Hello to you all at this festive time of year. We have a bumper issue of the newsletter for you this time round. There are a whole variety of activities in a whole variety of places, from Dr Alex Lamont speaking at the Battle of Ideas in London, to Dr Richard Stephens winning an Ig Nobel and travelling to the US to accept it.

In addition to all the presentations and publications you can read about, we have also had some funding successes; Dr Richard Stephens has received £4,886 from the Alcohol Education and Research Council to help fund a one-day meeting on alcohol hangover research, whilst Dr Claire Fox was awarded an ESRC grant of £123,000 for a 15 month project looking at how children use humour and the problem of bullying in schools. Hot off the press, Dr Nicky Edelstyn has been awarded £34,999 from Parkinson’s UK to investigate effects of 2 dopamine D2 agonists (pramipexole dihydrochloride and ropinirole dihydrochloride) on the recollection of episodic details during recognition. Nicky has also managed to secure £10k from Acorn to augment Aimee Titchen’s ESRC-PhD studentship. This will cover expenses incurred in designing, trialing and refining the memory training intervention (MTI) for Parkinson’s, along with expenses for patients, carers/family members and healthy volunteers participating in focus groups and the (small) RCT of the MTI.

Our activities aren’t confined to publishing papers and getting grant money, we are also involved behind the scenes as our special feature on editorial roles illustrates. Furthermore several of us are active committee members, and only this month, Dr Andrew Rutherford was elected chair of the British Psychological Society Mathematical, Statistics and Computing Section.

As well as championing our staff research, we are also committed to bringing on a new generation of researchers and we are very happy to announce that we welcomed our largest ever intake of psychology MSc students this autumn, with 21 students across the five programmes, including three new routes: Clinical Psychological Research, Psychology of Health and Wellbeing, and Child Social Development, as well as the two existing programmes in Applied Psychological Research and Psychology. A large proportion of our students are Keele graduates supported by the Keele Graduate Bursary scheme and we also awarded three competitive School bursaries (to Julie Whitney, Jenny Taylor and Rachel Hallett).

If all of that wasn’t enough, we have articles on how numbers can inform our findings (Numbers to Chew On) and how we can encourage the development of a positive self identity in children (Bridging the Gaps) as well as a report on some action research by Dr Emee Vida Estacio concerning internationalisation at Keele.

So, sit back, make yourself comfortable and enjoy the latest offering from The Centre for Psychological Research here at Keele.

A very merry Christmas and a healthy and prosperous New Year to you all.

The Eds.
Dr Richard Stephens, was one of four researchers from across the UK who were honoured for their work at the annual Ig Nobel awards ceremony at Harvard University. The "Igs" are awarded to scientists whose work makes people laugh first, then think. The prizes celebrate the unusual, honour the imaginative - and spur people’s interest in science, medicine, and technology.

The ceremony, hosted by the Harvard-based journal Annals of Improbable Research, took place in September 2010, with the prizes handed out by real Nobel laureates. The peace prize was awarded to Richard Stephens and co-authors, former psychology undergraduates Andrew Kingston and John Atkins, for confirming that swearing relieves pain. Richard, who began the study after striking his thumb with a hammer, found volunteers could tolerate more pain if they repeated swearwords rather than neutral words.


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Further success came for Richard via his 2009/10 final year psychology undergraduate student Claire Allsop, who won the 2010 British Psychological Society Psychobiology Section Undergraduate Project Prize for her project entitled "The effect of manipulated levels of state aggression on pain tolerance". Claire, whose project was supervised by Richard, presented her project at the September meeting of the BPS Psychobiology Section.

Congratulations to Richard and his team!!

More about Richard’s research can be found in the Cognitive Group section of this newsletter.
‘Science begins with observation’, my chemistry school-teacher used to say – repeatedly. And he was right. But we need to add ‘classification’ and ‘counting’ too. In a recent paper I showed how simply counting can help clarify an issue, point to trends, and lead to unexpected findings (Hartley 2010).

I am always counting something, and keeping records. Currently I have been watching the end of The Weakest Link, whilst waiting for the evening news (well, that’s my excuse).

In the concluding minutes of The Weakest Link, the strongest participant is asked by Anne Robinson to choose who should go first in the last challenge – themselves or their rival.

In this situation there are always two competitors: these may be two males, two females, or one of each sex.

In the 32 episodes that I have recently watched, the strongest participant has asked if he/she could go first on 30 occasions – irrespective of the sex of the other player. Only one two occasions did one man defer to another man. No man or woman has deferred to another woman.

What does this tell us about our society? How can we teach people to be polite to each other when such politeness is daily missing from our screens?

Simple counting can give us food for thought!

Dr Alexandra Lamont (pictured, centre, below) was invited to take part in the Battle of Ideas festival in London in November, where she contributed to a Frame Debate on the topic of Music as a Tool of Social Policy. Other panel members included Tom Hutchinson from the Royal Philharmonic Society, Nicola Killean from Sistema Scotland, Alan Miller from the NY Salon and the Arts Council and Tom Service from the Guardian/BBC Radio 3.

Alex made the case that providing opportunities for people to get involved with music is important but that the element of choice is also critical, as people who have chosen to sing in a choir or play a musical instrument show much higher levels of commitment and perseverance. She argued that schemes like Wider Opportunities Whole Class Instrumental and Vocal Tuition which have been introduced in a large number of primary schools in England might be leading a generation of children to be as disaffected with the violin as previous generations have been with the recorder, and that it is essential to be doing music for its own sake, no matter the pressures from funders to demonstrate otherwise.

"As ever, the Battle of Ideas is full of stimulating and lively argument. It's fun to be able to clash robustly in a good-humoured atmosphere."

Martin Wright, Editor in chief, Green Futures

There was a lively debate with contributions from the audience, and discussions continued over the entire weekend. Details of the session can be found here: http://www.battleofideas.org.uk/index.php/2010/session_detail/4152/.
A World Cafe Forum was facilitated on the 4th November 2010, as part of Dr Emee Vida Estacio’s action research project on the Internationalisation of Teaching and Learning at Keele.

The World Cafe is an open discussion event that aims to foster an engaging and hospitable space where participants can discuss and mingle with others, scribble notes on the table cloths and leave post-it comments on the wall. The session aimed to generate views on what internationalisation meant to students and staff and how it may impact on the learning and teaching environment at Keele. Key issues, areas of good practice, and ideas for future interventions were in ‘the menu’ for discussion. Participants were asked to discuss and mingle with others, scribble notes on the table cloths and leave post-it comments on the wall.

The World Cafe session had a good mix of staff, ‘home’ and ‘international’ students. Student volunteers from Psychology also helped to organise, promote and facilitate the event. A follow-up session is currently being organised to discuss the key findings from the World Cafe and to prioritise next courses of action. A pilot intervention is also set to be implemented between January to May 2011.
Geraldine Leighton is an Honorary Research Fellow in Psychology. She completed an MSc in Music Psychology in 2002 and has been affiliated to the university while she continues her own research out of personal interest. She’s been working with Dr Alex Lamont on issues relating to music education.

In the "Bridging the Gaps" project Geraldine has been exploring the factors that encourage the development of a positive musical self-identity in children. Anecdotal and research evidence shows that many adults hold a self-identity of being ‘not musical’ and that this often seems to stem from negative experiences from family members, peers or schooling. Recent educational initiatives in England and Wales such as Sing Up and Wider Opportunities have given more children limited opportunities to get involved in practical music making, but how to support these in the longer term is an important and unanswered question, particularly given current pressures on budgets.

Geraldine studied two primary schools in depth over the last four years, one where instrumental music is compulsory for all children throughout the school and one where instrumental music is provided as an optional extra for those who can afford it. Both schools were in urban multi-cultural areas low in socio-economic status, and both had a high profile choir and chances for children to play in small groups and participate in concerts.

Staff and parents both felt it was important that children should take part in musical activities. Children from the compulsory music-lessons school enjoyed their instrumental lessons a little less than those from the school where it was an option, and this declined as children got older. Lack of any choice in the instrument played or whether to continue with lessons at all seemed to be responsible for this. But giving children the opportunity to play did raise their expectations about wanting to have future involvement with music, suggesting that this may be one way children feel enabled to become a ‘musician’.

In the current government schemes like Wider Opportunities children only get these chances for a year, and building expectations that cannot be sustained due to financial pressures might undo the positive self-identity that has been created.

Interestingly, in the compulsory school boys tended to have more positive attitudes towards music, whereas in the optional school they felt music was less enjoyable and important as they got older. This suggests that making music something that everyone does might protect boys’ involvement with musical activities, which could be important.

Geraldine has reported back to schools and will be giving two conference presentations on this project over the coming months as well as finalising the first article on attitudes towards music in different educational contexts. She is currently analysing the children’s drawings of musicians, which provides another angle on their musical identities.

“many adults hold a self-identity of being ‘not musical’”
HEALTH PSYCHOLOGY TEXTBOOK (3rd edition)

The third edition of *Health Psychology: Theory, Research and Practice* published by Sage Publications is due to be released this December 2010. **Professor Michael Murray** and **Dr Emee Vida Estacio** are co-authors of this textbook with Professor David F Marks and Dr Brian Evans.

‘This textbook aims to provide an in-depth introduction to the field of health psychology with special relevance to health promotion, disease prevention care. It is suitable for advanced undergraduate and postgraduate psychology, nursing and the field, its search and We aim to dig face to ex- derling theo- cally analyse methods, evidence and conclusions.’

A companion website for this textbook has also been developed, with the support of our Psychology students namely Mark Sparks, Toni Karic, Katie Wright-Bevans and Ashvin Sathasivam.
An indication of the esteem of researchers is their involvement in reviewing and editing academic journals. Currently all our staff play an active role on the editorial boards of over a dozen journals. Details of these are provided below. In addition, staff are regular reviewers for another 20 journals. Together this is an indication of the high esteem in which are researchers are held. Since it’s a subject close to our (The Editors) hearts, we thought we’d present a round-up of the publications our members are on the boards of.

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<td><strong>Arts &amp; Health</strong></td>
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<td><a href="http://www.tandf.co.uk/journals/rahe">http://www.tandf.co.uk/journals/rahe</a></td>
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<tr>
<td>Published in association with the Society for the Arts in Healthcare</td>
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<td><strong>Editorial Board member:</strong> Professor Michael Murray</td>
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<td><strong>Arts &amp; Health</strong> provides a pioneering international forum for the publication of research, policy and best practice within the interdisciplinary field of arts and health.</td>
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<th><strong>British Journal of Developmental Disabilities</strong></th>
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<td><strong>Editorial Board member:</strong> Dr John Hegarty</td>
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<td>The <strong>BJDD</strong> provides an international forum for a multidisciplinary approach to the problems posed by mental handicap/learning disability in all countries. Emphasis is put on the practical implications of the work of educationists, instructors, nurses, occupational and other therapists, psychiatrists, psychologists, social workers, whether taking place in a hospital setting or in community care.</td>
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<td><strong>2009 Impact Factor:</strong> 0.348</td>
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<th><strong>British Journal of Educational Technology</strong></th>
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<td><strong>Editorial Board member:</strong> Professor James Hartley, Dr John Hegarty</td>
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<td><strong>BJET</strong> provides readers with the widest possible coverage of developments in educational technology world-wide. <strong>BJET</strong> is a primary source for academics and professionals in the expanding fields of education, training and information technology. the world</td>
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<td>British Journal of Guidance and Counselling</td>
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<td>Music Education Research International</td>
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<td>Music Performance Research</td>
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• Psychology & Health
  • [http://www.tandf.co.uk/journals/GPSH](http://www.tandf.co.uk/journals/GPSH)
  • Official Journal of the European Health Psychology Society
  • Associate Editor: Professor Michael Murray
  • *Psychology & Health* promotes the study and application of psychological approaches to health and illness. The contents include work on psychological aspects of physical illness, treatment processes and recovery; psychosocial factors in the aetiology of physical illnesses; health attitudes and behaviour, including prevention; the individual-health care system interface particularly communication and psychologically-based interventions.
  • 2009 Impact Factor: 1.692

• Psychology, Health & Medicine
  • [http://www.tandf.co.uk/journals/titles/13548506.asp](http://www.tandf.co.uk/journals/titles/13548506.asp)
  • Editorial Board member: Professor Michael Murray
  • *Psychology, Health & Medicine* provides a forum to report on issues of psychology and health in practice. The journal reaches an international audience, highlighting the variation and similarities within different settings.

• Psychology, Learning and Teaching
  • Editorial Board member: Professor Jim Hartley
  • *Psychology Learning and Teaching (PLAT)* aims to inform and encourage good practice in the teaching and learning of psychology and cognate disciplines at all levels.

• Psychology of Music
  • [http://pom.sagepub.com/](http://pom.sagepub.com/)
  • Associate Editor: Dr. Alex Lamont
  • *Psychology of Music* publishes peer-reviewed papers directed at increasing the scientific understanding of any psychological aspect of music. These include studies on listening, performing, creating, memorising, analysing, describing, learning, and teaching, as well as applied social, developmental, attitudinal and therapeutic studies.
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<th>Journal Name</th>
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<td><strong>Editorial Board member:</strong> Professor James Hartley</td>
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<td><strong>PTR</strong> encourages research on teaching and learning in psychology, to serve as a vehicle for the sharing of good practice, and to improve the teaching of psychology at all levels. It carries articles on any aspects of teaching and learning in psychology, particularly those with a strong theoretical underpinning.</td>
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<td><strong>Editorial Board member:</strong> Dr. Nicky Edelstyn</td>
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<td><strong>Psychopathology</strong> is a record of research centred on findings, concepts, models, and diagnostic categories of experimental psychopathology and clinical psychiatry. Studies published are designed to improve and deepen the knowledge and understanding of the pathogenesis and nature of psychopathological symptoms and psychological dysfunctions.</td>
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<td><strong>2009 Impact Factor:</strong> 1.637</td>
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<td><strong>Editorial Board member:</strong> Professor Ken Rotenberg</td>
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<td><strong>Social Development</strong> is a major international journal dealing with all aspects of children's social development as seen from a psychological stance. Coverage includes a wide range of topics such as social cognition, peer relationships, social interaction, attachment formation, emotional development and children's theories of mind.</td>
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<td><strong>2009 Impact Factor:</strong> 1.723</td>
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<td><strong>Editorial Board member:</strong> Professor James Hartley</td>
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<td></td>
<td>The <strong>SAJHE</strong> is interdisciplinary in approach, and its purpose is to provide institutions of higher education and professional readers with scholarly information on major innovations in higher education, research projects and trends.</td>
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That’s all for now but watch this space for more updates on editorial board membership!
HEALTH INEQUALITIES AND SMOKING

Dr Emee Vida Estacio was recently invited to share her knowledge on how smoking can widen inequalities in health. Speaking on the Breakfast Show with Pete Morgan on BBC Radio Stoke, Emee discussed how smoking prevalence tend to be higher among disadvantaged communities than among the better off. As a result, the burden of death and disability caused by smoking-related illnesses also tend to be carried disproportionately more by individuals from these communities.

When asked about government interventions that aim to address the issue on health inequalities and smoking, Emee commented that although the NHS provides smoking cessation services that support smokers who would like to quit through nicotine replacement therapy, she pointed out that these services lack recognition of the social and economic factors that influence smoking behaviour. She pointed out that it is always important to acknowledge interpersonal and environmental circum-

News from the Applied Group

This project coordinated by Michael Murray is formally coming to a close when funding ends in February 2011. Over the past six months the research team have been involved in a series of workshops, conference presentations and negotiations with a range of community agencies.

In October an advisory board meeting of the project was held in Gorton Monastery, Manchester (pictured right). A showcase event on the project prior to the board meeting attracted over 60 participants. In November a special dissemination workshop was held to discuss the planned publications and other outputs from the project.

Michael Murray was a Keynote Speaker at the 24th Annual Meeting of the European Health Psychology Society that was held in Cluj, the capital of Transylvania in Romania. Over 600 participants attended this meeting from both Europe and elsewhere. Michael’s talk on the ‘Context of Health Psychology’ was published in the European Health Psychologist. In response, the editor has decided to solicit commentaries on health psychology and social justice for a future issue.
The Keele Arts & Health group continues to meet on a regular basis to discuss common interests.

It now attracts participants not only from Keele but also from Staffordshire University and various arts and culture agencies in the district. This semester we have had talks from Clive Parkinson (Director of Arts & Health at MMU) and Kevin Mattison (PVC-Community) who gave a presentation on the university arts strategy that he is developing. The group is also planning an Arts & Health showcase event. This will take place in the New Vic Theatre, Newcastle on 12 May. Paul Bailey who is a member of the group is organising the Stoke Your Fires Film Festival that will take place 18 February to 4 March. A highlight of the festival will be a series of short films on health and wellbeing. For more information, go to http://www.stokeyourfires.co.uk/ The group now has a small but growing webpage http://www.keele.ac.uk/artsandhealth/ Anyone interested in the group or these events should contact either Alex Lamont or Michael Murray.

Michael Murray co-edited with David Marks a special section of the Journal of Health Psychology on the issue of Poverty Reduction. This included seven articles on connections between poverty and ill-health and social activist strategies to promote health and well-being.

The Health and Wellbeing group was well represented at the 11th International Conference on Music Perception and Cognition in Seattle, WA (August 2010), which is the biannual gathering of music psychology researchers.

In addition to the papers and poster listed in the section below, Alex Lamont was also the invited discussant on a Symposium on Music as Affect Regulation in Everyday Life, convened by Suvi Saarikallio from Jyväskyla University and including a paper by Annelies van Goethem (a Keele PhD student who graduated in December) on Affect Regulation with Music: A Diary Intervention Study.

As well as many other ex-Keele presenters at the conference, two recent Keele MSc music psychology alumni were presenting their work: Rebecca Schaefer, who presented a poster on her doctoral work on EEG and music expectations, and Marcus Lehmann (original name Kobbenbring), who received an honourable mention for his doctoral presentation on music and adolescent social identity.
Applied Group Publications


Applied Group Presentations


PUBLICATIONS CONTINUED OVERLEAF....


Murray, M. (2010, Nov). Working with older people to promote health and well-being [Research seminar]. Department of Psychology, University of Surrey.


Experiencing relaxation. Talk at Living Well Stoke on Trent Final Conference Nov 12, 2010

Dr John R Hegarty, Chartered Psychologist

Director – Green-age at Blore Heath Farm – planning new day opportunities for older people.

Follow our progress on our blog!

www.green-age.org.uk

01630 653912
The Cognitive group have been getting about:

**Professor John Wearden** made a research visit to Blaise-Pascal University in Clermont-Ferrand to discuss future collaborative projects. He has also been to the University of Minho (Braga, Portugal). He was a member of a jury for a Ph.D. there, and also gave a departmental seminar (title: “Internal clocks and the perception of time...and other things...”).

**Dr James Grange** has set up a collaboration with Dr. Ion Juvina, Special Faculty Researcher, at Carnegie Mellon University, USA. They are working together on developing a computational model of inhibitory control processes in task-switching using the ACT-R cognitive architecture. A paper based on this work is planned after Xmas.

Closer to home, **Dr Andrew Rutherford and Dr Richard Stephens** continue to pursue the participation of former professional footballers in our research on the link between football head injury and dementia. They will be addressing a meeting of the Manchester United Former Professional Footballers Association in December 2010.

**Dr Nicky Edelstyn** is conducting a collaborative study with Dr Chris Exley and his PhD student Sam Ward examining aluminium clearance following imbibation of silicon rich mineral water. The project has NRES/NHS LREC approval and has just started recruitment.

**Funding successes**

**Dr Nicky Edelstyn** has been awarded £34,999 from Parkinson's UK to investigate effects of 2 dopamine D2 agonists (pramipexole dihydrochloride and ropinirole dihydrochloride) on the recollection of episodic details during recognition. The award includes ten month funding for a RA.

**Nicky** has also has secured 10k from Acorn to augment Aimee Titchen's ESRC-PhD studentship. This will cover expenses incurred in designing, trialing and refining the memory training intervention (MTI) for Parkinson's, along with expenses for patients, carers/family members and healthy volunteers participating in focus groups and the (small) RCT of the MTI.

In collaboration with Dr Joris Verster of Utrecht University, **Dr Richard Stephens** was awarded £4,886 by the Alcohol Education and Research Council to fund speaker travel expenses and room hire for a one-day meeting on alcohol hangover research at the Research Society on Alcoholism (RSA) 33rd Annual Scientific Meeting, June 26-30, 2010, in San Antonio, Texas. It was enjoyable, thought provoking and inspirational to meet hangover researchers from around the world. A brief report of the meeting is available to download from my webpage [http://www.alcoholhangover.com](http://www.alcoholhangover.com).
Cognitive Group Publications


Cognitive Group Presentations

Rutherford, A. (2010, Jan) When Assumptions Fail. Invited presentation, delivered at a Statistics Workshop, sponsored by the Psychology Postgraduate Affairs Group (PsyPAG), Postgraduates Who Teach (PGwT) and the Roberts Researcher Innovation Fund, University of Strathclyde.


Stephens, R. (2010, Nov) Swearing as a response to pain. Invited talk at the Psychology Department, Coventry University.


Stephens. R. (2010, June). Welcome address. Oral presentation at – Alcohol hangover: A research symposium and consensus meeting, a satellite meeting of the 33rd Annual Scientific Meeting of the Research Society on Alcoholism, San Antonio, Texas, USA.

News from the Social group

The ESRC ‘From Boys to Men: Precluding the Proclivity to Perpetrate’ project, which featured in our last newsletter, started in October 2010. We would like to welcome Mary-Louise Corr to Psychology, who will be working with Dr Claire Fox and Dr David Gadd on the project over the next 3 years. Mary-Louise came to the project from Trinity College Dublin and recently submitted her PhD thesis on, ‘entitled ‘Widening the Lens: A Biographical Analysis of Young People’s Offending Careers’, in October. In providing a detailed analysis of young people’s criminal careers, the study drew on an interactionist perspective, prioritising the subjective accounts of young people in contact with criminal justice agencies and the meanings and interpretations that they attached to their lives. Locating young people’s offending in the context of their life histories, the study aimed to broaden the scope of much research on the ‘young offender’, extending beyond a limited one-dimensional view on youth offending as it examined ‘life’ beyond crime.

Additionally, Mary-Louise worked as a researcher at the Children’s Research Centre, Trinity College Dublin where she conducted research with marginalised youth. Primarily, she worked on a longitudinal, biographical study of youth homelessness which has identified pathways into, through and out of homelessness based on the life histories of a group of young people in Dublin city. We wish Mary-Louise all the best with her PhD Viva next year.

Becky Hale, a PhD student in Psychology has been assisting Mary-Louise with Stage 1 of the ‘Boys to Men’ project which involves administration of a questionnaire to children in local schools. Through the use of an attitudinal measure and questions about experiences of domestic abuse they are evaluating the effectiveness of a domestic abuse prevention education programme called ‘Relationships without Fear’ delivered by Arch North Staffs (using a pre-test post-test control group design). Very soon they will move onto Stage 2 of the research which will involve discussion groups with young people to explore how they talk about domestic abuse, e.g. under what sort of conditions do they deem it as acceptable?

For a related project, Claire and her colleagues have recently received confirmation from the EU that they have been awarded a substantial grant under the Daphne III call. The total sum is for 309,000 euros (over 2 years from March 2011) – 103,000 of that will be for the research stream that Claire and Becky Hale will be responsible for. The title of the project is RE-ADAPT – Relationship Education and Domestic Abuse Prevention Tuition. Claire and her colleagues will be working with 6 partners across Europe in the UK, Spain, Malta, France, Sweden and Belgium. The award was judged 14th out of 240 submitted!


Fox, C. Has recently been awarded an ESRC grant of £123,000 for a 15 month project looking at how children use humour and the problem of bullying in schools. The project, in collaboration with Dr Simon Hunter, from the University of Strathclyde, will commence in August 2011.
Keele Psychology Research is produced twice a year by staff at Keele University.

This issue was put together by Sue Sherman and Michael Murray.

Date for your diary

Cognitive Psychology Section

The School of Psychology is hosting the annual BPS Cognitive Section Conference in 2011.

The conference will run from Tuesday 6th to Thursday 8th September 2011.

Confirmed keynote speakers: Professor Harlene Hayne, University of Otago and Professor Andrew Mayes, University of Manchester

Preliminary enquiries should be addressed to the conference organiser Dr Sue Sherman, s.m.sherman@psy.keele.ac.uk.