Welcome to the first Applied Psychology & Well-Being Research newsletter. A place to learn about research activities, public engagement events, upcoming events, and to celebrate academic achievements within the department.

“Science of Me” Event

The Arndale Centre (26th July ’16)

As part of the European City of Science ‘Science of Me’ event (http://manchestersciencecity.com/visit/event/science-of-me/) a group of staff and students from Psychology demonstrated facial morphing technology to people walking through the Arndale Centre in Manchester City Centre.
The team included PhD student Sofia Persson, and some of our second year interns (Rachel Zieme, Safiyyah Ajak, Wajid Farid, and Lucy Walker), as well as Sarah Grogan, Maribel Cordero, Oliver Clark, and Yael Benn.

We showed people the realistic effects of smoking and UV exposure on their faces, enabling them to view their own faces aged up to 72 years with and without smoking and UV exposure. Participants walking through the Arndale Centre were able to view videos of other people’s faces being morphed, and also to have their own face morphed by the team from Psychology.

The stand was well-attended, with many people watching the video presentations and listening to our associated commentary, and 54 people receiving full facial morphing, where they saw their faces aged up to 72 years with and without UV exposure and smoking.

On our evaluation form, 100% of people whose faces were morphed reported that they found the experience interesting, and 41% that they would change their behaviour as a direct result of exposure to the intervention.

Qualitative comments included “I will avoid the sun on my face in the future (woman aged 18-30 years), “A great way to show people how to change living patterns (women aged 60+ years), “Wonderful” (man aged 18-30 years), “Very interesting. Thanks a lot” (man ages 60+ years), “It was very interesting” (woman aged 31-40 years), “Brilliant experience of facial morphing” (woman aged 18-30 years), “I plan to be more careful applying sunscreen” (women aged 31-40 years), “Informative and interesting technology put to good use” (man aged 31-40 years), and “Interesting software” (woman aged 18-30 years).

In all, the event was a success. It gave us additional information on the effectiveness of our intervention with a wide variety of people, allowed us to develop additional links with possible collaborators, and gave our students an excellent experience of public engagement work that they will be able to add to their CVs.
Dr Jo Ashby has been working on a two-year collaborative research project that began in April this year entitled ‘End of life care and problematic substance use: An exploratory study’. Funding awarded: £499,283. Source: Big Lottery. With Professor Sarah Galvani (PI) - this has been a great research experience so far working with colleagues across the faculty from nursing and social work - and also community partnerships with end of life care services.

If you want to know more details about this talk to Jo.

Dr Jo Ashby, Dr Leanne Rimmer & Laura Curry

have secured £4000 to undertake a pilot study exploring embedding Community-Based Learning into an Undergraduate programme. The idea is to link with MMU Futures and volunteering schemes, getting our students to expand their CVs (in line with the employability agenda); and encourage students to reflect on, and apply their experience to their academic work, providing a stronger link between theory, research and practice.

Further details available from Jo or Leanne.

Department of Psychology’s Internship Scheme

The 2016 Psychology internship scheme has been a great success, with over 65 applications and 36 final interns working with staff on various projects. The number of applications showed the very real student interest in the Psychology department’s research projects, and as the students point out in their applications, they highly value the opportunity to gain research experience working with Psychology staff.

This Scheme, led by Dr Maria Cordero and internship team (Dr Jo Ashby, Dr Hazel McMurtrie, Prof Sarah Grogan and Ms Amy Brooks) and developed as part of the Department of Psychology’s continuously growing employability and research profile, aims to prepare, motivate, encourage and support students in their pursuit of academic careers in research. Through the internship experience working with experienced world-class researchers from the Psychology department, the students had the opportunity to gain a deeper understanding of an academic field, to cement career aspirations and to acquire key research skills.

“I feel that the Internship opportunity has certainly paved the way for my professional development. It has given me more confidence in my career directions, and solidified my interests within research. The completed report increase my knowledge and research etiquette, since I am able to walk away with tangible evidence of what I’ve accomplished; presentations I gave, the journal report I wrote, and the campaigns I worked on. Further, I am hoping to study a research MSc programme in the future, which would certainly be aided by the skills acquired through this Internship. Lastly, I would like to take this opportunity to formally thank the whole of the Internship scheme, namely Maria Cordero, Amy Brooks, and Oliver Clark, for all their help, support and guidance, and for transforming this Internship experience into a memorable and enriching skill”. Safiyyah Ajaz, intern student.
“Enjoyable and beneficial”
Aaron Warner, intern

“I believe my involvement in this work has allowed me to significantly improve my critical thinking, and analysis of existing literature, as I was required to successfully identify information of significance within journal articles. Consequently, I feel that my academic writing skills have improved also, as I now possess a greater understanding of the way research articles should be structured, and how arguments should be developed effectively throughout a research article. Furthermore, I now have a clear idea of how hypotheses are successfully generated within quantitative work, with a literature review creating a transparent view of the previous findings within the topic area, as well as highlighting important areas for further research in the future. Overall, I am extremely satisfied with the contribution of the internship to my academic development.” Aaron Warner, intern student.

“I think it shows the growing strength of our research community and hopefully helps us with moving our projects on, my interns have certainly helped”, Dr Jo Ashby

Staff Publications & Presentations

Dr Andrew Stevenson & Dr. Julian Holloway (MMU Geography)
Accepted for publication in AREA journal.

Title: Getting Participants’ Voices Heard: Using mobile, participant led, sound-based methods to explore place making

Abstract: Soundwalking is a research method that is used by those wishing to engage with sound in their explorations of our relations with the environment. In its short history, soundwalking has been employed to help research participants become attuned to the sonic environment. It has also been used as a participatory method, enabling participants to devise walking routes and produce soundscapes of their own. This paper explores these various uses and reports on two primary research collaborations that adopt participatory approaches. It also explores diverse methods for disseminating soundscape recordings that emerge from participatory soundwalking projects. These methods include online dissemination, exhibitions and public performances. It is concluded that the participatory potential of the soundwalking research method offers an opportunity for promoting the work of participants and getting their voices heard. Diverse means of dissemination of soundwalking outputs offer an ideal complement to the journal article, when reporting on sound-based research.

Sound recording that accompanies this article: https://vimeo.com/130695784

Dr Jenny Cole

Remember to let us know if you have had research published – if we do not know we cannot celebrate!
**Dr Andrew Parker, Dr Tim Kember & Dr Neil Dagnall**

**Title:** 'Reduced Effects of Pictorial Distinctiveness on False Memory Following Dynamic Visual Noise'

Accepted for publication in 'Memory'

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**...Upcoming Events...**

**Behaviour Change Networking Event – 16/09/16**

There will be a one day networking event on Behaviour Change on Friday 16th September at Manchester Art Gallery [http://manchesterartgallery.org/](http://manchesterartgallery.org/)

The event will be free, and will include external speakers, poster presentations, and lots of opportunity to network with academics and practitioners involved in behaviour change.

**Professor Christopher Armitage BA(Hons), PhD, C Psychol, AFBPSs**

**Professor of Health Psychology at The University of Manchester**

"Effective Behaviour Change Needs More Than New Technology"

Prof Armitage explains that the science of behaviour change is at an exciting point in its development. We have moved beyond the days when behavioural intention was the modal dependent variable to a point at which we have well-articulated theories of behaviour change and robust means of designing behaviour change interventions. Concurrently, we have cutting-edge technologies that are capable of delivering personalised complex behaviour change interventions at speeds beyond conscious awareness. However, there is a substantial gap between the techniques that have been shown to bring about behaviour change and the technologies that are purported to bring about behaviour change. In this talk, I will elaborate on this behavioural science-engineering gap and present work that focuses on how one behaviour change technique (implementation intentions, Gollwitzer, 1999) brings about meaningful and sustained changes in multiple important behaviours (e.g., dietary intake, alcohol consumption, self-harm) that is deliverable via old, new and future technologies.

**Dr Joe Delaney PhD CSci FIBMS**

**Consultant Principal Lecturer in Integrative Medicine with Wirral Metropolitan College and an Associate Lecturer in Evolutionary Psychology and Integrative Health Practice with Liverpool and Edge Hill Universities**

"No such thing as a hopeless case?"

Dr Delaney will discuss the art and science of lasting behaviour change and describe a holistic and humanistic approach to help patients tap into their core
values in order to discover an unsuspected inner resourcefulness which will help them to ‘work with what works for them’

**Professor Sarah Grogan**
Professor in Psychology at Manchester Metropolitan University

“Using Age-appearance Facial Morphing to Promote Health”

This presentation considers whether people’s concerns about their appearance can be used in positive ways to promote health. It is argued that health-related campaigns may fail to motivate many young people to change their behaviour because many feel that health-related threats are too long-term to concern them or not relevant to them. However, many young people are highly motivated to look attractive and their appearance is a key concern for them. The impacts of using age-progression facial morphing to change behavioural intentions and related attitudes towards smoking and sun protection will be considered. Using examples taken from qualitative and quantitative research investigating the impact of facial morphing techniques, it will be concluded that findings are promising for young men and women for increasing sun protection, and reducing smoking, and that these kinds of appearance-based interventions may be useful adjuncts to health-based interventions.

**FREE EVENT Register here:** https://www.eventbrite.co.uk/e/behaviour-change-conference-tickets-26802994478?ref=estw

**Research Seminars**

**Wednesday 14th September 12:30 Br3.31**

Dr Timothy Jung, Director of Augmented and Virtual Reality Hub

**Title:** Augmented Reality and Virtual Reality Smart Tourism Experience at Cultural Heritage Sites.

**Abstract:** Augmented and Virtual Reality Hub has managed various Augmented and Virtual Reality Projects in the context of cultural heritage in the UK. In this talk, I will introduce a number of AR and VR projects, conducted by Augmented and Virtual Reality Hub, including Dublin AR project, Geevor Tin Mine Museum AR VR project, Manchester Art Gallery Google Glass AR project, Manchester Jewish Museum AR project. In addition, few current and future projects including the Box Multi-sensory Mixed Reality project, The Lakes District National Park VR and Drone project, VR Hospital Simulation project and Manchester Beacons project as part of celebration of European City of Science (ECOS) 2016 will be introduced.

For more details on Dr Jung:

http://www2.mmu.ac.uk/tehm/our-staff/profile/index.php?id=1424
**Wednesday 12th October 12:30 BR3.31**

Dr Orla Muldoon, Professor of Psychology, University of Limerick. Dr Muldoon will be sharing her research on the application of the social identity approach to real world social issues.

For more information on Dr Muldoon:

http://www.ul.ie/psychology/staff/orla-muldoon

**Thursday 10th November 12:30 BR3.31 (Note this week’s seminar is on Thursday)**

Dr Judith Ramsay, Senior Lecture in Psychology, MMU Cheshire Campus.

Dr Ramsay will be talking about her research in the areas of online communication, e-learning and mobile learning.

For more information on Dr Ramsay:

http://www.cheshire.mmu.ac.uk/ids/ourstaff/profile/index.php?profile_id=2196

Research seminars will take place once a month. Keep an eye out for further details.

Seminar dates 2016:

14th September

12th October

10th November – please note this seminar is on a **THURSDAY**

14th December

**Psychology Reading Group**

The reading group you have all been waiting for is here!

We will meet once in two weeks, and discuss SHORT and inspiring articles in various areas of psychology.

The first article is by Orla T. Muldoon (who will be visiting us for a talk in a couple of weeks!) and Aisling T. O’Donnell - ‘Running’ an introductory module

**When?** Wednesday the 28th of September from 2-3

**Where?** Room 3.32

Questions, ideas and discussions are guaranteed, as well as **CAKE**. Students and staff from across the faculty are welcome!

Stephen Walsh & Yael Benn
The 3rd Superposition Sandpit

Saturday 24th of September. 1 - 5PM

The Superposition sandpit is a 4 hour process to generate new art, science & maker projects through collaborative play and doing. It involves inviting 5 artists, 5 scientists & 5 makers who collectively devise a series of new projects based on their practice and interests. This version of the sandpit has been developed in collaboration with innovation specialists Anamaria Wills (UK) and Herman Gyr (Silicon Valley) using their rapid ideas generation process.

It is envisaged the sessions will generate ideas both big and small, some of which could be tested in an afternoon, some of which need significant funding and all in between. Hopefully this activity introduces artists and makers to scientists, who can explore each others practices. In Leeds, this process has fed directly into science grant applications for outreach activities and has strengthened the applications by having ideas and direct contacts in place.

From the first sandpit session in 2013, a group was formed called Bioleeds, from 4 Leeds based artists, 3 makers and 5 scientists from the University of Leeds, over the past 3 years they have done a series of projects which explore the bio & citizen sciences in relation to art. [https://bioleeds.wordpress.com/](https://bioleeds.wordpress.com/)

If you are interested in going to the Lowry session on the Saturday 26th Sept, then please drop Dave Lynch an email on d@davelynch.net. Please send this on to any artists, scientists or makers you feel would be interested.

Latent Class Analysis (using Mplus)

Some people have expressed an interest in using Latent Class Analysis in their research. If you are interested in learning about this method let me know and I will put together a short ‘how to’ session.

mailto:g.mcchesney@mmu.ac.uk
Anything to add… If you have any research news to share, recent publications, public engagement events etc. to be included in the next newsletter just let me know. Thanks! g.mcchesney@mmu.ac.uk