

# UNIVERSITY OF HERTFORDSHIRE

## Department of Psychology, Sport and Geography

### Research Seminars 2020-2021

#### SEMESTER A

**Day & Time:** Thursdays 16.00-17.30 or 13:00 – 14:00; Other days/times highlighted in red

**Locations:** Virtual meetings via Zoom

Date	Speaker / Topic	Room
08.10.20	<b>Stephen Sutton, Cambridge University</b> <i>Can smartphone apps help people change their behaviour?</i>	16:00 – 17:00
29.10.20	<b>Scott Copsey, University of Hertfordshire</b> <i>Planning for the next 30 Years: The climate emergency - taking transport seriously</i>	16:00 – 17:00
19.11.20	<b>Krystian Barzykowski, Jagiellonian University, Krakow</b> <i>Why are we not flooded by involuntary thoughts about the past and future? Testing the cognitive inhibition hypothesis</i>	16:00 – 17:00
03.12.20	<b>David Broom, Coventry University</b> <i>Exercise, appetite and energy balance – The stomach speaks</i>	16:00 – 17:00

#### SEMESTER B

Date	Speaker / Topic	Time
13.01.21 Wednesday	<b>Richard Wiseman, University of Hertfordshire</b> <i>Engaging the public: A practical perspective</i>	13:00 – 14:00
25.02.21 Thursday	<b>Pietro Caggiano, University of London, Goldsmiths (at UH since Feb. 21)</b> <i>Do “actions” modulate body image?</i>	16:00 – 17:30

<b>04.03.21</b> Thursday	<b>Terun Desai, University of Hertfordshire</b> <i>Superfoods: Polyphenols and cardio-metabolic health</i>	<b>16:00 –</b> <b>17:00</b>
<b>10.03.01</b> <b>Wednesday</b>	<b>Claire Jenkin, University of Hertfordshire</b> <i>Sports diplomacy across the Commonwealth: Australia and UK</i>	<b>13:00 –</b> <b>14:00</b>
<b>18.03.21</b> Thursday	<b>Roy Baumeister, University of Queensland (Australia)</b> <i>Political bias and partisan hostility: A cultural animal theory about modern ideological conflict</i>	<b>16:00 –</b> <b>17:30</b>
<b>24.03.21</b> <b>Wednesday</b>	<b>Mark McDaniel, Washington University at St.Louis (US)</b> <i>The knowledge, belief, commitment, and planning (KBCP) framework for teaching effective learning strategies</i>	<b>16:00 –</b> <b>17:30</b>
<b>15.04.21</b> Thursday	<b>Sarah Barber, Georgia State University (US)</b> <i>The effects of stereotype threat on older adults' memory performance</i>	<b>16:00-</b> <b>17:30</b>
<b>22.04.21</b> Thursday	<b>James Cecil and Aiden Bygrave, University of Hertfordshire</b> <i>Spatial Data and Analysis: Integrating Location into Research and Teaching</i>	<b>13:00 –</b> <b>14:00</b>
<b>28.04.21</b> <b>Wednesday</b>	<b>Joanne Dickson, Edith Cowan University (Perth, Australia)</b> <i>Recent goal motivation processes and prospective cognitions implicated in affective symptoms and well-being</i>	<b>12:00-</b> <b>13:30</b>
<b>06.05.21</b> Thursday	<b>Katie Newby, University of Hertfordshire</b> <i>Wrapped: development and feasibility trial of an intervention to increase condom use amongst users of online STI self-sampling services</i>	<b>16:00 –</b> <b>17:00</b>
<b>12.05.21</b> <b>Wednesday</b>	<b>Monem Jemni, University of Cambridge</b> <i>Vibration exercise: Myth or reality</i>	<b>13:00 –</b> <b>14:30</b>
<b>10.06.21</b> Thursday	<b>Brigita Brazauskiene, University of Hertfordshire</b> <i>How good is older adults' memory in everyday life?: Assessing everyday memory failures and strategy use in young and older adults</i>  <b>Claire Mason</b> <i>The radicalisation of political campaigners</i>	<b>16:00 –</b> <b>17:30</b>

<b>Speaker</b>	<b>Abstract</b>
<b>Stephen Sutton,</b> <i>Cambridge University</i>  <b>08.10.20</b>	<b><i>Can smartphone apps help people change their behaviour?</i></b>  Millions of people in the UK engage in one or more of the 'Big Four' unhealthy behaviours (smoking; not being physically active; unhealthy diet; drinking too much alcohol). Together, these account for a large proportion of chronic disease and premature deaths. There are many possible approaches that could be used to try to change such behaviours. One approach

	<p>that has attracted interest in recent years is the use of digital interventions, including smartphone apps. Smartphones are very widely used and have a number of advantages as a platform for delivering health behaviour interventions. In this lecture, I will describe our work on developing and evaluating two behaviour change apps, one designed to increase vegetable consumption, the other to support smoking cessation. The two apps use different approaches to behaviour change and have followed somewhat different development and evaluation trajectories, determined partly by constraints of time, funding and available expertise. In my concluding remarks, I will consider evidence of effectiveness and the wider context of using smartphone apps for behaviour change.</p>
<p><b>Scott Copsey,</b> <i>University of Hertfordshire</i></p> <p><b>29.10.20</b></p>	<p><b><i>Planning for the next 30 Years - The climate emergency - taking transport seriously,</i></b></p> <p>Dr. Copsey works at the University of Hertfordshire as a Senior Lecturer in the Geography, Environment and Planning subject group. He was employed within the University's Environment and Sustainability Team as Transport Planner and Coordinator and became a Senior Lecturer in Sustainable Transport in 2016 within the School of Life and Medical sciences. As part of his role, he has been tasked with setting up the Smart Mobility Unit (SMU), linking his professional role, with academic research.</p> <p>Scott completed his doctoral thesis in 2013, which focused on developing sustainable transport planning solutions within a partnership structure. This has been invaluable in informing his professional role and developing research interests in future mobility. This seminar provides an overview of the work of the SMU, its work with industry partners and plans for the future. The focus of this work is how to deliver solutions to the 'other' emergency we all face, <b>the climate emergency!</b></p>
<p><b>Krystian Barzykowski,</b> <i>Jagiellonian University</i></p> <p><b>19.11.20</b></p>	<p><b><i>Why are we not flooded by involuntary thoughts about the past and future? Testing the cognitive inhibition hypothesis</i></b></p> <p>The main goal of my talk is to present results of studies addressing the question of why we are not constantly flooded by involuntary future thoughts (IFTs) and involuntary autobiographical memories (IAMs) given that they are often triggered by incidental cues while performing undemanding activities. In this research, we investigated possible mechanisms underlying involuntary mental time travel, namely, the extent to which IAMs and IFTs depend on cognitive inhibition on one hand, and cognitive load, on the other. Given the argument that the key mechanism of IAMs and IFTs may be the ability to inhibit and suppress memories that are irrelevant to or inconsistent with current self-goal (e.g. Conway &amp; Pleydell-Pearce, 2000; Hasher, Zacks, &amp; May, 1999), we might expect that the stronger inhibitory mechanism participants have, the fewer IAMs and IFTs they experience. In addition, this relationship may be modified by the cognitive load of the ongoing tasks. To address these important questions, we launched a systematic investigation, using a novel laboratory method of studying IAMs and IFTs, and applying individual differences approach to study involuntary mental time travel. A series of three experiments were conducted, each of which teased apart cognitive inhibition mechanism from a different angle to contribute to a more complete and comprehensive understanding of this topic.</p>
<p><b>David Broom,</b> <i>Coventry University</i></p> <p><b>03.12.20</b></p>	<p><b><i>Exercise, appetite and energy balance – The stomach speaks</i></b></p> <p>Despite a commonly held belief (possibly due to poor misrepresentation in the media), single bouts of high intensity, land-based exercise (for example, walking, running, cycling) do not increase hunger during and for a short period after or alter post-exercise energy intake on the day of exercise in your typical person. Hunger is in fact suppressed due to changes in gut peptide hormones - hence the stomach speaks.</p>

	<p>This talk will highlight the findings of a series of studies that have examined the effects of exercise on appetite and energy intake. Interestingly participants in these studies have suggested that swimming may increase appetite and energy intake. Therefore, the findings of a recent study which compared the acute effects of swimming versus exertion-matched cycling and a resting control on appetite and energy intake will be presented.</p> <p>Regardless of discipline, research expertise or preferred methods of enquiry, this talk will hopefully be of interest to all because everyone gets hungry and consumes food and will include discussion on how these variables need to be controlled in all research studies.</p>
<p><b>Richard Wiseman, UH</b>  <b>13.01.21</b></p>	<p><b><i>Engaging the public: A practical perspective</i></b></p> <p>I have been involved in public engagement activities for over 20 years. In this talk I will present a series of case studies and associated learnings, including the value of interactivity, relevance to everyday life, curiosity, authenticity, and engaging positive emotions. The talk will cover some of my work into the psychology of lying, humour, illusion and luck. These projects have involved working with various partners, including the BBC Science, the British Science Association, the Edinburgh International Science Festival, and YouTube. I will also highlight some of the potential pitfalls of engagement and how they can be avoided. There is now increasing pressure on academics to engage with the public, and this talk will identify different forms of engagement and best practice.</p>
<p><b>Pietro Caggiano, University of London (now at UH)</b>  <b>25.02.21</b></p>	<p><b>Do «actions» modulate body image?</b></p> <p>Our body is an essential component of our sense of self; it is not just a means through which we passively experience the world, but we actively use it to act <i>on</i> and interact <i>with</i> the world around us. Because of this, body representation cannot be fully understood without taking into consideration the close link between the body as an object in space and the functional role of some of its parts in performing motor actions. In this talk, I will discuss how the systematic modulation of postural aspects and types of motor actions implicitly impact on the content of the conscious body image both in terms of metric properties and visual recognition.</p>
<p><b>Terun Desai, UH</b>  <b>04.03.21</b></p>	<p><b><i>Superfoods: Polyphenols and cardio-metabolic health</i></b></p> <p>Most people have heard the term superfoods. But do you know why they are really called superfoods? A better question, is there such thing as a superfood? My talk will look at the background behind superfoods and the literature which underpins these statements. The majority of my talk will then look at the literature on compounds found in foods that are claimed to be superfoods specifically on cardio-metabolic health. I hope that the talk will provide evidence-based information around the superfood claims and will force you to think about how the consumer (i.e. you) makes decisions on their dietary choices.</p>
<p><b>Claire Jenkin, UH</b>  <b>10.03.21</b></p>	<p><b><i>Sports diplomacy across the Commonwealth: Australia and UK</i></b></p> <p>Sport, as a global language, has long been an important soft power tool in international diplomacy and politics. Despite the widespread use of sport for diplomatic means (from hosting sporting mega events, to utilising international athletes and funding sport for development projects), this research area has only developed in its own right during the past 15 years. This talk will begin with an overview of the sports diplomacy literature, before focusing on the comparative case study of Australian and UK sports diplomacy. The first part of the case study will discuss the national sports diplomacy policies of each country, to identify <i>what</i> activities occur. Then data from an online survey and in depth interviews, will explore the <i>where</i> and the <i>why</i> these activities take place. Discussion points such as geo-politics, national prestige and re-framing of national identities (e.g. Brexit) all emerge, to reflect the</p>

	similarities and differences between these two nations.
<p><b>Roy Baumeister,</b> University of Queensland</p> <p><b>18.03.21</b></p>	<p><b><i>Political bias and partisan hostility: A cultural animal theory about modern ideological conflict</i></b></p> <p>Conflict and misunderstanding between the political right and left have become quite high, and prejudice research suggests that political stereotypes are among the most hostile and least accurate ones. Can social psychology help bridge the widening gap by offering an integrative understanding that respects the contributions of both left and right, while illuminating their increasing inability to understand and appreciate each other? This talk starts with the view of human nature as shaped by nature (evolution) so as to facilitate culture. In order for societies to flourish, as measured by increasing population, they must do at least two things: amass resources and share them through the group. A successful culture needs to do both, but in the modern world they are increasingly at odds, given that many economic systems operate by incentives that produce inequality. Early human evolution was marked by major advances (compared to primates) in both amassing and sharing resources. Leaping ahead to the modern world, the political right focuses on amassing resources, while the left specializes in redistribution. People who vote on the right tend to be either producers (farmers, businesspeople, merchants, bankers) or protectors (military personnel) of resources. Meanwhile, the left draws support from redistribution, starting with the labor movement, and including the welfare state, help for the poor, and affirmative action. The world's most successful countries alternate power between center-left and center-right, which ensures that both jobs get done. Many predictions follow from this basic perspective, including differences in morals and values, perceived villains, ideals, and attitudes toward inequality and privilege. Modern economic history offers insight as to why the conflict and misunderstandings between the left and right are increasing.</p>
<p><b>Mark McDaniel,</b> Washington University at St.Louis</p> <p><b>24.03.21</b></p>	<p><b><i>The knowledge, belief, commitment, and planning (KBCP) framework for teaching effective learning strategies</i></b></p> <p>Surveys indicate that at all educational levels students often use relatively ineffective study strategies. One potential remedy is to include learning-strategy training into students' educational experiences. A major challenge, however, is that it has proven difficult to design training protocols that support students' self-regulation and transfer of effective learning strategies across a range of content. In this talk, I present a practical theoretical framework to guide strategy training to promote students' successful self-regulation of effective learning strategies. The framework rests on the assumption that strategy <i>knowledge</i>, <i>belief</i> that the strategy works, <i>commitment</i> to using the strategy, and <i>planning</i> of strategy implementation are essential components that must be included in training to support sustained strategy self-regulation (KBCP framework).</p>
<p><b>Sarah Barber,</b> Georgia State University</p> <p><b>15.04.21</b></p>	<p><b><i>The effects of stereotype threat on older adults' memory performance</i></b></p> <p>A consistent finding in aging research is that older adults perform worse on memory tests than younger adults. Given that cognition is tied to brain function, these declines are often attributed to age changes in brain structure and/or function. However, adopting a purely biological approach to the study of cognitive aging conceals the key role of social context in contributing to age differences in memory performance. For example, in this talk I will discuss my research showing that older adults' memory declines can be exacerbated by <i>stereotype threat</i>. When older adults are placed in situations where they could confirm that 'older adults are senile and not cognitively capable' they can experience stereotype threat and underperform on memory tasks. This in turn can significantly increase false positives on brief tests used in clinical settings to screen for dementia. In addition to discussing why these stereotype threat effects occur, I will also discuss who is most affected and how we can reduce age-based stereotype threat in order to optimize older adults' memory performance.</p>

<p><b>James Cecil and Aiden Bygrave,</b> <i>UH</i></p> <p><b>22.04.21</b></p>	<p><b><i>Spatial Data and Analysis: Integrating Location into Research and Teaching</i></b></p> <p>Location influences every aspect of our lives and the world around us. From wall paintings created 8,000 years ago depicting a town plan, to Starbucks deciding where to build its 15,001<sup>st</sup> coffee shop, mapping and analysing location data underpins the decisions we make. The University of Hertfordshire's new Mapping &amp; Analysis Unit aims to embed location data within teaching, research and consultancy to further develop understanding. To-date, a range of projects have been completed across various disciplines from transport modelling, land-use assessments, funding allocation, customer analysis, feasibility assessments and drone imagery analysis. Many of these projects have been completed in partnership with Geography and Environment students, often as a form of consultancy for external clients, with the outputs being embedded within studies. This talk will present work to-date, potential for future collaborations, and aim to inspire you to think about your projects and how they could benefit from location intelligence.</p>
<p><b>Joanne Dickson,</b> <i>Edith Cowan University</i></p> <p><b>28.04.21</b></p>	<p><b><i>Recent goal motivation processes and prospective cognitions implicated in affective symptoms and well-being</i></b></p> <p>Increasingly personal goal regulation and goal dysregulation processes and prospective cognitions are being implicated in the maintenance of wellbeing, affective disorders and symptoms. In this talk, Joanne will present research that has investigated goal motivation and related prospective cognitions in relation to mental health, using non-clinical, sub-clinical and clinical samples. Motivation and goal mechanisms include how people set personal goals, think about their goals and pursue them. For example, studies have investigated conditional goal setting, goal orientation and expectancies, goal discrepancies, rumination and emotional symptoms. In the context of this research relevant theoretical frameworks will be briefly covered, and the potential relevance of the research and avenues for future research explored.</p>
<p><b>Katie Newby,</b> <i>UH</i></p> <p><b>06.05.21</b></p>	<p><b><i>Wrapped: development and feasibility trial of an intervention to increase condom use amongst users of online STI self-sampling services</i></b></p> <p>Young people are disproportionately affected by sexually transmitted infections (STIs). Wrapped is website developed with, and for, young people that aims to support STI prevention through increasing their access to condoms, helping them to develop confidence and skills around condom use, and addressing issues around fit, feel, enjoyment and pleasure. Wrapped is now the subject of a feasibility trial to determine whether it is possible to recruit and retain sufficient participants to run a full effectiveness trial. In this talk, I will briefly demo the website and content (focusing on our work with young people to develop and test the content and site usability) before presenting data on our recruitment/retention to date. At the time of writing, we are just gearing up to go live with recruitment, so depending on how that goes, I will then go on to talk about either the success or failure (or most likely a bit of both) of our recruitment and retention strategy(!) and what we've learnt.</p>
<p><b>Monem Jemni,</b> <i>University of Cambridge</i></p> <p><b>12.05.21</b></p>	<p><b><i>Vibration exercise: Myth or reality</i></b></p>
<p><b>Brigita Brazauskiene,</b> <i>UH</i></p>	<p><b><i>How good is older adults' memory in everyday life?: Assessing everyday memory failures and strategy use in young and older</i></b></p> <p>Negative age effects, consistently obtained in laboratory research on memory, imply that older adults also experience more everyday memory failures (EMFs) than younger adults. It is</p>

<p><b>10.06.21</b></p> <p><b>Claire Mason, UH</b></p>	<p>however possible that, in everyday life, older adults compensate for their impaired memory functioning by increased use of memory strategies. To test this assumption, a series of studies using diary, survey and single subject study methods were conducted at UH as part of my PhD programme. In this talk, I will discuss findings from a diary study investigating the nature and frequency of EMFs and the use of memory strategies in healthy younger (n=35) and older adults (n=34). Participants kept two 3-day diaries, one for EMFs and another for memory strategies, and recorded both as and when they occurred in daily life. No age effect was found in the total number of EMFs, but younger adults recorded significantly more prospective memory failures (e.g., forgetting to make a phone call), while older adults recorded more retrospective memory failures (e.g., forgetting a name of a celebrity). Importantly, no significant age effects were obtained either in the total number of strategies recorded or strategies specific to prospective or retrospective memory tasks. Significance of these results for research on memory and ageing, together with some other findings from survey and single subject studies will be discussed.</p> <p><b><i>The radicalisation of political campaigners</i></b></p> <p>From the 2016 referendum to its official departure from the European Union (EU) in 2020, the United Kingdom was characterised by passionate and divisive arguments. Friends became 'ex-friends' and Brexit demonstrations often escalated into violent clashes. Just a few months later, the killing of George Floyd resulted in mass demonstrations around the world. The need for change in racial inequality was increasingly being recognised but in the presence of those of opposing ideology, clashes occurred. So what drives an individual to use violence on behalf of their group? In this talk, the results of two studies examining the potential for extreme pro-group behaviour, including self-sacrifice, will be presented. The first involves Leave and Remain activists outside the British Houses of Parliament. The second involves BLM activists in the USA. Findings from the studies have broad implications, including in terrorism and religious radicalisation.</p>
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**All are invited for virtual drinks with the speaker and colleagues and students after the talks. Enquiries: Lia Kvavilashvili ([l.kvavilashvili@herts.ac.uk](mailto:l.kvavilashvili@herts.ac.uk)), Katherine Brown ([k.brown25@herts.ac.uk](mailto:k.brown25@herts.ac.uk)) and Lindsay Bottoms ([l.bottoms@herts.ac.uk](mailto:l.bottoms@herts.ac.uk))**