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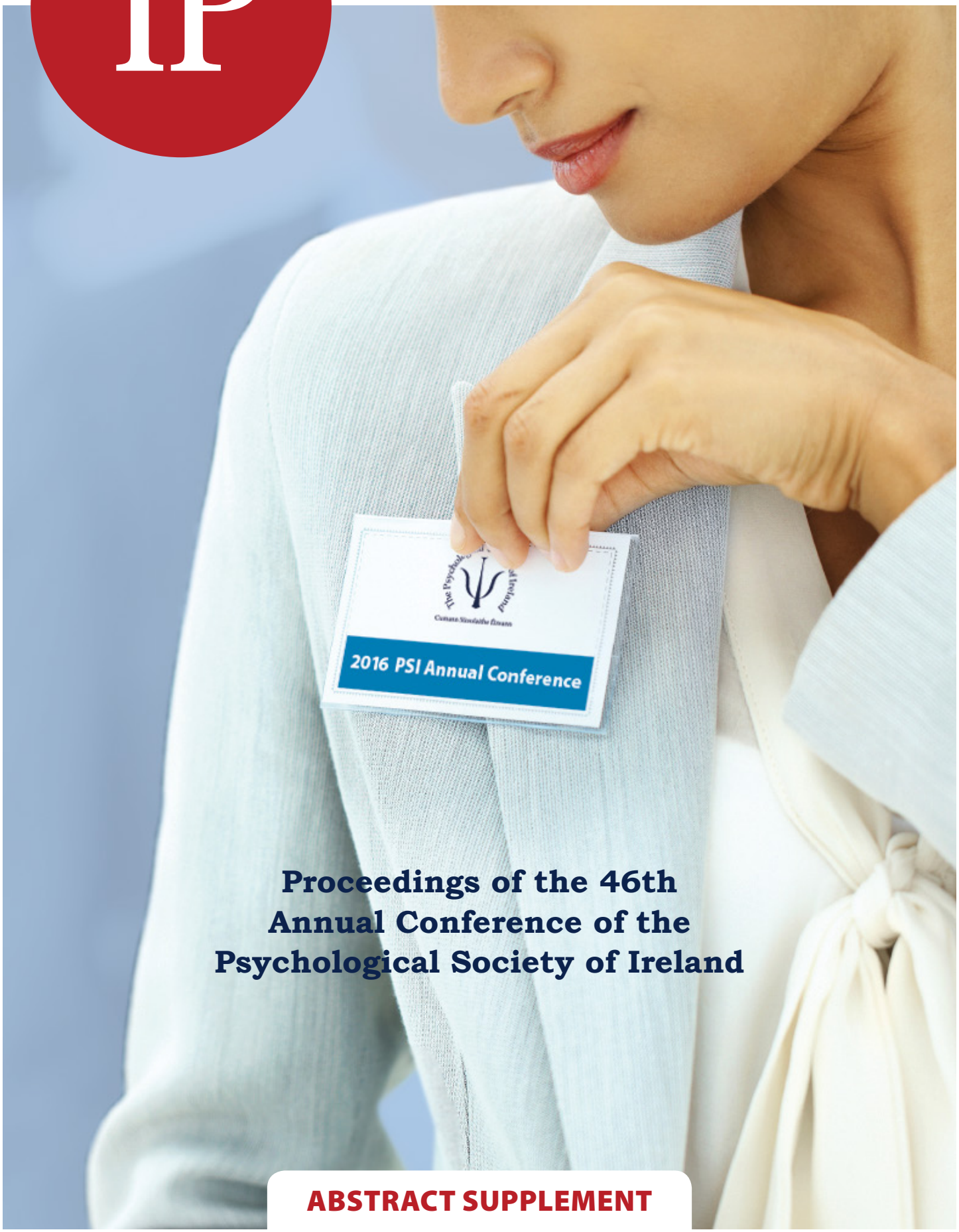

Proceedings of the 46th Annual Conference of the Psychological Society of Ireland

ABSTRACT SUPPLEMENT

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Barrett, Mary & Kinsella, William

University College Dublin

Special educational needs provision in gaelscoileanna and Gaeltacht schools in the Republic of Ireland

Objective: This study aimed to explore, by means of a national survey, practice and provision in relation to pupils with special educational needs (SEN) in gaelscoileanna and Gaeltacht primary schools in the Republic of Ireland. Method: Electronic, self-completed surveys were used as a quantitative method of gathering data. Surveys were distributed to all Irish immersion education (IME) primary schools in the Republic of Ireland, a total of 144 gaelscoileanna and 126 Gaeltacht schools. Surveys were completed by 93 schools, constituting a 34.4% response rate. Results: Many aspects of good practice in relation to SEN provision were reported. The majority of IME schools have formulated SEN policies and have developed individual education plans for students with SEN. Most schools utilise numerous assessment tools in identifying and supporting SEN. School personnel believe that there are many benefits of IME for students with SEN, including the acquisition of bilingualism, though some students are faced with challenges, particularly those with language difficulties. Conclusion: IME schools engage in good practices in relation to SEN provision. The findings of this study make an important contribution to knowledge of SEN provision in IME schools and provide empirical evidence, previously unavailable, in relation to SEN provision in gaelscoileanna and Gaeltacht schools in the Republic of Ireland.

Symposium (Student): Meeting Student Needs and Enhancing Student Engagement

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Behan, Agnes & Kinsella, William

University College Dublin

Internalising behavioural difficulties amongst primary school children

Objective: The aim of this study was to explore primary school teachers' level of knowledge and awareness in relation to internalising behavioural difficulties, such as anxiety, depression, internal distress and social withdrawal, and to establish teachers' needs in identifying and addressing such difficulties in primary school children. Method: The current research employed a case study design. Results: Findings revealed that school personnel believe schools have a key role to play in identifying and supporting this pupil cohort and that they have an awareness and understanding of many of the challenges faced by these pupils. Conclusion: The results of this study indicate that teachers do not feel confident in their ability to identify and address internalising behavioural difficulties in their pupils and do not feel competent in addressing such difficulties. An important intended outcome of this study is the design of an information pack for school personnel that would enhance their capabilities in this regard.

Symposium (Student): Research from the Edge: Educational Psychologists in Training

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Blanco-Campal, Alberto[2]; Diaz-Orueta, Unai[1] & Burke, Teresa[1]

[1]Dublin City University; [2]Our Lady of Lourdes Hospital, Drogheda

Latest adaptations of screening tests to a process-based approach: Initial findings and advantages

Objective: This presentation will deal with a select range of tests that are widely used for the screening of cognitive function in people with mild cognitive impairment and dementia and will present some concrete examples of how to introduce a process-based approach to these tests without altering the administration process and the applicability of current normative data. Conclusion: We will show how it is possible to introduce a process-based approach to scoring and interpretation in specific screening tests in a way that does not require clinicians to spend a significantly higher amount of time performing their screening protocols, but which will increase the amount of useful information obtained to aid clinical decisions.

Symposium (Professional): Revisiting the Boston Process-Approach: A European Standardised Process Approach to Cognitive Evaluation of Older People

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Brunton, James & Farrell, Orna

Dublin City University

Facilitating the formation of a successful higher education student identity using a strategic 'on-entry' socialisation programme

Objective: Retaining students and supporting transition into higher education (HE) are key issues facing HE institutions. The recent study on progression in Irish HE conducted by the Higher Education Authority found that an average of 16% of new undergraduate entrants (across all sectors and NFQ levels) failed to progress into the second year of their programme. In a private HE institution, retention and progression of first year undergraduate students was highlighted as an area of concern. In response to this, a new 'on-entry' socialisation plan was designed and implemented, based on principals from social/organisational psychology, identity studies, and education studies. Method: Interviews were held with eight students who participated in the socialisation activities, to capture narratives relating to their experience of those activities, with the qualitative data being analysed using thematic analysis. Results: The results of this study show that the socialisation activities had an impact on the students' narratives relating to higher education, the institution, and their student identities.

Poster (Professional)

Bujia Couso, Pilar[1]; O'Connor, John[1] & Yoder, Ruth[2]

[1]Trinity College, Dublin; [2]Health Service Executive

Knowing but not doing: A psychoanalytically-informed qualitative study exploring the experiences of women diagnosed as morbidly obese

Objective: While the contribution of the external environment, alongside personal or individual influences, is widely acknowledged, the origins of obesity still remain poorly understood. Following pioneering research led by Hilda Bruch, the study of obesity was left falling between the schools of the biological/medical and psychological models. Method: This paper aims to revisit the study of obesity from a psychodynamic discourse and reports a qualitative study, based on a psychoanalytically-informed research technique, with six women diagnosed as morbidly obese. Results: Analysis revealed six main themes: Seeking visibility, Loving food, Being fed, Suffering exclusion, Living with and in the burden and Talking has helped. Alongside analysis of verbal content, non-verbal and extra-verbal details of the interviews, the parallel process emerging in the researcher-supervisor relationship was employed to facilitate the understanding of the results. The themes, individually and in their totality, are explored through Winnicottian lenses with particular reference to the facilitating environment and transitional phenomena. Conclusion: Suggestions for further research and implications for clinical practice, including aspects of developing meaningful treatments to enhance long term effects, are also discussed.

Symposium (Professional): Qualitative Obesity Research - Shame, Therapy & Winnicott

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Burke, Teresa[1]; Blanco-Campal, Alberto[2], Diaz-Orueta, Unai[1]

[1]Dublin City University; [2]Our Lady of Lourdes Hospital, Drogheda

Revisiting the process-approach to cognitive assessment: Advantages of complementing traditional scoring with a focus on processes and strategies

Objective: A cognitive assessment strategy that is not limited to examining a set of summary test scores will almost certainly be helpful in detecting and understanding cognitive functions in those suffering from neurodegenerative diseases such as Alzheimer's disease. By means of our E-SPACE project, we aim to revisit the work already undertaken by Kaplan and colleagues using the Boston process approach and to identify new opportunities to capture data on test takers' cognitive processes, strategies and responses within the context of cognitive screening and assessment of mild cognitive impairment (MCI) and dementia,. Conclusion: Specifically, this presentation will detail potential benefits of applying the process-based approach to the early detection and better understanding of MCI and dementia.

Symposium (Professional): Revisiting the Boston Process-Approach: A European Standardised Process Approach to Cognitive Evaluation of Older People

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ABSTRACTS

Burke, Tom[1]; Carton, Simone[2]; Keogh, Claire[2]; Mulrooney, Mark[1]; O'Doherty, Sarah[2] & Pender, Niall[1]

[1]Beaumont Hospital; [2]National Rehabilitation Hospital

Division of Neuropsychology workshop: Undertaking neuropsychological assessments with children and adults who have motor and sensory impairments

Motor and sensory impairments and motor difficulties are clinical symptoms frequently associated with neurodevelopmental, neurological and neurodegenerative conditions. Sensory and motor impairments can present a challenge for patients and clinicians when undertaking neuropsychological assessments. For the patient, one challenge is that their motor and sensory impairments may interfere with their ability to complete test items. For the psychologist, the challenges are many, from how to accommodate motor and sensory impairments during the assessment and evaluating how these impairments may interfere with test performance. Other clinical considerations are the implications of 'breaking' test protocols, using 'informal' and brief assessment tools, the role of collateral information and informal observation and how this information is interpreted and contributes to answering the clinical question. This interactive workshop will provide a forum to discuss the clinical literature and share our clinical experience undertaking neuropsychological assessments with children and adults with motor and sensory impairments across the clinical continuum including acute, neurorehabilitation and out-patient services.

Workshop

Byrne, Eimear & Parkinson, Suzanne

Mary Immaculate College, Limerick

An evaluation of the efficacy of the Accelerated Reader programme in Irish primary classrooms

Objective: In Ireland, a growing number of schools are implementing the Accelerated Reader (AR) programme, which is a supplementary computer-based intervention that purports to improve reading attainments and motivation. The current study aimed to investigate the impact of the AR programme on primary school students' reading attainments and motivations to read. Method: A sample of 90 students (46 girls, 44 boys) was recruited from four third classes. Two classes were randomly assigned to the intervention cohort (n=46), while two classes acted as the wait-list control (n=44). The intervention group engaged in AR on a daily basis over a nine week period, while the waitlist control completed daily independent reading time. Both groups were assessed pre- and post-intervention. Results: There was no significant difference between the experimental and control groups' scores on the WIAT-II reading subtests. However, the experimental group showed significantly more improvement on the AR STAR reading measure and reading self-concept subscale. Conclusion: The study indicates that AR may increase reading self-concept beliefs in the short term, however, the findings for reading attainment are mixed and further research is required.

Symposium (Student): Research from the Edge: Educational Psychologists in Training

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Byrne, Veronica; Sarma, Kiran; Egan, Jonathan; MacNeela Padraig

National University of Ireland Galway

What about me? The separation of self through the experience of traumatic childbirth

Objective: Birth trauma is an increasingly recognized maternal mental health issue. The importance of subjective birth experience in the development of birth trauma has been highlighted and may account for the lack of theoretical consistency in this area. The current study explored the subjective experience of birth trauma among first time mothers in Ireland. It aimed to disentangle the potential effects of peri-partum depression (PPD) on this experience. Method: Seven, first- time mothers who reported a traumatic childbirth, without significant symptoms of PPD, participated in an interview about their childbirth. Data were analysed using interpretative phenomenological analysis to explore the experience of birth trauma. Results: The superordinate theme derived illustrated how the individuality of mothers is discounted throughout the process of childbirth. The self is challenged and altered as a result. The degree to which this occurs may mediate the recovery process. Conclusion: This study supports the existence of birth trauma in an Irish context and highlights the individuality of women as central to this experience. Acknowledgement of the mother throughout the process of childbirth may be protective against birth trauma.

Symposium (Student): Women's Health and Wellbeing

Byrnes, Elaine & MacNeela, Padraig

National University of Ireland Galway

Understanding consent to sexual activity in the context of sexual identity by emerging adults when mediated by alcohol and gender

Objective: Arnett (2000) acknowledges that identity formation begins in adolescence, but draws attention to how this process intensifies in early adulthood. The concept of emerging adulthood (ages 18-29) is historically embedded and culturally constructed. Method: An identity-based account of sexual activity and development in college will be presented using findings from research undertaken in NUI Galway during 2015 - the first of its kind in Ireland - particularly in the context of existing gender and cultural scripts. Results: The presentation will include findings on the inter-relationship of perceptions of alcohol use, decision-making regarding sexual activity (consent) and expectations for cultural and gender norms among a university student population. Conclusion: How alcohol influences the communication of sexual consent from both male and female perspectives will be explored. Psychological implications - both positive and negative - of engagement in sexual activity, contributing to sexual identity development, perceptions of risk, regret and fulfilment will also be explored within the framework of emerging adulthood.

Individual Presentation (Student)

Caramlau, Isabela

Beaumont Hospital

The role of psychology in pre-surgical assessment for risk-reducing mastectomy

Objective: Risk reducing mastectomy (RRM) is an elective procedure that remains controversial as a preventative tool for women who are at increased risk breast cancer, as survival rates are comparable with surveillance (mammography plus magnetic resonance imaging). Women's intentions to undergo RRM are often correlated with high levels of anxiety about breast cancer, and are influenced by previous experiences of cancer in the family. This paper discusses the role of a comprehensive psychological assessment. Complex RRM scenarios will also be presented. Method: A review of the literature was conducted in order to establish the RRM benefits for various risk groups, as well as indications and relative contraindications for RRM. Results: It is important to proceed in a stepwise fashion using a multidisciplinary team, with emphasis on supporting patients in making their own decision. We should aim to help patients to identify the risks as accurately as possible, and assess their motivations, psychological state, and expectations. Conclusion: Guidelines are needed to ensure consistent evidence-based recommendations for clinical practice.

Poster (Professional)

Carroll, Martina

Dublin City Council

The arts and psychology: An example of collaborative research

Objective: This research involved collaboration with an artist, a group of women from a Dublin based youth project, a theatre company, a sociologist and the author as a psychologist. It aimed to understand the lived experiences of women in an economically disadvantaged urban neighbourhood. Method: More than two hundred personal stories were collected over a period of four years using a methodology that could be classified as participatory action

research (PAR). This researcher used interpretative phenomenological analysis (IPA) to analyse a sample of the stories. Results: The IPA revealed a resilience narrative. Six themes emerged, 1) early life trauma, 2) response and impact, 3) hiddenness, 4) clear thinking about the reality, 5) redefining relationships and boundaries, and 6) post traumatic growth. Conclusion: This research provides insights into the nature and process of resilience. It is discussed with reference to positive psychology, the work of feminist psychologist Carol Gilligan, the art show based on the stories that played to a full house in the Project Arts Centre for three nights and the sociological analysis of Professor Kathleen Lynch from Equality Studies in University College Dublin.

Individual Presentation (Professional)

Casey, Máire-Bríd[1&2]; Lowry, Damien[1]; Hearty, Conor[1]; Neary, Rachel[2] & Doody, Catherine[2]

[1]Mater Misericordiae University Hospital; [2]University College Dublin

Evaluation of a combined exercise and acceptance and commitment therapy group based programme for chronic pain: A pilot study

Objective: Chronic pain is multidimensional and is challenging to treat effectively. Both exercise and an acceptance and commitment therapy (ACT) psychological approach have separately been shown to help, but they have not been investigated in tandem. This was the objective of the study. Method: Forty-six chronic pain patients, mean age of 51 years (*SD* = 8.33) and symptom duration of 9.6 years (*SD* = 8.6), attended the multidisciplinary programme one day each week for eight weeks. Each day comprised a two-hour ACT psychology session followed by supervised aquatic or gym based exercise. A variety of educational talks were also provided each week. Participants completed outcome measures at baseline, on completion of the programme, four-months and one-year post-group. Pedometers recorded daily step count during the group. Results: Significant improvements were seen between baseline and post intervention measures in pain-interference, pain-acceptance, activity-engagement, pain-catastrophising, rumination, helplessness, pain-self-efficacy and psychological distress. Many of these improvements held after follow-up periods. Conclusion: Combined exercise and ACT is a promising intervention for chronic pain. The findings also suggest that many of these effects can be maintained in the medium-to-long-term. Study limitations and implications are discussed.

Symposium (Professional): Psychology Interventions within Tertiary Hospital Settings (an IHPG Symposium)

Jennings, Ciaran & Eustace, Susan

Trinity College, Dublin

Exploring experiences of shame related to being homeless: An interpretative phenomenological analysis

Objective: According to the United Nations, homelessness represents a global human rights crisis. International psychological bodies have endorsed a role for psychologists in responding to the issue and a multi-dimensional approach, which includes psychological conceptualisations, has been recommended. People who are homeless typically experience extreme mental and emotional distress yet psychological inquiry in to the area has remained conspicuously limited. Although shame has been noted in previous studies concerning the experience of homelessness, there has been little explicit exploration of the phenomenon. The present study aimed to explore experiences of shame related to being homeless. Method: An interpretative phenomenological analysis paradigm was utilised and semi-structured qualitative interviews were conducted with 10 adults, who were homeless. Results: Preliminary results suggest a pervasive sense of shame, which is related to being trapped in an unwanted 'homeless' identity, involves conflictual appraisals and evaluations of the self, and is associated with significant detrimental impacts on functioning and well-being. Conclusion: Implications for theory, practice and future research, particularly within the context of counselling psychology, will be discussed.

Individual Presentation (Student)

Clogher, Éadaoin & Ryan, Patrick

University of Limerick

Exploring women's perspectives on their past experience of postpartum depression and the infant-mother relationship: An interpretative phenomenological analysis

Objective: Postpartum depression (PPD) is the most common complication of childbirth, with wide variability in onset, symptomology, severity and chronicity. Despite extensive research attention, the condition is often undetected and untreated. PPD has an impact on the mother-infant attachment relationship. However, the mechanisms of negative influence of PPD on infant attachment remain unclear. The majority of qualitative studies of PPD have been completed with women who are currently experiencing an episode of PPD. In addition, few qualitative studies have focused on women's experience of caring for their baby during PPD. The aim of the current study was to qualitatively explore the experience of PPD and the mother-infant relationship, with women who have recovered from PPD. Method: Eight women participated in semi-structured interviews, reflecting on their personal experiences of postpartum depression and how it impacted on their relationship with their infant. Results: The interpretative phenomenological analysis of the data from these eight interviews revealed three superordinate themes; Feeling inadequate, Fear-filled caregiver and Journey to recovery. Conclusion: These themes are discussed in the context of the previous literature. Implications for clinical practice and future research are explored.

Symposium (Student): Women's Health and Wellbeing

Colleran, Ann[1]; Cox, Marie[2]; Murray, Gerard[2]; Shah, Sahed[2]; & Fannon, Dominic[2]

[1]National University of Ireland Galway; [2]Health Service Executive

Vision into practice: A longitudinal study of recovery oriented mental health service initiatives

Objective: The delivery of recovery oriented services for people with mental health difficulties is mandated by current policy and professional practice guidelines. However, there is limited empirical evidence available to guide service development. Method: Service user participants (*n*=35) engaged in a recovery focussed service improvement project within the Health Service Executive were evaluated over a three year period at two time points using qualitative and quantitative measures and an empirically validated recovery framework (connectedness; hope and optimism about the future; identity; meaning in life; and empowerment, CHIME). Service providers including mental health staff (*n*=14) and peer support workers (*n*=7) were also interviewed. Results: At follow-up, service users reported experiencing 82% of the positive personal recovery items contained in the Process of Recovery Questionnaire and 93% of service user responses to the INSPIRE questionnaire identified peer support to be uniquely supportive of their individual recovery. Furthermore, support offered by a peer worker was considered by mental health staff to make a valued contribution to recovery outcomes for service users. Conclusion: Discussion of these results considers the implications for the development of recovery oriented service delivery and service provider practices.

Poster (Professional)

Collins, Fiona & Kinsella, Elaine

Mary Immaculate College, Limerick

Patterns of social networking usage, pop-up notifications, and their disruption of learning

Objective: Social networking sites (SNS) use 'pop-up' notifications to update users about interactions with their online profiles. Although there appear to be a number of advantages to SNS, researchers have raised concerns about possible drawbacks, specifically, the potentially harmful role of intruding pop-up notifications on learning in an academic context. Method: The present study employed a between-subjects design to explore the influence of pop-up notifications on learning. One-hundred and eleven university students first answered a pre-test which evaluated their prior knowledge of paper-making.

ABSTRACTS

They then watched a short, informative documentary and were randomly assigned to one of three conditions: high-interruption (six interruptions), low-interruption (three interruptions) and the control (no interruptions). The interruptions consisted of simulated visual and audio pop-up notifications from a variety of SNS including Facebook, Twitter, Instagram and Snapchat. Afterwards, participants answered ten questions based on the content of the documentary, and provided details about their SNS usage. Results: The results from the survey revealed that participants were active members of between one and seven SNS (M = 3.31, SD = 1.14), and also that 98.2% of participants accessed these SNS at least once a day. Results of a one-way ANOVA indicated that pop-up notifications impeded overall learning on the task. Both the low-interruption and high-interruption condition obtained significantly lower scores than the control, with participants in the high-interruption condition scoring worst overall. Conclusion: These findings may have practical implications where smartphones and tablets are accessible to students in a learning environment.

Poster (Student Congress Winner)

Collins, Padraig

Health Service Executive

Transformation or extinction? Six threats to the sustainability of clinical psychology in Ireland

Objective: Clinical psychology in Ireland faces some significant challenges. These include (1) the fragmentation of the discipline leading to isolated practitioners (2) exclusion from, or rejection of, newly emerging healthcare roles (3) displacement by other disciplines (4) increasing service demands and (5) demonstrating our research can explicitly respond to current healthcare system pressures (6) the significant risk of alienating an increasingly assertive, and questioning, service-using community. Healthcare professions are far from immune to extinction with only those who adapt and evolve continuing to survive and flourish. Method: This paper discusses from a sociological, political and organisational perspective the threats to clinical psychology in Ireland today. Results: It sets out a number of pathways by which the identity of the profession could evolve in a manner that would facilitate its ongoing growth and development. Conclusion: It is argued that in the absence of ongoing transformation the discipline may have reached its 'high-water' mark as a healthcare discipline in Ireland.

Individual Presentation (Professional)

Costello, Aisling; Bourke, Ashling & Maunsell, Catherine

St. Patrick's College, Dublin City University

Facebook use and objectification

Objective: Objectification theory (Fredrickson & Roberts, 1997) recognises that women living within a society that values and views the female body as an object for others' entertainment or use are socialised to internalise an observer's perspective of the self, known as self-objectification. This theory has been extensively researched in relation to traditional media; however, little research has been conducted on the application of this theory to Facebook specifically. Facebook plays an important role in the socialisation and identity development of young people as individuals have the ability to reflect, construct and edit self-portrayals for an audience of followers. Facebook contributes to the internalisation of cultural beauty ideals as individuals can view peers alongside commercially developed images to learn what is considered attractive within society. The current research will investigate the relationship between Facebook use and objectification. Method: Approximately twenty five college students aged 18-25 years will be recruited to participate in focus groups. They will be asked questions to ascertain their attitudes and perceptions about objectification and Facebook. Results: Pending. Conclusion: The qualitative findings will be discussed in relation to objectification theory and identity development.

Individual Presentation (Student)

Cotter, Josh & Nieuwstraten, Inge

University College Cork

An interpretative phenomenological analysis of young Irishmen's experience of accessing counselling

Objective: Male suicide rates in Ireland indicate mental health issues in young Irishmen that are not reflected in the statistics around help-seeking behaviours. The aim of this study is to explore the experiences of young Irishmen who have experienced the process of accessing psychological help. Method: Four young Irish men (aged 18-25) were recruited for the study. One-to-one semi-structured interviews were conducted, and transcripts were then analysed using interpretative phenomenological analysis. Results: Three super-ordinate themes were identified: barriers to accessing counselling, why counselling is pursued and how the barriers were eventually overcome. The subordinate themes included: stigma, a changed sense of self, fears of what lay ahead and that it would not work, and doubts about connecting to the counsellor. Counselling was pursued because of a struggle with functioning, overwhelming feelings and anxiety reaching a critical point and reaching out for help. Barriers were overcome by challenging fears, the realisation of not having a choice and thinking 'it might be worth it'. Conclusion: Each of the participants was encouraged to seek help, which suggests social support may be a critical 'tipping point'.

Poster (Student)

Crawley, Lorraine[1] & Nicholson, Karoline[2]

[1]Acquired Brain Injury Ireland; [2]Health Service Executive

ASD and females: Assessment and support

Objective: Autism spectrum disorder (ASD) literature continues to highlight a gender referral/diagnostic bias and that females may be underdiagnosed, misdiagnosed or diagnosed at a later age compared to males. Method: Therapeutic work in relation to mental health and well-being will be presented in case study format. Results: Based on research studies and clinical experience, the diagnostic process in the context of ASD traits in females will be presented, with reference to the DSM5, diagnostic overshadowing and best practice diagnostic tools. Conclusion: The role of the psychologist in providing support to females with ASD at different stages of the lifespan will be explored, with particular reference to puberty, relationships and preparation for the workplace programmes.

Poster (Professional)

Crowley, Aleisha & Griffin, Claire

Mary Immaculate College, Limerick

A precision teaching approach to teaching social sight vocabulary to young adults with moderate intellectual ability

Objective: The Irish curriculum for persons with intellectual disabilities (ID) advocates the teaching of social sight vocabulary (SSV) to older learners struggling with literacy. National and international guidelines promote person-centred supports in contributing to skill development and greater levels of independence and community inclusion for this population. The study sought to evaluate Precision Teaching (PT) as a potentially person-centred approach to developing SSV amongst young adults with moderate ID (n=19), and to compare these findings to those of a waitlist control-group (n=14) following a six-week intervention. Method: A mixed-methods, quasi-experimental, repeated-measures design using an intervention-group (receiving Direct Instruction [DI] and PT intervention) and a waitlist control-group (receiving DI only) was deployed. Thematic analysis was also used to examine intervention-group qualitative data. Results: Both conditions demonstrated statistically significant increases in SSV-naming accuracy and fluency at post-testing. While fluency increases were greater in the intervention-group, the difference between conditions did not meet statistical significance. Thematic analysis indicated that the PT approach was largely popular with participants and their supporting staff. Conclusion: A dearth of SSV-related learning materials in the Irish context was highlighted by the study.

Symposium (Student): The Educational Psychologist as Researcher: Enhancing the Evidence Base for Educational Interventions

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Cuppage, Jennifer[1]; Baird, Katie[1]; Gibson, Jennifer[1] & Hevey, David[2]

[1]St. Patrick's University Hospital; [2]Trinity College, Dublin

An evaluation of a compassion focused therapy group programme designed for individuals with self-criticism and shame

Objective: The current study examined the effectiveness of group Compassion Focused Therapy (CFT) with a transdiagnostic population, compared to treatment as usual (TAU). The potential mechanisms of change (PMC) within CFT were also explored. Method: A non-randomised control trial compared 58 participants who engaged in group CFT with 29 participants receiving TAU. Participants had a range of psychiatric diagnoses. CFT consisted of 14 sessions (3 hours in duration), twice a week for five weeks. Participants were assessed pre-treatment, post-treatment and at 2-month follow-up. Participants completed measures of psychopathology, shame, self-criticism (SC), fear of self-compassion (FOSC), and social safeness (SS). PMC were examined using correlations between changes in psychopathology and changes in shame, SC, FOSC and SS. Results: Significantly greater improvements were found post-treatment on all measures for CFT, compared to TAU. These results were maintained at 2-month follow up. Improvements in psychopathology were linked to changes in SC, shame, SS and FOSC. Conclusion: The findings suggest that CFT is an effective group intervention for a transdiagnostic population. The PMC were consistent with the theoretical underpinnings and aims of CFT.

Individual Presentation (Professional)

Cussen, Elke & McGann, Marek

Mary Immaculate College, Limerick

An evaluation of the effectiveness of the Zones of Regulation programme for students with learning disabilities

Objective: Emotional regulation has an impact on many facets of people's lives, including academic success, problem-solving skills and social adjustment. Research suggests that students with intellectual disabilities (ID) have lower self-regulation and less social competencies than their typically developing peers. However, social-emotional interventions for students with ID show little effect because they lack coherent design and structure. This study aims to evaluate effectiveness of the Zones of Regulation, a programme designed to increase emotional regulation, for students with ID. Method: Seven male adolescents with mild or moderate ID participated in the study, which used a single-case research design. The programme was implemented by the class teacher. The teacher and parents completed the Emotional Regulation Checklist and the Strengths and Difficulties Questionnaire (SDQ) at pre- and post- intervention, and 10 weeks after the intervention was finished. Results: A decrease in the total difficulties score of the SDQ was evident from pre to post intervention. The findings suggest that the Zones of Regulation programme has a positive impact on the behaviour of male adolescents with mild or moderate ID. Conclusion: Some perspectives for further research are proposed.

Symposium (Student): The Educational Psychologist as Researcher: Enhancing the Evidence Base for Educational Interventions

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Daly-Butz, Sara & Murphy, Mike

University College Cork

"It sort of goes against everything we're trained to do": An investigation into Irish physicians' attitudes to the right to die

Objective: As life expectancy grows and infectious diseases become more treatable, more people are living for long periods in chronic pain, and increased dependence. In some cases, this is linked to a wish for death. Many jurisdictions now allow for physician-assisted suicide (PAS), and recent high profile cases have brought the question to public attention in Ireland. This study sought to investigate the thoughts of Irish physicians regarding PAS. Method: Four qualified and experienced GPs were interviewed using a semi-structured interview schedule. Data were analysed using interpretative phenomenological analysis. Results: Emerging themes indicated these physicians felt that the role of doctors was incongruent with assisting a patient in a hastened death, irrespective of circumstances. It was questioned whether Irish society would accept PAS, and concerns were expressed regarding patients seeking PAS under duress. Despite understanding why patients might seek PAS, all respondents were resistant. Conclusion: Little research has been conducted on how the medical profession understands the question of PAS. This study indicates there may be a strong resistance from the profession were attempts made to introduce PAS in Ireland.

Poster (Professional)

Davey, Nicole & Egan, Margaret

Mary Immaculate College, Limerick

The Incredible Years Classroom Management Programme: An exploration of teachers' and educational psychologists' experiences of working collaboratively during training, implementation and long-term use

Objective: The Incredible Years Teacher Classroom Management (IYTCM) programme aims to equip teachers with the necessary strategies and skills to promote socio-emotional child development (Webster-Stratton, 2000). In Ireland, educational psychologists (EPs) are involved in the delivery of the IYTCM programme. This study seeks to investigate EPs' and teachers' subjective experiences of working collaboratively during IYTCM training, implementation and long-term use. Method: Twelve teachers and two EPs were recruited who worked together during programme dissemination. A qualitative research design was adopted within the constructivist paradigm, and semi-structured interviews served as the primary method of data collection, which were thematically analysed. Results: The study found that the collaborative engagements between the EP and teacher resulted in appropriate adaptation of programme delivery, the formulation of behaviour plans, the development of a shared language and enhanced inter-professional relationships. Conclusion: The findings indicate that the collaborative approach adopted during programme dissemination presents a desirable way for teachers and EPs to work together, and this has several implications in the Irish educational context. Study limitations and recommendations for future research and practice are highlighted.

Symposium (Student): The Educational Psychologist as Researcher: Enhancing the Evidence Base for Educational Interventions

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De Volder, Jeanine

Forensic Psychological Services

Parental alienation and complex family cases: The truth is out there!

"He's poisoned them against me!" "She's a manipulative cow!" "We have an emergency care order, we're taking the children!" "I want to go home!" Whose voice resonates? Do we listen?

Inspire Session: Contemporary Issues in Forensic Psychology

Diaz-Orueta, Unai[1]; Blanco-Campal, Alberto[2] & Burke, Teresa[1]

[1]Dublin City University; [2]Our Lady of Lourdes Hospital, Drogheda

Can test computerisation provide added value to a process-based approach neuropsychological assessment?

Objective: This presentation will offer an overview of the steps that need to be taken into consideration when trying to implement computerisation to add value to some of the tests that use a process-based approach to neuropsychological assessment. Any computerised version of a test should respect the administration procedure for which normative data were obtained, should be time saving in terms of interpretation and scoring and should facilitate gathering information about the processes and strategies followed by the test taker for its completion. Method: The presentation will include an overview of those tests that could benefit more clearly from undergoing a computerisation process when compared to undergoing a paper-and-

pencil process-based approach. Results: Pending. Conclusion: Clues on the specific processes, strategies and features that may be captured with the aid of computerisation will be highlighted.

Symposium (Professional): Revisiting the Boston Process-Approach: A European Standardised Process Approach to Cognitive Evaluation of Older People

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Dodd, Anne[1]; Guerin, Suzanne[1]; Delaney, Susan[2] & Dodd, Philip[3]

[1]University College Dublin; [2]Irish Hospice Foundation; [3]St Michael's House Intellectual Disability Service

Complicated grief: A qualitative exploration of mental health professionals' knowledge, attitudes, skills and training

Objective: This study aimed to explore the nature and content of research examining knowledge, attitudes, skills and training regarding complicated grief (CG) among mental health professionals. Method: In this qualitative study, 30 mental health professionals (psychiatrists, psychologists, counsellors/psychotherapists), were interviewed. In addition, three international experts working in CG were also interviewed. Interviews were conducted via telephone or face-to-face, audio-recorded and transcribed verbatim. Results: Thematic analysis identified themes in relation to professionals' recognition and treatment of CG, aspects of diagnosis, and interest in and need for training. Key findings from the expert interviews were variation in perceptions of the research-practice gap in CG, the need for definitional clarity, and fear of pathologising normal grief. Conclusion: Professionals and experts highlight that training in CG is needed. Otherwise it is possible that cases of CG will go unrecognised. Future research might usefully focus on knowledge transfer and exchange, concentrating on strategies to improve the uptake of existing research.

Individual Presentation (Professional)

Donnelly, Caroline & Kinsella, William

University College Dublin

Evaluating a Computer-based Literacy Intervention with Young Adult Learners

Objective: This study set out to explore the impact of the ARROW computer-based literacy intervention on the literacy attainment and reading attitudes of students attending Youthreach centres. The participants were presenting with literacy difficulties and were aged between 15 and 20 years old. Student and teacher experiences of using the ARROW intervention were also explored. Method: This study employed a mixed methods design, with one-group pre and post-testing with students (*n*=19) in the areas of reading attitudes (measured by an adapted version of the Adult Survey of Reading Attitudes) and literacy attainment (measured by the WRAT4), and qualitative interviews with both students (*n*=19) and teachers (*n*=3). Results: The outcomes of this study indicated significant improvements in word reading and spelling scores following 5 to 10.5 hours of intervention. No significant difference was found in sentence comprehension scores and reading attitudes upon post-testing. Qualitative analysis indicated a largely positive response in favour of the use of the ARROW intervention, with participants, both students and teachers, highlighting benefits in the areas of literacy and metacognition. Conclusion: The results indicated that the ARROW intervention was a suitable and effective programme for use with older students with persistent literacy difficulties.

Symposium (Student): Meeting Student Needs and Enhancing Student Engagement

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Doyle, Katie & McGuckin, Conor

Trinity College, Dublin

Myths and realities: What can educators really learn from education neuroscience?

Objective: Neuroscience promises a new land in which we can learn and understand more about human functioning. Already, we have witnessed great advances in our knowledge of psychological processes and we have changed the way we think about thinking. But what about the way in which we learn? As psychologists "in" education, we rarely pass a day without seeing a reference in the field of education to the new discoveries and applications of neuroscience in the classroom (e.g., language, literacy). To the uninitiated, it is easy to accept at face-value such pseudo neuroscientific claims. Results: This paper contextualises the current problems with how educational neuroscience is (mis)represented and details the myths that hamper proper discourse within the educational sector and explores the very real potential of the realities of educational neuroscience to educational policy and practice in Irish schools. Conclusion: To advance the debate, the paper queries the role (if any) for these rapid advancements in psychology and neuroscience to an educational system that still, in 2016, draws heavily upon the classic psychological theories of development and learning (e.g., Piaget, Behaviourism).

Poster (Professional)

Duffy, Katie & Guerin, Suzanne

University College Dublin

Exploring the association between perfectionism and eating disorders: Clinicians' perspectives

Objective: The aim of the present study was to explore the potential association between perfectionism and eating disorders from clinicians' perspectives. Clinicians' views provided key insights into three main research questions. These research topics were the concept of perfectionism, perfectionism within eating disorders and treatment methods that are available for patients with eating disorders. Method: Five clinical psychologists, two males and three females, who at present work or have previously worked with individuals with eating disorders, took part in the study. The study followed a qualitative design and a semi-structured interview was employed for data collection. Thematic analysis was used in order to generate key themes that arose within the dataset. Results: Themes included perfectionism as control, strong association between perfectionism and eating disorders, particularly anorexia nervosa, and the array of treatment methods that are available to individuals who present with perfectionism and eating disorders. Methodological strengths and weakness include the use of a highly specialized form of participants and the difficulties surrounding participant recruitment. Conclusion: Practical implications for the findings of the present study and future directions possible for research are discussed.

Individual Presentation (Student Congress Winner):

O'Brien, Treasa; Wright, Rachel; Walsh, Sinead & McMahon, Dermot

Health Service Executive

An examination of an 8-week pilot intervention group within an Irish context

Objective: Adapted group interventions for individuals with an intellectual disability (ID) are often not readily available within mental health services. The Scottish Stress and Relaxation (STAR) programme was modified to accommodate this population. The group aimed to provide individuals with the necessary tools to effectively understand and manage stress. The efficacy of this Adapted Stress Control group was evaluated. Method: A mixed methods approach was utilised. Participants (*N*=6) rated their individual stress levels before and after each session. Glasgow Anxiety Scale-ID (GAS-ID) and Depression Scale-LD (GDS-LD) were completed pre- and post-intervention. Content analysis of follow-up interviews is underway. Results: Results showed that only half of participants' anxiety scores decreased and two of the participants' depression scores reduced post-intervention. However, all participants' mean pre-session stress ratings considerably decreased when assessed post-session, which was in keeping with their changes in presentation. Conclusion: Preliminary analysis indicates promising results for this adapted group intervention in managing stress. However, the Glasgow scales may not be appropriate in evaluating this intervention as scores did not reflect how the participants presented on a weekly basis.

Poster (Professional)

Dwyer, Aoife[1]; MacNeela, Padraig[1]; Heary, Caroline[1]; Ward, Marcia[2]
[1]National University of Ireland Galway, [2]Headway

Adding insult to brain injury: Young adults' experiences of residing in nursing homes following acquired brain injury

Objective: There is general consensus that adults under age 65 with acquired brain injury (ABI) residing in nursing homes is inappropriate; however there is a limited evidence base on the issue. Previous research has relied heavily on third-party informants and qualitative studies have been of questionable methodological quality, with no known study adopting a phenomenological approach. Method: This study employed an interpretative phenomenological analysis (IPA) methodology to explore the lived experiences of six young adults with ABI residing in nursing homes. Results: Two superordinate themes were developed, including Corporeal prison of ABI: broken selves and Existential prison of the nursing home: stagnated lives. Results: Findings illustrated that young adults with ABI can experience aged care as an existential prison in which their lives feel at a standstill. This experience was characterized by feelings of not belonging in a terminal environment, confinement, disempowerment, emptiness, and hope for greater autonomy through rehabilitation. Conclusion: It is hoped that this study will provide relevant professionals, services, and policy-makers with insight into the challenges and needs of young adults with brain injury facing these circumstances.

Poster (Student)

Elmer, Nicola & Hannigan, Barbara
Trinity College, Dublin

True colours - Transformation and healing following breast cancer

Objective: This study aimed to explore the lived experience of women diagnosed with breast cancer with particular emphasis on how identity was constructed and creatively represented in silhouette art-form following a breast cancer diagnosis. Method: To explore these aims a qualitative design was employed, consisting of life-story informed, semi-structured interviews with nine women diagnosed with breast cancer between the age of 32 and 55 years. The data were subjected to a descriptive interpretative approach and narrative informed inquires to identify themes. Results: A thematic analysis across women's stories uncovered four domains and three themes. The domains identify the impact of a pre diagnosis understanding of cancer; the physical and emotional ordeal of breast cancer treatment; and when treatment ends, breast cancer becomes part of the continuing self and identity. Conclusion: The findings of the study and the implications for clinical practice are discussed in relation to current literature with an emphasis on the use of silhouettes in representing the transformational aspects and the healing of trauma associated with a breast cancer diagnosis. Recommendations are made for future research.

Symposium (Student): Trauma in Diverse Settings – Suicidal Youth, Homeless People & with Oncology Patients

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Eustace, Neidin; Murphy, Jane; Sarma, Kiran & Molloy, Gerry
National University of Ireland Galway

Prospective memory, personality, emotional distress and adherence to the oral contraceptive pill

Objective: Depression, prospective memory (ProM) and conscientiousness have all been found to be associated with medication adherence. The current study aimed to investigate the roles of prospective memory, facets of conscientiousness and emotional distress in relation to adherence to the oral contraceptive pill (OCP). Method: Prospective observational data were collected from an opportunity sample of 243 female participants who were users of the OCP, via online survey. Longitudinal data were collected 4-8 weeks later (n=80). Results: Higher ProM capacity was associated with improved OCP adherence (r=.2, p<.01), with ProM counting for 2.8% of variance in OCP adherence $F(1, 241) = 7.06$, p<.01. Conscientiousness and prospective memory were not independently associated with adherence to the OCP. Conclusion: ProM and conscientiousness were both found to have associations with improved adherence to the OCP. Future interventions should focus on the development of interventions which take these factors into consideration.

Symposium (Student): Women's Health and Wellbeing

Fennelly, Aoife
Trinity College, Dublin

Reasons for attrition in a chronic disease management programme: A mixed method study

Objective: The Stanford-developed Chronic Disease Self-Management Programme (CDSMP) is a peer-led group programme that has proved highly effective in improving self-efficacy for symptom management and stress reduction among those suffering from chronic illnesses. However, CDSMP studies report attrition rates of up to 23% and in individual groups this can be significantly larger. This study investigates the causes of attrition in the CDSMP programme at Beaumont Hospital. Method: A mixed method approach is adopted. The quantitative component analyses pre-participation self-report data collected from participants regarding sociodemographic factors, pre-existing anxiety and depression levels and perception of illness and its controllability to identify factors distinguishing between programme completers and non-completers. The qualitative component comprises semi-structured interviews with nine individuals who did not complete the programme to explore their subjective reasons for non-completion. Results: Pending. Conclusion: The presentation will highlight the psychological, sociodemographic and pragmatic factors that contribute to attrition rates among participants of self-management programmes with particular reference to chronic disease. Identification of these factors will enable CDSMP administrators to provide additional supports to those most likely to fail to complete the programme.

Individual Presentation (Student)

Finlay, Caitriona & Kinsella, William
University College Dublin

Induction needs of teachers in special classes for pupils with autism spectrum disorder

Objective: The aim of this study was to examine the induction needs of primary school teachers in special classes for children with autism spectrum disorder (ASD) attached to mainstream schools. Method: This study involved a national survey of teachers in special classes for pupils with ASD in the Republic of Ireland. It yielded a sample of 124 respondents. The construction of the survey was informed by a literature review and by data yielded from a focus group conducted with teachers of special classes for pupils with ASD. Results: The findings indicated that teachers are experiencing considerable levels of challenge in the special class setting but held positive perceptions of the special class model. Inclusion of students within the mainstream class was limited for pupils with greater needs, in particular those who are non-verbal. Managing challenging behaviour was a major area of difficulty for teachers, who requested further support and training. Considerable variation was found in the delivery of the curriculum from class to class. Conclusion: The provision of an initial induction course, mentoring and continued CPD was deemed necessary for teachers in order to alleviate stress and isolation and to cope with the challenges of the role of teacher in a special ASD class. An important intended outcome of this study is the design of an induction programme for teachers in these classes.

Symposium (Student): Meeting Student Needs and Enhancing Student Engagement

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ABSTRACTS

Finnegan, Linda[1]; Carr, Alan[2]; Griffen, Edel[2]; Cotter, Padraig[2] & Hyland, Anita[2]

[1]Health Service Executive; [2]University College Dublin

Preliminary results from a randomised controlled trial evaluating the Say Yes to Life Positive Psychology Programme for depression

Objective: A randomized controlled trial is being conducted to evaluate the effectiveness of the Say Yes to Life (SYTL) positive psychology programme for depression. Method: Cases that meet DSM-5 criteria for major depressive disorder are being randomized to this 20 session group therapy programme or a treatment as usual (TAU) control group who receive 20 sessions of individual psychotherapy. Assessments are conducted before and after treatment and on a number of follow-up occasions. Results: Complete data sets are now available on outcomes for 46 cases up to 3 months post-treatment. In this paper preliminary results from analyses of these data will be presented. In this treatment completer analysis recovery rates for the SYTL programme are significantly higher than for TAU. Conclusion: Moderators and mediators of treatment effects have been identified. Economic data indicate that service use costs are lower for the SYTL group.

Individual Presentation (Professional)

Finnegan, Suzanne

Trinity College, Dublin

Client perspectives on the process of change following successful clinical engagement with the Collaborative Assessment and Management of Suicidality in the North Dublin Suicide Assessment and Treatment Service: a grounded theory

Objective: To develop a grounded theory of change from the perspective of clients who have resolved suicidality following successful clinical engagement with Collaborative Assessment and Management of Suicidality (CAMS). Method: The method used was an abbreviated grounded theory utilising semi-structured interviews to explore clients' experiences of change. Semi-structured interviews were conducted with ten participants who had resolved suicidality following successful engagement with CAMS. Analysis involved coding, and comparison with the data as categories emerged. A theoretical model that incorporated core categories and relationships between them was created. Results: The theoretical model described involves a process of change from the Suicidal self to the construction of a New sense of self, that involves Having a new relational experience, Experiencing relief from distress, Gaining new learning, Taking control and Recognising change. Conclusion: The current study has highlighted important elements of the CAMS approach, including the therapeutic relationship, learning new skills and insights, and developing a greater sense of control, which clients experienced as contributing to their recovery from suicidality. The results suggest that inclusion of behaviour change techniques and consideration of the 'post-suicidal life' would be useful additions to interventions for suicidality.

Symposium (Professional): Establishing a Suicide Specific Treatment Service in an Adult Mental Health Context - Process and Outcomes

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Flanagan, Rachel[1]; Creaner, Mary[1] & Yoder, Ruth[2]

[1]Trinity College, Dublin; [2]Health Service Executive

The experience of shame in relation to obesity in adult males

Objective: Shame is an under-researched construct in men who are obese. The current research sought a nuanced understanding of the experience of shame in males who are obese. Method: Fourteen male participants were recruited through a weight management service. Data were collected through a semi-structured interview and the Experience of Shame Scale. Data were analysed using interpretive phenomenological analysis. Results: Two super-ordinate themes emerged from the data with two subordinate themes in one and three in the other. Participants communicated their shame experience as 1) living with a visible vulnerability and 2) a perpetual struggle for control. Themes provide support for existing theories of shame and are discussed in relation to an obese population with particular emphasis on the impact of shame in the therapeutic relationship. Living with a visible vulnerability is discussed in relation to the connection between shame, anxiety and hypervigilance, and the impact of the stigmatization of obesity. A perpetual struggle for control is linked to research exploring the coping mechanisms associated with shame. Clinical implications particularly related to counselling psychologists working therapeutically with this population are discussed.

Symposium (Professional): Qualitative Obesity Research - Shame, Therapy & Winnicott

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Flynn, Sally & Sarma, Kiran

National University of Ireland Galway

An exploration of the link between attachment and problematic Facebook use

Objective: Previous studies have reported positive and negative psychological outcomes associated with the use of social networking sites. Research linking Facebook use with depression and self-esteem has indicated that it might be the manner in which some people engage with the site that makes its use problematic. The aim of this study was to test a theoretical model of problematic Facebook use, using adult attachment as the predictor variable of interest, and psychological distress and self-esteem as potential mediators. Method: A cross-sectional design was employed wherein Facebook users (n=717) completed measures of psychological distress, self-esteem, and adult attachment, in addition to measures of problematic Facebook use (i.e. social comparison, self-disclosures, impression management, & intrusive Facebook use). Results: Hierarchical multiple regression analyses indicated that attachment anxiety was predictive of all facets of problematic Facebook use, and that attachment avoidance was predictive of impression management, and intrusive Facebook use resulting in social consequences. Further analyses confirmed the mediating influences of psychological distress and self-esteem. Conclusion: Strengths and limitations, in addition to clinical implications and recommendations for future research are discussed.

Individual Presentation (Student)

Fox Hamilton, Nicola

Dún Laoghaire Institute of Art, Design and Technology

Fifty shades of grey: The dark side of online romance

The online world has an influence in both positive and negative ways on nearly every aspect of our romantic relationships. From the way in which we meet a new partner, how we interact in our relationships, and even in how we behave in the aftermath of a break up. While there are countless positive aspects to this penetration of technology into our personal lives, this talk will focus on the negative side. The adverse aspects of online romance range from the mild to the serious. Some experience the not-particularly-troublesome dilemma of being too good looking for online dating. A common problem is misrepresentation and deception in online dating profiles, leading to many time-consuming and unsuccessful first dates. More serious are the challenging issues of online infidelity, partner surveillance and stalking, as well as the online dating romance scams that leave their victims emotionally and financially scarred. This talk will address the psychological research in each of these areas to highlight these issues, offer suggestions for avoiding them, and address areas that deserve future research.

Inspire Session: Special Interest Group for Media, Art and Cyberpsychology Inspire Session

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Fredman, Lindsay

SouthWest Counselling Centre

The changing and challenging identity of a psychologist within an African context

Objective: This paper explores the identity and roles of a clinical psychologist in an African context working with child and youth care workers in urban and rural environments. Method: Examination of the roles and identity of a psychologist providing psychological services in changing and challenging contexts will be carried out using examples from work done over a ten year period. Results: Pending. Conclusion: Reflections and implications will be drawn for the identity and practice of psychology in a global perspective.

Individual Presentation (Professional)

Gaffney, Megan[1]; Trimble, Timothy[1]; Morgan, Bailey[1]; Surgenor, Paul[2]

[1]Trinity College, Dublin; [2]Pieta House

Risk and resilience factors for suicidality in adolescents

Objective: A tool to measure both risk and resilience factors for suicidality in young people was created, based on clinician experience and factors identified in the literature. The study aims to develop a practical tool for use in a variety of settings to identify young people prior to or early on in the onset of a suicidal crisis. Method: The Riskres tool, a 46-item self-report scale was piloted initially with an 'at risk' population. 66 young people (age 12-21) completed the Riskres, a screener for depression (PHQ-9, Spitzer et al., 1999) and the suicidal behaviours questionnaire (SBQ-R, Osman et al., 2001), as part of their assessment at a community based suicide and self-harm service. Results: Based on preliminary exploratory factor analysis, the Riskres tool looks at 15 factors. A binary logistic regression showed that the following 5 factors were significant in predicting one of the suicide ideation screening items: hopelessness, anxiety, coping difficulties, school connection, and depression. Conclusion: Due to the relatively small sample size in the pilot study, further administration and validation with a larger sample is recommended.

Symposium (Student): Trauma in Diverse Settings – Suicidal Youth, Homeless People & with Oncology Patients

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Galavan, Eoin[1&2]; Stapleton, John[3]

[1]Health Service Executive; [2]Trinity College Dublin; [3]University of Limerick

Developing a suicide specific treatment track in an adult mental health service

Objective: In 2013 the North Dublin Clinical Psychology service established the Suicide Assessment and Treatment Service (SATS). This service is based on the Collaborative Assessment and Management of Suicide (CAMS), an evidenced based model that focuses on key drivers of suicide for individual service users. This talk will outline the CAMS as well as the journey involved in establishing the CAMS in an adult mental health community mental health team, and the wider adult mental health service. Conclusion: Issues of professional best practice, ethical dilemmas in working with suicidal persons, challenges in the multidisciplinary team context and the practical challenges of implementing the CAMS will be discussed.

Symposium (Professional): Establishing a Suicide Specific Treatment Service in an Adult Mental Health Context - Process and Outcomes

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Gallagher, Jonathan; Murphy, Grainne & Caramlau, Isabela

Beaumont Hospital

Device acceptance in patients with an implantable cardioverter defibrillator: Shock-anxiety, insomnia, or both?

Objective: Symptoms of shock-anxiety and insomnia are common in patients with an implantable cardioverter defibrillator (ICD). However little is known about their impact on ICD device acceptance. The aim is to investigate the impact of shock-anxiety and insomnia on ICD acceptance in cardiac patients. Method: A cross-sectional study was conducted, involving a cohort of 256 cardiac patients living with an ICD (82% males). The Florida Shock Anxiety Survey and the Florida Patient Acceptance Survey were used to measure shock anxiety and device acceptance. The Sleep Condition Indicator questionnaire was used to measure sleep quality. Results: 13.2% of patients screened positively for insomnia. There were no gender differences for sleep disturbance (p=0.7). Women were significantly more likely to report device related shock-anxiety (p=.015). After controlling for age and gender in a hierarchical regression, shock-anxiety (beta = -0.295, $p < .001$) and insomnia (beta = -0.202, $p < .002$) independently predicted device acceptance. Conclusion: Shock-anxiety and sleep disturbance adversely impact adjustment to ICDs in cardiac patients. Assessment for shock-anxiety and insomnia may identify patients at risk of poorer device acceptance.

Poster (Professional)

Gallen, Martin; Ennis, Edel & O'Neill, Siobhan

Ulster University

Internalisation of 'it's ok not to feel ok': Preliminary findings of a short qualitative study with pupils attending the Cycle against Suicide Congress

Objective: Research has revealed a high prevalence of mental health problems and suicidality amongst pupils in second-level schools, with highlighted issues relating to attitudes towards suicide and individual capacity to engage in help-seeking behaviour. Many community-based initiatives have emerged seeking to reduce the stigma associated with mental illness and to promote help-seeking behaviours. One such initiative is Cycle Against Suicide (CAS). Little is known about the messages taken away from such initiatives by pupils and their impact generally. This study formed part of broader research seeking to examine the aims and outcomes of selected suicide prevention programmes and to map these onto existing theories of suicide prevention. Method: The study used focus groups to gather qualitative data from pupils attending the CAS Congress. Results: Two preliminary themes are presented: Changes in attitudes and knowledge associated with mental health and suicide and Reduced agency of individuals from families holding a 'traditional view' of mental health. Conclusion: It is hoped that this research might potentially inform the development and delivery of related interventions and programmes.

Individual Presentation (Student)

Galligan, Niall

North Dublin Mental Health Service

Compassion focused therapy in an older adult population

Objective: Many of the key tenets of psychological intervention extend naturally when working with people across the lifespan. However, as with all life stages, there are issues unique to later life and issues which frequently form the core focus when working therapeutically within this population; these include declining physical health, bereavement, loss of occupational roles, changing familial relationships, awareness of mortality, as well as life review and formation of a coherent life narrative. Compassion-focused therapy (CFT) is an integrated and multimodal approach that draws from evolutionary, social, developmental and Buddhist psychology, and neuroscience. One of its key concerns is to use compassionate mind training to help people develop and work with experiences of inner warmth, safeness and soothing, via compassion and self-compassion. Method: The presentation includes an overview of existing literature regarding the applicability of CFT when working with older adults. This will be further illustrated through use of a therapeutic case example. An overview of a recently established CFT group programme within an older adult mental health service will be provided.

Symposium (Professional): Older Adult Mental Health

ABSTRACTS

Gleeson, Gwen

Trinity College, Dublin

Living with others with behaviours that challenge: Experiences and perceptions of adults with intellectual disabilities

Objective: The aim of this study was to explore the impact of living with others who engage in challenging behaviour, or behaviours that challenge, for people with intellectual disabilities. Previous research has focused on the negative impact that challenging behaviour has on staff and family members' stress levels and quality of life, but less is known about the effect it has on service-users. Method: Participants were recruited from a service which specialises in the management of challenging behaviour. Semi-structured interviews were conducted with six participants (4 female, 2 male). Data were transcribed verbatim and analysed using interpretative phenomenological analysis. Results: Four superordinate themes were identified relating to the impact of others' challenging behaviour; participants' perceptions of challenging behaviour, participants' own experiences engaging in challenging behaviour and things that help. A number of sub-themes emerged under each superordinate theme. Results were discussed in relation to methodological strengths, such as the use of credibility checks, and weaknesses, such as small sample size. Conclusion: Recommendations for future research were addressed such as the need to investigate the impact of challenging behaviour on individuals with severe intellectual disabilities.

Poster (Student)

Guerin, Suzanne[1]; Hanlon, Peter[1] & Kiernan, Gemma[2]

[1]University College Dublin; [2]Dublin City University

Combining bereavement and therapeutic recreation to support families who have lost a child to serious illness: The Barretstown Bereavement Programme

Objective: This paper describes an intervention for families who have lost a child to serious illness that combines the principles of therapeutic recreation (TR) and bereavement support. Method: The study included a mixed methods exploration of parents' experiences of the programme (n =11), and a qualitative study of staff views (n = 6). Central to the interpretation of the findings was the identification of themes across the groups. Results: The findings suggest that the model creates fellowship and shared experience, addresses isolation and offers a place to come together as a family. It creates a support network where children can be remembered and celebrated and family members can also reinvest in themselves. The residential nature appears to create a safe space and allows families to reconnect with their child and each other. Overall, the findings suggest that this programme has potential to support families who have had a child die from serious illness. Conclusion: The study highlights implications relating to the combination of bereavement and TR models in understanding the experience of bereaved families and informing a therapeutic programme.

Poster (Professional)

Guerin, Suzanne[1]; Mitchell, Nicola[2]; Hanlon, Peter[1] & Nixon, Elizabeth[2]

[1]University College Dublin; [2]Trinity College, Dublin

The experiences and support needs of bereaved parents with no surviving children

Objective: The literature on the death of a child considers the experiences of parents with different types of loss. While this includes bereaved parents who have no surviving children, they are not very visible in the literature and little is known about their specific experience. The aim of this study was to explore the experiences and support needs of this group. Method: Six participants working in bereavement counselling and support were recruited. In addition eight parents who had experienced the loss of a child/children and had no surviving children took part. Semi-structured interviews were analysed using thematic analysis. Results: Professionals identified themes of social position, changing roles, making sense/adjustment. Parents reflected similar issues, including how meaning making was part of their response to loss, and highlighted several unique aspects of their support needs. Conclusion: While bereaved parents with no surviving children show similarities to those who have surviving children, the finding suggest that there may be some unique needs among this group. Practitioners need to consider the specific challenges for this group and develop supports that recognise these challenges.

Individual Presentation (Professional)

Guerin, Suzanne[1]; Prihodova, Lucia[2] & Kernohan, W George[3]

[1]University College Dublin; [2]Royal College of Physicians in Ireland; [3]Ulster University

Applying an evidence-based model of knowledge transfer & exchange to psychological research

With increasing levels of research activity in applied areas such as health and mental health, there is an increased focus on the need to support the transfer of research into practice. While a number of models exist to support knowledge transfer, including the Consolidated Framework for the Implication of Research (CIFR) and the Knowledge to Action Framework (KTA), there is variation in the components of these models. The aim of this workshop is to introduce attendees to an evidence-based model designed to support the transfer and exchange of research knowledge. Objective 1 – To present the methodology for the development of an evidence-based model of knowledge transfer and exchange (KTE). Objective 2 – To describe the key components of the model developed by Guerin, Prihodova and Kernohan (2016). Objective 3 – To explore the application of the model to attendees' own research. The workshop will include presentation and discussion of the KTE model and practical sessions reviewing the application of the model in practice using worksheets and worked examples.

Workshop

Hallinan, Patrick; Hannigan, Barbara & Trimble, Timothy

Trinity College, Dublin

Trauma informed care for people experiencing homelessness

Objective: The study explored trauma for homeless people, from the perspectives of attachment and resilience. Trauma has long been associated with homelessness, yet there has been very little research on the psychological processes involved. Method: A mixed-methods approach was employed with a sample of homeless adults (N=45). The quantitative component involved completing a battery of self-report measures - Revised Adult Attachment Scale (RAAS), Life Events Checklist (LEC), PTSD Checklist-Civilian (PCL-C), Difficulties in Emotion Regulation Scale (DERS), Alcohol Use Disorders Identification Test (AUDIT-C) and a drug use screen. The qualitative aspect employed semi-structured interviews. Quantitatively; descriptive, correlational, comparative and multiple regression analyses were used and the qualitative data were analysed thematically. Results: 95% had experienced one or more traumatic events, 46% met the criteria for PTSD. The strongest correlation emerged between emotion regulation difficulties and PTSD symptoms. Interpersonal trauma was significantly correlated with PTSD symptoms while non-interpersonal trauma was not. Resilience themes of a need for safety, connection, self-efficacy and hope emerged. Conclusion: The findings are discussed in relation to their implications for homeless people, services (i.e. trauma informed care) and counselling psychology.

Symposium (Student): Trauma in Diverse Settings – Suicidal Youth, Homeless People & with Oncology Patients

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Hanly, Michael

British Psychological Society

The lived experience of farmers who have suffered depression

Objective: The purpose of this paper is to outline a study conducted with male farmers, who describe their lived experience of depression. Method: The study adopted a qualitative approach and used interpretative phenomenological analysis. Results: Four superordinate themes emerged from the research: 1.

Emotional-physical; 2. Identity; 3. Relating to others; 4. Recovery. These themes are based on four male farmers' detailed personal accounts of their personal experience of having lived through depression. Subordinate themes such as anxiety, anger, despair, fear, guilt, sadness, and shame are highlighted under the super ordinate themes. Conclusion: By highlighting farmers lived experiences of depression in a presentation, it is hoped to give insight to individuals and mental health professionals in order to help themselves or others to relate to and to deal with depression.

Individual Presentation (Professional)

Hayes, David; Rooney, Brendan; Campbell, Abraham & Guerin, Suzanne
University College Dublin

Developing a theoretical model of the video gameplay experience: A systematic scoping review of existing frameworks.

Objective: Video-games represent one of the most popular forms of media entertainment worldwide. However, identifying what exactly makes them so entertaining for players has proven challenging. To date, research has been hindered by conceptual and definitional issues and, ultimately, our understanding of the theoretical basis of the gameplay experience remains limited. In an effort to resolve these issues and guide future work, this research aims to synthesise existing theory within the literature so as to identify the key components of the gameplay experience and develop a comprehensive and accessible model. Method: The research will utilise a systematic scoping review methodology originally implemented by Prihodova, Guerin and Kernohan (2015). Two independent raters will carry out the screening and data extraction processes in accordance with criteria and procedures outlined in a review protocol. Data will then be synthesised through a combination of frequency analysis and thematic synthesis (Thomas & Harden, 2008) and a proposed model will be formulated. Results: Pending. Conclusion: Results will contribute to our understanding of human emotion and cognition and may also be useful when considering the effects of gameplay on players.

Individual Presentation (Student)

Hayes, Laura & Wilson, Charlotte
Trinity College, Dublin

Forgotten family members: Having a sibling with schizophrenia

Objective: This research is concerned with understanding the experiences of siblings of individuals with schizophrenia in Ireland. The bond between siblings is distinct and often the longest lasting relationship in one's lifetime. Siblings often play a pivotal role in supporting their brother or sister with schizophrenia; however their experiences are relatively unknown in Ireland. Method: To address this gap, qualitative data were collected with 6 siblings through semi-structured interviews. A descriptive interpretative approach to analysis is currently under review to identify the salient themes within the data. Results: Pending. Conclusion: As one of the first qualitative analyses of the lived experience of siblings of those with schizophrenia in Ireland, this study is of great importance in addressing paucity in the literature. The study thus has manifold applications for clinical services and allied health professionals in terms of support and understanding.

Poster (Student)

Hodgins, Sinead; Brennan, Emma & Butler, Ellen
Cluain Mhuire Mental Health Service

Assessing the efficacy of group therapy for depression; a trial of CBT, enhanced by information and peer support

Objective: This study evaluates the effectiveness of group cognitive behavioural therapy (CBT), enhanced with information and peer support (CBT-IS). Data collection is on-going with data analysis being conducted concurrently. Method: Intake assessments were conducted from referrals across three multi-disciplinary teams. 85 adults (M/F = 31/54) attending a secondary mental health service were offered 11x2.5 hour sessions of group CBT-IS, with a booster session held three weeks later. Each group included some didactic teaching, homework review, individual work, small group discussions and peer support was actively encouraged. Participants were assessed for their eligibility for the group with a semi-structured interview. They were asked to complete a battery of psychometrics for depression (BDI-II), anxiety (BAI), quality of life (WHO-QoL-Brief) and the life event scale. Participants completed the Quick Inventory of Depressive Symptomatology (QIDS) weekly. At the booster, the original battery of measures was re-administered and feedback forms were completed. Research considered the pre-post treatment effects using SPSS. Participant's subjective perception of their progress was also gathered. Results: Pending. Conclusion: It is hoped that this study will demonstrate that a group CBT-IS intervention in a secondary mental health service yields clinically significant improvements.

Poster (Student)

Hodgins, Sinead; Corr, Rebecca & Clarke, Alison
Cluain Mhuire Mental Health Service

Ascertaining the effectiveness of group acceptance and commitment therapy for clients with anxiety in a secondary mental health service for symptom reduction and improved quality of life

Objective: This study evaluates the effectiveness of group acceptance and commitment therapy (ACT) for clients with anxiety. Method: Intake assessments were conducted from referrals across three multi-disciplinary teams. Seventy adults (M:F=45:25) attending a secondary mental health service were offered 11x2.5 hour sessions of weekly group ACT, with a booster session held three weeks later. Each group included didactic teaching, homework reviews, individual work, small group discussions and peer support was actively encouraged. Participants were assessed for their eligibility for the group with a semi-structured interview. They were asked to complete a battery of assessments including the Beck Depression Inventory (BDI-II), the Beck Anxiety Inventory, the World Health Organisation-QoL-brief and the Life Events Questionnaires. Participants were assessed weekly on the Hospital Anxiety and Depression Scale. At the booster session the original battery of measures was re-administered and feedback forms were completed. Results: Data collection is on-going with data analysis being conducted concurrently. Research considered the pre and post treatment effects using SPSS. Participants' perception of their progress was gathered. Conclusion: It is hypothesised that the ACT intervention in a secondary mental health service yields a clinically significant improvement in symptoms and quality of life.

Poster (Student)

Honorio Neto, Fabiola; Tatlow-Golden, Mimi; Gavin, Blanaid & McNicholas, Fiona
University College Dublin

Attention deficit hyperactivity disorder attitudes and practice in child and adolescent mental health services in Ireland. Objective: Attention deficit hyperactivity disorder (ADHD) is one of the most prevalent disorders in childhood, occurring in up to 5% of all children worldwide. In Ireland, ADHD is the main reason for referral to child and adolescent mental health services (CAMHS) as the primary presentation (33.1%). It is recommended that ADHD services should offer a multi modal treatment approach (such as pharmacological and psychological interventions). Despite the strong effects of medication, not all children respond to it (15-30%). We aimed to identify and understand attitudes and clinical practices regarding ADHD assessment and treatment. Method: The study involved conducting an attitudinal survey with clinicians in CAMHS and a follow-up and in-depth interview to capture their experience of seeing children with a suspected ADHD in their clinics. Results: Pending. Conclusion: Misconceptions, discrimination and stigma surrounding ADHD may be influencing its perception within groups of professionals among multi-disciplinary team members and may be acting as a barrier to effective treatment.

Poster (Student)

ABSTRACTS

Howlin, Claire

Goldsmiths, University of London

Why do we dance?

Dance is considered as an optional extra in modern times, a luxury almost. However, dance and musical instruments have been part of every known human society, in rituals, festivals, wars, and entertainment suggesting that music is a fundamental part of human societies. Music psychologists have identified the process of beat induction as the fundamental basis for engaging in dance, which allows us to perceive and entrain to a beat, and subsequently dance according to the perceived beat. We are biased to do this even where there is no clear emphasised beat present and beat entrainment has been observed in babies as young as 6 months old indicating that it is an inherent characteristic rather than socially learned. Although we can identify dance has been part of human culture for millennia, we still have a vague understanding of the underlying mechanisms of how dancing benefits people. Recent suggestions include that dance provides a form of social cohesion, where people feel more akin with others after the shared matched experience, and people demonstrate increased cooperation with others after participating in dance.

Inspire Session: Special Interest Group for Media, Art and Cyberpsychology Inspire Session

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Hughes, Ben

Trinity College, Dublin

Strategies to protect participants when conducting research on sensitive topics

Objective: Investigating the concept of sexual addiction reveals the need for protective strategies to deal with sensitive research topics. The term 'sensitive' refers to issues considered private, containing data which may create stigma or be deemed socially controversial. This paper examines strategies to protect individuals participating in research on sensitive topics. Method: A phenomenological approach is used incorporating a literature review, a pilot study, focus groups, questionnaires and interviews. 46 self-identified sexual addicts participated. Ethical approval was obtained. Results: Researching sensitive topics involves dealing with vulnerable aspects of participants' lives. This may negatively impact the psychological safety of the participants. The use of a comprehensive ethical framework which identifies risks, offers support and responds to emerging concerns maximizes protection for participants. Conclusion: Conducting research on sensitive topics generates risks. Participants are protected when appropriate risk assessment is undertaken at the design stage and the implementation of relevant ethical protocols throughout the research process. Despite the challenges associated with research on sensitive topics it remains valuable research and often attends to hidden populations who are frequently socially excluded.

Poster (Student)

Hughes, Brian

National University of Ireland Galway

Bad science, pseudoscience and anti-science in psychology: Professional obligations and courses of action

This workshop will support participants in addressing and responding to controversies regarding scientific and evidence-based psychology. As such, it will support participants in promoting psychology, in securing the cooperation of stakeholders in their work, and in advocating for public policy to be informed by psychological expertise. This workshop is aimed at psychologists from all areas of specialism. The Psychology Society of Ireland Code of Professional Ethics highlights that psychologists are scientist-practitioners whose professional practice is grounded in a body of scientific knowledge. Moreover, the Code requires that psychologists remain up-to-date on latest research methods and techniques, be aware of their "scientific responsibilities" to clients, and assume overall ethical responsibility for the scientific activities of psychologists whose work they supervise (e.g., students, trainees, assistants, mentees, and employees). Nonetheless, because of its popular appeal as a discipline, psychology often attracts attention from audiences who hold ambivalent, or even deeply negative, views about science. Sometimes psychologists themselves, or their colleagues, exhibit negative attitudes towards the scientific basis of their field. This workshop will support participants in considering, discussing, and defending the scientific aspect of psychology, and will examine the extent to which imperfect science threatens the impact and credibility of our work. Participants will be introduced to practical approaches to: (a) achieving appropriate self-evaluation as a scientist-practitioner; (b) approaching sensitive conflicts around pseudoscientific ideas or practices; (c) to counteracting pseudoscientific advocacy (including in professional domains), and (d) promoting positive views about psychology in social and mainstream media.

Workshop

Hughes, Suzanne[1]; Hyland, John[2] & O'Rourke, Anne[1]

[1]Irish Prison Service; [2]Dublin Business School

The experiences of young offenders in an adult prison: Using an interpretative phenomenological analysis

Objective: Young offenders are disproportionately represented in the Irish prison system and are a population with diverse and complex needs who are at the highest risk of re-offending. There is limited extant research regarding young offenders, and none on the subjective experiences of young offenders in an adult prison. The current study provides an insight into the experiences of a population of young offenders in Mountjoy Prison. Method: Using a qualitative, semi-structured interview design, a purposive sampling method was utilised, with 12 young offenders participating in the study. Interviews were audio-recorded and transcribed verbatim with any potential identifiable information removed to ensure anonymity. An interpretative phenomenological analysis was employed for data interpretation. Results: Four superordinate themes provided an overview of the young offender's experiences; Experience of being in prison, Managing time in prison, Complex relationships, and Looking to the future. Conclusion: The study considers clinical implications and recommendations in which findings can be integrated into future Irish Prison Service strategies in helping develop better sentence management and appropriate services to the young offender population.

Individual Presentation (Professional)

Hyland, Pauline[1]; Alan Lewis, Christopher[2]; Mc Guckin, Conor[3] & Hyland, John[1]

[1]Dublin Business School; [2]Glyndwr University; [3]Trinity College, Dublin

Coping with bullying: Strategies used to deal with traditional and cyber bullying in Irish post-primary school

Objective: Recent research in the field of traditional and cyber bullying has explored the coping strategies employed by victims of bullying in response to hypothetical scenarios. However, the focus of the current research was to extend this to examine the actual methods utilised by adolescents. Furthermore, the incidence rates of cyber and traditional bully/victim problems and their associated psychological variables were assessed. Method: A sample of 1,335 13 to 19 year old post-primary school students in Ireland completed measures assessing traditional and cyber victimisation and bullying, methods of coping with bullying and a number of psychological variables. Results: Results indicated that adolescents were involved in both cyber (75.7%) and traditional (84.9%) bully/victim problems, and that the effects of victimisation on mental health can be mediated by coping strategies adopted by the individual. Conclusion: Consequently, the coping strategy adopted may lessen the significant impact to mental health for those that experience victimisation. Future research should address the effectiveness of coping strategies further. This may help to reduce potential future involvement in bullying and associated psychological effects.

Individual Presentation (Professional)

Joyce, Niamh

National University of Ireland Galway

An exploration of the experience and meaning of problematic 'G' use in an Irish context

Objective: The problematic use of psychoactive substances has adverse consequences for people's lives and requires on-going investigation of experiences of onset, course and resolution, particularly with regard to the use of club drugs and novel psychoactive substances. GHB/GBL, frequently termed 'G', is one such substance, with problematic use resulting in presentations at A&E departments and at substance dependence clinics. The aim of the present study was to explore problematic 'G' use as experienced by people who had presented for treatment. Method: The study sample was a purposive and homogenous group of seven people, who had presented for treatment for 'G' substance use disorder. Data were analysed using interpretative phenomenological analysis. Results: Superordinate themes reflecting the participants' chronological experience of problematic 'G' use, were developed. Analysis identified the interactive role of community, self-identity, personal vulnerability and substance effects in the development, maintenance and recovery from problematic G use. Conclusion: Findings were considered in the context of addiction theory, the role of chemsex in problematic substance use, the experience of ambivalence in recovery and the role of harm reduction therapeutic approaches for polydrug users.

Poster (Student)

Keane, Nicola[1]; Twamley, Iseult[2] & Dempsey, Maria[1]

[1]University College Cork; [2]West Cork Mental Health Services

Open dialogue: A qualitative investigation of service user's experience of a dialogical approach to mental health service delivery. Opening dialogue about mental health service delivery in Ireland.

Objective: How to provide a sustainable, accessible, recovery based mental health service is an issue with which many societies grapple. Open dialogue (OD) is a mental health service delivery that emphasises dialogue and shared understanding between the service user and their support network. This study explores OD as a viable pathway through considering service user's experience of a pilot OD service in Ireland. Method: Eleven service users and members of their support network took part in semi-structured interviews. Data were analysed using thematic analysis. Results: Findings indicate the following six primary themes as being of particular importance: Personal effectiveness through enhanced communication, Mental health issues as shared experiences, Viewing professionals through diverse lens, Challenging traditional mental health services, Reflection as inclusive practice and Negotiating shared understanding of mental health through OD practice. Conclusion: While service users and their support network experienced OD as a positive movement in addressing mental health issues, there are some logistical and contextual barriers that need to be addressed if OD is to be an efficacious approach to mental health service delivery in Ireland.

Poster (Student)

Kelleher, Rachael

Trinity College, Dublin

A cross-cultural investigation of experiential avoidance, culture type and extent of religious commitment

Objective: This study seeks to investigate the relationship between experiential avoidance (EA), extent of religious commitment (RC) and culture type. EA is defined as the avoidance of internal experiences, feelings and thoughts (Hayes et al., 1999). The study compares levels of EA in a collectivist Arab culture in the United Arab Emirates with an individualist society in Ireland. Method: A sample of 240 female participants from the student populations at Zayed University, Abu Dhabi, UAE and Trinity College, Dublin, completed a set of online questionnaires. Measures assessed EA (MEAQ), collectivism (INDCOL), extent of religious commitment (RC-10) and negative thoughts (BDI-II). Results: Data will be analysed using SPSS. Research suggests that collectivist cultures stigmatize the expression of internal experience, highlighting the shame it may cause the individual's family (Racy, 1980). It is hypothesised that those from the collectivist culture will demonstrate higher levels of EA than those from the individualist population. Conclusion: The study has clinical applications to mental health, avoidance and shame; and practical applications to working in mental health settings with Ireland's growing population of Arab and Muslim citizens. Results are discussed in relation to the individualism-collectivism paradigm.

Poster (Student)

Kilcullen, Sophia; Irving, Kate & Burke, Teresa

Dublin City University

Self-reported memory failure in an Irish context: on the need for appropriate normative data for older Irish adults.

Objective: Normative data for a measure of prospective (PM) and retrospective (RM) memory failures, the Prospective and Retrospective Memory Questionnaire (PRMQ) (Smith, Maylor, Della Sala and Logie, 2000), were established for the UK population by Crawford et al. (2003). While clinically useful, these data were derived from a sample with a wide age range and are not stratified by age. This study aimed to obtain information about the nature and prevalence of self-reported PM and RM failures in older adults, reflecting the cohort of individuals who typically report memory problems. A secondary aim was to determine the suitability of the UK norms for an Irish sample. Method: As part of a larger study, PRMQ data were obtained from 519 community-dwelling older adults (aged 50+) from across Ireland. T-scores were derived based on sample raw scores and also based on published normative data. Results: Preliminary analyses revealed subtle but important differences between self-reported memory failures of Irish and UK samples. Conclusion: Results demonstrate the need for age-appropriate normative data for the Irish population aged 50 and above.

Poster (Student)

Kirwan, Grainne

Dún Laoghaire Institute of Art, Design and Technology

Virtual reality in psychological research and therapy

While experiencing a resurgence in public interest in recent years, virtual reality (VR) has been extensively utilised within the psychological research and therapeutic community for over two decades. Studies have identified the potential of the technology for aiding in therapeutic interventions for anxiety disorders (phobias, post-traumatic stress disorder, and obsessive-compulsive disorder), addictions, eating disorders, and the diagnosis and treatment of schizophrenia. The potential of the technology in distraction from pain has also been investigated. VR has also been used by psychological researchers to conduct experiments in perception, social interaction, eyewitness memory, and many other topics. The technology also appears to have the potential to change behaviour in the short to medium term through a phenomenon known as the Proteus effect. This presentation will briefly review the use of VR for various psychological purposes. It will consider the emergence of the newer VR technologies, and will provide an overview of the potential risks and benefits of using VR in research and therapy. A demonstration of VR using Google Cardboard will be available.

Inspire Session: Special Interest Group for Media, Art and Cyberpsychology Inspire Session

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ABSTRACTS

Le Breton, Maike

Forensic Psychological Services

On sick pedos, murderers, junkies and thugs

Everybody loves to read news on crime, the gorier, the better. Our morbid curiosity might be satiated but at what cost?

Inspire Session: Contemporary Issues in Forensic Psychology

Levy, Hadas

Royal College of Physicians of Ireland

A pilot investigation into the usefulness and efficacy of meditation as a means to reduce work-related stress for physicians in Ireland

Objective: The Royal College of Physicians in Ireland (RCPI) offered a health and meditation programme to 25 healthcare professionals in order to measure its usefulness and efficacy as a means to reduce work related stress. Method: A questionnaire encompassing four surveys was used as a pre/post measurement. A total of nineteen respondents took part in both the pre and post questionnaires and six participants took part in the structured interviews. The questionnaire was designed to measure key factors, which included wellbeing, burnout, fear of failure and psychological distress. After three months, a follow-up interview was conducted with six participants. Results: Comparison of means indicated significant changes in emotional exhaustion and the overall Clinical Outcomes in Routine Evaluation (CORE) total, with reduction post programme. The six structured interviews showed that participants had a positive experience. Each of the interviewees continued meditating post programme. Conclusion: Participants agreed that RCPI should continue such programmes as it was seen as beneficial in helping participants deal with stressors in both their personal and work life.

Poster (Professional)

Lewis, Christopher A.[1&2]; Galyautdinova, Svetlana[2]; Burkhanova, Flura[2]; Vildanova, Guzel[2]; Algushaeva, Venera[2]; Nurmukhametova, Irina[2]; Kutusheva, Rozalia[2]; Sabitov, Marat[2]; Khukhrin, Mikhail[2]; Koltaev, Vasily[2]

[1]Glyndŵr University; [2]Bashkir State University, Republic of Bashkortostan, Russia

Russian translation of the empathy scale of the Junior Eysenck Impulsiveness Questionnaire: Psychometric properties among young people in the Republic of Bashkortostan, Russia

Objective: The Junior Eysenck Impulsiveness Questionnaire empathy scale is an established 23-item self-report measure developed for use among young people, and has been subsequently translated into a variety of languages. The aim was to examine the psychometric properties of a Russian language translation of the scale among a large sample of young people in the Republic of Bashkortostan, Russia. Method: A cross sectional survey design was undertaken to allow for the examination of the relationship between the variables at a single point in time. A sample of 889 young people in Bashkortostan completed a Russian language translation of the scale, along with some demographic questions, as part of a larger study during school class time. Results: The findings demonstrated the Russian translation of the scale to possess satisfactory psychometric properties including reliability and validity. Moreover, sex and age differences were also examined. Conclusion: In light of the satisfactory psychometric properties reported for the Russian translation of the scale, the scale is recommended for use in further research among samples of Russian speakers. (This research was supported by the Russian Science Foundation (RNF) grant No. 15-18-00142).

Poster (Professional)

Lewis, Christopher A.[1&2]; Galyautdinova, Svetlana[2]; Burkhanova, Flura[2]; Vildanova, Guzel[2]; Algushaeva, Venera[2]; Nurmukhametova, Irina[2]; Kutusheva, Rozalia[2]; Sabitov, Marat[2]; Khukhrin, Mikhail[2] & Koltaev, Vasily[2]

[1]Glyndŵr University; [2]Bashkir State University, Republic of Bashkortostan, Russia

Russian translation of the abbreviated form of the Revised Junior Eysenck Personality Questionnaire (JEPQR-A): Psychometric properties among young people in the Republic of Bashkortostan, Russia

Objective: The abbreviated form of the Revised Junior Eysenck Personality Questionnaire is a self-report measure of personality developed from the adult questionnaire for use among young people. The aim was to examine the psychometric properties of a Russian language translation of the four scales (Extraversion, Neuroticism, Psychoticism, Lie) among a large sample of young people in the Republic of Bashkortostan, Russia. Method: A cross sectional survey design was undertaken to allow for the examination of the relationship between the variables at a single point in time. A sample of 889 young people in Bashkortostan completed a Russian language translation of the scale, along with some demographic questions, as part of a larger study during school class time. Results: Findings demonstrated the Russian translation of the scale to possess satisfactory psychometric properties including reliability and validity. Moreover, sex and age differences were also examined. Conclusion: In light of the satisfactory psychometric properties reported for the Russian translation of the scale, this scales is recommended for use in further research among samples of Russian speakers. (This research was supported by the Russian Science Foundation (RNF) grant No. 15-18-00142).

Poster (Professional)

Lewis, Christopher A.[1]; Francis, Leslie[2]; Hyland, Pauline[3]; Hyland, John[3]; Mc Guckin, Conor[4]; Jane Lewis, Mary[1]; Mary Cruise, Sharon[5]

[1]Glyndŵr University; [2]University of Warwick; [3]Dublin Business School; [4]Trinity College, Dublin; [5]Queen's University Belfast

Religiosity and happiness: Further conflicting evidence from samples of undergraduate students in Northern Ireland and the Republic of Ireland

Objective: The relationship between measures of religiosity and happiness has been the focus of much research. However, although the majority of studies report a positive association between measures of religiosity and happiness, contradictory findings are common. This is exemplified in the literature by research that has systematically, but independently, employed the Francis Scale of Attitude toward Christianity alongside either the Oxford Happiness Inventory or the Depression-Happiness Scale, among a variety of samples. The present aim was to extend this literature. Method: Employing the Francis Scale of Attitude toward Christianity (short-form), alongside both the Oxford Happiness Inventory (short-form), and the Depression-Happiness Scale (short-form), this study also used two further measures of happiness, namely the Oxford Happiness Questionnaire (short-form) and the Subjective Happiness Index. These measures were administered among large sample of undergraduate students in Northern Ireland (N = 200) and the Republic of Ireland (N = 160). Results: Pending. Conclusion: In line with previous findings the results further confirm that in both samples the relationship between religiosity and happiness was sensitive to the conceptualisation and operationalisation of the constructs employed.

Poster (Professional)

Likely, Noreen
University of Limerick

An audit of the complexity of the presenting difficulties of the children, adolescents and families referred to the clinical psychology department and the challenges to implementing psychological interventions and effecting change

Objective: The evaluation of services has become an important priority across the Irish health service. The Hardiker model indicates that the capacity of a service to meet the level of need plays a key role in determining the quality of service outcomes. Services therefore must meet service users at their level of need. In an effort to ensure effective responses to the clinical needs of the children and adolescents referred to the Child and Family Psychology Service for Limerick City and County an evaluation of the demographic profile of clinical presentations was conducted. Method: The current audit aimed to explore the complexity of the presenting difficulties and risk factors of the children/adolescents/families referred and the subsequent impact on the type, level, intensity and duration of psychological intervention tailored to address their specific needs and capacity. A mixed-methods retrospective approach was implemented consisting of both qualitative and quantitative analysis. Data were collected from all cases closed in 2015. Results: Pending. Conclusion: Qualitative and quantitative findings from the present study indicate that multiple biopsychosocial factors are adding to the complexity of these cases.

Poster (Student)

Loftus, Sinead & Griffin, Claire
Mary Immaculate College, Limerick

The use of apps as tools to support the learning of children with autism spectrum disorder: An exploratory study into the role of the educational psychologist in an Irish context

Objective The use of apps as 'tools' to support the learning of children with autism spectrum disorder (ASD) is becoming increasingly popular. However, research to support this mode of intervention is inconclusive. This study aimed to investigate how educational psychologists (EPs), as evidence-based practitioners, guide the usage of apps as 'tools' to support the learning of children with ASD and deduce means of enhancing the EP's role in this field. Method: In this mixed-methods study 36 EPs completed an online questionnaire, while six engaged in semi-structured interviews. Results: Pending. Conclusion: Findings indicate a need for: more targeted EP professional development opportunities on the use of apps to support the learning of children with ASD; increased collaboration between EPs and technological experts; further applied research by EPs on the use of apps to support this cohort; and greater EP involvement in training of parents and teachers in this field

Symposium (Student): Research from the Edge: Educational Psychologists in Training

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Lonergan, Katie[1&2]; Burke, Tom[1&2]; Pinto-Grau, Marta[1&2]; Vajda, Alice[2]; Heverin, Mark[2]; Dockree, Paul[2]; Hardiman, Orla[1&2]; & Pender, Niall[1&2]
[1]Beaumont Hospital; [2]Trinity College, Dublin

Emotional lability in amyotrophic lateral sclerosis: Delineating the relationship between lability, psychological status, cognition and behaviour

Objective: Emotional lability (EL) is reported to occur in 19-49% of patients with amyotrophic lateral sclerosis (ALS). The aim of this study was to investigate the relationship between EL and cognition, behaviour and psychological status. Method: A sample of 75 incident ALS patients was recruited. The Emotional Lability Questionnaire (ELQ) assessed EL. Cognitive status was assessed using the Edinburgh Cognitive ALS Screen (ECAS). Psychological status was assessed using the Hospital Anxiety and Depression scale (HADS) and caregiver burden was assessed using the Zarit Burden Interview (ZBI). Results: Patients were dichotomised by endorsement of EL (n= 26) and those who did not endorse EL symptoms (n=49). The two groups were equivalent for age (p=.889), and education (p=.461). There was no significant difference between patient ECAS (p=.374), HADS anxiety (p=.165), or HADS depression (p=.876). ZBI (p=.246), HADS anxiety (p=.645), or HADS depression (p=.469) did not differ between caregivers. Crying was the most commonly endorsed subscale (p=.024). Conclusion: Clinical and cognitive factors did not implicate lability, or caregiver burden. Findings will be discussed in relation to disease progression.

Poster (Student)

Lowe, Fiona & Nieuwstraten, Inge
University College Cork

An interpretative phenomenological analysis investigation of a peer-led self-help group for individuals with obsessive compulsive disorder

Objective: The study investigates an Irish peer-led self-help group for people with obsessive compulsive disorder (OCD). The purpose of the study was to create a framework of understanding around the experience of using a peer-led group as a viable mental health service. This study is an exploratory evaluation of the only self-help group operating in Ireland that uses the Triumph over Phobia model for OCD. Method: Three male and five female participants were recruited: one of the participants was the group facilitator. Data for this descriptive design study were collected using open ended semi-structured interviews and analysed using interpretative phenomenological analysis. Results: Eight themes were identified: Peer support, Building resources, Facilitation, Therapeutic impact on group members, Symptom reduction, Peer-led group vs other interventions, Implicit assumptions, Barriers to accessing a peer-led group and Barriers to the development of such a group. The group was the primary mental health support for 87.5 % of participants with OCD. Conclusion: Multiple positive experiences from group members were identified, leading to a rationale for further development and utilisation of similar peer groups throughout Ireland.

Poster (Student)

Lunt, Vicky; Doyle, Niamh; Heffernan, Marese & Lonergan, Katie
Beaumont Hospital

Balancing care and experience: The asset of an assistant psychologist in a psycho-oncology setting

Objective: Assistant psychologists (APs) are a valuable resource, and in order to best utilise their skills, and importantly, to offer appropriate experience, a screening and research clinic was piloted in a radiation oncology setting. This approach is in line with best practice (e.g. NICE guidelines) which recommends a stepped-care model. The aim of the presentation is to describe the use of APs in a stepped care model within a psycho-oncology setting in a way which is resource and cost effective, and offers structured training and experience to APs. Method: Under supervision of a clinical psychologist, APs offer a screening service and low intensity interventions to patients presenting with distress. Results: Clients are screened with the Hospital Anxiety and Depression Scale (HADS) and the Distress Thermometer (DT), whose scores inform the level of care offered. Lower level interventions include psycho-education, relaxation interventions and referral to group support services. Higher levels include referral to a clinical psychologist. APs receive regular supervision and a training programme is being designed by the team. Conclusion: This model of care is resource and cost effective, helps foster core clinical competencies in APs, and has the potential to be adopted in other settings.

Poster (Professional)

ABSTRACTS

Maher, Majella[1]; Eustace, Susan[1]; Yoder, Ruth[2] & O'Shea, Donal[2]

[1]Trinity College, Dublin; [2]Health Service Executive

Experience of helpful and unhelpful aspects of therapy in relation to emotional eating in class III obesity: A qualitative study

Objective: The aim of this qualitative research study was to contribute to counselling psychology research and practice by exploring the clients' perceptions of helpful and unhelpful aspects of psychotherapy in relation to their emotional eating. Method: Two men and ten women who had completed ten sessions of psychotherapy as part of a weight management program were included. Data were collected using a semi-structured interview guide. All interviews were audio recorded and later transcribed verbatim. Interpretative phenomenology analysis was used to analyse the transcripts. Results: Two major themes unfolded: 1) Sense of belonging, and 2) Reconfiguring relationships. Helpful and unhelpful aspects of therapy emerged within each of the themes. The therapeutic alliance and the environment were considered the most important aspects in bringing about change in perspective and reconfiguration with food. A lack of connection hindered participants from progressing through the process of change. Conclusion: These findings highlight the importance of connection to achieve optimal outcomes in an emotional eating morbidly obese population. The findings are presented and discussed in relation to previous literature and have implications for practice.

Symposium (Professional): Qualitative Obesity Research - Shame, Therapy & Winnicott

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Malone, Janet; Creaner, Mary & Nixon, Elizabeth

Trinity College, Dublin

The impact of maternal postnatal depression on men's experiences of fathering and fatherhood

Objective: Postnatal depression (PND) affects about 12,000 women in Ireland each year (Nurture, 2013). Research suggests that partners of women with PND have significantly higher parenting stress and less optimal father-infant interactions (Goodman, 2008). This qualitative study focused on the lived experiences of fathers whose partners experienced depression in the first year following childbirth and sought to explore fathering and fatherhood in the context of maternal postnatal depression. Method: Data were collected from ten fathers using face-to-face, audio-recorded, semi-structured interviews which were subsequently transcribed. Analysis drew on interpretative phenomenological analysis to establish superordinate and subordinate themes. Results: Preliminary results are centred on participants' lack of knowledge and understanding, prioritisation of maternal and infant needs and well-being, marital stress, and their perception of formal and informal supports. Conclusion: The implications for counselling psychology are discussed in the context of current perinatal mental health research, policies and service provision.

Individual Presentation (Student)

Mannion, Lydia & Griffin, Claire

Mary Immaculate College, Limerick

Precision teaching through Irish: Effects on reading fluency and attitudes towards the language

Objective: The current study examined the impact of a three-week precision teaching (PT) intervention programme through the Irish language on thirty-six primary school pupils' Irish reading fluency and attitudes towards the Irish language. Method: The study employed a mixed factorial experimental design. Participants were required to be learning Irish as a second language, and completed tests of isolated sight word reading fluency, contextualised reading fluency and attitudes to Irish before and after the PT intervention. The experimental group alone was exposed to the PT intervention. Results: The results of a one-way multivariate analysis of variance and a series of dependent samples t-tests revealed that there was a significant increase in both isolated sight word reading fluency and contextualised reading fluency in the experimental group following the intervention, while scores for the control group remained stagnant. Although attitudes to Irish improved slightly in the experimental group, the results were non-significant. Conclusion: The results of this study emphasised the potential value of utilising PT to aid second language learning, not only for increasing isolated sight word reading fluency, but also for enhancing contextualised reading fluency.

Poster (Student)

Martin, Elaine

Health Service Executive

The Irish Psyche

"This is one race of people for whom psychoanalysis is of no use whatsoever". Objective: Attributed to Freud, the origin of this quote is in fact apocryphal. It is kept alive, no doubt, by the pride taken by Irish people in their inscrutable ways, their legendary complexity. Is there an Irish psyche – an essential way of being shared among Irish people? If so, how has it emerged and what are the experiences that have shaped it? Is it fixed or mutable? What does it mean for how we relate to ourselves, each other and the world? Does the concept of an Irish psyche help us to understand our reactions to and the impact of significant cultural and political events? What part do we play as Irish people in maintaining problematic patterns and recurring dramas? How are cultural wounds healed? Method: Using the tools of cognitive analytic therapy to elucidate relational patterns and a clinical lens, these questions are considered. The paper is based on findings from a series of workshops on cultural identity together with many years of clinical observations and reflection on the subject. Conclusion: Both clinical and social implications are discussed.

Individual Presentation (Professional)

Mc Govern, Margaret & Grigoriou, Filomila

Assessment, Consultation and Therapy Service

Sexual exploitation of vulnerable adolescents: Lessons from the UK

In this workshop we will explore the complexities of recognizing, identifying and responding to the needs of vulnerable adolescents at risk of sexual exploitation. We will detail the findings of the 2013 Independent Inquiry into Child Sexual Exploitation in Rotherham alongside the findings of inquiries completed in other UK regions, including Oxfordshire and Rochdale. We will present the lessons derived from these inquiries, with particular focus on their relevance and application in the Irish context. We will conclude the workshop with discussion on the psychological and behavioural presentations associated with exploitation, with particular emphasis on young people in care. This workshop is envisaged to bring this serious yet still overlooked issue to the awareness of psychologists working in Ireland, who are likely to be key stakeholders in the delivery of services to adolescents who are victims or at risk of sexual exploitation. It will further impart new knowledge on this under-studied area and will expand the skill-set of psychologists and allied health professionals.

Workshop

Mc Guckin, Conor; Fitzgerald, Peter & Fitzgerald, Martina

Trinity College, Dublin

Changing mind-sets: The effects of nurturing a growth mind-set in Irish education

Objective: Recent evidence demonstrates the powerful impact and incredible potential of growth mind-set interventions on student motivation, engagement and academic performance. Building resilience and emphasising that qualities and skills can be developed are the cornerstones of a growth mind-set. Intelligence is not simply something that one is born with but rather a competence that is nurtured and developed from the earliest stages of a child's life and throughout their education. Current educational methodologies and the national curriculum provide cognitive and subject knowledge, and research suggests that complementing these with social-psychological

interventions such as the growth mind-set can enhance the learning experience. This research assesses the impact of these interventions in an Irish context and points to the use of more effective learning strategies, increased student persistence and improved academic performance as evidence of the potential for nurturing growth mind-sets across the educational landscape. It also provides a framework for implementing growth mind-set interventions which, when aligned with current teaching practices, help create lasting positive changes and an environment that promotes student engagement and academic success.

Poster (Professional)

Mc Guckin, Conor[1] & Carr-Fanning, Kate[2]

[1]Trinity College, Dublin; [2]Coventry University

"His cup overflows": A qualitative study of attention deficit hyperactivity disorder in an Irish context

Objective: In Ireland, attention deficit hyperactivity disorder (ADHD) is the most commonly diagnosed condition in child and adolescent mental health services. However, little is known about the experiences of children affected by ADHD, both nationally and internationally. Method: This mixed method multi-voice research project explored stress, emotion, and coping with 15 children (aged 7-18 years) with ADHD, their parents, and teachers. Participants took part in semi-structured interviews, which were transcribed, and coded using principles of thematic analysis (Braun & Clarke, 2006). Further triangulation was achieved using other evidence-based sources, including visual methods, to contribute to a highly contextualised understanding of children's experiences within their ecological niches (person-environment relationships: Bronfenbrenner, 2005). Results: This paper will explore findings regarding factors (psychological, social, and environmental) which contributed to negative niches, and the challenges experienced by children with ADHD in an Irish context, under the themes His cup overflows, Nobody understands, Can't vs. won't phenomenon, I've never really had any friends, Pathways through care, Parent with ADHD, and ADHD in adolescence. Conclusion: Implications for practice and directions for future research will also be discussed.

Poster (Professional)

Mc Guckin, Conor[1] & O'Brien, Aoife[2]

[1]Trinity College, Dublin; [2]Hibernia College

Lived experiences of grief in Irish schools: A retrospective exploration

Objective: The research programme explores how prepared educators feel in effectively supporting students who have experienced a significant human bereavement through death and the training and subsequent pedagogical methodologies that would be of benefit to schools and educators. Method: This study was part of a four-phase model, which was designed using a mixed-methodological approach. These studies included: (i) Study one: BASE Questionnaire; (ii) Study two: Interviews with organisations and stakeholders; (iii) Study three: Retrospective interviews; and (iv) Study four: Focus groups. This presentation mentions these studies but focuses mainly on the findings of study three – the retrospective interviews. Results: In supporting pupils, findings suggest that they require: (a) acknowledgement of the death; (b) individual support from a member of staff; (c) choice (in terms of the support provided to them); (d) a "check-in" from a member of staff; and (e) access to support services, if required. Conclusion: Acknowledging this research raises the issue of potential barriers to education. More research is needed to assess the best way to support students in order to provide consistent training for teachers and appropriate support for students.

Poster (Professional)

Mc Guckin, Conor[1]; Adams, Pearce[2]; Harmon, Aoife[2]; & Doyle, Katie[1]

[1]Trinity College, Dublin; [2]Dublin Business School

Bubbleskool: Using assistive technology to enhance the education of pupils with rare disease

Objective: The inclusion in education for students with special educational needs is ever progressing. This research explored the potential benefit of Assistive Technology to aid greater inclusion with one young pupil with 22q11.2 Deletion Syndrome (22q). 22q is a rare disease that has a phenotype with close to 200 differing expressions. The educational issues regarding pupils with rare diseases are not well understood by educators. Bubbleskool is a creative approach that transforms school curricula to a format more congruent with the learning requirements of pupils with specific needs. Method: Using a "voice" methodology approach, the present study evaluates the use Bubbleskool as an assistive technology from the perspective of multiple stakeholders within the ecology of the pupil, allowing for an extensive evaluation of the technology. Results: Results are discussed and interpreted in relation to the current and emerging issues regarding rare diseases in society and education. Conclusion: Bubbleskool has strong implications to be used as an educational resource not only for 22q but other rare diseases that may be neglected by the Irish education system.

Poster (Professional)

Mc Guckin, Conor[1]; Domican, Kirstie[2] & Doyle, Katie[1]

[1]Trinity College, Dublin; [2]Dublin Business School

I'm afraid of that … but what is it? Lay theories of schizophrenia among families of individuals with 22q11.2 Deletion Syndrome

Objective: As a rare disease, 22q11.2 Deletion Syndrome (22q) is probably the most common rare disease that no-one has heard about. 22q has nearly 200 identifiable variables associated with it – from medical to educational, social to psychological. The defining variable that causes interest among researchers, yet consternation among parents and supporters is schizophrenia. From this micro-deletion on the 22nd chromosome, with only 40-60 genes implicated, the prevalence of schizophrenia among the 22q population is approximately 30%. However, despite such a worrying issue for parents and families, anecdotal evidence has supported the notion that worry is inversely related to knowledge of schizophrenia. This study has explored the lay perceptions of schizophrenia among the 22q community in Ireland. Results: Results highlight the "drift" between "assumed" knowledge and perceptions, and accurate information. Conclusion: This research is discussed in relation to the ongoing necessity for psychologists to consider the often large gap between professional knowledge of an issue and the knowledge of the lay public that we serve.

Poster (Professional)

McCann, Leigh & Dowd, Haulie

Health Service Executive

Introducing mindfulness to staff of a mental health intellectual disability service: Process and outcomes

Objective: Staff working in a mental health intellectual disability service (MH-ID) regularly encounter workplace stressors such as challenging behaviour, being understaffed and managing varying work rotas. Working with people with learning disability and challenging behaviour has been found to increase staff stress and equivocal evidence has also been found for fear of aggression and burnout (Institute for Public Care, 2012). Method: Staff of St Brigit's MH-ID service in Ballinasloe were offered a six week mindfulness programme and a total of six staff members completed the programme. Six staff provided data on perceived stress, burnout, well-being and mindfulness levels before and after the programme. Results: Pending. Conclusion: Programme content and analysis of the results will be presented and challenges of implementation will be discussed.

Poster (Professional)

ABSTRACTS

McDarby, Vincent[1&2]; Hevey, David[3] & Cody, Declan[1]

[1]National Children's Research Centre; [2]Our Lady's Children's Hospital, Crumlin; [3]Trinity College, Dublin

Development and evaluation of a resource-light social media-based intervention to support adolescent diabetes management

Objective: The present study aimed to develop and evaluate a resource-light social media-based intervention to support adolescent diabetes management. Method: A sample of 73 adolescents (44 male, mean age 14.3±1.0 years, diagnosed Type 1 diabetes > 12 months) were randomised into two arms (42 intervention, 31 control). The intervention arm was engaged in closed Facebook groups allowing them direct contact with both their diabetes team and peers with diabetes. They were engaged in semi-structured educational and behaviour-change conversation threads based around diabetes-related topics over a 3 month period. HbA1c (a proxy measure of diabetes management adherence), diabetes knowledge and psychological wellbeing (as measured by a parent and adolescent report psychological test battery) were measured at baseline 4, 8 and 12 months. Results: Participants' diabetes knowledge in specific areas was significantly increased in the intervention group relative to the control group at 4 months and these differences in knowledge scores were maintained at 8 months and 12 months. There were no statistically significant differences in HbA1c or psychological wellbeing between the groups at 4, 8 or 12 months. Qualitative interviews with participants indicated that they rated the intervention very highly and found it to have a significant positive impact on their relationship with the diabetes team. Conclusion: Social media provide a valuable and resource-light intervention medium for increasing and maintaining diabetes-specific knowledge and supporting the general management of adolescents with type 1 diabetes.

Symposium (Professional): Psychology Interventions within Tertiary Hospital Settings (an IHPG Symposium)

McDermott, Garret

North Dublin Mental Health Service

Perceptions of care among older adults resident in a nursing home setting

Objective: This study aims to (1) survey the perceived importance of and satisfaction with a range of staff practices among older adults residing in a long term care setting, and (2) explore perceptions and experiences of care in this group. Method: Eighteen residents in a long term care setting were surveyed in relation to staff practices and interviewed in relation to these practices. Likert scale data were analysed using descriptive statistics. Qualitative content analysis was conducted to analyse interview data. Results: (1) Analysis of Likert data showed that residents were generally satisfied with the staff practices within the setting. (2) Three broad categories emerged in the qualitative analysis focussing on satisfaction and acceptance of the need for staff and long term care, the experience of needing help, and relationships. Each category had a number of subthemes which will be discussed. Conclusion: Using multiple approaches to elicit information form older adults living in nursing homes may be a useful way in which to evaluate perceptions of care.

Symposium (Professional): Older Adult Mental Health

McDermott, Garret & Galligan, Niall

North Dublin Mental Health Service

Suicidality among older adults: Overview of core concepts, risk assessment and intervention

Objective: Older adults are more likely than any other age group to complete suicide. The current paper aims to provide an overview of our understanding of suicidality among older adults. It also aims to illustrate elements of risk assessment and intervention using the Collaborative Assessment and Management of Suicidality (CAMS) model with this group. Method: An overview of some key elements in understanding suicidality among older adults will be provided based on a review of the literature. This will be further illustrated with reference to clinical case studies using the CAMS model.

Symposium (Professional): Older Adult Mental Health

McGovern, Rosina[1]; Pentony, Michaela[1]; Dempsey, Louise[1]; Gaffney, Paul[2] & Finan, Alan[1]

[1]Cavan Monaghan Hospital; [2]Trinity College, Dublin

An audit of the bereavement support received by parents who have suffered late miscarriage, stillbirth or neonatal loss in Cavan General Hospital

Objective: The HSE produced a draft document entitled *Standards for Bereavement Care Following Pregnancy Loss and Perinatal Death* in June 2015. This study sought to evaluate the bereavement support provided to parents who have experienced late miscarriage, stillbirth or neonatal loss in the maternity service in Cavan General Hospital. Method: Following ethical approval, parents who experienced late miscarriage, stillbirth or neonatal loss in the years 2012, 2013 and 2014 were invited to participate. An extensive semi-structured questionnaire based on a similar UK study was sent to all those parents who gave consent. Sixteen (52%) completed questionnaires were returned. Results: Overall, 88% of parents felt they were told of their loss in a sensitive and respectful way. 81% of parents felt both doctors and midwives explained the plan of care. Findings suggest improvements are required in the areas of appropriate accommodation, post-mortem examination, consultant follow up, follow-up counselling and bereavement specialist support. Conclusion: These findings will be discussed in the context of the recent appointment of a bereavement clinical nurse specialist and other psychological supports required.

Poster (Professional)

McGrath, Niamh; Dempsey, Marie; & King, Rob

University College Cork

How about a walk? Exploring the implementation of walk and talk therapy into counselling services

Objective: Walk and talk therapy (WTT) is a therapeutic intervention combining therapy, walking and being outdoors. WTT may increase physical activity while providing an alternate way of accessing therapeutic services particularly for those for whom traditional therapeutic services are uncomfortable. This study considers WTT from practitioners, university students and a service users' perspective. Method: An embedded mixed method design using thematic analysis and regression analysis was used. An online survey measured constructs related to psychological help seeking and explored attitudes toward WTT. Semi-structured interviews explored therapists' and service user evaluations of WTT. Results: Of the 108 useable survey responses, 67% were male. Fifty-four percent of respondents had never used a therapy service yet 49% of respondents stated preference for attendance at WTT over indoor traditional settings. Qualitative analysis identified themes including Heightened awareness of symbolism in nature and Compatibility between physical and psychological movement. Conclusion: WTT is viewed as an accessible route to therapeutic practice though engagement. It necessitates an explicit reconsideration of several practice issues (e.g. boundary management, silence, non-verbal communication) and practical concerns including anonymity and insurance.

Individual Presentation (Student)

Mcilroy, David[1] & Kirk, Marie[2]

[1]Liverpool John Moore's University; [2]Aarhus University

Association of non-ability constructs with academic performance in a Danish secondary setting

Objective: This study tested a personality-related model in a culture where such approaches are not well developed at secondary level. Method: The setting was a Danish secondary school with $N = 138$ opportunistically sampled participants (males = 74, females = 64), mean age = 14.8 years. Participants completed measures of the Big Five, academic self-efficacy (ASE) and test anxiety (TA). An experienced Danish agency translated the measures which were then aligned with GPA in Danish, English, mathematics and chemistry/physics. Result: Four Big Five factors, with ASE and TA, were associated with GPA ($p < .01$), with Neuroticism and TA in a negative direction. A path analysis

demonstrated that Conscientiousness was completely mediated by ASE and Neuroticism was partially mediated by it. The combined constructs explained a substantial 37% variance on GPA with ASE (β = .45) and Neuroticism (β = - .20) as the two most salient associates. Conclusion: Findings show commonalities and uniqueness with research in other western settings and discussion of the outcomes traces the processes and pathways, both positive and negative, likely to impact on achievement.

Poster (Professional)

McMahon, Aisling & Ledden, Kathryn

Dublin City University

Practices, experiences and beliefs regarding recording psychotherapy sessions during training

Objective: Audio-recording of psychotherapy sessions is often used in the training of psychotherapy practitioners, with the goal of developing practitioner skills and ultimately improving services for clients. However, not all psychotherapy training courses require sessions to be recorded, most commonly due to concerns about a negative impact on the therapeutic relationship. The literature in this area is mostly dated, anecdotal, has produced mixed findings and there is no published research in an Irish context. This study aimed to explore Irish psychotherapists' practices, experiences and beliefs regarding recording psychotherapy sessions during training. Method: A nationwide survey was distributed to Irish psychotherapists and a focus group was held with psychotherapy trainees who had recent experience of recording a psychotherapy session. Results: Pending. The results of both parts of the study will be discussed, considering how the findings may guide practice in relation to recording client sessions during the training of psychotherapists. Conclusion: Recommendations regarding recording client sessions during the training of clinical and counselling psychologists, who are the main providers of psychotherapy in the Irish health services, will also be outlined and opened up for discussion.

Poster (Professional)

McMurray, Sharon & McVeigh, Claire

Stranmillis University College

Understanding difficulties in literacy development: Implementation and evaluation of teacher continuous professional development on a Northern Ireland-wide scale

Objective: This paper outlines the implementation and evaluation of an innovative model of teacher continuing professional development (CPD) in understanding and addressing the needs of children with literacy difficulties. Stranmillis University College, in partnership with St Mary's University College, Belfast secured £4.06 million over 3 years to implement this model province wide. This model enabled primary school teachers in Northern Ireland to participate in an online course held in their own school and, for one teacher from each school to attend specialist face-to –face seminars taught at Master's level. One teacher from each school had the opportunity to complete two Master's modules and to be assessed for the award of Approved Teacher Status from the British Dyslexia Association. Method: The model was robustly tested over three years on the large scale SEN CPD Literacy Project in Northern Ireland and was independently evaluated by the Education and Training Inspectorate in Northern Ireland, in addition to undergoing internal evaluation. Results: Pending. Conclusion: This paper discusses the implementation and evaluation of this CPD programme and discusses key research findings indicating improved outcomes for children experiencing literacy difficulties.

Symposium (Professional): Building Capacity and Raising Standards for Children with Difficulties in Literacy Development

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McMurray, Sharon & McVeigh, Claire

Stranmillis University College

The need for an integrated approach to spelling: Developing morphology, orthography and phonology

Objective: Following on the positional paper by McMurray and McVeigh (2014) on the importance of developing phonology, orthography and morphology throughout literacy development; the authors outline this position in light of data on the spelling progress of over 800 children on the SEN CPD Literacy Project study in Northern Ireland. Method: Evidence is considered from 966 children in schools utilising either a purely synthetic phonics approach to spelling or those utilising a purely analytic approach to spelling over three time points between Years 3 and 4 in Northern Ireland. This evidence is contrasted with data from McMurray (2004; 2006) on the progress of children who undertook an integrated approach to learning to spell involving the development of phonology, orthography and morphology. Results: Pending. Conclusion: The authors outline the need to develop multiple sources of knowledge within a research-based, developmental sequence to meet the diverse needs of learners in a mainstream classroom (including those with literacy difficulties) in order to develop a range of spelling strategies. Further to McMurray (2008), the authors also caution of a potential increase in surface dyslexia without such an integrated approach.

Symposium (Professional): Building Capacity and Raising Standards for Children with Difficulties in Literacy Development

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McMurray, Sharon & McVeigh, Claire

Stranmillis University College

Continuing to develop teachers' understanding of difficulties in literacy development at the SEN Literacy Unit, Stranmillis University College: Legacy and current continuous professional development options

Objective: In line with the conference theme "Who are we: where have we come from and where are we going?", the final paper in this symposium focuses on the question of continuing to build capacity on a whole school level and supporting teachers in addressing literacy difficulties and literacy underachievement. Key aspects of the legacy of the SEN CPD Literacy Project in Northern Ireland are outlined in addition to CPD opportunities available to all participating schools across Northern Ireland until March 2018, despite the end of funding on 31st March 2015. Conclusion: Continuing professional development options for teachers are also discussed in relation to the importance of external accreditation, educational testing standards and the role of the virtual learning environment.

Symposium (Professional): Building Capacity and Raising Standards for Children with Difficulties in Literacy Development

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Meehan, Sean

Dublin South City Mental Health Service

Let's talk about parental alienation

Objective: This presentation shares a poster designed to raise awareness and understanding of parental alienation (PA; Baker & Darnell, 2006; Whitcombe, 2014) and to frame PA in the context of the Children First framework. The aim is to define and characterise the strategies, behaviours and effects of PA. The Department of Children and Youth Affairs (DCYA) *Children First: National Guidance for the Protection of Children* (2011) is used as a reference framework to provide context to PA in Ireland. Method: The poster will display a series of panels designed to introduce the PA to conference delegates. Results: The presentation will include info-graphics on specific alienation strategies, behaviours and the short, medium and long term effects of PA for children.

Poster (Professional)

ABSTRACTS

Meehan, Sean & O'Grady, Ian

Dublin South City Mental Health Service

Developing an effective skill's based group intervention for adult males with chronic mental health issues

Objective: This presentation provides an overview of outcomes for a pilot programme designed to support service users with a range of presenting issues including schizophrenia, psychosis, and depression. A range of literature has identified men experiencing mental health difficulties as a particularly difficult population to engage with. A pilot programme was designed to engage service users in a curriculum which included psychoeducational content and experiential exercises. A sample of programme content includes personal stressor identification, mood monitoring, medication adherence, key elements of conversation, identification of cognitive distortions and problematic thinking styles, ways to build resilience, sleep hygiene, goal setting, coping resources and self-management planning. Method: Male service users in an adult mental health service completed a 12 session skills based group psychological intervention programme. Participants completed quantitative pre and post intervention measures assessing (i) subjective well-being, (ii) problems/symptoms, (iii) life functioning, and (iv) risk/harm. Results: Pending.

Poster (Professional)

Muldoon, Niall[1] & Rooney, Fergal[2]

[1]Ombudsman for Children's Office; [2]St John of God Hospital

How do we get there? I wouldn't start from here!

Objective: Following the conference theme, the presenters will outline their own perspectives and experiences of modern psychological practice and challenge themselves (and audience members!) about their blind spots in this. Method: With a combined experience of over 35 years in mental health, intellectual disability, child psychology, and forensic practice, they will reflect on their personal and professional journeys, asking Who are we?, and How did we get here? They will look at their key influences to determine who they are as a psychologists and why they have become that type of person. But the tougher question is: Where do we go from here? Results: The presenters will consider if psychologists can do more to speak to society's needs and offer responses that are not just scientific but policy and structure led. Issues such as refugees, cyberspace, sexuality, and human rights will all be considered. Conclusion: It is hoped that this presentation generates audience reflection and debate that will continue long after the coffee break!

Individual Presentation (Professional)

Muldoon, Orla

University of Limerick

The group in the individual: The power of identities in determining health and social behaviour

Traditionally, paradigms within psychology have tended to make individual explanations of behaviour pre-eminent. However there is increasing evidence that group memberships are important drivers of behaviour by virtue of our attachment to associated social identities. These groups' memberships are often banal and obscured by assumed or implicit cultural processes. The specific value and impact of commemoration will be considered in this centenary year. The workshop will consider some of the important ways in which group memberships, such as occupational or national groups, drive relationships in everyday social situations as well as determine health and well-being.

Workshop

Mulligan, Christine[1]; McLoughlin, Kathleen[2] & McGilloway, Sinéad[1]

[1]Maynooth University; [2]Milford Care Centre

Promoting and enhancing advanced communication skills in palliative and end of life care for healthcare professionals: A mixed methods retrospective evaluation (2008-2016)

Objective: Research suggests that ineffective communication between healthcare professionals (HCPs) and individuals with life limiting illnesses may lead to negative patient outcomes. Milford Care Centre (MCC) - which provides evidence based specialist palliative care throughout mid-west Ireland - introduced an advanced communication skills training programme in 2008. Based on the Wilkinson model, the course incorporates education and experiential role play to improve senior HCP competencies in managing challenging clinical situations. This study involved a comprehensive retrospective evaluation of the course (2008-2016), in line with international best practice. Meted: A mixed method design incorporated: (1) a rapid review of the literature; (2) a desk-based analysis of pre/post course participant self-rated competency assessment forms (n>100); (3) two focus groups with course facilitators (n=5) and actors (n=5) employed as simulated patients; and (4) an online survey of participants to examine the impact on practice. Results: Pending. Conclusion: This evaluation is the first research of its kind in Ireland and is currently underway. The findings, which will be discussed in full, will be important for informing future training quality and provision.

Individual Presentation (Student)

Mulligan, Jennifer

Trinity College, Dublin

Lived experiences of neonatal intensive care unit nurses: The cost of caring

Objective: In recent years the role of the neonatal intensive care unit (NICU) nurse has evolved to include a psychological and social component in patient care, with nurses now involved in greater levels of emotional engagement with patients and families. These changes, although likely to generate positive outcomes for patients, may place too many demands on the emotional wellbeing of nurses. Recent research has shown an overuse of emotional labour strategies among nurses, which results in emotional exhaustion and burnout (Pisaniello, Winefield, & Delfabbro, 2012). Method: The current research used a qualitative framework which included semi-structured interviews with NICU nurses working in an Irish hospital to gain an in-depth understanding of how they experience and cope with caring for vulnerable infants and their families. Interpretive phenomenological analysis was used to provide a framework for data collection and analysis. Results: Findings showed participants used emotional labour strategies to mitigate emotional distress and meet the demands of the NICU, with those of longer service reporting emotional exhaustion and burn out. Conclusion: It is vital nurses are offered appropriate support systems to prevent and manage emotional exhaustion and burnout.

Poster (Student)

Murphy, Gráinne; Sheppard, Barry; Tatlow-Golden, Mimi & Rooney, Brendan

University College Dublin

Facebook and food: Young adolescents' perception, recall, and endorsement of food adverts on Facebook

Objective: Television marketing of unhealthy foods to under-18s is restricted in Ireland due to demonstrated effects on children's food preferences and diet, and consequently on their weight and well-being. However, online food advertising remains unregulated. Method: This study of 72 adolescents' responses to food ads in social media in Ireland incorporated a mixed-methods 3x3 factorial design. Participants (13-14 years) viewed 32 fictitious Facebook profiles with distractor content in which one unhealthy food, healthy food,

or non-food product, presented in rotation by a peer, celebrity, or company, was embedded. Participants' attitudes to each profile, likelihood of sharing it themselves, and free and prompted food product recall were measured. Results: Participants rated profiles containing unhealthy food ads significantly more favourably than those with healthy food ads; they were significantly more likely to share unhealthy ads on their own profiles; and recall of unhealthy advertised items was significantly higher than of healthy items. Conclusion: Findings suggest that adolescents rate others more positively if they are associated with unhealthy foods, and identify more with unhealthy foods themselves. They demonstrate a need to regulate food advertising on social media.

Individual Presentation (Student)

Nagy, Andrea; Dempsey, Maria, King, Rob & Clifford, Haley
University College Cork

Assistive reproductive technologies and life

Objective: New technologies present new ethical dilemmas. Our ethical intuitions may mislead us in relation to new technologies such as nuclear power, vaccines, GMOs and assistive reproductive technologies (ARTs). The implications and potentials of such technologies are profound—challenging existing understanding of humans' relationships to reproduction. Because such technologies are comparatively unregulated, and their use has only been occurring for a single generation, detailed investigation of how awareness of ARTs influences understanding of personal fertility is needed. Method: This mixed method design incorporated an online survey and individual interviews. Qualitative data were analysed using thematic analysis. Results: Survey data incorporating vignettes to stimulate participants' ethical intuitions about ARTs are presented. These allow exploration of the current understanding of the technological details and ethical implications in an Irish population, using the moral foundations framework for investigation. Conclusion: Large levels of confusion and misunderstanding are shown to exist, with a level of so called "moral dumbfounding". This has serious implication for the use of ART and potential fallout for those that use it. Implications for future directions in research are discussed.

Poster (Student)

Nagy, Andrea[1]; Dempsey, Maria[1], King, Rob[1]; & Aldridge, Julie[2]
[1]University College Cork; [2]CIT, Crawford College of Art & Design

Suspended. Perspectives of multidisciplinary professionals in the context of infertility

Objective: Infertility affects approximately 15% of the Irish population. Between 1999 and 2008 the number of assisted reproductive technology treatment cycles increased by 265% in Ireland. The number of infertile patients using complementary and alternative medicine alongside, or instead of, conventional treatments is rising. The current study was designed to explore infertility through the perspectives of multidisciplinary infertility professionals, addressing how practitioners' experiences influence their construct of infertility and how this affects the patient-practitioner relationship. Method: A mixed-methods research design employing semi-structured interviews and image-elicitation responses was used. Data from 10 participants were analysed using constructivist grounded theory methodology. Results: Findings suggest that the concept of nature plays an important role in how infertility professionals frame their understanding of infertility. Some of the practitioners suspend their moral and ethical concerns in the service of treatment provision. Boundary ambiguity often characterises the experiences of the infertility team. Conclusion: The study identified important concepts that may shape professional response to infertility. It is hoped that the findings will inform future infertility care provision.

Poster (Student)

Nelson, Stuart[1&2]
[1]Dublin Business School; [2]University of Limerick

Say, stay or strive: The effects of leadership style and psychological safety on employee engagement

Objective: The purpose of this research was to investigate the impact of leadership style and psychological safety on employee engagement. It further examined if these variables differed in organisations that carried out initiatives such as Lean and the impact they had on the program success. Method: A self-selecting sample (*N*=122) completed a series of questionnaires including the Multifactor Leadership Questionnaire (MLQ), UWES and Team Learning Psychological Safety instruments along with demographic information. A mixed design was used, part-correlational and part cross-sectional. Results: Results found that transformational leadership style predicted psychological safety, and both predicted employee engagement. Quality initiative organisations scored significantly higher on transformational leadership, psychological safety and engagement. These factors also predicted the success of the quality initiative. Conclusion: This research demonstrated the importance of transformational leadership to first create a psychologically safe environment and that both variables can improve employee engagement. The use of the MLQ and the full range leadership model gives a framework for leadership, identifying nine subscales which can be developed. Additionally, conditions for increasing psychological safety have been modelled allowing training to develop both predicting variables.

Individual Presentation (Student)

Newell, Anna[1]; Keane, Jennifer[1]; Caes, Line[1]; McGuire, Brian[1]; Heary, Caroline[1]; Dudley, Bernie[2] & McDarby, Vincent[2]
[1]National University of Ireland, Galway; [2]Our Lady's Children's Hospital Crumlin

The mediating role of interactive vs. passive distraction and parent psychoeducation on the reported pain and distress of children undergoing venepuncture

Objective: Venepunctures are a common source of pain and distress for children and their parents. Distraction has been shown to be an effective intervention for the reduction of pain and distress during venepuncture. Research examining the effective components of distraction with respect to child developmental level, is lacking however. This study examined the impact of distraction type, parent psychoeducation and individual parent characteristics on children's pain experience, and parental knowledge on effective pain management strategies. Method: This study included 182 children and a parent, scheduled for a venepuncture, who were randomly allocated to one of four conditions; interactive distraction, passive distraction, interactive distraction with parent psychoeducation and passive distraction with parent psychoeducation. Results: ANOVAs were used to investigate the impact of distraction type, the use of parent psychoeducation and individual parent characteristics on child and parent pain related outcome variables. Statistical analyses revealed no significant differences between groups for child reported pain and distress. Parents who received parent psychoeducation had a significantly higher level of knowledge than parents who did not receive parent psychoeducation. Conclusion: This study highlights the importance of instructing parents on distraction techniques.

Individual Presentation (Student)

Nicholson, Emma[1]; Guerin, Suzanne[1]; Keogh, Fiona[2] & Dodd, Philip3
[1]University College Dublin; [2]Genio; 3St Michael's House Intellectual Disability Service

Examining different forms of respite care in intellectual disability services in Ireland: Traditional and alternative approaches

Objective: The development of respite care is a priority given the critical role of families in the support of people with intellectual disabilities (ID). The aim of this research was to examine the profile of adults attending traditional and alternative respite services and to explore differences in outcomes

ABSTRACTS

for individuals and families in traditional and alternative services. Method: Participants were people with ID using alternative respite services (n = 56), their family carers and keyworkers, as well a comparative group (n = 26) accessing traditional respite. Outcomes included quality of life (self-report and proxy) and families' experiences of caregiving. Results: Persons attending respite care report high quality of life, while families showed variation in impact of caregiving, including positive impacts. There were no differences observed between the two groups. Conclusion: The current data offer a snapshot of the profile of persons in receipt of respite in Ireland and into different models of respite care for people with mild to moderate ID; however, further research is needed to provide a greater understanding of the outcomes of different models of respite care.

Individual Presentation (Professional)

Nicholson, Emma[1]; Murphy, Tara[1]; Larkin, Philip[2]; Normand, Charles3 & Guerin, Suzanne[2]

[1]All Ireland Institute of Hospice and Palliative Care; [2]University College Dublin; 3Trinity College, Dublin

The KINDLE Project: Identifying key themes and messages from the AIIHPC Palliative Care Research Network

Objective: The All Ireland Institute of Hospice and Palliative Care (AIIHPC) Palliative Care Research Network (PCRN) is an Irish-based network that seeks to create opportunities and engender a collaborative environment that encourages innovative research that is relevant for policy and practice. The current study aims to identify cross-cutting messages to identify how dissemination outputs can be optimized to ensure that key messages from this research reaches all knowledge users. Method: PRISMA P guidelines informed the search and analysis plan to ensure the rigorous synthesis of data, while critical interpretative synthesis and thematic synthesis identified higher-order themes and messages from dissemination products generated by the PCRN. Results: While there was a diverse range of dissemination products gathered, analysis highlighted convergence and divergence in the themes highlighted. Conclusion: The thematic synthesis outlined in the present protocol offered a novel method of synthesising data from a research network that employs a variety of dissemination materials as a means of identifying key themes and messages from a specific body of research.

Poster (Professional)

Nieuwstraten, Inge

University College Cork

"Downloading anxiety": The use of genograms in two case-studies of young women presenting with high anxiety in therapy

Objective: This reflective paper explores the usefulness of genograms in conceptualising systemic influences in the development of anxiety. Genograms are used in individual and marital/family therapy to explore patterns, interfamily and intergenerational relationships and possible systemic vulnerabilities (trauma) and strengths (resilience). Method: Case notes and genograms were used to compare and contrast two cases of high anxiety in young Irishwomen. Data to be presented were anonymised and all identifiable detail removed. Results: In both cases the gradually built up genograms of the clients' environment were analysed and client comments and observations were scrutinised in order to understand underlying patterns. In one case, high anxiety was present in both mother and maternal and paternal grandmothers. This may indicate biological factors at work, but could point to 'learned' behaviour: the client reported certain patterns of catastrophic thinking in almost all her female relatives. In the second case parental physical illness and treatment was linked with raised parental anxiety and preoccupation. Conclusion: The ongoing use of genograms in note-taking may prove both informative and useful in working with 'downloaded' beliefs, thinking patterns and anxiety behaviour.

Poster (Professional)

O'Brien, Moya[1]; MacIntyre, Tadgh[2]; & MacIntyre, Deirdre[1]

[1]ICEP Europe; [2]Unvieristy of Limerick

Flourishing in sport and education: How to build, maintain and refine resilience with embedded practices

There is increasing evidence that individuals with higher levels of resilience fare better in all areas of life (Benard, 2004). The challenge is to provide the conditions that enable resilience to grow and develop within students and athletes, in schools and sports settings and their wider communities. This workshop will examine the key psychological ingredients of resilience and the factors that foster resilience and enhance wellbeing. Evidence-based interventions for building resilience will be shared and discussed. We will focus on an array of strategies and practices which can be embedded in an everyday context within education and sport settings. This ranges from applying the language of resilience in the daily discourse to skills-based approaches for enhancing optimism and developing a toolkit for flourishing. Attendees at this workshop will learn how to optimally apply evidence-based strategies with both students and athletes. In addition, they will review the scientific rationale underlying the necessity for the ongoing development of resilience in both sport and education.

Workshop

O'Brien, Treasa & Murphy, Mike

University College Cork

Identity as a factor in how asylum seekers experience the system of direct provision

Objective: Direct provision for the accommodation of people seeking asylum has been implemented in Ireland since 2000. This study's objectives were to explore issues experienced by asylum seekers and to highlight the need for further insight into the lives, identities and wellbeing of those living in direct provision. Method: Four semi-structured interviews were conducted and analysed using interpretative phenomenological analysis. The primary concern was the commitment to understand how the participants made sense of major life experiences within direct provision and how these experiences affect their identities and wellbeing. Results: Three main themes focused on the notions of Control, Psychological consequences and Identity. This presentation focuses on identity. Conclusion: The female participants' references to the notion of identity (perceived loss of self, group identification, identity in obtaining refugee status) illustrate the struggle and frequent failure experienced in attempting to maintain a positive sense of wellbeing as an asylum seeker living in direct provision.

Poster (Professional)

O'Callaghan, Daniel & Nieuwstraten, Inge

University College Cork

How coping mechanisms of young Irishmen are influenced by the presence or absence of alcohol: An interpretative phenomenological analysis

Objective: Men predominate in the death rate of both suicide and alcohol. There is evidence for a link between alcohol consumption and suicide in Ireland. The 18-24 year old male age group is most susceptible to suicidal behaviour. In terms of vulnerability, there may be a link between suicidality and a lack of effective coping mechanisms when faced with psychological distress. The study examines the coping mechanisms of young men, both drinkers and non-drinkers. Method: Data were collected through semi-structured interviews with eight male participants (aged 19-24, four drinkers/non-drinkers), and analysed using interpretative phenomenological analysis. Results: Three main themes were identified, allowing for comparison between drinkers/non-drinkers: social identity, the 'sobriety guard', and the (brief) escape. Alcohol impacted on coping in identity, expression, accessibility, control, and 'dealing with' versus coping. Drinkers exhibited a conflict between own and societal ideals. Non-drinkers evidenced a more problem-focused approach to coping and greater internal locus of control. Conclusion: Promotion of non-drinkers as adopters of a feasible lifestyle and not as an isolated minority group is encouraged. Health initiatives might highlight non-alcohol related stress-diminishing interventions, such as physical exercise.

Individual Presentation (Student)

O'Connor, Cliodhna & Fitzgerald, Amanda

University College Dublin

Turning that frown upside-down: An investigation into the learning mechanisms underlying cognitive bias modification

Objective: Cognitive bias modification (CBM) for interpretations is a cost-effective, easy-to-deliver, computer-based cognitive training programme. It has been found to be effective in modifying threat-related biases and in turn, reducing feelings of anxiety and distress. On foot of a call for more basic research to be carried out, the aim of the present two studies was to shed light on the way which these threat-related biases are manipulated by examining two mechanisms; the emotional priming perspective (EPP) and the production rule perspective (PRP). Method: EPP was investigated with two conditions; one active-training condition and one passive-training condition. PRR was also examined with two conditions; one ambiguous scenarios condition and one non-ambiguous scenarios condition. The study included a community sample of 217 adolescents. Results: Evidence was found for the EPP, however, there was no support found for the PRP. Conclusion: This highlights the need for more imagery-based CBM to be carried out. Future research could carry out replication studies with further tests of bias and anxiety as well as exploring varying ways of designing imagery-based CBM.

Individual Presentation (Student)

O'Connor, Maebh[1]; Gillan, Emmeline[2]; Tormey, Aoibhinn[3] & Kenny, Rachel[4]

[1]Queens University Belfast; [2]Trinity College, Dublin; [3]Irish Prison Service; [4]University College Dublin

A qualitative exploration of the experiences of early career psychologists in Ireland

Objective: Early career psychologists (ECPs) are individuals within the first 10 years of graduating from their primary psychology degree. There is an absence of recent research profiling ECPs in an Irish context. The current study is a qualitative analysis of the experiences of ECPs working in Ireland. Method: A sample of 168 ECPs (aged 21–52 years) participated in an online survey regarding their employment experiences. Qualitative data were analysed by two independent raters using thematic analysis. Interrater reliability tests were conducted. Results: The two overarching themes that emerged from the data were Flourishing and Struggling. Participants described flourishing in terms of personal development, professional development and connections with clients and colleagues. Participants reported a sense of struggle due to feeling unsupported in their ECP roles and their experiences of competitiveness and instability, which have become synonymous with early careers in psychology in Ireland. Conclusion: ECPs working in Ireland report a wide range of positive and negative experiences. These provide important practical implications for policy and practice developments in the field. Limitations of the study and suggestions for future research are outlined.

Individual Presentation (Student)

O'Connor, Shona & Dockray, Samantha

University College Cork

Heart rate variability, mood and eating behaviours: A multi-case study approach

Objective: Heart rate variability (HRV) is the variation of intervals between heart beats over a period of time. HRV is a measure of autonomic nervous system regulation, with research suggesting that it corresponds with emotional regulation. Low HRV has been associated with obesity and eating disorders. This study aimed to examine the relationship between HRV, mood and eating behaviours using a case-study methodology. Method: Four female participants were recruited with varying patterns of eating behaviours; binge-eating, under-eating, graze-eating and healthy-eating. Participants' HRV, mood and eating behaviours were monitored over a period of three weeks. Results: Results indicated that each participant had a distinct pattern of eating behaviours, with a unique interaction between the variables of HRV and mood. The finding also indicated overall patterns of HRV, mood and eating behaviours across participants. These results suggest that an interaction likely occurs between the autonomic nervous system, emotion and eating behaviour, with different patterns of interactions possibly relating to eating style. Conclusion: The findings of this study highlight the heterogeneous nature of food behaviours and the need to further investigate the role of psychobiology within eating.

Poster (Student)

O'Connor, Shona & Ryan, Christian

Cope Foundation

Evaluating a drop-in psychology clinic for parents of children with autism

Objective: Drop-in clinics are an innovative form of intervention, designed to provide easy access to the psychologist, where the consultations tend to be short and focus on the most urgent problems. This study examined the satisfaction and efficacy of a drop-in clinic for parents of children with autism spectrum disorder. The service offers 30 minutes of one-to-one consultation with a psychologist and sessions can be booked up to one month in advance. The drop-in clinic was developed to provide individual intervention to families within the constraints of an overwhelmed service. Method: The study employed a questionnaire designed specifically to assess satisfaction amongst the parents and to gauge follow-up use of other psychological services. The sample consisted of 21 parents who had attended the clinic in the previous two years. Results: Results indicated that the majority of participants were satisfied with the drop-in clinic, with almost half considering the single-session to be sufficient. These results are in line with previous findings regarding single-session therapy and drop-in clinics. Conclusion: The implications of this study suggest the efficacy of single-session consultation for parents of children with autism.

Poster (Student)

O'Dea, Ailin[1]; O'Brien, Katie[2] & Murphy, Grainne[1]

[1]Beaumont Hospital; [2]Mater Misericordiae University Hospital

'Even good changes bring loss': Adjustment to life post lung transplant for cystic fibrosis patients

Objective: Respiratory failure remains the most common cause of impairment and death in individuals with cystic fibrosis (CF) and lung transplant can extend and improve quality of life for people with CF. Lung transplant patients report that emotional recovery takes longer than they expected (Flynn et al., 2014) and they sometimes struggle to adjust to and accept their new organs (Ullrich et al., 2010). This paper considers the psychological challenges of adjusting to wellness for a patient group that have often been physically unwell for a long time pre-transplant. It also considers the paradoxical loss feelings and sense of pressure that can accompany transplant and the role of psychology supporting patients in the process. It aims to explore psychological adjustment and identity post lung transplant in CF. Method: Psychological adjustment post-transplant will be explored by examining a series of case studies and discussing the relevant research. Results: Pending. Conclusion: Development of pre- and post-transplant information and psychological support to help patients adjust to life post lung transplantation.

Poster (Professional)

ABSTRACTS

O'Donnell, Muireann; Bogue, John; Sarma, Kiran; & MacNeela, Padraig
National University of Ireland Galway

Children and adolescents with harmful sexual behaviour: The lived experience of their parents and guardians

Objective: The perpetration of harmful sexual behaviour (HSB) by children and adolescents is a significant issue within society. Upon identification, young people with HSB typically engage in formal intervention. The involvement of parents within intervention is considered imperative; however, the discovery of HSB has a pervasive and ongoing negative impact on parents. The purpose of this study was to provide an in-depth description of the lived experiences of parents/guardians whose children had perpetrated HSB. Method: An interpretative phenomenological analysis approach was employed. Six parents/guardians participated in the study. Results: One superordinate theme, Coming to terms with HSB and moving forward was presented in the findings. This theme described participants' struggle to come to terms with their child's behaviour and the mechanisms they employed to do this. While parents appeared to come to terms with their child's behaviour through a process of meaning making, they continued to experience ongoing mistrust and a fear of reoccurrence. Participants' accounts appear to align with theories of trauma and meaning making processes. Conclusion: The findings highlight the need for ongoing support for parents/guardians whose children have perpetrated HSB.

Poster (Student)

O'Donovan, Fiona[1]; Shortall, Kathleen[1&2]; El-Sayed, Thora[1&2]; Dolan, Eamon[1&3]; Williams, David[1&2]; Moran, Niamh[1]; Fahey, Alan[4]; Pender, Niall[2]; & Stanton, Alice[1&2]
[1]Royal College of Surgeons in Ireland; [2]Beaumont Hospital; [3]Connolly Hospital; [4]University College Dublin

Can omega-3-poly unsaturated fatty acids enriched food products (other than oily fish) enhance cognitive function? Preliminary results from a double blind randomised control trial

Objective: It is widely accepted that omega-3 poly unsaturated fatty acids (omega-3-PUFAs) from oily fish are crucial for brain health. Despite this, consumption of oily fish is low, with people citing complaints about taste, price and availability. A popular way to boost human omega-3-PUFA levels is through taking fish oil supplements. However, concerns have been raised about the bioavailability of omega-3-PUFA from such supplements. An alternative approach is to enrich other non-fish food products with omega-3-PUFAs. This ongoing double blind, randomised, controlled study is investigating whether regular consumption of omega-3-PUFA enriched food products results in improved cognitive function and/or mood. Method: 160 healthy adults have been recruited and randomised to eating either an omega-3-PUFA enriched diet or to a control (non-omega-3-PUFA enriched) diet for 6 months. Participants undergo a comprehensive neuropsychological battery of tests at baseline and at the end of the study. Results: Pending. Conclusion: If cognitive benefits are associated with the enriched foods, this could pave the way for a dietary intervention that enhances cognitive function in the general population.

Individual Presentation (Student)

O'Grady, Ian & Clyne, Colette
Health Service Executive Adult Mental Health, Dublin South Central

An introduction to integrative group methods of treating psychosis

A workshop to highlight the benefits of integrating other therapeutic approaches (compassion focused, acceptance and commitment, mindfulness based, and others) into a group cognitive behavioural therapy (CBT) intervention for individuals experiencing psychosis. Based upon a model outlined by Wright, Turkington, et al. (2014) this model of intervention aims to build upon well researched and evidenced CBT based treatment for psychosis. The integrative model is based upon recovery principles and that of positive psychology. The core focus is the shift in thoughts, behaviours and emotions which may be impacting upon wellbeing, and not necessarily symptom reduction. Clients are encouraged to develop cognitive flexibility and create new relationships with their diagnosis and symptoms. The group programme will be outlined through presentation and direct instruction and delegates will have the opportunity to discuss how such a programme could be integrated into their clinical practice. Direct reference will be made to the adaptation of the published model to fit the Dublin South Central Service, and initial outcome data will be discussed. Delegates will also partake in some of the experiential exercises and modules of the group program will be displayed.

Workshop

O'Kane, Louise[1]; McAteer, Donal[1] & Gaffney, Paul[2]
[1]Ulster University; [2]ACTS

A qualitative exploration of a wilderness therapy programme from the young person's perspective

Objective: The purpose of this study was to investigate qualitatively what factors can influence the process of change on a wilderness therapy programme from the adolescent perspective. Method: Semi-structured interviews were conducted with a purposive male sample (*N*=8), ranging in age from 12 to 15 years (*M*=13.5). An interpretative inductive thematic analysis approach was employed to identify key themes in the data. Results: Participants described the importance of having adult support, both within the programme and outside of the programme as a major factor that has influenced their process of change. Of particular interest, was the importance of having a positive experience with an initial contact prior to the programme, as a means of engagement. Conclusion: Findings provide several practical recommendations for ways in which current wilderness therapy programmes in Ireland might more effectively engage with the adolescent service users. An in-depth understanding of factors that strengthen and help the process of change for adolescents can inform mental health professionals, families, facilitators, policy makers and future service development, enhancing the quality of care provided.

Poster (Student)

Ó'Laoide, Aoife & Egan, Jonathan
National University of Ireland Galway

What was once essential, may become detrimental: The mediating role of depersonalisation in the relationship between childhood emotional maltreatment and later psychological well-being

Objective: Depersonalisation (DP) is a complex dissociative phenomenon, characterised by feeling "unreal" or detached from one's own emotions, thoughts and behaviour (APA, 2013) and it is considered a defence mechanism, employed in response to overwhelming situations, whereby emotions are suppressed in order to increase alertness. DP is the third most common symptom following depression and anxiety, and has been found to be co-morbid within these presentations. Childhood emotional maltreatment (EM) has been identified as a vulnerability factor. The key aim of this study was to examine the mediating role of DP in the relationship between childhood EM and later psychological distress in young adults. In addition, other psychological factors related to DP were explored; current attachment and emotional expression. Method: This study included young adults (*N* = 761) aged 18-25 years, who completed an online survey that comprised of a number of self-report measures. Regression and mediation analysis were conducted. Results: The main results indicated that: DP significantly mediated the childhood EM-current psychological distress relationship and; EM, attachment-related anxiety and negative attitudes towards emotional expression predicted clinical cut-off levels of DP. Conclusion: The main finding suggested that young people who have a history of EM are more likely to experience higher levels of psychological distress via depersonalisation.

Individual Presentation (Student)

O' Leary, Caoimhe[1]; Guerin, Suzanne[1]; Scott, Anne Marie[2]; Buggie, Alison[2]; Ramsey, Hugh[2]; Flavin, Sheena[2] & Dodd, Philip[2]

[1]University College Dublin; [2]St. Michaels House Intellectual Disability Services

Evaluating the development of a community mental health intellectual disability service: Preliminary findings

Objective: There is growing awareness of the nature and impact of mental health difficulties among individuals with intellectual disabilities. This study discusses the preliminary findings of a process evaluation of a new community mental health intellectual disability service (CMHIDS) in one urban intellectual disability service. The present paper reports the views and experiences of staff members regarding the development and introduction of the CMHIDS. Method: Semi-structured interviews and a focus group were conducted with clinicians, management, and frontline staff (*N*=18) involved with the CMHIDS in order to ascertain their views about the development and delivery of the new service. Interview transcripts were then analysed using thematic analysis. Results: Thematic analysis highlights the challenges and supports influencing the development of the service, including organisational factors and external influences. Staff attitudes towards mental health in intellectual disability are also examined. Conclusion: The development of a new model of service is often shaped by multiple factors. Actively engaging key stakeholders in the development of community mental health teams may enhance the development and quality of such services.

Poster (Professional)

O'Leary, Nicky & Harris, Victoria

Dublin City University

Creativity in supervision

This workshop focuses on creativity as a means of facilitating exploration, experimentation, reflection, insight and understanding within supervision. It encompasses a cyclical model (Page & Wosket, 2015) to deepen and enrich the supervision process. The supervision space can be viewed as a place for collaborative investigation which can lead to new awareness and insights into casework. You will learn when and how to effectively use a range of techniques and be given the opportunity to practice. In debriefing, a focus will be placed on the benefits and the opportunities for learning. The main premise of the workshop is that supervision can be a playful and transformative experience, where both supervisor and supervisee are provided with opportunities for change. This approach may challenge our thinking, and allow us to consider other possibilities in an energetic and inquiring manner. The process of exploration in supervision enables us to bring the client more fully into the space and to facilitate supervisee disclosure. Come join us in exploring creative ways to ignite supervision and make it both an enjoyable and insightful experience.

Workshop

O'Leary, Rioghnach

Forensic Psychological Services

"I ate his liver with some fava beans and a nice Chianti"

Common perceptions of psychopaths are of charming men who manipulate others for their own pleasure and gain. They are notoriously narcissistic, callous and cold, selfish and superficial. But what in fact is a psychopath and should we be afraid of a person who is one? How do we measure psychopathy in forensic psychology? Is it possible to treat people who meet criteria for psychopathy? Why would we bother?

Inspire Session: Contemporary Issues in Forensic Psychology

O'Leary, Tess

University College Dublin

Peers versus parents: Psychosocial predictors of mobile phone involvement in adolescents

Objective: The mobile phone has become a ubiquitous feature in the lives of Irish adolescents, resulting in both positive and negative outcomes. The aim of this study was to explore the need for peer approval and parental supervision of mobile phone use as psychosocial predictors of mobile phone involvement (MPI), a potentially negative form of mobile phone behaviour in adolescence. Method: The variables were measured using a self-report questionnaire which was completed by 12-14 year old adolescents (*N*=79). Results: Significant relationships were observed between MPI scores and levels of parental supervision, r=-.22; and scores on the approach (r=.37) and avoidance (r=.94) sub-scales of the Need for Approval Questionnaire. Girls displayed significantly higher MPI than boys. Need for approval was also a stronger predictor of MPI in girls than in boys. Conclusion: Adolescents may be motivated to higher levels of MPI as a means of avoiding social disapproval. Findings also depart from the literature on gender differences with respect to other technologies, suggesting that mobile phone technology holds a particular appeal for females.

Poster (Student)

O'Neill, Carmel[1];Tiernan, Joan[2] & Byrne, Frank[3]

[1]The Institute of Technology, Carlow; [2]University College Dublin; [3]Leadership Journeys

Exploring the complexity of NOW within coaching supervision

This workshop explores the complexity of NOW – Needs of clients, Own coaching practice and Work. To do this the workshop will explore the themes of participation and work enrichment (Beer et al., 1985) within coaching supervision. These themes may be said to underpin an effective approach to coaching supervision, regardless of the theoretical perspective used. The aim of the workshop is explore thoughtful interpretations of issues concerning peer and group supervision. We are particularly interested in cases where coaching supervision has been integrated to meet the needs of both the client and the supervisee and which may have acted as a catalyst for positive change. Contributors will be invited to share their views during our workshop peer and group coaching supervision sessions. By attending this workshop, participants will find new pathways for developing more effective approaches to the complexity of NOW and be able to critique and refine their own approach to coaching supervision.

Workshop

O'Neill, Helen

The National Children's Hospital, Tallaght

Integration of a mindfulness-based group intervention for adolescents with chronic pain in a paediatric hospital

Objective: Children and adolescents with medically unexplained chronic pain are commonly seen in paediatric hospitals. They frequently present to Accident and Emergency, leading to admissions and costly medical investigations. In the absence of organic disease, chronic pain conditions are not easily understood and pain reduction focus is problematic. It is challenging for young people, caregivers, and medical teams to manage such conditions. Method: Research suggests mindfulness helps cultivate acceptance of pain and enhances quality of life. This study examines the use of mindfulness-based approaches as viable alternatives to usual treatment for chronic pain. It specifically examines the Mindfulness in Schools Project .b programme as a potentially suitable intervention for adolescents with chronic pain. Drawing on recommendations from the literature on teaching mindfulness to adolescents, and my reflections on teaching the .b programme to adolescents with chronic pain, it presents a

mindfulness-based group intervention that integrates the .b programme with additional components to meet the specific needs of this clinical population. Results: Pending. Conclusion: The Mindfulness in Schools .b programme with additional pain related components offers a promising intervention for adolescents with chronic pain.

Symposium (Professional): Psychology Interventions within Tertiary Hospital Settings (an IHPG Symposium)

O'Sullivan Curtin, Helen & Murphy, Mike

University College Cork

Introducing the Cork Attitudes toward Older Adults Scale

Objective: Negative attitudes to older people are socially problematic, and made more so by the increasing numbers of older people in our society. The form of prejudice can change with time; research on this topic, however, is commonly conducted using dated instruments. This study sought to develop a modern measure of attitudes to older people. Method: An initial 80-item pool was developed through a literature review and focus groups. The resulting instrument was completed by 303 participants and subjected to principal components analysis. The resulting scale was completed by 308 participants, subjected to confirmatory factor analysis, and correlated against a number of measures of related constructs. Results: The initial PCA yielded a 36-item, 4-factor scale. The subsequent CFA reduced this to a 34-item, 4-factor scale, with Cronbach's alpha of .88. The resulting Cork Attitudes toward Older Adults Scale (CAOAS) correlated strongly with the Fraboni Scale of Ageism, and moderately with Ageing Anxiety Scale and agreeableness. Conclusion: The CAOAS appears a valid and reliable modern measure of attitudes to older people, which may prove a useful research tool in work on ageism and attitudes to the old.

Individual Presentation (Professional)

O'Toole, Catriona

Maynooth University

School-based mental health initiatives: Building solidarity or promoting individualism?

Objective: With increased concern about the wellbeing of children and young people, schools have been deemed an ideal setting for mental health promotion. Method: The current paper explores and critiques the dominant approaches to school-based interventions. Results: The utility of approaches that are coherent and based on well-established principles and theory is acknowledged. However, drawing on contemporary dynamic systems theories (e.g., Lerner, 2006) and educational theory (e.g., Freire, 1970) it is argued that contemporary mental health programmes are often overly individualistic and take little account of children's dynamic social and cultural contexts. They frequently fail to acknowledge broader injustices that are often a root cause of children's distress. As such, mental health interventions are in danger of maintaining existing structural inequalities by placing the burden for change on individual children. Conclusion: This paper argues that equitable and sustainable approaches will require a shift toward initiatives that build solidarity, take affirmative action to correct social injustices, and promote a goodness-of-fit between individuals and their diverse social contexts.

Individual Presentation (Professional)

Pinto-Grau, Marta[1&2]; Burke, Tom[1&2]; Lonergan, Katie[1&2]; Murphy, Lisa[1]; Elamin, Marwa[2]; Hardiman, Orla[1&2] & Pender, Niall[1&2]

[1]Beaumont Hospital; [2]Trinity College, Dublin

A population-based study of language changes in amyotrophic lateral sclerosis: Further updates

Objective: Amyotrophic lateral sclerosis (ALS) is a multisystem disease also affecting cognition and behaviour. Cognitive impairment occurs in 40% of patients, although the magnitude and nature varies within patients. Co-morbid dementia occurs in 14% of patients. Executive functioning is the most common form of impairment reported. Language changes have been also described, although these have not been systematically studied. The present study aims to investigate the nature, frequency, and progression of language changes in a population-based sample of ALS patients. Method: As part of an ongoing project, incident ALS cases diagnosed in Ireland since December 2014 are recruited and assessed on a comprehensive neuropsychological battery, including extensive language assessment mainly based on the PALPA transcoding model. Patient performance is compared to an age-, gender-, education- and premorbid IQ- matched healthy control sample. Results: Preliminary results showed significantly lower performance on the patient sample (n=20) on irregular word reading (p=.002) and grammatical comprehension (p<.0001), compared to the healthy controls (n=30). Conclusion: Updated results will be discussed, also in relation to executive dysfunction, and relative to relevant published research and future directions.

Poster (Student)

Prentice, Garry[1] & Schofield, Keith[2]

[1]Dublin Business School; [2]University of Huddersfield

Respect, recognition, remuneration and support for academic staff: Implications for professional identity, meaningful work, commitment, and student experiences

Objective: Employee job satisfaction has been linked to respectful treatment, positive relationships between colleagues, ownership of their work, independence, recognition, advancement opportunities and employment equity (Gappa, Austin & Trice, 2007). This qualitative study examined these job satisfaction-related issues while taking into account traditional professional identities and values within academia, commitment to the faculty, continuous professional development and the transmission of knowledge to students. Method: Lecturers (N=5) from a university in Ireland participated in a series of in-depth semi-structured interviews. The semi-structured interview questions focussed on the lecturers' roles, job contribution to career development, contribution to the faculty, work conditions, the experience of teaching, engagement in research, attitudes towards support staff, work pressures, aspects of the job itself, job satisfaction and role expectations for the future. Results: Some of the themes that emerged from the interviews included the disconnect between faculty management and staff, the positive and negative aspects of the teaching experience, and the friction between the roles of teacher, researcher/practitioner and administrator. Conclusion: Thematic inter-relationships and background factor influences are discussed, alongside possible implications.

Poster (Professional)

Quinn, Elizabeth

Trinity College, Dublin

Breastfeeding support groups in Ireland: A mixed methods investigation from a cultural historical activity theory perspective

Objective: Breastfeeding support groups (BSGs) are effective in promoting breastfeeding initiation/duration, but women's views are not well reported with further research recommended to identify the most effective aspects. The study aims to; (1) identify the role of BSGs in providing information, support and encouragement to mothers in Ireland to breastfeed; (2) determine women's knowledge and attitudes towards BSGs; (3) ascertain if BSGs enable mothers to achieve own goals/outcomes; (4) explore women's experiences. Method: A mixed-methods approach was used with sequential mixed design, adopting a pragmatic approach. Online questionnaire were administered at two time points (n=978; n=412) and semi-structured interviews (n=15) were conducted. Cultural historical activity theory is the theoretical framework for analysis and design. Results: Mothers primarily contact BSGs to meet other mothers, with information on problems being secondary. Conclusion: Mothers access a wide range of BSG formats, creating new networks to meet their changing needs and circumstances and continue to participate in order to support other mothers.

Individual Presentation (Professional)

Quinn, Penny[1]; McGilloway, Sinead[1] & Surgenor, Paul[2]

[1]Maynooth University; [2]Pieta House

An exploratory service-based study of deliberate self-harm in Ireland: A hidden population?

Objective: To investigate the nature and extent of deliberate self-harm (DSH) amongst those attending national crisis centres (Pieta House) in Ireland and to assess clients' views of the service. Method: Secondary analysis of a large data set of clients who presented to Pieta House services with DSH (N=823) over a 15-month period. Results: Three categories of presenting issues were identified: DSH (23%), DSH with suicidal ideation (SI) (42%) and DSH, SI, with or without suicide attempt (SA) (35%).Clients were predominantly female, under 25 and with self-cutting widely reported (73%). Males were significantly more likely to present with more severe problems and to use more dramatic methods of DSH; more severe presenting issues were also significantly associated with a history of having friends who engage in DSH. The treatment completion rate was 36%. Clients reported overwhelmingly positive views about the service. Conclusion: This is the first study in Ireland to provide insights into a 'hidden population' of people who engage in DSH. A need for greater awareness of DSH and its links to suicidal ideation and behaviour in the general population is indicated.

Individual Presentation (Student)

Randall, Patrick

Forensic Psychological Services

Experts under pressure in court

Why do we need to be there? Who does it help? The "truth", does it matter? Psychology = "Junk Science?" "Field of Dreams" experts: if you pay them they will come! Is there a place for psychology in the courtroom?

Inspire Session: Contemporary Issues in Forensic Psychology

Robertson, Deirdre & Weiss, David

Columbia University

The exception that disproves the rule – Changing perceptions of older adults' social status

Objective: Negative age-related stereotypes often entail the perception that older adults are incompetent with low social status. In fact, social status is perceived to change across the lifespan from high status in midlife to low status in older adulthood. In the present research, we were interested in the antecedents of perceived social status loss. We predicted that because older adults are less likely to be seen in prestigious positions relative to middle-aged adults, they are perceived as having lower social status. According to this, a stereotype-inconsistent exemplar (i.e. older person in high-status position) should change people's perception of older adults. Method: In study 1, we examined whether in countries with a relatively older political leader, older adults are perceived as having higher social status. In study 2, we tested the causal link between stereotype-inconsistent exemplars and perceptions of older adults. Results: In line with hypotheses, the perceived social status of older adults was higher when participants were exposed to prototypes of older adults holding high-status positions. This was mediated by agentic personality attributions. Conclusion: We discuss the implications for interventions to change age-related stereotypes.

Individual Presentation (Professional)

Rodden, Bridget & Burke, Sheena

University College Dublin

The attitudes and beliefs of teachers to the inclusion of students with autism spectrum disorder in mainstream post-primary schools in the Republic of Ireland

Objective: This study sought to explore the role of the post-primary teacher in supporting students with autism spectrum disorder (ASD) in mainstream education and to examine the theoretical and practical knowledge base of these teachers. This study was conducted at three levels of analysis: the teacher as an individual, the school as an institution, and society in general. Method: A qualitative design using semi-structured interviews with post-primary teachers within a critical discursive perspective was employed. Results: The main interpretative findings of this study were that teachers indicated a strong desire to include students with ASD. Conclusion: This study highlights the complexity of inclusion as a construct especially at second-level, as it applies to students with ASD.

Symposium (Student): Research from the Edge: Educational Psychologists in Training

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Rowley, Dorothy

Dublin Business School

In the wake of marriage equality: An investigation of societal attitudes towards homosexuality

Objective: The study aimed to investigate potential relationships between religiosity, personal social contact, education and gender with societal attitudes towards homosexuality. Method: There were 295 participants (males = 56, females = 239) and a battery of measures were used. Results: Analysis of the data found a significant positive correlation between religiosity and homo-negativity in relation to gay males ($r = .226$, $p < 0.01$) and gay females ($r = .228$, $p < 0.01$). Personal social contact had a significant negative correlation with homo-negativity toward gay males ($r = -.366$, $p < 0.01$) and gay females ($r = -.322$, $p < 0.01$). The study also found a significant negative correlation between agreeableness and homo-negativity towards homosexual males ($r = -.149$, $p > 0.05$) and gay females ($r = -.162$, $p > 0.05$). Conclusion: Gender differences were found with female participants scoring lower than male participants in levels of homo-negativity in relation to both gay men and women.

Poster (Student)

Ryan, Aisling[1]; Fell, Mary[1] & Crehan, Edel[2]

[1]Trintiy College Dublin; [2]St. Patrick's University Hospital

Exploring outcomes of the Living through Psychosis group programme: Targeting emotional regulation for psychosis recovery

Objective: The emerging literature on emotional dysregulation has enhanced current conceptualisations and treatments of psychosis. The Living through Psychosis (LTP) group programme targets emotional recovery. The study examined the clinical utility of directly teaching emotional regulation skills. Illness perceptions and group processes may also influence outcomes and so the study explored participants' experiences of the programme. Method: A mixed-method, non-randomized, prospective follow-up study was conducted. In-patients and out-patients with a diagnosis of psychosis were offered LTP, which consisted of eight sessions over four weeks. Measures of intervention targets, clinical outcomes, relapse factors and recovery were administered to all 43 participants, at four time-points. Six participants were invited to engage in an interview about their experience of the programme. Results: The intervention was associated with a decrease in difficulties with emotional regulation, positive symptoms of psychosis and fear of relapse. It was also associated with an increase in mindfulness skills and recovery measures. No change was indicated on measures of illness perception. Qualitative findings indicated increased hope, feelings of self-efficacy and decreased self-stigma. Conclusion: Overall results support the potential utility of the Living through Psychosis programme.

Individual Presentation (Professional)

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Ryan, Eimear[1&2]; Finnegan, Miriam[1]; McInerney, Anna[1&2]; Smith, Finnian[1&3]; McGee, Colette[4] & Gaffney, Paul[1&2]

[1]ACTS; [2]Trinity College, Dublin; [3]Queen's University Belfast; [4]Oberstown Children's Detention Centre

The tip of the iceberg? Mental health screening of young people in detention in Ireland

Objective: This study explores the mental health of young people in detention in Ireland. Method: This study details the findings of 248 mental health screenings on young people aged from 13-17 detained in the Irish youth detention service across a two year period. The Massachusetts Youth Screening Instrument-2 (MAYSI-2) (Grisso & Barnum, 2000) is a North American developed brief questionnaire used as a screening tool for young people entering the juvenile justice system. It is a means of identifying signs of psychological distress across seven scales: alcohol/drug use, angry-irritable, depressed-anxious, somatic complaints, suicide ideation, traumatic experiences and thought disturbance. An initial MAYSI-2 was administered within 24 hours of each young persons' arrival, and where concerns were highlighted, a more detailed screening was completed, for a population whose mental health needs are difficult to assess in the community and who are often unwilling to engage in therapeutic interventions. Results: Over 90% of MAYSi-2 scores completed highlighted significant mental health concerns generally, especially in the areas of traumatic experience and alcohol/drug use. Conclusion: Implications are discussed in terms of follow-on interventions and the need for a flexible, in-reach mental health service for these vulnerable young people.

Individual Presentation (Professional)

Ryan, Miriam

Trinity College, Dublin

A virtuous circle: A grounded theory exploration of the good lives model

Objective: Sexual offences evoke strong emotional responses and frequently elicit demands from society that offenders be indefinitely incarcerated or treated until they are deemed safe. Responding to such demands may impact the type of treatment offenders receive. In recent years, there has been a proposal to move towards a positive, strengths-based treatment approach, namely the Good Lives Model (GLM), although this has sometimes been criticised for lacking empirical evidence. Method: This study used semi-structured interviews and a constructivist grounded theory approach to examine the experience of thirteen men who were voluntarily engaging in, or had completed a GLM community-based treatment programme. Results: A conceptual model emerged which outlines the process the men underwent, the factors they identified as crucial for change, and the perceived gains. Results emphasised the significant role therapeutic alliance and intrinsic motivation play in treatment efficacy and suggests that our existing knowledge about the efficacy of therapy with other client groups is relevant to clients who have sexually offended. Conclusion: Implications for future research, prevention and treatment are discussed.

Individual Presentation (Professional)

Slattery, Sonya & Kinsella, William

University College Dublin

The student engagement instrument: Exploring its potential in systems-level assessment-to-intervention planning in a second-level school

Objective: The aim of this study was to explore the potential use of the Student Engagement Instrument (SEI) in examining engagement patterns amongst second-level students and in identifying possible interventions. Method: The Student Engagement Instrument (SEI) is a self-report survey that is designed to measure cognitive and psychological engagement with school. It was administered to 155 female pupils in second year in one secondary school. The data emerging from the instrument were compared with existing school data pertaining to academic performance, school attendance and disciplinary referrals. Qualitative data were also collected from the students in the form of open-ended questions. Teachers' views on the instrument were also accessed. Results: The constructs, Teacher support for learning and Control and relevance of school work emerged as important indicators of engagement in this sample. Results highlighted the important role of teacher-student relationships in promoting student engagement. The findings also emphasise the importance of the psychological processes of autonomy, competence, and relatedness, in understanding student engagement. Conclusion: The results provided positive indications for the potential use of the SEI for systems-level assessment and intervention planning at second-level. It is concluded that the instrument is a useful tool for use in second-level schools to identify both protective and risk factors that may be operating at school level, which can inform interventions designed to enhance school engagement.

Symposium (Student): Meeting Student Needs and Enhancing Student Engagement

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Smith, Lucy & Byrnes, Eric

Health Service Executive

Experiences of and resilience against stigma in relation to mental health

Objective: Direct client-clinician contact indicates mental health stigma to be an issue for those engaged in services. The current study aimed to contribute to the limited existing research within Ireland by exploring stigma experiences and resilience among service users. Method: Forty-nine adult mental health service users completed demographic questionnaires while attending appointments. Of these, twenty-five expressed interest in taking part in a focus group exploring mental health stigma. Two semi-structured focus groups were conducted, transcribed, and subjected to thematic analysis. Results: Both groups revealed experiences of mental health stigma. Core themes included: externalised stigma (experiences of ridicule, family denial, sense of marginalisation, institutional stigma); anticipatory stigma (concealment, isolation, protection); internalised stigma (conflict about being seen using the service, negative self-view, weak locus of control); loss (relationships, occupation, education, potential); wellness and recovery (self-disclosure, strategies, therapy); and the need for education (public and institutional). Conclusion: Stigma is experienced by service users within personal, familial, social, and institutional domains. The impact, however, is divergent: either stimulating users toward advocacy and self-empowerment or increasing distress and further impairing self-worth and efficacy.

Individual Presentation (Professional)

Stapleton, John

University of Limerick

Auditing the suicide assessment and treatment service collaborative assessment and management of suicide data

Objective: To audit the Collaborative Assessment and Management of Suicide (CAMS) data gathered from service users attending the suicide assessment and treatment service and explore the outcomes for these individuals. Method: Pre post comparison of self-rated suicide specific risk ratings, and suicide specific core Likert scales from the suicide status form, categorical analysis of qualitative data regarding reasons for living and dying, reasons for pain, stress, hopelessness and self-hate. Results: Results were consistent with previous data published relating to the effectiveness of the CAMS model in reducing self-rated risk of suicide and types of experiences described by service users in the qualitative data. Conclusion: The CAMS model is a practical, clinically useful model that has real world efficacy in managing suicidality in an adult mental health service. Results are promising for its effectiveness in addressing suicidal risk in mental health care.

Symposium (Professional): Establishing a Suicide Specific Treatment Service in an Adult Mental Health Context - Process and Outcomes

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Stenson, Caithlin; Pelligrino, Sean; Watters, Cynthia; Gillan, Emmeline; & Watters, Johnny

Health Service Executive

A pilot study to examine the feasibility and acceptability of a mindfulness and relaxation group in mental health in intellectual disability services

Objective: Research in the area of relaxation and mindfulness and people with intellectual disabilities (ID) has revealed encouraging outcomes. Recent studies have shown reductions in psychological symptoms such as depression and anxiety. Positive outcomes include personal growth, self-compassion and increased mindfulness. There is limited research available on this topic in Ireland to date. Method: The current service initiative aims to pilot the use of a mindfulness and relaxation group with people accessing a mental health ID service in the west of Ireland. The team conducted three separate groups over the course of a six month period. Results: The findings from the evaluation of one group showed that the majority of the participants found the group helpful and relaxing. Conclusion: There were some challenges in running the groups, including participants committing to the group rules and completing the home practice. Suggestions for ensuring smooth running of the groups are outlined. This pilot research will inform mental health ID teams on the clinical practice of incorporating mindfulness.

Poster (Professional)

Twomey, Valerie

Brainworx

An examination of perceived experience of healthcare services with patients with chronic disease in Ireland

Objective: Chronic disease in Ireland is currently reported by 38% of the adult population. Modern integrated health systems recognise that they need to be proactive and engage citizens to support healthy lifestyles. A consideration of the patient perspective is an important first step in addressing these challenges. Method: The present study conducted a qualitative, thematic analysis of seven semi-structured interviews with patients, all of whom had a formal diagnosis of one or more chronic diseases. Results: Five themes emerged, which reflect that individuals with chronic disease in Ireland experience high levels of treatment burden and significant challenges managing their disease. Patients report significant psychological effects of managing chronic disease, many of which emerge as a result of poor exchange of information between the patient and healthcare provider. Positive experience of chronic disease management was evident in some interviews and all participants showed resilience and coping associated with disease progression. Conclusion: This study's findings suggest that health and social care services can be re-organised to meet the often complex needs of patients with chronic disease.

Poster (Professional)

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van Wijnen, Erik; Nieuwstraten, Inge; & Murphy, Mike

University College Cork

A mixed method study of barriers and mediators to help-seeking in Irish college students

Objective: Stigma and being male are major barriers to help-seeking in young people with psychological distress. Impulsivity and alcohol consumption are associated with suicidal intention and execution. This mixed method study investigates barriers and mediators to help-seeking in an Irish student sample. Method: Three hundred students (*M*=22.01 years) completed a mixed method survey, including the Attitudes towards Seeking Professional Help Scale, Barrett Impulsiveness Scale, Multidimensional scale of Perceived Social Support, Eysenck Personality Questionnaire: BV, the Perceived Stress scale and the AUDIT (measuring alcohol-consumption patterns). Responses to four open-ended questions were analysed using thematic analysis. Results: Gender best predicted attitudes towards help-seeking in both bivariate and multiple regression analyses. Other weak relationships were found between independent variables and attitudes towards help-seeking. Themes which were identified as motivators to seek help included loss of functioning, the fear of causing harm to self and others and damaging personal relationships, presence of social and possibly financial support. Not all participants were aware of the services available to them. Conclusion: Alcohol consumption is not a predictor of help-seeking behaviour. Female scores were higher on the Perceived Stress Scale.

Poster (Student)

Walsh, Caroline & Hyland, Pauline

Dublin Business School

Body image dissatisfaction in inflammatory bowel disease: disease type, treatments, DASS and general happiness

Objective: This research aimed to examine the association between body image dissatisfaction (BID) in patients with inflammatory bowel disease (IBD) with factors relating to their disease and emotional states. Method: Participants (*N*=111) completed a self-report questionnaire on demographics, disease type, disease activity, drug therapies and surgical procedures coupled with the Depression Anxiety and Stress Scale (DASS) and the General Happiness Scale. Qualitative questions addressed the interference IBD had on the patient's daily life. Results: The results found a significant difference in BID in patients with Crohn's disease, moderate to severe disease activity and cortisol steroid drug therapy. BID was found to significantly predict DASS and general happiness in patients. Depression and anxiety were found to predict BID revealing a bi-directional relationship. Qualitative analysis suggested that 71.1% of patients had concerns over their appearance and 80.8% of patients reported that these concerns had affected their lives. Conclusion: The presence of BID, negative emotions and the interference these have on patients functioning should be considered as important factors in the treatment of IBD.

Poster (Professional)

Walsh, Marie

Limerick Institute of Technology

Researchers beware! – An analysis of the use of the Post Traumatic Growth Inventory as a research tool with vulnerable groups

Objective: The primary research objective is to understand how 'meaning making' contributes to post traumatic growth (PTG) in women in remission from cancer. The objective of this paper is to present the model of post traumatic growth (Tedeschi & Calhoun, 1996) and to analyse the Post Traumatic Growth Inventory (PTGI 42) as a research tool. Method: The sample is a group of 100 women accessed through Cancer Support Centres. Research is mixed methods. A sample of 29 participants took part in a semi-structured interview and 100 participants completed two questionnaires (Core Beliefs and PTGI 42). Result: Results will outline the origins and development of the Post Traumatic Growth model as well as indicating potential future trends. The use of PTGI 42 as a research tool will be analysed and recommendations made. Conclusion: Implications for researchers working with PTG and vulnerable groups that have experienced trauma will be discussed. Specific issues and cultural considerations need to be addressed for effective implementation of PTGI 42 as a research tool.

Poster (Student)

Walsh, Rosemary

St Vincent's University Hospital

Tai chi or not Tai chi? Exploring alternatives for chronic joint pain management- A feasibility study

Objective: To describe a psychology-led hospital study exploring Tai chi as a chronic joint pain self-management intervention. Joint pain affects millions of people worldwide (IASP, 2016). It can be manageable but treatment is often inadequate as there are barriers to exercise/conventional evidence-based

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cognitive-behavioural rehabilitation modalities (Kroll, 2016). International pain associations (IASP/ EFIC/ IPS) identified quality of life and mental health issues with undertreated joint pain. 2016 was dedicated as the Global Year against Joint Pain to raise awareness and explore novel treatment alternatives. The author hypothesised Tai chi, a low impact slow movement psychophysical process, could underpin modified multidisciplinary joint pain management programmes. Method: A three-step quality improvement plan (QIP) was devised. A Tai chi-based pain programme was approved and piloted as part of management course quality initiative. Results: Qualitative findings were descriptively analysed and will be presented. Conclusion: The feasibility study indicated Tai chi was promising for joint pain. Clinical implications and pilot findings will be discussed.

Symposium (Professional): Psychology Interventions within Tertiary Hospital Settings (an IHPG Symposium)

Walton, Jennifer[1]; Bogue, John[1], Duggan, Jim[1] & Melia, Ruth[2]

[1]National University of Ireland Galway; [2]Health Service Executive

The development of a suicide prevention mobile app: A case study

Objective: Many people at risk of suicide do not seek help. Mobile health (mHealth) interventions are now being promoted as a means of addressing the two main obstacles to help-seeking: stigma and geographical isolation. The current study describes a collaboration between CAATCH, a Galway community-based suicide prevention initiative, and a multidisciplinary team of researchers from NUI Galway in the development and evaluation of a suicide-prevention app. Method: Development of the app involved the following steps: a review of research and theory relevant to the area; involvement from community services; adherence to relevant national policy; the involvement of subject matter experts; setting clear inclusion and exclusion criteria for services; user engagement; and ongoing evaluation of the app in terms of content and usability to inform further development. Results: Preliminary evaluation data showed that the app was easy to navigate, that the content delivered was helpful, and that users would recommend the app. Conclusion: mHealth technology shows considerable promise in the area of suicide prevention. Further outcomes-based research and development of mHealth technology should be actively promoted as part of any suicide prevention strategy.

Poster (Student)

Watters, Cynthia & Adamis, Dimitrios

Health Service Executive

Exploring the impact of attention deficit hyperactivity disorder in adulthood: A qualitative study

Objective: Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder, which many recognise as a childhood disorder. Yet, follow-up studies of children with ADHD reveal that symptoms can persist into adulthood. Clinical research has shown that adults with ADHD often experience comorbid difficulties, including depression, anxiety, and substance abuse, which can impair functioning, well-being, and health related quality of life. There is limited qualitative evidence of the unmet needs and experiences of adults with ADHD. Method: A maximum of 15 individual semi-structured interviews are currently being conducted. Interviewers aim to elicit commentary in several areas, including daily life, social, psychological and physical functioning, a developmental overview of ADHD symptoms, negative and positive effects of ADHD, as well as experiences of accessing services for their symptoms. Results: This research hopes to provide a more in-depth insight into the experiences of living with ADHD in adulthood. Thematic analysis will be used to compare within and across respondents' experiences. Conclusion: This research will provide rich data regarding the lived experiences of the psychological and psychosocial impact symptoms of ADHD can have in adulthood.

Poster (Professional)

Watters, Cynthia & Flanagan, Lisa

Health Service Executive

A retrospective evaluation of the early intervention autism spectrum disorder diagnostic process in the Sligo/Leitrim area

Objective: It is important that health care providers such as early intervention teams (EIT) monitor service delivery in order to ensure timely and reliable diagnosis. The main aims of this research were (1) to evaluate the referral process to EIT, (2) to evaluate the autism spectrum disorder (ASD) diagnostic pathway and (3) to gather qualitative feedback regarding the parent's experience of the diagnostic pathway. Method: Children who were referred to EIT were included in this analysis if they received a diagnosis of ASD in 2015 or early 2016 (January, February, March, April) either privately or through the HSE. Telephone interviews were carried out to gather feedback from the parents. Results: Twenty-three children were included in this analysis. The majority of feedback from parents was positive, yet suggestions for improvement are given. Conclusion: Early diagnosis increases the opportunity to seek appropriate specialist intervention. However, due to current resources, there can a large amount of time between initial referral and diagnosis. This evaluation will inform health care providers working in EIT on the most up-to-date practice in the ASD diagnostic pathway.

Poster (Professional)

Watts, Mike

GROW & Trinity College

Creating and accessing dialogues of healing, positive identity, hope and resilience within your local community

A recent narrative study which explored the recovery stories of 26 members of GROW, an Irish based mutual help movement, identified multiple levels of personal and social dialogue which, over time, tended to lead individuals into places of personal isolation, terror and alienation (diagnosed as 'mental illness') or into a time of healing, hope, positive identity and resilience, through progressive stages of reciprocal involvement with others. From their accounts of becoming 'ill' and of recovery, each participant could be understood as a unique human spirit dwelling within a series of ever changing story telling bodies existing at the physical, bio-chemical, emotional, cognitive and behavioural levels, which were in ongoing dialogue with a heteroglossia of social story telling bodies represented by family, peers, authoritative others, communities, regions, nations, businesses, politics and world events. This workshop explores how mental health professionals might work with people to create uniquely personal recovery maps which could encourage participation in dialogues of healing, hope, positive identity and resilience already existent within their local communities.

Workshop

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