Lots of successes

A warm welcome to you all from the editors! We are now back in the Dorothy Hodgkin Building which has had a make-over and looks a lot better for it.

As we near the end of the calendar year, it provides us all with an opportunity to reflect on our successes over the past 12 months and our plans for the next 12 months. As you will see in the pages ahead, there are plenty of successes to reflect upon. Highlights since our last newsletter include welcoming Drs. Emee Estacio, Chris Stiff, Jane Hunt, Jess Hall and Kulbir Birak to the School of Psychology – already they have fitted in wonderfully and we don’t know how we managed without them.

We also have several media stars in our midst – the aforementioned Dr Emee Estacio, Dr Richard Stephens, Professor Ken Rotenberg and Professor John Wearden – read more about their research below. And, of course we have new academics emerging from the School with recent viva successes for Pavlos Philipopoulos and Sarah Dean.

We also look forward to 2010 and to building on our current work to be even bigger and better in the future.

On that note, we hope you enjoy our Christmas newsletter and we wish you all a very Merry Christmas and a Happy and Successful New Year!

Eds.
Research from the School of Psychology received worldwide media attention in July 2009 after Richard Stephens, John Atkins and Andrew Kingston found that swearing can have a "pain-lessening effect".

Sixty-four undergraduate volunteers were asked to submerge their hand in a tub of ice water for as long as possible while repeating a swear word of their choice; they were then asked to repeat the experiment, this time using a more commonplace word that they would use to describe a table.

The researchers found the volunteers were able to keep their hands submerged in the ice water for a longer period of time when repeating the swear word, establishing a link between swearing and an increase in pain tolerance.

The research, published in the journal *Neuroreport*, was reported internationally. Richard was interviewed by Radio 4, Radio 5Live, BBC World Service, the Daily Telegraph, CNN, New York Times and many more – while the research was for some time the most shared story on the BBC News website. An example of the many links:

http://www.time.com/time/health/article/0,8599,1910691,00.htm

Interest in the study was such that Richard was invited in October to give a series of talks at a number of Psychology Departments at Universities in the United States, including Massachusetts College of Liberal Arts, St. John’s University and University of Albany SUNY. Richard also gave the talk at Staffordshire University, and, in November, as the first lecture in the Keele University School of Psychology series "Psychology in the Modern World".

"Swearing increases your pain tolerance,"

Richard Stephens
*(quoted in Time magazine)*
A little bit of history by James Hartley & Michael Murray

All of us have histories and we all reflect the people who taught us and the books and articles that we have read. The history of modern psychology is not a long one, and many people teaching psychology today can be linked via their particular teachers to the major figures in the discipline. We decided to see if this was true in our department.

In Box 1 we list the names of the professors of psychology at Keele University since the department began. Then, for each name, we list who supervised these professors’ postgraduate research. And, we finally, we report (where possible) who supervised these people.

The information listed in Box 1 shows indeed that the influences of historic figures loom large in our department. Just look at the names: Wundt, Bartlett, Broadbent, Burt, Eysenck, Craik, etc.

And, the next time you lecture in Lecture Theatre 1, remember that you are following in the footsteps of B. F. Skinner, George Miller, Jerome Bruner and Ulric Neisser…. Yes they have all lectured where you are standing...

Box 1. Professors in the Department of Psychology, Keele University, 1960-2010.

1962 Ian M.L. Hunter, BSc (Edinburgh), DPhil (Oxon)
   Supervisor: George Humphrey
   Humphrey studied under Wilhelm Wundt before gaining a PhD at Harvard

1973 John Hutt, BA (Manc.), MA (Oxon), C Psychol, FBPsS, ATCL, ARCO
   John’s MA was awarded for research at the Institute of Aviation Medicine assessed by Sir Frederic Bartlett and Donald Broadbent.

1990 James Hartley, BA, PhD (Sheff.), FBPsS, FAPA
   Supervisor: Harry Kay BA, PhD (Camb)
   Harry Kay’s supervisor was Sir Frederic Bartlett, FRS, MA (Lond).

1991 John A. Slododa, FBA, MA (Oxon.), PhD (Lond.), C Psychol, FBPsS
   Supervisor: Neil O’Connor, PhD (Edin.)
   Neil O’Connor’s supervisor was probably an amalgam of Sir Aubrey Lewis and Hans Eysenck.

1995 Chris Cullen, PhD (Bangor), C Psychol, FBPsS
   Supervisor: Peter Harzem, BA (Lond.) PhD (Wales)
   Peter Harzem was probably supervised by Harry Hurwitz.

1999 Elizabeth J Robinson, BSc, PhD (Lond.) FBPsS
   Supervisor: A. R. Jonckheere (who worked with Burt, Eysenck, and Piaget)
   Jonckheere’s supervisor likely to have been Sir Cyril Burt.

1999 Ken Rotenberg, BA (Waterloo), MA (Guelph), PhD (Western Ontario)
   Supervisor: David Pedersen, PhD (University of Iowa)
   David Pedersen was supervised by Gordon Cantor, Phd (Vanderbilt).

2000 Angus R. H. Gellatly, MA (Dundee), PhD (London)
   Supervisor: Vernon Gregg, PhD (Lond.)
   Vernon Gregg’s supervisor was Fergus Craik, FRS, PhD (Liverpool).

2005 John Wearden, BSc, DSc (Manchester)
   John Wearden was awarded an honorary DSc at Manchester for his work on the psychology of time without any particular supervisor.

2006 Michael Murray, BSc (Ulster), PhD (Stirling), C Psychol, FBPsS
   Supervisor: Ivana Markova, FBA, CSc (Prague), FBPsS, FRSE
   Ivana Markova was supervised by Josef Linhart, Charles University, Prague.
The future of publishing – Professor Jim Hartley

- All printed journals will have online versions.
- Printed versions will cease publication.
- Online versions will become more frequent.
- The number of authors per paper will increase.
- Articles (and reference lists) will get shorter.
- The main information will come first (as in newspapers).
- The first item in a structured abstract will be ‘Conclusions’.
- Peer reviewing will be dropped from most journals.
- Readers will be able to add notes, graphs etc., to online copies of articles by others.
- Articles will have links to the other references cited, video illustrations of procedures and methods, and other forms of display (e.g., podcasts).
- Information can be found automatically through ‘text-mining’.
- All articles produced in universities will be stored on their university’s repository or database.
- There will be no need to be continually supplying lists of publications for different people.
- There will be local, national and world-wide repositories and databases.
- New measures for measuring quality will be introduced, but all will be shown to be invalid.
- Nonetheless, research quality will be assessed automatically.

In the news

Professor Hartley’s recent book on Academic Writing and Publishing was reviewed in the British Journal of Educational Technology. Here are some extracts from the review:

“This is a text which all people entering academia should have on their shelves, and should expect to use throughout their writing careers; they will find it a rich and balanced source of information and advice on the many different types of writing in which they will be called to engage. So—don’t borrow it, or skim read it; buy it and refer to it.”
We have had a series of very exciting speakers this semester. We started with Dr. Martin Hagger (University of Nottingham) who spoke on Self control and ego depletion: A meta-analysis. This was followed by Dr. Catriona Morrison (University of Leeds) who spoke on Explaining Infantile Amnesia: Age of Acquisition and Autobiographical Memory. We also had Dr. Sarah Beck (University of Birmingham) who spoke on What might have been and what might be: Children's thinking about possibilities.

Finally, Professor Andrew Mayes (University of Manchester) spoke about The role of the medial temporal lobes and connected structures in recognition and recall memory.

Many congratulations to Pavlos Philipopoulos, Sarah Dean (and their supervisory teams) for successfully defending their PhD theses.

Our 2008/9 crop of MSc students presented their posters to a critical but appreciative audience of staff and fellow students.

Postgraduate news
**News from the Applied Group**

As ever the Applied Group is thriving and this has been boosted further by the welcome arrival of Dr Emee Estacio, Dr. Chris Stiff and Dr. Jane Hunt. All are making an impact on the School.

The rest of the group have been busy too – meeting regularly and being successful with grant applications and publications galore!

Of particular note is the publication of the *Handbook of Music and Emotion*. This was edited by Patrik Juslin and John Sloboda—a major contribution to the field.

John was also recently appointed a Visiting Research Fellow at the Guildhall School of Music in London. John will advise on the implementation of the Guildhall School's Research Strategy and lead specific research projects; the first of these is an initiative based on the LINK alliance (Barbican Campus), led by the School and titled: 'Understanding audiences: helping performers, sponsors, and teachers obtain a better mutual understanding of audiences in ways which will be directly relevant to their future work'.

Other members of the Applied Group have been spreading the news by giving papers in many places ranging from Finland to Kenya and from Vancouver to Zurich, not to mention Lausanne and such tropical spots as Croydon and Nottingham.

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**Top-ranking editorial**

Newcomer Emee Vida Estacio’s editorial ranked number 1 in the 50 most-frequently read articles in the Journal of Health Psychology for the month of July 2009. The article was entitled 'Human Exploitation Is NOT a Joke—So Don't Laugh!' which was a critical commentary on racist humour in the media, human rights abuses against domestic workers and third world poverty and labour migration. The article was written in response to the controversial BBC show 'Harry and Paul' which portrayed a Filipino domestic worker as a sex object. The article received positive reviews and published with open commentaries from health psychologists around the world including Flora Cornish, Darrin Hodgetts, Ottilie Stolte, Malcolm Maclachlan, Chris McVittie, Karen Goodall, and Christine Stephens. To access the article, visit the Journal of Health Psychology website at http://hpq.sagepub.com/.

Emee was also invited by the Philippine Embassy in London over the summer months to attend several welcoming and farewell events for incoming and outgoing Ambassadors to the Philippines and to the UK. She also attended an event to meet Philippine President Gloria Macapagal-Arroyo in September 2009 and was recently featured on Pinoy Radio UK. Emee’s interview was aired on Sonny Lagaran’s Night Show on the 7th December 2009 over the internet at http://www.pinoyradiouk.com.
Crohn's and narratives

Sally Sargeant has been out and about. On 11th November she was invited to present at the School of Language and Communication Seminar Series at Cardiff University. The presentation focussed on patient / doctor communication about depression and anxiety.

Later In November Sally was also the invited speaker at the annual meeting of the Staffordshire branch of the National Association for Colitis and Crohn's Disease (NACC). NACC sponsored Sally PhD research into psychological issues for young people with IBD, Sally's continued involvement at general and local meetings provides good links for the School of Psychology.

Last year Sally's dissertation students benefitted from NACC contacts and from the experience of working with an external group.

Speaking of dissertation students, two of them who were under Sally's supervision last year were accepted to present their final projects at national conferences. Anna Jenkyns' poster, “Can mental health ever be a good thing” was displayed at the Mental Health Research Network national scientific conference held in Nottingham earlier this year. Also Susannah Haynes delivered a verbal presentation on expressive photography and psychological impact at the Narrative practitioner conference held here at Keele in June.

W.E.L.L.I.E.S. By John Hegarty

“Programme evaluation research” is relatively unfamiliar in psychology but it is an established multidisciplinary field with its own journals and texts. It's something I’ve been involved in since I was a research student – being invited to evaluate initiatives in the field of learning disability around staff training, educational programmes for adults, projects using information and communications technology and, more recently, projects in “green care” (using natural settings for therapy and recovery for a range of service users).

WELLIES (wellness, education, learning laughter, inspiration, environment, skills) is funded from a pot of national money and will give countryside skills and experiences on farms for service users with mental health diagnoses across Staffordshire in the next few months. I’ll be helping to document experiences and outcomes and the organisers hope that the project will lead to farmers and health and social care commissioners teaming up for longer-term projects.

Grants

Brandt, K & Edelstyn, NMJ (2009) Dti and familiarity memory in thalamic lesion patients. Experimental Psychology Society (£2,000)

Applied Group Publications


Presentations

Geary-Griffin, R; Hegarty, J; & Murray, M. (2009). Farm shops: catalysts for social regeneration. 8th Biennial Conference on Environmental Psychology, Zürich, Switzerland.


Lamont, A. (August 2009). Strong experiences of music in university students. 7th European Society for the Cognitive Sciences of Music Triennial Conference, Jyväskylä University, Finland.


In November Michael Murray was invited to participate in a workshop on Arts-based Methods in Health Research. This was held at the Peter Wall Institute for Advanced Studies at the University of British Columbia in Vancouver. There were about 20 participants and over three days they discussed the use of arts at various stages of research from developing ideas, through data collection to different forms of knowledge translation.

A highpoint of the workshop was a performance piece in which Michael and Arlene Katz from Harvard were the two discussants. An invigorating and challenging event.

At the close of the conference Dr. Carl Leggo, Professor of Poetry at UBC read an entertaining poem he had prepared for the workshop. It was a fitting closure and an extract is included here.

I am dying
In meetings

we meet to
discuss the budget
review the department
review the faculty
review the department chair
review the faculty dean
& one another

we spend so much time reviewing
we are always looking backwards
with necks like pretzels

we meet to plan
programs and policies
procedures and processes
productivity and promotion

the academy is a speed dating service
where there is no romance, no seduction,
just reduction and a stupefying trance.

we need textual intercourse full of pleasure
instead of this *coitus interruptus* that leaves us
desiccated, depleted, dry like a dean’s dirge
about branding, and random, never randy
encounters with potential benefactors

we need to claim more, declaim more
exclaim more, proclaim more
we need to reclaim
the bold voices of poetry

our poetry need to startle
our poetry needs to howl

Carl Leggo
News from the Cognitive group

It has been a busy few months for the CAN group. One member, Dr Richard Stephens, managed to fit in a US lecture tour. This came about after the worldwide media interest in his research on swearing and its effect on pain.

Professor John Wearden has had media coverage too – his research was featured in New Scientist, and is also going to be featured in "Science et Vie" (a sort of French New Scientist). John continues to be recognised internationally, recently taking part as an invited speaker at a workshop on Time Perception in Turku in Finland. He is also a member of an 86-member consortium which has just received funding to have EU-wide meetings from the EU's Office of Scientific and Technical Research (COST), more details next time.

Other members have been busy too – Dr Sue Sherman spent a very productive few days at the biannual SARMAC conference in Kyoto in July which has generated 2 international collaborations.

Last but not least, John is also to be congratulated on the recent PhD success of his student Pavlos Philippoupolous (see Postgraduate News).
Cognitive Group Publications


Cognitive Group Presentations


Wearden, J. H. Invited speaker at an international workshop on Intra- and interpersonal differences in the experience of time, University of Turku, Finland, September 2009.
News from the Social Group

Professor Ken Rotenberg is gaining increasing recognition for his work on trust. He was mentioned in several articles in Psychologies and Greater Good magazines.

The Social Group has also welcomed Dr Chris Stiff into its midst this semester and already he is making his presence known with grant applications, papers under review and so on, so watch this space!

Bullying and humour – some recent research by Dr. Claire Fox

Supported by an Undergraduate Research Assistantship award from the BPS, Kerri Lyford, now in the 3rd year of her degree in Psychology and Criminology at Keele, assisted Claire Fox on a research project during June and July to develop a Humour Styles Questionnaire for children and young people. Claire and Kerri visited seven schools in total, in Derbyshire and Staffordshire, administering the questionnaire to 650 children aged 9-15 years. Also during June, Claire presented a paper on the Child Humour Styles Questionnaire (Child HSQ) at the International Society for Humour Studies Conference in Long Beach California (Fox, 2009). Findings from the BPS project were presented in the form of a poster at the British Journal of Educational Psychology ‘Current Trends’ conference at the University of Greenwich in September (Fox & Lyford, 2009). As a condition of the award Kerri will present a poster at the Annual BPS Conference in Stratford upon Avon in April 2010.

During September, Claire co-chaired a symposium with Dr Simon Hunter on ‘Bullying in Schools’ at the BPS Developmental Section Conference in Nottingham. As part of the symposium she presented findings from a project conducted by two students, Amanda Walsh and Alexandra Robinson, on children’s attitudes to bullying (Fox, Brandt, Robinson, & Walsh, 2009).

In October, and with the assistance of a research grant from the British Academy, Claire and her Research Assistant, Sarah Dean, began work on a project to provide final validation of the Child HSQ. Claire and Sarah are visiting four schools in total, administering the child HSQ twice over a one-week period to assess the test re-test reliability of the measure and comparing teacher and self-ratings.
**Keele Psychology Research**

**Presentations**


**Fox, C. L., Brandt, K. R., Robinson, A., & Walsh, A.** (2009, Sep.). *Does the gender of the bully/victim pairing influence children’s attitudes to a bullying incident?* In a symposium chaired by Claire Fox and Simon Hunter, Bullying in Schools, at the Developmental Psychology (BPS) Conference, Nottingham.


**Trueman, M.** (2009). *Welcome address to 3rd Counselling Psychology conference: Counselling and change. Keele University.*

**Publications**


**Grants**

**Fox, C. L.** (2009). British Academy Small Grant. £5029 for a project entitled, ‘Validation of a humour styles questionnaire for children and young people’.

**Betts, L.R., Rotenberg, K.J. & Trueman, M.** (2009). Friendship quality as a mediator in the relationship between children’s peer acceptance and self-reported school adjustment. Presented at BPS Developmental Section Annual Conference.
1. How did you get to where you are now?
I started studying in 2001. I began with an access to learning course at Newcastle under Lyme College (as I only had one GCSE at that point). The access course gave me enough points to go to Staffordshire University to study Psychology & Criminology. I left there in 2005 with BSc Hons.

2. What has been your biggest achievement so far?
Definitely achieving the MSc at Keele University.

3. And your biggest mistake?
Not having the confidence to apply earlier!

4. What are your ambitions now?
To expand my Counselling Practice ‘Jennifer Heathcote Osborne Counselling Services’, to my own premises in Stoke on Trent.

5. What advice would you give to someone wanting to work in a similar field?
To read up on the course requirements before you begin the course, as there are some financial extras such as personal supervision and counselling therapy, which for a student on a budget can be costly. In addition I recommend reading ahead of the course, and understanding the accreditation requirements.

6. What made you choose Keele University?
I had the ambition to study at Keele from the age of ten years. I had taken part in a sponsored walk around the grounds and knew that one day I would study there - it was instinctive.

7. How has Keele influenced your life?
I am proud to be associated with Keele University, being accepted as mature student gave me confidence to achieve my dreams.

8. What is your favourite memory of Keele?
My fondest memories are the grounds and the international students who made my learning so much more fun, by introducing me to new cultures.

9. And your worst?
Statistics! Say no more!

10. Anything else you would like to add
I am extremely proud to have graduated from Keele University and would like to thank the Counselling Psychology tutors at Keele for their infectious enthusiasm, encouragement and confidence in their students. I am also very proud to have founded Maypole a year ago - Maypole aims to raise awareness of difficulties women face during and after separation, and we are focussed on campaigning for change to value women’s contribution to their family and role as mother. We also aim to raise awareness of the issues of parental separation to ensure that it is safe and fair for all. Anyone interested in contributing to the development of Maypole and it’s support to women or wishing to donate can find us at www.maypole.org.uk
Keele Psychology Research

Keele Psychology Research is produced twice a year by staff at Keele University.

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

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Dates for your diary

Cognitive Psychology Section

The School of Psychology is pleased to announce that they will be 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