

# Psychology and Sport Sciences Research Seminars 2018-2019

## SEMESTER B

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

**Locations:** 2H255 (CP Snow) and A154 (Lindop) on College Lane Campus

Date	Speaker / Topic	Room
14.02.19	No Seminar	
21.02.19	<p><b>Ben Plimpton, University of Hertfordshire</b> <i>Studying intrusive memories in a non-clinical population: Methodological considerations and the role of triggers</i></p> <p><b>Abigail Hucker, University of Hertfordshire</b> <i>Non-adherence to immunosuppressants among kidney transplant recipients</i></p>	2H255
28.02.19	<p><b>Michael Hornberger, University of East Anglia</b> <i>"Are we there yet?" - Spatial navigation and episodic memory in pre-clinical and symptomatic Alzheimer's Disease</i></p>	2H255
07.03.19	<p><b>Katsumi Mori, National Institute of Fitness and Sport, Kanoya University, Japan</b> <i>Sport integrity and athlete welfare</i></p>	2H255
14.03.19 6:30-8:00 pm	<p><b>British Psychological Society London and Home Counties Networking event</b> <b>Itiel Dror, University College London</b> <i>Bias in expert decision making</i></p>	A154
21.03.19 6:30-8:00 pm	<p><b>British Psychological Society London and Home Counties Networking event</b> <b>Nick Chater, University of Warwick</b> <i>The Mind is Flat: Thought as case-law not naïve science</i></p>	A154
28.03.19	<p><b>Andrew Macleod, Royal Holloway, University of London</b> <i>Prospection (Future-directed thinking), well-being and mental health</i></p>	2H255
04.04.19	<p><b>David Harris, University of Exeter</b> <i>The role of attention control in flow</i></p>	2H255
11.04.19	<p><b>Simone Schnall, University of Cambridge</b> <i>The role of the body in perception, morality and risk taking</i></p>	2H255
02.05.19	<p><b>Daniel Lakens, Eindhoven University of Technology</b> <i>Towards better research practices</i></p>	2H255
09.05.19	<p><b>Jackie Andrade, University of Plymouth</b> <i>How to enjoy dieting: Lessons from cognitive psychology</i></p>	2H255

**Speaker**

**Abstract**

<p><b>Ben Plimpton,</b> University of Hertfordshire</p> <p><b>21.02.19</b></p>	<p><b><i>Studying intrusive memories in a non-clinical population: Methodological considerations and the role of triggers</i></b></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><b>Abigail Hucker,</b> University of Hertfordshire</p>	<p><b><i>Non-adherence to immunosuppressants among kidney transplant recipients</i></b></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 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><b>Michael Hornberger,</b> University of East Anglia</p> <p><b>28.02.19</b></p>	<p><b><i>“Are we there yet?” - Spatial navigation and episodic memory in pre-clinical and symptomatic Alzheimer’s Disease</i></b></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><b>Katsumi Mori,</b> Kanoya University</p> <p><b>07.03.19</b></p>	<p><b><i>Sport integrity and athlete welfare</i></b></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><b>Itiel Dror,</b> University College London</p> <p><b>14.03.19</b></p> <p><b>BPS Event</b></p>	<p><b><i>Bias in expert decision making</i></b></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><b>Nick Chater,</b> University of Warwick</p> <p><b>21.03.19</b></p> <p><b>BPS Event</b></p>	<p><b><i>The Mind is Flat: Thought as case-law not naïve science</i></b></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, 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><b>Andrew Macleod,</b> Royal Holloway</p> <p><b>28.03.19</b></p>	<p><b><i>Prospection (Future-directed thinking), well-being and mental health</i></b></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</p>

	about the future, as opposed to the past or the present.
<p><b>David Harris,</b> University of Exeter</p> <p><b>04.04.19</b></p>	<p><b><i>The role of attention control in flow</i></b></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><b>Simone Schnall,</b> University of Cambridge</p> <p><b>11.04.19</b></p>	<p><b><i>The role of the body in perception, morality and risk taking</i></b></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><b>Daniel Lakens,</b> Eindhoven University of Technology</p> <p><b>02.05.19</b></p>	<p><b><i>Towards better research practices</i></b></p> <p>Problematic research practices, such as publication bias where only positive results 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><b>Jackie Andrade,</b> University of Plymouth</p> <p><b>09.05.19</b></p>	<p><b><i>How to enjoy dieting: Lessons from cognitive psychology</i></b></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](mailto:l.kvavilashvili@herts.ac.uk)), Paul Jenkinson ([p.jenkinson@herts.ac.uk](mailto:p.jenkinson@herts.ac.uk)), and Lindsay Bottoms ([l.bottoms@herts.ac.uk](mailto:l.bottoms@herts.ac.uk))**