

# DHP Annual Conference

6–8 September 2017, Mercure Cardiff Holland House Hotel



The British  
Psychological Society  
Division of Health Psychology

Our conference programme is subject to change at any point before or during the conference itself. We are unable to accept responsibility for changes made which are outside of our control.

## Wednesday 6 September

|               | CALON   | CAERNARFON  | BRECON  | KIDWELLY   |
|---------------|---|---|---|--|
| 09:00 - 12:00 | <p><b>Chair: Emily Arden-Close</b><br/>Post-Graduate Workshop:<br/><b>The why, where, what and how of writing for peer-reviewed publications</b><br/>Chris Armitage, University of Manchester</p>   | <p><b>Chair: Kirby Sainsbury</b><br/>8118<br/><b>Ecological momentary assessment (EMA) methods in health psychology: An introductory workshop</b><br/>Daniel Powell, University of Aberdeen</p>                       |   |  |
| 11:30         | <b>Lunch</b>  |   |   |  |
| 12:30         | <b>Welcome</b>  |   |   |  |
| 12:45         | <p><b>Keynote Speaker</b><br/><b>Engaging the public with antimicrobial resistance: Methods, theory, complexity and two house rabbits</b><br/>Professor Paul Flowers, Glasgow Caledonian University</p>   |   |   |  |
| 13:50         | <p><b>Chair: Heather Semper</b><br/>e-Health<br/>8184<br/><b>Participation in a Massive Open Online Course (MOOC) on dementia care. An evaluation of caregivers' perceptions</b><br/>Alison Killen, Newcastle University/Staffordshire University</p> | <p><b>Chair: Rachel Shaw</b><br/>8147<br/>Symposium<br/><b>Helping carers to care: Supporting the formal and informal carers of people with dementia</b><br/>Shanu Sadhwani, Brighton &amp; Sussex Medical School</p> | <p><b>Chair: Wendy Lawrence</b><br/>Training &amp; Education<br/>8055<br/><b>Implementing a new Enhanced Recovery Pathway: A qualitative study comparing three UK hospitals</b><br/>Astrid Coxon, University of East Anglia</p> | <p><b>Chair: Amanda Bunton</b><br/>Individual Papers<br/>8038<br/><b>What is the active content of interventions that target the public's engagement with antimicrobial resistance?</b><br/>Lynn Williams, University of Strathclyde</p> |
| 14:10         | <p>8064<br/><b>Help is just a click away; Exploring the use of online support groups by parents of adolescents with Type 1</b></p>  | <p><b>Paper 1: Changing perceptions: Enhancing dementia care by developing volunteers understanding</b></p>   | <p>8368<br/><b>Community led Sex and Relationship Education for Parents and their children: A qualitative</b></p>   | <p>8029<br/><b>Exploring veterinarians &amp; beliefs about antibiotic use in livestock</b><br/>Sarah Golding, University of Surrey</p>   |

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|              | <b>diabetes</b><br>Karen Shepherd, University of Nottingham   | Jodie Proctor, Age UK  | <b>evaluation</b><br>Triece Turnbull, University of Northampton  |   |
| <b>14:30</b> | 8274<br><b>Do women turn to the Internet when experiencing potential breast cancer symptoms? Insights from a qualitative interview study</b><br>Afrodita Marcu, University of Surrey                                    | <b>Paper 2: The Psychological Impact of Caring for a partner with Dementia: Experiences of the "hidden patient"</b><br>Laura Eddins, Vale of Glamorgan Council/Cardiff Metropolitan University   | 7988<br><b>A Behaviour Change Learning Activity for Undergraduate Students</b><br>Delyth James, Cardiff University   | 8264<br><b>Unpicking the relationship between sleep quality and the mental well-being of adolescents</b><br>Margaret Husted, University of Winchester   |
| <b>14:50</b> | 9071<br><b>Through the Eyes of a Young Carer: A Photo Elicitation Study</b><br>Tamsyn Hawken, University of Bath  | <b>Paper 3: Identifying Depression: Meeting the Psychological Needs of People with Dementia in the Care Home</b><br>Jodie Campbell, Anchor UK<br><br><b>Paper 4: Stigma, Nihilism and Uncertainty: GP barriers to diagnosing dementia. A qualitative study</b><br>Shanu Sadhwani, Brighton & Sussex Medical School | 8166<br><b>Development of Concordance Therapy psycho-education groups to help adults self-manage diabetes: A pilot</b><br>Jan Smith, NHS Greater Glasgow and Clyde | 8129<br><b>Cognitive Behaviour Therapy for Insomnia (CBT-I): A mixed methods pilot study to explore the effectiveness and participatory perspectives of treatment delivery interventions on key outcomes and experiences</b><br>Belinda Hemingway, City, University of London |
| <b>15:10</b> | <b>Refreshment Break</b>  |  |  |   |
| <b>15:40</b> | <b>Work in Progress &amp; General Posters</b>   |  |  |   |
| <b>16:10</b> | <b>Chair: Shanu Sadhwana</b><br>Pain<br>8233<br><b>A qualitative study to inform development of a novel psychosocial intervention to accompany Osteopathic treatment for persistent pain</b><br>Maria Madalina Saracutu | <b>Chair: Hannah Ballance</b><br>Intervention Development<br>7916<br><b>The Human Behaviour-Change Project: collaborating with computer and information scientists to improve behavioural science</b><br>Emma Norris, Centre for Behaviour Change, University College London                                       | <b>Chair: Anita Mehay</b><br>Workshop<br>7997<br><b>Engagement with digital behaviour change interventions</b><br>Kat Bradbury, University of Southampton          | <b>Chair: Elaine Cameron</b><br>Individual papers<br>8241<br><b>Health psychology in under-explored tonalities: musicians' health and wellbeing</b><br>Raluca Matei, Royal Northern College of Music  |
| <b>16:30</b> | 8178<br><b>Changing drawings of pain and self during a chronic pain self-management journey: A multimodal</b>   | 7936<br><b>Imagery interventions in health behaviour: a meta-analysis</b><br>Dominic Conroy, Birkbeck University   |  | <b>Psychological benefits for children of mothers taking Folic Acid Supplementation throughout pregnancy</b>  |

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|                      | <b>longitudinal study using Interpretative Phenomenological Analysis</b><br>Isabella Nizza, Birkbeck, University of London             | of London   |  | Tony Cassidy, Ulster University   |
| <b>16:50</b>         | <b>Inspire and Innovate: Cancer Research UK funding opportunities for population research</b><br>Alexis Webb, Research Funding Manager | 8091<br><b>Enhancing and monitoring implementation fidelity of behaviour change interventions delivered in public health practice: A methodological framework</b><br>Stefanie Williams, Coventry University |  | 8177<br><b>'Let's talk about sex': Investigating the relationship between sexually explicit material and risky sexual behaviour in the UK</b><br>Elysia Walker, University of Buckingham  |
| <b>17:10-17:30</b>   |  | 7971<br><b>Using the Behaviour Change Wheel to understand Midwives &amp; Physical Activity Behaviours</b><br>Vivien Swanson, NHS Education for Scotland   |  | <b>MSc Award Winner</b><br><br><b>A cross-sectional investigation of the cognitive, behavioural and affective factors associated with fatigue severity and fatigue-related impairment in paediatric multiple sclerosis</b><br>Holly Bear, Evidence Based Practice Unit, UCL |
| <b>19:00 – 20:00</b> | <b>Networking Wine Reception</b><br>Welsh Assembly, Cardiff Bay  |   |  |   |

| Board Ref    | Work in Progress & General Posters  |
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| <b>WIP01</b> | <b>Negotiating conversation and interaction through videoconferencing in speech language therapy: A conversation analytic study</b><br>Rachel Rahman, Aberystwyth University                          |
| <b>WIP02</b> | <b>Evaluating the impact of woodland activities on personal wellbeing</b><br>Heli Gittins, Bangor University  |
| <b>WIP03</b> | <b>How can we most effectively promote long-term adherence to an exercise programme for individuals with mild cognitive impairment and early dementia?</b><br>Jennie Hancox, University of Nottingham |
| <b>WIP04</b> | <b>Healthcare professionals' perceptions of pulmonary rehabilitation as a management strategy for patients with chronic obstructive pulmonary disease</b><br>Emma Swift, Edge Hill University         |
| <b>WIP05</b> | <b>Information about Drinking in Ex-serving personnel (INDEx app): Development of a mobile based alcohol intervention</b>   |

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|       | Jo-Anne Puddephatt, University of Liverpool  |
| WIP06 | <b>The development and evaluation of a digital smoking cessation intervention for offenders</b><br>Stephanie Dugdale, Breaking Free Group  |
| WIP07 | <b>Anaphylaxis and nonadherence to adrenaline pen use in adults: The impact of a theoretically informed training intervention on staff knowledge and beliefs</b><br>Béré Mahoney, University of Worcester                                      |
| WIP08 | <b>H.E.A.R.T Study – Health and wellbeing Events After gynaecological-Related cancers and their Treatment</b><br>Anuska Randolph-Stephens, The Royal Marsden NHS Foundation Trust/ University of Surrey  |
| WIP09 | <b>The role of social media in how midlife women construct identities in relation to alcohol consumption, a thematic analysis</b><br>Catherine Wyatt, University of Derby  |
| WIP10 | <b>Can an intervention in general practice increase sign-up rates to the NHS Organ Donor Register? A feasibility randomised controlled trial</b><br>Catrin Pedder Jones, University of Bedfordshire  |
| WIP11 | <b>Using social cognitive theory-based interviews with adults with mild-moderate learning disability and carers to understand healthy eating, physical activity and sedentary behaviour in this population</b><br>Kiran Bains, City University |
| WIP12 | <b>Positive affect, diabetes, and diabetes-related outcomes: A systematic review</b><br>Benjamin Gibson, Liverpool John Moores University  |
| WIP13 | <b>The effect of mindfulness on rational thinking</b><br>Stephanie Farrar, City, University of London  |
| WIP14 | <b>Developing a Coping Scale for Food Allergy in children and adolescents aged 8-16 years old – A work in progress</b><br>Jennifer Hammond, Aston University   |
| WIP15 | <b>How has intervention fidelity been assessed in smoking cessation interventions? A systematic review</b><br>Suhana Begum, City, University of London   |
| WIP16 | <b>Intersectional identities and dilemmas within interactions with health care professionals: An interpretative phenomenological analysis of gay Muslim identities</b><br>Joanna Semlyen, UEA  |
| WIP17 | <b>BME individuals and mental health: Reasons for non-engagement and disengagement with mainstream mental health services: A systematic review of the literature</b><br>Meredith Wilkinson, De Montfort University                             |
| WIP18 | <b>Distinguishing between “ancient” and “modern” stressors: A framework for analysis of psychosocial stressors and self-conscious emotions</b><br>Evangelos Katsampouris, University of Bath   |
| WIP19 | <b>Exploring the emotional/psychological experiences of hellp syndrome (hemolysis,elevated liver enzymes, low platelet count in pregnancy</b><br>Michelle Andipatin, University of Western Cape  |
| WIP20 | <b>Mind and Body: An evaluation of an early intervention for young people who engage in self harm</b><br>Richard Joiner, University of Bath  |
| WIP21 | <b>Can perceived adverse parental bonding experiences and emotional eating predict food addiction in an adult sample?</b><br>Regina Holler, University of Derby, Online Learning   |

Thursday 7 September

|       | CALON  | CAERNARFON   | BRECON   | KIDWELLY   |
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| 09:00 | <p><b>Chair: Anita Mehay</b><br/>Symposium<br/>7973<br/><b>50 Shades of Pain: The Mediation of Pain Experience</b><br/>Emily Doe, University of Buckingham</p> <p><b>Paper 1: The biopsychosocial factors associated with pain in people with a spinal cord injury</b></p> | <p><b>Chair: Rachel Shaw</b><br/>Healthcare Professionals<br/>8025<br/><b>“People call them corridor moments don’t they?” Barriers and enablers to midwife-health visitor collaboration using the Theoretical Domains Framework</b><br/>Maria Raisa Jessica Aquino, City, University of London</p> | <p><b>Chair: Shanu Sadhwana</b><br/>General Health Behaviours<br/>8282<br/><b>Predictors of ultraviolet radiation exposure in patients with Xeroderma Pigmentosum: Prospective daily diary study with objective measurement of ultraviolet radiation</b><br/>Sam Norton, King's College London</p> | <p><b>Chair: Amanda Bunten</b><br/>Social Support &amp; Caregiving<br/>8090<br/><b>The experiences and needs of caregivers of people with multimorbidity: A scoping review</b><br/>Mollie Price, School of Social Sciences, Leeds Beckett University</p> |
| 09:20 | <p>Margaret Tilley, University of Buckingham</p> <p><b>Paper 2 An exploration of online health services for chronic pain patients</b><br/>Jill Suckling, University of Buckingham</p>  | <p>8269<br/><b>Factors influencing prescribing of disease modifying therapy for people with multiple sclerosis: A UK-wide qualitative interview study</b><br/>Elaine Cameron, University of Manchester</p>   | <p>7959<br/><b>Do social cognitive constructs predict physical activity behaviour within individuals? A series of N-of-1 studies</b><br/>Christopher O'Donnell, University of the West of Scotland</p>   | <p>8023<br/><b>A qualitative study exploring South Asian carers experience of caring for people with dementia in the Midlands, UK</b><br/>Atiya Kamal, Birmingham City University</p>  |
| 09:40 | <p><b>Paper 3: Fostering peer-led support groups: reflecting on the transition from pain management services to chronic pain support groups</b><br/>Katherine Finlay, University of Buckingham</p>   | <p><b>A European Survey of the Provision of Specialist Psychosocial Support for People with Visible Differences</b><br/>Diana Harcourt, University of the West of England, Bristol</p>   | <p>8089<br/><b>We are what we (think we) eat: The effect of expected satiety on hunger, fullness, later consumption and ghrelin response</b><br/>Steven Brown, Sheffield Hallam University</p>   | <p>8021<br/><b>Social Support, Diurnal Cortisol Rhythms and Recovery after Coronary Artery Bypass Graft Surgery</b><br/>Aikaterini Gkourani, Department of Epidemiology &amp; Public Health, University College London</p>                               |
| 10:00 | <p><b>Paper 4: Metaphor and mindfulness; managing neuropathic pain after spinal cord injury</b><br/>Jasmine Hearn, University of Buckingham</p>  | <p>7953<br/><b>Being a second victim. How staff understand their involvement in an adverse clinical event</b><br/>Vanita Chamdal University of Leicester &amp; Ceri Jones, Cardiff University</p>  | <p>7930<br/><b>Testing the Effects of an Environmental Alcohol Prime and a Safe Sex Prime on Perceptions and Behaviour</b><br/>Henry Johnson, University of West London</p>  | <p>7935<br/><b>Giving and Receiving Social Support Following a Prostate Cancer Diagnosis: A Couples Analysis</b><br/>Kayleigh Nelson, Swansea University</p>   |
| 10:20 |  | <p>8056<br/><b>Can primary care nurses improve biopsychosocial care and self-</b></p>  | <p>8281<br/><b>Proscriptive vs. Prescriptive health recommendations to drink alcohol</b></p>   | <p><b>Delivering a public health intervention with a UK South Asian audience on Type 2</b></p>   |

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|              |  | <b>management for long-term conditions – a feasibility trial/ process evaluation of the person centred assessment method (PCAM)</b><br>Eileen Calveley, NMAHP- RU, University of Stirling                   | <b>within recommended limits: Effects on moral norms, attitudes, intentions, and behaviour change</b><br>Louisa Pavey, Kingston University  | <b>Diabetes prevention and management: Discussing taboo subjects</b><br>Kiran Bains, City, University of London  |
| <b>10:40</b> | <b>Refreshment Break</b>   |   |   |  |
| <b>11:10</b> | <b>Chair: Hannah Ballance</b><br>Adherence<br>8132<br><b>Developing pharmacist-led interventions to support medicines adherence in cardiovascular patients</b><br>John Bartoli-Abdou & Jacob Crawshaw, King's College London | <b>Chair: Abbie Jordan</b><br>Stigma & Appearance<br>8120<br><b>"I have genital herpes. Now what do I do?" Navigating the road back to psychosocial recovery</b><br>Katie Watts, City, University of London | <b>Chair: Wendy Lawrence</b><br>Cross-Cultural Health<br>8101<br><b>Can UK health psychologists have a role in health partnerships? Findings from The Change Exchange</b><br>Jo Hart, University of Manchester    | <b>Chair: Rachel Shaw</b><br>Patient Experience<br>7574<br><b>Using Photovoice to explore the experience of living with fibromyalgia</b><br>Valerie Todd, University Centre at Blackburn College |
| <b>11:30</b> | 8169<br><b>Improving Medication Adherence in Stroke Survivors: The Intervention Development Process</b><br>Elise Crayton, King's College London  | 7884<br><b>Understanding the experience of stigma in Pernicious Anaemia (PA)</b><br>Heidi Seage, Cardiff Metropolitan University  | <b>What are dentists' and patients' views and experiences of the practicality and acceptability of screening for diabetes in dental settings?</b><br>Koula Asimakopoulou, King's College London, Dental Institute | 7745<br><b>"It's when you're not doing too much you feel tired": A qualitative exploration of fatigue in End-Stage Kidney Disease (ESKD)</b><br>Federica Picariello, King's College London       |
| <b>11:50</b> | 8104<br><b>Social Support and Illness Perception are determinants of Adherence to Anti-Psychotic Medication</b><br>Faisal Satti, City, University of London  | 7467<br><b>Being Looked At and Exposing Yourself: Appearance Altering Conditions and Stigma</b><br>Nicholas Sharratt, The University of the West of England   | 8134<br><b>Beliefs about HIV Treatment across Countries in Sub-Saharan Africa</b><br>Natasha Croome, King's College London  | 7980<br><b>Life after treatment and survivorship of men after prostate cancer</b><br>Charikleia Margariti, University of East London   |
| <b>12:10</b> | 7979<br><b>Investigating the effectiveness of theory-based interventions on improving treatment adherence of patients with Type 2 Diabetes Mellitus: A systematic review</b><br>Despoina Menti, Cardiff                      | 8162<br><b>Challenges and proposed framework for formative research to inform systematic intervention development in rare and unstudied conditions: The case example of Xeroderma Pigmentosum</b>           | 8049<br><b>Parent's Preferences for Shared Medical Decision Making: Cross-cultural perspectives</b><br>Fatimah Alharbi, University of Plymouth  | 8060<br><b>Driving men to engage with cancer services: an evaluation of the psychosocial impact of the "ManVan"</b><br>Ceri Phelps, University of Wales Trinity Saint David                      |

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|       | Metropolitan University   | Kirby Sainsbury, Newcastle University   |   |   |
| 12:30 | 8170<br><b>Feasibility study for the implementation of an mHealth SMS intervention on contraception in rural Malawi</b><br>Rebecca Laidlaw, University of Strathclyde                                   | 8191<br><b>Women &amp; psychosocial and surgical goals for immediate and delayed breast reconstruction</b><br>Ella Guest, University of the West of England, Bristol  | 8124<br><b>Enhancing the adoption of asthma self-management in the South Asian and Black populations: A systematic review of explanatory factors</b><br>Salina Ahmed Queen Mary, University of London/Asthma UK Centre for Applied Research | <b>Dentists' beliefs about the delivery of patient-centred care in dental settings</b><br>Sumaiah Al Rawiai<br>King's College London, Dental Institute  |
| 12:50 | <b>Lunch</b>  |   |   |   |
| 13:15 | <b>AGM- Caernarfon Chair: Rachel Shaw</b>   |   |   |   |
| 14:20 | Expert Discussion<br><b>Inspiration versus perspiration: Will systemisation bury or elevate health psychology?</b><br><b>Panel:</b> Dr Jo Hart, Professor Paul Flowers, Dr Anne Kazak & Prof Jane Ogden | <b>Chair: Heather Semper</b><br>QoL<br>8051<br><b>The impact of anaphylaxis on health-related quality of life of adults</b><br>Rebecca Knibb, Aston University  | <b>Chair: Elaine Cameron</b><br>Individual papers<br>8016<br><b>Exploring asthma self-management behaviours of patients and carers: a qualitative study from the IMP2ART programme</b><br>Luke Daines, University of Edinburgh              | <b>Chair: Emily Arden-Close</b><br>Under-researched groups<br>8002<br><b>Feasibility of the health check: a targeted cancer awareness intervention for people from deprived communities</b><br>Pamela Smith, Cardiff University |
| 14:40 |   | 7517<br><b>Validation of the Stellenbosch Endometriosis Quality of Life (SEQOL) measure among a sample of South African women diagnosed with endometriosis</b><br>Rizwana Roomaney, Stellenbosch University | 8128<br><b>What do parents think about dental decay in their children? A preliminary study using the Illness Perception Questionnaire-Revised for Dental (IPQ-RD)</b><br>Thaarani Vijayakumar, King's College London                        | 8275<br><b>Where are all the men? Exploring the lack of male participation in fertility and childbearing research using the Theory of Planned Behaviour</b><br>China Harrison, Cardiff University                               |
| 15:00 |   | 8283<br><b>Long-term treatment of uterine fibroids with ulipristal acetate improves health-related Quality of Life</b><br>Deborah Lancaster, University of South Wales                                      | 8063<br><b>The effectiveness of group-based Acceptance and Commitment Therapy (ACT) for stroke survivors: A randomised feasibility study</b><br>Reg Morris, Cardiff & Vale University Health Board & Cardiff                                | 8093<br><b>Why is it so hard to talk about the future with homeless people with ill health? The need for a different conversation</b><br>Briony Hudson, Pathway & Marie Curie Palliative Care Research                          |

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|               |  |   | University   | Department, UCL   |
| 15:20         |  | 8138<br><b>A manualised intervention to reduce psychological distress in Inflammatory Bowel Disease: a randomised controlled feasibility trial</b><br>Lyndsay Hughes, King's College London | 8015<br><b>Using the Theory of Planned Behaviour to explain the process of post-surgical weight-loss in a married couple jointly undergoing bariatric surgery: A case-study approach</b><br>Valerie Todd, University Centre at Blackburn College | 8019<br><b>Exploring experiences of people using khat and the health care professionals supporting them to quit</b><br>Suhana Begum, City, University of London |
| 15:40         |  | <b>Evidence That Implementation Intentions Support Self-Regulatory Effort and Improve Adolescent Sleep</b><br>Chris Armitage, University of Manchester                                      | 8005<br><b>Association between smoking habit, health anxiety, and implicit attention to health threatening information</b><br>Rob Lowe, Swansea University   | 9100<br><b>Understanding barriers to cervical screening uptake in transgender men: an exploratory qualitative analysis</b><br>Joanna Semlyen, UEA               |
| 16:00         | <b>Health Psychology in Action &amp; General Posters</b>   |   |  |   |
| 17:00 - 18:00 | <b>Keynote Speaker</b><br><b>The transformation of things: The impact of language and context on symptoms, meaning and (even) disciplines</b><br>Prof Jane Ogden, University of Surrey |   |  |   |
| 19:30         | <b>Conference Dinner- Calon Suite</b>  |   |  |   |

| Board Ref | Health Psychology in Action & General Posters  |
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| HPA01     | <b>Can Pole Fitness Increase Psychological Wellbeing?</b><br>Nicole Brand, University Centre at Blackburn College  |
| HPA02     | <b>Information and support needs of women with Autoimmune Rheumatic Diseases during family planning, pregnancy and early parenting</b><br>Rhiannon Phillips, Cardiff University                |
| HPA03     | <b>From existing to living and thriving: A qualitative exploration of palliative patients' affected sense of self and terminal illness adjustment</b><br>Szilvia Vas, Staffordshire University |
| HPA04     | <b>Cultural Influences on lifestyle changes: Gender and age assigned roles for adults living with diabetes in Pakistan</b><br>Omama Tariq, University of Brighton                              |
| HPA05     | <b>What are the effects of Premenstrual Syndrome and Premenstrual Dysphoric Disorder Symptoms on Workplace Outcomes – A Systematic Review</b><br>Eleanor Thorne, King's College London         |
| HPA06     | <b>Providing better information and support for the diagnosis and treatment of patients living with age-related macular degeneration (AMD)</b><br>Tawanda Pendeke, Aston University            |
| HPA07     | <b>Exploring the Personal Experience of Transitioning from Employment to Unemployment following Spinal cord Injury: An Interpretative Phenomenological Analysis</b>                            |



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|       | Wafa Turkistani, Birkbeck, University of London   |
| HPA08 | <b>Emotion matters e-learning module: Improving communication with patients who have long term conditions</b><br>Vivien Swanson, NHS Education for Scotland   |
| HPA09 | <b>Three adults' experiential descriptions of life with Niemann-Pick Disease type C: A phenomenological analysis</b><br>Lydia Aston, Aston University   |
| HPA10 | <b>Patients experiences of achalasia: A qualitative interview study</b><br>Amelia Hollywood, University of Reading  |
| HPA11 | <b>Making meaning of the complex nature of interpersonal relationships in adolescent chronic pain: A qualitative synthesis</b><br>Abbie Jordan, University of Bath  |
| HPA12 | <b>The impact of bariatric surgery on psychosocial health</b><br>Mark Maxwell, Northumbria University   |
| HPA13 | <b>Self-Management experiences of Type 1 Diabetes Mellitus: A qualitative study of young adults' perspectives</b><br>Michael Swift, Newman University   |
| HPA14 | <b>An interpretative phenomenological analysis of experiences of women living with Premenstrual Dysphoric Disorder</b><br>Brigita Skopaite, De Montfort University  |
| HPA15 | <b>Young people's perspectives on their long term condition: The role of health professionals in supporting school connectedness and psychological wellbeing</b><br>Rosanna Fennessy, University of Cambridge |
| HPA16 | <b>The Behaviour Change Techniques used in Continuing Professional Development: Developing a coding tool for educators</b><br>Jo Hart, University of Manchester   |
| HPA17 | <b>Group Psychological Intervention for Long-Term Physical Health Conditions (LTCs)</b><br>Helen Sinclair, CNWL Talking Therapies Service Westminster   |
| HPA18 | <b>Study exploring the experience of being diagnosed with dementia: An Interpretative Phenomenological Analysis (IPA)</b><br>Malcolm Bray   |
| HPA19 | <b>Setting up and initiating Patient and Public Involvement as a collaborative process benefits research in its early stages</b><br>Judit Varkonyi-Sepp, NIHR Southampton BRC                                 |
| HPA20 | <b>Improving body image after cancer treatments: Assessing the effectiveness of an online mindfulness-based therapy</b><br>Rachel Povey, Staffordshire University   |

**Friday 8 September**

|       | CALON   | CAERNARFON   | BRECON  | KIDWELLY   |
|-------|---|--|---|--|
| 09:30 | <b>Chair: Kirby Sainsbury</b><br>Symposium<br>8186<br>Talking about appearance concerns | <b>Chair: Shanu Sadhwana</b><br>Experiences of Healthcare<br>8198<br>What are the experiences of | <b>Chair: Abbie Jordan</b><br>Beliefs & Attitudes<br>8017<br>Domestic Social Environment as a | <b>Chair: Amanda Bunten</b><br>Implementation Research<br>7950<br>Trials and tribulations: Reflections |

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|       | <p><b>and providing support</b><br/>Alyson Norman, University of Plymouth</p> <p><b>Paper 1: Discussing appearance concerns and support needs in burn care</b></p>   | <p><b>individuals who have lost 5% or more of their body weight? Qualitative modelling of weight management</b><br/>Miglana Campbell, Northumbria University</p>                                      | <p><b>Predictor of Health and Treatment Seeking among Canadian Military Personnel</b><br/>Kimberley Watkins, Canada<br/>Department of National Defence</p> | <p><b>on the implementation of a randomised controlled trial of Physiotherapy informed by Acceptance &amp; Commitment Therapy (PACT)</b><br/>IoPPN, Vari Wileman, King's College London</p>   |
| 09:50 | <p>Catrin Griffiths, University of the West of England</p> <p><b>Paper 2: Implementing a psychological screening tool in routine private practice with cosmetic surgery patients: A feasibility and acceptability study</b><br/>Nicole Paraskeva, University of the West of England</p>        | <p>8020<br/><b>The effectiveness of mindfulness-based interventions for adults with recurring chronic headache and migraine: A systematic review</b><br/>Emily Robson, City, University of London</p> | <p>7972<br/><b>Patients Expectations of Cancer Treatment: Scale Development</b><br/>Sam Cockle, University of Surrey</p>                                   | <p>8035<br/><b>Providing human support alongside an online intervention to improve quality of life in people who have experienced cancer: identifying potential barriers to intervention implementation</b><br/>Kat Bradbury, University of Southampton</p> |
| 10:10 | <p><b>Paper 3: Supporting adolescents struggling with appearance-altering conditions: the feasibility of using an online psychosocial intervention (YP Face IT) in primary care</b><br/>Heidi Williamson, University of the West of England</p>  | <p>8027<br/><b>Health apps for physical activity: a review and content analysis of the quality of the most popular apps</b><br/>Paulina Bondaronek, University College London</p>                     | <p>8096<br/><b>Predicting alcohol consumption among European university students</b><br/>Richard Cooke, Aston University</p>                               | <p>8280<br/><b>'It's a culture of silence; the whole family gets affected if this news comes out!': Comparative evaluations of South Asian migrants on screening for Viral Hepatitis</b><br/>Tushna Vandrevala, Kingston University</p>                     |
| 10:30 | <p><b>Paper 4: Acceptability and feasibility of a dissonance-based body image intervention for Girl Guides and Girl Scouts: Qualitative results from a dissemination and implementation study across nineteen countries</b><br/>Nadia Craddock, University of the West of England, Bristol</p> | <p>8185<br/><b>Impact of a psychosocial self-management intervention (QOLITI) for Inflammatory Bowel Disease: A qualitative study</b><br/>Samantha Goodliffe, King's College London</p>               | <p>8003<br/><b>Attitudes towards lung cancer screening in a Welsh population sample</b><br/>Stephanie Smits, Cardiff University</p>                        | <p>8272<br/><b>Randomized Trial of a Positive Reappraisal Coping Intervention in Fertility Treatment</b><br/>Jacky Boivin, Cardiff University</p>   |
| 10:50 | <p><b>How to help women to help themselves during fertility treatment</b><br/>Deborah Lancaster, University of South Wales</p>   | <p>8100<br/><b>"You started something...then I continued by myself": A qualitative evaluation of physical activity maintenance</b><br/>Charlotte Wahlich, St George's, University of London/City</p>  | <p>8196<br/><b>Telehealth to facilitate group psychosocial support for immunosuppressed patients</b><br/>Rachel Rahman, Aberystwyth University</p>         |   |

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| <b>11:10</b> | <b>Refreshment Break</b>   |  |  |  |
| <b>11:40</b> | <b>General Posters</b>   |  |  |  |
| <b>12:10</b> | <b>Keynote Speaker</b><br><b>Implementing Family Psychosocial Risk Screening in Pediatrics</b><br>Dr Anne Kazak, Sidney Kimmel Medical School of Thomas Jefferson University |  |  |  |
| <b>13:10</b> | <b>Conference closing words &amp; Prize Winner Awards</b>  |  |  |  |
| <b>13:30</b> | <b>Conference close</b>  |  |  |  |

| Board Ref | General Posters  |
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| GP01      | <b>'Getting in with life": Experiences of posttraumatic growth following a myocardial infarction</b><br>Sara Morgan, Caswell Clinic, Glanrhyd Hospital   |
| GP02      | <b>'Who cares for the carer?' A qualitative exploration into the wellbeing and support needs of younger carers</b><br>Zoe Cooke, University of Wales Trinity Saint David                           |
| GP03      | <b>Benefits of social non-drinking identified by British university students: A mixed methods study</b><br>Dominic Conroy, Birkbeck University of London   |
| GP04      | <b>The identification of critical beliefs underlying university recreational sports participation: A theory-based approach</b><br>Tom St Quinton, Leeds Trinity University                         |
| GP05      | <b>The impact of stress on the eating behaviours of primary school aged children and undergraduate students</b><br>Rachael Moss, University of Leeds   |
| GP06      | <b>A qualitative investigation into stress in the nurse in charge role on a cardiology ward</b><br>Kerstin Hunter, NHS Grampian  |
| GP07      | <b>Using behavioural science to improve the contents of packed lunches</b><br>Amanda Bunten, Public Health England   |
| GP08      | <b>An assessment of the reliability and validity of self-reported alcohol consumption measures: A systematic review</b><br>Hannah McKenna, Centre for Public Health, Queen's University Belfast    |
| GP09      | <b>Behaviour change techniques that can be effective in changing unhealthy and addictive behaviours in pregnancy</b><br>Elizabeth Fergie, University of Nottingham                                 |
| GP10      | <b>It was hard to avoid the trend: A qualitative exploration of the influences in young adults &amp; recreational e-cigarette use</b><br><i>Rhiannon Hawkes, University of the West of England</i> |
| GP11      | <b>Psychological interventions to improve adherence to oral hygiene instructions in adults</b><br>Tara Taheri, Devonshire Place Dental Practice  |
| GP12      | <b>Babies, Eating and Lifestyle in Adolescence (BELLA) Study: A complex intervention to improve nutritional status of pregnant teenagers</b><br>Sofia Strommer, University of Southampton          |
| GP13      | <b>Are digital interventions for smoking cessation in pregnancy effective? A systematic review and meta-analysis</b><br>Sarah Ellen Griffiths, Coventry University                                 |

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| <b>GP14</b> | <b>Exploring beliefs underlying pregnant women's appraisals of the risk of influenza and the influenza vaccine during pregnancy: A qualitative study</b><br>Joanne Parsons, Coventry University  |
| <b>GP15</b> | <b>Psychosocial Interventions in gynaecological cancers – A systematic review</b><br>Anuska Randolph-Stephens, University of Surrey  |
| <b>GP16</b> | <b>The use and effectiveness of technology to support the management of severe mental illness: A systematic review</b><br>Sadie Wickwar, City, University of London  |
| <b>GP17</b> | <b>A qualitative investigation using thematic analysis to study the health concerns of people testing their illicit drugs at a testing service in the Netherlands</b><br>Keith Watkins, University of Derby  |
| <b>GP18</b> | <b>Assessing Coping and Adjustment in Young to Elderly Caregivers: A Systematic Review</b><br>Tamsyn Hawken, University of Bath  |
| <b>GP19</b> | <b>Barriers and levers to hand hygiene practice and the influence of dual-processing: An ongoing study of medical students and hand hygiene behaviour</b><br>Vivien Swanson, University of Stirling  |
| <b>GP20</b> | <b>Attitudes and readiness to quit smoking among patients in mental health inpatient settings: A systematic review of qualitative studies</b><br>Jan Smith, NHS Greater Glasgow and Clyde  |
| <b>GP21</b> | <b>Risk Avert: A strengths based approach to raising awareness and empowering young people to make healthier and safer decisions, whilst promoting mental well-being and resilience in relation to risk taking</b><br>Claire Russell, University of Bath |
| <b>GP22</b> | <b>Physical activity promotion: Precise matching of message frames and affect types</b><br>Kin-Kit Li City University of Hong Kong   |