

<p>Institution: Leeds Metropolitan University</p> <p>Unit of Assessment: 4a</p> <p>a. Overview</p> <p>This is the first independent Psychology unit submission from Leeds Metropolitan University and reflects our developing research profile. Currently the Psychology group hosts 26 full time staff, the vast majority of whom sit on the Lecturer/Senior Lecturer scale. We are pleased to return over 65% of our staff in REF 2014 - 12 under unit 4a, with another three (Milnes; Rickett; Sullivan) returned under Social Policy/Social Work, and two (Morgan; Windisch) under Business and Management Studies, reflecting both disciplinary and interdisciplinary strength. Although teaching and learning has historically been the main focus of activity, there is now a growing research culture and elevated performance evidenced, for example, by recent high quality publications, grant capture, PhD completions, and the appointment of research active staff. Our research and consultancy is captured by two broad themes (with some overlap): Social and health psychology; Cognition and action - with expertise in both qualitative methodologies, and advanced experimental design, statistics and modelling.</p> <p>b. Research strategy</p> <p>Our research is informed by psychological theories and is focused on applications to client groups within the UK and beyond; a focus which is driven by the university strategic theme: 'Being a catalyst for social and economic progress in and for our region, nationally and internationally, through research and enterprise'.</p> <p>In 2011 the University restructured, with Psychology now forming part of the newly created School of Social, Psychological and Communication Sciences within the faculty of Health and Social Sciences. This exercise has been accompanied by investment, including the appointment of the first Professor of Psychology at Leeds Metropolitan University in 2012 (Gough), and several high-quality research-active lecturers (e.g. Golonka; Wang; Wilson; Ashley; Pauly-Takacs). The creation of an interdisciplinary Institute of Health & Wellbeing (IHW) in 2011, http://www.leedsmet.ac.uk/research/institute-for-health-and-wellbeing.htm together with the new Centre for Applied Social Research (CeASR, launched June 2013) http://www.leedsmet.ac.uk/research/centre-for-applied-social-research-ceasr.htm, provides opportunities for psychology staff to enhance their research activity performance - For example, two Psychology staff have been selected to co-lead two of the three research programmes in CeASR (Golonka: Communication programme; Rickett: Sex, gender and violence programme), with each programme acquiring a PhD bursary; there are internal funds to support periods of staff release for research projects. Psychology staff have also collaborated with colleagues in IHW on funding bids to NIHR (e.g. Branney: Research for Patient Benefit programme - funded project on penile cancer, 2010-12; Gough: COST network bid (EU), submitted September 2013).</p> <p>In preparation for REF 2014, and to inform research development over the next five years, a detailed audit of research activity and outputs was conducted in 2012 (by Fylan, Reader). This assessment identified some areas of strength, but importantly drew attention to areas for development, principally: promoting greater quantity and quality of publications in peer-reviewed journals across the staff group. This research audit then drove the subsequent Psychology research strategy document, initiated by Fylan and re-drafted with input from Gough. Prior to this our research strategy fell within that of the wider Faculty. The immediate focus of the strategy was on improving publications for those staff with four REF quality publications, and on supporting staff with three publications to attain a fourth paper. One-to-one meetings with the individuals in question were arranged in Autumn 2012, target journals identified and support put in place where required (e.g. feedback on drafts). More generally, all staff were asked to write research plans for 2012-13, and for the first time these were incorporated into the formal Performance Development Review sessions with individual staff members autumn 2012, resulting in output targets for 2013. In addition, a research mentoring scheme has been established that pairs more senior academics with more junior colleagues to help them develop successfully through their early career years (initial meetings: June 2013).</p>

Another aspect of the strategy focused on enhancing our research culture and community. To this end we compiled a full seminar series for 2012-13 and 2013-14 featuring internal and external speakers, allocating staff deployment time for attendance. We have also now incorporated research as a standard agenda item in fortnightly Psychology Management Team meetings, and have also established a Psychology Research Committee which meets monthly to discuss and action research-related strategy. This has already resulted in new equipment and software requests which have been funded by the School in April 2013 (e.g. MatLab; Qualtrics; TDCS simulator). In addition, we inaugurated an annual research away day Autumn 2012, a well attended event where staff and PhD students gave short presentations on their current research, advice on publication and income generation was provided, and proposals for improving research performance were generated from small group discussions. This event, in tandem with the earlier research audit, enabled us to consolidate Psychology research into our two clusters where research excellence was demonstrated: Social and Health Psychology; Cognition and Action – priority areas for investment. For example, four new PhD students were registered in Autumn 2012: two each in our Social and Health Psychology, and Cognition-Action clusters.

Social and health psychology

Research within this cluster centres around health, lifestyle and wellbeing, ranging from qualitative, critical work on social class, gender and sexuality (e.g. Gough) to quantitative work on health and safety interventions and measurement techniques (e.g. Fylan, Morgan). There is significant activity in the field of men's health (Branney/Gough) and gender is a dimension which is examined across many projects, including body image (Fawkner), eating and drinking (Day), motherhood (Milnes), egg donation (Martin), and sexual harassment (Rickett). There is also expertise in the area of driver behaviour (Fylan), including consultancy work and research-based reports to the Department for Transport, while Morgan researches decision making processes in safety-critical industries. Health promotion research also incorporates sexual health (Windisch), while other research has made significant contributions to the way in which chronic illnesses can be self-managed (e.g. Wang), supported by GPs (Fylan), and quality of life improved (Ashley). Another strand of work concerns offending behaviours (Turner-Moore/Garwood), and our work on sex offending has pioneered new ways of collecting data in this sensitive topic.

Cognition and action

Research under this theme explores biological, cognitive, emotional and environmental influences on our behaviour. Our research includes the neurobiological mechanisms that influence self-control (Kolokotroni), our memories of real and dream events (Horton), self-perceptions and sporting performance (Sagar), our concepts of pride and national identity (Sullivan), the role the body and environment in language and cognition (Golonka), and how cognition influences movement (Wilson). Our developmental psychologists look at the impact of cognition on achievement, including the role of memory (Atkinson/Zammit), and children's collaborative learning (Hardman), including the learning experiences of ethnic minority children (Khan); research also covers the impact of neurodevelopmental disorders on memory (Pauly-Takacs).

Raising the profile of Psychology research both within the University and externally is another strategic priority. Within Leeds Metropolitan University, Psychology staff have become central to important research units e.g. Centre for Applied Social Research (e.g. Golonka; Rickett), Institute of Health & Wellbeing (e.g. Gough, Fylan). Outside the university, staff are encouraged - and funded - to collaborate with external stakeholders and academic peers, both within the UK and internationally (see below). We are also hosting more high profile, international events, such as The International Society for Theoretical Psychology Conference (June, 2015), and a new conference on Men's Health (July, 2014).

c. People, including:

i. Staffing strategy and staff development

Staff appointments in recent years have increasingly stipulated research performance as a key attribute, and recent posts have attracted staff with strong and promising research profiles (e.g. Golonka; Wang; Wilson; Ashley; Pauly-Takacs), including the first university Professor of Psychology (Gough). This emphasis on research has been consolidated, with research director

Gough sitting on staff appointment panels. Given that senior staff (Gough; Fylan) work in the areas of Social and Health Psychology, a strategic decision has been made to appoint a new Reader in order to strengthen research in our Cognition & Action theme (post advertised October 2013).

The Psychology group is expanding and enhancing our research culture and performance is at the heart of the School strategy. We have continued our recent policy of appointing research-active lecturing staff in 2013 with three new posts. Psychology staff are also making a significant contribution to the new Centre for Applied Social Research (CeASR), where there are opportunities for PhD supervision, research support, and collaborations with colleagues in other disciplines. More staff researching in health-related areas are contributing to events hosted within the Institute of Health and Wellbeing (IHW), leading to further collaborations and funding bids to key bodies including NIHR. With the group, research will continue to be prioritised formally at regular personal development review (PDR) meetings, and informally with mentoring meetings with senior colleagues (Gough and Fylan). The Psychology Research Committee is now established and acts as a key forum for research strategy, including requests for equipment, planning events (e.g. annual research day) and raising the profile of Psychology at Leeds Metropolitan University (e.g. hosting conferences; distinguished speakers etc.). To this end we have successfully encouraged staff to make use of faculty staff development funds for important national and international conferences and meetings; for example in 2013: Sullivan: International Society for Theoretical Psychology Conference, Santiago, Chile, May; Wilson: Vision Sciences Society Annual Meeting, Naples, Florida, May), and in previous years staff have been funded to present at e.g. the Association for the Treatment of Sex Abusers (Toronto, 2001; Phoenix, 2010: Tamara-Moore); the European Behavioural Pharmacology Society 13th General Meeting in Rome, 2009: Kolokotroni), and the International Society for Critical Health Psychology, Adelaide, Australia, 2009). The university also prioritises research development through competitive schemes, and staff have also been successful here: Early career Research Award, 2013: Wilson; Emerging Researcher of the Year, 2011: Horton; Promising Researcher Fellowship (a sabbatical to collect, analyse and write up data on impulsivity and nicotine withdrawal, 2010: Kolokotroni) enabling publications and grant applications.

Growing our PhD student community is another priority which we will address through CeASR bursaries, MRes bursaries and recruiting through new MSc developments (e.g. MSc Psychology & Business; MSc Psychology [distance learning] – both launched 2013).

ii. Research students

Six students have successfully completed their PhDs in Psychology at Leeds Metropolitan University since 2008, with one currently awaiting examination. Three other students are currently writing up, and we have five continuing doctoral students. Several of our PhD students are now working in academic posts at different institutions, including Royal Holloway (Romaine), University of Bedfordshire (Malinowski), with some having worked as associate lecturers (part-time) at Leeds Metropolitan University (e.g. Singleton) and some have been appointed as academic staff (e.g. Woolhouse; Deighton-Smith; Thompson), and one moving to an applied post as a care/education co-ordinator for autistic clients (Elliman). Some of our PhD students have also co-authored journal articles with staff, including publications in *Journal of Health Psychology* (Woolhouse) and the *International Journal of Dream Research* (Malinowski).

Training and supervision of research students

We have a rolling programme of four PhD studentships that are funded by the Psychology group in areas directly related to staff research interests, and Psychology staff are also involved in supervising students through the Institute of Health & Wellbeing and the Centre for Applied Social Research.

All postgraduate research students are required to complete a Research Training Programme that aims to equip them with the skills important for their development as a researcher, and that will help with their future employability. At the beginning of their studies, students complete a Training Needs Analysis which forms the basis of an individual training programme that they undertake throughout their research degree. The competencies that students are required to develop and evidence are based both on the needs associated with their individual doctoral research and also on the Joint Statement of the UK Research Councils' Training Requirement for Research Students. Training sessions are provided at University level and also by Faculties. For example, 'twilight sessions' are offered to all PhD students and cover a range of methodologies, debates and issues as well as skills development (e.g. publishing, literature searching). These sessions are provided by experts (often professors) and are well attended. Many resources are available online so that our distance learning students can access them easily. Towards the end of their degrees, students produce a portfolio that identifies and evidences the skills that they have developed and can be used to enhance their employability.

Three months after registration students prepare a report that is reviewed during a viva with a panel made up of a senior academic not connected with the project and the supervisory team. The panel can confirm the target award, recommend an alternative target award (e.g. rather than a PhD the student registers for an MPhil), recommends that the student addresses specific areas of weakness and resubmits their report, or recommends that the student withdraws from the University. At the end of each year of their doctoral research, students are required to present their work to a progress panel consisting of supervisors, an independent chair, and another senior researcher from within the faculty. These meetings are invaluable in providing students with constructive feedback and advice. Students are also invited to present their work to colleagues within their School; for example the four new psychology students presented at the research day Autumn 2012.

d. Income, infrastructure and facilities

Income generation has proved challenging in the past for various reasons, including a high complement of early career staff and a lack of research leadership locally, within psychology. This situation is changing. In 2013 Psychology has attracted income from the EU (c£300k – Milnes, Turner-Moore), national and local government departments (c£500k, Fylan and colleagues), while Prof. Gough has brought 45k from NHS-funded projects based at his previous institution. Funded projects focus on important contemporary issues and research priorities, such as environmental sustainability (Fylan), sexual bullying (Milnes; Turner-Moore) and men's health (Gough; Branney). This success augurs well for the future, and although the main focus remains on publications, all staff have been encouraged to take up opportunities for funding applications where appropriate, and according to research experience, and following consultation with senior colleagues. The faculty has set up a peer review system for grant bids which we will make use of to maximise the quality of bids being submitted. The new Centre for Applied Social Research, where Psychology has a significant presence, holds weekly funding meetings to identify opportunities for collaborative bidding to a range of funders.

Infrastructure/ Facilities

There has been significant investment in and support for research activity at university, faculty and school levels, including

- New research units (Institute of Health and Wellbeing [IHW]; Centre for Applied Social Research [CeASR])

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- Staff release for research activity (e.g. through CeASR)
- PhD bursaries (e.g. in Psychology, CeASR)
- Internal research events (e.g. Psych research day; IHW annual conference)
- Hosting external speakers and conferences (e.g. Psychology seminar series; forthcoming International Society for Theoretical Psychology Conference, 2015)

In addition, the university has invested in new facilities in Health & Social Sciences, including brand new dedicated laboratories suitable for a variety of uses, for example computer-based experiments, interviews and focus groups. EEG and eye-tracking equipment is situated in its own dedicated laboratory. Standard software is available on staff PCs, such as SPSS and Atlas TI, and recently other software has been purchased for research purposes, including MatLab and Qualtrics. Matlab is now available on all cognitive lab PCs and laptops for both research and teaching use. Matlab is used by researchers in the group to support ongoing research in coordination dynamics (e.g. Wilson, Snapp-Childs & Bingham, 2010) and masked priming (e.g. Wilson, Tresilian & Schlaghecken, 2010, 2011), throwing for distance and accuracy (Wilson) and social coordination (Golonka, Wilson). In addition, the recently acquired Magstim HDC kit stimulator contains everything required to administer any stimulation protocols and will be used for several new research projects (Kolokotroni, Golonka, Wilson), and open-source Matlab code can be used to simulate the resulting activation changes in the brain. For example, one project will determine whether brief stimulation of areas of the prefrontal cortex can temporarily attenuate drug craving in both tobacco and cannabis smokers (Kolokotroni). The Psychology group has purchased an unlimited license for Qualtrics, a secure online survey system which enables researchers to administer a wide variety of psychological measures. This will enable all staff and students to use the system for their research. It is currently used to support research in body image in pregnant women (Fawcner), sexual health (Windisch) and pride and collective emotion (Sullivan and collaborators).

Several of our researchers collaborate with other HEIs both nationally and internationally (see 'research collaborations' below), and share facilities with them (e.g. use of labs belonging to the Behavioural Neuroscience Unit and Addiction Research team at the University of Leeds).

e. Collaboration or contribution to the discipline or research base

Our staff have made many significant contributions to the discipline and we describe these in terms of: how our staff are leading their disciplines; how they increase the reach of their research through national and international collaborations; and the external recognition they have received for their work.

Leading and contributing to the discipline

Many of our staff are at the forefront of their disciplines and influence the direction in which it takes. Our psychology group has a large number of critical health psychologists who are very active in the field. For example, Gough has organised critical health psychology symposia, Day, Rickett and Milnes have authored a critical health psychology text book in collaboration with Prof. Horrocks (Manchester Met.) and Johnson (Bradford). Our group is also influential in research methods more generally. Branney is the Editor of the Qualitative Methods in Psychology section representative on the BPS Research Board and has been invited to be the chair of the BPS standing conference committee for 2014-17. Horton's work on dream research has driven a new area of interest, that of dream-wake continuity, and has developed a new method for analysing dream content. Fylan's work on applying psychological behavioural change intervention techniques to the driving environment has changed the discipline of traffic psychology. She is the UK representative for

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Traffic Psychology International, a body that develops the discipline of traffic psychology. For over 10 years Sullivan has been an Executive Committee member of the International Society for Theoretical Psychology. Ashley is the Chair Elect for the British Psychosocial Oncology Society (BPOS) and will be the Chair over the period 2014-15. Golonka and Wilson are in the forefront of research in embodied cognition and work with international collaborators to develop new methods that can be used in experimental psychology research in this area.

Many of our staff review for high-profile journals (e.g. *Neuropsychologia*, *Health Psychology*, *Cognition*), funding bodies (e.g. ESRC, NIHR) and publishers (e.g. Sage, Palgrave). Several are editors for journals. For example Gough is co-founder and co-editor of the journal *Qualitative Research in Psychology*, Section Editor for *Social and Personality Psychology Compass* (2006-), and Associate Editor, *Psychology of Men and Masculinity* (2013-). Golonka is the Review Editor for *Frontiers in Cognitive Science*. Some are guest editors (Gough, Day, Rickett, Milnes e.g. for journal special issues in '*Health Psychology*'; '*Feminism & Psychology*') or are on the research boards of organisations (Horton [*International Association for the Study of Dreams*], Fylan [*Essilor European Academy*, *Hoya Vision Care Europe*]).

Increasing reach through collaborative research

Our staff have developed many collaborations, both national and international, with the aim of enabling our research to be applied as widely as possible. For example, Branney works with colleagues in Sweden, the US, New Zealand and Wales to conduct and seek funding for research that aims to improve the care available for men with penile cancer. Examples of joint projects are those in collaboration with Prof. Chamberlain; Morgan (Massey University, NZ) Skeppner (Department of Urology, Örebro University Hospital) Schover (University of Texas MD Anderson Cancer Center), and Bullen, (Abserstwyth University). Gough works with academics in Canada to explore boys' body image and wellbeing (Prof. Kehler, Western Ontario, Atkinson, Toronto and Drummond, Flinders). He also works with colleagues in the UK to encourage the use of psychological research into NHS behaviour change interventions (Prof. Conner, Leeds, McNeill, Kings, Grogan, Staffordshire). Sullivan works with researchers in Germany to explore research on nationalism, collective emotion and post-disaster coping (Kuehn, University of Bremen, von Scheve, Free University Berlin, Prof. Zaumseil, Free University Berlin). Wang works with academics and practitioners in the UK and China to improve patient care, including asthma care and palliative care (Prof. Hyland, University of Plymouth, Prof. Payne, Turner, Lancaster University, Mei Qi, Cancer Centre, Tongji Hospital China). Wilson works with researchers in the US to explore the applications of his work on co-ordination dynamics (Prof. Bingham, Indiana University, Zhu, University of Wyoming).

External recognition

While most of our researchers are in the early stages of their career they have already received various awards and prizes. Ashley won the Best Oral Presenter prize (senior researcher category), British Psychosocial Oncology Society annual conference, Southampton, UK (2013) and a Meritorious Abstract award, 6th Biennial Cancer Survivorship Research Conference 2012, USA (awarded to 8 of 187 accepted conference abstracts). Our researchers have given invited presentations and workshops. For example Rickett and Day led an invited workshop at the 2013 Critical Health Psychology conference. Gough has delivered various invited lectures, including University of Milan Bicocca, April 2013, Cambridge, October 2012, City University New York, May 2012, LSE, Feb 2008. Turner-Moore gave the Keynote address, National Organisation for the Treatment of Sex Offenders (NOTA) Conference, Cardiff, September 2013. Fylan has received

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external recognition in her work in both patient-centred care in optometry and also in her work in driver behaviour. She has been the keynote speaker at several high profile Optometry and Optician conferences, including the first Singapore Opticianry Conference (1998) and the St Petersburg Institute of Ophthalmology 2009 annual conference, 2009. She is an invited speaker at numerous optometry and optician conferences, including the College of Optometry annual conference (2007); Independents' Day annual conference (2008, 2012); Johnson and Johnson professional development roadshows (2010-11); Essilor professional development roadshows (2008-2010). Since 2008 she has been the Principal Examiner in Communication for the Association of British Dispensing Opticians College. She is also frequently invited to talk about her research on driver behaviour, for example at the National Safer Roads Partnership annual conference (2011) and at the joint Parliamentary Advisory Council on Transport Safety and Brunel Criminal Research Centre conference (2012). She has also been invited to speak in Brussels by the European Transport Safety Council and has delivered presentations on both driver and cycling behaviour.

Our staff hold visiting fellowships at various prestigious institutions. Horton and Kolokotroni are both a Visiting Research Fellows at the Institute of Psychological Sciences, University of Leeds. Fylan has visiting scholarships at the Essilor European Academy, Paris (2000-) and the Hoya Vision Care Europe, Budapest (2008-). Sullivan has held several prestigious Research Fellow posts, including at the Gerda Henkel Foundation Research Fellow (March 2009 – August 2010) and the Endeavour Research Fellow (DEST Australian Gov., Nov 2008 - Feb 2009).

Our researchers have been invited to work as consultants in various projects. Ashley has been a consultant on an NSPCC-funded quality improvement project (Ashley). In recognition of her work on body image, Fawkner has been invited to advise optical professionals on contact lenses. Fylan has been invited to advise on changing road user behaviour at a local, national and international level, for example by contributing to or facilitating workshops for local authority road safety groups (e.g. Lancashire County Council, Solihull County Council, Warwickshire County Council, North Yorkshire County Council), by contributing to expert panel forums (e.g. the Parliamentary Advisory Council on Transport Safety, special meetings convened by the Department for Transport), and advising and meeting with stakeholders and contributing to expert groups (e.g. advising the European Transport Safety Council on the evidence base around interventions, being the UK representative for Traffic Psychology International). Turner-Moore was invited to join a high-level roundtable discussion on "Preventing sexual abuse: stopping paedophiles acting on their attraction" at the NSPCC's offices in London (2012).