Welcome to the APBC newsletter. A place to learn about research activities, public engagement events, upcoming events, and to celebrate research achievements within the Applied Psychology and Behaviour Change Research group.

Welcome Professor Marc Jones!

Marc has recently joined the Department of Psychology as a Professor. His work is focused on understanding the impact of stress on health, wellbeing and performance, effective leader-follower interactions, and behaviour change in individuals and organisations. In particular his work on cardiovascular reactivity under stress has generated a great deal of interest, and the protocols, and approach, that Marc has developed with colleagues, for the assessment, and training of stress responses and enhancing performance, have been utilised by professional athletes, sports teams, businesses, education and the military.

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Marc is passionate about his research having impact and has enjoyed sharing his work with diverse audiences including appearing in at a number of public engagement events, such as the British Science Festival and the Cheltenham Science Festival.

Marc has published extensively.


For more information on Marc’s research please visit his staff page: https://www2.mmu.ac.uk/hpsc/our-staff/browse/department-of-psychology/profile/index.php?id=3719
In March the film by Dr Andrew Stevenson and Dr Jez Oldfield, ‘Los Niños de La Terminal’, which has been featured in previous issues of our newsletter, was selected for the Sjon International Anthropological Film Festival, in Copenhagen. The theme of the festival was ‘Foodways’.

Further details about the Festival can be found here: http://sjonfilm.wixsite.com/sjon

Andrew and Jez have also been awarded funding from the University’s GCRF QR Fund to support their work.

**CONGRATULATIONS!**

In March Dr Tom Hostler and PhD student Oli Clark hosted a talk on "The Sin of Hidden Flexibility and the Redemption of Open Science".

Their talk was relevant for anyone who employs statistics and quantitative methodology in their research. It covered some of the common ways in which "hidden flexibility" in data-analysis choices can undermine and impact on scientific work, and the negative consequences of this. They also explored how these issues can be remedied with the use of Open Science tools such as pre-registration, and the incentives for using these. Tom and Oli also included a demonstration of the Open Science Framework.

For anyone who missed this and would like further details please contact Tom: t.hostler@mmu.ac.uk
Two past Psychology Conversion Course students, supervised by Dr Nora Andriopoulou, presented their work as posters at the BPS Annual Conference in May.

Irina Sangeorzan presented: The impact of vlogging about severe mental illness: An interpretative phenomenological analysis.

Irina's study was also given special mention on the BPS's website: https://www.bps.org.uk/news-and-policy/researchers-present-our-annual-conference-benefits-vlogging-sufferers-severe-mental

Sophie Liddell presented: Exploring public attitudes towards men with depression – A thematic analysis.

Sophie’s poster was chosen as one of the three best posters by delegates.

Well done Irina and Sophie. And also to your supervisor, Dr Nora Andriopoulou.
In May **Dr Stephen Walsh** gave an invited talk at the ABI Ireland Conference in Dublin. Stephen spoke on *Social Identity and ABI*. Further information on Stephen’s talk and ABI Ireland can be found here: [https://www.abiireland.ie/acquired-brain-injury-research-ireland-current-trends-future-horizons/](https://www.abiireland.ie/acquired-brain-injury-research-ireland-current-trends-future-horizons/)

Stephen and colleagues have had a paper accepted for publication in *Learning Disability Practice*. The paper, *‘Investigating the impact of staff training in positive behavioural support on service user quality of life’*, was funded by an MMU Community Research Award.

Stephen’s Co-authors are Dagnall, N, Ryan, S, Doyle, N, Scarbrough-Lang, S.J., McClean, B.

Stephen and his collaborators have also recently been awarded funding by the British Academy for some social identity research. The project is entitled *‘Cooking and Dining Clubs: A social identity intervention targeted at improving quality of life in a cohort of adults living with intellectual disabilities’*.

Stephen will be collaborating with Future Directions CIC and Prof Orla Muldoon, University of Limerick.

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In April **Dr Neil Carey** gave an invited talk at Arizona State University.

He was talking on *Internationalisation and the textures of International (im)mobility: sticky, porous, still … movements.*

Neil also collaborated with a group of people from the US, Italy, Norway, and throughout the UK for presentations given at AERA (American Educational Research Association) and at ICQI (International Congress for Qualitative Inquiry).

The titles of the presentations were:

- *Subverting the (Il)Logic of Knowledge Production*

- *Karaoke to go: transmogrifying sexual and gender normativity within academia*

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Dr Nick Davis was interviewed by Peta Bee for *The Times*. The article was called: *If you can’t get to sleep, try a video.*

[https://www.thetimes.co.uk/edition/times2/if-you-want-to-sleep-try-a-video-grdkqwsx7](https://www.thetimes.co.uk/edition/times2/if-you-want-to-sleep-try-a-video-grdkqwsx7)

If you would like further details about this article contact Nick: N.Davis@mmu.ac.uk
Dr Gerasimos Chatzidamianos hosted a webinar for the Higher Education Academy – A professional conversation about FLEX [https://www.heacademy.ac.uk/training-events/webinar-professional-conversation-about-flex-journey](https://www.heacademy.ac.uk/training-events/webinar-professional-conversation-about-flex-journey)

Gerasimos has also received RKE funding awarded from the NIHR Research Service Design North West to run a series of PPI activities on a project titled: “Mental health and Deafness: the opinions and experiences of Deaf people.” This is the first stage of a larger co-designed co-produced collaborative project that is led by MMU which is looking at the mental health needs of deaf people with mental health problems. Collaborators at this stage involve Lancaster University, the Manchester Deaf Club and two NHS Trusts. These activities will inform the development of an RfPB NIHR funding application.

RKE funding has also been awarded to Gerasimos from TelePSY to evaluate an online module on sleep disorders.

In March Professor Sue Powell presented a Key Note Speech at the Student Wellbeing Conference, Craigavon Civic Centre, Northern Ireland. Sue was talking on the theme of Healthy Universities: health and wellbeing choices of students (Holt and Powell 2017). This was a timely presentation as there has been a rise in the number of students having mental health issues whilst at studying at college or university.

Dr Leanne Staniford

Staff Publications

Dr Sarah Parry


Dr Ken Drinkwater. Dr Neil Dagnall. Dr Andrew Denovan. Dr Andrew Parker.


Professor Sarah Grogan


Dr Neil Carey


Catriona Shelly, Student Experience Support Tutor


Dr Gerasimos Chatzidamianos


Dr Gill McChesney

With previous staff member: Dr Umar Toseeb


Sofia Persson

Psychology Research Seminar

Wednesday 13th June, 12:30-13:30, Brooks 3.31

Hosted by the Neuropsychobiology, Health and Psychological Interventions (Dr Maribel Cordero and Dr Jo Ashby).

Guest Speaker: Dr Elizabeth Walters, University of Bradford

Title: Factors affecting neuropsychological testing in the elderly: Prior caffeine consumption

Neuropsychological testing is a method used in the monitoring of cognition and the diagnosis of cognitive impairment in the elderly. Every day factors present at the time of testing may influence performance and therefore the scores obtained on such tests. This seminar discusses research findings investigating whether low levels of caffeine intake can affect scores on neuropsychological assessment in the elderly. The study investigated whether prior consumption of 200mg of pure caffeine affected neuropsychological test scores in a group of healthy elderly participants aged over 60 years using a double-blind placebo vs. caffeine design. Participants completed a cognitive battery assessing domains of cognitive function, processing speed, semantic memory, episodic memory, executive function, working memory and short-term memory. Multivariate analysis revealed significant interaction effects between age, caffeine and scores of executive function and processing speed; participants who had received caffeine showed a decline in performance with increasing age. This effect was not seen for participants who received placebo. The results highlight the need to consider and control prior caffeine consumption when scoring neuropsychological assessments in the elderly which is important for accuracy of diagnosis and corresponding normative data.

More details on Dr Elizabeth Walters: https://www.bradford.ac.uk/social-sciences/staff-profiles/psychology/elizabeth-walters.php

All welcome! Tea/Coffee will be available in Rm 3.31 from 12:15. Please come and join us for coffee and what will be an interesting and informative seminar.
Dr Geoff Bunn, Dr Susanne Langer, and Nina Fellow (Msc student) are presenting a Poster at the BPS Inaugural Conference of the 'Division of Academics, Researchers and Teachers of Psychology' in Birmingham on June 7th.

"From Anxiety to Uplift: Probing the Psychosocial Dimensions of the Student Journey."

The poster will report on the research supported by the CELT SOTL grant that has been carried out by Geoff Bunn, Susanne Langer, and research assistant Nina Fellows.

Further details can be found: https://www.bps.org.uk/events/division-academics-researchers-and-teachers-

Dr Nick Davis will be speaking at New Scientist Live in September.

Nick will be talking about cognitive enhancement ("brain boosting"). Further details here https://live.newscientist.com/speakers/nick-davis

Thursday 14th June, MMU

Practitioner Wellbeing and Self Care Event

Wellbeing and self care event for practitioners in health, social care and education. Amidst ever increasing demands for health and social care services, many of us as practitioners have become increasingly aware of the need for collegial support, self-care and how important it is to try to preserve our own wellbeing both at work and in our personal lives. On the 14th June 2018, we are gathering at Manchester Metropolitan University for a one day event bringing together people from across the health and social care sector who have been exploring ways in which we can support ourselves and each other in our practice. A series of speakers will offer their experiences and findings to delegates through lectures and practical workshops, with the aim of providing new ideas and insights into how we can embrace a more compassionate framework for practice that recognises and addresses the emotional needs of practitioners.

The Division of Clinical Psychology are launching their new leadership strategy after the conference at MMU over a drinks reception, funded by the Division of Clinical Psychology in the BPS.

For more information about the event: here
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

Final thought...

*SUMMER*

**WHAT MOST PEOPLE THINK ACADEMICS DO ALL SUMMER:**

- ☀️
- YAY! NO WORK!

**WHAT MOST ACADEMICS ACTUALLY DO:**

- 💼
- YAY! I CAN FINALLY WORK!

WWW.PHDCOMICS.COM