

Institution: University of Sheffield

Unit of Assessment: 4 - Psychology, Psychiatry and Neuroscience

a. Context

This UoA embraces most areas of behavioural research and neuroscience. Based on a long-standing history of real-world research, including hosting the MRC/ESRC Social and Applied Psychology Unit (1968-1994), we have a sustained reputation for applied research within computation and robotics, clinical applications of cognitive neuroscience and brain imaging, social psychology and behaviour change, and clinical and health psychology. Our research delivers diverse impacts on **health and welfare**, including clinical guidelines and NICE, **public policy and services**, such as informing the national Improving Access to Psychological Therapies (IAPT) programme, **commerce and the economy**, including commercial dissemination of research such as dyslexia testing and psychological services evaluation (see case studies), and **culture and society**, for example through media engagement. These impacts are realised by working with and addressing the needs of a range of beneficiaries, from international and national policy makers, through NHS clinicians and clients, to the general public and wider aspects of society.

b. Approach to impact

We illustrate our approaches to impact by describing how we have developed relationships with a wide range of beneficiaries, together with examples of the impact arising from these collaborations:

(i) International and national policy makers: We have had major impacts on international and national policy development. Our researchers have been invited to be members of international and national advisory committees or networks (e.g. Crisp – Advisory Council for the Fund for Reconciliation; J R Eiser – United Nations International Strategy for Disaster Reduction; collaborative research programme on Integrated Research on Disaster Risk (www.irdrinternational.org) & Vice Chair, Science Committee of the International Council for Social Science; Turpin [see Case Study] – European Network for Psychosocial Aftercare). They have also offered consultancy and advice (e.g. World Anti-Doping Agency’s online resources – Norman; Department of Health – Barkham, C Eiser & Turpin; Department of Communities & Local Government – C Jones & Webb; UK Energy Research Centre – J R Eiser). They have presented research findings to relevant committees (All Party Parliamentary Group on Disfigurement – Thompson; DSM5 ADHD and Disruptive Behaviour Disorders Work Group – Rowe; EC Executive Agency for Public Health/Council for Europe, on smoking and public health policy – J R Eiser; House of Lords Committee on ADHD – Overton; RCUK on behaviour change – Sheeran, Webb and Niven; NICE on childhood cancer and Alzheimer’s disease – C Eiser, Venneri & Shanks; Welsh Assembly on dyslexia – Fawcett). In many cases, staff involvement has aided the production of reports that have shaped future public policies or national clinical guidelines.

To promote these activities, we have financially supported researchers to attend stakeholder conferences to disseminate the applications of their research and to proactively engage with advisory committees. The University has helped arrange consultancies (e.g. Sheeran/Webb with Unilever) and has actively supported secondments. For example, Turpin was seconded as National Advisor for Education and Training to the Department of Health’s IAPT Programme for up to 2 days a week (2007 to 2013). This Government funded programme (>£500m) has directly led to new training courses for an additional 5000 NHS therapists in the last five years.

(ii) Professional bodies and National Charities: A key strategy has been to work collaboratively with professional bodies and national charities, particularly when delivering impacts for society, health and well-being. Many senior staff have held central positions within relevant professional bodies (e.g. Woodruff – Vice-Chair of the Academic Section of the Royal College of Psychiatrists, Crisp – BPS Research Board, Turpin – BPS Division of Clinical Psychology). In recent years our staff have occupied the Chairs of three of the BPS Divisions of Applied Psychology (i.e. Clinical, Health & Occupational). These positions provided opportunities for staff to liaise and network with practitioners, service users and other stakeholders, such as national charities and government departments, and to be proactively involved in new initiatives, such as IAPT. Staff work with a range of national charities and sit on their advisory and research committees, and in some cases

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boards. These include: Beail – Trustee of British Institute of Learning Disabilities; C Eiser – Cancer Research UK; Fawcett & Nicolson – British Dyslexia Association; Milne & Freeth – National Autistic Society; Thompson – Katie Piper foundation, a burns charity; Turpin – Reading Agency; Venneri & Shanks – Alzheimer’s Society; and Waller – Succeed and BEAT, concerned with eating disorders. These arrangements have led to a wide range of impacts, including developing future user-led research strategies (Thompson), influencing NICE guidelines (C Eiser and Venneri & Shanks), dissemination of self-help materials (C Eiser [Case Study] wrote various self-help guides for children with cancer, of which over 7000 were distributed in clinics), staff training (Waller has developed patient-centred training for staff working with eating disorders; Fawcett & Nicolson have advised on widespread dyslexia training) and the roll out of national policies (e.g. J R Eiser directed a CRUK project on Smoking Prevention in the Balkans, which has impacted on smoking policy in Greece, Cyprus, and other Balkan countries; Turpin advised on the 2013 national launch of the Books on Prescription scheme for public libraries involving a reading list of evidence-based self-help books).

(iii) NHS, Clinicians and Clients: Barkham and Hardy, through the Centre for Psychological Services Research and the local academic-NHS partnership (CLAHRC-SY), have promoted best practice both locally and nationally for developing innovative treatments, and the measurement of clinical outcomes in mental health. They have also been involved in the national evaluation of IAPT services and in the 2nd National Audit of Psychological Therapy (RCPsych/CQCCI), together with the dissemination of good practice from these projects. A major collaborative project between Barkham and CORE Systems [Case Study] has seen the design and widespread implementation of mental health outcomes measures throughout the UK and internationally. Finally, user involvement in clinical research has been a major priority for the Clinical Psychology Unit and its activities in this area have been commended by the Regional Health Authority.

(iv) Local councils and schools: Staff have advised local councils around improving literacy (Herbert & Matthews) and road safety. For example, Rowe and Norman have contributed to evaluations of existing young driver road safety education and worked with South Yorkshire Safer Roads Partnership to design and implement a new theory-based package in schools and colleges. In 2013 this became part of their battery of intervention measures and has been delivered to >500 young people across the region to date. Milne and Freeth have been supported by the National Autistic Society to work within local schools. C Jones and Webb have contributed to the BIG energy upgrade programme (<http://www.sheffield.ac.uk/bigenergyupgrade>), which is part-funded by the European Regional Development Fund (ERDF), and brings together academics from the University with 6 Local Authorities, 6 ALMOs/social housing providers and an energy advice company (YES) to improve the energy efficiency of houses in the Yorkshire and Humber regions.

(v) Industrial partners and commercial sponsors: Our staff have informed policy, research and development within commercial settings, including robotics and autonomous systems (Prescott – TSB Special Interest Group), the defence industry (Gurney – BAE systems), energy and power (C Jones – American Electric Power, RWE Npower, National Grid), educational assessment (Fawcett & Nicolson [Case Study] – Pearson Education), healthcare (Barkham/CORE System Trust [Case Study]) and Unilever (Sheeran & Webb). The robotics group are also developing a modified fire-fighter’s helmet that uses tactile displays to help fire fighters move through smoke. Preliminary tests at South Yorkshire Fire Service have been conducted and discussions are taking place with Northfire (supplier of safety gear to UK fire services).

(vi) Society, Public Knowledge and Culture: We support and encourage a full range of public engagement activities including (1) media appearances (e.g. Prescott – BBC: One Show, Newsround, Observer, Radio 4 Material World, Canada Discovery Channel, French Arte Channel; Kellet – Channel 4 “Hoarders”; Stafford – BBC Radio All in the Mind, Stafford leads an award-winning blog that was listed as a Top 30 science blog by The Times in 2010), (2) producing populist books about psychology (e.g. Stafford – Mindhacks, >50,000 sales, Totterdell – popular science book on Emotion) and self-help books (Thompson & Waller), and (3) involvement in organising science fairs and exhibitions (e.g. Prescott – Living Machines Exhibition at the London Science Museum <http://www.csnetwork.eu/livingmachines/conf2013>). Media activity has also produced traceable impacts (e.g. C Jones’s BBC Radio 4 interview about wind farm opposition resulted in the Vivian Partnership using his research to back their ‘responsible renewables’

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campaign (www.vivianpartnership.co.uk/responsiblerenewables). Prescott's work on robotics has also been widely reported and won international awards (<http://www.popsci.com/bown/2009/gallery/2009-11/gallery-scratchbot>). Totterdell, in association with a major ESRC grant on emotion regulation (EROS), has promoted widespread interest in this research by organising large-scale surveys of runners within the London Marathon and posting tips on emotion regulation, resulting in >30,000 website hits. In association with the BBC website, this group has also conducted an online study involving large-scale public participation (N>70,000). Coinciding with the London Olympics, this enabled thousands of people worldwide to learn and use brief mental preparation interventions to facilitate performance during a competitive online game.

c. Strategy and plans

Our Impact Strategy has two broad components. The first is about 'Embedding Impact', and involves transforming our departmental structures and processes to place impact in a central position, so that it becomes integral to the way we operate and is relevant from our undergraduates through to postdocs and junior staff to senior staff. The second component is about creating new avenues for 'Enhancing Impact' and strengthening existing ones.

1) Embedding Impact: We have appointed a Director of Impact in order ensure that staff engage productively with the impact agenda. The role will involve (i) Encouraging researchers to involve stakeholders at the proposal stage to ensure impactful questions are addressed. For example, Rowe is developing an ESRC driving behaviour proposal where partners (RoSPA, Brake, the Driving Standards Agency and the Parliamentary Advisory Council for Transport Safety) will choose the research topics, (ii) Review of grant proposals at the pre-submission stage, with particular emphasis on Impact Statements and Pathways to Impact, (iii) An annual Away Day for all staff on impact and (iv) monitoring staff research outputs and plans (identifying types of impacts and beneficiaries and impact implementation plans) and compiling an "Impact Audit" across the UoA. This will also form part of our annual Staff Review and Development Scheme, and ensure that success around impact is rewarded.

2) Enhancing Impact: We intend to maximise our strategy of increasing collaborative relationships between all research groups and external non-academic stakeholders and beneficiaries, and this will be supported by additional resources. We have appointed a Business Development Manager in order to accelerate knowledge exchange and impact. In particular, we are keen to optimise impact from our latest interdisciplinary research groups (SCentRo and CATCH – see REF5) and have, accordingly, appointed staff with relevant industrial experience (e.g. Millings). At the wider university level, the Faculty has established the Science Gateway (<http://www.shef.ac.uk/faculty/science/sheffield-science-gateway>), which supports academics to build collaborative relationships. The University's Innovation, Impact and Knowledge Exchange (IIKE) strategy is a formalised commitment to form partnerships with people and organisations outside the University and to target socioeconomic challenges, and is underpinned by the University's Impact Team and a recent £2.4M Impact Acceleration Account from the EPSRC.

d. Relationship to case studies

The case studies selected exemplify the UoA's varied approaches to impact: (1) Turpin's research on Post-traumatic Stress Disorder has impacted on clinical and good practice guidelines through its extensive recognition within systematic reviews and meta-analyses, together with Turpin's extensive networking with non-governmental organisations at the European level. (2) Eiser's work with cancer patients has been conducted in close collaboration with the major charities in the field and hence has resulted in widespread dissemination to clients and practitioners, as well as influential impacts on clinical guideline development and self-help. (3) Barkham and Hardy have overseen the implementation of innovations in clinical outcomes measurement within health-care organisations nationally and internationally, in association with a commercial partner. (4) Similarly, Fawcett's work on the cognitive factors underlying dyslexia has involved extensive collaboration with relevant charities and commercial publishing organisations in order to achieve successful implementation.