Institution: University of Roehampton

Unit of Assessment: Panel A, UoA 4 Psychology, Psychiatry and Neuroscience

a. Context

Research in Psychology at Roehampton is both fundamental and applied, and takes place within three interconnecting areas: a) cognition and cognitive neuroscience, b) abnormal psychology and developmental psychopathology, and c) applied psychology. The non-academic user groups and beneficiaries of this research fall into two main categories: *i) practitioners, mental health professionals and associated policy makers and ii) commercial product manufacturers.* We work with these users with the objective of securing benefits for their clinical and other client groups. Examples of our main types of impact on these users are as follows:

i. Our research has influenced and informed a range of practitioners, mental health professionals and associated policy makers. For example, Tsakanikos's research has had a significant impact on policy, informing the Department of Health's 2010 statutory guidelines for local authorities and NHS organisations, the 2011 report *Access to Social Care and Support for Adults with Autistic Spectrum Conditions (ASC)* by the Social Care Institute for Excellence, the 2012 *NICE Guidelines for Adults with Autism*, and the 2013 policy report *Growing Old with Autism* by the National Autistic Society. In a further example, Brandt's research has led to changes in the ways in which institutions assess and understand patients with severe memory problems. In the educational field, Cowie's work on school-based bullying with the NSPCC has influenced policy makers and practitioners, whilst Essau's work on childhood anxiety has been used in a school-based intervention programme (see case studies). Other professionals on whom our research has had impact include sport and exercise psychologists. For example, Wadey's research has enhanced the knowledge of physiotherapists, occupational therapists and nurses at Guy's Hospital London, St Mary's Hospital London and the Defence Medical Rehabilitation Unit, Headley Court. Alongside his presentations to professionals concerned with rehabilitation issues, his research has also contributed to a widely distributed evidence-based book for practitioners entitled *Professional Practice in Sport Psychology*.

ii. Our research has been utilised by a range of commercial product manufacturers, informing design and strategic decision-making. For example, Nokia has drawn on Aksentijevic's findings on how harmony affects music preferences in their design of music for mobile phones. Gibson's research into the effects of diet on cognition and emotion contributed to the development of a novel tryptophan-rich food supplement (LumiVida) with DSM Nutritional Products Ltd for use by adults to help enhance mood, wellbeing and cognitive processing by increasing the release of brain serotonin. Our research is also informing the development of 'apps' for a commercial partner, Virtually Free, for a range of patient or client groups, including one for agoraphobia sufferers, drawing on Tsakanikos' research, and another to provide help with procrastination, based on O'Callaghan's research. Tsakanikos has also collaborated with a health information technology company (EasyMed) where technical aspects of his research have fed into text reminders of medical appointments.

b. Approach to impact

We have sought to maximise the impact of our research through our well-established networks of professionals and policy makers, and partnerships with charities. We have sustained this approach through three key means: the communication with *mental health professionals and associated policy makers*; consultation and intervention with the main users of our research; and, collaborations and partnerships with practitioners, charities and commercial organisations. This approach is mutually reinforcing and has been delivered and supported within the Unit in the following ways:

We communicate our research findings through a variety of targeted means. We have worked with our established networks as in the case of Tsakanikos' series of workshops for psychiatrists, psychologists, mental health nurses and support workers within the NHS informed by his work which identified ways in which co-existing medical and behavioural problems can mask the presence of Autism in adult populations. Similarly, we target multi-professional audiences which include policy makers concerned with specific issues related to our research. For example, Wright presented his work on the relationship between children's well-being and consumer culture to potential professional end-users and policy makers at a conference on Consumer Culture, Children and Well-being, designed to bring together teachers, educational psychologists, child

mental health workers and policy makers. Gibson was invited to present his research on eating and drinking to the Scientific Advisory Committee of the Natural Hydration Council, whilst Brandt has also targeted neurologists at institutions such as Kings College and St George's Hospitals, London, and the Wagner Jauregg Neuroscience Centre, Linz, Austria. Through this communication, Brandt highlighted research insights into how combining quantitative and qualitative methods for memory assessment of clinical populations enables a more accurate diagnosis of specific memory impairments. This led to changes in the ways these institutions assess and understand patients with severe memory problems. We have also engaged younger people in science. For example Aksentijevic has explained his work on harmony and music preference using examples drawn from contemporary music on radio channels with a young audience profile, including BBC Radio One, BBC Radio London, Talk 107, Touch FM, Kerrang Radio and XFM.

Building on this approach, we also use consultation and intervention to further the impact of our research. Gibson joined an expert panel at the International Life Sciences Institute, a food and drink industry advisory body, to examine the benefits of satiety to consumers; Tsakanikos was invited to join an advisory panel for a web site providing information to members of the public, service users and carers on psychosis, and to register as a stakeholder with NICE. Aksentijevic was approached by Nokia to advise on the implications of his research on musical preference for mobile phone development following his radio appearances, whilst Tsakanikos' findings concerning medical communication resulted in a change in service delivery at the Oxleas NHS Foundation Trust, which now routinely uses the form of appointment reminders advocated by his research.

Our approach to communication, consultation and intervention is producing a number of collaborations with a range of charities, which is extending the reach of our research to their interest groups and customers. For example, Tsakanikos' work with the NHS led to his being approached by the founder of an App development company (Virtually Free). In order to broaden the collaborative potential of this link, a working group was established in the Unit to examine a range of potential issues of interest to the company arising from research in the department, and is an important strand of our future plans for impact. Tsakanikos also works with the National Association for people with Developmental Disabilities and the European Association for Mental Health in Intellectual Disability, whilst Essau has strong collaborative links with the Catholic Children's Society, which is furthering the impact of her research (see case study).

Support for Impact

Colleagues are supported in their work to increase external impact by the University's Communications Department, which includes a press officer and staff who help in developing our capacity to communicate with diverse audiences. For example Levy has received training on science communication provided by the Royal Society while Silas discussed his work on olfaction and memory as part of a Nesta event (June 2013). The department Research Facilitator provides assistance in developing applications for research funding, including ways to maximise the impact potential of projects.

We have incorporated impact as a key part of individual research plans and it is formally recognised in the University's criteria for appointments and promotions. Impact also features strongly in the department's annual business plan and workload model, where we support its development further through allocating departmental funds, including seed-funding, for research activities with significant impact potential. For example, Mayer has received funding to support publication of her ongoing research into daily living and vocational limitations experienced by Autistic adults through a book aimed at the general public, including carers and high functioning Autistic adults themselves. Her work to date has been included in debate within the House of Commons in December 2012 and the 2013 Review of the Adult Autism Strategy, demonstrating its potential to have an impact. Individual researchers are further supported through mentoring by the departmental Impact Mentor and other senior academic staff, particularly through the group peer-review of project plans and funding bids, with a particular focus on outlining pathways to impact. The departmental Research Advisory Group is also responsible for monitoring impact and advising on strategies for its development for individual and collaborative projects.

c. Strategy and plans

We are actively developing our strategy for impact that will emphasise the importance of excellent underpinning research and the full exploitation of its impact potential. Our immediate plans include the following:

1. We are developing a comprehensive training framework. New staff will be trained in developing and disseminating user-relevant research. Staff engaged with activities related to impact will be funded by the department to attend ESRC, EPSRC, Royal Society and BPS training events which address impact, and will share what they have learnt in department staff development days. By continually enhancing the skills of our staff in the dissemination of their findings, undertaking consultative activities, and building and maintaining relationships with external stakeholders in our research, we will maximise the potential for sustainable partnerships and impact from our research in the future.

2. We view strong collaborations with external partners as key to our ongoing impact development, and will increase our capacity in this area. We will increase the extent to which we build a consideration of the users of our research into the design stages through consultation, utilising the university visiting fellowship scheme for partners, organising joint conferences, and making joint funding bids. We will further strengthen our collaborations with existing partners, such as the Catholic Children's Society, the Salvation Army, DSM Nutritional Products Ltd and Nokia. Specific activities include:

- A working group set up to strengthen relationships with a commercial App development partner has already resulted in a successful grant (£70,000) from the Nominet Trust to enable the development of "Agoraphobia Free". This app for mobile computer devices is designed as an intervention for those suffering with agoraphobia and is being developed with input from Anxiety UK and colleagues working in the area of *abnormal psychology and developmental psychopathology* under the leadership of Tsakanikos. Colleagues within the areas of *applied psychology* (led by O'Callaghan) are also collaborating in the development of an app to help with procrastination.
- Relationships between colleagues within the department (led by Essau) and the Computer Science Department at the University of Hertfordshire as well as the National Autistic Society are being strengthened through a current collaborative clinical evaluation study in National Autistic Society and other specialist Schools into the effectiveness of a humanoid robot (KASPAR) in helping children with Autistic Spectrum Disorders (ASD). Results are anticipated by August 2014 which in turn will shape actions taken and advice given regarding the use of humanoid robots as interventions with children with an ASD within school contexts as well as forming the foundation for future on-going collaborations involving the Unit, the University of Hertfordshire and the National Autistic Society.
- With collaborators in the Department of Life Sciences and at Liverpool John Moores University, Holmes has been awarded funding (NC3R: £74,000 – start date: 1.10.13) for a project to develop an open access assessment tool that can be applied widely and inexpensively by staff caring for captive rhesus macaques to assess their psychological vulnerability. Potentially, this might also be used by other animal colony managers, zoo keepers and those involved in animal protection in order to monitor and improve the welfare of their animals.
- Essau's current EU funded project on domestic violence will achieve further impact through her collaboration with existing project partners to train social services staff in seven EU countries to implement the assessment tool they are developing.

d. Relationship to case studies

Our case studies exemplify the interrelated approach to impact outlined above. Cowie's research, and the impact it has had, has influenced this approach in recent years, through demonstrating the ways that collaboration and active engagement with practitioners translates into the ability to influence policy and bring about change. Essau's case study reflects our on-going strength in research related to adolescents, and the opportunities for collaboration with non-traditional partners that such work provides, as well as its potential to make a significant, and sustainable, impact. The development of Cowie's case study has also enhanced our work around impact evaluation and allowed us to learn a great deal about the collation of evidence on a continual basis.