This booklet contains details of the research interests of staff who supervise dissertation research on the MSc Health Psychology. We hope it will help you to start thinking about the areas of research you would be interested in pursuing for your dissertation. We will be talking to you about our interests and possible projects, in the first few weeks of term.

This is intended as a guide, not a limitation – we are always very keen to hear about your own research interests and are very happy to discuss your own ideas with you.
CONTENTS
Dr Chris Alford .............................. 3
Dr James Byron-Daniel ............. 4
Dr Rachel Gillibrand ...................... 6
Dr Emma Halliwell ...................... 8
Dr Diana Harcourt ...................... 10
Dr Helen Malson ...................... 12
Dr Jane Meyrick ...................... 14
Dr Marianne Morris ...................... 16
Dr Tim Moss ............................. 18
Professor Nicky Rumsey ...... 20
Areas of research interest:

I conduct sleep, performance and drug research. Particular interests include:

- Complementary and Alternative Medicine (CAM) approaches to insomnia and stress reduction
- Evaluation of sleep and sleep disturbance; Insomnia assessment and treatment; effects of drugs on sleep and waking.
- Assessing the effects of shifts, extended performance and sleep restriction, and reversal of induced deficits with social drugs (e.g. caffeine) and functional foods etc.
- Placebo effects in treatment response.
- Automated EEG based vigilance monitoring.
- Stress monitoring, assessment, and reduction techniques.
- Evaluation of the effects of energy Drinks on Mood and performance.

Methodologies and methods:

Mostly experimental studies, using objective and subjective assessments, for example actiwatches and questionnaires to measure sleep.
Computer based performance tests, including driving simulation

Examples of MSc projects supervised previously:

- Sleep disturbance and quality of life
- Placebo effect in insomnia
- Caffeine and workload – comparing physical and cognitive tasks

Selected recent publications:


Areas of research interest:

My research interests focus around a number of different areas. Firstly, I am interested in the use of acute exercise in reducing nicotine withdrawal symptoms and desire to smoke, specifically mechanisms and limitations of the effect. I also have research interests related to exercise and appearance, and smoking and appearance. I am also interested in the psychological factors important adherence to exercise and physical activity. I have expertise in systematic review methodology, and am interested in its application to Health Psychology research.

Some possible project ideas involve:

- The role of intensity of exercise effects on smoking withdrawal symptoms
- Use of smoking to reduce weight and associated exercise participation
- How quitting smoking effects body image
- Acute effects of exercise on a specific/multiple aspects of body image
- Exercise participation and adherence to exercise programs
- Sport and physical activity motivations

Methodologies and methods:

Mostly quantitative but I am interested in developing mixed methods projects.

Examples of MSc projects supervised previously:

- Acute effects of 10 minutes of moderate intensity exercise on state body image
- Role of aggression and fear of negative evaluation in adjustment to visible loss: a mixed methods study
- Differences in body image and motivation to exercise in asthetic vs non-asthetic sports
- Exercise padherance after gastric banding surgery
- Effect of acute exercise on cravings for chocolate

Selected publications:


Areas of research interest:

Currently my research investigates the role of health beliefs and the developmental aspects of young adulthood in explaining changing levels of adherence to the five key areas of diabetes self-care: insulin injecting, blood glucose testing, diet, foot care and smoking behaviour. My research invokes the use of an adapted health belief model and has shown that empowerment, locus of control and appraisal of benefits to costs of self-care adherence to be predictors of adherence to insulin injecting, blood glucose testing and dietary behaviour. Work in progress suggests that social support, self-esteem and acceptance of diabetes predict good health behaviour and subsequent health outcome. I would be happy to supervise projects looking into health beliefs and health behaviours, management of acute and chronic health conditions.

Methodologies and methods:

I would be happy to supervise projects invoking the use of internet data-collection methods as well as the usual quantitative and qualitative methodologies.

Selected recent publications:


Areas of research interest:
I am interested in issues around appearance concerns in non-clinical populations. More specifically, my research is currently focuses on four themes

1. The impact of appearance concerns on eating, exercising and other appearance shaping behaviours.
2. Development of, and changes in, appearance concerns across the lifespan.
3. Sociocultural factors that influence body image, including the impact of the media, peers, family and romantic partners on attitudes towards the body and related health behaviours.
4. State fluctuations in mood and body image, particularly in response to body related stimuli e.g. eating.

Methodologies and methods:
Mainly quantitative methods, particularly experimental designs, but I am also happy to supervise mixed methods research.

Examples of research projects supervised:
- The development of the appearance self-concept through adolescence
- The impact of eating forbidden foods on restrained eaters state body image and mood
- The use of athletic models as inspirational comparison targets amongst exercising and non-exercising men
- Sociocultural influences on gay men’s body image concerns
- Predictors of emotional eating amongst adult men and women

Selected recent publications:


Areas of research interest:
I am interested in issues of appearance and visible difference, in particular those related to cancer diagnosis and treatment and with a focus on provision of care. I am also interested in decision-making about treatment with an impact on appearance. I am Co-Director of the Centre for Appearance Research (CAR).

Methodologies and methods:
I am happy to supervise the use of qualitative or quantitative methods and encourage the use of mixed methods.

Examples of recent MSc projects supervised:
- Experiences of breast reconstruction from the partners' perspective.
- Experiences of the diagnosis of malignant and non-malignant melanoma.
- Evaluation of a CD-Rom to present information about breast reconstruction
- Women's experiences of mammotome (a means of removing benign breast lumps)
- A qualitative study of women's experiences of DCIS (Ductal Carcinoma in Situ)
- Experiences of a changes to appearance due to bone marrow transplantation
  - Partners' experiences of Rheumatoid Arthritis

Selected recent publications:


**Areas of research interest:**
I am interested in critical feminist approaches to gendered subjectivity/identity and gendered bodies and body-management practices, particularly around 'eating disorders' and issues of eating disorder interventions.

**Methodologies and methods:**
Qualitative and critical methodologies, particularly discourse analysis but also thematic analysis, analysis of visual material and Q-methodology.

**Examples of research projects supervised:**
1. analysing clinicians’ letters to ‘anorexic’ clients
2. analysing accounts of hospital based treatment for ‘eating disorders’
3. analysing pro-anorexia websites
4. constructions of ‘fatness’ and ‘thinness’

**Selected recent publications:**


DR JANE MEYRICK

I am both a Health Psychologist and Public Health Specialist and am therefore interested in:

- Public health/ health behaviour evidence and evidence based practice and policymaking,
- Theory based evaluation of interventions (national/local),
- Health behaviour interventions and reducing health inequalities,
- Surveillance of the population's health and well-being,
- Promoting and protecting the population's health and well-being,
- Policy and strategy development and implementation,
- Working collaboratively with and for communities.

I have specialised in the fields of teenage pregnancy and sexual health, change and complexity in the NHS, getting evidence into practice, arts and health and research ethics. I have a long track record working at various levels and across topic/professional groups within the NHS.

Methodologies and methods

I am happy to supervise all methods with perhaps a greater emphasis on mixed methods and the use of qualitative approaches.

Selected recent publications:


Areas of research interest:
My research interests focus around issues relating to chronic disease, in particular diabetes and more recently rheumatology; lived experience, self management interventions. I am especially interested in supervising research into coping, identity and lifespan issues amongst people with long term conditions. Within the Centre for Appearance Research (CAR) I am involved with researching appearance related issues of chronic skin conditions (Epidermolysis Bullosum, vitiligo and psoriasis) and strabismus. I have close research links with healthcare professionals providing care for people with diabetes through North Bristol NHS Trust; rheumatology at the University of Bristol hospitals; pain and self management programmes at North Bristol. Also charitable foundations supporting people with Pituitary Conditions and Klinefelter’s Syndrome, National Osteoporosis Society: running needs analysis, satisfaction and condition impact surveys.

Methodologies and methods:
Qualitative or quantitative and mixed methodologies research.

Examples of MSc projects supervised previously:

- An exploration of the factors influencing clinic attendance and non-attendance in young adults with Type 1 diabetes.
- Living with Myalgic Encephalomyelitis.
- Parents’ attitudes towards the MMR vaccination.
- Experiences of a psychsocial intervention for people with diabetes.
- Living with Epilepsy.
- Needs analysis and Patient satisfaction survey for people with a pituitary Condition and for men with Klinefelter’s Syndrome
- Expectations and Experiences of Laparoscopic Gastric Banding Surgery for people with Type 2 diabetes who are morbidly obese.

Recent publications and research:

Dures E, Morris M., Gleeson K, Rumsey N. (in press) "You're whatever the patient needs at the time" The impact on health and social care professionals of supporting people with epidermolysis bullosa ) Chronic Illness

Dures E, Morris M., Gleeson K., Rumsey N. (in press) The psychosocial impact of epidermolysis bullosa (ED; MM; KG; NR) Qualitative Health Research.


Areas of research interest:
I am always happy to discuss ideas with MSc students that do not fall into any of the specific topics below. However, I would be particularly interested in supervising projects in a number of areas, including:

Testing of anomalous health beliefs/practices (or alternative medicine practices) using evidence based medicine methodology.

Psychological processes involved in family, child, and adolescent adjustment to health and illness.

Psychological factors involved in individual differences in adjustment to perceived problems of appearance in clinical and non-clinical groups.

Self-protective biases in perception of health information - how do we distort the information we process around our health in order to maintain a positive view of ourselves? What are the behavioural and emotional consequences of this?

I am also interested in health cognitions in a more general sense – how do schematic and other representations of health relate to health behaviour?

I would be interested in supervising students in the area of biophilia in relation to positive health.

I am interested in supervising potential projects in any of the areas above. I would also be interested in discussing ideas around health promotion and communication, or other public health applications of health psychology.

Methodologies and methods:
Mainly quantitative, but also Q-methodology if appropriate.

Examples of MSc projects supervised previously:
- Evaluation of a horticultural therapy programme
- Change in representation of smoking during a smoking cessation programme.
- Diversity in theoretical orientation amongst therapists
- Development of an adolescent measure of appearance adjustment
- Attention and memory bias in relation to appearance adjustment

Recent publications:


Andersson, E.K., and Moss, T.P. (submitted to Psychology of Sport and Exercise) Imagery And Implementation Intention: A Randomised Controlled Trial Of Interventions To Increase Exercise Behaviour In The General Population

Moss, T.P. and Harris, DL., (2009) Psychological Change Following Plastic Surgery: A Prospective Controlled Outcome Study Psychology, Health & Medicine 14:5,567 — 572

Moss, T.P., and Bould, E. (2009). A Q-methodological Investigation into the Meanings of Cigarette Consumption Journal of Health Psychol; 14; 36-42


Moss, T.P and Rosser B (2008) Psychosocial adjustment to visible difference. The Psychologist, 21(6), 492-495

Areas of research interest:

My research interests focus on appearance and disfigurement and the provision of appropriate psychosocial care. I am Co-Director of the Centre for Appearance Research (CAR) at UWE, Bristol.

Methodologies and methods:
A broad range of methods and methodologies – many projects that I supervise use mixed methods (i.e. a combination of both qualitative and quantitative methods).

Examples of MSc projects supervised previously:

- Stability and change in body image
- Public attitudes towards larynx and face transplants
- Appearance concerns and hearing aid use
- Body image in people without sight

Selected recent publications:


Fox F, Rumsey N, & Morris M (2007) “Ur skin is the thing that everyone sees and you can’t change it!”: Exploring the appearance-related concerns of young people with psorasis. Developmental Neurorehabilitation. 10 (2), 133 - 141