinical support on distress and dissatisfaction was mediated by role clarity and decisional control beliefs (NNFI=.93, CFI=.94, GFI=.87). This was confirmed on replication (NNFI=.94, CFI=.95, GFI=.88) and combined data sets (NNFI=.95, CFI=.95, GFI=.91). While high levels of academic support facilitated perceptions of managerial support from clinical sources, demands arising from clinical/academic aspects of the course were generated dispositionally and were independent of support.

Conclusions: In this setting, academic and clinical support has its adaptive impact on student nurse distress and dissatisfaction following increases in role clarity.

'Suffering from stress': Everyday understandings of stress at work and its impact on health

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Purpose: This study investigated the range of meanings that people give to the everyday concept of work stress, and current beliefs concerning the relationship between work stress and ill health.

Methods: Semi-structured interviews were conducted with 33 working adults from a range of occupations to obtain opinions on a number of issues relating to the meaning, causes, consequences and alleviation of occupational stress. Data was content analysed using QSR.NUD*IST.

Findings: Lay theories of stress encompassed a wide range of variables including cognitive, affective, and behavioural aspects. For example, many respondents hold similar beliefs about the causes of stress, its relationship with particular health problems, and potential moderators of the stress-illness process. Fundamental differences were emphasised between 'good' stress and 'bad' stress, the latter being generally attributed to a

pathogenic society. Stress was regarded not only as a major cause of illnesses – ranging from headaches to hypertension – but also as an illness in its own right. More senior employees tended to place greater emphasis on internal causes (i.e. individual failings), whereas workers from more junior grades were more likely to invoke external factors (i.e. untenable job conditions).

Conclusions: 'Suffering from stress' appears to have become a common euphemism for a multitude of problems in the workplace. It is proposed that the popularity of the stress concept may be partially due to its broad-based explanatory value. Further examination of the frameworks through which people conceptualise occupational stress could provide greater insight into how people interpret their well-being.

Motivation and Dolphin Human Therapy in Florida: A participant observation study

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Motivating clients to engage in treatment is of particular importance to therapists, but motivation itself is an imprecise concept, which is difficult to both define and evaluate. It is the enjoyment of the activity for its own sake that distinguishes extrinsic from intrinsic motivation and the use of extrinsic rewards in therapy programmes has frequently been criticised as causing a decrease in an individual's level of intrinsic motivation. This study describes how participant observation was used to examine the use of extrinsic rewards in a dolphin-assisted programme, Dolphin Human Therapy, which claims to be able to use swimming with dolphins to motivate individuals to engage in therapy. The researcher assumed the role of intern at the programme for a period of eight weeks and studied the following topics: how motivation was evaluated in this setting; which determinants were perceived as important for increasing levels of intrinsic motivation; what attitudes and values were held by parents and therapists in relation to DHT. Results indicate that motivation is typically evaluated informally in this setting, via observation of mood, behaviour and attitude. Many determinants relating to the orientation of the task environment, meaningfulness of the activity, provision of opportunities for control and generation of feelings of competence, as indicated by Doble's conceptual model (1988), are identified as influencing levels of intrinsic motivation. Dolphins are acknowledged as unique reinforcers, but the parents of children attending DHT attribute the success of the programme primarily to the treatment of families by the therapists, rather than the dolphins.

The health of ballet dancers: Is abnormal eating behaviour more prevalent among ballet dancers than non-dancers?

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Objectives: This study focused upon the health of ballet dancers. The main hypothesis predicted that the prevalence of abnormal eating behaviour would be significantly higher among ballet dancers than non-dancers. Differences concerning body image, perfectionism, professional level and psychological level were also assessed.

Methods: The ballet dancers group (n=23) were from a number of dance institutions and were mostly students (21 female, two male). Another twenty-three non-dancers were of a convenience sample, constituting a control group, matched for age, gender and ethnicity. One general and six standardised questionnaires were distributed. The questionnaires measuring abnormal eating behaviours included the Eating Disorder Inventory (EDI), Three Factor Eating Questionnaire and the Restraint scale. A contour drawing Scale was distributed in order to measure perceptions of body image. The Beck Depression Inventory-Short Form and SCL-90-R assessed levels of psychological distress. In

order to determine whether significant differences were evident between the groups, Chi square and t tests were carried out. Results for the dance group only were also analysed using a Pearson's correlation.

Results: No significant difference in support of the main hypothesis was found for a majority of measures. Dancers were found to score significantly higher on the perfectionism subscale of the EDI than non-dancers. 26.1 per cent of the dance group and 4.1 per cent of the non-dance group, reported having had an eating disorder in the past, constituting a significant difference. Dancers were also found to have a significantly lower mean BMI than non-dancers.

Conclusions: Overall, although the main hypothesis was rejected, trends in support of the prediction can be speculated. A number of aspects of the results corresponded with the findings of previous research. Moreover, explorations of the prevalence rates of ballet dancers compared to a matched control group of non-dancers are scarce within the literature, rendering this study all the more interesting and informative within the area of health psychology.

Self-esteem and social support in anxiety disorders: Treatment and methodological implications

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Purpose: This study investigated the impact of low self-esteem on anxiety and the ameliorative role of social support on feelings of self-worth and symptoms of anxiety.

Methods: Quantitative and qualitative methodologies were employed. Cross-sectional surveys were conducted on two consecutive cohorts attending anxiety management sessions. The Self-Concept Questionnaire (Robson, 1989), Short Form Social Support Questionnaire (Sarason *et al.*, 1983), Interpersonal Support Evaluation List (Cohen *et al.*, 1985) and a specifically designed open-ended questionnaire were administered. A focus group was also conducted and emergent themes are presented.

Findings: A detailed analysis of the components of self-esteem provided preliminary evidence of a component that may be specific to anxiety disorders. The Short Form Social Support Questionnaire (SSQ6) yielded no relationship between self-esteem and social support. This is inconsistent with previous research. The Interpersonal Support Evaluation List yielded a significant relationship to self-esteem using both global and component measures of social support.

Conclusions: The need to consider constructs such as self-esteem and social support as comprising functional components has implications for future questionnaire design and the focus of therapeutic strategies. The counter-intuitive findings yielded by the SSQ6 and participant's comments about usability suggest further validation may be required. Recommendations are made to employ in-depth qualitative analyses to validate individual perceptions of social support and to address limitations of standardised questionnaires in the assessment of factors contributing to mental health.

Gender and the crying experience

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Sex differences in crying have been reliably reported, however the actual experience of crying has not received much attention. This was investigated with a sample of 30 males and 57 females. Participants completed the Adult Crying Inventory (Vingerhoets, 1995) which contains questions on the last crying episode experienced. For both sexes personal loss was the most commonly reported cause of crying. However there was a significant (p<.01) association between gender and cause with females more likely to cry as a result of personal inadequacy and conflict, and males more likely to cry while witnessing positive events. Females reported experiencing significantly (p<.05) more emotions

than males during the crying episode. Females were significantly more likely to report joy, fear, self-pity, powerlessness, anger, elation and frustration, while males were significantly more likely to report being touched. Most respondents felt mentally better after the crying episode, though females were more likely than males to feel physically worse. Females reported significantly ($p < .01$) more reasons for stopping crying than males and were significantly ($p < .05$) more likely to cease crying as a result of being comforted. Although there are important similarities between men and women in the experience of crying, the results suggest that, for women, it is a more complex emotional experience and may serve to elicit social support. Further research is needed to clarify this and consider the possible role of crying as a coping behaviour.

Prevalence of body image disturbance and its psychological components: A comparison between dieters and non-dieters

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Objectives: A comparison of body image distortion in 31 dieters and 29 non-dieters, and its extent according to the perceptual, cognitive, affective and optative (desired) components of body image.

Methods: A between and within subjects correlational design was used, in which a new assessment procedure was employed to measure body image distortion whereby participants' own figures were photographed and computer graphically distorted to construct a range of images on both the front and the side profiles. Standardised questionnaires measuring body dissatisfaction and dietary restraint were also used and a series of t-tests, ANOVA and logistic regression statistical analyses were performed on these variables.

Results: Dieters had a tendency to overestimate their size (a mean of 15 per cent) whilst non-dieters tended to underestimate their size (a mean of one per cent), they also demonstrated far greater body distortion than non-dieters on each of the four components. Since the two groups were of equivalent BMI, this indicated the presence of a smaller body ideal in dieters. There were also differences between the groups in terms of those components of body image which most strongly related to overall body image distortion: in dieters, the strongest association was with the cognitive component but in the non-dieters, the affective component was the strongest correlate.

Conclusions: The clinical implications of the study are discussed and suggestions made that future research may benefit from focusing on the components of body image that are the most salient for certain dieting behaviours and to target these for intervention.

Binge drinking by students: An analysis of discourse

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Research into binge drinking by students has increased dramatically since the mid-1990s. This has been accompanied by a change in the definition used, so that a typical definition of a binge has become five or more drinks consumed in one episode. Despite criticism on various grounds, this definition continues to be used. The aim of the present study is to introduce a student voice to the arena by exploring with students what they understand binge drinking to be. The data were gathered from two focus groups totaling 14 students and analysed using discourse analysis. Two main discourses emerged. The first stipulates that a binge is something that varies from person to person, evading a general definition. Use of this discourse was associated with other discourses about drinking being a 'natural' thing for students to do, and the student environment being conducive to drinking. The second discourse was more emphatic about what constitutes bingeing

and did not take factors unique to the individual or the context into account. According to this discourse a binge could be judged purely on the amount of alcohol consumed. Students used the two discourses in a way that allowed their own behaviour to be kept within the realms of non-bingeing. This study highlights the differences between students' and researchers' understanding of a binge. The implications of the students' discourses for their drinking behaviour are explored, and suggestions are made concerning how health promotion might operate to encourage sensible levels of drinking among students.

Psoriasis – are we just scratching the surface?

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Purpose: Psoriasis is a common skin disorder that can have a major effect on the well-being and quality of life (QoL) of patients. Available measures for assessing the impact of psoriasis have focused on symptoms (impairment) and functioning (disability). This poster describes the outcome of qualitative interviews conducted in order to generate items for a QoL instrument specific to psoriasis (the Psoriqol). This instrument is intended for use in clinical trials.

Methods: Qualitative, unstructured audio-recorded interviews were conducted with 32 patients. Interviewees were asked to describe in detail how their lives had been affected by psoriasis. Topics covered by the interviews were determined by the interest and experiences of the interviewees. Content analyses were conducted on the interview transcripts to identify potential items for the Psoriqol.

Findings: Analysis of the interview transcripts indicated that psoriasis interfered with the fulfilment of a wide range of needs that are crucial to QoL. These included the ability to; have physical contact with others, form emotional and physical relationships, participate in social and leisure activities, have choice over which clothes to wear and feelings of lack of control over emotions.

Conclusions: Psoriasis adversely affects QoL by preventing specific needs being met. By relying simply on how well interventions influence impairments such as area of skin affected or itchiness, their true impact on the patient will be missed.

Migraine – more than just a headache?

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Purpose: Estimates of the prevalence of migraine in the UK range up to 10 per cent in males and 20 per cent in females, with the highest rates in those aged 25 to 45 years. Consequently, the condition represents a major source of ill health, likely to influence many aspects of a migraineurs' life. The purpose of this paper is to report on how migraine influences quality of life (QoL).

Methods: 30 unstructured, qualitative interviews were conducted with migraineurs. Interviewees enquired about the impact migraine had on the participant's life overall. The interviews were tape-recorded and transcribed and content analyses were conducted on the transcripts.

Findings: Almost all respondents were concerned that their headaches were perceived by others as a convenient excuse for avoiding responsibilities. Other issues raised by interviewees were; time lost due to migraine, the need to keep to routines and limit physical activity, care required with selection of food and drinks, difficulty with planning, dread, worry and guilt associated with the illness, the effects on other people (including missing appointments and inability to fulfil responsibilities) and denial of migraine-related problems.

Conclusions: Migraine has a major impact on QoL, even between headaches. Interventions that provide control over the severity of headaches or (perhaps more importantly) when they occur would be expected to improve

migraineurs' QoL. The results of the interviews were used to generate items for a migraine-specific QoL instrument, the MSQoL.

Diabetic foot ulcers: A patients' perspective

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Purpose: Foot ulcers are a common problem associated with diabetes that frequently have severe consequences. Despite this, surprisingly little information has been published about their effect on the patient. The purpose of the present study was to fill this gap by determining the impact of the illness from the viewpoint of the patient.

Methods: Qualitative, unstructured interviews were conducted with 31 individuals who were experiencing a diabetic foot ulcer (DFU). Interviewees were encouraged to talk at length about the impact of the ulcer on their lives. The conversations were audio-recorded and transcribed verbatim and content analysis was applied to the transcripts.

Findings: As expected, interviewees reported that the ulcers had a major influence on their well-being and quality of life. Issues raised included feelings of depression and worthlessness, loss of independence and dependence on others, restriction to the home and associated isolation and loss of social life, difficulties with sleep resulting from lack of activity, problems with self care, inability to shop or do jobs around the home and concern over potential implications for future health.

Conclusions: DFU is a relatively common health problem with significant implications for the patient. Appropriate interventions should focus on both psychological and physical impairment and disability. The findings from the interviews can also be used to identify items for inclusion in a DFU-specific outcome measure for use in clinical trials.

No SF-36 please – we're British!

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Purpose: Quality of life (QoL) assessment is becoming increasingly common in psychological and clinical studies. An inspection of psychology journals and conference abstracts might suggest that the most appropriate (if not the only) instrument for assessing the construct is the US-developed SF-36. This paper questions this assumption by looking at the theoretical and psychometric quality of the instrument.

Methods: A literature review was conducted to identify publications providing information on the measurement model adopted by the instrument developers, its psychometric properties and its ability to distinguish the impact of alternative interventions.

Findings: The SF-36 lacks an underlying theoretical measurement model. It is a function-based instrument that assesses some aspects of impairment and disability. As such it is a measure of health status rather than QoL. The individual scales lack unidimensionality and their poor reliability limits their ability to show change in health status over time. No example can be found of the instrument being able to show differences between interventions over time.

Conclusions: The SF-36 is a relatively old generic measure of health status that is of limited value to clinical and psychological investigations. In adopting a functionalist approach to health status measurement, it focuses on the needs of society rather than those of the individual. European QoL assessment is more concerned with individual need fulfilment and available instruments have far better psychometric performance. Rather than relying on familiarity, it is suggested that researchers make a selection from all available instruments on the basis of applicability and quality.

Factors associated with condom use in a student sample

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Objectives: The main objective of the study was to determine factors which influence the intention to use condoms and the actual frequency of condom use among students.

Methods: A cross-sectional self-completion questionnaire survey of 170 university students was undertaken to assess frequency and predictors of condom use. The questionnaire comprised demographic information, sexual behaviour (three questions to determine frequency of condom use, intention to use condoms and number of sexual partners during the 12 months prior to the study), Self-efficacy, Health locus of control and Condom attitudes.

Results: Multiple regression analyses were used to identify significant predictors of frequency of condom use, and intention to use condoms. Intention to use condoms predicted 31.8 per cent of the variance for frequency of condom use. Marital status, number of sexual partners, reliability and effectiveness attitude, and sexual pleasure attitude significantly predicted 27.8 per cent of the variance for intention to use condoms.

Conclusions: Beyond important biographical information such as marital status and number of partners, the factors reflecting reliability and pleasure clearly emphasise the importance of beliefs in relation to intentions to use condoms and, through this mediating route, actual condom use. Such findings support interventions aimed at changing condom attitudes and suggest focusing on reliability and pleasure factors.

Talking about infant feeding: Structured interviews with primiparous women living in areas of economic hardship

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Purpose: This study utilised the Theory of Planned Behaviour (TPB; Ajzen & Madden, 1986; Ajzen, 1991) framework to investigate the factors that influence the infant feeding choice of primiparous women. Whereas previous studies applying the TPB framework to infant feeding have mainly focused on middle-class women, this study focused specifically on women from areas of economic hardship. The main aim of this study was to inform the contents of a quantitative survey tool for use with this specific population.

Methods: Using the 1998 Department of Environment, Transport and Regions (DETR) data, sites of deprivation were mapped at the level of enumeration districts (EDs) in Leeds. EDs which had Index of Local Deprivation Scores (ILD's) of greater than or equal to six were classified as areas of economic hardship. Eleven midwives then conducted semi-structured interviews with women from these areas.

Findings: The results elucidate the variety of beliefs that may influence a woman's infant feeding decision. Issues relating to others being able to help with feeding, the time taken for preparation of formula feeds, the health of the baby, bonding, pain and embarrassment associated with breastfeeding, and expense of formula were identified as being particularly salient.

Conclusions: The results from this study have been used to help design a quantitative survey tool (QST) based on the TPB framework. The information obtained from this QST could be used to inform programmes aimed at encouraging breastfeeding uptake, and help in devising possible interventions for testing by randomised control trials.

Measuring psychological well-being in adult Growth Hormone Deficiency (GHD)

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Objectives: To evaluate psychometric properties of measures of psychological well-being for use with adults with GHD: General Well-being Index, (GWBI), 22-item Well-being Questionnaire (W-BQ22) and its 12-item short form (W-BQ12).

Methods: Data from a questionnaire survey of 157 adults with treated or untreated GHD were used to investigate reliability, structure and other aspects of validity. Sensitivity to change was investigated in a randomised placebo-controlled study of three months' withdrawal of growth hormone (GH) from 21 GH-treated adults.

Results: All three questionnaires were highly acceptable to respondents and had high internal consistency reliability (Cronbach's alphas for scale totals >0.93). Preliminary evidence for construct validity was obtained through detection of some expected sub-group differences. The W-BQ was found to be more sensitive to change than GWBI. A significant (1-tailed) time-by-treatment-group interaction was found for the W-BQ Energy subscale (identical in both W-BQ questionnaires). Patients withdrawn from GH had reduced energy at end of withdrawal period as expected. The GWBI found no significant change.

Conclusions: The W-BQ12 is recommended in preference to the GWBI to measure well-being in adult GHD owing to its brevity, provision of useful subscales (the GWBI has no validated subscales), better performance in distinguishing between sub-groups, and superior sensitivity to change. The W-BQ12 is preferred over the W-BQ22 for its brevity, improved structure with balance of positively- versus negatively-worded items, and subscales of equal length. Other aspects of validity and reliability are similar in both W-BQ12 and W-BQ22. Reliable measurement of psychological well-being is important in health psychology.

Experiences of macular disease and the UK health care system

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Objectives: To examine the relationship between experiences with health professionals and long-term well-being in people with macular disease (MD).

Methods: A self-administered questionnaire was completed by 1421 (71 per cent) of 2000 randomly selected MD Society members; 69 per cent women, mean age 76. Question topics included: satisfaction with consultations, knowledge and supportiveness of GPs, provision of information about MD and experience of visual changes, including hallucinations. The 12-item Well-Being Questionnaire (Bradley, 2000), shown elsewhere to have good reliability for this MD population was included.

Results: Participants who were dissatisfied with their diagnostic consultation had poorer well-being than those who were satisfied ($t=4.69$, $df=1277$, $p<0.001$). Those who did not think their eye specialist was interested in them as a person had poorer well-being than those who did ($t=5.06$, $df=1290$, $p<0.001$). There were significant positive correlations between well-being and perceived GP knowledge ($\rho=0.095$, $p<0.01$) and GP supportiveness ($\rho=0.063$, $p<0.05$). Provision of inadequate information was associated with poorer well-being ($t=11.329$, $df=1073$, $p<0.001$). Experiencing hallucinations was associated with poorer well-being ($t=3.78$, $df=1083$, $p<0.001$), particularly when explanations were inadequate/inaccurate.

Conclusions: The results show that unsatisfactory experiences with health

professionals are associated with poorer long-term well-being in MD. It may be that (i) unsatisfactory consultations may damage long-term well-being, (ii) health professionals have less satisfactory consultations with depressed/anxious patients. Causality will be investigated in a planned prospective, longitudinal study.

Communication between physiotherapists and patients in relation to recovery following stroke

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Background: Research indicates that patients have a need for information about recovery following stroke. However, little is known about the communication that occurs between patients and physiotherapists in therapy sessions or the factors which affect the exchange and interpretation of information about recovery. This study aimed to explore the information about recovery that is exchanged between physiotherapists and patients and the expectations that physiotherapists and patients have about recovery at different stages during the recovery process.

Methods: A grounded theory approach was used. In depth interviews were conducted with 16 people with first incident stroke and their physiotherapists at three time points: prior to hospital discharge, following their first out-patient physiotherapy session and following a physiotherapy session at three months post hospital discharge. Observation of the two physiotherapy sessions was also conducted for each participant.

Results: Physiotherapists are cautious about making predictions and giving information regarding the timescale and extent of recovery. However, the information about recovery exchanged between patients and physiotherapists was found to be closely linked to (i) physiotherapists attempts to achieve maximum motivation from patients during physiotherapy sessions and (ii) with the actual process of physiotherapy itself. Patients expectations for recovery were found to be affected by several factors including their (i) past illness experiences, (ii) determination to recover and (iii) perception of the role of physiotherapy to their recovery.

Conclusions: The results have implications for the communication strategies physiotherapists employ when discussing recovery with patients.

The WHOQOL-BREF assessment of quality of life (QoL) in persons with severe neurological disability

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Objectives: To examine the feasibility of using the WHOQOL-BREF to assess the QoL of persons with severe neurological disability, by comparing scores obtained with those of the SEIQoL-DW, a person-centred QoL measure which has demonstrated adequate psychometric properties within this population.

Methods: A factorial design was used. The WHOQOL-BREF and the SEIQoL-DW were administered to 24 individuals, aged between 30-75, with a range of neurological diagnoses at the Royal Hospital for Neuro-disability, Putney. QoL 'today' and 'generally' visual analogue scale ratings were also obtained. The QoL measures were administered across three assessment sessions, in a counterbalanced order, with a three- to seven-day period between sessions. Participants also reported significant positive/negative life changes that had affected their QoL on each test occasion.

Results: There were significant relationships between the SEIQoL-DW and WHOQOL-BREF Environment ($r=0.73$) and Social Relationship ($r=0.79$) domains, the relationship between scores on the SEIQoL-DW and WHOQOL-BREF Physical domain was not significant ($r=0.31$).

Further analyses using ANOVA, multi-dimensional scaling and cluster analyses suggest that the WHOQOL-BREF may be measuring aspects of person-centred QoL, and aspects of health-related QoL that are not dependent on level of physical disability.

Conclusions: The WHOQOL-BREF is a potentially useful QoL assessment tool that may feasibly be used in persons with severe neurological disability. Further psychometric testing is now required in order to enhance conclusions regarding its suitability with this population.

Distress in gynaecology out-patient attenders – women's descriptions of their distress and its cause

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Purpose: It has been documented that there are high levels of distress among women attending gynaecology outpatient clinics (Hunter & Walker, 1998). To date, however, there has been little exploration of the nature of that distress or women's perception of its cause. This study investigated this.

Methods: Questionnaire data were collected from 200 women attending gynaecology outpatient clinics. A thematic content analysis was used to identify themes emerging from women's responses to the following three open questions. What aspects of your (gynaecological) problem concern you most? If you have been affected emotionally, please describe how you feel. If you are emotionally distressed, what do you think is the main cause(s) of that?

Findings: Women's concerns centred around physical symptoms and treatment, inability to cope and change in relationships. A range of specific feelings was reported, though women commonly expressed mixed emotions, which included anxiety, depression and frustration. Gynaecological symptoms, their impact on women's feelings about themselves and their personal relationships, impact on daily life, treatment and relationships with medical staff were all cited as causing emotional distress. Common life stresses such as work, bereavement and relationships were often experienced as contributing to the overall difficulties caused by the gynaecological problem. Women's accounts although brief often reflected an understanding of the interplay between physical and psychological factors in influencing distress.

Conclusions: Women's responses highlight diversity and complexity in their experience of distress. Results support the need for a fuller understanding of the experiences of this group in order to meet their needs adequately and appropriately.

Past and present psychological help seeking in women attending a gynaecology out-patient department

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Objectives: High levels of distress have been documented in women attending gynaecology outpatient clinics (Hunter & Walker, 1998) yet there is poor provision of psychological help for these women. The aim of this study was to examine psychological help seeking in this population both past help seeking and interest in pursuing psychological help in the present.

Methods: 230 women attending gynaecology outpatient clinics completed the Hospital Anxiety and Depression Scale (Zigmond & Snaith, 1983). They also filled in a questionnaire relating to distress, gynaecological problem, past help for psychological or emotional problems and present views about seeking psychological support.

Results: 60 per cent of women scored in the clinical range for anxiety and 35 per cent for depression. Forty-nine per cent noted that they were distressed. Thirty-seven per cent had

sought help in the past with the majority of these (34 per cent) having seen their GP. Twenty-four per cent had seen a counsellor, 15 per cent a psychologist and nine per cent a psychiatrist. Mean rating of helpfulness was 5.9 (sd 3.2 where 0=least and 10=most helpful). Thirty-six per cent of women expressed interest in discussing their concerns with a trained professional. Those who expressed such an interest were significantly more anxious ($p=0.017$), depressed ($p=0.023$) and distressed ($p=0.004$) than those who did not want help. Women with fibroids, cysts or endometriosis most frequently expressed an interest in psychological help.

Conclusions: The results suggest that this group of women is open to accepting psychological help and that their desire for help relates to distress. Results are discussed in terms of provision of psychological support in gynaecology services.

The effects of acute psychological stress on pro-inflammatory cytokines: Preliminary results

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Objectives: Research within the field of PNI has shown that the immune system responds to acute stress with changes in the numbers of circulating lymphocytes and lymphocyte subsets, and with alterations in cellular immune function. Less is known about the impact of psychological stimuli on immune products such as cytokines. Pro-inflammatory cytokines are responsible for the activation and regulation of the immune system in response to threat. They function within the immune system but in addition are secreted by and act upon the brain. They have also been linked with a number of diseases including atherosclerosis and rheumatoid arthritis. This study was designed to examine whether pro-inflammatory cytokines change in response to acute psychological stress.

Methods: 96 volunteers, recruited as part of a larger study, took part in a laboratory session which included two mental stress tasks: computerised Stroop and mirror-tracing task. Blood pressure readings were taken at baseline, throughout the tasks and during a 45-minute recovery period. Blood samples were taken at baseline and 45 minutes post-stressor for enumerative counts of interleukin-1 receptor antagonist (IL-1ra), interleukin-6 (IL-6) and tumour necrosis factor alpha (TNF- α).

Results: Preliminary results show that the stressor led to increases in SBP, DBP and HR which returned to baseline levels by 45 minutes post-stressor. The concentration of IL-6 increased in response to stress ($p<0.009$). Similar trends were recorded for IL-1ra and TNF- α , but these were not significant. No gender differences were found and no associations with cardiovascular responsivity to the tasks have been identified.

Conclusions: Interleukin-6 increases in response to stress, however there was no significant change in the other pro-inflammatory cytokines measured. No difference was found between those exhibiting high and low cardiovascular responsivity, and so it would appear that stress-induced cytokine responses are regulated by different mechanisms from those controlling lymphocyte responses.

The role of emotions in perceptions of health status: A qualitative analysis

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This study examined whether people believe there is a connection between various aspects of their emotional management and their health management or health status. Data was collected qualitatively by tape-recorded semi-structured interviews with five healthy male and female participants in order to elicit their beliefs, attitudes and intentions. A grounded theory approach (Strauss & Corbin, 1990) was used to analyze the data. The results of this study

indicate that people believe that experiencing and expressing emotions can affect health and illness, either directly or indirectly. For instance, repression and denial are associated with a failure to act on necessary cues which could be vital for health and wellbeing and reduce the likelihood of seeking support from others. Some emotions are considered hazardous to health if their intensity is high and their duration long – negative affectivity is believed to affect health in terms of behaviours which may increase anxiety and are considered detrimental to health. Optimism is described as a positive driving force or a coping mechanism which enables the individual to focus on improving health and wellbeing. Future studies of this kind have the potential to offer valuable information to health practitioners about how people deal emotionally with health and illness and how this may increase or decrease the chances of a speedy recovery from ill-health.

Which dyspeptic patients test positive for helicobacter pylori?

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Objectives: To determine whether demographics, symptoms, and psychological factors relate to H.pylori test outcome.

Participants: 59 patients (>16 years), referred by GPs for H.pylori serology.

Methods: 95 patients were approached when reporting for testing. 59 (62 per cent) completed questionnaires: demographics (age, gender, socio-economic status); symptoms (frequency of abdominal pain, belching, bloating, vomiting, regurgitation, nausea and heartburn (5-point scales: never – all the time)) and psychological measures (Perceived Stress Scale (Cohen *et al.*, 1983); Hospital Anxiety and Depression Scale (Zigmond and Snaith 1983)). Scores of H.pylori positive (HP+) and negative (HP-) patients were compared (Mann-Whitney).

Results: Of the 59 (mean age 40.8 years), 66 per cent were female, 58 per cent non-manual, 16 (27 per cent) tested HP+, 36 (61 per cent) were HP-, seven unknown (full data for 50). HP diagnostic groups did not differ demographically. Amongst symptoms, only 'bloating' was significantly greater in HP+ ($p<0.05$) though 'abdominal pain' and 'belching' approached significance. HADS anxiety was somewhat greater amongst HP+ (mean 11.00 (sd 3.58) than HP- patients (mean 8.56 (sd 4.69) ($p=0.84$)). In logistic regression, age, socio-economic status, stress (PSS total), 'abdominal pain', 'belching' and 'bloating' were entered (Block 1). This model correctly predicted 72 per cent of test results, reducing -2 log likelihood by 7.41 from the original model (ns). HADS anxiety was then entered (stepwise). This model correctly predicted 82 per cent of results, reducing -2 log likelihood by a further 4.92 from Block 1 ($p<0.05$).

Conclusions: HADS anxiety predicts testing positively for H.pylori.

The measurement of depression in chronic pain patients

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Purpose: Depressive symptomatology is commonly reported in patients with chronic back pain. The Beck Depression Inventory (BDI-IA) is one of the instruments most widely used to measure this. In recent years the BDI-IA has been revised and a number of somatic items dropped, leading to the development of the BDI-II. The BDI-II manual presents a conversion table for raw scores to enable clinicians and researchers to make comparisons between the two instruments. This exploratory study was designed to determine the effect conversion of the scores had on the categorisation of participants as either minimally, mildly,

moderately or severely depressed, and to consider the utility of the conversion table with this particular patient group.

Methods: BDI scores for two matched groups of chronic back pain patients (n=180) were collected from established databases. Each group had completed one version of the BDI. Raw BDI-IA scores were converted to BDI-II scores and vice versa, and patients were categorised as either minimal, mild, moderate or severe based on these.

Findings: Conversion of the scores from the BDI-IA to BDI-II resulted in a different distribution of the categories, with 12 per cent (n=21) reduction in the severely depressed and an eight per cent increase in those categorised as moderately depressed (n=14). Whereas conversion from the BDI-II to the BDI-IA produced categorical changes at the other end of the scale.

Conclusions: Highlight the need for both clinicians and researchers to be aware of the potential difficulties in terms of sensitivity and specificity that may arise when converting BDI scores in this patient group.

Chronic fatigue syndrome: Causal attributions, coping, psychological adjustment and anti-depressant adherence

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Objectives: To explore relationships within Leventhal's Self-regulatory model, using disease-specific measures of causation and coping. It was hypothesised that: (a) physical attributions would relate negatively to 'maintaining activity, positively to 'focusing on symptoms' and positively to 'illness accommodation' (b) emotional attributions would relate positively, and physical attributions negatively to anxiety and depression (c) 'focusing on symptoms' would relate positively to anxiety and depression (d) physical attributions would relate negatively and psychological attributions positively to anti-depressant adherence.

Methods: 131 members of Myalgic Encephalitis Self Help (MESH) received questionnaires: causes of illness (from Weinman *et al.*'s IPQ (+2 items)); coping strategies (Ray *et al.*'s IMQ); anxiety and depression (Zigmond & Snaith's HADS); reported adherence (six-point scale); demographics. Analysis employed Pearson's r and t-tests (median splits).

Results: 61 respondents (75.4 per cent female; mean age 46 years (24-78)); 24.6 per cent working). 73.7 per cent endorsed 'germ or virus', 68 per cent 'immune system problem', and 67.2 per cent 'stress' as causing 'ME'. 71.7 per cent disagreed that depression was a major cause. Hypothesis (a) was not supported statistically. Hypothesis (b) correlations were not significant, but those endorsing depression as a major cause were more anxious (t-test p<0.01). Hypothesis (c) 'focusing on symptoms' related significantly to depression (r=0.36;p<0.05) but not anxiety (r=0.25). Hypothesis (d) correlations between attributions and adherence were not significant (n=28 prescribed anti-depressants).

Conclusions: 'ME' support group members make predominantly physical attributions for their illness. Those making psychological attributions do not take anti-depressants more reliably.

The relationship between gender, depression, disability and pain in a prospective community sample of recently diagnosed inflammatory polyarthritis patients

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Objective: To examine the role of gender in psychological adjustment and disability of patients with Inflammatory Polyarthritis (IP), a condition that frequently progresses to Rheumatoid Arthritis (RA).

Methods: This is part of a longitudinal study of

early IP. Patients are visited at home yearly for three years and complete a battery of questionnaires including the Health Assessment Questionnaire (HAQ), the Centre for Epidemiological Studies Depression Scale (CES-D) and pain ratings using 101 point Visual Analogue Scales. The statistical analysis of the data at this stage involves t-tests to examine gender differences on depression and disability scores, and correlations of these variables with pain ratings.

Results: Data from 64 patients (23 men and 41 women) in the first phase of data collection have been examined. Results showed that women reported significantly higher levels of depression (CES-D) than men (t (62) = -3.144 exact p=.003). At this early stage of the disease, 26.1 per cent of men (mean CES-D score=10.96) and 54 per cent of women (mean CES-D score=19.02) had scores that equaled or exceeded 16 on CES-D, the cut off point for risk of depression. No significant gender differences were found for the HAQ disability scores (t (62)=-1.896 exact p=.063). There were significant positive correlations between HAQ scores and: CES-D (Pearson r=0.36,exact p=0.003), pain score over last week (Pearson r=0.33, exact p=0.008) and pain score today (Pearson r=0.32,exact p=0.01). There were also significant positive correlations between the CES-D scores and pain score over last week (Pearson r=0.46, p<0.00) and pain level today (Pearson r=0.29, exact p=0.019).

Conclusions: In this investigation of patients with rheumatic disease of recent onset, we found that women had significantly higher levels of depressive symptoms than men and that a quarter of men and over half of women were at risk of depression. Although there is no evidence from other cross-sectional and longitudinal research in established RA that suggests that women suffer from more depressive symptomatology than men, the current findings suggest that depression should be managed alongside the physical symptoms at the early stages of the disease, and that there might be gender differences in mood at that point. The significant associations observed between disability, depressive symptoms and pain in early IP patients, are similar to findings from previous research in RA.

Does the natural environment have a greater appeal for people when they are stressed?

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Objectives: (1) to determine if, as has previously been suggested, people prefer to go to natural environments when stressed; (2) to extend the previous research by looking at choice of location for other mood states (happy, excited, relaxed, upset, scared, ill or in pain).

H0: the people who say they go to natural environments when they are stressed will also choose to go to these places when experiencing positive mood states.

H1: the results will provide tentative support for the literature espousing that people have a biological predisposition to experience a reduction in stress following exposure to the natural environment.

Methods: Free response questionnaires are currently being given to a wide group of participants (age six upwards) either by post or by personal contact. These will provide pilot data from which a forced choice questionnaire will be constructed to be administered on a much larger scale. The participants are being recruited via schools, university classes and a University Retired Staff Club.

Results: The data from this study will be analysed during the summer in time for presentation at the conference. Comparisons will be made between choice of location for different emotional states using an ANOVA.

Conclusions: If the null hypothesis can be rejected, the current practise of displaying elements of the natural environment in medical settings will have increased credibility as a psychological intervention. This questionnaire research is occurring in tandem with lab-based studies looking at the possible beneficial effects

of viewing nature under controlled conditions.

A chronic pain management programme: An evaluative longitudinal study

A REYNOLDS, P HILL, S SKEVINGTON & M OSBORN

Objectives: The main objective of the research was to study the long-term effectiveness of a series of outpatient pain management programmes at a district general hospital.

Design: A repeated measures design was employed with up to five individual assessments over a twelve-month period after the programme had been completed (Total n=54).

Measures: The measures included: (1) subjective pain levels (Visual analogue scales); (2) psychological (HAD, WHOQOL - quality of life, pain locus of control, Distress and Risk assessment method, SF36); and (3) disability (Physical tests: walking distance, stand/sit and step test). A cohort of patients agreed to take part in a semi-structured interview, which looked at their expectations and coping techniques.

Analyses: The analyses were largely quantitative and consisted of Analysis of Variance (ANOVA) or related t-tests. The qualitative data from the semi-structured interviews were subject to thematic analyses.

Results: The results indicated a significant improvement in physical functioning and depression levels, whilst there was an improving trend for the psychological measures.

Conclusions: Some important findings resulted in changes in the content and structure of the pain management programme. Changes that occurred as a result of the research were: (i) a rationalisation of the outcome measures used; (ii) follow-up sessions were incorporated as part of the programme to reduce attrition and reinforce patients' knowledge and skills learnt; and finally (iii) the programme decided to focus on specific areas of pain control in detail rather than covering all areas.

Job stress, satisfaction and mental health among general practitioners and nurses in primary care

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Objectives: This paper attempts to compare job stress, job satisfaction and mental health of general practitioners and practice nurses.

Methods: Questionnaires assessing levels of job satisfaction, sources of stress and mental health were distributed to a random sample of primary care professionals in the northwest of England. A total of 587 (65.22 per cent) questionnaires were returned. This study sample included 203 general practitioners and 119 practice nurses.

Results: General practitioners reported lower job satisfaction and significantly greater pressure at work than did the practice nurses. There were no significant differences between general practitioners and practice nurses on free-floating anxiety, depression and somatic anxiety on the mental health scale. However, male general practitioners reported higher scores on free-floating anxiety (t=7.3 1) and depression (t=11.19) than a British normative male population. For female general practitioners there was no significant difference on free-floating anxiety when compared with normative population. Practice nurses had significantly lower scores on free-floating anxiety (t=2.05) and depression (t=7.21) than the normative sample.

Conclusions: If the trends reported here continue, it may be wise to contemplate exploring the need for training in coping strategies for general practitioners. The findings for anxiety and depression are of some concern for male general practitioners. There has been little work on the effects of this poor mental health in relation to patient care and its ultimate consequences on general practitioners. Surely this is an area which requires further research.

Desire for involvement in general practice decision-making – a cross-national study

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Objectives: The aim of this study was to examine factors associated with patients' desire to become involved in general practice medical decision making and to compare these factors in two separate health care systems (England and Germany).

Methods: The study used a cross-sectional design with a convenience sample (n=347) drawn from the student population at the universities of London and Düsseldorf. Measures included MHLC Form A and a self-constructed questionnaire consisting of 37 items to assess attitudes to general practice and involvement in medical decision making. The data were examined using multiple regression analyses and independent t-tests.

Results: The variables included in the analysis, on the basis of correlations, accounted for 59 per cent of the variance ($F(14, 249)=27.88$; $p<.0001$) of desire to be involved in decision making. The most important factors were patients' desire for information from their GP and their evaluations of their general practice consultations. Nationality, age, gender, class and perceptions of locus of control did not add to the equation. Cross-national differences were found on the adequacy of information and assessment of doctor patient communication where German students rated good communication and adequate information during a consultation as significantly more frequent.

Conclusions: The findings of this study highlight the importance of background attitudes in patients' desire to become involved in decision making regarding their treatment. Furthermore the results emphasise the need to take account of cultural differences in attitudes to medical treatment.

Are differences in patients' concerns about their irritable bowel syndrome mediated by cultural differences in illness perception?

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Objectives: To compare concerns and Illness Perceptions held by non-British (n=11) and British (n=22) sufferers of Irritable Bowel Syndrome (IBS). To compare the equivalence, between these groups, of measures used in IBS assessment.

Methods: Patients diagnosed with IBS were asked to fill in questionnaires regarding symptoms, clinical history and cultural identity. They also filled in the Illness Perceptions Questionnaire (IPQ) and the Rating Form of IBS Patient Concerns (RFPC), which measure five illness perception constructs and four areas of common concerns, respectively. The IPQ and the RFPC were factor analysed for each group to investigate structural equivalence of the underlying constructs. All other data collected was compared between groups using t-tests and Chi square.

Results: Non-British participants reported more negative illness perceptions and greater levels of concern in all areas, than their British counterparts. Only one difference reached significance, the IPQ-consequence sub-scale, with non-British patients perceiving significantly worse consequences of their illness ($t=-2.44$, $p<.05$). The IPQ and RFPC did not show structural equivalence between groups.

Conclusions: Cultural- group differences in perceptions of health and illness are an increasingly important factor in how clinicians deal with their patients. Negative illness representations have been repeatedly and reliably linked with poorer physical and psychological outcomes in a number of other illnesses. These groups are, therefore, likely to have different expectations and needs from encounters with their doctors.

Leisure time activities and diet among 9 to 10-years-old children and their parents

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Objectives: The primary objective of the present study was to make a preliminary enquiry into leisure time activities and diet of young children and their parents. The study addressed two main questions: (1) how do young children spend their leisure time activities after school and what style of diet do they practice? (2) how does the children's behaviour relate to parental leisure time activity and dietary choice?

Methods: A total of 118 children (9 to 10-years-old) and their parents participated in this study in October–November, 1999. The children recorded their leisure time activities after school in a diary for seven consecutive days and completed a diet questionnaire, which measures the frequency of diet for a selection of food categories. All parents completed the questionnaire of leisure time activities and diet. The standard protocol for research with children is maintained. Descriptive statistics and parametric tests are used to analyze the data.

Results: The results show significant differences in leisure time activities and diet between members (child, father and mother) within a family. For example, mothers' consumptions of meat, sweets, and soft drinks are significantly higher than fathers and children. Differential leisure time activities indicate that fathers spend more time on active sports than mothers. Similarly, the time spent on homework on computer, playing football and computer games, painting, and dancing is different among boys and girls.

Conclusions: The findings of this study have important implications for understanding the health and physical fitness of young children within a 'health of the family' context.

A study of eating pathology in male athletes

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The aim of this study was to examine the prevalence of eating disorders amongst male athletes and compare this to a male and female non-athletic control population. The influence of different definitions of bingeing (DSM-IV & ICD-10) on self reported incidence of binge eating behaviour was also considered. A cross sectional questionnaire survey was used to determine prevalence and type of eating pathology between the target populations (n=132). The questionnaire consisted of a detailed sociodemographic section, a section on pathogenic behaviours considered relevant to disordered eating and weight control, such as bingeing, use of diuretics, laxatives, steroids and fasting. The final part of this questionnaire examined participant's responses to two definitions of bingeing. The 64-item Eating Disorder Inventory was also included. These data were analysed using ANOVA with appropriate post hoc tests. The results demonstrated that male athletes (n=52) were not at increased risk of suffering from eating disorders, although they were characterized by significantly more bingeing behaviour compared to their male (n=48) controls. In contrast, the female controls (n=32) scored significantly higher on the drive for thinness and body dissatisfaction subscales compared to male athletes and controls. In 57.7 per cent of the athletes, a discrepancy in responses to the two definitions of bingeing was observed. The results indicate that measurement and adherence to different definitions can result in differential responding of participants, and needs to be considered critically in future research.

Can the theory of planned behaviour explain patterns of health behaviour change?

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Objective: This study tests the ability of the theory of planned behaviour to predict patterns of behaviour change associated with health screening. Four patterns of behaviour change (initial, delayed, consistent, and refused) were derived from cross-tabulating attendance/non-attendance at two time-points.

Methods: The study design was prospective. Questionnaire measures of attitudes, subjective norms, perceived behavioural control, and intentions were used to predict attendance for health screening one month and 13 months later. The sample was obtained from general practitioner lists and had never previously been screened (n=389). Attendance behaviour was determined from medical records.

Results: Discriminant analyses showed that the theory of planned behaviour performed well at predicting attendance on both occasions and linear regressions showed that the theory also predicted frequency of attendance. However, the model was unable to reliably distinguish between consistent attendees, participants who delayed attending, and participants who initially attended but relapsed.

Conclusions: The findings demonstrate an important limitation of the theory of planned behaviour for predicting behaviours that must be performed promptly or repeatedly for health benefits to accrue. The model will need to incorporate insights from analyses of processes of change and implementation intentions to account for patterns of behaviour change.

The role of cognitive priming, gender and attributions in determining psychological adjustment in hospital patients

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Objectives: This study, the first in a series examining stress for hospital patients, treats stressed patients with expectations of surgery, or about to undergo surgery, with a short, pre-consultation, cognitive intervention. We hypothesised that patient stress would reduce for those receiving the intervention and this effect would depend on gender and attributions.

Methods: A two independent-group repeated measures prospective design was used. After a short pilot study, the cognitive intervention was trialed in hospital outpatient clinics on a mixed sample of 50 patients from neurosurgery, cardiology and oncology. All patients were pre-tested for attributions (Multidimensional Health Locus of Control) and psychological adjustment (Depression, Anxiety and Stress Scale) one week prior to their consultation. Post-tests were carried out one-week post consultation, again measuring adjustment. Data was analysed using ANOVA.

Results: Locus of control interacts significantly with gender in moderating the intervention's effectiveness (in improving psychological adjustment). Female, internal locus of control patients who received the intervention showed significant improvements over their non-intervention controls. Male patients had significantly reduced adjustment compared to females.

Conclusions: Studies in stress and disease suggest that interventions have small effects. This may be because results for groups based on attributions and gender offset each other. For health psychologists, these findings highlight the importance of assessing stressed hospital patients and matching interventions to the patient's characteristics. The next, larger study (under way) will include indicators such as immunity and health status at a three month follow-up. Preliminary data will be available by September 2000.

Prescribing anti-depressants in general practice: A social judgement theory approach

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Depression is a common illness, affecting around one in five people consulting a general practitioner (GP). It is also costly in terms of working days lost, and associated with a risk of suicide. The WHO predicts that by 2020, depression will be the greatest burden of ill-health to people in the developed world, and that severe depression will be the second largest cause of death and disability. Yet depression can be one of the most treatable mental illnesses. Despite the development of clinical guidelines to assist in the recognition and treatment of depression, about half of all cases are estimated to remain unrecognised and untreated. This study aims to investigate some of the decision-making processes of GPs with respect to depression; to identify factors that influence their treatment decisions; and to compare these to guideline recommendations. Brunswik's lens model, from Social Judgement Theory, was employed to explore individual treatment decision policies of 40 GPs in one region of Scotland for 20 case vignettes. These individual policies were then aggregated and compared with those derived from guideline recommendations. Differences in the utilisation of cues were observed between the two. Specifically, guideline recommendations placed more importance on the number and duration of symptoms, giving equal weights to the different symptoms, and placed a high weight on patients' treatment preferences. In contrast, GPs gave more weight to particular symptoms, particularly 'thoughts of suicide' and 'sleep disturbance'. The findings have implications for the development of intervention strategies to implement clinical guidelines. The lens model analysis suggests that cognitive feedback may be a useful component of such interventions.

Rehabilitation increases patients' positivity towards illness

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Objectives: While illness is a distressing experience for many patients, some patients report positive consequences of illness. The objective of this study was to determine whether rehabilitation increases positivity towards illness, in contrast to its known effect of reducing negativity as detected by traditional quality of life measures.

Methods: A 38-item measure of the positive consequences of illness was completed by three groups of patients on two occasions: 20 chronic obstructive pulmonary disease (COPD) patients on entry to a waiting list for rehabilitation and at the start of rehabilitation; 35 COPD and 29 cardiac patients at the start and end of a rehabilitation programme. T-tests were used to compare patients' levels of positivity across the two assessment points.

Results: On average, between seven and 17 positive consequences of illness were reported across the three patient samples. Following rehabilitation there was a significant increase in positivity for both the pulmonary ($p < 0.01$) and cardiac ($p < 0.001$) patients with, on average, three and four additional items endorsed by the two groups respectively. No change in positivity was observed for the control patients who were on the waiting list for rehabilitation.

Conclusions: Positivity in illness varies naturally between patients but can be influenced by patient management. Rehabilitation programmes have more quality of life benefit than is indicated by the use of conventional quality of life scales.

Attitudes towards homosexuality and HIV/AIDS in pre- and post-registration nurses

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Objectives: From the beginning of the 1990s a number of studies have indicated a possible positive shift in the attitudes of health professionals towards homosexuality but no real decline in the stigma associated with HIV/AIDS. As well as acquiring further data to test this notion this study compares the attitudes of pre- and post-registration nurses to sexual orientation and medical diagnosis. The effect of training, experience, and the acquisition of further qualifications are also taken into account.

Methods: 63 pre-registration nurses and 57 post-registration nurses completed the Prejudicial Evaluation and Social Interaction Scale. This involves completing a questionnaire after reading a short case study that describes a person who is either heterosexual or homosexual and has either AIDS or leukemia.

Results: Overall both groups held positive attitudes although post-registration nurses were significantly more positive. There was no effect for sexual orientation although both groups exhibited significantly higher levels of prejudice to patients with AIDS regardless of sexual orientation. Attitudes improved with both experience and number of qualifications.

Conclusions: The findings give further support to the notion that attitudes in nurses towards homosexuality are changing. Possible reasons are suggested as to why there is a greater negative attitude to either heterosexual or homosexual patients with HIV/AIDS – one being the nature of the disease itself that causes a negative reaction. Possible factors associated with the positive effect of nurse training and the role of psychology are discussed.

The impact of gastrointestinal cancer on physical and psychological health

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Objectives: The evidence that stress promotes cancer is debatable, but there is little doubt that cancer causes stress; depression is associated with the diagnosis of various cancer. The effect of physical symptoms on psychological morbidity was therefore tested in newly diagnosed cancer patients.

Methods: Correlations between psychological and physical health were assessed in 21 surgical patients with gastrointestinal cancer (including 11 with pancreatic carcinoma) before and after treatment. There were 11 men and 10 women (median age 57 years, range 30–73 years). Ethical approval was obtained. Physical symptoms were scored, performance status was rated and patients were asked to indicate their overall level of wellbeing on the EuroOol 'thermometer'. Psychological health was assessed by two self-report questionnaires: the Hospital Anxiety and Depression (HAD) scale and the Mental Adjustment to Cancer (MAC) scale.

Results: Between four to five patients showed abnormal values for each of four parameters: anxiety, depression, fighting spirit, helplessness. All assessments were repeated in 17 patients at a median eight weeks after treatment, which generally entailed a major surgical resection: fighting spirit fell from median 51 to 48 ($p = 0.001$). Using pooled data, nine of 12 possible correlations between physical and psychological parameters achieved statistical significance. The worse the symptoms and performance status, the higher the levels of anxiety, depression and helplessness.

Conclusions: The psychological response to the diagnosis and treatment of these common

cancers is governed by the sense of physical well-being. As general health deteriorates, patients may lose their determination to fight the cancer.

Consumer involvement in research is essential

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Objectives: The present study was designed to examine the nature and extent of the mismatch between the current research agenda and the research priorities of patients, in the context of osteoarthritis of the knee (OAK).

Methods: OAK literature was identified using three methods: electronic literature databases, postal survey, and review bibliographies. This provided an overview of the existing research literature. Next a postal questionnaire of 112 OAK patients was conducted. The questionnaire investigated: which interventions patients regularly used, which they thought were effective and which they thought should be researched further. The results of the review and questionnaire were compared.

Results: The review identified 930 relevant articles, 59 per cent related to drug therapy, 26 per cent to surgery, six per cent to physical therapy research, five per cent to complementary research and three per cent to education (including psychological and behavioural interventions). The survey results showed that patients regularly used a wider range of treatments than the research base would suggest. Ninety-one per cent of patients took tablets, 56 per cent used physical therapy, 51 per cent education, 28 per cent had tried complementary therapy, and eight per cent had undergone knee replacement. When asked what interventions they would like to see prioritised for further research patients placed knee replacement and education as the highest priorities.

Conclusions: These data suggest that the research priorities of patients differ widely from those of the research community. Despite widespread use, educational, psychological and behavioural interventions appear relatively under-researched in OAK. Health psychologists could play an important role in redressing this balance.

Satisfaction with body image during pregnancy

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The objective of the study was to investigate whether weight concern, physical attractiveness and physical health influenced perception and satisfaction with body image during pregnancy. It was predicted that women who felt: concerned with weight, less attractive, or less well physically would show greater body image dissatisfaction. The study was longitudinal. Thirty-four women completed questionnaires in both early (14 weeks gestation) and late pregnancy (33 weeks gestation).

Information collected included:

- Satisfaction with weight, physical health and attractiveness prior to and during pregnancy;
- Perceptions of attractiveness towards partners;
- Figure ratings of: current, pre-pregnancy, ideal-pregnancy, post-pregnancy, most attractive to males and most attractive 'for a mother'.

Data were analysed using ANOVA and Chi-Square. In early pregnancy, 'current' figure ratings were similar to 'ideal-pregnancy' ratings. However, in late pregnancy, 'current' figure ratings were significantly larger than 'ideal-pregnancy' ratings ($p = 0.0011$). This was associated with decreased physical attractiveness for primiparous women ($p = 0.0014$) and reduced physical health for multiparous women ($p = 0.05$). Weight concern was unimportant. An understanding of factors that influence body image can enable health professionals promote a more positive body image in those women most susceptible to body

image dissatisfaction. This is important as body image may positively or negatively influence factors such as self-esteem, attitudes to childbirth and the transition to motherhood. This has the potential to affect not only the woman, but also her baby; for example, by a reduction in breast feeding.

The longitudinal effects of cognitive therapy for the management of sickle cell disease pain

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Objectives: To evaluate the effectiveness of a cognitive-behavioural group therapy intervention for the management of sickle cell disease (SCD) pain.

Background: The efficacy of psychological component in the management of sickle cell disease pain is well-documented (Vichinsky, Johnson & Lubin, 1981; Gil, 1997). More recently cognitive behavioural therapy (CBT) was implemented in the United Kingdom to manage pain in SCD (Thomas *et al.*, 1999). Immediate findings from this longitudinal, multi-centred, randomised controlled trial revealed the efficacy of CBT as compared to a placebo and no psychological treatment control. The efficacy of the CBT over time is being evaluated in this paper.

Methods: 97 patients with SCD recruited from seven London hospitals were randomly allocated to one of three treatment conditions after giving written consent: a CBT pain management group, an Attention Placebo group and a no intervention Control. All participants completed a number of psychological and pain measures at baseline and at three separate post-intervention time points.

Results: In this paper results are presented for the 59 participants who completed all measures at baseline, in addition to two, six and 12 months stages. Significant post-intervention treatment group differences in favour of the CBT intervention were identified for nearly all of the psychological measures using the Kruskal-Wallis test. Within-groups significant differences over time were also found for the CBT condition for the majority of the measures.

Conclusions: Overall, the cognitive behavioural approach employed appears to be effective for the management of SCD pain in terms of reducing psychological distress and pain and improving coping. Analysis of longitudinal data suggests that CBT is most effective during the first six-month post-intervention whilst at 12-month the potency of CBT had waned.

Prevalence and predictors of depressive symptoms in osteoarthritis among former UK professional footballers

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Depression has been noted among people with rheumatoid arthritis but to date few studies have examined this relationship among people with OA. Furthermore, OA studies tend to focus on samples comprising mainly of women. The aim of this study was to determine the prevalence and correlates of depressive symptoms in a sample of ex-professional footballers with osteoarthritis (OA).

Methods: Data were collected via a cross sectional postal questionnaire from 138 respondents. Information collected included: demographic (age), career details (injuries, surgery, reasons for retiring) disease factors and impact (medication, disability, pain, mobility, self-care), health ratings (current and anticipated) and psychological well-being (depression, anxiety life satisfaction, body image).

Results: Respondents had a mean age of 56.5 years (SD11.9) and mean age at diagnosis of 40.3 years (12.4). A quarter of respondents recorded a score of ≥ 8 indicating a possible clinical disorder. Forward and stepwise multiple regression produced a three factor model (anxiety, satisfaction with life and current health status) which accounted for 64 per cent of the

variance in depression scores.

Conclusions: Psychological (anxiety and satisfaction with life) rather than current health status were the strongest predictors of depression scores. The level of 'at-risk' depression was low compared to a study of men with ankylosing spondylitis' (25 per cent v 46 per cent). This suggests that disease appraisals and coping skills may be a fruitful avenue of further investigation among this unique sample of people with OA.

Coping, social support and attachment style as psychosocial correlates of adjustment in men and women with HIV/AIDS

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Objectives: To examine the psychosocial correlates of adjustment to HIV/AIDS. We hypothesized that among HIV-infected individuals, positive states of mind would be greater among those who had good social support related to living with HIV/AIDS and avoided the use of possible 'maladaptive' coping strategies. Positive mood was hypothesised to be associated with a secure attachment style rather than anxious-ambivalent and avoidant attachment styles.

Methods: The sample consisted of 147 HIV-positive persons (80 men and 67 women). Multiple regression analysis was used to examine the relationships between demographic and medical status variables, perceived quality of general social support, three attachment styles, and three coping styles with total score on the Positive States of Mind (PSOM), our measure of adjustment.

Results: PSOM total score was significantly associated with more secure attachment style and less use of behavioural disengagement in coping with HIV/AIDS after controlling for antidepressant use.

Conclusions: The results indicate that for people with HIV or AIDS, those individuals who are more securely engaged with others and more directly engaged with their illness are more likely to experience positive adjustment. These findings have implications for physical health outcome and intervention.

Is short stature a disadvantage for young adults?: The Wessex Growth Study Phase IV

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Objectives: The Wessex Growth Study was set up in 1986 to address the following questions: (a) Do short children become short adults; (b) Can any variable, genetic or environmental predict future growth during childhood and adolescence; and (c) Is there a link between short stature, impaired psychological functioning and school performance at any time during childhood, adolescence or after puberty. Phase IV investigates the transition to adulthood in this sample of young people (i.e. 18+).

Methods: This phase follows up 71 short normal (selected at school-entry as <3rd centile) and 88 controls using the Adolescent to Adult Personality Functioning Assessment (ADAPFA). The ADAPFA is a psychiatric interview schedule which covers the domains of employment, coping, love relationships, negotiation, non-intimate social contacts and friends. The GHQ was also administered. ANOVAs permit between group comparisons of test questionnaire and interview scores.

Results: Comparisons are made between the groups ADAPFA ratings and GHQ scores. The kind of data generated by ADAPFA also allows qualitative exploration within the domains.

Conclusions: The use of growth hormone in short normal populations implies that short stature is a disadvantage. Our data should provide a coherent picture of the longer-term

psychosocial effects of short stature on a community-based sample. This will add to the debate concerning the ethical and economical issues of prescription of biosynthetic growth hormone treatment to children without growth hormone deficiencies.

Coping with health-related decisions: A critique of Janis and Mann's (1977) theory of decision-making

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Purpose: This paper critically evaluates Janis and Mann's (1977) conflict-theory model which describes various ways by which people cope with decisional conflict.

Background: In contrast to other health behaviour models, which emphasise rational choice, this approach takes into account emotional as well as cognitive factors in decision making. However, critical analyses of the Janis and Mann model, as applied to health, have rarely been documented.

Key points: Several conceptual and operational constraints are identified, including a limited range of coping constructs, overlap with rival formulations, emphasis on trait-based influences, vague distinction between coping and coping outcomes, confounding of stress and deadline influences on coping, and a lack of construct validity in measurement.

Conclusions: These failings negate conclusive inferences about the merits of the Janis and Mann approach with respect to rival approaches, and necessitate a more elaborate description of key constructs and the development of situation-based measures.

Perceptions of threat, benefits and barriers in breast self-examination amongst young low-risk women

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Objectives: The present study examined relations of Health Belief Model (HBM) cognitions with breast self-examination (BSE) in young low risk women. It was hypothesised that cues to action, health motivation, and perceptions of threat (vulnerability, severity), benefits, and barriers, will predict BSE, but that threat perceptions will be more powerful predictors than benefits and barriers.

Methods: Questionnaire data from 178 women (aged 18 to 35 years) living in the north-western region of England was analysed.

Results: Using hierarchical logistic regression controlling for demographic factors, only severity and barriers emerged as important predictors; lower perceived seriousness of breast cancer and fewer perceived obstacles to practising BSE predicted performance of BSE. For every unit increment on the severity and barriers scales, the odds of a respondent performing BSE decreased by approximately 8 per cent and 20 per cent respectively.

Conclusions: Results provide qualified support for the HBM. Perceived barriers was the most powerful predictor, although respondents assessed breast cancer severity based on early detection through BSE. Implications for clinical interventions are considered.

Marital satisfaction and anger expression in male and female hypertensives: A controlled trial

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Objectives: Cross-sectional and longitudinal studies suggest that inhibition of anger and emotional expression are associated with high blood pressure. Gender differences in aggressiveness, hostility and anger are currently thought to contribute to the higher rates of

cardiovascular disorders in men relative to women. The current study aimed to investigate modes of anger experience and expression in essential hypertensive patients and their effects on marital satisfaction.

Methods: A sample of 14 male and 13 female out-patients with confirmed essential hypertension and their partners were matched with a control group ($n=27$) for age, gender, duration of relationship and number of children. Subjects and their partners undertook a structured interview consisting of questions derived from the anger experience interview by Averill. A battery of questionnaires including the State-Trait Anger Expression Inventory, the Marital Satisfaction Inventory and Expressed Emotion were also completed.

Results: Hypertensives reported feeling more depressed, anxious and less relieved with their personal responses to anger provoking situations than controls. Hypertensives reported higher levels of marital satisfaction and avoidance behaviour in anger situations than normotensives. They also reported a perceived rise in blood pressure significantly more often than normotensives and were more aware of the detrimental health effects of anger expression. Gender differences were non-significant with the exception of perceived criticism: men report higher levels than women. These results are discussed in terms of conflict-avoidance and perceived vulnerability in patients with established essential hypertension.

Applying the theory of planned behaviour (TPB) to treatment of vaginal candidiasis in community pharmacies

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Purpose: The TPB has been used successfully to predict individual health behaviours. However, little is known about the applicability of the model to behaviours undertaken by health professionals to protect or enhance the health of someone else. The aim of this study was to investigate the utility of the model in predicting sales of anti-fungal agents by community pharmacists to women presenting with symptoms of vaginal thrush.

Methods: Interviews were undertaken with 19 pharmacists to identify salient beliefs. These were used to generate measures of attitudes, subjective norms, perceived behavioural control and intention, as recommended by Ajzen (1991). Postal questionnaires were distributed to 61 community pharmacies participating in a randomised controlled trial. Sales of anti-fungal agents were assessed through test purchase visits (two per pharmacy) by trained actors, up to eight weeks after questionnaire completion.

Findings: Completed questionnaires were returned from 54 pharmacies (88.5 per cent). Overall, TPB measures accounted for 42 per cent of the variance in intention to sell an anti-fungal agent, with the perceived behavioural control measure ($b=0.45$) and belief-based subjective norm measure ($b=-0.41$) being the most important predictors. Intention and PBC together predicted eight per cent of the variance in sales ($p>0.05$).

Conclusions: Cognitions specified in the TPB significantly predicted the strength of intentions to sell anti-fungal agents, suggesting that the model is applicable to health professional behaviour. Sales of anti-fungal agents did not appear to be strongly associated with intentions. Further studies are needed to investigate the role of intentions in health professional behaviour.

Exploring the dimensionality of social support among pregnant smokers

AJ WALTON & T LAWRENCE, Dept. of Public Health, University of Birmingham

Objectives: Oakley (1989) has long argued pregnant smokers should be viewed within a context of stress, powerlessness and the burden of responsibilities. Recognition that women and pregnant women smoke in response to their social world has also led researchers to further consider the role of social support in smoking behaviours. Barrera and Ainlay (1981; 1983) developed the Inventory of Socially Supportive Behaviours (ISSB) to assess the frequency with which supportive behaviours are received. In college students these behaviours have been found to load on four factors. The aim of this research was to explore the factor structure of the ISSB in pregnant smokers.

Methods: Respondents were 657 pregnant smokers participating in a randomised control trial of a smoking cessation intervention in the West Midlands. Respondents were recruited by midwives, and completed the ISSB as part of a longer questionnaire. Complete ISSB data were available for 416 respondents.

Results: In order to determine the number of factors to retain, the minimum average partial rule (MAP) was employed. MAP indicated the retention of two factors. Principal factor analysis was employed on 36 ISSB items with two factors retained and an oblique rotation performed. 19 items of the ISSB loaded highly and purely on a factor. The factors were identified as the ISSB factors of Direct Guidance and Non-Directive Support. Standardised alpha levels for each factor were above 0.8.

Conclusions: Preliminary results of this research indicate the presence of two factors underlying the ISSB. The lack of evidence for the ISSB's two remaining factors may be due to: (a) other researchers overestimating the number of factors to retain; and (b) a two-factor solution being entirely appropriate for pregnant smokers.

Characteristics of pregnant smokers by stages of change

AJ WALTON & T LAWRENCE, Dept. of Public Health, University of Birmingham

Objectives: A randomised control trial of a smoking cessation intervention with pregnant smokers based on Prochaska and DiClemente's Transtheoretical Model is nearing completion. This research reports the socio-economic characteristics of women in the West Midlands participating in the trial.

Methods: Midwives recruited pregnant smokers to one of three arms of the trial. Respondents received smoking cessation interventions in the form of: (a) enhanced standard care leaflets; (b) self help manuals based on the Transtheoretical model's stages of change; or (c) respondents received stages of change manuals and worked through a stages of change interactive computer programme. All respondents completed a lengthy questionnaire ascertaining socio-economic details and their stages of change in relation to smoking. Staging information was available for 638 respondents.

Results: Overall, precontemplators ($n=145$) were significantly older, had a significantly longer history of cigarette use and were more addicted in comparison with later staged respondents (contemplators $n=322$, preparation staged respondents $n=171$). For precontemplators, smoking was less likely to cause nausea. Precontemplators were less likely to be carrying their first child and less likely to know another smoker whose baby had health problems than other staged respondents. Precontemplators had less confidence in their ability to cut down and/or stop smoking, but at the same time placed less importance on their GP, midwife and partner being pleased if they stopped smoking.

Conclusions: This research outlines the characteristics of women engaged in the trial and may have use to other researchers in this field. The characteristics of pregnant precontemplators in the UK are in keeping with existing research.

Using psychological insights in smoking cessation – a randomised controlled trial with 12-month follow-up

T WARD, CDR Ltd., Reading

Purpose: This study aimed to examine the use of psychological insights in smoking cessation, and in particular to evaluate the use of a novel cognitive counter conditioning technique.

Methods: 75 volunteers were recruited through local press and TV publicity and assigned to one of two treatment groups. Group one received group support and emphasis on nicotine replacement as well as using self-efficacy to monitor readiness to quit. Group two had exactly the same, with the addition of training in a cognitive technique aimed at counter conditioning the pleasant sensations and thoughts associated with the act of smoking. Groups were followed up at six and 12 months, and saliva samples were collected for cotinine analysis to verify cessation status.

Findings: In group one, five out of 28 volunteers followed up at 12 months were not smoking, whilst in group two the figure was nine out of 28. Clearly both treatments were effective (against a background quit rate of 5 per cent in waiting list controls) though the difference between them was not significant statistically. However with an odds ratio of 1.7:1 in favour of the group receiving the cognitive training, many would see this as a clinically worthwhile addition to an intervention based on nicotine replacement. **Conclusions:** Smoking cessation strategies based on nicotine replacement alone can be usefully supplemented with the addition of psychological techniques such as cognitive counter conditioning.

Investigating the associations between illness representations, coping strategies and medical outcome in chronic fatigue syndrome

J WARDLE & Y DU CASSÉ, Dept. of Psychology, University of Luton

Objectives: Based on the self-regulatory model (Leventhal, Meyer & Nerenz, 1980; Leventhal & Nerenz, 1986), the aim of this study was to directly test aspects of research conducted by Moss-Morris, Petrie & Weinman (1996). It was predicted that positive and negative relationships between illness representations and coping found by Moss-Morris *et al.* would be replicated. It was also expected that illness representations would be more strongly associated with medical outcome than coping strategies, and that a pathway linking illness representations to medical outcome through coping would be identified thereby suggesting causal connections.

Methods: Self-reported illness representations, coping and medical outcome were assessed in 41 CFS patients drawn from three support groups. The study questionnaire consisted of three measures; the Revised Illness Perception Questionnaire (Weinman, Petrie, Moss-Morris, Horne & Cameron, unpublished), the COPE Inventory (Carver, Scheier & Weintraub, 1989) and the 36-item Short Form Health Survey (Ware & Sherbourne, 1992).

Results: The predictions were partially satisfied since only three correlations between illness representations and coping strategies were found, representations were not more strongly associated with medical outcome than coping strategies and did not have a greater direct effect upon medical outcome than the indirect or combined effect of other variables.

Discussion/Conclusions: While subject to limitations, attention is given to alternative explanations for the results and it is argued that perhaps future work should aim to elucidate the critical distinction between predisposing, precipitating and perpetuating factors (see Wessley, Hotopf & Sharpe, 1998).

Public awareness of the risk factors associated with cancer

J WARDLE, J WALLER & N BRUNSWICK, Health Behaviour Unit, Dept. of Public Health & Epidemiology, University College London

Objectives: The study aimed to assess current levels of knowledge about risk factors associated with breast, cervical, prostate, bowel and lung cancer in the UK. Recent studies in the US, Australia and Canada have consistently found that causes which might be assumed to be well-known, are poorly understood. This has implications for the design of health education campaigns aimed at changing cancer-related behaviour.

Methods: A representative sample of the UK population (n=3693) were interviewed as part of the ONS omnibus survey. Respondents were asked to identify risk factors for the five different cancers from a list of 14 possible causes. Demographic data were also collected.

Results: The only association that was well-known was between smoking and lung cancer (endorsed by 93 per cent of respondents). 60 per cent of respondents knew that having many sexual partners is a risk factor for cervical cancer and 52 per cent knew of the link between family history and breast cancer. However, other widely established associations were endorsed by fewer than half of respondents (e.g. only 46 per cent knew the link between having a low fibre diet and bowel cancer). Relationships between demographic characteristics and knowledge were found, with women having better knowledge than men, and knowledge being greater with more education and higher occupational social class.

Conclusions: Knowledge about risk factors associated with cancer is extremely poor in the UK, with people identifying an average of five out of 15 widely accepted causes. Given that many of the risk factors have implications in terms of health-related behaviours, it is important that public awareness should be raised.

Urogenital atrophy: An accepted part of ageing?

D WHALLEY, LC DOWARD & SP McKENNA, Galen Research, Manchester.

Purpose: Urogenital atrophy (UGA) is one of the many potential consequences of postmenopausal oestrogen deficiency. Possibly due to its common occurrence, UGA is often seen as just an inconvenient part of the ageing process. The purpose of this study is to explore the true impact of the condition on the women affected.

Methods: Qualitative unstructured interviews were conducted with 25 post-menopausal women with UGA aged 42 to 73 years. They were asked to describe any symptoms they had related to vaginal dryness or urge incontinence and to talk about how these affected their lives. Verbatim transcriptions were produced and these were subjected to analysis to identify the main areas of concern raised.

Findings: The interviewees described the many manifestations of UGA, including vaginal soreness and dryness, dyspareunia, dysuria and urinary incontinence. These had a clear impact on the women's lives, how they valued themselves and how they interacted with others. The main issues raised were: Feelings of premature and accelerated ageing; interest in sex, sexuality and femininity; impact on social and personal relationships; loss of spontaneity, self-value, self-worth and emotional well-being.

Conclusions: Qualitative studies such as this can help further our understanding of the true impact of UGA. The condition does not constitute an acceptable part of the ageing process; indeed for many it represents a premature hindrance of an otherwise progressive and fulfilling life.

Relationships between illness representations, coping and functioning in younger stroke survivors: Some preliminary findings

K WILBY & D STEWART, Dept. of Psychology, University of Luton

Objectives: To examine for the first time in younger stroke sufferers the relationships

between, illness representations (identity, cause, consequences, time-line, control/cure), coping, physical/psychological functioning and age.

Methods: In this correlational study, 32 participants (age<65 years) attending a support group completed the Illness Perception Questionnaire (IPQ), COPE Inventory (COPE), and a measure of everyday functioning – the Short Form Health Survey (SF-36).

Results: The following significant correlations were found: illness identity (IPQ) was positively associated with mental disengagement (COPE); belief in control and cure (IPQ) was positively related to positive reinterpretation and growth, seeking social support for instrumental reasons, and negatively with behavioural disengagement (all COPE sub-scales). Two significant positive correlations were found between belief in control/cure and both social functioning and psychological adjustment (SF-36). Eight significant correlations were identified between the COPE and the SF-36 measure – of note two of the COPE sub-scales correlated with general health and three with psychological adjustment. Age positively correlated with focus on/venting of emotion (COPE), and negatively with physical functioning (SF-36).

Conclusions: The data suggests that the belief in cure and control component of illness perception and the psychological adjustment dimension of the SF-36 may be important in terms of developing interventions to help stroke survivors. The collection of more data will allow for regression analysis and further exploration of these variables and their relationships. Time since stroke and severity of symptoms will also be considered in the analysis of the larger sample.

Goal perceptions and affective well-being

JL WRAY, DK INGLEDEW, D MARKLAND & L HARDY, School of Sport, Health & Exercise Sciences, University of Wales, Bangor

Objectives: The aims of the present research were to develop a questionnaire measure of individuals' perceptions of their goals, and to relate these perceptions to individuals' affective well-being.

Methods: Participants (n=201) were recruited from local companies. Each participant identified a work-related goal, and completed a goal perceptions questionnaire with respect to that goal. This questionnaire comprised twenty five scales to measure constructs derived from existing goal models and other psychological theories. The participant then completed the Positive and Negative Affect Schedule and the bipolar Profile of Moods Scale with respect to how the goal made him or her feel. Three months later, participants (n=161) completed the same questionnaires. The goal perceptions questionnaire was subjected to confirmatory factor analysis. The relationships between goal perceptions and affects were explored using correlation analysis and structural equation modelling.

Results: The goal perceptions questionnaire showed adequate psychometric properties. At both baseline and follow-up, some goal perceptions (e.g. that one originated the goal, and that one values it) were positively associated with positive affect, other perceptions (e.g. having the necessary tools, and not being in competition with others) with absence of negative affect, and some perceptions (e.g. having control, and being supported) with both positive affect and absence of negative affect.

Conclusions: This study provides initial evidence for the reliability and validity of the goal perceptions questionnaire. Goal perceptions are related to affective well-being. However, positive and negative affect have different determinants, consistent with theories that suggest that they are independent.

Occupational health psychology: Setting up a service in an NHS Trust

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Objectives: To describe the development of an occupational health psychology service in an NHS Trust and plans to evaluate service interventions. The service began in September 1999 and is funded for an initial two-year period.

The Service:

- Liaison with Senior Managers
A trust wide steering group allows senior managers to contribute to the planning and evaluation of the work and ensures that it is integrated with other relevant initiatives.
- Developing Organisational Interventions
Organisational interventions are planned and developed in consultation with managers and staff and are being carried out with various staff groups including nurses and domestic services staff.
- Consultancy for Managers
Managers are offered structured sessions to review and develop their management and communication skills and explore methods for supporting staff under stress.
- Training
Training in a range of stress management skills is provided for various staff groups.
- Stress counselling for staff
A brief stress counselling service is provided for staff, who are referred through the occupational health team. Many of the problems seen have an organisational component and these issues are fed back into the organisation for further action.

Results: An evaluation of an intervention to reduce sickness absence among domestic staff will be reported.

Conclusions: The implications of the above initiatives for the development of the role of the occupational health psychologist will be considered.

Knowledge of osteoporosis, health behaviours and calcium intake of women screened for bone mineral density

S WRIGHT, LM WALLACE, J EARLAND, J KLIENMANN, A PARSONS, J BARLOW & C WRIGHT, Health & Social Sciences, Coventry University

The health and economic impact of the silent epidemic of osteoporosis is well known, affecting at least 30 per cent of all women over 50. Low bone mineral density can lead to major disability and premature death. There are both unmodifiable and modifiable risk factors. Modifiable risk factors include smoking, alcohol, sodium intake, body mass index, bone loading exercise and calcium intake. While calcium intake has high face validity as a self treatment, there are differences in recommended daily levels, which may reduce the likelihood of effective action. This study provides validation of a new dietary measure of calcium. It examines the relationships between knowledge of risk factors and management of osteoporosis, self-management behaviours including calcium intake and exercise, and future self management intentions of women undergoing bone mineral density scans for osteoporosis. Results are presented on 52/69 women approached (75 per cent). In line with other studies, knowledge was low (mean 11/36). Calcium intake scores showed 75 per cent consumed >700mg calcium (at or above current NHS guidelines), while only 50 per cent were at or above current National Osteoporosis Society Guidelines. Barriers to calcium intake are few, but salient. The most commonly cited was that these foods were high in fat and cholesterol, and there were unfounded beliefs that dairy foods adversely affect people with high blood pressure. Using the transtheoretical change model, the study also examines reported and intended health behaviours, (particularly calcium intake and bone loading exercise) which are examined to determine the implications for health promotion.

Social Psychology Section

Annual Conference, Nottingham Trent University, 6–8 September 2000

On group identification and ingroup bias: How can the Hinkle-Brown model help us to understand this relationship?

S AHARPOUR, University of Greenwich & RJ BROWN, University of Kent

In this study we try to clarify the nature of the relationship between group identification and ingroup bias. While the identification-bias hypothesis, derived from Social Identity Theory (Tajfel & Turner, 1986), predicts a strong relationship between the level of group identification and the display of ingroup favouritism or ingroup bias. The Hinkle-Brown model explains variations in the level of association between these two variables as due to differences between social groups in terms of their levels of collectivism and relational orientation. Following the results of the meta-analysis, it was hypothesised that the Hinkle-Brown model (1990) would receive better support in conditions of equal (rather than superior) status between groups (rather than social categories). 833 psychology students from the University of Padua were randomly assigned to one of the four experimental conditions created by manipulating the level of groupness and the relative status of the groups involved (psychologists and accountants). They then filled in a questionnaire measuring their collectivist and relational orientation, the level of group identification and ingroup bias. Tests of the Hinkle-Brown model in the four experimental conditions report the highest levels of identification/bias correlation (in the pattern predicted by Hinkle and Brown) when the social entities involved are categories rather than groups and when the status relationship between them is equal. Possible explanations of the unexpected effect of level of groupness are discussed together with some conclusions on the status of the identification/bias relationship.

The denial of institutional racism in the British press: A critical discourse analysis of the Stephen Lawrence case

K ANDREWS & EH STOKOE, University of Derby

This study examines the denial of 'institutional racism' through a critical discourse analysis of news articles on the Stephen Lawrence case in the British Press. From close analysis of 310 articles from four ideologically opposing national newspapers, it was found that a dominant ideological consensus on the denial of 'institutional racism' operates in the British press. The denial of 'institutional racism', through its location within individual irrationality, was explicated. In addition, the analysis illustrated how anti-racism is represented according to stereotypical distortions as 'irrational' and 'racist'. This is used as a rhetorical resource to deny institutional racism and represent the British as the 'real' anti-racists. As a result, anti-racism is made redundant as a challenge to the status quo. Finally, the ideological articulation of nationalism and xenophobia constituted a further discursive strategy in the denial of 'institutional racism'. It is argued that the challenge to racism needs to be relocated within a discourse of basic human rights if the challenge to 'institutional racism' is to succeed.

'That's sick that is!': Students' constructions of social meaning in response to emotive images and socially challenging representations of people

J ARNOLD, Psychology Division, Nottingham Trent University

This brief study arose out of discussions during a third year Psychology degree course over responses students made to 'workshop' material for a study of issues associated with embodiment and the presentational aspects of social identity, the self and personhood. These psychology students were engaged in using the materials illustratively in terms of their existing knowledge of the political, gendered and cultural framework of representations of individuality. However, a more substantial aim was also to encourage them to recognise how 'personal' constructs and their notions of psychology as a discipline, interact in generating their conceptual frameworks. Using a multi-dimensional scaling method, a subjective, quantitative approach is taken to investigate how students construct ideas about the materials presented. The study explores what students perceived as salient and important features of media images both as 'themselves' and the transition to thinking as 'psychologists'. Emerging issues are discussed in terms of the need for greater awareness of the effects of the reflexive nature of psychology upon learnt social constructs and the usefulness of critical and feminist approaches to teaching students to be reflective 'practitioners'.

The construction of gender in 13- to 14-year-olds in informal school cultures

J ARTIS, Dept. of Psychology, Open University

Debates about boys' 'underachievement' have prompted several research projects exploring cultures of masculinity within schools. One recurrent theme in qualitative work in this area is that contemporary constructions of masculinity require boys to engage in 'resistance' to schooling. For example, drawing on a set of interview accounts, Epstein (1998) suggests that academic work is associated with inferior 'effeminacy' and that consequently boys need to distance themselves from the perception that they are working hard at school. However, when viewed from the perspective of discourse analysis the referential reading strategy employed in Epstein's work is problematic. A second problem with the current work on masculinity and schooling is the potential for over-simplification: Being 'cool' and not working hard at school is (of course) also a position taken up by female students, and only one of a range of possible 'identities' available to boys. This paper will discuss some preliminary findings from a discourse analytic study of the negotiation of gender in 13 to 14-year-olds' informal school cultures. A combination of interview data and radio-microphone recordings of students 'informal' talk permitted the examination of the construction of gender across a range of highly varied contexts. The conclusions will be situated in relation to current debates within discursive psychology about how to theorise gender.

The effects of mixed and single-sex schooling upon girls' self esteem

C ATHERTON, Lancaster University

This paper presents a part of a national study which explores the effects of mixed and single-sex schooling on adolescent girls' self esteem. Feminist writers have claimed that girls who attend mixed sex schools are at a disadvantage due to the adverse effects that co-education has on their self esteem. While their arguments for this are strong, the research evidence is weak and contradictory. Research has typically been limited to particular types of school and has

treated self esteem as a unitary construct. It is suggested that a new approach is required, specifically one which incorporates the many different types of school in England today and also which views self esteem as a multidimensional construct. The Harter Self-Perception Profile for Adolescents was administered to 1725 respondents in 23 schools across England. Analysis has shown that single-sex and mixed school schooling has little effect on girls' self esteem *per se*. Mixed and single-sex schools are shown however to deliver advantages for different domains of girls' self esteem, single-sex schools for scholastic competence, whilst mixed schools for romantic appeal and social acceptance.

Stereotypes and automatic behaviour

J BANFIELD & DR M EDWARDS, University of Exeter

The present study attempts to bring together the domains of social cognition and neuropsychology. Previous research in the domain of social cognition (Bargh, Chen, & Burrows, 1996) has suggested that the activation of a social schema can influence subsequent cognition and behaviour. Neuropsychological research, however, debates whether dorsal-guided action can be influenced by schema driven information. The present study aims to explore the influence of automatic social schema activation on action. Reach and grasp times were measured before and after the activation of an elderly stereotype, and between elderly and neutral conditions. Results are in the process of being analysed. If results suggest that the activation of an elderly stereotype slows down reach and grasp, using more accurate measures, and differentiating between different actions, this supports previous literature (Bargh *et al.*, 1996). Moreover, if we find that slowness is confined to a deceleration time of the end part of reaches, and not the earlier parts of actions (e.g. the peak velocity, or the maximum grip aperture), this will support the relatively new theory that there are two routes to on-line action — with perhaps only one being sensitive to social schema activation.

Seeking cancer information on the worldwide web

P BANYARD, The Nottingham Trent University & A JOINSON, The Open University

The Internet is becoming an important source of health information, with current predictions for the number of health-related sites reaching. People seek out information about illnesses for a number of reasons. For example, they might wish to gain more information about their personal condition with a view to diagnosis, or they might wish to make contacts with people in a similar condition to themselves. A possible further benefit of on-line health information provision is suggested by research that compares behaviour on the Internet and face-to-face. Compared to 'real life', Internet users have been found to be more hostile, less inhibited, more likely to self-disclose and more likely to seek potentially threatening information. Access rates to the Cancer Research Campaign website were compared with telephone enquiries and prevalence of cancers within the UK population. It is argued that hits on the website, compared to the telephone helpline, more closely match prevalence data.

Social influence processes and risk amplification: The role of minorities

J BARNETT & GM BREAKWELL, Social Psychology European Research Institute, University of Surrey

Negotiations concerning the significance of a proposed industrial hazard are explored in relation to the operation of minority social influence processes. The siting of the Fife Liquid Natural Gas (LNG) facility, and much of the

subsequent life cycle of the plant, has been notable for the extent and range of pressure group activity in expressing safety concerns. This paper uses secondary data analysis to identify some of the factors that operate to facilitate or constrain various aspects of the pressure groups activity. Attention is drawn to socio-economic factors, the history of the places involved, the effect of coterminous events and to the effect that these had upon various aspects of the group's operation. Thus it is argued that the nature of the risk representations accepted and used by the group can be linked with the affordances and constraints present. This material is situated within a discussion of minority influence processes and social representations and suggests the potential value of incorporating this focus on minority influence processes within the Social Amplification of Risk Framework.

Religiosity correlated with depression and well-being: Differences between native and immigrant adolescents

C BRATT, NIBR, Norway

The study investigated how religiosity related to depression and well-being among adolescents (well-being used depression, self-esteem, and happiness as indicators). The study was based on data from a survey with adolescents in a Norwegian town (N1458). Both native and immigrant adolescents were included, the analysis distinguished between these two groups. The study also made a distinction between different religions and included non-religious individuals. As long as religiosity was treated as a categorical variable, no noticeable differences were found. The second part of the analysis concentrated on adolescents expressing a religious belief, this analysis treated religiosity as a linear variable (degree of religiosity). Here differences emerged; there was no common tendency among the groups analysed. The most notable result was that Muslim immigrant girls revealed a significant correlation between degree of religiosity and depression scores ($r=.40$), and equally between religiosity and well being ($r=.37$). Considering how often Muslim immigrant girls met native friends (as an imperfect measurement of integration) could not explain the correlation between religiosity and depression scores.

Do adolescents hold a general attitude towards immigrants? A second-order factor analysis

C BRATT, NIBR, Norway

The paper raises the question whether adolescents in the majority population hold a general attitude or rather group specific attitudes towards different immigrant groups. This question may be of significance for the effort to reduce prejudice. Influential theories like the contact hypothesis and the theory of intergroup anxiety might be taken to indicate that people should have different attitudes towards specific ethnic outgroups (based on experiences made with the particular group in question). Social identity theory, on the other hand, might be taken to indicate that people easily will develop a general attitude towards several ethnic outgroups. Based on a questionnaire completed by 1138 Norwegian adolescents, the study used second-order factor analysis with structural equation modelling to investigate this issue. First, exploratory factor analysis was conducted using one random half of the sample, thereafter confirmatory factor analysis was used on the second half. The analysis concluded that the attitudes expressed by the subjects indicated a general attitude towards immigrants of different ethnic origin.

Internet use and psychological well-being

J BRYCE, Cyberspace Research Unit, Dept. of Psychology, University of Central Lancashire

The variety of activities supported by the internet suggests a need to consider the psychological

impact of internet use on individual and social well-being. E-commerce, online shopping and the formation of ideographic leisure communities are changing the ways in which human activity and interaction are conducted. There is a large body of research considering the social impact of this technology, but the impact of internet use on individual psychological well-being has received less attention. This paper presents a taxonomy of Internet use, followed by discussion of issues surrounding the evaluation of Internet activities as 'positive' or 'negative'. The implications of the variety of activities supported by the Internet for psychological well-being are considered, with specific consideration of use of the internet in relation to self-disclosure, empowerment, gender, deviance and health.

Why do audiences applaud political speeches? An analysis of invited and uninvited applause

P BULL & P WELLS, Dept. of Psychology, University of York

According to Atkinson's theory of rhetoric, a limited range of rhetorical devices are consistently effective in 'inviting' audience applause in political speeches. Bull (in press) has argued that a second type of applause can be distinguished, referred to as 'uninvited applause'. This is not invited by the speaker through rhetorical devices, but seems to be initiated by the audience to the content of the speech itself. To test this model of applause, analyses will be conducted of twelve speeches delivered by the leaders of the three principal British political parties to their autumn party political conferences between 1996 and 1999. All applause will be coded, according to whether or not it is synchronised, and according to whether or not it is invited. From this analysis, it will be possible to assess what proportion of applause in political speeches is invited and uninvited, whether there are other means of inviting applause besides rhetorical devices, and what proportion of invited and uninvited applause is synchronised with speech. The implications of these data for the distinction between invited and uninvited applause will be discussed.

Changing discriminatory attitudes in blind and constructive patriots

F BUTERA & M DEPUISSET, Laboratoire de Psychologie Sociale de Grenoble-Chambère, Université Pierre Mendès France

Although anti-racism is nowadays highly valued (Roux & Perez, 1993), discrimination still holds out, expressing itself through hidden paths. One of the aims of the proposed study was to investigate to what extent blind and constructive patriotism may play a role in the persistence of such discrimination. The interest of studying the effects of patriotism on outgroup discrimination lies in the fact that, if the ingroup's authority favours the outgroup, blind patriots will experience a strong ambivalence. An experiment studied the effects of ingroup norms (threatening versus discriminative versus egalitarian) on attitude change towards immigrants by people with blind versus constructive tendencies to patriotism. Results show that normative ambivalence can lead to attitude change.

The flexibility of social identity

S CONDOR, University of Lancaster

This paper considers accounts of the 'flexible' nature of identity within the currently-popular social identity and self-categorisation approaches to group perception and action. It is argued that these perspectives overlook both the existence of temporal change within particular social episodes (including the research episode), and also the temporal linking of social contexts. Both of these issues are considered with reference to conversational data pertaining to national identity. Conversational-analytic and ethnomethodological techniques are used to illustrate both the radical flexibility of identities within micro-time, and also the lamination of identities and contexts within a single movement in time.

An investigation of unanimity in jury decisions

R COONEY & A SHELTON, The Centre for Applied Psychology, John Moores University, Liverpool

Recent miscarriages of British justice (e.g. Birmingham Six, Guildford Four) have focussed public and media attention upon the efficiency and structure of groups that are required to make critical decisions under uncertain conditions. This study employed 102 participants in several conditions (e.g. Individual, Group-of-5, Group-of-3) to identify the effect of group size and different majority rules on the performance of a simple decision-making experimental task. The unpaid student volunteers completed 12 computer-based trials over the course of 3 days in a University psychology laboratory. Results indicated that there was little or no difference in the relative accuracy of group or individual decision-making. In addition, neither the type of majority rule employed nor the sizes of the group influenced performance. While these results do not support recent research from Sorkin, West and Robinson (1998), the results regarding group size do support earlier research indicating that jury size and the requirement of unanimity seemed to have little effect on verdicts. However, for the many legal and policy-making committees that operate, these results suggest that there is little justification for their continuing reliance on group decision making. The nature of the experimental task and the motivation levels of the participants are discussed. It is suggested that future research could focus on the effect of participant rewards or penalties possibly by employing a signal detection methodology. Other possible future areas of research are suggested.

Male and female victims of drug rape: Why are some victims blamed more than others?

M DAVIES, Dept. of Psychology, University of Central Lancashire

In recent years, drug rape has become a commonly discussed crime in the media. However, few psychological studies have investigated perceptions towards drug rape and drug rape victims. Two studies are reported here that investigate perceptions towards male and female victims of drug rape. In Study 1, 177 respondents read a hypothetical scenario depicting a drug rape in which victim gender, victim sexual orientation and perpetrator gender were varied between subjects. Respondents were required to complete a series of questions about their perceptions of this assault. Results revealed that men were more likely to blame victims when portrayed as gay and assaulted by a male perpetrator. Men also considered all victims more negatively on a series of trait adjectives than women did. In study 2 respondents were required to read a different drug rape scenario, complete a perceptions scale, and complete a series of attitudinal measures (homophobia, attitudes towards sex, male role norms and sexism) to investigate the correlates of negative perceptions towards male and female drug rape victims. Results of this study will be available at the time of presentation. Results are discussed in relation to gender role stereotypes, homophobia towards male victims, and blame theories.

Blaming victims of drug rape: Effects of respondent gender and victim intoxication

M DAVIES & KL HILLS, Psychology Dept., University of Central Lancashire

Recently there have been increasing numbers of women who report being raped while under the influence of drugs. In many cases these victims have been given drugs unknowingly by their attacker. However, few psychological studies have investigated reactions towards drug rape victims. The present study investigates reactions towards drug rape victims and perpetrators in a depicted drug rape situation where the level of victim intoxication was varied between subjects. The victim was presented as either being raped

after taking a drug (Rohypnol) voluntarily, or raped after taking Rohypnol unknowingly. 123 undergraduate participants took part in the study. They were required to read the hypothetical scenario and then complete a 21-item attribution scale measuring blame towards the victim and perpetrator. Results revealed that the victim was blamed more when she had taken drugs voluntarily. Female participants particularly blamed the victim in this condition. Results are discussed in relation to gender differences in blame for rape. Implications for future research are also considered.

Inter-group contact and sociospatial boundaries

J DIXON, University of Lancaster

The contact hypothesis states that regular interaction between members of different groups reduces prejudice, providing it occurs under certain favourable conditions. In this paper, I discuss an implied but neglected aspect of the hypothesis, namely its interconnectedness with the spatial organisation of intergroup relations. The first section analyses the rather limited ways in which the spatiality of contact has been conceived in past research. Offering an alternative perspective, the second section outlines a conceptual framework for exploring the relationship between contact and processes of boundary regulation (cf. Sibley, 1995). In order to develop this framework, I then review a recent case study of residential contact in South Africa, a society where boundary processes have profoundly shaped the evolution of race relations. The paper's conclusion emphasises the need to develop social psychological theory that is adequate to the spatial dimension of group processes.

Unravelling social construction

N EDLEY, Nottingham Trent University

There is no doubt that the postmodern theorisation of language has had a significant impact within social psychology. Most obviously, it has provided the theoretical foundations for social constructionist research — an area of rapidly expanding influence right across the social sciences. Today it is no longer contentious to suggest that a whole range of phenomena are 'socially constructed'. And yet the 'turn to language' has fuelled the development of a new set of divisions, not just between constructionists and 'mainstream' social psychologists, but between constructionists themselves. Some writers today appear increasingly uneasy about the implications of social constructionism, seeing it as both theoretically parasitic and politically paralysing (Soper, 1991; Gill, 1995; Nightingale & Cromby, 1999).

In this paper I want to review these debates and to clarify some of the issues involved. Following writers such as Danziger (1997) and Hacking (1998), my main argument is that social constructionism is not a unitary paradigm. One very important difference is between what Edwards (1997) calls *ontological and epistemic* forms of social constructionism. I argue that an appreciation of this distinction not only exhausts many of the disputes that currently divide the constructionist community, but that it also takes away from the apparent radicalism of much of this work.

Inter-ethnic contact between Mexicans and Americans: Testing Pettigrew's (1998) reformulated model in a real-world context

A ELLER & D ABRAMS, University of Kent

Pettigrew's theory is investigated in a longitudinal field study, of which the first time point will be presented here. Pettigrew's is a longitudinal model within which contact, qualified by five essential factors, reduces intergroup bias. This process is mediated by changing behaviour, ingroup reappraisal, affect, and learning about the outgroup. Three levels of categorisation (LC's) are thought to operate over time — first decategorisation, then salient categorisation, and further recategorisation — whereby the latter LC

is assumed to induce a maximum reduction in prejudice. This study also assesses a further LC, the dual identity, which constitutes an amalgam of salient categorisation and recategorisation. Participants in this study are 207 company employees in Mexico. Results are generally supportive of the predictions in that 'pro-American' behaviour, interpersonal closeness, and knowledge of the outgroup mediate between contact as friends and social distance, and between contact as friends and intergroup anxiety, all in hypothesised directions. Examining the LC's, contact is characterised mostly by a dual identity, and its effects generalise to the outgroup as a whole and to a 'related outgroup'. This study provides some preliminary support for Pettigrew's model, but it is evident that longitudinal data is needed to adequately test it.

Indirect aggression in close relationships: A qualitative investigation

S FORREST & V EATOUGH, Psychology Division, Nottingham Trent University

Historically, the study of aggression has focused on males rather than females, and physical aggression has been the preferred form of aggression to study. More recently, Björkqvist and colleagues (e.g. Björkqvist, Osterman & Kaukiainen, 1992; Björkqvist, Lagerspetz & Kaukiainen, 1992; Lagerspetz *et al.*, 1988) have expanded this focus, drawing attention to other more subtle and indirect forms of aggression. The emphasis in the growing literature on such 'indirect aggression' tends to be on secondary group relations of young adolescents, examining peer-group aggressive strategies within the school environment. The primary aim of this study was to investigate indirect aggressive behaviours within primary group relationships, providing real-life descriptions from the experiences of adult men and women, through a series of qualitative interviews. The analysis identified a number of central themes apparent in the way that people talk and their experiences of indirect aggression. Additionally, it demonstrated how indirect aggression is perceived from both a perpetrator and a victim perspective, how these ambiguous behaviours can cause confusion and uneasiness in the victim, the frustration that arises, the ways in which the victim deals with the situation, and the detrimental consequences.

Angina beliefs in the community: Sufferers and non-sufferers compared

G FURZE, Dept. of Health Studies, University of York & P BULL, Dept. of Psychology, University of York

Objectives: To compare beliefs held by angina sufferers, regarding causation and coping in angina, with the beliefs of their friends who do not suffer from angina.

Methods: Postal survey using the York Angina Questionnaire, which elicits stress attributions and misconceived beliefs about causation and coping.

Sample: 164 post heart attack angina sufferers and non-cohabiting friends matched for age and sex.

Results: 132 angina sufferers and 94 friends completed the questionnaire. Angina sufferers were significantly more likely to give worry as a causal attribution and friends were significantly more likely to state that they did not know whether stress or worry were causes of angina. Friends were significantly more likely to state that angina sufferers should take life easy and that sufferers should always avoid angina pain.

Conclusions: Attributing the cause of developing angina to stress or worry can have adverse effects on morbidity. Information aimed at preventing the development of these attributions should perhaps be targeted at the whole community. Where the beliefs of the social group about coping with angina run counter to professional advice there may be a reduction in compliance with risk factor reduction by the sufferer, and this may help to create cardiac invalids.

A comparative study of national prejudice and ingroup bias in Scottish and Maltese children

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This comparative study explores the development of national prejudice and ingroup bias in children. The aim of this study is to examine which theory — cognitive developmental theory (CDT) or self-categorisation theory (SCT) — can best account for the development of national prejudice and ingroup bias in two different countries. CDT contends that prejudice development is predominantly dependent upon the cognitive ability of children. Therefore, CDT would predict the same developmental path in both Scotland and Malta, namely a decrease in national prejudice with age. An alternative prediction derived from SCT would be different development patterns in each country due to historically distinctive comparative contexts. To test these predictions we measured national prejudice and ingroup bias amongst three age groups of children (6-8 years, 10-12 years and 14-16 years) in Malta and Scotland using a photograph evaluation task. The results showed no evidence of national prejudice or ingroup bias at any age amongst Maltese children. However, Scottish children showed national ingroup bias between 10-16 years of age and a significant degree of national prejudice in the youngest and oldest age groups. These findings provide support for SCT and suggest that cognitive capacity might not be the primary driving force behind the development of prejudice and ingroup bias.

Psychological correlates of parasocial interaction: Attachment style, empathy and theory of mind

DC GILES, Coventry University, GCZ NAYLOR, Sheffield Hallam University & J SUTTON, Glasgow Caledonian University

This paper presents some data regarding the association between parasocial interaction with media figures and related psychological phenomena, notably empathy and theory of mind. It is hypothesised that parasocial interaction requires the ability to impute mental states to other human beings, an ability which has been found to be compromised in autism and other disorders, and also serves as a necessary cognitive precondition for empathy. A multiple regression found that scores on an adult theory of mind task, the eyes test, and some aspects of empathy as measured on the Davis (1980) empathy subscale, were significant predictors of parasocial interaction as measured by a standard scale. There was also a significant contribution of attachment style as noted in previous research. Suggestions are made for future research involving school age and pre-school children, and children with autism.

Patriarchal terrorism and common couple violence: Differentiating two types of relationship aggression

N GRAHAM-KEVAN, University of Central Lancashire

This study sought to replicate the findings of Johnson (1999) who found that there appears to be distinct subgroups of violence within relationships. Johnson termed these patriarchal terrorism and common couple violence. Patriarchal terrorism was defined as male to female violence set within a framework of controlling behaviours and is accessible almost exclusively through clinical samples. Common couple violence was defined as gender symmetric, where the violence is enacted in response to a particular conflict rather than in order to maintain general control over the relationship. Common couple violence is thought to be accessible through general and student populations. The sample consisted of women residing at Women's Aid refuges and their partners (n=86), male and female students

(n=207), and male prisoners and their partners (n=193). Respondents completed measures on the use of aggression (The Conflict Tactics Scale, Straus 1979), injuries sustained, fear experienced, and the use of controlling behaviours (The Controlling Behaviours Scale, Graham-Kevan 1999). Self and partner's use of controlling behaviours were entered into two cluster analysis to enable categorisation as either patriarchal terrorism or common couple violence. Frequency analysis was conducted which showed some support for Johnson's predictions (1999). Full results available September 2000.

Excessive internet use: Implications for sexual behaviour

M GRIFFITHS, Psychology Division, Nottingham Trent University

The internet appears to have become an ever-increasing part in any area of people's day-to-day lives. One area which deserves further examination are issues surrounding sexual behaviour and excessive internet use. It has been alleged by some academics that social pathologies are beginning to surface in cyberspace and have been referred to as 'technological addictions'. Such research may have implications and insights into sexuality and sexual behaviour. Therefore, this paper examines the concept of 'internet addiction' in relation to excessive sexual behaviour and internet pornography, as well as examining newer areas of Internet sexuality such as 'online relationships' and sexually related internet crime (e.g. 'cyberstalking').

Evaluation of reading intervention by 9-year-old children – a 2-year follow-up interview study

N HACKMAN, P LUCAS, P WHITE, N GUERCA, E SHIELDS & L SHERR, Royal Free and University College Medical School, University College London

Structured qualitative interviews (n=15) were conducted to explore children's attitudes to reading and their recollections of an intervention classes two years previously. A 30-item questionnaire formed the basis with 8 questions derived from Wade and Moore (1998). Interviews were transcribed and analysed. The intervention programme was popular – 93 per cent liked the classes and 100 per cent would still like to have them. No stigma was articulated in relation to the programme. Positive attitude towards reading were noted with 86 per cent stating that reading was enjoyable and 100 per cent that it was important. The majority (73 per cent) read regularly and enjoyed literature. Only two did not like reading at all. Furthermore, nearly half of the children's responses revealed an appreciation of the significance of literary competence for educational attainments. Many children had progressed beyond passive inability, through help seeking and had achieved independent reading.

Body talk: The media's construction of male identity

J HORWOOD, K GLEESON & J WAITE, University of the West of England, Bristol

Identity can be viewed as existing within a context of history, culture and constructed in relation to other masculinities and femininities. This paper will present findings on the construction of male identities within contemporary media culture. A discourse analytic study was conducted to investigate male identities constructed in two male lifestyle magazines: (1) *Loaded* – a heterosexual male lifestyle magazine, which has played a central role in the construction and presentation of the 'new lad'; and (2) *Attitude* – aimed at the gay male market, and currently the only gay male lifestyle magazine which is widely available. Out of a wide range of identities that emerged from the magazines, this paper will focus on one from each magazine, those representing the body in talk around sport and fitness. It can be observed that alternative identities appear from each magazine, with traditional notions of pain, power

and endurance being reinforced and challenged. Considering the space between these identities can provide an insight into the construction and development of male identities in media cultures.

Constructing and resisting age in mature students' identity talk

TL HOWELL & EH STOKOE, University of Derby

The focus of this study is on the construction and negotiation of social identities by mature students during interaction. Rather than treating 'mature student' as a homogeneous and omnirelevant category, as previous research has done, we explored how such a category is constituted in situated social interaction. A number of interviews with 'mature' students were tape-recorded. The data was transcribed and subsequently analysed using a discursive approach. A number of themes emerged from the analysis. First, participants constructed their identities through descriptions of past and present life experiences. Second, they simultaneously constructed and resisted stereotypes around 'mature student'. In this way, and by contrasting different categories of 'mature student', participants oriented to their own identity as unique and authentic. The findings of the study also highlight how issues of 'age' in relation to social identity are invoked and resisted as a routine rhetorical resource. Lastly, it is argued that the findings of the study show that the category of 'mature student' is more dynamic, flexible and diverse than previous research had assumed.

Personal experiences of alopecia

N HUNT, Nottingham Trent University & S McHALE, Sheffield Hallam University

There has been limited research into the psychological factors associated with alopecia. Alopecia may be a physical consequence of a traumatic experience, and may also be a traumatic experience in itself, due to associated body image changes. It is important to establish how persons with alopecia view the effects of the disorder. The lay beliefs of 162 people with alopecia were examined using a short questionnaire and written accounts. Results indicated a perceived link between alopecia and psychological distress, with distress as both a cause (stressful events) and a consequence (body image) of the disorder. There were also perceived links between alopecia and physical disorders such as lung problems. Implications of these findings for further research, and for psychological and medical care, are considered.

The process and meaning of housing modification behaviour

E KEMPEN, The University of Liverpool

Within the phenomenology this paper aims to present a possible framework for housing modification research. Modification behaviour involves a process of change that has not yet been identified. To address this issue Lewins' change typology is viewed as a basis from which to study the causal nature of the change process. Housing research has identified various factors such as socio-economic, political, life cycle and cultural influences affecting the housing decision process of the individual. Nonetheless these factors may also influence housing modification behaviour. It is felt that underlying pressures exist that act as catalysts for the modification behaviour. It is, therefore, hypothesised that the modification behaviour is an attempt to relieve the current pressure and that this behaviour is expressed as decorative or structural changes to the housing environment. This behaviour may render a new meaning to the modified environment. The modification behaviour is therefore a process of changing the meaning of the housing environment. The significance of the modified environment leads to a further hypothesis in that the modification behaviour is therefore closely related to the theory of place. This paper will present a framework and discussion concluded from an exploratory study on housing modification behaviour.

Attitude, experience and behaviour: A multidimensional approach

M LALLJEE, Oxford University, P SPARKS, Sussex University & D BARRON, Oxford University

This paper proposes that attitudes should be seen as multidimensional. This multidimensional approach is a middle way between conceptualising attitudes as stable unitary structures and as temporary constructions. It provides a basis for understanding the stability and variability of attitudes, and raises new questions concerning attitude structure and of attitude – behaviour relations. The paper describes two studies concerning attitudes towards condom use. The first study explores the idea that attitude structure varies as a function of experience with the attitude object, and that different attitude measures may be necessary to predict the behavioural intentions of people with differential experience. The second study tests the hypothesis that the particular dimension of an attitude that is salient at a particular point in time is likely to be closely related to a person's behavioural expectations. The results of these studies suggest the fruitfulness of the proposed multi-dimensional concept of attitude.

Representations of pleasure and the self: A Q-methodological study of 'addiction'

M LARKIN, University College Northampton & MD GRIFFITHS, Nottingham Trent University

Q-methodology is a radical approach to 'psychometric' epistemology with a long-standing tradition in psychology. Q-methodological research typically uses the Q-sort technique to explore a particular aspect of human subjectivity, and aims to account for both the diversity and richness of this phenomenon. Longstanding 'conceptual chaos' in the psychological study of addiction suggests a problematic mismatch between everyday subjective understandings of addiction and our more academic theoretical accounts of it. In this study we report upon the development and application of a 64-item set of statements (a Q-set) constructed for the exploration of participants' various understandings of addiction. The five main factors which were consequently drawn from the results of 30 participants' Q-sorts are reported here, and suggest that the available subject positions on addiction may be best understood in the context of related positions on risk, reward, responsibility, pleasure, and the self.

'The thing' and 'the other thing': A brief narrative analysis of the limits of tile theoretical imagination in social psychology

M LARKIN & S WATTS, University College Northampton

Narrative psychology gives us the opportunity to investigate both the limiting and enabling qualities of the narratives which are used by our participants, clients or patients as they construct and understand their experiences of the world. It also provides a framework from which we might examine our own academic, psychological constructions of the world. In this paper we examine the narrative form of typical social psychological theories, and, while recognising the inherent reflexive difficulties, we observe that there are clearly generic limits to the kinds of psychological explanation which it is actually possible for psychologists to offer. In identifying the limited stories which psychologists may currently tell on the basis of, for example, synthesis and antithesis, or simplicity and complexity, we hope to draw attention to, and encourage a more positive resistance to, the general paucity of imagination in theoretical psychology.

Discursive psychology, the diary and personal agency

D LANGDRIDGE & T BUTT, Dept. of Behavioural Sciences, University of Huddersfield

In this paper we highlight the problem of personal agency within discourse analysis. We argue that social constructionist approaches, especially those subscribing to a discourse analytic framework are in danger of eliminating the person from accounts of social phenomenon. We aim to continue the work of Butt and Burr (1994) and Madill and Doherty (1994) in highlighting the problems of personal agency in Potter and Wetherell's (1987) form of discourse analysis. However, in contrast to Madill and Doherty (1994) we aim to explicitly theorise a socially constructed subject with personal agency, motivation and intentionality using George Kelly's (1955) Personal Construct Theory (PCT). We will demonstrate how a fully explicated notion of personal agency in discourse analysis enables us to better understand text and, therefore, the social world. In this paper we present a discourse analysis of a piece of text from Kenneth Williams' diaries that demonstrates the need for an explicitly theorised notion of personal agency in discourse analysis. Furthermore, out constructivist analysis allows us to do this without drawing on a notion of a dynamic unconscious.

Times and analysis in social psychology

M LEVINE, Lancaster University

While there is a growing understanding of the richness and complexity of time in social psychology, when it comes to research practice one kind of time tends to dominate. The temporal tends to appear in its linear and unidimensional form (before and after designs; reaction times etc). This paper will examine the consequences of using different kinds of times to explore a single research topic. It will explore a key instance of intergroup conflict (the Falklands/Malvinas conflict of 1982) through the lens of different temporal frames. Taking times as diverse as 'seasonal time', 'political time' and 'diplomatic time', the paper will explore the relationship between the temporal and the macro-social context. The paper will also examine more micro-social times. By looking at transcripts of political speeches which refer to the conflict, it will consider what a focus on time and language can also contribute to work on intergroup relations.

Revitalising the social psychology of the media

S LIVINGSTONE, Social Psychology Dept., London School of Economics

In this paper, I argue that, notwithstanding its formative role in establishing a tradition of media research, social psychology has become increasingly marginalised from the now-burgeoning, interdisciplinary field of media and communications. While many reasons for this can be identified, I focus on the underlying conception of communication on which social psychology typically, with notable exceptions, draws. This traditional, linear conception of communication been substantially critiqued within media and communications more broadly. Moreover, alternative approaches have generated a revitalised and dynamic body of research on media audiences (so-called 'active audience theory') to which social psychology could make a more substantial contribution. At a time when the media are themselves undergoing rapid change, social psychologists are once again becoming interested in newer, more interactive forms of media. I end by mapping out some of the ways in which a revitalised social psychology of the media could profitably proceed.

Being in the zone: Notions of agency in athletic performance

A LOCKE, Loughborough University

This paper provides a discursive examination of

a notion within sports psychology called the zone. The zone is referred to as a mystical state whereby the athlete performs effortlessly, successfully and automatically. The paper utilises data taken from sports interviews provided by the Equinox programme *Losing It* (Channel 4, Autumn 1997) and the data was transcribed according to conversation analytic conventions. I examine how accounts of being in the zone are constructed by the participants to perform certain interactional business. It is proposed that on a basic level the zone provides athletes with an absence of agency for their performance and in this sense it enables the athletes to 'do modesty', in that they discuss their performances as something that happened to them, rather than through their own doing. In addition the zone is always used as part of a narrative of success even if the athlete may fail, as failure whilst in this state is attributable to other uncontrollable factors. This paper offers a different approach from traditional sports psychological analysis in that it does not begin by treating the zone as a 'real' phenomenon, or athletes' narratives as 'actual' descriptions of events. Instead, it treats their accounts of being in the zone as situated talk, performing specific interactional business.

Two ways to achieve happiness: When the East meets the West

L LU, Graduate Institute of Behavioural Sciences, Kaohsiung Medical University, Kaohsiung, Taiwan & R GILMOUR, Dept. of Psychology, University of Lancaster, UK

The independent/interdependent self-construals were proposed to be the culture-general determinants of happiness, acting through the mediating variables of control belief/harmony belief, and further through subjective experiences in social interactions. Data collected from 550 Taiwanese and 196 British community residents were used to test this two-way happiness model. SEM analysis showed an acceptable fit of the model to data from both cultural groups, hence supporting the research hypotheses. The value of adding interdependent self-construal and harmony belief to the study of subjective well-being to reflect an alternative collectivistic cultural perspective was highlighted. In addition, the seemingly contrasting views of self and beliefs about social interaction were found to coexist among Taiwanese. This evidence offered valuable support for the coexistence modernity model.

Attitudes toward reading and the social dimension to reading habits and performance

P LUCAS, N HACKMAN, N GUERECA, P WHITE, E SHIELDS & L SHERR, Royal Free and University College Medical School, University College London

Prior to a randomised controlled trial of reading intervention, baseline data was gathered from all children aged 7 in an inner city London school, plus in depth data for 121 children (intervention n=59, comparison n=61) addressing attitudes toward reading and the social dimension to reading habits and performance:

1. Attitudes toward reading and self-esteem measures at baseline;
2. Reading habits at baseline;
3. Attitudes to reading at follow-up;
4. Functional reading task at follow-up.

Poor academic performance was not associated with lowered self esteem. There were no gender differences in self esteem measures. Book choice measures showed 92.5 per cent able to articulate a favourite book, despite the prevalence of poor readers. A comparison between preferred reading support and actual support showed discrepancies. Most children expressed a desire for reading with someone else at this stage whilst in reality most were left to read alone. Regular reading habits were in place for most children. Comparisons on these baseline measures were taken to examine systematic differences between children requiring reading intervention and those not referred.

Gender differences and the effect of hairdressing on self-esteem

C McFARQUHAR & M LOWIS, University College Northampton

We investigated the effect of enhancement of physical appearance through hairdressing, on the self-esteem of men and women. Previous research indicated that females generally have a lower inherent self-esteem than do men, but they gain the most from enhancement of physical appearance. In a pilot study, 20 clients (equal genders) completed a 33-item questionnaire on aspects of self-esteem, prior to having their hair dressed, and the same number did so after hairdressing. Then 100 clients completed 20-item parallel form versions of the same instrument both before and after hairdressing. Females initially scored more highly on the self-esteem measure than did males, and they also achieved a significant gain following hairdressing, whereas males did not. There was a small but insignificant gain in inherent self-esteem with age for females. Our finding of a higher initial self-esteem for females runs counter to the majority of previous results, but the gain following physical enhancement is in line with earlier studies. Possible influencing factors include the view that haircutting (for men in particular) may be associated with a loss of something valuable, that the social ambiance of the salon may have played a part, and that hairdressers may take on the role of counsellors.

Mothers' perceptions of infant crying during the first year

A McGLAUGHLIN, The Nottingham Trent University & A GRAYSON, The Open University

Consideration is given to the findings of two recent studies conducted by the authors. Both studies provide information about mothers' perceptions of their infants crying during the first year. The data indicates that infant crying demonstrates a consistent pattern across the day and throughout the first year; and that infants who cry excessively and persistently during the first few months do not, in fact, 'grow out of it' as is so frequently suggested. The findings are discussed within a social cognition framework, as they relate to our understanding of infant crying patterns and persistence.

Previous exposure to workplace bullying: The role of work atmosphere in workplace bullying and current psychological well-being among mature students

C McGUICKIN, CA LEWIS & M SHEVLIN, School of Psychology and Communication, University of Ulster at Magee College

Many students enter or return to university after having experienced full-time employment in the economy. It has yet to be ascertained whether bullying in the workplace is a contributing factor in the decision of some mature students to withdraw their labour from the economy and enter or return to further education. To address these limitations, the present study has three aims. First, to ascertain the level of prior exposure to workplace bullying. Second, to assess the role workplace bullying played, if any, in the decision to enter or return to university. Third, to examine the relationship of the social atmosphere of the workplace to such behaviours and to the current psychological well-being of the students. A sample of mature Northern Irish students completed the Psychosocial Workplace Inventory, Work Harassment Scale, Work Atmosphere Scale, and Work Stress Symptom Scale (Bjorkqvist & Osterman, 1992) alongside the Work and Life Attitudes Survey (Warr *et al.*, 1979, 1980). Among the present sample, estimates of the level of prior exposure to workplace bullying and its role in the decision to enter or return to university are established. Furthermore, the relationship of the social atmosphere of the workplace to such negative inter-personal behaviours is also established. Finally the relationship of such acts on current

psychological well-being factors is examined and reported. The implications of the present findings for those managers involved in third level administration decisions are discussed.

Nurses' behavioural intentions towards self-poisoning patients: A theory of reasoned action comparison of attitudes and subjective norms as predictive variables

A MCKINLAY, S COWAN & M COUSTON, Edinburgh University

The findings of previous studies present a mixed picture of the attitudes of health professionals toward self-poisoned patients. The present study examines the attitudes of nursing staff towards these patients within the context of the Theory of Reasoned Action. Using a specially designed questionnaire, which incorporated vignettes of nursing behaviour in relation to self-poisoned patients, nursing staff were asked to report general attitudes and subjective norms associated with treatment of self-poisoned patients and to describe future intentions to behave towards those patients. Participants also evaluated a variety of specific behavioural outcomes connected with the treatment of self-poisoned patients. The results showed that general attitudes and intentions to behave towards self-poisoning patients among the nurses were positive. The Theory of Reasoned Action model received only limited support, since its subjective norm component did not add significantly to prediction of intention to behave. However, in line with the theoretical model, differences in general attitude were accompanied by differences in evaluations of specific behavioural outcomes.

When equal opportunities are unequal: Justifying the marginalisation of older workers

C McVITTIE & A MCKINLAY, University of Edinburgh

In recent years the principle of equality of opportunity in employment has been widely promoted as a means of addressing the segregation of various groups of workers, including older workers. Many writers however (for example Young, 1997; Plantenga & Hansen, 1999) have questioned the role and effectiveness of equal opportunities policies in reducing discrimination in the workplace. The present study examined the use by employers of discourse of equal opportunities and age-related discourse. Participants make explicit claims that their organisations are committed to equal opportunities for older workers but describe their workforces as comprising predominantly younger employees. They account for the apparent age imbalances in their workforces by attributing the imbalances to factors outwith their control as employers, making their roles in recruitment decisions 'invisible'. The contrast between this 'invisibility' and explicit claims to be committed to equal opportunities allow participants to position themselves as non-discriminating employers and at the same time justifies the marginalisation of older workers. These findings are consistent with evidence that concerns of equity and fairness in discourse of equal opportunities have been incorporated into modified employment practices and new forms of segregation (Humphries & Grice, 1995).

Effects of intergroup ambivalence on information processing

GR MAIO, M HEWSTONE & SE WATT, Cardiff University

The present research tested whether the effects of anti-racism messages vary depending on the message recipients' initial ambivalence toward the ethnic groups that are targeted in the messages. Intergroup ambivalence exists when people possess conflicting feelings and beliefs about a group. It has been suggested that people who are ambivalent toward a group more carefully process messages about the group than

people who are non-ambivalent. To test this hypothesis, two experiments examined the effects of ambivalence on the processing of messages about ethnic groups. In both experiments, participants' initial ambivalence towards Indian and Chinese people was assessed in a pre-test that took place four to eight months before the main experimental session. In the main experimental sessions, some participants were exposed to an anti-racism editorial that argued for increased immigration from India, whereas other participants received a filler editorial. We examined the effect of ambivalence on several indicators of message processing, and we examined the effects of the anti-racism message itself on attitudes towards the target group. As expected, results indicated that ambivalence moderates the effects of anti-racism messages.

The social psychology of objects

H MILLER, Dept. of Social Sciences, The Nottingham Trent University

This paper argues that restricting social psychology to interactions between people limits our understanding of social interaction. This paper examines how a range of social encounters which are usually considered the domain of social psychology are mediated and modulated by designed objects and technological systems, and develops a typology of these effects: People use objects to communicate; People use objects to establish meanings about themselves and their lives; Objects allow or facilitate certain kinds of social behaviour; Objects require certain kinds of social behaviour; Objects affect people's agency; Objects play a part in social interaction; People interact socially with objects, and give them agency and personality. A number of examples from everyday life and from the literature are given to elucidate these categories. It is suggested that this approach suggests new possibilities for research in social interaction, and also for the design of objects with which people can live more comfortably, and perhaps interact more sociably.

Paedophile activity in cyberspace: Motivation and organisation

R O'CONNELL, Cyberspace Research Unit, Dept. of Psychology, University of Central Lancashire

This paper investigates the organisation of paedophile activity in cyberspace. Anonymity, convenience and this ease of dissemination and collection of images and information explain the expanding use of the Internet by paedophiles. The use of the Internet for such activities is of concern to psychologists, law enforcement, child protection, and governmental agencies. Research suggests that the main objective of paedophile networks on the Internet is the exchange of pornographic images of children. This paper presents data concerning the prevalence of paedophile activity on the internet, and social psychological aspects of the organisation and maintenance of such groups in cyberspace. Investigation of paedophile activity in cyberspace can provide further understanding of the motivations, ideologies and dynamics of groups organised around sexual interest in children. Issues relating to child safety, empowerment and well-being are also discussed.

The role of focus and valence in comparative trait judgements

S PAHI & JR EISER, University of Sheffield

The present research expands findings on unrealistic optimism for events (Weinstein, 1980, 1987) and the above-average-effect for traits (Alicke, Klotz, Breitenbecher, Yurak & Vredenburg, 1995). Ninety-five university students took part in an experimental questionnaire study asking for comparative trait ratings. Focus of comparison (self compared with others vs. others compared with self) was manipulated between participants, and Valence (positive vs. negative traits) was manipulated within participants. An effect of intercept, focus and gender was found. There was an overall bias

towards optimism. This bias was greater under self-other focus and for males. Traits perceived to be more common tended also to be rated as more desirable. However, the relationship of perceived commonness and desirability to optimism depended on both focus and valence. Specifically, optimism was positively correlated with commonness for negative (but not positive) traits under other-self focus, whereas desirability was a more important predictor of optimism for positive traits under self-other focus. These findings suggest that people rely on different factors whether they make self-other or other-self comparisons. The implications of these findings for social judgement processes and research are discussed.

Does team thinking exist?

J PARK, Psychology Dept., University of Leicester

Team thinking is a type of reasoning, resulting in actions that are geared toward achieving the best possible outcome for a given group of people. It can occur in certain social interactions in which there is an action available to a decision maker that enables the greatest joint overall payoff for all concerned in the interaction to be achieved. This is a relatively under-researched area, and as such raises many interesting questions. This paper investigates whether such behaviour exists, and if so, what the motivations behind it are. Participants were given a questionnaire to complete which contained ten vignettes, each designed to elicit a particular type of behaviour – either altruistic, competitive, equality seeking, individualistic or team thinking. The participants were asked to indicate their preference from a range of possible outcomes, then to give a reason for the choice. Results showed that in the two vignettes presenting frames designed to encourage team thinking behaviour, the team thinking outcome was chosen significantly more often than the other options. In these two frames, whenever the team thinking outcome was chosen, the reason given was that it would enable the best overall outcome to be achieved. However, in different vignettes where the team thinking outcome was chosen, various reasons were given for the choice. Possible implications of these findings are discussed.

'He didn't give a ...': Attitudes and evaluative practices in family talk

N PARKER, Dept. of Social Sciences, Loughborough University

The measurement of attitudes has become an almost defining characteristic of social psychology. Within the arena of counselling and therapy there has been a similar concern with methods and measurements of attitude change. The primary focus is on what stable underlying mental states can predict about actual behaviour, and how those thought patterns can be altered by therapeutic intervention. However, within discursive psychology there has been a shift of focus away from looking at attitudes as mentally encoded, potentially enduring positions, towards an inspection of the *practices* through which evaluations are conducted, and evaluative positions are attributed (Potter *et al.*, 1993, p.393). This paper will consider 'attitude talk' as a feature of everyday conversation, not just when people talk about the kinds of 'big' issues that traditional attitude research has focused on, but also in the ordinary, mundane aspects of peoples' lives. The study uses data from a family therapy session in which a father talks about his teenage son who has been in trouble with the police for drug-taking and theft. Analysis reveals how everyday evaluative practices, including uses of the term 'attitude' itself, and other *descriptions* of mental states and behavioural dispositions, are used to do blaming and justification.

'As inescapable as the English weather': A discursive analysis of liberalism and prejudice

E PEEL, Social Science Dept.,
Loughborough University

Liberalism is culturally pervasive, described as 'settled and inescapable as the English weather' (Hall, 1986), and is often linked to discussion of sexuality. A common discourse heard in relation to lesbian and gay sexualities is, it is irrelevant whom one sleeps with (Messing *et al.*, 1984). This paper explores the construction of liberalism in accounts of lesbian and gay awareness training (c.f. race awareness training) provided by lesbian and gay facilitators. Traditionally, the 'contact hypothesis' and notions of intergroup bias have been applied within attitude change research, specifically the discussion surrounding modification of overtly homophobic and prejudicial views of lesbians and gay men (e.g. Simon, 1998). However, by providing a discursive analysis (e.g. Edwards, 1997) of trainers talk this paper argues against essentialist notions of attitudes, in this case liberalism, for a social constructionist alternative. Trainers construct their heterosexual group participants as 'doing' being liberal in a number of rhetorically effective ways, and these are explored. Using data extracts from interviews with trainers analysis centres on the ways liberalism is deployed to 'mask' prejudice: as a 'smoke-screen', as 'dishonesty', etc., and contrasted with the construction of non-liberal views as honest. In conclusion, the implications of this approach for social psychology are discussed, alongside strategies for challenging liberalism within, and beyond, training.

Internal behavioural consistency of sexually violent gangs

LE PORTER & LJ ALISON, University of
Liverpool

This study examines the behaviour of sexually violent gangs to explore the question of whether group members can be described as uniform or whether groups are just a sum of individuals, behaving as such. The study utilises a thematic structure that has been demonstrated in rape behaviour using multidimensional scaling (Canter & Heritage, 1990; Canter, 1994; House, 1997). It is shown that this structure is also evident in the offence behaviour of groups of individuals, indicating that members of the same group tend to act in thematically similar ways. The results are discussed in terms of group phenomena such as attraction, conformity, modelling and the particular influence of leadership. The findings have implications for both investigation of such criminal gangs but also wider implications for social and organisational psychology.

Value priorities around the world: Variations on a theme

SH SCHWARTZ, Dept. of Psychology,
The Hebrew University of Jerusalem

The importance of cross-national differences in values has caught the imagination of mainstream social psychologists in recent years. Concepts like individualism and collectivism or independent and interdependent selves are the rage. Yet, beyond the striking differences in the value priorities of groups of people around the world, there is a surprisingly widespread consensus regarding the hierarchical order of values. My empirical studies in over 60 countries suggest that this order replicates across diverse representative samples as well as samples of school teachers and students. With few revealing exceptions, benevolence, self-direction, and universalism are consistently the three most important values, power, tradition, and stimulation values are least important, and security, conformity, achievement and hedonism are in between. To explain this apparent pan-cultural hierarchy, I consider its adaptive functions in meeting the requirements of successful societal functioning. Only against the background of this pan-cultural normative baseline is it possible to interpret correctly the value hierarchies of particular groups.

Participant observation: Process and problems

R SEYMOUR, Dept. of Psychology,
University of Portsmouth

The method of participant observation, developed by Vetere and Gale (1987) has been used with families who look after elderly relatives at home. What are the practical, ethical and personal difficulties encountered while using this demanding technique? Challenges include: (i) *Contacting and gaining access to families* – use of official agencies and other channels; (ii) *Gaining consent* – what if one family member is keen to participate whereas other are more reticent? Or a confused older person thinks you are trying to sell him something he doesn't want!; (iii) *Explaining the role of participant observer* – the role and demands for both parties are described and explained, providing concrete examples of hypothetical situations; (iv) *Keeping up the role* – this has provoked personal and moral problems for myself and 'everyday' social norms are challenged throughout the stay; and (v) *Retreating and staying in touch* – intimate bonds develop while living with families and leaving the home produces conflicts of emotion. I will illustrate with examples from my study of ten families.

The number of homicides serial killers commit and their mobility

K SHALEV, University of Liverpool

The study examines the spatial behaviour of serial murderers and the relationship between the number of homicides they commit and their mobility. It was suggested that the home will have a modifying role on distance and direction of travel; that the offenders will change the distance and direction they travel to the disposal site locations, as they commit more homicides; that offenders who commit differing numbers of homicides will also differ in both the distances they travel from the home to disposal sites and in their spatial patterning.

The sample of 66 US serial murderers who committed 497 homicides was divided into three main groups according to their stage of development, and then analysed using the Scheffe test, followed by the Smallest Space Analysis (SSA) which used the statistical measure of Mean Interpoint Distance (MID). The findings support the hypotheses and suggest that, from the outset of their career, the three groups of offenders differ in terms of the distance and direction they travel from the home to the disposal site locations, and in terms of their development throughout their careers. Offenders who commit the least number of homicides travel the shortest distances from the home and use limited areas around the home; offenders who commit a medium number of homicides travel a medium range, yet by the end of their career return to an area closest to the home; offenders who commit the highest number of crimes travel the furthest and explore more areas as their criminal career develops. Explanations within the theoretical framework will be presented and discussed.

You cannot judge a book by its cover

M SHEVLIN & CA LEWIS, University of
Ulster & S WALKER, MNO DAVIES &
P BANYARD, Nottingham Trent University

Recent 'zero acquaintance' experiments have shown that stranger ratings of personality dimensions based on photographs are moderately associated with self-ratings by the target. This experiment extends the 'zero acquaintance' design by manipulating the amount of information available to the rater. Subjects completed the Eysenck Personality Profiler and had a colour head and shoulder photograph taken. Strangers were asked to rate the photographs in terms of extroversion, neuroticism and psychoticism in one of three conditions; full head and shoulder photograph, cropped photograph showing only head and hair, and cropped photograph showing only face. Significant correlations were found between self

and stranger ratings of psychoticism across all three conditions. No significant associations were found for extroversion and neuroticism. The results are discussed in terms of mate selection strategy.

Reading skills two years after a literacy intervention

L SHERR, N HACKMAN, P LUCAS,
P WHITE, N GUERCA & E SHIELDS,
Royal Free and University College Medical
School, University College London

This study compared a group (n=35) of children who had received an intensive reading intervention at age 7 (n=15) with a comparison group (n=20) on an applied reading task two years after intervention. Children followed written instructions to bake chocolate cakes. Reading ability and willingness to follow written instructions were tested by varying six of the eight instructions (utensil colour, cereal type, etc.). Scores were generated for each instruction accurately followed. Scores at baseline on a standard reading measure showed significant differences between intervention and control children. Catch up would be measured by this difference disappearing. On all measures of the task, there were no significant difference between the performance of children from the intervention and comparison groups. It thus seems that children, two years after intervention, were able to perform on this task at a level equivalent to their peers. However, accuracy for both groups was not perfect. The functional nature of reading will be discussed.

Sexist talk: Gender categories, participants' orientations and irony

SA SPEER, Discourse and Rhetoric Group
Dept. of Social Sciences, Loughborough
University

Since the 'turn to language' research on sexist talk has been undertaken by feminist linguists (such as Tannen & Spender), and discursive psychologists (including Gill, Marshall & Wetherell, and Wetherell, Stiven & Potter). The former have tended to reify gender, by mapping talk onto the gender of the speaker, and using the latter as the explanatory variable. In discursive psychology, in contrast, the focus is not on the identity of the speaker, but on the action orientation of talk, and in what that talk can be said to be doing interactionally. In this paper, I hope to extend what we know about the constitution of sexist talk, by developing the approach exemplified in the early discursive studies referred to above, supplementing it with a more conversation analytic approach to gender issues. Using data from a variety of sources, where the topic under discussion is gender and leisure, I examine actual instances of sexism in action. I explore the range of resources through which participants manage sexist talk, sustain prejudiced assumptions, and bolster their arguments against attack. I identify an 'ironic' deviant case which problematises just what counts as sexist talk, and which provides further evidence for the indexical, context sensitive nature of language. I consider the implications of this approach for future work on sexist talk, and discursive and conversation analytic work on the relationship between gender and language more generally.

A community in transition: Changes in place attachment and identity in the context of an enforced relocation

G SPELLAR, University of Surrey

The aim of this paper is to focus on the process of change over time in participants' attachment to their homes and village and to explore the relationship between place attachment, place identity and identity processes. As villagers were relocated from traditional late 19th century terraced housing to new semi-detached housing with front and back gardens, it provided an abrupt and clear incident of socio-spatial change on an individual (home) and collective

(community) level. Breakwell's Identity Process Theory is used to provide a framework for themes such as continuity of the self and continuity of the self reflected in place; the importance of efficacy within the old and new environment; the change from collective distinctiveness of a mining community to an emphasis on achieving individual distinctiveness; and the effect on participants' self esteem. We note how the meanings attached to their home, village and community by participants changed over time. Differences in the way participants constructed their identities are also discussed. The overall findings of the study point to a shift within the community from collective to individual functioning and support the transactional world view that the unit of analysis is the person within the environment, that the environment and time must be taken into account in any analysis such as this and that the process of change involves a dynamic blend of temporal, spatial and psychosocial aspects.

The impact of knowledge on attitudes toward biotechnology

P STURGIS & NC ALLUM, London School of Economics and Political Science

This paper uses OLS and logistic regression on data from the 1999 Eurobarometer Surveys (52.1) to assess the impact of changing levels of information on attitudes towards biotechnology. Recent work in political science has used regression based simulation models to demonstrate that the issue positions and candidate preferences of uninformed citizens are significantly different from those they would take were they better informed (Bartels, 1996; Delli-Carpini & Keeter, 1996). The present paper adopts the same analytical approach to address the question of how favourability of attitude toward this new technology is influenced by knowledge of it. In contrast with more traditional and familiar areas of political controversy, the effect of changes in information on attitudes toward new technologies is more ambiguous and unpredictable; as new technologies proliferate, and their complexity grows, it is unclear whether the increasing gap between lay and expert knowledge will serve to engender opposition or support. The modelling approach taken in this paper allows us to control for a comprehensive range of background characteristics, including knowledge level, theoretically assumed to underlie variation in attitudes toward biotechnology. This baseline model is then used to estimate the aggregate effect of changes in knowledge by imputing the maximum and minimum scores on a knowledge quiz for all respondents and then 'plugging' these modified individual scores back through the model.

A multivariate model of communication behaviour in crisis negotiations

PJ TAYLOR, University of Liverpool

This paper presents findings from research that integrates existing social theories on message content and negotiator motivation to formulate a definitional model of communication in crisis negotiations. A sample of one hundred and eighty-nine nuclear dialogue spans were transcribed from nine resolved cases of hostage negotiation (five criminal and four psychological-domestic) and each utterance coded at the level of thought units across 49 behavioural variables. A non-metric multi-dimensional scaling solution provided clear support for the hypothesised cylindrical structure of communication behaviour, revealing three dominant levels of suspect-negotiator interaction (Avoidance, Distributive, Integrative). At each level of the structure, interactions were found to modulate around three styles of communication (Identity, Instrumental, Relationship), which reflected the source of individual's motivation. Finally, the intensity of communication was found to play a polarising role in the cylinder, with intense behaviours occurring towards the boundary of the structure. The implications of these findings for elucidating a refined conceptual understanding of communication behaviour in crisis negotiation are

discussed and the possibilities of developing active decision support for police negotiations highlighted.

The discursive construction of time in narratives of personal life and identity

S TAYLOR, Open University

This paper analyses transcribed talk to investigate the discursive construction of time in narratives of personal life and identity. It will also explore the interrelated temporal and spatial dimensions of such identities. The analysis shows the centrality and flexibility of time as a discursive resource which is drawn on by speakers in order to link life events coherently; to establish consecutive life-stages corresponding to different places of residence; to reify an absent time-lace as a valued possession and, in contests around national places, to warrant claims of belonging and do rhetorical work against competing claims.

Empathic accuracy in close relationship interaction: The quest for the good judge, good target and good relationship

G THOMAS, Cardiff University & GJO FLETCHER, University of Canterbury

This research tested three moderators of empathic accuracy assessed during close relationship interaction: (1) the ability of the judge, (2) the readability of the target, and (3) the level of acquaintanceship. The design involved multiple perceivers judging multiple targets. Fifty dating couples reviewed videotapes of their prior problem-solving discussions and described both their own on-line cognitions and those of their partners. Fifty friends of the couples and 50 strangers later inferred the on-line cognitions of the same dating couples while observing the videotapes of their interactions. In addition, all three groups observed another videotape of their interactions. In addition, all three groups observed another videotape of two married couples' problem-solving interactions (strangers to the entire sample) and attempted the same empathic accuracy task. As predicted, the results revealed evidence for the good judge and good relationship, but not the good target. Increased closeness was associated with higher accuracy. Both attributional complexity and verbal intelligence predicted empathic performance (but at different levels of acquaintanceship) and women were consistently superior to men. The results are interpreted within a social cognitive framework that exploits the distinction between theory and data-driven judgements.

The association between rape prevalence and the victims' fertility value

AE VAUGHAN, University of Central Lancashire

It has been suggested that rape is either an adaptive strategy or the by-product of another adaptation (Thorhill & Palmer, 2000). An adaptive strategy must increase the offenders reproductive success, so it was predicted that victims with a current reproductive ability (Fertility Value) would be targeted. One aim of this study was to assess the association between rape prevalence and victims' Fertility Value. A further aim was to explain why individuals with a low Fertility Value become victims of rape. This was achieved by analysing two existing studies (Lloyd & Walmsley, 1989; Grace *et al.*, 1992) and the current study. Fertility Value (FV) was calculated. In addition Reproductive Value (future reproductive ability; RV) and a composite value (RV/FV) were assessed. It was found that rape prevalence increased then with FV in the Lloyd and Walmsley and Grace *et al.* studies. In the Grace *et al.* and current study, rape prevalence increased then with RV. Only sexual orientation of the offender explained the rape of victims with low FV. Psychotic mentality, and additional crime or physical injury did not. It would appear that rape may be a short-term adaptive strategy, but

the relationship with RV suggests that it may be a long-term strategy that might increase reproductive success of the offender.

Evaluating models of identity motivation: Self-esteem is not the whole story

VL VIGNOLES, X CHRYSOCHOOU & GM BREAKWELL, University of Surrey

A growing body of literature advocates the study of motives other than self-esteem in guiding identity processes (e.g. Breakwell, 1986; Brewer 1991; Deaux, 1993; Hogg & Abrams, 1990). We report analyses from a questionnaire study, conducted among Anglican parish priests (n=149), testing the importance of motivational principles of maintaining *self-esteem, distinctiveness, continuity and efficacy* (Breakwell, 1993) as well as feelings of purpose and closeness to others, in shaping the perceived centrality of multiple aspects within identity. Participants generated items of identity content, then rated these items for perceived centrality and for satisfaction of each of the six hypothesised principles. Comparing a series of nested multilevel regression models, satisfaction of the self-esteem principle predicted an estimated 32.5 per cent, the four predictors of Breakwell's model 49.7 per cent, and all six predictors 54.6 per cent of the variance within participants in perceived centrality of the items within identity. Consequences of our methodology and issues of generalisation are discussed. In conclusion, we argue that principles of distinctiveness, continuity and efficacy should be given equal theoretical consideration to self-esteem as motivates guiding identity processes.

Video game violence and aggression: A study of adolescents

A WARM, Liverpool Hope University College

A preliminary exploratory study and an experiment to investigate the effects of video game play on adolescent aggressiveness are the focus of this paper. The central aim of the research was to uncover various aspects of video game play that enhance aggression-related affect. A preliminary investigation was undertaken to ensure that video games were appropriately matched in terms of important game dimensions, and to gain some understanding of the aspects of game play that are predictive of game enjoyment. The experiment examined the role of video game violence on short-term negative affective states (i.e. hostility, anger and anxiety). The violent video game led to greater increases in hostility and anger than the non-violent game. However, evidence also emerged to show that playing the non-violent video game play also increased hostility. There were no significant effects of gender and trait aggressiveness on post-play increases in negative affect. A test of the role of prior experience of video game play indicated that those who were less experienced reported significantly greater increases in anxiety, and marginally significant increases in hostility. The findings are interpreted in relation to Berkowitz' cognitive neo-associationist model of aggression and in terms of an arousal-based explanation of video game-induced aggression.

Social categorisation as a function of group familiarity

SE WATT, Cardiff University

This research aimed to provide a more detailed framework for understanding how social categorisations are made. Using the work of Smith and Zarate (1990) and Sherman (1996) as a starting point, three experiments investigated how social categorisations are made under different conditions of typicality and familiarity, and also in the ingroup/outgroup context. In each experiment, undergraduate students categorised photographs of individuals from two natural groups after viewing short video clips of those individuals. As predicted, use of individual exemplars when categorising decreased with increasing exposure to the group. This, however,

was confined to the categorisation of typical group members. There was no evidence for use of exemplars in categorising more marginal group members. Furthermore, a reversal of effect was found when the self was included in the categorisation context. Together, the results provide evidence that different categorisation strategies are used under different circumstances. They also suggest that very early impressions of a group will perpetuate themselves as typical, but not marginal, exemplars of a group are included in the developing category representation.

‘Accounting for taste: Food evaluation in conversation

S WIGGINS, Dept. of Social Sciences, Loughborough University

Evaluations and opinions have been approached from both social psychological, and discursive angles; each with its own methodological implications. This paper engages with these two perspectives by examining food evaluations in interaction. Rather than using questionnaires, surveys or interview data, conversations are used here as the focus of the analysis. It is argued that this form of data reveals interactive features of evaluation which have not previously been captured by more prescriptive methods. Using tape-recorded and transcribed family mealtimes, the talk was analysed using a discursive psychological approach, and revealed particular features of evaluation construction. Food evaluation is argued to be a situated activity, and a constructive and collaborative achievement of the participants present at the meal. For example, speakers may be called upon to defend, or justify their assessment of food, and this is often an asymmetrical activity. The way in which the food is evaluated into implicitly constructs both the food, and the speakers’ responsibility for that assessment. It is similarly argued that using reality-based (‘objective’), rather than personal-taste (‘subjective’) constructions, allows the speaker to manage their accountability in the interaction. The paper will conclude with a consideration of the implications of this research for both social, and discursive psychological approaches.

‘Changed circumstances’, ‘A way out’ or ‘To the bitter end’? A narrative analysis of 16 relationship break-ups

C WILLIG, City University & KD VALOUR, University of Leeds

This paper presents a narrative analysis of 16 relationship break-ups. Interviews with 16 individuals who had recently experienced the break-up of an intimate relationship were tape-recorded and transcribed. The interviews provided participants with an opportunity to tell the story of their break-up (i.e. what happened?)

and to account for it (why did it happen?). Narrative analysis of the interview transcripts identified three narratives. Narrative 1 (‘To the bitter end’) describes a series of major and minor crises which characterise a relationship which should never have been embarked upon. Narrative 2 (‘A way out’) tells the story of an escape from an unsatisfactory relationship. Narrative 3 (‘Changed circumstances’) charts the destruction of a happy and harmonious union through a change in circumstances. The paper discusses similarities and differences between the three narratives. Particular attention is paid to the ways in which detailed accounts of key events function as triggers for the break-up within each narrative. The paper concludes by addressing implications for coping with the experience of a break-up and the role of narrative in accepting the end of an intimate relationship.

Adolescent attitudes towards the National Lottery and scratchcards: An examination using semi-structured group interviews and grounded theory

R WOOD & M GRIFFITHS, Psychology Division, Nottingham Trent University

The study used semi-structured group interviews to explore adolescent attitudes toward the UK National Lottery and scratchcards, and to examine how those attitudes may be constructed. A series of six group interviews were conducted in three schools in the East Midlands area of the UK, with between six and seven participants in each group (n=40) and an equal number of males and females. The aim of the study was specifically to examine attitudes in relation to:

(i) those factors that motivate adolescents to play the National Lottery and scratchcards; and (ii) erroneous gambling perceptions. Using grounded theory several common themes were identified: materialism, luck and chance, skill and control, fairness, shared identity and socialisation, winning fantasy, gambling misperceptions. Findings are discussed in terms of the relationship between attitudes and behaviour, utilising the theory of planned behaviour (Ajzen, 1988) and social cognitive theory (Bandura, 1986). Suggestions are given on how adolescent attitudes may be changed to: (i) reduce under-aged gambling; and (ii) promote more responsible attitudes towards gambling in general.

Can the ‘better than average’ effect be eliminated?

O YEHUDA-ABRAMSON, University of Westminster, London, UK & Y KLAR, Tel Aviv University, Israel

Cognitive and motivational processes underlying the ‘Better than the group’s average’ effect (BTA)

were investigated. The ‘Better than the group’s average’ effect whereby most people (and also products) appear to be above the group’s average on their skills, abilities and characterising traits. A series of studies investigated the conditions under which this robust phenomenon would not have occurred. In studies 1-4, the participants were asked to compare a randomly assigned peer relative to subgroup (subgroup was defined only as part of the group, e.g. in a group of 10 we can have up to 10 subgroups) of their peer group on a variety of personal traits (social and physical). The next set of studies (5-8) tried to eliminate the BTA from a different perspective compared to the first four studies. It establishes the effect of familiarity, previous knowledge and information on evaluations of this kind. It was assumed that the more we know about the traits or the group identity, the greater is the BTA effect. As expected, it was found that the less the participants knew about the identity of the person they are evaluating, or about traits, the more the BTA effect would not occur.

The social identity of political language

H YUAN & H BLUMBERG, Goldsmiths College and The Gallup Organisation

Among many other communication tools, people intentionally or subconsciously adopt speech to bring appreciation of their individuality. In the political world, it is rare that the public can directly observe events, therefore in communication between political authorities and mass publics, public political language significantly shapes most of the political ‘realities’ people experience. Political party pronouncements generate political ‘reality’ at the same time as they generate a ‘self’ (an identity), through recognition of the social basis which in no way denies individuality. The purpose of this study is to learn how political party public messages can be studied to identify the underlying social identity of a political party. Our data sources are US party platforms and UK party manifestoes. US party platforms include Democratic Party and Republic Party platforms from the 1940s until 1966. UK party manifestoes contain Conservative party, Liberal party and Labour party manifestoes from 1945 to 1992. A computer-aided content analysis procedure called *General Inquirer* has been applied to look for patterns in this large amount of textual material. About one hundred characteristics in the party political language were measured using word categories in the *General Inquirer*. Patterns over time within a party, differences among the parties in a nation and cross nation comparisons are explored. The researchers also attempt to relate public polling results to the defined social identities to see whether a portrayed social identity induces public consent to a political party.

Psychobiology Section

Annual Scientific Meeting, Old Dungeon Ghyll Hotel, Langdale, Lake District, 13–15 September 2000

Using immediate early genes to uncover brain systems for spatial memory: What's all the Fos about?

JP AGGLETON & S VANN, School of Psychology, Cardiff University, Wales

There is a class of genes that can be transiently switched on when a nerve cell is activated. These so called 'immediate early genes' act as regulators for the control of other genes. Because of this transient property they can be used as markers to show sites of neuronal activation. Using immunohistochemistry we have studied the expression of the gene *c-fos* which has been linked to neuronal activity associated with learning and memory. Contrasting different patterns of Fos expression have been found in rats for tests of object recognition and tests of spatial memory. While the former activates the perirhinal cortex and area TE, the latter activates a network of structures composed of the hippocampal formation and many sites directly linked to the hippocampus (including the postrhinal cortex, retrosplenial cortex, and anterior thalamic nuclei). Using this technique it is possible to map out sites of increased activation across the same normal brain for a given form of learning. It is also possible to measure the direct and indirect effects of selective brain injury upon neuronal activation. Examples of both will be provided.

Effects of Temazepam on memory and psychomotor performance: A dose response study

A BEGG & B TIPLADY, AstraZeneca UK, Edinburgh

Objectives: To assess the effects of 30mg Temazepam compared to 20mg and placebo on a range of measures of implicit memory, explicit memory, and psychomotor performance.

Design: Three period double-blind crossover study. Each volunteer received all three treatments in random order.

Methods: Six healthy female volunteers (age 21 to 22, weight 50–69kg) took part. In each session, they performed the test battery, which was administered using a pen-based computer, and pen/paper, then received one of the three treatments by mouth. Performance was again assessed at 45, 90, and 165 minutes post-dose.

Results: There was a significant dose-related effect of Temazepam (Page's L-test for trend) for all measures of psychomotor speed, and for long-term recall from the Buschke memory task. Maze tasks and a composite speed measure showed significantly greater impairment with 30mg than with 20mg. Overall slowing was 8.2 per cent for 20mg and 29.7 per cent for 30mg. Visual analogue scales showed that volunteers felt both drunk and drowsy, though scores were not significantly greater for 30mg than 20mg. No significant changes were seen on the well-ill scale, and no unexpected or untoward effects were reported by volunteers.

Conclusions: Temazepam is well-tolerated by volunteers at a dose of 30mg, and this dose produces a substantially greater impairment of function than the 20mg dose, supporting previous suggestions of a non-linear dose response for CNS depressant drugs.

Gender differences in the electrophysiological responses to emotional stimuli in healthy individuals

CG BURNS & MC OBONSAWIN, University of Strathclyde

We investigated gender differences in the electrophysiological responses to emotional stimuli among healthy individuals. Similar methods have been used previously to

investigate the responses of psychopathic individuals (e.g. Williamson *et al.*, 1991). Healthy male and female participants were exposed to a lexical decision task featuring positive, negative, neutral and non-words. Event-related potentials were simultaneously recorded from a montage of seven electrodes at the frontal, coronal and parietal regions of the skull in order to gain normative data for future experimentation. Findings so far have indicated that a range of prominent ERP components from 50 to 400 milliseconds are present, including the P300, and that differences in emotional processing are likely to be evident in terms of both component onset latency and component amplitude between the genders.

Estimation of premorbid ability: Recent developments

J CRAWFORD, Dept. of Psychology, Kings College, University of Aberdeen

Methods of estimating premorbid ability will be reviewed with an emphasis on their use in research on clinical populations and on recent developments. The available methods will be assessed against three basic criteria; reliability, criterion validity and resistance to the effects of cerebral dysfunction. Recent research reviewed will include a (66 year) retrospective validity study of the NART conducted by the author and his colleagues. Data comparing regression based demographic estimates with clinician's informal estimates from the same information will also be presented as will work on the utility of lexical decision tasks (Spot-the-Word). Most work on estimates of premorbid ability has concentrated on using IQ as the criterion measure. The development of equations which allow current performance on specific neuropsychological measures (e.g. executive tests, memory tests) to be compared with both estimated premorbid ability and current general level of functioning (i.e. WAIS IQs) will be outlined briefly.

The CDR computerised cognitive assessment system: The transition from DOS to Windows

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In the 70's and early 80's it became widely apparent that the assessment of change in cognitive function was a crucial safety and/or efficacy consideration for the development of new medicines. This identified a need for more sensitive and sophisticated instruments following disillusionment with traditional paper and pencil measures. The Cognitive Drug Research (CDR) computerised cognitive assessment system was developed to meet this need. This system has now been in use since 1984, in which time it has become the most widely used of any such system in the world in clinical research. The first version of the system was installed on the BBC microcomputer, but in the mid 1980's the need to make the system available internationally led to its development on the IBM-PC. The DOS version has performed excellently over the last 14 years, and in combination with machine-code subroutines can achieve true millisecond resolution of response times. DOS is still an excellent host for running tests, but it cannot take advantage of recent developments in internet and multimedia technology, and future support for 'legacy' applications is uncertain. For these reasons we have developed a new version of the cognitive assessment system to run under Windows. The new version is a native Windows application written in Java using object-oriented techniques, and utilises advanced features of Windows, including DirectX support. Millisecond accuracy in timing is provided by a third-party software module written in Visual C. Future developments will include a web-enabled version to make the system available over the internet. The performance of the Windows system has been validated against external timing

instruments, and the data it provides is highly correlated with data obtained using the DOS version of the cognitive assessment system. The future of the CDR cognitive assessment system, and its ability to keep pace with future developments, is therefore assured.

Using cognitive testing over the telephone to measure the deficits due to Midazolam administered to dental patients plus the reversal of these effects with Flumazenil

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Midazolam is the most widely used sedation drug in dental surgery for anxious patients. One disadvantage of the compound is that patients are unable to return to normal activities for 24 hrs post-op. This study set out to accurately chart the degree of cognitive impairment during the day following a routine dental procedure in order to determine the degree of the problem and evaluate the possibility of monitoring patients at home. Patients undergoing routine dental surgery were administered Midazolam at a dose determined by the dentist according to patient response. These patients could only have dental procedures performed with Midazolam due to dental phobia. They were assessed prior to the procedure using the Cognitive Drug Research (CDR) computerised cognitive assessment battery and the same battery delivered via the telephone (developed by CDR in conjunction with Clinphone, Nottingham). These assessments were then repeated following the procedure at 30, 60 and 90 minutes for the CDR computerised system, and at one, two, three, four, five and six hours for the telephone-based system. Both sets of measures clearly identified negative changes from baseline in the patients. These negative effects persisted throughout the day as measured via the telephone with patients at home. The patients also participated in a double-blind, placebo-controlled, cross-over study of the effects of Flumazenil on the Midazolam impairments. Flumazenil reversed both the cognitive and subjective deficits of Midazolam.

Enhancement of cognitive performance by single doses of Ginseng, Ginkgo biloba and a Ginseng/Ginkgo biloba combination

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Objectives: Both Ginkgo biloba and Ginseng have been used for several millennia in Chinese medicine and are becoming increasingly popular as herbal supplements throughout western society. Evidence suggests that both may moderate cognitive performance. The possibility of acute cognitive benefits following single doses of: (i) Ginseng; (ii) Ginkgo; and (iii) a combination of Ginkgo/Ginseng were the focus of the three separate experiments making up the present study.

Design: Each experiment utilised an identical placebo-controlled, double-blind, balanced, crossover design.

Methods: In each experiment 20 different participants received three single doses of the treatment (200, 400, 600mg Ginseng; 120, 240, 360mg Ginkgo; 320, 640, 960mg combination) and a placebo, on separate days, with pseudo-random order dictated by a Latin Square.

Administration of each dose was separated by a seven-day wash-out period. Cognitive performance was assessed using the Cognitive Drug Research (CDR) computerised test battery immediately prior to treatment and at 1 hr, 2.5 hr, 4 hr and 6 hr thereafter.

Results: The primary outcome measures were the four cognitive factors that can be derived from the CDR subtests by factor analysis. There were a number of significant changes in these measures following each treatment. Both Ginseng and the Ginkgo/Ginseng combination were primarily associated with significant dose dependent improvements on both the 'Quality of Memory' and 'Secondary Memory' factors, whilst Ginkgo administration resulted in improved performance on the 'Speed of Attention' factor. **Conclusions:** These data provide comprehensive evidence that single doses of these treatments are capable of engendering a continued and coherent improvement in aspects of cognitive performance.

Effects of high fat and low fat breakfast drinks on blood, glucose, mood and cognitive performance (arousal and memory)

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The effects of two isocaloric milkshakes (500kcal) on blood glucose, mood and cognitive performance were assessed using a within-subject design in 19 participants (mean age 24 years, mean BMI 22.9kg/m²). The milkshake drinks were either high fat/low carbohydrate (HF-LCHO) or low fat/high carbohydrate (LF-HCHO). Measures of critical flicker fusion threshold (CFFT), immediate and delayed memory were completed before and after consumption of milkshakes. Blood glucose was measured before and 30 minutes after consumption. Visual analogue scales assessed subjective states and palatability of the drink. The HF milkshake was rated as more pleasant, tasty, creamy than the LF milkshake ($p < 0.01$). Prospective consumption for the HF milkshake was higher than for the LF milkshake ($p < 0.05$). The LF drink was rated as sweeter than the HF drink ($p < 0.05$). The ingestion of both milkshakes had positive effects on mental states. The LF drink increased blood glucose significantly more than the HF drink ($p < 0.001$). CFFT was higher in the LF than in the HF condition ($p < 0.05$) and a decrease in CFFT was observed following the consumption of the drinks ($p < 0.001$). The decrease in CFFT after the HF milkshake was marginally higher than after the LF drink. Recall was higher in the LF than in the HF condition ($p < 0.05$). The change in blood glucose was a significant covariate in the LF ($p < 0.05$) but not in the HF condition for both CFFT and memory performance. In conclusion, the macronutrient content of the drinks affected memory and arousal. Rising blood glucose levels (with the LF drink) resulted in the prevention of a decline in performance. These effects were immediate but not enduring.

The 'Clinphone' telephone cognitive assessment battery: A validation for use in the study of Chronic Fatigue Syndrome

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Objectives: Chronic Fatigue Syndrome (CFS) is a disabling condition of unknown pathogenesis, characterised by overwhelming fatigability. Other symptoms include difficulties with cognitive processes, which we have previously assessed using the Cognitive Drug Research (CDR) computerised assessment battery (Wesnes *et al.*, 1997, *J. Psychopharmacology*, 11, A69). However, widespread assessment of the cognitive impairment associated with the disorder has proved problematic, partly due to sufferers'

restricted mobility. To begin to address this difficulty, the present study utilised both a computer CDR assessment and the 'Clinphone' system – a telephone cognitive assessment battery designed to duplicate core items of the CDR test battery.

Design: A cross-over design was used, with the order of PC/telephone assessment counterbalanced across subjects.

Methods: A cohort of CFS sufferers from support groups in the North East, who met the Centre for Disease Control (CDC) criteria, were compared with a group of healthy age-, sex- and education-matched controls. Participants were assessed using both formats each comprising the same four tests of attention, working memory and long term memory.

Results: The results of both forms of the test battery confirm the pattern and severity of cognitive impairment in CFS. Moreover, the two forms of data collection were similarly reactive in detecting cognitive deficits.

Conclusions: The Clinphone system appears to be comparable with the previously well validated CDR battery in detecting cognitive impairments in CFS. The system would therefore enable large samples of participants to be tested at frequent intervals from their own homes, thus effectively minimising the problems caused by varying levels of mobility.

Oestrogen and cognitive function in the rat

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It has recently been suggested that the basal forebrain cholinergic neurons are significantly affected by physiological fluctuations in circulating levels of oestrogen. Indeed it has been suggested that the loss of ovarian steroids at the menopause may play a major role in the cognitive decline and neurodegeneration that are associated with Alzheimer's disease. However, the extent and nature of the cognitive impairments following oestrogen depletion is unclear. The present studies in rats examined the effect of ovariectomy on spatial memory and on attentional function.

Decision making in patients with spinal cord damage: Afferent feedback and the Somatic Marker Hypothesis

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Aim: Domasio has proposed an influential model of human decision making – the somatic marker hypothesis, where he argues that somatic feedback to the brain influences decision making in man. This study aimed to test this one component of this hypothesis.

Method: 20 patients who had suffered a complete tetraplegia at the level of the sixth cervical vertebra were compared with 20 matched healthy control subjects. All subjects completed the Iowa Gambling Task. The rules are not disclosed in advance, and the player gradually 'learns' that two of the card decks are 'high risk' and lead to significant financial losses. Healthy individuals have previously been shown to learn to avoid the risky decks, whereas patients with medial frontal lobe damage and those with peripheral neuropathy select an excessive number from the risky decks, and consequently lose money.

Results: There were no significant differences between the spinal sectioned and healthy controls groups in either card selection strategy or net financial outcome.

Implications: This result suggests that in terms of the somatic marker hypothesis, feedback to the brain from the periphery via the cranial and vagus nerves and the hormonal route may be more influential than afferent feedback transmitted via the spinal cord.

Cigarette abstinence symptoms under stressful and relaxing conditions

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Objectives: The aim was to investigate whether nicotine abstinence symptoms would be affected by the environmental conditions; in particular whether they would be comparatively stronger in a stressful environment.

Methods & Design: 20 regular smokers (mean age 22 years, smoking at least ten cigarettes a day), were tested when overnight nicotine-deprived under two experimental conditions (order counterbalanced). The high stress condition involved performing difficult multiplication problems and solving anagrams – some of them being unsolvable. The relaxation condition involved listening to soothing music and reading magazines. At three 15 minute intervals each participant self-rated their feeling states on the ARU nicotine withdrawal questionnaire, and UEL brief mood state questionnaire. Resting heart rate was recorded at the same time. Finally each participant was allowed to smoke, and their resulting moods recorded.

Results: The stressor x time ANOVA interaction was significant ($p < .001$) for every dependent variable but one. Feelings of irritability, depression, restlessness, low-pleasure, and poor concentration, all became significantly worse under the high stressor condition. Cigarette cravings also became significantly stronger, while resting heart rate became significantly higher. Smoking generally restored mood states back to normal.

Conclusions: Cigarette abstinence symptoms became significant worse under conditions of high environmental stress.

Nutritional supplements, age and cognition

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Claims of enhanced cognitive function due to the intake of nutritional supplements are numerous, but epidemiological and experimental evidence is sparse. Several nutrients or indices of nutritional status are reported to be associated with cognitive function. The magnitude of nutrient effects on cognitive performance is considered to be small but not to be very different from that of registered medicinal or investigational cognition-enhancing or anti-dementia drugs. In epidemiological studies associations have been established between nutritional status, consumption of vitamins, wine, fatty acids and cognitive decline. This does not mean however, that depletion of certain nutrients can actually be supplemented through a change of the diet or through the use of nutritional supplements. It seems reasonably well established for example that low folate signals Mild Cognitive Impairment (MCI), but this does not necessarily mean that MCI or Alzheimer's Dementia can be prevented or postponed by ingestion of folate until experimental evidence becomes available. The most important question is therefore, whether these manipulations actually halt or decelerate cognitive decline or even enhance cognitive functions. Moreover, it is difficult to compose a diet in which all putatively cognition enhancing nutrients are properly taken into account. A proper dietary composition as to the ratio of carbohydrates to proteins as well as the inclusion of sufficient micronutrients seems to be favourable to the maintenance of cognitive function under stress and putatively at older age. In general, there appears to be a limited amount of controlled studies in the area of nutrients and cognitive function in human subjects, particularly in the elderly.

Factor analysis of the Cognitive Drug Research assessment battery in elderly hypertensives

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A factor analysis was conducted on data from the Cognitive Drug Research (CDR) computerised cognitive assessment battery in a population of

250 elderly hypertensives, excluding known cognitive impairment. A principal components analysis with varimax rotation was performed using SPSS 9.0. Five factors emerged from the analysis: speed of memory and attention; quality of secondary memory; sustained attention; the quality of working memory; and a final factor of accuracy of a forced decision task, associated negatively with accuracy of spatial memory. Previous analyses with various populations have found a very similar structure, except that the speed measures of memory and attention tasks emerge as separate factors; here they form a single factor. Speed has emerged as the most salient feature across the tasks, despite the very different nature of the tasks themselves. This is to be expected due to the heterogeneous nature of this sample in terms of performance.

High cognitive demand results in increased uptake of blood glucose

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Objectives: Following consumption of a glucose load, blood glucose levels rise and then fall. Previous research has reported an apparently reciprocal relationship between the extent of falling glucose levels and cognitive performance. The present study examined the possibility that a high cognitive load may result in a level of glucose uptake which is measurable in the periphery.

Design: A placebo-controlled, double-blind, balanced, crossover study compared the effects of a high cognitive load (Computerised Serial Sevens) with a somatically-matched control task (computer key tapping) on blood glucose levels. Effects of glucose on word memory and Verbal Fluency were also assessed.

Methods: 20 volunteers consumed a glucose or a placebo drink. Following an absorption interval of 45 min they performed Serial Sevens or the control task for five minutes, then completed the other task. Blood glucose levels were measured before and after each task. The following day the procedure was repeated in the opposite drink condition.

Results: Glucose consumption significantly improved performance on Serial Sevens, there was a trend for improved performance on Verbal Fluency and no effect on word memory. Blood glucose levels dropped significantly more during the Serial Sevens task than during the somatically-matched control task. This effect was most marked in the glucose condition but was also evident in the placebo condition.

Conclusions: The uptake of glucose during a period of cognitive demand leads to a transient but measurable decrease in peripheral blood glucose levels. The relative contribution of central and peripheral mechanisms to this effect are not known at present.

Cognitive enhancement by single doses of Ginseng, Ginkgo biloba and their combination: Effects of increasing cognitive load

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Objectives: Recent findings suggest that single doses of extracts from the medicinal plants Ginseng, Ginkgo biloba, and their combination are capable of differentially enhancing aspects of cognitive performance. The present study examined the effects of these extracts on tasks of differing cognitive load – serial subtractions of threes and of sevens.

Design: The study utilised a placebo-controlled, double-blind, balanced, crossover design.

Method: In three separate experiments (with different cohorts), 20 participants received placebo, or one of three standardised doses of either Ginkgo biloba (GK 501, Pharmaton SA), Ginseng (G115, Pharmaton SA) or a 60:100 combination. In each experiment a seven-day

inter-treatment interval was allowed for wash-out. Performance of computerised serial subtractions was assessed 1, 2.5, 4 and 6 hrs following treatment.

Results: Serial Sevens and Serial Threes performance were both analysed with respect to number of responses generated and accuracy. A significantly greater number of responses were generated on Serial Threes four hours following all but the lowest dose of Ginkgo. Both the 200 and 400mg doses of Ginseng resulted in significantly greater accuracy on the Serial Sevens task. The most dramatic result was a marked and sustained improvement of both speed and accuracy on both tasks following the Ginkgo/Ginseng combination – an effect which was particularly evident for Serial Sevens.

Conclusions: These results indicate a powerful synergistic action of Ginkgo and Ginseng under conditions of cognitive demand. While the mechanisms underlying these effects remain unknown, they may involve a combination of metabolic and neurotransmitter effects.

Widespread effects of unilateral fornix lesions on Fos expression in animals performing a spatial memory task

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The fornix is one of the principal fibre tracts connected to the hippocampus, and damage to the fornix can induce anterograde amnesia in humans. The disruptive effects of damage to this tract were studied by comparing activity of the immediate early gene *c-fos* across hemispheres in rats with unilateral fornix lesions. To engage Fos production, rats first performed a radial-arm maze task that is severely disrupted by bilateral fornix lesions. Fornix lesions led to a significant reduction in Fos in all ipsilateral hippocampal subfields, as well as the entorhinal cortex and most of the subicular complex. Other sites that showed reduced activity included the ipsilateral retrosplenial, anterior cingulate, and postrhinal cortices. Subcortical regions showing significant Fos decreases included the anterior thalamic nuclei, supramammillary nucleus, diagonal band of Broca, and lateral septum. Thus, the effects of fornix lesions extended beyond the hippocampal formation and included sites not directly innervated by the tract. These changes were nevertheless selective, as shown by the lack of hemispheric difference in any of the preselected control sites, the perirhinal cortex, or nucleus accumbens. The location of Fos changes closely corresponded to those brain regions that when lesioned disrupt spatial working memory. Moreover, there was a correspondence between those brain regions that show increased Fos production in normal animals performing the radial-arm maze task and those affected by fornix lesions. These results show that fornix transection has widespread, but selective, effects upon a network of structures normally activated by spatial memory processes, with these effects extending beyond the hippocampal formation.

Training effects on tests of cognitive function and the implications for clinical trials

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The Cognitive Drug Research (CDR) computerised cognitive assessment system has been widely used in clinical research over the last fifteen years. In the vast majority of studies, volunteers have performed all the tests four times prior to conducting the baseline assessment. The reason for this has been to ensure that volunteers are fully conversant with the test requirements prior to the start of a study, and to ensure that performance has stabilised and is not changing as volunteers become more familiar and adjust their strategies. This practice has resulted in the accumulation of a considerable amount of data in normal, healthy, un-medicated volunteers performing a range of cognitive tests across five assessment sessions (including the pre-dosing baseline assessment). This paper reports an analysis on over 900

volunteers across a wide range of ages from 18 to 89. Because the CDR assessment system includes tests across all domains of cognitive functioning, it is now possible to accurately specify the degree to which performance changes on some tasks as a result of training. It is suggested that some tests of basic cognitive functions are relatively stable, e.g. Simple Reaction Time, whilst other tasks do show some improvement, e.g. the Numeric Working Memory task. However, stable levels of performance are reached by the fifth administration. A further analysis looked at training as a function of age, and identified differential effects across age bands. In conclusion, training effects are an important phenomenon which should be taken into account in the design of clinical trials. Volunteers need to have sufficient time to become thoroughly familiar with the tests they are required to perform, and the tests themselves therefore need to be reasonably brief and exist in multiple parallel forms.

Effects of ageing on cognitive function

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The Cognitive Drug Research (CDR) computerised assessment system has been widely used in clinical research over the last 15 years. As a consequence, many thousands of volunteers have been assessed on the system. In almost every case, volunteers are trained to use the system and then perform a pre-dosing baseline against which later effects in the study can be identified. This pre-dosing data therefore represents a measure of the performance of normal healthy volunteers, not receiving medication. It is also worth noting that such volunteers tend to be particularly healthy and have to fulfil fairly rigorous screening criteria as to use of substances and medications. This paper reports an analysis of over 2000 individuals, ranging in age from 18 to 89. Such an extensive database is rare in the cognitive testing field, and allows the quantification of changes which occur with increasing age in a fairly fine grained way, e.g. looking at change across successive five year age bands. Furthermore, the database includes assessments across the range of cognitive functions, including attention, working and secondary memory. It is argued that increasing age produces decrements in all domains of cognitive functioning, in terms of both speed and accuracy. The fine grained analysis permitted in this study may also suggest that the effect is genuinely due to increasing years, as opposed to being a cohort effect, since it is unlikely that environmental or social conditions would change markedly across successive five year age bands. The existence of such extensive norms across a wide age range on a comprehensive battery of cognitive tests is likely to have immense utility in clinical research where it is desired to specify the characteristics of a patient population.

A Ginkgo biloba/Panax ginseng combination enhances memory in healthy middle-aged volunteers

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Ginkgo biloba is becoming increasingly recognised to improve cognitive function in various populations. We have reported the first data on the cognitive effects of Ginkgo biloba when combined with Panax ginseng (Wesnes *et al.*, this meeting, 1997); these being beneficial effects on the memory of a middle aged population diagnosed with neurasthenic complaints. The present trial was a double-blind, placebo-controlled, 14 week, parallel group, repeated assessment, multi-centre trial of the same combination of Ginkgo biloba and Panax ginseng on cognitive function in healthy middle-aged volunteers. Two dosing regimens were compared, 160mg b.i.d. and 320mg o.d. 256 healthy middle-aged volunteers successfully completed the study. On each study day (weeks 0, 4, 8, 12 and 14) the volunteers performed the

Cognitive Drug Research computerised cognitive assessment system prior to morning dosing and again at one, three and six hours later. The tests in the system assessed various aspects of attention and memory. On each study day the volunteers also completed questionnaires about mood states, quality of life and sleep quality. The Ginkgo/Ginseng combination was found to significantly improve an Index of Memory Quality, supporting the previous finding with the compound. No evidence of a bi-phasic effect was seen, the effects being as marked in the afternoon as they were in the morning. The beneficial effects represented an average improvement of 7.5 per cent and reflected improvements to a number of different aspects of memory, including working and long-term memory. This enhancement to memory was seen throughout the 12 week dosing period and also after a two week wash-out. The combination was well tolerated by the volunteers. This is one of the first demonstrations that phytopharmaceuticals can beneficially affect the memory of healthy middle aged volunteers.

Immune responses to cognitive workload: The effects of multi-task performance on salivary immunoglobulin-A (slgA)

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Objective: The effects of cognitive workload induced by a multi-tasking battery on slgA (one

index of immuno-competence) were assessed in relation to previous episodes of MHCs, to see whether slgA levels were differentially effected by MHCs and the stress induced by cognitive workload.

Method: MHCs questionnaires were completed by 60 undergraduate volunteers. Saliva samples were collected both before and immediately after five minutes on a computer-based multi-tasking performance battery and assayed for slgA. Participants then completed a perceived workload questionnaires in relation to their performance on the battery.

Results: A significant difference of 30.12 μ /ml ($t=6.30$, $p<0.001$) occurred in slgA concentrations between pre and post measures. However, a subset of the sample produced a negative slgA response, these people differed to the majority of the sample through their previous episodes of minor health complaints.

Conclusions: The increases in slgA demonstrates that immuno-competence can be increased following a short period of activity on a multi-tasking battery. However, it is likely that the immune response is dependent upon the previous health status of the individual. If an individual has experienced many minor health complaints their immuno-capacity will be reduced and they will have a reduced immunological stress response. These findings suggest that short periods of stress may temporarily boost immuno-competence, however individual reactions to stress are likely to be influenced by other factors such as personality characteristics as well as previous and present health status.

Chronic DELTA-9 Tetrahydrocannabinol effects on feeding and body weight

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The exogenous cannabinoid Δ^9 -THC was administered orally in a sesame oil vehicle to six Lister-hooded rats to observe whether it would induce hyperphagia compared to six control rats given only the sesame oil vehicle. Measurements of food eaten (standard laboratory chow) were taken one hour and 24 hours after dosing to see whether or not the pattern of eating changed after the immediate effects of the drug. Rat weights were recorded every 24 hours to see whether, over ten days, Δ^9 -THC was an effective drug with regards to increasing weight – an idea to be considered in terms of therapy for human clinical populations suffering from appetite loss. This was not found to be the case as rats receiving the drug were seen to over-eat in the hour following dosing but eat less over the total 24 hours to compensate. This resulted in a slight weight loss overall whereas the rats receiving the vehicle gained 14 grams over the 10 days. A second experiment was carried out in the same way but a cafeteria feeding system was used to see if preferred foods (chocolate and lard) would induce the rats receiving Δ^9 -THC to continue to over-eat over the 24 hours. This resulted in all rats gaining weight but the rats in the control condition still gained more than the rats receiving Δ^9 -THC.