

Welcome to the latest Psychology newsletter

August 2020

In this month's newsletter, you'll find the regular updates on our activities, from learning and teaching achievements, new grants and publications, to the conferences and outreach events we've been part of.

To keep up to date with the latest news from the team as it happens, follow us on Twitter [@HWPsych](#) or find us on [Facebook](#).

Links: [Social Sciences](#) | [Psychology](#) | [Twitter](#) | [Facebook](#)

The newsletter displays best on tablets (PDF attached also).



Follow our updates on Twitter [@HWPsych](#)

Conversations across campuses!

While the last few months have certainly presented challenges for us all, one of the positive outcomes has been new ways of connecting and working with colleagues across locations. A recent interview with three of our team highlighted just those connections. Anna Sedda, Kirin Hilliar and Zuhrah Beevi, based at our campuses in Edinburgh, Dubai and Malaysia respectively, came together to discuss psychological insights into the impact of Covid. In the discussion, they considered some of the potential challenges, particularly for students, and also activities that might be beneficial. You can read some of their discussion here <https://www.hw.ac.uk/news/articles/2020/psychological-insight-into-covid-impact.htm>, or watch the panel discussion as part of the Watt's Up, World! series <https://www.facebook.com/watch/?v=292105732095205&extid=4Gy5KJtS5gen41i6>.

Throughout August, our team continued to take part in a range of (virtual) learning and teaching activities and outreach events, and you can read more about those below including another appearance at the Cabaret of Dangerous Ideas, Q&A sessions for potential students via Facebook and recent media coverage.

Forthcoming events

Research Seminars/Events
- Given the current situation, many of our events/activities have moved online over the summer and into the new academic year. Check our social media channels for regular updates ([Facebook](#) and [Twitter](#)).

Cabaret of Dangerous Ideas - The Stand On Demand (online), watch at <https://ondemand.thestand.co.uk/Video/Listings/OnDemand>

Latest publications



Our latest publications are listed here, but you can find a full list via the [Heriot-Watt Research Portal](#).

Agnew, C. (2020). The role of safety culture across Industries. The Centre of Excellence in Smart Construction (CESC) Newsletter (32-35). Available at www.hw.ac.uk/documents/CESCBulletinAugust2020.pdf

Gow, A. J., Bell, C. & Gray, R. (2020). Cycling Without Age – Research and Evaluation Report 2019/20. Available at: www2.hw.ac.uk/mediaservices/pageflip/CWA_Evaluation_%20Report_2019/

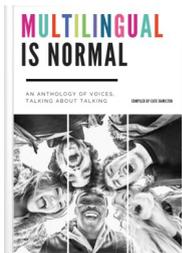
Norris, G., Hollins Martin, C. & Dickson, A. (in press). An exploratory interpretative phenomenological analysis (IPA) of childbearing women's perceptions of risk associated with having a high body mass index (BMI). *Midwifery*. doi: 10.1016/j.midw.2020.102789

Bhargava, A., Bester, M. & Bolton, L. (2020). Employees' Perceptions of the Implementation of Robotics, Artificial Intelligence, and Automation (RAIA) on Job Satisfaction, Job Security, and Employability. *Journal of Technology in Behavioral Science*, 1-8. doi: 10.1007/s41347-020-00153-8

Garraffa, M. (2020). Multilingual is normal. In C. Hamilton (eds.) *Multilingual is normal. An Anthology of voices, talking about talking*. pp.77-79, ISBN-10: 1838162925.

McKendrick, M., Sadler, A., Taylor, A., Seeley, J., Filipescu, T., Mustafa, A., McKendrick, G., Halcrow, J., Raju, P. & McLeod, G. A. (2020). The effect of an ultrasound-activated needle tip tracker needle on the performance of sciatic nerve block on a soft embalmed Thiel cadaver. *Anaesthesia*. doi:10.1111/anae.15211

Hassan, E. K., Sedda, A., Buckingham G. & McIntosh, R. D. (in press). The size-weight illusion in visual form agnosic patient DF. *Neurocase*. doi: 10.1080/13554794.2020.1800748



Each new paper is accompanied by a brief and accessible summary. Just search #HWPsychResearch on Twitter, or look in the



In the news

[Psychological insight into Covid impact](#)

[WATT's UP, WORLD! Episode #7: Psychological Effects of COVID-19 on Students and Parents](#)

[RSE Curious programme launched](#)

[The Sunday Mail \(NZ\): Impostor syndrome hurts high-achieving women](#)

[The National \(UAE\): How body language shapes your career](#)

Learning and teaching



While preparations are ongoing for the new academic session starting in a few weeks, events and activities for students considering where to study this year or in the future continue. Zuhrah Beevi and one of our students in Malaysia took part in a special Q&A session via Facebook Live, and you can watch their session here <https://www.facebook.com/hwumalaysia/videos/3015609115232476>. The events was followed up with a session led by Mandy Wong exploring how "psychology can pave your way to success".

In Dubai, Lucy Bolton and Gregory Fantham hosted a webinar about the MSC Business Psychology programme, helping potential applicants to explore how to drive positive behaviours and performance in your environment.

Conferences and outreach activities



While our face-to-face Psychology Research Seminars and other events have been postponed, many more activities are appearing online. Event details for the next activities are above, and check our social media channels for fuller details and updates (including [Facebook](#)).

Earlier in the month, Kirin Hilliar joined a panel to discuss what going back to school might mean for key stakeholders in the UAE, including the community, government bodies and educational institutions. The panel presented multiple perspectives to uncover the concerns of caregivers, the perceived risks and benefits to physical and mental health, safety and compliance guidelines set by governments, School Readiness plans and technological innovations to fight the pandemic. Also in Dubai, Mercedes Sheen spoke to Dubai Eye about the psychology of body language and how to manage that during interviews, with some useful tips for virtual interviews. You can hear the Mercedes at <https://omny.fm/shows/dubai-eye/can-body-language-make-or-break-an-interview>

In Edinburgh, we were represented at another Cabaret of Dangerous Ideas triple bill, this time hosted by the University of Edinburgh as part of the Fresh Ideas Festival. Mioara Cristea's contribution, "Fake it 'til you make it!" was described as follows: "Have you found yourself in a meeting, your heart pounding with a sinking feeling of being a fraud? Of not belonging there? Hoping that people won't find out that you are an imposter? Don't worry! You're not alone. 70% of people have experienced Imposter Syndrome at work. So why do we feel like this and what can you do to overcome it? Are we all imposters? Mioara Cristea (Heriot-Watt University) explores the secrets behind Imposter Syndrome and how to overcome it". Rounding out the month, Alan Gow ran a virtual session for Dementia Friendly East Lothian about how thinking skills change across the life course, and the lifestyle factors that are associated with brain health, and chaired a Health and Wellbeing panel as part of the RSE's Curious programme.

And finally...

We are currently advertising two PhD scholarships, to start from January 2021. Projects cover topics including autism, political identity, healthy ageing, emotion recognition, climate change, and trauma, including opportunities to collaborate with disciplines across the wider School of Social Sciences. Full details are at <https://www.hw.ac.uk/scholarships/phd-scholarships-psychology.htm>, with a closing date for application of 10 September 2020.