



#phm2023



2023 PSYCHOLOGY, HEALTH & MEDICINE CONFERENCE

Friday 26th May
University of Limerick

Welcome to PHM 2023

Dear Delegates

I had ChatGPT write a draft of this piece as a joke. However, rather than stick to its remarkably bland mash-up of the usual comments, I've opted for the other extreme.

Almost five years ago, I moved to Ireland, attracted by the strength of health psychology here. I was excited to make new connections and re-connect with people I had met at conferences. For the obvious reason, I have instead become very familiar with the 2km near my house — which luckily includes UL's beach!

So, when I say that I'm delighted to welcome you to campus today, for the first in-person Psychology, Health & Medicine Conference since 2019, I really am delighted. I'm looking forward to catching up with old friends, meeting people who I've only ever known through online meetings, and meeting some of you for the first time.

I have been very lucky to have had Ann-Marie, Emma, Louise and Máire working with me. ChatGPT suggested that I say that they have worked tirelessly, but instead it seems to have gone rather easily. Either that, or they have worked tirelessly, and I am ignorant of their efforts.* They have been fantastic to work with, and have done a stellar job.

We have a great programme for you, so I hope you have a fun and productive time in Limerick, hearing about some great new research, making new connections, and renewing existing ones.

* I hope that this is not the case!



Dr James Green
Conference Chair
Psychology, Health & Medicine 2023

Local Organising Committee: James Green (chair), Ann-Marie Creaven, Emma Kirwan, Máire McGeehan, Louise Foley

Scientific Committee: Louise Foley (chair), Rebecca Maguire, Frank Doyle, David Hevey, Deirdre Walsh, Karen Matvienko-Sikar, Samantha Dockray, Laura Coffey, Oonagh Meade, Niki Nearchou, Simon Dunne, Marian Mclaughlin, Catherine Darker

Programme Overview

09:15 – 9:55	Registration with tea/coffee
10:00 – 10:55	Keynote 1
11:00 – 12:15	Parallel session 1
12:15 – 13:30	Lunch (DHP AGM @ 12:30)
13:30 – 14:30	Lightning talks
14:30 – 14:40	Short break
14:40 – 15:25	Parallel session 2
15:30 – 16:00	Chaired poster session with tea/coffee
16:00 – 16:55	Keynote 2
16:55 – 17:10	Awards & closing ceremony

Full Programme

09:15	Registration with tea/coffee – (School of Medicine Foyer)		
10:00	Keynote 1 – Prof Orla Muldoon (GEMS0016) Stressing groups: a social psychology of health and medicine		
11:00	Parallel session 1		
	Track 1 <i>Social support, loneliness & belonging</i> Chair: Ann-Marie Creaven Room: <i>IWA Theatre 2</i>	Track 2 <i>Healthcare & services</i> Chair: Lisa Hynes Room: <i>GEMS0028</i>	Track 3 <i>Behaviour change interventions</i> Chair: Karen Matvienko-Sikar Room: <i>GEMS0016</i>
11:00	Grace McMahon Social integration: Implications for the association between childhood trauma and stress responsivity	Jamie Howell Factors associated with PrEP stigma among gay, bisexual, and other men who have sex with men (gbMSM): a systematic review	Tamara Escanuela Sanchez A systematic review of behaviour change techniques used in the context of stillbirth prevention
11:15	Avril Deegan Social support and childhood cancer survivors: a systematic review (2006-2022)	Sarah Foley Living with endometriosis: a qualitative study examining patient experience of the Irish healthcare services	Márcia Carvalho Exploring active ingredients of type 2 diabetes self-management programmes: a content analysis of two programmes
11:30	Rosemary Daynes Kearney Online support groups and family caregivers: a qualitative analysis of social support and engagement	Emma Nicholson Factors affecting referral from primary care to the emergency department for a child with intellectual disabilities: a discrete choice experiment	Gerard Molloy Supporting general practitioners and people with hypertension to maximise medication use: development of the MIAMI behavioural intervention
11:45	Joanna McHugh Power Existential loneliness during the COVID-19 Pandemic: an Irish cohort study	Eanna Kenny Exploring patient experiences of participating in digital cardiac rehabilitation: a qualitative study	Molly Byrne Optimising implementation of the Making Every Contact Count (MECC) programme in Ireland – a consensus study
12:00	Ciaran Carr An investigation into medical trainees' experiences of geographical rotation as informed by belonging theory	Catherine Darker Development and proposed evaluation of an eHealth learning tool for undergraduate university students in Ireland	Oonagh Meade Health service staff experiences of implementing the Making Every Contact Count chronic illness prevention programme
12:15	Lunch @ The Pavilion (PSI DHP Annual General Meeting @ 12:30 – GEMS0028)		

13:30	Lightning talks		
	<p>Track 1 <i>Mental health, stress & coping</i> Chair: Frank Doyle Room: IWA Theatre 2</p>	<p>Track 2 <i>Health psychology across the lifespan</i> Chair: Samantha Dockray Room: GEMS0028</p>	<p>Track 3 <i>Digital health and health behaviour (change)</i> Chair: Oonagh Meade Room: GEMS0016</p>
1	<p>Sarah Jay Disclosing an autism diagnosis: a social identity approach</p>	<p>Siobhan Power Sexual violence in childhood and young adulthood and the risk of multimorbidity: a systematic review and meta-analysis protocol</p>	<p>Alison Burrell The MAP (motivation, action, prompts) Model: a tool to structure behaviour change conversations on farm</p>
2	<p>Anna Mariya Lashkay When trauma is stigmatized: disidentification and dissociation in people affected by adverse childhood experiences</p>	<p>Aoife Bowman Grangel The cardiovascular impact of caregiving and coping on young adult carers</p>	<p>Alix Noonan Effect of government nutritional information on public perception of dairy in the diet</p>
3	<p>Daragh Bradshaw Children’s social group membership as a mediator of adverse childhood experiences and future prosocial outcomes</p>	<p>Ailbhe Dempsey Which is better for cardiovascular health? Religiousness or spirituality</p>	<p>Louise Foley Examining the effect of an ebike loan intervention on transport behaviour in Ireland: Inclusive Ebike Uptake and Sustainable Use (ISCycle)</p>
4	<p>Christopher Shum Teaching adolescents to connect thoughts and behaviours: a controlled longitudinal evaluation of the Motus Social Emotional Learning program across secondary school transition</p>	<p>Shannon Gray Variables associated with post-stroke PTSD; a systematic review and narrative synthesis</p>	<p>Carolina Silva A systematic review of multiple health behaviour change interventions for healthcare professionals</p>
Short break			

List of lightning talks continued on next page..

5	<p>Jennifer McMahon MY-Psychology: Piloting a psychological science programme for youth mental health & wellbeing promotion for transition year students</p>	<p>Natalia Duda Knowledge and understanding of Fibromyalgia Syndrome in Ireland: findings from a cross-sectional survey</p>	<p>Tamara Escanuela Sanchez The RELEVANT Study: rethinking stillbirth through behaviour change</p>
6	<p>Caitriona Lennon Impact of mindfulness on teacher well-being: a mixed-methods investigation</p>	<p>James Green Experiences and perceptions of ebiking among older adults: a qualitative study</p>	<p>Stephanie Murphy Sharing, support-seeking and managing safety: a qualitative study of online forum use after pregnancy loss</p>
7	<p>Christina Seery The psychosocial needs of adults living with muscular dystrophy and similar genetic muscular disorders</p>	<p>Ann Doherty Cumulative incidence and severity of adverse drug reactions and associated patient characteristics in older community-dwelling adults attending general practice: a six-year prospective cohort study</p>	<p>David Healy Optimising the STAND-VR intervention: a mini-focus group interview study</p>
8	<p>Rory Coyne The physiological effect of non-driving-related tasks in conditionally automated driving: a systematic review and meta-analysis</p>	<p>Joanna McHugh Power Social asymmetry in older adults: prevalence, correlates, and implications</p>	<p>Órla McGovern “Asking the algorithm”: understanding the help-seeking behaviours of young people on TikTok – a mixed methods co-design approach to optimise mental health and wellbeing</p>
14:30	Short break		

14:40	Parallel session 2		
	<p align="center">Track 1 <i>Assessment & management of mental health</i> Chair: Joanna McHugh Power Room: <i>IWA Theatre 2</i></p>	<p align="center">Track 2 <i>Obesity & wellbeing</i> Chair: Catherine Darker Room: <i>GEMS0028</i></p>	<p align="center">Track 3 <i>Adjustment & health in adolescence</i> Chair: Sarah Foley Room: <i>GEMS0016</i></p>
14:40	<p>Frank Doyle Poor quality studies preclude network meta-analysis of depression treatments in people with cancer: hybrid systematic review</p>	<p>Michael Daly The psychological legacy of past obesity and early mortality: evidence from two longitudinal studies</p>	<p>Samantha Dockray Life story narratives of the pubertal transition and health-related behaviours</p>
14:55	<p>Abigail Browne How is Cognitive Behavioural Therapy for Insomnia delivered to adults with comorbid persistent musculoskeletal pain and disordered sleep? A scoping review</p>	<p>Leona Ryan Reframing obesity treatment: a qualitative exploration of Irish general practitioners' attitudes regarding treating obesity as a disease and suggestions for future education and training</p>	<p>Paula Nunes Leocadio Exploring adolescents' transition from parental to self-management of type 1 diabetes (T1DM): a systematic review and developing research agenda</p>
15:10	<p>David Byrne Exploring the psychometric properties of the Hamilton Rating Scale for Depression (HRSD-17) in randomised trials of antidepressants</p>	<p>Christopher Shum The relationship between cognitive reappraisal and psychological well-being during early adolescence: a scoping review</p>	<p>Andrea Habenicht "It's life threatening, it's not life limiting but it's life threatening"- dyadic framework analysis of adolescent and parent adjustment to a type 1 diabetes diagnosis</p>
15:30	Chaired poster session with tea/coffee – (School of Medicine Foyer)		
16:00	Keynote 2 – Prof Felix Naughton (GEMS0016) Maximising the effectiveness and impact of digital behaviour change interventions		
16:55	Awards & closing ceremony (GEMS0016)		
17:10	<i>There will be an informal social gathering in The Pavilion on UL campus for anyone who would like to continue the discussion after the conference.</i>		

Poster Presentations

P1: Caregiving – Chair: Grace McMahon

The impact of the Covid-19 pandemic on the experiences of informal caregivers and their care recipients with chronic obstructive pulmonary disease (COPD) – a systematic review

Jennifer Deane-King (#37)

Bedtime story: caregiving at night for juveniles with type 1 diabetes

Vivienne Howard (#83)

Cancer caregiver health literacy: a cross-sectional survey

Chloe Moore (#94)

Exploring the experiences of migrant Asian family caregivers when caring for a family member

Wenyi Tang (#64)

Experiences of informal caregivers supporting individuals with upper gastrointestinal cancers: a systematic review

Dawn Davis (#25)

P2: Medicines management – Chair: Ann Doherty

Prescribing cascades in community-dwelling adults: a systematic review

Ann Doherty (#58)

Threat-based and empowering health communication: a randomised control trial to test the effects of sequential messaging on intention to seek antibiotics

Medeina Maceaitė (#61)

Can behaviour change interventions reduce expectations for inappropriate antibiotic use among the community when presenting with respiratory tract infections? A systematic review and meta-analysis protocol

Anthony Maher (#97)

Supporting GPs and people with hypertension to maximise medication use to control blood pressure: protocol for a pilot cluster RCT of the MIAMI intervention

Louise O'Grady (#20)

P3: Adolescence & emerging adulthood – Chair: Jennifer McMahon

Pubertal absence and adolescent wellbeing: a scoping review

Samantha Dockray (#11)

A protocol for assessing the relationship between emotional regulation, sleep duration and psychological well-being in adolescents across secondary school transition

Aimen Kakar (#55)

A time to sleep? Investigating stability of sleep sufficiency and difficulty from late adolescence to emerging adulthood, and the associations with health-related behaviour

Ben Kavanagh (#45)

The effect of blue and green space contact and connectedness on cardiometabolic health in late adolescence; a psychobiological approach

Catherine Anne Trearty (#79)

Self-management of long-term physical conditions during emerging adulthood: a systematic review

Orla Mooney (#3)

Depression, anxiety, systemic inflammation and somatic symptoms in adolescence: evidence from the ALSPAC study

Jennifer Cooney-Quane (#95)

P4: Care system interactions – Chair: Ann-Marie Creaven

The experiences of engaging in a conversation about health-related behaviours with a healthcare professional

Áine Trayer (#70)

"See me as a person first": patient perceptions and experiences of interactions with healthcare professionals across healthcare settings – a qualitative evidence synthesis

Leona Ryan (#17)

The experiences and perceptions of women in their interactions with healthcare providers when presenting with abdominal pain

Eibhlín Windrim (#74)

Experiences of late and self-diagnosis of autism in women and people assigned female at birth

Alison Warren-Perry (#72)

Experiences of primary healthcare among autistic adults

Amelia Phillips (#53)

P5: Health behaviours – Chair: Sonya Deschenes

HPV vaccination in gay and bi men: predictors, a dynamic norms experiment, and connectedness to the LGBT+ community

David Comer (#96)

Investigating barriers and enablers to healthy and unhealthy snacking behaviour during high and low-stress periods of time among university students

Alba Madrid Cagigal (#26)

Social identity salience affects women's likelihood of exercising outside and sense of safety
Lisa Skilton (#51)

Cardiovascular stress reactivity profiles as a function of COVID history in runners
Sophie Mahon (#62)

Behaviour and attitudes to drug use during college – does membership in clubs or societies matter?
Aaron Kennedy (#40)

Developing a model of decision making to explore factors impacting risky sexual behaviours
Shauna Glennon (#92)

P6: Stress & mental health – Chair: David Byrne

The effects of psychometric analyses on depression randomised trial outcomes
David Byrne (#23)

Exploring depression, residual symptoms, and stress using network models and wearable technology
Aoife Whiston (#38)

Exploring the impact of transition barriers, victimisation, and identity disclosure on depression among transgender populations
Luke Slattery (#63)

To explore family therapists experience, knowledge and training related to anorexia nervosa and its treatment
Carita Bramhill (#99)

Does perceived stress moderate the effectiveness of a group-based intervention on the reduction of eating disorder symptoms?
Zara Harnett (#85)

Understanding domestic abuse and mental health interactions to improve psychological supports
Laura Cahill (#9)

P7: Personality & wellbeing – Chair: Stephen Gallagher

Linking personality traits and mortality risk: a systematic review and meta-analysis
Máire McGeehan (#44)

Promoting workplace health and well-being through culture change: an evidence review
Kathryn Lambe (#81)

Adopting the social cure perspective to investigate the mental wellbeing of text-based crisis support line volunteers' wellbeing: social support and self-efficacy serially mediate the association of group identification with text-based crisis support line volunteers' compassion fatigue and compassion satisfaction

Alanna Donnellan (#86)

The social impacts of a personal listening intervention

Arantzazu Gaztelua (#65)

P8: Self-management & ageing – Chair: Hannah Durand

Integrated care for older multimorbid heart failure patients: protocol for the ESCAPE randomized trial and cohort study

Frank Doyle (#34)

What are the challenges faced by individuals with ME/CFS? Preliminary results of a cross-sectional study

Natalia Duda (#5)

ACTivate Your Life After Stroke (AYLAS) intervention on psychological well-being for people post-stroke – preliminary effectiveness, feasibility and acceptability

Richard Liu (#87)

Optimising well-being and promoting wound healing in DFU: Psychological perspectives and patient informed intervention strategies

Michelle Hanlon (#4)

Exploring patient experiences and perceptions of self-managing hypertension and the role of a structured education programme: a qualitative study

Rebecca Trower (#49)

Health Asymmetry: Do discrepancies between subjective and objective health scores mean anything for older adults?

Bill Calvey (#31)

Keynote Speakers

Prof Orla Muldoon



Stressing groups: a social psychology of health and medicine

Orla Muldoon is founding Professor of Psychology at the University of Limerick. She is interested in how social contexts and in particular social systems and structures can shape behaviour, attitudes and health. In the USA and elsewhere this is often called political psychology as many of our systems and structures are shaped by power, status and cultural forces. These same cultural forces are often not interrogated because they are assumed and acceptable in wider society. She currently holds an ERC Advanced grant that explores whether adversity, trauma and its psychological consequences are driven by social identity change, as well as an HRB-IRC funded project that is exploring the value of social solidarity to public adherence to health messaging during COVID19.

Prof Felix Naughton

Maximising the effectiveness and impact of digital behaviour change interventions

Felix Naughton is Professor of Health Psychology within the School of Health Sciences, University of East Anglia, and a registered Health Psychologist. He has a key research interest in the development and evaluation of digital interventions to promote and support health behaviour change and leads a research programme focused on mobile phone-based smoking cessation interventions. He is particularly interested in innovative technology-mediated approaches to changing behaviour, such as through Just-In-Time Adaptive Interventions (JITAs). Felix has served as a topic expert on behaviour change related NICE advisory committees and has recently been appointed as an expert advisor for the NICE Centre of Guidelines.



Conference Information

Conference venue:

The conference will take place in the School of Medicine on North Bank Campus, University of Limerick. For up-to-date directions to the building and information on transport options, please continue to visit the [conference website](#).

Accessibility:

We are very much looking forward to the opportunity to connect in person at PHM. Ann-Marie is our designated point of contact for accessibility and accommodations for delegates on the day. If there are any accommodations we can make to facilitate your attendance or to make your experience more comfortable, please contact Ann-Marie directly by email Ann-Marie.Creaven@ul.ie

Wi-Fi:

Delegates who are already registered on eduroam at UL or another higher education institute should connect to the wireless network via eduroam. There is also a wireless network for guests and visitors who are not registered on eduroam: ul_guest. Selecting this network will bring you to the University of Limerick Guest WiFi Portal. More information for accessing this network can be found [here](#).

Catering:

Tea and coffee will be provided during morning registration and the afternoon poster session. Lunch will be provided between 12.15pm and 13.30pm at [The Pavilion](#), located across from the School of Medicine. If you have any dietary requirements, please let us know as soon as possible by emailing phm2023@ul.ie.

Lanyards, stationary, water bottles & coffee cups:

We encourage delegates to bring your own lanyard, stationary, water bottle and reusable coffee cup if you already have them from past events. We will have a small number of items available on the day for those who do not bring their own.

Contact us:

If you have any outstanding questions about preparing for or attending the PHM2023 conference, do get in touch with the committee by emailing phm2023@ul.ie. We are aware this may be some delegates' first research conference, so we are very happy to clarify any queries to make your experience as enjoyable as possible.

Thank you!

The PHM 2023 Organising Committee would like to sincerely thank the following people:

Keynote speakers:

Orla Muldoon; Felix Naughton

Keynote chairs:

Molly Byrne; Gerry Molloy

Oral & lightning talk chairs:

Ann-Marie Creaven; Catherine Darker; Samantha Dockray; Frank Doyle; Sarah Foley; Lisa Hynes; Karen Matvienko-Sikar; Joanna McHugh Power; Oonagh Meade

Poster session chairs:

David Byrne; Ann-Marie Creaven; Sonya Deschenes; Ann Doherty; Hannah Durand; Stephen Gallagher; Grace McMahon; Jennifer McMahon

Scientific committee:

Laura Coffey, Catherine Darker, Samantha Dockray, Frank Doyle, Simon Dunne, Louise Foley, David Hevey, Rebecca Maguire, Karen Matvienko-Sikar, Marian McLaughlin, Oonagh Meade, Niki Nearchou, Deirdre Walsh

The Psychological Society of Ireland and the Division of Health Psychology for your support in the organisation of the conference.

John Kett, Duncan McIver, Siobhan Coleman and Jean Brown in the School of Allied Health, UL for your support with planning the conference.

All delegates for your contributions to the programme and discussions!