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Dr Ashley Weinberg is a Chartered Occupational Psychologist and Senior Lecturer in Psychology at Salford University. Specialising in the mental health of public sector occupations, including Members of Parliament, Ashley has written three books on well-being at work and is editor of The Psychology of Politicians.

The Psychology of politicians

Politics is about power. But politics isn’t just about elected politicians – in fact aren’t we all politicians? Daily as we seek to persuade others to our viewpoint, exert control over events and communicate our attitudes and desires, we exercise power in relationships, organisations and society, so understanding our role within these contexts is vital. Political Psychology explores the underlying psychological mechanisms, including political values and identity, as well as the real-world consequences, whether expressed as public opinion and media output, or experienced as intergroup relations, conflict and peace processes. In other words political psychology is not just about those labelled ‘politicians’, but also about the politicians we don’t always recognise – all of us!