

DIVISION OF HEALTH PSYCHOLOGY ANNUAL CONFERENCE 2022



the british
psychological society
promoting excellence in psychology

Tuesday 28 June 2022 Session 1

	Room 1	Room 1	Room 3	Room 4
TIME	PRIMARY CARE <i>Chair: Eleanor Bull</i>	PRECONCEPTION, PREGNANCY & BREASTFEEDING <i>Chair Rhiannon Phillips</i>	HEALTH CONDITIONS Chair	SYMPOSIA: How has mental health been impacted and how have we coped during the COVID 19 pandemic? Key lessons from the UCL COVID-19 Social Study <i>Chair: Daisy Fancourt</i>
9.30	#1: Is the NHS Digital Diabetes prevention programme designed with fidelity to programme specification? An analysis of behaviour change techniques and underpinning theory <i>Rhiannon Hawkes</i> <i>University of Manchester</i>	#5: What do women know and think about preconception health? A cross-sectional survey of knowledge and attitudes amongst primary care patients in England <i>Michael Daly</i> <i>University of Bristol</i>	#9: Key demographics and psychological skills associated with adjustment to progressive Multiple Sclerosis early in diagnosis <i>Angeliki Bogosian</i> <i>City University</i>	The relative role of economic, health and social factors in driving changes in mental health during COVID-19 <i>Xiaowei Xu</i>

9.50	#2: Perceived barriers and facilitators to attending diabetic eye screening appointments during the COVID-19 pandemic <i>Lesley Lewis</i> <i>Somerset County Council & Staffordshire University</i>	#6: Investigating the influence of maternal health behaviours in pregnancy on perinatal mental health outcomes: The Grown in Wales cohort <i>Samantha Garay</i> <i>Cardiff University</i>	#10: Individuals' experiences of a diagnosis for Ehlers Danlos Syndrome: Post 2017 re classification <i>Elaine Walklet</i> <i>University of Gloucestershire</i>	Are happier people more compliant? Global evidence from three large-scale surveys during COVID-19 lockdown <i>Sarah Swanke</i>
10.10	#3: "They are saying it's high, but I think it's quite low"; Exploring cardiovascular disease risk communication to patients in NHS Health Checks through video-stimulated recall interviews <i>Lisa Cowap</i> <i>Staffordshire University</i>	#7: A discursive examination of how pregnant women navigate and manage their position on physical activity amongst the dominant discourses derived from their social environment <i>Rebecca Livingston</i> <i>Aston University</i>	#11: The psychological impact of alopecia on men: A qualitative investigation <i>Fabio Zucchelli</i> <i>UWE</i>	What coping strategies did people use to support their mental health and wellbeing during UK COVID-19 restrictions? A qualitative study <i>Alison McKinlay</i>
10.30	#4: The theoretical underpinnings of the NHS Low Calorie Diet Programme: A documentary review and logic model development <i>Tamla Evans</i> <i>Leeds Beckett University</i>	#8: Exploring changes in stigma across the breastfeeding journey <i>Nikita Premnath</i> <i>University of Buckingham</i>	#12: "I've turned in my man card": Experiences, coping styles and support preferences of men with systemic sclerosis <i>Caroline Flurey</i> <i>UWE</i>	Predictors and impact of arts engagement during the COVID-19 pandemic: Analyses of data from 19,385 adults during the COVID-19 Social Study <i>Karen Mak</i>
10.50	REFRESHMENTS			

Tuesday 28 June 2022 Session 2

	Room 1	Room 2	Room 3	Room 4
TIME	PHYSICAL ACTIVITY Chair <i>Richard Cooke</i>	HEALTHCARE PROFESSIONALS Chair	CANCER Chair	Workshop Shauna
11.10	#13: Factors influencing physical activity in people living with HIV: A systematic review using the Theoretical Domains Framework <i>Martin Lamb</i> <i>Sheffield Hallam University</i>	#17: Decision-making experiences of health professionals in withdrawing treatment for children and young people: A qualitative study <i>Shanara Abdin</i> <i>City of Wolverhampton Council & UWE</i>	#21: Doctor-patient communication in a Chinese cancer hospital: A qualitative exploration <i>Heather Buchanan</i> <i>University of Nottingham</i>	How to work when your brain doesn't want to (and other tips for ECRS)
11.30	#14: Leader's ability to facilitate group identification within virtual exercise classes impacts participants' effort, enjoyment and attendance <i>Meredith Schertzinger</i> <i>St. Andrews University</i>	#18: Supporting sexual function and sexual satisfaction during rehabilitation from spinal cord injury: Barriers and facilitators identified by healthcare professionals <i>Olivia Barrett</i> <i>University of Reading</i>	#22. Assessing the relationship between fear of cancer recurrence (FCR) and perceived psychosocial impact of cancer among sarcoma patients in the United Kingdom. <i>Nick Hulbert-Williams</i> <i>University of Chester</i>	
11.50	#15: Barriers and facilitators to physical activity for women: A systematic review and qualitative evidence synthesis with findings mapped onto COMB-B and the TDF <i>Maddy Leather</i> <i>Sheffield Hallam University</i>	#19: Co-developing behaviourally informed training to improve Antimicrobial Stewardship knowledge, attitudes and practices in Gulu, Uganda <i>Eleanor Bull</i> <i>Derbyshire County Council & University of Manchester</i>	#23. Web-based psychological interventions for people living with and beyond cancer: A meta-review of what works and what doesn't for maximising recruitment, engagement and efficacy <i>Nick Hulbert-Williams</i> <i>University of Chester</i>	

12.10	#16: Improved physical fitness and mental wellbeing are associated with participation in a Scottish workplace walking challenge <i>Samuel Warne</i> <i>St. Andrews University</i>	#20: Using the COM-B model to explore health care professionals' experience of working towards a collaborative care model with long term conditions: Improving access to Psychological Therapies Services (IAPT-LTC) <i>Elizabeth Jenkinson</i> <i>UWE</i>	#24 Feasibility of a targeted intensive community-based campaign to optimise cancer awareness (TIC-TOC): <i>Pamela Smith</i> <i>Cardiff University</i>	
12:30	LUNCH			
13.30	KEYNOTE 1: Health Professional Education: How health psychology and health psychologists can make a difference <i>Professor Jo Hart</i> <i>University of Manchester</i>			

Tuesday 28 June 2022 Session 3

	Room	Room	Room	Room
TIME	HEALTH LITERACY <i>Chair Neil Coulson</i>	MINDFULNESS <i>Chair</i>	WELLBEING <i>Chair</i>	Structured discussion <i>Diane Dixon</i>
14.30	#25. Implementing health literacy-friendly approaches in practice <i>Laura Walton-Taylor</i> <i>Derbyshire Community Health Services</i>	#29. The acceptability and effectiveness of positive reappraisal and mindfulness as self-administered intervention for caregiving stress <i>Alison Killen</i> <i>University of Newcastle</i>	#33. Not just women's issues': Developing menopause learning resources to support wellbeing and ensure equity in the workplace. <i>Chanais Matthias</i> <i>Derbyshire County Council</i>	Are we playing all the right notes but not necessarily in the right order? Health Psychology's contribution to combating the COVID 19 pandemic

14.50	#26. Developing an online psychoeducational resource for young people with congenital melanocytic naevus <i>Abigail Matthews</i> <i>UWE</i>	#30. The impact of school based yoga and mindfulness interventions on adolescents' health and wellbeing: A qualitative study in a disadvantaged area <i>Amy Sumner</i> <i>University of Westminster</i>	#34. Testing the feasibility of including young people experiencing Intellectual disability in self-reported health and wellbeing research <i>Jenny Davison</i> <i>Ulster University</i>	
15.10	#27. Developing a self-guided ACT-based intervention for parents and carers of children with appearance-affecting conditions and injuries. <i>Maria Thornton</i> <i>UWE</i>	#31. Trialling adapted Mindfulness practices tailored for people with spinal cord injury: A feasibility study. <i>Katherine Finlay</i> <i>University of Reading</i>	#35. Promoting the health and well-being of individuals affected by contaminated blood and blood products <i>Sarah Gillanders</i> <i>NHS Lothian</i> PECHA KUCHA	
15.30	#28. Exploring the acceptability, engagement, and usability of an online self-help psychological intervention for people with Motor Neurone Disease and family members <i>Cathryn Pinto</i> <i>University of Southampton</i>	#32. The effects of mindful eating on subsequent hunger, snack intake and eating rate <i>Katy Tapper</i> <i>City University</i>		
15.50	POSTER SESSION 1 & Refreshments			
19.30	Wine reception			
20.10	Conference Dinner			

POSTER SESSION 1: TUESDAY 15.50

CANCER

1. Adapting a breast cancer prevention programme for Black women: focus groups with women of Black African and Black Caribbean descent in the UK: *Afrodita Marcu, University of Surrey*
2. Exploring the experiences and psychosocial support needs of informal carers of men with breast cancer: A qualitative study: *Beth Herring, UWE*
3. Beliefs, Screening attitudes, and Breast Cancer awareness of young women with Neurofibromatosis Type 1: A reflexive thematic analysis: *Caitriona Plunkett, Manchester Metropolitan University*
4. Understanding perceptions of the public and key stakeholders toward a localised cancer screening promotion campaign: *Grant McGeehan, Teesside University*
5. Brief individual Cognitive Behavioural Therapy for prostate cancer patients at Costa Rica's public healthcare system: *Francisco Arturo Brenes Castillo, UCL*
6. The downside of caring: A qualitative study on compassion fatigue in family caregivers of cancer patients: *Niyati Bagla, Christ (Deemed to be) University, Delhi NCR, India*
7. A systematic review of the impact of cancer on caregivers of Adolescents and Young Adults with cancer: *Maria Carolina Neves, Faculty of Psychology and Education Sciences of the University of Porto, CPUP*

WELL-BEING

8. Cosmetic usage as a tool for promoting well-being: *Julia Robertson, Buckinghamshire New University*
9. Comparing the subjective sleepiness and social well-being of higher education students alongside a non-student sample: *Katrina Burrows, University of Suffolk*
10. "A little superpower that I know is there" Exploring the meaning and role of prāṇāyāma in the wellbeing of adults in mid-life: *Fern Beauchamp, University of East London*
11. The Mediating role of proactive coping in the development of subjective well-being from Trait Curiosity among pre-departure international exchange students: *Ka Chun Ching, The University of Hong Kong*
12. Improving emotional well-being: Chatting about negative experiences using different reflection strategies: *Gloria Wai Shan Ma, University of Oxford*
13. Materialism and interpersonal well-being: A holistic examination of the effects of materialistic attitudes on people's social well-being: *Olaya Moldes, Cardiff University*
14. An exploration of positive marital change after brain injury: *Cheryl Pitt, Buckinghamshire New University*
15. An Interpretative Phenomenological Analysis of the extent to which the COVID-19 pandemic has affected the psychological wellbeing of female competitive athletes: *Elisabeth Joyce, Richmond the American International University in London*
16. Modelling the mediating effects of digital skills on loneliness and wellbeing: *Charlotte Griffin, Cardiff University*

HEALTHCARE PROFESSIONALS

17. Using the behaviour change technique taxonomy to identify the active ingredients of interventions to improve staff wellbeing in paediatric critical care: *Rachel Shaw, Aston University*

18. Works in Progress Poster – Testing staff wellbeing interventions in Paediatric Intensive Care: *Rachel Shaw, Aston University*
 19. General practitioner recovery from burnout: A narrative study with photo-elicitation of participant generated photographs: *Philippa Shaw, University of Westminster*
 20. “Do I cry or just carry on?”: A story completion study of healthcare professionals anticipated responses to experiencing chest pain: *Caroline Flurey, UWE*
 21. Health Psychology in Action - “We see you”: Setting up and delivering a Trust-wide psychological support service for staff working in an acute NHS hospital setting: *Maria Vidal, Barts Health NHS Trust*
 22. Prevalence of insomnia and associated factors among frontline healthcare workers during the COVID-19 pandemic in Kazakhstan: *Saltanat Umbetkulova, Nazarbayev University School of Medicine*
 23. Psychological impacts of COVID-19 on Healthcare trainees and perceptions towards a Digital wellbeing support package: *Holly Blake, University of Nottingham*
 24. Sweet dreams are made of this...The success of a Sleep Hygiene Education (SHE) intervention to NHS Healthcare professionals during COVID-19: *Kevin Turner, UWE*
 25. Experiences and emotional strain of NHS frontline workers during the peak of the COVID-19 pandemic: *Kristina Newman, Nottingham Trent University, Nottinghamshire NHS HC Trust*
COVID-19 vaccination and infection transmission
 26. A cross-national study on the antecedents of COVID-19 vaccination: *Radoslaw Trepanowski, Adam Mickiewicz University in Poznan, Poland*
 27. Encouraging young adults to vaccination against COVID-19 – the role of self-persuasion targeted at others health and empathy: *Dariusz Drazkowski, Adam Mickiewicz University in Poznan, Poland*
 28. Citizen uncertainties about COVID-19 vaccines in the United Kingdom and Portugal: *Rusi Jaspal, University of Brighton*
 29. Moral obligation, autonomous motivation, and COVID-19 vaccine hesitancy: Highlighting moral obligation increases reactance in hesitant individuals: *Louisa Pavey, Kingston University*
 30. Understanding the risk perceptions of healthcare workers regarding their potential role in COVID-19 transmission, *Danielle Hudson, UWE*
- WORKS IN PROGRESS POSTERS
31. COVID-19 vaccine hesitancy among health and social care workers in Scotland: understanding the role of emotion, experience and risk perception: *Nicola Cogan, University of Strathclyde*
 32. Developing a digital intervention (iPREPWELL) using behaviour change wheel to prepare patients for surgery: *Rebecca Livingston, Teeside University*
 33. Exploring users and non-users views of mHealth apps and the Digital Twin: A thematic, qualitative approach: *Lauren Taylor, University of Surrey*
 34. Smart speaker use for changing health behaviour: *Emma Brown, Leeds Beckett University*
 35. Exploring beliefs about pain in children and young people with chronic musculoskeletal pain: *Danielle Mountain, University of Manchester*
 36. Improved smoking cessation quit rates using health psychology behaviour change interventions in COPD patients: *Meslime Grim, UWE*
 37. Lived experiences of stress after an ulcerative colitis diagnosis: An interpretative phenomenological analysis: *Jacqueline Black, KCL*

Wednesday 29 June 2022 Session 1

	Room 1	Room 2	Room 3	Room 4
TIME	SYMPOSIUM: The Behaviour Change Intervention Ontology: a novel tool for specifying interventions and their evaluations Convenor Alison Wright	HEALTH BEHAVIOURS Chair	INTERVENTION DEVELOPMENT Chair	COVID-19 <i>Chair: Atiya Kamal</i>
9.00	Overview of the Behaviour Change Intervention Ontology <i>Alison Wright UCL</i>	#36: The impact of cue-elicited multisensory imagery on alcohol craving <i>Ceyda Kiyak Bournemouth University</i>	#41: Intervening to enhance quality of life during a pandemic: A pilot study <i>Tracy Epton University of Manchester</i>	#46: Motivating or stigmatising? The public health and media messaging surrounding COVID-19 and obesity: a qualitative think aloud study <i>Sarah-Jane Stewart UCL</i>
9.20	Describing how behaviour change interventions influence behaviour: the Mechanisms of Action Ontology <i>Paulina Schenk UCL</i>	#37: "I can't believe I've missed that!" How the Fear of Missing Out (FoMO) impacts on alcohol consumption and behaviours <i>Joel Crawford University of Liverpool</i>	#42: Visualisation to Support Treatment Adherence – Blood Pressure (VISTA-BP): a pilot study for a novel pharmacy-based intervention <i>Sarah Brown Cardiff Metropolitan University</i>	#47: The rapid co-production and community testing of messages to promote of COVID-19 vaccination messages uptake in young people of Pakistani heritage in Bradford <i>Maddy Arden Sheffield Hallam University</i>

9.40	Specifying the behaviours targeted by interventions: development of the Human Behaviour Ontology <i>Marie Johnston</i> <i>University of Aberdeen</i>	#38: A systematic review of interventions targeting physical activity and/or healthy eating behaviours in adolescents: practice and training <i>Hannah Allcott-Watson</i> <i>University of Hertfordshire</i>	#43: Assessing the feasibility and initial effectiveness of a dance based exergame for enhancing autistic children's social communication skills <i>Phoebe Morris</i> <i>University of Essex</i>	#48: Developing a process theory to understand sense making and conspiracy theories during the COVID-19 pandemic in the UK black community <i>Tushna Vandrevalla</i> <i>Kingston University & St George's University London</i>
10.00	Describing the extent to which an intervention occurs as planned: the intervention fidelity ontology <i>Ella Howes</i> <i>UCL</i>	#39: What role does physical activity play following the death of a parent as a young person? A retrospective qualitative study <i>Jane Williams</i> <i>University of Bedfordshire</i>	#44: Exploring the acceptability and usefulness of a digital intervention to support adherence to adjuvant endocrine therapy (AET) in women with breast cancer <i>Sarah-Jane Stewart</i> <i>UCL</i>	#49: Exploring a brief online ACT-based intervention to improve psychological wellbeing for adults with chronic health conditions during the COVID-19 pandemic <i>Anna Serlachius</i> <i>University of Auckland</i>
10.20	Discussant <i>Diane Dixon</i> <i>University of Aberdeen</i>	#40: Can the capability opportunities and motivations model predict behaviour one year later? A longitudinal survey in a nationally representative UK adult population sample <i>Chris Armitage</i> <i>University of Manchester</i>	#45: A community-based body image intervention Free Being Me for adolescent girls in India delivered by Girl Guide leaders: A pilot and acceptability trial <i>Nicole Paraskeva</i> <i>UWE</i>	#50: A qualitative evaluation of a constellation of COVID-19 disease prevention behaviours using the COM-B model and the Theoretical Domains Framework <i>Phoebe Brook-Rowland</i> <i>University of Bedfordshire</i>
10.40	POSTER SESSION 2 and Refreshments			

POSTER SESSION 2: WEDNESDAY 10.40

INTERVENTION EVALUATION

38. Evaluating 'Wild Skills Wild Spaces' an ecotherapy programme: *Paul Sellars, Cardiff Metropolitan University*

39. A pilot randomised controlled trial assessing the impact of sophrology in adults living with chronic pain: *Caroline Lafarge, University of West London*

40. Rapid adaptation and optimisation of a digital behaviour change intervention to reduce the spread of COVID-19 in schools: *Georgia Treneman-Evans, University of Bristol*

41. Health Psychology in Action - The implementation and evaluation of a university based scheme to reduce period poverty: *Katherine Swainston, Teesside University*

42. Determining the effect of psychosocial interventions targeting chronic pain in people with COPD: a systematic review with narrative synthesis: *Jeanette Morris, Teesside University*

43. Treatment fidelity of delivering a physiotherapy-led behavioural intervention in people with peripheral arterial disease (MOSAIC): *Mandeep Sekhon, St. George's University London*

CHILD AND ADOLESCENT HEALTH

44. Parent and child experiences of skin conditions: Towards offering a Mindfulness-based support intervention: *Olivia Hughes, Cardiff University*

45. Care co-ordination for children with disability or developmental difficulty empowers families and reduces the burden on staff supporting them: *Bethan Collins, Sparkle (South Wales)*

46. The psychological impact of results of uncertain clinical relevance from newborn screening: systematic review and meta-synthesis of qualitative research: *Faye Johnson, University of Manchester*

47. Children's and caregiver's experiences of receiving remote therapy from Leeds Children's hospital: *Richard Hobbs, Leeds Teaching Hospitals Foundation Trust*

48. Understanding the effects of living with Coeliac on the psychological wellbeing and quality of life of adolescents and their Parents: *Ummara Akhtar, University of Bedfordshire*

HEALTH CONDITIONS

49. Healthcare communication behaviours in inflammatory bowel disease: Exploring patient and family member perceptions: *Rachel Hawkins, Christie NHS Foundation Trust*

50. Investigating the lived experience of men with Chronic Fatigue Syndrome (CFS): *Gracie Snell, Cardiff Metropolitan*

University 51. The role of psychological stress in Inflammatory Bowel Disease: A systematic review: *Jacqueline Black, KCL*

52. "It's like a constant black cloud": a qualitative investigation of quality of life and illness perceptions in endometriosis: *Chloe Moore, University of Strathclyde*

53. Applying health psychology models and frameworks to develop a patient support programme for people with multiple sclerosis: *Kate Hamilton-West, IQVIA*

54. The association between perceived burden and support received from online social support in family caregivers on individuals with Spinal Cord Injury: *Somayyeh Mohammadi, Kingston University*

55. Medication adherence in Behcet's disease in the context of COVID-19: A qualitative study: *Emily Arden-Close, Bournemouth University*

56. Health Psychology in Action - Exploring predictors of Quality of Life in Type 2 Diabetes Mellitus Patients residing in the UK and Saudi Arabia: *Mesha Alqansaee, University of Reading*

HEALTH BELIEFS AND HEALTH BEHAVIOURS

57. How healthy are public health service delivery workers? A mixed method study comparing the health and well-being of public health workers with the

general population: *Elizabeth Gilbert, Everyone Health*

58. The role of affect in physical activity: A longitudinal examination: *Rana Alhawtan, Leeds University*

59. Health Psychology in Action The effect of implicit attitudes on sleep quality: *Olga Guba, University of West London* 60. Music for sleep: an online listening study to explore listeners perceptions of sleep music: *Rory Kirk, University of Sheffield* 61. Systematic review of the impact of Estrogens on cognition during the menopausal transition: *Kofi Browne, University of Strathclyde* 62. 'It's a lifeline': Benefits, barriers and acceptability of online yoga during the COVID-19 pandemic: *Tina Cartwright, University of Westminster* 63. Public perceptions of the risk of COVID-19 as predictors of behaviour: a longitudinal qualitative study: *Anna Torrens-Burton, Cardiff University* 64. Works in Progress Posters - Physical activity levels of adults with Epilepsy in the UK: *Sarah Collard, Bournemouth University* 65. Works in Progress Posters - 'Have they brushed their teeth this morning?' A qualitative investigation of how COVID-19 affected children's oral health behaviours: *Sarah Peters, University of Manchester*

66. Works in Progress Posters - Training dentists and allied practitioners to discuss tooth-kind behaviours with children: *Sarah Peters, University of Manchester*

HEALTH LITERACY

67. Understanding how members of the public from Black and South Asian communities' access and share scientific evidence: A qualitative interview study: *Kristin Hanson, Kingston University*

68. Would you rely on science or medical thinking? Cognitive predictors of complementary and alternative medicine use in women with and without a cancer diagnosis?: *Vladimira Cavojoja, Centre of Social and Psychological Sciences, Slovak Academy of Sciences*

69. The role of scientific understanding in normative health behaviour during the COVID-19 pandemic: *Jakub Srol, Institute of Experimental Psychology, CSPS, Slovak Academy of Sciences*

70. Understanding the measurement of public health literacy: A Delphi study: *Luke Sawyers, University of Nottingham* 71. Preconception decisions in women with Cystic Fibrosis: exploring preferences, experiences and unmet information needs: *Denitza Williams Division of Population Medicine, School of Medicine, Cardiff University and Cardiff School of Sport and Health Sciences, Cardiff Metropolitan University*

Wednesday 29 June 2022 Session 2

	Room 1	Room 2	Room 3	Room 4
TIME	STRESS Chair	ADJUSTMENT TO ILLNESS Chair	HEALTH BELIEFS Chair	TRANSLATING THEORY INTO PRACTICE Chair

11.20	#51: MSc Project Prize Winner The Perceived Stress Scale for Kids (PeSSKi) aged 7-11 years: Initial development and evaluation for a brief measure of self-reported stress <i>Christina Davis</i> <i>Bournemouth University</i>	#54: An exploration of successful psychosocial adjustment to long term in-centre haemodialysis <i>Romana Kapadi</i> <i>University of Derby & Staffordshire University</i>	#57: Values and meaning in life: Influences on informal caregiver motivations and willingness for caring? <i>Mikolaj Zarzycki</i> <i>Bangor University</i>	#60: Exploring the influences on the use of behavioural science in Public Health practice: A qualitative investigation <i>Abigail Moffat</i> <i>University of Bedfordshire</i>
11.40	#52: Effects of childhood trauma on sleep quality and stress related variables in adulthood <i>Daryl O'Conner</i> <i>University of Leeds</i>	#55: CMN through the lens: Using photo-elicitation interviews to explore positive adjustment in young people to congenital melanocytic naevus <i>Ella Guest</i> <i>UWE</i>	#58: Are you in or are you out? Attitudes to organ donor registration in England <i>Natalie Clark</i> <i>South Tees Hospitals NHS Foundation Trust</i>	#61: An evaluation of an MSc Health Psychology Mentoring pilot <i>Sally Henton</i> <i>University of Stirling</i>
12.00	#53: Predicting caseness of posttraumatic stress disorder using the PTSD checklist for DSM-5 (PCL-5) among patients receiving HIV care <i>Ashraf Kagee</i> <i>Stellenbosch University</i>	#56: How do illness perceptions influence the effectiveness of self management in individuals living in Bermuda with T2 Diabetes (T2D) <i>Tameisha Matthew</i> <i>UWE</i>	#59: Using the Behaviour Change Wheel to understand and address the barriers and facilitators for seasonal influenza uptake among NHS employees in Wales <i>Rachael Thorneioe</i> <i>Sheffield Hallam University</i>	
12.20	LUNCH			

	Room 1	Room 2	Room 3	Room 4
TIME	CHILDREN AND YOUNG PEOPLE Chair	INTERVENTION EVALUATION AND IMPLEMENTATION Chair	LIVED EXPERIENCES Chair	Workshop <i>Clair Dempsey</i> <i>University of Oxford</i>
13.20	#62: Exploring teachers' perceptions of promoting acceptance of diverse appearances in primary school children (4-11 years) <i>Jade Parnell</i> <i>UWE</i>	#67: Opportunities for implementing a digital education intervention on congenital cytomegalovirus in antenatal education <i>Amy Montague</i> <i>Kingston University</i>	#71: Queen of Hearts: The lived experience of mothers of complex Congenital heart disease infants in Sri Lanka <i>Navangi de Silva</i> <i>University of West London</i>	Mechanisms and application of the photovoice method
13.40	#63: Evaluating a body image school-based intervention in India: A randomised controlled trial. <i>Helena Lewis-Smith</i> <i>UWE</i>	#68: A randomised controlled trial evaluating a scalable social media based intervention to reduce body dissatisfaction among young Indonesian women <i>Sharon Haywood</i> <i>UWE</i>	#72: trans*forming learning: Including lived experiences of transgender people into a healthcare training programme <i>Kevin Turner</i> <i>UWE</i>	
14.00	#64: A DELPHI consensus process to expertly define bedtime routines for families with young children <i>George Kitsaras</i> <i>University of Manchester</i>	#69: A randomised controlled trial assessing the feasibility of evaluation and potential efficacy of a context aware smoking cessation app <i>Felix Naughton</i> <i>UEA</i>	#73: A feeling of otherness: A qualitative research synthesis exploring the lived experiences of stigma in individuals with inflammatory bowel disease <i>Kate Muse</i> <i>University of Gloucestershire</i>	

14.20	#65 “She wasn’t buying into that...” Exploring healthcare professionals communication about children and young people with pain in paediatric rheumatology <i>Rebecca Lee</i> <i>University of Manchester</i>	#70: Development of a checklist for assessing fidelity of receipt in a gait rehabilitation behaviour change intervention for people with early rheumatoid arthritis <i>Mandeep Sekhon</i> <i>Kingston University & St. Georges University of London</i>	#74: “Shame on me” Exploring the role of self-stigma and self-perceived burden in depressive and anxiety in diabetes patients <i>Nelson C. Y. Yeung</i> <i>The Chinese University of Hong Kong</i>	
14.40	#66: “If they don’t ask, I won’t bring it up...” Exploring children and young people’s experiences and perceptions of pain communication in pain in paediatric rheumatology <i>Rebecca Lee</i> <i>University of Manchester</i>			
15.00	POSTER SESSION 3 and Refreshments			
15.40	KEYNOTE 2: Professor Marijn de Bruin			

POSTER SESSION 3: WEDNESDAY 15.00

PSYCHOLOGICAL DISTRESS & MENTAL HEALTH

72. A systematic review of the role of culture on the mental health service utilisation among ethnic minorities in the United Kingdom: *Sandra Nwokoroku, Teeside University*
73. University students’ attitudes and understanding of (mental) health maintenance through physical activity and mindfulness meditation: *Masha Remskar, University of Bath*
74. Algerian international students’ mental health and well-being in UK universities: *Nesrine Boussaoui, Strathclyde University*
75. Menstrual exacerbation of mental health disorders: A systematic review of prospective studies
76. Prevalence of Psychiatric disorders and their effects on Quality of Life of patients with Psoriasis: A Sri Lankan perspective: *Ranmini Wijekoon, National Hospital, Kandy, Sri Lanka*

77. Coping with psychological distress during COVID-19: Cautionary role of self criticalness among healthcare workers: *Anika Petrella, University College London Hospitals NHS Foundation Trust*
78. The perspectives and lived experiences of LGBTQ! people in secondary education in North Cyprus: the impact on mental health and wellbeing: *Enver Ethemer, University of Strathclyde*
- METHODOLOGICAL DEVELOPMENT
79. Development and validation of a multiple group internalized stigma measure: *Diego Castro, Social Research Unit, UCL*
80. Development and psychometric validation of a novel clinical checklist of impact of sarcoma-related symptoms and dysfunction: The Sarcoma Assessment Measure (SAM): *Nick Hulbert-Williams, University of Chester*
81. Work-related stress-management self-efficacy: development and validation of a new measurement tool: *Nick Hulbert-Williams, University of Chester*
82. [Health Psychology in Action: Beliefs and knowledge about menstruation, self-objectification and sexual self-concept: A scale validation and questionnaire study: *Deirdre Ferriter, Ulster University*](#)
83. The Declarative Mapping Sentence Methodology for determining the nature of the multifarious aspects of health and well-being associated with COVID-19: *Ava Gordley-Smith, Emerson College*
- PHYSICAL SYMPTOMS
84. What psychological interventions are effective for the management of Persistent Physical Symptoms (PPS)? A systematic review and meta-analysis: *Katherine Swainston, Teeside University*
85. Experiences of loneliness and social isolation in patients with medically unexplained physical symptoms without a diagnostic label: A qualitative study: *Nora Hilmy, UWE*
86. Supporting physiotherapists to use Psychologically-Informed Approaches when working with people living with persistent pain (PLPP): *Anna Mathieson, St George's University Hospitals NHS Foundation Trust*
87. Prevalence and correlates of Post-Traumatic Stress Disorder Symptoms among adults with a history of chronic medical illness: *Haifa Bin Haamed, University of Sheffield*
88. The effectiveness of Cognitive Behavioural Therapy Interventions in managing menopausal symptoms: A systematic review: *Victoria Rogers, UWE*
- WEIGHT MANAGEMENT AND HEALTHY EATING
89. The development of an ACT-based intervention for self-determination in weight management: *Jennifer Cox, University of Bristol*
90. A seven-day remote intervention to manage food cravings and emotions during the COVID-19 pandemic: *Tracey Devonport, University of Wolverhampton*
91. [Works in Progress Poster - Identifying Factors that influence the eating behaviours of university students: A systematic review: *Sally Johnson, University of Wolverhampton*](#)
92. [Works in Progress Poster - Digital interventions for weight management in the NHS: An evaluation of patient experiences from two NHS trusts. *Karen Shepherd Nicholls, University of Wolverhampton*](#)
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