

Welcome to the latest Psychology newsletter

December 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](#).

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



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End of Semester 1!

It's not only the end of another busy semester, but also the end of the year (and decade!), so a good time to reflect on the achievements of the past 12 months. If you've missed any of those highlights, you can access our newsletter archive via the [SoSS website](#). Hopefully you've found the monthly newsletters interesting—if you have comments or feedback, do send those to the team at any point.

From all in Psychology, we hope you have a good Christmas and all the very best for 2020.



Forthcoming events

Research Seminars/Events
- Simon Kyle (U. Oxford),
27 January

[Abstract](#) | [Speaker profile](#)
- Angus Adlesee (HWU)
17 February

[Speaker profile](#)

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

In the news

[Heriot-Watt student presents at conference in Brussels](#)

[New Alumni Magazine](#)

[Celebrating the Principal's Research Impact and Engagement Awards](#)

The Psychologist: [Driving global impact](#)

The Lancet: [Turning the tables on his audience](#)

Latest publications



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

Marr, C., Vaportzis, E., Dewar, M. & Gow, A. J. (in press). Investigating associations between personality and the efficacy of interventions for cognitive ageing: A systematic review. *Archives of Gerontology and Geriatrics*. doi: [10.1016/j.archger.2019.103992](#)

Martini, M., Belletti, A., Centorrino, S. & Garraffa, M. (in press). Syntactic complexity in the presence of an intervener: the case of an Italian speaker with anomia. *Aphasiology*, doi: [10.1080/02687038.2019.1686744](#)

Conferences and outreach activities

Our Psychology Research Seminars will continue next year; event details for the next seminars are above, with a fuller list available on [Facebook](#). Meanwhile, we're closing the year with successes at the inaugural Principal's Research Impact and Engagement (PRIME) Awards...



The awards recognise outstanding achievement, innovation and creativity in impact and public engagement with research. Colleagues from Psychology were entrants in every category, including Zuhrah Beevi, Maria Garraffa, Mel McKendrick and Mary Stewart. On the night we received two commendations and two prizes. Ke Guek Nee was Highly Commended in the Established Academic award for her research into internet usage and how it links to behavioural and psychological health, resulting in Malaysia's first 'Cyber Wellness Centre'. The SoCoRo project (led by a team in MACS and including Thusha Rajendran and Peter McKenna) was Highly Commended in the Partnership award, which saw them work with Autism Initiatives across the country to investigate whether a robot can help high-functioning adults with autism improve their ability to recognise social signals. Our winners included Michael Craig receiving the Pioneer award for embedding engagement and impact into his research on human memory by facilitating meaningful two-way dialogues and knowledge transfer with the people he works with. And finally, the Change Maker award went to Alan Gow, recognizing his past, present and future contribution to research impact and engagement at the University. Well done to all the entrants and winners (including those from SoSS and the wider university). [Read more...](#)



In November 2019, Lucy Bolton and Greg Fantham ran a Business Psychology workshop exploring new cultural revolutions in the workplace. Greg opened the evening by discussing different aspects of culture and exploring intercultural differences and miscommunication. Lucy then took to the stage to discuss her research around generational cultures in the workplace, and questioning whether generational boundaries really exist. The event was well attended and MSc students were on hand to help facilitate the activities.

Michael Craig attended a Dementia Café in Dalkeith on 26 November as part of an ongoing commitment with Alzheimer Scotland to take local research into the community. The people who attend these cafés are people from the community who have a form of dementia, are a carer for someone with dementia, know someone with dementia, or are dementia support volunteers. The event started with a chat over lunch before group were divided into two – those with dementia and those without dementia. The aim of this is to provide people without dementia, who are mainly carers, an opportunity to chat with others and receive guidance from Alzheimer Scotland Dementia Advisers. But they also have a keen interest in current research that can positively impact the lives of people with and without dementia, so Michael, and Luisa Parkinson from Alzheimer Scotland Dementia Research Centre, shared their ongoing research. Michael discussed how the brain forms and stores new memories and the techniques that people can use to help them hold on to new memories. This included some of his recent research at Heriot-Watt showing that a brief period of post-learning rest helps us to hang on to more detailed memories. Feedback from the group was positive and they offered lots of interesting and insightful questions and comments about memory and the ways that research could benefit the lives of those with and without dementia.

Research updates and funding

Craig, M. Rest to remember: a technique to boost memory in Alzheimer's disease. J Macdonald Menzies Charitable Trust, £15,000.

Learning and teaching

Over the past few weeks, graduations have been held in Dubai, Malaysia and Edinburgh. In Dubai our MSc Business Psychology/ Coaching students celebrated down by the Creek at Festival City with the sun shining! Meanwhile in Edinburgh, as well as the MSc Business Psychology graduations, Darren Reid was formally awarded his PhD. Congratulations to all our new graduates!



Team news



During a whistle-stop tour, David Finkelstein and Anna Sedda visited colleagues in Dubai and Malaysia. The visits were a chance to meet the teams and hold strategic meetings, while Anna also ran seminars on Body Identity Integration Disorder for the students. During the visit to Dubai a team meal by the Dubai Fountains was capped off with Heriot-Watt lighting up the Burj Khalifa (the first University to feature in the light show).

In other team news.. Michael Craig became a Chartered Member (CPsychol) of the British Psychological Society.

And we wish Malwina Niechcial all the best as she completed her 3-year Research Assistant post with us this month.