

UNIVERSITY OF HERTFORDSHIRE

Psychology and Sport Sciences Research Seminars 2018-2019

Day & Time: Thursdays 16.00-17.30 (except talks on 5 December, 14 March and 21 March)

Locations: 2H255 and 1H256 (CP Snow), and A154 (Lindop) on College Lane Campus

SEMESTER A

Date	Speaker / Topic	Room
04.10.18	Manila Vannucci, University of Florence <i>Moving forward in the study of mind wandering: A dynamic process-based perspective</i>	2H255
11.10.18	Scott Cole, York St. John University <i>The effects of mental simulation on behaviour: A meta-analysis</i>	2H255
18.10.18	Mike Page and Andrew Paice, University of Hertfordshire <i>Open science discussion event</i>	2H255
25.10.18	Jonathan Katz, Performance in Mind <i>Supporting the person, not just the performance</i>	D102
01.11.18	Caroline Edmonds, University of East London <i>Drinking water affects attention and memory, but are both effects of hydration?</i>	2H255
08.11.18	Catherine Loveday, University of Westminster <i>Accessing autobiographical memory through music, pictures, clothes and tangible objects</i>	1F392
15.11.18	No Seminar	
22.11.18	Sonia Ponzo, University of Hertfordshire <i>Balancing the body: Altered body representation in right hemisphere stroke patients and healthy subjects</i> Rebecca Hadley, University of Hertfordshire <i>I like to move it, move it: Using accelerometry to quantify the parameters of movement in people with Parkinson's.</i>	2H255
29.11.18	Eleanor Maguire, UCL <i>New views on old problems – memory and the brain</i>	2H255
06.12.18 6:30-8:00 pm	UH-British Psychological Society London and Home Counties Networking event Adrian Furnham, UCL <i>Why leaders fail and derail</i>	A154

SEMESTER B

Date	Speaker / Topic	Room
14.02.19	<i>No Seminar</i>	
21.02.19	<p>Ben Plimpton, University of Hertfordshire <i>Studying intrusive memories in a non-clinical population: Methodological considerations and the role of triggers</i></p> <p>Abigail Hucker, University of Hertfordshire <i>Non-adherence to immunosuppressants among kidney transplant recipients</i></p>	1H256
28.02.19	<p>Michael Hornberger, University of East Anglia <i>"Are we there yet?" - Spatial navigation and episodic memory in pre-clinical and symptomatic Alzheimer's Disease</i></p>	1H256
07.03.19	<p>Katsumi Mori, National Institute of Fitness and Sport, Kanoya University, Japan <i>Sport integrity and athlete welfare</i></p>	1H256
14.03.19 6:30-8:00 pm	<p>British Psychological Society London and Home Counties Networking event Itiel Dror, University College London <i>Bias in expert decision making</i></p>	A154
21.03.19 6:30-8:00 pm	<p>British Psychological Society London and Home Counties Networking event Nick Chater, University of Warwick <i>The Mind is Flat: Thought as case-law not naïve science</i></p>	A154
28.03.19	<p>Andrew Macleod, Royal Holloway, University of London <i>Prospection (Future-directed thinking), well-being and mental health</i></p>	1H256
04.04.19	<p>David Harris, University of Exeter <i>The role of attention control in flow</i></p>	1H256
11.04.19	<p>Simone Schnall, University of Cambridge <i>The role of the body in perception, morality and risk taking</i></p>	1H256
02.05.19	<p>Daniel Lakens, Eindhoven University of Technology <i>Towards better research practices</i></p>	1H256
09.05.19	<p>Jackie Andrade, University of Plymouth <i>How to enjoy dieting: Lessons from cognitive psychology</i></p>	1H256

Speaker	Abstract
<p>Manila Vannucci, University of Florence</p> <p>04.09.18</p>	<p><i>Moving forward in the study of mind wandering: A dynamic process-based perspective</i></p> <p>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</p>

	<p>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: <i>Why</i> does the mind start wandering at that specific moment? And <i>how</i> does this mental state arise and unfold over time?</p> <p>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.</p>
<p>Scott Cole York St. John University</p> <p>11.10.18</p>	<p><i>The effects of mental simulation on behaviour: A meta-analysis</i></p> <p>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 <i>positive</i> or <i>negative</i> way) and type (<i>process</i>, <i>performance</i>, <i>outcome</i>). Moderation analyses indicated that <i>positive performance</i> simulations were the most effective, followed by <i>neutral performance</i> and combined <i>process and positive outcome</i> 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.</p> <p>(co-authors: Debbie Smith, Kathryn Ragan & Chris Armitage)</p>
<p>Mike Page and Andrew Paice University of Hertfordshire</p> <p>18.10.18</p>	<p><i>Open science discussion event</i></p> <p>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).</p>
<p>Jonathan Katz, <i>Performance in Mind</i></p> <p>25.10.18</p>	<p><i>Supporting the person, not just the performance</i></p> <p>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.</p>

<p>Caroline Edmonds, University of East London 01.11.18</p>	<p><i>Drinking water affects attention and memory, but are both effects of hydration?</i></p> <p>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.</p>
<p>Catherine Loveday, University of Westminster 08.11.18</p>	<p><i>Accessing autobiographical memory through music, pictures, clothes and tangible objects</i></p> <p>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.</p>
<p>15.11.18</p>	<p>No Seminar</p>
<p>Sonia Ponzo University of Hertfordshire 22.11.18</p> <p>Rebecca Hadley University of Hertfordshire</p>	<p><i>Balancing the body: Altered body representation in right hemisphere stroke patients and healthy subjects</i></p> <p>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.</p> <p><i>I like to move it, move it: Using accelerometry to quantify the parameters of movement in people with Parkinson's.</i></p> <p>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)</p>

	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.
<p>Eleanor Maguire, UCL</p> <p>29.11.18</p>	<p><i>New views on old problems – memory and the brain</i></p> <p>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.</p>
<p>Adrian Furnham, UCL</p> <p>06.12.18 BPS event</p>	<p><i>Why leaders fail and derail</i></p> <ul style="list-style-type: none"> . Why do 50% of all leaders fail and derail? . The answer lies in the subclinical personality disorders . Five studies will be discussed
<p>Ben Plimpton, University of Hertfordshire</p> <p>21.02.19</p>	<p><i>Studying intrusive memories in a non-clinical population: Methodological considerations and the role of triggers</i></p> <p>Involuntary autobiographical memories have been primarily investigated using diary and laboratory-based cuing methods, which have contributed greatly to our understanding about the frequency, phenomenology and triggers of this cognitive phenomenon. The application of similar methods to the study of repetitive intrusive memories of negative events has been quite limited, with the majority of studies instead using retrospective reports and questionnaires with clinical populations (e.g., individuals suffering from PTSD), or analogue methods with non-clinical samples (e.g., the stressful film paradigm). This talk will present data from several studies showing that these methods – and their integration with existing analogue methods - can similarly reveal a great deal about the frequency of intrusive memories in daily life, as well as their phenomenology and triggers. Theoretical and methodological implications for the study of intrusive memories will be discussed.</p>
<p>Abigail Hucker, University of Hertfordshire</p>	<p><i>Non-adherence to immunosuppressants among kidney transplant recipients</i></p> <p>Around 3 million people in the UK have chronic kidney disease (CKD), of which 61,000 people are being treated via renal replacement therapy for renal failure. Over 3,000 kidney transplants take place in the UK each year. For most patients transplantation is the best and most cost effective option providing a longer life expectancy and increased quality of life. However, patients still have to look after the transplanted kidney, taking immunosuppressant medication for the rest of their lives to prevent rejection of the transplanted organ. Adherence to immunosuppressants is therefore essential for kidney transplant recipients and for a multitude of reasons. Non-adherence has been identified as a common issue within this patient population and is a major risk factor for poor outcomes post-transplant, including graft rejection and graft loss. In addition, it carries a burden for both patients in terms of health related quality of life and survival, alongside the NHS due to increased service use. We</p>

	<p>explore the issue of non-adherence among kidney transplant recipients through a series of studies aimed at understanding: a) Whether adherence behaviour on haemodialysis predicts post-transplant adherence; b) Clinicians' views on the importance of non-adherence behaviour pre-transplant when determining patient eligibility for transplantation.</p>
<p>Michael Hornberger, <i>University of East Anglia</i></p> <p>28.02.19</p>	<p><i>“Are we there yet?” - Spatial navigation and episodic memory in pre-clinical and symptomatic Alzheimer’s Disease</i></p> <p>Episodic memory is the current gold standard for diagnosing Alzheimer’s disease (AD) on a cognitive level. This is due to the fact that episodic memory is highly sensitive to medial temporal lobe dysfunction, which is one of the first areas affected by AD pathophysiology. However, detecting episodic memory problems in preclinical cohorts who are ‘at-high-risk’ of AD is more problematic. More recent findings show that spatial navigation deficits might be more specific of AD in preclinical populations and might occur before episodic memory is affected. In my talk I will present our current knowledge how episodic memory processes are affected by AD pathophysiology. I will also show which specific spatial navigation functions might be impaired in preclinical people ‘at-high-risk’ of developing AD. Finally, I will discuss how the results inform better diagnosis and treatment of AD and impact on theoretical models of episodic memory and spatial navigation.</p>
<p>Katsumi Mori, <i>Kanoya University</i></p> <p>07.03.19</p>	<p><i>Sport integrity and athlete welfare</i></p> <p>Professor Mori has spent over 10 years researching the Child Protection and safeguarding systems in use in the UK, and how they can be applied in a Japanese context. There have been a number of high profile cases related to safeguarding within Japanese sport, some of which have resulted in deaths. He has identified eight characteristics of the system: comprehensiveness, division of abuse into five types, modelling of good practice by sports coaches, system checks (DBS), guidelines of each sporting organisation, instructional guidelines for sports authority figures, a certification system for coaching and the protection of sports authority figures themselves. The session will reflect on the athlete welfare and the wider moral and ethical issues related to the emerging field of Sport Integrity.</p>
<p>Itiel Dror, <i>University College London</i></p> <p>14.03.19</p> <p>BPS Event</p>	<p><i>Bias in expert decision making</i></p> <p>In many domains experts are called upon to provide research and analysis. Their expert judgment and decision making is often regarded as error-free, or at least as being objective and impartial. Drawing from the field of criminal justice, I will present research and evidence from real casework that many different types of psychological contaminations affect experts, including fingerprinting and DNA forensic laboratory decision making. Forensic evaluations are highly impacted (and can be distorted) by irrelevant contextual information or even by the context in which information is presented or obtained. I will articulate the psychological mechanisms by which forensic and other experts make biased and erroneous decisions and describe how this research can assist in identifying such weaknesses and in providing practical ways to mitigate them.</p>
<p>Nick Chater, <i>University of Warwick</i></p> <p>21.03.19</p>	<p><i>The Mind is Flat: Thought as case-law not naïve science</i></p> <p>The cognitive sciences often view thought as operating through tacit ‘theories,’ analogous to those of science. Such theories are organized sets of principles, which might be expressed in networks of beliefs, utilities, grammatical rules, moral norms,</p>

<p>BPS Event</p>	<p>and more. But does a set of hidden, but general, theoretical principles really underpin thought and behavior? Finding such general principles has been a key goal in many areas of psychology, philosophy, linguistics and artificial intelligence. But our attempts to extract and formalize such principles lead continually rapidly into contradiction. I argue that such principles—and mental “depths” in general—are illusory. Instead, the brain generalizes flexibly from specific local problem; and gradually creates a tradition of ‘precedents’ for dealing with new problems. Thus, the mind is analogous to case-law—in which each new case is addressed by finding links with past cases—rather than to science—in which new situations are dealt with by referring to hidden general rules.</p>
<p>Andrew Macleod, <i>Royal Holloway</i></p> <p>28.03.19</p>	<p><i>Prospection (Future-directed thinking), well-being and mental health</i></p> <p>Prospection – the ability to mentally represent what might happen in the future – is fundamentally connected to emotional well-being and mental health. This talk will review the link between emotional disorders and various aspects of how people think about the future. Aspects covered will include predicting what will happen to oneself in the future, mentally simulating future outcomes, setting personal goals and forming plans of action to achieve goals. The studies reviewed will show that emotional disorders are characterised by disruptions to future-directed thinking across these different domains, and that depression and anxiety show distinct, problematic patterns of prospection. Understanding alterations in thinking about the future can offer a different perspective in thinking about anxiety and depression, and can provide opportunities to develop treatments and strategies that focus on how people think about the future, as opposed to the past or the present.</p>
<p>David Harris, <i>University of Exeter</i></p> <p>04.04.19</p>	<p><i>The role of attention control in flow</i></p> <p>Flow is an experience of total absorption and enjoyment in the present task. People experience flow at work, when playing sport and in a range of daily activities, but the state of flow remains poorly understood. In particular, it is unclear what makes flow come a go, and how challenging activities can elicit an intense focus with apparently little mental effort. I will discuss studies from my PhD which examined how goal-directed control of attention may be responsible for the key features of flow experiences, and how this relates to the paradoxical experience of effort during flow. Establishing whether attentional control is a fundamental cause of flow may enable people to harness the concentration and motivation benefits of flow more often.</p>
<p>Simone Schnall, <i>University of Cambridge</i></p> <p>11.04.19</p>	<p><i>The role of the body in perception, morality and risk taking</i></p> <p>Cognitive judgments and decisions are often approached as if they are solely the result of rational considerations, and for many phenomena the role of the body has been largely neglected. There is increasing evidence, however, that bodily states, including emotions, can have a powerful effect, albeit it often occurs outside of conscious awareness. This talk will consider a broad range of research topics, including perceptual judgments, moral intuitions, and decisions about risk in a real-life context, to suggest that physical states can change the way in which people process all kinds of information. Thus, there is a close link between body and mind, and more fully appreciating this connection can help understand seemingly counterintuitive or surprising aspects of human behaviour.</p>
<p>Daniel Lakens, <i>Eindhoven University of</i></p>	<p><i>Towards better research practices</i></p> <p>Problematic research practices, such as publication bias where only positive results</p>

<p><i>Technology</i></p> <p>02.05.19</p>	<p>are published, have been pointed out in the scientific literature for over half a century. Recently, large scale replication projects have suggested that not all published scientific research is as reliable as we want it to be. Psychological science has been at the forefront of improving research practices, due to a traditionally strong expertise in statistics, combined with an interest in how people change behaviour and respond to reward structures. In this presentation I will talk about some of the problematic research practices that have limited knowledge generation in the past, how to recognize them, their consequences for the reliability of research findings, and ongoing efforts towards better research practices that have been developed in the last seven years. I will summarize some easy to implement improvements in designing and analysing experimental studies.</p>
<p><i>Jackie Andrade, University of Plymouth</i></p> <p>09.05.19</p>	<p><i>How to enjoy dieting: Lessons from cognitive psychology</i></p> <p>This talk will show how research on substance cravings led us on a quest for ways to create cravings for healthy activities. The result was a novel motivational intervention called Functional Imagery Training (FIT). I shall explain the research that led to the development of FIT and present our recent trial data on showing that FIT led to substantial and sustained weight loss.</p>

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)