

# SCOTTISH BRANCH 2021 POSTGRADUATE RESEARCH DAY

TUESDAY 24 AUGUST 2021, VIRTUAL CONFERENCE

## Oral Presentation Abstracts

Listed alphabetically by presenting author surnames

### **Who's Helping the Helpers? Exploring the Effects of COVID-19 on Mental Health, Emotional Wellbeing and Perceived Level of Support of Mental Health Workers in Scotland: A Thematic Analysis**

**Miss Heather Sarah Jane Archbold<sup>1</sup>**, Dr Karen Deakin<sup>1</sup>, Dr Nicola Cogan<sup>1</sup>

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Since the onset of COVID-19, the global population have had to adapt to new ways of living, working and socialising. As a result, levels of mental illness have increased worldwide, mostly attributed to the implementation of social distancing whilst the quest for a vaccine was underway. In the UK, all but essential workers were instructed to work from home, leaving frontline keyworkers responsible for caring for the nation. Whilst there is a wealth of research on the effects of COVID-19 on mental health and wellbeing in frontline keyworkers in general, the same cannot be said for mental health workers. This is especially true for those in the West of Scotland, hence the rationale for this study. A qualitative study was carried out where one-to-one, in-depth, semi-structured interviews were conducted with seven mental health workers before being analysed using Thematic Analysis (Braun and Clarke, 2006). Three main themes were created using the data: Perceived influences on mental health and wellbeing, perceived barriers to accessing support and the importance of perceived effective management and teamwork. All of these are discussed respectively. It is concluded that changes to working practice may have detrimental effects on the emotional wellbeing of mental health workers and they should be supported appropriately. Current formal support is perceived to be difficult to access or not suitable for mental health workers, and it is recommended that this be revised. The importance of perceived effective management and teamwork is well highlighted here, as an alternative. Future recommendations are also discussed.

### **Exploring the Prevalence and Predictive Factors of Pathogenic and Salutogenic Outcomes of Trauma During COVID-19 in Scottish Health and Social Care Workers**

**Zoe Beck<sup>1</sup>**, Dr Nicola Cogan<sup>1</sup>

<sup>1</sup>*University of Strathclyde, Glasgow, Scotland*

COVID-19 has vastly impacted the psychological well-being of health and social care workers (HSCWs); therefore, the current study aimed to explore the prevalence of posttraumatic stress disorder symptoms (PTSS) and posttraumatic growth (PTG) in Scottish HSCWs during the third national lockdown. Higher rates of COVID-19 related burnout and risk perception were hypothesised to predict higher rates of PTSS, whilst higher resilient coping and team resilience were predicted to mitigate PTSS. Conversely, higher resilient coping and team resilience were hypothesised to predict higher levels of PTG.

The research design of this study is an exploratory cross-sectional online survey that included 1063 participants from 99 different occupations within Scottish health and social care organisations. Six psychometric scales were utilised (PGTI-SF, PCL-6, BRCS, Team Resilience Measure, COVID-19 Burnout Scale, and the COVID-19 Perceived Risk Scale).

Higher rates of burnout and risk perception predicted higher levels of PTSS, higher resilient coping and team resilience mitigated PTSS, and higher resilient coping and team resilience predicted higher levels of PTG. Of the sample, 49.3% met the cut-off for clinically significant PTSS, 77.1% reported experiencing PTG, 68.9% of participants reported low resilient coping and 44.7% reported that they had not been offered adequate support.

The results of this novel study highlighted the impact COVID-19 has had on Scottish HSCWs, which has resulted in nearly half of the sample reporting clinically significant PTSS. Organisations should integrate trauma-informed and growth-focused interventions to target and ameliorate the pathogenic symptoms of PTSS whilst cultivating resilience and PTG.

## **Supporting the inclusion of autistic children and young people in mainstream classrooms**

**Carole Campbell<sup>1</sup>**

<sup>1</sup>*Strathclyde University, Glasgow, Scotland*

Purpose: (1) To investigate how an autism outreach team can effectively support classroom teachers to enhance the inclusion of autistic children experiencing difficulties; (2) To identify the factors that enhance and impede inclusion; (3) To develop and implement effective processes to embed inclusive practices.

Background: A need was identified for a collaborative action research project to work with a local authority outreach autism team to bridge the research-practice gap and develop a cohesive evidence-based model of practice to support classroom teachers, parents and pupils.

Method: In study 1, problem analysis, systems theory and qualitative research methods were used to evaluate the current outreach service with the outreach team as participant-researchers within the project. Data from questionnaires (completed by the outreach team, service managers, other education staff and professionals, parents and pupils) and thematic analysis of data from follow-up focus groups from these groups were used to audit existing provision.

Conclusion: The findings revealed a need for the development of the aims and for a more strategic vision for the outreach team with shared approaches to assessment, intervention and evaluation and increased awareness of research evidence. An ecological improvement plan is being developed in study 2 using an implementation science approach to assist the team standardise their assessment methods, embed evidence-based teaching and consultation practices and evaluate pupil achievements via goal attainment scaling (GAS).



## **Inclusion and Well Being of LGBTQI in Secondary Education in North Cyprus**

**Enver Ethemer<sup>1</sup>**, Dr Nicola Cogan<sup>1</sup>, Professor Trish Hafford-Letchfield<sup>1</sup>

<sup>1</sup>*University of Strathclyde, Glasgow, Scotland*

This paper aims to present the psychological and social factors that impact the mental and emotional well-being of the LGBTQI people in secondary education in North Cyprus. North Cyprus is a geography where hetero-patriarchal gender roles dictate and homosexuality is only decriminalized recently in 2014. Most LGBTQI people experience stigmatization, marginalization, exclusionary policies, discrimination as well as stereotyping especially during their secondary education, most commonly experiences of bullying and harassment. The paper will present the initial findings on psychological and social factors that affect the LGBTQI mental wellbeing in secondary education in North Cyprus drawing on the data collected through qualitative interviews with LGBTQI people aged between 18-40, recruited through purposive sampling in five major cities.

The analysis will be based and constructed on the themes emerged from the data that is transcribed drawing on experiences of LGBTQI people during their secondary education focusing mainly those of bullying and harassment. It will be exploratory in terms of explain main findings to set an ontological and epistemological ground for further research. However, these findings will also serve tool for government have to develop strategies and policies to tackle with as well as promote inclusive and equitable quality education. Academically, the findings will contribute to the academic knowledge in the areas of psychology and LGBTQI rights as well.

Keywords: Wellbeing, Mental Well-being, LGBTQI, Gender, Inclusion



## **A mixed-methods analysis of the protective potential of online social support for new mothers on maternal wellbeing**

**Sally Henton<sup>1</sup>**

<sup>1</sup>*University Of Stirling, Stirling, Scotland*

Objectives: One in five UK women experience mental health issues during pregnancy or within a year of birth. This research aims to examine the influencing potential of online social support levels on parental stress, and the possible mediating effect of maternal wellbeing. The overarching goal is to inform healthcare understandings of

how online maternal support might be optimised to facilitate anxiety improvements and reduce long-term issues for mother and child.

**Design:** A mixed-methods, convergent parallel design is adopted to facilitate an examination of the complex associations between constructs.

**Methods:** A Qualtrics online survey was administered via social media to mothers of children aged under two ( $n = 151$ ). Three pre-existing scales formed the basis of quantitative multiple regression analyses to assess the potential mediation of online support at overall and domain levels on parental stress. Additionally, survey open questions allowed participants to describe experiences and formed the basis of a qualitative thematic analysis examining construct intricacies.

**Results:** Quantitative results will outline the direct effect of online support on stress and the indirect (mediated) influence of maternal wellbeing. Online support will be examined overall and broken down to assess the relative influences of five social network usage reasons on stress. Additionally, demographic and social network frequency correlations will highlight any important influences.

Qualitative themes will focus on capturing the intricacies of online support's influence, by providing explanation and depth beyond the statistical findings.

**Conclusions:** Discussion points will clarify how maternal social media use might be optimised to improve parental stress levels.

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## **The impact of the COVID pandemic on the positive health benefits and behaviours gained from horse riding**

**Miss Melanie Kinkead<sup>1</sup>**

<sup>1</sup>*Stirling University, Stirling, United Kingdom*

**Objectives:** Previous research has demonstrated that horse-riding provides considerable benefits for physical and mental health benefits. Restrictions during the Covid pandemic meant the temporary closure of riding schools and riders were encouraged to refrain from riding their horses to avoid stress on the NHS. This quantitative study investigates how the COVID pandemic restrictions affected the health benefits of horse-riding and influenced people's health-related behaviours regarding nutrition and exercise, smoking and cessation, drugs and alcohol, and their emotional well-being.

**Design:** Within subjects' design using an online questionnaire completed by horse riders, who are over 18 years of age and UK resident.

**Methods:** The survey was shared and promoted over social media. Participants provided demographic details and a reflective self-reported account of behaviour patterns Pre-lockdown and during lockdown concerning the frequency of horse-riding, riding activity, daily food consumption, self-rated assessment of diet, self-rated diet quality, exercise amount, smoking status and drug-taking.

**Results:** Data collection is currently in progress. On completion, pre-lockdown and lockdown mean values for each health behaviour will be calculated. Multivariable regression models will be used, with lockdown health behaviour variables as dependent variables and changes in horse riding frequency and activity from Pre-lockdown to Lockdown as independent variables. Pre-Lockdown variables for the corresponding behaviour will be entered as covariates.

**Conclusions:** Implications on the impact of lockdown restrictions on horse riders and their affected health behaviours will be summarised. Guidance on how to counteract the negative health effect of limiting horse-riding and guidelines for future research will also be discussed.

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## **Systematic review of the effects of decision fatigue in healthcare professionals on medical decision making**

**Mona Maier**<sup>1</sup>, Dr Julia Allan<sup>1</sup>, Dr Daniel Powell<sup>1</sup>, Professor Peter Murchie<sup>1</sup>

<sup>1</sup>*University Of Aberdeen, Aberdeen, Scotland*

**Purpose:** This study seeks to systematically identify, evaluate and synthesise evidence regarding decision fatigue in healthcare professionals and its impact on medical decision making.

**Background:** Decision fatigue is a state arrived at through continuous periods of effortful decision making which results in a temporary shift towards decisions that are (at least in the short run) less effortful or more gratifying. In the medical field, numerous decisions are made throughout a work-shift, often involving high stakes. Due to this busy professional environment, healthcare professionals are likely to be affected by decision fatigue which can lead to severe consequences on patient outcomes, resource allocation and further aspects.

**Methods:** A systematic search is being conducted to identify studies investigating the effects of decision fatigue in healthcare professionals on medical decision making. Studies about healthcare professionals and trainees/students in all health-relevant settings are included. Quantitative and qualitative data, observational and experimental data and expert opinions are all deemed eligible. Studies that indirectly observe decision fatigue as a phenomenon through trends in medical decisions over a time or ordinal factor representing consecutive decisions are also included. A narrative synthesis is conducted because the review question dictates the inclusion of a wide range of research designs, for which other approaches are inappropriate.

**Conclusions:** We intend to discuss diverging definitions and theoretical explanations of decision fatigue; how it affects medical decision making and outcomes; whether this differs depending on decision(-maker) characteristics; which medical disciplines have been investigated; and where there are possible research gap(s). Work in progress.

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## **A Systematic Review of the Relationship Between Cognitive and Motor Speech Functioning in Older Adults**

**Laura Manderson**<sup>1</sup>, Miss Anna Krzeczowska<sup>1</sup>, Dr Anja Kuschmann<sup>1</sup>, Professor Anja Lowit<sup>1</sup>, Dr Louise Brown Nicholls<sup>1</sup>

<sup>1</sup>*University Of Strathclyde, Glasgow, Scotland*

This systematic review aimed to investigate the relationship between cognitive and motor speech functioning in older adults. Research shows that older adults' speech is characterised by a slowed rate of speaking. Changes to the quality of older adults' voice also results in speech that becomes less intelligible. Cognitive explanations remain relatively unexplored despite speech being used as a biomarker for cognitive impairment.

A systematic search of four databases (PsychInfo, PubMed, Web of Science and Cochrane Library) identified 23 studies of healthy older adults and/or older adults with Mild Cognitive Impairment (MCI). Studies contained quantitative behavioural data on both cognitive and motor speech functioning. Relevant data were extracted, and the quality of selected studies was evaluated. Due to diversity in methods and outcomes of studies, a meta-analysis was not possible. Thus, results were analysed using a narrative synthesis.

Global cognitive functioning was significantly related to motor speech performance in five studies. Significant relationships were also found between motor speech performance and speed of processing in three studies, attention in seven studies, memory in 12 studies and language in one study. However, heterogeneity in tasks and outcomes prevented cross-study comparisons. Additionally, only seven studies provided the highest quality evidence.

Changes to speech could limit older adults' desire to engage socially. Social engagement is beneficial to cognitive functioning in older age. A multidisciplinary approach between cognitive psychology and speech language pathology is necessary to ensure the highest quality methods, from both fields, are implemented, to further understand the connection between ageing and communication.

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## **Young People's Understanding of COVID-19: The effect on compliance with protective behaviours and mental health**

**Rea Evangelia Michalopoulou<sup>1</sup>**, Miss Rong Ding<sup>1</sup>, Prof Joanne Williams<sup>1,2</sup>

<sup>1</sup>*Clinical and Health Psychology, School of Health in Social Science, The University of Edinburgh, Edinburgh, United Kingdom*, <sup>2</sup>*BPS Developmental Section*

**Objectives:** This study was designed to examine young people's (16-29 years old) understanding of COVID-19 and its relationship to the adoption of protective behaviours and mental health outcomes. Key objectives were to assess knowledge of COVID-19 (causes, symptoms, severity, time-course, recovery, treatment, and prevention) and examine relations with protective behaviours and mental health.

**Design:** Cross-sectional design employing a voluntary self-report online survey, due to the on-going restrictions of in-person gathering of data.

**Methods:** A sample of N = 999 young people participated in the study. Data were collected using an online survey distributed via Qualtrics, promoted through social media. The questionnaire comprised of items on: (1) demographics, (2) the causes, symptoms, severity, time-course recovery, treatment, and prevention of COVID-19, (3) sources of information about COVID-19, (4) mental health measures (the Hospital Anxiety and Depression Scale and the Coronavirus Anxiety Scale). The questionnaire was distributed between the 4th of June and the 4th of July 2021.

**Results:** Intended data analysis approach: Multiple regressions will be used to test relationships between different aspects of understanding of COVID-19, compliance with protective behaviours, and mental health outcomes, one-way ANOVAs will test differences between normal, borderline abnormal, abnormal anxiety and depression groups, COVID-19 knowledge and protective behaviours.

**Conclusions:** Intended discussion points: We will discuss: 1) different aspects of the understanding of COVID-19 including misconceptions, (2) the relationships between knowledge of COVID-19 and protective behaviours, and (3) how mental health status is related to COVID-19 knowledge.



## **Feeling Sad, Angry, or Scared: An Investigation of Gender Differences in the Regulation of Specific Emotions during an Emotion Regulation Task, and their Relationship with Mental Health**

**Michelle Patrick<sup>1</sup>**, Dr Susan Rasmussen, Dr Marc Obonsawin

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**Objectives:** It is unclear whether gender differences in emotion regulation (ER) depend on the specific emotion being regulated. The aims of this research were (1) to establish if gender differences exist in emotion-specific ER, and (2) to test if emotion-specific ER mediated gender differences in mental health.

**Design:** A cross-sectional study with a mixed design was used. The independent variables were gender (male, female; between subjects), and ER strategy (reappraisal, distraction; within subjects), and the dependent variable was change in emotion. A common paradigm from the field was implemented – the emotion regulation task (ERT).

**Methods:** Through opportunity sampling, 203 participants (104 males, 99 females) observed emotional pictures, and used reappraisal or distraction to regulate feelings of sadness, anger, or fear. Self-reported emotions provided a measure of ER effectiveness. Participants also completed self-report questionnaires of depressive symptoms, self-harm behaviours, and suicidal ideation.

**Results:** Relative to males, females were more effective at reducing sadness and anger using distraction, and were better at reducing fear using reappraisal and distraction. Furthermore, a reduction in anger using distraction mediated the relationship between gender and (1) depressive symptoms and (2) suicidal ideation.

**Conclusions:** These findings have important implications for therapeutic programmes because they indicate that gender and the specific emotion may influence the effectiveness of an ER strategy. Importantly, this study highlights that emotions are not 'one size fits all', and what is known about one emotion cannot be generalised to all emotions. Therefore, future ER research should be conducted in an emotion-specific manner.





## **A cross-national comparison of mental 'well-being' discourse in two India and England's Policy Documents**

**Kartik Rai**<sup>1</sup>

<sup>1</sup>*University Of Edinburgh, Edinburgh, United Kingdom*

**Purpose:** The aim of the research paper is to conduct a cross-national policy analysis (through a critical discursive approach) on the concept of mental 'wellbeing' in two governmental policy documents from India and England.

**Background:** Subjectivism has been the backbone/underlying reason to approach critical realism for conducting research. Hence, this paper primarily focuses on the hidden problems that a policy document is implying. Furthermore, it delves into how different discourses that prevail in the society (psychological, biomedical, social, political) interact with each other and shape up governmental policies related to mental 'wellbeing'.

**Methods:** The paper follows Carol Bacchi's, what is the problem represented to be? (WPR) approach to introduce 'problematization' in a public policy. Bacchi's WPR focuses on a specific set of questions that helps to determine the hidden problems and underlying assumptions that are otherwise normalized and never come into the focus while drafting a policy. Bacchi's intention to nurture this methodology is based on the notion that a policy doesn't 'solve' a problem but 'constructs' it. To conduct the analysis, two policy documents are considered from India and UK to perform cross-national policy analysis.

**Conclusions:** The intended discussion points towards the 'problematization' of unemployment and poverty and their involvement in shaping up the mental health policy of India. The analysis focuses on the socio-democratic (India) and neo-liberalistic (England) policy framework approaches. Moreover, the policies give an essence that an underlying notion of individualistic (England) and collectivistic (India) mindset of the public.

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## **Exploring ethnicity and relational depth within the therapeutic relationship for trainee counselling psychologists**

**Sarah Renouf**<sup>1</sup>, Dr Rosemarie Lynass

<sup>1</sup>*Glasgow Caledonian University, Glasgow, Scotland*

There is a lack of research exploring the impact of multicultural diversity, specifically ethnicity, on the therapeutic relationship in the context of contemporary person-centred approaches such as relational depth, defined as a feeling of profound contact and engagement with another (Mearns & Cooper, 2005). This qualitative study interviewed nine trainee counselling psychologists training in the UK about their experiences of relational depth in their therapeutic relationships with clients of a different ethnicity from themselves. The aim was not to search for differences between participants, but to understand how ethnic difference is navigated in therapy to create relational depth. Interviews were conducted online and audio recorded, then transcribed verbatim by the researcher and analysed using thematic analysis (Braun & Clarke, 2006). Seven participants were black or of an ethnic 'minority' (BME), while two were white British. Preliminary themes include trust and safety; openness and empathy; reflexivity and personal development; and searching for connection. The findings will be discussed in connection with previous research and theory, along with their implications for practice.

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## **Using Virtual Reality to investigate the effect of autistic and ADHD traits on visual processing and executive function patterns**

**Miss Sarune Savickaite**<sup>1</sup>, Miss Elisa Galliard, Dr Neil McDonnell, Dr David Simmons

<sup>1</sup>*University Of Glasgow, Glasgow, UK*

Autism Spectrum Disorder (ASD) and Attention-Deficit Hyperactivity Disorder (ADHD) are neurodevelopmental conditions often characterized by a local bias in visual processing and difficulties with executive functions, such as planning and working memory. These difficulties have previously been experimentally assessed using the Rey-Osterrieth Complex Figure (ROCF) task, an extensively used neuropsychological tool in which drawings of a complex figure (first copied and then re-drawn from memory) are analyzed. The aim of this study was to analyze drawing performance in a VR environment using a combination of personality questionnaires and screen captures of participants' viewpoints. 92 (39 male, 53 female) neurotypical participants (average age 22.5) filled in AQ (Baron-Cohen et al, 2001), ASRS (Kessler et al, 2005) and SQ (Baron-Cohen et al, 2003) questionnaires, and then a standard ROCF task (i.e. Copy, Immediate Recall, and Delayed Recall) was completed in Virtual Reality.

Organizational (Hamby et al, 1993) and perceptual (Booth, 2006) scoring systems were used to quantify emerging visual processing and executive function patterns. These patterns were quantitatively compared to “ideal” stereotypical sequences by calculating the inner product. The order in which elements of the ROCF were completed was visualized and compared to these ideal sequences. Our study offered several innovative ways of visualizing and evaluating VR data: matrix plots of drawing sequences and data-driven pattern identification approaches. This new approach supported other empirical findings that organization is a predictor of performance in the ROCF task.



## **From recognition through transition: an interpretative phenomenological analysis of gender dysphoria**

**Mr Chris Thorpe<sup>1</sup>**

<sup>1</sup>*Robert Gordon University Aberdeen, Scotland*

**Objectives:** This study is designed to give voice to issues within the under-represented transgender community and add a qualitative angle to the predominantly quantitative body of research on gender dysphoria. The study's research questions explore the experience of gender dysphoria and how this changes across the transitioning process.

**Design:** This study approaches the topic of gender dysphoria from a critical realist perspective both epistemologically and ontologically. It uses a phenomenological design that closely follows the principles of interpretative phenomenological analysis (IPA). An IPA study was chosen as such studies emphasise lived experiences, which aligns well with this study's aims.

**Methods:** The study plans to recruit 3-4 participants through online LGBTQ+ social support groups. Data will be collected through semi-structured interviews and then descriptive (semantic) and conceptual (latent) analysis will be used to identify themes, following best practice guidelines for IPA.

**Results:** Upon completion of data collection, individual and cross-case inductive analysis will identify emergent, superordinate and master themes. The master themes will be explored in depth, noting areas of convergence and divergence across the sample. These themes may relate to the nature and experience of gender dysphoria, how this changes throughout transition, its psychosocial impact and more.

**Conclusions:** Discussion points will focus on how psychological theory can explain the master themes identified and how these findings sit within the body of existing research on gender dysphoria. Concluding points will highlight areas of limitation, as well as where additional research might take the findings further.



## **The Role of Internal Entrapment in the Transition from Defeat to Suicidal Ideation in a Non-Clinical Sample**

**Madhu Mita Venugopal<sup>1</sup>**

<sup>1</sup>*University of Strathclyde, Glasgow, United Kingdom*

**Objectives:** The Integrated Motivational Volitional (IMV) model is a promising way to understand suicidal thoughts and behavior. This study tested a central tenet of the model, that is, whether entrapment mediates the relation between defeat and suicidal ideation. It also explored whether internal entrapment (IE) is a stronger mediator compared to external entrapment (EE) in a non-clinical sample. Entrapment and IE were expected to be a significant and stronger mediator, respectively.

**Design:** This study followed a cross-sectional design. Data were collected at a single time point since a longitudinal study was not feasible due to time constraints.

**Methods:** A convenience sample (N = 888) was recruited online. Data were collected using a questionnaire on Qualtrics. Measures included the Entrapment Scale, Defeat Scale, SI-DAS and DASS-21. Three mediational analyses were conducted (total entrapment, IE, EE) with depressive symptoms controlled in each.

**Results:** Entrapment significantly predicted suicidal ideation. However, the defeat-suicidal ideation pathway reduced to non-significance only when controlling for total entrapment ( $\beta = .04$ ,  $t(884) = .91$ ,  $p = .32$ ) and IE ( $\beta = .03$ ,  $t(884) = .80$ ,  $p = .43$ ), but not EE, indicating complete mediation of the former.

Conclusions: These findings support the role of IE as a key driver of suicidal ideation. Using a non-clinical sample attests to the non-diagnostic specific nature of the IMV model. An implication of these findings is to address IE as a primary diagnostic symptom during intervention. A major limitation of this study is that the results lack generalizability due to the predominantly White sample.

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## **To Jab or not to Jab?: The Influence of Perceived Sensitivity to Medicines (PSM) on COVID-19 Vaccine Hesitancy**

**Anne Wilson<sup>1</sup>**

*<sup>1</sup>University Of Stirling*

Objectives: COVID-19 vaccine hesitancy poses a major threat to global health. Vaccination has the potential to minimise virus-related mortality and morbidity but high uptake is required to achieve 'herd immunity'. It is therefore important to understand why people choose not to be vaccinated. Research has shown that Perceived Sensitivity to Medicines (PSM) is associated with uncertainty about treatment necessity and concerns about negative effects of medicines. How PSM affects COVID-19 vaccination attitudes and behaviours is, however, unknown. This study investigates the relationship between PSM and COVID-19 vaccine acceptance. Primary hypothesis: high PSM will predict COVID-19 vaccine refusal.

Design: A cross-sectional online survey method will be used to sample PSM and COVID-19 vaccination attitudes and behaviours; qualitative data will be then gathered by online interviews. The survey addresses the primary hypothesis and interviews will attempt to discover participants' idiosyncratic and unpredicted ideas regarding PSM and COVID-19 vaccination.

Methods: Convenience and snowball sampling will be used to recruit participants from the general adult population. 136 participants are required for adequate powering of the study.

Results: An independent samples t-test and hierarchical multiple regression will be used to test whether PSM predicts COVID-19 acceptance or refusal. If participants who refused vaccination number too few, a correlation will examine the association between PSM and vaccine hesitancy.

Conclusions: Intended discussion points: whether PSM is a significant factor in COVID-19 vaccination refusal; how consideration of PSM could contribute to COVID-19 vaccination policy and health education; possible factors underlying PSM with regard to COVID-19 vaccination; key limitations.

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## Poster Presentation Abstracts

Listed alphabetically by presenting author surnames

### **The differences in performance in a memory based virtual reality kitchen task, across age**

**Maria Asif<sup>1</sup>**

*<sup>1</sup>University Of Strathclyde*

**Introduction:** There is a rapid development in Virtual Reality (VR) to assist older adults facing cognitive and functional decline. However, research is still sparse in age-related differences on memory constructs in VR. The current study assessed age-related differences in memory recall and recognition tasks within a virtual environment to contribute knowledge that will allow us to tell the pattern of impairment that is unlikely indicative of normal ageing. Due to COVID-19 we aimed to explore this remotely.

**Method:** An exploratory analysis that included a cross-sectional interview process followed by a between groups subject's design. It consisted of 16 Young adults (aged 20-33) and 7 Older adults (aged 67-75). Participants interacted with a virtual kitchen, which was followed by a memory task and then by a series of standard and novel questionnaires.

**Results:** Mann-Whitney U tests were used to assess between groups differences and Spearman-rank order correlations were conducted on the whole sample level. Two significant results were found, older adults scored significantly lower in context-rich memory and scored significantly lower on the usability scale. The correlation analyses conveyed no significant scores of memory on functional ability and of memory on usage and attitudes towards technology.

**Conclusion:** Although, there were unexpected findings which were not in line with previous literature due to issues with the sample size, as it was not only small but also had disproportionately less older adults. Future research should consider adopting a larger sample to fully comprehend the age-related differences and its complexities on memory in VR.

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### **Investigating the association of apathy with the dysfunction in the frontal-subcortical circuits/prefrontal cortex and impairments in cognition along the Alzheimer's continuum; an ADNI study**

**Roslina Asif<sup>1</sup>**

*<sup>1</sup>University Of Strathclyde, Glasgow, Scotland*

**Objectives:** Pathophysiological models for apathy in Alzheimer's disease have suggested that the anterior cingulate cortex (ACC) and orbitofrontal cortex (OFC) are part of a wider frontostriatal circuit, therefore, damage in ACC and OFC leads to disruption in this circuit, thus, presenting as apathy. The current research examined the association between the presence and severity of apathy with the frontal-subcortical circuits, prefrontal cortex, and cognition.

**Design:** A one-way ANOVA analysed the results gathered through a between-group design (for the presence of apathy). A simple linear regression analysed the results for the severity of apathy.

**Methods:** Secondary data utilised from ADNI, consisting of 319 individuals: 74 with apathy, 245 without apathy. The presence/severity of apathy at baseline was determined by the Neuropsychiatric Inventory. Additionally, the cognitive functions were assessed through the Everyday Cognition Scale.

**Results:** The presence and severity of apathy was associated to the left and right ACC and OFC. Additionally, apathy was associated to impairments in everyday memory. Males were more likely to exhibit apathy, this may be attributed to the higher influence of Apolipoprotein E in females.

**Conclusion:** The presence and severity of apathy were associated to AD-specific pattern of brain metabolic defect and lower cortical-volume in ACC and OFC. These findings enhance research of apathy, focusing on the dysfunction in the left/right ACC and OFC, enriching the neurobiological understanding. However, the ADNI population fundamentally represents amnesic clinical population, not an epidemiologically selected real-life population, failing to consider those with pre-existing conditions. Thus, questioning the relevancy of ADNI findings.

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## How can organisations create inclusion amongst its diversity?

**Justine Chalifour<sup>1</sup>**

<sup>1</sup>*Heriot-Watt University, Edinburgh, Scotland*

Exclusion from a group, which can happen as a result of belonging to an outgroup, is considered to be one of the most critical problems faced by today's heterogeneous, global workforce. The potential rejection felt by employees highlights the importance of considering what conditions can foster inclusive workplaces. This study on diversity and inclusion has an overarching aim to understand authenticity in the workplace from different perspectives. It extends on previous work on authenticity by examining the direct effects with belongingness, diversity climate and psychological safety. It is suggested that these four concepts be considered in the creation of inclusive cultures amongst diverse workforces. The moderating role of belongingness and psychological safety is also explored. To support these findings, various socio-demographic characteristics of workplace diversity, such as employees with visible and invisible disabilities, and those from the LGBTQ community, are considered. This study is a cross-sectional quantitative survey by means of a self-administered questionnaire, composed of four validated measures of the concepts previously mentioned. Approximately 200 professionals working in organisations globally completed the survey. Convenience and online sampling were used to reach out to potential participants, using social media. Correlation, factor, and regression analysis are employed to test the hypotheses with the collected quantitative data. The conclusions drawn from the study are supported by theories such as social identity theory, self-determination theory as well as social identity complexity theory. Intersectionality of various socio-demographic characteristics are also presented. The study's limitations relate to data collection and use of self-report measures.

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## The Postgraduate Learning Experience During Lockdown: An Interpretative Phenomenological Analysis

**Seba Gabali<sup>1</sup>**, Andrew Watson<sup>1</sup>, Rosalie Sarah Gonoratsky<sup>1</sup>, Liel Nassif<sup>1</sup>, Michelle Sharp<sup>1</sup>, Monica Garcia del Toro<sup>1</sup>, Cora McCulloch<sup>1</sup>, Jihad Abu Diab<sup>1</sup>, Isabel Sáez Berruga<sup>1</sup>

<sup>1</sup>*University Of Strathclyde, Glasgow, United Kingdom*

The postgraduate learning experience has drastically changed since the mandatory implementation of online learning. This study aims to investigate the experiences of postgraduate students as they navigate through coursework and life. Five students were interviewed on their experience academically, personally, and socially via qualitative research methods of semi-structured interviews. Interviews were transcribed verbatim and analysed via the Interpretative Phenomenological Analysis (IPA). The following themes emerged: (i) Structure is Essential for Students, (ii) Lost Experiences and Interactions, and (iii) Positive Outcomes of Online Learning. The study discussed the experience of social isolation, personalised scheduling opportunities and feeling of loneliness during the national pandemic. It is suggested that further qualitative research is necessary to explore further effects of the lockdown within the educational sector.

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## Has leaving the European Union altered levels of essentialism and/or inhumanization between leave and remain supporters? A comparison of Twitter communications before the EU referendum and after the UK officially left the EU

**Angela Holm<sup>1</sup>**

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**Objectives:** Group conflict is evident between leave and remain supporters in relation to the EU referendum. This study explores levels of essentialism and/or inhumanization between these groups before the referendum took place in 2016 and after Britain left the EU in 2021, considering whether these have changed.

**Design:** Document research using public domain archives was undertaken, involving content analysis of Twitter interactions. Qualitative research was considered necessary for this exploration of the meaning of human experience, and Twitter communications were believed to provide public examples of how the different groups identified interacted with one another.

**Methods:** A thematic analysis was carried out on the first twenty 'tweets' and responses found in a search for each of the hashtags 'leaveEU', 'remain' and 'Brexit' for each time period.

Results: Significant conflict was apparent throughout, and remain voters were found to essentialise leave voters primarily in the 2016 analysis. In the 2021 analysis remain supporters decreased essentialism of leave voters whilst leave voters increased their essentialism of remain voters, perhaps suggesting a shift in perceived status.



## **Exploring the factor structure of the Perceptions of Mathematics survey using Principal Component Analysis**

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Purpose: Explore the psychometric properties of the Perceptions of Mathematics (POM) survey through exploratory factor analysis to determine if the POM accurately identifies procedural versus conceptual tendencies in teachers' maths values.

Background: Relatively deprived children are exposed to more procedural maths while affluent are exposed to more conceptual learning. Exposure to conceptual maths leads to higher attainment. The POM has been used qualitatively to determine teachers' values in teaching maths. A reliable measure of teacher's values in maths can help tackle the poverty related attainment gap by targeting professional learning.

Methods: A random sample of 300 primary teachers were issued the POM with 106 completing it. The 20 items of the POM were subjected to PCA after screening for suitability of data for factor analysis. PCA carried out on z-transformed data (with extreme values (here all negative) trimmed to -3.00) with Direct Oblimin rotation and criteria of anti-image correlations  $>.50$ , communalities  $>.50$  and no complex structure (i.e. loadings of  $>.40$  on  $>1$  component). This yielded a two-component solution (Kaiser-Meyer-Olkin Measure of Sampling Adequacy = .601, Bartlett's Test of Sphericity = 82.424, 15df,  $p<.001$ ) based upon the Structure Matrix which accounted for 57.458% of the variance from a 6-item scale.

Conclusions: The results support the use of conceptual maths values and procedural maths values as separate scales as suggested by the original author of POM. The scale can be used as a baseline measure when exploring possible correlation between teachers' maths values and outcomes for children, more and less deprived.

Conclusions: There were examples of dehumanisation from both parties, but infrahumanization involving the differential attribution of primary and secondary emotions was difficult to infer using this research. Further research involving interviews exploring how supporters attribute emotion to the outgroup may further aid understanding around infrahumanization and leave and remain supporters. Nationalist beliefs appeared to be linked more generally to lower attribution of emotion overall. Further research exploring this would be beneficial in furthering understanding on this topic.



## **Sleepy Staff and Students: Feasibility and Efficacy of Digital Cognitive Behavioural Therapy for Insomnia for Poor Sleep, Depression, and Anxiety in a University Setting**

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Objectives: Insomnia is increasingly prevalent in university settings; a large body of empirical evidence supports the efficacy of digital therapeutic interventions, yet little attention has been paid to the feasibility of implementing them in large settings. The aims were to assess the feasibility of disseminating digital cognitive behavioural therapy for insomnia (dCBT-I) university-wide and investigate its effects on insomnia and wellbeing.

Design: Quasi-experimental pre-test post-test design.

Methods: A tailored dCBT-I 6-week programme (Sleepio) was offered to an opportunity sample of students and staff at the University of Strathclyde self-reporting insomnia symptoms. Sixty-two percent of screened individuals met insomnia threshold and were offered the intervention; 21% of those starting Sleepio completed final post-intervention measures (Sleep Condition Indicator, Insomnia Severity Scale, Patient Health Questionnaire 9, General Anxiety Disorder 7, Epworth Sleepiness Scale).

Results: Eligibility and uptake were high, but completion rates of the intervention and post-test measures were poor. Insomnia, depression, anxiety, and sleepiness all reduced significantly following Sleepio with no difference

in efficacy between staff, students, males, or females; those reductions were clinically significant. No moderating effects were found for the presence of baseline anxiety or depression on the therapeutic effects of Sleepio.

Conclusions: The findings suggest an evident need and considerable initial interest for online insomnia treatments and that Sleepio is effective in a university setting on students and staff. However, future psychological research (e.g. qualitative methodologies) should seek to better understand the high attrition rates associated with digital interventions and identify targeted support to those who most need it.



## **Understanding the impact of the COVID-19 pandemic on young female students in Scotland: an interpretative phenomenological analysis**

**Stephanie Mcelwee<sup>1</sup>**

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Objectives: What was the impact of the COVID-19 pandemic on the mental health and wellbeing of young female students?

Design: Interpretative phenomenological analysis (IPA) was utilised to gain an in-depth and detailed analysis of the participants unique and subjective experiences of the COVID-19 pandemic.

Methods: 10 participants were selected through opportunistic sampling and recruited through social media and SONA . Semi structured interviews took place over Zoom using a topic guide with prompts. The interviews lasted approximately 50-60 minutes.

Results: Three group experiential themes (GETs) were identified with accompanying sub-themes.

1. Adjusting to Communication Transitions:

Adapting to the Virtual Switch

Changing Relationship Dynamics

2. Online University as the New Norm

The blurred Boundaries of the Work-Life Balance

A False Experience and the Uncertainties it Causes

3. Individuals Facing Unique Experiences

Personal Trauma During a Traumatic Time

Every Cloud has a Silver Lining.

Conclusions: The participants ever-changing mental health was present throughout all GETs. Many similarities and differences were found between previous literature however most were conducted quantitatively, with limited qualitative research. Also, even though university students mental health is becoming an increasing concern, especially throughout COVID, there have been minimal studies investigating the effect. This suggests that more IPA studies should be conducted to understand the experiences of the sample population after which, quantitative longitudinal studies should be conducted to gain more knowledge from a larger, more diverse sample.



## **Resilience acts as a buffer, moderating the relationship between feelings of entrapment leading to suicidal thoughts**

**Claire Murphy<sup>1</sup>**

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Suicide was responsible for 6,716 deaths in the U.K in 2019 and is the fourth leading cause of death globally for 15 - 29-year-olds. Many factors lead a person to have suicidal thoughts and possibly go on to take their own life with the complexity of these behaviours still not fully understood. Many people who have suicidal thoughts do not go on to take their own life, the Integrated Motivational - Volitional Model (IMV) of suicide proposes certain motivational moderators can either provide risk or protective factors against suicidal thoughts developing, when feeling entrapped. The study aimed to investigate one of these motivational moderators, the construct of resilience. It was hypothesised that resilience would act as a positive moderator between entrapment and suicidal ideation, when controlling for depression. An online survey used self- report measures of depression, resilience, suicidal ideation attributes and defeat and entrapment with a sample of 505 male & female participants. Using moderation regression analysis, subscales of internal and external entrapment were investigated to see how they may differ in impacting levels of suicidal ideation. Findings supported the hypothesis that resilience is a positive moderator

buffering the impact of entrapment leading to suicidal ideation, showing high levels of resilience can help reduce suicidal thoughts. Findings showed internal entrapment is a stronger predictor of suicidal ideation than external entrapment. Future research suggestions include potential clinical interventions to build up resilience levels and protect against suicidal ideation and further exploration on differences between internal and external entrapment subscales.

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## **Investigating the UPPS-P factors of impulsivity as moderators in the relationship between suicidal thoughts and suicidal behaviours: An insight to the volitional phase of the Integrated Motivational-Volitional (IMV) Model**

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**Objectives:** Focussing on the volitional phase of the Integrated Motivational-Volitional (IMV) model, this project investigated the five UPPS-P (negative urgency, lack of premeditation, lack of perseverance, sensation seeking, and positive urgency) dimensions as separate individual moderators that govern the transition from suicidal thoughts to suicidal behaviours.

**Design and Methods:** A cross-sectional design was utilised where 888 participants aged 16-74 and living in the UK completed an anonymous online survey via Qualtrics.

**Results:** Pearson correlations identified that UPPS-P variables, excluding sensation seeking were significantly correlated with both suicidal ideation and suicidal behaviours. A series of regression moderation analyses reported high levels of 1) negative urgency, 2) lack of perseverance, and 3) positive urgency to individually moderate the relationship from suicidal ideation to suicidal behaviour. Lack of premeditation was not found as a moderator in the relationship between suicidal thoughts and suicidal behaviours, supporting prior research that suicide attempts are premeditated. Sensation seeking too did not appear as a moderator where high levels of sensation seeking alongside high levels of suicidal ideation saw a decrease in suicidal behaviours

**Conclusions:** The results suggest that impulsivity should be measured and perceived as a five-factor multidimensional construct where each UPPS-P variable stands as an individual moderator in the relationship from suicidal thoughts to suicidal behaviours. This is the first study to provide evidence of positive urgency as an individual moderator in the transition from suicidal thoughts to suicidal behaviours. Limitations of this research and future directions are reported accordingly.

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## **Deter or Disturb? Knife-Seizure Imagery's Effect on Affective States, Cognition and The Impact of Contextualisation**

**Michelle Sharp<sup>1</sup>**

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Images of knives seized by police which are then shared by the media or directly by the police on social media has been implemented as a deterrent in the UK without adequate understanding of the effects on the public.

This study investigates the impact of knife-seizure imagery on affected states and cognition regarding knife crime in Scotland. A 2x2 experimental design was utilised with a total of 553 respondents completing an online questionnaire comparing self-reported emotional states and thoughts before and after viewing knife-seizure imagery, either viewing the images with contextualising information or without contextualising information. Results indicate that negative affected states (namely anger and anxiety) can be heightened by exposure to knife-seizure imagery, and self-reported feelings of anger were further increased by contextualising the imagery with background information. Viewing knife-seizure imagery did not impact perceptions of how common knife crime is in Scotland, or participants' concern about knife crime, but did result in a decrease in how much of a problem participants believe knife crime to be in their local. Lastly, when comparing the conditions of with and without contextualised images, there was no significant effect on thoughts regarding knife crime. Knife-seizure imagery as a deterrent for knife crime in Scotland is discussed along with recommendations for future research.

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## **An Exploration into the Role of Self-Compassion Within the Motivational Phase of the IMV Model of Suicidal Behaviour**

**Leah Statham<sup>1</sup>**

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Higher levels of self-compassion have been consistently associated with improved psychological well-being. Despite this, the relationship between self-compassion and suicide has not been extensively explored. Utilising O'Connor's Integrated Motivational Volitional (IMV) model of suicidal behaviour (2011), this study aims to explore the role of self-compassion as a protective factor within the motivational phase of the IMV model. 501 participants were recruited online and completed a range of psychological measures including the Self-Compassion Scale (SCS; Neff, 2003), the Short Defeat and Entrapment Scale (SDES; Griffiths et al., 2015) and the Suicidal Ideation Attributes Scale (SIDAS; Van Spijker et al., 2014). A series of mediation analyses was conducted to explore the role of self-compassion within the motivational phase of the IMV model. Analyses indicated that total SCS scores significantly mediated the defeat-entrapment relationship but not the entrapment-suicidal ideation relationship. Further analyses of the SCS subscales indicated that each SCS subscale significantly mediated the defeat-entrapment relationship. No SCS subscales mediated the entrapment-suicidal ideation relationship. These findings suggest that self-compassion indirectly affects the transition from defeat to entrapment within the motivational phase, acting as a protective factor against suicide. This has important clinical implications; self-compassion may be able to prevent individuals from travelling down the pathway to suicidal ideation from defeat.

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## **The Muslim Pilgrimage of the Hajj: the impact of context on the variation in the level of shared identity**

**Enes Yalcin<sup>1</sup>**

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**Objectives:** Drawing on the approach to mass gatherings associated with the social identity approach to group behaviour, this research sought to explore the degree to which pilgrims attending the Hajj experience a sense of shared identity with each other. Moreover, it explored variations in the nature and levels of shared identity across different sites of the pilgrimage route.

**Design:** Post-pilgrimage interview data concerning pilgrims' experiences of their social relations with each other were obtained.

**Methods:** Purposive sampling resulted in a sample of 33 British Muslims who had completed the Hajj. These data were analysed according to the principles associated with Grounded Theory and Thematic Analysis.

**Results:** Participants reported generally experience positive relations with others at various sites (e.g., Mina, the valley of Arafah, the ritual of devil stoning, Muzdalifa and the Mosque of the Prophet in Medina). Here, close proximity to others and the synchronized enactment of shared religious rituals were valued. However, socially and religiously inappropriate behaviours (e.g., pushing and shoving, inappropriate behaviours by men to women, etc.) were reported as subverting a shared sense of identity and impeding the enactment of pilgrims' religious identity – especially at the site of the Grand Mosque.

**Conclusions:** A sense of shared identity in a mass gathering may vary in different contexts at the gathering. Where it obtained, the experience of the pilgrimage was enhanced. Where it was undermined, a positive pilgrimage experience was undermined.

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