

Division of Health Psychology

Annual Conference 16-18 September 2015, Radisson Blu Portman Hotel, London

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 16th September 2015

Radisson Blu Portman Hotel, London				
	Sessions highlighted in orange are particularly aimed at Post Graduates			
	<i>The Ballroom (300)</i>	<i>The Devonshire Suite (120)</i>	<i>The Gloucester Suite (90)</i>	<i>The Montagu Suite (90)</i>
9.00 – 12.00	Pre-Conference Workshops - <i>Delegates need to register and pay an additional fee to attend these workshops</i>			
		DHP Post Graduate Pre-Conference Workshop Writing Skills for Postgraduates: Tackling Self-Sabotage	Pre-Conference Workshop A “How to guide” for developing interventions to promote adjustment in long-term conditions: integrating common sense model concepts with cognitive-behavioural therapy treatments J Hudson & R Moss-Morris	
10.30 onwards	Registration (1st floor concourse)			
11.30 – 12.30	Lunch (Exhibition Area)			
12.30 – 12.45	Conference Welcome & Prize Winner Awards: Chair DHP: Sasha Cain (<i>The Ballroom</i>)			
12.45 – 13.45	Keynote Speaker: Professor Rob Horne, <i>UCL School of Pharmacy (The Ballroom)</i>			
Breakout sessions				
	<i>The Ballroom (300)</i>	<i>The Devonshire Suite (120)</i>	<i>The Gloucester Suite (90)</i>	<i>The Montagu Suite (90)</i>
	Oral Presentations (E Interventions) Chair:	DHP Post Grad Expert Panel Chair:	Workshop Chair:	Oral Presentations (Individual Papers) Chair:

13.50 – 14.10	Behaviour change techniques in popular alcohol reduction apps D Crane	DHP Post Grad Expert Panel for Stage 2 Process	The Nuts and Bites of Mindful Eating: Tools to Help Clients Develop a Healthier Relationship to Food C Du	The Theoretical Domains Framework and the Consolidated Framework for Implementation Research: complementary approaches N Gould
14.10 – 14.30	Using persuasive technology to encourage physical activity in people with Chronic Obstructive Pulmonary Disease (PwCOPD): A series of mixed methods N-of-1 studies YK Bartlett			All behaviour change techniques are not created equal: the added value of examining ‘dose’ when specifying techniques in behaviour change interventions F Lorencatto
14.30 – 14.50	Identification of behaviour change techniques to design a smartphone app to reduce alcohol consumption using a formal consensus method C Garnette			Cooking and food skills: A review of definitions, measurement, associations with diet and scope for food-related behaviour change L McGowan
14.50 – 15.10	Participation in moderated web-based self-harm support groups: An online asynchronous structured interview study N Coulson			Identifying Sociocultural Influences and Psychological Processes that influence the Body Image of Women with Breast Cancer H Lewis-Smith
15.10 - 16.10	Tea/Coffee (<i>The Ballroom Section 2</i>) and Works in Progress poster session			
	<i>The Ballroom (300)</i>	<i>The Devonshire Suite (120)</i>	<i>The Gloucester Suite (90)</i>	<i>The Montagu Suite (90)</i>
	Oral Presentations (Stress and Social Support) Chair:	Oral Presentations (Experience of Healthcare) Chair:	Oral Presentations (Individual Papers) Chair:	Structured Discussion (80min) Chair:
16.10 - 16.30	“They think it’s helpful, but it’s not”: The problem of social support in adolescents with type 1 diabetes mellitus E Doe	Non-attendance at children’s hospital outpatient appointments: an exploratory factor analysis of parental cognitions E Cameron	Approaches used to quit smoking: Differences between smokers who are motivated to quit and those who are not motivated to quit YK Bartlett	Breaking down barriers to behaviour change in the real world: What we can learn from behaviour change in pregnancy E Olander

16.30 - 16.50	Mapping social support in adults: trials and tribulations or evidence of social synaesthesia? J Turner-Cobb	Post-training evaluation of healthcare practitioners' use of skills to support patients to make lifestyle changes W Lawrence	Using the Person-Based Approach to develop 'Balance Retaining': An online intervention to support the self-management of dizziness symptoms R Essery	Barriers to participating in an antenatal physical activity intervention S Currie
16.50 - 17.10	The inability to unwind from work is associated with increased dietary fat intake and sugar consumption in school teachers S Liebler	Patients' and Healthcare Professionals' perceptions of Blood Transfusion: A Systematic Review B Abdul-Aziz	"There is no magic bullet": paternal perceptions of administering melatonin to children with Autism Spectrum Disorder. An IPA study K Slade	Women's barriers to diet and physical activity behaviour change in pregnancy L Atkinson
17.10 – 17.30	Interleukin-6 and recovery from psychological distress: the Whitehall II cohort study M Virtanen	The "Radiation Vacation": Parents' Experiences of Travelling to have their Children's Brain Tumours Treated with Proton Beam Therapy S Cockle	Using a Person-Based Approach to develop and engaging online tool for the management of hypertension K Bradbury	Health professionals' barriers to delivering weight management interventions in pregnancy M Arden
19.00 – 20.00	Wine Reception at the Radisson Blu Portman Hotel			
20.15 onwards	Dinner at local restaurants in London (<i>select restaurant choice by 15:00 at Registration Desk</i>)			

Thursday 17th September 2015

Radisson Blu Portman Hotel, London

	<i>The Ballroom (300)</i>	<i>The Devonshire Suite (120)</i>	<i>The Gloucester Suite (90)</i>	<i>The Montagu Suite (90)</i>
	Oral Presentations (Medical) Chair:	Symposium The New NHS England/NHS Scotland competence framework for psychological interventions for people with Long Term Conditions (LTC) and Medically Unexplained Symptoms (MUS): Implications for research and practice Convenor: R Moss-Morris	Oral Presentations (Interventions) Chair:	Oral Presentations (Quality of Life) Chair:

9.00 - 9.20	How does rumination influence the impact of stress on burnout, depression and general health in Healthcare Professionals working in Intensive Care Units? T Vandrevala	Paper 1: Development of the LTC/MUS Competence framework: Bridging research protocols and standard practice R Moss-Morris	'Acceptability' of healthcare interventions: Development of a theoretical framework M Sekhon	Development of a Food Related Quality of Life Questionnaire for people with Inflammatory Bowel Disease (IBD) L Hughes
9.20 - 9.40	Evaluating an international web-based intervention to change GP prescribing: a triangulation of mixed methods data. S Tonkin-Crine	Paper 2: Long term Conditions and MUS Competency framework: Implications for research A Wearden	The assessment and reporting of fidelity of receipt in healthcare interventions: A systematic review L Rixon	Impact of telehealth on quality of life in patients with heart failure: evidence from the Whole Systems Demonstrator Evaluation M Cartwright
9.40 - 10.00	Delivering a Teaching and Training Programme on Drug and Alcohol Awareness to NHS Mental Health Staff R Gohel	Paper 3: Core professional competences for working with people with physical health conditions: implications for training and practice P Adair	Within person studies of psychological and physiological functioning: a critical component of successful intervention development D Johnston	Development and validation of the PCOS-QoL: A quality of life measure for women with PCOS S Williams
10.00 - 10.20	Evaluation of an online body image resource for mothers of adolescent daughters: A randomised controlled trial K Garbett	Paper 4: Long term Conditions and MUS Competency framework: A closer look at fit with Health Psychology Stage 2 Training in the NHS V Swanson	Efficacy of a non-drinking mental simulation intervention for reducing student alcohol consumption D Conroy	The impact of orbital decompression surgery for thyroid eye disease on quality of life S Wickwar
10.20-10.40	'We were full of hope': Patient's experiences of minimally-invasive surgical treatment for chronic leg ulceration P Tollow	Discussant	Interest in and use of smoking cessation support across pregnancy and after delivery F Naughton	Quality of life following cancer treatment: impact of illness perceptions, distress, fatigue, and cognitive failures O C Lindner
10.40 – 11.10	Tea/Coffee (Exhibition Area)			

	<i>The Ballroom (300)</i>	<i>The Devonshire Suite (120)</i>	<i>The Gloucester Suite (90)</i>	<i>The Montagu Suite (90)</i>
	Oral Presentations (Individual Papers) Chair:	Oral Presentations (Obesity and Eating) Chair:	Oral Presentations (Chronic Illness) Chair:	Oral Presentations (Illness Beliefs) Chair:
11.10 – 11.30	Formal measurement of child dental anxiety in clinical practice: A mixed methods study H Buchanan	“I’ve shifted my normal”: Coping and identity in experiences of maintaining weight loss F Gillison	Long-term experiences of living with Chronic Fatigue Syndrome/ Myalgic Encephalomyelitis (CFS/ME): A qualitative study D Baldwin	Implicit processing of symptom and illness related information in chronic fatigue syndrome: A systematic review A Hughes
11.30 - 11.50	Identifying behaviour change targets for research: Diabetes research prioritisation through stakeholder engagement J Mc Sharry	Process Evaluation of the Families for Health V2 RCT for the treatment of childhood obesity A Kamal	Acceptance, medication, and metaphor: An Interpretative Phenomenological Analysis of neuropathic pain during acute spinal cord injury rehabilitation J Hearn	‘It’s like a frog leaping about in your chest’: Illness and treatment representations in patients with persistent atrial fibrillation E Taylor
11.50 – 12.10	Development of an ovarian cancer symptom awareness tool with tailored content for women at increased genetic risk of developing ovarian cancer S Smits	Mindfulness-based eating and awareness training for bariatric surgery patients: A feasibility pilot study C Du	Living with endometriosis: Coping strategies among women seeking treatment in a public healthcare setting in South Africa R Roomaney	What did it look like? Patient drawings of their melanoma S Scott
12.10 – 12.30	Achieving consensus in outcome measurement: An example from cleft lip/palate research in the UK N Stock	Who uses UK Foodbanks? A qualitative investigation of recipient experiences and their barriers to fruit and vegetable consumption E Prayogo	The Experience of Living with Epilepsy in Iran and United Kingdom A Ghaemian	Information processing of illness representations R Lowe
12.30-12.50	Do no harm!: has 30 years of health psychology helped or hindered the nations' health? J Ogden	Real-time decreases in cognitive functioning are associated with increases in high-calorie snacking: the SNAPSHOT study D Powell	Capturing informal carers' experiences of caring for someone with Multiple Sclerosis: A photovoice investigation G Topcu	Cancer symptom awareness, beliefs about cancer and barriers/facilitators to symptom presentation in the context of socioeconomic deprivation: A qualitative interview study G McCutchan
12.50 – 14.15	Lunch (<i>Exhibition Area</i>)			

13.15 – 14.15	DHP AGM (<i>The Devonshire Suite</i>)			
	Invited Symposium (Webinar) Chair:	Oral Presentations (Individual Papers) Chair:	Workshop () Chair:	Structured Discussion () Chair:
14.20 – 14.40	Webinar – Vincent Deary	Using health psychology to improve patient safety: An example of multidisciplinary working to promote management of people with unexplained symptoms (MUS) in primary care D Holly	The person-based approach to developing health-related behaviour change interventions L Yardley	Education is a behaviour change intervention: Engaging educators in changing the behaviour of healthcare professionals M Johnston
14.40 – 15.00		Quantifying beliefs Regarding Telehealth: Development of the SUTAQ – Service User Technology Acceptability Questionnaire S Hirani		
15.00 - 15.20		The factors associated with health-related quality of life in adult congenital heart disease T Fteropoulli		
15.20 – 15.40	The predictive role of body dissatisfaction, basic psychological needs satisfaction and gender differences on restrained eating behaviour: Investigation of a non clinical sample of male and female adults E Gibson	Food product design: Understanding consumer perceptions of light colours and descriptors M Al-hamdani		
15.40 – 16.00	The role of Metacognitions in Parkinson's Disease B Fernie	Developing a role for health psychology within a sexual health service E Bull		

16.00 - 17.00	Keynote Speaker: Professor Lance McCracken, <i>Kings College London</i> Psychological Flexibility and the Science of Openness, Awareness, and Engagement in Chronic Pain <i>(The Ballroom)</i>
17.00 - 18.00	Tea/Coffee & Poster Session Health Psychology in Action <i>(Exhibition Area)</i>
19.30 onwards	Pre-Dinner Drink and Conference Dinner held at the Radisson Blu Portman Hotel <i>(The Ballroom)</i>

Friday 18th September 2015

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	<i>The Ballroom (300)</i>	<i>The Devonshire Suite (120)</i>	<i>The Gloucester Suite (90)</i>	<i>The Montagu Suite (90)</i>
	Oral Presentations (Interventions) Chair:	Symposium Understanding usage of digital interventions Convenor: R Band	Oral Presentations (Individual Papers) Chair:	Oral Presentations (Chronic Illnesses) Chair:
9.00 - 9.20	Improving Confidence and Mobility in Older Adult Care Home Residents Fearful of Falling: A Pilot Behaviour Change Intervention Study Gillian O'Neill	Paper 1: An international trial of an interactive website designed for people with low health literacy I Muller	MSc Thesis Award Winner Efficacy of Gratitude Practice on Well-Being L Siew Tim	Self-management of hypertension, change in blood pressure and health behaviours E Bray
9.20 - 9.40	Exploring the effectiveness of a combined exercise/ CBT intervention for young men's mental health N McGale	Paper 2: Making sense of intervention usage data: What can visual analysis tell us? L Morrison	Investigating factors associated with hormonal therapy adherence in breast cancer survivors: a systematic review Z Moon	The impact of learning on patients in chronic illness support groups: transitions, health literacy and coping G Stevens
9.40 - 10.00	A randomised control trial (RCT) to assess the effectiveness of a self-monitoring and patient-initiated follow-up service for people with rheumatoid or psoriatic arthritis on Methotrexate H McBain	Paper 3: A visualisation tool to analyse usage of web-based interventions: The example of Positive Online Weight Reduction (POWeR) E Arden-Close	I didn't get the job: early career aspirations and subsequent wellbeing in old age C Brett	Why don't people with asthma self-manage their condition effectively? A systematic review and thematic synthesis of the barriers and facilitators to effective self-management of asthma S Kirby

10.00 - 10.20	Effectiveness of three primary care based interventions to increase bowel cancer screening in a disadvantaged population H Clayton	Paper 4: How can a website change hand hygiene behaviour? Analysis of mediators of behaviour change in PRIMIT L Yardley	When is an image a health claim? Data from a novel false-memory procedure N Klepacz	
10.20 - 10.40	Reducing Suicidal Ideation and Behaviour: Evidence That Using a Supporting Tool is Superior to “Self-Generating” Implementation Intentions C Armitage	Discussant	'Decision Navigation' in diabetic foot ulcer patients: A randomised controlled trial E McBride	Beyond a physical symptom: The importance of psychosocial factors in Multiple Sclerosis pain A Harrison
10.40 - 11.00	Tea/Coffee (<i>Exhibition Area</i>)			
11.00 - 12.10	Poster Sessions (<i>The Ballroom Section 2</i>)			
12.15 - 13.15	Keynote Speaker: Professor Peter Gollwitzer & Professor Gabriele Oettingen, <i>New York University</i> The self-regulation of health behaviour (<i>The Ballroom</i>)			
13.15 - 13.30	Conference closing words (<i>The Ballroom</i>)			

Please note: Symposium timings may vary from those stated in the programme.

[Papers presented by first author unless a different author is underlined]