

### Welcome to the latest Psychology newsletter

July 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](#)

### Global graduations!



While we would have loved to see all our recent graduates in person, we were delighted that so many of you were able to join in the virtual ceremonies in the last few weeks across Edinburgh, Dubai and Malaysia. Those were certainly unique events, and even better, our students will have the chance to take part in another ceremony in the coming years too! You can read more about the virtual graduations here <https://www.hw.ac.uk/news/articles/2020/unique-celebration-for-class-of-2020.htm>.

Throughout the summer, our team have continued to take part in a range of (virtual) learning and teaching activities and public engagement events. For those based in Edinburgh, that would normally mean gearing up for the arrival of the festivals, including the Edinburgh Festival Fringe, the world's largest arts festival. While many of those events can't happen in the usual way, the Cabaret of Dangerous Ideas continued to share the latest research with the public in new ways, and you can read more about our involvement below.

### 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](#).

Aziz, M.A., Razak, R. & Garraffa, M. (2020). Targeting Complex Orthography in the Treatment of a Bilingual Aphasia with Acquired Dysgraphia: The Case of a Malay/English Speaker with Conduction Aphasia. *Behavioural Sciences*, 10(7), 109. [doi: 10.3390/bs10070109](#)

Gray, R. & Gow, A. J. (2020). Cycling Without Age: Assessing the Impact of a Cycling-Based Initiative on Mood and Wellbeing. *Gerontology and Geriatric Medicine*, 6. [doi: 10.1177/2333721420946638](#)

Each new paper is accompanied by a brief and accessible summary. Just search #HWPsychResearch on Twitter, or look in the "Our latest research" album on our Facebook page: <https://facebook.com/pg/HWPpsych/>.



### In the news

[First remote access assisted living lab seeks collaborators](#)

[The show\(s\) must go on!](#)

[Unique celebration for Class of 2020](#)

[Heriot-Watt University 3 Minute Thesis winners announced](#)

### Learning and teaching



Earlier this month, Lucy Bolton arranged a guest lecture for the Dubai students as part of the Coaching Psychology Practice course. Maya Mattar, an experienced Human Development Expert and Coach with a background in Psychology, ran an online session via Collaborate Ultra discussing professional coaching practice. She gave our students advice on developing their expertise and tailoring their coaching practice in the Middle East and beyond, covering topics such as team coaching, managers as coaches, virtual coaching and self-reflection. The session was well attended with positive feedback from students. Maya has spoken to our students in the past and has become a coaching mentor to many (some of who requested to return for this session).

### Research updates and funding

Over the last couple of months, Mioara Cristea has been part of an international research group that developed a global study to investigate the psychological implications of the COVID-19 crisis, including the tensions between following government policy and meeting the basic needs of autonomy and social connection. The project (the PsyCorona survey) was launched in March and by the end of May, more than 60,000 participants had completed the initial, 20-minute survey (available in 30 languages), which included 24 nationally representative samples by age and gender.

A brief article was recently published in the APS Observer about the project, its aims and objectives, and you can read more about it here <https://www.psychologicalscience.org/publications/observer/obsonline/mapping-moods-of-covid-19.html>

### 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](#)).

Last week, Kirin Hilliar was part of a three-person webinar panel co-hosted by the Edinburgh Business School and the Chartered Institute of Procurement and Supply Dubai branch on "Talent and Work Ecosystem post COVID-19". Kirin gave an interactive webinar on stress management when working remotely, while her colleagues Tarek Kandil explored the changing work ecosystem post-COVID-19, and Shereen Nassar outlined the new talent gaps and opportunities that will arise as the effects of this pandemic continue.

Kirin also produced an article for the Middle East Medical Portal, outlining important considerations for medical professionals when working with suicidal clients. The article explores the unique challenges of working with such clients in the GCC region, and the importance of knowing how to do a suicide risk assessment and formulate a safety plan. You can read more here <https://www.middleeastmedicalportal.com/working-with-suicidal-clients/>

At the start of the month, Mary Stewart and Kym Craig both presented at Autistica's Research Festival 2020, exploring "Do levels of autistic traits influence responses to the Beck Depression Inventory II?" and "Understanding Metacognitive Abilities in Autism" respectively. Details of the events can be found at <https://www.autistica.org.uk/get-involved/research-conference>

Finally this month, Alan Gow and Joe Stubbersfield appeared as part of Cabaret of Dangerous Ideas triple bills, streamed live from The Stand Comedy Club, Edinburgh. If you missed the live shows, you can catch up on staying sharp and conspiracy theories at [https://ondemand.thestand.co.uk/Video/TLBUCJ/codi\\_the\\_stand\\_-\\_15th\\_july\\_2020](https://ondemand.thestand.co.uk/Video/TLBUCJ/codi_the_stand_-_15th_july_2020) and [https://ondemand.thestand.co.uk/Video/42XKA4/codi\\_the\\_stand\\_-\\_22nd\\_july\\_2020](https://ondemand.thestand.co.uk/Video/42XKA4/codi_the_stand_-_22nd_july_2020) (and see some more pictures from the events at [https://www.facebook.com/pg/HWPpsych/photos/?tab=album&album\\_id=2956417567911749](https://www.facebook.com/pg/HWPpsych/photos/?tab=album&album_id=2956417567911749)).



### Meet the Team



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

#### Adele Dickson, Professor (Edinburgh)

Adele completed her PhD at Glasgow Caledonian University in 2004 and then worked as a Research Fellow at the University of Stirling until 2006. Adele then took up a Lectureship at Edinburgh Napier University where she worked for a number of years. More recently, Adele worked at Glasgow Caledonian University as a Reader in Psychology and as Deputy Head of Department. She joined Heriot-Watt-University in July as Professor in Psychology and Head of Department. Adele is a Chartered Psychologist, a Practitioner Health Psychologist and is an accredited Stage 2 Health Psychology supervisor. Adele has a particular interest in applying qualitative research to health contexts. Her current research focuses on antimicrobial resistance in the pet owning public and behaviour change interventions but she is also interested more broadly in the psychosocial aspects of chronic illness and acquired disability.



#### Tharunnia M.S. Ganesan, Research Assistant/PhD Candidate (Malaysia)

Tharunnia completed her MSc in Health Psychology from Coventry University. She graduated with a distinction dissertation which explored the positive aspects of caregiving in young adults towards parental cancer. After spending a few months volunteering with Coventry and Warwickshire Mind as a wellbeing hub assistant, Tharunnia returned to Malaysia and worked in the social and public policy sector as a researcher in P/CVE and empathy training. In continuing her MSc and initial research interests in family, young adults and caregivers, Tharunnia now studies physical and psychological well-being of mothers during pregnancy and post-partum as a RA and explores caregiver roles and fatherhood as a PhD candidate.

### And finally...

Adele Dickson joined the team as Professor and Head of Department, and Tharunnia Ganesan as a Research Assistant (Malaysia).

We also wish Sue Cowan all the best as she leaves the university later this month, having joined Heriot-Watt 7 years ago.