Psychology and Sport Sciences Research Seminars 2018-2019

SEMESTER A

Day & Time: Thursdays 16.00-17.30 (but see a different start time on 6 December)

Locations: 2H255 (CP Snow), 1F392, D102 and A154 (Lindop) on College Lane Campus

Date	Speaker / Topic	Room
04.10.18	**Manila Vannucci, University of Florence** *Moving forward in the study of mind wandering: A dynamic process-based perspective*	**2H255**
11.10.18	**Scott Cole, York St. John University** *The effects of mental simulation on behaviour: A meta-analysis*	**2H255**
18.10.18	**Mike Page and Andrew Paice, University of Hertfordshire** *Open science discussion event*	**2H255**
25.10.18	**Jonathan Katz, Performance in Mind** *Supporting the person, not just the performance*	**D102**
01.11.18	**Caroline Edmonds, University of East London** *Drinking water affects attention and memory, but are both effects of hydration?*	**2H255**
08.11.18	**Catherine Loveday, University of Westminster** *Accessing autobiographical memory through music, pictures, clothes and tangible objects*	**1F392**
15.11.18	**No Seminar**	
22.11.18	**Sonia Ponzo, University of Hertfordshire** *Balancing the body: Altered body representation in right hemisphere stroke patients and healthy subjects* **Rebecca Hadley, University of Hertfordshire** *I like to move it, move it: Using accelerometry to quantify the parameters of movement in people with Parkinson's.*	**2H255**
29.11.18	**Eleanor Maguire, UCL** *New views on old problems – memory and the brain*	**2H255**
06.12.18 **BPS event**	**Adrian Furnham, UCL** *UH - BPS London and Home Counties Networking event* *Why leaders fail and derail*	**A154**

Speaker	Abstract
Manila Vannucci, *University of Florence* **04.09.18**	***Moving forward in the study of mind wandering: A dynamic process-based perspective*** While reading a book, attending a lecture or driving, there may be moments when our attention spontaneously drifts away from the primary task and our mind starts wandering elsewhere towards internal thoughts, such as personal memories and prospective thoughts, whose content is unrelated to the ongoing task. We refer to this phenomenon as mind wandering (MW). Our understanding of the neurocognitive process of MW has dramatically increased over the past decade. However, up until recently, most research on MW has investigated this mental state from a static content-based perspective, by assessing whether task-unrelated thoughts are taking place during a task. A key challenge still facing research is the identification of the processes and events that prompt the initial occurrence of MW (the onset) as well as its maintenance-continuity over time: *Why* does the mind start wandering at that specific moment? And *how* does this mental state arise and unfold over time? In the seminar I will briefly review the state-of-the art in the field, and present a series of studies carried out by our research group, aimed at investigating the ongoing thought dynamics of MW, by combining behavioural techniques and pupillometry. The relevance of this dynamic process-based perspective for our understanding of how human attention and thought work, and its implications for applied research on MW in educational and professional contexts will be discussed.
Scott Cole *York St. John University* **11.10.18**	***The effects of mental simulation on behaviour: A meta-analysis*** Imagining situations in one's personal future is a common occurrence in humans and recent experiments show that mental simulation can change a range of behaviors for the better. The aims of this meta-analysis were to discover: (a) the unique effects of mental simulation on behavior change across a range of behaviors, and (b) under what circumstances mental simulation works best. After a search of all relevant experiments from three databases (PubMed, PsychINFO and Web of Science), 114 were identified (combined N = 4705). It was found that, on average, mental simulation had a small-medium beneficial effect on behavior (d = .44, 95% CI [.30, .57]). To investigate the second aim, a novel taxonomy was developed, whereby mental simulation varied on two dimensions; purpose (whether it was framed in a *positive* or *negative* way) and type (*process, performance, outcome*). Moderation analyses indicated that *positive performance* simulations were the most effective, followed by *neutral performance* and combined *process and positive outcome* simulations. Least effective (or decremental) to later behaviour were simulations that represented negative outcomes. It is hoped that these findings will invigorate new applied and theoretical research and lead to a more differentiated approach to mental simulation. *(co-authors: Debbie Smith, Kathryn Ragan & Chris Armitage)*
Mike Page and Andrew Paice University of Hertfordshire **18.10.18**	***Open science discussion event*** In this talk Dr. Mike Page and Andrew Paice will discuss the advantages of implementing a policy of Open Science within the Department, and will lead a conversation about the best way of doing so. They will present a general introduction to Open Science, starting with a brief review of the problems of 'closed' science and then detailing how more open scientific practices might be considered "best practice", helping us develop and formulate better research questions and experiments. We will conclude by presenting a "Departmental Open Science Policy", with some examples of 'work flows' and ways to implement this policy within your own work (e.g. through the OSF).

Jonathan Katz, *Performance in Mind* **25.10.18**	***Supporting the person, not just the performance*** The classical focus for sport psychology support has focused on 'mental skills' to improve performance outcome. This remains the visible objective in performance sport where athletes and, by extension, coaches and support staff, are frequently judged on athletes' results. The less visible demands and pressures that underpin athletic performance are increasingly being appreciated with psychology support. To that end, this talk will consider performance psychology, preparation psychology, and performance lifestyle demands. It will consider the role of individual well-being and the importance of effective professional relationships that underpin support programmes.
Caroline Edmonds, *University of East London* **01.11.18**	***Drinking water affects attention and memory, but are both effects of hydration?*** There is general consensus that drinking water facilitates certain cognitive processes and that hydration status, particularly dehydration, can impede cognition. In this talk, I present key findings from ongoing work examining the effect of drinking water on different aspects of cognitive performance. I will consider whether improvements in cognitive performance occur as a result of changes in hydration or as a consequence of other factor(s), and whether the same mechanism is responsible for changes in different cognitive domains.
Catherine Loveday, *University of Westminster* **08.11.18**	***Accessing autobiographical memory through music, pictures, clothes and tangible objects*** Being able to relive moments from our past is crucial for knowing who we are and who/where/what we want to be. It is the social glue that binds us and it allows us to set goals and make decisions. In this talk I will use empirical evidence to demonstrate how autobiographical memories are distributed across our lifespan and the crucial role they play in shaping our sense of self. I will explore the nature and relevance of the relationship between our autobiographical memories and music, pictures, clothes and tangible objects. Finally I will discuss the importance of this for people with memory loss, and those who have been displaced.
15.11.18	No Seminar
Sonia Ponzo *University of Hertfordshire* **22.11.18** **Rebecca Hadley**	***Balancing the body: Altered body representation in right hemisphere stroke patients and healthy subjects*** Differentiating between self and others, and recognising whether our body belongs to us, are key to self-consciousness and social interactions. The experience of feeling our body as our own (i.e. body ownership), whilst intuitive to us, entails a complex mechanism that involves integrating different sensory signals according to their contextual relevance (i.e. multisensory integration). In the first part of this talk, I will present neuropsychological data collected in right hemisphere stroke patients, in order to highlight how a compromised body representation can deeply affect self-consciousness. In the second part of this talk, I will argue for the importance of an often neglected sensory modality in shaping the experience of our own self: the vestibular system. In two different studies we delivered artificial vestibular stimulation to healthy subjects in order to investigate the contribution of the vestibular system to multisensory integration and body ownership. We show how the vestibular system balances other sensory modalities in order to promote sensory congruency and, ultimately, the maintenance a coherent sense of self. ***I like to move it, move it: Using accelerometry to quantify the parameters of movement in people with Parkinson's.***

University of Hertfordshire	Wrist-worn accelerometers provide an objective, yet non-invasive, way of quantifying physical activity and the intensity of movement over a given period of time (Eslinger et al., 2011; Roy et al., 2013). Research to date has predominantly focused on either using accelerometer data to classify specific, brief movements made by people with Parkinson's, such as sitting and standing (Salarian, Russmann, Vingerhoets, Burkhard, & Aminian, 2007; Albert, Toledo, Shapiro, & Kording, 2012), or to quantify levels of daily physical activity (Dontje et al, 2013; Benka Wallen, Franzen, Nero, & Hagstromer, 2015). Limited research has used accelerometers to a) understand the amount of movement involved when undertaking certain physical or social activities and b) over a sustained period of time to measure the amount of movement made by people with Parkinson's during and after they have engaged in physical activity. The few studies that have done so, have either focused on measuring sedentary behaviour in a home environment (Benka, Wallen et al., 2015; Dontje et al., 2013) and/or changes in physical activity during and after an intervention (van Nimwegen et al., 2013). This talk will focus on the way in which accelerometry can be used to measure the parameters of movement with people with Parkinson's to understand how dance might be a beneficial complementary therapy.
Eleanor Maguire, *UCL* **29.11.18**	***New views on old problems – memory and the brain*** Our past experiences are captured in autobiographical memories that provide our sense of self and the continuity in our lives. However, a precise understanding of the neural mechanisms involved in supporting these memories, and consequently our ability to develop principled interventions for memory-impaired patients, is currently lacking. In this talk I will describe neuropsychological and neuroimaging evidence that I believe offers a fresh perspective on key processes underpinning autobiographical memory, and on how specific brain regions interact to produce the seamless re-experiencing of past events.
Adrian Furnham, *UCL* **06.12.18** **BPS event**	***Why leaders fail and derail*** . Why do 50% of all leaders fail and derail? . The answer lies in the subclinical personality disorders . Five studies will be discussed

All are invited for drinks and snacks after the talks in the Psychology Staff Room (2H256) in CP Snow. Enquiries: Lia Kvavilashvili (l.kvavilashvili@herts.ac.uk**), Paul Jenkinson** (p.jenkinson@herts.ac.uk), **and Lindsay Bottoms** (l.bottoms@herts.ac.uk)