

UNIVERSITY OF HERTFORDSHIRE

Department of Psychology, Sport and Geography

Research Seminars 2021-2022

SEMESTER A

Day & Time: Wednesdays (lunch times but see earlier start times in December) and Thursdays (late afternoons)

Location: in 2H255 in CP Snow (except on 3 November and 8 December) or virtual meetings via Zoom. Face to Face meetings will be also transmitted online via Zoom.

On 8 December the seminar will be held in S111 (Institute of Sport) at De Havilland Campus

Date	Speaker / Topic	Time
21.10.21 Thursday Face to Face in 2H255	Magda Jordão, Bradford Institute of Health Research and University of Leeds <i>Are spontaneous thoughts preserved in ageing? Exploring age-related differences in frequency and episodic specificity</i>	16:00- 17:30
03.11.21 Wednesday Face to Face in C214	Catherine Browning, University of New South Wales, Sydney <i>The Sydney Centenarian Study – A longitudinal study investigating the oldest old in Australia</i> Zoom link https://herts-ac-uk.zoom.us/j/96333876987	13:00 – 14:30
11.11.21 Thursday on Zoom	John Mace, Eastern Illinois University, US <i>The implications of continuous activations in the autobiographical memory system</i> Zoom link https://herts-ac-uk.zoom.us/j/99264193634	16:00 – 17:30
18.11.21 Thursday on Zoom	Jackie Blissett, Aston University <i>Psychology of feeding and eating in infants and young children: implications for intervention</i> Zoom link https://herts-ac-uk.zoom.us/j/99545222848	16:00 – 17:30
25.11.21 Thursday Face to Face in 2H255	John Sturzaker, University of Hertfordshire <i>Places of tomorrow: Ebenezer Howard and sustainable development</i> Zoom link https://herts-ac-uk.zoom.us/j/96240327960	16:00 – 17:30
01.12.21 Wednesday on Zoom	Paulo Silva, University of Hertfordshire <i>Relationship between attachment anxiety and social peripersonal space – an empirical approach via a multisensory integration task</i> Buse Keskindag, University of Hertfordshire <i>Illness perceptions and their relation to psychological and clinical outcomes in Turkish Cypriot patients receiving dialysis</i> Zoom link https://herts-ac-uk.zoom.us/j/98088279960	10:00 – 11:30

08.12.21 Wednesday Face to Face in S111	Daniel Bailey, Brunel University <i>Sedentary behaviour: an emerging target for promoting population and clinical health</i> Zoom link https://herts-ac-uk.zoom.us/j/95373323893	12:45 – 14:30
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SEMESTER B

Date	Speaker / Topic	Time
24.02.22 Thursday	Nancy Kouroupa, University of Hertfordshire <i>Exploring the feasibility of using socially assistive robots with autistic children</i> Charlotte Dean, University of Hertfordshire <i>Is belief in the paranormal related to executive dysfunction?</i> Zoom link: xxxxx	16:00- 17:30
02.03.22 Wednesday	Eli Somer, University of Haifa, Israel <i>Maladaptive daydreaming: Evidence for a pathological form of absorption</i> Zoom link: xxxxx	13:00- 14:30
10.03.22 Thursday	Jaime Garcia Iglesias, University of Hertfordshire <i>The eroticising of HIV: theorizing sexual desires and healthcare decision-making</i> Zoom link: xxxxxx	16:00- 17:30
15.03.22 Tuesday	Katherine Brown, University of Hertfordshire <i>Inaugural Professorial Lecture –at The Forum Lecture Theatre, College Lane Campus – followed by Reception at The Loft</i> <i>What’s in a Behaviour? Why Should We Care? Learning from more than 20 years of applying Health Psychology to our Public Health Priorities.</i>	16:30- 18:30
24.03.22 Thursday	Adrian Taylor, University of Plymouth <i>Developing and evaluating physical activity interventions to improve mental health and well-being</i> Zoom link: xxxxxx	16:00- 17:30
30.03.22 Wednesday	Michael Scullin, Baylor University, US <i>Sleep and cognition</i> Zoom link: xxxxxx	16:00- 17:30
27.04.22 Wednesday	Daniel Madigan, York St. John’s University <i>Recognition, treatment, and prevention of burnout in sport, education, and healthcare</i> Zoom link: xxxxxx	13:00- 14:30

05.05.22 Thursday	Jay Olson, Harvard University <i>Magic, placebo psychedelics, sham neuro-imaging, and effective deception in social psychology</i> Zoom link: xxxxxx	16:00-17:30
12.05.22 Thursday	Omar Yousaf, Bath Spa University <i>Conflicting motivations in human behaviour: Implications for beliefs, health, and social behaviour</i> Zoom link: xxxxxx	16:00-17:30

Speaker	Abstract
Magda Jordão, <i>University of Leeds</i> 20-21.10.21	<p><i>Are spontaneous thoughts preserved in ageing? Exploring age-related differences in frequency and episodic specificity</i></p> <p>Cognitive changes in ageing have been shown to be reduced when self-initiated processes are not required. In this talk, I will explore whether this lack of age-related differences extends to spontaneous thoughts that come to mind with reduced effort, intention and control. Spontaneous thoughts are frequent in daily life and contribute to important functions such as planning and memory consolidation, and thus it is very important to analyze to what extent this type of thought is changed by ageing. Furthermore, if spontaneous thoughts are preserved, they will be a privileged target for interventions that aim to support memory and future thought in ageing.</p> <p>I will present three studies. The first is a systematic review with meta-analysis in which we reviewed evidence for age-related changes in mind wandering, a concept similar to spontaneous thoughts. We also analyzed the methodological and sociodemographic moderators that may impact an age-related effect, and developed recommendations to avoid confound in future studies.</p> <p>In a second study, we applied the methodological recommendations derived from the meta-analysis in developing a new task to elicit spontaneous thoughts with younger and older adults. We also used a new method to prime future-oriented personal goals. Here, we analyzed whether priming – a mechanism which had been shown to be key for younger adults – would similarly affect older adults.</p> <p>Finally, in a third study, we focused not only on the frequency of spontaneous thoughts but also on how specific these thoughts are. In addition to comparing age groups, we used an episodic specificity induction that has been shown to target constructive processes. This procedure allowed us to test whether spontaneous thoughts rely on constructive processes.</p> <p>I will summarize the results of these studies by reflecting on the mechanisms supporting spontaneous thoughts. I will also suggest future avenues of research on how to apply this knowledge to improve the daily cognition of older adults.</p>
Catherine Browning, <i>University of New South Wales</i> 03.11.21	<p><i>The Sydney Centenarian Study – A longitudinal study investigating the oldest old in Australia</i></p> <p>The likelihood of living to 100 and beyond increases every year. The possibility of achieving this age is on the one hand exciting – after all, mankind has always been intrigued by the idea of the fountain of youth. But longevity can come with significant challenges. So, the Sydney Centenarian Study (SCS), a part of the Centre for Healthy Brain Ageing at UNSW, recruited 440 participants aged 95 and above aiming to shed light on the determinants of successful ageing,</p>

	<p>both environmental and genetic.</p> <p>Every one of the SCS participants is an extraordinary success story. Life expectancy when the participants were born in the late 1910's and early 1920's was just over 60 – so they outlived that expectation by close to 40 years. They're doing a lot right, and we wanted to work out what that is.</p> <p>Early findings will be presented, and challenges associated with this type of study will be discussed. This is an opportunity to listen to a first-hand perspective of working with this unique group of participants.</p>
<p>John Mace, <i>Eastern Illinois University</i></p> <p>11.11.21</p>	<p><i>The implications of continuous activations in the autobiographical memory system</i></p> <p>Conway (2005) argued that autobiographical memories are constantly being formed in the background (unconsciously) as we encounter cues/stimuli in everyday life (reading, watching television, having a conversation, and so forth). This proposition suggests that massive amounts of autobiographical memories are activated (primed) daily, and such priming may influence how and why we remember the past. Mace and colleagues (e.g., Mace, McQueen, Hayslett, Stalely, & Welch, 2019; Mace & Unlu, 2020) demonstrated that this form of priming (generic or semantic source priming) does influence what we remember when we intentionally recall the past, as well as serve as a source and influence for everyday involuntary memories (i.e., spontaneous recollections of the past). This talk will address that research, as well current (and future) research in this area. The talk will address how generic priming influences both voluntary and involuntary remembering, the relationship between semantic memory and autobiographical memory, and the possible functions of generic priming.</p>
<p>Jackie Blissett, <i>Aston University</i></p> <p>18.11.21</p>	<p><i>Psychology of feeding and eating in infants and young children: implications for intervention</i></p> <p>There are numerous individual differences which underpin children's eating behaviour, as well as numerous ways in which caregivers feed their children. Outside of this, there are external social, structural and cultural factors which influence children's eating. This talk will briefly examine some of the important child factors which affect children's eating outcomes (e.g. genetics of appetite and 'neophobia', sensory processing, temperament), some of the parent factors which influence feeding practices (beliefs, attitudes, mental health) and external factors (food environment, culture) and will illustrate the complexity of parent-child interactions around feeding and eating. The implications for intervention development and adaptation will be discussed, along with a description of our plans for a recent ESRC funded project to tailor interventions according to children's appetite.</p>
<p>John Sturzaker, <i>University of Hertfordshire</i></p> <p>25.11.21</p>	<p><i>Places of tomorrow: Ebenezer Howard and sustainable development</i></p> <p>We are often told that we are in the middle of a "housing crisis", one cause of which is that not enough new homes are being built. At the same time, many of those which have been built in recent years are rightly criticised for being in the wrong places, poorly connected to public transport and badly prepared for the consequences of climate change. Our Prime Minister, like others before him, blames the planning system for this. In this seminar I will draw on research into planning processes and outcomes to explore why the developments we see around us are often sub-optimal; and explore whether the ideas of Ebenezer Howard, the pioneer of town planning, could point the way to a more sustainable future.</p>
<p>Paulo Silva <i>University of</i></p>	<p><i>Relationship between attachment anxiety and social peripersonal space – an empirical approach via a multisensory integration task</i></p> <p>Peripersonal space (PPS) refers to the space immediately surrounding the body where</p>

<p><i>Hertfordshire</i></p> <p>01.12.21</p> <p>Buse Keskindag <i>University of Hertfordshire</i></p>	<p>interactions between the body and the environment occur and multisensory processing is facilitated. This space representation is dynamic, expanding and shrinking depending on environmental specificities and individual differences such as attachment style. Attachment style is of interest as it could relate to standard learning processes as part of intrapersonal biases impacting one's perceptions, attitudes, and expectations. Specifically, attachment anxiety might be a relevant factor as its characterized by hyperactivation of attachment behaviour, involving worrying about rejection/abandonment and persistent checking of signals of support from others. As such, in this study we explored the links between social PPS and attachment anxiety. Using a well-validated visual-tactile multisensory integration task to measure changes in PPS, we investigated the hypothesis that individual differences in self-reported anxious attachment style would predict PPS particularly in a social condition (i.e. facing vs not facing another person) during the task. We recruited 68 females grouped by high and low attachment anxiety score. Our results showed: (i) a greater differentiation between close and far space for the high attachment anxiety group (irrespective of social context); (ii) lower attachment anxiety is related to less differentiation between close and far space in a non-social when compared to a social setting; (iii) participants expanded their PPS in the non-social compared to the social condition, independent of attachment anxiety. These results seem to indicate a link between social PPS and attachment anxiety.</p> <p><i>Illness perceptions and their relation to psychological and clinical outcomes in Turkish Cypriot patients receiving dialysis</i></p> <p>Patients impacted by end stage kidney disease require intervention in the form of kidney replacement therapy. Haemodialysis (HD) within a hospital is one of the most common forms of treatments that patients receive worldwide. Though HD offers a 'lifeline', is it known to be demanding bringing both physical and psychological challenges. A growing body of research has therefore considered factors that are associated with adjustment to life on HD. This talk will provide an overview of a programme of research that is underway with Turkish Cypriot HD patients, specifically considering illness perceptions and their association with important patient outcomes. Findings will be summarised from both a qualitative study with patients undertaken in their language of origin as well as a systematic review aimed at exploring what is known about illness perceptions more generally amongst those receiving HD. Progress in patient recruitment and initial observations from a longitudinal study mapping the trajectory of illness perceptions from pre-dialysis to dialysis initiation and beyond will also be shared. Given the local infrastructure for psychological support in Cyprus, implications of the work for policy and practice developments will be considered.</p>
<p>Daniel Bailey, <i>Brunel University</i></p> <p>08.12.21</p>	<p><i>Sedentary behaviour: an emerging target for promoting population and clinical health</i></p> <p>Sedentary behaviour has emerged as a distinct risk factor for a myriad of adverse physical and psychological health outcomes, such as Type 2 diabetes, cardiovascular disease and depression. In this talk, Dr Bailey will discuss the findings of his internationally recognised research that has informed national and international physical activity guidelines that now include recommendations to limit and regularly break up sedentary time. He will also discuss his work on the development and evaluation of interventions aimed at reducing and breaking up sedentary behaviour. This research has targeted specific at-risk groups including overweight and obese adults, office workers and Type 2 diabetes. Dr Bailey will also discuss the challenges and opportunities his group faced in conducting their research during COVID-19 and how this is shaping their current and future research. @DrDanielBailey (Twitter handle)</p>
<p>Nancy Kouroupa, <i>University of Hertfordshire</i></p>	<p><i>Exploring the feasibility of using socially assistive robots with autistic children</i></p> <p>Autism is associated with difficulties in the domain of social interaction and communication and repetitive and restricted patterns of behaviour. The use of socially assistive robots appears to be an engaging medium that facilitates the development of learning, social communication skills and collaborative play in autistic children. Although parents and</p>

<p>24.02.22</p> <p>Charlotte Dean, University of Hertfordshire</p>	<p>practitioners might be hesitant around the rapid explosion of innovative technologies including socially assistive robots and their application in autism learning and intervention session, autistic children appear to be motivated to use them. The programme of work within this thesis aims to explore what is known about the use of robots with autistic children to drive advances in autism research. A series of studies were designed including: 1) a systematic review and meta-analysis on the way robots have been used with autistic children; 2) an online parent-reported survey on their knowledge and preferences about the use of different technologies including smartphones, iPods, tablets, virtual reality, robots or other as an intervention approach to support the development of skills in autistic children; 3) a qualitative study on parents' views and perceptions of the applicability of socially assistive robots with autistic children in an intervention session; 4) video data to explore the difference in autistic's children social communication skills when having sessions with a human therapist only compared to a human therapist and a humanoid robot in a clinic room.</p> <p><i>Is belief in the paranormal related to executive dysfunction?</i></p> <p>Belief in paranormal phenomena has been linked with aspects of various cognitive dysfunction. Under-researched, however, is the association between paranormal beliefs and executive functions such as set-shifting ability (i.e.- "cognitive flexibility"). One small study (n=26) found that greater paranormal beliefs was linked to poorer set-shifting (on the Wisconsin Card Sort Test). This talk will discuss findings from a pre-registered study (https://osf.io/h3vws/) and subsequent pre-registered replications in sufficiently powered samples, which sought to confirm the association between paranormal beliefs and cognitive flexibility.</p> <p>Online samples completed paranormal beliefs questionnaires and a modified Wisconsin Card Sorting Test. In the first study, instead of replicating the previously reported negative relationship, we found significant <i>positive</i> associations between paranormal beliefs and cognitive flexibility, with faster responding and higher accuracy in paranormal believers. The second study, however, did find a negative association between paranormal beliefs and cognitive flexibility, with faster responding and higher accuracy in sceptics. The third and fourth studies consider whether the moderating effect of education level explains the disparity in findings.</p> <p>These studies have important implications for whether paranormal beliefs are related to global cognitive deficits (a common assumption within the research area) or not. This research also highlights the important features of open-science relating to how and when we replicate studies in psychology.</p>
<p>Eli Somer, University of Haifa</p> <p>02.03.22</p>	<p><i>Maladaptive daydreaming: Evidence for a pathological form of absorption</i></p> <p>Daydreaming is a common mental activity that can help solve problems, trigger creativity, and inspire science and art. Evidence suggests that some people have a capacity for vivid absorptive fantasy that is experienced with an acute sense of presence. This ability to script an intense alternate reality appears to be highly gratifying. In fact, the experience seems so rewarding that it evokes a yearning to repeat it that is akin to addiction. For individuals who are coping with past and current distress, life in a fantasized alternate world seems a soothing, affect-regulating alternative. However, when daydreaming becomes compulsive and time-consuming, the consequences can be dire: maladaptive daydreaming (MD) can interfere and sometimes even replace real-life social, academic, and vocational activities. This lecture will describe the phenomenology of MD, its brief history, and evidence supporting its distinctness. A video clip featuring the testimony of a maladaptive daydreamer will be screened.</p>
<p>Jaime Garcia Iglesias, University of Hertfordshire</p>	<p><i>The eroticising of HIV: theorizing sexual desires and healthcare decision-making</i></p> <p>Bugchasers are gay men who eroticize HIV as a source of intimacy, community, or value. Despite them being a loud minority, little is known about their desires and how, or if, they</p>

<p>10.03.22</p>	<p>carry them out in real life. In this talk, I rely on the first qualitative, interview-based, study of bugchasing to date to explore how sexual desires influence these men’s healthcare decisions around HIV prevention. I theorize how sexual desires take on different intensities: some make of bugchasing a way of life and long for the day in which they contract the virus, other just fantasize with the idea while seeking to prevent actual infection (e.g. by using PrEP). Then, I examine how bugchasing desires influence and mediate these men’s healthcare decisions around HIV. In particular, I focus on how PrEP—a novel HIV prevention daily pill regime—is perceived by these men in several ways: some see it as liberatory (allowing them to fulfill their desires without risk), while others see it as a ‘chemical condom’ that prevents intimacy and fulfilment. Most importantly, and ignored in research about PrEP and sexual health so far, I describe how these men stop taking PrEP as a way of coming to terms with their identity and fulfilling their fantasies. Overall, I argue that sexual desires are a key, and overlooked, factor in these men’s decisions around HIV prevention and suggest how care guidelines and research around PrEP—and sexual health—might incorporate these understandings.</p>
<p>Katherine Brown, <i>University of Hertfordshire</i></p> <p>15.03.22</p>	<p><i>What’s in a Behaviour? Why Should We Care? Learning from more than 20 years of applying Health Psychology to our Public Health Priorities</i></p> <p><i>If this event takes place on Campus there will be a reception at The Loft, College Lane Campus, with wine and cheese.</i></p> <p>The Dean, Life and Medical Sciences is delighted to invite you to attend the inaugural professorial lecture from Katherine Brown, PhD C.Psychol FHEA; Professor of Behaviour Change in Health.</p> <p>In this talk Katherine will consider some of our national and global public health priorities; obesity and related diseases; the impact of smoking and the diseases it is causally related to; sexual health and wellbeing including the impact of sexual violence; and of course, the current global pandemic. She will demonstrate the significant contribution that our behaviour makes to these public health challenges and why it is important to understand the drivers of behaviour to support the design of effective public health interventions.</p> <p>The talk will draw on examples of interventions Katherine had been involved in developing and evaluating throughout her career to date to show how we have tried to do this in practice and involving a range of stakeholders and end-users in the process to try to optimise acceptability, efficacy and fit within the public health system.</p> <p>Katherine will also explore the importance of, but challenges inherent in the evaluation of, often complex public health interventions.</p>
<p>Adrian Taylor, <i>University of Plymouth</i></p> <p>24.03.22</p>	<p><i>Developing and evaluating physical activity interventions to improve mental health and well-being</i></p> <p>Evidence suggests that exercise has chronic positive effects on common mental health problems (e.g., depression, anxiety), addictions, severe mental illness (eg, bi-polar disorder, schizophrenia) and positive mental health (e.g., resilience, self-esteem, perceived quality of life), and acutely on psychological states. But we also know that people with low mood find it difficult to find the energy or enthusiasm to engage in physical activity.</p> <p>There is a need to develop effective theory-driven and evidence-based physical activity interventions to support people with different mental health conditions and low levels of well-being as a standalone treatment or to augment existing treatments. The talk will provide examples of interventions (i.e., TREAD, BACpAc, e-Motion, STRENGTHEN, TARS and e-coachER) designed with service users to particularly enhance mental health outcomes, with an assessment of intervention fidelity (in terms of intervention design, training, delivery, receipt and enactment) embedded to understand what support was offered and which components were effective, for the purposes of replication and implementation. The talk will end with a brief reference to the development of a Canadian Toolkit for guiding practitioners</p>

	in the promotion of physical activity.
<p>Michael Scullin, <i>Baylor University</i></p> <p>30.03.2022</p>	<p><i>Sleep and cognition</i></p> <p>“If sleep does not serve an absolutely vital function, then it’s the biggest mistake that evolution ever made”. In this talk, I will discuss some of the functions of sleep, focusing on my laboratory’s investigations of how sleep loss affects brain functioning, learning and memory and emotional reactivity processes. I will additionally cover new approaches for improving sleep in student populations.</p>
<p>Daniel Madigan, <i>York St. John University</i></p> <p>27.04.22</p>	<p><i>Recognition, treatment, and prevention of burnout in sport, education, and healthcare</i></p> <p>Burnout is a growing public health concern. For example, the World Health Organization recently included burnout in its international classification of diseases. Moreover, the significant challenges and disruption caused by the COVID-19 pandemic may have drastically accelerated the risk of burnout development, especially in sport, education, and healthcare settings. In this talk, I will provide an overview of research that has examined the prevalence, risk factors, consequences, and interventions to reduce burnout in these domains. To do so, I will first provide an introduction to burnout. This will include a definition and description of burnout, a discussion of its measurement, and details of how it applies to athletes, students, teachers, and healthcare professionals. I will then provide an overview of my group’s recent research in this area. In particular, I will explore evidence that burnout levels are increasing among athletes, studies examining the ways in which personality (e.g., perfectionism) is implicated in burnout development, and how burnout can directly and indirectly reduce academic achievement. I will end by considering the evidence for effective intervention against burnout. It is hoped that these discussions will help emphasize the relevance of burnout for mental health, wellbeing, and success and encourage a much-needed focus on its prevention.</p>
<p>Jay Olson, <i>Harvard University</i></p> <p>05.05.22</p>	<p><i>Magic, placebo psychedelics, sham neuro-imaging, and effective deception in social psychology</i></p> <p>Social psychology studies often require effective deception to reduce demand characteristics. Few manuals or models, however, explain how to improve this deception. The field of performance magic offers a potential solution; magicians have deceived audiences for millennia using various robust techniques which may be useful to experimental psychologists. We consolidate these techniques into a Swiss cheese model and propose that effective deception is subtle yet elaborate. Here, I demonstrate how this model can be used to test two otherwise inaccessible research questions. First, how large is the placebo component of the psychedelic experience? Second, how will people react to future neuro-imaging devices that can reveal their unconscious “traits”? In an unlikely collaboration, I argue that magicians seeking deception may be useful to scientists seeking truth.</p>
<p>Omar Yousaf, <i>Bath Spa University</i></p> <p>12.05.22</p>	<p><i>Conflicting motivations in human behaviour: Implications for beliefs, health, and social behaviour</i></p> <p>The speaker will present some of his research on how various human motivations can shape attitudes, beliefs, and behaviour. Studies on religious cognitive dissonance, selective information processing, and belief/attitude/behaviour change will be covered. With regards to the religious context, some links will be made to existentialist approaches to understanding how individuals sometimes strive towards a sense of meaning despite facing adversity and</p>

	contradictions. Some studies from the context of health behaviours and attitudes, including social norms and gender, will also be covered.
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After face to face seminars, staff and students are invited for drinks and nibbles for an informal chat and follow up discussion with the speaker.

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