

PsyCen Newsletter

February 22, 2019

Volume 1, Number 1

Highlights

01. Publications & Talks

02. Media coverage of our scholarly work

03. Special Feature & Staff-Student Interview

Purpose of the Newsletter

The Centre for Psychological Research (PsyCen) was officially established in September 2017 at the Leeds School of Social Sciences in Leeds Beckett University. The purpose of this Newsletter is to provide a snapshot of the kind of work PsyCen researchers are undertaking over the course of the academic year. This very first issue of the PsyCen Newsletter covers the research-relevant events and achievements from the first half of the current academic year (Sep 2018 – Feb 2019). It also includes a special feature on an innovative academic project that is currently underway and a two-way student-staff interview that provides a personal take on what it is like to be a researcher in our department. First, an overview of PsyCen's structure and objectives.

What is PsyCen?

PsyCen works to promote research activity, research community & research culture at the Leeds School of Social Sciences at Leeds Beckett University. Research activity is largely oriented towards the REF2021 Unit 4 submission (Psychology, Psychiatry & Neuroscience). This is facilitated by:

- Supporting PsyCen members to be included in the REF 2021 submission (e.g., help achieve minimum number of publications), and
- Supporting PsyCen members to improve their REF 2021 submission (e.g., help conduct more impactful research),
- By funding concrete research activities (e.g., projects, events).

PsyCen Programmes

- Cognition and Behavior (Leads: Zoe Kolototroni and Andrew Wilson)
- Genders and Sexualities (Leads: Katy Day and Tamara Turner-Moore)
- Health and Clinical Psychology (Leads: Trish Holch and Katie Dhingra)
- Organizational Behavior (Leads: Jim Morgan and Matteo Curcurato)
- Speech and Language (Leads: Anne Hurren and Cecelia Devers)

PsyCen Initiatives

- ECRN: Early Careers Researcher Network (Lead: Glen Jankowski)
- QUALMS: Qualitative Methods Support (Lead: Tom Muskett)

PsyCen Website: [Click Here](#)

PsyCen Director: Anna Abraham

REF Director – Unit 4: Brendan Gough

PsyCen Research Administrator: Cat Brooke



■ Publications

Peer-reviewed academic journal articles, book chapters and books that were published (or accepted for publication) in the first half of 2018/2019 academic year are listed in this section, organized by the last name of the first author. PsyCen author names are indicated in BOLD font in the list below, and include Anna Abraham, Laura Ashley, Sarah Asquith, Matteo Curcuruto, Nova Deighton-Smith, Jessica Drakett, Katie Dhingra, Helen Fawkner, Brendan Gough, Glen Jankowski, Georgina Jones, Neda Mahmoodi, Kate Milnes, Kata Pauly-Takacs, Mollie Price, Jason Tipples, Tamara Turner-Moore, Katerina Vogt, Xu (Suzie) Wang and Candice Whitaker.

Book:

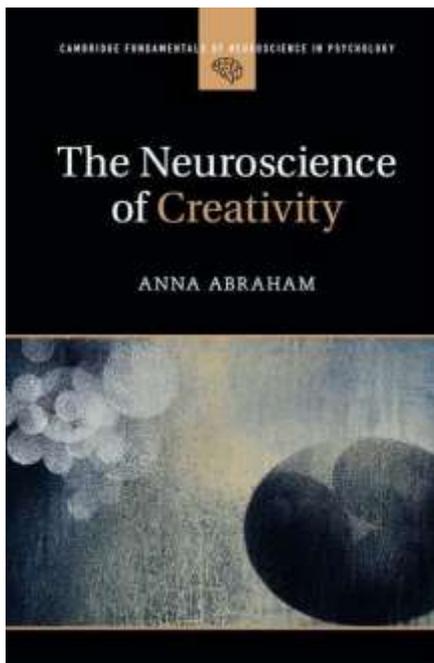
The Neuroscience of Creativity

Author: Anna Abraham

Publisher: Cambridge University Press

Date: November 2018

ISBN: [9781316629611](https://doi.org/10.1017/9781316629611)



Journal Articles:

Aber A, Howard A, Woods HB, **Jones G**, Michaels J (2018). Impact of Carotid Artery Stenosis on Quality of Life: A Systematic Review. *Patient*. DOI: [10.1007/s40271-018-0337-1](https://doi.org/10.1007/s40271-018-0337-1). [Online publication ahead of print]

Abraham A, Rutter B, Bantin T & Hermann C (2018). Creative conceptual expansion: A combined fMRI replication and extension study to examine individual differences in creativity. *Neuropsychologia*, 118, 29-39. DOI: [10.1016/j.neuropsychologia.2018.05.004](https://doi.org/10.1016/j.neuropsychologia.2018.05.004)

Abraham A (2018). The wandering mind: Where imagination meets consciousness. *Journal of Consciousness Studies*, 25 (11-12), 34-52. ISSN: [1355-8250](https://doi.org/10.1016/j.neuropsychologia.2018.05.004)

Denny E, Weckesser A, **Jones G**, Bibila S, Daniels J, Bhattacharya S & PRE-EMPT team (2018). Women's experiences of medical treatment for endometriosis and its impact on PRE-EMPT trial participation: a qualitative study. *Pilot and Feasibility Studies*, 4:168. DOI: [10.1186/s40814-018-0358-5](https://doi.org/10.1186/s40814-018-0358-5)

Carless D, Douglas K, **Milnes K** & **Turner-Moore T** (in press). 'Everyone knows me as the weird kid': Being bisexual, genderfluid and fifteen. *Qualitative Inquiry*. ISSN: [1552-7565](https://doi.org/10.1186/s40814-018-0358-5)

Curcuruto M, Parker SK & Griffin MA (in press) Proactivity toward Workplace Safety Improvement: An Investigation of Its Motivational Drivers and Organizational Outcomes. *European Journal of Work and Organizational Psychology*. ISSN: [1464-0643](https://doi.org/10.1186/s40814-018-0358-5)

Drakett J & Kenny MR (2018). The Cost of Anger: Gender and Collective Violence in Technology. *Psychology of Women and Equalities Review*, 1(2): 44-48. SKU: [PUB-CAT-2116](https://doi.org/10.1186/s40814-018-0358-5)

Jankowski GS, Gough B, Fawcner H, Halliwell E & Diedrichs PC (2018). Young men's minimisation of their body dissatisfaction. *Psychology & Health*. DOI: [10.1080/08870446.2018.1496251](https://doi.org/10.1080/08870446.2018.1496251) [Online publication ahead of print]

Hanna ES, **Gough B** & Hudson N (2018). Fit to father? Online accounts of lifestyle changes and help-seeking on a male infertility board. *Sociology of Health & Illness*. DOI: [10.1111/1467-9566.12733](https://doi.org/10.1111/1467-9566.12733) [Online publication ahead of print]

GRANT AWARDED:

Erasmus+Key Actions Grant of £360,000 award to Marc Fabri as principal investigator on a three-year IMAGE project to help improve employability of autistic graduates. Research collaborators include **Lisa Harkry**, Roz Wyatt-Millington, Claire Aydogan and Kate Dean. [[FURTHER INFORMATION](#)]

Heirigs MH, DeLisi M, Fox B, **Dhingra K**, Vaughn MG (2018). Psychopathy and Suicidal Thoughts and Behaviors Revisited: Results From a Statewide Population of Institutionalized Youth. *International Journal of Offender Therapy and Comparative Criminology*. DOI: [10.1177/0306624X18812533](https://doi.org/10.1177/0306624X18812533) [Online publication ahead of print]

Price M, Surr C, **Gough B**, & **Ashley L** (in press). Experiences and support needs of informal caregivers of people with multimorbidity: a scoping literature review. *Psychology & Health*. ISSN: [0887-0446](https://doi.org/10.1177/0887-0446)

Taylor PJ, **Dhingra K**, Dickson JM, McDermott E (2018). Psychological Correlates of Self-Harm within Gay, Lesbian and Bisexual UK University Students. *Archives of Suicide Research*, 19, 1-16. DOI: [10.1080/13811118.2018.1515136](https://doi.org/10.1080/13811118.2018.1515136) [Online publication ahead of print]

Taylor SK, Andrzejowski JC, Wiles MD, Bland S, **Jones GL**, & Radley SC (2018). A prospective observational study of the impact of an electronic questionnaire (ePAQ-PO) on the duration of nurse-led pre-operative assessment and patient satisfaction. *PLoS One*. 13(10):e0205439. DOI: [10.1371/journal.pone.0205439](https://doi.org/10.1371/journal.pone.0205439)

Tipples J (2018). Increased temporal sensitivity for threat: A Bayesian generalized linear mixed modeling approach. *Attention, Perception and Psychophysics*. DOI: [10.3758/s13414-018-01637-9](https://doi.org/10.3758/s13414-018-01637-9) [Online publication ahead of print]

Tipples J (2018). Recognising and reacting to angry and happy facial expressions: a diffusion model analysis. *Psychological Research*. DOI: [10.1007/s00426-018-1092-6](https://doi.org/10.1007/s00426-018-1092-6) [Online publication ahead of print]

Tipples J & Pecchinenda A (2018). A closer look at the size of the gaze-liking effect: a preregistered replication. *Cognition & Emotion*. DOI: [10.1080/02699931.2018.1468732](https://doi.org/10.1080/02699931.2018.1468732) [Online publication ahead of print]

Tipples J (2018). Increased Frustration Predicts the Experience of Time Slowing-Down: Evidence from an Experience Sampling Study. *Timing & Time Perception*, 6(2), 220-230. DOI: [10.1163/22134468-20181134](https://doi.org/10.1163/22134468-20181134)

Vogt KS, Hughes J, Wilkinson A, **Mahmoodi N**, Skull J, Wood H, ... **Jones GL** (2018). Preserving fertility in women with cancer (PreFer): Decision - making and patient - reported outcomes in women offered egg and embryo freezing prior to cancer treatment. *Psycho-Oncology*. DOI: [10.1002/pon.4866](https://doi.org/10.1002/pon.4866) [Online publication ahead of print]

Whitaker C, Gough B, Fawkner H & Deighton-Smith N (in press). Young Men's Body Dissatisfaction: A qualitative analysis of anonymous online accounts. *Journal of Health Psychology*.

ISSN: [13591053](#)

Book Chapters:

Asquith S, Wang X, Abraham A (2018). The antecedents and outcomes of creative cognition. In A. Harris, P. Thomson & K. Snepvangers (Eds.) *Creativity Policy, Partnerships and Practice in Education*. Cham, Switzerland: Palgrave Macmillan. ISBN: [9783319967257](#).

Dhingra K, Persson S, Swogger MT (2018). Examining the relationship between suicidal behavior and psychopathic traits through the lens of the interpersonal-psychological theory of suicide. In M. Delisi (Ed.) *Routledge International Handbook of Psychopathy and Crime*. London: Routledge. ISBN: [9781351619165](#).

Pauly-Takacs K, Souchay C, Smith AD, Moulin CJA (2018). Neuropsychological methods in memory research. In H. Otani & B. Schwartz (Eds.) *Research Methods in Human Memory*. New York, USA: Routledge. ISBN: [9781138217959](#).

■ Talks

Listed below are the lectures, seminars, workshops and talks delivered by PsyCen members in the first half of 2018/2019 academic year. This section is organized around programme themes and degree of associated activity.

TWITTER CAMPAIGN:

#16daysofactivism

A 16-day twitter campaign (25th Nov 2018 – 10th Dec 2018) culminating in a live twitter chat on the final day was organized by **Tamara Turner-Moore** together with four PhD students (**Lauren Smith, Lynsey Fenwick, Saskia Jones, Cesca Taylor**). This was carried out on behalf of the National Organisation for the Treatment of Abuse's (NOTA) Prevention Committee, focusing on preventing sexual violence against women and girls.

GENDER & IDENTITIES

Tamara Turner-Moore:

Sep 2018, Glasgow: Delivered a workshop at the NOTA (National Organisation for the Treatment of Abusers) International Conference in Glasgow with Professor Kieran McCartan (University of the West of England) on 'Prevention & me: Preventing sexual violence and abuse in my everyday life and including it in my practice'.

[\[EVENT DETAILS\]](#)

Nov 2018, Leeds: Hosted the 2nd Prevention Collective meeting at Leeds Beckett University. The Prevention Collective is a group of practitioners and academics who are working together to prevent sexual violence and abuse through knowledge exchange, capacity building, peer support, and advancing research and practice.

Tamara Turner-Moore & Kate Milnes:

Nov 2018, London: Invited talk on sexual bullying in young people at the Ben Cohen StandUp Foundation Inaugural Conference in London.

[\[EVENT DETAILS\]](#)

HEALTH PSYCHOLOGY

Trish Holch:

Oct 2018, Hong Kong: Oral Presentation at the International Psycho-Oncology (IPOS) Conference on 'Cancer awareness, risk perception, self-efficacy and barriers to help seeking in teenage and young adults (TYA)'.

[\[EVENT DETAILS\]](#)

PRIZE AWARDED:

Jingjing Yang was awarded a prize for her poster on sustained attention in children at the British Psychological Society, Psychology of Education Section Annual Conference (Sep 2018, Oxford, UK). Jingjing is a doctoral student in the Psychology Group at Leeds Beckett University. Her PhD supervisors are **Gijsbert Stoet** (DoS) and **Ellie Willard**.

Dec 2018, London: Keynote Speaker at the 7th National PROMs (Patient Reported Outcome Measures) summit.

[\[EVENT DETAILS\]](#)

Georgina Jones:

Oct 2018, Leeds, UK: Speaker at the Insights meeting on fertility preservation and decision-making for women with cancer.

Katerina Vogt:

Nov 2018, Hong Kong. Oral Presentation on 'Cancer, Fertility and Me' Study at the International Psycho-Oncology Society (IPOS) World Academy.

[\[EVENT DETAILS\]](#)

Suzie Wang:

Sep 2018, Sweden: Oral Presentation on 'Body Reprogramming as a secondary prevention program: what do stroke survivors think?' at the International Network of Stroke secondary Prevention Researchers (INSsPIRE) annual meeting at the Karolinska Institute.

COGNITION & BEHAVIOR

Anna Abraham:

Nov 2018, Duesseldorf, Germany: Invited talk on 'The Imaginative Mind: A Neurophilosophical Approach' at the Department of Comparative Psychology, Heinrich Heine University.

Nov 2018, Geneva, Switzerland: Invited talk on 'Examining the Brain Basis of Creativity' at the Webster Center for Creativity and Innovation (WCCI), Webster University.

[[EVENT DETAILS](#)]

SPEECH & LANGUAGE

Cecelia Devers:

Sep 2018, Venice (Italy): Paper presented at the 19th Science of Aphasia conference on 'Using Support Vector Machines to identify determinants of pronoun difficulty in aphasia: a preliminary critical review and meta-analysis of individual data' (co-authored with S Martínez Ferreiro & S Arslan).

[[EVENT DETAILS](#)]

■ Media Coverage of Scholarly Work

Listed below is media coverage of the work conducted PsyCen members in the first half of 2018/2019 academic year. This section is organized around media outlet (in alphabetical order).

PODCAST INTERVIEW:

Anna Abraham was interviewed by the Director of the Webster Center for Creativity and Innovation (WCCI), Vlad Glaveanu, in the Webster University Geneva Podcast on the topic of 'Creativity and Neuroscience' which can be heard [HERE](#).

BBC: '[Women harassed after seeking sperm donors online](#)'

This news article features research by **Tamara Turner-Moore** on sexual violence against women by unregulated sperm donors (collaboration project with **Georgina Jones**).

BPS Research Digest: '[Are emos, goths and rockers at increased risk of self-harm and suicide?](#)'

This piece features refers to a research article on which **Katie Dhingra** was a co-author.

The Guardian: [‘Why is it OK for online daters to block whole ethnic groups?’](#)

This news article features scholarly perspective offered by **Glen Jankowski** on this topic.

The Independent: [‘Northern exposure: From cliché to myth, what does it mean to be from the north?’](#)

This news article features a piece on the curating of a book titles – THESE NORTHERN TYPES – which features 17 individual books of perspectives from “some of the most interesting thinkers in the north” including **Katy Day**.

Scientific American: [‘The Neuroscience of Creativity’](#)

This is an interview with **Anna Abraham** on the latest state of the neuroscience of creativity.

■ Other Academically Relevant News

Anna Abraham:

From Sep 2018: Elected Member, Board of Directors, International Society for Fiction and Fictionality Studies / Société internationale des recherches sur la fiction et la fictionnalité (S.I.R.F.F – I.S.F.F.F).

KTP Project Members Celebrating:



A celebratory lunch in Birmingham (see photo) pictured from left to right: Jim Morgan (principal investigator), Rob Doyle (HSEQ Director – Consulting & Rail), Michelle Clare (Research & Enterprise – LBU), and Raj Kandola (KTP research associate).

Georgina Jones:

From Sep 2018: Invited Member of External Advisory Committee of the NIHR Global Health Research Group on PReterm bIrth prevention and manageMent (PRIME).

Jim Morgan:

Dec 2018: Successful culmination of a 3-year collaborative Knowledge Transfer Partnership (KTP) project with Amey Consulting and Rail. Through the project, Amey develop a toolkit of worker-centred metrics and analytic solutions to further enhance their safety management system and reduce accident risk for their safety critical workforce. Among numerous positive outputs from the project, Jim and his team were able to conduct the first ever Safety-Climate scale validation study for rail workers. One of the KTP project research associates, Raj Kandola, was offered a permanent position with the company as the first safety psychologist to be employed by Amey. Plans are in place to continue this collaboration with Amey, once they have embedded the toolkit.

Feb 2019: Andrea Bazzoli, a researcher from the University of Verona. Andrea is due to commence a funded MRes entitled "Safety proactivity in organizations: Exploring the relationships between safety climate, proactive motivation and employee's safety citizenship behaviour to improve workplace safety." This project is supervised by Matteo Curcuruto, Jim Morgan, and Margherita Pasini (University of Verona). Andrea's project is one of a number of collaborations between PASH (Psychology applied to Safety and Health) and the University of Verona, Italy.

Tamara Turner-Moore:

From Nov 2018: Invited Member of the CSA (Child Sexual Abuse) Connect Community.

■ Special Feature

Partnership between Leeds Beckett University and Full Sutton Prison expands to include psychology studies.

The provision of degree-level education within HMP Full Sutton was expanded last year to include a short psychology course. Following the successful delivery of a criminology module, this maximum security prison, was keen to extend the range of courses and to include prison officers. Consequently, the short psychology course was developed by Emma Dunmore (Senior Lecturer in Psychology) and Bill Davies (Senior Lecturer in Criminology and co-lead of the Leeds Beckett Prison Research Network: PRisoN), where Leeds Beckett Students learn alongside prisoners and prison officers.

The psychology course first ran between in 2018 with three Leeds Beckett students travelling to HMP Full Sutton to join four prisoners and two prison officers to learn about how sleep, stress and sport impact on wellbeing. The students considered research evidence relating to real world contexts both inside and outside prison.

In order to evaluate the *Learning Psychology Together* course, interviews have been conducted and are being analysed to identify themes and draw conclusions. One thing that has already emerged is that students are particularly fascinated and surprised by the impact of sleep on our wellbeing. This is a highly relevant topic as there is good evidence that, in all three contexts, insufficient sleep has negative effects. For prison officers this may be a result of shift work; for prisoners this may be the result of stress and noise on the wing; and for university students this may be the result of late night studying, part-time work and socialising. Discussing the evidence seemed to prompt some members of the class to consider altering their sleep habits.



[Emma Dunmore](#) (left) & [Bill Davies](#) (right)

The course is running again in 2019, with the addition of an extra session about the structure and function of the brain, giving a further opportunity to explore its impact.

- Special Feature written by **Emma Dunmore**

■ Staff-Student Interview

A conversation between Trish Holch & Lauren Smith

LAUREN: [00:00:17] Okay ... question 1 ... what drew Trish to Psychology?

TRISH: [00:00:18] I've always been interested in human behavior obviously and psychology is the science of human behavior. And I think I've always been interested in that gap between what people intend to do and their actual behavior, and what is happening in that gap. I have always framed it in terms of healthy behaviours. So really always been interested in what what drives people, what motivates people and how they go about implementing change. So it's gonna be implemented at an individual level but if you want to implement change in anybody you've got to do it at an institutional level as well. So that links into my work in the health service because if you want to implement change, that has got to be at all those levels. So what drew young Lauren to psychology?

LAUREN: [00:01:20] Well, very similarly, I was always interested in human behaviour but my framing is more from ... I've always been interested in social justice issues I think first and foremost. So that kind of boundary of what is justice? What is injustice? What's moral? What's immoral? How does that change over time? But I don't think that I would have ever thought that I would do a PhD in Psychology. I think 15 year old Lauren might have rolled her eyes at that a little bit. Probably would have told you arts... But yeah ultimately it's social justice that's brought me here. And I would've agreed if someone had told me that's where I'd be working in some context. So you've got to help challenge injustice. And I guess that really feeds into what I'm doing now in terms of sexual violence research. But also interested in kind of sexual behaviors more broadly and how they're constructed at a wider social level. So why some behaviors were considered to be illegal fifty years ago. Versus now they are not. So kind of how that framing changes over time in terms of what's considered acceptable and unacceptable behavior.

TRISH: [00:02:37] So would you say you're doing it ... count yourself as doing social justice work?

LAUREN: [00:02:42] I guess so, yeah. And I think in terms of going forward, I see myself using my knowledge of psychology first for social justice related research. Primarily although not exclusively.



TRISH HOLCH

Senior Lecturer



LAUREN SMITH

PhD Candidate

TRISH: [00:02:56] We were just talking to Paula this morning when we're saying we ought to have a little sub-centre of social justice in health. Because I think that new masters course that we're talking about doing that a lot of the critical psychology people are getting involved in that. I think it's really important because those are the big issues this big social injustice and the disparity all across the world in access to health.

LAUREN: [00:03:24] And that's it. It doesn't just impact them at the individual level. It's about how they are able to access other things that they might need: Education, Health, Jobs ...

TRISH: [00:03:30] Yes, absolutely!

LAUREN: [00:03:35] So, I guess leading on quite nicely from there then, what is the research question that drives your current work or backlog of work shall we say? Given that you have a big backlog of work, Trish. :)

TRISH: [00:03:49] Right. Well I suppose the research question I'm always thinking about is how can we best implement a health intervention into the current health pathways. To do that you have to know the current Health Pathways. From both the healthcare professionals and from the patients. So already you need to have all of that knowledge and so it could be about implementing patient reported outcome measures which are validated questionnaires in which patients report their symptoms. So where I'd use quantitative methods for that they need to be validated in that group and we'd be looking to see if the intervention had produced the change in quality of life. So that will be quantitative work and we'll be looking at change over time. Does it does an intervention increase or decrease quality of quality of life? I also use qualitative methods because in order to understand a pathway to implement an intervention, you'd have to interview patients and staff to see where an intervention would best sit within the pathways. Because they could be very different pathways. I also use qualitative methods such as cognitive interviewing where I'd ask patients whether they understood the questionnaire that they were answering because that's really important. I also use qualitative methods such as Delphi consensus methods where when you are asking patients or staff to reach agreement over something and you do it in a series of intuitive rounds. So if you were deciding which questions to include on a questionnaire you would take consensus and offer people options and they would rank them and you would reach a percentage of agreement. And then you feed those findings back to the group and they would then make further choices. You end it with some sort of consensus of the debate that everybody's happy with.

LAUREN: [00:06:18] So would you say that your research focus is not about one specific health related topic. It's not just about cancer. It's not about XYZ. It's actually about how we address all of that in terms of interventions.

TRISH: [00:06:31] Yes, I would say so and it's about implementing complex interventions within a health care service because you cannot ever do anything in isolation. What I've learned in all my years in the health service before - I used to be a nurse before I was a psychologist - is that you cannot implement change without understanding those pathways and consulting all along the way. Because people are often resistant to change.

LAUREN: [00:07:03] I can imagine that!

TRISH: [00:07:08] What about you? What is your research question that is driving your current work?

LAUREN: [00:07:13] This is a really hard one. There's kind of always like a million questions that come into what it is that you are doing. So what is the bigger picture? ... I guess at the moment in terms of my PhD, the overarching question is what does it mean to have the capacity and freedom to make sexual decisions and communicate them in the context of drug taking. So this is around people's wider beliefs. What does freedom mean at a social level? So I'm doing a systematic review at the minute and one of the themes that's come out is around this sense of "I feel like I have to." And it's how when gender is at play, for example, women feel like they have to consent to men in these kind of quid pro quo exchanges of drugs where it's like oh what they've given me something so I don't really feel like I can negotiate choice at the minute...And then how do people make and communicate those decisions. It's interesting what you briefly touched on when like you said about making decisions for healthcare. So I've been going into some of the medical literature around this. And what's really interesting is that I've recently realized how when we talk about consent in the context of sex we have such a narrow view of what that means. If you go to the medical literature and the mental health literature, you see that we're asking questions about how people weigh up the risks and consequences. Can people hold on to what that decision means at the time? Do they have access to the adequate information to make that decision in the context of psychoactive drugs? That's a huge question. At the minute that's really driving my research ... I did a massive cross-sectional survey come diary study that was really trying to get to the bottom of this question of how do people give and gain consent? What sort of cues do they use and what questions are they asking each other? And just like what you said - what are then all the contextual factors and wider social factors that have an impact there? So you know ... where are they having sex? Who are they having sex with? How do all of these kinds of things build up to limit or enable choice ultimately? And how can we help people to have more choice and make better choices? By 'better' I mean choices that they feel are made through an empowered process.

TRISH: [00:09:57] Do you think there's something you can apply from the medical literature to your work?

LAUREN: [00:10:08] I don't think it's necessarily just a straight "let's take these five areas and map them straight onto sexual behavior". I think that we could probably implement some of these ideas into education. So sex education, for example, if we can say that consent isn't just about getting someone to say 'yes'. If we can teach people the skills that make them be a little bit more critical of what a 'yes' means and where it is coming from. So getting people to think - well I've taken this drug and I've been taught that this drug has this effect. So maybe that decision actually isn't in line with a choice that I'd ordinarily make. So I think it's not necessarily just mapping but we can definitely use some of the questions that are asked in healthcare settings, I think, to inform education maybe a little bit better.

TRISH: [00:11:16] Okay - 'Research Paradise' question next.

LAUREN: [00:11:19] Brendan Gough - listen up! Haha!

TRISH: [00:11:21] I think this is even a bit too much for Brendan because this is going to involve large scale implementation of electronic patient report. And well, let's say we have it in a region. Let's have it in Yorkshire. So what we want is the

infrastructure for electronic patient records and we want to be able to link that up with smartphones, everybody's home PC, and their iPads. And we want them to be able to report their symptoms on patient reported outcome measures. And that is going to be linked into the electronic patient records. So as a matter of course, staff and healthcare professionals at tertiary, secondary and in primary care have access to patient recorded data. And we can then look at how that would improve self-efficacy in patients, patient activation, how involved they are in their own health, and how invested they are in their own health. It will be interesting to see the effect on decision-making in terms of living with a chronic illness or a terminal illness or one that they're actually going to recover from. And we'd see if it increases their quality of life overall in different different health groups, look at the long-term morbidity and mortality outcomes of new reporting symptoms, and what is that doing to that doctor-patient relationship. I mean all the studies that have been done are indicating that - yes, something transformative happens when doctors have that patient reported data in front of them. There are loads of studies that have done that - small scale into larger scale. But to do it on a massive level would be a huge investment. But if we are talking about research paradise, I think that would be absolutely fantastic. And to make sure that all the inequalities were balanced and everybody had access to this system and everybody in every language could use it. But it is research paradise.



LAUREN: [00:13:51] (laughing) We've already reached equality in research paradise. It's a given. Everyone is equal. Trump and May are gone. We're still in Europe.

TRISH: [00:14:02] (laughing) Exactly. Yeah we are. Because we have used a Delphi consensus!

LAUREN: [00:14:08] (laughing) We have used a Delphi consensus and now we have equality And everyone gets what they want and what they need.

TRISH: [00:14:14] Go on then - what is your research paradise?

LAUREN: [00:14:15] I think mine's is very different to what I'm doing at the minute. ... Paradise away from my PhD. That's why it's paradise! So recently I've been quite taken with the idea of looking at non-sexual intimacy and closeness in adult friendships. I've spent three or four years probably longer thinking about romantic relationships and sexual relationships. And a lot of people do a lot of work on those areas. But friendships are also so important. They're important for our well-being. They're good for our emotional health. They are good for, you know, just life! So research paradise for me is a photo/video elicitation project. So money for decent cameras and a nice exhibition show at the end. And I'd want to look at things like how intimacy is played out differently in different gendered relationships. So what does intimacy look like in male-to-male friendships, male-to-female, women-to-women. How is it different across friendships? So the intimacy in one relationship might be different to another. What are the barriers that enable and block intimacy and friendships? ... I don't know ... we often look at ... when things go wrong side... in psychology, don't we? My research paradise is one project that is just looking at what people are doing well and how can you help people to have more social support. And I think that one of the ways you can do it is by saying to people what are you doing and what can we learn from what you're doing ... in your friendships?

TRISH: [00:16:21] What a great idea! It's so good!!

LAUREN: [00:16:24] Yeah ... it's just a nice one I think. I love the idea of doing things that don't solve a problem. They actually just enable things that people are already doing well and shine a light on it.

TRISH: [00:16:38] And that shining the light on it could be really good about you know you could pick those bits out about what is good.

LAUREN: [00:16:43] Yeah. And so with photo illustration, I was thinking what would be a nice way to do it. Getting people to take photos of the things that they think represents intimacy and friendships and closeness and trust and those kind of values that I think you forget exist in friendships. You forget how much they're worth. And you're having something like an exhibition that you can invite people to does it. It does. It shows people here were the things that you are doing really well and don't stop.

TRISH: [00:17:13] I hope you do it! Is that what you would like to get funding for?

LAUREN: [00:17:18] This is a really new thing actually ... just a conversation I had with someone the other day about friendships. I have a really close friendship with my friend John and I'm just like that's a beautiful thing.

TRISH: [00:17:42] It sounds fab! It sounds really good.

LAUREN: [00:17:43] Yeah ... okay ... so free Question 1. Trish - most big or small valued academic accomplishment. What is yours?

TRISH: [00:17:58] Well, I think it is it is quite big really because it is a teaching one. I feel that is when you get the biggest biggest buzz when you help somebody. Last year in advanced research methods in the quantitative stream we did some writing workshops. We sort of picked apart abstracts, We picked apart introductions, methods, and discussion sections. And from the comments that we got back from from the students when we would ask them questions - it was clear that everybody started getting it and the writing was improving. And when we came to mark those reports, knowing that those workshops had really really helped was an incredible buzz! When you read the introductions and you think Wow! And the methods sections. And you know that you're making a difference because next year they've got their final year project, you're laying down those writing foundations for the future. So yeah absolutely. I think that really feels like a really big achievement and it felt like a breakthrough for the students. And they seemed like they were enjoying it as well. And all the staff did as well. So that was good.

LAUREN: [00:19:36] Do you really enjoy teaching?

TRISH: [00:19:37] Yeah.

LAUREN: [00:19:37] You've got such a big smile on you face!

TRISH: [00:19:41] I must say, I think it's it's the best.

LAUREN: [00:19:45] That's really nice.

TRISH: [00:19:47] Go on then. What's your most valued big or small academic achievement?

LAUREN: [00:19:53] That is a tricky one. I guess this year I presented at my first external conference. Some findings from the study that I've just closed now. And that felt really big because I've analyzed some of the data from my study and I'm

putting that out for the first time. Somewhere that isn't in the walls of the university. And it did feel like ... it felt almost like an "I can do this!" moment.

TRISH: [00:20:21] Yeah ... a bit of an epiphany.

LAUREN: [00:20:26] I got some validation that people were interested. I had good conversations with practitioners and researchers. And I think maybe that was one of the first times where it brought it back to me like - I love my research! It reminded me that I love my research and people are interested in it outside of the supervision team. (laughing). Because sometimes I think - am I just living in this world where we are the only three people interested in this? So it's good to get that back I think.

TRISH: [00:20:54] So you got validation from that.

LAUREN: [00:20:57] Yeah and it just reminds you that there's a reason to doing it. Because I think sometimes I quite easily lose sight of the bigger picture of what I'm doing and like ... down a Rabbit Hole ...

TRISH: [00:21:09] I think that's not just you. I think everybody does that. (laughing) The thing of what's the bigger picture.

LAUREN: [00:21:19] Yeah ... I think it brought it back for me. And then I was like - okay! onwards And upwards. Next conference. Not that there's one planned yet. Just finish PhD is now next! Okay. So final question. Researching and teaching can be all consuming. How does Trish like to relax after a long day?

TRISH: [00:21:37] Well, Trish likes to relax by going walking. I think it's really important to change your environment and go out into nature. I think that's really important. And walking and seeing trees, birds, sky, sun ... sometimes. I think it's really important. I think just to see the green, or to see trees, to see nature. And I think that can give you something back. It can make you feel grounded. And it's a good stress reliever. Should do more of it.

LAUREN: [00:22:16] Yeah definitely. Especially on these gray days.

TRISH: [00:22:20] What about you Lauren? What do you do?

LAUREN: [00:22:25] I will engage usually in one of the arts. Music or drawing.

TRISH: [00:22:32] You are really good at drawing.

LAUREN: [00:22:35] At the moment because it's Christmas and quite a few people's birthdays, it's christmas cards and birthday cards at the minute.

TRISH: [00:22:40] So you're making them?

LAUREN: [00:22:43] Yeah. And I really enjoy that. It totally takes me away. I can sit for hours in complete silence.

TRISH: [00:22:52] Wow!

LAUREN: [00:22:53] And that's quite nice. Or music. I enjoy playing the drums.

TRISH: [00:22:59] Ah! I forget you play the drums! Do you play in a band?

LAUREN: [00:23:02] I used to play in a band. I don't play in a band anymore. But I've got a couple of friends that play music. So occasionally one we've had a couple of beers we'll play music together which is nice.

TRISH: [00:23:20] So I bet there's something nice about the rhythm?

LAUREN: [00:23:23] For me, drumming feels a little bit like how I imagine meditation feels. You kind of learn a pattern initially and you can just keep going. And once you're in that zone you're not even thinking about it... Rhythmic movement and coordination to me is like sublime.

TRISH: [00:23:52] So that's taking you out of yourself. Both the art and the music are taking away from yourself.

LAUREN: [00:23:59] Yeah, that's it.

TRISH: [00:24:02] I think we all need that, don't we? Away from our own ruminating thoughts.

LAUREN: [00:24:10] You spend so much time thinking. And for me, the thing that I like to do - if I'm going to relax I don't want to think. I imagine it is a bit like walking. You're walking around, absorbed by the outside.

TRISH: [00:24:29] Exactly. And being physically exhausted. I think that's a good thing. Because a lot of the time we are mentally exhausted but we're not physically exhausted. And I think to get to a point of being physically exhausted is a really nice state to be. The biggest rest I've had recently was when I went to Hong Kong to that conference. And I was on the plane and I couldn't answer my emails. I couldn't do anything all day. So I slept for 10 hours!

LAUREN: [00:25:00] (laughing) Nice!

TRISH: [00:25:03] (laughing) Which was just like I got permission to relax.

LAUREN: [00:25:07] How ridiculous is that.

TRISH: [00:25:07] I know.

LAUREN: [00:25:08] Well there you go academics. If you need to relax, get on a plane to Hong Kong! Trish's advice!

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