



NUI Galway
OÉ Gaillimh



HPRC
Health Promotion Research Centre

Health Promotion Research Centre

Research Activities

January to December 2019





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National University of Ireland Galway
www.nuigalway.ie/hprc

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Welcome

2019 was a year of productivity and innovative projects in the Health Promotion Research Centre and it was also a time to celebrate. Professor Margaret Barry was appointed as Global President of the International Union for Health Promotion and Education. The election took place at the 23rd World Health Promotion Conference in New Zealand in April, 2019. Margaret is the first woman to be appointed to this position in over 50 years and we are very proud of her achievements and this recognition of her work and leadership in Health Promotion. 2019 also marked twenty five years of Ireland's involvement in the Health Behaviour in School-aged Children study. Professor Nic Gabhainn has led the study since 1994 with six rounds of data collection now complete.

2019 also saw the launch of the University's new strategy where values of Respect, Openness, Excellence and Sustainability are at the fore. Our Centre is committed to this strategy and our own Health Promotion values are complementary. One of our strategic priorities included implementing a knowledge translation planning tool for health promotion which all staff are now using.

Our projects continue to meet the needs of communities, populations, service providers and academic scholarship and span both local, national and international interests. The collaborative and increasingly participative work of the Centre was evident in the 23rd Health Promotion annual conference chaired by Professor Saoirse Nic Gabhainn and myself. Close to 200 people including Health Promotion practitioners, researchers and policymakers came together to discuss 'Building a Healthy Ireland: promoting health and wellbeing in educational settings'.

Our 'Population Health' seminar series with our colleagues in the Health Behaviour Change Research Group and the HRB Primary Care Clinical Trials Network Ireland continued with great success and provided an opportunity to showcase our work, network with colleagues and build collaborations.

As part of our designated World Health Organization (WHO) Collaborating Centre for Health Promotion Research, we have been working on projects related to promoting population mental health and wellbeing, effective ways of developing health literate organisations, healthy cities and the sustainable development goals, and contributing to developing the next European Child and Adolescent Health strategy. Our Collaborating Centre status and our applied research attracts many students and scholars. In 2019 we had visiting students and scholars from February through to August and again in December.

Visitors and scholars appreciate being at the centre of national and international health promotion scholarship and they help to stimulate the centre and all who work there.

The diversity of our project work is testament to the skills and expertise of our staff, each of whom play a critical role in the success of the Centre of which I am extremely grateful. In particular I would like to extend my gratitude to Dr Viv Batt, our Administrative Director whose unwavering support of all staff and students, excellent management and administrative skills is the foundation of our success.

Dr Colette Kelly
Director, 2019, Health Promotion Research Centre



Staff Details

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	<i>Dr Ursula Kenny</i>	Postdoctoral Researcher
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	<i>Dr Tuuli Kuomanen</i>	Postdoctoral Researcher

	Research Staff	Job Title
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	<i>Leonie Sherlock</i>	Research Assistant
	<i>Dr Elena Vaughan</i>	Postdoctoral Researcher
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**WHO Collaborating Centre
for Health Promotion
Research**

The Health Promotion Research Centre (HPRC) at NUI Galway was re-designated as a World Health Organization (WHO) Collaborating Centre for Health Promotion Research in 2017 for a further four year period to 2021. During this four year term we aim to support the WHO work programme in developing health promotion capacity through the translation of health promotion research into policy and practice.

Our first terms of reference is: To support the WHO in implementing the Shanghai Declaration (WHO, 2016) through providing technical support on evidence-informed health promotion actions to achieve the Sustainable Development Goals (SDGs) (UN, 2015).

This constituted the following activities between October 2018 to 2019:

- Developing intersectoral action for promoting population mental health and wellbeing (with reference to SDG3.4).

A review of the evidence on the effectiveness of youth (10-19 years) mental health promotion and prevention programmes in Europe was completed in 2019. A report on the evidence review was prepared for the WHO European Office and a paper was published in a special issue of the journal of Public Mental Health.

A case study is being developed based on the process of developing a National Mental Health Promotion plan as part of intersectoral Healthy Ireland National Framework and the Connecting for Life national suicide prevention strategy. A National Working Group was established in 2019 to oversee the development and implementation of the national plan and Professor Margaret Barry has been appointed as an expert advisor to this group by the Health Service Executive in Ireland. The process and outcomes of developing this national mental health promotion plan will be documented in the case study.

- Progressing action on effective ways of developing health literate organizations.

A case study is being developed by Dr Jane Sixsmith and Verna McKenna on the process of developing a health literate healthcare setting, drawing out the learning from a series of health literacy focused activities. In partnership with a regional hospital, a Health Literacy Committee has been established and activities to date include: the development and ratification of a health literacy policy with resource tools, which have been scaled out nationally in a set of Communicating Clearly Guidelines; the implementation and evaluation of plain English training and participatory workshops for written information; re-designing outpatient letters; participatory process mapping of patient discharge processes with a discharge booklet developed. All of these activities are detailed through documentary analysis and semi-structured interviews with committee members.

- Contributing to advancing the Sustainable Development Goals (with particular reference to SDG 11) through developing knowledge resources for effective action in partnership with Healthy Cities and Communities.

A networking event, with participation from national and international stakeholders, is scheduled to take place on June 18th, 2020 at NUI, Galway. This one day conference will focus on the theme of 'Promoting Health and Wellbeing: Creating a more equitable and sustainable environment for health'. This event, which is co-chaired by Dr Mary Jo Lavelle, will establish trans-disciplinary networks for increased collaboration and engagement

with key stakeholders and agencies at a national level. The conference planning committee includes partners from the national Health Service Executive, Department of Health, NUI Galway and Healthy Cities Committees. Additional representatives have also been invited from national environmental agencies and Ireland's Healthy Cities and Community Network, as well as key academics in the area.

Our second term of reference is: To support the WHO Europe Regional Office implementation of 'Investing in Children: Child and Adolescent Health Strategy 2015-2020'.

- Production of the case study on child participation:

Technical support for development of the European Child and Adolescent Health Strategy (completion date brought forward to 1.10.2019):

Following participation in a focused meeting of experts to plan child and youth engagement activities related to the development of a European Child and Adolescent Health Strategy in Copenhagen, February 2019, subsequent teleconference meetings with cross-national youth participation teams took place in July and August 2019. Led by Dr Colette Kelly, who is coordinating this work internationally, a protocol for youth participation workshops was developed and workshops with youth have taken place in Ireland and across a number of countries. A reporting template for countries has also been developed and country level reports were submitted mid-October. Further work is planned to involve youth once the strategy is in draft form.

- Contribution to HBSC leadership:

Centre staff provides leadership within the cross-national HBSC study network. Dr Colette Kelly continues to act as Chairperson of the Youth Participation Group, and sits on the overall study Coordinating Committee. Dr András Költő is Chairperson of the Sexual Health Focus Group. Professor Saoirse Nic Gabhainn continues to provide supports to country level teams as requested, and represented HBSC at the first meeting on adolescence convened by the Royal College of Pediatrics and Child Health in association with the Society for Adolescent Health and Medicine in Ascot, UK, September 2019.

Related outputs:

Barry, M.M. and Kuosmanen, T. (2017). *Implementing Effective Interventions for Promoting Adolescents' Mental Health and Preventing Mental Health and Behavioural Problems: A Review of the Evidence in the European Region*. Presentation at Technical Meeting at WHO Headquarters Geneva, 15 December, 2017.

Barry, M.M., Kuosmanen, T. and Clarke A.M. (2017). *Implementing Effective Interventions for Promoting Adolescents' Mental Health and Wellbeing and Preventing Mental Health and Behavioural Problems: A Review of the Evidence in the WHO European Region*. A report produced by the World Health Organization Collaborating Centre for Health Promotion Research, National University of Ireland Galway.

Byrne, N., Kilkelly, G., Geoghegan, J., McKenna, V.B., Sixsmith, J. (2019). Improving Galway University Hospital's health literacy-developing the policy on written patient information. [Poster Presentation], *4th European Health Literacy Conference*, University College Dublin, Dublin, Ireland. 15 March, 2019.

Kelly, C., Daniels, N., Burke, L., O'Donnell, A., McGovern, O., Kavanagh, A., Költő, A., & Nic Gabhainn, S. (2018). *Participation of young people in a national research project: case study of the Health Behaviour in School-aged Children study in Ireland*. Submitted to Dr Martin Weber, WHO Europe, October 2018.

Kelly, C., Költő, A., Harrington, A., & Nic Gabhainn, S. (2018). *Youth participation and the Sustainable Development Goals*. Report submitted to Division of Policy and Governance for Health and Well-being, WHO Europe, November 2018.

Kelly, C., Vaughan, E., Költő, A., Finnegan, K., & Nic Gabhainn, S. (2019). Contributions to the WHO European Child and Adolescent Health Strategy 2020-30. Presented at the *23rd Annual Health Promotion Conference -Building a Healthy Ireland: Promoting Health and Wellbeing in Educational Settings*, Galway, June 2019.

Kuosmanen, T., Clarke, A.M., & Barry, M.M. (2019). Promoting adolescents' mental health and wellbeing: evidence synthesis. *Journal of Public Mental Health*, 18(1), 73-83. <https://doi.org/10.1108/JPMH-07-2018-0036>.

McKenna, V.B., Byrne, N., Sixsmith, J. (2019). Development, Implementation and Evaluation of a Participatory Workshop to Build Staff Capacity Towards a Sustainable Health Literate Hospital Environment. Poster presented at the *European Health Literacy Conference*, 16 March 2019.

Nic Gabhainn, S. (2019). Data as an advocacy tool: the case of HBSC and the impact of research findings on policy and practice. Invited presentation to *Adolescent Health: Coming of Age*, Ascot U.K., September 2019.

Nic Gabhainn, S., Kelly, C., Barry, M., Kenny, U., & Hussein, Y. (2019). *Enhancing Health Literacy with Life Skills Education: Preventing Non-Communicable Diseases in Schools: Guidebook for Educators*. Submitted to Dr. Faten Ben Abdelaziz, WHO Headquarters, January 2019.

Sixsmith, J. (2019). Working towards a health literacy friendly hospital. Key note presentation Lithuanian University of Health Sciences, Kaunas, Lithuania. *Nurses: a voice to lead – Health is for all*. 7 May 2019.

Related networking activities:

A number of additional collaborations with WHO have taken place over the last year and these are listed below:

NCD Health Literacy in Schools Project:

Working in collaboration with Dr Faten Ben Abdelaziz and her team at WHO HQ, a review on developing health literacy for NCDs in schools was completed in August 2018 and submitted to WHO Geneva. During the second phase, draft guidelines for educators were prepared in consultation with WHO in 2019. Final versions of both documents were agreed in 2019. The materials are designed for low and middle income countries to enable children's health literacy concerning the prevention of NCDs through the reduction of key modifiable behavioural risk factors.

Hussein, Y., Kelly, C., Barry, M., & Nic Gabhainn, S. (2018). *Enhancing health literacy with lifeskills education: preventing non-communicable diseases in schools*. Submitted to Dr Faten Ben Abdelaziz, WHO Headquarters, December 2018.

Child and Adolescent Health:

Discussions began in October 2018 to co-develop with youth a brochure for 15-25 year olds on the UN Sustainable Development Goals (SDGs), led by the WHO Regional Office for Europe. A protocol was developed and piloted, which was subsequently implemented with young people to prioritise SDGs as they relate to health, identify actions to address the goals and to identify how to increase awareness of the SDGs among young people. A report from the Irish workshop was submitted to the Division of Policy and Governance for Health and Well-being, WHO Europe in November 2018.

Dr Colette Kelly and Professor Saoirse Nic Gabhainn attended the meeting of WHO Europe Collaborating Centres on Child and Adolescent Health in Edinburgh during March 2019. A poster on the work of our Collaborating Centre relevant to Child and Adolescent Health was presented by Professor Saoirse Nic Gabhainn during this meeting. Dr Colette Kelly presented to the meeting on the proposed process for Child and Youth participation in the development of the next European Child and Adolescent Health Strategy.

On foot of a request for material to be used to inform member states about the role and value of Collaborating Centres to delivering the WHO mandate, Dr Colette Kelly and Professor Saoirse Nic Gabhainn supplied content on the work of the HPRC to Donna Zilstorffid and Dr Martin Weber, WHO Europe in July 2019. This material was later used as part of the briefing for member states presented at RC69.

Other Networking:

- Ongoing meetings and regular electronic contact with the WHO Responsible Officer at WHO HQ.
- Regular contact is also maintained with the relevant Programme Managers at the WHO Regional Office for Europe.
- Dr Sixsmith at the invitation of Professor Aurelija Blaževičienė, Joint Head of the WHO Collaborating Centre for nursing education and practice at the Faculty of Nursing at the Lithuanian University of Health Sciences, Kaunas, Lithuania visited the centre and gave a key note presentation entitled 'Working towards a health literacy friendly hospital'.
- Dr Lavelle attended the National Launch for Healthy Ireland in Dublin in collaboration with HSE, Department of Health and Office of Taoiseach and Healthy Cities Network, on 8 April 2019.
- Dr Lavelle attended a launch of 'Galway Healthy City Strategy' 2019-2021, by Minister of State Department of Health, Catherine Byrne. Dr Lavelle is advisor and committee steering group member on the Galway Healthy Cities and Community working committees.
- Professor Barry continues in her role as a member of the Steering Group of the WHO Collaborating Centre for Mental Health Promotion, Prevention and Policy, National Institute for Health and Welfare, Finland.
- Dr Kelly attended the WHO CC meeting held in Iceland in June 2019 during the HBSC Spring meeting.

Global President of IUHPE

Congratulations to Professor Margaret Barry who was elected as global President of the International Union for Health Promotion and Education (IUHPE). The election took place at the 23rd World Health Promotion Conference in New Zealand in April, 2019. Margaret holds the Established Chair in Health Promotion and Public Health at NUI Galway and she is the first woman to be appointed to this position in over 50 years.

Speaking on her appointment she commented:

“I am delighted and very honoured to take on this exciting and important role and look forward to working with all IUHPE members and partners in strengthening the global voice of health promotion and working to advance the implementation of evidence-based health promotion policy and practice based on the principles of participation, equity and social justice. I invite health promoters across all regions to join with IUHPE and become part of our global network for exchanging knowledge, ideas and innovative practice to help to achieve this vision.”

Further details of IUHPE and the new Executive Board can be found at: www.iuhpe.org



Research Project Descriptions

The range of research undertaken by the Centre during 2019 is described in the following project descriptions.

Development of Online Education Materials to Support the Delivery of Training in the Concepts and Practice of Mental Health Promotion

Principal Investigator: Professor Margaret Barry
Researcher: Dr Tuuli Kuosmanen
Funder: Mental Health Ireland



Background

This project concerns the development of online educational materials to support the delivery of postgraduate training in the concepts and practice of mental health promotion. These materials are intended for professionals working in different sectors who wish to acquire knowledge and skills related to planning and implementing mental health promotion interventions, leading to the development of a Postgraduate Certificate in Mental Health Promotion at NUI Galway working in collaboration with Mental Health Ireland.

Aim and Objectives

The project aims to develop a national training and education resource for developing workforce capacity and competencies in promoting mental health and wellbeing. The materials are designed to support participants in gaining an understanding of the following learning objectives:

- the conceptual and theoretical base for mental health promotion, including the determinants of positive mental health and wellbeing
- the practical implementation of mental health promotion interventions across the lifecourse (early years to old age) delivered in key settings such as the home, schools, workplace, community and health services
- current international and national research on evidence-based practice and policy
- principles of best practice in implementing mental health promotion policies and programmes.

Programme Development:

The development of the programme materials is undertaken by the project researcher who plans, writes and co-ordinates the development of the online course materials, working in collaboration with Mental Health Ireland. An Advisory Group oversees the project development and advises on the final content and presentation of the materials. The materials are produced in an online format and are supported by the international textbook *Implementing Mental Health Promotion*, a recently updated second edition by Barry, Clarke, Petersen & Jenkins, was published by Springer Nature in 2019.



Knowledge Translation:

The Postgraduate Certificate in Mental Health Promotion programme was launched in September 2019 with its first intake of 25 students. This is a part-time course of one academic year duration and the programme runs from September to the following May. The online materials form the basis for this blended learning programme, which employs a combination of teaching techniques including, self-paced learning using the instructional materials, participatory workshops, project work, and contributions from academics and practitioners.

This accessible Level 9 programme, comprising 30 European Credit Transfer System (ECTS) points, is delivered at the NUI Galway campus. See further details at: www.nuigalway.ie/medicine-nursing-and-health-sciences/health-sciences/disciplines/health-promotion/postgraduatetaughtprogrammes/



Promotional video: www.youtube.com/watch?v=y1-yp3buMhQ&feature=youtu.be

From L to R: Dr Tuuli Kuosmanen, Professor Margaret Barry, HPRC, NUI Galway; Martin Rogan, C.E.O., Aisling Doherty, Mental Health Promotion Manager, and Claire OFarrell, Mental Health Promotion, Mental Health Ireland.



Enhancing Health Literacy with Life Skills Education: Preventing Non-Communicable Diseases in Schools

Principal Investigators: Professor Saoirse Nic Gabhainn, Dr Colette Kelly and Professor Margaret Barry
Researchers: Dr Ursula Kenny, Dr Elena Vaughan
Funder: Health Promotion Unit, World Health Organization HQ, Switzerland

Aim and Objectives

To assist the WHO Health Promotion Unit in the development of a life skills education package for enhancing health literacy in schools. This package focuses specifically on the prevention of non-communicable diseases (NCDs) by controlling four common risk factors: Nutrition, incorporating oral health and hygiene, Physical Activity; Alcohol and Tobacco use.

Methods

This study comprised a review of the current literature, including relevant international databases and resources published or recommended by international organisations that build on work already undertaken by WHO Headquarters and Regional Offices, and the production of two initial reports; a background document and guidance for educators.

Results

In Phase one of the project age-appropriate behaviour, knowledge, attitude and environmental support objectives were identified for each of the four risk factors, together with a description of the types of health literacy. Based on the behavioural objectives, key messages were described for each risk behaviour and the relevant life skills required were outlined. In Phase two, a guide for educators was developed, comprising an outline of risk factors and lifeskills and the role of policy, school environment and school or class level actions appropriate to the prevention of noncommunicable diseases.

Dissemination

Hussein, Y., Nic Gabhainn, S., Kelly, C., & Barry, M. (submitted). *Enhancing Health Literacy with Life Skills Education: Preventing Non-Communicable Diseases in Schools*. Report to the Health Promotion Unit, World Health Organization Headquarters, Geneva, Switzerland.

Kenny, U., Kelly, C., Nic Gabhainn, S., Barry, M. & Harrington, A. (submitted). *Enhancing Health Literacy with Life Skills Education: A guidebook for Educators*. World Health Organization Headquarters, Geneva, Switzerland.

Knowledge Translation

A teachers' workbook, for use in schools, has been developed in collaboration with the WHO Health Promotion Unit in Geneva, and is currently being finalised. This is designed for use in low and middle-income countries, to enable children's health literacy concerning the prevention of NCDs through the reduction of key modifiable behavioural risk factors.

Evaluation of the MindOut Programme in Post-Primary Schools

Principal Investigator:	Professor Margaret Barry
Researcher:	Ms Katherine Dowling
Funder:	Health Service Executive and Irish Research Council PhD Scholarship

Background

The MindOut programme is a social and emotional learning (SEL) programme for young people aged 15-18 years in post-primary schools and youth sector settings. This programme, which was developed by the Health Promotion Research Centre, NUI Galway and the Health Promotion and Improvement Department, HSE, is designed to strengthen young peoples' social and emotional skills and improve their overall mental health and wellbeing. The schools-based programme is a universal programme which involves 12 interactive sessions and is delivered by teachers in the context of SPHE. A large-scale evaluation study was undertaken in 2017 to evaluate the impact of the revised MindOut programme for students in designated disadvantaged (DEIS) post-primary schools nationally.

Aims & Objectives

The aims of the evaluation study were to:

1. Determine the effectiveness of the MindOut programme on students' social emotional skills, mental health and wellbeing and academic outcomes
2. Examine the variability in implementation quality of the MindOut programme and to highlight factors which likely contributed to this variability
3. Investigate how implementation quality affects programme outcomes.

Methods

Employing a cluster randomised controlled trial design, data were collected from students and teachers in 32 DEIS schools at three time points: prior to programme delivery (N=675), immediately following implementation (N=497) and at 12-months follow-up (N=429). Students' outcomes were assessed in relation to the impact on social and emotional wellbeing, academic outcomes and mental health and wellbeing. Process data, employing both quantitative and qualitative measures, were also collected to assess the quality of implementation of the programme across the four dimensions of: dosage, adherence/fidelity, quality of delivery and participant responsiveness.

Results

The results of the project are presented according to each of the key objectives above:

Objective 1: Student Outcomes

- Students who participated in the programme demonstrated significant improvements in relation to social and emotional skills with reduced suppression of emotions and the use of more positive coping strategies. Students in the intervention schools also demonstrated significantly better mental health outcomes with reduced levels of stress and depression at post-intervention as well as reduced levels of anxiety for female participants.

Objective 2: Implementation Quality

- Findings indicated that variability in implementation quality existed between schools with a total implementation quality score ranging from 52%-96% for intervention schools. Based on this score, a total of eight schools were assigned as high-implementers and another eight as low-implementers.
- Influencing factors on implementation were identified by both teachers and students and categorized into five themes: (i) Programme factors; (ii) Participant factors; (iii) Teacher factors; (iv) School contextual factors; and (v) Organizational capacity factors.
- Several differences between high- and low-implementers were found in relation to these influencing factors particularly in relation to participant factors, teacher factors and organizational capacity factors.

Objective 3: Impact of Implementation on Outcomes

- Significant intervention effects for all outcomes were only observed for students in the high-implementation group when compared to the control group. The low-implementation students did not demonstrate any significant improvements with regards to outcomes .
- Participant outcomes were influenced by multiple implementation dimensions, however, ‘quality of delivery’ played a significant role in all of the outcomes assessed.
- At 12-months follow-up, significant improvements were sustained for only one of the outcomes (avoidance coping) for the high-implementation group and no outcomes were sustained for low-implementation group. This highlights the importance of embedding SEL strategies into a whole-school approach to ensure stronger and more sustainable outcomes.

Knowledge Translation

Since the national launch of this programme in 2018 by the Minister for Education and Skills, Richard Bruton, T.D. and the Minister of State for Health Promotion, Catherine Byrne T.D., the programme has been rolled-out nationally. MindOut training for schools is being provided by the HSE through the Professional Development Service for Teachers (PDST). To date, over 600 teachers have been trained in the schools programme with 13 training courses taking place between September-December 2019. In addition, training for those working in the youth sector is provided by the National Youth Health Programme (NYHP), which is a partnership between the HSE, the Department of Children and Youth Affairs and the National Youth Council of Ireland (NYCI), representing organisations working with over 380,000 young people. Over 500 youth works nationally received MindOut training in 2019.

Dissemination:

Dowling, K., Simpkin, A., & Barry, M.M. (2019). A cluster randomized-controlled trial of the MindOut social and emotional learning program for disadvantaged post-primary school students. *Journal of Youth and Adolescence*, 48 (7), 1245-1263. doi: 10.1007/s10964-019-00987-3.



Exploring the World of Food – The Perspective of Families with Children

Principal Investigator: Dr Colette Kelly

Collaborators: Professor Jayne Woodside and Dr Michelle McKinley (Queen's University Belfast), Dr Janas Harrington and Ms. Marita Hennessy (UCC); Dr Caroline Heary and Ms. Edel Murphy (NUI Galway), Ms. Denise Cahill (Health Promotion, Cork).

Researcher: Ms. Divya Ravikumar (NUI Galway)

Funder: Safefood, the Food Safety Promotion Board



Introduction:

Parents are influenced by numerous factors when deciding what, where and when to eat with their children. These competing and interacting factors include psychological, social and environmental influences that parents must navigate and respond to. The role of social and physical environments in determining food choice is now recognised as equal if not more important than individual behaviour; such environments vary considerably and contribute to nutritional health inequalities. It has also been suggested that the built environment may have a stronger effect among those of low socio-economic status, as they must tolerate the default options in their communities.

This study aims to understand how families make decisions about meals and snacks when a multitude of factors are at play. This research will guide future interventions in the area of family food environments and will contribute to recommendations for promoting healthy eating to families.

Aim and Objectives:

The project aim is to explore the micro-environmental context in which parents at a disadvantage make decisions about the food they purchase, prepare and consume.

Objectives are:

- To work collaboratively with a panel of parents on the project research questions, recruitment and dissemination
- To synthesize the qualitative literature on parental perspectives of the micro-environmental factors that influence food prepared and eaten among low-income parents with children
- To explore the micro-environmental context in which low-income families with children make decisions about the food they prepare and eat
- To explore the differences in these contexts between families with children at different developmental stages
- To identify the major food decision points (i.e. meals, snacks), the settings in which they occur and the context trigger points, by family type
- To explore strategies used, by family type, to navigate and make food decisions within their food environment.

Methods:

A qualitative approach, using creative research methods will be employed in this study. Creative research methods are useful where there are often power imbalances in the research process. Methods such as photovoice and participatory mapping techniques will be used with parents. ‘Go-along’ food shopping tours will also be employed with a small samples of parents.

Patient Public Involvement (PPI):

Parents will play an active role in designing the study materials, recruitment and dissemination events. Parents on the panel will reflect the parents we will recruit to the study, e.g. parents that are under financial pressure or those living on a tight budget. Four meetings of the parent group will take place over the course of the study.

Knowledge translation:

Knowledge will be translated with the aid of the parent panel. The parent panel will help to plan an event to disseminate results at the end of this project. A report will also be published by Safefood, with an accompanying social media campaign. Journal articles will also be written and findings will be communicated through RTÉ brainstorm and other mediums.



Family Caregivers' Support – Strategies and Tools to Promote Caregivers' Mental and Emotional Health

Lead Principal Investigator: Dr Wolfgang Eisenreich, ECC, Austria.
Principal Investigators: Professor Tanja Franciskovic, MEDRI, Croatia; Sonja Bercko Eisenreich, INTEGRA, Slovenia; Dr Jana Butekova, Alena Voaljaskova, QUALED, Slovakia; Panayiota Constanti, Centre for Social Innovation LTD, Cyprus; Dr Martin Power, Lhara Mullins, HPRC NUI Galway, Ireland; Professor Regina Silva, Instituto Politecnico do Porto, Portugal; Dr Mario Campanino, IUL, Italy.
Funder: Erasmus+

Family and informal caregivers have long been a critical element of health and social care systems, though the full extent of their contributions often goes unrecognised or are not fully acknowledged. Family and informal caregiving is a full-time role, frequently with little respite. Moreover, increasing longevity, shorter hospital stays, medical advances and the integration of home care technologies have led to increased caring responsibilities, and caregivers often find they are now caring for longer periods. As can be appreciated, caregivers often struggle to come to terms with their new role, can be overwhelmed by the volume of information around diagnosis or the needs and requirements of the person they must now care for, all while confronting the mental and emotional challenges of caring for a loved one. In short, for many family caregivers, self-care is secondary.

This project aims to empower family and informal caregivers by providing easily accessible information on a range of conditions, such as dementia, mood disorders, intellectual disability and substance misuse, while also providing strategies and resources to assist carers in coping with the mental, emotional and practical challenges of caring. These resources will be available online and as a mobile app, facilitating anywhere, anything access. In addition, the materials will be available in English, German, Portuguese, Italian, Croatian, Slovenian and Slovakian, as well as Arabic and Pashtun.

Phase one (2019) of the project revolved around the development of the materials and their integration into an online and mobile app format. Phase two (2020) will be focused on testing and refinement of the materials and platform.

For updates and project progress please see - www.family-caregiver-support.eu



Family caregiver project partner meeting Porto, Portugal, April 2019

Health Behaviour in School-aged Children, Ireland

Principal Investigators:	Professor Saoirse Nic Gabhainn and Dr Colette Kelly, HPRC with Dr Michal Molcho, Children's Studies, NUI Galway
Researchers:	Ms Aoife Gavin, Dr Ursula Kenny, Dr András Költő, Dr Elena Vaughan and Ms Lorraine Walker
Funder:	Department of Health

Health Behaviour in School-aged Children (HBSC) is a cross-national research study conducted in collaboration with the WHO Regional Office for Europe. The HBSC study runs on an academic four-year cycle (www.hbsc.org). HBSC collects information on the key indicators of health, health attitudes and health behaviours, as well as the context of health for young people. The study was established in 1982. There has been a constant growth in the number of participating countries in the HBSC network: internationally, HBSC currently includes 50 countries from North America, Europe, and the post-Soviet region. Researchers from NUI Galway, with the leadership of Professor Saoirse Nic Gabhainn, joined the network in 1994, with the first data collection taking place in 1998. The 2018 survey was the sixth time that Ireland has been involved in this international collaborative study.

Aim and Objectives

Both national HBSC teams and the international research network aim to: gain new insight into young people's health and well-being; understand the social determinants of health; and to inform policy and practice to improve young people's lives .

Design/Methods

The HBSC study is conducted in schools with data collected through self-completion questionnaires administered by teachers in the classroom. The survey instrument is a standardised questionnaire developed by the international research network, which is supplemented by questions on issues of national importance for practice and policy development. The survey is administered to a representative sample of 11-, 13- and 15-year-old students in each participating country. In Ireland, primary (3rd-6th class) and post-primary (Years 1st-5th) school pupils take part in the survey, thus children aged 9-17 years are represented in the sample. The most recent national data collection took place in 2018, with 15,557 students responding from 276 schools.

Public Patient Involvement

Young people actively participate in various stages of the HBSC research cycle, from formulating research and survey questions to prioritising topics for dissemination. In 2019 workshops were conducted with post-primary Transition Year students to discuss which topics should be prioritised for and subsequently included in the next International report due for publication in April 2020. School students were also invited to submit art work for the international report, and examples have been selected for inclusion.

HBSC Ireland in 2019

Last year, the main tasks for the HBSC Ireland Team were: to complete data entry, checking, cleaning and dataset preparation for the 2018 study round; to prepare the 2018 Irish national report; to assist in the preparation of the HBSC international report; and to continue research dissemination activities.

Dissemination

Findings from the HBSC Ireland study were presented in 19 peer-reviewed journal articles and six other articles in 2019. Team members made 15 presentations at national and international conferences. We continued work on the Short Report series and provision of specific requested analyses from government, NGO and the community sector were also conducted. The national report of the 2018 HBSC Ireland study is due to be launched in January 2020. All outputs from HBSC Ireland can be found online at www.nuigalway.ie/hbsc.

Knowledge Translation

The HBSC Ireland Team is involved in several forms of knowledge translation, addressing various topics on adolescent health and for different audiences. HBSC Ireland operates a knowledge translation helpdesk to respond to data requests from health authorities, local governments and fellow researchers. Usually, short reports are provided upon these requests. In 2019 HBSC Ireland data were used in the WHO Europe report on adolescent health and development in the European Region and the UNESCO report on Ending School violence and bullying. They also formed part of the Key Trends in Ireland report from the Department of Health and the Childhood Obesity Manifesto from the Irish Heart Foundation. The HBSC Ireland twitter page (@hbscireland) reports regularly on our outputs and their impact.



Health Promoting Actions on Campus: Demonstration Project

Principal Investigators: Professor Saoirse Nic Gabhainn and Dr Colette Kelly
Researcher: Ms Aisling Harrington
Funder: Student Services NUI Galway

The settings approach to Health Promotion can be adapted to multiple environments and has demonstrated much success in educational environments. This project builds on the Healthy Campus conceptual framework of Healthy Ireland and the work of student services in NUI Galway.

Aim and Objectives

To develop the Health Promotion Function within Student Services, NUI Galway through the provision of Health Promotion Services, Consultancy and Advocacy in order to improve Health and Wellbeing on the NUI Galway campus.

Design/Methods

This project involves multiple stages: the identification of Health Promotion needs; the development and implementation of Health Promotion actions; and assessment of the impact of these actions. Part of the process will be working directly with students and staff in the Student Hubs across campus and on service-focused committees and organising groups within and between student services and other University services.

Public Patient Involvement

Students and staff are actively involved in all elements of this project: determining needs, processes, advocacy and evaluation.

Dissemination

The project commenced in September 2019 and as yet there are no written materials for dissemination.

Knowledge Translation

This project is a deliberative initiative to translate Health Promotion knowledge into practice within NUI Galway. Learnings from the project will be used to help guide and inform action on campus in NUI Galway and other third level institutions.



IMPACCT: Health Literacy Education

Improving PATient Centered Communication Competences: To build professional capacity regarding health literacy in medical and nursing education

Principal Investigators: Dr Jane Sixmith and Ms Verna McKenna
Researcher: Ms Leonie Sherlock
Funder: Erasmus+



Health Literacy is recognised as a critical determinant of health. Unmet health literacy needs negatively impact on peoples' health with those with limited health literacy experiencing poorer health outcomes. Developing health literacy responsive health systems by strengthening the capacity of health professionals can contribute to meeting peoples' health literacy needs and mitigate negative health effects. IMPROVING PATIENT CENTERED COMMUNICATION COMPETENCES: TO BUILD PROFESSIONAL CAPACITY REGARDING HEALTH LITERACY IN MEDICAL AND NURSING EDUCATION (IMPACCT) is a three year project lead by the University Medical Centre Groningen in the Netherlands, with partners from Belgium (EURASHE), Italy (ARS), Slovakia (UPJS) and Germany (Jacobs University). A project meeting was held in Bremen, Germany, hosted by Jacobs University in September 2019.

Aim and Objectives

IMPACCT has as its overall aim to improve the relevance and quality of education for undergraduate medical and nursing students in Europe through the development, implementation, evaluation and dissemination of a comprehensive health literacy (HL) focused Patient-centred Communication Education Programme (HL-EP) which can be integrated into existing medical and nursing undergraduate curricula.

Objectives include to:

1. facilitate the involvement of relevant European stakeholders (e.g. students, curriculum designers, curriculum coordinators, educational and health professionals, older adults, members of patient organizations) in order to strengthen co-creation during all stages of the project and promote integration of HL-EP in curricula
2. develop a comprehensive framework for HL-EP including the identification of its core components based on previous experiences of the IROHLA project
3. develop health literacy Learning Units to promote development of HL knowledge and skills
4. implement HL-EP in 8 pilot sites in 4 countries and to assess the impact of the Learning Units on the development of competencies of medical and nursing students, and adapt the HL-EP based on the results
5. describe quality standards and provide guidance for educational professionals in supporting sustainable change.



Design / Methods

A dynamic process of development of the HL-EP through formative, process and outcome evaluation is being undertaken using mixed methods incorporating a core design component of co-creation with stakeholders at all stages. Stakeholders are engaged through a stakeholder fora in each of the 5 partner countries with the aim of comprising in total about 500 participants. The stakeholder fora form a participant sample panel for research activities. A suite of 17 Learning Units have been developed with peer evaluation of all 17. One of two Health Literacy MOOCs (Massive Online Open Course) is being developed and the pre-production outline and content is complete.

Components of developed learning units were implemented with undergraduate medical and nursing students. A pre and post questionnaire was used based on learning outcomes with a rapid appraisal approach identifying what worked well, what could be improved and what should be changed in the delivery to undergraduate medical students.

Public Patient Involvement

The stakeholder fora is involved in all phases of the project for the purpose of gaining insight into the needs, barriers and facilitators of Health Literacy education for health professionals. This is a dynamic iterative process of participation at multiple time points through programme development with the results feeding back into programme design and implementation.

Results

Activities in 2019 have focused on the pilot testing of developed Learning Units each comprising multiple components that can be used individually to facilitate flexibility. Opportunities to implement and evaluate the Learning Units in real world contexts were identified within Ireland, with delivery to undergraduate medical and nursing students undertaken in 2019. A health literacy special study module which is an optional module from a suite of offerings to first year undergraduate medical students was completed by 5 students. Components of a learning unit were integrated into a communications module and completed by 100 first year nursing students. The results indicate that the learning outcomes were achieved.

Knowledge Translation

The stakeholder fora includes participation from health professional educators. The pilot implementation of HL-EP components in the pilot sites introduces the programme to those who can use it in practice and include it in their future teaching repertoire. In this way incorporating learning units or components of learning units into undergraduate medical and nursing curricula can be achieved. The learning unit components are again included in the undergraduate nursing curriculum in 2020.



Dissemination

Sixsmith J., McKenna V., Bawa J., Bhandari C., Boshehri, E., Hansrani, Z., Yi-Xin, T. (2019). Introducing health literacy to the medical undergraduate curriculum: IMPACCT. Paper presented at the *Health Promotion Annual Conference. Building a Healthy Ireland: promoting health and wellbeing in educational settings*. National University of Ireland Galway, Ireland. 13 June 2019.

De Winter, A.F., Sixsmith, J., Whittal, A., Giammarchi, C., Papa, R., Kaper, M. (2019). Bridging the gap between health literacy research and education: development and evaluation of a European health literacy education programme. *4th European Health Literacy Conference Symposium*, UCD, Dublin, 15 March 2019

Details of IMPACCT feature on the Health Literacy Centre Europe webpage with links to the project, blog posts and newsletter, <http://healthliteracycentre.eu/> (August, 2019).

A social media LinkedIn group: IMPACCT project (Improving Patient-centered Communication Competencies) and a short video trailer introducing the project have also been disseminated.

All can be accessed at <http://healthliteracycentre.eu/impacct/impacct-communication-channels>

EU partners at a project meeting in Jacobs University Bremen, Germany



LGBTI+ Two Phased Study: A Landscape and Knowledge Gap Analysis of Research Conducted on Sexual and Gender Minority Youth in Ireland and Europe

Principal Investigator: Professor Saoirse Nic Gabhainn

Researchers: Dr András Költő, Dr Elena Vaughan, Ms Divya Ravikumar, Dr Colette Kelly (NUI Galway), Dr Linda O’Sullivan, Dr Kasey Treadwell Shine (Department of Children and Youth Affairs), Professor Elizabeth Saewyc (University of British Columbia)

Funder: Department of Children and Youth Affairs

Lesbian, Gay, Bisexual, Trans, Intersex and other Sexual and Gender Minority (LGBTI+, SGM) individuals experience inequality, injustice and marginalisation in several dimensions of life. Research evidence shows that LGBTI+ people have poorer health across different indicators compared to heterosexual and/or cisgender individuals. Many studies have demonstrated these inequalities in health status and access to healthcare and social care services, education, work, welfare and legal systems, as well as in various venues and environments. These disparities are rooted in adolescence, when most Sexual and Gender Minority individuals are beginning to discover and adjust to their identities. Because negative life experiences in childhood and adolescence may have long-lasting impact on health and well-being, it is essential the inequalities and marginalisation SGM youths experience are addressed effectively and systematically.

In 2018, the Department of Children and Youth Affairs (DCYA) in the Republic of Ireland published the *LGBTI+ National Youth Strategy 2018-2020*, the world’s first governmental strategy dedicated to improving the lives of Sexual and Gender Minority young people. The DCYA commissioned the Health Behaviour in School-aged Children (HBSC) Ireland Research Team, located at the Health Promotion Centre, National University of Ireland Galway, to map and analyse research carried out in Ireland (and more broadly, in Europe), regarding LGBTI+ young people’s lives, and to identify gaps in knowledge in this area.

The landscape and knowledge gap analysis is based on a scoping review methodology (Költő, Vaughan, Ravikumar, Kelly, O’Sullivan, Saewyc, & Nic Gabhainn, 2019). Empirical studies published in peer-reviewed outlets, grey literature and datasets have been synthesised. In total, 127 pieces of evidence were identified from Ireland and other European countries (individual studies and data) and from Europe and North America (reviews and meta-analytic investigations). Currently a final report is under preparation. This will also contain observations and recommendations from LGBTI+ young people and adults from Ireland, elicited from community engagement workshops hosted by our Knowledge Translation Partner, AMACH! LGBT.

Dissemination

Költő, A., Vaughan, E., Ravikumar, D., Kelly, C., O'Sullivan, L., Saewyc, E. M., & Nic Gabhainn, S. (2019). Pre-registered research protocol for the LGBTI+ two phased study: A landscape and knowledge gap analysis of research conducted on Sexual and Gender Minority youth in Ireland and Europe. *OSF Registries*. <http://doi.org/10.17605/OSF.IO/46Q8F>

Költő, A., Vaughan, E., Ravikumar, D., Kelly, C., & Nic Gabhainn, S.(2019). LGBTI+ two phased study: A landscape and knowledge gap analysis. Presentation at the *1st Annual Implementation Forum for the LGBTI+ National Youth Strategy 2018-2020*, Dublin, Ireland, 24 October 2019.



Maximising the Impact of Visual, Creative and Participatory methods for Health Research

Principle Investigator: Dr Colette Kelly

Collaborators: Dr Catherine Houghton and Ms Marita Hennessy (NUI Galway)



Recruiting people to take part in research is challenging and inappropriate research methods can be an additional barrier to effective and meaningful participation. Moreover, there are many research questions that require innovative approaches to evoke real and meaningful responses and empathic understanding of the ways in which other people experience their worlds.

In an effort to increase the knowledge, skills and confidence of researchers and practitioners in the use of creative and visual research methods, a one day workshop was held in NUI Galway in May 2019. Dr Dawn Mannay, Reader in Social Sciences, Cardiff University facilitated the workshop, which was funded by the HRB Conference Event sponsorship award.

Creative methods include drawing, collage, sandboxing, emotion stickers, photo-elicitation, artefacts and plasticine modelling. The workshop equipped researchers with the tools to undertake more innovative research methods to promote more participant-centred approaches to data collection. This should ultimately enhance recruitment and participation into health care research and give greater voice to participants who may have previously declined.

Knowledge Translation:

The event created substantial twitter traffic: [Twitter-creative](#) and [CreativeHealthResearch19](#). A blog of the event is available here: www.sphereprogramme.ie/using-creative-methods-for-health-research/ and a video of the day is also accessible for anyone interested in the approach at the [HPRC YouTube channel](#).



Policy and Practice Review of the Health Quality Mark for Youth Services

Principal Investigators: Professor Saoirse Nic Gabhainn and Dr Colette Kelly

Researchers: Ms Divya Ravikumar and Ms Kiah Finnegan

Funder: National Youth Council of Ireland

Introduction

The Health Quality Mark (HQM) is offered by the National Youth Health Programme of the National Youth Council of Ireland to youth organisations throughout the country. The aim of the HQM is to recognise and acknowledge quality health promotion in youth organisations. The twelve criteria listed in the HQM are drawn from the World Health Organization's health promoting schools initiative. The HQM was developed in 1999 and first evaluated in 2001.

Aim and Objectives

This project aimed to ensure that the HQM continues to be an effective way to promote health and subsequently improve the lives of young people, with the objectives being to review and update the HQM criteria and application templates in line with:

- Best practice in health promotion drawing on national and international research and frameworks
- Health related policies and strategies in the Republic of Ireland
- National Quality Standards Framework.

Methods

This review of the HQM was set in the national and international context and employed both general and specialist (i.e., ProQuest, OpenGrey, RIAN, WorldCat and Networked Digital Library of Theses and Dissertations) online search engines to identify relevant documents. Those employed in the review comprised cross-national policy on youth health (n=4), national-level policy related to youth health (n=18), international policy related to health in the youth sector (n=9) and international quality marks or quality systems relevant to health promotion in the youth sector (n=5).

All retrieved documents were systematically analysed for relevance to the aims and objectives of the HQM and the current HQM manual for use by youth services seeking accreditation.

Results

The key findings of this review were that:

1. The HQM is in keeping with and complimentary to cross-national youth health policy
2. The wide range of national policy relevant to youth health could guide youth organisations in addressing identified needs among their young people
3. Two areas of activity emerged as requiring greater emphasis in the HQM, the participation of young people in the processes, and the evaluation of initiatives undertaken as part of the HQM process
4. There is no identified example of a quality system relevant to health promotion in the youth sector that has the same, or similar, goals, or a sufficient evidence base to recommend specific changes in approach to the HQM
5. The HQM is consistent with the NQSF and they can serve to reinforce one another.

Conclusion

In conclusion, the HQM is coherent and consistent with national and international policy, strategy, frameworks and quality systems relevant to Health Promotion in the Youth Sector. Therefore only minor changes to the process of the HQM are necessary.

Knowledge Translation

The final element of this project was revising the HQM manual provided to youth services, including new material on youth participation and evaluation and the updating of material related to health and safety in line with national legislation and practice requirements. This is now complete and the new HQM manual will be launched in 2020.

Dissemination

Ravikumar, D., Finnegan, K., Kelly, C., & Nic Gabhainn, S. (2019). *Health Quality Mark Review 2019: National and international policy, practice and the National Quality Standards Framework relevant to the Health Quality Mark of the National Youth Council of Ireland*. Report to the National Youth Council of Ireland, Dublin: Health Promotion Research Centre, NUI Galway.

Ravikumar, D., Finnegan, K., Kelly, C., & Nic Gabhainn, S. (2019). *Health Quality Mark Support Manual 2019*. Report to the National Youth Council of Ireland, Dublin: Health Promotion Research Centre, NUI Galway.

Positive Mental Health: Promotion of Wellbeing and Flourishing in the European Youth Sector



Principle Investigator: Professor Margaret Barry

Researcher: Dr. Tuuli Kuosmanen

Funder: EU ERASMUS+

Partners: Anatta Foundation (Netherlands), Euroaccion (Spain), creACTive (North Macedonia), Vice Versa (Czech Republic) and Kamaleonte ASD (Italy)

This project concerns the promotion of positive mental health for young people (16-25 years), which is one of the main pillars of the European Youth Strategy and a stated Youth Goal arising from the European Youth Forum. Working in collaboration with project partners in Europe and the youth work sector in Ireland, this project will provide a working model and training that can be used by youth workers and organisations in promoting youth mental health and wellbeing. Our main responsibility as research partners in this project is the development of a theoretical evidence-based framework that will form the basis for the development of a practical manual with a range of strategies that can be used by youth workers and organisations in promoting young people's mental health.

Aims and Objectives:

The project aims to promote positive mental health practices in youth work settings by developing a framework, practical tools and pilot training for promoting the mental health and wellbeing of young people (16 - 25 years). The objectives are to:

- develop a framework for youth workers and trainers in promoting positive mental health and wellbeing among young people
- compile a toolkit based on the framework and existing evidence-based practice for promoting positive mental health in youth settings
- provide training for youth workers in applying the framework and toolkit in practice.

Methods:

The framework is developed based on a review of existing frameworks for promoting mental health in youth settings and the evidence base on the effectiveness of youth mental health promotion interventions. Furthermore, input from the project partners, practitioners and young people in Ireland will be sought to ensure the relevance and usability of the framework.

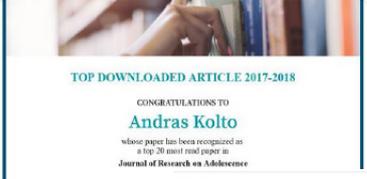
Knowledge Translation:

The National Youth Council of Ireland (NYCI) is collaborating on the project and will assist in disseminating the project outputs to key stakeholders at the regional and local levels. A National Multiplier Event will also be held in Ireland in April 2020 to distribute project findings and to gain feedback from national stakeholders. On a European level, the project results will be accessible through the European network and through the information channels of the partner organisations. Project outputs will also be made available through an academic paper.

Research Launches and Events

There have been numerous research visits, activities and events taking place this year and below is a brief snapshot. All our activities are reported on our [@HPRC_NUIG](#) twitter account and we also recommend checking out the Health Behaviour in School-aged Children [@hbscireland](#) twitter account.

HPRC NUIG @HPRC_NUIG · Jun 6, 2019
 Congratulations @KoltoAndras and coauthors @EMMANUELLEGODE2 @L_Burke2 @AlinaCosma @ElizabethSaewyc @JosefineJM @SaoirseNG Honor Young, Marta Reis, Béat Windlin and Nathalie Moreau



TOP DOWNLOADED ARTICLE 2017-2018
 CONGRATULATIONS TO
Andras Kolto
 whose paper has been recognized as a top 20 most read paper in Journal of Research on Adolescence

HPRC NUIG @HPRC_NUIG · Nov 29, 2019
 Find out more about this fantastic social and emotional well-being programme that is taking place in post-primary schools and youth settings. MindOut video youtu.be/zdQ3N2_3vXQ via @YouTube



MINDOUT
 Social and Emotional Well-being Programme for Post-Primary Schools and Youth Settings

HPRC NUIG @HPRC_NUIG · Nov 11, 2019
 Great new paper from our own @VickyHogan19 on flu vaccine uptake among health care staff @NUIGMedicine @HSELive



Occupational Medicine
 Influenza vaccine uptake and attitudes of healthcare ...
 AbstractBackground. Influenza vaccination uptake by Irish healthcare workers remains sub-optimal despite...
academic.oup.com

HPRC NUIG @HPRC_NUIG · Jul 16, 2019
 Go raibh maith agat Prof Ju Yul Lee @JuYulLee, Namseoul University, Korea & Casey @CaseyRoseWatte1, UCG, USA as Prof Lee's sabbatical & Casey's internship finish this month. They have made numerous contributions to our centre & we are sorry to see them leave.



An Honor Yuhdeh dan Chertol Slane
 Health Promotion Research Centre

HPRC NUIG @HPRC_NUIG · Nov 19, 2019
 Earlier this year HPRC, QUESTS, funded by HRB, ran a 1 day workshop, facilitated by Dawn Mannay, in which participants obtained hands-on experience of various creative methods. The feedback on the event was excellent. To get a flavour of the day see blog: sphereprogramme.ie/using-creative...



CREATIVE METHODS FOR HEALTH RESEARCH ONE DAY WORKSHOP
 13 MAY 2019

HPRC NUIG @HPRC_NUIG · Apr 11, 2019
 We are delighted to share this exciting news that our @nuigalway colleague, Professor Margaret Barry @HPRC_NUIG has been appointed @IUHPE President. This is a great achievement for Margaret and acknowledges the enormous contribution she makes to Health Promotion.



IUHPE2019 @IUHPE2019 · Apr 11, 2019
 Congratulations Margaret Barry, the new @IUHPE President. She is the first woman President in 50 years. #IUHPE2019 #GenderEquity @GlobalHHP5050

HPRC NUIG @HPRC_NUIG · Nov 11, 2019
 Delighted to announce that the second edition of the book 'Implementing Mental Health Promotion' is now published bit.ly/2JNt5wd! Congratulations to our colleagues @HPRC_NUIG



Springer Psychology @SpringerPsych · Nov 4, 2019
 New book alert! Implementing Mental Health Promotion is now available! Check it out here: bit.ly/2JNt5wd

Margaret M. Barry · Aleisha M. Clarke
 Inge Petersen · Rachel Jenkins Editors
Implementing Mental Health

HPRC NUIG @HPRC_NUIG · Nov 12, 2019
 Announcing our new Policy Brief - Implementing Relationships and Sexuality Education from Christina Murphy and @SaoirseNG @HealthyIreland @HSEschoolsteam @FDST_hwellbeing @NCCAIE @AssocHPireland @_respectprotect



Implementing Sexuality Education in Irish Schools: Towards research-informed policy and practice
 What this brief adds: Key proposals
 A National Coordinating Committee for school sex education could operate as a policy lead, a driver of local and national level training, and provide support for teachers and schools.
 The development of national teacher preparation standards for sex education deserves serious consideration.
 Advocate culture which defines, supports, and monitors Relationships and...

HPRC NUIG @HPRC_NUIG · Jun 11, 2019
 So close now - lots to learn and so many old and new friends to meet #hprc2018. See you on the #concourse



Health Promotion Ir @AssocHPireland · Jun 11, 2019
 Really looking forward to #hprc2019 Building a Healthy Ireland: Promoting Health and Wellbeing in Educational Settings. The @AssocHPireland will also be there- come and visit us at our stand!

BUILDING A HEALTHY IRELAND: PROMOTING HEALTH AND WELLBEING IN EDUCATIONAL SETTINGS
 Health Promotion Annual Conference
 13th June 2019
www.hprconference.ie

Collaborative Research Projects

The HPRC academic staff have contributed their expertise as collaborative partners on several funded projects. Short descriptions of these projects are provided below.

AHFES: Atlantic Healthy Food EcoSystem

Dr Colette Kelly collaborated with colleagues in the School of Psychology (Dr Mike Hogan and Dr Jane Walsh) on a project funded through the European Union (Interreg Atlantic Area). The purpose of the AHFES (Atlantic Healthy Food EcoSystem) Project is to improve overall competitiveness and growth of SMEs in the value chain of healthy food & lifestyles by contributing to enhance a transnational innovation ecosystem that helps SMEs access knowledge, partners and markets and align their products and services to consumer needs and expectations. The project will support a sustainable growth of healthy food & lifestyle sector and SMEs. Colette was involved in analysis of current national strategies and policies for innovation growth in healthy food and policies.

INCluSilver

INCluSilver aims to support collaboration between key stakeholders from different sectors to facilitate the development of innovative ideas in the field of personalised nutrition for the silver population. Personalised nutrition offers a new approach for helping citizens to adjust their dietary behaviour by advising food choices and eating patterns that fit their individual needs and are in line with personal preferences. The Silver Economy is driven both by the emergence of new consumer markets and by the need to improve the sustainability of public expenditure linked to ageing. Thus, stimulating the market of personalised nutrition products and services addressing the needs of the silver society can create a massive pull-effect on existing or emerging markets, as well as a huge impact on Health Care systems. INCluSilver is funded under the Industrial Leadership Pillar within Horizon 2020 Framework (Innovation Action for SMEs). Dr Kelly is an expert panel member, contributing to the evaluation of SME project ideas.

Early Years Setting

Dr Colette Kelly has contributed to a number of initiatives organised by Galway City Childcare Committee to enhance mealtime experiences for children in early years settings. Colette delivered presentations and facilitated workshops for early years practitioners interested in promoting mealtimes as sociable experiences. The events were funded by Healthy Ireland.

CHERIsH

Dr Colette Kelly is a collaborator on the CHERIsH study: Choosing healthy eating for infant feeding study (www.cherishstudy.com), which is designing, implementing and evaluating a pilot complex intervention to promote optimal infant feeding practices. The project began in 2016 and is ongoing. Colette contributed to a number of systematic reviews, development of core outcome sets for childhood obesity and to the protocols for intervention development. Cherish is funded by the Health Research Board Interdisciplinary Capacity Enhancement Award and involves University College Cork, Trinity College Dublin and NUI Galway.

MoBaKunder project: The Impact of Quality in Kindergarten for Better Mental Health in Children: A Norwegian Survey-Registry Linkage Study.

Professor Margaret Barry is an external collaborator on this three year project (2018-2021), funded by the Norwegian Research Council and led by the Director of the Department of Health Promotion at the Norwegian Institute of Public Health, Dr Leif Aarø, in collaboration with PI of the SOL-study, Dr Mari Vaage Wang (NIPH).

Peer-to-peer motivational interview intervention for smoking, alcohol and physical activity among at-risk adolescents in low SES communities: A feasibility trial.

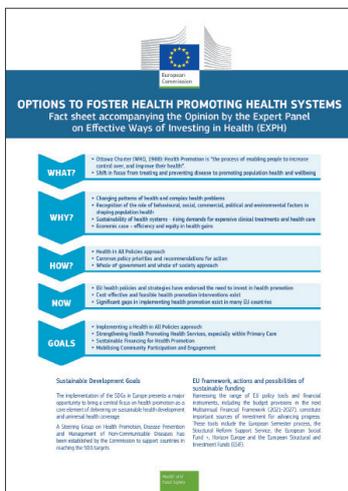
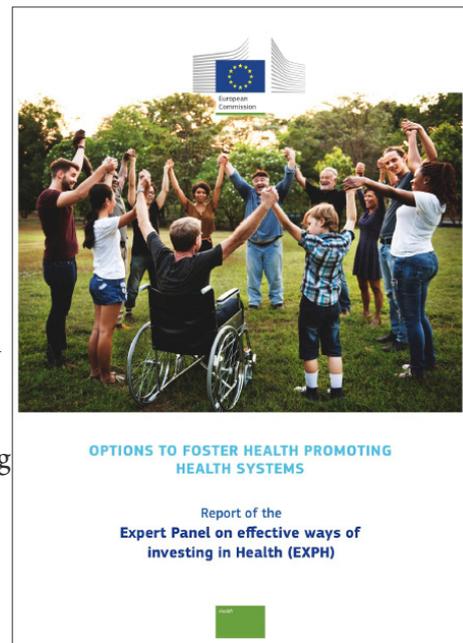
This three year project (2017-2020) is jointly funded by the Medical Research Charities Group and Health Research Board (MRCG-HRB).

Principal Investigator: Professor David Hevey. Co-investigators: Professor Elizabeth Nixon, Professor Catherine Darker, Dr Frank Doyle (RCSI), Professor Margaret Barry (NUI Galway), and Dr Catherine Anne Field (NUI Galway) www.hrb.ie/funding/funding-awarded/awards-made/award/peer-to-peer-motivational-interview-intervention-for-smoking-alcohol-and-physical-activity-among-at-3/

EXPH Report

An Opinion on Options to Foster Health Promoting Health Systems was prepared for the European Commission by the Expert Panel on effective ways of investing in Health (EXPH). Professor Margaret Barry is a member of this Expert Panel and was the rapporteur for this document, which was adopted on 7 November 2019 after a public hearing on 23 October 2019. The Expert Panel is comprised of individual scientific members who provide independent advice in the form of opinions in response to questions (mandates) submitted by the Commission on matters related to health care. The opinions of the Expert Panel do not necessarily reflect the views of the European Commission. For more information and to read the opinions in full: [https:// ec.europa.eu/ health/expert_panel/home_en](https://ec.europa.eu/health/expert_panel/home_en).

This Opinion presents health promotion as an essential strategy for improving health equity and a key action underpinning the reform of health systems in Europe. Applying the principles of the European Pillar of Social Rights and the competences of the EU treaties for the promotion of wellbeing and protection of health across all EU policies, the Opinion recommends that a range of policy measures and financial mechanisms at the European level are applied to support the implementation of transformative health promotion policies and practices in EU Member States. This requires strengthening health promotion policy, research and practice systems, including sustainable financing mechanisms, at an EU and Member State level. Placing population health and wellbeing at the centre of the EU policy and implementation measures calls for a shift in focus from disease to health and can be considered 'a disruptive innovation' due to the need to transform existing organisational structures, workforce, and services.



The Opinion makes a number of key recommendations for action on strengthening the capacity of EU countries to implement health promotion at a political, policy and service delivery level, recognising that the implementation of the SDGs in Europe present a major opportunity to bring a central focus on health promotion as a core element of delivering on sustainable development and universal health coverage.

Details of the report may be accessed at: EXPH (2019). Options to Foster Health Promoting Health Systems. European Commission, DG SANTÉ, Brussels. https://ec.europa.eu/health/expert_panel/sites/expertpanel/files/docsdire/025_healthpromoting_healthsystems_en.pdf. doi:10.2875/554801, as well as the factsheet: [doi: 10.2875/097115 EW-04-19-706-EN-](https://ec.europa.eu/health/expert_panel/sites/expertpanel/files/docsdire/025_healthpromoting_healthsystems_en.pdf)

**Visiting Scholars, Doctoral
Students & Graduates**

Visitors

We welcome academics, researchers and visitors from other academic institutions who wish to work with our staff members or on research projects as we consider this an important element of our community exchange and networking. During 2019 the following visiting professor and academics worked with our research leaders:

- Professor Ju Yul Lee, Department of Health Administration, Namseoul University, South Korea working with Professor Barry on health promotion capacity (February – July 2019)
- Professor Dr. Ricarda Steinmayr, Department of Psychology, TU Dortmund, Germany, working with Professor Margaret Barry on youth mental health (February – June 2019)
- Dr Yousef Al Balawi, Consultant at the Health Holding Company, Ministry of Health, Saudi Arabia, undertook a Postdoctoral Health Promotion Research Fellowship in the HPRC under the supervision of Dr Jane Sixsmith. He explored research quality improvement through identification and application of approaches to strengthen reliability and validity in health literacy and health communication research (February 2019-February 2020).
- Dr Ursula Kessels, University Professor, Department of Education and Psychology, Freie Universitat Berlin, Germany (June 2019).

The following students also joined our research teams on work placements:

- Kiah Finnegan, workplacement, IT Sligo working with Professor Nic Gabhainn and Dr Colette Kelly on HBSC (February - June 2019)
- Casey Rose Watters, MPH candidate, University of North Carolina, Gillings School of Global Public Health, USA, working with Professor Margaret Barry on mental health and Dr Colette Kelly and the HBSC team (June-July 2019)
- Chanchal Bhandari, 1st year medical student, NUI Galway, working with Dr Jane Sixsmith and Verna McKenna on the WHO CC health literacy research project (June- August 2019)
- Lauren Muldowney, 2nd year medical student, NUI Galway, working with Dr Jane Sixsmith and Verna McKenna on the WHO CC health literacy research project (June- August 2019)
- Cassidy Lynch, Graduate of University of North Carolina at Chapel Hill, USA, working with Professor Margaret Barry on Youth Mental Health (December 2019).

Postgraduate Programmes in Health Promotion

We have a thriving community of Health Promotion students who are studying for MA, MPhil and PhD qualifications. Their studies include a wide range of topic areas and research methodologies as demonstrated in the PhD and MPhil short descriptions below.

PhD Scholars:

Hayam Al-Riyami: (h.al-riyami1@nuigalway.ie)

PhD. Topic: Mapping the capacity of Health Promotion interventions for non-communicable diseases in Oman

PhD. Supervisors: Professor Saoirse Nic Gabhainn and Dr Lisa Pursell



This study examines the level of: knowledge, skills, commitment, system, structure and leadership that exist for promoting interventions (including policies, organisational and community level strategies) that are integrated into the existing structures for reducing non-communicable diseases in Oman. This is in order to identify gaps to determine where further Health Promotion capacity is required. This study uses a mixed methods approach to Health Promotion capacity mapping.

Barbara Battel-Kirk: (b.battel-kirk1@nuigalway.ie)

PhD. Topic: Evaluating the uptake and impact of core competencies for Health Promotion on practice and education in Europe 2012-2017

PhD. Supervisor: Professor Margaret Barry



The aim of this study is to evaluate the uptake and impact of Core Competencies for Health Promotion in practice and education in Europe 2012 to 2017. This study also explores how the experiences of implementing the competencies in Europe can inform their expansion to global levels.

Lorraine Burke: (l.burke2@nuigalway.ie) *College of Medicine, Nursing and Health Sciences Fellowship*

PhD. Topic: The contexts and circumstances of early sexual initiation among adolescents in Ireland: A mixed methods investigation

PhD. Supervisors: Dr Colette Kelly and Professor Saoirse Nic Gabhainn



This study aims to investigate the context and circumstances surrounding early first sexual intercourse. The methodology includes quantitative analysis of sexual behaviour data collected from 15-17 year olds through the 2014 Health Behaviour in School-aged Children Ireland survey. The study will also qualitatively explore the views of adolescents through a series of participative workshops discussing findings arising from the quantitative phase of the research. The study will provide an up-to-date understanding of the factors influencing Irish adolescent sexual initiation.

Mary Callaghan: (m.callaghan5@nuigalway.ie)

PhD. Topic: Exploring bullying and victimisation among post-primary school students in Ireland.

PhD. Supervisors: Dr Michal Molcho and Dr Colette Kelly



The aim of this study is to investigate the determinants of bullying among post-primary school students in Ireland. Differences between traditional bullying and cyber bullying will also be explored. This study will provide insight into factors influencing bullying and victimisation at the individual and school level in Ireland.

Ann Marie Crosse (a.crosse1@nuigalway.ie)

PhD. Topic: Ecohealth/Planetary Health

PhD. Supervisor: Professor Margaret Barry and Dr Mary Jo Lavelle

This study aims to develop a place based model of Eco Health literacy, it will support the development of healthy, resilient and sustainable communities. It will provide a common language based on the interconnections between ecosystems services, health and sustainable development and will help create a negotiated space for synergistic working between communities, science and decision makers.

Saintuya Dashdondog (s.dashdondog2@nuigalway.ie) *Hardiman Scholarship*

PhD. Topic: Examining the food environment and nutrition practices in preschool settings in Ireland

PhD. Supervisor: Dr Colette Kelly



Preschool years are a critical period for growth and development and healthy or unhealthy habits formed at this age may persist in later years; therefore, preschools may serve as an important setting for Health Promotion. Given recent significant expansion of preschool services in Ireland this study's aim is to explore preschool food environment and nutrition practices in order to identify modifiable factors and create supportive environments and policies in the preschool setting in Ireland.

Katherine Dowling (k.dowling3@nuigalway.ie) *IRCHSS Scholarship*
PhD. Topic: Evaluating the effectiveness of the MindOut mental wellbeing programme in post-primary schools
PhD. Supervisor: Professor Margaret Barry



This study evaluates the recently revised MindOut programme, a social and emotional wellbeing programme for young people aged 15-18 years in post-primary schools. The evaluation seeks to determine the impact of this revised 12 session programme on young peoples' social and emotional skills, academic outcomes and their mental health and wellbeing. Employing a randomised controlled study design, the evaluation will be undertaken with approximately 34 post-primary schools across the country in order to determine if the revised programme has beneficial outcomes for young people who receive the programme in comparison to those who do not. Additionally, this study examines the process of implementation of the programme in order to determine the key characteristics and conditions that need to be in place in order to ensure programme effectiveness.

Kathy Ann Fox (k.fox3@nuigalway.ie) *Hardiman Scholarship*
PhD. Topic: Changes in attitudes towards alcohol use and drinking behaviours in early to mid-adolescence.
PhD. Supervisors: Dr Michal Molcho and Dr Colette Kelly



This study investigates the changes in drinking behaviours, with a particular focus on adolescents' attitudes and perceived norms towards alcohol use. A prospective mixed methods study design is employed, in order to observe changes over time among 12-15-year-old adolescents, an age range where a notable increase in drinking behaviour has been identified. Applying Social Norms Theory, this study will provide insight into the complex mix of influencing factors that could explain such changes in drinking behaviours, thus informing the development of interventions aimed at reducing adolescent alcohol use in Ireland.

Aoife Gavin (a.gavin2@nuigalway.ie)
PhD. Topic: Exploring trends in health behaviours among children in Ireland: 1998-2010.
PhD. Supervisors: Dr Michal Molcho and Dr Colette Kelly



The aim of this study is to explore the trends in health behaviours among school-aged children in Ireland between 1998 and 2010 primarily utilising the Health Behaviour in School-aged Children (HBSC) study. The study will involve secondary data analysis, with methodological considerations for analysing cross-sectional trends data. A systematic review of peer-reviewed papers presenting trends data is underway to identify appropriate statistical approaches.

Helen Grealish (h.grealish1@nuigalway.ie)

PhD. Topic: Assessing the impact of research on the development of policy in child and youth affairs.

PhD. Supervisor: Professor Saoirse Nic Gabhainn



This study assesses the use of research in developing policy in the area of drug and alcohol misuse among adolescents in Ireland over a ten-year period. This research project is using a triangulation of methods. Interviews have been conducted with participants from the research institutions who produce research and with policy makers whom the researchers seek to influence. Documentary analysis will be undertaken to identify how much of the published research is referenced in policy documents and in other documents relating to the decision making process. It is also testing the conceptual model, the Research Impact Framework (Kuruvilla et al., 2006).

Claire Kerins (c.kerins2@nuigalway.ie) *HRB SPHeRE Scholarship*

PhD. Topic: Implementation of menu labelling interventions in the out-of-home food environment.

PhD. Supervisors: Dr Colette Kelly (NUI Galway), Professor Ivan Perry (UCC), Professor Catherine Hayes (TCD)



The aim of this research is to explore the contextual factors (i.e., individual- and organisational-level factors) that influence the implementation of menu labelling interventions in the out-of-home food environment. The research plan is organised into two interlinked work streams: a mixed methods systematic review of the barriers and facilitators to implementing menu labelling interventions to support healthy food choices (Work Stream 1), followed by a multiple-case study to explore the influence of contextual factors on implementation of a calorie menu labelling policy in Irish public hospitals (Work Stream 2). The proposed studies are guided by the Consolidated Framework for Implementation Research (CFIR). The CFIR incorporates constructs from existing implementation theories into a single comprehensive framework that can help guide systematic evaluation of the implementation process.

Nurul Kodriati (n.kodriati1@nuigalway.ie)

PhD topic: The role of masculinity in shaping male smoking behaviour across men's life course

PhD Supervisors: Dr Lisa Pursell (NUI Galway) and Elli Nur Hayati, PhD. (University of Ahmad Dahlan, Indonesia)



This study explores how smoking is a gendered behaviour in many parts of the world with the least ratio of male and female smokers occurring in Europe and America, but is more prevalent among males in countries like Indonesia, China, and Korea where it is more than ten times higher than among females. Given the magnitude of the problem of male smoking in these countries, this study employed an initial scoping of literature to explore relationships between masculinities and smoking behaviours in general. Following this, quantitative analysis of data taken from Indonesian GYTS 2014 and UN Multi-Country Study (UNMCS) of masculinity is being undertaken to examine smoking behaviours and masculinities within Indonesian men's life course. Recommendations for future smoking interventions targeted towards men including positive messages within a setting-based health promotion approach should be considered to achieve a global 30% relative reduction in current tobacco use by 2025.

Verna McKenna (v.mckenna2@nuigalway.ie)

PhD. Topic: An investigation of the development of health literacy over time for persons attending a structured risk prevention programme.

PhD. Supervisor: Professor Margaret Barry



Health literacy is an essential component of pursuing health and well-being in modern society. Health literacy includes people's knowledge, motivation and competencies to assess, understand, appraise and apply health information to promote their health and those of family/community. It is relevant for making decisions in everyday life in terms of healthcare, disease prevention and health promotion. To date, little is currently known or understood about how it might develop over time or the processes by which people might become more health literate. This study investigates and describes how individuals participating in a structured cardiovascular risk prevention and health promotion programme develop and practice health literacy in the management of their health. The study employs a longitudinal qualitative study design to explore changes in health literacy practices over a 12 month period.

Teresa Meaney (teresa.meaney@nuigalway.ie)

PhD. Topic: Irish mothers experience of persisting with breastfeeding.

PhD. Supervisor: Professor Saoirse Nic Gabhainn



Despite the accepted social, emotional and health benefits associated with breastfeeding the incidence of breastfeeding in Ireland is at an alarmingly low level (56% ERSI 2012) with Ireland having one of the lowest breastfeeding rates in Europe. The aim of this study is to use a qualitative phenomenological longitudinal research approach to understand and gain insight into Irish mother's experience of breastfeeding. It is anticipated that this study will provide a meaningful understanding of mother's experience of persisting with breastfeeding. Knowledge may be generated to inform policy makers and health professionals on necessary areas for development in the promotion and support of breastfeeding.

Lhara Mullins (lhara.mullins@nuigalway.ie)

PhD Topic: Homecare and older people in Ireland: How much do we care?

PhD Supervisor: Dr Margaret Hodgins



Older people in Ireland represent a fast-growing cohort and largely prefer to age in place. The expanding homecare market in Ireland is currently unregulated and omits legislation to protect older people and promote minimum standards. Lack of research on homecare particularly based upon the lived experiences of older people, further compounds the issue. This research aims to ascertain the individual experiences of homecare from the older person's perspective and further gauge the systemic factors which influence the provision of homecare from those working in this sector.

Áine O'Brien (a.obrien24@nuigalway.ie)

PhD. Topic: Characteristics of injury fatalities in the West of Ireland;
Investigating Coroners' Reports.

PhD. Supervisor: Dr Margaret Hodgins



Trauma from injury and violence represents a major public health problem affecting individuals, families and communities. Annually, it accounts for 5 million deaths worldwide (9% of global mortality). In Ireland, it is the fourth leading cause of mortality, yet inadequate research has been published in this area. Death certificate records provide limited data on injury mortality; Coroner inquest reports provide case information collated from multiple sources (including police reports, witness statements, coronial autopsy and forensic pathologist post-mortem and toxicology examinations). Comprehensive information is available in these reports regarding the manner and mechanism of injury, the presence of alcohol and drugs, detailed descriptions of injuries and a narrative of the circumstances resulting in death. This study investigates characteristics of injury-related fatalities in the West of Ireland over a 5 year period through these data sources.

Breda O' Mahony (b.omahony6@nuigalway.ie)

PhD Topic: Investigation into the implementation of the Nutrition Standards for School Meals

PhD Supervisor: Dr. Colette Kelly



With the recent introduction of the Nutrition Standards for School Meals in Delivering Equality of Opportunity (DEIS) schools and the potential introduction of these standards across all post primary schools, the aim of this research is to investigate the factors that influence the implementation of these standards in post primary schools. The research plan is organised into three interlinked work streams. The direction of work streams two and three are subject to adaption as work stream one has the potential to amend the areas of enquiry. Work stream one consists of a mixed methods systematic review of the barriers and facilitators to implementing Food and Nutritional Standards in School Meals. Factors (barriers and facilitators) reported to influence implementation will be synthesized using the theoretical domain framework.

Jaroslava Veratova (j.velartova1@nuigalway.ie)

PhD. Topic: Defining and managing risk in adult social care disability services.

PhD. Supervisor: Dr Martin Power



This research will explore understandings that surround the manner in which risk is defined, perceived and operationalised by stakeholders. While risk assessment has become ubiquitous in social care, service users, social care staff and service provider managers often approach risks differently. As a consequence, there can be challenges to balancing competing demands of independence, autonomy, health, safety and duty of care.

Graduate Student Abstracts

Congratulations to Christina Murphy and Elena Vaughan who recently graduated with a PhD in Health Promotion and Kerry Ward and Almas Kazmi on their MPhils in Health Promotion. The thesis abstracts are presented below and the full theses are available on ARAN (the digital collection of open access scholarly publications from NUI Galway, <https://aran.library.nuigalway.ie/>)

The application of a conceptual model of school-based implementation to the Relationships and Sexuality Education programme at Irish post-primary level



Dr Christina Murphy

This thesis examines the delivery of Relationships and Sexuality Education (RSE) at post-primary level in Ireland. An in-depth exploration of the implementation process of RSE in-service training and subsequent lesson delivery in schools was undertaken. Central to this exploration was the use of a theory-based approach to identify facilitating or impeding factors for successful RSE implementation. Using an implementation science conceptual framework, this research study adopted a mixed methods approach. These methods were used to assess trainers' implementation of in-service training; teachers' experience of in-service training; teachers' implementation of RSE lessons; students' experiences of RSE lessons; and contextual level factors at both training and school level. Teachers' conceptualisations of programme implementation were also explored through a participatory research process which involved creating schemas which were then compared to published models in the field.

RSE in-service training was implemented as planned. Participating teachers reported positivity about the training and felt confident and equipped to deliver RSE. Teachers who achieved high lesson fidelity reported more positive outcomes. Most students reported positively on RSE: engagement was high and only a minority reported disinterest. The delivery of RSE at school-level was however complex. Less than half of the teachers fulfilled planned lesson aims and lesson timing was an issue. Outdated programme content and materials with no evidence of effectiveness or in-built evaluative processes contributed to lessons which lacked relevant content and were obsolete. Teachers' conceptualisations of school-based programme implementation illustrated the complexity of implementation from the perspective of teachers. Support, time, training and resources emerged as common components. Teachers prioritised the concepts of leadership and support and indicated that these were the foundation for effective school-based implementation processes.

The results from this study confirm that if sex education training is implemented with generally high quality and fidelity, it can have a positive impact on teachers, translating into the classroom leading to enjoyment and engagement by students. Comprehensive pre and in-service training specific to sex education, with adequate follow-up support is necessary. Effective sex education requires a clear, evidence-based, time-measured programme with supporting materials and sufficient time allocation in schools. It is imperative that sex education programme content is regularly updated, uses varied curricular materials and adopts in-built evaluation processes.

PhD. Supervisor: Professor Saoirse Nic Gabhainn

Sex, stigma and silence: The discursive construction of HIV in Ireland

Elena Vaughan



Improvements to treatment mean that HIV is now a chronic, manageable illness. People living with HIV (PLHIV) have a life expectancy on a par with HIV negative individuals, and are non-infectious once the treatment goal of undetectable viral load (UVL) has been reached. In spite of such improvements HIV-related stigma continues to negatively impact the lives of PLHIV in complex ways and furthermore acts as a barrier to treatment and prevention efforts. In Ireland, the rate of new HIV diagnoses has grown considerably in the past few years, with the highest ever number of new diagnoses recorded in 2016 (HPSC, 2017).

This research examines the phenomenon of HIV-related stigma in the Irish context. Two studies were conducted. The first study explored the discursive construction of HIV in the Irish print media. 103 news articles printed in national newspapers over a ten year period were analysed using Critical Discourse Analysis (CDA), Limited Content Analysis and Technique Triangulation. The second study explored the experiences of stigma of 14 individuals with HIV from diverse cohorts. The interviews were analysed using Directed Content Analysis, utilising a conceptual framework developed as part of the review of the literature. This framework drew on existing conceptual frameworks for stigma, underpinned by readings of Bourdieu (1977) and Foucault (1984).

The findings indicate that HIV-related stigma is keenly bound up with discursive constructions of HIV that both shape and reflect deeply embedded cultural notions of sex, morality and health and illness. Analysis showed how such constructions mediate the embodied and enacted stigma experiences of PLHIV and how symbolic and structural violence are implicated in this process, working in tandem to negatively affect the health and well-being of those disproportionately affected by HIV. This study has implications for policy and practice and may be useful for informing stigma interventions going forward.

PhD. Supervisors: Dr Martin Power and Dr Jane Sixsmith

Investigating the mental health and wellbeing of Pakistani Muslim adolescents in Ireland



Almas Kazmi

Promoting the mental health and wellbeing of migrant youth is recognised as an increasingly important issue for youth health in European countries. Existing evidence suggests that migrant youth are more at risk of developing mental health problems and are less likely to use mental health services because of multiple barriers, including cultural differences and stigma in relation to mental health problems.

This study set out to examine the mental health and wellbeing of Pakistani Muslim migrant youth living in Ireland.

Employing a cross-sectional survey design, this study examined self-reported levels of perceived social support, sense of stigma attached to mental health problems, attitudes towards formal and informal help-seeking and levels of psychological distress among a sample (N=105) of 13-18 year old adolescent Pakistani Muslim youth, 51.4% of whom were female.

The majority of adolescents reported high levels of social support and positive levels of mental health in terms of self-reported depression and stress. However, just under a third (29.5%) of the study participants reported experiencing 'severe' and 'extreme' levels of anxiety. Of the total participants, 40% reported that they would talk to their family if they had a problem. There were low levels of stigma agreement and reported the need for help-seeking, however, 27% of older adolescents reported having problems but thought that they did not need any help. A number of significant gender differences were found with female respondents reporting less positive mental health, lower levels of perceived social support, and lower likelihood of seeking professional help for mental health problems compared to males. Male participants reported higher stigma agreement compared to females. In comparison to national data on youth mental health in Ireland, the participants of this study reported a lower level of support from friends and less positive mental health.

The results of this study suggest the need for culturally sensitive strategies to promote positive mental health and wellbeing among Pakistani migrant youth, to reduce their risk for mental health problems, and to address stigma and help-seeking attitudes in order to reduce barriers to accessing mental health services and supports.

MPhil. Supervisors: Professor Margaret Barry and Dr Catherine-Anne Field

A Feasibility Study of the MindOut Programme in the Youth Sector in Ireland

Kerry Ward



Enhancing young people's social and emotional skills development is an effective strategy in promoting their mental health and wellbeing and reducing their risk of mental health problems. This study examined the feasibility of implementing the MindOut Programme for adolescents in the youth sector setting in Ireland. This skills-based social and emotional wellbeing resource for 15-18 year olds, was re-designed in 2017 for delivery in both the school and out-of-school youth settings. The revised programme for the youth setting consists of 16 evidence-based sessions that can be delivered in a modular format to allow greater flexibility in implementation in the context of less structured youth settings.

This feasibility study evaluated the usability of the revised programme and the suitability of modular delivery in the youth setting. A qualitative approach was used to evaluate feedback from 14 youth workers and 62 young people across seven youth centres in Ireland concerning the usability of the programme and the modular delivery method, the modules delivered, the content of the modules and the teaching methods. In addition, a small-scale efficacy study was undertaken, involving a further seven control centres and 49 young people participating in a quasi-experimental study design, to assess the impact of the programme on the young people's social and emotional wellbeing and mental health.

The findings indicated a positive response regarding the modular delivery method and the overall usability of the MindOut resource. There was very positive feedback from youth workers concerning the ability to "customise" delivery of the programme to meet young people's needs. However, the findings also show that this led to a great deal of disparity with regards to how many of the modules were actually delivered. Outside of delivering the core module of Self-Awareness, only 37% of the full programme was delivered across the seven centres during the study period. Feedback from the young people showed that they engaged positively with the programme, with 64% rating it as either "good" or "very good", and highlighted the importance of more interactive and engaging teaching strategies and improving the relevance of the programme materials to the realities of their lives.

The potential efficacy study found that these young people, male and female, have lower levels of mental health and wellbeing than their peers in society and reported an attrition rate of 37% among the study participants. Whilst the efficacy study did not find any statistically significant impacts for young people, a number of positive trends were noted in relation to reduced anxiety levels, increased in self-esteem and empathy as well as improvements in problem solving and coping skills. A larger-scale study is required to fully determine the optimal delivery in the youth setting both with regards to exactly how much of the programme should be delivered and over what time period, in order to achieve significant positive impact for young people.

MPhil. Supervisor: Professor Margaret Barry

Health Promotion Master Dissertations

As part fulfilment of a Masters in Health Promotion, students undertake primary research in a topic of their choice, working under the supervision of Discipline staff members. Below provides a flavour of the topics explored in 2019.

Health Information and Social Media: A Content and Thematic Analysis of Diabetes Information Reported on the Saudi Ministry of Health Twitter Account, 2015-2018
From Cell to Society: An Understanding of the Oral Health Barriers and Life Influences Over the Life Course
The Depiction of People with Intellectual Disabilities in Cinema: Through the Social Model of Disability
An Exploration of Hospital Staff Knowledge and Opinions Relating to the use of a Patient Discharge Information Booklet
Perspectives of Physiotherapists in Ireland Towards Health Literacy
A Content Analysis of Female Fitness Imagery and Videos on Instagram
The Relationship between Mental Health Literacy, Help-seeking Intentions and Mental Well-being in a Sample of Irish University Students
Is the Health Quality Mark Meeting the Current Needs of the Participants of the Programme?
An Exploration of the Regular Cannabis Users' Perceptions of the Impact, if any, of their Cannabis use on Working Life, Social Engagement within the Community and Personal Relationships
What is the Perception of Sexual Consent Currently for Women in their 30s Compared to Women in their 60s?
Screening for Cardiovascular Risk Factors in the Offspring of Patients with Premature Coronary Heart Disease attending the Cardiac Rehabilitation Programme in an Acute Hospital: A Replication Study
The Importance of Adequate Sleep - The Patients' Perceptions
Dietary Habits, Health and Wellbeing among the Homeless Population
Managing Breastfeeding and Work: A Qualitative Study Exploring the Experience of Employed Breastfeeding Women in Ireland
A Qualitative Study of Irish Travellers' Conceptualization of Mental Health and Perceived Needs

Five Year Funding Summary

International and National Grant Income 2015-2019

Many of the HPRC projects run for more than one year so the following table reports grant income, national and international, over the past five years (an * indicates the first year of the project). The cumulative research income is €3,079,926 for this five year reporting period.

NAME	TOTAL GRANT	TOTAL AWARDED TO HPRC	FUNDER	2015	2016	2017	2018	2019
INTERNATIONAL FUNDING	10,403,964	685,057		7	7	5	1	1
Enhancing Health Literacy with Life Skills Education: Preventing Non-Communicable Diseases in Schools	4,050	4,050	WHO Health Promotion Unit				*	
Family Caregiver Support -Strategies and Tools to Promote Caregivers' Mental and Emotional Health	290,190	38,070	EU Erasmus+				*	
IMPACCT: Health Literacy Education	449,956	70,320	EU Erasmus+			*		
INCLUSILVER	4,115,121	1,500	EU H2020				*	
INTIMAGE Intimacy and Sexual Health Among Older People in Europe	255,407	28,601	EU Erasmus+					
Irish Workplace Behaviour Survey	148,849	148,849	IOSH UK	*				
IROHLA - Intervention Research on Health Literacy Ageing Population	2,928,441	140,088	EC- 7th Framework Programme					
Positive Mental Health; Promotion of Wellbeing and Flourishing in the European Youth Sector	198,121	43,294	EU Erasmus+					*
Promoting Healthy Eating and Physical Activity in Local Communities (HEPCOM)	1,000,000	52,294	European Commission					
Smart Patients	253,505	34,115	EU Erasmus+			*		
SPAN: Science for Prevention Academic Network	595,143	37,175	EC – Education and Culture (EAC)					
Syntheses of the Evidence in Health Promotion and Recommendations for Practice	90,000	11,520	IUHPE and Picardie Regional Health Agency, France					
What Works in Enhancing Social and Emotional Skills during Childhood and Adolescence?	65,196	65,196	Early Intervention Foundation UK					
WHO Euro Review	9,985	9,985	WHO Regional Office for Europe			*		

NATIONAL FUNDING	5,227,650	2,394,869		10	13	9	6	9
A Feasibility Study on the Implementation of MindOut in Youth Settings	64,488	64,488	Health Service Executive		*			
Accreditation Model for Workplace Health Promotion; A Scoping Study	19,959	19,959	Department of Health			*		
AHFES: Atlantic Healthy Food EcoSystem	1,200,000	2,000	INTERREG					*
Bridging the Care Gap: Evaluation of Galway Hospice Palliative Day Care Services	0	0	Unfunded					*
Cancer Survivorship - Costs, Inequalities and Post-Treatment Follow-Up	668,346	211,935	Health Research Board					
Continuation Funding from CHERIsH	59,343	0	Health Research Board - KEDS				*	
Combating Childhood Obesity Through Improving Dietary and Food Environment Measurements	10,000	10,000	NUI Galway Millennium Fund					
Community Context for Literacy	95,000	95,000	Breacadh					
Designing, Evaluating and Implementing a Complex Intervention in Childhood Obesity	666,437	0	Health Research Board - ICE	*				
Development of Online Education Materials to Support the Delivery of Training in the Concepts and Practice of Mental Health Promotion	33,618	33,618	Mental Health Ireland					*
Development of Schwartz Rounds for Students: Promoting Compassionate Care Through Self Care	1,400	1,400	NUI Galway Millennium Fund			*		
Evaluation of Galway City Strategy to Prevent and Reduce Alcohol Related Harm	14,540	14,540	Health Service Executive West			*		
Evaluation of the MindOut Programme in Post-Primary Schools	52,182	52,182	Health Service Executive					
Exploring the World of Food – The Perspective of Families with Children	98,231	69,306	Safefood					*
Food Portion Sizes and the Proportion of Different Food Groups Eaten by Children on the Island of Ireland	87,079	0	Safefood		*			
H2020 Enterprise Ireland Co-ordinator Grant	12,500	12,500	Enterprise Ireland		*			
Health Behaviour in School-aged Children 5, Ireland (2014-17)	697,341	697,341	Department of Health					
Health Behaviour in School-aged Children 6, Ireland (2018-21)	709,041	709,041	Department of Health				*	
Health Literacy for Healthy Cities	15,616	15,616	Health Service Executive West		*			
Health Promoting Actions on Campus: Demonstration Project	24,155	24,155	Student Services, NUI Galway					*
Health-related Interdisciplinary Research Network Development, Travel Support	730	730	Irish Research Council			*		

Healthy Cities and Communities	1,300	1,300	NUI Galway Millennium Fund			*		
Inequalities in Childhood Cancer	119,290	119,290	Irish Cancer Society					
LGBT+ Youth – Landscape and Gap Analysis	19,680	19,680	Department of Children and Youth Affairs					*
Maximising the Impact of Visual, Creative and Participatory Methods for Health Research	3,888	3,888	HRB Conference and Event Sponsorship Scheme					*
National Teen Food Survey (NTFS) II		0	Department of Agriculture, Food and the Marine					
Parents' Experiences of Weaning on the Island of Ireland	121,223	79,013	Safefood		*			
Peer to peer Motivational Interviews with Young People	284,376	0	Health Research Board				*	
Policy and Practice Review of the Health Quality Mark for Youth Services	12,116	12,116	NYCI					*
Public Awareness of Parenting, Prevention and Family Support Services (TUSLA)	16,506	16,506	UNESCO Child and Family Research Centre	*				
Scoping Review Case Management	15,376	15,376	Health Research Board	*				
Specialist Certificate in Workplace	30,960	30,960	Department of Health and Department of Jobs, Enterprise and Innovation			*		
Statutory Registration Awareness amongst Social Care Workers	10,000	0	Social Care Ireland				*	
Study on Bullying and Incivility in the University Setting	0	0	Unfunded					
The Impact of Quality in Kindergarten for Better Mental Health in Children in Norway		0	Collaborative				*	
Young People's Awareness of Alcohol Marketing	62,929	62,929	Alcohol Action Ireland					
Total 5 Year Funding	15,631,614	3,079,926						

Dissemination

The HPRC undertakes a range of dissemination activities which includes: peer reviewed publications, reports both published and unpublished as well as oral and poster presentations at national and international conferences.

Annual Conference



From (left to right): Ms Orla McGowan, Professor Saoirse Nic Gabhainn, Ms Adrienne Lynam, Dr Eileen Scott, President Ciarán Ó hÓgartaigh, Ms Anette Schulz, Ms Bidy O'Neill, Dr Colette Kelly, Ms Deirdre McHugh.

The conference chairs, Dr Colette Kelly and Professor Nic Gabhainn, were delighted to welcome the 196 practitioners, researchers and policymakers to the 23rd Health Promotion Conference – ‘Building a Healthy Ireland: Promoting Health and Wellbeing in Educational Settings’ which took place on June 13th.

This one day conference focused on the current and future directions for health and wellbeing in education and heard from international experts on the evidence base. Delegates engaged with national policy makers on new and emerging strategies and debated the implementation developments and challenges for educational settings. Feedback from delegates noted that this conference, as with previous years, provided valuable opportunities to network and build links with colleagues working in research, policy and practice for health and wellbeing

The conference was designed and delivered in collaboration with the Department of Health, Health Service Executive, Department of Education and Skills and the Association for Health Promotion Ireland, and we would like to take this opportunity to thank each for their continued involvement and support.

The programme and the presentations from the conference speakers are available to download on the conference website at: www.nuigalway.ie/hprc.

Research Seminar Series

The Health Promotion Research Centre (HPRC) continued our collaboration with colleagues in the Health Behaviour Change Research Group and the HRB Primary Care Clinical Trials Network Ireland to offer a joint Population Health Seminar Series to showcase our staff and visitors' research.

Additional seminars were also provided by our sabbatical visitors: Professor Ricarda Steinmayr and Professor Ju Yul Lee.

Joint Seminar Series 2018/19 – Save the Date!

26 Feb: The potential benefits and harms of cancer screening – perspectives from the US Preventive Services Task Force
 Professor Mark Ebell, College of Public Health, University of Georgia, USA
 VENUE: G065, School of Psychology, NUI Galway

14 Mar: Development and evaluation of a health behaviour change intervention to reduce risk of vision loss for young adults with type 2 diabetes
 Dr Amelia Lake, The Australian Centre for Behavioural Research in Diabetes, Melbourne, Australia
 VENUE: AM101, School of Psychology, NUI Galway

16 April: Bridging the Care Gap: An evaluation of Palliative day-care services
 Dr Catherine Anne Field, Health Promotion Research Centre, NUI Galway
 VENUE: G010, Hardiman Research Building, NUI Galway

1.00-2.00pm (light lunch 12.30pm) – Fri
 @hbcrg @pmry

Joint Seminar Series 2019 – Save the Date!

1st November: 'Practice and Patient recruitment in Primary Care'
 Prof Andrew Murphy and Dr Ray O'Connell, HRB Primary Care Clinical Trials Network Ireland, NUI Galway
 VENUE: G065, School of Psychology, NUI Galway

3rd December: 'Optimising audit and feedback to improve care and population outcomes'
 Professor Jeremy Grimshaw, Senior Scientist, Clinical Epidemiology Program, Ottawa Hospital Research Institute
 Full Professor, Department of Medicine, University of Ottawa
 Canada Research Chair in Health Knowledge Transfer and Uptake
 VENUE: G065, School of Psychology, NUI Galway

12th November: 'Development of Health Promotion in Saudi Healthcare transformation Programme'
 Dr Yousef Albalawi, Visiting Health Promotion Research Fellow at Health Promotion Research Centre, NUI Galway; Consultant at Vision Realization Office, Ministry of Health, Saudi Arabia
 VENUE: G065, School of Psychology, NUI Galway

1.00-2.00pm (light lunch 12.30pm) – Fri
 @HPRC_NUIG

Health Promotion Visitor Presentations

<p>Professor Ricarda Steinmayr Dept. of Psychology, TU Dortmund University</p>  <p>Subjective well-being and beyond: Some studies from Germany</p> <p>1pm, Tuesday 12th March Lecture Room 1 (120) Aras Moyola</p>	<p>Professor Ju Yul Lee Dept. of Health Administration, Namsoul University</p>  <p>Health Promotion Policy in South Korea</p> <p>1pm, Tuesday 26th March Lecture Room 3 (227) Aras Moyola</p>
<p>All Welcome</p> <p>@HPRC_NUIG</p> 	

Knowledge Network

The Knowledge Network for Health Promotion was created in 2008 by the HPRC in partnership with the Health Promotion Unit, HSE West to develop links between the organisations and to share our knowledge and expertise. The Network acts as a platform for exchange of information for health promotion developments in research, education and practice, including research funding opportunities and identification of available resources.

In 2019 membership included, Jane Sixsmith, Verna McKenna, NUI Galway; Evelyn Fanning, Fiona Falvey, Carol Farrell, Laura McHugh, Fiona Donovan, Ross Cullen, Antoinette Morley; Health Service Executive; and Irene Gibson, Croí.

Community Contribution

One of the objectives of the HPRC includes the translation of research that leads to the development of healthy public policy and evidence-informed practice. To work towards this objective the HPRC staff participate in a number of national and international management committees and editorial boards as listed below.

International (2019)

- Early Careers Group of the WHO-HBSC study (member) - L. Burke, Dr A Költő
- Early Intervention Foundation & Education Endowment Foundation, London (Member of Expert Panel on Social and Emotional Learning, 2018-19) - Professor M. Barry
- Eating and Dieting Working Group of WHO-HBSC study (member) - Dr C. Kelly
- European Commission DG SANTÉ Expert Panel on Effective Ways of Investing in Health, 2016-2019 (Scientific Member) - Professor M. Barry
- European Forum for Health Promotion Research (member) – S. Dashdondog
- European Implementation Collaborative (EIC) (member) - C. Kerins
- European Health Psychology Society (member) - N. Kodriati
- European Network Workplace Health Promotion (member) - Dr M. Hodgins
- European Science Foundation (Reviewer of research applications, 2019) - Professor M. Barry
- European Society for Prevention Research's (EUSPR) Early Careers Forum (member) - K. Fox
- French National Cancer Institute – Scientific Evaluation Committee (co-chair of Social and Human Sciences, Public Health and Epidemiology stream, 2017-2018) - Professor M. Barry
- Global President of the International Union for Health Promotion & Education, elected April 2019- 2021 - Professor M. Barry
- International Association for Youth Mental Health (member) - A. Kazmi, K. Dowling
- International Association for Workplace Bullying & Harassment (member) - Dr. M. Hodgins
- International Steering Group for the WHO Collaborating Centre for Mental Health Promotion, Prevention and Policy at THL, Finland, 2007-present, (member) - Professor Margaret Barry
- International Union for Health Promotion and Education (IUHPE) (Registered Health Promotion Practitioner) - A. Harrington, L. Sherlock
- London School of Hygiene and Tropical Medicine, (External Examiner of MSc in Public Health (Health Promotion stream, 2017-2021) - Professor M. Barry
- Royal Geographical Society (member) - Dr M.J. Lavelle
- Schools for Health Europe (SHE) Research Group (member) – K. Dowling
- Scientific Committee on National Teen's Food Consumption Survey (2018-2021) (member) – Dr C. Kelly
- Scientific Development Group of the WHO-HBSC study (member) - Dr C. Kelly & Dr A. Költő
- Sexual Health Working Group of WHO-HBSC study (Chair) - Dr A. Költő

- Scientific Committee of the 5th European Conference on Health Promoting Schools 'Health, Well-being and Education: Building a Sustainable Future', Moscow, Russian Federation 20–22 November 2019 (member) - Professor M. Barry
- Sexual Health Working Group of the WHO-HBSC study (member) - L. Burke
- Sustainable Consumption Research and Action Initiative (SCORAI-EU) (member) - Dr M.J. Lavelle
- The Children's Research Network for Ireland and Northern Ireland (member) - Dr C. Kelly, S. Dashdondog, L. Burke
- The Association for Nutrition (member) – Dr C. Kelly
- The Nutrition Society (member) - S. Dashdondog, Dr C. Kelly, D. Ravikumar
- University of Cambridge, (PhD External Examiner, Faculty of Education, 14th February 2019) - Professor M. Barry
- WHO Technical Advisory Group on Health Promotion in the Sustainable Development Goals (member) - Dr M.J. Lavelle
- WHO/HBSC International study Co-ordinating Committee (member) – Dr C. Kelly
- Youth Engagement group HBSC international (Chair) – Dr C. Kelly.

National (2019)

- Association for Health Promotion Ireland (AHPI) (Executive Committee) - Dr J. Sixsmith
- Association for Health Promotion Ireland (AHPI) (member) - A. Harrington, Dr J. Sixsmith, Dr M. Hodgins, Professor S. Nic Gabhainn, D. Ravikumar, L. Sherlock, Professor Margaret Barry
- Association for the Study of Obesity Ireland (ASOI) (member) - C. Kerins, Dr C. Kelly
- Comhairle na nOg Steering Committee (member) - L. Mullins
- Early Years Sub-committee of the Children and Young People's Services Committee, Galway (member) - S. Dashdondog, Dr C. Kelly
- Galway Healthy Cities Alcohol Forum Group (Advisory board member) - Dr M.J. Lavelle
- Galway University Hospital Schwartz Steering Committee (member) - Dr C.A. Field
- Galway University Hospital Health Literacy Committee - (member) - V. McKenna and Dr J. Sixsmith
- Geographical Society of Ireland (Member) - Dr M.J. Lavelle
- Health Promotion Research Centre (HPRC) Knowledge Network (member) - V. McKenna and Dr J. Sixsmith
- Health Research Board (HRB) SPHeRE Academic Panel (Advisor) – Dr C. Kelly
- Health Service Executive Active Travel Group (Technical Advisory Board member) - Dr M.J. Lavelle
- Hungarian Association of Hypnosis (member) - Dr A. Költő
- Hungarian Psychological Association (member) - Dr A. Költő
- Irish Nutrition and Dietetic Institute (INDI) (member) - C. Kerins
- Irish Social Policy Association (member) - Dr C.A. Field

Knowledge Network (member) - Dr J. Sixsmith, V. McKenna
National Cancer Prevention Committee (member) - Dr C.A. Field
National Institute for Preventive Cardiology (NIPC) Alliance (member) - C. Kerins
National Mental Health Promotion Plan Advisory Group- HSE and Department of Health, 2019-2020 (Expert Advisor) - Professor M. Barry
National Oral Health Policy Academic Research Group, 2014-17 (member) - Professor M. Barry
NUI Galway Smarter Travel Group Committee (Technical Advisor) - Dr M.J. Lavelle
Psychological Society of Ireland (PSI) (member) – Dr M. Hodgins
SAOLTA HSE Healthy Ireland Implementation Group, 2015 – present (member) - Professor M. Barry, Dr J. Sixsmith
Social Care Ireland (member) - L. Mullins; Dr M. Power, Dr Jane Sixsmith
Social Care Ireland, Conference Committee (member) – Dr M. Power
Social Care Ireland, Research Special Interest Group (committee member) – Dr M. Power
Social Care Ireland, Social Care Workers Advisory Group (committee member) – Dr M. Power
Structured Population and Health-services Research Education (SPHeRE) Network (member) - C. Kerins
Steering Committee for National Curriculum in Health Behaviour Change (member) - Dr C.A. Field.

Editorial Boards (2019)

HBSC International report (2016-2020) – Dr C. Kelly
Health Promotion Journal of Australia - Professor M. Barry
Hungarian Psychological Review (Special Issue, Guest Editor) – Dr A. Költő
Local Environment: International Journal of Justice and Sustainability - Dr M.J. Lavelle
International Journal of Workplace Health Management (Special Edition, Guest Editor) – Dr M. Hodgins
International Journal of Mental Health Promotion (Editorial Board) - Professor Margaret Barry
Journal of Public Mental Health - Professor M. Barry
Journal of Social Care - Dr M. Power.

Publications

Peer Reviewed Journals

Bányai, É., Józsa, E., & Költő, A. (2019). Hipnotizőrök archaikus bevonódásának vizsgálata [Investigating the hypnotists' archaic involvement]. *Magyar Pszichológiai Szemle*, 74(1), 47–63.

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Battel_Kirk, B., Barry, M.M. (2019). Implementation of health promotion competencies in Ireland and Italy – A case study. *International Journal of Environmental Research and Public Health*, 16(24), 4992 doi:10.3390/ijerph16244992.

Battel-Kirk, B., Barry, M.M. (2019). Evaluating progress in the uptake and impact of health promotion competencies in Europe. *Health Promotion International*, ii: daz068. doi: 10.1093/heapro/daz068. [Epub ahead of print]

Battel-Kirk, B., Barry, M.M. (2019). Has the development of health promotion competencies made a difference? A scoping review of the literature. *Health Education & Behavior*, 46(5), 824-842. doi: 10.1177/1090198119846935.

Calnan, Susan; Toomey, Elaine; Matvienko-Sikar, K; Hayes, C; McHugh, Sheena; Flannery, C; O'Neill, K; Doherty, E; Hennessy, M; Kelly, C; Heary, C; Queally, M; Heffernan, T; Byrne, M; Kearney, PM (2019) 'Role of integrated knowledge translation in developing and implementing a multicomponent infant feeding intervention: Insights from the CHERIsH study'. *The European Health Psychologist*, 21(1):588-594.

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Dowling, K., Simpkin, A.J., & Barry, M.M. (2019). A cluster randomized-controlled trial of the MindOut social and emotional learning program for disadvantaged post-primary school students. *Journal of Youth and Adolescence*, 48(7), 1245-63. doi:10.1007/s10964-019-00987-3.

Dwyer, C.P., MacNeela, P., Durand, H., O'Connor, L.L., Main, C.J., McKenna-Plumley, P.E., Hamm, R.M., Reynolds, B., Conneely, S., Slattery, B.W., Taheny, D., Nic Gabhainn, S., Murphy, A.W., Kropmans, T., & McGuire, B.E. (2019). Effects of Biopsychosocial Education on the clinical judgments of medical students and GP trainees regarding future risk of disability in chronic lower back pain: A randomized control trial. *Pain Medicine* (online). <http://doi.org/10.1093/pm/pnz284>

Hennessy, M., Cullerton, C., Baker, P., Brown, A., Crawley, H., Hayes, C., Kearney, P.M., Kelly, C., McKee, M., Mialon, M., Petticrew, M., Rundall, P., Trickey, H., White, M. & Redsell, S. (2019). Time for complete transparency about conflicts of interest in public health nutrition research. [version 2; peer review: 2 approved]. *HRB Open Res*, 2:1, <https://doi.org/10.12688/hrbopenres.12894.2>

Hodgins, M., and Mannix McNamara, P. (in press) *An Enlightened Environment? Workplace Bullying and Incivility in Irish Higher Education*. *Sage Open* <https://journals.sagepub.com/doi/10.1177/2158244019894278>

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Kaper, M., Sixsmith, J., Meijering, L., Vervoordeldonk, J., Doyle, P., Barry, M.M., de Winter, A.F., Reijneveld, S.A. (2019). Implementation and long-term outcomes of organisational health literacy interventions in Ireland and the Netherlands: A longitudinal mixed-methods study. *International Journal of Environmental Research and Public Health*, 16 (23). doi.org/10.3390/ijerph16234812.

Kaper, M.S., Winter, A.F., Bevilacqua, R., Giammarchi, C., McCusker, A., Sixsmith, J., Koot, J.A.R., & Reijneveld, S.A. (2019). Positive outcomes of a comprehensive health literacy communication training for health professionals in three European countries: a multi-centre pre-post Intervention study. *International Journal of Environmental Research in Public Health*, 15; 16(20).

Kasos, E., Kasos, K., Költő, A., Józsa, E., Bányai, É., & Varga, K. (2019). Új kutatási eredmények aktív-éber hipnózisban: fenomenológiai, fiziológiai és endokrin elemzések [New findings in active-alert hypnosis: Phenomenological, physiological and endocrinological analyses]. *Magyar Pszichológiai Szemle*, 74(1), 81–95. <https://doi.org/10.1556/0016.2019.74.1.6>

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- Kerins, C., Houghton, C., McHugh, S., Geaney, F., Toomey, E., Hayes, C., Perry, I.J. & Kelly, C. (2019). Implementation of a calorie menu labelling policy in public hospitals: study protocol for a multiple case study. *International Journal of Qualitative Methods*, 18, doi.org/10.1177/160940691987833.
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- Kodriati, N., Pursell, L., & Hayati, E.N. (2019). A scoping review of men, masculinities, and smoking behaviour: the importance of settings. *Glob. Health Action*. doi:10.1080/16549716.2019.1589763 (accepted paper).
- Költő, A., Cosma, A., Young, H., Moreau, N., Pavlova, D., Tesler, R., Thorsteinsson, E. B., Vieno, A., Saewyc, E. M., & Nic Gabhainn, S. (2019). Romantic attraction and substance use in 15-year-old adolescents from eight European countries. *International Journal of Environmental Research and Public Health*, 16(17), 3063. <https://doi.org/10.3390/ijerph16173063>
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- Költő, A., Vaughan, E., Ravikumar, D., Kelly, C., O'Sullivan, L., Saewyc, E.M., & Nic Gabhainn, S. (2019). Pre-registered research protocol for the LGBTI+ two phased study: A landscape and knowledge gap analysis of research conducted on Sexual and Gender Minority youth in Ireland and Europe. *OSF Registries*. <http://doi.org/10.17605/OSF.IO/46Q8F>
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McKenna, V., Sixsmith, J., & Barry, M. (2019). Facilitators and barriers to the development of health literacy capacities over time for self-management: findings from a longitudinal qualitative study. *Health Literacy Research and Practice* (in press).

Moreau, N., Költő, A., Young, H., Maillochon, F., & Godeau, E. (2019). Negative feelings about the timing of first sexual intercourse: Findings from the Health Behaviour in School-aged Children study. *International Journal of Public Health*, 64(2), 219–227. <https://doi.org/10.1007/s00038-018-1170-y>

Mullins, L. & Hodgins, M. (2019). 'The day is long you know?': Older people's voices on their homecare experiences in Ireland. *Journal of Social Care*, 2(1), 1-12.

Saelid, G.A., Czajkowski, N.O., Holte, A., Aaro, L.E., Barry, M.M. (2019). Mind Power - A CBT based program for adolescents aimed at developing coping skills: an ongoing study on possible positive mental health effects. Norwegian Public Health Conference 15-16 October 2019, Oslo, Norway. *Scandinavian Journal of Public Health*, Vol. 47, Issue 24_ SUPPL, 17-18.

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Books

Barry, M.M., Clarke, A.M., Petersen, I., Jenkins, R. (2019). *Implementing Mental Health Promotion* (2nd edition). Cham, Switzerland: Springer Nature. <https://www.springer.com/in/book/9783030234546>, [doi:10.1007/978-3-030-23455-3](https://doi.org/10.1007/978-3-030-23455-3)

Book Chapters

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Barry, M.M. (2019). Reframing the challenge of promoting population mental health. In M.M. Barry, A.M. Clarke, I. Petersen, & R. Jenkins. (Eds.), *Implementing Mental Health Promotion* (Second Edition, (pp. 35-57). Cham, Switzerland: Springer. https://doi.org/10.1007/978-3-030-23455-3_2

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Barry, M.M. (2019). Promoting mentally healthy workplaces. In M.M. Barry, A.M. Clarke, I. Petersen, & R. Jenkins. (Eds.), *Implementing Mental Health Promotion* (Second Edition, (pp. 389-427). Cham, Switzerland: Springer. https://doi.org/10.1007/978-3-030-23455-3_12

Barry, M.M. (2019). Addressing mental health problems at work. In M.M. Barry, A.M. Clarke, I. Petersen, & R. Jenkins. (Eds.), *Implementing Mental Health Promotion* (Second Edition, (pp. 429-462). Cham, Switzerland: Springer. https://doi.org/10.1007/978-3-030-23455-3_13

Published reports

EXPH; Barry, M.M. (2019). *Options to Foster Health Promoting Health Systems*. European Commission, DG SANTÉ, Brussels. https://ec.europa.eu/health/expert_panel/sites/expertpanel/files/docsdire/025_healthpromoting_healthsystems_en.pdf, doi:10.2875/554801

EXPH; Barry, M.M. (2019) *Task Shifting and Health System Design*. European Commission, DG SANTÉ, Brussels. https://ec.europa.eu/health/expert_panel/sites/expertpanel/files/023_taskshifting_en.pdf, doi:10.2875/42878.

Költő, A., Gavin, A., Kelly, C. & Nic Gabhainn, S. (2019). *Health behaviour in school-aged children: Short report on sun and ultraviolet light-related behaviours*. Galway: Health Promotion Research Centre, NUI Galway (embargoed).

Költő, A., Vaughan, E., Ravikumar, D., Kelly, C., O'Sullivan, L., Saewyc, E. M., & Nic Gabhainn, S. (2019) Pre-registered research protocol for the LGBTI+ two phased study: A landscape and knowledge gap analysis of research conducted on Sexual and Gender Minority youth in Ireland and Europe. *OSF Registries*, <https://osf.io/46q8f>

Watters, C.R., Gavin, A., Kelly, C. & Nic Gabhainn, S. (2019). *Health behaviour in school-aged children: Short report on Traveller mental health and wellbeing*. Galway: Health Promotion Research Centre, NUI Galway (embargoed).

Other

Kelly, C. & Nic Gabhainn, S. (2019). *Enhancing Health Literacy with Life Skills Education: Preventing Non-Communicable Diseases in Schools*. Report to the Department of Health Promotion, World Health Organization Headquarters, Geneva, Switzerland.

Kelly, C. & Nic Gabhainn, S. (2019). *School Handbook: Life Skills Education to prevent Non-Communicable Diseases*. Report to the Department of Health Promotion, World Health Organization Headquarters, Geneva, Switzerland.

Költő, A., Gavin, A., Kelly, C., & Nic Gabhainn, S. (2019). *Health behaviour in school-aged children: Short report on sun and ultraviolet light-related behaviours*. Galway: Health Promotion Research Centre, NUI Galway.

Ravikumar, D., Finnegan, K., Kelly, C., & Nic Gabhainn, S. (2019). *National and international policy, practice and the National Quality Standards Framework relevant to the Health Quality Mark of the National Youth Health Programme*. Report to the National Youth Council of Ireland, Dublin, Ireland.

Presentations

Barry, M.M and Sørensen, K. (2019). Leaving no one behind- including seldom heard voices in health literate societies. Plenary session at 'Building Health Literate Societies', 4th European Health Literacy Conference, University College Dublin, 15 March, 2019.

Barry, M.M., Mantoura, P., Fanslow, J. (2019). International Perspectives on Promoting Population Mental Health and Wellbeing as a Critical Strategy for Sustainable Health Development. Symposium at 'Promoting Planetary Health and Sustainable Development for All', IUHPE 23rd World Conference on Health Promotion Rotorua, New Zealand, 8 April, 2019.

Barry, M.M. (2019). Master Class on Mental Health Promotion at 'Promoting Planetary Health and Sustainable Development for All', IUHPE 23rd World Conference on Health Promotion Rotorua, New Zealand, 9 April 2019.

Barry, M.M. and Battel-Kirk, B. (2019). Quality assurance systems in the context of competency-based approaches to promoting health. Sub-Plenary on Advancing Workforce Capacity for Health Promoting Sustainable at 'Promoting Planetary Health and Sustainable Development for All', IUHPE 23rd World Conference on Health Promotion Rotorua, New Zealand, 10 April, 2019.

Barry, M.M. (2019). Working globally to advance health promotion and achieve health equity. Plenary presentation at 'Building a Healthy Ireland: Promoting Health and Wellbeing in Educational Settings', Health Promotion Annual Conference, NUI Galway, 17 June, 2019.

Barry, M.M. (2019). Options to foster health promoting health systems. Presentation at a *Hearing of the Expert Panel on Effective Ways of Investing in Health, European Commission - DG Health and Food Safety*. Brussels, 23 October 2019.

Barry, M.M. (2019). Promoting population mental health and wellbeing: What works? Invited presentation to *HSE Working Group on the National Mental Health Promotion Plan*. Dublin, 2 October, 2019.

Barry, M.M. (2019). Promoting positive mental health in the community: What works? Keynote address at 'Building the Bridge - From Ideas to Actions', *Mental Health Ireland Conference*. Maynooth, 23 November, 2019.

Barry, M.M. (2019). Why implementation matters for successful health promotion. Workshop at the *Association of Health Promotion Ireland Meeting*, NUI Galway, 14 November, 2019.

Burke, L., Kelly, C. & Nic Gabhainn, S. (2019). The context and circumstances of early sexual initiation among adolescents in Ireland. Paper presented at the *1st Irish Sexual Practices Symposium*, Dublin, Ireland, 17 July 2019.

Byrne, N., Kilkelly, G., Geoghegan, J., McKenna, VB., Sixsmith, J., (2019). Improving Galway University Hospitals health literacy-developing the policy on written patient information. [Poster Presentation], 4th European Health Literacy Conference, University College Dublin, Ireland. 15 March 2019.

Byrne, P. and Power, M. (2019) Care for social care professionals workshop, *Social Care Ireland Conference 2019. Care for social care professionals*, Limerick , 28 March 2019.

Callaghan, M., Kelly, C., Molcho, M. (2019). Bullying and bystander behaviour and health outcomes among adolescents in Ireland. Presented at the *Whitaker Institute Research day*, Galway, April 2019.

Dawson, K. MacNeela, P. & Nic Gabhainn, S. (2019). What do young people learn about sex from watching pornography? Paper presented at the *1st Irish Sexual Practices Symposium*, Dublin, Ireland, 17 July 2019.

De Winter, A.F., Sixsmith, J., Whittal, A., Giammarchi, C., Papa, R. & Kaper, M. (2019). Bridging the gap between health literacy research and education: development and evaluation of a European health literacy education programme. [Symposium] *4th European Health Literacy Conference, University College Dublin*, Dublin, Ireland. 15 March 2019.

Doyle, F., Darker, C.D., Nixon, E., Hevey, D., Barry, M.M., Lawler, M., Field, C.A., Hickey, A. (2019). The effects of training low SES adolescents in Motivational Interviewing for health behaviour change among peers – A pilot study. Oral Presentation. *33rd Annual Conference of the European Health Psychology Society*, Dubrovnik, Croatia.

Finnegan, K., Gavin, A., Kolto, A., Kelly, C., & Nic Gabhainn, S. (2019). Should the Irish Health Behaviour in School-aged Children (HBSC) data collection move online? Presented at the *23rd Annual Health Promotion Conference: building a Healthy Ireland: Promoting health and wellbeing in educational settings*, NUI Galway, June 2019.

Heinz, A., Catunda, C., van Duin, C., Willems, H., Költő, A., Moreau, N., & Godeau, E. (2019). "Are you a boy or a girl?" – Who are the non-responders? Presentation at the *Work Meeting of the Health Behaviour in School-aged Children (HBSC) International Network*, Reykjavík, Iceland, 18–20 June 2019.

Hodgins, M. (2019). Panel discussant for *National Workplace Wellness Day*, National University of Ireland, Galway, 12 April 2019 .

Hodgins, M., Hogan, V., Pursell, L., Lewis, D., MacCurtain, S., Mannix McNamara, P. (2019) The Irish Workplace Behaviour Study: Experience of Ill-treatment and Relationship with Work Characteristics, *6th Regulating for Decent Work Conference*, ILO Geneva, 8-10 July 2019.

Hodgins, M. (2019). Expert panel member for *International Association for Workplace Bullying and Harassment Master Class*, Kinneret College Israel, 17-19 September 2019.

Kelly, C., Vaughan, E., Kolto, A., Finnegan, K., & Nic Gabhainn, S. (2019). Contributions to the WHO European Child and Adolescent Health Strategy 2020-30. Presented at the *23rd Annual Health Promotion Conference -Building a Healthy Ireland: Promoting Health and Wellbeing in Educational Settings*, Galway, June 2019.

Kerins, C., McSharry, J., Hayes, C., Perry, IJ., Geaney, F., Kelly, C. A mixed methods systematic review of the barriers and facilitators to implementation of menu labelling interventions to support healthy food choices. Dublin: Oral session presented at the *SPHeRE Network 5th Annual Conference*, February 2019.

Kerins, C., McSharry, J., Hayes, C., Perry, IJ., Geaney, F., Kelly, C. A mixed methods systematic review of the barriers and facilitators to implementation of menu labelling interventions. Prague: Poster session presented at the *International Society of Behavioral Nutrition and Physical Activity 2019 Conference*, June 2019.

Költő, A. & Nic Gabhainn, S. (2019). LGBTI+ equality and self-reported health of 15-year-old adolescents in eight European countries. Presented at the *HBSC International Scientific Meeting*, Reykjavík, Iceland, 18-20 June 2019, <http://doi.org/10.13140/RG.2.2.26049.61288>.

Költő, A., Heinz, A., Catunda, C., van Duin, C., Helmut, W., Moreau, N. & Godeau, E. (2019). "Are you a girl or a boy?" Who are the non-responders. Paper presented at the *HBSC International Scientific Meeting*, Reykjavik, Iceland, June 2019.

Költő, A., & Nic Gabhainn, S. (2019). Mental health and well-being in Sexual Minority Youth in Ireland. Presentation at the *1st Irish Sexual Practices Symposium*, Dublin, Ireland, 17 July 2019.

Költő, A., Cosma, A., & Nic Gabhainn, S. (2019). Involvement in different bullying roles and types across romantic attraction in 15-year-old adolescents from eight European countries. Paper presented at the *BPS Psychology of Sexualities Annual Conference 2019*, London, UK, July 2019.

- Költő, A., Vaughan, E., Ravikumar, D., Kelly, C., & Nic Gabhainn, S. (2019). LGBTI+ two phased study: A landscape and knowledge gap analysis. Invited presentation at the *1st Annual Implementation Forum for the LGBTI+ National Youth Strategy 2018-2020*, Dublin, Ireland, 24 October 2019.
- Költő, A., Heinz, A., Moreno-Maldonado, C., Nic Gabhainn, S., Piper, A., Cosma, A., & Saewyc, E. (2019). Measuring Sex and Gender in HBSC. Presentation at the Work Meeting of the Health Behaviour in School-aged Children (HBSC) International Network, Yerevan, Armenia, 6 November 2019.
- Lawler, M., Hickey, A., Doyle, F., Nixon, E., Darker, C., D., Barry, M.M., Field, C.A., Hevey, D. (2019). Effectiveness of a peer-led motivational interviewing intervention for increasing physical activity among at risk adolescents. Poster presentation. *33rd Annual Conference of the European Health Psychology Society*, Dubrovnik, Croatia, 3 – 7 September 2019
- McKenna, V.B., Sixsmith, J., Barry, M.M. (2019). Facilitators and barriers to the development of health literacy capacities over time for self-management: findings from a longitudinal qualitative study. Presented at the *4th European Health Literacy Conference, University College Dublin*, Dublin, Ireland. 15 March 2019
- McKenna, V.B., Sixsmith, J., Byrne, N. (2019). Development, implementation and evaluation of a participatory workshop to build staff capacity towards a sustainable health literate hospital environment. [Poster Presentation], *4th European Health Literacy Conference, University College Dublin*, Dublin, Ireland. 15 March 2019.
- Nic Gabhainn, S. & Kelly, C. (2019). Contribution of the Health Promotion Research Centre to the workplan of the WHO European Office. Invited presentation at the *Joint meeting of WHO Child and Adolescent Health Collaborating Research Centres*, Edinburgh, March 2019.
- Nic Gabhainn, S. (2019). Use of data and research findings for advocacy: the case of HBSC. Invited presentation to the *International Conference of Adolescent Health: Coming of Age, the first joint conference of the Royal College of Paediatric and Child Health and the Society for Adolescent Health and Medicine*, Ascot, UK, September 2019.
- O'Mahony, B., Kerins, C., Murrin, C. and Kelly, C. (2019). Barriers And Facilitators to the Implementation of Nutrition Standards for School Meals: A Mixed Methods Systematic Review. *CMNHS Annual Research Day*, Galway, May 2019.
- O'Mahony, B., Kerins, C., Murrin, C. and Kelly, C. (2019). Barriers And Facilitators to the Implementation of Nutrition Standards for School Meals: A Mixed Methods Systematic Review. *HPRC Annual Conference*, Galway, June 2019.
- Power M (2019) Smart Patients: Empowering citizens as experts in their own health *Community Nursing: Resilience in times of change*, Dublin, , 01 May 2019.
- Sherlock, L., McKenna, VB & Sixsmith, J. (2019). An assessment of a maternity unit's written health information. [Poster Presentation], *4th European Health Literacy Conference, University College Dublin*, Dublin, Ireland. 15 March 2019.

Sixsmith, J. (2019). Working towards a health literacy friendly hospital. [Keynote Address] *Conference: Nurses: a voice to lead – Health is for all*. Lithuanian University of Health Sciences, Kaunas, Lithuania. 7 May 2019.

Sixsmith, J., McKenna, V., Bawa, J., Bhandari, C., Boshehri, E., Hansrani, Z., & Yi-Xin, T. Introducing health literacy to the medical undergraduate curriculum: IMPACCT. [Oral Presentation] *22nd Annual Health Promotion Conference. Building a Healthy Ireland: promoting health and wellbeing in educational settings*. NUI Galway, Ireland, 13 June 2019.

Sixsmith, J., McKenna, V.B., Bawa, J., Bhandari, C., Boshehri, E., Hansrani, Z, Yi-Xin, T. (2019). Introducing health literacy to the medical undergraduate curriculum: IMPACCT. [Poster Presentation], Annual Health Promotion Research Centre conference: Building a Healthy Ireland: Promoting Health and wellbeing in Educational Settings, NUI Galway, Ireland. 13 June 2019.

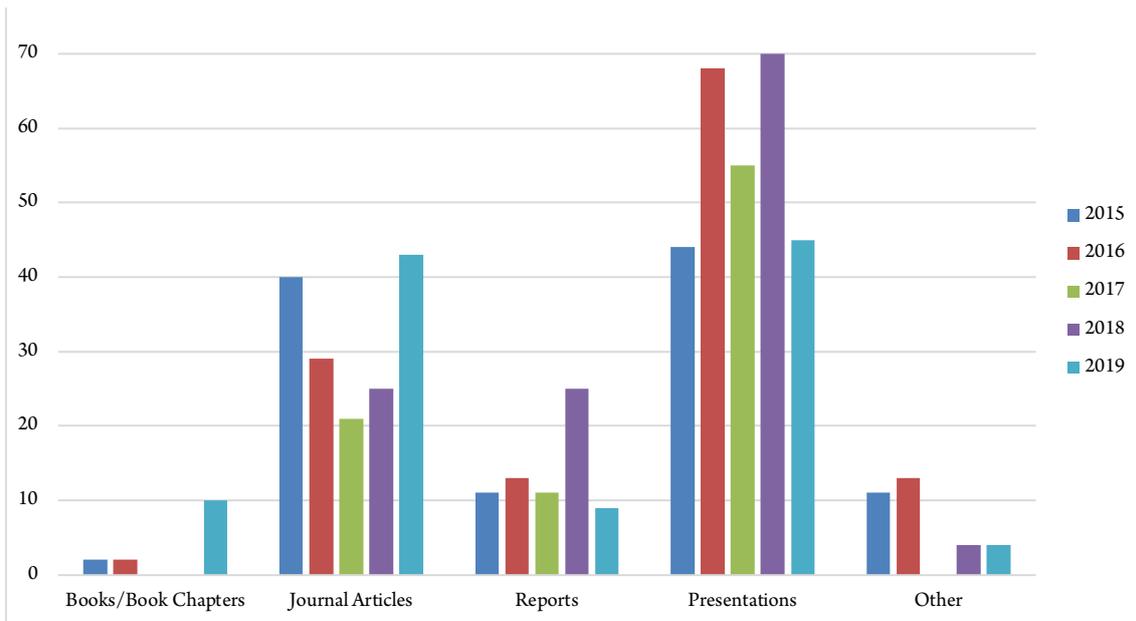
The HBSC Ireland Team. (2019). The Irish Health Behaviour in School-aged Children (HBSC) Study. Project showcase poster presented at the *23rd Annual Health Promotion Conference: Building a healthy Ireland: promoting health and wellbeing in educational settings*, NUI Galway, June 2019.

Vaughan, E.;Power, M.; Sixsmith, J. (2019) ‘The elephant in the bedroom’- HIV, intimacy and infectiousness in the age of viral undetectability Irish Sexual Practices UCD, , 10 July 2019.
Wolstenholme H., Kelly, C., & Heary, C. (2019). “It’s like I’m eating brains”: Children’s perceptions and experiences of fussy eating behaviour. [Oral presentation] *International Conference on Children’s Eating Behaviour*, Birmingham 21 March 2019.

Wolstenholme H., Kelly, C., & Heary, C. (2019). Fussy Eating Perceptions, Experiences and Practices: A Review and Synthesis of Qualitative Studies. [Poster presentation] *International Conference on Children’s Eating Behaviour*, Birmingham 22 March 2019.

Publications 2015-2019

The HPRC undertakes a range of dissemination activities which includes: 66 peer reviewed publications, reports both published and unpublished as well as 45 oral and poster presentations at national and international conferences. Dissemination in relation to these activities over the last 5 years is presented in the graph below.



HPRC Governance

Governance Structure

The management structure for research centres and units recommended by NUI Galway has been adopted by the Health Promotion Research Centre. We have an internal Steering Committee and an International Advisory Board.

Steering Committee

The Steering Committee is comprised of the Director, Deputy Director, and Principal Investigators, the Administrative Director and Administrative Secretary. Meetings of the Steering Committee are held bi-monthly alternating with Research Meetings which includes representation from researchers. In addition, plenary meetings are held annually and are open to all members of the HPRC.

International Advisory Board

The International Advisory Board consists of representatives from Health Promotion practice, policy and research at national and international level and key NUI Galway staff. The board meets on an annual basis and met on the 28th May 2019. Many thanks to all our members for their contributions to this board and also to Dr Yvonne Finn and Dr Aengus Parsons who attended this year's meeting as nominated university representatives.

External Members

Professor David J Hunter, Professor of Health Policy and Management, Newcastle University

Mr Martin Weber, Division of Noncommunicable Diseases and Health Promotion, World Health Organization

Ms Helen Deely, Office of Assistant National Director (AND), Health and Wellbeing, Health Service Executive

Ms Bidy O'Neill, National Project Lead, Health and Wellbeing Programme, Department of Health.

University Members

Professor Lokesh Joshi, Vice-President for Research, Research Office, National University of Ireland Galway

Professor Tim O'Brien, Dean of the College of Medicine, Nursing and Health Sciences, National University of Ireland Galway

Dr Cathal O'Donoghue, Dean of the College of Arts, Social Sciences and Celtic Studies, National University of Ireland Galway

Professor Caroline McIntosh, Head of School of Health Sciences, National University of Ireland Galway

Dr Martina Ni Chúlain, Director of Strategic Development, College of Medicine, Nursing and Health Sciences, National University of Ireland Galway.

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