Nottingham 2018
The British Psychological Society’s Annual Conference
East Midlands Conference Centre, Nottingham
2–4 May

Confirmed Keynotes
Professor John Antonakis, University of Lausanne
Professor Brian Nosek, Centre for Open Science
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Brighton 2017
The British Psychological Society’s Annual Conference
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Conference abstracts

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KEYNOTE ABSTRACTS

Leading change into the future
Dr Helen Bevan, OBE, Chief Transformation Officer, Horizons team, NHS England
Have we hijacked the future by the constraints of our current mind set about transformational change? In this provocative session, Helen Bevan will explore how we might skip a generation of thinking and practice on making big change happen in organisations and systems so we can create that future more boldly and effectively. She will outline some of the latest ideas, tools and approaches from leading practitioners of large scale change from around the globe in response to a world where the power of hierarchy is diminishing and organisations are becoming more like social movements. She will describe the experience of applying these approaches in a practical context in the health and care system.

The cult of confidence: Gender, psychology and contemporary capitalism
Professor Rosalind Gill, City University London
To be self-confident is the imperative of our time for women. Beauty brands hire ‘confidence ambassadors’, women’s magazines promote a ‘confidence revolution’ (Cosmo) and dedicate special issues to the topic (Elle), the fashion industry tells women ‘confidence is the best thing you can wear’, and even the Girl guiding organization, better known for its promotion of practical skills, now offers an achievement badge in ‘body confidence’. Whatever a woman’s or a girl’s problems, the solution in contemporary culture seems to be promoting self-confidence: inequality in the workplace? - women need to ‘lean in’ and become more confident (check); eating disorders and poor body image? - girls’ confidence programs are the solution (check); parenting problems? – let’s make mums feel more confident so they can raise confident kids (check); sex life in a rut? – well, confidence is ‘the new sexy’! (check). Psychological expertise about gender and self-esteem underpins this trend. But in this presentation I argue that confidence has become a ‘cheer word’ that has taken on the status on an unchallenged social good – placed beyond debate. Yet, as I will show, the rise and rise of the ‘cult of confidence’ is intimately connected to neoliberalism, and its attempts to reconfigure subjectivity along punitive and individualistic lines. Taking examples from my current research on “love your body” discourses and workplace equality and diversity, I look critically at contemporary celebrations of self-confidence, linking them to a resurgence of interest in ‘character’ and a proliferation of neoliberal ‘feeling rules’ in which insecurity, vulnerability and anger become taboo.

Using words to assess, change, and assess health
Professor James W. Pennebaker, Regents Professor of Psychology, University of Texas, USA
The ways people express themselves can reflect and also influence their mental and physical health. Early research on expressive writing pointed to the potential value of translating emotional experiences into words. Later studies found that the ways people used words in writing and in everyday life could reveal their social and psychological processes. Most recently, cross-disciplinary projects are discovering ways that the analysis of language in social media, search queries, and autobiographical writing can detect mental and physical health problems sometimes earlier than the writer knows. Promises of big data analysis on the mental health communities are discussed.

Positive psychology and positive education: Political and personal implications
Dr Martin E.P. Seligman, Director of the Positive Psychology Center, University of Pennsylvania, USA
Remediation too often trumps well-being as a goal. This is an increasingly disastrous policy for prosperous nations and families. Positive Psychology measures and builds the elements of well-being: PERMA (Positive Emotion, Engagement, Relationships, Meaning and Accomplishment). I review the very curvilinear relationship of money to PERMA (It’s not the economy, stupid). Building well-being, in schools, corporations, and in individual lives, is a plausible personal and political goal.
SPEARMAN MEDAL AWARDS 2016
Sharing the experiences of others: Understanding mechanisms of vicarious perception in mirror-touch synaesthesia
Dr Michael Banissy, Goldsmiths, University of London
Our capacity to share the experiences of others is a critical part of social behaviour. One process thought to be important for this is vicarious perception - the ability to co-represent the experiences of other people by matching the observed state onto representations of our own first-hand experience. For example, observing pain in other people activates some of the same network of brain regions as the first-hand experience of pain. For most of us vicarious perception is implicit (i.e. unconscious), but for some individuals viewing another’s state results in them literally experiencing a conscious sensation of the observed event. For example, a proportion of the general population report conscious tactile experiences in response to seeing others being touched (mirror-touch synaesthesia). Further, some individuals experience conscious pain-like experiences (with sensory and/or affective qualities) in response to seeing others in pain (mirror-pain synaesthesia). In this talk I will discuss a series of studies examining the prevalence, characteristics and mechanisms that contribute to mirror-touch and mirror-pain synaesthesia. I will argue that conscious vicarious perception in mirror-touch / mirror-pain synaesthesia is related to disturbances in the ability to distinguish the self from others, and consider the implications of this for our understanding of the role that mechanisms of self-other representation play in our ability to understand the experiences of others.

PRESIDENTS’ AWARD
The new psychology of health: Unlocking the social cure
Professor Alex Haslam, University of Queensland
If you are over 50 and you join one social group today you will cut your risk of being diagnosed with depression in the next two years by 24%. With every group membership that you lose after retirement, your quality of life declines by 10%, and your life expectancy reduces by about 3%. Such statistics point to the fact that group life is an important determinant of well-being and health. Yet its importance is rarely discussed, and far less explained.

This talk will attempt to address this gap in understanding by showing that groups exert a profound impact on our psychology through their capacity to be internalised within the self, as part of our social identity (a sense of the self as ‘we’ and ‘us’, not just ‘me’ and ‘I’). It will show that when this occurs, groups provide us not only with social support but also with a sense of meaning, belonging, purpose, and agency — factors that in turn have powerful consequences for our psychological and social functioning.

More generally, the talk argues that there is a strong case for advancing theory and practice in clinical and health domains by attending to lessons that derive from social identity theorising. In particular, this is because the approach challenges dominant models of mental health that define the self — and its optimal functioning — in individualistic terms.

DISTINGUISHED CONTRIBUTIONS TO PROFESSIONAL PSYCHOLOGY AWARD
Adoption – From mythical idealisation to political, social and personal reality. Learning from ten years of adoption support
Dr Joanna North, Joanna North Associates
My conference presentation will focus on the personal, professional and theoretical demands of running an Ofsted Registered Adoption Support Agency for ten years and keeping it rated as Outstanding. The face of adoption has changed dramatically over the last sixty years and we are more skilled at identifying the psychological impact on adoptees relating particularly to their sense of identity and belonging – such crucial factors in childhood development. What used to be a personal experience for families has become a process run by statutory procedures and is deeply embedded in our social and political structures yet this sophisticated machinery and our increased knowledge has
not made adoption either easier in terms of the emotional impact on both children and adoptive parents. My presentation to the conference will outline the multi-layered challenges.

**AWARD FOR OUTSTANDING DOCTORAL RESEARCH CONTRIBUTIONS TO PSYCHOLOGY**

**Child and adolescent wellbeing in the UK: Determinants and developmental trends**
Dr Praveetha Patalay, *University of Liverpool*

Although the correlates of mental illness in children have been extensively studied, comparatively little is known about the predictors of children’s subjective wellbeing. Using data from the UK Millennium Cohort Study (a large, current and nationally representative birth cohort study of children born at the start of this millennium), I first present some developmental trends in subjective wellbeing from childhood to adolescence. I then examine a wide range of correlates (conceptualised within ecological system theories) of wellbeing at ages 11 and 14 years and contrast the findings with the observed correlates of mental ill-health. The focus will on comparisons of the size and direction of effects of various predictors on both mental wellbeing and ill-health symptoms. The implications of the findings for the theoretical conceptualisation of mental health and how we measure it in children will be discussed.

**INVITED SESSION**

**Hans J. Eysenck: Research, Relevance and Reputation**
Phillip J. Corr, City, *University of London*

Hans J. Eysenck (1916-1997) led an extraordinary life in British Psychology, much of it played out in the limelight of public attention. His fame extended beyond the shores of the UK, to encompass the globe, from where he garnered many awards. He inspired generations of psychologists, many of whom were enthralled by his popular books that made psychology seem so vital and relevant to important psychosocial issues. But, as highlighted in my recent biography of him, Eysenck’s was a very contradictory psychology. First, his views contradicted those of the mainstream – then and (perhaps less so) now. Secondly, his personality contained what appeared to be contradictory features (combative nature and gentleness). Thirdly, people’s reactions to him were contradictory (some people admired and respected him, others simply detested him – although in milder form, sometimes these opposing features were found in the same person!). Eysenck was a portmanteau of ideas and of him – in this respect, he was something of a scientific artist.

In this talk, I survey Eysenck’s life and work, set within an appropriate historical context, reflect on his style of doing business, and evaluate his lasting contributions to psychology, which were numerous and significant (e.g., helping to establish clinical psychology and enabling a neuroscience of personality). I focus, too, on those controversial phases of his career, for which he is sometimes most remembered. I conclude on the notion that maybe it is necessary to have an Eysenck to challenge the conventional wisdom of any academic discipline, especially psychology which is still finding its true scientific feet.
**STUDENT CONFERENCE KEYNOTES**

**Constructing the face of a criminal**  
*Dr Charlie Frowd, University of Central Lancashire*  
Witnesses and victims of crime are sometimes asked to create a face of a person they have seen to commit a crime. These pictures are known as facial composites and are used by the police to help them catch criminals. In this talk, I will show how ineffective are traditional methods to construct a face. I will also describe ways in which the effectiveness of composites has been improved, and how it is now possible to create an identifiable face, giving rise to a system that is now in regular police use. My plan is also to mention a couple of issues that can arise when conducting research and how a researcher might go about overcoming them, the outcome of which can be very fruitful indeed.

**The mental health of politicians**  
*Dr Ashley Weinberg, University of Salford*  
Elected politicians make decisions that affect our daily lives, which means their experiences of work and well-being are a public concern. This is not just an issue for politicians as individuals, but also for the effective functioning of our democracy. Perhaps it is not surprising that their mental health is not a popular topic as public views of politicians are wide-ranging. However if we are to ensure that MPs, who represent us in Parliament and govern our country, are in the best position to do so, then assessing the stressors of their job and ensuring there are appropriate support systems for their mental health are important. This talk will give you an insight into the psychological functioning of our politicians researched by the speaker over the last 25 years. This includes important messages about how we approach mental health in all occupations, so can we afford to ignore the psychology of the political workplace?

**SPOTLIGHT ON CAREERS**

**Forensic psychology**  
*Dr Simon Duff* is a registered and chartered forensic psychologist who has one foot in academia and the other in practice. He is currently the deputy director of forensic programmes for the University of Nottingham’s Doctorate in Forensic Psychology and works for the NHS at the Mersey Forensic Psychology Service, a community service specialising in assessing and treating sexual offenders. Simon will provide an overview of the varied roles of forensic psychologist along with identifying some of the dilemmas in an attempt to portray both the fascinating and demanding nature of the profession whilst acknowledging potential pitfalls.

**Research**  
*Dr Daniel Jolley* is a social psychologist at Staffordshire University, where he is currently a Lecturer in Psychology. He completed his PhD in social psychology at the University of Kent in 2015. Daniel’s research is broadly examining the social consequences of conspiracy theories, specifically using experimental methods - such as uncovering the impact of exposure to conspiracy theories on political, environmental and health-related behavioral intentions. Daniel will highlight the good, the bad and the ugly of attempting to peruse a research career.

**Health psychology**  
*Professor Daryl O’Connor* is Professor of Psychology at the School of Psychology, University of Leeds and currently leads the Health and Social Psychology Research Group in the School as well as heading up the Group’s Laboratory for Stress and Health Research (STARlab). Daryl has also acted as an Expert Advisor to the World Health Organisation’s Department of Reproductive Health & Research and has been an invited expert to advise upon research strategy at the National Institute of Aging, National Institutes of Health, in the United States. Daryl will talk about his career in health psychology.
SYMPOSIA

Ref: 7235
Category: Wellbeing

**Social relationships and children’s well-being: From family to school**
Robin Banerjee, *University of Sussex*

This symposium addresses the significance of social relationships for children’s well-being, drawing in research on family and school interactions. The first paper illuminates the specific aspects of parent-child relationships that predict children’s externalising problems. The second paper goes on to show that parent-child relationships, rather than existing in isolation, are intimately connected with other social relationships within the family, notably the relationship between siblings. Turning to the school context, the third paper demonstrates that activities with friends longitudinally predict changes in children’s subjective perceptions of peer relationship quality, which in turn predict measures of psychological adjustment and well-being. The fourth paper then addresses the way in which giving pupils at school the opportunity to reflect on personal experiences of kindness can influence aspects of well-being. The discussant will lead an interactive discussion on the promotion of well-being across family and school contexts.

**Paper 1: Characterising family relationships associated with child disruptive behaviour: A multi-level approach**
Bonamy Oliver & Alison Pike, *University of Sussex*

**Objectives:** Reciprocal associations between child disruptive behaviour and parent-child relationships are well documented, but there is more to understand about specific aspects of parent-child relationships that predict these problems.

**Design:** Multilevel models were used to predict child disruptive behaviour from maternal expressed emotion, over and above maternal feelings towards her child assessed using standard questionnaire measures.

**Method:** In a sample of 170 twin families, questionnaire measures (Mchild age=6.02 years, SD=0.49 years) assessed child behaviour (Eyberg Child Behaviour Inventory: Eyberg & Pincus 1999), and positive and negative aspects of maternal feelings (Parental Feelings Questionnaire: Deater-Deckard, 2000). Preschool Five-Minute-Speech Samples (FMSS: Daley et al., 2013) collected by telephone interview (Mchild age=4.70 years, SD=0.37 years) were coded for positive and negative maternal expressed emotion. Multilevel analyses examined child behaviour predicted by 1) maternal qualifications, child sex and family-wide as well as child-specific (differential) positive and negative maternal feelings, 2) family-wide and differential positive and negative maternal expressed emotion.

**Results:** Together, family-wide and differential maternal feelings explained a little over 20% of the within-family variance in child behaviour, and one third of between-family variance. Importantly, family-wide and differential maternal positive and negative expressed emotion accounted for a further 5% of both within- and between-family variances.

**Conclusions:** Although useful, maternal reports cannot capture the entirety of the parenting emotional climate. FMSS measures maternal expressed emotion predictive of maternal reports of child disruptive behaviour, even accounting for maternal-reported feelings.

**Paper 2: Longitudinal associations between sibling relationship quality, marital quality and the parent-child relationship: A cross-lagged analysis**
Katharine Mark, Alison Pike, Rachel Latham & Bonamy Oliver, *University of Sussex*

**Objectives:** We do not know enough about the intersection of the multiple relationships that exist within families (between parents, between siblings, and between parents and children). This study was designed to offer a systematic evaluation of the direction of associations over time.

**Design:** A longitudinal, cross-lagged design was used to analyse the connections between positive aspects of the sibling relationship, the parent-child relationship, and the marital relationship over time.

**Method:** Associations among the study variables were explored within a community sample of 229 mothers and 122 fathers of twin children (M child age = 3.69 years, SD child age = 0.37), over a two-year time period. Study data were collected in four phases; we included information from phases one
and two (labelled as Time 1) and phase four (labelled as Time 2) in the current study. Parents reported on positivity within the mother-child and the father-child relationship via questionnaire at phases one and four. They also reported on positivity within the sibling relationship, and the quality of their marriage, via telephone interview and questionnaire at phases two and four, respectively.

**Results:** Bidirectional prediction was evident between the mother-child and the sibling relationship. Strikingly, sibling relationship quality at Time 1 was predictive of positivity within all three of the other family dyads at Time 2: marital satisfaction, and mother-child and father-child positivity.

**Conclusions:** Our findings corroborate the well-established spill-over effect of multiple relations within the family. Most importantly, we show that affectionate sibling interactions can have a powerful impact on entire family systems, and may, consequently, improve the general atmosphere within the home.

**Paper 3: Longitudinal associations between social activities, relational support and children’s well-being**
Helen Drew & Robin Banerjee, *University of Sussex*

**Objectives:** The transition period from primary to secondary school can be a challenging time, with a documented increase in mental health problems in the early secondary school years. This study explored how everyday social activities and sense of relational support, particularly within the school setting, predicted changes in well-being and mental health across these transition years.

**Design:** A longitudinal, cross-lagged design was used to try and identify risk and protective factors for changes in mental health and well-being over time, particularly focusing on social activities and relational support.

**Methods:** 484 children (aged 10-13) completed measures of social activities, relational support from peers and adults, psychological factors such as self-esteem and self-efficacy, and mental health and well-being. The measures were completed at two time points six months apart. SEM techniques were used in the analyses.

**Results:** Higher levels of social activity predicted better well-being via sense of support from peers and adults and higher self-esteem and self-efficacy. Relationships with peers also had direct effects on well-being and mental health. Longitudinally, activities with friends predicted changes in children’s subjective perceptions of peer relationship quality, which in turn predicted measures of psychological adjustment and well-being.

**Conclusions:** Our findings show how everyday peer interactions and the quality of peer relationships are strong predictors of psychological adjustment, over and above adult support.

**Paper 4: The impact of a kindness-based reflective writing task on adolescent well-being**
Jess Cotney & Robin Banerjee, *University of Sussex*

**Objectives:** There has been a surge of interest from researchers in how kindness can promote well-being (e.g., Binfet, 2015; Lyubomirsky & Layous, 2013). Recent qualitative research in our group has revealed that adolescents have experienced the well-being benefits of kindness. The current study tested experimentally the impact of a kindness activity on aspects of well-being in adolescents.

**Design:** Participants were randomly divided into three experimental conditions and were instructed to vividly recall a recent experience of: ‘being kind to someone who was upset or needed help’ (needs-based kindness), ‘being kind to someone who wasn’t upset or needing help’ (random kindness) or ‘spending time with others’ (control).

**Methods:** We asked 350 pupils (11-12 and 14-15 years) to rate the experience in terms of six eudaimonic aspects of well-being (empathy, feeling like a good person, meaning in life, social acceptance and connection, and feeling proud). Students completed measures of mood and life satisfaction before and after the writing exercise. Analyses included ANOVA and SEM techniques.

**Results:** Several eudaimonic aspects of well-being were rated more highly for the kindness experiences than for the control experiences. Mediation analysis revealed that belonging to a kindness condition had a significant indirect effect on increased positive affect via greater feelings of empathy and pride, particularly in older pupils.
**Conclusions:** Results suggest that reflecting on kindness experiences can predict increases in some aspects of well-being, and that specific emotional benefits of kindness are important. Questions about age-related differences and intervention design are raised as directions for future research.

Ref: 7316
Category: Wellbeing

**Improving students’ wellbeing: four methods that measure, conceptualise, propose and assess interventions in Slovakia, Kazakhstan, and the UK**

Eva Brown Hajdukova, University of Cambridge, Faculty of Education

This symposium brings together researchers from different fields and backgrounds to: present intercultural and interdisciplinary research into wellbeing and school engagement of secondary students in Kazakhstan (a large scale mixed-method study); illustrate Slovakian secondary students’ conceptualisation of their wellbeing and highlight important factors they consider influence their wellbeing (a phenomenological students’ voice qualitative study); explore the potential of green exercise (GE) interventions as an effective tool for enhancing emotional resilience in primary school children in the UK (an ethnographic intervention - case study); as well as discuss the potential of positive psychology interventions to enhance psychological wellbeing and performance of students in higher educational settings in the UK (an intervention study).

We see the proposed symposium as a means to bring together current thinking and debates surrounding the notions of students’ wellbeing in both Western and non-Western contexts in order to highlight that student wellbeing is derived, maintained and challenged by the cultural systems from which it has originated. Hence, the aim is to illustrate how cultural phenomena and context shape the outcomes of the wellbeing research process and students’ own conceptualisation of their wellbeing, as well as how the choice and outcomes of interventions implemented in a variety of school settings can improve students’ overall wellbeing. The objective is also to present and discuss promising and novel approaches with potential to increase the wellbeing of students in primary and higher educational settings thorough interventions that aim to cultivate positive cognitions, feelings and behaviours.

**Paper 1: School engagement and wellbeing of secondary students in Kazakhstan: Mixed method study**

Liz Winter, Eva Brown Hajdukova & Ros McLellan, University of Cambridge, Faculty of Education

**Objectives:** This presentation aims to examine adaptive and impeding cognitions and behaviours, as identified in Western literature, towards conceptualising a culturally appropriate model of students’ school engagement.

**Design:** This is part of a larger multi-phase mixed methods study that looks at wellbeing in its own right, while also seeking to inspect the relationship between wellbeing and school engagement. This presentation draws on 49 student focus groups (309 participants) alongside a survey instrument that was piloted (2382 participants), re-administered (2410 participants) and is now due for final appraisal in October 2016.

**Results:** Thematic analysis of qualitative data reveals two major themes: self (sense of autonomy, intrinsic and extrinsic motivation) and school climate (physical, social, and academic dimension). Survey items were assessed for reliability and content-validity through statistical analyses and further grounded for construct and face validity by comparing qualitative results. Pilot and first administration of survey items have produced a 24-item scale with good reliability coefficients across four sub-scales (all Cronbach alpha > 0.74).

**Conclusions:** Thus far, it seems that students associate wellbeing with high attainment, satisfaction with school life and engagement with learning. Sustained student wellbeing in schools is characterised by positive feelings and attitudes, positive relationships, resilience, achievement and autonomy. Emanating from the results of exploratory factor analyses of survey data, three measures seem in line with previous Western literature but an additional, more explicit effect from the external influences of parents and teachers also appears.
Paper 2: How was school? A phenomenological enquiry into wellbeing experiences of 15-year-olds in Slovakia
Lenka Blaskova, University of Cambridge, Faculty of Education

Objectives: The primary objective of the study was to give Slovak students a voice and identify factors shaping their wellbeing. It proposed ideas for enhancing the educational practice so that it contributes to students’ positive experiences.

Design: The study adopted a qualitative approach to explore and complement the quantitative data from the international wellbeing reports – the Programme for International Student Assessment (PISA) and the Health Behaviour of School-aged Children (HBSC). Slovak students repeatedly reported negative trends in their wellbeing. The essence of their experiences was explored through a phenomenological enquiry.

Methods: Similar to aforementioned studies, 15-year-old respondents were selected through criterion and random sampling and participated in semi-structured interviews (n = 8) and two focus groups (n = 12). A creative activity was deployed as an alternative way for eliciting meanings.

Results: The phenomenological analysis revealed four subthemes affecting students’ wellbeing: transitioning from primary school, academic pressure, teachers’ approach and behaviour, and peer relationships. The findings also included specific recommendations students made for improving their wellbeing in school.

Conclusions: The students’ call for less formal schooling, embedding their socio-emotional development, contradicts with the current academic focus of Slovak education. Applying the holistic approach of social pedagogy, which in the central European understanding leans towards social work with young people at risk, to primary schools would help. Actively involving students during the process would ensure meeting their psychological, social and learning needs. Limitations included small sample, no socioeconomic data and conveying the understanding of ‘wellbeing,’ which has no direct Slovak translation.

Paper 3: The development of a logic model for a green exercise intervention to reduce stress and improve well-being in primary school children
Lucy Forbes, Carly Wood, University of Westminster, London

Objectives: In the UK an increasing number of children are experiencing stress; with little resilience to stressful life events. Green Exercise (GE) (physical activity whilst exposed to nature) has been demonstrated to improve resilience and reduce stress in adults; however, there is a lack of research exploring whether GE can improve resilience in children. Additionally, the potential mechanisms by which GE might improve resilience are not fully understood. This projects’ aim is to develop a logic model which unravels these mechanisms. This could be used to create an evidence based GE resilience intervention for children.

Design: This study uses an ethnographic design. Two primary schools have been selected for in depth observations via a case study methodology; these schools already advocate GE via forest schools, nature play grounds, and movement in nature. A rich understanding of how these may improve resilience, the mechanisms by which they do this and an identification of potential barriers will be acquired through lesson observations and focus groups with students, parents and teaching staff. Other nature based settings and schools using existing classroom-based resilience interventions will be visited to determine the particular aspects of these interventions that are essential for building resilience.

Preliminary Results and Conclusions: Qualitative analysis that identifies themes from the interviews, focus groups and naturalistic observations will be presented. These themes will update the current theoretical understanding of how to build a resilience framework for children. In a separate paper, a GE intervention which uses this framework will be developed and tested.
Paper 4: Can attendance at a single positive psychology session enhance students’ wellbeing and performance in the short and long-term?
Carolyn Mair, London College of Fashion - UAL

**Purpose:** This paper discusses the influence of attendance at a single positive psychology session on students’ psychological wellbeing over.

**Background:** Evidence suggests that wellbeing and learning are positively correlated in the short and long-term regardless of sex and parents’ educational level. It is therefore not surprising to find wellbeing on the agenda of many HE establishments, yet establishing wellbeing programmes requires resources which are typically overstretched. Given the known resource constraints, this study aims to establish the long and short-term influence of a single positive psychology (PP) session on student wellbeing and performance.

**Methods:** Ethical approval was obtained. A sample of undergraduate and graduate students at a UK university were invited to complete (i) a questionnaire on achievement, engagement and satisfaction and (ii) the ‘Positive Wellbeing Umbrella - Younger Adult (developed as part of UCL Museum Wellbeing Measures Toolkit) before attending an extra-curricular session on character strengths and mindset. A control group completed the same questionnaires, but did not attend the PP session. To establish the duration of the influence of the session, questionnaires will be redistributed at 1 month and 3 months. Data from the two groups will be compared.

**Findings and Conclusions:** Positive psychology interventions have shown promise in enhancing performance in primary and secondary education. This study seeks to test the hypothesis that attendance at a single positive psychology session can enhance student wellbeing and performance (achievement, engagement and satisfaction) in the short and long-term. Results, limitations and strengths will be discussed.

Ref:7258
Category: Look Forward

**Using film in critical arts-based psychological research**
David Carless, Leeds Beckett University

There is increasing interest within psychology in using art-based methodologies to explore, understand and disseminate certain avenues of research. While a variety of purposes for using arts-based methods exist, six characteristics of arts-based research have been proposed: (1) participants shape the direction of the research; (2) embodied researcher-participant interaction to generate alternative insights into lived experience; (3) researcher’s aesthetic imagination used during data analysis and representation; (4) aim to create accessible and engaging representations; (5) desire to express what could not be said through other forms of communication; (6) aim to stimulate active audience/response.

The objectives of this symposium are to (a) showcase and (b) reflect upon three examples of arts-based psychological research in light of these characteristics. Given the innovative nature of arts-based research, the symposium aligns with the conference theme Looking Forward. As each contribution also focuses on critical social issues, the symposium also aligns with the theme Social Justice. All three papers aspire to democratise research by choosing film as a widely accessible representational media, with the potential to engage a large international audience (for no charge via YouTube). Douglas presents a film developed through research with women over 60 in Cornwall, UK, into the social, psychological and structural factors behind physical (in)activity, health and wellbeing. Owton presents a video developed through research into the grooming process and sexual abuse in sport. Carless presents a song developed from research into the experiences of people over 50 living in urban supported housing.

**Paper 1: We crossed the Tamar: Exploring the use of film making in psychology research**
Kitrina Douglas & David Carless, Leeds Beckett University

**Purpose:** Our aims were threefold. Firstly, we wanted to account for and include what went unsaid during interviews (such as sounds, mood, feel, touch, and looks). Secondly, we wanted to explore how
we might include and represent the physical and geographic landscape which was relevant to women whose lives we were researching, and thirdly, we aimed to report and share findings in ways that were accessible to participants and lay audiences.

**Background:** As part of a larger study exploring the physical activity, wellbeing and ageing experiences of women over 60 in a rural area, our field-work included both formal and informal interviews, focus groups and feedback sessions.

**Methods:** We were drawn to an arts-based methodology as a way to convey aspects of this research that were missing when we used solely a traditional analysis and reporting strategy. By creating songs, poems and stories from our data we learned it was possible to better represent and include the aesthetic, textured, lyrical, and emotional dimensions of women’s experiences. A further piece of the assemblage was the introduction of film. This made it possible to include a visual landscape that was both geographically specific and physical, and augmented what was communicated via sounds, music and words.

**Conclusions:** Feedback from participants, students and lay audiences suggests arts-based approaches such as film making makes it possible to understand and convey aspects of human experience that are difficult or impossible to appreciate via traditional reporting strategies.

**Paper 2: The video space in sensitive research: Using arts-based methods**

Helen Owton, *Open University*

**Purpose:** During work on a paper about the grooming process and sexual abuse in sport, I wanted to breathe life into what the process was like for my participant (Bella) as well as show the experience of engaging with the process of collaborative research in sensitive topics. Therefore, the aim of this paper is to explore how arts-based methods seek to offer an alternative method for understanding the existing research and issues involved in engaging in sensitive topics (e.g. sexual abuse in sport).

**Background:** Video representation, as an arts-based method, assumes an attitude of persuasiveness and is intended to be a communicative tool for social justice to help us see things in new and unanticipated ways giving a voice to taboo topics that are often silenced.

**Methods:** Increasingly, researchers are conducting research via the arts to break out of the conventional hence why I discuss how becoming a researcher who fuses the arts into research processes and representations is to possess a creativity and artfulness. Indeed, to engage in the process of this work is to act as a visual artist, poet, photographer, performer, filmmaker and so on, which make my ‘self’ visible in the research process.

**Conclusions:** By weaving, orchestrating and spacing visuals and music to explore a research topic, this type of approach is aimed at stimulating dialogue and is a powerful method to survey a current topic combining creative work and critical studies with individual expression and aesthetic reflection.

**Paper 3: Songwriting, music and film: Reflections on creating and sharing socially engaged stories**

David Carless & Kitrina Douglas, *Leeds Beckett University*

**Purpose:** To reflect on the possibilities and challenges of using song writing as an arts-based method within the context of critical psychological research.

**Background:** Conducting a commissioned ethnography into the experiences of people over 50 living in an urban supported housing scheme left us, as researchers, with several important ‘remnants’ that were not amenable to inclusion in a traditional research report. Not least was a sense of frustration and anger at being unable to adequately voice certain critical findings that emerged during our research.

**Methods:** We chose to use a three-stage arts-based approach to focus upon, explore and develop these missing ‘remnants.’ First, we wrote a series of songs to explore our embodied, emotional, and subconscious responses to what we had witnessed during the ethnography. Next, we arranged and recorded these songs and performed them in several academic and public arenas, gaining audience feedback and response. Finally, we created a song video for one particular song which voices social justice issues from our perspective as socially engaged ethnographers.

**Conclusions:** Utilising aesthetic imagination and artistic processes of exploration through song writing and filmmaking allowed us to realise and tell a different kind of story about the participants’ lived
experience. Sharing the song and film via YouTube has allowed this ‘local story’ to reach and affect diverse individuals from around the world in an inclusive, democratic and dialogical fashion.

Ref: 7199
Category: Wellbeing

**Aspects of wellbeing in dementia**
Reinhard Guss, Kent & Medway NHS Partnership Trust

The BPS Dementia Advisory Group, chaired by Prof Linda Claire, brings together experts in the field of dementia from across the Society. It has met over the past 18 months to compile a BPS position paper on Dementia and to make recommendations for psychological interventions and care.

Well being in dementia is of interest not only to the 850,000 people living with dementia in the UK today, but also to their families and carers, to communities striving to become dementia friendly, to commissioners and policy makers. This symposium seeks to present a range of aspects of and perspectives on well being in dementia...

**Paper 1: Living well with dementia: A systematic review**
Linda Clare, Anthony Martyr, Sharon Nelis, Catherine Quinn, Ruth Lamont, Cate Henderson, Ian Jones & Christina Victor, REACH: The Centre for Research in Ageing and Cognitive Health

Enabling people with dementia to live well with the condition is a priority, and we need to know more about what influences the ability to live well with dementia. Living well is indexed by concepts of perceived well-being, quality of life (QoL) and satisfaction with life. We conducted a systematic review of evidence from quantitative studies examining factors associated with QoL, well-being and life satisfaction in people with dementia. We identified 307 articles meeting inclusion criteria, which reported findings from 213 separate studies. Most (204) focused on QoL; well-being was explored in six studies and satisfaction with life in three. Data from 198 QoL studies were included in a meta-analysis. These studies utilised 45 different measures of QoL and between them examined 159 factors relating to the person with dementia and 69 factors relating to the carer. A few variables were moderately associated with better quality of life: less depression (self-, informant and proxy ratings), fewer neuropsychiatric symptoms (informant and proxy ratings), and better functional and global ability (informant ratings). Informant ratings were lower where carers experienced greater distress or burden. Effective treatment of depression in particular is crucial for supporting QoL. Numerous other factors showed statistically significant but small associations with QoL under each rating type. The small size of these associations suggests that what is important for QoL is likely somewhat different for each person, and hence a more personalised approach to evaluating QoL may be needed to fully index the ability to live well with dementia.

**Paper 2: ‘Living well’ principles applied to the use of robot assisted or artificial intelligence care for people with dementia**
Robin Morris, King’s College Institute of Psychiatry, Psychology and Neuroscience

**Purpose:** The paper aims to provide a framework for improving appropriate use of robot or artificial intelligence (AI) assisted care for people with dementia, using psychosocial constructs concerning ‘living well.’

**Background:** Robot or AI assisted care for people with dementia has been promoted as a means of increasing quality of care, improving emotional wellbeing, increasing social interaction and also reducing care cost. The main focus has been on technological innovation and piloting of procedures, but less attention has been placed on developing psychological frameworks for understanding the effects on people with dementia.

**Methods:** A literature search focused on use of assistive robotic technology explores the psychological constructs used by current researchers when developing robotic or artificial intelligence systems for dementia care use. This is compared with the general principles of care developed in relation to how people with dementia adapt to their condition, or ‘Living Well’ with dementia, as explored by recent psychosocial studies, including the IDEAL social sciences project.

**Conclusions:** Constructs relating to care that frame the development of robotic systems have tended to lag behind positive psychosocial frameworks for dementia. Additionally, robotic and artificial
intelligence interfaces with people in a manner that calls in to question what constitutes ‘personal identity’ both for the robotic system and the person with dementia. The consequent wider impact on how people with dementia live well and are viewed is in need of further consideration.

**Paper 3: Dementia, wellbeing and human rights: A perspective from a psychologist with a diagnosis**

Peter Mittler Hon. Research Fellow, *University of Manchester*

Until very recently, the words dementia and human rights have rarely been used together. When I was given a diagnosis of Mild Alzheimer’s Disease ten years ago after decades of work in the wider field of disability and began to go to dementia conferences, it seemed that they were on different planets in the priority given to human and disability rights.

The time has come for people living with dementia to claim their fundamental human rights by using the UN Convention on the Rights of Persons with Disabilities (CRPD). How else can they hold governments to account for the findings of an OECD study that “dementia receives the worst care in the developed world”? (Addressing Dementia: The OECD Response. Paris: OECD 2015).

The UK is one of 167 countries that has made a commitment in international law to implement the Convention Article by Article. This year our government will report progress to the UN CRPD Committee, 17 of whose 18 members are persons with disabilities. Civil Society organisations have the right to submit parallel reports which influence the Committee’s recommendations and which can then be used to lobby for change.

The extended definition of well-being in the 2014 Care Act (England) reflects CRPD Principles and Articles. Psychologists have much to contribute on Well-Being and Quality of Life and as members of post-diagnostic rehabilitation teams committed to the human rights of people living with dementia.

Ref: 7353
Category: Wellbeing
**Branches Forum and Community Psychology Section Wellbeing Symposium**

Paul Hutchings, *University of Wales Trinity Saint David*

This symposium showcases some of the work being done by members of the BPS Branches and Community Psychology Section. Four papers focusing upon wellbeing will be presented followed by discussion of how members influence the wellbeing agenda and its application to society.

**Paper 1: Increasing athlete knowledge of mental health and intentions to seek help: The State of Mind Ireland (SOMI) programme**

Gavin Breslin, *Ulster University*

**Objectives:** The aim was to determine whether providing a mental health awareness programme, State of Mind Ireland, to athletes increased knowledge of mental health, intentions to offer support, resilience and wellbeing.

**Design:** A 2 (group) x 2 (time) quasi-experimental design was adopted. One hundred student athletes (M age = 20.78; SD = 2.91) were placed in either an intervention or control group condition.

**Methods:** Participants in the intervention condition received the SOMI programme that included: five actions to improve mental health and wellbeing, descriptions of a mental illness, and case study examples of athletes with mental illness and how they coped. Participants in the control group received content not related to mental health, but matched for time. The outcome measures were knowledge of mental health, likelihood to offer support, resilience and wellbeing. Participants were invited to participate in a focus group after the training to determine whether the training enhanced their knowledge of mental health, and what could be added to improve the programme. Focus groups were analysed using general inductive analysis.

**Results:** Knowledge of mental health and intentions to offer support increased in the intervention, compared to the control. Focus group findings demonstrate what knowledge has been changed and offer ideas for improving the content of the programme.

**Conclusions:** Providing a short mental health awareness programme to athletes in university settings can increase knowledge of mental health and intentions to seek help. Further longitudinal research is required to determine the longer term effects of the programme.
Paper 2: Tracking the impact of anticipated organisational change upon sleep quality, psychological health and well-being at work
Laura Longstaff, Northumbria University; Claire Hardy, King’s College London; Mark Moss, Northumbria University

Background: The aim of this research was to track the impact of changes at work (e.g., downsizing, change in work responsibilities) on self-reported indicators of occupational well-being, health and sleep quality.

Purpose: Organisational change frequently occurs within organisations, usually in order to improve efficiency. Prior research however has demonstrated often negative impacts on employees after implementation. Less attention has been paid to early stages of change, when change is anticipated but not yet implemented. It is important to determine the impact of anticipating organisational change on employees in order to ensure productivity and wellbeing are maintained both before and after change has occurred and to identify appropriate timing for interventions.

Methods: This was assessed longitudinally, via online surveys and hard copy 14-day sleep diaries, over three time points; from the anticipation stage (n=137), to the early implementation of change (n=86) through to further after change had been implemented (n=79). The participants were recruited via opportunity sampling from one section of a public sector, educational organisation, situated in the North East of England, undergoing a large re-structure.

Conclusions: The findings highlight the importance of the early anticipation stages of organisational change as they suggest occupational well-being (job satisfaction and engagement) decrease during this time to when change is first implemented and do not improve one month after this. Additionally, the amount of change anticipated by employees during the anticipation stage is associated with greater negative effects. These findings have implications for the planning and implementation of organisational change programmes within organisations.

Paper 3: Wellbeing in industry – The striving for a just culture
Iain MacLeod, South-West Branch

Purpose: To discuss ‘Just Culture’ in industry / organisations and its contribution to the wellbeing of the workforce, this giving good and bad examples.

Background: A proposed definition of a Just Safety Culture is: “A culture in which operators or others are not punished for actions, omissions or decisions taken by them that are commensurate with their experience and training, but where gross negligence, wilful violations and destructive acts are not tolerated.”

Author’s involvement in various industries provided knowledge related to diverse approaches to Just Culture and Safety; this allowing a comparison of differences between industries/organisations in their approaches to employees’ issues and the fairness of issue resolution.

Methods: Assessment methods used were both qualitative and quantitative and usually an amalgam of both. Involvement in Safety Cases and the establishment of Safe Systems of Work in high hazard industries and organisations means that the presentation will have to be general as cannot breach company confidentiality or national security.

Conclusions: There are continual improvements in the approaches to Just Culture in many industries and organisations through the realisation of the many associated benefits that can be accrued through a ‘Just’ Approach. As examples: greater productivity, improved safety, greater loyalty to the company/organisation, improvements in the employees’ quality of life.

Paper 4: Wellbeing in fashion and the creative industries
Carolyn Mair, London College of Fashion

Purpose: To disseminate outcomes from a recent panel discussion on mental health in fashion and the creative industries.

Background: World Mental Health Day (WMHD) is held annually on 10th October to raise awareness of mental health issues, mobilise efforts to support psychological wellbeing and discuss the potential to make mental health care a reality for people worldwide. One in four people in the UK will experience a mental health problem each year, and for individuals working in creative industries, the incidence is allegedly one in three.
Methods: A multidisciplinary panel, drawn together to explore known mental health issues in fashion and creative industries and propose means of addressing them, took place at London College of Fashion (LCF) on WMHD16. The event was sponsored by BPS London & Home Counties branch (LHC). The audience of 250 comprised students, academics, practitioners from psychology, fashion, art and related disciplines and public. The panel comprised fashion commentator and activist for diversity, Prof Caryn Franklin MBE; fashion model and health advocate, Rosie Nelson; Clinical Psychologist, and ex-ballerina, Dr Annmarie Rankin; and Consultant Psychiatrist, Chair of the Adamson Collection Trust and Director of the Bethlem Gallery, Dr David O'Flynn. The panel was Chaired by Subject Director Psychology LCF, Dr Carolyn Mair, CPsychol, FBPsS, who is also Chair of LHC branch.

Conclusions: MH in fashion and the creative industries is poor. In an attempt to alleviate the situation, a working party has formed to develop an accessible, consistent and effective service to improve wellbeing in these industries.

Ref: 7304
Category: Social Justice
Psychology, feminism and social justice
Katherine Johnson, University of Brighton

This symposium showcases psychological research on the theme ‘social justice’ from members of the Psychology of Women Section (POWS). All panel members draw attention to the psychological impact of inequality through a feminist poststructuralist lens, highlighting the need to attend to multiple forms of inequality and vulnerability including the intersection of gender with age, race, class and disability. In the first paper, Jane Callaghan presents research highlighting the importance of, and strategies for, restoring a sense of social justice in the lives of children affected by domestic abuse and the impact of this on mental health. In paper 2, Rowan Sandler, presents an analysis of representations of lone motherhood and wellbeing in austerity media demonstrating their role in perpetuating patriarchal and neoliberal ideas that can damage the identities and lived experience of lone mothers in receipt of welfare. In paper 3, Stephanie Davis presents the case for psychology to be more vocal on the issues of racial oppression in the UK. This involves interrogating its own ‘whiteness’, reforming the curriculum, as well as speaking urgently to debates about the treatment of asylum seekers in detention, deaths in police custody and psychiatric institutions. In the final paper, Katherine Johnson present findings from her co-produced research with trans youth. She argues that a social justice perspective involves working with the complexity of trans youth narratives, challenging health inequalities, and continuing to promote feminist theory and practices that demonstrate how rigid gender norms limit the subjectivity of us all.

Paper 1: Children’s mental health after domestic abuse: The importance of restoring a sense of social justice
Jane Callaghan, University of Northampton; Lisa Fellin, University of East London; Joanna Alexander & Judith Sixsmith, University of Northampton

Objectives: The paper considers the role of social justice in children’s accounts of domestic violence, resistance and resilience.

Background: Much of the psychological literature on children who experience domestic abuse documents its negative impact on child development and mental health (Holt et al., 2008). It has been criticised for its focus on pathology and insufficient attention to the complex conditions that enable children to resist the coercive patterns inherent in families where domestic abuse occurs (Callaghan, 2015). Ungar (2015) has suggested an important component in resilience for children in adverse circumstances is a sense of social justice. In domestic abuse this is particularly challenged, both by the inequities of their (gendered) familial relationships, and by their frequent perceptions that adults who should be there to support them (e.g. police, mental health professionals, social workers, teachers) often do not listen to them.

Method: Semi-structured interviews with 107 children and young people, focused on how they made sense of their own capacity of resilience and resistance. 25 interviews were completed with children and young people who had participated in a group intervention intended to enhance capacity for resilience and agency. These were analysed using Denzin’s (2001) Interpretive Interactionism.
Conclusions: The paper highlights the key theme of social justice in the accounts of children who experienced domestic abuse. The impact of domestic violence on children’s sense of fairness is explored, and the importance of restoring a sense of social justice is considered in relation to building their capacity for resilience.

Paper 2: Lone mothers, wellbeing and the austerity subject
Rowan Sandle, Leeds Beckett University
Purpose: The paper considers the ways in which discourses of wellbeing and lone motherhood interact and collide to shape the subject positions available to lone mothers in the current period of austerity.
Background: Previous research places negative representations of the welfare subject as central in shaping a culture of consent toward damaging austerity-driven welfare policies and in the individualisation of poverty. The paper builds on current research by specifically focusing on the representations of lone mothers - a large proportion of whom receive welfare. Lone mothers have a long and sustained history of stigmatisation and have been disproportionately affected by austerity measures. Further, the paper considers the role of wellbeing discourse following concerns over the use of psycho-compulsion in welfare practise. Psycho-compulsion refers to the shaping and monitoring of personal affect in ways which places blame for poverty at an individual level, deflecting away from structural problems.
Methods: A discourse analysis on austerity media that ‘documents’ the lives of those in receipt of welfare was carried out. An inclusion criteria was adhered to so that only narratives that pertained to lone motherhood or wellbeing were analysed. Fitting into the wider framework of critical feminist poststructuralism, the research considered specifically the way in which discourses promote patriarchal and neoliberal power.
Conclusions: The research concludes that representations of lone motherhood and wellbeing in austerity media perpetuate problematic patriarchal and neoliberal ideas that have the potential to damage the identities and lived experience of lone mothers in receipt of welfare.

Paper 3: Interrogating whiteness, making black lives matter
Stephanie Davis, University of Brighton
Purpose: To interrogate coloniality and whiteness in psychology as a discipline and what we may learn from and contribute to current movements for Black liberation.
Background: This paper considers the role of psychology alongside current liberation movements such as Black Lives Matter, Rhodes Must Fall and ‘Why is my curriculum white?’.
Method: Drawing critical race, post-colonial and black feminist theory into psychology, I seek to interrogate what Maldonado-Torres describes as ‘coloniality’; how British histories of colonialism shape intersubjective relations, academia, and our everyday lives. I suggest psychology must work to interrogate whiteness and coloniality, exploring the demands of movements such as Black Lives Matter and how psychology may speak to them.
Conclusion: We must develop a critical and outspoken voice on the issues of racial oppression in the UK, and support those who are already undertaking this work. Utilising an intersectional lens, I provide specific examples that the British Psychological Society must urgently speak to, such as the treatment of asylum seekers in detention, deaths in police custody and psychiatric institutions.

Paper 4: Trans youth: What matters?
Katherine Johnson, University of Brighton
Objectives: Poststructuralist feminists (e.g. Butler, 2004) illustrate the limitations of diagnosis and treatment models that uphold ‘gender norms’, preferring to celebrate the potential of trans subjectivity to unsettle and transform gender norms. Practitioners (e.g. Wren, 2014) suggest there is also a need to attend to the complex narratives of young people seeking to establish certainty in their identity and place in the gender world. Working with a trans youth group this study sets out to do this by asking what matters to trans youth.
Design: A qualitative collaborative creative-arts based methodology was used. Participants established topics to be addressed. Data collection took place on three occasions. Participants (5-8 in each focus group) spent 20 mins making a creative arts representation of their response to the topic followed by
a 40 minute group discussion. A poststructuralist-informed thematic analysis was applied to highlight competing discursive positions and narrative pathways available for youth trans people.

Results: Findings are organised into three themes: sense of belonging and community support; gender norms and the social world; mental health and access to services.

Conclusions: In a field dominated by the perspectives of academics, health practitioners and parents this research offers insight from the view of trans youth. Social justice involves working with the complexity of their narratives as they negotiate gender norms, challenging the health inequalities they face, alongside maintaining a feminist perspective that continues to note how rigid gender norms limit the subjectivity.

Ref: 7345
Category: Wellbeing
Trauma, dissociation & healing
Rainer Kurz, Cubiks

Psychological trauma has been the Cinderella topic of the mental health field. The medicalised approach proffered by Psychiatry dominated the field for most of the last century with little to offer other than medication and ECT. The psycho-analytical approach in the tradition of Sigmund Freud produced a near-fanatical belief that abuse memories are ‘just’ the product of unconscious processes. Purely behavioural approaches to trauma are reminiscent of Pavlov’s dogs. Re-exposure therapy and regression therapy are controversial. This symposium offers a broad insight into new developments in preventing, diagnosing and healing psychological trauma.

The first paper written by a Programme Leader MSc Psychological Trauma provides an up-to-date account of how trauma education and training is developing and proposes trauma training guidelines for psychologist training in the UK.

The second paper by a leading trauma therapist and court expert describes the findings of a study where emergency service workers affected by trauma benefitted from TF-CBT and EMDR in terms of symptom reduction.

The third paper is by an Austrian specialist who holds a Magister degree in German Literature who since 2011 has reviewed the literature and media resources regarding extreme abuse and mind control in order to tackle the chilling fate of a small child (‘Luki’) who shows dissociative symptoms (formerly referred to as Multiple Personality Disorder).

The fourth paper is by an Occupational Psychologist who squares up to the industrial scale of child abuse and organisational structures and processes that shield perpetrators. The paper critiques five BPS guidelines and proposes improvements.

Paper 1: Past, present and future of trauma training and education
Christina Buxton, University of Chester

Purpose: This paper proposes trauma training guidelines for psychologist training in the UK, accommodating differing domains and levels of expertise, thereby providing consistency across all areas to improve and embed core skills.

Background: The historical evolution of psychological trauma locates the current definition, and responsibility for treatment and diagnosis, largely within institutional psychiatry. Here the dominant medical model has a narrow view about the links between different traumatic events, and subsequent mental health issues. Concerns over understanding the effects of psychological trauma in psychology and other clinical professions have been raised e.g. by the American Counselling Association. Post 9/11, therapist’s preparedness to make the appropriate responses to traumatic events and their aftermath was called into question. It became apparent that therapists and mental health professionals were not fully equipped to deal with such situations. Indeed the Red Cross stated that the skills required to deal with individuals in the aftermath of such events were noticeably lacking in therapeutic education.
programmes. The American Psychiatric Association too acknowledges that most mental health professionals do not have sufficient formal education and training in trauma.

**Methods:** A literature review was undertaken and existing international guidelines were benchmarked against UK professional and educational standards.

**Conclusions:** The current training of psychologists in the UK contains varying references to psychological trauma depending on the area. In response to the increasingly wide range of clients’ traumatic experiences it is suggested that training in this area needs to be increased and could benefit from the trauma training guidelines proposed.

**Paper 2: Brief trauma therapy for organisations**  
Noreen Tehrani, *Noreen Tehrani Associates*

**Objective:** This study has looked at the results of a six session trauma therapy programme introduced into emergency services. Over 160 personnel have been referred into the programme and have received either TF-CBT or EMDR therapy. The study is to assess the effectiveness of the programme in terms of reduced trauma symptoms, improvements in lifestyle and perceived capability to work.

**Design:** The study involved a comparison of before and after therapy scores.

**Methods:** The therapists were trained in TF-CBT and some in EMDR.

The subjects were emergency service workers and had been referred into the programme following a psychological screening and assessment. Subjects with scores of 50 or more on the IES-E scale were offered the trauma therapy. Following therapy subjects were re-tested for anxiety, depression, PTSD, SOC and Lifestyle. Satisfaction data was also collected.

**Results:** There were significant improvements in all the clinical measures. The level of satisfaction with the programme was high and the perceived capability to work showed significant improvements. There was no significant difference between TF-CBT and EMDR in terms of symptom reduction

**Conclusions:** The brief trauma therapy has been shown to help to address trauma in emergency services and it has been well received by the emergency services personnel. The numbers going through the programme is still relatively small and it is not possible to give clear guidance on which therapeutic approach is more effective.

**Paper 3: Extreme abuse and mind control**  
Andrea Sadegh, *Netzwerk gegen Folter an (Klein)Kindern*

**Purpose:** This paper complements the quantitative Extreme Abuse Survey (2008, 2016) with qualitative research including an in-depth case study that illuminates methods and consequences of child abuse and mind control.

**Background:** Cases of extreme abuse and mind control have been documented over hundreds of years frequently involving leading Psychiatrists e.g. in CIA mind control programs Bluebird and MK Ultra. The 307 page report on the Extreme Abuse Survey published on the website ‘endritualabuse.org’ quantifies abuse, torture and violence. The present paper provides an overview of ideologically driven groups seemingly involved and an illustrative case study.

**Methods:** A young child (‘Luki’) acted oddly triggering in-depth research into extreme abuse and mind control - an area with few scientific publications. The work of Michaela Huber, Hans Ulrich Gresch, Ellen Lacter, Carmen Holiday, Fritz Springmeier and Lynn Schirmer on programming helped to establish an understanding of the exploitation through an extreme abuse network. An exhaustive and exhausting search for competent mental health assessment highlighted inadequacies in institutions and science.

**Conclusions:** Whereas Miller (2012) differentiated religious-occult, commercial-exploitative and military-secretive perpetrator groups the present research in addition highlights the role of the entertainment industry and academia. Successful prosecution of Satanists (Ian Watkins, Colin & Elaine Batley, Albert & Carole Hickman) in the UK and the chilling life stories of Natasha Kampusch and Elisabeth Fritzl in Austria brought to the surface some of the shenanigans of extreme abuse and mind control. However comprehensive research, education and training are required to properly challenge these dark practices.
**Paper 4: Trauma, dissociation, mind control & BPS guidelines**

Rainer Kurz, *Cubiks*

**Purpose:** This paper critically reviews five BPS Guidelines related to trauma issued over the last 20 years to outline next steps to achieving excellence.

**Background:** Historically Pierre Janet can be credited with discovering dissociative mechanisms that follow on from trauma. Sigmund Freud recognised in the monograph ‘Hysteria’ the causes and symptoms of dissociation but chose to focus instead on psychodynamic interpretation. The trauma field lay dormant until the ground-breaking work of Judith Herman and Frank Putnam catapulted PTSD and Multiple Personality Disorder (now DID/DDNOS) into DSM-III in 1980. The ‘memory wars’ of the 1990′ies pitched trauma specialists against False Memory advocates – a controversy that continues to rage. Ireland (2012) found that 2/3 of Psychological assessment reports in Family Courts were ‘poor’ or ‘very poor’. Failure to properly assess and treat psychological trauma appears to be a major reason for inadequacies often coupled with misdiagnosis of personality disorders.


**Conclusions:** A lot of progress has been made in recognising the ubiquity of child sexual abuse and its devastating consequences. However the more recent guidelines appear biased and remain silent on the nature of extreme abuse and organised exploitation. The review suggests development of ‘Trauma, Mind Control and Dissociation’ guidelines that reflect the complexities of this area.

Ref: 7246
Category:Wellbeing

**Safeguarding student well-being in education (on behalf of DART P)**

Lisa Matthewman, *University of Westminster*

The following symposium is presented on behalf of DART P. The symposium aims to examine recent research that has aimed to enhance the psychological well-being of students in Education. A recent report by the Guardian comments that; A surge in the number of students at top universities using mental health services is due in part to the hike in tuition fees to £9,000, campaigners have said, adding that financial stress is linked to anxiety and depression. The first paper discusses a specialist mentoring programme for undergraduate students with MHC or Autism Spectrum Disorders (ASD) and its impact on participant’s psychological well-being. From the utilisation of survey instruments, mentees indicated that mentoring had a positive impact on their academic skills and university life, social relationships and skills, and well-being. The second paper explores reciprocal peer coaching in a module context using a mixed methods approach. Results indicated that the peer reciprocal coaching relationship impacted upon student resilience and psychological well-being. Paper three highlights the benefits of technology-enhanced learning, while underestimating the actual impact they have on learners’ experiences and well-being using a mixed methods approach with 88 students. Findings indicated that students used ubiquitous connectivity to enhance their well-being by satisfying four basics psychological desires and needs: ease, freedom, engagement and security. Emergent theory was used to generate a model of students’ psychosocial well-being. The final paper highlights a literature review of interventions that have been used in pre-tertiary settings to support students with their mental health and well-being.

**Paper 1: Specialist mentoring for undergraduate students with mental health conditions: Is it effective and why?**

Alana James, *Royal Holloway University of London*; Rebecca Lucas, *University of Roehampton*

**Background:** Specialist mentoring is often recommended to support undergraduate students with mental health conditions (MHC) or social communication impairments. However, there is little literature regarding its effectiveness.

**Methods:** We conducted an evaluation of a university specialist mentoring programme for undergraduate students with MHC or Autism Spectrum Disorders (ASD). Mentees were surveyed on their experiences of support in the Spring and Summer terms, and mentors about their experiences of
providing support. Approximately 30% of eligible mentees and mentors participated. Interviews with mentees and mentors were also conducted and thematically analysed to identify core aspects of the mentoring process.

**Findings:** Mentees indicated that mentoring had a positive impact on their academic skills and university life, social relationships and skills, and well-being. Benefits were initially significantly greater for students with ASD than those with MHC, but by the summer this difference only remained for social relationships and skills support. Mentees’ ratings of the mentor-mentee relationship were positive, but the ASD group reported greater satisfaction and some students with MHC chose to change mentor. Qualitative analysis identified that having a tailored partnership was key to effective mentoring; sub-themes within the process included developing a personal relationship which was adaptive around students’ needs, the empowerment of students, and mentors acting as bridges into the university experience and to wider university services.

**Discussion:** Mentoring can be an effective means of support for students with mental health conditions or ASD, but it is essential that it involves a partnership which is tailored and adaptive to the mentee.

**Paper 2: Reciprocal peer coaching: A constructivist methodology for enhancing student resilience and psychological well being**

Lisa Matthewman, *University of Westminster*

**Background:** Universities have become increasingly reliant upon peer assisted learning as a valuable teaching and learning strategy in higher education. Reciprocal peer coaching (RPC) is a form of independent peer assisted learning that has an important part to play in the enhancement of student resilience and psychological well-being. The paper focuses upon the effective practice of reciprocal peer coaching and the capacity it has to increase motivation in cooperative student learning. Although providing a strong academic component, the module was primarily skills-based and driven by the GROW model (Whitmore, 1992).

**Method:** The paper reports on a multi method phenomenological research design which was undertaken using ‘snowball’ and ‘convenience’ sampling strategies. Students spent two-thirds of the module in seminars/workshops where they carried out practical skills-based development and one-third in lectures students completed a qualitative focused questionnaire survey asking them to reflect on their experiences of reciprocal peer-coaching relationships and its impact on resilience and psychological well-being. In order to evaluate the impact on student psychological function, written feedback was elicited from all students (N=70) using a semi-structured questionnaire.

**Findings:** The data was analysed from a phenomenological perspective. Content analysis revealed the emergence of key themes. Feedback from the module was highly positive, with students demonstrating both academic and personal development. Key themes form the coursework documentation included clarity over academic and professional development goals, increases in resilience, self-analysis & awareness and overall psychological well-being. Overall, reciprocal peer coaching offers significant value in helping students to embrace and develop self-regulatory processes with the peer-assisted learning experience acting as a catalyst for self-reflexivity, self-regulation, self-efficacy, self-motivation, self-positivity and greater self-awareness.

**Discussion:** Implications for promoting such positive learning gains.

**Paper 3: Evaluating and measuring how new technologies and ubiquitous connectivity affect university students’ day-to-day life, their learning and consequent psychosocial well-being**

Jacqui Taylor, *Bournemouth University*; Tim Jones, *Coventry University*

**Objectives:** Universities tend to focus on the benefits of technology-enhanced learning, while underestimating the actual impact they have on learners’ experiences and well-being. The goal of this research is to investigate how new technologies and ubiquitous connectivity affect students’ day-to-day life, their learning and consequent psychosocial well-being.

**Design:** A mixed methods approach was taken to allow qualitative data (stage 1) to inform the development of a quantitative measure (stage 2).

**Methods:** Stage 1 involved 88 students at one University (72 on-campus and 16 online students) taking part in semi-structured interviews and focus groups; constructivist grounded theory was undertaken
to analyse data. Stage 2 involved piloting and then completion of an online questionnaire with three samples (n=60, n=72, n=ongoing) of students on various courses, levels and ages at two Universities.

**Results:** The main theoretical concepts emerging from the grounded theory were that students used ubiquitous connectivity to enhance their well-being by satisfying four basics psychological desires and needs: ease, freedom, engagement and security. However, students’ well-being seems negatively affected by their struggles in coping with the ubiquitous availability of resources, in terms of: managing information, managing communication and managing expectations. Based on these findings, a questionnaire was developed to measure student well-being when using e-learning and traditional learning techniques and the findings will be presented.

**Conclusions:** From stage 1 the emergent theory was used to generate a model of students’ psychosocial well-being and the well-being factors described in the model were used to develop a quantitative measure. From stage 2 results, we make suggestions on how the potential of ubiquitous connectivity can be channeled to provide practical, motivational and emotional benefits to students, limiting stress and pursuing educational goals.

**Paper 4: Mental health and wellbeing in a pre-tertiary setting**

Helen Kitching, *Gildredge House School*

This paper will be a literature review of interventions that have been used in pre-tertiary settings to support students with their mental health and well-being. Particular areas that will be focused on are mental health and resilience.

The paper will end with a discussion about the issues involved in setting up such a programme in an all through school in East Sussex.

**Paper 5: Exploring statistics anxiety: Contrasting mathematical, performance and psychological predictors with a view to developing an intervention to reduce anxiety**

Victoria Bourne, *Royal Holloway, University of London*

**Objectives:** Statistics anxiety is experienced by a large number of undergraduate psychology students, however it is still unclear which factors predict greater anxiety. The aim of this study was to measure a range of predictive factors, and to identify the clearest predictors with a view to developing an intervention.

**Design:** The study was correlational, initially using a factor analysis to identify key groups of predictors, and then using regression modelling to explore how these factors may predict statistics anxiety.

**Methods:** The Statistics Anxiety Rating Scale was used, which has six distinct scales: test anxiety, interpretation anxiety, fear of asking for help, understanding the worth of statistics, fear of statistics teachers, and computational self-concept. Three distinct sets of predictors were identified: mathematical (ability, enjoyment and confidence), module performance (attendance and mark), and psychological (trait anxiety and academic locus of control).

**Results:** High scores on the mathematical predictor (high levels of ability, confidence and enjoyment) predicted lower levels of statistics anxiety across all scales. Breaking down the mathematical predictor, enjoyment and confidence in maths were the only significant predictors. Module performance was only a weak predictor of test anxiety. Psychological factors predicted all of the anxiety scales, coming from the trait anxiety variable.

**Conclusions:** Higher levels of statistics anxiety are best predicted by trait anxiety, and the enjoyment of and confidence in mathematics. Whilst an intervention to reduce trait anxiety may be difficult to implement, increasing student’s enjoyment and confidence in mathematics is a tangible aim, and possibilities are discussed.

Ref: 7411

Category: Wellbeing

**Sexuality and well-being - current perspectives**

Joanna Semlyen, *University of East Anglia*

Lesbian gay and bisexual people remain a specific population that face significant prejudice, discrimination and stigma at institutional, societal and personal levels throughout their lives. This marginalisation leads to health and well-being disadvantage and disparities compared to the
heterosexual population. This impact on well-being is leads to increased mental health problems, poorer physical health and reduced access to health care (Semlyen, 2015). This Psychology of Sexualities Section Symposium will offer current considerations on the relationship between sexuality and well-being, viewed through a life-course lens, offering research and practice viewpoints, with multi-disciplinary papers crossing an intersection between psychology and public health, epidemiology, psychotherapy and palliative care.

**Paper 1: Lesbian, gay, bisexual and trans (LGBT) health and wellbeing: compelling evidence from the UK**  
Joanna Semlyen, *University of East Anglia*  
Recording sexual orientation identity is necessary for monitoring health inequalities and complying with equal opportunities legislation. Many studies have shown that adults who identity as lesbian, gay, bisexual or trans (LGBT) are at increased risk of common mental disorder symptoms such as anxiety and depression. Few population-representative studies have been conducted previously and none in the UK. Recent data on sexual orientation is now available and this paper presents the findings from the first analyses of this data. Findings will be presented in the wider context of LGBT mental health and its impact on physical health. Recommendations for research and practice will be presented.

**Paper 2: A population health perspective on LGB populations and importance of psychological insights in a public health approach**  
Jim McManus, *Hertfordshire County Council/Association of Director of Public Health*  
**Objectives:** to elucidate lessons for psychological science and practice from public health and population health research on LGB populations, and identify some directions for future work  
**Background:** Research over the last ten years on LGB populations in public health, epidemiology and psychology have focused on overlapping concerns but not necessarily dialogued with each other. Such dialogue is increasingly assumed in policy contexts in the UK and other countries to be important but little work has been done on bringing this together.  
**Methods:** A literature search of peer reviewed and grey literature including policy sources, and synthesis of this into key issues for psychological practice.  
**Conclusions:** A life-course approach to LGB development, health outcomes and identity integration identifies a range of opportunities for policy, science and practice which can elucidate future development in this field and bring together public health and psychological approaches.

**Paper 3: LGBT well-being: A perspective from the consulting room**  
Martin Milton, *Regents University*  
In the past Psychology was complicit in developing research, theoretical literature and practice that pathologised LGBT experience. In recent years British psychology has upped its game significantly, particularly in relation to more sensitive and contextually attuned research and its focus on socially just applications.  

In this talk Martin reflects on his experience in practice and as a trainer of applied psychologists. Martin will consider some of the strengths and some of the challenges applied psychology faces in meeting the threshold of ethically attuned and effective practice. Issues considered will include minority’s stress, social values and attitudes, and the ways in which wider socio-political phenomena (Austerity, Brexit, The Pulse nightclub massacre, tabloid headlines, etc) impact on LGBT clients.

**Paper 4: End of life concerns for lesbians and gay men**  
Celia Kitzinger, *University of York*  
**Purpose:** Many of those involved in the lesbian, gay, bisexual and transgender [LGBT] liberation movements of the 1970s and 1980s are now approaching or entering old age – often without children and often (despite the huge shift in social attitudes over the last few decades) - with continuing experiences of stigma and discrimination. This paper explores the needs of the LGBT population at the end of life and suggests the need for key research developments to enable psychologists to provide better support to this group.
Methods: A search on web of science and medline (using search terms “gay”, “lesbian”, “end of life”, “palliative” etc) combined with the author’s own experience of working with lesbians and gay men on end of life decisions.

Conclusions: There is relatively little research on end of life care for LGBT people and much of what exists focuses on HIV/AIDS, with deaths from other illnesses under-represented. Non-heterosexuals still fear (and sometimes report experiencing) heterosexist prejudice and discrimination in end of life care and this exacerbates experiences of anxiety, distress, anger, low mood, hopelessness and depression which may accompany the dying process. Despite an extensive literature on end of life decision-making, there is virtually nothing addressing this particular population and what does exist is rooted in health care and socio-legal contexts outside the UK. I outline an agenda for future research in this area.

Ref: 7157
Category: Wellbeing

Assessing the efficacy and feasibility of emotional expressiveness interventions
Michael Smith, Northumbria University
This symposium will consider the feasibility of integrating different forms of emotional expression into interventions aimed at enhancing psychological and physiological wellbeing. The first talk will consider positive emotional writing paradigms which are designed to enable completion by participants in their own homes at a time convenient to them, thereby reducing the logistical burden of many traditional psychological intervention programmes. Such interventions are therefore likely to be beneficial to individuals restricted by their location, cost or time. This first talk will consider the feasibility of home-based therapeutic writing interventions in relation to effects on psychobiological markers in groups which are particularly prone to high levels of distress. In particular, the efficacy of such paradigms will be explored in parent carers of children with autism, as well as in relation to individual difference factors associated with adverse psychological and physical health, such as Type D personality. The second talk will suggest that a different type of emotional expression, namely swearing, can enhance strength and power performance. This talk will also consider whether an increase in sympathetic drive (measured via heart rate, heart rate variability, blood pressure and skin conductance) is a candidate mechanism underpinning these observed effects. The findings of two studies will be presented, including a discussion of potential mechanisms. The third talk will present a series of studies which have evaluated the narrative in autobiographical memory and episodic future thinking tasks. These data demonstrate that the emotional content, cognitions, actions, personal references, temporal and sensory-perceptive details of a narrative can be reliably assessed and are significantly influenced by a range of factors. Data will also be presented which suggests that the extent of anticipation may predict recovery from stress after a challenging event. Implications for written emotional disclosure and other personal narratives will be discussed. The final talk will consider the relationships between perseverative cognition, health and wellbeing. Recent developments in stress theory have emphasised the significance of perseverative cognition (worry and rumination) in furthering our understanding of stress-disease relationships. Substantial evidence has shown that perseverative cognition is associated with somatic outcomes and numerous psychobiological concomitants have been identified (i.e., cardiovascular, autonomic and endocrine nervous system activity parameters). This talk will include meta-analytic data which demonstrates that perseverative cognition is associated with increased health risk behaviours but not health promoting behaviours. Additionally, it will be suggested that increases in rumination, but not reflection were associated with health risk behaviours. This final talk will conclude with a discussion of the implications of these findings for emotional disclosure research; specifically, that rumination and worry processes may interfere with the effectiveness of emotional expressiveness interventions on somatic and behavioural outcomes.

Paper 1: Therapeutic writing interventions: Applications and challenges
Mark Wetherell & Michael Smith, Northumbria University
Therapeutic writing, in particular positive writing, is associated with improvements in psychological and physical health and can be completed at the convenience of the participant. Specifically, we have modified traditional positive writing intervention paradigms to support completion in participants’
own homes. This is particularly important in individuals for whom participation in intervention programmes is restricted by their location, cost or the amount of time which these programmes often take to complete. This talk will consider the feasibility of home-based therapeutic writing interventions in relation to effects on psychobiological markers in groups which are particularly prone to high levels of distress. In particular, the efficacy of such paradigms will be explored in parent carers of children with autism, as well as in relation to individual difference factors associated with adverse psychological and physical health, such as Type D personality.

**Paper 2: Effect of swearing on strength and power performance**

Richard Stephens, *Keele University*; David Spierer & Emmanuel Katehis, *Long Island University Brooklyn*

Swearing aloud increases pain tolerance. The hypothesis that this response may be owed to an increase in sympathetic drive raises the intriguing question as to whether swearing results in an improvement in strength and power. We evaluated the effect of swearing on strength and power during isometric and anaerobic exercise through two experiments. Experiment #1 (n=29) employed the Wingate Anaerobic Power Test (WAnT). Experiment #2 (n=52) employed an isometric handgrip test. Greater maximum performance was observed in the swearing conditions compared with the non-swearing conditions for WAnT power (Experiment #1; d = 0.131, p = 0.002) and hand grip strength (Experiment #2; d = 0.213, p < 0.001). However, swearing did not affect cardiovascular or autonomic function assessed via heart rate, heart rate variability, blood pressure and skin conductance. Data demonstrate increased strength and power performance for swearing v. not swearing but the absence of cardiovascular or autonomic nervous system effects makes it unclear whether these results are due to an alteration of sympathovagal balance or an unknown mechanism.

**Paper 3: Evaluating the narrative in autobiographical memory and episodic future thinking**

Catherine Loveday, *University of Westminster*; Martin Conway, *City University London*

Autobiographical memory plays a profound part in our sense of self, the relationships we have with others and the way we view our future. Central to our understanding of these concepts is the way in which we assess and evaluate the qualitative content of personal descriptions of the past and an imagined future. In this paper we will present data from a series of studies that use a novel methodological approach to examine both autobiographical memory and episodic future thinking. These data demonstrate that the emotional content, cognitions, actions, personal references, temporal and sensory-perceptive details of a narrative can be reliably assessed and are significantly influenced by a range of factors. We will also present data to show that the same methodology can be used to assess episodic future thinking and that extent of anticipation may predict recovery from stress after a challenging event. Implications for written emotional disclosure and other personal narratives will be discussed.

**Paper 4: Perseverative cognition, health and wellbeing**

Daryl O’Connor, *University of Leeds*

Recent developments in stress theory have emphasized the significance of perseverative cognition (worry and rumination) in furthering our understanding of stress-disease relationships. Evidence has shown that perseverative cognition (PC) is associated with somatic outcomes and numerous physiological concomitants have been identified (i.e., cardiovascular, autonomic and endocrine nervous system activity). However, there has been no synthesis of the evidence regarding the association between PC and health behaviors. This is important given such behaviors may also directly and/or indirectly influence health and disease outcomes (triggered by PC). Therefore, the aim of the current review was to synthesise available studies that have explored the relationship between worry and rumination and health behaviors (health risk: behaviors which, if performed, would be detrimental to health; health promoting: behaviors which, if performed, would be beneficial for health). A systematic review and meta-analyses of the literature were conducted. Studies were included in the review if they reported the association between PC and health behavior. Studies identified in MEDLINE or PsycINFO (k = 7504) were screened, of which 19 studies met the eligibility criteria. Random-effects meta-analyses suggested increased PC was generally associated with increased health risk behaviors but not health promoting behaviors. Further analyses indicated that increases in rumination, but not
reflection were associated with health risk behaviors. These results, and perseverative cognition research more generally, have direct implications for emotional disclosure research. Specifically, we will contend that rumination and worry processes may interfere with the effectiveness of emotional expressiveness interventions on somatic and behavioural outcomes.

Ref: 7226
Category: Wellbeing

**Qualitative explorations of the impact of physical exercise and nature on well-being and identity**

Johanna Spiers, *University of Bristol*

**Theme:** Physical activity is a key factor for wellbeing. The New Economics Foundation has set out ‘five ways to well-being’, which include being active, taking notice and connecting, factors that can be tied into exercise by being active outside. Despite this, the BPS behavior change advisory group stated that while many people are aware of the benefits of exercise, few follow Department of Health guidelines. It is therefore clear that the impact of physical exercise and nature on well-being and identity are worthy topics for discussion.

**Objectives:** We will explore ways in which participants in our qualitative studies, which use a mix of innovative methods, have made sense of being active and getting outside.

**Papers:** Firstly, Branney will discuss the ways in which ostensibly active young adults characterise physical activity and health. Secondly, Spiers will present findings from a single case study that explored the ways in which mountain climbing bolstered the identity of a man living with an ileostomy. Thirdly, Brooks will consider her thematic analysis evaluating a West Yorkshire mental health charity which provides opportunities to improve well-being through outdoor activity. Finally, Mercer will discuss findings from her study into whether volunteering in interventions that use nature as therapy can be beneficial.

Spiers, as discussant, will conclude by summing up the four presentations, and facilitate discussion around the benefits and challenges of outdoor physical activity for various different social groups and the ways in which people do or not incorporate such activity into their identities.

**Paper 1: Mapping physical activity onto ostensibly healthy bodies**

Peter Branney, Myfanwy Williams, Hannah Coe & Ben McNally-Burns, *Leeds Becket University*

**Objectives:** Prescribed like drugs, exercise and physical activity are increasingly understood as medicine for their ability to inoculate against and cure illness. Despite widespread evidence of the health promoting effects of exercise and physical activity that have been taken up by health policy worldwide and extensive critique from the social sciences, little has been done to interrogate the psychology of those with ostensibly active lifestyles. The aim of this study was to explore how ostensibly active young adults construct physical activity and health.

**Design:** Semi-structured interviews were conducted with 24 young adults (aged 18-30yrs). Interviews focused on ideas around health and physical activity.

**Methods:** Analysis was facilitated by body mapping as a method ideal for enabling the discussion of abstract concepts, such as health and illness.

**Results:** The findings show participants constructing themselves as neoliberal consumers of health.

**Conclusions:** Importantly, the findings challenge the binary distinction between active and inactive and the World Health Organisation’s notion of complete and absolute health on which this dichotomy is based.

**Paper 2: An interpretative phenomenological analysis of the experience of a mountain climber living with an ileostomy**


**Background:** Ileostomies, in which the small intestine is re-directed out of a stoma in the stomach so that waste is collected using a bag, are used to treat conditions including Crohn’s Disease. They may be considered a substantial alteration to the body. There is a dearth of research focusing on stomas and sporting activity. Previous research has shown that physical activity has health benefits, can increase self-esteem and be instrumental in recovery from physical trauma for others living with
substantial bodily alterations such as amputations. This research set out to explore the impact that physical activity has on the identity of people living with ileostomies.

**Design:** Phenomenological interviews were conducted with 12 athletes living with ileostomies about the ways in which their stomas interacted with their athlete identity.

**Method:** This presentation will present Interpretative Phenomenological Analysis findings from one particularly rich case from the corpus; Graham, a man living with an ileostomy who is also a mountain climber.

**Results:** Findings show that Graham used mountain climbing to elevate mood and reduce pain. His various roles as an athlete, patient and social being were occasionally in conflict, with illness at times making climbing impossible. However, Graham uses climbing to challenge stereotypes around chronic illness and define his own sense of ‘normal’.

**Conclusion:** Ileostomies do not need to impact on sense of self as athlete. Indeed, it can be seen that physical activity and the social activity that comes with it can strengthen a sense of self previously threatened by illness.

**Paper 3:** “It is difficult to quantify the wellbeing factor compared with the accountant’s factor”:
Demonstrating impact through qualitative evaluation and promoting wellbeing with the great outdoors
Jo Brooks, Viv Burr & Nigel King, *University of Huddersfield*

**Objectives:** Small charities, with their detailed understanding of local need, often have a strong track record of working with communities and supporting individuals to promote better health and wellbeing. However, such organisations need increasingly to be able to demonstrate impact. This paper describes a qualitative evaluation of a project run by a West Yorkshire mental health charity in West Yorkshire.

**Design:** Drawing on the widely-recognised benefits of outdoor activity on mental and physical health, ‘The Great Outdoors’ (TGO) is a community based project which provides opportunities to improve well-being through outdoor activity. We engaged with a range of project participants, staff and other stakeholders (partner organisations, local Trust and council funders) to explore their experiences of TGO.

**Methods:** We used a variety of qualitative methods (individual, email, focus group interviews) to engage with participants. Data were analysed thematically.

**Results:** There was good evidence that TGO has facilitated emotional wellbeing for project participants. Participation did not just help with existing emotional problems: for some, its importance lay in preventing potential problems. There was widespread agreement across participant types that a crucial aspect of what made TGO helpful was its non-medical, non-diagnostic view of psychological difficulties and emotional wellbeing, and its emphasis on the distinctively beneficial aspects of contact with the natural world.

**Conclusions:** Evidencing the impact of TGO was well received by key stakeholders and of significant use to the charity running the project - this work additionally highlights the valuable role that qualitative psychologists can play in applied settings.

**Paper 4:** Enhancing well-being through nature: The benefits of volunteering in ‘green care’ settings
Jenny Mercer & Debbie Clayton, *Cardiff Metropolitan University*

**Objectives:** It has been well documented that connecting with nature, being outdoors and having access to green spaces is beneficial to both mental and physical health. This ethos has been embraced by the ‘green care’ movement; an umbrella term for a diverse set of interventions using the natural environment as a framework within which to offer therapeutic practice. Research to date has typically focused on evidencing the benefits for those accessing green care interventions; the objective of the present study was to consider if volunteering in such settings could also be beneficial.

**Design:** The purpose of the study was to gather volunteers’ accounts, so a qualitative design was employed.

**Methods:** 33 participants who volunteered in one of three green care settings: a care farm, an organic gardening project for individuals with learning difficulties, and a befriending service for older people using horticulture took part in semi structured interviews. Transcripts were thematically analysed.
Results: Analysis revealed that volunteering in green care settings provided a range of functions and benefits for participants. Themes relating to social connections and individual growth and development were identified. Volunteering work afforded opportunities to connect with nature and the role provided pleasure, relaxation and a sense of purpose.

Conclusions: The findings can be mapped onto the New Economic Foundations concept of ‘Five ways to Wellbeing.’ This is discussed further in the paper to illustrate how green care settings have the potential to enhance health and wellbeing for those in volunteering positions.

Ref: 7328
Category: Wellbeing

Wellbeing: Converging approaches from health and sport and exercise psychology
Karen Rodham, Staffordshire University

In 2014, The department of Health quoted The World Health Organisation (WHO) stating that “wellbeing exists in two dimensions, subjective and objective. It comprises an individual’s experience of their life as well as a comparison of life circumstances with social norms and values”. Whilst psychologists can play an indirect role in terms of life circumstance such as built and natural environments, security, civic engagement and governance and housing, they can have a more direct influence over subjective experiences including a person’s overall sense of wellbeing, psychological functioning and affective states. To explore this a little further, this symposium explores how two different sub-disciplines of Psychology (Health Psychology and Sport and Exercise Psychology) would approach improving the wellbeing of two case examples.


2) Frederica: stressed, works as an accountant, used to run and swim regularly, but has chronic pain and no longer gets to the gym.

Speakers are drawn from the BPS Division of Health Psychology and the BPS Division of Sport and Exercise Psychology. The aim of the symposium is to identify the overlap of approach and application of theory between Divisions, to learn from the differences and to suggest means for future collaboration between the two disciplines.

Paper 1: Working with an overweight, inactive client to enhance well-being: A sport and exercise psychologist’s approach
Sarah Edmunds, University of Chichester

Purpose: This case study aims to present an example of how a Sport and Exercise psychologist (SEP) may approach a consultation with an inactive and overweight client, with the purpose of enhancing their well-being.

Background: There is now convincing evidence that physical activity is associated with enhanced well-being and mental health. Motivational interviewing (MI) is an evidence based approach to facilitating behaviour change which has been shown to be efficacious for a number of behaviours including physical activity and healthy eating. It is a counselling style which evokes the clients’ own motivation for change within a spirit of partnership, acceptance and compassion. Consultations using MI are structured around four phases: engaging, focussing, evoking and planning.

Methods: The client discussed is an overweight male with type 2 diabetes. He is in his late forties, married with two teenage children. He works as a taxi driver and is currently physically inactive. A series of six face-to-face consultations are held with the client over a period of six months. After an initial period of relationship building the client is guided to identify one or two specific behaviours that they wish to change. Once these have been established client and SEP work together to plan how change could be achieved. Follow up sessions are used to track progress and offer further support. Monitoring is through the use of questionnaires and qualitative assessment.

Conclusions: The implications of this approach will be discussed in terms of theory and practice and contrasted with alternative approaches.
Paper 2: Working with an overweight, inactive client to enhance well-being: A health psychologist’s approach
Angel Chater, University of Bedfordshire

**Background:** Subjective wellbeing (SWB) is significantly related to health behaviours and body mass index (Cook & Chater, 2010). Being mindful, focusing on strengths, abilities and simple pleasures enhances positive feelings, cognitions and behaviours (Chater, 2016).

**Assessment and Formulation:** Fred’s current level of wellbeing and areas for improvement can be assessed via Satisfaction with Life (Diener et al., 1985) and Positive and Negative Affect (Watson et al., 1988) questionnaires, alongside a clinical interview. His family relationships, job satisfaction and health status alongside his nutrition and activity levels would be evaluated, as well as his capability, opportunity and motivation to make lifestyle changes (COM-B: Michie et al., 2011), identifying barriers and facilitators to change.

**Intervention Delivery:** Approaches such as motivational interviewing (Rollnick & Miller, 2002) and health coaching (Whitmore, 2002) would focus on goals, reality, opportunities, will and ways forward (GROW). Gratitude, happiness, meaning and satisfaction with life could be enhanced using the Three Good Things technique (Seligman et al., 2005) and linking back to family values. Behaviour Change Techniques (Michie, Richardson, et al., 2011) such as social comparison, incompatible beliefs, past successes, stress management, goal setting and action planning would help Fred identify his own character strengths and enhance his intrinsic motivation to support affective, cognitive and behavioural change.

**Evaluation:** Health Psychologists can deliver such interventions on a one-to-one basis, develop population level interventions or train other health professionals in these skills to facilitate the application of health psychology in an applied health setting.

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Paper 3: Working with a stressed client with chronic pain to enhance well-being: A sport and exercise psychologist’s approach
Mikel Mellick, Cardiff Metropolitan University

The aim of the symposium is to identify the commonalities in approaches adopted across two Divisions as a basis for future cross fertilisation. Working with the following case study; 'Frederica: stressed, works as an accountant, used to run and swim regularly, but has chronic pain and no longer gets to the gym'; the session will draw upon sport and exercise psychology models and theory to demonstrate how they can be used to inform effective practice.

The presentation will conceptualise the case study making reference to the use of appropriate mental skills and techniques (goal setting, action plans, mindfulness) while also considering broader wellbeing issues. Making use of the ‘developmental coaching: ISIGHT framework’ (Palmer and Panchal, 2011) effective coping strategies will be outlined in order for ‘Frederica’ to deal with her current challenges and barriers to physical activity. Finally, the connections between physical activity and mental wellbeing will be highlighted and illustrated using the 'Five Ways to Wellbeing Model' (NEF, 2008).

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Paper 4: Working with a stressed client with chronic pain to enhance well-being: A health psychologist’s approach
Vincent Deary, Northumbria University

Chronic Pain exists at the nexus between objective and subjective experience. Whilst objectively real it also has psychosocial determinants which can serve to amplify or ameliorate it. One of the challenges of the chronic pain sufferer, and those with Persistent Physical Symptoms (PPS) in general, is to make sense of their symptoms. One of the first thing any kind of therapeutic intervention should do is to help the patient come up with an illness narrative and/or a symptom story that makes sense of their experience. To do this, both health professional and client can draw upon emerging psychobiological research into pain. Having laid the foundation of a collaboratively negotiated formulation, the focus of the encounter can turn to identifying factors for change. Initially these might focus on changing Frederica's relationship to the governmental frameworks she is caught up in. Awareness of this socio-political context is likely to make symptom management and lifestyle change more successful.
Ref: 7395
Category: Looking Forward
Enhancing self awareness and personal development by using the ‘write goals’
Cheryl Travers, School of Business and Economics, Loughborough University
This symposium presents findings from 15 years’ of goal setting interventions in a university setting. Working within an academic context, we observed a gap related to the application of psychological theories and the transfer of students’ learning. Observation of students’ learning suggested a lack of the necessary personal skills to maximise job placement experiences; balance the pressures of study with other lifestyle choices, develop healthy and fulfilling relationships, achieve grades which matched potential and maximise job search and opportunities. As adults learn differently to children and are intrinsically motivated, self-directed, resourceful and are task, problem and life centred, we developed a more ‘andragogical’ approach to their learning which involved a reflective goal setting methodology, with a bedrock of written goals and diary-keeping. The papers include a selection of findings from data provided by students who opted to participate in the studies. Paper 1: The Design and Use of a Reflective Goal-setting Model sets the scene and present the model that has resulted from this work; Paper 2: Giving Psychology Away outlines the application of a variety of relevant psychological theories used by goal setters to enhance their personal development; Paper 3: Active Ingredients for Successful Goal Setting examines the components which have been found to contribute to goal success; Paper 4: What do we get from Setting Goals? This paper presents a selection of findings regarding goal outcomes and impact on a range of behaviours, skills, cognitive styles and attitudes. The symposium will be closed by a discussant (Ruth Hartley).

Paper 1: The design and use of a reflective goal-setting model
Cheryl Travers, School of Business and Economics, Loughborough University
Objectives: To outline the development of a framework called ‘Reflective Goal Setting’. To explain the model’s evolution from an innovative approach to transfer of learning related to personal development goals, based on the theoretical models of Goal Setting Theory (GST) and Reflection. To highlight the use and impact of a written diary element on hitherto harder to set and measure ‘softer’ skill related goals.
Design: Participants take part in a 12-week, Reflective Goal Setting Intervention involving five key stages, Stage 1 – Enhancing self-awareness, Stage 2 – Selecting a suitable goal area, Stage 3 - Visualising goal outcomes, Stage 4 – Writing out a goal statement; Stage 5 - Putting it into practice. These stages are underpinned by on-going reflection in the form of a written reflective diary.
Methods: Participants produced a 3500 report on their experience, a diary and various related self-awareness questionnaires. This paper will present key findings of the experiences of one particular cohort of 100, and will use thematic analysis of goals chosen and experiences of using this goal setting process.
Results: Findings will address the types of goals chosen by users of the model, levers and barriers, and the impact that the framework has on personal development and skills enhancement. Findings show that this systematic approach to goal setting in particularly enables crucial measurement of goal progress, sense making and management of setbacks.
Conclusions: Reflective Goal Setting is a powerful framework for enabling goal success, especially for personal development related goals.

Paper 2: Giving psychology away
Cheryl Travers & Alistair Cheyne, School of Business and Economics, Loughborough University
Objectives: To outline how the practical use of psychological theory enables participants to select and set personal development goals.
Design: Participants took part in the five-stage Reflective Goal Setting (RGS) intervention (see Paper 1) and were required to select and apply various psychological theories and frameworks to support their goal setting.
Methods: Participants completed a process evaluation questionnaire containing sixteen open-ended questions, including ones related to the use of theory (e.g. ‘thinking back to the theories you have used, how useful was theory in this area of interpersonal skills development?’ ‘Were some more
helpful and applicable to you than others?’ ‘How easy/hard was it to find theory to back up your goals? What theories worked for you?’). Thematic analysis was carried out on data from one particular cohort of 95 participants.

**Results:** Theories underpinning RGS impacted on perceived personal development outcomes and goal success. In addition, the use of other related theories (e.g. Seligman’s ABDCE model for enhanced optimism, Berne’s Transactional Analysis; Lazarus’ Theory of Stress and Coping) were key levers to personal development. Using theories enabled end-users to employ concepts in a research-informed way. In effect, they became ‘critical users’ of psychological theories across a range of goal-topic areas. They were enabled by the seeking and critiquing of relevant theories linked to: goal-selection, goal-setting, goal-implementation and goal-evaluation.

**Conclusions:** The research showed the impact of making accessible good theory across a range of learning, training and development contexts.

**Paper 3: The active ingredients of goal-striving in personal development**
Raymond Randall, Cheryl Travers & Ruth Hartley, *School of Business and Economics, Loughborough University*

**Objectives:** To examine the use and perceived effectiveness of features of GST by those striving towards self-chosen personal development goals. To identify how participants modified and added to GST in their goal-striving activities.

**Design:** After a 12-week GST-based intervention, process evaluation was carried out to capture data on participants’ experiences of using GST alongside a range of other psychological theories linked to their chosen goals.

**Methods:** Participants completed a process evaluation questionnaire containing sixteen open-ended questions each probing a different aspect of their goal-striving experiences (e.g. ‘what do you think were the active ingredients of these experiences that really seemed to make a difference for you?’) Thematic analysis was carried out on data from 30 participants selected at random (N=203).

**Results:** Established features of GST featured prominently in the themes. Barriers to the effective use of GST included: the novelty and complexity of psychological theories; cognitive overload; managing conflicts associated with behavioural change; and a narrowing of focus at the expense of unanticipated developmental opportunities. However, participants also described making modifications and additions to GST that bolstered their success. These included: increasing personal accountability; identification of safe ‘practice grounds’ for goal-related activities; monitoring the development of their psychological resources; using goal-relevant psychological theories; in-depth self-reflection on progress; using process goals, goal visualisation and role modelling.

**Conclusions:** There is significant heterogeneity in the way users apply GST. Well-informed self-initiated tailoring and supplementation of GST may be linked to perceived success in personal development.

**Paper 4: What do we get from setting goals?**
Raymond Randall, Cheryl Travers & Alistair Cheyne, *School of Business and Economics, Loughborough University*

**Objectives:** To collect data on the outcomes of a 12-week GST-based intervention. To examine the range and diversity of outcomes associated with this intervention.

**Design:** A mixed methods approach was used. Qualitative data collection methods allowed participants to provide in-depth accounts of the effects of the intervention on both themselves and on others. Quantitative data were collected from established questionnaire measures to examine the extent to which the intervention had impact on psychological constructs.

**Methods:** Data from the 2014 and 2015 intervention groups (all 203 participants) were included in the study. At the end of the intervention process, participants completed a series of open-ended questions asking them to reflect on the outcomes of their goal-striving activities. In doing so they also presented and summarised data from others who had observed their progress. Participants completed a range of questionnaire measures relevant to their chosen goals both during and at the end of the intervention.

**Results:** A variety of goal-specific behavioural outcomes of the intervention were noticed by others who had observed the participants. Goal-specific self-reported outcomes (e.g. reduced stress level for
stress management goals) were consistently strong. There were also several clusters of positive outcomes that were evident across different goals. These included: more frequent experiences of positive mood; enhanced self-reported resilience and psychological flexibility; increased self-esteem and optimism.

**Conclusions:** GST intervention can impact on outcomes not traditionally associated with this theory. Participants may experience positive outcomes beyond those envisaged for the goal.

Ref: 7266
Category: Social Justice

**In the name of well-being: social justice, psychology and the ‘big’ institutions**

Carl Walker, *University of Brighton*

This symposium brings together a range of papers which draw upon different methodologies, theoretical underpinnings and domains of psychological inquiry. However they coalesce around the way that psychology can be utilised to interrogate the role of some of the ‘big’ institutions in society and their implications in social justice and wellbeing. The traditional remit of psychology is to think through issues of wellbeing in terms of individuals and the relationships between individuals. However these four papers, focusing on the NHS, the UK government (in the form of the Department for Work and Pensions), the Roman Catholic Church and High Street Banks, explore ways in which psychology can be meaningfully mobilised to better understand the ways in which some of the bigger institutions in society can contribute to key issues of social justice and wellbeing.

**Paper 1: A death in the family: Phenomenologies of the nhs**

Rebecca Graber, *University of Brighton*

**Objectives:** The Brighton Citizens’ Health Services Survey (BCHSS) aimed to explore citizen’s knowledge and opinions of local NHS commissioning practices. This study specifically explores participants’ values concerning those practices.

**Design:** We conducted a thematic phenomenological analysis of free-text responses to an open question on the BCHSS eliciting further comments at the close of the BCHSS questionnaire.

**Methods:** The BCHSS was distributed across Brighton & Hove in Winter 2016. Free-text responses were retained from 410 participants. We first coded for participants’ values concerning the NHS and health services commissioning. We then focused upon particular phenomenological themes of values relating to communicated experiences of the NHS, guided by themes’ prevalence and significance for meaning-making.

**Results:** The NHS is variously experienced by citizens as embodied, timeless, and generational. Erosions of NHS services are therefore experienced by many as a death, with attendant feelings of distress, grief and anxiety. This sits alongside experiences of the NHS as a timeless and generational expression of nationhood, with troubling implications for the sustainability of enduring national myths given the destruction of the nation’s ‘body’. Appraisals of funding and provision decisions (such as the motivations, capacities, and effectiveness of service providers) are contextualised within these phenomenological realities.

**Conclusions:** Participants’ values regarding the funding and provision of health services are situated within an emotive context overlooked by most consultation and commissioning processes. We present recommendations for empathetically and effectively incorporating citizens’ phenomenologies into consultation practices, and critically discuss the implications of a ‘dying’ NHS for individual citizens.

**Paper 2: Learning to pay: The financialisation of childhood and negotiating the new debtopticon**

Carl Walker, *University of Brighton*

**Purpose:** Our research focuses upon exploring how young people are inducted into financialised relations, in other words, schooled within mind-sets of financial continence, and effectively responsibilised as indebted citizens of the new ‘debtfare creditocracies’.

**Background:** Spiralling levels of household debt are finally attracting more substantial critical and interdisciplinary academic attention. Debt is now understood as a cornerstone of neoliberal capitalist discipline whilst sustaining a virulent ideology of burdensome transgression directed at welfare claimants. A growing consensus from the fields of health and psychology reveals that experiences of
over-indebtedness and financial strain are conclusively associated with mental health problems, distress and suffering. Yet while it is frequently asserted that young people, especially working class youth, have borne the greatest burdens arising from recent recessions, how young people experience, react, resist and negotiate these new financial relations is less often explored.

**Key arguments:** The debttopicon mobilises a kind of ‘Foucauldian’ bio-power, aided and abetted by a cadre of pastoral agents and educators guiding, counselling and steering the process of self-financialisation. Our paper will present some initial findings from our analysis of existing financial awareness packages currently targeted at children and young people, and young people’s levels of financial literacy, financial education and their understanding of finance in the UK. Once encouraged to save, young people are now taught to spend, to borrow, even gamble and to indulge, in a world where, increasingly, spending is essential. How this financial socialisation is undertaken; when, to whom, by whom and where it is delivered are especially critical questions that this paper begins to explore.

**Paper 3: Religion: The rhetoric of “not unjust discrimination” towards homosexuals in the Roman Catholic Church**

Anna Zoli, University of Brighton

**Objectives:** This presentation offers an insight on the rationale of “not unjust discrimination” used by the Roman Catholic Church (RCC) to justify the legal discrimination of same-sex partnerships in their official documentation. From a psychological perspective, an analysis of religious discourse on homosexuality is fundamental to detect persisting conditions of social injustice towards LGB people, which impact on their well-being.

**Design:** The research is innovative in the academic panorama and consists in an extensive discourse analysis applied to 26 documents of public domain released by the Roman Catholic Church between 1975 and 2015.

**Method:** The documents were selected according two main criteria: they are available on the official Vatican website, and they explicitly contain the Holy See position towards homosexuals and same-sex partnerships recognition. The documents selected were systematically analysed using discourse analysis to identify the interpretative repertoires (Potter & Wetherell, 1987; Potter 2012) and the ideologies underpinning the heterosexist arguments (van Dijk, 1993; 2011).

**Results:** Three main interpretative repertoires on homosexuality were identified: a serious depravity, a grievous anomaly, and a social threat. These topoi mutually reinforce and sustain in the RCC discourse against the recognition of same-sex partnerships.

**Conclusions:** These interpretative repertoires are deployed in an ongoing ideological discourse aimed at sustaining an alleged superiority of heterosexual marriage over any other form of love. In particular, we will discuss the use of sexual orientation as a salient social category, and its implications for the RCC argument that it is engaging in a “not unjust discrimination” by not allowing equal rights to homosexuals.

**Paper 4: Using or misusing psychology? The use of positive psychology by the UK government**

Charlie Lea, University of Brighton

**Purpose:** Our aim is to examine and critique the use of psychological measures and interventions by the state, with a specific focus on use of the VIA Inventory of Strengths by the UK Government’s Behavioural Insights Team.

**Background:** The VIA Inventory of Strengths (VIA Strengths) resulted from the need to empirically conceptualise and measure positive aspects of human nature for the growing research area of Positive Psychology. The resulting strengths have been studied both in terms of their association with subjective well-being and flourishing, and as well-being interventions. In 2013 it came to light that this measure was being used in Jobcentres, as a result of a Behavioural Insights Team (BIT) policy initiative.

**Key arguments:** Our concerns focus on the rationale to support this initiative. The reported intention was to boost job seekers confidence and improve employability, but there is little to no evidence to support the use of the VIA Strengths measure in terms of directly increasing confidence or facilitating job matching. We argue that the lack of clear justification for the use of such a measure demonstrates the unnecessary co-opting of psychological measures and interventions by government institutions.
Furthermore, the use of psychology, and positive psychology, in this manner fails to address, and may perpetuate, the issues of social injustice that intersect with unemployment.

**Conclusions:** In sum, the use of a psychometric measure by the UK Government in this manner exemplifies a misrepresentation of positive psychology, a misuse psychological testing, and a misapplication of social science.

**WORKSHOPS**

Ref: 7207
Category: General

**Psychology and scientific method – Replication crisis or revolution?**

Gellisse Bagnall, Retired; Mark Andrews, Nottingham Trent University

**Background:** There has been much recent debate about the extent to which psychological research satisfies the key criterion of scientific rigour – replicability (see e.g. Earp; Trafimow, 2015; Open Science Collaboration, 2015).

The aim of this half-day workshop will be to explore some of the issues underpinning this concern, and to consider how these might be addressed in order to promote psychology as a truly evidence-based discipline which can make valuable contributions to all aspects of behavioural sciences.

The intended outcome is that workshop participants will increase their knowledge and understanding of the potential risks of applying certain statistical approaches and how these might be overcome to improve the scientific rigour of our discipline.

**Key Points:** In particular, the workshop will
- focus on study designs based on the testing of null hypotheses
- identify the potential flaws in this approach (e.g. ‘p-hacking’)
- consider alternative approaches which could help to establish a scientifically robust evidence base within psychological science

The workshop will be interactive, using practical activities and group discussion as appropriate.

**Conclusions:** Conclusions will be determined by workshop discussions and will be summarised in the context of problems around replicability and how these might be addressed.

Ref: 7104
Category: Wellbeing

**Mental health in children: Awareness raising with beginning teachers**

Stephanie Evans, University of Cumbria

**Background:** A group of student teachers put together a short video presentation entitled ‘Are the kids alright?’ covering the topic of mental health issues in children. They expressed concern that currently there is a lack of support and knowledge for new and experienced teachers in this area, despite all the current agendas on children’s mental health due to over testing for example. This chimed with my own interests in this area as I enter the world of health provision from a background of education, with my training in cognitive behaviour therapy.

**Key Points:** This workshop will seek to engage with others in exploring the research in progress of an introductory session that aims to support new teachers in developing their knowledge, awareness, empathy and role within supporting mental health issues in children, within a climate of wellbeing agendas.

**Conclusion:** Through seeking feedback, and observations from other professionals, and stakeholders, this is the first step in developing a professional development package on the issue. The workshop will also focus on the support needed for the students themselves.
Rehabilitation and return to work: What works and why? Developing a more intensive understanding of practices that are effective. A joint workshop by the Society’s Occupational and Neuropsychology Divisions

Roxane Gervais, Independent Practitioner; Jonathan Evans, Institute of Health & Wellbeing, University of Glasgow; William Fear, Institute of Work Psychology, University of Sheffield; Andy Tyerman, Community Head Injury Service, Bucks Healthcare NHS Trust

**Background:** The challenges of the work environment are increasing, and at times will generate adverse outcomes that cause workers to leave the workplace to address ill health or injury. As work is generally good for individuals, workers should receive support in addressing the adverse effects of ill health and injury, inclusive of any required rehabilitation and appropriate return to work practices that allow them a successful re-entry into the workplace. The workshop’s aim is ‘Looking Forward’ to improving on rehabilitation and return to work policies. An essential question in this context is, are they useful, fit for purpose and benefit the workers that use them? The presenters want the participants to leave the workshop with an increased understanding that said policies are truly functional only if they are multi-discipline/dimensional and specific to the individual.

**Key points:** This three-hour workshop addresses a ‘Rehabilitation and return to work’ agenda, inclusive of those issues that hinder workers from returning and staying at work after a period of long-term sickness absence. It is an interactive session, involving the attendees throughout the three hours, and encouraging them to generate ideas on what works / does not work and why.

**Conclusions:** The organisers of the workshop anticipate that it will generate suitable ideas to promote to stakeholders and / or research further at a multi-disciplinary level. Workers and organisations benefit when psychologists can influence positively those policy decisions in the rehabilitation and successful re-entry of workers who require support to manage their ill health or injury.

Ref: 7254
Category: Wellbeing

Making serious medical decisions: The role of psychologists

Celia Kitzinger & Sue Wilkinson, University of York

**Background:** Psychologists in health care settings often work with patients making serious medical decisions. The workshop presents key work on the psychology of serious decision-making and draws on the presenters’ own research and practice to encourage participants to share their own experiences and skills. Our background as presenters includes in-depth interviews with 45 clinical and counselling psychologists as part of a consultation exercise (for the BPS End-of-life Care Working Party) and work with the charity, Advance Decisions Assistance, offering individual support and providing training for doctors, psychologists and other healthcare professionals.

**Key Points:** Our research finds that serious medical decisions regularly raised by patients (or relatives) include:

- whether to continue with chemotherapy, dialysis or other potentially burdensome treatments which may prolong life at the expense of what the patient (or their family) considers to be ‘quality of life’;
- advance refusals in the event of future loss of capacity (e.g. feeding tubes or intravenous antibiotics with advanced dementia);
- whether (or when) to end one’s own life or seek an assisted death overseas (two-thirds of psychologists interviewed for the consultation exercise reported this issue).

Psychologists manage concerns about the mental capacity of the patient to make serious medical decisions, the pressure patients experience from medical teams and families, and ethical and legal considerations.

**Conclusions:** The aim of the workshop is to expand discussion of these issues and to share knowledge and skills. Psychologists in multi-disciplinary teams often have little opportunity to discuss these topics with other psychologists.
Improvisation – An essential skill-set for the 21st Century

Julia E. Knight, & Harry Puckering, *Independent*

**Background:** An experiential skills workshop that focuses on operating ‘in the moment’ through practising techniques drawn from theatrical improvisation.

**Learning outcomes:** On completion of this workshop, participants will have:

- Explored the principles of improvisation and their relevance to practitioner skills
- Identified new patterns of behaviour to help them deal with uncertainty and new situations
- Discussed how to use their experiences to increase their effectiveness as a practitioner

**Context:** Interest in improvisation is growing, as the ability to ‘think on your feet’ has become a valued competency. Academic studies have demonstrated the positive impact of training in improvisation skills e.g.

- Vera Crossan (2005) demonstrated that improvisation training contributed to improved performance and innovation in teams.
- Dow et al. (2007) demonstrated that theatre-skills workshops resulted in a significant improvement in clinical empathy skills for trainee doctors

**Key Points:** Applied exercises will demonstrate the principles of improvisation. Working on developing the ability to work &#039;in-the-moment’; to support responsiveness and spontaneous expression.

**Outline of content and learning:**

- Warm-up work
- Exercises: unplanned communication and group interaction
- Incorporate the learning into participants’ self-concept and on-going approach at work.
- Handout: principles and exercises covered, resources and references

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**Heal the healer. Self-care: An experiential workshop**

Amirah Iqbal, *Tavistock and Portman NHS Foundation Trust*

**Background:** Doctoral training can be challenging for psychologists who may be juggling commitments with family, course requirements and clinical work. The same applies to qualified psychologists who quickly transition from experiencing some protection as trainees to having more clinical responsibility as care co-ordinators. Many psychologists come into the profession as they are giving and empathic people. The questions is, are they compassionate to self? Equally, Women of Colour (WoC) psychologists have the added experience of navigating themselves within systems whereby they might experience injustices which can have a negative effect on wellbeing.

**Key points:**

- To recognise the demanding nature of our work as psychologists by looking at how a lack of self-care might lead to burnout
- To provide a space and a grounding to reflect on our experiences as psychologists
- Identify and share suggestions to practice self-care through the use of experiential exercises (which may include mindfulness, a written exercise, a group exercise with peers)
- Second half of the workshop is for female trainee and qualified psychologists of colour
- Provide a space to reflect on our experiences of micro-aggressions, discrimination(s) on individual and structural levels, and the effect of media portrayals of Black and Brown bodies (i.e Muslims, Black men), and explore what effect this may have on our experiences as psychologists.

**Conclusions:**

- It is hoped that attendees will be better placed to explore their wellbeing in a holistic manner.
- Enhance self-care strategies and share these strategies with peers and colleagues.
- Acknowledging challenging experiences psychologists of colour may experience, and how we might dismiss our needs based on the messages we receive on individual and structural levels.

**Category:** Social Justice
Category: Social Justice

**Unpicking gender and care in contemporary discourses around fatherhood**

Abigail Locke, *University of Bradford*

Using a qualitative and discursive lens, this workshop seeks to explore how caring practices and gendered roles are portrayed in contemporary parental discourses. Societal discourses ensue about the ‘new’ and ‘involved’ father and, since the recession of 2009, there have been more fathers reportedly taking on the primary caregiving role. Despite this, it is claimed that we are in a ‘hyper-maternalised’ culture with clearly delineated gendered binaries of care where fathers are often portrayed as secondary parents. The workshop focuses on data that specifically concerns fathers who have taken on the primary caregiving role for their children, considering this within wider contemporary parenting culture. The aims of this workshop are twofold: Firstly, to consider how gender and care are represented in everyday discourse, drawing on a variety of data sources including media reports on stay-at-home-fathers, as well as interviews with the fathers themselves. Secondly, the workshop will consider what a qualitative, discursive approach offers as one way of unpacking these gendered discourses of care, looking at how the fathers are both being constructed by, and are constructing particular identities around contemporary fathering discourses and care-work. Whilst SAHDS remain a marginal group within UK parenting culture, their caregiving role challenges taken for granted gendered binaries of caring roles and offers the potential for a re-examination of parenting norms and assumptions. Given the societal move to shared parenting and the recent introduction of shared parental leave within the UK, working to a more detailed understanding of how these discourses operate is beneficial.

Ref: 7323

Category: Looking Forward

**If not now when? Transforming psychological care at end of life**

Elaine McWilliams, *North Tees & Hartlepool NHS Foundation Trust*; Raymond Dempsey, *Private Practice/Lecturer*

**Background:** In 2014, the End of Life Working Party (through the Professional Practice Board within the Society) was commissioned to act as a reference group to support the Policy Advice Team and the Society. The working party’s aim was to provide advice and expert input to inform the Society’s external engagement; public affairs work / stakeholder identification; and revise/extend the current End of Life Care Report.

Immense and rapid changes in end of life, long-term conditions, medical and biopsychosocial advances/interventions, survivorship; policymaker drivers, funding/resources; and practitioner psychologist initial and on-going training (using evidenced-based practice/empirically supported treatment) required the Society to respond afresh.

The aims of this working party are; 1) to promote best practice in end of life care on behalf of the Society; 2) offer direction and guidance to external stakeholders; and, 3) promote the development of practitioner psychologists to work competently and confidently within this context.

**Key points:** This workshop will blend instructional and collaborative learning. Initially by contextualising the locus of the working party and it’s work to date; progressing to a workshop format allowing collaborative learning and engaging participants to also influence the direction and content of the intended working party portfolio.

**Conclusions:** The workshop will promote wider dialogue with the practitioner, service manager, educator, and researcher in shaping the above on behalf of the Society (intended publication late 2017). The complexity and management of care will be highlighted and the need for training in, and on-going learning in this increasingly complex and important area.
Ref: 7050
Category: General

Rational Emotive Behaviour Therapy, Honouring Dr Albert Ellis
Robin W. Thorburn, United Kingdom Council for Psychotherapy (H) Fellow of The National Society of Hypnosis & Psychotherapy; Debbie Joffe Ellis, Adjunct Professor of Psychology Department of Clinical and Counselling, Psychology Teachers College, Columbia University

His ground-breaking work changed the course of psychology and psychotherapy, and contributed to changing what we might now call outdated and uncivil attitudes within society in his generation. His writings, presentations and trainings influenced inestimably large numbers of people in the helping professions, clients in psychotherapy, as well as members of the general public who read his books or heard his lectures. This workshop will include demonstration of the theories of Rational Emotive Behaviour Therapy with case histories.

Robin Thorburn will present a brief historical perspective and an explanation of psychological disturbances through three dysfunctional core beliefs with inaccurate definitions. The ABC Form, memory and its management and a relevant case History.

Video of Dr Debbie Joffe Ellis (Adjunct Professor of Psychology Department of Clinical and Counselling, Psychology Teachers College, Columbia University) Dr Debbie Joffe Ellis, wife of Albert Ellis, will discuss key moments in Ellis’ life that contributed to the REBT theory; aspects of REBT highlighting visionary assertions given by Ellis which now are being scientifically proven through research in neuropsychology, will be discussed; humanistic components of the approach along with unique aspects not emphasised in other cognitive approaches and their importance to future application and research will be discussed.

Robin Thorburn will demonstrate Rational Emotive Imagery with volunteer participant.

Summary: Question and Answer.

SYSTEMATIC SINGLE CASE STUDY

Ref: 7369
Category: Wellbeing

Wellbeing beyond psychiatry: The case study of Converge (UK)
Emma Anderson, York St John University; Anna Zoli, University of Brighton; Nick Rowe, York St John University

Purpose: This paper outlines Converge, a partnership between York St John University and Tees, Esk and Wear Valleys NHS Trust, which offers free courses to mental health service users. It focuses on Converge praxis, which uses the core community psychology values of social justice, empowerment and collaboration.

Background: The attribution of a mental health identity can lead to a reduced sense of control, a focus on deficit, stigmatization and social isolation. Converge aims to challenge this by harnessing the university’s strengths – facilities, staff and students who are keen to learn new skills – to offer participants high-quality educational opportunities and a more empowering identity.

Methods: This paper outlines three ways in which Converge works to promote wellbeing and social justice. Firstly, by approaching the initiative as a collaborative learning journey in which all stakeholders have a valued voice. Secondly, by opening up the traditionally exclusive space of a university to resist the marginalisation of mental health service users; and thirdly, by offering more enabling ways to talk about the self and lived experience.

Conclusions: As Converge has grown (290 enrolments in 2015-16) there have been unexpected developments, including Converge students leading courses, initiating a peer mentor system and starting undergraduate degrees. This paper proposes that these are accomplished through obliquity, an approach where complex outcomes are the indirect result of personal engagement and collaborative discovery. The empowering language employed at Converge can also be seen to affect wider perceptions about mental health, including in university students and staff.
**Spirits, shadows, and a sense of presence: Validation of the Sensed Presence Questionnaire (SenPQ)**

Joseph Barnby, *UCL*

The ‘sensed presence’ (SP) phenomena – a feeling or sense of an independent external entity - has been reported throughout culture, mythology, and more recently in clinical mental health and neurology. While previous theories exist which attempt to explain experiences of ‘sensed presence’, no attempt has been made to create a validated measure for this phenomenon. This is despite evidence suggesting its role toward experienced distress in conditions such as psychosis. This paper presents evidence from an interdisciplinary narrative review, creation and validation of the Sensed Presence Questionnaire (SenPQ) using a religious and non-religious sample, and novel qualitative reports. The narrative review found that the ‘sensed presence’ phenomenon was found to be experienced on a continuum, from positive and warm, to negative and distressing. The subsequent novel measure, the SenPQ, was found to be reliable and valid, with religious individuals significantly endorsing more items than non-religious individuals. The confirmatory factor analysis provided strong support in favor of a one and two-component model, with the second component adding 7.1% of the variance. The two component model was submitted to a Receiver Operator Characteristic (ROC) analysis to assess whether benign or malign items were more affiliated with religiosity. It is suggested that religious frameworks may contribute to the personification of SP experiences, although may be independent of their generation. This has widespread implications for the field of social cognition and mental health by suggesting cognitive mediators between generation and interpretation of anomalous and pathological perception. Future research suggestions are made in the field of psychosis and psychedelic pharmacology.
### Selfie-objectification: Adolescent girls’ image-sharing practices on social media

**Objectives:** Self-objectification has been implicated in a range of deleterious outcomes including body shame, eating behaviour disturbance and reluctance to stand-up against social injustice. Furthermore, individuals presented in objectified ways are perceived in negative and often dangerous ways (e.g. as being less responsive to experience pain). The present research aimed to understand the extent to which adolescent girls engage in self-objectification on social media.

**Design:** Mixed-method design.

**Methods:** Study 1 utilised focus groups to explore adolescent image-sharing practices (N = 35; Age M = 14.75, SD = 1.34). Study 2 (a) used content analysis to examine frequency of self-objectification in older adolescent girls’ 20 most recent Instagram posts (N = 98; Age M = 19.74; SD = 1.46). Study 2 (b) used questionnaires to examine the extent to which self-objectification image-sharing practices could be predicted by how adolescents perceive themselves and their bodies.

**Results:** In Study 1, adolescents described a range of scenarios in which predominantly female adolescents engaged in self-objectification on social media. In Study 2 (a) the content analysis revealed that over 40% of older adolescent girls’ self-images met the criteria for objectification. In Study 2 (b) significant associations were found between objectifying self-presentation on social media and trait self-objectification, but not self-esteem or body image.

**Conclusion:** Adolescent girls frequently present themselves in self-objectifying ways on social media, and the extent to which they do so is predicted by trait levels of self-objectification. Implications for theory and intervention will be discussed, as well as directions for future research.

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### Stereotypes, cognitive biases and interpersonal cognition

**Stefano Belli, University of Lincoln**

**Objectives:** Marginalised groups are subject to stereotypes, as well as elevated anxiety and depression. Previous studies have shown that exposure to gender stereotypes can affect implicit measures of stereotype beliefs in different ways, depending on the gender of the viewer. Other studies have shown that biased beliefs or cognitions about personal and social information are associated with both emotional symptoms and wellbeing – and that these cognitions are malleable. The current research aimed to link these findings, examining potential paths to either resilience or risk for emotional symptoms as a result of internalising gender stereotypes or anti-stereotypes.

**Design:** 2*2 between-subjects experiment

**Methods:** Male-identified and female-identified participants (n=84) were each randomly allocated to watch adverts containing stereotype-congruent depictions of women, or containing stereotype-disrupting information. Outcome measures included an Implicit Association Test of gender bias, measures of interpretive bias for ambiguous social situations, Locus of Control and Self-Efficacy.

**Results:** As well as confirming results of differential implicit gender biases in women and men, exposure to stereotype-congruent information led participants to estimate a significantly greater role of internal Locus of Control. This effect was driven by males.

**Conclusions:** Locus of Control findings may suggest that men and women both view stereotype-subverting behaviour as due to external factors, but that men selectively attribute stereotype-congruent behaviour to dispositional beliefs rather than environmental factors. Future research examining relationships between promoting messages of social justice and enhancing resilience in marginalised members of society might be best served by focusing on how stereotypes affect locus of control.
What factors organise a GP’s aptitude to elicit the disclosure of psychological distress in men and how do they utilise this information?

Yajnah Bheenick, Mary John & Linda Morison, University of Surrey

Objectives: Research suggests that men are less likely to be diagnosed with mental illness, but are more likely to drink to hazardous levels and commit suicide, suggesting that mental illness is prevalent among men but how they express their distress can be externalised. Men’s help-seeking behaviour has been extensively researched. The role of General Practitioners (GPs) in supporting men’s access is less researched. This study explored how GPs encourage their patients to disclose symptoms of distress, and their decision-making processes regarding treatment.

Design: A qualitative approach was deemed most appropriate to answer the open-ended research question, using Thematic analysis as it enabled the researcher to identify themes from the data.

Methods: Nine GPs were recruited using opportunity and snowball sampling. Data was collected using semi-structured interviews about the GPs’ consultations.

Results: Three themes emerged; “Facilitating Techniques” which captured a variety of factors that assist consultations; “Recognition of the Patient’s Treatment Preferences”, which captured how GPs are guided by their patient’s preferences, preference of medication, and the immediate availability of medication; and “Cultural Prism”, which captured cultural factors through which help-seeking is governed.

Conclusions: This research has improved the understanding of how GPs elicit men’s disclosure of psychological distress, and their decision-making processes about treatment. It highlights the benefits of inviting men to attend regular health checks, which has important implications in reducing some barriers of help-seeking in men. However, the conclusions are drawn tentatively given the perceived limitations of the study, such as the sampling method and sample size.

“I’m paying £9,000”: The consumer identity in undergraduates and its effects on approaches to learning and academic performance

Louise Bunce, Oxford Brookes University; Amy Warhurst, University of Winchester

Objectives: Students wishing to receive a higher education in neoliberal countries such as the UK are increasingly expected to pay for it out of their own pockets. Previous research indicates that this has led to some students adopting a consumer, rather than learner identity. The aims of this study were to explore the effects of this identity on students’ approaches to learning and their academic performance. Based on previous research, the hypothesis was that students who identify more strongly as consumers would be more likely to take a surface approach to learning, and subsequently perform worse academically.

Design: An online questionnaire was developed to assess the level of consumer identity (e.g., I see my degree as a product I am purchasing), approaches to learning (e.g., My aim is to pass the course while doing as little work as possible), and level of academic performance.

Methods: 679 students studying at 98 universities in England completed the questionnaire by responding to advertisements on university websites or social media.

Results: The analysis confirmed that a consumer identity was negatively related to academic performance. Furthermore, a surface approach to learning mediated this relationship whereby a higher consumer identity was associated with more surface approaches to learning, which were associated with poorer academic performance.

Conclusions: Although the questionnaire was self-report, this study demonstrates the potential negative impacts of marketising higher education on student achievement. This has timely implications for current government policy seeking to associate teaching and learning excellence with fees.
Psychological developmental benefits for children of mothers taking Folic Acid Supplementation throughout pregnancy
Tony Cassidy, Lesley-Anne Henry, Helene McNulty, Colum Walsh, Kristina Petrieva & Diane Lees-Murdock, Ulster University

Objectives: Folic acid supplements taken during the first trimester of pregnancy can have beneficial effects on children’s brain development. Little is known if continued supplementation throughout pregnancy has any additional effects.

Method: A randomised controlled trial of folic acid supplementation in pregnancy, with parental rating using the Resiliency Attitudes and Skills Profile (RASP), the Strengths and Difficulties Questionnaire (SDQ), and the Trait Emotional Intelligence Questionnaire Child Short Form (TEIQue-CSF). Children aged 7 whose mothers received folic acid throughout pregnancy (n= 22) were compared to those whose mothers only received it during the first trimester (n=17).

Results: Children whose mothers received the full term supplement scored significantly higher on emotional intelligence (t=3.84 p<.001) and resilience (t=5.03, p<.001). Hierarchical Multiple Regression Analysis identified folate level at 36th gestational week as an important predictor of emotional intelligence (EI) and resilience.

Conclusion: Folic acid supplementation continued throughout pregnancy may enhance psychological development in children.

Online mutual aid for problematic alcohol use: A study of the ‘Soberistas’ peer support network
Sophia Chambers, David Baldwin, Chris Manson & Julia Sinclair, University of Southampton

Objectives: To understand the ‘Soberistas’ community and explore how online mutual aid might support recovery from problematic alcohol use.

Design: This is a two-phase study. Phase I invited Soberistas users to complete an online questionnaire posted on the site. Phase II comprised in-depth telephone interviews with a subsample of participants recruited from Phase I; using purposeful sampling, a maximum variation sample was recruited until saturation of themes reached.

Methods: 438 people completed the questionnaire which included questions about: demographics, use of Soberistas, current alcohol consumption, previous attempts to reduce drinking, and impact of alcohol on physical and mental health, relationships, work and finances (mapping to sections of the Alcohol Problems Questionnaire). Interviews (n=31) used a topic guide focusing on how engagement with Soberistas might support recovery. Data were analysed according to constructivist grounded theory principles.

Results and Conclusions: 94% of survey respondents were female, 42% aged between 45-54yrs. 63% stated drinking alcohol had been a problem for 10 years but 46.5% had never sought help previously. Many cited “anonymous support” as the reason for continued membership, and 81% found ‘personal stories’ the most helpful part of the site.

Interviews highlighted the role of identity in recovery; online groups might afford participants the opportunity to address their alcohol-related identity in a safe environment without compromising their offline identities. More research is needed to understand online groups for other addictions, and assess the role of gender in use of online mutual aid as the majority of our participants were female.

Comparing social group identification and socioeconomic deprivation as predictors of psychological distress: Evidence from a Scottish primary care sample
Fabia Cientanni, NHS Tayside; Christopher Wright, NHS 24; Fabio Sani, University of Dundee

Objectives: Social group identification and socioeconomic deprivation have both been linked to self-reported depressive symptomology in general population samples; however no study to date has explored the strength of the predictive value of these factors within in a mental health population. The
current study explores the impact of group identification and socioeconomic deprivation, together with important clinical and demographic factors, on psychological symptom severity.

**Design:** A cross-sectional design was employed to assess baseline (pre-treatment) psychological symptom severity in patients.

**Methods:** Participants (N=788) were recruited through referrals to a computerised Cognitive Behavioural Therapy (cCBT) programme, ‘Beating the Blues’ (BtB) over a 22-month period. Participants completed the Clinical Outcomes in Routine Evaluation Outcome Measure (CORE-OM) and the group identifications scale (GIS) to measure symptom severity and group identification (family, community, and a social group of choice) respectively. Demographic and clinical information were collected via local BtB coordinators. A Multinominal Logistic Regression (MLR) was conducted as the main analysis using Statistical Package for Social Science (SPSS) software.

**Results:** Higher numbers of group identifications were significantly associated with lower baseline psychological symptom severity. Additionally, increased socioeconomic deprivation was significantly associated with more severe psychological symptoms, however interestingly the association was not as strong as that of group identifications.

**Conclusions:** Identifying with fewer social groups predicts more severe psychological symptom presentations, even more so than living in a greater state of socioeconomic deprivation. This may therefore support the notion of social prescribing in primary care. The current study is limited by the cross-sectional design.

Ref: 7002

**Category:** Wellbeing

**Intelligence in the flesh**

Guy Claxton, *King’s College London*

**Background:** Research in embodied cognition is often of a technical and philosophical nature, yet it has powerful implications for well-being. Drawing on my recent synthesis of a wide range of embodied cognition research (*Intelligence in the Flesh*, Yale University Press, 2015) this workshop explores some of these implications for education and health care, as well as for fundamental assumptions about human intelligence. Naturalistic decision-making and problem-solving depend on the quality of our interoceptive awareness, for example, and this can be improved by a variety of educational and therapeutic means. Through experiencing two of these methods ‘focusing’ and ‘thinking at the edge’), participants gain a first-hand experience of the role the body plays in real-world cognition, as well as an understanding of the underlying theory and supporting research.

**Key Points:** (1) A wide variety of bodily processes are dynamically involved in real-time cognition, so much so that we have to think of ‘brain’ as comprising the entire body (as well as some aspects of the local environment). The cerebrum has to be thought of not as the command centre of the body but as its ‘chat-room’. (2) Somatic and especially visceral processes are intrinsically involved in intelligent thought and action. (3) Conscious awareness of these processes reflects the extent to which they are actively represented in the chat-room’s neurochemical discussions.

**Conclusions:** The implications of this view are illustrated by the treatment of depression and the design of the school curriculum.

Ref: 7303

**Category:** Looking Forward

**Can adverse experiences with online dating be predicted from message content?**

Megan Davis, *University of Nottingham*

**Objectives:** This study investigated whether adverse online dating experiences (verbal, physical and sexual assaults) could be predicted by message content. It was hypothesised that negative experiences could be predicted by online message content.

**Design:** A case-control retrospective design was used to identify online daters who had (cases), and had not had (controls) an adverse experience, to maximise the number of identified cases.

**Methods:** An online questionnaire asked people about their online dating experiences. Opportunity sampling was used by posting a link to this questionnaire on social media and several online forums dedicated to online dating or psychology research. A total of 490 female online daters were included
in the final analysis. Message content was coded into the binary variable of “present” or “not present”. Demographic data was also collected.

**Results:** Chi-square analysis was used to identify whether the presence of certain message content was seen at different rates to what was expected in cases and controls. The presence of online messages containing sexual, pressuring, arrogant or self-deprecating content was found to be significantly different between groups. A binary logistic regression model of these variables was found to significantly predict adverse online dating experiences.

**Conclusions:** Online dating use is increasing, so potential for adverse experiences is also increasing. Online daters should be aware of aspects of message content that predict adverse experiences so they can take appropriate precautions when deciding to meet online communication partners face to face. Online dating sites could play an important role in providing this information to their service users to reduce future adverse experiences.

Ref: 7338
Category: Wellbeing

**A matter of time: exploring the relationship between time perspective, subjective wellbeing and engagement**
Andrew Denovan, *Manchester Metropolitan University*

**Objectives:** Subjective wellbeing (SWB) and a sense of engagement are important for psychological health. Time perspective (TP) is a crucial variable in relation to SWB and engagement given its influence on past and future plans and behaviour in the present. However, it is unclear how TP relates to SWB and engagement. The current study explored associations among variable sets of TP, SWB and engagement.

**Design:** A multivariate correlational design was applied to explore how TP dimensions were related with SWB and engagement.

**Methods:** A total of 219 UK university students took part. Participants were recruited through opportunity sampling and completed standardised questionnaires on TP, SWB and engagement. Data was analysed via Pearson correlations and a canonical correlation analysis.

**Results:** Future TP and past positive TP were positively associated with engagement and SWB outcomes of positive emotion and life satisfaction. Past negative TP was negatively associated with SWB and engagement. A canonical correlation analysis revealed two significant functions of TP with SWB and engagement, accounting for 66% of the total variance in the data.

**Conclusions:** Findings revealed differential relationships of TP with SWB and engagement. Specifically, higher past positive TP and lower past negative TP were related with higher SWB, whereas higher future TP and lower present fatalistic TP were related with higher levels of engagement. Limitations of the study include use of a relatively homogenous sample and self-report measures. The results contribute to theory by clarifying how TP relates to meaningful wellbeing outcomes.

Ref: 7386
Category: Wellbeing

**Child developmental contexts, mental health and stress reactions: Exploring horror based virtual reality**
Mark Doyle, *Southampton Solent University*

The current study aimed to utilise stress responses to an immersive Virtual Reality (VR) horror experience to explore developmental contexts such as Child trauma and Attachment. Child trauma has been linked to a lack of response to stressful stimuli. This represents a ‘burnout’ effect of stress response systems. Insecure attachment has also been linked to physiological arousal depending on the stimuli. Poor mental health and high schizotypy scores were predicted to be related to higher stress responses.

A sample (n=83) of individuals (staff/students) from Southampton Solent University were randomly assigned to one of two experimental conditions: viewing a recording of a VR experience and finally playing a video-game in virtual reality using an Oculus Rift©(DK2) headset. Psychological and physical measures were obtained before, during and after the experiment. The psychological measures
included child (ACE) and adult (BTQ) trauma, attachment (ECR-R), current mental health (GHQ-12), schizotypy (SPQ-B) and post-traumatic stress (IES-R). Physical measures included heart rate and blood pressure for each condition. In terms of analysis, SPSS was utilised to explore relationships including correlational and regression.

There were no significant differences between the experimental groups on any measure except anxious attachment. The analysis demonstrated that child trauma scores were negatively associated with systolic reactivity, anxious attachments were associated with higher heart rate reactivity and avoidant attachments were associated positively with high diastolic reactivity. schizotypy predicted post-traumatic stress scores one week later.

This research emphasizes the importance of developmental contexts in our stress response systems in adulthood and suggests that adverse childhood experiences and parent-child relations can have long lasting consequences.

Ref: 7342
Category: Social Justice

Coaching interventions to improve working memory: A narrative systematic review
Nancy Doyle, City, University of London; Almuth McDowall, Birkbeck, University of London

Working Memory (WM) is a hallmark psychological concept, implicated in a wide range of conditions affecting social inclusion, such as: learning disabilities; schizophrenia; head injury and more. These conditions are covered by the Equality Act 2010, requiring organisations to make ‘adjustments’, without which individuals can face discrimination. Contemporary WM research has prioritised the effectiveness of computerised training games, which are yet to achieve consistent successful transfer to academic or work performance. Meanwhile, coaching is frequently dispensed as an adjustment, meaning practice has moved forward without an evidence base. This oversight was addressed by a systematic review of learning interventions that could constitute adjustments for WM deficit. We consulted an expert panel of multi-disciplinary psychologists to form the a priori question: what is the evidence that face-to-face learning interventions can improve WM for adults in the workplace?

Due to the heterogeneity in primary studies, a narrative, ‘realist synthesis’ approach was employed, as opposed to a Cochrane-style review. Inclusion was predicated upon adequate description of the intervention and use of a standardised working memory score. Relevance and quality criteria scores were cross-referenced between researchers for reliability; nine studies were synthesised.

A reduction in stress or increase in metacognitive awareness, in some cases both, were revealed as intervening variables. Critical was the quality of the intervention, those faring best adhered to the principles of Social Cognitive Learning Theory, with adequate practise time to develop ‘mastery’. These findings support current practice and provide a starting point for ongoing research to examine the synthesised variables in longitudinal, population specific interventions. Limitations are the lack of primary studies, grey literature may have revealed more insights but was not extracted.

Ref: 7285
Category: Social Justice

Can we identify eyewitness identification? Pupil size: A measure of recognition in target present lineups
Camilla Elphick, University of Sussex; Graham Pike, The Open University

Pupil sizes change irrespective of luminosity, and can be used to make inferences about cognition. To see whether pupil size can be used to make inferences about recognition strength, the effect on pupil size of viewing a target (compared with viewing distractors) was investigated using a sequential video lineup procedure. Pupil sizes were recorded from 92 participants who viewed a simulated crime followed by a sequential target-present lineup. Overall, pupil sizes were significantly larger when viewing the target compared with viewing distractors. Pupil size changes were also significantly different between participants who identified the target (Hits) and those who made no identification (Misses). Specifically, the pupil sizes of Hits were significantly larger when viewing the target compared...
to distractors (27%). The pupil sizes of Misses were also significantly larger (9%), but there was no pupil size difference in people who misidentified a distractor (False Alarms). Furthermore, although confidence ratings were not associated with accuracy, used in conjunction with pupil size, they were able to differentiate between participants who genuinely failed to recognise the target and made no identification, from those that recognised the target but made no identification.

It is concluded that pupil size could provide useful data from people who make no identification in a lineup, while also providing a more robust measurement of eyewitness recognition in people who correctly identify the target and those who misidentify a distractor. It therefore might be worth investigating as a means of improving the reliability of ID parades.

Ref: 7368
Category: General

“Machines are good, but physical health problems are much simpler”: Acceptability and feasibility of noninvasive neuromodulation to psychosis service users
Rosie Evans, Bethan Morris & Derek Tracy, King’s College London

Objectives: Decisions about treatments for psychosis and schizophrenia continue to be a cost-benefit analysis for service user’s, particularly as choices of effective treatments are limited. However, repetitive Transcranial Magnetic Stimulation (rTMS) and Transcranial Direct Current Stimulation (tDCS) are two examples of promising new interventions for auditory verbal hallucinations (AVH) and cognitive deficits. Although, further research regarding treatment protocol, dosage, and efficacy is still required. Anticipating the likelihood of these tools becoming available in the National Health Service (NHS), this study aimed to explore the feasibility and acceptability of these noninvasive neuromodulatory tools to current psychosis service users.

Design: This novel qualitative study conducted focus group interviews in three mental health psychosis services in the Oxleas NHS Foundation trust: an early intervention community service, a residential rehabilitation unit, and an inpatient psychiatric unit.

Methods: A total of 10 participants participated in focus group interviews that utilised a multimedia tool-kit aimed to educate service user’s about rTMS and tDCS.

Results: The interviews were examined using thematic analysis and three themes were identified: ambivalence about neuromodulation, perceived lack of evidence, and feasibility of neuromodulation.

Conclusions: Ultimately, service users would not be willing to undergo noninvasive neuromodulation if it were available and the educational session did not enhance acceptability of these tools. Clinical and research implications are discussed, such as the importance of first-hand accounts to increase the credibility of rTMS and tDCS and service user involvement in the design of the potential noninvasive neuromodulation service.

Ref: 7220
Category: Wellbeing

Cognitive biases in parents with anxiety disorder diagnoses
Donna Ewing, University of Brighton; Sam Cartwright-Hatton, University of Sussex

Objectives: Little research has considered whether anxious parents show cognitive biases towards child-related threat, yet these may play a role in explaining the increased risk of anxiety in children of anxious parents. This paper explores whether clinically anxious parents show attentional and memory biases towards child-relevant threat words, and negative emotion recognition biases when interpreting children’s faces.

Design: Repeated measures design, comparing cognitive biases for clinically anxious and non-anxious parents.

Methods: Clinically anxious (n=46) and non-anxious (n=48) parents were recruited to the study. For the attentional and memory bias task, participants completed a dot-probe task with the probe presented behind one of two words (threat or non-threat). Participants then completed a free recall of the words. For the emotion recognition task, participants assigned child facial expressions to forced-choice emotion categories. Data were analysed using analyses of variance.

Results: Clinically anxious parents did not show attentional biases or memory biases towards child-relevant or general threat words. There was a trend for clinically anxious parents to make fewer errors
than non-anxious parents in the identification of angry facial expressions in children. Likewise, parents’ anxiety symptoms were associated with increased errors in identifying fearful facial expressions, decreased errors in identifying angry facial expressions, and an increase in incorrectly interpreting other emotional expressions as angry.

Conclusions: Anxious parents may not always have attentional biases towards child-related threat, but are more vigilant than parents without anxiety in identifying angry emotional expressions in children, and are more likely to misinterpret other emotional expressions as angry.

Ref: 7257
Category: Wellbeing

The impact of singing on maternal wellbeing: Cross-sectional and longitudinal results from a cohort study

Daisy Fancourt & Rosie Perkins, Royal College of Music/Imperial College London

Objectives: Growing research is documenting the psychological benefits of singing for wellbeing. However, to date there has been no research into the impact of singing specifically for mothers, despite the fact that mother-infant singing is widely practised in cultures globally.

Design: Cross-sectional and cohort study (total n=982)

Methods: Multiple linear and logistic regression models adjusted for demographic variables and confounding arts engagement were used to analyse cross-sectional data from 391 new mothers 1-9 months post birth recruited across England. We explored associations between singing to babies compared with listening to music and wellbeing (Short Warwick-Edinburgh Mental Wellbeing Scale), symptoms of postnatal depression (Edinburgh Postnatal Depression Scale), self-esteem (Rosenberg Self Esteem Scale), and self-rated mother-infant bond. An additional 591 women were then tracked from pregnancy across the following 9 months to explore the direction of causality further and ascertain how these associations change longitudinally at different perinatal stages.

Results: 59% of mothers sang to their babies on a daily basis. When adjusting for demographic variables and confounding arts engagement, daily singing was associated with enhanced wellbeing (p<.01) lower symptoms of postnatal depression (p=.001), enhanced self-esteem (p<.05) and increased mother-infant bond (OR=2.24, p<.01). Listening to music was initially associated with enhanced wellbeing and lower depression but effects were attenuated by confounding arts engagement. Cohort analyses will be complete February 2016.

Conclusions: These data suggest that singing (above music more generally) could support the wellbeing of new mothers. Interventional studies are required to confirm causality and ascertain whether home-based singing should be recommended for new mothers, or whether targeted group singing interventions could provide valuable psychosocial support for new mothers.

Ref: 7314
Category: Wellbeing

The relationship between unconditional self-acceptance and experience of inclusion in Muslim women migrants in Ireland

Zahra Farahani, University College Dublin; Ela Polek, University of Cambridge

Objectives: With an increasing number of migrants in the world which has now risen to comprise almost 3.5% of the world’s population, it is important to understand the factors associated with their experience of inclusion in their new country. Migrants’ perception of being included in the mainstream society depends not only on how they are treated by the members of the host society, but also on their individual characteristics. The current research is an attempt to capture the relationship between Unconditional self-acceptance as an individual characteristic of Muslim migrants and their experience of inclusion in Irish society.

Design: Correlational design was used.

Methods: A questionnaire survey was conducted with 301 Muslim Pakistani women living in Ireland. Participants completed the Experience of Inclusion scale which has three subscales related to inclusion, exclusion and social engagement, Unconditional Self-acceptance Questionnaire, Hijab Index, and everyday discrimination scale. Initial correlational analysis was conducted. Major correlational and pathway analysis is in process.
Results: Results from the initial analysis indicate a significant positive correlation between unconditional self-acceptance and experience of inclusion and a significant negative correlation between unconditional self-acceptance and experience of exclusion.

Conclusions: The results confirms that migrants’ individual characteristics play an important role in their experience of inclusion and migrants with higher levels of unconditional self-acceptance have a better experience of inclusion within the host society and are less prone to feel excluded. These findings have practical implications for policy makers and practitioners working on wellbeing of migrant populations.

Ref: 7222
Category: General

A secondary qualitative analysis of archival data from Stanley Milgram’s proximity series
Stephen Gibson, York St John University

Objectives: One of the best-known findings from Stanley Milgram’s ‘obedience’ experiments is that obedience decreases as the victim receiving the electric shocks is brought closer to the naïve participant administering them. However, little is known concerning how certain aspects of the ‘proximity series’ of conditions were put into practice. The aim of the present paper is to shed light on this by focusing on one condition: the ‘touch proximity’ experiment, which required participants to physically force down the victim’s hand in order for him to receive the electric shock punishments.

Design: Secondary qualitative analysis is used to explore archival data from audio recordings of Milgram’s original experiments.

Methods: Data from 27 experimental sessions in the ‘touch proximity’ condition were accessed via the Stanley Milgram Papers archive, held at Yale University Library. Recordings were transcribed and analysed using the tools of rhetorical/discursive psychologies.

Results: The victim interacts much more extensively with both the experimenter and the naïve participant in this condition than in earlier conditions in the proximity series. The rhetorical strategies used by the victim stand as powerful arguments against the participants’ continuation, and are tailored to the specific demands of the local context.

Conclusions: The standard interpretation of the proximity series is that as the victim is brought closer to the participant, obedience levels are reduced as participants are confronted with the obvious harm they are inflicting. In contrast, the present analysis suggests that the rhetorical flexibility afforded to the victim may be at least as important.

Ref: 7336
Category: Wellbeing

The lost boys who find revenge: A multi-functional, grounded theory model of the experiences of personality disordered offenders
Lynsey Gozna & David Daley, University of Nottingham

The Criminal Justice System largely neglects the significance of offenders’ own experiences of victimization – especially males – whose crimes are motivated by revenge. The response of individuals to real or perceived, current or historic victimization is multi-layered and this research aimed to explore the patterns, experiences and mindsets of males who have engaged in revenge oriented criminal acts. Although revenge is acknowledged as a prevalent motive for serious offending, there has been limited focus placed on the reduction or prevention of future harm. Participants (N=18) were patients in a secure forensic mental health setting receiving therapeutic interventions for personality disorder/s, were convicted of serious crime offences including deliberate fire setting, sexual and violent offences, and had extensive criminal histories. The study adopted grounded theory methodology (Charmaz, 2014) comprising an iterative process of concurrent data collection, transcription and analysis using an intensive interviewing approach. Transcripts were coded for categories and these were integrated into the development of the model of revenge. Categories included ‘Intolerance and rejection of powerlessness’, ‘Societal abandonment and failure to protect’, ‘Dominance prevents weakness’, ‘Justice’ is not in my interests’, ‘Creation of safety and certainty’ and ‘Finding friendship in revenge’ and were illustrative of developmental revenge trajectories. Participants were further involved in validation of the model of the entire experiential perspective of revenge. The implications will be
discussed in regard of early intervention in childhood, tailored therapeutic treatment pathways, structured clinical judgement assessment measures, risk scenario planning, police investigations and community public protection.

Ref: 7276
Category: Wellbeing
**Do best friends promote psychological resilience in adults?**
Rebecca Graber, *University of Brighton*; Anna Madill, *University of Leeds*

**Objectives:** Although psychological evidence suggests that social support broadly facilitates the development of psychological resilience in adulthood, little is understood about the particular role of best friendships in this regard. This study hypothesized that a better quality best friendship would positively impact the development of psychological resilience in a community sample of British adults, and explored hypothesized mechanisms for this relationship.

**Design:** The study analysed whether better perceived close friendship quality significantly predicted subsequent psychological resilience at 12-month follow-up, controlling for earlier resilience,

**Methods:** A community sample of 185 adults based in the UK was recruited through online social networking sites, university events and community organisations supported socially isolated adults. Participants completed a series of self-report measures assessing psychological resilience, best friendship quality, and an array of hypothesized mediating mechanisms including coping behaviours and self-esteem. Longitudinal regression and bootstrapped multiple mediation analyses were used to explore the results.

**Results:** Results reveal that best friendships are a protective mechanism supporting the development of psychological resilience in adults, although the mechanisms for this relationship remain unclear.

**Conclusions:** The study provides statistical evidence, for the first time, of the vital role of these valued social relationships upon resilience development in an adult sample, while posing open questions for the mechanisms underlying this effect. Consideration is also given to the limitations to the study based on sampling and measurement issues, in the context of both resilience and relationship research.

Ref: 7365
Category: General

**Validation in social media: Links to Personality and Self-esteem**
Martin Graff, *University of South Wales*

**Objectives:** People now make use of social media extensively, and posts receiving 'likes' and other kinds of validation influence the way we interact. In this study it was hypothesised that the way in which individuals use social media is related to their self-esteem and personality.

**Design:** Data on validation in social media were collected via an online questionnaire posted on Facebook and Twitter.

**Methods:** Three hundred and thirty one responses were collected from 111 males and 220 females ranging in age from 18 to 78. Respondents also completed the Rosenberg self-esteem scale (Rosenberg, 1965) and the Big Five personality inventory (John & Srivastava, 1999).

**Results:** Factor Analysis of the validation questionnaire revealed a six factor solution accounting for 66% of the total variance. Factors were labelled ‘Effort’ (asking or paying for likes), ‘Feeling Good’ (validation affecting mood), ‘Manipulation’ (deleting unpopular posts), ‘Honesty’ (accurate posting), ‘Blindness’ (blindly accepting friend requests) and ‘Positive postings’ (upbeat posts), all of which defined the ways in which respondents used social media.

Self-esteem was found to be negatively related to related the ‘effort’ factor, negatively related to the ‘manipulation’ factor and positively related to the ‘positive postings’ factor. In terms of personality, extraversion was related to the ‘honesty’ factor and conscientiousness negatively related to the ‘effort’, ‘manipulation’ and ‘blindness’ factors. Finally, neuroticism was negatively related to the ‘positive posting’ factor.

**Conclusions:** This study indicates that the way people operate in social media is linked to personality and self-esteem.
Identity styles and well-being among pakistani youth: Moderated by gender, mediated by identity motive satisfactions
Bushra Hassan, University of Sussex
There are strong associations between the adoption of different identity styles and well-being, however, there has been little such work in non-Western cultural contexts. This paper tests associations between identity styles, commitment, and well-being among youth in Pakistan. Additionally, we investigated the previously unexplored role of identity motives (meaning, efficacy, self-esteem, continuity, distinctiveness and belonging) in mediating the relationships between identity styles and psychological well-being, and we tested for gender differences in the pathways in our models. Across the whole sample, information oriented style predicted better well-being, whereas diffuse-avoidant style predicted poorer well-being. However normative identity style remained as a non-significant predictor of well-being. Additionally, relationships between identity styles and well-being were not significantly moderated by gender. Identity motive satisfaction partially mediated the associations between identity styles and well-being. For males, motive of meaning, continuity, and belonging served as partial mediators, and for females’ motives of meaning, self-esteem, continuity, and belonging partially mediated the relationship between identity styles (especially for information and diffuse-avoidance style) and well-being.

A qualitative interview study of bisexual people’s lived experiences of intimate relationships
Nikki Hayfield & Lizzie Reed, University of the West of England
Objectives: The aim of this research was to explore bisexual people’s lived experiences of intimate relationships. Research has identified a number of negative perceptions of bisexual people, many of which relate to relationship practices. We were particularly interested in how bisexual people build, maintain, and negotiate their identities and relationships within this context of biphobia and bisexual marginalisation.
Design and methods: Bisexual voices are largely silent in existing research, and qualitative interviews were ideally suited to generate diverse and in-depth narratives of bisexual people’s lived experiences of bisexuality and relationships. Twenty participants, who self-identified as bisexual and in a relationship(s), were recruited through a variety of sampling strategies. Thematic analysis was chosen to identify patterns in the data.
Results: These participants discussed how bisexual people are (mis)understood by others as unstable individuals who make unreliable partners. They made cautious attempts to reposition bisexual identities as having liberatory potential by celebrating the romantic and cultural possibilities of bisexuality. While many participants positioned their partners as (at least partially) supportive of their bisexuality, they also emphasised the potential for their bisexuality to disappear within their relationships. In response, they engaged in various strategies to maintain an ongoing sense of bisexual identity.
Conclusions: This study offers new knowledge about the (lack of) visibility or validity for bisexual people within and beyond their intimate relationships. We conclude by discussing the implications of our study in terms of supporting the wellbeing of bisexual people.

Moral development and video game play
Sarah Hodge, Jacqui Taylor & John McAlaney, Bournemouth University
Objectives: To investigate the relationships between moral development scores and various measures of video game playing.
Design: A cross sectional study consisting of 301 participants from a secondary school (n = 166) and university (n = 135) aged between 11 and 27 completed an online survey. The survey included the Sociomoral Reflection Measure – Short Form (SRM - SF) measure of moral development developed by
Is restraint detrimental to reasoning about obesity causes and effects?
Margaret Husted, University of Winchester

Objectives: This research aimed to examine how the known negative relationship between restrained eating and executive function might manifest itself in individuals’ causal reasoning judgements. It was hypothesised that increased levels of restraint would be associated with less accurate reasoning about obesity causes and effects of obesity-related behaviours.

Design: Within-participants causal conditional reasoning (CCR) experiment.

Method: Participants were recruited from a university research site and public social networking forums. With study 1 (N = 176) participants responded to 16 general CCR items and 16 CCR items based on obesity causes. Study 2 (N = 110) used 64 CCR items and adapted obesity related content to focus on behavioural causes. Both studies used random order item presentation. The DEBQ-RS and PANAS were used to measure self-reported restrained eating and to control for mood effects. Data was analysed using repeated measures ANOVA and correlational analysis.

Results: Study 1 Participants made significantly more logical reasoning judgements for the obesity related tasks than the general tasks but increased levels of restraint was negatively associated with reasoning on obesity related tasks only. Study 2 findings showed a general detrimental association with a significant negative relationship between restraint and reasoning accuracy for both general and obesity related causal judgments.

Conclusion: Increased levels of restrained eating behaviour trait is associated with a decrease in ability to make effective causal reasoning judgments. This has potential implications for an individual’s ability to make effective decisions over personal health behaviours such as food choice and levels of physical activity.

Ref: 7189
Category: Wellbeing

Continuous traumatic disorder and PTSD of sexually abused pre-teenage girls, resulting in vesico virginal fistula disorder in Nigeria
Philemon Iyagba, Ignatius Ajuru University of Education

The emotional trauma of victims of sexual abuse and the problem of vesico virginal fistula disorder resulting from violent rape and the cultural/marital practices and the PTSD of such victims is of serious concern to psychologists and counselors. VVF is an abnormal fistula tract extending between the bladder and the virgina that allows the continuous involuntary discharge of urine into the virginal vault.

The emotional scar, continuous trauma and the PTSD left on such victims and the deleterious physical challenges faced by the victims need a psychological attention and counseling strategy for the psychological wellbeing of these victims; and this is the focus of this paper. The traumatizing experience, stigmatisation and the cultural influence promoting the perpetration of such acts, such as forced early marriages, poses a serious challenge to the lives of these victims-their physical and personal integrity and the low self-esteem of the victims is a subject of global conversation and this paper sets out to critically examine the subject.

Ref: 7191
Category: Wellbeing
Discussion.

The findings of these studies revealed that higher levels of emotional support in the messages written in response to the status update. Study 2 investigated whether males and females respond in different ways to perceived pain in a Facebook status update. In study 1, 460 participants (ages 18 to over 75) were recruited using CrowdFlower to complete an online questionnaire. They were presented with a scenario of a Facebook status update about a friend’s experience of pain and asked how they would respond to it. Additionally, they were asked how often they experience pain and whether they post about their pain experiences on Facebook. The study found that females were more willing to report pain but were just as likely as males to post about it on Facebook, although neither males nor females posted frequently about their experience of pain on Facebook. Surprisingly, males “liked” the status update more, but no gender differences were found in frequency of comments or private messages. Finally, females showed higher levels of emotional support in the messages written in response to the status update. Study 2 will replicate study 1 but uses Facebook reactions. Implications and explanations for these findings are discussed.

**Objective:** Frontline workers in child protection work within complex settings with young people and families who have experienced trauma and present with high risk and vulnerability. Despite this access to supervision can be limited. Following the Alexis Jay report, particular attention was drawn to the lack of challenge, reflection and supervision available to workers managing child sexual exploitation. Subsequent calls for new ways of working highlighted the need for ‘good, challenging and reflective supervision’. ‘Thinking Time’ is a model of supervision, based on the Adolescent Mentalisation-Based Integrative Treatment. This approach utilises mentalising techniques to guide case discussion and promotes a working culture whereby supervision can be accessed flexibly to encourage mentalisation during periods of high stress. This paper aimed to explore frontline workers’ experience of ‘Thinking Time’.

**Design:** An independent qualitative service evaluation explored the subjective experience of accessing supervision through Thinking Time.

**Method:** Eight frontline workers, working with young people at risk of or currently subject to sexual exploitation in a high-risk area, were interviewed using semi-structured interview. To increase the representativeness of data, a further two workers completed an anonymous online survey. Data were analysed using Thematic Analysis. Efforts to ensure the trustworthiness of data, including reflexivity, were incorporated throughout.

**Results:** Emerging themes include: the formative and restorative function of Thinking Time; the appreciation of flexibility and accessibility; and the importance of wider organisational support.

**Conclusion:** Early analysis suggests the model is acceptable to frontline workers however there are identified barriers to accessibility.

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**Gender differences in response to pain-related Facebook status updates**

Richard Joiner, Elina Vaino & Edmund Keogh, *University of Bath*

Research has consistently found that females are more willing to report pain, seek more help and offer more emotional support compared to males. Social media, such as Facebook, encourages self-disclosure and may be a new way to express pain and seek help. This paper reports two studies which investigated whether males and females respond in different ways to perceived pain in a Facebook status update. In study 1, 460 participants (ages 18 to over 75) were recruited using CrowdFlower to complete an online questionnaire. They were presented with a scenario of a Facebook status update about a friend’s experience of pain and asked how they would respond to it. Additionally, they were asked how often they experience pain and whether they post about their pain experiences on Facebook. The study found that females were more willing to report pain but were just as likely as males to post about it on Facebook, although neither males nor females posted frequently about their experience of pain on Facebook. Surprisingly, males “liked” the status update more, but no gender differences were found in frequency of comments or private messages. Finally, females showed higher levels of emotional support in the messages written in response to the status update. Study 2 will replicate study 1 but uses Facebook reactions. Implications and explanations for these findings are discussed.
**Understanding brief mindfulness based cognitive therapy (MBCT) in local authority employees**

Donna Kelly, City University

**Purpose:** The study aims to (1) explore employee’s encounters of brief MBCT and reflections of the intervention and (2) explore stress perceptions, appraisals and coping within the participant group, in relation to the mindfulness intervention.

**Background:** Stress is prevalent in many work sectors across the UK at present, including public sector organisations such as local authorities. Adverse stress levels can impact employee performance, morale, levels of sickness absence and mental health issues. A number of organisations aim to address these by incorporating stress management initiatives. One such intervention is mindfulness. Mindfulness based interventions (MBI’s) have been adapted for workplace settings over the past few years.

**Methods:** Semi structured individual interviews were conducted and interview data was analysed using thematic analysis. Participants (28) who completed the interventions (employees, over 18) were invited to attend interviews. 12 participants were interviewed. Despite the evidence base behind these interventions there is little qualitative research identifying the process as to how mindfulness may reduce stress for employees. There are even fewer studies focused on brief group workplace interventions.

**Results:** The following four themes emerged from the twelve interviews: (1) the experience of stress and modern life (2) The management of stress (3) The mindfulness journey and (4) Relationships: Social and Peer Support.

**Conclusions:** Findings suggest that brief mindfulness based interventions may enable individuals to reappraise stressful situations, adapt neutral or positive responses, and embed practical stress management techniques in a range of different and creative ways into modern life.

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**Not worth getting out of bed: The effects of materialism on Chinese young adults’ work motivation and performance**

Lis Ku, De Montfort University

Materialistic values have been found to negatively relate to American 12th graders’ work centrality from 1976 to 2007, in that over the generations, American youths’ desire for material rewards was ever increasing, but their willingness to put in the necessary work to earn them was steadily decreasing (Twenge’ Kasser, 2013). Given the rising level of materialism in Chinese societies, we conducted four studies to examine the effect that materialism may have on Chinese young adults’ work motivation as well as work performance. Specifically, we were interested to test if materialism indeed causes a decreased motivation for work and lower work performance. Study 1 surveyed 463 Hong Kong university students who had at least one year of part-time work experience (Age=21.67, SD=1.98, 49 females) and found that materialistic values were negatively related to work motivation, and to self-reported work performance in their part-time jobs. Study 2 replicated the results among young adults who were in full-time employment (N=167; Age=26.28, SD=2.36; 65% females) in Hong Kong. Two experiments with university students in Macao tested the causal effect of materialism on work motivation (Study 3), and actual work performance (Study 4). After being primed of materialistic values, participants reported significantly lower work motivation (Study 3; N=39), and exhibited lower work performance in a proof-reading task (Study 4; N=35), compared to participants who did not receive any value manipulation (Study 3: N=45; Study 4: N=36). These findings supported the contention that materialistic values discourage young people’s work motivation, and negatively affect their work performance.
The role of psychological well being in the workplace bullying-organisational/individual outcomes relationship in Ghana’s oil and gas industry

Stephen Kumako, University of Nottingham

Occupational Health and Safety (OHS) in Ghana is focussed on physical, biological and chemical hazards, diseases, and injuries at work while psychosocial hazards at work are still largely neglected and their causes and consequences still insufficiently understood and researched. Developing countries including Ghana have done very little in terms of occupational health and safety in general and the psychosocial work environment owing to lack of expertise, resources and political will as well as inadequate monitoring and enforcement of existing laws among other factors. Workplace bullying, one of such psychosocial hazards, is a pervasive phenomenon that has the potential to affect victims, witnesses, co-workers, significant others and the organisation. At the individual level, workplace bullying has been associated with emotional exhaustion, posttraumatic stress symptoms, mental fatigue and psychological stress, psychosomatic symptoms, depression and anxiety. Workplace bullying is also associated with increased sickness absence, turnover rates as well as lower productivity and job satisfaction and reduced work engagement. Ghana’s nascent oil and gas industry has attracted multinational companies and there is much competition for jobs in this sector. This may create situations in which workplace bullying may thrive. This study tested if a relationship exists between workplace bullying and psychological well being. Furthermore, it was hypothesised that psychological well being will mediate the relationship between workplace bullying and distal outcomes (individual and organisational). A quantitative methodology using questionnaires was adopted. Two hundred and seventy (270) employees in Ghana’s oil and gas industry (upstream, midstream and downstream) were sampled conveniently. Findings from this empirical study will be presented and implications for employees, management and OHS practitioners will be discussed.

An investigation of psychological flexibility at the individual, leadership, and team level in Crisis Resolution Teams, and its impact on service user satisfaction

Danielle Lamb, Sonia Johnson & Brynmor Lloyd-Evans, University College London; Joda Lloyd, Goldsmiths University

This presentation reports on research investigating psychological flexibility, the underpinning construct that Acceptance and Commitment Therapy (ACT) aims to increase. This study looked at psychological flexibility in the workplace and its relationship to staff wellbeing, using a sample of mental health teams in the NHS. In a longitudinal study, staff in 25 Crisis Resolution Teams (n=786) completed questionnaires including the Work-based Acceptance and Action Questionnaire (WAAQ), Maslach Burnout Inventory (MBI), Utrecht Work Engagement Scale (UWES) and General Health Questionnaire (GHQ) at two time points 12 months apart. The resulting data has been used in three sub-studies: 1) investigated the extent to which psychological flexibility predicts burnout, work engagement, and general health in CRT staff; 2) investigated associations between managers’ levels of psychological flexibility and staff levels of psychological flexibility, burnout, engagement, and general health; and 3) investigated associations between team-level psychological flexibility and service user outcomes. It was hypothesized that higher levels of psychological flexibility would be associated with better staff and service user outcomes, and the hypotheses for each sub-study were tested using a random effects multilevel regression model. The results will be discussed, along with the implications for future research and practice.
She’s so vain: A Q study of selfies and the curation of an online self
Lisa Lazard, The Open University

Objectives: The past decade has seen extraordinary developments in, and access to, digital imaging technology, enabling photographic editing to become a routine activity for many. The selfie has emerged within this context as a popular activity, primarily for young women. This paper reports the results of a study exploring young women’s use of selfies.

Design: Q methodology was used to investigate how young women make sense of their own and others’ selfies. Q was specifically designed to study subjectivity and makes use of both statistical and text based analytic techniques to do so.

Method: Sixty young women and girls (ages of 13-18) from across England sorted a set of statements about selfies into quasi-normal grids. These grids, or Q sorts, were factor analysed to identify shared patterns across the individual sorts. Factors identified were reconstructed using weighted averages and analysed to identify thematic and discursive patterns.

Results: Authenticity in the curation of online identities appeared as most relevant to understandings of both one’s own and others’ selfie postings.

Conclusions: In both academic and popular discourse, there has been a tendency to confer troubled identities to those who post selfies, typically constituting them as vain and narcissistic. We conclude, however, that the practice of selfie posting must be set against a complex backdrop of culturally informed editing practices. The complexity of identity curation evidenced in this study highlights the importance of moving beyond the pathologisation or simple troubling of selfie takers.

A qualitative and quantitative approach to identifying the information used in life satisfaction judgements
Charlie Lea, University of Brighton

Objectives: Despite a prevalence of well-being research there has been a comparative lack of interest in the information that respondents actually bring to mind while they consider their well-being. The present study aims to address the methodological limitations of the relatively scant research investigating the information brought to mind in well-being judgements, namely the use of retrospective self-reports and coding schemes developed a-priori from the existing literature.

Design: A mixed methods design was used. Think Aloud interviews provided an “in progress” account of the life satisfaction judgement process. Transcripts were subjected to an inductive, qualitative analysis to generate a coding scheme grounded in the data, which was used to analyse the full sample.

Method: Participants (N =54), recruited via mailing lists, word of mouth, and announcements on social networking sites, thought-aloud their responses to each item of a life satisfaction measure and their consideration of a better and worse life. The overall frequency of the code categories was examined, as well as the variation according to question type.

Results: Thirteen code categories were identified, with Relationships with Others, Job, and Feelings being the most prevalent and Material Possessions and Contribution-to-the-World the least common. Some variation according to question type was identified.

Conclusion: Key limitations include the accuracy of Thinking Aloud in these circumstances and the issue of question order. The present study identified a broader array of categories compared to previous, similar research and also provided support for the consistent use of certain information, such as relationships with others.
Objectives: Many well-being measures rely on the idea that individuals are free to use any information and weigh it up how they wish. Few studies have broached the issue of the relative weight attributed to various domains. The present study sought to demonstrate this weighting process.

Design: A between-participants design was used to demonstrate the relative weighting of three domains previously found to vary in terms of their frequency of use in well-being judgements (relationships, money and contribution-to-the-world).

Method: In Study 1 participants (N = 216, recruited and tested online) were asked to judge the life satisfaction, happiness and meaningfulness of a life portrayed in a vignette. In each vignette the three domains of interest were systematically varied in terms of their valence. Study 2 (N = 1654) used data from the UK sample of the European Social Survey to form groups approximating the Study 1 vignettes.

Results: Both studies found that the domains of relationships and money were given similar weight in a life satisfaction judgement. Relationships, and money to a lesser extent, were important for happiness judgements, whereas contribution-to-the-world and relationships were given more weight when the meaningfulness of a life was judged.

Discussion: The key limitations of Study 1, that the judgements were simplified and other-focussed, were addressed by Study 2 which attempted a real-life replication. Both studies found that the domains of interest were weighted differently according to the well-being judgement. The importance of money to life satisfaction addresses a contentious issue in well-being research.

Objectives: Assuming that when people make well-being judgements they are based on a considered process using retrieved information, the main aim of this study was to examine whether highly satisfied participants gave more weight to their most satisfying domains while those with low life satisfaction focussed on their least satisfying domains.

Design: A mixed model design relied upon participants’ self-reported information use to identify the life domains that were used in a life satisfaction judgement.

Method: Participants (N = 201), who were recruited and tested online, reported in their own words the information they brought to mind after responding to each item of a life satisfaction measure. Participants’ satisfaction in 12 specific domains, whose presence was coded for in the self-reported information use, was also measured. The sample was split into those with high or low whole life satisfaction and the satisfaction in the used and not-used domains was compared.

Results: For participants with high life satisfaction the mean satisfaction score was greater for the used domains than the not-used domains, suggesting that the most satisfactory domains were used. The opposite was true for those with low life satisfaction.

Discussion: A key limitation is the accuracy of self-reported information use. Nevertheless the results suggest a cognitive bias in the use of life domain information in a whole life well-being judgement. Such a cognitive bias suggests a route by which top-down traits interact with bottom-up information and also provides a potential cognitive mechanism for well-being interventions.
Ref: 7315
Category: Wellbeing

Making sense of psychological health and wellbeing in contemporary China: An IPA study of Chinese Clinical Psychology students
Billy Lee, University of Edinburgh

Objectives: Rapid changes in China after the ‘open door policy’ indicate a need to understand the nature of distress and wellbeing in new generations (Chang, Tong, Shi & Zeng, 2005).

Design: Transcripts of interviews with postgraduate clinical psychology students who had begun their clinical placements were subjected to a qualitative analysis that focused on their understandings of psychological health, wellbeing and distress in modern China.

Method: Eleven students were interviewed about their understanding of their own psychological distress and wellbeing, that of their family and acquaintances, and their understanding of the psychological situation in China. Phenomenological interviewing principles were employed in order to attempt to elicit concrete, experience-near accounts. The method of Interpretative Phenomenological Analysis (IPA) was used to make sense of the transcripts, attending to the interplay between giving voice to and making sense of the participants’ experiences (Smith, Flowers & Larkin, 2009).

Results: Four principal themes captured the students’ understandings: 1. Strict criteria; 2. Emotion expression; 3. Individuation; 4. Gender issues. Conclusion: The massive increase in migration and free movement for labour, commerce and education, both within and across national borders has meant that many young Chinese are re-evaluating traditional Confucian values against their own aspirations and understandings in a global world. Distinctive themes for the participants of the study including: the inner life, collective self, pragma, and filial piety contribute to contemporary understandings of the psychological situation of China and of young Chinese in cultural transition.

Ref: 7292
Category: Social Justice

Belonging in Scotland: National, regional and local identity effects on social, cultural, civic and educational inclusion in the city
Catherine Lido, University of Glasgow

Objectives: The United Kingdom, and Scotland, have recently faced a series of key votes regarding whether to remain a united country and part of the European Union. Such debates have tapped into underlying identity-affiliations with Britain and Scotland, as well as local connections with one’s neighbours, friends and families. The present project explores novel household data from the Urban Big Data Centre, Glasgow to identify effects of such identifications on social, cultural, civic and educational inclusion in the city.

Design: This paper analyses representative survey data from 1500 households (iMCD Project). A sub-sample was followed-up GPS trackers and Lifelogging cameras, and included social media capture during the life of the project.

Methods: A stratified random postcode sample of 2095 participants took part in face to face surveys assessing attitudes, behaviours and literacies in the domains of education, cultural, civic engagement, sustainability, ICT use and detailed demographics, including work, income, housing and benefits.

Results: Regression models reveal that feelings of belonging to Britain, Scotland and one’s neighbourhood are positively correlated, yet distinct aspects of one’s national identity are associated with differential patterns of social, cultural, civic and educational engagement. Occupational income and geographic variations moderate the relationship between identities and engagement/inclusion in the city.

Conclusions: This paper provokes further consideration of the overlapping spheres of identification with Britain in Scotland and with one’s local neighbourhood. Such findings can lead to more effective dialogue and inclusion within Glasgow during these times of political and national identity shifts in the UK.
Supporting change in mental health teams – reflections on the CORE study
Bree MacDonald, Acute Services in Coastal West Sussex

Objectives: Assess the implementation of the CORE quality improvement programme in Crisis Resolution Teams (CRTs) Design: The CORE study was a cluster RCT investigating fidelity of CRTs to a model of good practice, and the impact of the programme on service-user satisfaction. Methods: Twenty-five CRTs in England participated (control arm n=10; intervention arm n=15). Intervention teams received 0.1FTE per week from a service improvement expert (known as a ‘facilitator’), an initial away-day event where teams planned areas of improvement work, and access to online resources (e.g. examples of best practice, case studies, videos). One-day reviews were conducted in each CRT at baseline and 12 months, using the CORE CRT Fidelity Scale. Satisfaction data was collected from service users at each time point (n=750). Process data was collected from each intervention team on a monthly basis, and qualitative interviews were conducted about the experience of implementing the programme. Results: Service improvement was shown to be possible, with 11/15 intervention teams achieving mostly substantial increases in fidelity over the 12 months. Change in service-user satisfaction against change in fidelity showed a positive correlation of 0.34. A number of themes emerged from the qualitative work undertaken that indicated ways in which change can best be supported. Conclusions: The implementation of such a complex intervention requires commitment from all levels (Trust, manager, staff). A benchmark by which teams could measure their progress, regular support from a facilitator, and time made for staff supervision were key in improving service quality and increasing service-user satisfaction.

Exploring doctors’ wellbeing during workplace transitions
Iliana Makri & Vikram Jha, University of Liverpool

Objectives: In the NHS, high levels of absenteeism and poor mental health amongst health professionals are a major drive toward promotion of doctors’ wellbeing. Doctors experience a number of transitions as they progress in their postgraduate career with the majority of the literature focusing on their first year. The aim of this research was to explore how doctors at different stages of their career maintain their wellbeing whilst managing workplace transitions. Design: Interpretive phenomenological research. Methods: In depth, semi-structured interviews were conducted with fifteen doctors. Four points of transition including Foundation Doctors Year 1, Specialty Registrars Year 1, Specialty Registrars Year 3 and newly qualified Consultants/General Practitioners. Results: Using life course perspective as a theoretical lens, preliminary findings suggest that social networks and specifically social work-related networks work as a buffer to wellbeing during change; however, doctors’ social networks vary from individual to individual and over time. At the beginning of their training friendship networks may suffer (lack of time), while relocation can cause great losses. Junior doctors’ social networks consist of friends and peers, while family plays a more central role in the social networks of senior doctors. Regarding coping strategies, doctors use a mix of problem-focused and emotion-focused strategies; however, developmental maturity seems to facilitate the latter. Conclusions: A deeper insight into the impact that workplace transitions have on doctors’ wellbeing would be a valuable opportunity for the creation of interventions that would assist medical students and doctors to have a smoother transition to their new roles.
The Social Justice, Equality, Diversity and Inclusion Audit of the British Psychological Society

Neha Malhotra, Locum Psychologist; Simon Toms, Psychological Consultancy Ltd

In line with an increasing focus within the British Psychological Society (BPS) on social justice, equality, diversity and inclusion (SJEDI), this audit was carried out to identify the policies adopted, and initiatives undertaken, by the Member Networks within the BPS.

A brief survey consisting of seven questions was designed to gather information, adhering to ethical standards identified by the BPS. Chairpersons of each of the 39 Member Networks were approached via email to complete the survey.

The audit obtained an eventual response rate of 59%, and the resulting thematic analysis identified eight broad themes: Policy, Broad Aims, Specific Activities, Obstacles, Success, Awareness of Other Groups’ Activities, and Perceptions of the Audit.

The audit findings confirm that BPS Member Networks are engaged in and committed to numerous activities related to SJEDI. This resource as a new body of knowledge is a step towards the BPS’ strategic goal for a unified policy and approach to SJEDI across and within the society, and to the benefit of all populations our members work with.

Several limitations were noted regarding terminology, response rate and its resultant reflection of only a sample of the current Member Networks, and dissemination to informal networks for contribution.

This session will begin with a presentation regarding the audit and its findings, and move into an interactive discussion, inviting questions, comments and contributions regarding other SJEDI work within the BPS Member Networks. Given the theme of the annual conference, the opportunity for delegates to engage in dialogue and debate around social justice work, particularly in relation to potential barriers and facilitators to making changes, would be highly valuable.

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The effects of thought suppression on sleep, dreaming, and well-being

Josie Malinowski, University of East London

Objective: Suppressing thoughts leads their reappearance in dreams (“dream rebound”), and reduced levels of well-being. There are three hypotheses: 1) trait thought suppression is related to dreaming of emotional experiences, poor sleep quality, and low levels of well-being; 2) suppressing negative (but not positive) thoughts leads to dream rebound; 3) dream rebound moderates the negative effects of suppression.

Design: Correlational design was to test Hypothesis 1; experimental design was used to test Hypotheses 2 and 3.

Method: Study 1 (N=83): participants (mostly undergraduates) submitted their Most Recent Dream and completed the White Bear Suppression Inventory (WBSI) and the Big Five Inventory (BFI).
Study 2 (N=62): participants (mostly undergraduates) submitted their Most Recent Dream and completed the WBSI, Pittsburg Sleep Quality Index (PSQI), and Depression, Anxiety, and Stress Scale (DASS).
Study 3 (N=100), participants (recruited via newspaper adverts) suppressed a personally-relevant negative or positive thought for 7 nights, recorded dreams for the same period, and completed the questionnaires above.

Results: Study 1: there was a positive correlation between thought suppression and dreaming of waking-life emotions ($r = .26, p = .04$).
Study 2: high thought suppressors dreamt more of their negative (but not positive) waking-life experiences ($ps < .02$), had poorer sleep quality ($p = .003$), and scored higher on depression, anxiety, and stress ($ps < .002$).
Study 3: results illustrate differences in dream rebound according to emotional valence, and the moderating effects of dream rebound on well-being.

Conclusions: Suppressing thoughts leads to their reappearance at other times (e.g. during dreaming), and negative effects on sleep and well-being. Identifying problematic suppressed thoughts in dreams may facilitate working towards thought acceptance.
Constructions of masculinity in Black African Caribbean men after prostate cancer
Charikleia Margariti, University of East London

Objectives: Black men (BM) are three times more likely to develop prostate cancer (PCa), to do so at a younger age and with a more aggressive form than white men. Improved diagnosis and treatment means men live longer with side effects of treatment, including erectile dysfunction (ED) and incontinence. This study aims to understand survivorship challenges and impact of side-effects in BM.

Design: A qualitative approach permitted an in-depth understanding of participant experiences of side-effects and their impact. A focus group enabled participants to elaborate on their experiences in interaction with others.

Methods: Eight black men who had been successfully treated for PCa were recruited through a cancer charity serving the BME community. The focus group lasted one hour and was audio-recorded, transcribed and analysed with inductive thematic analysis.

Results: Participants described the impact of ED and linked this with stereotypes of black male sexuality, particularly in relation to difficulties of expressing and sharing their emotions and psychological distress. They described GPs as often lacking knowledge about the risk issues for BM and spoke of their need to preserve a “strong male” persona for their families.

Conclusions: Black men face particular challenges in dealing with the side-effects of treatment for PCa, which are linked to socially-constructed ideals of masculinity. They are likely to require additional support from services and professionals may require information about their needs. Participants were members of a community support group and may not be typical of BM from the wider community.

Ref: 7380
Category: Wellbeing

Attitudes towards positive and negative emotions in people with eating disorders
Marcela Marin Dapelo, King’s College London

People with anorexia (AN) and bulimia nervosa (BN) experience difficulties in emotion processing. Research has largely focused on negative affect, but the attitude towards positive emotions needs exploration.

Objectives: To investigate the attitude towards positive and negative emotions in people with AN and BN. It was hypothesised that both AN and BN groups will exhibit negative attitudes towards positive emotions.

Design: The study employed a cross-sectional case-control design, comparing participants with AN, BN, and a group with no history of eating disorder (HC) matched by gender and age.

Methods: Participants were 104 women (36AN, 26BN, and 42HC). Diagnosis was determined using the Structured Clinical Interview for DSM-IV and body mass index. Participants completed the Attitudes toward emotion scale, which assesses attitudes towards joy, anger, disgust, fear, and sadness.

Results: Both clinical groups reported a more negative attitude towards joy than HC (AN=3.97; BN=4.34; HC=4.94; p_{ANvsHC} less than 0.01; effect size(r)=0.6; p_{BNvsHC} less than 0.01; r=0.6), with no significant differences between AN and BN (p_{ANvsBN}=0.22). In addition, the clinical groups showed a more positive attitude towards disgust, compared to HC (AN=1.73; BN=1.59; HC=1.25; p_{ANvsHC} less than 0.01; r=0.3; p_{BNvsHC} less than 0.01; r=0.3), with no significant differences between AN and BN (p_{ANvsBN}=0.93). There were no differences in other emotions.

Conclusions: The study findings suggest that people with eating disorders have a more negative attitude towards joy, which is in line with previous evidence of reduced expression of positive emotions in this group. The findings highlight the relevance of studying positive emotions in clinical population.
Ref: 7245
Category: Wellbeing

Voices from the past
Sandie McHugh & Jerome Carson, University of Bolton; Charlotte Mackey, University of Cambridge

Objectives of research: Mass Observation was founded in 1937 to study the everyday life of ordinary people in Britain and used a variety of methods between 1937-1940 to study Bolton, “Worktown”. In 1938 The Bolton Evening News ran a competition for 2 guineas for the best letter on “What does happiness mean for you and yours?”. As primary data, the letters provide insights into attitudes, beliefs and perception of the world.

Design and Method: The original handwritten letters (N=226) were electronically typed verbatim. Qualitative analytical procedures were employed supported by NVivo software. All letters were thematically coded independently by two members of the research team (JP and SM).

Results: Happiness was most frequently viewed by contentment & peace of mind, followed equally by family and home life and giving to, and helping others. Security & money as well as health were also viewed important to happiness. However, perhaps surprisingly; friends, work and religion were viewed as less so.

Conclusions: The letters provide a frame of reference for perceptions on happiness during the 1930’s. Although the self-selection of the letter writers and the interpretation of the categories by the coders is a limitation, the results inform research into perceptions and the measurement of happiness/wellbeing. The findings provide insight into the continuity of human expression of what happiness means from a sample of ordinary people. This has the potential to inform urban Health Initiatives on the components of wellbeing that can be targeted for enhancement, and add to the debate on materialism.

Ref: 7206
Category: Wellbeing

Differences between forecasted and retrospective construction of the extended self through purchasing and well-being evaluations
Olaya Moldes, Pete Harris, Matthew Easterbrook & Robin Banerjee, University of Sussex

Objectives: The purpose of the present research was to determine how purchases can contribute to the construction of identity through buying and how that might relate to well-being. Moreover, differences between future and past temporal focus on the construction of the extended self were explored. Finally, the impact of materialistic value orientations on well-being were evaluated.

Design: A 2 (past vs. future focus) x 2 (material vs. experiential purchases) cross-sectional study collecting measures on happiness, life satisfaction, buying motives and, materialistic value orientation (MVS) aimed to determine differences between past and future temporal focus evaluations.

Methods: 356 participants were recruited in different locations within the city of Brighton and completed a paper questionnaire. Responses were coded and analyzed with SPSS and Mplus.

Results: Hierarchical regression analysis indicated that experiential purchases provided higher levels of well-being; there were no effects of time or MVS. A multi-group path analysis revealed significant differences between past and future models: purchases satisfying distinctiveness provided higher levels of well-being when evaluated retrospectively, whereas purchases bought to move closer to an ideal identity or regulate emotions only enhanced forecasted happiness. The motive of gaining social status or projected identity was negatively related to retrospective well-being evaluations but not to future focus evaluations.

Conclusions: The present research associated several identity motives of purchasing to well-being. Moreover, differences between forecasted and retrospective evaluations of well-being and the construction of the extended self were identified. A further longitudinal study is needed to investigate individual variation in the construction of the extended self.
Ref: 7281
Category: Wellbeing

The wellbeing of what? Connecting personhood to wellbeing
Kevin Moore, Lincoln University, New Zealand

Purpose: To investigate the theoretical consequences and empirical implications that follow from integrating theories of personhood with approaches to wellbeing.

Background: The focus of wellbeing research has been on the sub-concept of ‘well’ rather than the general notion of ‘being’. While some work within a eudaimonic approach has connected wellbeing research to earlier threads of work on ‘becoming’ and ‘optimal experience’ (e.g., by Carol Ryff) there has been limited investigation of the ‘being’ that is presumably the subject of being ‘well’. Meanwhile, self-reports, largely focused on measures of affect and satisfaction, have been the mainstay of empirical findings on factors that contribute to wellbeing. While it has presumably been assumed that the wellbeing in question is of ‘human persons’ little explicit theorizing that integrates accounts of personhood and work on wellbeing has been attempted.

Methods: This paper applies accounts of personhood, and its emergence, largely from the work of Rom Harré and Jack Martin, to broad theoretical approaches to wellbeing (categorized by Daniel Haybron). From this application, the discussion identifies potential areas for theoretical development of understandings of wellbeing including greater integration of empirical work.

Conclusions: A personhood perspective on wellbeing provides an integrated understanding of wellbeing in two senses. First, it provides a conceptual means to interpret work on the range of factors involved in wellbeing, from biological to socio-cultural. Second, it provides a theoretical framework to account for the dynamism in experiences of wellbeing over time (including the lifespan).

Ref: 7589
Category: Wellbeing

Is there any sense in classroom scents? Rosemary aroma can improve cognition in primary school children
Mark Moss, Victoria Earl, Tom Heffernan, Northumbria University

Objectives: This experimental investigation assessed the potential for the aromas of Rosemary and Basil essential oils to enhance aspects of cognition in healthy 10 to 11 year old schoolchildren.

Design: A one factor independent groups design was used in this study with participants randomly allocated to either the Rosemary aroma, Basil aroma, or no aroma (control) condition.

Methods: Sixty children attending a school in the North of England were tested individually in a familiar room that was separate from their usual classroom. For the Rosemary and Basil aroma conditions the diffuser was switched on 10 minutes prior to testing and left on throughout the testing session. Participants in all groups completed the following tests in the same order; Immediate serial word recall, Digit span, Delayed serial word recall, Sentence span, and Counting span.

Results: Data were analysed using independent groups Anovas. Analyses revealed that Rosemary aroma significantly improved performance on the immediate serial word recall, digit span and counting span tasks. Basil aroma was not found to affect any of the performance measures employed.

Conclusions: The findings support previous evidence for enhancement of cognition by Rosemary aroma in healthy adults of all ages. Of particular interest here is the observation that improvements were found for tasks related to working memory and executive functioning. Previous work in the Developmental Psychology domain has identified a positive relationship between children’s working memory skills and their subsequent educational attainment. The current findings suggest a possible aroma-based intervention in the classroom might warrant further investigation.
Cortisol reactivity and suicidal behaviour: Investigating the role of the hypothalamic-pituitary-adrenal axis responses to stress in suicide attempters and ideators
Daryl O’Connor, University of Leeds

**Background:** Every 40 seconds a person dies by suicide somewhere in the world. The causes of suicidal behavior are not fully understood. Dysregulated hypothalamic-pituitary-adrenal (HPA) axis activity, as measured by cortisol levels, is one potential risk factor. The current study aimed to investigate whether cortisol reactivity to a laboratory stress task differentiated individuals who had previously made a suicide attempt from those who had thought about suicide (suicide ideators) and control participants.

**Method:** One hundred and sixty participants were recruited to a previous attempt, a suicidal ideation or a control group. Participants completed background questionnaires before completing the Maastricht Acute Stress Test (MAST). Cortisol levels were assessed throughout the stress task. Measures of suicide behavior were measured at baseline, 1 month and 6 month follow-up.

**Results:** Participants who had made a previous suicide attempt exhibited significantly lower aggregate cortisol levels during the MAST compared to participants in the control group; suicide ideators were intermediate to both groups. This effect, however, was driven by participants who made an attempt within the past year, and to some degree by those with a family history of attempt. Participants who had made a suicide attempt and had a family history of suicide exhibited the lowest levels of cortisol in response to stress. Finally, lower levels of cortisol in response to the MAST were associated with higher levels of suicidal ideation at 1-month follow-up in the suicide attempter group.

**Conclusions:** These results are consistent with other findings indicating that blunted HPA axis activity is associated with suicidal behavior. The challenge for researchers is to elucidate the precise causal mechanisms linking stress, cortisol and suicide risk.

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The relationship between negative self-evaluations, social evaluative concerns and sub-clinical paranoia
Niamh O’Reilly & Laura McAvinue, University of Limerick

**Objective:** A dysfunctional sense of self has been incorporated into many psychological models of paranoia. However, there are conflicting findings on the relationship between self-esteem and paranoia. Research indicates that specific facets of self-esteem, such as self-evaluations and social evaluations may better capture the type of negative cognitions and facets of self-worth that uniquely predict paranoia. The research presented here is designed to investigate the relationship between these facets of self-esteem and sub-clinical paranoia.

**Method:** In Study 1, negative and positive self-evaluations were subliminally primed and state sub-clinical paranoia was measured. A measure of social evaluative concerns was included to test for moderation. 95 participants were recruited from the student body at University of Limerick and were paid 5 euro. In Study 2 social evaluative concerns were primed and state sub-clinical paranoia was measured. Measures of self-esteem and self-esteem instability were included to test for moderation. 296 participants were recruited online and were paid 2.50 pounds.

**Results:** The findings of Study 1 indicate that priming negative self-evaluations engenders increased paranoia, but more so for those who score in the high range on a measure of social evaluative concerns, β=-1.39, t=-2.40, p = .02. The findings of Study 2 indicate that priming social evaluative concerns engenders increased paranoia for those with high self-esteem and high self-esteem instability, β = .65, t = 2.09, p = .04.

**Conclusion:** The findings indicate that specific aspects of self-esteem are related to paranoia, such as negative self-evaluations and social evaluations.
Ref: 7311
Category: Wellbeing
**Attention bias favoring positive stimuli predicts future happiness and positive emotions**
Sam Parsons & Elaine Fox, University of Oxford
Previous research on individual differences in malleability of bias through attention bias modification (ABM) procedures is suggestive of a prospective relationship between attentional biases towards positive stimuli, and future happiness and positive emotions. Specifically, Clarke et al. (2008) found that the degree of bias change predicted future anxiety symptom levels. We aimed to assess an analogous pattern of individual differences in ABM training-induced shifts in attentional bias towards positive and away from negative stimuli prospectively associating with self-reported measures of positive emotions, happiness, and mental health.

Forty-nine participants completed an initial session of dot-probe based ABM, including pre- and post-measures of bias. Thirty-four participants returned approximately 12 weeks later for a follow-up assessment. Self-reported mental health, happiness, and positive emotions were taken at both sessions.

We found that training-induced shifts in attentional bias assessed in the baseline session predicted self-reported positive emotions and happiness in the follow-up session. Further exploration revealed that the post-training bias assessment was associated with; future attention bias, positive emotions, and happiness. In contrast, the pre-training assessment was not associated.

While shifts in bias were predictive of future positive emotions and happiness, the relationship was driven solely by the post-training bias. Implications for investigating the plasticity of attentional bias, and more reliable assessments of bias are discussed in relation to predicting factors of positive mental health, such as positive emotion and happiness.

Ref: 7312
Category: Looking Forward
**A cognitive model of psychological resilience**
Sam Parsons & Elaine Fox, University of Oxford
Resilience is considered to be the process by which individuals demonstrate more positive outcomes than would be expected, given the nature of the adversity experienced. We propose that a cognitive approach has the potential to guide studies investigating the relationships between adversity, stress, and resilience. We outline a preliminary cognitive model of resilience in order to facilitate the application of cognitive approaches to the investigation of resilience in the face of adversity. We argue that the situationally appropriate application of flexibility or rigidity in affective-cognitive systems is a key element in promoting resilient responses. We propose that this mapping of cognitive processing can be conceptualised as being undertaken by an overarching mapping system, which serves to integrate information from a variety of sources, including the current situation, prior experience, as well as more conscious and goal-driven processes. We propose that a well-functioning mapping system is an integral part of the cognitive basis for resilience to adversity. Our preliminary model is intended to provide an initial theoretical framework to guide research on the development of cognitive functions that are considered to be important in the resilience process.

Ref: 7172
Category: Social Justice
‘On being held captive by the victim-self’ National Counselling Service practitioners’ experiences of working with the victim-self
Sheila Peelo, Irish Health Service
**Objectives:** Is therapy a socially just response to victims of historical abuse who have been denied justice? Does therapy further compromise victim agency or psychologise away victimisation? This study explores clinical practice in an Irish Health Service context in order to better understand and change current ways of working with victimisation and the ‘victim-self’.
Design: A Participatory Action Research method was used and a co-operative inquiry group was set up to study the topic.

Method: Six practitioners all working for the National Counselling Service in Ireland took part. The inquiry data consisted of transcripts of all group meetings, peer feedback and participants’ research notes. The data was analysed using a constructivist grounded theory method, generating local, novel ideas about victimisation and clinical practice.

Results: The findings indicate that participants constructed the victim-self as a positional phenomenon which operates to protect, defend and control, which frequently exerted a bind on practitioner agency. The study revealed that therapists moved through a stage process in addressing that bind. Consequently, there was a change in agentic functioning and empathic connection to victimisation.

Conclusions: The study suggests that practice that does not understand the way the victim-self functions runs the risk of further victimising clients. Furthermore, professionals appear to require particular forms of supervision/research to manage the impact upon them of victimisation. Though practical constraints affected the study design, larger scale inquiries could further extend the knowledge begun by this project.

Ref: 7210
Category: General

What is a ‘winning attitude?’ according to Olympians, CEOs and successful entrepreneurs
Amanda Potter, Zircon Management Consulting

Objective: The aim of this research was to gain an understanding of the characteristics of a ‘Winning Attitude’, which result in Olympic medals or the growth of successful businesses. We explored the extent to which an individual’s state of mind and attitude is the key to unlocking their ability to reach their full potential.

Design: In-depth interview comprising of open ended questions and a quantitative Unique Strengths Questionnaire.

Method: Each of the 42 contributors were identified as Winners, and included CEO’s (e.g. Douglas Lamont - Innocent), Entrepreneurs (e.g. Mike Clare – Dreams), Olympians (e.g. Mark Foster - Swimming) and Paralympians (e.g. Martin Hewitt – skiing). They were each interviewed and were invited complete the Unique Strengths® Questionnaire.

Results: Ten core characteristics of a ‘Winning Attitude’ were identified, and each of these were shown to be critical to the success. Three external forces were also identified and served to trigger the goal identification, and the pursuit of success. Finally seven core strengths were identified as the most frequent energisers for the Winners.

Conclusion: This research shows that intelligence and talent is not enough to succeed, you need to have a ‘Winning Attitude’ in order to deliver goals and drive success on an Olympic scale. Each of us have the opportunity to identify what will make us a winner, and to identify the characteristics and strengths we possess that would help us to achieve our goals and increase our chance of winning.

Ref: 7166
Category: Looking Forward

Using EMDR Therapy with individuals in an acute mental health crisis
Simon Proudlock, Berkshire Healthcare NHS Foundation Trust

Objectives: Can EMDR Therapy be used with patients experiencing an acute mental health crisis?

Design: Non-randomised exploration study to see if EMDR Therapy improves patient outcomes and cost savings for the NHS. The project was designed as a service improvement project with funding from the Health Foundation under their Innovating for Improvement project.

Methods: EMDR Therapy was offered to patients presenting with a trauma picture who were under the care of a Crisis Resolution and Home Treatment Team (CRHTT) or admitted to an acute mental health ward. Each patient was given four psychometrics to complete prior to treatment, at the end of treatment and at 3, 6 and 12 month intervals. Notes from the electronic database were analysed to assess contact with services 12 months prior to treatment and following treatment. Cost savings were also analysed.
Results: Over 50 patients were treated in the study. Patients made significant improvements across all the psychometrics, including a reduction in suicidal ideation. The majority needed less than 10 sessions and needed no onward referrals for further psychological therapy. These outcomes were maintained at follow-up. Cost savings were realised by retracting referrals for further therapy and in early discharge from CRHTT and acute wards, and by preventing admissions. Contact with services post treatment also reduced.

Conclusions: EMDR Therapy can be an effective treatment for patients experiencing a mental health crisis who have a trauma picture, resulting in significant improvements in their mental well-being and substantial cost savings for the NHS.

Ref: 7390
Category: Wellbeing

Health literacy and precarious living: The role of social capital as a protective factor
Kate Reid, University of Glasgow

Objectives: Using novel household data from the Urban Big Data Centre, this study seeks to identify precarious populations living in Glasgow who identify as requiring help to understand and react to health-related information. We are interested in examining how this population varies, not simply in terms of their levels of health literacy, but also across social dimensions which relate to issues of ‘social capital’ such as power, social inclusion and civic participation.

Design: This paper analyses representative survey ‘secondary’ data from 1500 households (iMCD Project).

Methods: A stratified random postcode sample of 2095 participants took part in face-to-face surveys assessing attitudes, behaviours and literacies across domains of health, education, cultural, civic engagement, ICT use and demographics e.g. work, income, housing and benefits.

Results: Regression models reveal that those living precariously are likely to exhibit low levels of health literacy. However, distinct patterns have emerged within this population, where those who maintain strong social networks through family and civic life are likely to exhibit higher levels of health literacy and enhanced wellbeing compared to this population as a whole.

Conclusions: This paper considers the potential for social capital and social inclusion to offer a protective role in the face of precarious living. Such findings can inform public health approaches to consider not only the individual orientated behaviors which promote health literacy but the need to create opportunities for public health interaction and participation within the individual social environments.

Ref: 7177
Category: Looking Forward

Using virtual reality to assess associations between paranoid ideation and social performance
Simon Riches, Mar Rus-Calañell, Daniel Stahl, Clare Evans, Nikolaos Sarras, Keren Yeboah & Lucia Valmaggia, King’s College London

Objectives: Paranoid ideation and social performance impairments overlap significantly. Virtual reality (VR) can enable psychological assessment in ecologically valid social environments. This project, in two linked studies, aimed to recruit a general population sample; test for paranoid ideation and its correlates with cognitive, affective, and behavioural components of social performance; then to pilot a new VR ‘social situation’ paradigm in non-clinical participants with high and low paranoid ideation; and to investigate whether these components of social performance and mood are associated with increased paranoid ideation in a VR ‘social situation’ task.

Design: Study 1 was a cross-sectional cohort study. Study 2 was a cross-sectional comparison study.

Method: In Study 1, a general population online survey (N=609) investigated how trait paranoia relates to components of social performance and mood. In Study 2, two groups were formed from Study 1: participants who scored high and low in trait paranoia (N=89) entered a VR ‘social situation’ task to evaluate the acceptability of the VR task and the relationship between paranoid ideation and social performance.

Results: As hypothesised, in Study 1, trait paranoia was associated with components of social performance; in Study 2, participants found the VR environment acceptable and immersive; exposure
to the VR environment elicited a range of cognitive, affective, and behavioural components of social performance; and high trait paranoia participants reported higher state paranoia and greater negative components of social performance.

**Conclusions:** The VR task has assessment and treatment applications for people with psychosis, who can experience paranoia in social situations.

Ref: 7344
Category: Social Justice

**Understanding the commission process for sex offending on London railways: An ethnographic study of proactive policing approaches**

Shola Apena Rogers, Joanna Adler & Miranda Horvath, *Middlesex University*

**Objectives:** Sexual offences in public spaces, particularly on the London railway network, are on an upward trend. The aim of this study is to understand how British Transport Police (BTP) officers proactively police sexual offences and explore how this contributes to identifying offender behaviours. Drawing upon the rational choice perspective as a theoretical framework, crime script theory provides a crime-specific approach to examining the commission of sexual offences on London railways. Immediate environmental factors are also considered.

**Design:** The study applied a qualitative research design.

**Methods:** Ethnographic fieldwork observations and semi-structured interviews were undertaken to facilitate an understanding of the context in which BTP officers undertake their proactive policing duties in relation to detecting sexual offences. An inductive approach to thematic analysis enabled in-depth analysis of the data and the integration of results to generate themes.

**Results:** Police officers described the behaviours of those suspected of committing a sexual offence, which were categorised and organised into three main areas; a) offence planning (e.g. no intention of travelling from A to B and victim selection) b) offence strategies (e.g. staged accidental touching or intentional transgressions) and c) aftermath (e.g. justification or denial).

**Conclusions:** The implications in relation to providing guidance for the successful application of crime prevention policies are considered. An increase in the availability and analysis of crime-specific data in the form of sex offending scripts, will draw attention to the wider range of possible intervention points for situational crime prevention measures to be implemented on London railways.

Ref: 7291
Category: Social Justice

**Holding back the tide - how commitment to the NHS is offsetting the impact of high job demands on intentions to quit in Allied Healthcare Professionals**

Deborah Roy, *University of Bath*; Reka Plugar, *University of Leicester*; Nathan Husdon-Sharp & Anitha George, *National Institute of Economic and Social Research*; Sarah Hadfield, *University of Leicester*

**Objectives:** To explore predictors of intentions to quit amongst Allied Health Professionals working in the UK’s National Health Service.

**Background:** There are reports that increasing demands on the NHS and structural changes such as franchising of services are having a negative impact on the morale of Allied Healthcare Professionals raising concern that this change in ethos may be wearing down staff attachment to the NHS.

**Methods:** A structured questionnaire was distributed via Professional Bodies and Trade Unions nationally to a convenience sample of UK Allied Health Professionals (n=1115). The researchers measured future work intentions and a range of variables hypothesised to impact on attachment to work and intention to quit. Responses were analysed using logistic regression techniques.

**Results:** Job demands, age, and job satisfaction were found to be significant predictors of intention to quit within 12 months, regardless of job band. However, high commitment offset the effects of job demands as a predictor of quitting.

**Conclusions:** The intrinsic satisfaction of caring for patients is a significant factor in explaining why NHS staff continue to work in the NHS. Should changes such as privatisation further erode NHS commitment, there is a danger that job satisfaction alone will not be able to hold back the tide, and more staff will plan an exit from the NHS. The various implications will be discussed.
Care work, zero-hours contracts and employee wellbeing
Lauren Russell, Jermaine Ravalier & Rheanna Morton, Bath Spa University

It is widely accepted that various organisational factors impact employee health including psychosocial working conditions and patterns, with some occupations markedly more stressful. While it is known that healthcare providers such as doctors have highly stressful jobs, care workers who provide assisted living to those with psychological and physiological disabilities and services such as medication administration are not widely investigated despite being over 1.6 million of these workers in the UK. Furthermore, zero-hours contracts are widely denigrated in the UK media, without any academic research on the topic.

This two-phase study is among the first to investigate psychosocial working conditions for care workers in the South West of England via a survey (n=225), and the first to investigate the impact of zero-hours contracts on care worker wellbeing via a number of semi-structured interviews of those with zero-hours contracts (n=24) and those with set hours contracts (n=15).

Results suggest psychosocial working conditions are slightly increased in these employees than UK benchmark averages as measured by the Management Standards Indicator Tool, apart from the ‘control’ measure, adequate levels of general health, and medium engagement. Qualitative preliminary results determine that power issues and work-life balance associated with zero-hours contracts were particular stressors, although flexibility offered with contracts is a buffer to stressors when in combination with mutual power relations with management. Lack of management support and low pay were associated with care work. Further investigation is required regarding impacts of zero-hours contracts, and the role of control in care workers.

Working memory training fails to improve typically developing children’s cognitive/academic skills: A meta-analysis
Giovanni Sala, University of Liverpool

The putative effectiveness of working memory training (WMT) at enhancing cognitive and academic skills is still hotly debated. Several researchers have claimed that WMT fosters not only skills such as visuospatial working memory and short-term memory but also abilities such as fluid intelligence, cognitive control, literacy, and mathematics. However, other scholars acknowledge the positive effect of WMT on working memory-related cognitive skills but are much more pessimistic about WMT ability to improve other cognitive and academic skills. In other words, the idea that far-transfer – i.e., the generalization of a set of skills between two domains only loosely related to each other – may take place in WMT is still controversial.

In this meta-analysis, we focused on the effects of WMT on cognitive and academic skills – e.g., fluid intelligence, attention/inhibition, mathematics, literacy – in typically developing children (aged three to 16). The overall effect sizes were $g = 0.46$, $k = 30$, p<.001 and $g = 0.12$, $k = 74$, p<.001 for near- and far-transfer measures, respectively. Additional random meta-analytic models showed that WMT did not significantly improve any of the reviewed academic and cognitive skills. Moreover, the studies in which the participants were randomly allocated to the groups had smaller overall effect sizes.

The results suggest that WMT is ineffective at enhancing any of the considered skills and that the overall effect is negligible. Thus, far-transfer seems to occur rarely and its effects to be negligible.
Does chess need intelligence? Yes, it does
Giovanni Sala, University of Liverpool; Zach Hambrick, Michigan University; Brooke Macnamara, Case Western University; Guillermo Campitelli, Edith Cowan University; Fernand Gobet, University of Liverpool

Thanks to a highly reliable rating system and the total absence of random factors, the game of chess is a perfect environment for testing theories of expert performance. Specifically, chess-related studies have repeatedly been mentioned in the debate about the role played by cognitive ability and deliberate practice in expert performance. However, no definite conclusion had been reached. Do chess players have to be smart to achieve mastery? Is an intensive training all chess players need to become experts? And, do chess players possess higher overall cognitive ability than the general population? We tried to answer these questions using meta-analysis.

In two meta-analyses, we analysed: (a) the differences between chess players and non-chess players in cognitive ability; and (b) the relation between intelligence-related cognitive abilities and chess skill in chess players of different skill levels. The first meta-analysis revealed that chess players outperformed non-chess players in cognitive abilities such as planning, cognitive reflection, working memory, and general intelligence (k = 19, d = 0.49, p < .001). The second meta-analysis (k = 82) showed that chess skill correlated with fluid reasoning (r = .24), STM (r = .25), comprehension knowledge (r = .15), and processing speed (r = .24).

These findings corroborate the idea that chess requires intelligence. Consequently, as (a) chess players are more intelligent that non-players and (b) individuals with a higher overall cognitive ability play better chess, deliberate practice alone is not a sufficient explanation of how players achieve mastery in chess.

Separating the happiest from the mere happy: An empirical case for the ‘Kim Kardashian archetype’
Matthew Samson, University of Cambridge

People increasingly want to thrive rather than just be comfortable. To date, empirical research highlights variables that promote but do not necessarily maximise happiness, like extraversion. These variables are typically observed in a research vacuum that fails to capture complex intra-person effects. Machine learning approaches like random forest (RF) overcome this by accounting for more non-linear relationships across more variables than traditional methods. We used machine learning to find the intra-person variable constellations that make people ‘happiest’. Doing so may unearth new mechanisms that drive well-being.

The present study used 4,120 adult survey panellists from the USA, UK and Canada (69% women). Participants reported seventeen demographic, health and personality scores, and six convergent well-being scores. We used RF to determine which constellations of these predictors had the highest well-being across its measures. Mean model accuracy was high (R = .60; SD = .08); thus, models accounted for a noteworthy portion of well-being. Then, we created an exhaustive set of dummy predictor constellations, which yielded approximately 27 million unique cases. We used our models to predict well-being for each case. As expected, the happiest decile were disproportionately extraverted and in relationships. More surprisingly, they were also minority women with high religiosity and socioeconomic status. This profile deviates from prevailing archetypes, many of which are men. It may highlight the importance of being relatively high-status within a demographic and having strong social bonds. Understanding these pathways may help practitioners design interventions that target the true causes of happiness.
Ref: 7014
Category: Wellbeing
Exploring men’s experiences and understanding of binge eating disorder: An interpretative phenomenological analysis
Spyroula Spyrou, London Metropolitan University

Objectives: Men with Binge Eating Disorder (BED) have been overlooked in research as studies have mainly focused on women. As a result, there appears to be a limited understanding of men’s experiences and treatment needs of BED.

Design: A qualitative study was undertaken to explore men’s experiences and understanding of BED including their experiences in seeking, accessing and receiving treatment.

Methods: Semi-structured interviews were carried out with six men who had a diagnosis of BED. Data was analysed using Interpretative Phenomenological Analysis.

Results: Four super-ordinate themes emerged: the experience of BED; the process of understanding; the stigmatised male self and the experience of treatment.

Conclusions: The experience of BED was described as a divergent experience of negative and positive facets, characterised by a futile struggle to control their eating. The men discussed the function of BED in their lives and they compared BED to an addiction. The experience of BED in men encompassed feelings of isolation and stigma due to having what they perceived as a female and/or homosexual disorder. These men discussed their strong adherence to masculine stereotypes and having BED was perceived as emasculating. The participants’ struggles with treatment were emphasised as they received what was perceived as inadequate treatment care. The applicability of these findings is discussed and includes exploring men’s recommendations towards tailoring treatment to meet their needs, for example all-male group therapy and addressing masculinity.

Ref: 7175
Category: Social Justice
Using parents’ experiences to investigate how to prevent high risk primary school children developing antisocial and criminal behaviour: A longitudinal mixed methods study
Madeleine Stevens, London School of Economics and Political Science

Objectives: To investigate what aspects of intervention for families with conduct-disordered school-age children contribute to prevention of future antisocial and criminal behaviour.

Design: Mixed methods. Qualitative analysis of repeat in-depth interviews with parents and practitioners over five years to discover why and how families benefit, or fail to benefit, from intervention. Quantitative analysis of a larger cohort of at-risk children to examine associations between school-age modifying factors suggested by the qualitative analysis and later antisocial behaviour.

Methods: Eleven families referred to a therapeutic parenting intervention, because of their child’s problematic behaviour, were followed for five years. Inductive thematic analysis of in-depth interviews with parents, and practitioners they nominated as helpful, suggested hypotheses regarding intervention-related factors associated with positive outcomes. Where data were available these factors were further investigated using the Avon Longitudinal Study of Parents and Children. Multiple regressions examined associations between these potentially-moderating factors (at ages 5-10) and antisocial and criminal behaviour (at ages 16-21) for children with behaviour problems at baseline.

Results: Key themes included services’ conflicting roles in support, reform or surveillance of parents, undermining trust-building. Poor maternal social support, mental health, parent-school communication, school experiences and parental hostility were associated with later antisocial behaviour.

Conclusions: Helping parents see their own role in their child’s behaviour can transform relationships. Making low-level support available to families between times of crisis may help avert the worst consequences of crises when they occur. Aspects of useful practice and relevance to family resilience models are discussed.
Right-wing authoritarian responses to the Paris terror attacks
Katie Sullivan, University of Wales Trinity Saint David

Objectives: To examine whether reports of terror attacks influenced people’s levels of Right-Wing Authoritarianism (RWA; Altemeyer, 1981) and explicit prejudice in the immediate aftermath of a terrorist attack.

Design: Pre and post questionnaire.

Background: The terrorist attacks on 15th November at the Bataclan theatre, Stade de France and Saint-Denis district in Paris received intense media coverage and commentary, during the event and afterwards. The current study sought to examine whether news of this attack influenced people’s attitudes in the 48 hours after the event.

Method: Questionnaires measuring Right-Wing Authoritarianism (Zakrisson, 2005) and explicit prejudice (Lepore & Brown, 1997) for a previous research study (four weeks earlier) with psychology undergraduates were re-released (with new study information) electronically 24 hours after the cessation of the Paris attack and left open for 24 hours. Thirty-seven students who took part in the original study completed the new questionnaires, and these were measured against their original responses and the overall original group responses.

Results: Whilst no significant differences were found for explicit prejudice pre and post the Paris attacks, RWA scores significantly increased post attack, when measured against the overall group and the specific sub-group taking part in the study pre-attack.

Conclusion: Whilst a small-scale study in terms of numbers, due to the constraints and immediacy of the research, these data suggest that RWA significantly increases in the immediate aftermath of a terrorist attack. Therefore, it is important to recognise the dangers of decision-making immediately following an attack, particularly where these may be influenced by RWA views of the world.

Contact with counter-stereotypical women predicts less sexism, less rape myth acceptance, less intention to rape (in men) and less projected enjoyment of rape (in women)
Miriam Taschler, Goldsmiths, University of London

Objectives: Intergroup contact – (positive) interactions with people from different social groups – is a widely researched and strongly supported prejudice-reducing mechanism, shown to reduce prejudice against a wide variety of outgroups. However, no previous research has investigated whether intergroup contact can also reduce sexism against women. Sexism has an array of negative outcomes. One of the most detrimental and violent ones is rape, which is both justified and downplayed by rape myth acceptance. We hypothesised that more frequent, higher quality contact with counter-stereotypical women would predict lower levels of sexism and thus less rape myth acceptance (in men) and less sexualised projected responses to rape (in women).

Design: Participants completed a questionnaire about their contact with counter-stereotypical women, sexism, rape myth acceptance, and intentions to rape women.

Methods: Two studies using online surveys with community samples were conducted. Study 1 used 170 male participants, while Study 2 used 280 female participants. To analyze the data structural equation modelling in AMOS was applied.

Results: In Study 1, male participants who experienced more positive contact with counter-stereotypical women reported less intention to rape. Similarly, in Study 2, female participants who experienced more positive contact with counter-stereotypical women reported less projected sexual arousal at the thought of being raped.

Conclusions: The present research is the first known to show that contact could be a potential tool to combat sexism, rape myth acceptance, intentions to rape in men, and sexualisation of rape by women.
Life-course trajectories of affective symptoms and their predictors in early life
Ellen Thompson & Darya Gaysina, EDGE Lab, School of Psychology, University of Sussex

Objectives: The present study aimed to: 1) identify life-course trajectories of affective symptoms (i.e., anxiety and depression); and 2) to examine what factors in early life can predict the occurrence of different trajectories. Design: Prospective longitudinal birth cohort study (MRC National Survey of Health and Development, NSHD).

Methods: Data from 5362 NSHD survey members were used. Affective symptoms were measured at multiple time-points across more than 55 years: 13, 15, 36, 43, 53, 60-64, and 69 years. A latent variable modelling approach was applied to improve the precision of measurement, and latent profile analysis was used to model affective symptoms profiles. Multiple prospectively measured early life factors (n=27) across six domains (family stability, family socio-economic status, parental age, child-rearing and parenting, parental health, and childhood health), were tested for associations with different symptom profiles using multinomial logistic regression.

Results: A series of models were fitted estimating three to seven profile solutions, in order to identify the most parsimonious description of early to later life profiles of affective symptoms. Six profiles were identified: 1) absence of symptoms (40.2%); 2) adolescent symptoms with good adult outcome (14.6%); 3) moderate early adult symptoms only (no symptoms in adolescence and late life) (16.3%); 4) severe late life symptoms only (no symptoms earlier in life) (17.5%); 5) severe adolescent and early adult symptoms (no symptoms in late life) (5.4%); and 6) repeated moderate symptoms across the life course (6%). Early life factors were significantly associated with specific symptom profiles. Conclusions: Affective symptoms are heterogeneous over the life course and have different predictors in early life. These findings have important implications for identifying underlying pathways and mechanisms of affective problems.

Do you feel like waiting? The impact of children’s mood on delaying gratification
Sophie Turnbull & Daniel Carroll, University of Sheffield

Background: Experiencing positive emotional states improves adult’s and children’s performance in several cognitive domains, but little is known about how mood states influence affectively driven processes such as delaying gratification. Across two studies, we investigated whether children’s emotional state influenced their tendency to delay gratification.

Design: A one-way experimental between-subjects design was used in both studies. In study 1, children were assigned to either a positive mood induction or control condition, whilst in study 2 children were assigned to either a positive or negative mood induction, or control condition.

Methods: Participants (study 1, N=87; study 2, N=148) were 4 to 10-year-old children from primary schools in England. To induce mood, in study 1, participants recalled happy memories (positive condition) or the names of their classmates (control condition). In study 2, participants watched either a funny (positive condition) or boring (negative condition) video, or had no intervention (control condition). Children self-reported their mood after the mood induction. They then completed a measure of delaying gratification, either an adaptation of the classic Marshmallow waiting paradigm (study 1) or a delay choice test (study 2).

Results: The mood manipulations were successful, based on children’s self-reported mood. However, there was no significant effect of mood induction condition on delaying gratification in either study 1 (p=.57), or study 2 (p=.26). The null effects remained when children for whom the mood induction was ineffective were excluded, and there was no correlation between self-reported mood and delaying of gratification in either study.

Conclusions: The results demonstrate that mild fluctuations in children’s current mood state do not affect their tendency to delay gratification.
**Method:** Design: ‘narcissistic injury’. The study also considered whether ‘grandiose’ and ‘vulnerable’ narcissists differed in their responses to ‘narcissistic injury’.

**Objectives:** To investigate narcissistic abuse in intimate relationships. This project investigated the role of subclinical narcissism in the context of domestic violence, and explored the common triggers that evoke narcissistic rage in intimate relationships. The study also considered whether ‘grandiose’ and ‘vulnerable’ narcissists differed in their responses to ‘narcissistic injury’.

**Design:** A qualitative research approach using individual interviews was adopted to gain an in-depth account of self-reported victims’ perceptions of the role of narcissism in their intimate relationships.

**Method:** Semi-structured interviews were carried out with seven participants who reported having been in a relationship with an ‘abusive narcissist’. These interviews were transcribed and analysed using thematic analysis.

**Results:** Three overarching themes emerged from the data analysis: (1) Verbal and physical abuse; (2) Narcissistic self-protection; and (3) Fear of abandonment. Findings suggest that grandiose and vulnerable narcissists’ reactions to narcissistic injury are both likely to be covertly and overtly aggressive and violent; however the underlying motives for these responses were somewhat different. For grandiose narcissists, the violence was likely to be triggered by threats to their self-esteem. In contrast, vulnerable narcissists were likely to experience significant injury and rage at the slightest fear of abandonment.

**Conclusion:** These findings demonstrate that the attempt to regulate and restore self-esteem are different for the two subtypes of narcissistic presentation. While grandiose narcissists regulate their self-esteem by engaging in self-enhancing behaviours to abuse their partners (often quite overtly) as a way to defend themselves against ego-threats, vulnerable narcissists regulate their self-esteem by engaging in self-protecting behaviours (mostly sulky passive-aggressive behaviour) intended to defend their vulnerability.

**Adolescent disclosure and parental knowledge regarding online activities: Social anxiety and parental control as moderators**

Early adolescents spend a lot of time online, yet little is currently known about the links between parental rule-setting, adolescents’ disclosure about online activities, and whether social anxiety may interfere with these processes. Using a longitudinal sample of 526 adolescents (269 girls; Mage = 14.00) and their parents (79% mothers, Mage = 43.66), the results from the current study showed low correspondence between parental knowledge, adolescent disclosure, as well as parents’ own ratings and adolescents’ ratings of parental legitimacy about online activities. High social anxiety interacted with high adolescent-rated parental control in predicting the least disclosure about chatting with strangers and posting online content over time. Also, high social anxiety interacted with low parent-rated control to predict more adolescent disclosure about chatting with strangers and money spent online over time. Thus, social anxiety and parental control moderated the links between disclosure and knowledge for some online activities. These results highlight the importance of differentiating between parental and adolescent knowledge versus solicitation in understanding what young people do online.

Ref: 7264

Category: Wellbeing

**Toxic love: Investigating narcissistic abuse in intimate relationships**

Ava Valashjardi, *Edinburgh Napier University*

**Objectives:** This project investigated the role of subclinical narcissism in the context of domestic violence, and explored the common triggers that evoke narcissistic rage in intimate relationships. The study also considered whether ‘grandiose’ and ‘vulnerable’ narcissists differed in their responses to ‘narcissistic injury’.

**Design:** A qualitative research approach using individual interviews was adopted to gain an in-depth account of self-reported victims’ perceptions of the role of narcissism in their intimate relationships.

**Method:** Semi-structured interviews were carried out with seven participants who reported having been in a relationship with an ‘abusive narcissist’. These interviews were transcribed and analysed using thematic analysis.

**Results:** Three overarching themes emerged from the data analysis: (1) Verbal and physical abuse; (2) Narcissistic self-protection; and (3) Fear of abandonment. Findings suggest that grandiose and vulnerable narcissists’ reactions to narcissistic injury are both likely to be covertly and overtly aggressive and violent; however the underlying motives for these responses were somewhat different. For grandiose narcissists, the violence was likely to be triggered by threats to their self-esteem. In contrast, vulnerable narcissists were likely to experience significant injury and rage at the slightest fear of abandonment.

**Conclusion:** These findings demonstrate that the attempt to regulate and restore self-esteem are different for the two subtypes of narcissistic presentation. While grandiose narcissists regulate their self-esteem by engaging in self-enhancing behaviours to abuse their partners (often quite overtly) as a way to defend themselves against ego-threats, vulnerable narcissists regulate their self-esteem by engaging in self-protecting behaviours (mostly sulky passive-aggressive behaviour) intended to defend their vulnerability.

Ref: 7006

Category: General

**Adolescent disclosure and parental knowledge regarding online activities: Social anxiety and parental control as moderators**

Nejra Van Zalk, *University of Greenwich*

Early adolescents spend a lot of time online, yet little is currently known about the links between parental rule-setting, adolescents’ disclosure about online activities, and whether social anxiety may interfere with these processes. Using a longitudinal sample of 526 adolescents (269 girls; Mage = 14.00) and their parents (79% mothers, Mage = 43.66), the results from the current study showed low correspondence between parental knowledge, adolescent disclosure, as well as parents’ own ratings and adolescents’ ratings of parental legitimacy about online activities. High social anxiety interacted with high adolescent-rated parental control in predicting the least disclosure about chatting with strangers and posting online content over time. Also, high social anxiety interacted with low parent-rated control to predict more adolescent disclosure about chatting with strangers and money spent online over time. Thus, social anxiety and parental control moderated the links between disclosure and knowledge for some online activities. These results highlight the importance of differentiating between parental and adolescent knowledge versus solicitation in understanding what young people do online.
The current popularity of the second-to-fourth digit ratio (2D:4D) in research (about 1200 journal papers have been published since 1998) is rooted in the idea that this simple trait of hand anatomy could be a pointer to prenatal androgen action (PAA). If true, this would be of great value, because: (1) PAA has permanent (“organizing”) effects on the brain, behavior, and disease susceptibility. However, (2) key evidence for this, from animal experimentation, may not be directly transferable to humans; (3) insights from natural experiments (early manifesting endocrine disorders) have their own intrinsic limitations; (4) PAA measurement in humans is intractable; and (5) PAA experimentation in humans is ethically impossible. Presented here is a multi-pronged meta-analytic (and systematic review) effort towards assessing the validity of 2D:4D as a pointer to PAA, based on about 80 primary studies containing validity-related evidence. Inter alia, evidence is synthesized from: molecular genetic studies (genome-wide and candidate gene association studies), endocrine assay studies (amniocentesis and cordal blood), endocrine disorder studies (of congenital adrenal hyperplasia, complete androgen insufficiency syndrome, and polycystic ovary syndrome), sex-chromosome aberrations, and convergent correlations of 2D:4D with other proposed candidate pointers to PAA (age at menarche, anogenital distance, finger-ridge count, and otoacoustic emissions). The results of this coordinated research synthesis show that the actual validity status of the 2D:4D marker is notably weaker and more uncertain than widely stated in the 2D:4D research literature itself. The implications of this empirically based conclusion are discussed, and avenues for further inquiry proposed.

Ref: 7202
Category: Social Justice

“This research has implications for policy on...”- Why nobody listens to psychologists
Carl Walker, University of Brighton; Ewen Speed, University of Essex
The recent proposal by the Cabinet Office to block researchers who receive government grants from lobbying for policy changes marks the latest and least subtle attempt to shape the evidence/policy relationship through an ideological lens. Drawing on the idea of ‘bounded rationality’, this paper outlines the rational and irrational ways in which psychological evidence is selectively appropriated to meet neoliberal ideological goals and how these processes only fleetingly relate to the hierarchies of evidence which we insist on privileging as academic psychologists. Using a close analysis of a range of government policy programmes and the recent BPS briefing paper on work capability assessments, this paper draws upon the selective appropriation of certain psychological findings by recent governments to critique the implicit naïve assumptions that our discipline holds regarding evidence, policy and ideology. With few exceptions, we suggest that the enlightenment era policy logic of psychology does not allow the conceptual foundations needed to make meaningful sense of the relationship between what is framed as ‘evidence’ in the era of ‘austerity’ policymaking. There is no ‘policy cycle’ through which to inject scientific evidence to allow social progress. Rather, the policy process is hidden, messy, unpredictable, and utterly dominated by a range of ideological heuristics. The paper finishes by suggesting ways that psychologists are able to draw upon our work to stand alongside those most marginalised by the austerity programme.

Ref: 6986
Category: Wellbeing

Awareness and awakenedness: A narrative analysis of undergraduate students’ experiences of developing mindful agency
Qing Wang, East China Normal University
The current study explores undergraduate students’ perceptions and experiences of developing mindful agency, a positive learning disposition, using narrative analysis as the methodological lens. There were 72 participants who joined a mindful agency coaching program and generated personal reflective journals including texts and images. Among these participants, 31 students participated
narrative interviews and shared their further views on the development of mindful agency. The narrative analysis revealed four primary stories: 1) personal values and strengths as a gateway to developing mindful agency, 2) enhanced awareness of thoughts, feelings and energy, 3) mindfulness as an everyday practice, and 4) narrative self as a reflective learner. It could be concluded that developing mindful agency is an optimising and rewarding learning experience for undergraduate students to grow as more mindful, self-determined and interdependent learners.

Ref: 7364
Category: Wellbeing

“You kind of pull back the layers”: The experience of inter-professional supervision with educational psychologists

Maria Wedlock, West Sussex County Council
Supervision is considered to be an essential element of delivering high quality services and supporting the wellbeing of professionals. In a national online survey, it was found that 28.6% of Educational Psychologists (EPs) reported supervising other professionals who work with children and young people. Family Support Key Workers (FSKWs) work with pre-school aged children with significant needs, their families and pre-school settings. EPs have been commissioned by a Local Authority as part of their core work to offer supervision to FSKWs. The aim of this study was to explore the lived experience of FSKWs engaging in inter-professional supervision with EPs and enhance the findings of previous studies through gaining a deeper insight into how FSKWs experience and make sense of supervision. Seven FSKWs who had engaged in supervision with EPs over a period of 10-15 years took part in the study. A semi-structured interview schedule was used, and the transcriptions analysed using Interpretative Phenomenological Analysis (IPA). Five overarching themes were identified and are discussed. Supervisees experienced a safe relationship with the EPs and the opportunity for the deeper exploration of the self. They also experienced supervision as a learning space, a choice of whether to engage in supervision alongside movements in, and changes in these experiences over time. Each of the themes are considered in light of existing theories and frameworks with their implications on practice. The importance of establishing a foundational relationship to create space for the deeper exploration of the self to support learning and development is emphasised.

Ref: 7282
Category: General

Evidence of asymmetry in lay perceptions of heterosexuality and homosexuality: Is heterosexuality more fragile?

Keon West, Goldsmiths, University of London

Objectives: Some psychological states appear to be simple opposites but are asymmetrically defined. For example, in the USA, having a single Black ancestor can classify someone as “Black”, but having a single White ancestor does not classify someone as “White”. Two experiments (N1 = 46, N2 = 44) investigated asymmetrical definitions of heterosexuality and homosexuality.

Design: A 2 (Condition: Presented as straight vs. Presented as gay) x 2 (Time: Before contradicting behaviour vs. After contradicting behaviour) mixed design with repeated measures on the second factor for both experiments.

Methods: Participants either read a description of a man who (1) said he was straight (Presented as straight) or (2) said he was gay (Presented as gay), then rated him on his apparent sexual orientation and other filler items. Participants then read a vignette in which the man did something contrary to his described sexual orientation (i.e., the ‘gay’ man kissed a woman / the ‘straight’ man kissed a man) and rated him on his apparent sexual orientation (and filler items) again.

Results: In both studies, there was an interaction of condition and time on acceptance of presented sexual orientation. A single same-sex act strongly affected participants’ perceptions of the straight man’s sexual orientation, but a single opposite-sex act only weakly affected their perceptions of the gay man’s sexual orientation. This could not be explained by other factors (e.g., perceived manliness).

Conclusions: These findings support a “fragile heterosexuality” hypothesis. Implications for sexual orientation and anti-gay prejudice are discussed.
Ref: 7301
Category: Wellbeing
Evaluating an intervention (the 5 Praises Initiative) to improve child wellbeing and behaviour through increased parental praising
Sue Westwood, De Montfort University

Objectives: There seems to be little evidence concerning the wellbeing of young, pre-school children in the general population or of how it may be enhanced (Sutton, 2012). This exploratory study aimed to address this by evaluating the effect of a praised based intervention.

Design: To test the effectiveness of the intervention, a pre-test, post-test, unblended randomised control trial group design was used.

Methods: 38 parents with children between the ages of 2 and 4 from local Children’s centres and at a local university were recruited. The Strengths and Difficulties Questionnaire was used as a measure. Intervention participants were given the 5 Praises card, information sheet on child praising and were asked to monitor how often they praised their child for 4 weeks.

Results: Providing regular praise and catching children behaving well resulted in a statistically significant reduction in the total difficulties score for those in the intervention group. This result was not found for those in the control group. Further analyses showed that the conduct problems and the hyperactivity scores of children in the intervention group reduced, unlike those of the children in the control group.

Conclusion: Helping parents to offer preschool children 5 praises a day was shown to contribute significantly to their wellbeing, resulting in improved behaviour and reduced levels of hyperactivity. Although this was only a small sample, these findings suggest that this intervention is a ‘light touch’, low cost tool for addressing childhood wellbeing.

Ref: 7219
Category: Wellbeing
Should I stay or should I go? – Exploring relative drivers of employee early-exit from the national health service (nhs)
Andrew Weyman, University of Bath

Shortages of suitably qualified health professionals prepared to work in the NHS are not a new phenomenon. However, there are claims that the NHS faces the prospect of unprecedented shortages over the next decade. Causal vectors present as multiple, having variously been attributed to changes to training bursaries; rises in job-demands; budgetary cuts; changes to contractual arrangements; uncertainty over Brexit implications; and more. Prima facie implications relate to training, recruitment and retention. This paper focuses on retention.

Objective: To explore the relative salience of variables that push health professionals towards early exit from the NHS.

Design: An opportunity sample of NHS employees (N=1605) completed a paired comparisons exercise on variables identified as representing headline ‘push’ influences on employee early exit.

Methods: The interval scale produced by the method of paired comparisons affords a number of advantages over alternatives, e.g. direct ranking or rating scales. It provides indicates the relative distance (importance/salience) between the variables being ranked, and, permits formal testing of the degree of concordance (shared view) for the sample as a whole and the degree to which different employee demographics (profession/role/grade) share discrete ‘push’ profiles.

Results: Findings indicate the primacy of variables relating to extrinsic components of job demands. Differences in rankings by profession/job role and grade will be articulated. The results are discussed with reference to related qualitative finding form six case study health trusts.

Conclusion: The implications of our findings from the perspective of the scope for intervention aimed at increasing rates of NHS staff retention are discussed.
**Objectives:** The study explored the experiences of runners who use wrist-based technology, their motives for maintaining running, and how technology affects their experiences of running.

**Design:** The study utilised a qualitative, phenomenological approach in the form of semi-structured interviews, facilitating in-depth discussion and flexibility. Participants were additionally invited to supplement their verbal data with self-captured visual images.

**Methods:** Participants in this small-scale study were a purposive sample of ten participants, who were regular runners and users of wrist-based technology. Verbal and visual data were analysed using Interpretative Phenomenological Analysis (IPA).

**Results:** Emergent themes are presented as three elements of a dynamic model in which each element captures beneficial and potentially negative effects of technology on the experience and maintenance of running. Theme 1 outlines the role of technology in ‘Reifying running through data capture.’ Theme 2, ‘Setting targets and achieving goals’ reflects the importance of motivation and goals setting in the maintenance of running and the subsequent confirmation of success afforded by technology. Theme 3, ‘Competing with self and others through technology’ focuses on the function of technology in facilitating intra- and inter-personal comparisons of running performance. Each element of the model contributes to the maintenance of running by providing focus and purpose. However, potentially negative effects of technology use on well-being were also identified within and across elements, including obsessive behaviour and over-exertion.

**Conclusions:** The findings provide insight into the previously unexplored experiences of runners who use wrist-based technology. However, they also have implications for both users and technology developers, in discouraging negative effects on well-being.

**The use and benefits of expressive writing in treatment of PTSD and other traumas in EAP and primary care settings (IAPT)**

Kevin Wright, South London & Maudsley NHS Foundation Trust

This paper proposes to provide case examples by a post-modernist psychology practitioner to demonstrate the effectiveness and advantages of using the technique known as expressive writing as a quick and effective way to work with particularly post-traumatic stress and other traumas within various brief therapy settings. The technique is seen as a positive and time efficient technique as an adjunct to the more traditional techniques such as CBT as used in brief therapy settings. The model is an extension of techniques developed in the US by Pennebaker & Smyth (Pennebaker, 1994, 1997; Smyth, 1998; Baikie & Wilhelm, 2005). The method can also be seen as an extension of narrative therapy which has grown out of the postmodernism of the last few years (Kelley, 2002; White & Epston, 1990) and has been incorporated into various therapeutic perspectives (McLeod, 2004). Basically here the emphasis is on the client’s need to tell their story. The use of expressive writing has been found to have significant effects, long term, on physical and psychological wellbeing, physiological and general functioning outcomes particularly in reducing post traumatic intrusions and avoidance symptoms and it may also point the way for further research in its use for other client problems. This paper will present the technique and the change responses using case examples suggesting that this may offer more time efficient treatment protocols given the restraints and needs within the brief therapy requirement of EAP provision and that offered by IAPT services in Primary Care.
**Exploring the role of regulatory focus on coping styles and well-being among Syrian refugees**

Nihan Albayrak, London School of Economics and Political Science; Karl-Andrew Woltin, University of Roehampton

**Purpose:** The aim of this study is to explore the role of self-regulation in coping styles and well-being of a vulnerable population.

**Background:** Well-being is not only affected by stressful events but also influenced by how individuals cope with such events. Importance of designing well-being interventions taking personal features into account was also highlighted by former research. The current study, therefore, investigated to what extent differences in regulatory focus (Higgins, 1997) relate to employed coping strategies and well-being of Syrian refugees in Turkey.

Regulatory focus theory distinguishes a promotion focus on accomplishments and aspirations from a prevention focus on safety and responsibility. Previous work has linked regulatory focus to differences in coping strategies and well-being. Although both foci are reported to be uniquely connected with coping strategies, only promotion focus is shown to predict well-being (Grant & Higgins, 2003). This study takes a further step to understand these connections in a culturally-different and vulnerable population. Specifically, it explores whether regulatory focus predicts different types of coping strategies (i.e. problem-focused, emotion-focused, and maladaptive coping; Carver, Scheier, & Weintraub, 1989) and subsequently, different levels of well-being among Syrian refugees in Turkey.

**Conclusion:** Promotion focus negatively predicted maladaptive coping, but not problem-focused coping and emotion-focused coping. Prevention focus, on the other hand, positively predicted both problem-focused coping and emotion-focused coping, while not predicting maladaptive coping. Overall well-being is predicted negatively by promotion focus and positively by prevention focus. These outcomes were slightly different than previous findings, which might be due to the characteristics of a vulnerable population. Therefore, they should be taken into consideration while designing interventions for specific populations in the future.

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**The impact of information overload and internet addiction on university students wellbeing**

Hasah ALHeneidi, Cardiff University

This research investigates the impact of information overload and Internet addiction on university students’ psychological wellbeing. The tests, Perceived Information Overload scale (Misra and Stokols, 2012) Young’s Internet addiction assessment measure (1998), and the Student WPQ measure (Williams and Smith, 2008); were conducted on 105 Kuwait University students (70.9% females, 29.1% males). Mean age was 21 (range= 18-39); and 179 Cardiff University students (91.6% females, 8.4% male). Mean age 19.22 (range=18-50). Correlation, multiple regression, and Anova were conducted to measure the impact of IO and IA on University students from two cultural backgrounds. Results indicate that IO and IA have a negative impact on Student’s WB; and there is regional difference in the impact of IO and IA on wellbeing. IA has an impact on KU student’s wellbeing; IO affects CU student’s wellbeing.

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**Attachment, narcissism and leadership in young children**

Daniel Balseanu & Ian Bushnell; University of Glasgow

While the origins of leader emergence and leader performance have been examined in adults through various routes, in particular through trait approaches, there is very little literature focussed on leadership emergence and behaviours during childhood. The current research examined attachment style and antisocial behaviours in classroom and playground situations. Teacher ratings
of children aged between eight and ten were obtained and it was found that securely attached children demonstrated more frequent leadership behaviours as did those with higher narcissism ratings. These results support retrospective research with adults indicating that secure attachment is a potential precursor of adult leadership behaviours and may act to improve the quality of social interactions and relationships which in turn makes leader emergence more likely. In turn, narcissistic tendencies may lead to higher levels of power seeking and thus to more leadership behaviours.

Ref: 7352
Category: General
Road crash fatalities in Ghana: Identifying behavioural targets through a qualitative enquiry
John Dotse, Richard Rowe & Rod Nicolson, University of Sheffield
Objective: To explore factors influencing driver crash risks in Ghana.
Design: Due to the unexplored nature of the subject in Ghana, the study employed a qualitative approach with a case study of commercial drivers.
Methods: Participants were 20 commercial drivers who were conveniently sampled from 7 major lorry terminals. Data was collected through semi-structured interviews.
Results: Results of thematic analysis of data indicate that the factors influencing driver crash risks in Ghana are multifaceted. Participants reported a range of behavioural factors including psycho-social (safety attitudes, job demand and fatigue conditions that lead to hazardous driving behaviours), cognitive (absent mindedness and distraction), and personality (anxiety, and aggressive tendencies) that confront them in their daily driving. Other factors included environmental (road surface defects and obstacles) and mechanical (road worthiness and machine failure).
Conclusions: Although some of the behavioural factors appear to be similar to factors identified in the western literature, their manifestation may be unique to the Ghanaian driving environment. Example the pursuit on revenue targets has emerged as a major factor that influences commercial drivers to engage in aberrant driving behaviours such as speeding and dangerous overtaking. But this factor is of less significance in the western literature due to the nature of the public transport arrangement in developed Countries. Other factors (eg. improper licensing and corruption) appear unique to Ghana. The findings will inform road crash reduction intervention policy in Ghana.

Ref: 7313
Category: Looking Forward
Taking a seat at the table: How psychologists can contribute to practice, research and policy concerning social mechanisms of resilience to climate change risks
Rebecca Graber, University of Brighton; Florence Pichon, Overseas Development Institute; Abbie Clare, London School of Economics
Purpose: This presentation calls for psychologists to answer the need of policymakers, interdisciplinary researchers and humanitarian aid practitioners to provide psychological knowledge about social factors contributing community resilience to climate change.
Background: We identify key research questions which psychologists could contribute to international practice, research and policy around community resilience to climate change. We draw on findings from a 2015 systematic review of the psychological literature conducted for the Rockefeller Foundation in multidisciplinary collaboration. We (1) specify crucial gaps in the literature based on the needs of climate change researchers and practitioners and (2) note how existing research could be further developed to address how communities can survive and thrive in the face of climate change risks. We specifically concentrate on psychologists’ ability to promote understanding of the social mechanisms of community resilience to climate change, which is currently underdeveloped.
Conclusions: Social psychologists, trauma psychologists, community psychologists, developmental psychologists and resilience researchers may have a particularly crucial role to play in collaborating with climate change researchers and practitioners to promote survival and adaptive functioning on the individual and community levels.
**Psychological challenges of social robots**

Carolyn Mair & Aurora Paillard, *London College of Fashion/University of the Arts London*

**Purpose:** To raise awareness of the role of psychology when robots develop emotions.

**Background:** Robots are becoming more commonplace in society, not only replacing humans in mundane, repetitive tasks, but also in complex medical procedures as well as driving cars. While training robots to carry out any task is demanding, equipping robots with the ability to develop emotional skills is challenging. Advances in technological expertise have led to an increase in robot companions that have been found to elicit empathy and enhance wellbeing. Following Aldebaran Robotics’ development of a robot who allegedly recognise and respond appropriately to emotions from facial expressions, words and gestures, researchers claim that using signal processing techniques, sentiment analysis and machine learning they can develop an avatar who will learn to be empathic. These developments are concerned with improving human wellbeing, however the existence of social robots capable of emotion presents a particular problem for psychology.

**Conclusions:** It is likely that robots will become increasingly human-like, but this is not necessarily positive. Imagine when robots are clumsy, jealous, envious and greedy. Worryingly, robots will be able to adapt faster than humans as they need not wait for evolution. Humans developing robots need to consider the negative as well as positive factors of human-likeness. This paper raises questions about the role of psychology for social robots and argues that psychologists will be required at every level from understanding relationships between robot and human, and robot and robot as well as supporting robots with mental health problems.

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**Sources of amoral values: Impact of organisational culture upon the rise of machiavellianism**

Ludmila Musalova, *University of Hertfordshire*

Most of the extant literature focuses upon the impact of Machiavellianism within wider organisational context. The current study aims instead to understand the sources of Machiavellians’ tendencies and their amoral values. The research sample consists of 15 working professionals, recruited via social site LinkedIn, fulfilling research criteria of UK residency, university education and full time employment. The research methodology utilised Mach IV questionnaire on the basis of which, participants were classed as high or low Machiavellians, followed by semi-structured interview exploring individuals’ sources of personal values, via Interpretative Phenomenological Analysis.

Two main variables, namely as early upbringing practices and institutional influence were investigated. The analytical process identified five superordinate themes (parental guidance, demographic culture, schooling system, workplace competition and organisational politics) influencing the formation of personal values; two superordinate themes (patriotism and fear of failure) related to value identification; and 2 superordinate themes (self and others) associated with success attribution followed by several sub-themes within each category. Nevertheless, differences were identified between the two groups in emphasis and how these themes were experienced. The results had shown that personal values of both groups derive from upbringing practices, and have tendency to mirror parental values. In addition to which, they are relatively stable over time and unaffected by the institutional values deriving from organisational culture. Therefore organisational culture and related values do not possess the power to override personal values. Nevertheless work institutions harness organisational politics which provide positive stimuli for Machiavellianism, enabling high Machiavellians to flourish.
Facebook stalking: A new norm demanding new theories
Amy C. Orben, University of Oxford

Purpose: This talk will introduce recent research investigating passive consumption, one of the most common uses of Facebook. Passive consumption occurs when social media users examine their friends’ ‘posts’ without directly interacting with the friends themselves. This social process - colloquially known as Facebook stalking - challenges traditional theories of relationship formation. Yet, it has been generally neglected as a subject of psychological study. This talk will demonstrate the importance of investigating passive consumption, and will outline new research areas this social phenomenon is creating in diverse divisions of psychology, like well-being and relationship research.

Background: As of June 2016, 23% of the world’s population are monthly Facebook users, the majority of whom use Facebook to socially connect and keep up to date with their friends. For younger generations especially, passive consumption has become a normal social activity. Well-respected theories of relationship formation, however, stress that humans need direct dialogue and reciprocal self-disclosure to form social connections. With passive consumption becoming an increasingly established part of human social life (and with it perhaps even replacing direct interaction in certain situations), psychologists must investigate the effect passive consumption is having on human relationship formation.

Conclusions: Passive consumption is not just a fleeting phenomenon, it is a newly developing social norm. The process of reading friends’ social information without any direct interaction is supplementing our previous concepts of human social interaction. This challenges past assumptions and presents new opportunities for innovative research in psychology and beyond.

Looking forward in psychology: The new concept of fashion psychology
Aurora Paillard & Carolyn Mair, University of the Arts London - London College of Fashion

Purpose: This presentation aims to define the new concept of Fashion Psychology, describe its current trends, and evaluate its future development.

Background: Fashion Psychology is the integration and application of the Psychology concepts, science and research methodologies to the industry of Fashion. Dr. William James (19th century) is the first author who challenged the rudiments of Psychology by considering clothes as an important part of the material, spiritual and social selves. Fashion Psychology is still at a pioneer but prolific stage to date. Consumer Psychology is the most known Psychology concept used in Fashion Psychology. It is defined as the study of human behaviour needed to understand and improve the human aspects involved in Fashion. However, Consumer Psychology is not the only Psychology concept applied to Fashion. Fashion Psychology also used Cognitive Psychology to assess cognition and creativity, embodied and enclothed cognition, personality and emotions underlining in Fashion. Biological Psychology evaluate the underpinnings of sensory integration, cognition and creativity and decision-making in Fashion. Social Psychology assess attraction, development of the Self, Self in the society, attitudes, beliefs and attribution in Fashion. Positive Psychology explore individual, societal and global issues including identity and body image, appearance and judgement, fashion and the environment, and the impact of technology. Finally, Lifespan and Inter-individual differences are key concepts used to improve Inclusive Fashion.

Conclusion: Fashion Psychology emphasises the application of psychological science in the drive to positively enhance the Fashion industry and the consumers’ well-being.
Ref: 7385
Category: Wellbeing
**Exploring the lived experience of female breast cancer survivors and their relationship with clothing, from a post-traumatic growth viewpoint**
Zoe Shaughnessy, UAL

**Purpose:** To explore the lived experience of female breast cancer survivors and their relationship with clothing, from a post-traumatic growth viewpoint.

**Background:** As more women survive breast cancer, their experience of living through a body altering, life changing illness and the factors that shape their journey need to be considered. As the relationship women, in general, form with clothing is an ambivalent one, this study wanted to delve deeper into the experiences of women and their clothing, as they navigate the landscape of living with an altered body through breast cancer. In doing so, this research also wanted to encompass the shift that has begun in the trauma literature that includes, not only exploration into distress reactions, but into positive psychological adjustment following trauma, otherwise known as “Post-traumatic Growth.”

Semi-structured interviews were conducted with six female breast cancer survivors, who had undergone a mastectomy (aged 39-59) and were screened for post-traumatic growth.

Research findings were analysed using Interpretative Phenomenological Analysis to capture the richness of data.

**Conclusions:** Four themes emerged; clothing as a means to manage mood, clothing as connection, clothing as a way to conceal/reveal/centre and compensate, and clothing as a way to explore the self.

While the relationship participants formed with clothing was a complex one, overall, clothing was used as an active coping strategy, and in doing so, could possibly be interpreted as a facilitator for creating an environment for, and a means by which to exacerbate, post-traumatic growth.

Ref: 7265
Category: Wellbeing
**Roll up! Roll up! For the rollercoaster of eldercare and employment**
Christine Sprigg & Teresa Chan, University of Sheffield

We will discuss the ticking time-bomb of juggling caring for our elders and being employed. There has been significant research on from the perspective of juggling childcare and employment; far less applied psychological research has focused on the daily and hugely unpredictable demands of dealing with those at the opposite end of life. Indeed, there has also been research on those who work with older people as their employment. Yet, there is a relative dearth of research from an applied occupational health psychology perspective that is relevant to each of us who both work and also who find that one day an older family member suddenly requires more, and more care.

In our very brief presentation, we acknowledge the incredibly important work of, for example, Lisa Calvano & Hannes Zacher in this area. We examine the foundations their research has built and we start to extract the viable research paths that we must now take to be a much stronger and better position before this ticking time-bomb explodes. Our presentation is a genuine ‘call to arms’ for the joined up working of applied psychologists across the spectrum of our discipline; to work together to understand the fast-paced ‘highs’ and ‘lows’ of juggling eldercare. Whilst there are known detriments to both employee well-being and personal performance from among other things the volatility/unpredictability of eldercare; we start to consider what possible positives can be found from this distinct type of ‘life-juggling’. We aim to captivate a wide audience on this very difficult and emotional topic that has far-reaching personal consequences for many of us now and well into the future.
Barefoot/minimalist runners claim that running experience is improved compared with when running in conventional trainers: An IPA study

Peter Walton, Queen’s University Belfast; David French, University of Manchester

Objectives: Barefoot running describes the practice of running without shoes. Minimalist shoes are typically running shoes designed to minimally interfere with the foot’s movement. Although physiological and biomechanical research on these types of running has increased in recent years, we still do not understand the subjective experiences of such runners.

Design: Cross sectional semi-structured interviews with ten barefoot and/or minimalist runners gathered data about participants’ experiences of barefoot and/or minimalist running.

Methods: Interpretative Phenomenological Analysis (IPA) was used to qualitatively explore the idiographic meanings that 10 participants attached to their experiences of barefoot and/or minimalist running.

Results: Participants generally agreed that conventional shoes do not work because they led to injuries. Some participants believed that minimalist footwear can work by allowing injury free running, and many switched to minimalist footwear for conventional use. Through barefoot and/or minimalist running participants were able to gain a new found sense of lightness, positive connection to the world, pleasurable ground feel and a perceived ability to refine their form to recover from current injuries as well as prevent future injuries.

Conclusion: Participants deemed to gain positive experiences through barefoot and minimalist running. Although there is a lack of conclusive evidence regarding the benefits and risks of barefoot, minimalist, and running in conventional trainers on injury rates, the current research reveals that some individuals may gain additional perceived benefits from running fully barefoot and/or with minimalist footwear.

Youth reintegration programs: The Role of motivation and motivational conflict

Wendy Wesseling, Tilburg University

Purpose: To inform about the role of motivation regarding reintegration in general and specifically to persuade researchers to incorporate motivation for multiple goals to further our understanding of the reasons for (failure of) behavioral change.

Background: The inclusion of youth is of high significance on the (inter)national agenda. Despite the abundance of programs and agencies that help to reintegrate unemployed youth, considerably less research attention has been paid to characteristics of the participants relative to the method that ensure a durable labor market transition. This study focused on the role of motivation during reintegration programs for long-term unemployed youth. We expanded on the Self-Determination Theory, which focuses on single goals and related outcomes, by introducing the concept of goal conflict.

Conclusions: Although our sample was relatively small, we were able to draw some preliminary conclusions. First, regarding reintegration programs in general, participants hold a broader definition of program success than policymakers: besides actual reintegration (i.e. outflow to work) it also included increased (insight) in abilities, motivation and occupational ambitions. Second, one’s motivation to achieve the program goal (i.e. reintegration) differed markedly from one’s motivation to participate in the reintegration program for some participants. Third, a high need for autonomy and competence facilitated goal progress, while a high need for relatedness could hinder goal progress. And lastly, conflicting goals and related behavior are very common, leading to lower program attendance and lower program success rates.
W01

Exploring health care professionals’ perspectives of parents experiencing serious mental health problems
Cheryl C F Ang, University of Bath; Lauren Stockton & Rachel Calam, University of Manchester

Objectives: Many individuals with serious mental health difficulties are parents. This study aimed to provide fresh insights into the perspectives of healthcare professionals on provision of care for individuals with serious mental health problems who are raising children. The work aimed to inform the development of future interventions to improve care for this population.

Design: The study utilised an interview based qualitative design.

Methods: Six healthcare professionals were recruited to the study. Participants were recruited if they had worked with parents experiencing serious mental health problems for longer than six months. Semi-structured interviews lasting an average of 45 minutes were carried out over the telephone. Data were analysed using thematic analysis.

Results: The study found that healthcare professionals perceived parents experiencing serious mental health problems as facing complex needs as they struggled with the balance between mental health and parenting. It is important for services to take into account these complex needs to facilitate service provision in terms of accessibility and modes of services. Healthcare professionals commonly reported that a barrier to service provision was the parents’ fear losing the children. Healthcare professionals believed that their role would be improved with increased knowledge of the work conducted by other agencies.

Conclusions: The findings suggest that parents experiencing serious mental health problems face issues unique to this population. Services should address the needs of this population by adopting a family-based approach. Due to the sensitive nature of child protection, services should particularly focus on building trusting relationships with the service user. There should be better collaboration and communication between agencies.

W02

Factors predicting partner entitlement in online dating sites
Emma Boulwood & Chris Fullwood, University of Wolverhampton

The principal aim of this study was to develop and validate a Partner Entitlement Scale (PES) which measures the qualities and characteristics one might expect from romantic partners. It also aimed to test whether a number of psychological variables and online dating experience could predict partner entitlement. There has been much speculation about the increased flexibility that presenting oneself online affords individuals. For example, we can select photographs carefully which represent us in the most attractive light. For this reason, we expected individuals who had been using dating sites for longer to exhibit greater partner entitlement. 115 (82 females) participants were recruited using opportunity sampling to complete an online survey containing: the Psychological Entitlement scale (Campbell et al., 2004); the Rosenberg Self-Esteem Scale (Rosenberg, 1965); the Big Five Inventory 10 (Rammstedt & Jon, 2007); the Narcissism subscale of the Short Dark Triad (Jones & Paulhus, 2014) and the PES, created for this study. Factor analysis of the PES revealed 9 discrete factors: Attractiveness, Education, Compatible Interests, Appearance, Humour, Sexual Confidence, Financial Stability, Materialism and Integrity. A series of multiple linear regressions were computed incorporating psychological entitlement, self-esteem, narcissism, the Big Five and online dating membership length as predictors of all PES factors. Narcissistic individuals felt they deserved attractive and educated partners. Psychologically entitled individuals felt they deserved partners who take care of their appearance and are sexually confident. However, online dating experience did not predict any aspect of partner entitlement. These findings and their implications will be discussed.
Create together: Is art therapy intervention associated with objective change in at risk attachment relationships?
Egle Dalinkeviucute & Josephine Ross, University of Dundee; Victoria Gray Armstrong, British Association of Art Therapists

Objectives: Art therapy interventions improve mothers’ mental wellbeing and perception of their relationship with their child. The aim of the current study is to determine whether these subjective improvements are accompanied by an objective increase in positive attachment behavior.

Design: 10 mothers identified as having ‘at risk’ attachment with their infants participated in a 12 week art therapy intervention, recorded digitally to allow for post hoc coding.

Methods: Footage from the beginning, middle and end of the intervention was used to calculate the duration of 8 markers of positive attachment. Mothers also completed standardized questionnaires pre and post intervention to measure their mental wellbeing and perceptions of the mother-infant relationship.

Results: Maternal mental wellbeing and perception of the relationship improved post intervention. The total duration of positive attachment behaviours also showed a significant increase over the course of the therapy.

Conclusions: We found a significant improvement in the mother-infant relationship, not only as perceived by the mother, but as experienced by the child. At the beginning of the intervention mother and infants spent less than 50% of the time period sampled engaged in positive attachment behaviours; this rose to 77% of the time by the end of the intervention. These results provide the first evidence to suggest that art therapy brings about an objective improvement in the quality of mother-infant interaction. In addition to replicating this result with a larger sample size and control group, future research should aim to identify the mechanism by which art therapy supports attachment behaviour.

Does emphasising food variety in a product label affect everyday portion size decisions?
R. Embling, M. Price, M. Lee & L. L. Wilkinson, Swansea University

Objectives: Previous research has shown that increases in food variety result in increases in food intake. When food is consumed in the presence of labels that draw attention to variety, satiation tends to be reduced relative to a control label. We hypothesised that if food was presented with a high variety label, participants would choose and consume more food compared with the presentation of the same food with a low variety label or no label.

Design: In a between-subjects design, participants were randomly assigned to either a ‘no label’, ‘low variety label’ or ‘high variety label’ condition. The dependent variables were the amount of food chosen and consumed by participants. Methods: 99 participants were shown 4 different foods (labelled according to condition) and asked to select their ideal portion size. They were then presented with an additional labelled food to consume ad libitum. Hunger, fullness, BMI and eating style were also assessed.

Results: No significant differences were found in snack intake, ideal portion size or expected fullness across conditions. However, gender, emotional eating, desire to eat, expected fullness and food liking had significant effects across analyses as covariates. This may better explain non-significant trends, as participants tended to select smaller portion sizes in the low variety condition despite paradoxically consuming more food and expecting foods to be less filling.

Conclusions: Contrary to previous findings, our data suggests that food labelling that varies in the extent to which it emphasises food variety does not affect portion size selection or food intake.

Can listening to a fantastical story boost creative problem solving in children?
Hannah Joseph-Green, University of Winchester; Louise Bunce, Oxford Brookes University

Objectives: Engaging in pretence has been related to higher levels of creativity. This may be because both involve conceiving things differently from current reality. But researchers have not controlled
for children’s natural tendency to engage in fantasy when assessing this relationship, nor developed creativity tests appropriate for young children. These issues were addressed in the current study.

**Methods and Design:** Sixty-seven children, aged 4-8 years participated. They completed a fantasy interview and heard either a realistic or unrealistic story about a birthday party. Then they completed an established creativity test (ways to use a plastic cup) and a new ‘Teddy Test’, in which they had to think of ways to retrieve a teddy bear in a doll’s house that had been put out of reach by a mischievous character.

**Results:** Creative performance in the Teddy Test related positively with the cup task suggesting that it was a valid measure of creativity. In support of the hypothesis, and after controlling for scores in the fantasy interview, children who heard the unrealistic story compared to the realistic story were significantly more innovative on the Teddy Test. They produced a slightly higher number of ideas and more ideas that were unique within the sample (both approached significance).

**Conclusions:** Exposure to an unrealistic story seemed to confer some benefit for creative problem solving, but more research is required to determine the extent of this relationship and the conditions under which it may exist.

W06

**Online support group use and psychological wellbeing for family carers of people with intellectual disabilities**

Rachael Mackley & Darren D. Chadwick, *University of Wolverhampton*

**Objectives:** Carers of people with intellectual disabilities (ID) may face considerable challenges, exhaustion and a lack of services and support which can affect their wellbeing. Little research has focussed upon use of online support groups (OSG) by this group of carers. The primary objective of this research was to explore how accessing and engaging with OSG correlates with wellbeing amongst family carers of people with ID.

**Design:** A mixed methods online survey gathered self-report quantitative and qualitative data regarding motivations to use OSG, OSG use (Access frequency, engagement and satisfaction with OSG, and their reasons for using OSG), empowering processes gained from OSG use, and their resilience, optimism and wellbeing.

**Methods:** Information was collected from and self-selected sample of family carers of a person with an ID. Correlational analysis, multiple regression and thematic analysis were used to analyse the data.

**Results:** A significant positive correlation was found between resilience and wellbeing amongst the carers. A significant negative correlation between being motivated to use OSG due to a lack of understanding in offline life and wellbeing was also found. Thematic analysis of qualitative data uncovered themes of belonging/connectedness, information sharing, support seeking and convenience as reasons for using OSG.

**Conclusion:** Findings suggest lack of support in offline life can be a significant motivator for using OSG amongst carers of people with ID. Carers appear to accrue social and informational benefits from using OSGs, which may also be more readily accessible for carers. Further study of OSG use in carers is recommended.

W07

**Perceptions of workplace opportunities: how does length of parental leave affect promotional opportunities for male employees?**

Christie Marsh, Carola Leicht & Georgina Randsley de Moura, *University of Kent*

**Objectives:** The introduction of the UK’s new shared parental leave policy in 2015 aims to improve gender equality in the workplace by increasing father’s involvement in the home. However, it is unclear whether this policy change will be effective considering the impact of perceptions of fathers who take longer parental leave have not been investigated. The aim of our research is to investigate how opting for extended parental leave might affect perceptions of fathers within organisations and how length of male parental leave affects their promotional opportunities.

**Design:** A series of one-way ANOVAs were conducted to assess whether there were differences in trait perceptions of the candidate depending on length of leave and a Chi-Square analysis was used.
to see if there were differences in promotional decision.

**Methods:** We recruited 60 participants using the crowdsourcing platform Prolific Academic and asked them to imagine that they were part of an interview panel tasked with choosing who to promote for the Financial Director position. They had a selection of three internal candidates who differed depending on length of parental leave they had previously taken.

**Results:** The results showed that there is a significant difference in perception of the male candidate’s commitment to work and promotional opportunity dependent on length of parental leave taken.

**Conclusions:** Our results suggest that male candidates who take long parental leave were considered to be less committed to work and have less chance of being selected for promotion. We discuss future directions and implications of this research.

**W08**

**Do first impressions predict tweeting of police photographs of wanted people?**

Laura McGarry, Sally Quinn & Clare Sutherland, *University of York*

**Objectives:** In recent years, Twitter has become a powerful medium used by the Police to ask for the public’s help in tracking down wanted individuals. The Police often post images of wanted people as part of their appeal and the public can retweet (share) these images. First impressions from the face often bias our behaviour towards unknown others. Using images of wanted people from Twitter, the aim of this study was to investigate whether first impressions from faces affect the number of retweets images of wanted people received.

**Design and Methods:** 179 images of wanted people were collected from UK Police Forces’ Twitter accounts and delineated to mark out the main facial features. These delineations were run through a computational model which uses these features to generate scores on three social dimensions: dominance, approachability and youthful-attractiveness. Demographic data, details about the source Twitter account and number of retweets were recorded.

**Results:** A hierarchical moderated regression revealed that faces higher in dominance obtained more retweets than less dominant faces. Approachability and youthful-attractiveness were not found to be related to number of retweets.

**Conclusions:** Dominance is a cue which could indicate whether or not a person can harm us. In perceiving a wanted person as more dominant (and potentially more harmful), the public may want this person to be found quickly, translating into more retweets of the image. However, context may also be important and could affect our first impressions of these images.

**W09**

**Sharing on social media: The role of self-presentational style and feelings of social anxiety**

Pancy Poon & Dawn Watling, *Royal Holloway, University of London*

**Objectives:** This study aimed to explore the links between individuals’ impression management use and their feelings of social anxiety with how they attend to the behaviour of others when making decisions about whether to share information or not on social media.

**Design:** Participants completed a Sharing task, where we manipulated the number of likes and/or shares at the bottom of the image (as in Facebook) to be low or high as an indicator of the behaviour of others. Participants then completed the Revised Self-Monitoring Scale and the Brief Fear of Negative Evaluation Scale (FNE).

**Methods:** Fifty 18-34 year olds participated, M(SD) = 22.72(3.91). In the ‘Sharing’ task participants viewed each manipulated image and considered if they would share the image, while their fixations were tracked using a Tobii TX300 eyetracker. We analysed the fixation counts to the number of likes and shares.

**Results:** High self-monitors had more fixations on both the number of likes and shares, while low self-monitors had more fixations on just the shares. Further, those high in FNE had more fixations when the number of likes and shares were high than low, while those low in FNE did not differ in their fixations depending on the number of likes and shares.

**Conclusions:** This study highlights that even within social media those who are interested in the
impressions they make and who are concerned with being evaluated negatively will observe the behaviour of others.

W10

Educational provision and outcome for pupils with Williams Syndrome in the UK
Emma Reames & Deborah M Riby, Durham University

Objectives: We aimed to provide a detailed landscape of current educational provision for pupils in the UK with the neurodevelopmental disorder Williams Syndrome (WS). Information on educational provision and key challenges during primary (5-11year) and secondary education (12-16year) can assist parents with planning.

Design: Data were collected from parents via an online questionnaire. The survey was advertised to members of the Williams Syndrome Foundation (WSF). The full questionnaire consisted of 31 questions probing educational provision (nursery to further education), outcome during adulthood and key challenges at all stages. For the current presentation data are utilised from parents of pupils current in primary or secondary provision (n=63), but in total 152 parents completed the survey.

Method: The questionnaire was available online for 6 months. For parents of children currently in primary school provision, 43 parents completed the questionnaire and for parents of children currently in secondary school provision, 20 parents completed the questionnaire.

Results: 60% of WS pupils at primary schools attended mainstream provision, with the remainder attending special educational provision. This proportion compared to 15% in mainstream schools for secondary education. Thematic analyses identified the biggest challenges for primary pupils as ‘social’, ‘behavioural’ and ‘cognitive’. For secondary school pupils the biggest challenges were ‘social’.

Conclusions: During the primary school years more pupils were able to cope with the demands of mainstream education, though 1-2-1 support was crucial and varied greatly between children. Crucially, the challenges faced by pupils will vary hugely and different educational provision will suit different needs.

W11

Ageing with autism traits: Examining ageing in the broad autism phenotype
Gavin R. Stewart & Rebecca A. Charlton, Goldsmiths University of London

The Broad Autism Phenotype (BAP) describes a set of characteristics, common in Autism Spectrum Disorders (ASD), occurring at a subclinical level in the typical population. Little is known about the impact of ageing on the BAP or ASD, but cognitive difficulties such as reduced executive function are common in both ageing and ASD. Previous studies of self-report executive function abilities have found poorer performance in a BAP group compared to a typical ageing (Control Older Adults; COA) group. In this study we measured executive function abilities of cognitive flexibility (trail making test) and working memory (digit span) in adults aged over 60 years old. Presence of BAP traits was measured with the BAP questionnaire, and individuals were assigned to a BAP or COA group based on a clinical cut-off. Preliminary results show that individuals in the BAP group had significantly poorer performance on executive function measures despite equivalent age and intelligence. This suggests that the BAP could confer additional risk to cognitive functions in later life, but it is not clear whether this pattern is observed in ASD. Future studies should examine ageing in ASD, which has largely been unexplored to date.

W12

Mood induction does not influence the spread of visual attention
Ashley Taylor, Robert Bendall & Catherine Thompson, University of Salford

Objectives: This work investigated the effect of emotion on the scope of visual attention. The study aimed to build upon previous research in the field that has found conflicting results, potentially due to the variety of different methods utilised. A change detection task was used and it was argued that this would allow for the effective measurement of the allocation of spatial attention.

Design: A within-participants design was used. The first independent variable was mood induced during the experiment (positive, negative, or neutral) and the second was the type of change in the change detection task (global or local).
**Methods**: Two experiments were completed with 18 participants in each. Positive, negative, and neutral emotions were induced using images from the International Affective Picture System. Participants completed a change detection flicker task and were asked to identify changes made to natural scenes. Response times were collected and were analysed using a 2x3 repeated measures ANOVA.

**Results**: The findings showed local changes were detected faster than local changes, however there was no effect of emotion on change detection.

**Conclusions**: The spatial allocation of attention is not influenced by emotion in a change detection flicker task. This contrasts past findings using other experimental tasks, indicating that the impact of emotion on attention is task dependant.

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**STUDENT POSTERS**

**W13**

**A visual exploration of the impact of welfare Reforms upon women’s wellbeing**

Jenny Terry & Carl Walker, *University of Brighton*

**Objectives**: To conduct a visual exploration of the impact of welfare reforms on the wellbeing of women, looking beyond the role of financial hardship.

**Design**: A qualitative design was employed using photo-elicitation in conjunction with semi-structured interviews. This aimed to facilitate a more nuanced understanding of the lived experience of welfare reforms.

**Methods**: Seven female participants that had been affected by welfare reforms were recruited via a social media advertisement. Participants took photographs over a two-week period, selected the five most representative, and then a semi-structured interview was completed lasting approximately 60 minutes. Thematic analysis was used to analyse the data.

**Results**: A number of themes arose from the data which supported existing research on financial hardship and wellbeing. The three themes key to the present aims and therefore discussed here were 1) compounding effects upon single-parenthood, 2) compounding effects upon the vicious circle of body shame and isolation, and 3) eliciting a shameful, ‘benefit scrounger’ identity. Existing research has shown that these factors can affect women’s wellbeing more than men’s.

**Conclusions**: Welfare reforms have compounded issues that existing research suggests can result in lower wellbeing for women in particular. This provides a possible explanation for the disproportionate decline in women’s wellbeing during the period of welfare reform.

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**W14**

**A qualitative investigation of healthcare professional’s perceptions of inappropriate use of accident and emergency services**

Beatrice Chapman & Triece Turnbull, *City University*

**Background**: Reducing inappropriate emergency attendances and admissions is a national priority for the National Health Service (NHS) to ensure patients are seen as quickly as possible and promote efficiency. In England a large proportion of patients attend accident and emergency (A&E) services for non-urgent complaints. Research has shown that there are consistent themes that influence inappropriate use of A&E from a service-user perspective; however there is a lack of research into healthcare professional’s perceptions on the topic. A&E healthcare professionals provide a unique view point that is invaluable to understanding the topic. The research at hand explored healthcare professional’s perceptions of inappropriate use of A&E services in Surrey, South East England.

**Methods**: Semi-structured interviews were conducted with nine healthcare professionals and other hospital staff who worked in A&E. Interviews were transcribed verbatim and analysed thematically.

**Results**: Six main themes emerged from the data: (1) convenience, (2) lack of patient knowledge and help-seeking behaviour, (3) Lack of knowledge of local services amongst health and social care professionals, (4) long-term conditions, (5) parents with small children, and (6) the Nepalese community.
**Conclusions:** Clear themes were found that provide a useful insight into inappropriate use of A&E. Further research exploring service-user’s perspectives is needed to understand what drives their behaviour. Health psychologists are well placed given their broad range of skills to work with organisations such as the NHS to explore the impact, benefits and applications of interventions and research such as ‘inappropriate use of A&E’.

**W15**
Category: Wellbeing

**Adolescents’ understanding of kindness and its link with well-being: Identifying social and psychological mechanisms**
Jessica Cotney & Robin Banerjee, University of Sussex

**Objectives:** There has been a surge of interest in how kindness can promote well-being (e.g., Dunn, Aknin, & Norton, 2014) but the majority of research has been conducted with adult populations. The current study aimed to illuminate adolescents’ conceptualisations of kindness, as well as the social and psychological processes that affect it. This is a crucial first step to aid future research into the links between kindness and well-being in younger populations. To our knowledge, this is the first study to apply qualitative techniques in order to investigate these links.

**Design:** Six semi-structured focus groups were conducted with 11- to 15-year-olds, exploring in detail their conceptualisations of kindness (including its behavioural forms, antecedents and outcomes).

**Methods:** Thematic analysis was conducted on the dataset.

**Results:** Participants demonstrated a multifaceted and mature understanding of kindness, identifying ten different categories of kind behaviour that are influenced by situational antecedents as well as specific self- and other-focussed goals. Crucially, the adolescents also identified a number of moderators, including both contextual and dispositional factors (e.g., certain features of social relationships, levels of empathy, feelings of autonomy), that support and extend current theoretical frameworks. Participants identified well-being benefits for the recipient and the giver, highlighting social, emotional, health, and instrumental outcomes of kindness.

**Conclusions:** This work extends our understanding of kindness in adolescents and shows that they can make direct links between kindness and well-being. The findings have important implications for the design and efficacy of kindness-based well-being interventions in schools.

**W16**
Category: Wellbeing

**Can self-affirmation improve autobiographical memory specificity in a dysphoric sample?**
Shannon Fidoe, Nathan Ridout & Richard Cooke, Aston University

**Background:** Autobiographical memory specificity (AMS) refers to the ability to retrieve detailed memories of specific events from one’s past. Depressed individuals tend to retrieve fewer specific memories than do non-depressed participants. Poor AMS in depression is associated with poorer prognosis and impaired social functioning, thus it is important to try to improve AMS in depressed participants. Self-affirmation (SA) is the process of reflecting on one’s own cherished values or attributes. Previous work has demonstrated that a SA intervention improved executive function and problem solving ability. Aim: to investigate whether manipulating self-affirmation can improve autobiographical memory specificity in participants with mild depression. Methods: 26 undergraduate students with scores of greater than 15 on the Beck Depression Inventory (BDI) were assessed on the autobiographical memory test (AMT) and (letter and category) fluency tasks. 14 participants then underwent a self-affirmation (SA) manipulation, whilst the remaining 12 participants completed an unrelated control task. Participants were subsequently assessed on parallel versions of the AMT and fluency tasks.

**Results:** There was a significant increase in AMS following intervention compared to baseline, with the SA group showing greater improvement (9%) than the controls (6%); but this group difference was not significant. SA group also demonstrated an improvement on the semantic fluency task, but again this difference failed to reach significance.
Conclusions: Self-affirmation does not appear to improve cognitive function in participants with mild depression. However, limitations to the study prevent firm conclusions from being drawn, thus future directions for this line of investigation are considered.

W17
Category: Wellbeing
Technostress: A consumer’s perspective
Patricia Fracalanza & Moira Cachia, University of West London
Objectives: Technostress is defined as a modern disease resulting from the inability to adapt, cope and interact with new technology. The aim of this research was to identify the possible effects of the rapid technological advancement and the exposure to new technologies on consumers in modern societies. It sought to understand the characteristics of the psychological experiences of individuals when interacting with technology.

Design: A qualitative design was adopted, investigating in depth the explicit and implicit aspects of the effects of the human-technology interaction. The chosen approach allows for a deeper understanding of the thoughts and feelings that lie behind this relationship.

Method: Online forums, discussion boards and comment sections extracted from five different websites under the public domain were analysed using Thematic Analysis.

Results: Consumers acknowledge that the increased human-machine interaction enhances efficiency and convenience to complete necessary transactions such as online shopping and bank transactions. However, they want to have the choice to keep using traditional ways rather than be forced to use this newer method. Some feel vulnerable and avoid technology while others miss the social interaction. The main three negative emotions portrayed were frustration, anger and apprehension.

Conclusion: The study indicates that consumers encounter difficulties when interacting with new technologies on day to day tasks and these difficulties often translate into negative emotions, behaviours and attitudes towards technology. The findings indicate that innovation is not only a matter of production and consumption but acceptance and adaptation to technology should be further studied and addressed.

W18
Category: Wellbeing
A prospective study of adolescent suspiciousness and depression in the UK
Renate Fromson & Keri Wong, University of Cambridge, Centre for Family Research
Objectives: In adults, paranoia exists on a continuum, from clinical persecutory thoughts to mild suspiciousness, and has been correlated with depression in both genders. Research in children and adolescents has extended this finding to social mistrust, an attenuated form of suspiciousness (Wong et al., 2014), although less is known about whether social mistrust is related to depression. This study investigated firstly, is there a link between social mistrust and depression concurrently and prospectively in adolescents? Secondly, is depression differentially related to home and school mistrust? Thirdly, are there gender differences?

Design: A two time-point prospective follow-up study of the 2014 sample at 2 years.

Method: 166 15-16-year olds (M= 15.95, SD= .29, male= 52%) completed a questionnaire assessing social mistrust (SMS: Social Mistrust Scale), depression (BDI-2: Beck’s Depression Inventory-2), verbal ability, and basic demographics. ANOVA controlling for gender and socioeconomic status was conducted to test the concurrent link between mistrust and depressive symptoms (time 2). Linear regression analysis was conducted to predict depressive symptoms (time 2) based on mistrust (time 1).

Results: Mistrust scores were positively skewed and positively correlated with depressive symptoms (time 2) F(1,134)=50.30, p&lt; .001, explaining 27% of the variance in the relationship (R² =.27). Earlier social mistrust (time 1) predicted later depressive symptoms F(1,119)=22.94, p&lt; .001 with an R² of .16. Girls scored significantly higher on depressive symptoms than boys. The mistrust-depression link did not differ between genders.
Conclusions: Mistrust is strongly linked to depressive symptoms in adolescence. Findings help clarify the aetiology of depression and inform early preventive assessments and interventions.

W19
Category: General
The relationship between wanderlust and discrete positive emotions
Andrea P. Gerald Prem Kumar & Eugene Y. J. Tee, HELP University
Vacations are often associated with positive emotional experiences. Wanderlust, a personality trait characterized by a strong desire to travel, is likely to be related with these positive emotional experiences. However, little is known about this individual difference and how it shapes the quality of travel experiences. This study aimed to discover the relationship between trait wanderlust and discrete positive emotions. Significant positive correlations between wanderlust and awe, interest, inspiration and joy were hypothesized, based on a framework illustrating the consistency between the nature of travel and the four discrete positive emotions. This study adopted a non-experimental correlational design where 102 participants aged 18 and above answered questionnaires corresponding to their wanderlust with discrete positive emotions experienced during past leisure travel experiences. The data was analysed using ordinal logistic regressions to test the hypotheses while controlling for openness to experience, gender and number of past trips. Results showed that higher levels of wanderlust were associated with greater odds of experiencing higher intensities of awe and joy during leisure travel. However, wanderlust was not significantly correlated with interest and inspiration. Thus, two of the four hypotheses were supported, suggesting that higher wanderlust levels correspond to higher intensities of awe and joy during leisure travel. This study contributes to empirical understandings of wanderlust, provides the travel industry with information concerning potential clientele, gives insight to potential mental health benefits of leisure travel and enables individuals to comprehend their wanderlust and positive emotional experiences.

W20
Category: Wellbeing
A prospective study of mistrust and anxiety in adolescents
Grace Huffer & Keri Wong, Cambridge University
Objectives: Extending a previous cross-sectional study of childhood social mistrust and adult studies of paranoia, this study aimed to investigate the long-term correlates of mistrust in adolescents. Specifically, whether social mistrust at age 14 predicts age 16 anxiety.
Design: A two timepoint prospective study.
Methods: 149 adolescents (M = 15.50 years, SD = .50) completed self-report questionnaires assessing social mistrust (Social Mistrust Scale) and anxiety (Social Anxiety Scale for Adolescents) in the classroom. Spearman’s correlation, t-tests, chi-square tests, one-way ANOVAs and linear regressions were conducted using SPSS 22.0.
Results: Mistrust at time 1 and anxiety at time 2 were positively correlated (r (147) = 0.39, p <0.05). Total mistrust at time 1 significantly predicted anxiety at time 2, explaining 17% of variance in anxiety at time 2. Specifically, anxiety was more strongly associated with school mistrust than home mistrust.
Conclusions: Early mistrust was predictive of later anxiety and this relationship was particularly significant when considering mistrust about school. Findings have implication with preventive interventions in individuals identified as “mistrustful”, as it may help protect against future anxiety. Intervention programmes aimed to reduce mistrust at school may reduce concurrent and later levels of anxiety. Future studies could benefit from multi-informants of mistrust. To our knowledge, this is the first study to demonstrate that mistrust-anxiety link is stable across time.

W21
Category: Social Justice
Competing for status: the influence of competition and Social Dominance Orientation on low-status group member’s rating in an assessment centre setting
Sylvia Johne, Technische Universität Chemnitz
**Objectives:** Prejudice towards members of low-status groups may have negative implications in everyday life such as fewer job hiring and lower wages. I aim to investigate, firstly, how competition influences the rating of low-status group members in comparison to high-status group members in an assessment centre setting, and secondly, how this effect is moderated by Social Dominance Orientation (SDO).

**Design:** The experiment was a 2x2x2 factorial design, with one between-subjects factor (high vs low competition context) and two within-subject factors (target profiles: high vs low status and competence).

**Methods:** Invitations to take part in an online study were distributed via online social media platforms, university email lists and flyers. Three-hundred-ninety-eight female participants each rated four female target profiles differing in status and competence on their overall suitability, competence and future progress in either a low or highly competitive fictitious assessment centre scenario. Crossed effects multilevel modeling was used to detect differences in profile ratings.

**Results:** Surprisingly, results revealed lower ratings in overall suitability for high-status groups members in comparison to low-status members ($\gamma = -0.144$), depending on competence level. As expected, ratings in suitability and competence, but not future progress, were negatively associated with SDO ($\gamma = -0.143$) and competition ($\gamma = -0.179$). A moderating effect of SDO was not supported.

**Conclusions:** The findings suggest a detrimental effect for high-status group members displaying low levels of competence in a highly competitive situation, with the opposite effect for low-status group members displaying high levels of competence.

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**Deception detection: the role of mood and emotional intelligence**

Rose Lea, University of Worcester

**Objectives:** Research concerning the dual influence of state and trait factors on deception detection is presently limited. The study aimed to investigate the role of both emotional intelligence (EI) and mood in the ability to detect high-stakes deception. It was hypothesised that EI and mood would interact to produce effects on accuracy of judgements.

**Design:** The online experiment featured a 3x2 design with mood (happy vs sad vs neutral) and EI (high vs low) as between-subject factors. An experimental paradigm was selected to allow manipulation of participants’ mood.

**Methods:** 152 volunteer participants were recruited. Following randomly assigned, video-based mood induction (happy, sad or control), participants judged the veracity of 18 real-life TV clips featuring appeals of people pleading for information for missing loved ones, half of whom were later convicted of murdering the missing person. Discrimination accuracy scores (% appeals correctly judged as truthful or deceptive) were calculated for each participant. EI was measured using the Trait Emotional Intelligence Questionnaire - Short Form (Petrides & Furnham, 2006). Two-way ANOVAS were conducted to evaluate the effects of EI and mood on discrimination accuracy.

**Results:** Neither EI nor mood alone exerted significant main effects on deception detection. However, a significant interaction emerged whereby high EI and negative mood together increased individuals’ ability to discriminate between truthfulness and deception ($p = .03$).

**Conclusions:** Findings suggest an adaptive role for EI in the processing of ambiguous emotional information in affectively adverse circumstances. Offline replication of findings is necessary to control for environmental confounds.

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**The dark side of mindfulness: Does the relationship between dispositional mindfulness and facets of personality help explain the psychological difficulties experienced by some meditators?**

Phillip Mather, University of the West of England

**Objectives:** To explore at facet level the relationship between dispositional (trait-like) mindfulness and personality constructs; to determine whether widely used psychometric measures of dispositional mindfulness and personality are targeting discrete or homogeneous individual...
differences; and consequently to inform the emerging debate surrounding the potential inappropriateness of the indiscriminate utilisation of mindfulness meditation as a well-being intervention.

**Design:** The research utilised a non-experimental, quantitative, factor analytic design. A quantitative methodology was chosen as measurement of personality dimensions via psychometric instruments is well established, while trait-like dispositional mindfulness has also, albeit more recently, been the subject of effective psychometric measurement. Factor analysis was chosen as the analytical method as the commonality between facets of mindfulness and personality was expected to be significant.

**Methods:** Participants (n=230) were sourced via a combination of snowball sampling and directly from the University of the West of England’s student ‘participant pool’. Dispositional mindfulness was measured using the Five Facet Mindfulness Questionnaire, a 39-item self-report questionnaire. Personality was measured using the NEO-PI-R, a 240 item self-report questionnaire measuring the ‘big five’ personality traits together with six facets of each. Questionnaires were administered remotely online.

**Results:** Factor analysis revealed that dispositional mindfulness is closely entwined with personality, most notably, facets of neuroticism (versely).

**Conclusions:** These findings provide useful insights when considering the suitability of potential mindfulness meditation participants. Specifically, individuals scoring highly on facets of neuroticism may be deemed at greater risk of experiencing psychological difficulty. The indiscriminate utilisation of mindfulness meditation as a wellbeing intervention is inadvisable.

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**W24**

Category: Social Justice

**Heroin addiction, morality and crime: Exploring the criminal behaviours associated with drug use**

Gemma McCullough, *University of Worcester*

**Objectives:** The aim was to explore criminal moral decision making in heroin addiction for the criminal justice system and recovery services. Heroin complicates information processing and reasoning; potentially increasing impulsivity and altering morality. It was predicted that addicts would be more impulsive, commit more crimes, and be more likely to contradict themselves than matched controls.

**Design:** The study was mixed methods: a set of interviews using a semi-structured format to gain specific insight into what crimes are most commonly committed and why; in order to inform a morality task to measure reasoning traits.

**Methods:** Ten interviews with volunteer heroin-addicts from a harm-reduction centre were analysed using thematic analysis. Ten crimes were identified for the morality task where twenty heroin addicts and matched controls ordered them for morality/severity. Reaction times were recorded discreetly to measure impulsivity, and contradiction was also monitored. Participants were asked if they had committed any of the crimes to see if this affected positioning. Mann-Whitney U-Tests were used to analyse the ratings.

**Results:** Four themes were identified from the interviews: environment, emotion, substance misuse and history, explored through multiple sub-themes. In the morality task, addicts had committed significantly more crimes (p<0.001) and were more impulsive with moral-decision making than controls (p=0.002). There were no significant differences with contradiction or crime order.

**Conclusions:** Treatments including cognitive behavioural therapy focus on the long-term rewards of abstaining from heroin, but to prevent relapse and drug-crime the immediate reward for abstaining needs to outweigh the short term relief of heroin.
**W25**
Category: General

**Introducing complementary food to infants: A pilot study on maternal and paternal feeding practices**
Laura Partridge & Cristina Costantini, *Oxford Brookes University*

**Objectives:** Research has reported that negative feeding practices (i.e., restriction or force feeding) may lead to low childhood weight or obesity. Studies have mainly focused on maternal feeding practices with children above 2 years, and few have investigated practices at the onset of complementary feeding (CF). Little is known about paternal CF practices. This study aimed to explore maternal and paternal feeding practices at the onset of CF and investigate infant responses.

**Design:** Eight cohabiting parent pairs were video-recorded separately, spoon feeding their infant. Dependent variables (parent behaviours and infant responses) were coded for the first 5 minutes of mealtimes.

**Method:** Participants were recruited via Oxford Brookes BabyLab and science festivals. Research visits were in the family home, within 2-4 weeks of beginning CF. Coded parent behaviours were; ‘waiting’ with spoon close to infant’s mouth; and ‘pushing’ the spoon into the infant’s mouth. Infant responses were; spoonfuls accepted; refused or reluctantly eaten.

**Results:** Analysis revealed that mothers ‘wait’ more than fathers. No differences were found between mother and father ‘pushing’ frequencies or infant responses to parent gender. T-tests revealed that infants ‘accepted’ more spoonfuls from parents that ‘waited’ more, regardless of feeding parent’s gender.

**Conclusion:** Results indicated that infants are exposed to different feeding practices from each parent. Infant responses were associated with practices, not parent gender. This research provides reason to include both parents in feeding practice research, because maternal and paternal practices are different. Both parents together provide comprehensive understanding of the infant’s feeding interactions.

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**W26**
Category: Wellbeing

**Cultivating good health in the present moment: An investigation into mindfulness, health behaviours and stress**
Jessamine Rayner & Emma Davies, *Oxford Brookes University*

**Objectives:** Empirical evidence has suggested that dispositional mindfulness is beneficial to a range of health behaviours; stress reduction has been implicated as a key mechanism of these effects. This study examined the relationship between mindfulness and health behaviours whilst considering stress as a mediator.

**Design:** An online self-report questionnaire was conducted. Mindfulness was assessed utilising the recently constructed comprehensive measure of mindfulness (CHIME) scale, designed to capture the multiple facets of mindfulness. Stress levels were evaluated using the Perceived Stress Scale (PSS). A short author designed health-behaviours questionnaire explored diet, exercise and substance use behaviours.

**Methods:** Data was collected from 231 participants (68% female) recruited via social media and email. Correlational analysis assessed the relationship between mindfulness, health behaviours and stress. Multiple regression and mediational analysis were then conducted to ascertain the nature of these associations.

**Results:** As predicted stress and mindfulness levels were negatively correlated. Diet and exercise behaviours were associated positively with mindfulness levels, and negatively with perceived stress levels. No associations were found between substance use and the other variables. Regression analysis showed that mindfulness predicted diet and exercise behaviours and four-step mediation analysis demonstrated this was partially mediated by stress.

**Conclusion:** The results suggest that stress reduction comprises a mechanism of mindfulness through which it promotes positive diet and exercise behaviour, a more extensive examination of substance use behaviours is suggested. The findings contribute to a growing body of evidence proposing that
through mindfulness individuals may be able to modify health-related behaviours with positive outcomes.

**W27**  
Category: Wellbeing  
**An exploration of burnout in IAPT services: An IPA study**  
Crystyn Scott, University of the West of England  
**Objectives**: Improving Access to Psychological therapies (IAPT) was introduced as a response to the 2004 Layard report. There has been very little research into burnout in IAPT services to date. Burnout is an important issue that impacts anyone who does ‘people work’. As IAPT is a ‘high volume’ and target focused environment, therapists maybe impacted by burnout. The objective of this research is to explore the experience of burnout and similar experiences of therapists in IAPT services. It also investigates the components of burnout, emotional exhaustion (EE), Depersonalization (DP) and personal accomplishment (PA)-among participating IAPT therapists.  
**Design**: Semi structured interviews and interpretative phenomenological analysis (IPA) analysis were used as they were the most appropriate for understanding individual’s experiences from their own perspectives.  
**Methods**: Therapists from two IAPT teams in the South West were invited to participate. Semi-structured interviews from ten therapists were analysed using IPA. Interviews lasted 45-90 minutes.  
**Results**: Initial analysis of the results revealed enthusiasm for working with clients and therapy. Most participants recalled experiencing similar experiences to burnout as defined by existing research on burnout. However the language used to describe their experiences varied, with some describing this as burnout, whilst others framed their experiences as stress or simply due to the ‘nature of IAPT’. Analogies compared IAPT to being like a ‘conveyor belt’ or ‘machine’, these phrases were used by several therapists.  
**Conclusion**: There are potential implication for maintaining the workforce and the impact on the therapeutic process will be considered in this research.

**W28**  
Category: General  
**The role of autistic and alexithymic traits in self-other decision-making**  
Nadinda Ayu Temenggung, Danielle Ropar & Richard Tunney, University of Nottingham; Fenja Ziegler, University of Lincoln  
**Objectives**: Previous studies indicated that typically-developing adults tend to make less rational decisions for oneself compared to decisions made for others. However, individuals with a diagnosis of autism have difficulty distinguishing one’s own perspective from another’s, suggesting they may show greater logical consistency in decision-making across viewpoints. Additionally, it was argued that reduced rational decision-making in typical adults may be due to a greater influence of affective processes for decisions made for the self. Therefore, we investigate whether logical consistency for the self vs. others correlates with perspective-taking ability (measured by presence of autistic traits) or affective processing (measured by presence of alexithymic traits) in a typically-developing adult population.  
**Design**: A within-subjects design was employed in order to compare how each participant made decisions for themselves vs. others.  
**Methods**: 60 university students, recruited through convenience sampling, chose between a risky or safe financial decision (presented in different framings) in a number of trials on a computer program. They made decisions for themselves in one block of trials and for an unknown member of their peer group in another block, with the order of blocks counterbalanced.  
**Results**: We predict that autistic or alexithymic traits will predict logical consistency in self-other decision-making, with higher traits predicting higher logical consistency. However, participants with high alexithymic traits should show greater risk-taking behaviour than those with high autistic traits.  
**Conclusion**: By testing whether different traits predict consistent decision-making for the self and other, this study will elucidate the role of perspective-taking ability and emotion processing in financial decision-making for others.
W29
Category: General
Which aspects of social media use have a negative impact on eating difficulties in female university students?
Anna-Sophia Warren & Nicola Byrom, KCL
Objectives: Use of social media is associated with body dissatisfaction and eating disorder pathology, however the exact nature of this relationship is not clear. This study investigated which specific aspects of social media use are related to symptoms of eating disorders.
Design: A between-subjects design was used to assess the associations between eating disorder symptoms and various aspects of social media use.
Methods: 92 female students who self-identified as having experience of eating difficulties were recruited from universities. Participants completed an online questionnaire to assess their eating disorder symptom severity (using the EDE-Q 6.0), their use of six social media platforms (Facebook, Twitter, Instagram, Snapchat, Tumblr and Dating Apps), and how they believe social media use affects their symptoms.
Results: Qualitative analysis identified comparison to others, 'thinspiration', 'fitspiration', and diet posts as the most commonly mentioned negative impacts. Perceived negative impact of some of these posts was related to more severe eating disorder symptoms. Positive aspects of social media use were also identified, including accessing support networks and information about recovery.
Conclusions: This study has identified which aspects of social media use have the most negative impact, and so has identified priorities for future research. A number of positive factors have also been identified, which should be utilised to develop future interventions.

W30
Category: Social Justice
Challenging the cad-triad: The neglect of resentment
Ann-Christine Wikman, University of Kent; Philip J Corr, University of London
The other-condemning family of emotions, consisting of contempt, anger and disgust, are all thought to be elicited by a perceived offence and lead to other-condemning evaluation. However, this widely accepted triad may not be exhaustive of all possible other-condemning affects. A pilot study was conducted to examine the possibility that resentment could warrant an inclusion. Four types of offence-vignettes (12 in total) were presented to 50 participants who had to choose one of four candidate emotions: contempt, anger, disgust and resentment. Using a Likert scale questionnaire, participants also reported the magnitude of each emotion, emotion certainty, felt power, and action tendency. Frequency data confirmed that each affect was elicited by a specific offence, indicating that resentment was recognised as a discrete other-condemning emotion. The Likert scale ratings were subjected to a Pearson’s correlation coefficient analysis. Across four measures, two physical action tendency measures confirmed that where anger correlates positively with approach (r = .60, p < .001), resentment correlates positively with withdrawal (r = .37, p < .05). This dichotomy was confirmed by one verbal action tendency measure where the approach version correlated positively with anger (r = .44, p < .05), but negatively with resentment (r = -.41, p < .05). However, not all measures produced a correlation and resentment did not differ from the other emotions in regards to perceived emotion certainty. These findings suggest that resentment is a unique affect that requires our attention as it can account for withdrawal tendencies found in research on anger.

W31
Category: General
Don't spill my pint! Effects of physical and visio-spatial cognitive loading on walking speed
Phyllis Windsor, Mallini Kannan & Kevin Hanlon, University of Stirling
Objectives: Cognitive-motor interference occurs when texting or carrying out mental arithmetic while walking. Using a dual-task paradigm of walking and carrying a full plastic pint tumbler in one hand, we hypothesised that with increased attentional load from fast walking pace or obstacles to negotiate, participants would prioritise not spilling their pint.
Connection is a primary aspiration for city-dwellers and that it is composed of a desire to connect. Thematic analysis of the GEM data reveals that social fundamental constituent of human wellbeing. The city provides a particular context within which such connections play out. As cities continue to grow, in both size and number, how does social connection feature in peoples’ aspirations? The study uses a mixed-methods approach. The Grid Elaboration Method (GEM), a free associative technique, is applied to explore the personal aspirations of city-dwellers living in Britain’s two largest cities, London and Birmingham. A survey is administered to measure personal wellbeing. A matched sample of 96 city-dwellers, recruited by a professional recruitment agency, was used. Thematic analysis of the GEM data reveals that social connection is a primary aspiration for city-dwellers and that it is composed of a desire to connect with strong and weak ties. Findings show that aspirations for social connections differ across the lifespan, are imbued with nostalgia and motivated by a desire to “matter”. The findings contribute to our understanding of the different facets of social connection that are aspired to. To ensure city-dweller wellbeing, these must be put at the centre of an urban policy agenda.

Design: Within subjects, conditions randomised and counter-balanced: two 10 metre test courses, level or with obstacles, carrying an empty or full pint tumbler, at normal or fastest pace. No instruction given to prioritise tasks.

Methods: 28 participants, mean age 30 years, recruited from staff and students of Stirling University. Walking speed (metres/second), carrying performance (%liquid carried), and normalised walking performance (%normal/fastest baseline speed [empty tumbler, level course]) were recorded.

Results: Mean walking speed was significantly slower when carrying a full pint tumbler, both over the level (p < .001), and the obstacle courses (p < .001). Normalised walking performance showed significant decrements at normal pace (58.2%, p < .001) and at fastest pace (51.7%, p=.001), when carrying a full tumbler over the obstacle course. Differences in carrying performance were small (mean differences 1.2-1.8%); most spillage occurred picking up the tumbler.

Conclusions: Participants showed large decrements in walking speed, therefore prioritising carrying their pint. When walking on a treadmill, participants cannot slow down, and measures of cognitive interference must use other gait parameters (stride length/width). We suggest that using our task, normalised walking performance may act as a measurement of cognitive load.

W32
Category: Wellbeing

City-dweller aspirations for social connection
Victoria Zeeb & Helene Joffe, UCL

The objective of this study is to examine British city-dwellers’ aspirations for social connection. A substantial evidence base within the psychology of wellbeing shows that connecting with others is a fundamental constituent of human wellbeing. The city provides a particular context within which such connections play out. As cities continue to grow, in both size and number, how does social connection feature in peoples’ aspirations? The study uses a mixed-methods approach. The Grid Elaboration Method (GEM), a free associative technique, is applied to explore the personal aspirations of city-dwellers living in Britain’s two largest cities, London and Birmingham. A survey is administered to measure personal wellbeing. A matched sample of 96 city-dwellers, recruited by a professional recruitment agency, was used. Thematic analysis of the GEM data reveals that social connection is a primary aspiration for city-dwellers and that it is composed of a desire to connect with strong and weak ties. Findings show that aspirations for social connections differ across the lifespan, are imbued with nostalgia and motivated by a desire to “matter”. The findings contribute to our understanding of the different facets of social connection that are aspired to. To ensure city-dweller wellbeing, these must be put at the centre of an urban policy agenda.

POSTERS

T09
Category: Wellbeing

The Higher Order Factor Structure of Subjective well-being Measures.
Bader Alansari & Talal Alali, Kuwait University

Objectives: We used exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) to examine the higher order factor structure of subjective well-being measures in a Kuwaiti sample.

Design: Descriptive study based upon self-reported personality scales.

Methods: The sample consisted of (1140) Kuwait University students, (540) males and (600) females, with a mean age of (22.19 ±2.9). The Oxford Happiness Questionnaire (OHQ), Revised Life Orientation Test (LOT-R), the Satisfaction with Life Scale (SWLS), the Adult Hope Scale (AHS), the Beck Depression Inventory (BDI-II), the Beck Anxiety Inventory (BAI) were administered to participants in an Arabic format to assess subjective well-being.

Results: Internal consistency was satisfactory for the OHQ, LOT-R, SWLS, AHS, BDI-II and BAI scales respectively (Cronbach’s alpha = .92, .70, .79, .80, .87, .94). The (EFA) extracted one bipolar factor with the following loading :(.88) for OHQ, (.84) for LOT-R, (.81) for SWLS, (.74) for AHS, (.70) for BDI-II, and (-.43) for BAI which explains 56.16% of the total variance and was labeled subjective well-being. The
(CFA) the goodness of fit of maximum like hood solution $X^2(=1140)$ of 191.865 ($p<0.001$) extracted one bipolar factor with the following loading: (.90) for OHQ, (.80) for LOT-R, (.76) for SWLS, (.70) for AHS, (-.59) for BDI-II, and (-.41) for BAI which explains 49.04% of the total variance.

Conclusions: Overall, this study has provided supporting evidence for the cross-cultural replicability of the higher order factor structure of subjective well-being; however, these findings must be viewed within the limitations imposed by the age of the samples.

T10
Category: Wellbeing
The development and content validation of the medication reuse questionnaire
Hamza Alhamad, Nilesh Patel & Parastou Donyai, University of Reading
Objective: Our objective was to develop and validate the medication reuse questionnaire (MRQ) to capture people’s intentions to participate in ‘medication reuse’, a process that involves collecting and redistributing unused medicines to other patients.

Design: We used theory of planned behaviour (TPB) methodology to develop, and the 4-stage process of cognitive interviewing to validate our questionnaire.

Methods: We constructed the 40-item MRQ and interviewed a panel of 10 participants asking content validity (CV) questions about 1) understanding, 2) remembering, 3) judging and 4) relevance of each MRQ item. Respondents indicated their agreement or disagreement with each CV question (e.g. “I understand what this question says”) on a 4-point Likert-scale (4 = strong agreement, 1 = strong disagreement). We wanted at least 8 panel members to agree with each CV question for each MRQ item. The University ethics committee approved the study.

Results: All 40 MRQ items were assessed as relevant for measuring people’s intentions to participate in medication reuse and there was also agreement about remembering necessary information and making judgements needed for completing all 40 items. However, three items were not clear in their wording and needed rephrasing because at least 3 panel members could not clearly understand the item.

Conclusions: Following revision of the MRQ we can conclude that a questionnaire now exists for measuring people’s intentions to participate in medication reuse. Collecting this evidence will inform policy decisions about a process that has the potential to address medicines waste and create a more sustainable future.

F23
Category: General
Investigating individuals’ judgements regarding intergroup romantic relationships
Courtney Allen & Ayse Uskul, University of Kent
Objective: Previous research has shown that the potential development of intergroup romantic relationships is hindered by others’ evaluations of such relationships. The purpose of this research was to investigate individuals’ judgments regarding these relationships and if these judgments vary based on the type of intergroup romantic relationship (interethnic/interSES/interreligious; short/long).

Methods/Design: In Study 1, 241 participants read one of four online dating profiles of two individuals who were described as looking for a short-term relationship and to differ in socio-economic status, religion, or ethnicity and indicated their views about this relationship. Subsequently, they answered questions pertaining to how much they believed the two would be a match, are similar, would have family/friend approval, and if they should date.

In Study 2, 235 participants read a scenario about a romantic couple thinking about a long-term relationship who differed in socio-economic status, religion, or ethnicity and indicated whether they thought the couple should continue to date, get married, have children, would be long-lasting, would be happy if married, and if family/friends would approve.

Results: In Study 1, results revealed that when the couple was short-term/interreligious, they were judged as having less family approval. In Study 2, participants felt that long-term/interethnic relationships should have children the least. InterSES couples were judged as having friend approval the least and interreligious couples as having family approval the least.
Discussion: These studies demonstrate that not all intergroup relationships are judged the same. Further statistical analyses and discussion will be in poster.

T11
Category: Wellbeing
‘The perfectible self: A document analysis of popular happiness literature
Emma Anderson, York St John University
Objectives: In the past 20 years, there has been a well-documented growth of interest in happiness in psychology, economics, politics and social policy, and ideas from positive psychology have been popularized through books, websites and other media. In the present research, I look at how happiness is currently constructed in ‘expert’ texts; how these documents construct the ‘self’ and the individual-society relationship; and explore what functions the documents’ claims and activities might achieve.
Design: A qualitative document analysis is adopted to explore contemporary ideas about happiness or ‘subjective wellbeing’.
Methods: Data from four best-selling books on happiness and the Action for Happiness website are analysed using critical discursive psychology.
Results: Humans are positioned as prone to making mistakes that ‘cost’ us happiness, framed either in biological terms as hardwired, unconscious impulses, or in cognitive terms as faulty thinking and decision making. To overcome this, the documents prescribe ongoing observation, evaluation and adjustment of thoughts and behaviours to improve levels of wellbeing.
Conclusions: The idea that individuals can act to increase their own happiness is positioned as scientific fact by the documents, and the possibility and desirability of doing so as common-sense. The present research extends the critical literature on happiness research by highlighting the culturally specific, divided ‘self’ that is called upon to undertake this task, and questioning the permanent state of ‘in-betweenness’ the documents seem to propose. It argues that, by doing so, happiness literature can work to encourage individuals to cope with and resolve socially created problems.

F05
Category: Wellbeing
Writing about and mentally-simulating the best possible future: Impacts on self-regulation
Megan Bean, Katie Cutts & John Reidy, Sheffield Hallam University
Objectives: Writing and mentally-simulating about goals e.g. best possible future selves (BPFS) has been found to be health-enhancing. Goal simulation has been reported to exert effects through facilitating self-regulation. This was suggested theoretically in literature surrounding goal writing, but remained untested. Evidence also suggested that mentally-simulating processes towards goal-attainment is more beneficial than outcomes. However, it was unknown whether this occurs when goals are written about. Therefore, the main objective was to explore the efficacy of process and outcome writing and simulation BPFS tasks on health and self-regulation.
Design: Based upon previous work, a mixed-measures experimental design was used. The IVs were modality (writing versus simulation), orientation (BPFS-outcome versus BPFS-process versus daily activities; control), and time-point (baseline and 1-, 4- and 8-week follow-up). Dependent variables included physical and psychological health and self-regulation.
Methods: 118 participants recruited via advertising completed a laboratory-based writing or mental-simulation task. Self-report measures (including Physical Symptoms Inventory; Depression, Anxiety, Stress Scales; Short Self-Regulation Questionnaire) were completed at baseline and follow-up (online). Data were analysed using ANCOVA.
Results: No health improvements were observed. Self-regulation decreased eight weeks following process-simulation (p= .044), however self-regulation gains occurred following process- and outcome-writing tasks in comparison to control-writing (ps= .026 and .038).
Conclusions: Findings that mental-simulation about process goals reduced self-regulation contradicted previous evidence and possibly reflected procedural differences between this study and traditional mental-simulation paradigms. The findings also suggested that writing and mental-simulation may exert contrasting effects upon self-regulation, and possibly require different methodological boundaries to be effective.
W38
Category: Wellbeing
Refining the ecological model of resilience for older widowed men and women
Kate Bennett, Eva Balgova, Warren Donnellan & Louise Roper, University of Liverpool
Objective: Widowhood is a high-probability life event in later life. Whilst bereavement and subsequent
widowhood are naturally highly stressful, the majority of widowed men and women cope well enough
to continue their lives without professional intervention. Between 38 and 54% of these widowed
people (Bennett, 2010; Bonanno, 2004; Spahni et al., 2015) could be defined as resilient. In this study
we examine resilience amongst older widowed people using qualitative methods. We utilise the
following definition of resilience: the process of negotiating, managing and adapting to significant
sources of stress or trauma. Assets and resources within the individual, their life and environment
facilitate this capacity for adaptation and ‘bouncing back’ in the face of adversity (Windle & Bennett,
2011).
Design: Secondary data analysis of 115 in depth interviews of older widowed people which focused on
the experiences of widowhood.
Methods: Using the Framework approach and further thematic analysis, we examined factors that
promote or hinder resilient features.
Results: One third of participants were resilient and one third were not. The remaining one third
showed some resilient features. Key factors include psychological characteristics, social support, and
religious faith. We develop the idea that resilience is more than just a binary classification of resilient
or not-resilient.
Conclusion: There is growing interest in resilience amongst widowed people, and the factors that
contribute to that resilience. Key factors we explored include psychological characteristics, social
support, and religious faith. We suggest that resilience is more than just a binary classification of
resilient or not-resilient.

W39
Category: General
Brief time course of trait anxiety-related attentional bias to fear-conditioned stimuli: Evidence from
the dual-RSVP task
Robert W. Booth, MEF University, Istanbul
Objectives: Attentional bias to threat is a much-studied feature of high trait anxiety; it is typically
assessed using response time tasks such as the dot probe. Findings regarding the time course of
attentional bias have been inconsistent, possibly because response time tasks are sensitive to
processes downstream of attention.
Design: Attentional bias was assessed using an accuracy-based task, in which participants detected a
single digit in two simultaneous rapid serial visual presentation (RSVP) streams of letters. Before the
target, one threat and one neutral stimulus were presented simultaneously, one in each RSVP stream.
Attentional bias was indicated wherever participants identified targets in the threat stimulus’s RSVP
stream more accurately than targets in the neutral stimulus’s RSVP stream.
Methods: Eighty-seven unselected undergraduates were tested with the dual-RSVP. Their trait anxiety
was assessed using standard questionnaires.
Results: Trait anxiety only predicted attentional bias (r = .29, p = .01) when the target was presented
immediately following the threat and neutral stimuli, i.e. 160 ms later; by 320 ms the bias had disappeared (r = -.05).
Conclusions: Attentional bias in anxiety can be extremely brief and transitory. The results of studies
using response time to assess the time course of attentional bias may partially reflect later processes
such as decision making and response preparation. This may limit the efficacy of therapies aiming to
retrain attentional biases using response time tasks. The next steps will be to verify these results in a
sample of diagnosed anxious patients.
Service User Involvement in Audit: the collaborative development of a clinical measure to assess self-harm in individuals with personality disorder

Asuka Boyle, Bluebell House; Shannon Guglietti, Aldrington House, Sussex Partnership NHS Foundation Trust

Purpose: To collaboratively develop a self-harm audit questionnaire and discuss the implications for personality disorder (PD) services.

Background: Current self-harm audit tools are limited in their application in clinical work with clients with PD due to the format of tools, a narrow definition of self-harm and the lack of clinical utility of scoring. We aimed to develop an audit tool in collaboration with service users (SUs) that was acceptable, useful and appropriate within clinical practice with this population. This is in line with current best practice.

Methods: Following consultation with SUs and clinicians as well as a literature search we developed a new audit questionnaire to assess self-harm based on a previous in-house draft questionnaire. We explored this with a total of 9 SUs through 4 focus groups.

Results: Preliminary analysis of feedback indicates SUs thought this questionnaire would be a useful audit tool, with some variation in how they viewed the value of the information provided. A thematic analysis highlighted themes of: offering choice and tailoring audit resources to the person’s own experiences, discrepancy between personal and others perceived understanding of self-harm, and a broader definition of self-harm.

Conclusion: Our work reveals the usefulness of collaborative working, the acceptability of the final audit questionnaire and refutes possible concerns that SUs who utilise self-harm are unwilling or unable to engage in productive dialogue around this. Our limitations include a small sample size and a self-selected sample all from one service all of which may limit the generalisability.

Meta Analysis: Does visibility really enhance prosocial behaviour?

Alexander Bradley, Claire Lawrence & Eamonn Ferguson, University of Nottingham

Objectives: Despite decades of research, the impact of being observed (visibility) on prosocial behaviour remains unclear and the direction of findings are mixed. A meta-analysis was conducted to assess the effect visibility has on prosocial behaviour and identify theoretical and methodological moderators.

Design: A literature search was performed on three databases: Web of Science, Psychinfo and EconPapers. Additional studies were identified through forward citation searching and contacting authors for unpublished data. Studies were included if they had a visibility manipulation, a control group, and a measure of prosocial behaviour.

Methods: A total of 98 papers met these inclusion criteria which yielded 113 study level effects and a total of 768,171 participants. A random effects model was used to identify the average effect of visibility. Univariate mixed effects models were conducted to explore the effects of theoretical and methodological moderators.

Results: The random effects model showed a small positive association between visibility and prosocial behaviour ($r = .13$, 95% CI $= .09$, .16). Moderator analysis showed that visibility manipulations using images of eyes only had a small negative effect on the relationship between visibility and prosocial behaviour ($r = -.09$, 95% CI -.16, -.01). However, visibility in pubic good games (vs bargaining games) and for active participants (when an actor makes an allocation expecting that decision to influence how others respond) resulted in positive effect of visibility.

Conclusions: In summary, this study found an overall small positive association between visibility and prosocial behaviour, with visible acts leading to higher prosocial behaviour.
T30
Category: General

Reading unrealistic storybooks and their impact on children’s creative problem solving abilities
Louise Bunce, Oxford Brookes University; Hannah Joseph-Green, University of Winchester; Elizabeth Boerger, Slippery Rock University; Jacqueline Woolley, University of Texas at Austin

Objectives: There is mixed evidence regarding the impact of engaging in fantasy on cognitive development. This may be because fantasy play has been treated as a unitary construct yet, it can differ in how faithfully it represents reality from the impossible (believing you can fly) and the unlikely or improbable (finding a crocodile under your bed) to the possible (hosting a tea party). The current study tested the hypothesis that a specific type of fantasy, the improbable, will be most beneficial for creative problem solving because it requires imagining reality differently from current reality but within the realm of what is physically possible.

Design: Children aged 4-8-years were read one of three stories about a birthday party featuring impossible, improbable, or possible events. Then they completed a creative problem solving task in which they had to consider ways in which a doll could retrieve their teddy from a high shelf in a dolls house.

Methods: Participants (n = 90) were self-selecting visitors at the London Science Museum. Parental informed consent and child assent were obtained before testing.

Results: As predicted, children exposed to the improbable storybook produced significantly more solutions (M=10.3, SD=6.0) than children in the impossible (M=5.6, SD=2.9) and possible conditions (M=7.7, SD=3.6), and those solutions were more original.

Conclusions: This quick and cheap intervention could be utilised by parents and teachers to support the development of problem solving skills, which are our ultimate resource for socio-economic growth and technological innovation.

F06
Category: Wellbeing

Exploring the effectiveness of Veteran Outreach Support Portsmouth: A realist evaluation
Karen Burnell & Adrian Needs, University of Portsmouth; Emina Hadziosmanovic, University of Warwick; Emma Collins & Kim Gordon, SHSSW, University of Portsmouth; Alan Leonard, University of Portsmouth; Christopher Penney, SHSSW, University of Portsmouth

Objectives: How best to support veterans is a question that is of current importance to service providers and policy makers. The objectives of the current study were to evaluate a drop in service for veterans in terms of effectiveness and cost-utility. More specifically, to gain insight into usual treatment pathways, explore perceived effectiveness, barriers, and facilitators in attending VOS.

Design: A realist evaluation was used to evaluate the drop in service. For ethical and pragmatic reasons a trial was not possible.

Methods: The realist evaluation comprised five elements including; a retrospective analysis of the current VOS database: one-to-one interviews with veterans and service providers; a survey of current users; and a prospective study following new users; and a cost utility analysis.

Results: Overall, a number of interesting themes arose from the components of the service, with each element providing vital triangulation. VOS was seen as a safe haven were the military environment acted as a core mechanism for change. Barriers were experienced, including the general infrastructure, but these were not significant enough to prevent attendance. Comparisons with other services, particularly via NHS, were favourable. (Cost data currently under analysis).

Conclusions: Conclusions are drawn as to the current treatment pathways currently experienced by veterans using VOS as well as current perceived effectiveness. Implications are discussed in terms of the current debate surrounding delivery, effectiveness, and evaluation of veterans’ services outside the NHS. In addition, there are useful learnings from conducting pragmatic research. Funded by Forces in Mind Trust.
Screening for somatization symptoms in Parkinson’s disease

Danilo Carrozzino, University “G. d’Annunzio” of Chieti-Pescara, Italy; Chiara Patierno, Sapienza University of Rome, Italy; Daniela Marchetti & Maria Cristina Verrocchio, University “G. d’Annunzio” of Chieti-Pescara, Italy

Objectives: Although screening for psychological factors in the presence of a neurodegenerative disorder may be considered a controversial issue by researchers and clinicians who conceive a disease by exclusively focusing on its “organic” symptoms when neglecting the psychosomatic viewpoint, our preliminary research is aimed at examining the prevalence of somatization in Parkinson’s Disease (PD). The specific research question we aimed to answer is the following: is somatization syndrome a highly prevalent symptom in parkinsonism?

Design: the research protocol consists of a cross-sectional study.

Methods: the total sample comprises 21 PD outpatients who were consecutively recruited at the University Hospital of Chieti, Italy. All participants, after being interviewed by a trained psychologist according to the Diagnostic Criteria for Psychosomatic Research (DCPR), filled out anonymously the two following Kellner’s self-rating scales: the Symptom Questionnaire (SQ) and the Illness Attitude Scales (IAS).

Results: Nearly half of patients (47.6% of the sample) fulfilled DCPR criteria for a diagnosis of Persistent Somatization (PS). When comparing patients with and without PS on SQ and IAS, those with PS reported higher scores on somatization, anxiety, depression, hypochondriac belief, bodily preoccupation, and effects of symptoms subscales (p < .05).

Conclusions: Our findings showed that somatization is a highly prevalent comorbidity in PD, whose clinical relevance is further supported by its association with negative mental health outcomes such as depression, anxiety, and hypochondriasis. The major implication resulting from our data evidenced the importance of screening for somatization in PD in order to detect its consequence on PD clinical outcomes.

Measuring context-specific psychological resilience: The Academic Resilience Scale (ARS-30)

Simon Cassidy, University of Salford

Resilience is a psychological construct observed in some individuals that accounts for success despite adversity. Resilience reflects the ability to bounce back, to beat the odds and is considered an asset in human characteristic terms. Academic resilience contextualises the resilience construct and reflects an increased likelihood of educational success despite adversity. Despite the relevance of resilience in educational contexts and to student wellbeing and achievement, few options for standardised construct measurement exist. The study provides an account of the development of a new multidimensional measure of academic resilience. The ARS-30 focusses on process aspects of individual psychological resilience, providing a measure of academic resilience based on undergraduate students’ specific adaptive cognitive-affective and behavioural responses to academic adversity. Findings from the study involving a sample of undergraduate psychology students (N=532) demonstrate that the ARS-30 has good internal reliability and construct validity. It is suggested that a tool based on adaptive responses aligns more closely with the conceptualisation of resilience and provides a valid construct measure of academic resilience relevant for research and practice in undergraduate populations.

Towards an expert consensus on the development of occupational safety and health in Kenya

Mbusiro Chacha, University of Nottingham

Introduction: There is an existing knowledge gap in occupational health and safety practice in Kenya. The scarcity of comprehensive research on health and safety; and emerging trends in the field evidences this gap. Lack of awareness of health and safety issues has posed a major challenge in the
management of health and safety at work. Additionally, Kenya lacks adequate skilled professionals to deliver workplace health and safety services. In this regard, the purpose of this research is to identify the challenges facing Occupational Health and Safety in Kenya.

**Method:** A review of the scientific literature and pilot interviews informed the design of a semi-structured interview. Interviews were conducted face-to-face with 20 workplace health and safety practitioners to explore their views on the current and emerging risks to occupational health and safety in Kenya. The data was recorded, transcribed and analysed using thematic analysis.

**Results:** The thematic analysis of the interviews resulted in the identification of five main themes: (i) Exposure to hazards (e.g. occupational accidents, occupational diseases), (ii) Barriers to implementing health and safety (e.g. lack of awareness and knowledge), (iii) Management of Health and Safety (e.g. audits and risk assessments) (iv) Emerging risks to Health and Safety (e.g. changes in technology, industrialisation), and (v) Health and safety training (e.g. Continuous training, training institutions).

**Conclusions:** There are challenges facing workplace health and safety in Kenya that need to be addressed. Practitioners training needs vary and change over time depending on the emerging trends in the field of health and safety.

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**F07**

**Category:** Wellbeing

**Brushing teeth improves wellbeing: Self-perception and third party evaluation**

Anita Chopra, Luisa Collins, Fiona Baines & Graham Cleaver, Unilever R&D; Steven Tipper, University of York

**Objective:** This study investigated if the grooming behaviour of brushing teeth (i) promoted self-perception of psychological benefits in term of confidence and attractiveness and (ii) altered non-verbal behaviour, reflecting increasing confidence that is detectable by third party viewers.

**Design:** Two groups of male and female 18-28 years olds were recruited and consented to participated in the study. Participants had either (i) brushed or (ii) not-brushed their teeth prior to completing a task. To ensure both groups were identical (apart from the tooth brushing) they were instructed to wear a black t-shirt and jeans and were balanced for (a) personality trait (ten item personality inventory, (b) self-esteem (single item self-esteem scale), (c) self-perception of attractiveness and confidence and (d) BMI.

**Methods:** Participants were required to give a brief 30 sec verbal presentation with or without prior tooth brushing. Their behaviour prior to and during their presentation was recorded. Subsequently, muted versions of the videos were assessed by a separate set of participants for confidence, attractiveness and other attributes that were proposed to be related to confidence and attractiveness.

**Results:** Tooth brushing altered non-verbal behaviour, this group of participants were viewed to be more attractive and confident. Strikingly, the non-verbal cues reflecting confidence were even detectable during passive sitting with no goal-directed behaviour and no intention to interact with other people.

**Conclusions:** The results demonstrate that the simple self-grooming act of tooth brushing can have a positive impact on psychological wellbeing benefits in terms of self-perception and third party evaluation of non-verbal behaviour.

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**W40**

**Category:** General

**Self-affirmation improves music performance among performers high in sensation seeking**

Susan Churchill, University of Chichester

**Objectives:** In the light of evidence that self-affirmation can mitigate the negative effects of stress on outcomes, this study tested whether a self-affirmation manipulation could improve undergraduate students’ achievement in a formal musical performance examination. The study also investigated the association between impulsivity and music performance and explored whether impulsivity moderated any impact of self-affirmation on exam performance.

**Methods:** At baseline, participants provided demographic information and completed the UPPS-P Impulsive Behaviour Scale (short-form), which assesses five dimensions of impulsivity (negative and positive urgency, lack of premeditation, lack of perseverance, and sensation seeking). In the
subsequent 14 days, participants (N = 67) completed either a self-affirmation manipulation or a control task, before reading a message about the impact of practice on music performance. Music performance was formally assessed 14 days later.

**Results:** Sensation seeking was the only dimension of impulsivity associated with exam performance, with participants high in sensation seeking receiving lower grades. Critically, self-affirmation promoted better music performance among those high in sensation seeking. Conclusion: Self-affirmation may provide a useful intervention to augment the performance of musicians who would otherwise perform worse than their counterparts under formal evaluative circumstances, such as those high in sensation seeking.

T31
Category: General
**Student career goals, advice-seeking, and perceptions of factors enhancing employability**
Andrew James Clements, *University of Bedfordshire*; Caroline Kamau, *University of London*
Graduate employability has been identified as a concern for the Higher Education sector. Undergraduates, however, often appear to delay engagement with their employability. Drawing upon goal-setting theory and using a qualitative approach, this study investigated the career goals of undergraduate students (N=358) drawn from universities in the UK. Content analysis was used to explore factors that students associated with enhanced employability, and how this might relate to their career advice-seeking behaviours. Findings suggest that up to a fifth of the sample had vague or unclear career goals. While participants saw the value of relevant experience in promoting their employability, relatively few indicated that they sought career advice from those within their intended professions. Future research should be directed towards developing interventions encouraging effective networking behaviour.

T01
Category: Social Justice
**The value of self-respect for moral and social behaviour: Development of a trait self-respect measure**
Claudine Clucas & Heather Wilkinson, *University of Chester*
**Objective:** Research into self-respect is scarce, possibly because self-respect and self-esteem are often treated as interchangeable in popular culture. However, there is evidence that self-respect is a component of global self-esteem that is attached to moral, principled and honourable behaviour, highlighting its unique role in predicting moral behaviour and well-being. The paper reports on the development of the trait self-respect scale (SRS) to stimulate research into this concept.
**Design:** Following pilot work to develop the items, cross-sectional survey and lab-based data were collected to validate the SRS.
**Methods:** Seven convenience adult samples (total N=841) completed the SRS online or in person alongside other validated scales. One sample (N=115) also underwent lab-based tasks measuring moral self-concept and cheating.
**Results:** Exploratory and confirmatory factor analyses supported a one-factor structure. The SRS showed good internal consistency (α>.8 in all samples), convergent and discriminant validity. It correlated significantly with self-esteem (r=.40-.61), and with agreeableness, Machiavellianism, positive norm, moral identity internalisation and symbolisation (N=121), moral-based self-esteem, self-control, number of moral trait adjectives recalled in self-related processing (N=115) and religious status (N=230), adjusting for self-esteem. It did not correlate with amount of social comparison, or with competence and social self-esteem, adjusting for self-regard. Moreover, self-respect significantly predicted forms of pro-relationship behaviour, pro-social behaviour (N=114), cheating (self-reported and observed) and well-being (N=81) over and above self-esteem.
**Conclusion:** Findings support the need to consider trait self-respect in investigations of well-being and moral and social functioning, and contribute to debates on the value of self-esteem.
**F25**

**Category:** General

**Kith or kin - who do we favour? The relationship between emotional closeness and genetic relatedness in altruistic willingness to help**

Luke Colquhoun, Jo Davies & Lance Workman, *University of South Wales*

**Objective:** In order to further our understanding of how emotional closeness influences an altruistic response, three variables were examined; genetic relatedness, emotional closeness and cost of helping. All were measured in terms of their effect on willingness to help.

**Design:** A factorial design consisting of three independent variables; degree of relatedness (with four levels), emotional closeness (with three levels), and cost of helping (with three levels), was used. The dependent variable was the participant’s willingness to help.

**Methods:** Seventy seven participants, sampled opportunistically from a University of South Wales campus, completed a questionnaire in which they named four individuals, one for each of the four levels of the independent variable degree of relatedness; parent/sibling (relatedness 0.5), aunt/uncle, niece/nephew (relatedness 0.25), cousin (relatedness 0.125) and a friend (‘kith’, relatedness 0). Participants rated emotional closeness to named individuals using three levels of emotional closeness; ‘very close’, ‘close’ and ‘less close’. Participants had to decide in a number of hypothetical scenarios between two named individuals, with every possible pairing for each scenario; who they would help and how sure they were of this (‘definite’, ‘very likely’, ‘probably’ and ‘not certain’).

**Results:** Findings with regard to how the three variables interact suggest that for kin, as cost increased, the effect sizes of levels of emotional closeness became smaller whereas for kith they became larger.

**Conclusions:** The finding that, as cost increases, participants are willing to help kin with less regard for emotional closeness provides support of the notion of a ‘kinship premium’.

**T14**

**Category:** Wellbeing

**Lifestyle advice for mental, physical and musculoskeletal health in primary care consultations**

Kathrina Connabeer, *Loughborough University*

**Objective:** To examine lifestyle advice in primary care consultations by general practitioners, in regards to health problem presented and type of lifestyle risk factor.

**Design:** A descriptive study design was adopted to provide a descriptive overview of occurrences of talk regarding lifestyle, through observing audio and video recordings of primary care consultations.

**Method:** Data consisted of n=86 video and audio recordings of primary care consultations, from a pre-existing data corpus. Verbatim transcripts were coded in accordance with a coding framework. Descriptive statistics were used to display frequencies and percentages for health category, advice/no advice and type of lifestyle risk factor. Inferential statistics were used to test the association between the three health categories (Mental, Physical and Musculoskeletal Health) identified, advice/no advice, and type of risk factor.

**Results:** Significant associations were found between health category and whether the patient received advice or did not receive advice during the consultation (p < 0.001), type of lifestyle risk factor and advice (p < 0.001), and type of lifestyle risk factor advised and health category (p < 0.001).

**Conclusion:** Patient-level factors such as health problem presented and lifestyle risk factor can impact on the delivery of lifestyle advice in primary care consultations. The results of this study show certain ‘imbalances’ in the distribution of lifestyle advice, across the range of patients’ presenting medical problems. General Practitioners might take into account such imbalances in lifestyle advice provision in their practice, and where relevant and appropriate take opportunities to provide lifestyle advice.
Engaged in goal-setting, more specifically in terms of cognition, functionality, and risk.
their professional identity was threatened, which impacted upon perceptions of the guidelines. To our knowledge, the theoretical framework presented in this paper is the first that attempts to explain why NICE guidelines are not consistently utilised in UK mental health services. The current need for services to demonstrate ‘NICE compliance’ may be leading to a perverse incentive for clinical psychologists in particular to do one thing but say another and for specialist skills to be obscured. If borne out by future studies, this represents a threat to continued quality improvement and also to the profession.

F26
Category: General
**The neural basis of prosocial decision making: A meta-analysis**
Jo Cutler & Daniel Campbell-Meikejohn, University of Sussex

**Objectives:** To meta-analyse neuroimaging findings on prosocial decisions. To better understand the identified activations by comparing and contrasting altruistic decisions, which only benefit others, with strategic decisions which also benefit deciders. In particular, to compare ventromedial prefrontal cortex (vmPFC) regions linked to primary and secondary rewards.

**Design:** A meta-analysis is novel for this topic and Anisotropic Effect Size Signed Differential Mapping was used to incorporate neural maps alongside coordinates.

**Method:** Literature searching identified eligible altruistic (dictator game, charitable donation paradigms) and strategic (prisoners’ dilemma, trust and ultimatum games) studies. “Twenty-three of the 35 eligible altruistic studies (N=618) and 15 of 45 strategic studies (N=593) had available data. Mean activations were calculated for altruistic and strategic decisions separately while conjunction and comparison analyses show overlap and divergence respectively. Regions of interest (ROIs) were extracted along a vmPFC posterior-anterior axis.

**Results:** Both altruistic and strategic decisions showed nucleus accumbens (NAC), anterior cingulate and vmPFC activity. Comparisons revealed stronger NAC and posterior vmPFC activity for altruistic decisions. Strategic decisions showed stronger putamen activity. ROIs revealed greatest altruistic activation in posterior vmPFC, decreasing moving anterior, while strategic activation increased along this axis.

**Conclusions:** Prosocial decisions are rewarding, even compared to selfishness. Altruism’s “warm glow” activates NAC and posterior vmPFC suggesting it is a primary and personal reward. Integrating higher order reasoning for strategic decisions shows greater anterior vmPFC activity, linked to mentalising, and separate reward activity in the putamen. Differences suggest decisions which also benefit deciders should not be equated with purely altruistic donations.

F09
Category: Wellbeing

“**I am quite mellow but I wouldn’t say everyone else is**”: A mixed methods exploration of normative misperceptions of alcohol consumption and self-evaluation of drinking behaviour compared to others’
Emma Davies, Emma-Ben Lewis & Sarah Hennelly, Oxford Brookes University

**Objectives:** Interventions to reduce alcohol consumption often fail. Drinkers consistently underestimate their own drinking and their personal level of risk from drinking compared to others’. This study aimed to explore how drinkers compared their own drinking and behaviour when drinking to that of other people’s in order to understand more about these misperceptions.

**Design:** A cross sectional online survey design was employed using quantitative and qualitative questions.

**Methods:** Individuals were asked to compare both their consumption and their behaviour when drinking to others in open questions. Measures of alcohol consumption and drinking harms were also completed by 526 participants (69% female; 81% students).

**Results:** Normative misperceptions were greater in males and younger participants (aged 18-21). A large proportion of participants said that their behaviour when they drank alcohol was better (40.5%) or the same (48.7%) as other people’s. Thematic analysis suggested that participants judged themselves as more in control of themselves when drinking compared to others, and that they
distanced themselves from negative prototypical drinkers. Judgements of others were made based on their external behaviours indicating a lack of control, whereas personal judgements were based on internal motivations to have fun and be responsible.

**Conclusions**: These findings may explain the failure of many interventions; if people perceive both their own alcohol consumption and their behaviour when they drink as either similar or better than other people’s then they may discount intervention messages. Targeting these biases could be incorporated into future interventions.

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**T32**

**Category**: General

**I’m cool with that! Openness and university students’ preferred teaching approaches**

Jean Davies, *Edge Hill University*; Thomas Wilson, *Bellarmine University*

**Objectives**: Professional educators seek insights toward how to meet the needs of individual learners with the most effective teaching methods. This study’s purpose was to take into account teaching approach by the analysis of personality-pedagogy preference correlations that may contribute toward evidence-based models of effective pedagogical practice. In addition, preferences for learning environments within three teaching methods were analysed for linear relationships with durable personality traits.

**Design**: The design was correlational in that the Big Five personality traits (Costa & McCrae, 1992) were assessed along with students’ self-reported preferences for various teaching modalities.

**Method**: Because the target population was university students, an availability sample of 75 volunteer undergraduates completed questionnaires indicating their preferences for 21 different teaching modalities. Participants’ personality traits were measured using the NEO PI/EO-FFI assessment.

**Results**: Descriptive statistics showed students preferred teacher-led and group work approaches over student-centred teaching methods. Among several reliable relationships observed in the overall matrix of coefficients, the correlational analysis revealed the Openness trait dimension was directly predictive of preferences for both teacher-led (.31) and group work (.25) approaches.

**Conclusion**: A student’s level of openness appears to be predictive of personal preference for two teaching approaches, teacher-led and group work methods, demonstrating that psychometric investigations of teaching modality preference have value. In keeping with recent criticism regarding the failure of teaching-learning style matching, the discovery of connections among relatively immutable Big Five factors and specific teaching methods may provide the psychological insights into individual learners that educators seek.

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**T15**

**Category**: Wellbeing

**It’s good to talk? Evaluation of a community based peer support project for stroke survivors**

Miranda Davies, Holly Dorning & Theo Geoargiou, *Nuffield Trust*; Cono Ariti, *London School of Hygiene & Tropical Medicine*

**Objectives**: This paper describes an evaluation of a peer support project for stroke survivors; Stroke Association Voluntary Groups (SAVGs). The aim was to advance knowledge on stroke community support provision by providing insight into the impact of attending the groups and the role of peer support.

**Design**: A mixed-methods approach was used, including a self-report questionnaire to measure the four outcome areas the SAVGs aim to positively impact on; social isolation, mental well-being, self-management and quality of life. Semi-structured qualitative interviews were conducted with stroke survivors, carers and staff to explore experiences of peer support.

**Methods**: Stroke survivors and carers (n=656) from 30 SAVGs across England were invited to complete the questionnaire at two time-points, three-months apart, to measure change over time. Mixed linear regression was used to model each of the outcome measures. Interviews were carried out with 11 stroke survivors, 5 carers and 9 volunteers and staff. Thematic analysis was conducted to explore peer support.

**Results**: There were no statistically significant changes over a three-month time period in the four outcome measures. Themes emerging from the semi-structured interviews relating to peer support...
included the ‘safe space’ the groups provided as somewhere survivors would not be judged, and more positive perceptions of personal stroke recovery by seeing the experiences of others.

**Conclusions:** In order to detect changes in outcome measures over time, this evaluation highlights the importance of capturing new group members as early as possible after joining a group and allowing a longer period between outcome measures.

F10
Category: Wellbeing

**Improving motivation to change amongst individuals with eating disorders: A systematic review**
James Day, Sarah Muir & Katherine Appleton, Bournemouth University

**Purpose:** To explore the evidence for improving motivation to change in eating disorders patients via clinical interventions.

**Background:** Patients with eating disorders are known to be ambivalent about their symptoms often resulting in low motivation to change. This has been associated with reduced engagement with treatment and poorer clinical outcomes. Interventions aiming to enhance motivation to change have been increasingly advocated in the treatment of eating disorders. However, questions remain regarding the strength of evidence supporting the effectiveness of motivational interventions and how they should best be implemented.

**Methods:** Searches were conducted on PubMed, PsychInfo and Web of Science for all combinations of two sets of terms relating to eating disorders and motivation. Inclusion criteria were whether papers investigated an intervention for eating disorder patients and included a measure of motivation to change as part of the outcomes. All papers had to be available in English. This resulted in 36 papers which were included in a qualitative synthesis, of which 11 utilised a randomised control trial design. Risk of bias was also assessed.

**Conclusions:** Whilst there is evidence to support the ability of interventions to improve motivation to change, it is unclear whether motivational interventions present a more effective option than common non-motivational approaches. However motivational interventions were identified as being more effective than low intensity treatments, with web-based approaches presenting a promising method of delivery. This review has lead to further research exploring the potential effectiveness of a brief web-based motivational intervention delivered pre-treatment at improving treatment engagement.

F11
Category: Wellbeing

**Boredom and its relationship to attention and disposition**
Andrea Didier & Richard Ralley, University of East London

**Objectives:** Current literature on boredom suggests that it is a multidimensional construct implicated in a number of pathological behaviours and maladaptive personality traits. However, controversy remains about the underlying mental processes that define boredom. This study sought to explore whether boredom can be defined in terms of attention and establish the extent to which dispositional aspects contribute to the construct.

**Design:** A correlational design was used to explore the relationship between boredom and core variables.

**Method:** 101 participants completed an online survey which consisted of boredom proneness, cognitive errors, need for cognition, private self-consciousness, and optimism measures. Results were analysed using hierarchical regression. Further factor analysis was carried out on the boredom proneness scale to identify latent factors within the scale.

**Results:** A positive relationship between boredom proneness and attention (measured by cognitive error) was found. This relationship decreased when accounting for cognitive style and dispositional measures. No relationship was found between self-awareness and boredom, in contrast to previous findings. Evidence for latent factors within the boredom proneness scale was inconclusive.

**Conclusion:** The results suggest that while attention accounts for part of the underlying process of boredom, dispositional factors such as cognitive style and optimism should also be considered. These findings may have implications for defining boredom, seeking further underlying constructs within
boredom, and thereby steering future research and developing interventions to prevent boredom in different settings.

T03
Category: Social Justice

A social-cognitive study of the factors that drive financial decision making
Chloe Francis, Nathan Ridout, Stefanie Hassel & Carl Senior, Aston University

Introduction: Familiarity to an individual results in greater liking and more risk averse decisions. Impulsivity also affects decision-making, with impulsive individuals showing greater deficits in gambling tasks. Objectives: It is expected that individuals will make less risky decisions when exposed to familiar faces compared to unfamiliar faces and that impulsivity will moderate this effect.

Design: A repeated measures design was used and conditions were counterbalanced to reduce practice effects. Methods: 129 students and staff from Aston University volunteered to participate. They completed the Executive Personal Finance Scale (EPFS) and the Barratt Impulsiveness Scale (BIS-11) then completed a computerized gambling task. This required them to indicate whether their card value (£1 to £30) was higher or lower than a randomly selected card value. The data was analyzed using a 2 by 2 repeated measures Analysis of Covariance (ANCOVA) with pairwise correlation analysis carried out where appropriate.

Results: Results reveal a significant difference between the expected pattern of participant responses and their card value (p <.001). Further evaluation shows that these responses are moderated by the degree of facial familiarity only when a card value is high (p <.001). Furthermore, financial impulsiveness positively correlated with a greater degree of deviation from the expected pattern of participant responses at the 70% (p <.05) and 90% (p <.05) morph percentages when card value is high which further support the notion that social familiarity may facilitate effective financial decisions which result in low risk values only.

Conclusion: This research suggests that familiarity alone does not affect financial decision-making, but rather it depends on the degree of risk as defined by monetary value and may be driven in part by financial impulsivity.

W41
Category: General

It is all about what you do: The relationship of cognitive functioning and physical activity in daily life
Rico Fischer & Glasgow Caledonian University; Mona Bornschlegl & Franz Petermann, University of Bremen

Previous research has not univocally established a protective effect of physical activity on cognitive functioning (CF). One potential reason could be that CF is often assessed with abstract tests distant from real life. Additionally, studies often measure either physical activity or physical exercise and neglect exercise intensity. Simultaneously, participants’ age is often ignored as a potential confounding variable. This study aims to investigate whether these factors influence CF. It is hypothesized that, when age is controlled for, physical activity, physical exercise and exercise intensity influence CF.

143 healthy participants (51 men; age range: 60 – 98) were recruited from a large German town via convenience sampling. They completed 1) a physical activity, physical exercise and exercise intensity. Further research should focus on exercises with intensities suitable for senior citizens questionnaire and 2) the Daily Living subtests from the German adaptation of the Neuropsychological Assessment Battery.

The covariate, age, was significantly related to cognitive functioning F(1, 31) = 24.58, p <.001. There was also a significant effect of exercise intensity on CF after controlling for age, F(2, 26) = 3.03, p = .032. Subsequent t-tests confirmed better cognitive performance for higher intensities. Neither physical activity nor physical exercise significantly influenced CF.

An age independent influence of exercise intensity on daily living cognition has been established. This supports the hypothesis that the type of exercise is important in counteracting cognitive degeneration.
However, this study is limited due to its cross-sectional design. Further research should focus on exercises with intensities suitable for senior citizens.

W42
Category: General
Variations in depressive symptoms and suicidal ideation in homeless men: A predictive model
Matthew Genuchl & Ahva Mozafari, Boise State University; Caley Featherstone, Eastern Washington University

Objectives: The high frequency of suicide in men is impacted by men’s tendency to use more violent means of suicide; however, men’s high suicide rate may also be due to difficulties recognizing variations in depressive symptoms, primarily in men that conform to traditional masculine gender role norms. The objective of this study was to examine a hypothesized predictive model of suicidal ideation, including: externalizing/masculine depressive symptoms, typical depressive symptoms, and conformity to hegemonic masculine gender role norms.

Design: The quantitative survey design provided a means to collect anonymous responses from the participants.

Methods: The sample consisted of 94 primarily middle-aged, White, single, heterosexual, homeless men recruited from a resource center in an urban area of the Mountain West United States. The participants individually completed surveys that consisted of all measures and were compensated $20 US for participation. Homeless men were recruited for this study because of their increased risk psychological distress and suicide.

Results: The overall multiple regression model was significantly predictive of participants’ endorsement of suicidal ideation. Both typical and masculine/externalizing depressive symptoms were moderately predictive of suicidal ideation. Additionally, correlational analyses indicated that conformity with the masculine norms of self-reliance and playboy was positively related to suicidal ideation.

Conclusions: An internalizing-externalizing framework of evaluating suicidality in traditional men, may be a valuable framework for further research on suicide risk and gender. Replication is needed to evaluate whether men who endorse certain norms (e.g. self-reliance/playboy) are at a higher risk than men who conform to other norms.

W36
Category: Wellbeing
The effects of emotional intelligence on emotion recognition from facial expression, speech only and low-pass filtered speech
Lauren Gillies, University of the West of Scotland; Monja Angelika Knoll, Manchester Metropolitan University

Objectives: Emotion recognition (ER) differs depending on the modality in which emotions are presented. Previous research has examined acoustic, visual and auditory ER, but has not compared ER across these three modalities. The current study investigated differences in ER from multiple modalities (facial expression, speech and low-pass filtered speech, i.e., removal of frequencies to render speech unintelligible). The study also examined whether ER is associated with high or low emotional intelligence (EI) and whether particular emotions are better recognised in different modalities.

Method & Design: A 2 (EI: high/low, between factor) x 3 (Emotional modality: facial expression, speech only and low-pass filtering, within factor) mixed design was utilised. The IV was correct percentage of ER.

Participants/Procedure: Sixty-two Scottish students were recruited via opportunity sampling. Participants completed an EI questionnaire and three emotion recognition tasks. In each task, participants selected an emotion (happiness, fear, anger, disgust and surprise) from 15 presented clips.

Results: Participants with higher EI performed significantly better in the ER tasks than those with low EI. ER was superior in the speech-only condition. Recognition of happiness was superior in the facial condition, whereas recognition of other emotions was superior in the speech-only condition.
Conclusions: Individuals’ ability to recognise emotions involves a set of emotion-specific skills needed for identifying emotions from different forms of communication. It appears that EI improves ER, but may also be sensitive to acoustic cues. The role of EI should therefore be highlighted in healthcare settings where emotion communication occurs via different modalities.

W34
Category: Wellbeing
An evaluation of the impact of clinical supervision on a hospital specialist palliative care team
Frances Goodhart, Independent Practitioner; Randall Jones, Palliative & End of Life Care, London North West Healthcare NHS Trust; Amanda Robinson, Macmillan CNS Palliative Care, Imperial College Healthcare NHS Trust
Objectives: To evaluate the impact of introducing individual clinical supervision to a hospital specialist palliative care team.
Design: Service evaluation study using standardised measures of stress, resilience and burnout pre the introduction of clinical supervision and repeated a year later. A feedback form examining staff satisfaction was also completed. Change in mean standardised scores, quantitative satisfaction scores and written comments were collected. No statistical analysis was undertaken.
Method: An external clinical psychologist experienced in palliative care provided one to one supervision once a month for one hour to each team member who chose to attend. Quantitative measures – Perceived Stress Scale (PSS), Brief Resilience Scale (BRS), Maslach Burnout Inventory - General (MBI-GS) were completed anonymously pre and a year post the introduction of supervision, together with a satisfaction/feedback form. Nine pre and post measures were completed (82% response rate).
Results: Mean PSS (stress) scores dropped from 17.8-13.6, BRS (resilience) scores rose from 2.92-3.33, MBI exhaustion scores dropped from 14-13, MBI cynicism from 8.5-7, whereas MBI professional efficacy dropped from 31-27.5. 100% of supervisees were satisfied with supervision, 7 (78%) strongly satisfied and 2 (22%) satisfied. Written feedback showed supervisees valued – the safe setting, the supervisor being external, the reflective process, developing practical strategies, perspective & sense making, the impact on personal wellbeing and coping.
Conclusion: Satisfaction with supervision was universally high. Supervisees valued its impact on professional practice and personal wellbeing. Reductions in scores of stress, exhaustion, cynicism and increased resilience were encouraging. Reduced professional efficacy scores require further consideration.

T16
Category: Wellbeing
Ten reasons for embedding values-based ‘Enabling Environments’ in health care
Rex Haigh & Caroline Schofield, CCQI, Royal College Psychiatrists
Objectives: The primary objective of the Enabling Environments project is to support and empower services to improve the quality of provision for everyone who lives and works there. Design: A literature review has been carried out to identify Ten evidence-based reasons for embedding values-based ‘Enabling Environments’ in health care Methods: Literature review
Results: Ten reasons for embedding values-based ‘Enabling Environments’ in health care: Human beings are inherently social: they need honest, positive connections with others to survive and thrive in the workplace. Enabling Environments (EEs) are workplaces which can demonstrate ‘relational excellence’ and be expected to confer the following benefits: EEs improve quality of care and thus measurable patient outcomes* EEs promote wellbeing of patients, optimizing conditions for recovery* EEs enhance workforce engagement* EEs reduce staff sick leave * EEs are good for the organisation’s bottom line * EEs are good for the organisation’s reputation * EEs reduce the risk of adverse outcomes * EEs support positive mood; positive mood promotes more flexible problem solving, robust decision-making and enhanced analytic precision * EEs nurture the collaborative ethos that is fundamental to effective teamwork * Enabled, healthy workers are more productive workers and are better at handling adversity * *All references available on request
Conclusions: The fact that job satisfaction, organisational commitment, turnover intentions, and physical and mental wellbeing of employees are predictors of key organisational outcomes such as effectiveness, productivity and innovation means there are multiple reasons to encourage such positive employee attitudes. This applies even more so in health services, where the attitudes of employees are likely to directly affect the quality of the patient experience.

T04
Category: Social Justice
Let’s talk! Increasing access to psychological therapies in Wales
Euan Hails, Aneurin Bevan University Health Board; Christine Wilson, Andrew Dugmore; Dave Smith, Hayley Wheeler, Hafal’s Expert Leadership Panel; Carol Hughes, Caroline Lohmann-Hancock, University of Wales Trinity Saint David’s; Jason Celia, Frank Kitt, Hafal’s Expert Leadership Panel; Phil Morgan, University of Wales Trinity Saint David’s; Vicky Parkinson, National Counselling Society

Background: Hafal (meaning ‘equal’), is the principal third sector organisation in Wales working for, and managed by, people with serious mental illness and their carers. Let’s Talk! is a Welsh based, Hafal initiative.

Aim: To promote access to evidence based psychological therapies for people within Wales with a serious mental illness. The project has 5 objectivise, objective 3 is the subject of this current

Research: 3- an ‘Advoacac’ training programme designed to up skill Hafal staff and people with a lived experience of mental illness, and their carers. The training aims to support people in Wales to be able to access psychological therapies more swiftly;

Methods & Design: Using a qualitative design, two consultation events were held to obtain participant views on the content of the Advocacy Training. 80 participants with a lived experience of mental illness and carers, aged between 23-75 years, residing in Wales, took part.

Results: Three main themes emerged from the Coding frame, The ‘Advocacy’ training should provide participants with: 1- an understanding of NICE guidance for each of the different psychological conditions. 2- the skills necessary to support negotiations with their care provider (GP, CPN etc) whilst trying to access dual treatment e.g. medication and talking therapies, and 3- information about accessing evidence based talking therapies from the private and voluntary sectors in particular.

Discussion: These findings will be taken forward and used in the design of the training programme, and will be piloted throughout 2017.

F12
Category: Wellbeing
Cancer survivors’ experiences of a tailored exercise programme (CUFITTER): Results of an explorative survey
Helena Harder & Susan Catt, SHORE-C, Brighton and Sussex Medical School, University of Sussex; Jan Sheward, Cancer United, Angmering, West Sussex; Erica Sheward, Cancer United, Angmering, West Sussex; Lesley Fallowfield, SHORE-C, Brighton and Sussex Medical School, University of Sussex

Objectives: The benefits of exercise for people living with or beyond cancer are clear but many patients do not meet UK exercise recommendations. This study explored experiences of patients attending CUFITTER, a tailored exercise programme for individuals in cancer recovery.

Design: A non-experimental design with convenience sampling was employed.

Methods: An anonymous survey was distributed to CUFITTER members. Questions probed demographic/health characteristics, exercise levels (Godin-Shephard Leisure-Time Physical Activity Questionnaire), exercise information provision, and barriers/benefits of exercise. Responses to open-ended questions were coded and survey answers summarised by count and percent of total respondents.

Results: 58 surveys of 65/100 returned were evaluable, (62% female, 67% ‘aged >’ 60yrs, 65% breast/prostate cancer). Most respondents (69%) were still receiving treatment and 67% had attended CUFITTER for ≤6 months, once or twice weekly (45%, 39% respectively). Half (52%) were aware of UK exercise recommendations. 55% were given verbal advice about exercise after diagnosis, mainly by their hospital doctor/nurse (53%). Written exercise information was used by 72%, internet infrequently (33%). Current exercise levels were higher than before diagnosis (p=0.05). The main
barrier to exercising (33%) was the physical impact of cancer and/or treatment. Most important benefits provided by CUFITTER were increasing fitness (38%) and social support (19%). Many expressed future plans to keep exercising (50%) or increase (31%) their levels. Other lifestyle changes (diet, alcohol-intake) were reported by 67%.

**Conclusions:** This tailored exercise approach engaged cancer survivors and showed physical, psychological, and social benefits from the programme. These preliminary and promising findings require further investigation.

F13
Category: Wellbeing
**Testing an ecological systems model of psychological resilience with active duty and veteran military personnel**
Danielle Hett & Heather Flowe, *Loughborough University*; John Maltby, *University of Leicester*

**Objectives:** To examine how several cognitive factors known to promote wellbeing (e.g., mindfulness, positive appraisal, rumination) map onto an ecological systems model of psychological resilience (comprising engineering, ecological, and adaptive capacity resilience components) among military personnel.

**Design:** This study employed a correlational survey design to ascertain the extent to which cognitive factors were related to psychological resilience among military personnel.

**Methods:** All participants firstly completed an online pre-screening survey. From this, 59 military personnel (both currently serving and veterans) were recruited and completed a survey that included several self-report measures assessing mood (Depression and Anxiety Stress Scale; DASS), mindfulness (Mindful Attention Awareness Scale; MAAS), physical activity (Rapid Assessment of Physical Activity Scale; RAPA), cognitive thinking patterns (Cognitive Emotion Regulation Questionnaire; CERQ) and resilience (ecological systems model of resilience).

**Results:** Correlational analyses revealed that the engineering and ecological resilience components were significantly and positively associated with military personnel adopting a greater positive appraisal (e.g., “I think I can learn something from the situation”), acceptance (e.g., “I think I have to accept that this has happened”) and mindful way of thinking (e.g., “I do jobs or tasks automatically without being aware of what I’m doing”). Physical activity level was significantly associated with both engineering and adaptive resilience components.

**Conclusions:** Military personnel are faced with a multitude of physical and psychological stressors throughout their service; therefore, fostering psychological resilience is critical to the health of military forces worldwide. This study highlights several cognitive factors that can be strengthened to help boost specific types of resilience and offer better psychological protection to service members.

T33
Category: General
**An experimental study into the strength of player identification with fictional characters in a hypertext role-play game and the correlation with of quantity of role identities**
Nathan Hook, *University of Tampere*

I created a short ‘choose your own adventure’ hypertext game with two different characters set in the Westeros setting from Game of Thrones. 228 participants were recruited by social media and secretly randomly assigned to one of two groups, each having one character briefing with few social roles for one character and a character briefing with many social roles for the other; the game was otherwise identical across groups. They took on their own devices and location, increasing the ecological validity. The sequence in which characters were played was randomised as a control. They took on their own devices and location, increasing the ecological validity. After completion, participants were asked which character they identified with more strongly using a Likert scale, along with secondary questions. Initial observations of the means showing participants identified more strongly with characters with more stated social roles. I used SPSS to conduct 4 paired t-tests. The complex design enabled me to compare both within-participants (between characters) and between-participants (with the same character). The results found strongly statistically significant differences in three of the four cases, and
narrowly missed on achieving significance in the fourth case. This provided good evidence that more social roles strengthen player-to-character identification, a stark contrast to the computer game industry assumption that bland ‘everyman’ characters are easy to identify with. This research also serves to promote the experimental approach from psychology to the new discipline of game studies and build links between the two disciplines.

F03
Category: Looking Forward
A preliminary investigation of Taiwanese parent-child attachment across sporting, schooling, and global contexts
Ya-Hsin Lai & Sam Carr, University of Bath
Little research has been directed at attachment processes and how they might differ across social domains. The concept of context-specific attachment relationship has been paid scant attention. The purpose of this study was to explore how a variety of demographics (e.g., gender, attachment figures, and age groups) varied in relation to attachment across sporting, schooling and global contexts and the associations between attachment patterns across these three domains. Two cross-sectional studies were designed (a) to validate context-specific attachment scales in Chinese, and (b) to explore context-specific differences in attachment relationships. Samples of 150 (for the pilot study) and 500 (for the primary study) youth athletes were recruited. Several existing attachment-related measurements (i.e., AAQ, SAAM) were analyzed in order to develop context-specific tools. Results of structural equation modeling showed a good fit for context-specific assessment of attachment patterns in sporting and schooling domains. It also indicated only the ‘age groups’ significantly varied with parental attachment across three contexts. Plus, the global parental attachment associated with sporting and schooling parental attachment significantly. This preliminary study provided well-validated contextual attachment scales, which will enable current researchers and practitioners to be used for further explore this issue (e.g., measurement invariance across cultures) and for the diagnostic purposes in the clinic. Furthermore, it is suggested parental attachment with youth athletes of different educational stages along with their consequences in terms of psychological need satisfaction/frustration and mental-related symptoms needs to be further studied in the contextual and global level.

F14
Category: Wellbeing
Quality of life and well-being for older adults without cognitive impairment living in care homes: a systematic literature review
Georgina Louise Hughes, Robert Irwin & Alison Lee, Bath Spa University
Purpose: This paper systematically reviews literature identifying components of well-being and quality of life (QoL) from the perspective of care home residents without cognitive impairment.
Background: There are currently no instruments to measure QoL and well-being for older adults without cognitive impairment living in care homes. Researchers measuring these concepts in residents without cognitive impairment rely on instruments designed for older adults living in the community or for those in care with dementia. Since improving residents’ QoL is becoming increasingly important, there is a need for a valid and reliable instrument designed for this population.
Methods: A systematic literature search is being conducted to identify published studies on QoL and well-being from the perspective of care home residents, between January 1990 and December 2016. Three electronic databases (PubMed, PsycINFO, ScienceDirect) are being searched and 23 relevant articles critically evaluated before inclusion. The heterogeneity of the papers require the need for a thematic narrative analysis of the findings.
Conclusions: The review shows QoL and well-being are multidimensional concepts for care home residents without cognitive impairment and are composed of the following domains: social interaction and networks, activities and recreation, environment, autonomy and independence, individual characteristics, staff, and psychological health. The findings provide those interested in improving the lives of older adults in care with specific areas to target, and also assist in the development of a new instrument to measure QoL and well-being.
Psychological Factors in Asthma: The role of coping styles, illness representations and psychological flexibility
Sophie Hughes, Basingstoke Bridge Centre; Laura Flower, University Hospital Southampton, Respiratory Centre; Sarah Kirby, University of Southampton

Previous research suggests that psychological factors affect outcomes in asthma. This cross sectional study explored the influence of patients’ beliefs about their asthma, coping styles and psychological flexibility on hospital admissions, asthma symptom control, quality of life and emotional distress. 205 participants were recruited through an asthma charity (Asthma UK) and from two specialist NHS asthma clinics.

Psychological factors were found to be important predictors of asthma outcomes. Stronger belief that asthma poses serious consequences predicted poorer quality of life and increased hospital admissions. More concern over asthma predicted poorer quality of life. Stronger belief that one understands their asthma predicted increased hospital admissions. Coping by avoiding dealing with asthma and lower levels of psychological flexibility predicted emotional distress. Psychological inflexibility mediated the relationship between avoidant coping styles and emotional distress. Vulnerable groups of asthma patient were also identified; older people reported more emotional distress and smokers and people with severe mental health problems had poorer asthma symptom control.

Findings reveal the importance of considering psychological factors in asthma populations and provide promising avenues for improving outcomes.

The effect of priming on the recall of coarse and fine grain information using the self-administered interview
Ryan Jenkins, University of Leicester

Objectives: The study examined the influence of whether Priming increases the informativeness of eyewitness testimonies compared to No-Priming on recall of the Self-Administered Interview. There were three hypotheses: (1) Eyewitness testimonies of participants who have been primed will contain more words than the eyewitness testimonies of participants who have not been primed, (2) Eyewitness testimonies of participants who have been primed will contain more higher level details than the eyewitness testimonies of participants who have not been primed, (3) Eyewitness testimonies of participants who have been primed will contain a higher number of details than the eyewitness testimonies of participants who have not been primed.

Design: The study employed a between-groups experimental design. The procedure was adopted to simulate a real-life crime scenario and then measure informativeness using the Self-Administered Interview.

Methods: 60 participants, recruited through the University of Leicester participant scheme, were randomly assigned to either a Priming or No-Priming condition. Participants witnessed a first-person film of a crime and either listened to a detailed story of a dog (Priming) or a piece of music followed by answering a question (No-Priming). Participants then recalled their accounts of the crime in the Self-Administered Interview and completed a self-rating questionnaire on what they had witnessed. Data was analysed using a series of one-way ANOVAs.

Results: Priming had no significant effect on the number of words, the level of detail or the number of details recalled in the Self-Administered Interview.

Conclusions: The findings suggest that although priming did not increase informativeness, the Self-Administered Interview should continue to be used as a police investigative procedure.
were asked to recall past instances where they felt anger, while also listening to an anger-inducing experiment where they were randomly assigned to either a LKM treatment or control group. They approach-motivating emotion.

92 undergraduate psychology students participated in this laboratory experiment, we examine if positive emotions, induced through Loving-Kindness Meditation (LKM), quells the physiological effects of anger. The present study builds on past research showing that positive emotions can ‘undo’ the effects of negative emotions, and have an immediate, restorative effect on physiological activation. Unlike past studies, which focused on low-arousal, avoidance-motivating emotions such as sadness, we focused on anger, which is a high-arousal, approach-motivating emotion. 92 undergraduate psychology students participated in this laboratory experiment where they were randomly assigned to either a LKM treatment or control group. They were asked to recall past instances where they felt anger, while also listening to an anger-inducing music clip. A FitBit monitor watch was used to measure the participants’ heart rate (HR) at the beginning of the study, after the anger-induction and after the LKM activity or control conditions. It was hypothesized that participants in the LKM condition would more quickly return to their baseline HR than participants in the control condition. Controlling for individual differences in baseline HR, ANCOVA analyses revealed a statistically significant difference between the LKM and the control group, F (1, 89) = .263, p <.001, suggesting that LKM elicits positive emotions that plays a role in undoing the physiological activation brought about by anger. LKM can thus be helpful in down-regulating unpleasant, approach-motivating emotions such as anger.

Mental health and well-being within the context of the yoruba community in nigeria
Dung Jidong, University of East London

Objectives: Nigerian languages and cultural beliefs are lacking research attention despite the impact of culture-specific values on mental well-being. Thus, it necessitated the interest to undertake a PhD study to explore four Nigerian ethnic groups (Yoruba, Berom, Igbo, and Hausa). This research article specifically examined the Yoruba component.

Design/Method: Thematic analysis was employed using a critical realist epistemology to unravel participants' defined meanings in the data. A purposive sample of 15 volunteers participated in recorded interviews that last approximately 55 minutes each. Of the N=15 participants, n=8 were clinical psychologists and psychiatrists working at Ekiti State University Teaching Hospital at the time of this study and n=7 ‘lay’ persons were recruited within the Ado-Ekiti environs. All participants were self-identified as members of the Yoruba ethnic group who speak and understand the Yoruba language, cultural beliefs, and domiciles within the Yoruba communities in Nigerian.

Results: Findings revealed great attachment of mental health aetiology with cultural beliefs and the Yoruba language. Consequently, the Yoruba indigenous mental healthcare appeared helpful because the practice is in line with their linguistic and cultural values. The study also finds that some ‘crude’ traditional mental health practices by so-called ritualists or false religious leaders are vague, inhumane and harmful.

Conclusion: Indigenous mental healthcare should be encourage among the Yoruba people as supported by the emic theory of mental health. Finally, strict regulatory policies and awareness are equally essential to prevent community members from being misled into false mental health services.

A laboratory experiment on loving-kindness meditation and its undoing effect on anger
Harsimran Kaur & Eugene Tee, HELP University Malaysia

In this laboratory experiment, we examine if positive emotions, induced through Loving-Kindness Meditation (LKM), quells the physiological effects of anger. The present study builds on past research showing that positive emotions can ‘undo’ the effects of negative emotions, and have an immediate, restorative effect on physiological activation. Unlike past studies, which focused on low-arousal, avoidance-motivating emotions such as sadness, we focused on anger, which is a high-arousal, approach-motivating emotion. 92 undergraduate psychology students participated in this laboratory experiment where they were randomly assigned to either a LKM treatment or control group. They were asked to recall past instances where they felt anger, while also listening to an anger-inducing music clip. A FitBit monitor watch was used to measure the participants’ heart rate (HR) at the beginning of the study, after the anger-induction and after the LKM activity or control conditions. It was hypothesized that participants in the LKM condition would more quickly return to their baseline HR than participants in the control condition. Controlling for individual differences in baseline HR, ANCOVA analyses revealed a statistically significant difference between the LKM and the control group, F (1, 89) = .263, p <.001, suggesting that LKM elicits positive emotions that plays a role in undoing the physiological activation brought about by anger. LKM can thus be helpful in down-regulating unpleasant, approach-motivating emotions such as anger.

Prosodic modifications in speech directed to healthy older adults and people with dementia
Monja Knoll, Jason Abrol, Manchester Metropolitan University

Objectives: Effective communication in health settings is important for the care experiences of older people. Previous research investigated prosodic modifications in ‘Elderspeak’, however, speech modifications in interactions with older people with a specific neurodegenerative disorder (i.e. dementia) are less well understood. The present study investigated prosodic modifications in speech
to elderly people with dementia (DS) compared to healthy older (OS; control group) and healthy younger adults (YS; baseline).

**Design**: Within-design with three conditions (DS, OS and YS). DV’s were acoustic and communicative-affective measures.

**Participants/Procedure**: Ten Scottish Social Work students participated as speakers, with twenty other students participating as raters (opportunity sample). Production participants were recorded imaging speaking to the three groups whilst completing a ‘spot the difference task’. Speech samples were analysed acoustically for mean fundamental frequency (F0), F0 range, articulation and duration. Rating participants listened to 20 seconds of each sample and rated these on positive affect, simplicity and intelligibility.

**Results**: Results indicated that people modified their speech significantly more in DS (increased duration, F0 and F0 range; decreased articulation) than in OS (increased duration) compared to YS. DS and OS were perceived to be more negative, clearer and more simplistic than YS.

**Conclusions**: Healthcare professionals adapt the prosody of their voice intuitively to suit the perceived linguistic and emotional needs of their audience. The term ‘Elderspeak’ in speech research may therefore be misleading, as speech modifications to elders may vary to accommodate people with different neurodegenerative disorders. This possibility requires further investigation in clinical settings.

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**F16**

**Category**: Wellbeing

**Materialism in preadolescents from affluent and low-income families**

Ekaterina Kornilaki, *University of Crete*

**Objectives**: The aim of this study was to compare materialistic values, life-satisfaction and self-esteem in preadolescent children from affluent and low-income families. It was hypothesized that low-income children would be more vulnerable to marketing strategies and thus more inclined to adopt materialistic values as a source of self-identity and well-being.

**Design**: The study adopted a cross-sectional design and compared two groups of preadolescent children, one from low-income and one from affluent families.

**Methods**: 217 children (106 from affluent city families and 111 from low-income rural families) aged 10-12 years completed a questionnaire entailing the Materialistic Values Scale for Children (Opree et al., 2011), the Multidimensional Students’ Life Satisfaction Scale (Huebner, 1994) and a Self-Esteem Scale (Rosenberg, 1965)

**Results**: Contrary to previous studies there was no difference in the level of materialistic values between the two socioeconomic groups of children. However, materialism was negatively associated with self-esteem and life-satisfaction only in the low-income group.

**Conclusions**: The findings of the study suggest that the adoption of materialistic values among low-income adolescents may serve as a way to construct positive identities and compensate for lower life-satisfaction. However, the similar level of materialism among the two groups suggests that we should pay attention not only to the role of socioeconomic level but also to other factors (e.g. family and community values) that can play a protective role towards materialism.

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**F29**

**Category**: General

**Preschoolers’ access to IT devices and their play preferences**

Ekaterina Kornilaki, *University of Crete*; Helen Skouteris, *Deakin University*

**Objectives**: The aim of this study was to assess preschool children’s access to information technology (IT) devices (e.g. tablets, mobiles) and their play preferences when indoor and outdoor. It was hypothesized that children would use IT devices to entertain themselves, but when given the choice, they would prefer active play.

**Design**: Data were collected in the context of a semi-structured interview with the children, while parents completed a questionnaire at home.

**Methods**: 300 Greek nursery school children aged 4-5 years were asked a series of questions about the IT devices they had access at home. They were also asked questions about their outdoor activities and were asked to choose between active and inactive play activities. Parents’ questionnaire entailed
questions about their children’s play preferences, the amount of time they spent with IT devices and the time they had for outdoor active play.

Results: Preschool children were very familiar with the IT devices and most of them had access to at least 3 devices. They used the devices to play games, watch videos and listen to music. However, when given the choice between an active physical play and playing with the devices the majority chose active play. The analysis of parents’ questionnaires is still in progress.

Conclusions: Although preschool children have access to a wide range of IT devices they still prefer active play. In a country with high prevalence of obesity, parents have to provide active play opportunities to their children as a mean to promote their health.

F02
Category: Looking Forward

Integrating theory and practice: Looking forward to the future of the “Scientist-Practitioner Model”
Robert Kovach & Emery Clayton, Cisco

Purpose: This paper examines the current state of the “Scientist-Practitioner Model” and the case of a company-based research agenda that has improved internal leadership effectiveness while contributing to future theory and research on the contributing psychological factors of employee engagement. A model for future practice is proposed.

Background: The gap between “scientists” and “practitioners” persists despite calls for partnership. Practitioners, requiring quality research to drive business outcomes, still distance themselves from research and a professional identification often seen as obtuse or out of touch. Academicians, dealing with pressures related to a “publish or perish” culture, often conduct research that results in publications that can’t conform to the accepted Thomas and Tymon research paradigm for field-applicable research.

Methods: Cisco has created an “HR Practice Area” using state-of-the-art social science methodology and an emphasis on partnership between corporate and academic prioritization to create management best-practices for a culture influenced by positive psychology and the current market environment. In its first phase, engagement and leadership research has identified factors to increase team performance across the enterprise, and laid a foundation for future research addressing a shift from individual metrics to that of the team. This has produced results and suggested application for Cisco-specific teams and corporate teams generally.

Conclusions: In an era of “big-data,” improved computing and novel statistical analyses, it is possible to bridge the “scientist-practitioner divide” and relegate the disconnect to the 20th Century. This paper offers a modern model for partnership between corporate practitioners, academicians, institutions and organizational consultants.

T05
Category: Social Justice

How do women understand their experience of competitive team sport? A qualitative investigation
Alex Lloyd, Kayleigh Gibbs, Charlotte Newell & Sarah Noakes, University of Westminster

The current poster presents an examination of the experiences and identity of women in competitive team sports. This investigation applies a social constructivist framework to examine how language is operationalised in women’s description of their experience. Eight interviews were transcribed and using Thematic Analysis prominent themes were identified in the dataset.

The results of the analysis found four major themes: women’s experience of sport in comparison to men, experience of stereotypes, reasons for sports participation and descriptions of women’s sports.

The themes highlighted women’s understanding of their sports participation in comparison to their male counterparts, and participants were aware of fewer opportunities being afforded to them due to institutional barriers. Popular stereotypes reinforced barriers to equality, and women in sports that are considered ‘gender-incongruent’ were assumed to be less skilful. These athletes were subsequently disadvantaged compared to those that followed more traditional sports pathways. However, participants also saw themselves as counter-stereotype exemplars, and described efforts to change prevailing beliefs about female athletes. In describing their motivation, women described sport as a continuation of a practice that had been engendered in early years. When describing female team
sports there was recognition of the development of women’s sport in society and their membership of this group.

Implications are considered in context of barriers to equality, and developments that can be made to encourage social justice in this arena. Overall women were aware of disparity between male and female sports, but remained optimistic about the future of women’s sport.

W33
Category: Wellbeing
Supporting treatment adherence in young people with Tyrosinemia: co-creation of a discussion guide for healthcare professionals (HCPs)
Sumaira Malik & Sinead NiMhurchadha, Atlantis Healthcare
Objectives: Tyrosinemia is a rare hereditary disorder that requires patients to adhere to strict medication and dietary guidelines. This paper reports on the process of co-creation of an adherence discussion guide for HCPs working with patients with Tyrosinemia.
Design: Co-creation focus group with HCPs (N=5) involved in the care of Tyrosinemia patients.
Methods: Based on findings of previous qualitative research an initial prototype for the discussion guide was developed. The focus group was used to assess the acceptability and relevance of the guide for HCPs.
Results: The discussion guide focussed on 6 factors that were found to be important for adherence to treatment: practical barriers, self-efficacy, treatment necessity, treatment concerns, understanding of the condition and understanding of treatment. A screening tool was developed to help elicit barriers to adherence. A corresponding discussion sheet and an interventional CBT-based activity were also developed to facilitate conversation around these barriers. The discussion guide was positively received by HCPs. Key feedback from HCPs included providing additional information to describe how the guide could be used in practice, communication tips specifically for teenage patients and content geared towards dietary and medicines non-adherence.
Conclusions: The co-creation focus group with HCPs was effective for informing the design and development of the HCP discussion guide. Initial feedback suggests that the tool has the potential to help structure and support discussions around adherence to medication. Further piloting will be carried out to examine the feasibility of adopting the tool in clinical practice and explore impact on clinical outcomes.

T20
Category: Wellbeing
Changing the Game: A 12-week workplace team sport intervention
Hilary McDermott, Fehmidah Munir & Andrew Brinkley, Loughborough University
Objectives: This study examined the impact of a workplace team sport intervention on individual, social and organisational health outcomes. The primary hypothesis was that team sport will improve aerobic fitness (i.e., estimated VO2 Max) over the 12-week intervention period.
Design: A 12-week quasi-experimental design was employed comprising two regional worksites from one large services organisation. One worksite took part in team sports (intervention group), while the other continued with normal working conditions (control group). The participants were measured pre-(T0) and post- (T1) intervention.
Methods: The intervention programme consisted of 12 weekly one-hour lunchtime team sport sessions. Participants were recruited through email, social media notifications and posters that outlined the purpose of the study. In total, twenty eight participants (n = 8 females) formed the intervention group (i.e., team sport) and twenty participants (n = 12 females) formed the control group (i.e., normal working conditions). A mixed design ANOVA examined individual, social and organisational health outcomes.
Results: Participation in workplace team sport significantly improved aerobic fitness (VO2 Max) and relationship with colleagues, when compared to the control group. There were no other significant findings.
Conclusions: The results suggest a 12-week team sport intervention within a workplace setting can improve physical fitness physical activity behaviour, communication and working relationships with colleagues and superiors.

F30
Category: General
Exploring the relationship between brain activity, stress, and perceptions of challenge and threat on performance, engagement and affective responses to creativity tasks
Vasiliki Meletaki & Luke Sage, Coventry University
Objectives: The primary purpose of the present study was to explore links between brain activity, brain asymmetry, stress and creativity (convergent and divergent). A secondary aim was to explore subsequent outcomes of task engagement and affective responses. Design: A cross-sectional design used electroencephalography (EEG) to assess resting brain activity, self-report methods to measure stress, perceptions of challenge and threat, task engagement and the affective responses to the task. A selection of three verbal, non-verbal and practical tasks were used to assess creativity.
Methods: 66 students (M age = 22 years, n= 36 females) were initially tested for baseline EEG. Three tests of creativity were then presented and assessments taken on perceived stress and perceptions of challenge/threat. The three creativity tests, the Remote Associates Test (Remote Associates Test 2015), the double-circles task (adapted version of TTCT of Torrance (1962)) and a novel tactile task were used to assess creativity. Finally, self-reported task engagement, and affective responses were recorded.
Results: Frontal brain activity correlated positively with elaboration on the double-circles task. Threatening perception correlated negatively with originality on the tactile task. Brain activity and right side dominance correlated positively with perceptions of challenge. Additionally, brain activity correlated positively with stress and negative affect and right side dominance with positive affect. Finally, stress, threatening perception and negative affect were all positively related.
Conclusions: The key findings support most of the research hypotheses. Still, there are limitations to be considered and the brain activity-creativity and affect-creativity relationships remain unclear. Therefore, further research is suggested.

W44
Category: Looking Forward
Benefits of a co-produced and co-delivered café stall: The MAK café
Miguel Montenegro, Leo Parsons, & Keith Jenkins, St Andrew’s Healthcare
Objectives: To evaluate the benefits of a co-produced and co-delivered café stall (the MAK café).
Design: Mixed quantitative and qualitative study. Outcome data collected as part of routine service delivery were analysed for statistical significance. A sample of people were interviewed and results were thematically analysed.
Methods: Outcome measures - Admission and most recent FIM + FAM, SASNOS, and OAS-MNR scores for seven service-users involved in the MAK café project since its inception were statistically analysed. Service-users experiences - Four of these service-users were invited to a semi-structured interview to gather their experiences in taking part in the project. Information was thematically analysed.
Results: Outcome measures - There was a significant reduction in overt-aggression (p = .018). There was no significant change in the SASNOS and FIM+FAM data but the trend appears to be positive. Service-users experiences - Four main themes emerged on the main benefits in taking in the MAK café: Socialising and making connections; Practicing skills; Cognitive skills; and Psychological strength.
Conclusions: There is a positive change in overt-aggression for those taking part in the project. The project also provides opportunities for service-users to develop a sense of self and identity during their stay in hospital by being engaged in a meaningful activity, where the development of practical and cognitive skills can also be linked to heightened self-concept and self-esteem. Future opportunities are also considered.
Born with a heart condition: The clinical implications of polyvagal theory
Liza Morton, University of Strathclyde/Independent Practitioner

Since antiquity our hearts have been linked to our feelings in our collective conscious yet, modern medicine has relegated this organ to a functional pump. However, a wide range of psychosocial vulnerabilities including anxiety, depression, developmental delay, poorer QoL, infant feeding & oral motor difficulties are associated with being born with a heart condition (Kovacs et al, 2009). To date, these difficulties have been accounted for by secondary factors with recognition & management limited (Morton, 2015; 2014; 2012; 2011). Here, I propose Porges’ (2011) Poly Vagal Theory (PVT) offers a more holistic account of this condition (Morton, in Press). PVT provides a comprehensive understanding of our nervous system, senses, emotions, social self & behaviours. Porges proposes the nervous system employs a phylogenetic hierarchy of strategies to self-regulate & respond to threat, adapting to our environment when we are safe (enabling the ‘Social Engagement System’) & unsafe (enabling defensive mechanisms), with homeostatic variability shaped during our early years. Since the heart is central to our nervous system congenital cardiac anomalies may compromise our response to stress, emotional regulation & the Social Engagement System. This has implications across the lifespan providing strategies to optimise normal development of social & defensive behaviours & inform therapeutic interventions, explored here drawing on psychological theories & personal/advocacy experience.


The (sometimes surprising) smell of success! Prolonged exposure to both Peppermint and Lavender aromas enhance aspects of cognition whilst differentially affecting mood
Mark Moss, Lauren Hoult & Lucy Moss, Northumbria University

Objectives: This study aimed to identify whether prolonged low-level exposure to the aromas of essential oils produced similar effects to previously reported acute effects on cognition and mood in healthy adults.

Design: A single factor independent groups design was employed to compare the impact of Lavender and Peppermint aromas to a no aroma control group.

Methods: One hundred and fifty participants were asked to wear a patch that was infused with either Lavender or Peppermint essential oil or water (control). Application of the patch was followed by an initial mood assessment and word recall task. For a period of five hours participants then went about their normal daily activities before returning to the lab to be assessed on a number of cognitive measures and their self-reported mood.

Results: Peppermint aroma improved immediate word recall, prospective memory, and letter cancellation scores. Somewhat surprisingly, Lavender improved time based prospective memory and delayed word recall. In terms of mood Peppermint increased alertness across the testing day and Lavender increased Calmness

Conclusions: The low level exposure to the aroma of Peppermint essential oil over a period of 5 hours can enhance aspects of cognition and mood in line with acute effects previously reported. Interestingly, Lavender produced some cognitive enhancements where acute exposure has previously been associated with decrements in performance. Mood effects were largely consistent with those reported previously, and it is possible that the cognitive effects resulted from increased calmness over the day leaving more cognitive resources available at the time of testing.
W45
Category: Looking Forward

**Looking forward to student employability: A student-centred approach to enhancing psychology literacy on psychology degree courses**
Sarah Muir, Katie Covell, Emily Daniels, Adam Harper, Lucy Newnham, Natalie Pavey, Peter Hills, Andrew Johnson, Jacqui Taylor; **Bournemouth University**

**Purpose:** The aim of this poster is to present the student-centred approach to the development of a peer-delivered psychology literacy toolkit aimed at enhancing employability in undergraduate psychology students.

**Background:** Psychology literacy refers to students’ use of principles and skills learnt through their undergraduate psychology degree in real-world settings including the workplace. Students can find it difficult to apply theory and ideas from their degree to other domains and can be unsatisfied with attempts to enhance employability skills. At Bournemouth University we are using a student-centred approach to develop and evaluate a Psychology Literacy Toolkit.

**Methods:** Student research assistants, supported by staff, will design and disseminate a mixed method questionnaire to determine fellow student needs for employability and will then use the results to design a peer-delivered psychology literacy toolkit. Focus groups will be conducted with peers to evaluate the resulting toolkit.

**Conclusion:** Current employability initiatives on Higher Education Courses are usually designed and disseminated by tutors but we have chosen to use an innovative student-centred approach as a way of improving student satisfaction of employability learning and to enhance motivation to engage in this important area. The resulting Toolkit and lessons learned regarding the student-centred approach will be presented in this poster.

F27
Category: General

**An evaluation of staff views on the implementation and effectiveness of the PBS model within the day-to-day functioning of a low security hospital**
Monika Panczak, **Nottingham Trent University**; Lisa Murphy & Phil Coombes, **Elysium Healthcare, The Farndon Unit**

**Purpose:** An evaluation of the PBS model within the day-to-day functioning of a low security was undertaken in order to evaluate staff perspectives and the efficacy of the model.

**Background:** The PBS model was introduced in the low secure mental health hospital for females in order to maximise support offered to patients, increase feelings of safety, and reduce secondary gains from enhanced observations. Positive Behaviour Support (PBS) is a multidimensional framework aiming to increase an understanding of the function of a person’s behaviour and consequently, to develop effective support strategies. Staff views on the implementation and effectiveness of PBS model were evaluated.

**Methods:** The evaluation was based upon responses from 20 participants, who were regular staff members working on the admission wards. Semi-structured interviews and short questionnaires were completed anonymously by participants.

**Conclusions:** Overall, staff reported that the PBS model had a positive impact on the day to day running of the wards. The PBS model was identified as an effective tool to address challenging behaviour. Staff reported that PBS is a useful approach when working with patients with learning difficulties, personality disorders and attachment difficulties. It has been suggested that further training and development of PBS practices would be beneficial (e.g. functional analysis).

T22
Category: Wellbeing

**Couples massage provides cost effective benefits on psychological wellbeing**
Sayuri M Naruse & Mark Moss, **Northumbria University**

**Objectives:** This experimental study assessed the feasibility and efficacy of a massage program for healthy but stressed couples. The study aimed to investigate: 1) if couples can learn and apply massage at home in their daily lives, and 2) if both giving and receiving a massage has any effect on...
wellbeing, perceived stress and coping, and relationship satisfaction among couples.

**Design:** Pseudo randomised two group design employing a delayed treatment element assessed the effects of a massage program and subsequent at-home application.

**Methods:** 48 participants volunteered and of these 38 completed a three-week massage course. Data were collected online using Qualtrics at three time points (the start, the end, and three weeks after the course) and assessed mental wellbeing, relationship satisfaction, perceived stress and coping.

**Results:** There were significant improvements in mental wellbeing, perceived stress and coping from before to after the massage program but not in relationship satisfaction, although the latter already fell in healthy boundaries.

**Conclusion:** It is feasible for couples to learn simple massage techniques during a short program and that these can impact positively on wellbeing. Learning and practicing mutual massage together may be beneficial for couples’ wellbeing via a stress buffering effect. Continued exchange of massage at home can be maintained for a period following cessation of the program and deliver sustained benefit. The overall effects of mutual massage as a cost effective and well accepted intervention indicate the importance of developing further large scale studies of massage in the general population.

T23

Category: Wellbeing

"To give is better than to receive?" Couples massage significantly benefits both partners wellbeing

Sayuri M Naruse & Mark Moss, Northumbria University

**Objectives:** This experimental study evaluated the potential differential effects of ‘giving’ and ‘receiving’ massage on wellbeing in healthy but stressed couples.

Design: Pseudo randomised control employing two groups in a delayed treatment design. No differences were found between the two groups, so the combined results were collapsed for the purpose of analysis.

**Methods:** 42 volunteers started and of these 38 completed a three-week massage course. Wellbeing was assessed online across eight domains (energy, irritability, mental clarity, mood, self-efficacy, pain, emotional stress, and physical uprightness) before and after mutual massage completed at home.

**Results:** ANOVA revealed that for each week of the programme wellbeing significantly improved between before and after massage completion. Further analyses revealed no significant differences in the increase in wellbeing dependent upon whether participants were ‘giving’ or ‘receiving’ the massage in weeks: one F (1, 19) = .005, p= .946; two F (1,20) = .020, p= .890; or three F (1,27) =2.244, p= .146.

**Conclusion:** The benefits of receiving a massage from a specialist practitioner are well documented. However, this is the first study to demonstrate that amongst couples who experience limited training, both ‘giving’ and ‘receiving’ a massage can produce similar significant increases in overall wellbeing. Massage can be an effective and pleasant intervention that may be incorporated into a couple’s daily life. The novel findings reported here suggest that couples massage may be advocated to the general population as a cost effective health promoting behaviour rather than a therapy for problem solving.

W35

Category: Wellbeing

**Is mindfulness based cognitive therapy alone and in combination with antidepressant medication effective for relapse prevention for major depressive disorder? A systematic review**

Adela Neagu, NHS Tayside

**Purpose:** This systematic review aims to evaluate the effectiveness of mindfulness-based cognitive therapy (MBCT) alone and in combination with maintenance antidepressant medication (m-ADM) for the prevention of depression relapse and recurrence.

**Background:** MBCT has received great interest for its prophylactic effects against relapse and recurrence for major depressive disorder (MDD) in remission. However, the role of m-ADM in MBCT treatment outcomes has been partly neglected.
Methods: Relevant terms were used to systematically search electronic databases. Inclusion and exclusion criteria were applied. The included papers were methodologically evaluated using the CREST tool and the bias risk was assessed using the Cochrane Collaboration Risk of Bias tool.

Conclusions: A sample of 11 papers was included in the review. MBCT alone seemed more effective than treatment as usual (TAU) in patients with three or more previous depressive episodes. MBCT combined with m-ADM seemed more effective than placebo and TAU in patients at higher risk but no more effective than m-ADM or an active control group. The methodological quality was generally strong but there was high risk of detection and attrition bias in half the studies. Results need to be interpreted with caution as studies were limited by a lack of active control groups, sample representativeness issues, and the presence of bias risk. Replication with attention to methodological quality and the inclusion of m-ADM only and active control group comparators is required to substantiate the generalisability of findings. Future research needs to determine specific vulnerabilities that confer higher and lower risk for developing depression.

W46
Category: General
the relationship among self-construal, social dominance orientation and interpersonal distance
Mujde Peker, MEF University, Istanbul; Aylin Eke, Istanbul

Objectives: This study investigated the relationships among self-construal, social dominance orientation and interpersonal distance using a projection technique in which participants were asked to imagine social situations and respond by marking a piece of paper to indicate their preferred distances from other individuals. It was predicted that different self-construals (i.e., independent and interdependent) would predict physical interpersonal distance in different ways. Also, females who were more supportive of hierarchy in society were expected to prefer greater interpersonal distances compared to both males, and to females who did not support hierarchy.

Design: A correlational design was used.

Method: One hundred participants (67 females) completed the Comfortable Interpersonal Distance Scale, Independent and Interdependent Self-Construal Scales and the Social Dominance Orientation scale.

Results: Results partially supported predictions such that interdependent self-construal was negatively correlated with overall preferred interpersonal distance. Moreover, general linear model with participant’s sex (between participants factor), target’s sex (within participants factor) and social
dominance orientation (continuous predictor) showed a three-way interaction such that females high on social dominance orientation preferred larger interpersonal distance from male adult strangers than from female adult strangers.

**Conclusions:** The relationship between interdependent self-construal and interpersonal distance shed light on the cognitive embodiment of the former. The preference of greater distance by females high on social dominance orientation from males was probably due to their perceived low power and heightened interpersonal sensitivity in cross-gender interactions. New directions for establishing healthy forms of communication between genders, cultures and attitudes were suggested.

F31
Category: General

**Reducing the attentional blink under conditions of positive (and negative) affect**

Danila Ranieri & Catherine Thompson, *University of Salford*

One theory to account for the Attentional Blink effect (AB) suggests that it is due to an overinvestment of attentional resources, whereby too much emphasis is placed on the initial target causing the second target to be missed. This is supported by research showing that the AB decreases under conditions of positive affect and divided attention when a more ‘passive’ processing style is promoted. A study was conducted to explore this using the rapid serial visual presentation paradigm in which participants were asked to identify two digits from a series of consonants. Across two blocks emotion was manipulated by presenting a happy, angry, or neutral face at the beginning and end of each trial. In one block participants were asked to view these faces but not respond to them (low demand) and in the second they had to judge whether the face at the end of the trial matched that shown at the beginning (high demand). Performance was compared to a control block that did not include faces. The findings showed a reduced AB (improved performance) when faces were presented, regardless of whether any response was required. Moreover, when no response was required the AB was larger following positive and negative faces compared to neutral faces. This shows that both positive and negative affect can reduce the AB. The results provide support for theories of the AB that focus on attentional control, rather than investment of resources.

T35
Category: General

**Electrophysiological markers of recollection and post-retrieval monitoring during recall of low and high semantic visual stimuli**

Leigh Riby, Elizabeth Orme, *Northumbria University*; Louise Brown, *Strathclyde University*

In this study we examined event related potential (ERP) markers of episodic memory whilst participants recalled novel visual patterns, with and without semantic content. The ERP parietal episodic (400-800ms) and posterior central negativity (500-900ms) components were used as markers of recollection and post retrieval monitoring, respectively. Fifteen younger adults completed a computerised visual matrix patterns task assessing memory for low and high semantic visual representations. Low semantic and high semantic (containing familiar visual forms) matrices were briefly presented (1500ms) for study, followed by a retention interval (6000ms) and finally a same/different recognition phase was completed by the participants. The event-related potentials of interest were gathered from the onset of the recognition test stimuli. The data revealed equivalent amplitude for the parietal episodic effect for the processing of both low and high semantic stimuli. Interestingly, the later central negativity ERP component was more negative going for the processing of the low semantic stimuli. The data suggests that high semantic patterns were retrieved in a relatively automatic manner since support was readily recruited from semantic memory. However, for the low semantic items additional controlled-executive processes indexed by the central negativity were recruited when memory monitoring and uncertainty existed whilst recalling previously study items.
How it is and how it should be: Young people’s use of ‘equality’ and ‘heteronormative’ discourses in making sense of intimate partner violence

Emily Robson, Anna Madill & Siobhan Hugh-Jones, University of Leeds

Objectives: This study explored how young people make sense of problematic relationship behaviours which may constitute Intimate Partner Violence (IPV). This paper explores the emerging middle ground between participants’ use of ‘equality’ and ‘heteronormative’ discourses.

Design: To elicit relevant talk, four almost identical vignettes describing ambiguously problematic relationship behaviours were created to initiate focus group discussions. To explore differential sense making, vignettes were identical except for the gender and sexuality of the protagonist which was changed (i.e. Heterosexual Female, Heterosexual Male, Lesbian Female, Gay Male).

Method: A purposive sample of 34 young people in Leeds (15-21 years) participated in 12, single-gender, age-stratified, focus groups which were analysed using discursive analysis.

Results: Two contradictory discourses emerged: (1) equality, and (2) heteronormative. That is, despite equality being posed as central to a ‘healthy’ relationship, when trying to account for problematic behaviours participants drew on stereotypically gendered and heteronormative arguments. Interestingly, tensions between these two discourses resulted in an attempt to reconcile inconsistencies through positing ‘how it is and how it should be’. Gender and sexuality of the vignette protagonists also affected how these discourses were used.

Conclusion: Young people struggled to discuss problematic behaviours from a purely equality perspective. Yet, the interplay of equality and heteronormative discourses in participants’ sense making of IPV was nuanced and complex. These findings have important educational implications for how to alter and discursively challenge the ‘template’ young people appear to be judging problematic relationship behaviours by.

Active ingredients within the group coaching relationship for improving the resilience and mental wellbeing of young people

Liz Robson-Kelly, Worth-it

To identify how the group coaching relationship applied through an integrated intervention which combined positive psychology and coaching psychology could help to young people develop skills and strategies which support the development of resilience and mental wellbeing. The study used a semi-structured interview design and self-reflective data analysis within a qualitative approach. Grounded theory was employed to develop understanding of the active ingredients within the group coaching relationship. Results suggest that the coaching relationship provides active ingredients which are managed and maintained by the coach in an integrative and adaptive way with the group. These include challenge, perspective, positivity, equality, non-judgment, openness and providing accountability. The relationship provides a situation to experience positive emotions such as pride, hope, awe, inspiration and trust. The experience of group positive psychology coaching intervention allows young people provide positive supportive peer relationships, provides solutions, different perspectives and recognition of strengths which develops self regulation. The findings also suggest the group coaching relationship is a place try out effective communication skills necessary for building positive relationships essential for wellbeing, as well as an opportunity to experience a positive relationship with the coach and within the group. The study results in a more in-depth understanding of the active ingredients within the group coaching relationship for young people, which through the experience of the relationship help young people develop skills and strategies which develop resilience and improve mental wellbeing. This suggests that the coaching relationship itself could be a positive psychology intervention.
Children and young people support research without prior consent in life threatening situations: A qualitative study

Louise Roper, Lucy Frith, Carrol Gamble, Kerry Woolfall, Frances Sherratt, Paul McNamara, Bridget Young, University of Liverpool; Richard Appleton, Alder Hey Children’s Hospital; Esther Crawley, University of Bristol; Angus Dawson, University of Sydney

Objective: We aimed to explore children and young people’s (CYP) views on research without prior consent and identify methods of involving them in decisions about their participation in critical care research.

Design: Qualitative interview study.

Methods: In-depth qualitative interview study involving 16 CYP (aged 7 to 15 years) with chronic health conditions and experience of paediatric emergency care treatment in the 12 months prior to interview. CYP were recruited from a local children’s hospital (14) and through social media (2). Thematic analysis was used for data analysis.

Results: CYP were keen to be included in critical care research without prior consent if doctors viewed the trial intervention to be safe and of potential benefit to participants and others. All CYP felt that they have the right to be informed and have a say about their participation in a trial as soon as they had recovered. CYP suggest methods to help practitioners and parents facilitate RWPC discussions with children, including videos, cartoons, websites and leaflets.

Conclusions: CYP support research without prior consent in life threatening situations and provide examples of how multimedia resources could be used to engage and involve children in decisions about participation in research when they have recovered.

Children and young peoples experience of acute and chronic illness: A qualitative study

Louise Roper, Frances Sherratt, Paul McNamara, Bridget Young, Lucy Frith, Carrol Gamble, Kerry Woolfall, University of Liverpool; Richard Appleton, Alder Hey Children’s Hospital; Esther Crawley, University of Bristol; Angus Dawson, University of Sydney

Objective: We aimed to explore children and young people’s experiences of living with acute and chronic illness and the potential impact of frequent emergency department admissions upon their daily lives and well-being.

Design: Qualitative semi-structured interviews.

Methods: Children and young people (CYP) were recruited via a UK children’s hospital and social media. Semi-structured qualitative interviews (which involved visual prompts, such as a vignette and an animation) were conducted until data saturation. Sixteen CYP (7-15 years old, mean 10.2 years old) with recent experience (<12 months) of paediatric emergency care and a diagnosis of asthma (n=14) or anaphylaxis (n=2) participated. Data analysis was undertaken thematically using a constant comparative approach.

Results: CYP spoke about how they strive for a normal childhood, but how frequent hospital admissions negatively impact upon family life, school attendance and participation in physical activities. However, most were able to give examples of how they managed their condition. Older children described their wish to be included in decisions about their treatment and future care.

Conclusion: Acute and chronic illness negatively impact upon children’s lives and their psychosocial wellbeing. However, participants appeared to manage and adapt in the face of this adversity. Clinicians and parents should try to involve CYP in discussions and decisions about their disease management to help promote resilience and individual autonomy.
Transmen reported the importance of social and peer support in providing motivation to seek screening. There was a recognition that education of the need for screening within the trans understanding of the importance of cervical screening on their health, prior negative experiences deterred attendance. There was a recognition that education of the need for screening within the trans community was needed.

Conclusions: Transmen need sensitive and respectful cervical screening experiences. Promotion of cervical screening through education provision for transmen and health care professionals is needed to increase awareness and understanding of the importance of screening in this group and to develop sensitive environments for screening to take place. While a small sample, these findings are novel and valuable. Future research is needed to develop interventions to increase understanding and awareness, promote screening attendance and create a trans friendly environment. Guidelines for delivering appropriate services are warranted.
An interpretative phenomenological analysis of gay Muslim identities in a health care setting
Joanna Semlyen, UEA

Objectives: The present study uses Interpretative Phenomenological Analysis (IPA; Smith, 1996; Smith, Flowers, & Larkin, 2009) to explore qualitative data collected using in-depth interviews with MGM investigating the intersection of their sexual identity, Muslim identity and gender identity within their health care experiences.

Design: Semi-structured interviews were devised to capture the experiences of each participant and open ended questions were used throughout ensuring interviews were participant-led (Smith et al., 2009)

Methods: Individual in-depth interviews were conducted with six self-identified Muslim gay men living in London. Interviews with the participants focused on the experience of health services and the resulting transcripts were analysed using Interpretative Phenomenological Analysis (IPA).

Results: Analysis identified two major themes: The close(d) community and self-management with HCPs, this details the participants’ concerns regarding the concomitant risks of disclosing their sexuality to practitioners from the same cultural background as themselves; The authentic identity: ‘...you’re either a Muslim or you’re gay, you can’t be both’, which delineated practising Islam as an overriding factor which automatically excludes non-heterosexual identity.

Conclusions: Our analysis highlights the need for health practitioners to be trained to have insight into the complexity of intersectional identities, their relationship with identities disclosure, and the potential negative consequences of heteronormative or heterosexist expectations.

Factors that drive student engagement in the management of their degree programmes
Carl Senior, Avita Soor, Dan Shepperd, Rowena Senior Aston University; Paul Bartholomew, University of Ulster; Nicky Bartholomew, Birmingham City University

Introduction: Students are more and more regarded as being partners in the quality assurance structures of their respective courses. Yet little, if any, work exists that examines the various factors that facilitate the student voice being heard in this context.

Objectives: To develop a series of evidence based recommendations that will facilitate an increase in student engagement across the sector. Design: Multi-level triangulation was adopted to converge on a framework of effective practice.

Method: Three consecutive focus groups were carried out examining the expectations and experiences of engaged students, non engaged students and student facing academic staff. Nominal group technique (NGT) was applied throughout to ensure that the outcomes of the first focus group informed the discussions the following groups.

Results: The analysis revealed a clear pattern of expectations that should be in place to ensure effective engagement a): University support and the need for training to successfully take part in student representation roles b): the benefit of such participation for the individual student in the graduate workplace needed to be made more explicit and finally c): the perceived prestige of the student role was also a factor in driving such engagement.

Conclusions: The application of NGT is a viable technique for studies that utilise such a triangulation design. Its application here revealed a clear thematic framework that could facilitate further student engagement. Ongoing work on this project will examine student expectations in additional institutes that experience distinct cultures of engagement and capture the full range of the student voice.
Facial displays of power of the commander in chief: leakage of non-verbal displays during the US presidential debates

Avita Soor, Nathan Ridout, Stefanie Hassel & Carl Senior, Aston University

Objectives: Facial displays of dominance play a significant role in human social interactions, such as communicating power in scenarios such as work negotiations and politics. For example, displays of affect have been observed during dyadic exchanges, with dominant male actors displaying more anger expressions and dominant females displaying more happiness. What has yet to be shown is whether such cues are evident during highly choreographed social interactions such as the US presidential debates.

Methods: The exchanges between the two US candidates (Trump Vs Clinton) during the first debate (Hofstra University, 26/09/16) were edited and divided into three categories i.e., Trump’s response to Clinton, [T1] Clinton’s response to Trump [C1] as well as the candidates responses to the moderator [M1]. The facial displays on each dyad group were analysed with FaceReader 7 software (Noldus, NL), which has 95% concordance with experienced human raters.

Results: Data were analysed using separate Univariate ANOVAs which revealed a significant difference across the dyads for anger displays (p <.001) with Clinton showing more anger when responding directly to Trump (3% vs 1%, t(4.03)=2938, p <.001). Displays of happiness also differed across the three dyads (p <.001), with Trump displaying greater happiness when directly responding to Clinton (31% vs 26%, t(2938)=5.82, p <.001).

Conclusions: The US presidential debates provide a unique opportunity to study facial displays of power. It is notable that displays of these two affects were in the opposite direction to that hypothesised. This may reflect a true account of personal relationships between the two protagonists rather than a choreographed performance of non-verbal channels that may manifest itself in effective displays of power. Nevertheless, further work is required before firmer conclusions can be made.

A feeling of satisfaction in the mutual support between grandparents and parents in Japan

Yuko Takahama, Morioka University; Takayuki Sasaki, Osaka University of Commerce

Objectives: The subjective happiness of Japanese elderly people isn’t as high as Westerners’. Uchida et al. (2011) suggested that for elderly Japanese, relationships with their family is one factor connected to their subjective happiness. However, results were obtained from the answers of the elderly only, so we will be examining answers from two generations (grandparents and parents) using dyadic data. Our hypotheses are as follows: #1 There isn’t agreement of satisfaction levels in giving and receiving support between grandparents and parents. #2 Recognition of three kinds of support (economic, instrumental, and mental) is different between two generations.

Design: A correlational study was employed using a 40-item questionnaire survey.

Methods: Participants were categorized into four groups: 690 parents (Mean=34.5years) who have at least one toddler, and 204 grandparents (M=63.1) recruited through these parents; additionally, 721 parents (M=43.8) with at least one adolescent, and 102 grandparents (M=72.7) through those parents. All participants were recruited from two areas, Kanto and Kansai, in Japan.

Results: The receiver’s score for satisfaction of support was higher than the giver’s, regardless of generation. Furthermore, there was a positive correlation of satisfaction for giving and receiving in grandparents only. There were a few differences in the recognition of how often the types of support between generations were given. However, the mean for frequency of mental support was the highest of the three.

Conclusions: Toddlerhood and adolescence are the time parenting becomes most difficult. The Japanese elderly seemed to obtain satisfaction through supporting their children during those stressful times.
Do we eat and drink like others or drink and eat what others like? Misperceptions of social norms

Jason Michael Thomas, Aston University; Amanda Ursell, Oxford Brookes University

Objectives: The amount of food and drink our peers consume and how much they like these can affect our own consumption. But are we more susceptible to the former (amount consumed) or the latter (liking)?

Design: Cross-sectional within-subjects design.

Methods: 227 participants in a workplace setting completed an online survey (as part of a larger study). Personal consumption and personal liking of vegetables, fruit, junk food, sugar-sweetened beverages (SSBs) and alcohol were recorded. Participants also estimated peer consumption (perceived consumption norm) and peer liking (perceived liking norm) of these items by their work colleagues.

Results: Regression revealed that both personal liking and perceived consumption norms positively predicted personal consumption of vegetables, fruit, junk food, SSBs and alcohol by participants (all ps < .001). The perceived liking norm was a significant predictor for vegetables, where it negatively predicted personal vegetable consumption (p < .01), however, it did not predict intake of any other foods or drinks. In a post-hoc analysis, personal liking and the perceived liking norm were compared with t-tests for each food and drink. Results showed that participants perceived their peers to like vegetables and fruit less than them and to like junk food, SSBs and alcohol more than them (all ps &lt; .001).

Conclusions: Personal liking and perceptions of peer consumption predict day-to-day intake. Perception of peer liking was not a comprehensive predictor, however, this may be due to a negative misperception of peer liking. Correcting this may be useful in healthy eating interventions.

Ethnic identity and subjective wellbeing: Implicit out-group preference and language dominance predict wellbeing in Emirati women

Justin Thomas & Ian Grey, Zayed University

Objectives: Lower subjective wellbeing, poorer mental health and even Psychotic experiences are elevated among immigrant and minority populations, especially when living in low ethnic density neighbourhoods (the ethnic density effect). Discrimination, victimization and experiencing a sense of ‘not belonging’ are hypothesized to play a role in this effect. Because a secure ethnic identity protects against poor self-esteem it may also protect against mental health problems. This study explores the relationship between language proficiency (Arabic/English), in-group identity (implicit and explicit) and well-being in female Emirati university students.

Design: A correlation cross-sectional study explored this question among 300 Emirati University students.

Method: Female citizens of the United Arab Emirates (UAE), Emirati college women (N = 300), reported English/Arabic language proficiencies, and performed a computerized affective priming task engineered to implicitly assess in-group (Emirati) versus out-group (American) positivity. Participants also completed self-report measures of in-group identity (MIIS), and well-being (WHO-5).

Results: Arabic proficiency was negatively correlated with well-being, as was implicit in-group positivity. Furthermore, participants reporting Arabic language dominance, and those demonstrating an implicit in-group preference, reported the highest levels of well-being.

Conclusions: Implicit in-group attitudes and linguistic competence may promote subjective wellbeing and may help to explain the ethnic density effect.
Design: Academic dishonesty, or cheating, is viewed as an increasingly serious problem. There are various forms of academic dishonesty but at the heart of all of them is the act of passing someone else’s work or intellect off as one’s own. The present study aims to trial an innovative approach to preventing Academic dishonesty in the context of the closed book exam, specifically the use of wearable eye-tracking technology.

Objectives: Academic dishonesty, or cheating, is viewed as an increasingly serious problem. There are various forms of academic dishonesty but at the heart of all of them is the act of passing someone else’s work or intellect off as one’s own. The present study aims to trial an innovative approach to preventing Academic dishonesty in the context of the closed book exam, specifically the use of wearable eye-tracking technology.

Method: This study aims to test the efficacy of wearable eye-tracking technology as a means of detecting acts of cheating during a proctored exam. 4 students were fitted with Tobii Glasses 2, an ultra-lightweight (45 grams) unobtrusive wearable eye-tracking unit, and instructed to cheat on the exam. After the exam the eyetracking footage was reviewed by independent viewers using Tobii Pro Glasses Analyzer software dedicated to the analysis and visualization of eye tracking data from Tobii Pro Glasses 2. All incidents of cheating were codified.

Results: The cheating detection rate was 100% with complete conformity between independent viewers.

Conclusions: This study provides a proof of concept that wearable eye-tracking devices may be utilized as a means of promoting exam integrity and protecting students from mistaken accusations of dishonesty.

T38
Category: General
Secret Shisha: Waterpipe tobacco smoking and responses to warning labels among female citizens of the United Arab Emirates
Justin Thomas, Zayed University; Ramzi Salloum, University of Florida
Objectives: In the United Arab Emirates (UAE) socio-cultural factor stigmatize smoking for women. Despite the socio-cultural and even religious pronouncements against smoking, some Emirati females continue to smoke. Particularly popular in the UAE and broader region, is Waterpipe Tabaco Smoking (WTS). The present qualitative study explores the practice of WTS smoking among Emirati college women in the United Arab Emirates.

Method: A qualitative study based on interviews with Emirati female shisha smokers including a discussion of warning label samples

Results: Key themes include stigma and secrecy around WTS smoking. Warning labels targeting physical appearance rather than health were selected as being most effective

Conclusions: This study provides an insight into WTS smoking among Emirati women, suggesting that different approaches to smoking cessation may need to be adapted to this group.

T39
Category: General
The Sacred and The Obscene: Social Media and Temporal Patterns of Religiosity in the United Arab Emirates
Justin Thomas, Zayed University; Aamna Al-Shehhi, Masdar Institute of Science and Technology; Ian Grey, Zayed University
Objectives: Large datasets associated with internet search engines and social media platforms are increasingly being used to study psychological variables. Over the past decade, big data, as it has become known, has been used to explore a diverse range of topics. To date however, very few of these big data studies have examined religiosity (religious belief, commitment and devotion), and even less have focused on Islamic religiosity in the Arab word. This study used a dataset for the United Arab Emirates extracted from Twitter, a popular social media platform, to explore patterns of religiosity.
**Design:** This was a big-data content analytic study

**Method:** The data comprised 152 million Twitter messages, spanning April 1st to September 30th, 2016. Using bilingual search algorithms, the study aimed to explore the temporal patterns of religiosity expressed within the dataset. The study also explored patterns in the usage of obscenity (offensive language), hypothesizing a negative relationship with religious sentiment.

**Results:** Obscenity and religiosity were inversely correlated and followed hypothesized temporal patterns, with differences observed between English and Arabic usage and between genders.

**Conclusions:** This research contributes to the study of Islamic religiosity through social media.

**W37**

Category: Wellbeing

**Museums on prescription: Mixed methods evaluation of wellbeing and social inclusion for older adults referred to programmes of museum-focused activities**

Linda Thomson, *UCL*

**Objectives:** To establish ‘Museums on Prescription’, a novel, large-scale social prescribing programme using best practices derived from a review of UK social prescribing schemes, referring patients with social or emotional needs to non-clinical community services. It was hypothesised that measures of mental wellbeing and social inclusion would improve significantly over the programme and that effects would be sustained beyond completion.

**Design:** In a within-participants study, measures of wellbeing (WEMWBS) and social inclusion (R-UCLA) were taken pre-, mid- and post-programme and at three- and six-month follow-ups to examine changes over time. To enrich quantitative findings, participants and facilitators completed weekly diaries and took part in in-depth programme-end and follow-up interviews.

**Methods:** Participants (n=120) aged 65-94 at risk of social exclusion were referred by health, social care and third sector agencies using 15 inclusion/exclusion criteria. Twelve programmes conducted by seven museums in central London and Kent each comprised ten, weekly two-hour sessions for groups of 8-12 people offering behind-the-scenes tours, curator talks, object-handing and museum-inspired creative activities.

**Results:** MANOVA showed significant improvements (p <.05) in pre-post wellbeing and inclusion sustained beyond programme-end for three months. Deductive thematic analysis revealed feelings of belonging, renewed interest in learning, increased social interaction and continued visits to museums.

**Conclusions:** Museums with health, social care and third sector partners were successful in providing community activities for older adults though ‘hard-to-reach’ people, who might have benefited from museum sessions, proved difficult to recruit. Social prescribing to targeted museum programmes could complement IAPTs and contribute to holistic practice.

**T07**

Category: Social Justice

**Evaluation of parental involvement in a sample of Mexican pupils and a proposal for intervention**

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Latin America still has high rates of early school dropout. Poverty and access to learning opportunities are current issues in the social justice agenda. Lately parental involvement has been widely studied as a factor related to literacy activities, school motivation, and academic achievement of pupils in basic education. Frequently parents do not get involved in their children’s studies because they themselves did not attend school or have a low sense of self-efficacy about their knowledge of subjects such as mathematics. The purpose of the present work, was to assess parental involvement’s perception in a sample of Mexican pupils (N=250) using the Parental Involvement in Studies Scale. The second purpose of this work was to adapt empirically supported interventions for a group of parents who received skills training on involvement in school tasks, homework, reading, and on prevention of behavioural problems and bullying. Results show that most pupils in both schools rated parental involvement above the theoretical average. When analysing parental involvement by grade, we found statistically significant differences. ANOVA test was used at a level of <.05, and results show that younger pupils perceived higher levels of parental involvement. Parents participating in the skills training intervention increased their levels of self-efficacy on their abilities to help their children and
of incorporating strategies for reading and preventing behavioural problems. Unfortunately, even though pupils perceive medium to high levels of involvement, attendance rates to the parents skills training was low.

F32
Category: General

To read or not to read: Divergent relationships between experience of fiction media, genre, and empathic abilities
Rose Turner & Fatima Felisberti, Kingston University

Objectives: Experience with fictional prose positively relates to empathic abilities. The significance of different media formats and thematic genres, however, remains unclear. This study tested the hypothesis that experience of different fiction media and thematic genres relate to differences in empathic skills.

Design: The correlational design examined associations between fiction experience (fiction exposure, media preferences, genre preferences and acting experience) and empathic abilities (perspective taking, empathic concern, fantasy, prosocial behavior).

Methods: Participants (N=123) responded to an advert on social media. The online survey comprised a multidimensional (prose, film, theatre) task-based measure of fiction exposure, and questionnaire sets. Data were analysed using correlation and regression analyses, controlling for age, gender, English fluency and education.

Results: Results included the following significant positive correlations: theatre and prose exposure with prosocial behaviour and fantasy, film exposure with prosocial behaviour and perspective taking, and preference for comedy with all empathy measures. Fiction exposure predicted 17% of variability in prosocial behavior, however prose was the only significant contributor (β = .311).

Conclusions: The findings supported extant research linking fiction to empathic abilities, and indicated that associations between fiction media, genre and empathy diverge. They did not speak to causation, but suggested that (i) medium and genre are important areas for further inquiry into fiction effects, (ii) fiction-exposure paradigms could benefit from media and genre dimensions, (iii) prose and comedy may particularly hone empathic skills. Fiction is consumed via an increasing range of media; this study represents a step towards a comprehensive understanding of its social impact.

F34
Category: General

Gender biases in big five personality assessments: Raters interpret and use personality items differently when judging female or male target persons
Jana Uher, London School of Economics

Objectives: Personality assessments commonly reflect gender differences. But to what extend these differences are attributed only by the raters is not well known. This study explored whether raters use and interpret Big Five items for female and male target persons differently. Different interpretations can contribute to the manifestation of implicit biases in person judgments in research and applied settings.

Design: In an online study, qualitative (open-ended descriptions) and quantitative methods (Likert-scale ratings) were purposefully matched to explore raters’ interpretations of Big Five items (BFI-10) with regard to an unknown man or woman in photo.

Methods: N = 60 participants (30 per gender), recruited online and via mailing lists, first rated the target person and then described the reasoning of their judgement and their interpretation of the given item. The collected corpus of 22,759 words was explored using content analysis and set in relation to the ratings on the Big Five scales.

Results: A quarter of all participants stated that a persons’ personality cannot be rated from a passport photo. But nevertheless, assessments and item interpretations varied between female and male target persons, reflecting gender differences typically found in personality assessments of known persons.

Conclusions: Stereotypical beliefs about gender influenced raters’ interpretations and use of personality descriptors for unknown target persons. The standardisations implemented in personality
questionnaires thus do not prevent manifestations of implicit biases. This has important consequences for efforts to monitor gender equality in organisations.

**F33**
Category: General
**Do black and white people really differ in their personality? Ethnicity-related attribution biases in raters’ usage and interpretations of big five personality descriptors**
Jana Uher, London School of Economics

**Objectives:** Big Five inventories are widely used for personality assessments. But how people actually understand and use standardised scales is hardly known. This study explored if raters’ interpretations of Big Five items differ by the target persons’ ethnicity, focusing on Black and White as prototypical categories of ethnicities frequently studied in the UK. Different interpretations of personality-descriptors could contribute to the manifestation of implicit biases in standardised person judgments, which are of major concern for equality and diversity management.

**Design:** In an online study, qualitative (open-ended descriptions) and quantitative methods (Likert-scale ratings) were combined to explore raters’ interpretations of Big Five items (BFI-10) with regard to an unknown Black or White man in a passport photo.

**Methods:** N = 60 participants (30 per ethnicity), recruited online and via mailing lists, first rated the target person and then described the reasoning of their judgement and their interpretation of the given item. The collected corpus of 22,441 words was explored with content analysis and set in relation to the ratings.

**Results:** Although many participants stated that a persons’ personality cannot be rated from a passport photo, ratings and item interpretations varied with the target persons’ ethnicity, reflecting some associations reported for personality assessments of known persons.

**Conclusions:** Ethnicity-related attribution biases occur in raters’ use and interpretations of personality descriptors, even if unknown target persons are considered. This highlights an important component in the manifestation of implicit biases in standardised person judgements in research and applied contexts.

**T08**
Category: Social Justice
**Integrated education and intergroup friendships in divided Cyprus: An exploration of students’ perceptions and attitudes**
Annita Ventouris, Richmond, The American International University in London

The aim of this study is to investigate factors affecting the development of friendships and peer relationships among students from two conflicting communities, attending a secondary, ethnic integrated school in divided Cyprus.

This qualitative, exploratory, case study draws on interview data with twelve Greek and Turkish-Cypriot students, classroom and yard observations, and focuses on how issues of conflict, ethnic identity and racism are entangled in the way students negotiate co-existence with one another. Students’ perceptions of how the school’s policies and practices promote or hinder the development of friendships and peer relations among them, are also explored.

These issues are investigated through the lens of Allport’s (1954) contact hypothesis and critical multicultural theory (May, 1999) in order to highlight the importance of intergroup contact in conflict situations and the influence of the wider socio-political context in shaping attitudes, feelings and opinions regarding the formation of friendships among students.

Data was analysed using thematic analysis. The findings provide insights into how some students hold on to traditional discourses on issues like collective identity, stereotypes and ethnic conflict in Cyprus and how some students challenge those discourses. They also reveal how particular groups, individuals and institutions (e.g. parents, teachers, political parties, primary education) influence students’ attitudes towards one another and in effect the formation of friendships between them. These findings highlight social and psychological factors that need to be taken into account by policy makers in integrated schools, especially in light of a solution to the Cyprus Problem, which is now closer than ever.
F20
Category: Wellbeing

Treatment considerations for parental alienation: Summarising published literature

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Purpose: The aim of this contribution is to review the published literature on interventions for Parental Alienation (PA) and their effectiveness.

Background: PA is the term used to describe a family dynamic characterised by specific behaviours engaged in by one parent which could result in a child’s unjustified rejection of the other parent. Families involved in a PA dynamic present with short and long term clinical symptoms which are extremely resistant to conventional methods of individual or family therapy. Consequently, a number of interventions specifically targeted at children who refuse contact with a parent, and their family, have been developed in clinical and forensic settings.

Methods: A systematic search of the existing literature on Scopus, Web of Science, PsycArticles, and PubMed databases was conducted. PRISMA guidelines were followed, and inclusion/exclusion criteria were established. Peer-reviewed sources were also integrated with a manual search for further results.

Conclusions: Initial searches identified 520 publications of which 24 were eligible for inclusion. Interventions within this field are reviewed, and categorized in the following three categories: change of custody and reunification programs; psychotherapy; psychological counselling. The effectiveness of these interventions has been analysed in a relatively low number of studies, almost always affected by methodological limitations. The use of these publications to derive specific recommendations on the use of psychological interventions for the management of PA is discussed. The review concludes with future directions for the development of an evidence-based approach to the psychological support for families involved in PA.

F21
Category: Wellbeing

‘A prisoner of the self’: A thematic analysis exploring the reasons for reduced engagement in sport and exercise activities among female undergraduates

Diane Wildbur, De Montfort university, Leicester

Objectives: Despite the positive effects of sport/exercise participation on well-being, engagement in these activities among female undergraduates decreases during the period of their studies. The study adopted a qualitative approach to explore the reasons for such decline and potential effects on well-being.

Design: Semi-structured interviews were employed, consisting of a series of open questions, permitting flexibility and in-depth discussion.

Methods: Participants were a purposive sample of 12 female university students aged between 18-25 years, studying at a British University. Participants had not engaged in sport or exercise activities for at least six weeks prior to interview. Using thematic analysis, four super-ordinate themes emerged, capturing inter-related contributors to reductions in sport/exercise behaviours among female undergraduates.

Results: Theme One - ‘You are your own worst enemy’ focuses on the cognitions that disable female sport/exercise participation. Theme Two – ‘The Social Spectrum’ captures a contradiction between senses of social isolation vs. support in male-dominated sporting/exercise environments. Theme Three - ‘Man, I feel like a woman’ explores the societal demands experienced by young women to maintain their physical femininity, whilst pursuing activities that might jeopardise this. Finally, Theme Four - ‘Coming of age’ focuses on how emergent responsibilities in the context of university life temporarily over-ride the priority of sport/exercise participation.
**Conclusions:** The findings provide valuable insight into the inter-related reasons for declines in sport/exercise participation among a sample of female university students. We discuss our findings in terms of their implications for national campaigns and universities promoting such participation as key to psychological well-being.

**F22**

**Category:** Wellbeing

**An exploration of problematic smartphone use among Chinese university students: modelling with academic anxiety, academic procrastination, self-regulation and subjective well-being**

Zeyang Yang, *University of York*

**Objectives:** This study aimed to explore the prevalence and correlates of problematic smartphone use among Chinese college students. A number of studies have focused on “mobile phone or Internet addiction” but few have investigated relationships between problematic smartphone use and factors such as academic anxiety, academic procrastination, self-regulation and subjective well-being. Therefore, the current study proposed and tested a hypothetical model of relationships between problematic smartphone use and these factors, based on existing theoretical and empirical literature.

**Design:** The study was designed as a survey using self-reported questionnaires to collect quantitative data.

**Methods:** Participants were 102 college students in China recruited through convenience sampling. Materials were Chinese translations of published measures of the five study variables (academic anxiety, academic procrastination, self-regulation, subjective wellbeing and problematic smartphone use). Paper-based questionnaires were distributed and completed during class breaks. Structural equation modelling was applied to test the hypothetical model.

**Results:** A good model fit was found (CFI = .996, RMSEA = .05), in which problematic smartphone predicted academic procrastination ($\beta = .31$, $p <.001$) and academic anxiety ($\beta = .28$, $p <.01$). Self-regulation predicted problematic smartphone use ($\beta = -.20$, $p <.05$), academic anxiety ($\beta = -.25$, $p <.01$) and life satisfaction ($\beta = .29$, $p <.01$).

**Conclusions:** This study has potential to enhance our understanding of the mental health and well-being of college students, and some mechanisms underpinning it, as well as their approach to academic study.
Confirmed Keynotes
Professor John Antonakis, University of Lausanne
Professor Brian Nosek, Centre for Open Science
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