

Welcome to the latest Psychology newsletter

April 2019

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).



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Forthcoming events

Research Seminars/Events

- Gianluca Saetta (Uni Hospital Zurich), 30 April

[Details](#)

Full **Psychology Research Seminar** details are available on [Facebook](#).

Good luck!

With exam season well underway, we'd like to wish our undergraduate and postgraduate students across all three campuses the very best of luck. Remember the advice and feedback you've had over the semester, make your hard work count, and as always, take time to read the question! And for those Final Year students who have already finished their very last exam with us, enjoy that feeling! We look forward to seeing you at graduation.

While the exam period is always a busy time, April has clearly been productive across our other activities too—below you'll be able to access a bumper crop of new publications from the team and read about a range of exciting new events being hosted in Dubai.

Latest publications



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

Stirzaker, R., Galloway, L., & Potter, L. (in press). Business, Aging, and Socioemotional Selectivity: A Qualitative Study of Gray Entrepreneurship. *Journal of Small Business Management*. doi: [10.1111/jsbm.12516](#)

Potter, L. M. & Grealy, M. A. (2019). Aging and the prevalence of 'ironic' action errors under avoidant instruction. *PLOS ONE*. doi: [10.1371/journal.pone.0213340](#)

Vucic, M. & Bolton, L. E. (in press). Turning ideas into actions! How research on identity, psychological resources, and leadership support can inform career coaching. *Coaching: An International Journal of Theory, Research and Practice*. doi: [10.1080/17521882.2019.1594327](#)

Aylett, R., Ritter, C., Lim, M. Y., Broz, F., McKenna, P. E., Keller, I., & Rajendran, G. (in press). An architecture for emotional faces as social signals. *IEEE Transactions on Affective Computing*. doi: [10.1109/TAFFC.2019.2906200](#)

Blakey, K., Mason, E., Cristea, M., McGuigan, N., & Messer, E. (in press). Does kindness always pay? The influence of recipient affection and generosity on young children's allocation decisions in a resource distribution task. *Current Psychology*. doi: [10.1007/s12144-019-00260-7](#)

Calia, C., Johnson, J. & Cristea, M. (2019). Cross-cultural representations of dementia: an exploratory study. *Journal of Global Health*. doi: [10.7189/jogh.09.011001](#)

In the news

Edarabia: [Heriot Watt Dubai gain accreditation by the International Coach Federation](#) (also [Arab News Gazette](#))

The Conversation: [Why I got up on stage at the Edinburgh Fringe to explain my research in cabaret](#) (Anna Sedda)

The Herald: [The 120 Year Formula: How ageing is now being treated as a disease](#)

[Heriot-Watt Oscars 2019 shortlist announced](#)

Research updates and funding

Craig, M., Dewar, M., Collier-Banks, T., Quinn, G., Turner, G. Investigating possible differences in visual memory between deaf and hearing people: a pilot project. SoSS IRG Award, £2,942.

Conferences and outreach activities

Our Psychology Research Seminars have finished for this semester, but other events continue to occur throughout the Spring and Summer; full details are available on [Facebook](#).

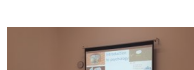
The team in Dubai have had a very busy month with a range of activities and outreach events. For example, Lucy Bolton was on the judging panel for the Herman Miller 'Living Office' Middle East and Africa Awards 2018/19. With previous research experience on workspace design projects, Lucy brought a psychological perspective to the initiative. The Award Ceremony was held in Dubai Marina and comprised two categories: Commercial Business and People's Choice – Workspace Design Award. The former recognises the exemplary use and implementation of integrated design, place-making and progressive practices among architects and designers, their collaborators and their clients and was won by The Executive Centre by Fiona Hardie, presented by Lucy.



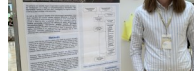
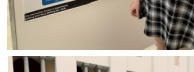
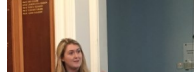
To inspire the next generation, Greg Fantham ran an Introduction to Psychology for school children at North London Collegiate School, Dubai. The event marked the start of their psychology society and psychology as an IB option. About fifty children aged 14-17 attended the workshop. Following this, Greg also ran an additional teachers session on Juggling Innovation with 80 staff in attendance covering both primary and secondary levels.

Continuing the work with teachers, Greg Fantham and Cakil Agnew, with a number of the MSc Business Psychology/Coaching students, headed to Jebel Ali School to run a coaching event. Greg introduced the teachers to a number of coaching skills and techniques and the students were on hand to help facilitate and provide feedback.

Capping off a busy April, Lucy Bolton and Greg Fantham ran another successful evening workshop on the topic of 'Fear and Happiness in the Workplace' adopting a Coaching Psychology perspective. With International Coaching Week (ICF) taking place this month and the Heriot-Watt Year of Health, Lucy and Greg wanted to bring a health and wellbeing aspect to everyday working issues. Lucy opened the evening by discussing the most common workplace fears such as fear of failure, embarrassment, underperformance and uncertainty, introducing strategies from Coaching and Positive Psychology to address some of these. Greg then ran an interactive session discussing leadership perils and fears 'at the top', introducing role-playing activities around active listening and the structure of coaching sessions. There were over 80 in attendance and positive feedback about the relevant and engaging topics. The MSc students were again on hand to facilitate the activities with attendees and apply their developing coaching expertise!



The team regularly present at national and international conferences and at a range of public engagement events. A selection of the most recent include:



Bolton, L. (2019). Fitting in... Understanding the values, expectations and mindsets of young people entering the workplace. Middle East Psychology Association (MEPA) Conference 2019, Kuwait, 14th-16th March.

Gow, A. J. (2019). Physical activity and the ageing brain. CPD Training Day Extend Exercise, Edinburgh, UK, 16th March.

Macmillan, K. (2019). Experiences of autistic individuals at school: Understanding by peers and teachers. Scottish Autism Research Group, Edinburgh, UK, 28th March.

Craig, K. (2019). Puzzling It Out: Exploring metacognitive abilities in autism with a new on-line task. Scottish Autism Research Group, Edinburgh, UK, 28th March.

Marr, C. & Gow, A. J. (2019). Does personality moderate the efficacy of cognitive ageing interventions? A systematic review. Poster presentation at the Health Innovation and Technologies Research Festival, Heriot-Watt University, Edinburgh, UK, 1st-2nd April.

Stewart, M. (2019). Autistic traits, social interaction and mental health. BSPID Annual Conference, Brunel, London, 5th April.

Strickland, S., Dewar, M. & Craig, M. (2019). Identifying novel consolidation-related memory markers of normal ageing and Alzheimer's Disease. Scottish Dementia Research Consortium 2019 Meeting, Glasgow, UK, 15th April.

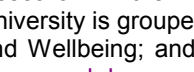
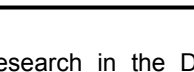
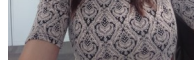
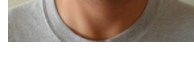
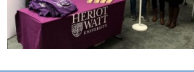
Niechcial, M., Vaportzis, E. & Gow, A. J. (2019). People's views about preserving thinking skills in old age. Poster presentation at the 5th International Conference on Aging and Cognition, Zurich, Switzerland, 24th-26th April.

Marr, C., Vaportzis, E. & Gow, A. J. (2019). Does personality moderate the efficacy of cognitive ageing interventions? A systematic review. Poster presentation at the 5th International Conference on Aging and Cognition, Zurich, Switzerland, 24th-26th April.

Vaportzis, E., Niechcial, M. & Gow, A. J. (2019). A Systematic Literature Review and Meta-analysis of Real-World Interventions for Cognitive Ageing in Healthy Older Adults. Poster presentation at the 5th International Conference on Aging and Cognition, Zurich, Switzerland, 24th-26th April.

Strickland, S., Dewar, M. & Craig, M. (2019). Identifying novel consolidation-related memory markers of normal ageing and Alzheimer's Disease. British Neuropsychological Society Spring 2019 Meeting, London, UK, 25th-26th April.

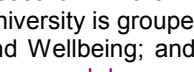
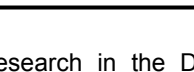
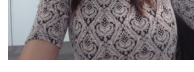
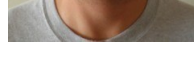
Learning and teaching



Cakil Agnew and Greg Fantham organised the very first Psychology Students Research Event in Dubai at the start of the month. Final Year students were invited to formally present and discuss their research. The aim was to showcase their projects and informally celebrate the hard work they've been putting in with their family and friends. There were both oral and poster presentations, and it was great to see parents engage in discussions during the poster presentations. The event received positive feedback from the participating students who it helped build confidence in discussing their work. From the team's perspective, it was inspiring to see the students' progress and being able to speak about their research projects so competently.

Over the last two months, our Offer Holder Days in Edinburgh welcomed those holding offers to study with us from the next academic year, providing a chance to meet the team, ask more detailed questions about the programmes and the university and visit some of our facilities. Thanks to Maria Garraffa and colleagues in SoSS for organising the day, and special thanks to our students and colleagues (Alan, Daniel, Anna, Monica, Lauren, Kevin, Terry, Dasha and Louise) for providing such a warm welcome for our guests.

Meet the team



Each month we profile members of our team based across our campuses in Edinburgh, Dubai and Malaysia.

Dr Ron Salden, Assistant Professor (Malaysia)

Ron Salden obtained his MSc in Cognitive Psychology from the University of Maastricht (the Netherlands). He subsequently did his PhD in Educational Psychology at the Open University of the Netherlands, worked as a postdoctoral researcher at Carnegie Mellon University (USA) and as Assistant Professor at the University of Madeira (Portugal). He joined HWUM in 2018 and teaches a variety of UG and PG courses, plus he is the 2nd Year Coordinator. His research interests include human memory, learning technologies, human-computer interaction and cognitive load theory. Additionally, he has taught scuba diving courses and ESL classes at several language centres in Malaysia.

Malwina Niechcial, Research Assistant (Edinburgh)

Malwina is a Research Assistant involved in the Intervention Factory project led by Alan Gow. The study aims to test community-based real-life activities as potential interventions for age-related cognitive decline. Malwina's research interests cover the broad area of cognitive neuropsychology and specifically impairments in cognitive functions resulting from neurodegeneration or trauma. Malwina obtained her Honours degree in Psychology at University of Wolverhampton in 2013 and completed a Master's degree in Human Cognitive Neuropsychology at the University of Edinburgh the following year. Her dissertation projects focused on visual memory in young adults and people diagnosed with MCI.