

MAYNOOTH UNIVERSITY
22ND MARCH | 2019



PSYCHOLOGY
HEALTH &
MEDICINE
CONFERENCE
2019

#phm2019

SPONSORED BY



Promoting high quality research at the interface of
psychology, health and medicine



**The British
Psychological Society**
Northern Ireland Branch

Welcome from the Conference Chair

Dear Delegate,

We warmly welcome you to the 16th annual Psychology, Health and Medicine Conference here at Maynooth University. This yearly celebration of health psychology on the island of Ireland represents a highly successful ongoing collaboration of the Divisions of Health Psychology in the Psychological Society of Ireland and the British Psychological Society Northern Ireland Branch. The 2019 conference is proudly sponsored by the Health Research Board in addition to Maynooth University's Conference and Workshop Support Fund, Department of Psychology and ALL Institute.

It is now over a decade since the Psychology, Health and Medicine Conference was last held in Maynooth University, and much has happened in the interim. With more than 12,000 students from over 90 countries, Maynooth University is now the nation's fastest growing university, renowned for the quality and value of its research and scholarship, dedication to excellent teaching, and provision of an outstanding learning environment for its students. An internationally recognised institution, Maynooth University placed in the global top 100 universities under 50 years old in the 2018 Times Higher Education World University Rankings.

This conference happily coincides with the twentieth anniversary of Maynooth University's Department of Psychology, a vibrant and internationally recognised centre of high quality teaching and research offering BA and BSc undergraduate degrees in Psychology, an MSc conversion programme, as well as postgraduate degrees by research (MSc and PhD). Research in health psychology has been a key focus in the Department and many of the academic staff have made significant contributions in this field. In recognition of our ongoing commitment to producing cutting-edge research at the interface of psychology, health and medicine, our Department articulates Rehabilitation, Disability and Health Psychology as one of our distinctive research themes. Furthermore, many of our staff are members of the Assisting Living and Learning (ALL) Institute founded in 2017, which brings together the expertise of academics across several diverse university departments to help people who may be challenged by disability, chronic illness, frailty or cognitive decline to benefit from the equitable application of technological, personal, community and societal initiatives that assist and enable them to live a full life as valued participants of their community.

I am sure that you will leave the conference better informed as a result of the exciting research on display. I hope that you will also be able to spend some time exploring our historic environs and enjoy the best that Maynooth has to offer.



Dr. Laura Coffey
Conference Chair
Psychology, Health and Medicine Conference 2019

Local Organising Committee: Dr. Laura Coffey (Chair), Dr. Michael Daly, Dr. Deirdre Desmond, Dr. Unai Diaz-Orueta, Prof. Mac Maclachlan, Dr. Rebecca Maguire, Prof. Sinéad McGilloway, Dr. Brenda O'Connell

Scientific Committee: Dr. Laura Coffey (Chair), Dr. Catherine Darker, Dr. Martin Dempster, Dr. Samantha Dockray, Dr. Simon Dunne, Dr. Frank Doyle, Prof. Stephen Gallagher, Dr. Rebecca Maguire, Dr. Jenny McSharry, Dr. Gerry Molloy

Morning Programme

9.15	Coffee and registration (<i>Iontas Foyer</i>)		
10.00	Opening ceremony (<i>Iontas Lecture Theatre</i>) with Dr Laura Coffey (Conference Chair) and Terri Morrissey (CEO, Psychological Society of Ireland)		
10.10	Keynote 1 (<i>Iontas Lecture Theatre</i>) Marie Ennis-O'Connor – Patient and Public Involvement in Research: From Rhetoric to Reality Chair: Professor Molly Byrne		
11.00	Morning parallel sessions		
	Track 1 <i>(Iontas Lecture Theatre)</i> Cancer Survivorship Chair: Dr Rebecca Maguire	Track 2 <i>(Iontas Seminar Room)</i> Managing Long-Term Conditions Chair: Dr Frank Doyle	Track 3 <i>(An Foras Feasa Seminar Room 1.33)</i> Promoting Healthy Behaviours Chair: Dr Samantha Dockray
11.00	Louise Mullen Psychological care for cancer patients: Findings from the National Cancer Survivorship Needs Assessment	Ella Tuohy Adolescent experiences of assuming increasing self-management responsibilities for Type 1 diabetes	Catherine Darker Examining total and domain-specific sedentary behaviour using the socio-ecological model – a cross sectional study of Irish adults using the Healthy Ireland survey
11.15	Patrick Murphy Addressing treatment-related sexual side effects among cancer patients: Sub-optimal practice in radiation therapy	Simon Dunne Integrating self-management into daily life following head and neck cancer: Survivors' perspectives	Jenny McSharry Exploring the implementation of a mobile-device based system to support Type 2 diabetes medication adherence in primary care: A qualitative study with healthcare staff
11.30	Frances Drummond Unmet needs of cancer patients are being met in a volunteer-led community based cancer support centre	Sandra Kearney A qualitative interview study on the psychosocial and healthcare needs of individuals with epidermolysis bullosa	Karen Matvienko-Sikar Developing, implementing, and evaluating the Choosing Healthy Eating for Infant Health (CHERISH) intervention to prevent childhood obesity: A feasibility study
11.45	Stephen Gallagher Social identity, online social support and psychological wellbeing in those living with breast cancer	Eimear Morrissey Improving outcomes for young adults with Type 1 diabetes in Ireland: Refining the D1 Now intervention	Chris Noone Comparing interventions to increase physical activity to anti-hypertensive monotherapy on blood pressure reduction in people with hypertension: a network meta-analysis
12.00	Nick Clarke Health literacy and head and neck cancer survivors: A population-based cross-sectional study	Áine Mahon Stigmatization and the impact of alopecia in adults	Margaret Lawler Effects of a peer-led motivational interviewing intervention on physical activity levels of adolescents in low SES communities
12.15	Andy Cochrane Unmet supportive care needs of people living with lung cancer and their caregivers	Caroline Rawdon Are conversations about Type 1 diabetes self-management complex? Parents' perspectives	Molly Byrne An international, Delphi consensus study to identify priorities for methodological research in behavioural trials

Afternoon Programme

12.30	Lunch and poster viewing (<i>Iontas Foyer</i>) sponsored by Maynooth University Conference and Workshop Fund PSI Division of Health Psychology AGM (13.00-14.00, <i>Iontas Seminar Room</i> – all welcome)		
14.00	Keynote 2 (<i>Iontas Lecture Theatre</i>) Professor Claire Foster – Supporting people to live with and manage consequences of cancer and its treatment: How do we personalize care? Chair: Professor Pamela Gallagher		
14.50	Afternoon parallel sessions		
	Track 1 <i>(Iontas Lecture Theatre)</i> Optimising the Delivery of Healthcare and Education Chair: Dr Catherine Darker	Track 2 <i>(Iontas Seminar Room)</i> Ageing, Health and Disability Chair: Dr Simon Dunne	Track 3 <i>(An Foras Feasa Seminar Room 1.33)</i> Stress and Physiological Functioning Chair: Professor Stephen Gallagher
14.50	Siobhan O'Connor How do we increase the understanding of public health research? An early years knowledge translation case study	Aoife McNicholl The educational and psychosocial impact of assistive technology use in higher education: A systematic review	Samantha Dockray Puberty influences cortisol responses to lab and ecological stressors in adolescence
15.05	Amanda Roberts Experience of bereavement and grief support: An Irish population study	Richard Lombard-Vance Rehabilitation engagement and cognitive functioning in people with lower limb amputation	Tracey Keogh A cross-sectional analysis of cardiovascular reactivity and hemodynamic profile in smokers, non-smokers and social smokers
15.20	Amy Corbett 'Fear of the unknown': Parents' views on transitioning young adults with congenital heart disease from paediatric to adult healthcare	Eoin Brown Loneliness and cardiovascular activity in older adults	Michael Daly Perceived weight discrimination mediates the prospective association between obesity and physiological dysregulation: Evidence from a population-based cohort
15.35	Caroline Kelleher Standardising STI and HIV behavioural surveillance in Ireland: Developing a national second generation surveillance system	Teresa Corbett Using the cumulative model of patient complexity to understand supported self-management in older people living with multi-morbidity and cancer: A theory-led qualitative systematic review	Clare Bohan An investigation into classroom management self-efficacy as a predictor of student-related stress and burnout: A mediation analysis
15.50	Coffee and poster viewing (<i>Iontas Foyer</i>)		
16.10	Keynote 3 (<i>Iontas Lecture Theatre</i>) Professor Carsten Wrosch – Goal adjustment capacities, psychological well-being, and physical health Chair: Professor Des O'Neill		
17.00	Awards and closing ceremony (<i>Iontas Lecture Theatre</i>) with Dr Laura Coffey, Dr Jenny McSharry (Chair, PSI Division of Health Psychology) and Dr Karen Matvienko-Sikar (PHM 2020 Chair, UCC)		
17.30	Wine reception (<i>Iontas Foyer</i>) sponsored by Maynooth University Department of Psychology		

Poster presentations (*Iontas Foyer*)

*Research in Development; #Psychology in Action

Theme 1: Weight Management and Physical Activity

1	A Habenicht	Qualitative audit of a six week in-patient low-calorie liquid diet intervention in a weight management service
2	K Matvienko-Sikar	A core outcome set for infant feeding interventions to prevent childhood obesity
3*	D Healy	A series of N-of-1 studies testing the predictive validity of the theory of planned behaviour in explaining sedentary behaviour in university students
4*	J Carolan	Obesity, emotion regulation and externalising behaviours in children and adolescents
5*	J Cooney	Is the relationship between obesity and anxiety mediated by systemic inflammation?

Theme 2: Health and Psychological Wellbeing

6	K Tallon	Mental health attitudes, support preferences, and prevalence of self-harm among young people in Ireland
7*	J O'Rourke	Pubertal timing and symptoms of anxiety and depression in Irish adolescents
8*	J O'Loughlin	A qualitative study exploring grief in adults bereaved by oncological loss in Ireland
9	A O'Riordan	Type D personality, social relationships and perceived life events stress
10*	F Doyle	Network meta-analysis of randomised trials of pharmacological, psychotherapeutic, exercise and collaborative care interventions for depressive symptoms in patients with coronary artery disease: Hybrid systematic review of systematic reviews protocol
11	P Quinn	'Buddies for life': helping primary school children develop and build emotional resilience, kindness and empathy

Theme 3: eHealth

12*	C McBride	Using a smartphone application (app) to self-manage and improve medication adherence in hypertension: A usability and feasibility study
13*	J Murphy	Developing a digital intervention to support adherence to inhaled corticosteroids for asthma: Focus groups with young adults (15-30 years)
14	A O'Brien	"It helps me stay healthy!" Exploring the role of mHealth (mobile technologies) in facilitating healthy lifestyle choices in women with a mild intellectual disability
15*	R O'Malley	Personality, mHealth and influenza vaccination uptake in adults with asthma: A cross-sectional study
16*	G Cullina	An exploration of the barriers to engagement with an internet-based psychological intervention in adults with chronic pain and multimorbidity

Theme 4: Health Behaviours

17	H Durand	A qualitative comparison of high and low adherers with apparent treatment-resistant hypertension
18*	L Foley	Prevalence and predictors of medication non-adherence among patients with multimorbidity: A systematic review and meta-analysis
19	S Dockray	Timing of puberty and substance use in young adults
20	V Vasiliou	Identification of the contexts and motivations associated with illicit substance use among third-level students using the COM-B model
21	R Finnegan	How alcohol, promiscuity and self-reflection affect life satisfaction
22*	L Clogher	Predictors of substance misuse in a university sample
23	R Niland	Stigma and outcome beliefs of partner notification for sexually transmitted infections: A preliminary study in Ireland
24*	A Duggan	Can a motivational (MI) based coaching intervention enhance the recovery of those self-reporting dissatisfaction in recovery from problematic health behaviours
25	O Meade	INTeRACT for Health: Building integrated Knowledge Translation capacity nationally and within the Health Behaviour Change Research Group and HSE health and wellbeing

Theme 5: User Experiences of Healthcare

26	L Levy	Users' perceptions of cultural sensitivity, empathy and compassion in Irish healthcare settings
27*	A Szproch	Exploring reflections of health-related decision making following cancer treatment
28*	E Cooney	Exploring the perceived role of pharmacists in the guidance of self-management behaviours of individuals with diabetes mellitus: A qualitative study
29	P Collins	An evaluation of Access to Psychological Services Ireland: Year one to three outcomes
30*	J Howell	Transgender individuals' expectations and experiences of transition-related healthcare in Ireland
31*	N Warner	Predictive factors for psychological distress during BRCA 1/2 testing: A systematic review
32#	A O'Brien	An experienced sense of community on the Care Opinion patient feedback platform
33	F Doyle	Incidence of post-vasectomy pain: A systematic review and meta-analysis

Theme 6: Psychophysiology

34	G McMahon	Attachment, social support and cardiovascular reactivity
35	A Costello	Emotional intelligence, dysfunctional emotion regulation and cardiovascular recovery from stress
36	A Walsh	The influence of perceived social support on personality type D and cardiovascular reactivity to acute psychological stress
37*	C Rice	Depersonalization: An exploration of the psychological and physiological stress response of a healthy population
38*	D Cullinane	Eye contact as a means of stress recovery in romantic dating couples

Theme 7: Adolescent and Young Adult Health

39	A Hickey	The effects of training adolescents in a proven method for behaviour change - a pilot study
40*	B Casey	Improving outcomes for young adults with Type 1 diabetes in Ireland: the D1 Now randomised pilot study protocol
41*	S Cox	Establishing the feasibility of a Type 1 diabetes (T1D) agenda setting tool among young adults with T1D in Ireland
42	O Mooney	Self-management in children and young people with epilepsy: A systematic review and qualitative meta-synthesis
43*	N Sweeney	The experience of young Irish adults acting as peer mentors to adolescents with juvenile idiopathic arthritis

Theme 8: Healthcare Professional Perspectives

44	M Cecchetti	Evaluating the longitudinal impact of a disability education intervention on medical students' attitudes towards persons with a disability
45*	A Corral Maher	Testing and expanding the LGBT Development of Clinical Skills Scale
46*	D O'Sullivan	Developing a predictive model of physicians' likelihood to provide smoking cessation interventions to patients
47*	E Kenny	An investigation into the barriers and facilitators to seasonal influenza vaccination among healthcare workers in long-term care facilities using the Theoretical Domains Framework and the COM-B Model
48*	J Hanratty	A qualitative exploration of the nature of resilience among paramedics and its relationship to their health and wellbeing
49*	T Nyamakope	Pain management with over-the-counter medication in Irish community pharmacies

Theme 9: Ageing, Disability and Health

50*	P Carroll	Patient experience and perspective of erectile dysfunction: A qualitative study
51*	R Beghean / Ó Dooley	Psychological after-effects of limb loss: A systematic review
52	R Lombard-Vance	Community participation after lower limb rehabilitation: A descriptive and longitudinal perspective
53*	V Guzman	Does alcohol consumption mediate the relationship between social factors and cognitive outcomes in older adults? Results from the Irish Longitudinal Study of Ageing
54*	A Creaven	Qualitative exploration of the subjective experiences of phantom limb pain in amputees

Keynote Speakers



Marie Ennis O'Connor is a patient advocate and internationally recognised keynote speaker, writer and consultant on global trends in patient engagement, digital health and participatory medicine. With a passionate interest in the role of social media in healthcare, Marie set up #BCCEU, Europe's first breast cancer social media chat, and is a founding member of Health2.0 Dublin, part of the Health2.0 international movement. She serves on the external advisory board of the Mayo Clinic Center for Social Media, and on the board of trustees for the Patient Empowerment Foundation, a network of people, foundations, organisations and medical institutions dedicated to empowering patients worldwide. In 2016, Marie was appointed to a panel of multi-sectoral experts in Path to Zero, the Economist Intelligence Unit's research, policy and advocacy initiative that aims to surface innovative strategies to support the elimination of the Hepatitis C virus. Marie's work is informed by her passion for embedding the patient voice at the heart of healthcare systems and values.

Patient and Public Involvement in Research: From Rhetoric to Reality

It's an exciting time in health research. As a broader view of what constitutes expertise and research evolves, barriers between the research community and the public are eroding, paving the way for the growth of patient and public involvement (PPI) in research. PPI occurs when individuals meaningfully and actively collaborate in the governance, priority setting, and conduct of research, as well as in summarizing, distributing, sharing, and applying its resulting knowledge. PPI is an important step in ensuring that the real life experiences of patients are considered in decision-making processes around research. Placing patients at the centre of research holds great promise but is not without pitfalls. Nowadays, researchers are expected to include the voices of patients in their projects, but acquiring the necessary competence to engage patients in a meaningful way is seldom taught. This keynote presentation will address both the opportunities and challenges of patient and public involvement in research. We will begin by defining what we mean by PPI and describe the value partnerships can have for individuals, communities and organisations. We will then delve into the underlying motivations of involvement, examine the implications of power dynamics and explore the gap between rhetoric and reality. We will also inquire into the question of whose interests the impact agenda serves, how to measure the impact of PPI and how researchers can expand dissemination of research beyond standard academic outputs by leveraging social media and online communities. Finally, we will reflect on opportunities for working together in a collaborative way that makes for more meaningful engagement and bridges the gap between what science delivers and patients need.



Prof. Claire Foster is Professor of Psychosocial Oncology and Director of the Macmillan Survivorship Research Group at the University of Southampton. Her research focuses on understanding the impact of cancer and its treatment on everyday lives and how equipped people feel to manage this; understanding the impact of a family history of cancer on people's lives; and developing and testing supportive resources to support people affected by cancer to manage some of the consequences of treatment and make complex decisions about treatment or genetic testing. This is achieved through large prospective cohort studies, qualitative studies, and the development and testing of complex interventions. Prof. Foster's work has been published widely and her research has been funded by Macmillan Cancer Support, National Institute for Health Research, Movember, Breast Cancer Now, Research for Patient Benefit, and the Roy Castle Lung Cancer Foundation.

**Supporting people to live with and manage consequences of cancer and its treatment:
How do we personalize care?**

This talk will focus on key findings from the Macmillan Survivorship Research Group. It began with the Macmillan Listening Study where we asked people affected by cancer across the UK what they thought were the most important areas cancer research should focus on. Their top priority was the impact of cancer on everyday lives and finding ways to support people with this. This piece of work provided the foundations for our subsequent programme of research. The CREW study involved a prospective cohort of 1000 people recently diagnosed with colorectal cancer and awaiting their primary surgery. They were recruited from 29 UK hospitals and followed up for 5 years. CREW has highlighted the important role of psychosocial factors in recovery from colorectal cancer and the need to provide support to those with the most complex needs to enable them to gain confidence to live with and manage the consequences of cancer. RESTORE is a web-based resource developed by the team to support people to live with and manage the impact of fatigue on their daily lives following treatment. RESTORE has been trialled in 12 hospitals and demonstrated that confidence to manage fatigue can improve with intervention. HORIZONS is a UK wide cohort study involving 3000 people recently diagnosed with breast <50 years, Non-Hodgkin Lymphoma (Large B Cell), and gynaecological (ovarian, endometrial, cervical and vulval) cancers. Participants are being recruited from over 100 UK hospitals soon after diagnosis and before treatment begins to assess the impact of cancer and treatment on their lives in the short, medium and long term. Our research findings are changing practice. Key findings will be presented to support discussion regarding how these might be taken forward in Ireland.



Prof. Carsten Wrosch is Research Chair in Aging and Health, Professor of Psychology, and director of the Personality, Aging, and Health Lab at Concordia University, Montreal. His research focuses on identifying pathways to successful living across the adult lifespan by examining from a self-regulation perspective how people adjust to challenging life circumstances and prevent adverse consequences for their psychological, biological, and physical health (e.g., depression, cortisol dysregulation, or chronic disease). Prof. Wrosch's widely cited theoretical and empirical work has been published extensively in the leading journals of psychology and ageing, and has received international media coverage. He is the

recipient of a New Investigator Award and the Recognition Prize in Research in Aging from the Canadian Institutes of Health Research (CIHR). His research has been funded by the CIHR and Social Sciences Humanities Research Council of Canada.

Goal adjustment capacities, psychological well-being, and physical health

This keynote presentation addresses the adaptive management of unattainable goals. Based on theories from personality, health, and life-span developmental psychology, it is argued that the experience of unattainable goals requires a person to disengage and to reengage in other meaningful goals. Key findings from the literature and results from a recent quantitative review are discussed. These studies examine the associations between individual differences in goal adjustment capacities with psychological well-being and physical health, and test potential mediators of these associations. Results suggest that the capacity to disengage from unattainable goals and to reengage in other or new goals represent adaptive self-regulation factors that can facilitate health through emotional and behavioural processes.

Acknowledgements

We would like to extend our most sincere thanks to the following:

Our keynote speakers

Marie Ennis-O'Connor
Prof. Claire Foster
Prof. Carsten Wrosch

Our sponsors

Health Research Board
Maynooth University Conference and Workshop Support Fund
Department of Psychology, Maynooth University
ALL Institute, Maynooth University

The Psychological Society of Ireland – especially Terri Morrissey, Alison Corr, and the Committee members of the Division of Health Psychology – for all of their support in organising this conference

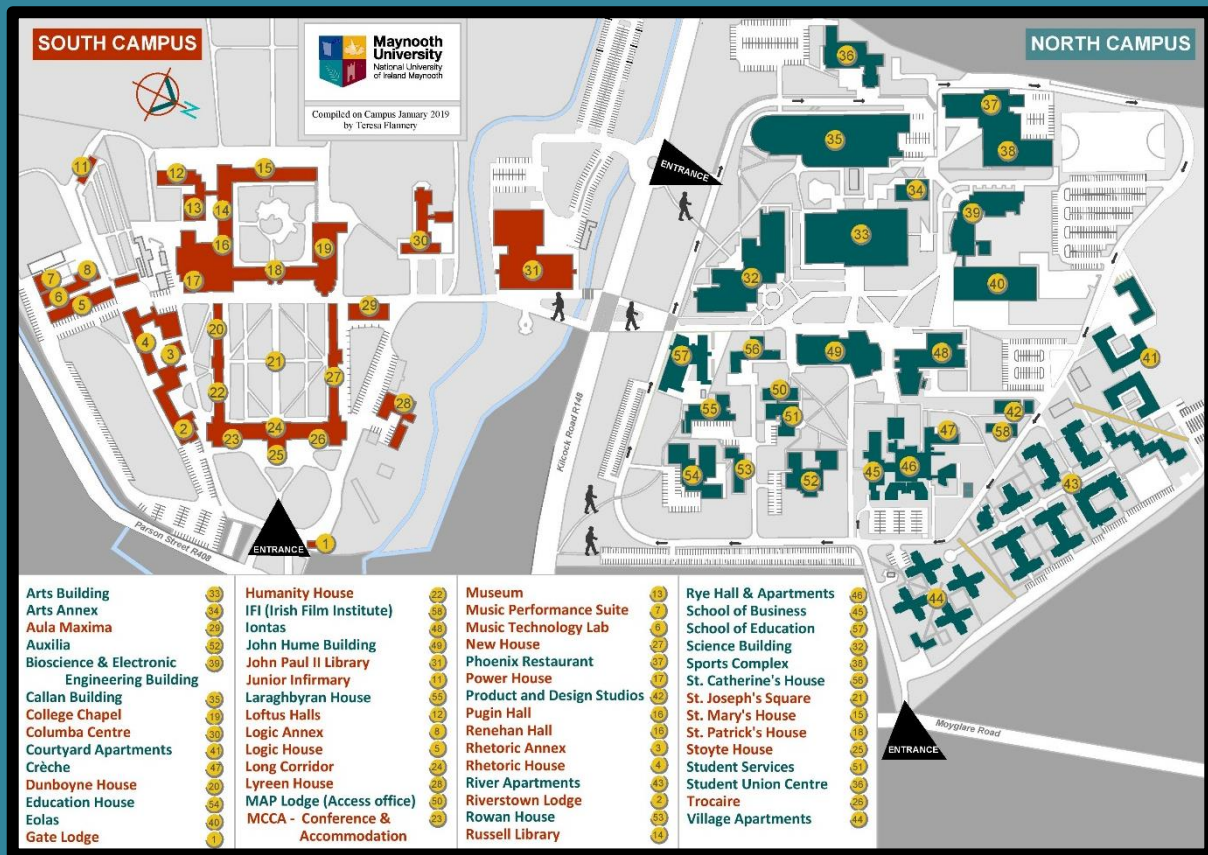
Our stewards

Andrew Crabbe
Annalena Dressler
Nathalie Kóka
Chloe Murphy

Our keynote and session chairs

Prof. Molly Byrne
Dr. Catherine Darker
Dr. Samantha Dockray
Dr. Frank Doyle
Dr. Simon Dunne
Prof. Pamela Gallagher
Prof. Stephen Gallagher
Dr. Rebecca Maguire
Prof. Des O'Neill

MAYNOOTH UNIVERSITY CAMPUS MAP



MU-Guest Wi-Fi is available to all delegates; no username or password is required.

Tweet about the conference using **#phm2019**

The full abstract book for PHM 2019 is available to download from our website:

<https://www.maynoothuniversity.ie/psychology/psychology-health-medicine-conference-2019>