Psychology

School of Social Sciences

Welcome to the latest Psychology newsletter

November 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).

Follow our updates on Twitter @HWPsych

Forthcoming events

Research Seminars/Events
- Angus Addlesee (HWU)
Postponed; new date tbc
Speaker profile
- Simon Kyle (U. Oxford),
27 January
Abstract | Speaker profile

Full **Psychology Research Seminar** details are available on Facebook.

Our latest research

Last month we started producing brief summaries of our latest research. The summaries are linked to new papers being published, with each one highlighting the problem being tackled, what our new study did and found, and how that helps us. So far we've had summaries looking at eye tracking helping to train medical professionals; how resting supports us in forming mental maps of new spaces; links between musical ability and thinking skills in older people; and data linkage tracking health outcomes for young people with epilepsy. You can see the summaries in the "Our latest research" album on Facebook or by using the hashtag #HWPsychResearch on Twitter. More summaries will follow over the coming weeks and months. If you use either network, please like/share those posts if you can, and encourage your networks to follow our channels. There are regular posts about our research seminars, outreach events and other activities.

In the news

HR Magazine: Female and younger leaders more susceptible to imposter syndrome

Heriot-Watt celebrates Academic Promotions in 2019

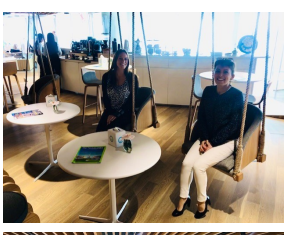
The Sunday Times: Music 'plays key role in better mental health during old age'

Hear from our Values Champions and Nominators

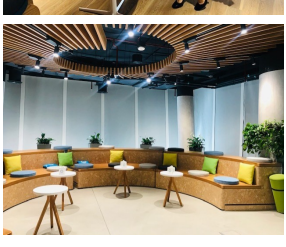
Heriot-Watt researcher recognised for "Driving Global Impact"

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, it's been a busy few weeks for colleagues...



Cakil Agnew and Lucy Bolton attended the 'Happiness by Design' workshop by Herman Miller Dubai on 29 October. The event included a tour of the Smart Dubai offices which recently won the Herman Miller MEA 'Living Office' Awards 2019 (of which Lucy was a judge earlier this year). Heriot-Watt University Dubai and Herman Miller Dubai have made a number of links to support guest lectures and MSc student dissertation projects on the psychology of workspace design.



Mel McKendrick presented the vision for the Medical Education Lab on 13 November at the Marriott Hotel in a national meeting of Regional Anaesthesia training courses supported by B.Braun UK and RA-UK, where it was agreed that objective assessment should be embedded across all UK courses. As part of this she conducted a tour of the GRID facility enabling the clinicians to have some hands-on experience with virtual reality which they are keen to incorporate into training. Since the meeting she has been invited to visit regional centres and present at the Edinburgh Anaesthesia Festival in August to an audience of 300 Anaesthetists. There was unanimous agreement between course leaders that this approach is ground-breaking in terms of medical training and offers a step change to emulate the types of feedback and assessment used in aviation and sports.

Since 2012, School for CEOs has offered unique development programmes for business leaders. Despite their obvious success, the Imposter Phenomenon has continually been raised on these programmes, not only by delegates seeking advice on how to overcome it, but also by senior business people who lead the programmes. To have a better understanding of the issue, Gemma Sole, Digital & Client Engagement Director and Executive Coach at School for CEOs, and Mioara Cristea developed a research project with Ronja Ostner, RA and MSc student. The project examined the prevalence of impostor feeling among business leaders, its impact on their wellbeing and performance in the workplace, and tried to uncover the strategies used to overcome it. The findings were made available to the public through a series of events and will be the focus of a scientific article currently under preparation. The findings were presented and discussed during an event organised by the School for CEOs in London, attended by about 60 senior leaders from across UK. And just this month, Gemma Sole and Mioara Cristea participated in a webinar, sharing a fresh take on Impostor Feeling and how to tackle it, exploring both the theoretical background behind Impostor Feeling, its origin and its impact both on an individual and organisational level, before uncovering some of the key findings from the School for CEOs latest research. The event was attended by 56 participants, both academics and professionals from across Europe, and can be found at: https://lnkd.in/gd7Ys-m.

And finally (it really has been a busy few weeks!), Heriot-Watt hosted its first Festival of Research this month. A range of events and activities were held over two days at the Edinburgh campus, including Anna Sedda as a panelist in the Publishing World Leading Research session, and Alan Gow presenting in the Enhancing Everyday Lives Through Social Science Research session. Read more...

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

binti Abdol Raman, S. & Cristea, M. (2019). Diversity and inclusion – Foundation of a framework. Poster presented at the Diversity in Organisations: Exploring New Horizons Together Conference organised by Solvay Brussels School of Economics and Management, Brussels, Belgium, 14-15 November.

Gow, A. J. (2019). Cognitive decline: protective factors from across the life course. Presentation at the International Antonio Feltrinelli Conference Ageing: From Basic Science to Policy Advice, Accademia Nazionale dei Lincei, Rome, Italy, 4-6 November.

Student voice

In "Student voice", we hear from our students. Every contribution is different, so if you have something you'd like to share, get in touch with Alan Gow. This month we're hearing from one of our recent MSc students about her conference experience.

"Her voice" by Shahirah binti Abdol Raman: So what do you get when you have a room full of academicians and practitioners all eager to share their experiences and knowledge on Diversity and Inclusion? Ask anyone who attended the conference (Diversity in Organisations: Exploring New Horizons Together) and the majority would agree that they gained so much insight into the current and future world of the topic. Most importantly, they were very fortunate to meet the people at the forefront of the industry and hope to be able to work with someday.

A range of interesting topics were covered—from the consequences of negative gossip about female leaders (by Seval Gundemir, University of Amsterdam) to the impact of age and wrinkles on the diversity of employment (by Franciska Krings, University of Lausanne). I have to say my favourite session was being introduced to the new concept of 'Shared Impact' by Katherine Philips (Columbia Business School). Katherine described the reality of inclusion through a quote by Verna Myers: *"Diversity is being invited to the party, inclusion is being asked to the dance".*

When you are accepted, you now have a voice and have been given the privilege to shape the party. And that is the future we are heading towards when diversity and inclusion becomes a norm.

Learning and teaching

Coaching with the Experts at the Dubai Campus…Our MSc Business Psychology with Coaching students came onto campus over a weekend in November for an extra Coaching Skills workshop on with Linda McLoughlin (ICF Accredited Master Coach). This was a great day demonstrating and practicing coaching with our students who were highly engaged throughout! Lucy Bolton organised the day for our students and was on hand to facilitate throughout. Many of our MSc students are planning to work towards ICF accreditation following their graduation.

MSc Alumni return to present their dissertation projects…Four of our MSc Business Psychology alumni students returned to campus this semester to present their dissertation topics for current MSc Business Psychology/Coaching students and to provide future career advice. Mais Al Shalabi and Nancy El Zein presented as part of the Coaching Psychology course, discussing their findings on the realities of the coaching process in the UAE and also the use of the Repertory Grid Technique in coaching to understand leadership identity. Samer Chediac discussed his work in technology and innovation as part of the Organisational Culture course, and he also ran a focus group with our current students to generate input for his upcoming book. Finally, Shahinda Baig, one of our current Teaching Assistants, took the lead during Social and Organisational Change to try out a 'human knots' activity with students and also to discuss the application of Positive Psychology to organisational change. Our current students found these short presentations extremely valuable in order to see 'real life' dissertation projects that have been run in the past and to ask our Alumni for advice about careers and next steps.

Meet the team

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

Myrto Efstathiou, PhD Student (Edinburgh)
Myrto started her PhD in September 2019, under the supervision of Dr Anna Sedda and Dr Louise Delicato. Her research explores body representation, specifically the sense of agency and the sense of ownership. Prior to this, Myrto completed her Master of Science in Clinical Health Psychology at the University of Strathclyde (Glasgow) and a Bachelor of Science in Psychology at Heriot-Watt University. After graduation, Myrto completed an internship at the Brain Stimulation Lab (Heriot-Watt) with Anna, exploring the epidemiology of Body Integrity Identity Disorder in the United Kingdom.

Research in the Department of Psychology, School of Social Sciences, at Heriot-Watt University is grouped by three main themes: Cognition, Brain and Behaviour; Lifespan Health and Wellbeing; and Work, Society and Environment. Find out more about our research at www.psych.hw.ac.uk or follow updates on Twitter @HWPsych.