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Keynote Speakers - Profile & Abstracts



Prof. Anne Hickey

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Anne Hickey is Associate Professor and Head of the Department of Psychology at the Royal College of Surgeons in Ireland. She is involved in coordinating and teaching health psychology to health professionals at undergraduate and postgraduate level, including medical, physiotherapy and pharmacy students. Anne has extensive experience in research in healthcare, particularly with neurological patient populations (stroke, multiple sclerosis), including terminal conditions (motor neurone disease); stigmatised groups (e.g., HIV and hepatitis C); and carers of people with stroke. Anne has considerable expertise in the area of method development and, as part of a research team, developed the Schedule for the Evaluation of Individual Quality of Life (SEIQoL), an individualised measure of quality of life that has received international acclaim. Anne is the RCSI Director of the Health Services Research Institute (HSRI), the first HRB structured PhD scholar's programme in Health Services Research, established in October 2007. She is immediate past Chairperson of the Division of Health Psychology of the Psychological Society of Ireland, a member of the Council of the Psychological Society of Ireland and Chair of the Scientific Affairs Board of the Psychological Society of Ireland.

Health Psychology: Translating research to policy and practice

There is an increasing requirement by research funding agencies that research funded by them will have clearly articulated implications for policy and tangible recommendations for practice. This presentation will describe a series of studies in the area of stroke, where a national study of health services in stroke-related healthcare delivery had immediate input to the development of a 10-year national strategy in relation to stroke management, and related development of national guidelines and a clinical care programme focused on the delivery of best practice care to patients with stroke. Ongoing research in this area is providing important information to government departments and agencies and to relevant charities on the need for increasing population awareness of stroke and the specific areas of awareness that are lacking and need more focused targeting. Using stroke as an exemplar, it is evident that the key to research, policy development and care delivery is interdisciplinarity. Health psychology is one important contributor to this bigger picture.



Prof. David French
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David French is Professor of Health Psychology at the University of Manchester. He completed his PhD at Guys, Kings and St Thomas Medical School, University of London. This was followed by a Wellcome Trust Training Fellowship in Health Services Research at the University of Cambridge, before working at the University of Birmingham and Coventry University, and moving in October 2012 to the University of Manchester. His research centres on the development and evaluation of interventions to change behaviours which impact on health. He has a particular interest in interventions to increase walking, a behaviour which is more acceptable than many forms of physical activity, especially to the most sedentary. His research has been funded by bodies including the MRC, NIHR, Department of Health (England), and several NHS Trusts. He has published over 80 articles in peer-reviewed journals, including six in the BMJ, as well as being lead editor on the BPS Blackwell book "Health Psychology". He has been Associate Editor for the official journals of the British Psychological Society and European Health Psychology Society: *British Journal of Health Psychology* and *Psychology & Health*. He is incoming editor (with Prof Alison Wearden) for the *British Journal of Health Psychology* from January 2013. In 2012, he was elected Fellow of the European Health Psychology Society.

Helping people to walk more: Theory and evidence in intervention development and testing

Walking is especially promising as a focus of intervention to promote health, because it is acceptable among people who are least physically active, and also provides considerable health benefits. This presentation will describe the ongoing development of an intervention to promote walking in sedentary adults, based on theory and evidence. A waiting list control trial showed this intervention produced mean increases of 87 minutes/week ($d=0.90$) on objectively measured walking, in $N=130$ members of the general public in the West Midlands. This effect has been successfully replicated ($d=1.06$) when delivered by a different person in London. The intervention subsequently went through an extensive process of adaptation for delivery by practice nurses and healthcare assistants, for a cluster randomised trial in general practice. Issues arising in adapting and refining this intervention for delivery in primary care will be considered. The central role of fidelity of intervention delivery will be discussed, both in terms of multiple procedures to optimise intervention fidelity, and the use of multiple methods to evaluate fidelity. The use of systematic review evidence, based on taxonomies of behaviour change interventions, in developing interventions will be illustrated. Finally, the importance of identifying how best to maintain changes in walking behaviour will be demonstrated.



Prof. Daryl O'Connor

Professor of Psychology

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Daryl O'Connor is Professor of Psychology at the Institute of Psychological Sciences, University of Leeds. Daryl was Deputy Director of the Institute between 2006 and 2011 and currently leads the Health and Social Psychology Research Group in the Institute as well as heading up the Group's Stress Testing and Reactivity (STAR) laboratory. Daryl is the joint Editor-in-Chief of Psychology & Health as well as being on the Editorial Board of several international peer-reviewed journals. In 2011, Daryl was elected an Academician by the Academy of Social Sciences (AcSS) for his significant contribution to the Social Sciences.

Daryl is a registered health psychologist, the past Chair of the British Psychological Society's (BPS) Division of Health Psychology (DHP) and is an accredited Stage 2 Supervisor in Health Psychology. He is also past Chair of BPS Psychobiology Section, a member of the European Health Psychology Society, Deputy Chair of BPS Research Board and the BPS Representative on the European Federation of Psychologists' Associations Board of Scientific Affairs. Daryl has also acted as an Expert Advisor to the World Health Organisation's Department of Reproductive Health & Research and has been an invited expert to advise upon research strategy at the National Institute of Aging, National Institutes of Health, in the United States.

Daryl's current research focuses on: i) investigating the effects of stress and psychological interventions (e.g., written emotional disclosure) on health outcomes (e.g. ambulatory blood pressure, eating, cortisol and the cortisol awakening response) and understanding the role of individual differences variables (e.g. conscientiousness, alexithymia, perfectionism) within the stress process; and ii) examining the behavioural effects of testosterone in healthy and ageing men (collaborating with the European Male Ageing Study group and very recently with the English Longitudinal Study of Ageing), in particular on, sexual behaviour, mood, aggression and cognitive function. His work has been published extensively in the leading international journals in his field and it has frequently featured on radio and television and in the national and international press.

A Day in the life: Exploring effects of stress on health using daily process approaches

This talk will argue that stress may indirectly contribute to cardiovascular disease and cancer risk to the extent that it produces deleterious changes in diet and/or helps maintain maladaptive health behaviours (e.g., smoking, alcohol consumption) as well as disrupting sleep and exercise. Studies exploring individual differences in vulnerability to stress with a specific focus on conscientiousness, neuroticism, rumination, eating style and cortisol reactivity status will be presented. Recent work investigating the relationship between chronic stress, perseverative cognition, the cortisol awakening response and health outcomes will also be presented. The merits of using daily diary approaches and laboratory-based methods in stress research will also be discussed.