

10th Annual Psychology, Health and Medicine Conference
May 1st, 2013
School of Nursing and Human Sciences, Dublin City University

10.00	Coffee & Registration (Foyer, Nursing and Human Sciences Building, DCU)		
10.30	Opening Ceremony: Room HG22, School of Nursing and Human Sciences		
10.45	Keynote 1: Prof Anne Hickey, Royal College of Surgeons Ireland, Room HG22 <i>Health Psychology: translating research to policy and practice</i>		
	Room 1 – HG17	Room 2 – HG18	Room 3 – HG19
11.30	Interventions Chair TBC	Stress, social support and coping Chair TBC	Chronic Illness (1) Chair TBC
11.30	Ciara Cassells <i>University College Dublin</i> EVALUATION OF A FAMILY BASED APPROACH TO COUNSELLING FOR ADOLESCENTS WITH CONDUCT AND EMOTIONAL PROBLEMS	Mairead Bracken <i>NUI Maynooth</i> HOW AND WHY DOES TRAUMA EXPOSURE IN EMERGENCY PERSONNEL IMPACT QUALITY OF LIFE IN RETIREMENT	Denise Proudfoot <i>Dublin City University</i> STORIES OF MOTHERING WHILE HIV POSITIVE
11.45	Mairead Furlong <i>NUI Maynooth</i> IMPROVING PSYCHOSOCIAL HEALTH AND WELLBEING IN DISTRESSED FAMILIES: A COCHRANE SYSTEMATIC REVIEW OF PARENTING PROGRAMMES FOR CHILDREN WITH EMOTIONAL AND BEHAVIOURAL DIFFICULTIES	Laura Coffey <i>Dublin City University</i> A PROSPECTIVE STUDY OF GOAL CHARACTERISTICS, GOAL ADJUSTMENT CAPACITIES, AND SUBJECTIVE WELL-BEING FOLLOWING LOWER LIMB AMPUTATION	Emma McDonnell <i>Beaumont Hospital</i> EXAMINATION OF THE EFFICACY OF CHRONIC DISEASE SELF-MANAGEMENT PROGRAMME (CDSMP) FOR PATIENTS WITH INFLAMMATORY BOWEL DISEASE (IBD): A PILOT STUDY
12.00	Molly Byrne <i>NUI Galway</i> PREDICTORS OF QUALITY OF LIFE GAINS AMONG PEOPLE WITH TYPE 1 DIABETES PARTICIPATING IN THE DOSE ADJUSTMENT FOR NORMAL EATING (DAFNE) STRUCTURED EDUCATION PROGRAMME	John Connolly <i>Queen Margaret University</i> STRESS AND THE MANAGEMENT STANDARDS: A LONGITUDINAL EVALUATION OF STRESS, PERSONALITY, COPING AND WELL-BEING	Caroline Bergin-McLoughlin <i>Trinity College Dublin</i> THE SUBJECTIVE EXPERIENCE OF MALE AND FEMALE FIBROMYALGIA PATIENTS IN AN IRISH POPULATION
12.15	Stephanie Archer <i>Royal Hospital Derby</i> YOGA FOR GYNAECOLOGICAL CANCER PATIENTS - A QUALITATIVE EVALUATION	Patrick Murphy <i>Trinity College Dublin</i> THE RELATIONSHIP BETWEEN INTERNALISED HIV-RELATED STIGMA AND POSTTRAUMATIC GROWTH	Frank Doyle <i>Royal College of Surgeons Ireland</i> SYSTEMATIC REVIEW AND INDIVIDUAL PATIENT DATA META-ANALYSIS OF SEX DIFFERENCES IN DEPRESSION AND PROGNOSIS IN MYOCARDIAL INFARCTION: A MINDMAPS STUDY
12.30	Catherine Darker <i>Trinity College Dublin</i> A QUALITATIVE STUDY OF THE PERCEIVED IMPACT OF A COMMUNITY MOBILISATION INTERVENTION TO REDUCE ALCOHOL CONSUMPTION AMONG AMATEUR SPORTSMEN	Niamh McNamara <i>University College Dublin</i> EATING DISORDERS AND SOCIAL SUPPORT: THE ROLE OF ONLINE SUPPORT GROUPS	Philip Jefferies <i>Dublin City University</i> GAMBLING WITH LIMBS: DECISION-MAKING IN PROSTHESIS FITTING

Psychology, Health and Medicine 2013

12.45	Lunch (Foyer, Nursing and Human Sciences Building, DCU) & Poster Session			
1.15	AGM - Division of Health Psychology, Psychological Society of Ireland (Room 1 – HG17)			
1.40	Open Forum – Future of Professional Development of Health Psychology in Ireland (Room 1 – HG17)			
2.15	Keynote 2: Prof David French, University of Manchester, Room HG22 <i>Helping people to walk more: Theory and evidence in intervention development and testing.</i>			
	Room 1 – HG17	Room 2 –HG18	Room 3 – HG19	Room 4 – HG10
3.00	Health Behaviour Chair TBC	Communication in Health Chair TBC	Chronic Illness (2) Chair TBC	Symposium: Promoting health and inclusion for people with intellectual disabilities Chair: Wendy Cousins
3.00	Caroline Kelleher <i>RCSI</i> DEMOGRAPHIC AND SEXUAL HEALTH HISTORY FACTORS ASSOCIATED WITH STI AND HIV SCREENING IN IRELAND	Andrea Gibbons <i>NUI Galway</i> DISCLOSING A BREAST CANCER DIAGNOSIS TO WOMEN AND THEIR FAMILIES: THE ROLE OF BOTH VERBAL AND NON-VERBAL COMMUNICATION	Brain McGuire <i>NUI Galway</i> EFFECTIVENESS OF A CBT-BASED REHABILITATION PROGRAMME (PROGRESSIVE GOAL ATTAINMENT PROGRAMME; PGAP) FOR PATIENTS WHO ARE WORK DISABLED DUE TO BACK PAIN: QUALITATIVE AND QUANTITATIVE EVALUATION	Michael McKeon <i>Dublin City University</i> A PILOT SURVEY OF PHYSICAL ACTIVITY IN MEN WITH AN INTELLECTUAL DISABILITY
3.15	Jane Walsh <i>NUI Galway</i> KNOWLEDGE, RELIGIOUS BELIEFS AND BARRIERS IN YOUNG WOMEN'S INTENTIONS TO USE EMERGENCY CONTRACEPTION: AN EXPLORATIVE STUDY USING THE HEALTH BELIEF MODEL	Teresa Corbett <i>NUI Galway</i> USING PROSPECT THEORY IN COMMUNICATION WITH PARENTS ABOUT NON-PRESCRIPTION COUGH AND COLD MEDICINES IN YOUNG CHILDREN	Jennifer Keane <i>NUI Galway</i> PAIN-RELATED NEGATIVE AFFECT IN OLDER CHILDREN: A BIPARTITE SOLUTION	Lisa O'Leary <i>University of Ulster</i> HEALTH MATTERS: PROMOTING WEIGHT MANAGEMENT AND HEALTHY LIFESTYLES IN ADULTS WITH AN INTELLECTUAL DISABILITY
3.30	Martina Casey <i>University of Ulster</i> CHARACTERISING ALCOHOL SUBTYPES IN A U.S. POPULATION SAMPLE	Stephen Gallagher <i>University of Limerick</i> MEDICAL STUDENTS' PERCEPTIONS OF PSYCHOLOGY IN MEDICAL EDUCATION	Angeline Traynor <i>NUI Galway</i> INTERNET DELIVERED MINDFULNESS-BASED PAIN MANAGEMENT SUPPORT FOR PEOPLE WITH CHRONIC HEADACHE	Wendy Cousins <i>University of Ulster</i> A STUDY PROTOCOL TO ENHANCE THE COMPLIANCE IN MEASURING THE PHYSICAL ACTIVITY AND FITNESS OF ADOLESCENTS WITH AND WITHOUT INTELLECTUAL DISABILITY
3.45	Jennifer Milnes <i>Trinity College Dublin</i> THE PHYSICAL AND PSYCHOLOGICAL HEALTH OUTCOMES FOR OPIATE USERS IN IRELAND	Mairead O'Connor <i>National Cancer Registry Ireland</i> "I DON'T CARE WHAT IT'S CALLED, I DON'T CARE WHETHER IT'S HPV OR ABC, I JUST WANT TO KNOW IF I HAVE CANCER." WOMEN'S EMOTIONAL RESPONSES AND INFORMATION NEEDS AFTER HAVING AN HPV TEST	Siobhan Howard <i>Mary Immaculate College</i> PERSONALITY AND RISK OF CARDIOVASCULAR DISEASE: BLUNTING AS A POSSIBLE TYPE D MECHANISM OF EFFECT?	Deirdre Corby <i>Dublin City University</i> PROMOTING INCLUSION: PEOPLE WITH INTELLECTUAL DISABILITY; FAMILY AND STAFF MEMBERS WORKING TOGETHER

4.00	Samantha Dockray <i>University College Cork</i> PSYCHOBIOLOGICAL PREDICTORS OF RESTRAINED AND DISINHIBITED EATING IN YOUNG ADULTHOOD	Aisling Sheehan <i>Trinity College Dublin</i> THE ROLE OF TRANSITION READINESS IN MAKING A SUCCESSFUL TRANSITION FROM PAEDIATRIC TO ADULT HEALTHCARE SERVICES FOR YOUNG PEOPLE WITH CHRONIC ILLNESS	Fiona Holland <i>University of Derby</i> 'DO YOU MEAN I'M NOT WHOLE?': AN INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS OF YOUNGER WOMEN'S EXPERIENCES OF ELECTING TO NOT UNDERGO BREAST RECONSTRUCTION AFTER MASTECTOMY FOLLOWING BREAST CANCER	Mary-Ann O'Donovan <i>Royal College of Surgeons Ireland</i> THE ROLE OF PLACE IN THE HEALTH OF PEOPLE AGEING WITH AN INTELLECTUAL DISABILITY
4.15	Coffee & Poster Session			
4.30	Keynote 3: Prof. Daryl O'Connor, University of Leeds <i>A Day In The Life: Exploring effects of stress on health using daily process approaches</i>			
5.15	Closing Ceremony: HG22			
	Wine reception (Foyer, Nursing and Human Sciences Building, DCU)			

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Keynote Speakers - Profile & Abstracts



Prof. Anne Hickey

Associate Professor and Head of Department of Psychology
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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

Professor of Health Psychology

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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
Institute of Psychological Sciences, University of Leeds
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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.

Psychology, Health and Medicine 2013 Poster Presentations

Aging, Disability and Health

1. Awobiyi, D. O. Perceived quality of life and social support received by the elderly in Ibadan North local government area, Oyo State, Nigeria
2. Lombard-Vance, R. Prediction of rehabilitation outcomes from an inpatient prosthetic programme at discharge: Is cognition useful?
3. Molloy, M. Aging or Alzheimer's disease – what's the difference?
4. McHugh, J. When does SenseCam make sense? Comparing diary data to SenseCam data in event detection of daily activities
5. Sexton, E. Development of the Brief Ageing Perceptions Questionnaire

Chronic Illness and Pain

6. Boran, L. Psychological predictors of placebo analgesia
7. Desmond, D. An interpretative phenomenological analysis of mild stroke in young adults
8. Drummond, F. Does the long-term effect of a prostate cancer diagnosis differ in men who were screen-detected or symptomatic at diagnosis; results from an all-Ireland survey?
9. Hynes, L. Barriers and facilitators to clinic attendance among young adults (15-30) with type 1 diabetes: A systematic review and narrative synthesis
10. McDarby, V. Using Facebook to increase the psychological and physiological well-being of adolescents with type 1 diabetes

Culture, Social Change and Health

11. Hester, L. Development of a patient-centred quality of care instrument for mental health services
12. Holland, F. Stepping off the 'treadmill of fret': An interpretative phenomenological analysis of healthy women who live outside the medically determined ideal weight range
13. Schaffalitzky, E. The role of context in youth mental health and addiction issues: A qualitative study on social deprivation in Limerick city and south inner city

Family and Health

14. Dunne, S. Establishing the role and potential impact of the first children's hospice in the Republic of Ireland: Health and social care professionals' perspectives

15. Foody, C. Stress and health in caregivers of children with autism spectrum disorders
16. O'Connor, S. Ah sure, they'll grow out of it: Parental body self-image and perceptions of child weight status

Health Behaviours

17. Dunne, S. Self-esteem threats and body-related existential concerns in point-of-care testing for cardiovascular disease
18. Gallagher, J. Maladaptive sleep beliefs and sleep hygiene are better predictors of insomnia than Type D personality
19. McFadden, S. An exploration of the indicators of aspirin adherence in patients with stable coronary artery disease using a direct assay measurement
20. McKenzie, K. A qualitative investigation of the determinants of dietary patterns among patients at a weight loss clinic
21. Young, H. An international pilot study of sexual health questions for use in the Health Behaviour in School-Age Children Study 2013/2014

Health Promotion and Disease Prevention

22. Cochrane, A. Every parent's worst nightmare: Knowledge and attitudes towards meningitis and vaccination
23. Gallagher, J. Non-attendance and barriers to uptake of cardiac rehabilitation – demographics or personality?
24. Kelleher, C. Demographic and sexual health history factors associated with STI and HIV screening in Ireland
25. O'Connor, M. Psychological after-effects of colposcopy: Preliminary results from a longitudinal study

Intervention

26. FitzGerald, M. NextSteps Ireland and UK: Development, implementation and uptake
27. Gallagher, J. Changes in illness beliefs are associated with improved outcomes in cardiac rehabilitation – even in patients with Type D personality
28. Leahy, D. Towards early intervention for youth mental health in primary care: A qualitative study of service provider perspectives in two deprived urban areas
29. Leahy, D. Early intervention for youth mental health and substance use disorders: The role of the GP
30. O'Leary, K. Gratitude and mindfulness interventions: Conceptual crossovers and practical applications

- 31. O'Leary, K. Methodological implications in positive psychological trials to improve well-being
- 32. Schaffalitzky, E. Early intervention in youth mental health: An ongoing development of guidelines for general practice

Other

- 33. Byrne, H. Bullying victimisation among Irish adolescents: Exploring contextual factors and mental health outcomes
- 34. Ellis, C. The perspective of the doctor: An analysis of communication, stress levels and responsibilities
- 35. McKeaveney, C. Psychosocial impact of orthognathic treatment: A follow-up

Psychophysiology

- 36. Gallagher, S. Watching your friend experience stress does not cost you

Stress, Social Support and Coping

- 37. Connolly, J. Stress interventions in universities: A systematic review
- 38. Connolly, J. A new short version of the Coping Inventory for Stressful Situations
- 39. Cunningham, E. Quality of life and psoriasis severity in an online population
- 40. Fitzpatrick, A. Surviving the Leaving Cert: An analysis of stress and coping in secondary school students
- 41. King, D. Exploration of Irish Traveller women's help seeking behaviours from a biopsychosocial perspective

Theory Testing

- 42. Doyle, F. Comparing undergraduate and graduate entry students on an integrative learning lesson in health literacy and health communication across two international medical schools

Psychology in Action Poster Presentations

Chronic Illness and Pain

43. Lennox, N. Acceptance and change in a rheumatology pain management programme: An interpretative phenomenological analysis of patients' reflections

Intervention

44. Wilson O'Raghallaigh, J. Innovation in action: Transforming practice at Beaumont Hospital through innovative approaches to learning and development
45. Wilson O'Raghallaigh, J. The Mindfulness and Relaxation Centre at Beaumont Hospital: Growing a managed resource for patients, staff and the community

Other

46. Hamilton, E. Further evaluation of the SCORE (Systematic Clinical Outcome and Routine Evaluation): A brief questionnaire for assessing outcome in family therapy

Research in Development Poster Presentations

Aging, Disability and Health

47. McGarrigle, L. Development and validation of an executive function based computerised approach to identifying and reducing dementia risk in healthy elderly

Chronic Illness and Pain

48. Chepukova, E. An RCT comparing the differential effectiveness of an online mindfulness and progressive muscle relaxation treatment for chronic headache versus mindfulness or progressive muscle relaxation alone in a Russian ethnic background sample
49. Ellis, C. Recognising identity among those with chronic illness

Family and Health

50. Benson, A. Breaking the cycle of invisibility: A mixed methods inquiry of disclosure challenges faced by children living with epilepsy

Health Behaviours

51. Barrett, R. Predictors of patterns of sedentary behaviour and physical activity in male adolescents

Intervention

- 52. Archer, S. Dramatherapy for gynaecological cancer patients: A pilot study
- 53. Kavanagh, S. A mixed methods exploration of the effects of laughter yoga on university students' well-being
- 54. Martin, N. Assessing the effectiveness of training parents as distraction coaches on pain and anxiety levels of young children undergoing venepuncture
- 55. O'Connor, R. Collaborative implementation intentions in breast self-examination: Mechanisms of effect
- 56. Richardson, O. Testing an online ACT intervention for diabetes self-management

Other

- 57. Donnelly, A. Tracking the progress and outcome of the first Mater Child and Adolescent Mental Health Service for 16-18 year olds: A learning process
- 58. Kenny, R. Copesmart: A mobile application promoting positive mental health in young people

Self-Regulation, Including Illness Perception

- 59. Graham, L. Longitudinal study: Illness representations and psychological distress in upper GI patients and carers
- 60. Morrissey, E. Social exclusion, delay discounting and dietary choices

Stress, Social Support and Coping

- 61. O'Donnell, M. The effects of Facebook use on physical well-being
- 62. Rodriguez, L. The relationship of perceived social support and adolescents' adjustment to maternal breast cancer: A mixed methods approach