

<p>Institution: University of East London</p>
<p>Unit of Assessment: UoA4, Psychology, Psychiatry and Neuroscience</p>
<p>a. Context</p> <p>UEL's School of Psychology, which celebrated its 50th year in 2012, maintains a strong tradition of applied research integrating trans-disciplinary expertise from clinical and theoretical psychology. Our submission to UOA4 primarily highlights our experimental and theoretical contributions, but our cross-disciplinary research approach also involves work both across the full range of Psychology, and in other disciplines including Education, Social Policy, Sociology and Health. Many staff have links to professional practice, and we focus strongly on the application of Psychology to address social issues, identify risk, enhance quality of life, improve outcomes, and enable individuals to overcome a range of challenges.</p> <p>In so doing we work closely with local, national and international partners, including in Sri Lanka, Russia, and Singapore. Partners include organisations in the third-sector (e.g. National Children's Bureau, Mind, Relate, Wave Trust, Place2be); local authorities (Newham, Tower Hamlets, Barking and Dagenham); health providers (e.g. East London NHS Trust), and national and international government agencies, (e.g. Department of Health [DoH], Department for Education [DoE], National Audit Office, Foreign Office, Amnesty International and the Red Cross). Additional users and beneficiaries of our research include parents and their children; clinical and health-related professionals and their patients; users of recreational drugs; people with brain damage; language and early years specialists; children's services and charities (and, in turn, their users); the police; and commercial organisations including multinational suppliers of bottled water, e-cigarette manufacturers, eye-tracker distributors. Specific benefits include our contribution to debates about the legal classification of drugs and risks for adults and the unborn child associated with the use of MDMA (UEL04-01), and commercial benefits accruing from our work on the effects of nicotine (UEL04-02). We recognise the responsibilities and opportunities afforded by our place within the rapidly regenerating landscape of East London, and aim to play a key role in contributing to its lasting legacy.</p> <p>b. Approach to impact</p> <p>The communication and promotion of our expertise to non-academic audiences is a fundamental element of the Unit's approach to delivering research impact for the key groups of beneficiaries identified above, and we embrace the inclusion in project steering groups of current and potential research users. In 2011 we undertook a review of our current strategy for communicating our expertise and insights to potential partners and have used the findings of that review to strengthen and expand our approach to sharing research with non-academic audiences. Our networks of local and international health providers provide a key pathway for this. Those networks are fostered and maintained, in part, by the fact that many of our staff hold joint contracts with health and education providers. These include: Psychological Services, Camden (Berg); Dementia Units (Castro); Haringey Educational Psychology (Cockburn); East London NHS Foundation Trust (Harper); Systemic Consultation Service, Newham; Newham Child and Family Consultation Service (Rees); and NHS Secure Forensic settings (Smith). Staff are also involved in the running and creation of healthcare services. Notable local examples include the Tavistock Centre for Couple Relationships, Psychosynthesis and Education Trust, East London NHS Foundation Trust, and Hackney Community College (Jinks). Further afield, our research is used by community mental health services in Pervouralsk, Russia, and Addiction Treatment services and refugee/IDP education in Georgia (Ridley). Many staff members are also closely involved in creating and/or contributing to support groups. Examples include Castro's role in the Alzheimer's Society; Dancey's development of an IBS support group; and Spragg's provision throughout the REF period of OCD support within the NHS and private sector (e.g. Priory Hospital Roehampton).</p> <p>Many staff are involved in commissioned and/or joint projects with these and other partners. Examples within the education sector include our development of a Targeted Mental Health in School Programme (TaMHS) for primary and secondary school children with severe behavioural, emotional and social issues; the Haberdashers Education project, delivering teacher trainer programme on wellbeing (Hefferon); and work for the Relate Institute, funded by the Department for Children, Schools and Families (Tunari). We have worked with healthcare services to develop a</p>

Impact template (REF3a)

longitudinal 'train the trainer' programme on resilience for the Newham Resilience Initiative (Hefferon and Tunari), a programme on tackling teenage obesity for the Barking & Dagenham Primary Care Trust (McDermott), and to improve chronic disease management with primary care trusts (Gilbert); Moore contributed to the Well London project with the London Health commission. We have also worked with the London Metropolitan Police Driving School to train speed police officers to use a more coaching-training style within their training programmes. Moore's and Kushnerenko's (IRCD) work on SES-associated effects on brain activity provided the foundations for partnerships with Tower Hamlets Children's services (who were also co-applicants for a successful Nuffield Foundation bid, funded 2010-2013), and Acuity (who provide eye-tracking equipment). Dawkins' work on nicotine has underpinned her development of productive partnerships with e-cigarette companies (UEL04-02).

Staff members are also active in **consultancy** for private and state run companies. Edmonds has used her work on hydration and cognition to provide specialist advice to multinational bottled water suppliers; Popovich has advised executives at Tate and Lyle, and Ridley has provided independent safety assessment on the modernisation of the London Underground SSR (Sub Surface Railway). Many fulfil **advisory roles** within, or contribute expertise to, **third-sector organisations**. These include work by Davidson with the Red Cross and Red Crescent; Rose, Moore and Pawson with Place-to-Be; Rae with SEBDA; and Moore with the Wave Trust. Expertise is also shared with **governmental policy bodies**, for instance via Gersch's role as a DfE advisor. N Patel, Davidson and Rees are Psychosocial Specialists in the British Red Cross and Foreign and Commonwealth Office's overseas emergency response team, and Tribe and N Patel advise the DoH, DfE and Foreign Office. These roles allow us to consolidate, expand and build new user networks and to enhance their research impacts by cascading key findings and insights through them.

Since 2008, we have worked to **expand links with existing health networks**, including through the creation of new projects using our theoretical and experimental expertise. Examples of activity with health professionals include hosting (September 2010) R&D leads and directors from Newham, University Hospital Trust (Sheila Adam), Whipps Cross Hospital (James Green & Jo Morgan), and Homerton Hospital (Linda Stephenson the R&D Manager) to showcase our health work. This has led to a number of on-going projects, including a strategic partnership with Newham University Hospital NHS Trust to redress local health inequalities. Both to support and to ensure the sustainability of this strand of our approach, the Unit was part of the creation of a *UEL Health Commission* in 2011, chaired by a PCT Chair (Richard Sumray, now chair South London LETB). In 2012 we contributed to detailed discussions about the changing health landscape and agenda, run by the Commission at the House of Lords. That event also included leading figures such as Dame Moira Gibb (now a Director of the NHS Commissioning Board), O'Brien (Chair, Bart's Health), Fish (CEO, UCL Partners [UCLP]), Buck (Kings Fund) and Basnett (DPH NE London). One of its outcomes was UEL's invitation to join UCLP (May 2012) – one of only five accredited academic health science systems in the UK, whose purpose is to translate cutting edge research and innovation into measurable health gain for patients and populations locally, nationally, and internationally. Our membership of UCLP provides a prime example of our willingness and capacity to contribute to **multi-institution collaborations** - including with other London HEIs - as a means of tapping into, and thereby sharing, research insights more widely through their networks of partners and research users. Since joining the partnership, our expertise in child health has been used to support a successful North Thames NIHR CLAHRC bid in 2013, with Moore part of Child and Adolescent health theme, along with Harden and Renton (UoA3). UEL's School of Psychology (Dawkins, Terlecki, Turner, Roberts), and School of Health Biosciences have also formed an interdisciplinary Substance Use Network (SUM), and are working with UEL Professor Lord Kamlesh Patel OBE (former chair of the Mental Health Act Commission) to increase links with policy makers and extend the users and beneficiaries of our work.

Engagement with local and international healthcare stakeholders has been further facilitated by our provision **nationally and internationally of practitioner training**. Notable examples include Tribe's provision of training to employees of organisations, including the Department of Justice and Constitutional Affairs (Sri Lanka), Amnesty International, British Council, MSF, Red Cross, Save the Children Fund, and the Singapore Psychological Society; Moore and George's delivery of one day workshops in 2010/11 on infant development for Tower Hamlets Children's services; and workshops run by Holloway in 2009/10 teaching UK Army and RAF instructors to coach (rather

Impact template (REF3a)

than instruct) new recruits. Mulvey is a leader of Network for Innovation in Career guidance and Counselling in Europe, International Association of Educational and Vocational Guidance. UEL hosted the Association for Coaching, UK Conference in 2013.

We encourage staff to use all available platforms for **public engagement** to reach broad cross-sections of the public, including at workshops and presentations at general science events such as the annual Big Bang Science Festival (Cahill, Spiller). In 2011 Jansari was awarded a Wellcome-funded Live Science residency at London's Science Museum to undertake a 'Live Science' study on Super-Recognisers. The project enhanced public awareness of and engagement with 'live' science through the delivery of an experiment within the museum. UEL has also hosted three annual Brain Awareness Day events (2008, 2009, 2011) during the international Brain Awareness Week, coordinated by the European Dana Alliance for the Brain, and engages the public through regular lab visits, training days, book launches and seminars. We also make extensive use of both traditional and new media: many staff (Edmonds, Moore, Jansari, Pawson, Turner, Dawkins, Spiller, Jonas, Mulvey, McDermott) have appeared on UK television and radio programmes reaching very wide audiences. These include BBC1, ITV, Channel 4 and Channel 5 news; The One Show (3.5m viewers), Hidden Talent (~1m viewers) and All in the Mind (~940k listeners). We have also shared research findings through contributions to international programmes such as Weird or What and the Discovery Channel. Work has been reported in national and international newsprint (*The Metro, Daily Mail, Guardian, The Mirror, The Times, The Scotsman, Der Spiegel, Corriere Della Sera, The Times of India*) and online (*The Huffington Post, The Telegraph*; the latter had 6000+ article views within two weeks). In 2012 Mulvey developed a psychometric test for transferable employability skills (TESS) for the BBC LabUk Jobseekers online experiment, used by more than 36,000 people. Our ECRs and midcareer staff are particularly active in developing the School's online media profile, including by tweeting and blogging, and many staff have engaged with open access agendas to ensure wider access to our work. We maximise the reach of our impacts through media engagement by making full use of UEL's marketing and PR teams.

c. Strategy and plans

In line with the University's Research Strategy we will ensure the continuing relevance and responsiveness of our work to our principal non-academic users, and develop partnerships outside academia with health, education, policy and third-sector partners. This will be achieved through:

- Continued release of staff time for contributions to advisory boards, input into local and national policy and practice consultation, involvement in user consultation and support groups.
- Provision of specific in-house training for staff as part of Research and PGR training on all aspects of impact including, public engagement, policy input, user involvement and networking.
- Support for involvement in high-profile public engagement events, including large national events and science fairs, by releasing staff time and providing support funding.
- Hosting of targeted 'impact' seminars involving potential local and national users and partners to develop user involvement in research and to showcase relevant research findings.
- Funding pilot work for collaborations with non-academic partners, and developing joint applications for KTP and NIHR user-involvement projects.
- Instituting a School and cross-UEL good practice forum in which staff creating impact play a key role in mentoring the development by staff and PGR students of individual impact-strategies.
- Creating data management systems and staff structures for improving the instigation, collating, monitoring and archiving of impact activities and employing dedicated staff within the Unit to develop and promote best practice examples within the Unit. Examples of good practice will also be promoted externally via dedicated webpages.
- Recognising and rewarding staff involved in best practice through HR procedures for promotion.

d. Relationship to case studies

The two submitted case studies demonstrate our influence on government policy and public awareness, and our close work with partner companies. UEL04-01 exemplifies our approach to **transferring specialist knowledge** to policy makers **and informing the public about risk**.

UEL04-02 described impacts arising from our proactive approach to **informing policy and public audiences** and **knowledge exchange** with commercial organisations.