



NORTHUMBRIA
UNIVERSITY

PGR MENTAL HEALTH
CONFERENCE

ABSTRACT BOOKLET

SEPTEMBER • 13 • 2019



EVENT PROGRAM

SEPTEMBER • 13 • 2019

| | |
|-----------------------------------------------------|---------------|
| REGISTRATION | 09:30 - 10:00 |
| WELCOME TALK | 10:00 - 10:15 |
| KEYNOTE - JOHN SCOTT | 10:15 - 11:00 |
| 'WHAT WORKS FOR ME' SESSIONS | 11:00 - 12:00 |
| LUNCH & POSTER/ARTWORK SESSIONS | 12:00 - 13:00 |
| 20 MINUTE PRESENTATIONS | 13:00 - 14:00 |
| BREAK | 14:00 - 14:20 |
| 20 MINUTE PRESENTATIONS | 14:20 - 15:00 |
| FEEDBACK* & CLOSING TALK | 15:00 - 16:00 |
| CONFERENCE ENDS | 16:00 |
| FOOD & DRINKS TO CELEBRATE IN NEWCASTLE (HOLY HOBO) | |



Northumbria University
NEWCASTLE

KEYNOTE SPEAKER



JOHN SCOTT

ABOUT

John Scott
Scottish comedian, won
'Spike Milligan Award' for
emerging talent. First
performed at the Stand in
Newcastle. He self identifies
as a mental health service
user - he uses his experience
of mental health and ill-
health to inform his comedy
sketches

SOCIAL

Twitter: @JohnScottComedy



**Northumbria
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20 MINUTE PRESENTATIONS



FELICITY E. ADAMS¹
&
NATALIE E. ILSLEY²

¹ Keele University - School of Law (Law)

² Keele University - School of Humanities (Cultural Studies)

TITLE

Attempting the Impossible? The Impact of Neoliberalism upon the Wellbeing of Feminist PGRs

ABSTRACT

A growing body of scholarship highlights the impact of neoliberalism on the foundations of academia - namely on the research and pedagogies underpinning our institutions (Sanders-McDoagh and Davis, 2018). Some of this research foregrounds the impact of increasing neoliberalisation on feminist praxis within the academy (Tzanakou and Pearce, 2019). However, limited attention has been accorded to examining the specific effects of this neoliberal environment on the wellbeing of PGRs pursuing "feminist" projects. This paper explores the intersection between feminism and the wellbeing of PGRs who navigate these surroundings.



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20 MINUTE PRESENTATIONS



SARA YOUNG

Northumbria University - Mental Health Nursing (PGR)

TITLE

Early Intervention for Child and how together we can Make It Happen

ABSTRACT

The mental health service in the UK is at crisis point! There are currently 700 thousand children on the waiting list for CAMHS, the child and adolescent mental service. That doesn't include the children and young people who've been through CAMHS without a diagnosis and no therapeutic intervention, which is when parent's at crisis point turn to the service we provide. Changing Minds with Pick up a Penny and my PhD will provide enough evidence to begin to change the current mental health service.



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20 MINUTE PRESENTATIONS



CLAIRE BRADNAM

Northumbria University - Department of Industrial Design

TITLE

The Anti Thesis: Reflections on doing a PhD when you identify as the antithesis of an academic

ABSTRACT

When I finished my undergraduate degree I vowed I would never go back into academia. I had begun my degree struggling with my mental health and by the end of it I was profoundly unwell. I had numerous 'reach-out fails' which had destroyed my faith in services and support around me.

Fast forward 10 years and I've started a PhD. I have coping mechanisms to manage my mental health, but I still would not say I'm flourishing. In this talk I will share my strategies for managing my mental health and the normalisation culture of struggle in the academic community. We will then explore whether the PhD system needs a radical redesign and what it would like if it better responded to our needs.



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20 MINUTE PRESENTATIONS

CLAIRE BRADNAM¹ & ALEXANDRA TINNING²

¹ Northumbria University

² Northumbria University

TITLE

Prey on Our Mind: Craving Answers to Questions

ABSTRACT

As Service Designers in a Mental Health Service setting, our natural coping mechanism for the problems we encounter is to question the status quo and seek out better solutions.

Sometimes our Design methods and mindsets provide an answer and our mental wellbeing is balanced, sometimes we get an answer but the process to the answer affects us, sometimes more questions come and we are off balance. We would like to reflect on what we have learnt so far, how the process has affected us and what divergent thoughts are still in the air and therefore affecting our mental wellbeing

| | Designer mental wellbeing | CoDesigner mental wellbeing |
|-------------------------------------|---------------------------|-----------------------------|
| What we have learnt.. | + - | + - |
| How the process has affected us. | + - | + - |
| Questions still prying on or minds. | + - | + - |

Figure 1 - Designery ways to solve problems in a Mental Health context.
The focus of the presentation will be to run through this table which will be populated.

BIOS

Alex and Claire are both Service Designers working within Mental Health Services. As researchers they are interested in the problems that lie within this context. The methods and mindsets they employ are rooted in Design led innovation. Design led innovation offers ways to uncover the problem and suggest potential future realities. There is a lot written about the tools, techniques and service outcomes of using this process but little of the human dimension throughout the design process. They are interested in the human dimension throughout a Design led innovation process.



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20 MINUTE PRESENTATIONS



MICK HILL

Associate Professor - Northumbria University

TITLE

Power, Threat, Meaning and PGR
Processes

ABSTRACT

One recent theory - The Power Threat Meaning Framework (PTMF) argues that in understanding mental ill health, it is more important to understand peoples past experiences, what challenges they face now, how they respond, and what this actually means to the person.

PTMF (Johnstone et al., 2018) signifies a move towards a conceptual system that is no longer based upon a medical/disease model of psychological distress, but rather a one that is explicitly social (Division of Clinical Psychology, 2013). PTMF proposes a framework for explicitly social formulation. Key questions include:

1. "What has happened to this person in the past?" What baseline adversities has a person experienced?
2. "What has happened to this person recently?" What threats have presented recently including e.g. relationship breakdown or separation?
3. "What did the person do to in response to the threat(s)?" Threat responses might include e.g. suppressing memories, self-injury, bingeing, compulsive activity etc. And;
4. "What does this mean to the person?" e.g. What sense (meaning) does a person accord to such events? What is the manifest social response?

I argue that this framework can be used as a framework from which to understand difficulties that people negotiate in completing a PhD.



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SE KWANG HWANG

Reader

20 MINUTE PRESENTATIONS

TITLE

Understanding the Specific
Challenges to Mental
Wellbeing Arising from
being an Overseas PGR
Student Studying in the UK



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20 MINUTE PRESENTATIONS

SCARLETT ROWLAND¹,
GAVIN WOOD¹,
DANIEL HARRISON²,
SHAUN LAWSON¹
&
JOHN VINES²

¹ Northumbria University - School of Computing - Dept. of Computer and Information Science
² CoCreate - School of Design - Northumbria University

TITLE

An Exploration into Digitally Mediated
Social Connectivity and Peer Support for
Postgraduate Research Students

ABSTRACT

We describe 'Pears', a hybrid digital-physical toolkit to support social connectivity between PGR students. Pears comprises; (i) a physical journal that encourages creative activities to promote reflection, and (ii) a smartphone application to share these activities among a network of peers and to organise in-person meetings. Pears was co-designed with PGR students as part of the ESRC-funded "Loneliness in the Digital Age (LiDA)" project. We discuss our findings from a four-week evaluation of the platform, highlighting how it promoted peer support by facilitating new social connections and the sharing of both knowledge and stories of navigating the PGR experience.



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20 MINUTE PRESENTATIONS



JANE ANDERSON PHD

Founder Director - JCA Consult Ltd

TITLE

A Place to Breathe and Time to Think

ABSTRACT

Does your study environment support you? What do you need from it? Are you still ricocheting around under its arbitrary sensory provocations, convinced that the intellect will overcome and that you can learn anywhere and everywhere whatever the circumstances? This is possible but working in an inappropriate setting is depleting and counterintuitive when almost any embodied space can be tailored to become a supportive 'friend'.

Join us to consider your study microsystems according to sociospatial reciprocity theory (Anderson, 2018) and learn how, by applying place therapy (Anderson, 2018) you can bring joy to your learning life through your places.



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20 MINUTE PRESENTATIONS



MATTHEW JOHNSTON

Vice President Postgraduate
Northumbria University

TITLE

Student Mental Health via Student
Unions

ABSTRACT

Students increasingly are demanding more support from their institutions in regard to the mental health and wellbeing. Whilst there has been a lot of new and innovative ideas addressing this issue in regard to undergraduate support, there is now an increasing view towards PGR experience and in particular their mental health and wellbeing needs. This project has been designed with the Students' Union and the Mental Health Lead Reps to look at the particular triggers of PGR life at Northumbria and is designed to improve the culture of PhD study so that wellbeing is ingrained in the PGR experience.



**Northumbria
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20 MINUTE PRESENTATIONS



JOHN ROOKSBY

Senior Lecturer - Northumbria University - Department of Engineering and Environment

TITLE

Student Perspectives on Digital Phenotyping: The Acceptability of Using Smartphone Data to Assess Mental Health

ABSTRACT

A growing body of interdisciplinary research has successfully demonstrated that using sensor and interaction data from students' smartphones can give insight into stress, depression, mood, suicide risk and more. To date, little work has addressed the human and ethical side of this so called "digital phenotyping", including how students feel about being monitored, I will present findings from in-depth focus groups, prototyping and interviews with students about this area, focusing on acceptability. The outcomes of the study have been published.



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ACADEMIC POSTER/ VISUAL ART

CHILLI STUDIOS

Chilli Studios began in 2004 under the name NAGAS (Newcastle and Gateshead Art Studio). It is a charitable organisation running a user-led creative studio service (including disciplines across visual arts, music and performance) four days a week from their base in Newcastle. The studio provides a clear pathway of recovery for those suffering the effects of, or at risk of experiencing mental health issues.

Chilli Studios mission is:

"To provide a sustainable service that engages people in creative activity, which promotes social inclusion and interaction, develops skills and ability which builds resilience, enables potential and improves wellbeing."

<https://www.chillistudios.co.uk/>

Chilli Studios will provide several art pieces for the conference and they are on display in the poster area,





ACADEMIC POSTER/ VISUAL ART

MAD-STUDIES

Mad Studies is a relatively new academic discipline, which has emerged from the diverse fields of critical disability studies, anti-psychiatry, survivor movement, activism and key social theorists. A module at Northumbria University is one of the first in the UK, inviting students to examine the concept of madness through the perspectives of mental health service users and psychiatric survivors. Present on the module are both experts by experience and traditional students.

All the students have used the internet, art and other mediums to both explore the challenges and celebrate differences in the field of mental health. A sample of their assessed work will be on display in the poster area.

Dr. Toby Brandon, Reader in Mental Health and Disability at the Department of Social Work, Education and Community Wellbeing of Northumbria University at Newcastle will be there to provide further information



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ACADEMIC POSTER/ VISUAL ART

JOHN ROOKSBY,
MARTA CECCHINATO,
PARVIN ASADZADEH,
EMMA ANDERSON
&
MEGAN DOHERTY

TITLE

A Field Trial of a Mobile App Linking
Physical Activity and Mental Health

ABSTRACT

There is good evidence that being physically active can help people avoid and mitigate mental health problems and improve mental wellbeing. Currently, most mobile technology to encourage physical activity emphasises weight loss or improved physical performance. We have developed a mobile application that links walking to mental wellbeing. In this poster we will present initial findings from in depth interviews with 21 undergraduate and postgraduate students that have used the app for one month. We find support for the idea and for tracking wellbeing, but most participants wanted more emphasis and support for vigorous physical activity rather than walking.



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ACADEMIC POSTER/ VISUAL ART

CLAIRE MCGROGAN

Northumbria University - Department of Health & Psychology

TITLE

Emotion Regulation Strategies

ABSTRACT

A number of strategies used to regulate positive affect have been identified as having particular relevance mania risk and the development of high mood symptoms. However, it is suggested that previous research is confounded by the lack of consideration of key contextual factors. This study aimed to investigate the influence of context and affect intensity on emotion regulation and context on mood symptoms. 174 participants (mean age = 20.77, SD = 2.2) completed an online survey assessing beliefs about emotion malleability, hypomanic personality and self-reported use of a range of emotion regulation strategies in response to both high and moderate positive affect in social and achievement relevant contexts. Context and affect intensity predicted use of emotion regulation strategies, however this relationship was mediated by mania risk. Beliefs about emotion malleability were also associated with mood symptoms.



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ACADEMIC POSTER/ VISUAL ART



MITCHELL JAMES HOGG

Northumbria University - Department of Social Work

TITLE

Investigating the Feasibility of a Single Ocean Breathing Training Session upon the Symptomology & Autonomic Functioning of Sub-Clinically Anxious Individuals

ABSTRACT

A Mixed Methods Project.

This mixed-methods project investigated the feasibility of a single ocean breathing training session upon the symptomology and autonomic functioning of individuals with sub-clinical levels of anxiety. During stage (i), twenty-one participants had changes in their intervention compliance rates, inter-beat interval variation, anxiety & depression symptomology scores assessed over a two-week practice period. During stage (ii), follow-up focus groups evaluated six participants' practice experiences. The intervention could be altered to ameliorate practice barriers through the inclusion of instructional audio recordings and online support groups. Future research should examine claims that the practice reduces insomnia within highly anxious individuals.



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ACADEMIC POSTER/ VISUAL ART



SCOTT HOUGHTON

Northumbria University - Faculty of Health & Life Sciences

TITLE

Comparing the Twitter Posting of British Gambling Operators and Gambling Affiliates: A Summative Content Analysis

ABSTRACT

The current study aimed to assess the type of content posted on Twitter by British gambling operators and gambling affiliates. 5,059 tweets from 5 gambling operators and 8,315 from 5 gambling affiliates were collected over a 2 week period. A summative content analysis was carried out whereby each tweet was coded for its main content. It was found that operators had a higher proportion of posts in the sports and humorous content categories, whilst affiliates had a higher proportion of posts within the direct advertising and betting assistance categories. This suggests that affiliates are more direct in their posting style whereas operators follow a more indirect approach, reflective of a branding strategy



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ACADEMIC POSTER/ VISUAL ART



AUDREY LINDEN

Northumbria University - Department of Psychology

TITLE

Recovery from Mental Health
Difficulties

ABSTRACT

The two paintings I have submitted are on the subject of recovery from mental health difficulties. It seems common for mental health awareness events to focus on conditions such as anxiety and depression, but some of the underlying reasons that some people struggle with these, and other severe mental health conditions are often not acknowledged. I'm a PGR at Northumbria, and I also have a complex trauma condition. I've struggled with this for over 20 years, but the work I've been doing to recover has been particularly intense over the last few years that ended up coinciding with working on my PhD. These two pieces are about finding my way through this process.



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WHAT WORKS FOR ME

JANE MURRAY

RMN, BA(Hons), MSc, FHEA

Senior Lecturer - Mental Health - Northumbria University

Department of Nursing, Midwifery & Health

TITLE

Looping and the Tomato

ABSTRACT

As a very lax student and member of staff I have some very strong tensions between workload and studying for my PhD. I really struggle to focus on what I need or want to write. That was until I was introduced to looping and the pomodoro (tomato) technique! I can now focus in short by very productive bursts with the aid of my tomato timer and looping to give me a structure to follow, even when the words are difficult to find.



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WHAT WORKS FOR ME



KATIE LINDEN

Newcastle University

TITLE

Postgraduate Research when you have Lived Experience of your Field of Study

ABSTRACT

I would like to present on coping with postgraduate research when you have lived experience of your field of study. Anecdotally, it seems common for PGRs in psychology and allied health disciplines to study subjects they have a personal link to, and I think it would be valuable to acknowledge the specific challenges and strategies involved in this.



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WHAT WORKS FOR ME



ALEXANDRA TINNING

Northumbria University - Department of Industrial Design

TITLE

Affinity Mind(full) Map:

ABSTRACT

The Affinity Mapping process works for me to sort and visualise my thoughts when I have a full mind and feel in need of getting it all out. I would like to present a large work in progress Affinity Mind Map of my current mental wellness (A0 in size) and open up for others to add their thoughts, feelings and actions, whether they are positive or negative. By the end of the conference we would have a visual sense of what themes are playing on our collective minds.



Inspiration: <https://www.flickr.com/photos/aaronlane/5090557998>

Affinity Mapping: A common method used in Design Innovation for making sense of a mass of information and visualising where connections and tensions lie.



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WHAT WORKS FOR ME

NICOLA COWLEY

Northumbria University - Biomedical Sciences

TITLE

What Works For Me?

ABSTRACT

Completing a PhD can definitely make you feel like you have no time for any other aspect of your life, but there are ways to manage that, with the right combination of friendly support, scheduled activities outside University, and knowing when to just stop and breathe. Find out more today.



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Artwork by:

Kelly Jane

Booklet Produced by:

Dean Thompson

Any enquiries please contact:

dean.thompson@northumbria.ac.uk

Organisational Committee:

Isobelle Kennedy

Peter Kruithof

Jack Nicholls

Michael Hill

Toby Brandon

Jill Marshall

Matthew Johnston

Audrey Linden

Acknowledgements

*Please feel free to join us after the conference for drinks at the **Holy Hobo** bar, located at just a 5 minute walk away from Northumbria campus. Thank you for attending!*



BSA



northumbria
students' union



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