



Health Promotion Research Centre

Research Activities

2014



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Welcome

We are pleased to present the 2014 Annual Report of the Health Promotion Research Centre (HPRC) at the National University of Ireland Galway (NUIG). This year saw the continuation of longstanding projects, as well as the start of new and exciting projects that were funded nationally and internationally. We have continued to nourish our existing partnerships, but have also established new collaborations, further expanding our networks. Our annual conference, Applying the Principles of Health Promotion to Population Improvement, was a great success with a large number of participants and very positive feedback.

Our successful collaboration with the WHO Regional Office for Europe and the Geneva Office is continuing under the leadership of Professor Margaret Barry as we are in the second period of our designation as a WHO Collaborating Centre for Health Promotion Research.

Our continued success in competitively securing funding, attracting excellent researchers and in disseminating our work in various outlets, including high impact factor journals, is due to the skills, creativity, dedication and commitment of the staff: researchers, administrators and Principal Investigators. As Director of the HPRC in 2014, my sincere thanks to all involved

Dr. Michal Molcho
Director, 2014
Health Promotion Research Centre



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World Health Organization (WHO) Collaborating Centre for Health Promotion Research

The HPRC was designated as a WHO Collaborating Centre for Health Promotion Research in 2009 and received re-designation in October 2013 for a further four year period. This designation is a recognition of the international standing of the work of the Centre and formalizes its role as a member of an international collaborative network contributing to the World Health Organization's programme of work and strategic objectives in Health Promotion. Under the leadership of Professor Margaret Barry, the WHO Collaborating Centre at NUI Galway works closely with the WHO Regional Office for Europe and WHO Geneva in supporting the WHO work programme.

The aim of the WHO Collaborating Centre for Health Promotion Research at NUI Galway is:

To support the WHO work programme in developing health promotion capacity through the translation of health promotion research into policy and practice.

The Terms of Reference are:

- To support the implementation of the WHO Health in All Policies Framework for Country Action
- To support the implementation of WHO Europe Regional Office's Health 2020 strategy
- To support the WHO European Regional Office's Action Plan for the implementation of the European Strategy for the Prevention and Control of Non-communicable Diseases
- To support the WHO Europe Child and Adolescent Health and Development Strategy implementation
- To support cross-country collaboration on the implementation of the WHO work programme through contributing to the network of WHO Collaborating Centres.

The effective production, dissemination and translation of Health Promotion research that will actively inform practice and policy constitutes the core focus of the work of the Collaborating Centre for Health Promotion Research in the coming years. The importance of translating research into practice and policy is identified as an important challenge in Health Promotion. The Centre is in a key position to fulfil this role, given its close working relationship with national level policymakers and practitioners, and its collaboration with leading Health Promotion research partners globally.

Research Project Descriptions

Principal Investigator: Dr. Saoirse Nic Gabhainn
Researchers: Dr. Honor Young and Ms. Lorraine Burke
Funder: Irish Research Council and the Crisis Pregnancy Programme

This project proposes a systematic analysis of the sexual health behaviour data collected by the 2010 Irish Health Behaviours in School-aged Children (HBSC) study, which is the first nationally representative and internationally comparable adolescent data in Ireland. It comprises a series of systematic analyses of the adolescent HBSC data, an analytical comparison of HBSC 2010 with other national studies of sexual health, and replication of key international findings using Irish data. The project also involved collaboration with stakeholders to develop and implement dissemination mechanisms, and then develop and pilot questions on sexual health to include in the 2014 Irish HBSC study.

We have analysed existing adolescent sexual health data in Ireland to replicate the study on adults conducted by Sheily *et al.* in 2002. A second set of analyses involved the direct comparison of adolescent sexual health data with data provided by young adults as part of the Irish Contraception and Crisis Pregnancy (ICCP) study and the Irish Study of Sexual Health and Relationships (ISSHR) studies. The third set of analyses designed to replicate existing international publications was also completed

Consultations were held with key stakeholders for the purposes of designing dissemination mechanisms and the development and a set of pilots of new adolescent sexual health questionnaire items completed the project. Journal articles are currently in preparation based on these research activities.

Dissemination:

Burke, L., D'Eath, M. & Nic Gabhainn, S. (2014). Consulting stakeholders about dissemination. *National Institute of Health Sciences Bulletin*, forthcoming December 2014.

Young, H., Burke, L., Nic Gabhainn, S. (2014). Contraceptive methods used by sexually active Irish adolescents. *National Institute of Health Sciences Bulletin*, forthcoming December 2014.

Presentations:

Burke, L., D'Eath, M., Young, H. & Nic Gabhainn, S. (2014). An exploration of dissemination tools and mechanisms: consultation among different stakeholder groups. Paper presented at the *18th Annual Health Promotion Research Centre Conference: Applying the principles of health promotion to population health improvement*, Galway, June 2014.

Burke, L., D'Eath, M., Young, H. & Nic Gabhainn, S. (2014). Consulting stakeholders about dissemination. Paper presented at the *18th Annual Health Promotion Conference: Applying the Principles of Health Promotion to Population Health Improvement*. Galway, June 2014.

Burke, L., Young, H. & Nic Gabhainn S. (2014). Sexual behaviour of adolescents in the Republic of Ireland: Future research plans of the Health Behaviour in School-aged Children (HBSC) study. Paper presented at the *Improving Children's Lives Conference*. Queen's University Belfast, February 2014.

Principal Investigators: Dr. Martin Power & Mr. James Cantwell, WIT

The data collection phase of the project has now been completed and analysis of the data is underway. The project encountered a number of unanticipated issues in relation to recruitment, which delayed the project. A number of agencies that provide social care staff to service providers were contacted. However, none chose to participate in this research. This is unfortunate, as it means that the initially indicated perspective of recruitment managers will not now be available to inform understanding of this phenomenon. Recruitment of agency social care managers and workers proved only slightly less difficult. While many social care workers in contingency employment were contacted, few were working as social care workers, rather they were more often employed in roles such as care assistants. As a consequence, these individuals did not meet the inclusion criteria and could not be considered.

Preliminary analysis of the data suggests that the manner in which agency staff are deployed by service providers is contributing to the latter situation. It appears that frequently agency staff are positioned not into core roles, as has been observed in areas such as social work, but rather that agency staff are primarily assigned the more task-orientated and routine aspects of care. The main driver for this arrangement of work is to free up time for full-time staff, so that this time can be given over to completing management and administrative tasks, many of which are essential to ensuring that regulatory requirements are met.

Bridging the Digital Disconnect – Using Technology to Support Young People’s Mental Health Needs

Principal Investigator: Professor Margaret Barry

Researchers: Dr. Aleisha Clarke, Ms. Tuuli Kuosmanen

Funder: Inspire Foundation Ireland and the Young and Well Cooperative Research Centre, Australia

The HPRC in collaboration with Inspire Foundation Ireland undertook a three year programme of research working with young people and adults to determine how best to use technology to improve the mental health and wellbeing of young people. This work is part of an international research project which is being led and part-funded by the Young and Well Cooperative Research Centre in Australia. ‘Bridging the Digital Disconnect’ seeks to develop online mental health and digital literacy training programmes for adult gatekeepers, including parents, teachers, youth workers, social workers, general practitioners, health promotion officers and mental health professionals, who wish to support the mental health of young people aged 12-25 years. The first online resource developed was designed to meet the needs of parents.



A systematic review of the evidence of online mental health promotion and prevention interventions for young people was completed in 2012. Following this, a needs assessment survey was conducted with parents of students in 2nd and 5th year in secondary schools (N = 355) in Ireland. A series of focus groups with parents was also carried out nationally to explore their use of technology and their views on the development of online resources to support parents’ needs in relation to youth mental health. An online needs assessment survey was also conducted with a national sample of 900 adult stakeholders, including teachers, youth workers, health and mental health professionals in order to explore the potential use of online technologies in their work with young people. The views of young people on the development of these resources for adult gatekeepers were also ascertained through participative methods. This research guided the development of tailored online resource that connects parents with the promotion of youth mental health in meaningful ways. The resource can be accessed at: <http://ie.reachout.com/parents/about-reachoutparents/>.

Dissemination:

Clarke, A.M., Kuosmanen, T., & Barry, M.M. (2014). A systematic review of online youth mental health promotion and prevention interventions. *Journal of Youth and Adolescence*, doi 10.1007/s10964-014-0165-0

Clarke, A.M., Kuosmanen, T., Chambers, D., & Barry, M.M. (2014). *Bridging the Digital Disconnect. Exploring Youth, Education, Health and Mental Health Professionals' Views on Using Technology to Promote Young People's Mental Health*. A report produced by the Health Promotion Research Centre, National University of Ireland Galway and Inspire Ireland Foundation in collaboration with the Young and Well Cooperative Research Centre, Melbourne, Australia. Accessible at: <http://www.youngandwellcrc.org.au/knowledge-hub/publications/bridging-the-digital-disconnect-professionals/>

Clarke, A.M., Kuosmanen, T., Chambers, D., & Barry, M.M. (2013). *Bridging the Digital Disconnect. Exploring Parents' Views on Using Technology to Promote Young People's Mental Health*. A report produced by the Health Promotion Research Centre, National University of Ireland Galway and Inspire Ireland Foundation in collaboration with the Young and Well Cooperative Research Centre, Melbourne, Australia. Accessible at: <http://www.youngandwellcrc.org.au/knowledge-hub/publications/bridging-digital-disconnect-exploring-parents-views-using-technology-promote-young-peoples-mental-health/>

Barry, M.M., Clarke A. and Kuosmanen, T. (2014). Using technologies to promote mental health and wellbeing. Symposium presentation- Clarke, Kuosmanen & Barry: Bridging the Digital Disconnect: the role of online technologies in supporting young people's mental health. *The 8th World Congress on the Promotion of Mental Health and the Prevention of Mental and Behavioural Disorders*, London 24-26th September, 2014.

Principal Investigator: Dr. Michal Molcho
Researcher: Dr. Audrey Alforque Thomas
Funder: Health Research Board (HRB)

Cancer is increasingly recognised as a chronic illness. The number of people diagnosed with cancer in Ireland is rising year-on-year. Survival for many cancers has improved over the past 2-3 decades and two-thirds of those diagnosed now survive five years or longer. These trends mean that almost 100,000 people are living with cancer in Ireland. This number is projected to increase significantly in coming years with population ageing and further developments in treatment.

Therapeutic advances mean that many people with cancer successfully complete primary treatment and can, potentially, resume everyday activities – transitioning from a “patient” to “survivor”. However, many survivors have multiple complex health conditions. Many also experience significant physical, psychosocial and cognitive problems and limitations and have considerable ongoing needs for medical and non-medical support and care. While it is generally accepted that specific services to meet these needs are lacking, survivors have increased healthcare utilization, beyond the level that would be expected to accommodate regular cancer follow-up visits and investigations. This raises serious questions about the ability of health services to meet survivors’ needs in the future. Cancer survivorship, therefore, presents significant challenges to survivors, health services and society.

This programme will focus on three key emerging areas of importance in the cancer survivorship arena, which will be addressed in the form of three areas: acceptability, preferences and costs for alternative models of post-treatment follow-up; costs, and epidemiology, of lost productivity due to cancer, with a focus on absenteeism, presenteeism and premature mortality; and impact of rural residence on cancer-related expectations, attitudes, beliefs, behaviours, experiences and outcomes.

The third area is the focus of the NUI Galway team.

Principal Investigators: Drs. Saoirse Nic Gabhainn, Colette Kelly and Michal Molcho

Researchers: Ms. Aoife Gavin, Ms. Natasha Clarke, Ms. Mary Callaghan, Ms. Lorraine Burke

For some years we have been developing on our track record in involving children directly in the Health Promotion research process - including in data collection, analysis, presentation, and dissemination. This year we have been involved in a research initiative in partnership with the Participation Hub of the National Government Department of Children and Youth Affairs. The overarching title is: Children's Views on Understanding their Lives: A participation initiative involving children, the Department of Children and Youth Affairs and the HBSC Ireland Team.

We have developed a policy on child participation in the Health Behaviour in School-aged Children (HBSC) Ireland study, and a memorandum of understanding and joint work plan with the Department of Children and Youth Affairs. We have collaborated in the organisation and execution of four national consultation events, two each for primary and post-primary school students. The aim of these events was to collect information from children on the important dimensions of their lives, and what should be known about children to understand their lives. The intention is to ensure that future research with children includes the dimensions of their lives identified and prioritised by children themselves. Subsequently a participative collaborative approach was developed and implemented to engage young people at primary and post-primary level to develop questionnaire items for inclusion in the HBSC Ireland survey 2014. The questions were thoroughly piloted and tested and included in the full survey protocol. The data have now been collected and data analysis will commence in 2015.

We have also been working closely with international colleagues to develop the role of children in the wider HBSC study; collaborating to identify the myriad of methods that researchers across Europe and North America employ to facilitate child participation in their research programmes; and to promote further positive and direct engagement with children within research programmes.

Dissemination:

Daniels, N., Burke, L., O'Donnell, A., McGovern, O., Kelly, C., D'Eath, M., & Nic Gabhainn S. (2014). Expanding the role of young people in research: Towards a better understanding of their lives. *Public Health and Governance*, 12(1).

Daniels, N., Burke, L., O'Donnell, A., McGovern, O., Murphy, C., Kelly, C. & Nic Gabhainn, S. (2014). Youth Participation in the 2014 HBSC research process: An overview. Presented to the *18th Annual Health Promotion Conference: Applying the Principles of Health Promotion to Population Health Improvement*, Galway, June 2014.

Daniels, N., Burke, L., Kelly, C. & Nic Gabhainn, S. (2014). *Participation of young people in a national research project: identifying new priorities for the Health Behaviour in School-aged Children study 2014*. Report to the Citizen Participation Unit, Department and Youth Affairs, Government of Ireland.

Developing a Quality Framework for Intersectoral Partnerships for Health Promotion: Implementing the WHO Health in All Policies (HiAP) Framework for Country Action

Principal Investigator: Professor Margaret Barry
Researcher: Dr. Samir Mahmood
Funder: WHO, Geneva (part-funding)
(2014 - 2015)

The overall aim of this initiative is to develop a resource for practitioners that can be used in implementing and evaluating a Health in All Policies approach to practice. The resource will guide the development and evaluation of effective intersectoral partnerships for health promotion based on set of quality criteria drawn from best available evidence.

The specific objectives are to:

- review the international literature to identify quality criteria for effective intersectoral partnerships for health promotion
- develop a framework and checklist that will guide practitioners in the development of effective partnership working based on a set of evidence-informed quality criteria
- user test the checklist with practitioners
- pilot the application of the checklist by practitioners in monitoring and evaluating the effectiveness of partnership functioning.

The project, which is undertaken as part of the WHO Collaborating Centre for Health Promotion work plan, consists of two phases:

- Phase I - A Review of the International Literature on Partnerships for Health Promotion (Corbin, Jones, & Barry)
- Phase II - Developing A Checklist for Intersectoral Partnerships for Health Promotion (Mahmood, Morreale & Barry).

Phase I was completed in collaboration with Professor Maurice Mittelmark, University of Bergen, Norway, Dr.Hope Corbin, Western Washington University, US and Dr.Jacky Jones, Independent Health Promotion Consultant, Galway. Phase II was undertaken by Dr.Samir Mahmood and Ms Siliva Morreale working with Professor Barry at the WHO Collaborating Centre for Health Promotion Research at NUI Galway. Support for a one month internship for Dr.Mahmood to pilot test the partnership checklist was provided by WHO, Geneva in December, 2014.

Dissemination:

Corbin, H., Jones, J. and Barry, M.M. (2014). Intersectoral Partnerships for Health Promotion: A review of the international literature. *Health Promotion International* (under review)

Mahmood, S., Morreale, S. and Barry M.M. (2015) *Developing A Checklist for Intersectoral Partnerships for Health Promotion*. A report produced by the WHO Collaborating Centre for Health Promotion Research, National University of Ireland Galway, submitted April, 2015 WHO Geneva.

Principal Investigators: Dr. Saoirse Nic Gabhainn and Dr. Lisa Pursell with the Child and Family Research Centre, NUI Galway

Funder: Archways/Atlantic Philantropies

Researcher: Mr. Eric van Lente

This project forms part of the Triple P (Positive Parenting Programme) Longford and Westmeath Parenting Partnership programme. Triple P is a population level public health programme of parenting and family support that includes a number of levels of intervention. The Triple P programme aims to prevent severe behavioural, emotional and developmental problems in children by enhancing parental confidence, knowledge and parenting skills. The current project comprises analysis of the population survey data commissioned from Millward Brown Lansdowne by the Triple P Longford and Westmeath Parenting Partnership programme in Ireland. Geographically defined intervention and comparison populations were sampled for the population survey. The intervention population received full exposure to the multi-level Triple P intervention and the comparison area was only partially or minimally exposed to the intervention. A follow-up survey enabled examination of intervention and prevention effects of the programme.

The baseline and follow-up surveys recorded a number of demographic variables concerning the responding parent, the target child and their family setting. Assessment of children's behavioural and emotional problems included variables on children's strengths and difficulties. Assessment of parental awareness of health and mental health problems in children included parental awareness of physical and mental health problems for young people. Assessment of family risk factors included parental consistency and parental adjustment to parenting. Assessment of family protective factors included help-seeking behaviour, parental self-efficacy, parental social support. Analyses of both sets of data are now complete and the final project report has been published. It was formally launched in December 2014.

Dissemination:

Featherstone, B., Nic Gabhainn, S., Pursell, L., Caroline Heary, C., Fives, A., Canavan, J. & Coen, L. (2011). *Triple P evaluation report: Baseline population survey*. Longford/Westmeath Parenting Partnership, Child and Family Research Centre and the Health Promotion Research Centre, National University of Ireland, Galway.

Canavan, J., Nic Gabhainn, S., Heary, C., Pursell, L., Fives, A., Keenaghan, C., Van Lente, E. & Callaghan, M. (2012). *Triple P Evaluation Interim Report*. Report to the Longford/Westmeath Parenting Partnership, Child and Family Research Centre and the Health Promotion Research Centre, National University of Ireland, Galway.

Fives, A., Pursell, L., Heary, C., Nic Gabhainn, S. and Canavan, J. (2014). *Triple P Evaluation Final Report*. Athlone: Longford/Westmeath Parenting Partnership, HSE.

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| Principal Investigator: | Dr. Saoirse Nic Gabhainn with the Child and Family Research Centre, NUI Galway |
| Funder: | Foróige Best Practice Unit |
| Researchers: | Ms. Natasha Clarke and Mr. Jakub Gajewski |

The 'Real U: Relationships explored and life uncovered' is a programme manualised by Foróige, for use in their youth services designed to promote healthy relationships and sexuality. It is a personal development and sex education programme aimed at equipping young people with the skills, knowledge and confidence to develop healthy relationships and delay the onset of early sexual activity. The programme consists of both core and optional modules so that it can be tailored to the specific needs of participating young people. During 2011 and 2012 Foróige staff around the country were trained in the provision of this programme, and large scale implementation began in September 2012.

The evaluation of this roll-out was conducted in collaboration with the Child and Family Research Centre, NUI Galway. The research project involved both an outcomes and process evaluation, documenting programme implementation and tracking participants over time electronically. The process study focused on programme organisation, utilisation and fidelity. The design of the outcomes study was quasi-experimental, with a wait-list comparison group, and six-month follow-up of participants. All data have been collected electronically, with linked data from participants at four time points. All data are now collected and have been analysed. A draft report of the programme outcomes has been submitted.

Dissemination:

Brady, B., Nic Gabhainn, S., Canavan, J., Gaweski, J. (2014). *'Here you feel more comfortable to talk': An evaluation of Foróige's REAL U: Relationships Explored and Life Uncovered programme. What's Working for Young People International Conference, Dublin, March 2014.*

Brady, B., Nic Gabhainn, S., Canavan, J., Gaweski, J. (2014) *'Here you feel more comfortable to talk': An evaluation of Foróige's REAL U: Relationships Explored and Life Uncovered programme.* Galway: UNESCO Child & Family Research Centre/Foróige Best Practice Unit.

Principal Investigator: Dr. Colette Kelly
Researcher: Ms. Mary Callaghan
Funder: Millennium Fund, NUI Galway

The food environment, or 'foodscape', encompasses any opportunity to obtain food and includes physical, socio-cultural, economic and policy influences at both micro and macro-levels. Based on the socio-ecological models of behavior, foodscapes surrounding communities, towns, workplaces and schools have been the focus of considerable research, helped by methodological advances in measuring the food environment.

School food environments are important determinants of health and nutrition among young people. Food available within and in close proximity to schools can impact on dietary choices. This project aims to characterize the school food environment by collecting school level information from post-primary schools that took part in the 2010 Health Behaviour in School aged Children (HBSC) survey in Ireland, and to link this information with student dietary habits and geographic information. In addition, this project will explore children's perception and use of their school food environments.

To date, post-primary schools that took part in the 2010 HBSC survey (n=119) were invited to complete a school level questionnaire which included questions on nutritional policies and the school food environment. Geographic data on the food environment around the schools that took part in the school level survey (n=64) were visualized in a Geographic Information System (GIS).

The findings highlighted school differences in nutritional policies and food availability within schools. The external school food environment is also complex with 75% of schools with 1 or more fast food business within 1 kilometre of the schools. Linking this data to individual student level data is ongoing.



Future work will use mapping tool exercises and focus groups among school children, to compliment the objective data already obtained. It is important to distinguish between what young people are exposed to and what food outlets they visit and engage with.

This work will contribute to the debate on the location of food businesses around schools and the need for school food standards.

Dissemination

Callaghan, M., Molcho, M., Nic Gabhainn, S. & Kelly, C. (2014). The foodscape of post-primary schools in Ireland. Presented at the *2014 HBSC Summer Meeting*. Olomouc, June 2014.

Callaghan, M., Molcho, M., Nic Gabhainn, S. & Kelly, C. (2014). Towards building health school communities through health food access. Presented at the *Applying the principles of health promotion to population health improvement, Health Promotion Research Centre Conference*. Galway, June 2014.

Callaghan, M., Molcho, M., Nic Gabhainn, S. & Kelly, C. (2015). Food for thought: analysing the internal and external school food environment. *Health Education* 15(2), 152-170.

Principal Investigators: Drs. Saoirse Nic Gabhainn, Michal Molcho and Colette Kelly
Researchers: Ms. Aoife Gavin, Ms. Natasha Daniels, Ms. Mary Callaghan
Funder: Department of Health

Principal Investigators: Drs. Saoirse Nic Gabhainn, Michal Molcho and Colette Kelly
Researchers: Ms. Aoife Gavin, Ms. Natasha Daniels, Ms. Mary Callaghan
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 4 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 aims are to gain new insight into, and increase our understanding of young people's health and wellbeing, health behaviours and their social context.

The HBSC study is school-based with data collected through self-completion questionnaires administered by teachers in classrooms. The survey instrument is a standard questionnaire developed by the international research network.

This year we have continued with the dissemination of findings from the 2010 survey, including our work on journal articles, conference presentations and short reports to a range of public and community bodies in Ireland. The 2014 survey round has been undertaken with schools in Ireland, comprising both primary and post-primary schools. We have submitted Irish data for consideration in the International HBSC data file and are working on the finalisation of the national data file. More information on HBSC Ireland and all of our reports and publications can be downloaded from www.nuigalway.ie/hbsc.

Dissemination:

Callaghan, M., Molcho, M., Nic Gabhainn, S., Kelly, C. (2015). Food for thought: analysing the internal and external school food environment. *Health Education*, 115(2), 152-170.

Daniels, N., Kelly, C., Molcho, M., Sixsmith, J., Byrne, M. & Nic Gabhainn S. (2014). Investigating active travel to primary school in Ireland. *Health Education*, 114(6), 501-515.

Fox, K.A., Kelly, C., Molcho, M. & Nic Gabhainn, S. (2014). *Learning about Middle Childhood: surveying health and well-being among nine year olds*. Galway: Health Promotion Research Centre, National University of Ireland, Galway.

Presentations:

Callaghan, M., Kelly, C. & Molcho, M. (2014). Cyber bullying among post-primary school students in Ireland - a pilot study. Paper presented at the *Children's Research Network PhD Symposium*, Dublin, August 2014.

Callaghan, M., Molcho, M., Nic Gabhainn, S. & Kelly, C. (2014). The foodscape of post-primary schools in Ireland. *HBSC Spring meeting*, Czech Republic, June 2014.

Callaghan, M., Molcho, M., Nic Gabhainn, S. & Kelly, C. (2014). Towards building healthy school communities through healthy food access. *Health Promotion Research Centre 18th Annual Summer Conference: Applying the principles of health promotion to population health improvement*, Galway, June 2014.

Kelly, C., Välimaa, R., Tynjälä, J., Paakkari, L., Fox, K.A., Ng, K., Kannas, L. & Ojala, K. (2014). Examining school children responses to the HBSC Food Frequency Questionnaire. Poster presentation at the HPRC annual Summer meeting, NUI, Galway, June 2014

Kenny, U. & Kelly, C. (2014). Body image perceptions and health among adolescents in Ireland. *Sociological Association of Ireland conference*, Galway, March 2014.

Kenny, U. & Kelly, C. (2014). Peer Influences on adolescent body image in Ireland. Oral presentation at the *Postgraduate Nutrition Society* meeting, February 2014.

Kenny, U. Molcho, M. & Kelly, C. (2014). What influences adolescent body image? Oral presentation at the *Summer HBSC meeting*, Czech Republic, June 2014.

Kenny, U., Kelly, C., Molcho, M., Fox, K. A., & Burke, L. (2014). What influences adolescent body image in Ireland? *Applying the Principles of Health Promotion to Population Health Improvement*. Galway, June 2014.

Nic Gabhainn, S. (2014). Research and Policy; models, experiences and challenges. Invited address to *Children's Research Network of Ireland and Northern Ireland conference Real-World Research in Challenging Times*, Dublin, September 2014.

Salonna, F., Vereecken, C., Pagh Pedersen, T., Ojala, K., Krølner, R., Dzielska, A., Ahluwalia, N., Giacchi, M. & Kelly, C. (2014). Fruit and vegetable consumption among adolescents from 2002 to 2010: findings from the Health Behaviour in School-aged Children study. *International Society of Behavioural Nutrition and Physical Activity*, San Diego, May 2014

Principal Investigator: Dr. Margaret Hodgins, NUI Galway and Dr. Patricia Mannix-McNamara, and Dr. Sarah McCurtain University of Limerick, and Professor Duncan Lewis, University of Plymouth

Funder: Institute of Occupational Health and Safety, UK (IOSH)

Workplace bullying has been extensively researched over the last 20 years, highlighting its negative impact on health. It is a pervasive problem, directly affecting a significant proportion of working population in terms of physical and mental health and potentially having a negative impact on organisational productivity, efficiency and the economy. A national survey on workplace bullying was conducted in Ireland in 2007. This survey employed a self-labelling method, which has since been identified as yielding the lowest prevalence estimates. Self-labelling requires the respondent to self-identify as a victim, which, may be defended against, confounding the estimation of prevalence with personality factors. There is a need therefore to re-visit the question of bullying prevalence in an Irish population using behavioural checklist methodology, increasingly advocated, for a more accurate estimate of ill-treatment in the workplace.

Aims and Objectives

Study Aim: This study aims to establish the prevalence of negative acts in the workplace in a nationally representative sample of Irish employees, replicating the British Workplace Behaviour Survey (BWBS) conducted in 2008.

Specific Objectives:

1. to measure the prevalence of the direct experience of negative acts in a representative sample of Irish employees
2. to compare prevalence across various sub groups within the working population; men and women, younger and older workers, and between all workers and groups found in the BWBS to be vulnerable to ill-treatment, (for example LGB workers, people with disabilities and long-term health conditions)
3. to compare prevalence across occupational groups and sectors, using the ISCO 08 classification and the NACE Rev. 2 categorisation respectively, as employed in the European Working Conditions Survey, 2010
4. to explore the relationship between experience of ill-treatment and risk factors for workplace stress, as identified by the HSE Management Standards project (demand, control, relationships, support, role, change)

5. to measure the prevalence of the witnessing of negative acts in a representative sample of Irish employees, and the prevalence of the self-reported perpetration of negative acts in a representative sample of Irish employees
6. to explore the experiences of people within key sectors where ill-treatment is particularly prevalent with a substantial impact on health, as identified within the survey, in order to generate ideas for meaningful and workable solutions.

Methods:

The study will employ a mixed methods design to include both qualitative and quantitative components; a survey and a series of case studies;

Survey: The target population is adults (aged 15 and over) in Ireland who are either working as employees at the time of interview, or who have been in employment in the previous two years. Multi-stage sampling will be employed, using the Irish labour force as the sampling frame. Estimates indicate a population of employed persons of 1,549,100. Sample size estimates, yield a sample size of 1,039, elevated to 1,500 to allow for non-response. Respondents will be identified by screening participants in a face-to-face survey, carried out using a quota sample, with sample points selected using random location methodology.

The survey instrument will be that employed by the BWBS. The instrument will not be altered, in order to ensure comparability between studies. The questionnaire will include:

- Screening questions (working status, ethnicity, religion)
- Questions employed in BWBS; 21 items, each describing a negative behavior or act, to which the individual must respond how often, if at all (using 6 point scale), respondent has been subjected to it, over the last two years. Respondents will also be asked to respond to the same 21 items in relation to (1) observation of negative behaviour towards other people, and (2) perpetration of negative behavior
- Management Standards Questionnaire (Perceptions about current workplace in respect of whether the needs of the organisation always come before the needs of people, compromising of principles, ways in which people are treated, pace and control over, changes in work conditions and context).

Selection of case study sites: Three sites will be purposefully selected. The case studies will involve semi-structured interviews with key personnel (HR, Managers, Trade Unions) and employees, aiming for 20 interviews in each case study. Interview topics will include narratives about negative behaviours, perceived reasons for it, appropriateness and effectiveness of organisational policies and practices. The organisations will be large organisations (i.e. over 500 employees).

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| Principal Investigators: | Dr. Jane Sixsmith and Professor Margaret Barry |
| Researcher: | Ms. Priscilla Doyle |
| Partners: | 21 partners from across the European region including NUI Galway. IROHLA is co-ordinated by the University Medical Centre Groningen. |
| Funder: | European Commission - European Union's Seventh Framework Programme (FP7/2007-2013) under grant agreement n°305831. |

The Intervention Research On Health Literacy among the Ageing population project (IROHLA), is a three year European collaborative research project with 21 partners, including NUI Galway, led by the University Medical Centre Groningen (UMCG), The Netherlands. The purpose of IROHLA is to introduce in European Member States evidence-informed guidelines for policy and practice for a comprehensive approach to improving health literacy in the ageing population. The project is comprised of nine sequential work packages (WPs). The outputs from the workpackages completed to date include multiple extensive systematic reviews of the literature. These reviews have informed the systematic identification and selection of the most promising interventions drawn from the health, social and private sectors, for improving health literacy in the aging population. From the interventions identified, a subset have been selected for further investigation. Through this process a comprehensive model of health literacy for the European aging population has been developed.

As research partners, we are involved in the development and assessment of two interventions that focus on reducing health literacy demands for older people in health contexts. The first is an implementation evaluation of health literacy environmental assessment tools for healthcare settings. This research will be undertaken with partners in Finland and The Netherlands. The second is the development, testing and evaluation of training for health care professionals in tailoring communication to older adults with limited health literacy. This research will be undertaken with partners in Italy and The Netherlands.

Information on IROHLA can be found at <http://www.irohla.eu/home/>.

Local Community Initiatives to Prevent Overweight and Obesity in Children across Europe (HEPCOM)

Principal Investigators: Drs. Saoirse Nic Gabhainn, Michal Molcho and Colette Kelly
Researchers: Ms. Maureen D'Eath
Funder: European Commission

This project is a cross-national European collaboration with the acronym HEPCOM and is supported by the EU's Health programme (2008-2013), the European fund for protecting and improving human health. HEPCOM aims to develop a European learning platform that assists local communities in their work for preventing obesity among children and young people.

The intention is to work with local communities in twenty participating countries to identify and explore information and support needs in relation to action on overweight and obesity, we have been engaged in the analysis of interviews conducted at community level and the setting of objectives for the development of European Learning Platform. The content of the Learning Platform will be existing examples of positively evaluated examples of good and best practice initiatives that could be used or borrowed by local communities to direct and inform their own interventions to prevent overweight and obesity among children and young people at local levels.

Following the development of the learning platform it is intended to conduct pilot testing of the platform – again in local community settings within participating countries. The overall intention is to gather and create synergy across countries and communities to identify and implement good health promotion practice with the maximum potential to improve health and health opportunities for children and young people across the region.

To date we have completed the initial set of needs analysis interviews with communities across the country and have analysed and supplied these data for further input to the work package leader. We have participated in work on the identification and assessment of existing evidence based approaches to tackling overweight and obesity among children and young people that is suitable for such a cross-national electronic learning platform, and the construction of the learning platform is underway.

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| Principal Investigators: | Professor Margaret Barry & Professor Paolo Contu and the IUHPE Health Promotion Competencies and Workforce Development Working Group |
| Researcher: | Ms Barbara Battel-Kirk |
| Funding to IUHPE: | EU Health Programme – EAHC Operating Grant Number (2012 32 03 IUHPE FY2012) January 2013 – January 2014. |



This project concerns the implementation of an innovative competency-based accreditation system for health promotion in Europe. The IUHPE European Health Promotion Accreditation System is designed to promote quality assurance and competence in health promotion that is flexible and sensitive to different contexts while maintaining robust and validated criteria. The System builds on the international literature on competency-based approaches to health promotion and on global capacity development initiatives such as the Galway Consensus Conference Statement 'Toward Domains of Core Competency for Building Global Capacity in Health Promotion (2009)'. The System provides validated mechanisms for assuring quality in health promotion practice, education and training and a foundation for capacity development in Europe based on shared concepts and a formalised system of professional recognition.

Based on a competency-based accreditation framework developed as part of the CompHP Project (Barry et al., 2012), the piloting process for the System includes establishing and testing the governance structures, application processes, reporting policies and procedures to ensure that they are equitable, feasible, open and transparent. The eligibility criteria and online application system was tested by processing the first round of applicants from health promotion practice and education and training in Autumn 2013. The governance structures and operating procedures for the System were developed through the establishment of the Board and Committees of the IUHPE European Health Promotion Accreditation System.

The IUHPE European Health Promotion Accreditation System comprises a devolved model within which National Accreditation Organisations interact with a European Accreditation Organisation to ensure quality in health promotion practice, education and training in Europe. While the focus of the System is currently on the European context, the System will

also be adapted for the accreditation of health promotion globally. Further details available at: <http://www.iuhpe.org/index.php/en/the-accreditation-system>.

Dissemination:

Battel-Kirk, B., Barry, M.M., Contu, P., Debenedetti, S. & Lamarre, M-C. (2014). on behalf of the Health Promotion Competencies and Workforce Development Working Group (CWDG). *Report of The IUHPE Competencies And Workforce Development Group On The Piloting of the IUHPE European Accreditation System*. IUHPE, Paris.

Battle-Kirk, B., Barry, M.M., van der Zanden, Contu, P., Gallardo, C., Martinez., Speller, V., Debenedetti, S. (2014). Operationalising and piloting the IUHPE European accreditation system for health promotion (2014) *Global Health Promotion*, doi: 10.1177/1757975914545386.

Promotion of Mental Health and Primary Prevention of Mental Disorders: Priorities for Implementation of the WHO Global Mental Health Action Plan in the Eastern Mediterranean Region

Principal Investigators: Professor Margaret Barry & Professor Inge Petersen, University of Kwa-Zulu Natal, South Africa

Researcher: Dr. Aleisha Clarke

Commissioner: WHO, Geneva and WHO Eastern Mediterranean Regional Office (April – October 2014)

This project concerns the development of an evidence briefing for the implementation of the WHO Global Mental Health Action Plan in the Eastern Mediterranean Region. Working in collaboration with the WHO Regional Office in the Eastern Mediterranean Region and the Department of Mental Health and Substance Misuse at WHO Geneva, the briefing paper provides evidence for policy and decision-makers of mental health promotion and primary interventions that could be implemented and sustained in the region at a reasonable cost, whilst generating clear health and social gains.

In collaboration with Professor Inge Petersen from the University of Kwa-Zulu Natal in South Africa, a review of best available evidence on priority mental health promotion and primary prevention interventions suitable for implementation in the EMRO region was undertaken from April to July 2014. A technical evidence paper (Barry, Clarke & Petersen, 2014) and an evidence brief for policymakers (Barry & Petersen, 2014) were produced providing guidance for action for the member states in the region. The evidence briefs were synthesized into a working document identifying the cost-effective and affordable interventions (the so called “best buys”) in each of the areas identified for action in the global action plan. This will form the basis of finalizing the Regional implementation framework for global action plan.

Dissemination:

Petersen, I. and Barry, M.M. (2014). Mental health promotion & prevention and mental health literacy. Presentation to the *Inter-country Meeting to Scale Up Action on Mental Health in the Eastern Mediterranean Region*, Cairo Egypt, 15-17 September 2014.

Barry, M.M., Clarke, A.M., Petersen, I. (2014). Priorities for implementing the promotion of mental health and primary prevention of mental disorders. *Technical Report prepared for the Inter-Country Meeting on Implementation of Global Mental Health Action Plan in the Eastern Mediterranean Region*. June, 2014, WHO EMRO.

Barry, M.M., and Petersen, I. (2014). Promotion of mental health and primary prevention of mental disorders: priorities for implementation. *An Evidence Paper for the Inter-Country Meeting on Implementation of Global Mental Health Action Plan in the Eastern Mediterranean Region*. June, 2014, WHO EMRO.

Barry, M.M. (2014). Member of guest editorial board for production of a Supplement of the Eastern Mediterranean Health Journal on Scaling up Action on Mental Health – Saraceno, B., Saxena, S., Patel, V., Chisholm, D., Gater, R., Rahman, A., Barry, M.M. & Saeed K.

Barry, M.M., Clarke, A.M. & Petersen, I. (2014). Promotion of mental health and prevention of mental disorders- what works? Supplement of the *Eastern Mediterranean Health Journal* on Scaling up Action on Mental Health.

Principal Investigators: Dr. Michal Molcho & Professor Margaret Barry

Funder: European Commission – Education and Culture (EAC)

Prevention Science is a new and growing multidisciplinary scientific field which is concerned with new developments in the theory, research and practice of prevention. A common characteristic of Prevention Science is the importance of human behaviour as a determinant of the problems faced by society, particularly amongst at-risk and vulnerable groups. Whilst the roots of Prevention Science can be traced back to the development of policy interventions which were designed to overcome particular social and health related societal problems, the discipline is broadening its scope to increasingly address a range of environmental and economic challenges that society is facing. The subject itself covers issues such as aetiology, epidemiology, intervention design, effectiveness and implementation of prevention programmes.

This project aims to develop a comprehensive education and training portfolio for prevention theory, research and practice, which would clearly define the scope of prevention research and practice; undertake a mapping exercise to identify and categorise existing provision; develop a model of prevention science education and training that creates new, agreed education and training curricula (with both core and additional elements) at Masters and PhD level; work to embed prevention education and training in already established scientific disciplines and professional groups; and establish a more effective training and education network to take forward the prevention education and training agenda.

The HPRC leads the dissemination work package of this project <http://www.span-europe.eu/>

Dissemination:

Košir, M., van de Kreeft, P., Schamp J., Becona, E., Foxcroft, D.R., Gabrhelik, R., Galanti, R., Jonkman, H., Mifsud, J., Molcho, M., Mulligan, K. on behalf of the SPAN Partners. (2014). *Mapping Prevention Science Workforce Education and Training Needs*

In Europe. Paper presented at the 5th International Conference of the European Society for Prevention Research. Palma de Mallorca, Spain (October 2014).



Van der Kreeft, P., Schamp, J., Becona, E., Foxcroft, D.R., Gabrhelik, R., Galanti, R., Jonkman, H., Kosir, M., Mifsud, J., Molcho, M., Mulligan K. on behalf of the SPAN Partners. (2014). *Mapping Prevention Science Education in Europe*. Paper presented at the 5th International Conference of the European Society for Prevention Research. Palma de Mallorca, Spain (October 2014).

Gabrhelik, R., Foxcroft, D.R., Miovsky, M., Becona, E., Galanti, R., Jonkman, H., Kosir, M., van de Kreeft, P., Mifsud, J., Molcho, M., Mulligan, K. on behalf of the Science for Prevention Academic Network (SPAN) partners. (2014). *Developing a Quality Plan for Prevention Science Education and Training in Europe*. Paper presented at the 5th International Conference of the European Society for Prevention Research. Palma de Mallorca, Spain (October 2014).

Principal Investigators: Dr. Margaret Hodgins, NUI Galway and
Dr. Patricia Mannix McNamara, University of Limerick

There are strange games played,
and careers unmade,
In the quest for wisdom's pearl;
There are tales of power,
In the ivory tower,
That can make your toenails curl.

— *attributed to* Robert Service

Background:

Workplace mistreatment includes incivility, defined as low-intensity, deviant behaviour with ambiguous intent to harm the target, in violation of workplace norms for mutual respect (Andersson and Pearson, 1999), and bullying, defined as ‘the systematic exhibition of aggressive behaviour at work directed towards a sub-ordinate, a co-worker or even a superior, as well the perception of being systematically exposed to such mistreatment while at work’ (Einarsen et al., 2010, p.5).

The negative health effects of workplace bullying and incivility are well established and include lowered psychological well-being, anxiety, depression and insomnia (e.g. O'Moore et al., 1998; Einarsen and Mikkelsen, 2003; Cortina and Magley, 2008; O'Driscoll et al., 2010). Workplace mistreatment not only costs organisations through absenteeism. Around one fifth of the targets of workplace mistreatment leave the organisation, (e.g. Silvia et al., 2010; O'Connell et al., 2007), with resultant replacement and retraining cost. Drawing from a wide range of studies, over a period of 20 years, Zapf et al., (2011) estimate that between 3% and 4% of workers experience serious bullying, between 9% and 15% of workers experience occasional bullying and at least 10 – 20% experience negative social behaviour at work, which may not meet strict criteria for bullying but nonetheless cause stress and impact negatively on health (Zapf et al., 2011).

Some studies have explored mistreatment within the University sector, although few offer comparisons with other parts of the educational sector or outside the sector. Nonetheless, and allowing for the differential effects of measurement technique, estimates from these studies reveal worrying levels of mistreatment for both academic and support staff.

Bjorkqvist et al., (1994) found that 24% of female and 17% of male employees of a Finnish University experienced bullying, which compared unfavourably with their national estimate at that time of 10% (Vartia, 1996). Spratlen (1995) found varying rates per occupational group, ranging from 11% to 38%. Keashley and Neuman (2008) found an overall rate of 23%, while Lewis (1999) reported 18% in a University in Wales. Incivility does not appear to have been previously measured in the University setting.

This study aims to explore workplace mistreatment in the University setting, looking in particular at employee experiences of mistreatment, including incivility, which has not been explicitly explored in Universities, and examine organisational response in order to identify possible avenues for meaningful intervention.

Aims and Objectives

Aim: To explore workplace bullying and incivility in Irish Universities

Objectives:

- to explore the lived experience, including impact on health, of workplace mistreatment (bullying and incivility) in Irish Universities
- to identify the nature of organisational response to problems of mistreatment (bullying and incivility) in Irish Universities
- to identify suggested frameworks for interventions to address and manage workplace mistreatment (Bullying and incivility) in Irish Universities.

Methods:

Design: An exploratory, qualitative study is underway in which multiple strategies are being employed to invite University staff to be interviewed on the topic of incivility and bullying.

Sample: Sampling is purposive and non-random, in order to explore the perceptions and experiences of those willing to tell their story with regard to experiencing or witnessing incivility or bullying in their University workplace.

Sampling strategy: Multiple avenues are pursued, including Trade Unions, (SIPTU and IFUT), followed by and snowballing where feasible.

Instrument: The focus of the enquiry is on experiences, including the perceived organisational response.

Principal Investigator: Dr. Michal Molcho

Injuries are the leading cause of death and disability among young people and one of the leading causes of death across all age groups. Globally, more than 5 million people die of injuries every year. It is estimated that for every death, injuries send 30 people to hospital, 300 others to emergency departments for outpatient treatment, and many more are treated for injury in the community. The magnitude of this public health problem led the WHO and the EU Council to declare violence and injury prevention as a key area for action. Overall in Ireland, injuries are the fourth leading cause of death and the first leading cause of death in young people with an estimated 1,500 deaths in Ireland. Yet, to date, there is a lack of concentrated national efforts that are multi-disciplinary in nature. Despite the clear recommendation of the EU Council and the WHO, Ireland still lacks research in the area, and policies, although in existence, are not being evaluated for their implementation and their effectiveness.

This research explores the different aspects of fatal and non-fatal injuries.

Currently, a new collaboration has been established with the ambulance services in Israel. The services collected data on all injuries in all schools in Israel. The analysis looks to explore the characteristics of school injuries including seasonality, timing, severity and associations with various medications that children report to be taking.

Dissemination:

Collins, N., Molcho, M., McEvoy, L., Geoghegan, L., Phillips, J., Nicholson, A. (2013). Are boys and girls that different? An analysis of Traumatic Brain Injury in children. *Emergency Medicine Journal*, 30(8), 675-678.

Principal Investigators: Professor Margaret Barry & Ms. Anne Sheridan HSE West

Researchers: Dr. Aleisha Clarke and Ms Katherine Dowling

Funder: Health Service Executive
(November 2014- December 2015)

The project will update the MINDOUT Mental Health Promotion Programme, which was developed in 2004 to support the social and emotional wellbeing of young people aged 15-18 years in Senior Cycle in post-primary schools. The programme consists of a thirteen session mental health promotion programme delivered over two consecutive school years – 10 sessions in 5th year and a further 3 sessions in 6th year. The programme aims to promote the positive mental health of young people through an exploration of stress and coping, sources of support (family and friends as well as support services in the community, emotions (anger, conflict, rejection and depression), relationships, understanding mental health and the importance of supporting others. Teacher training is a pre-requisite of teaching the programme and teachers are provided with a structured programme manual.

Working in collaboration with the HSE Health Promotion Service, the programme materials will be updated in partnership with teachers and young people through a process which will include the following:

1. establishment of a project working group and agreed terms of reference
2. review of the evidence base in terms of school-based mental health promotion programmes
3. review of overall programme and each individual session
4. specialist inputs from mental health and health promotion professionals
5. re-draft of each session
6. testing each session in the classroom in the 2015/16 academic year
7. further amendments to programme following classroom testing
8. re-drafted MINDOUT programme completed and printed.

The project commenced in November, 2014 and will run until December, 2015. An interim report will be produced in June 2014 and final report will be prepared for December, 2015.

What Works in Enhancing Social and Emotional Skills during Childhood and Adolescence? A Review of the Evidence

Principal Investigator: Professor Margaret Barry

Researchers: Dr. Catherine Anne Field, Ms. Silvia Morreale, Ms. Katherine Dowling, Dr. Yomna Hussein Ms. Triona Slattery

Project Manager: Dr. Aleisha Clarke

Funder: Early Intervention Foundation, the Cabinet Office, Social Mobility and Child Poverty Commission, UK
(October 2014- February 2015)

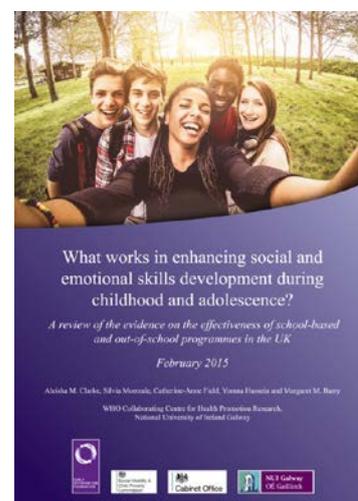
This project examined the evidence on the effectiveness of interventions aimed at enhancing social and emotional skills during childhood and adolescence. Based on the findings, a report identifying exemplary school and community based youth programmes was produced.

The objective was to systematically review international peer review literature, policy documents and grey literature examining evidence on the effectiveness of school and out-of-school interventions in the UK for enhancing children and young people's social and emotional skills.

In reviewing the evidence, specific questions were addressed including:

- what programmes are effective in enhancing social and emotional skills in (i) school setting and (ii) out-of-school setting?
- what are the key characteristics of effective programme?
- what are the implementation requirements for these programmes / what implementation factors are important in achieving programme outcomes?
- what interventions are effective according to age / gender/ ethnicity/socio-economic background and level of vulnerability
- what is the evidence on the costs and cost-benefits of these interventions?

A narrative synthesis of the evidence from 2004-2014 was undertaken. The EIF Standard of Evidence Quality Assessment Tool was used to assess the strength of evidence and impact of programmes. An EIF programme template was also used to document information on interventions' theory of change, requirements for implementation, monitoring systems and



costs. A final report was launched in the House of Commons, London on the 11th March 2015.

Dissemination:

Barry, M.M. and Clarke A.M. (2015) What works in enhancing social and emotional skills development during childhood and adolescence? A review of the evidence on the effectiveness of school-based and out-of-school programmes in the UK. *Presentation at Report Launch by the Early Intervention Foundation and the UK Cabinet Office*, House of Commons, London 11th March 2015.

Clarke, A.M., Morreale, S., Field, C-A., Hussein, Y. and Barry, M.M. (2015). *What works in enhancing social and emotional skills development during childhood and adolescence? A review of the evidence on the effectiveness of school-based and out-of-school programmes in the UK*. A report produced by the World Health Organization Collaborating Centre for Health Promotion Research, National University of Ireland Galway.

Clarke, A.M., Morreale, S., Field, C-A., Hussein, Y. , Dowling, K., Slattery, T. and Barry, M.M. (2015). *What works in enhancing social and emotional skills development during childhood and adolescence? Programme Templates*. A report produced by the World Health Organization Collaborating Centre for Health Promotion Research, National University of Ireland Galway.

Principal Investigators: Drs. Michal Molcho and Colette Kelly

Researcher: Ms. Kathy Ann Fox

Funder: Alcohol Action Ireland

Alcohol consumption is a major risk factor for mortality and morbidity. Adolescence is a vulnerable period, during which alcohol consumption can have serious adverse health effects. For instance, studies have suggested that the developing adolescent brain is particularly vulnerable to the adverse effects of alcohol. Furthermore, it has been shown that the earlier adolescents start drinking, the more likely it is that they will develop alcohol related problems in adulthood. Therefore, it is desirable to monitor drinking behaviour of adolescents to estimate adverse health effects and assess the effectiveness of current alcohol regulations.

A growing body of evidence suggests that alcohol marketing influences drinking behaviours and drinking intentions of adolescents. A recent review concluded that exposure to alcohol marketing reduces the age at which adolescents start drinking. The literature also indicates that for adolescents that already drink, exposure to alcohol marketing increases alcohol consumption. It is therefore important to estimate the amount of alcohol marketing adolescents are exposed to, investigate its impact on alcohol consumption and to assess the effectiveness of current alcohol marketing regulations in protecting youngsters against alcohol advertisement.

Using a self-reported questionnaire and an alcohol marketing diary, this project investigates the exposure of young people to alcohol marketing in printed, electronic and cyber media, and its association with drinking behaviours, and intentions to drink alcohol in the future.

Dissemination:

Fox, K.A., Kelly, C., & Molcho, M. (2013). *Alcohol Marketing and Young People - A Pilot Study*. Poster presentation in Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context Galway, May 2013.

Fox, K.A., Kelly, C., & Molcho, M. (2014). *Alcohol Marketing and Young People's Health*. Poster presentation in Applying the Principles of Health Promotion to Population Health Improvement, Galway, June 2014.

18th Annual Health Promotion Conference



*Front row: Margaret Barry, Louise Potvin, Saoirse Nic Gabhainn,
Back row: Barry McGinn, Cate Hartigan, Antony Morgan, Kate O'Flaherty, Bidy O'Neill.*

The 2014 conference, 'Applying the Principles of Health Promotion to Population Health Improvement' considered the relationships and synergies between the Health Promotion principles and how they are applied in practice, the developing policy context in Ireland, and the drive for evidence generation and use. The conference themes were: Applying the Principles of Health Promotion, Evaluation and Monitoring in Health Promotion, and Translating the Health Promotion Evidence-Base.

The keynote speakers and conference chairs included; Professor Louise Potvin, ESPUM Université de Montréal, Dr. Antony Morgan, National Institute for Health & Clinical Excellence, UK, Ms. Bidy O'Neill, Interim Assistant National Director Health Promotion, HSE. Mr. Barry McGinn Health and Wellbeing Division of the HSE; Dr.Cate Hartigan, Head of Health Promotion and Improvement, HSE and Kate O'Flaherty, Health and Wellbeing Programme, Department of Health.

There were over 130 participants who contributed to the scientific sessions and open-space workshops. Delegate feedback was extremely positive, highlighting the benefits from attendance "it is an essential part of my health promotion year", "an opportunity to meet leading figures both within our discipline here in Ireland and international figures" with a general agreement that the event is "an excellent networking opportunity".

Postgraduate Programmes in Health Promotion

We have active and dynamic postgraduate programmes in Health Promotion as described by one of our current PhD students below.

Profile: Maura Burke



In 2011 I graduated from the MA programme in Health Promotion. The MA programme offers a unique and fascinating insight in relation to health, how it is created, defined and sustained. It was a really positive experience. This strengthened my interest in the area and with the great support from my supervisor, Dr. Jane Sixsmith I applied for a PhD scholarship and was successful. I am now in my fourth year of a structured PhD programme in Health Promotion investigating interprofessional teamworking within the Irish Primary Care system.

My supervisor Dr. Margaret Hodgins and co-supervisor Dr. Lisa Pursell offer not only support but a great deal of experience which is helping me to develop transferable research skills. Because the Centre also encompasses a vibrant WHO Collaborative Research Centre, I have access to valuable research expertise which is a significant resource as I progress through the different stages of research. While this programme is challenging it is a rewarding process and I would highly recommend it.

Doctoral Research Students in Health Promotion

Yousef Albalawi (y.albalawi1@nuigalway.ie)

Ph.D. Topic: Agenda setting through Twitter: influencing the agenda on road traffic accidents (RTAs) in Saudi Arabia.

PhD. Supervisor: Dr. Jane Sixsmith



This study aims to explore the impact of new media and its uses in health promotion programmes and projects. The study examines the influence of the new media, specifically twitter, through agenda setting in relation to road traffic accidents in Saudi Arabia. The study is informed by Agenda Setting and Diffusion of Innovation Theories. Agenda Setting is examined in relation to the interactions between the media, public and policy agendas. Diffusion of innovation is used to assess the dissemination and distribution of Twitter messages.

Maura Burke (m.burke25@nuigalway.ie)

Ph.D. Topic: The experience of primary care team professionals in Ireland: interdisciplinary teamwork in practice.

PhD. Supervisors: Dr. Margaret Hodgins & Dr. Lisa Pursell



In 2001 the Irish Primary Care Strategy highlighted that current service provision was fragmented and outlined a plan to create a more integrated, people-centred service. One objective was to introduce an interprofessional teamwork model for health and social care professionals. Currently there are 417 in operation nationally. Research suggests that considerable work still remains to be done to achieve cohesive functioning with teams reported to be functioning 'poorly' and remaining problematic in the practice setting. This study will establish the current level of function and explore the experiences and perceptions of primary care team professionals in relation to interprofessional teamwork.

Mary Callaghan (m.callaghan5@nuigalway.ie)

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

PhD. Co-Supervisors: Dr. Michal Molcho, 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.

Clare Carroll (c.oshaughnessy4@nuigalway.ie)

Ph.D. Topic: Understanding early intervention services in Ireland: a conceptual evaluation developed from a case study.

PhD. Supervisor: Dr.Jane Sixsmith



An exploration of different people's views of an early intervention disability service in Ireland. This study explored one team's view and the experience of the people who are involved with this team. The study used a grounded theory approach within an in-depth qualitative case study design. It involved interviews with all stakeholders including the use of a variety of participatory methods with the children with disabilities.

Khalifa Elmusharaf (k.elmusharaf1@nuigalway.ie)

Ph.D. Topic: Access to maternal health in post conflict South Sudan: does the health system understand the context?

PhD. Supervisor: Dr.Diarmuid O'Donovan



This study addresses access to maternal health in post conflict South Sudan. The research project is conducted through multiple qualitative methods including Participatory Ethnographic Evaluation and Research (PEER), Participatory Action Research, Critical Incident Analysis, and key informant interviews. The conceptual framework designed to integrate the three delays model, the right to health approach, and the corporate approach to health care needs assessment.

Declan Flanagan (d.flanagan7@nuigalway.ie)

Ph.D. Topic: Fun, games and health: a mixed methods study measuring the impact of government-health initiatives and recommendations in the North West of Ireland.

PhD. Supervisor: Dr.Michal Molcho



The Buntús programme complements the games strand of the national school physical education curriculum. The P.E. syllabus refers to the Buntús programme as a resource that primary school teachers can use in their delivery of P.E. This programme is delivered by the Local Sports Partnership (LSP) in each county in a three-pronged approach using resource cards, equipment and training which consists of a one-four-hour induction day. The aim of this study is to investigate stake-holders perceptions of the Buntús (Play & Sport) Programmes. Through process evaluation using qualitative methods, this study measures the implementation of the programme and its perceived success.

Aoife Gavin (a.gavin2@nuigalway.ie)

Ph.D. Topic: Exploring trends in health behaviours among children in Ireland: 1998-2010.

PhD. Supervisor: Dr.Michal Molcho



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)

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

PhD. Supervisor: Dr.Saoirse Nic Gabhainn



This study is assessing 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 will be 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 (Kuruville et al., 2006).

Yetunde John-Akinola (y.john-akinola1@nuigalway.ie)

Ph.D. Topic: Children and parents' participation: socio-ecological perspectives on their role in effecting the school environment.

PhD. Supervisor: Dr.Saoirse Nic Gabhainn



This study seeks to document Irish children's perspectives on what participation means to them and their views on how participation can work better in their schools; and to explore the extent of children and parents' participation in HPS in Ireland and links to good outcomes; with the aim of making recommendations on suitable methods and practices that can encourage children and parents' participation in schools.

Ursula Kenny (u.kenny2@nuigalway.ie)

Ph.D. Topic: Peer influences on adolescent body image

PhD. Co-Supervisors: Dr.Colette Kelly and Dr.Michal Molcho



The aim of this research is to investigate the influence of peer processes and peer friendships on body image among adolescents in Ireland. The study is divided into three stages: (1) Secondary data analysis of the HBSC 2010 dataset will be undertaken to investigate the distribution of body image perceptions and body change behaviours among adolescents aged 13-15 years and 16-17 years in Ireland; (2) Development and conduction of focus groups to examine the extent to which peers and friends have a positive and/or negative influence body image perception; and (3) Development of lesson plans with teachers and students to identify challenges, barriers and facilitators for body image education in schools. This study should benefit children in health and well-being terms, based on improvements in body image perception and thus other health behaviours.

Tuuli Kuosmanen (t.kuosmanen1@nuigalway.ie)

Ph.D. Topic: Using online technologies to promote young men's mental health.

PhD. Supervisor: Professor Margaret Barry



This study aims to explore the feasibility and effectiveness of implementing online mental health promotion programmes for young men in Ireland. The study will employ a randomised controlled trial to examine the effectiveness of an existing online mental health programme for young men, with a special focus on examining different levels of implementation of the intervention. Furthermore, participatory methods will be used to explore young men's attitudes, needs and content preferences in relation to online mental health promotion.

Dr. Samir Mahmood (s.mahmood1@nuigalway.ie)

Ph.D. Topic: Health promotion capacity mapping in low and middle-income countries.

PhD. Supervisor: Professor Margaret Barry



Closing the Health Promotion capacity gap and mainstreaming Health Promotion in health systems is a global health development challenge, especially in low and middle-income countries (LMICs). This study is being undertaken to understand this capacity gap at the national level in LMICs. The study is focused on exploring the issues surrounding country level capacity development which contribute to the development of Health Promotion. The study builds on the work of the World Health Organisation on the assessment of existing regional and national capacity in Health Promotion and aims to develop, test and refine a flexible and sensitive framework to map Health Promotion capacity with specific reference to LMIC contexts.

Verna McKenna (v.mckenna2@nuigalway.ie)

Ph.D. 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 peoples' 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. The aim of this study is to investigate and describe 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 will use a longitudinal qualitative study design to explore changes in health literacy practices over a 12 month period.

Teresa Meaney (teresa.meaney@nuigalway.ie)

Ph.D. Topic: Irish mothers experience of persisting with breastfeeding.

PhD. Supervisor: Dr.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). In fact when compared with its European counterparts such as Great Britain (81%) and the Scandinavian States (90%), Ireland has the lowest breastfeeding rate 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. Study findings may identify factors that enhance or hinder a mother's ability to persist 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.

Christina Murphy (c.murphy1@nuigalway.ie)

Ph.D. Topic: From paper to practice: an exploration of teacher-delivered relationships and sexuality education in Ireland.

PhD. Supervisor: Dr.Saoirse Nic Gabhainn



This study explores the implementation of Relationships and Sexuality Education in-service training and how this training translates into practice in the classroom. This exploration aims to provide insight into what helps or hinders RSE implementation in a real world context. A mixed method approach was employed at both training and school-level.

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

Ph.D. Topic: Epidemiology of injury-related mortality in the west of Ireland: investigating coroners' reports.

PhD. Supervisor: Dr.Michal Molcho



Trauma from injury and violence represents a major public health problem affecting individuals, families and communities. Annually, it accounts for 5 million deaths worldwide representing 9% of global mortality. In Ireland, it is the 4th leading cause of mortality yet inadequate research has been completed in this area. National vital statistics on injury mortality can be accessed through the Central Statistics Office; however gaps in mortality data persist. Coroners' reports offer a rich source of injury mortality data and are complementary to statistical data. Through these sources, this study investigates injury-related mortality in Counties Galway and Mayo over a 5 year period. The objective is to achieve a clearer understanding of the nature of injuries and the circumstances in which injuries occur.

Éamonn Ó Bróithe (e.obroithe2@nuigalway.ie)

Ph.D. Topic: Riachtanais agus dearcadh cainteoirí dúchais Gaeilge sa nGaeltacht i leith litearthacht sa nGaeilge agus meicníochtaí chun scileanna litearthachta Gaeilge a thomhas i réimse an aosoideachais (*Literacy needs and attitudes and measuring literacy of adult native Irish speakers*).



PhD. Co-Supervisors: Dr. Jane Sixsmith, Dr. Conchúr Ó Giollagáin

Sa staidéar seo, táthar ag scrúdú riachtanais, dearcadh agus scileanna cainteoirí dúchais Gaeilge Gaeltachta i dtaca le litearthacht sa nGaeilge i gcúinsí casta teangeolaíochta na Gaeltachta comhaimsire. Ina theannta sin, táthar ag aimsiú mhodhanna chun scileanna litearthachta i nGaeilge a thomhais. Leis an staidéar seo, cuirfear lenár dtuiscint ar fheidhm na Seirbhíse Litearthachta d'Aosaigh i dtaca le litearthacht i nGaeilge sa nGaeltacht agus déanfar moltaí maidir le soláthar na seirbhíse sin.

This study investigates the needs, motivations, attitudes and skills of adult native speakers of Irish, in respect of Irish language literacy in the complex linguistic environment of the contemporary Gaeltacht. It will also determine methods for measuring adult literacy-skills in the Irish language. The study will increase our understanding of the role of the Adult Literacy Service with regard to Irish-language literacy in the Gaeltacht and make recommendations concerning service provision.

Lindsay Sullivan (l.sullivan2@nuigalway.ie)

Ph.D. Topic: An Evaluation of GAA Players and Coaches' Knowledge About Sports-related Concussion.



Concussions are a mild traumatic brain injury (TBI) that result from direct or indirect impact to the head. Sports-related concussions are now recognized as a major public health concern, and although more research is needed, the long-term effects from this injury are more widespread than previously understood. Unfortunately, despite the association of concussion with short and long-term health consequences many parents, coaches and young athletes still lack basic knowledge about concussion and seem to believe that youth is a period of invincibility and that concussions may be “toughed out” and do not require medical attention. The study proposed here aims to assess self-reported prevalence of concussion among GAA players in Ireland aged 13-18 years of age. This study also aims to assess self-reported knowledge about sports-related concussion in GAA players aged 13-18 and GAA coaches in Ireland. This study will implement a concussion education programme and evaluate its' effectiveness using process, impact and outcome evaluations. Sports-related concussion may never be totally eliminated from sport, but with an increase in knowledge about and safer attitudes towards sports-related concussion among GAA players and coaches the catastrophic short and long-term health consequences of concussion can be dramatically reduced.

Leigh-Ann Sweeney (leigh-ann.sweeney@nuigalway.ie)

Ph.D. Topic: The psychosocial experiences of women involved in prostitution: an exploratory study

PhD. Supervisor: Dr. Michal Molcho

Women are involved in prostitution nationally and this qualitative study explored the lived experiences of women involved in prostitution through their stories and biographical narratives. The research identified how women from non national and Irish backgrounds permeate this industry subject to abuse, victimisation, isolation and fear from clients and organisers of prostitution and indeed the Law on prostitution, migration laws and thus social policies alike. As a consequence, Healthcare nationally is practically non existent to meet the needs of these women. The research proposed the need for change both in infrastructure and training for healthcare providers to breakdown barriers and promote health promotion strategies for the future.

Elena Vaughan (e.vaughan3@nuigalway.ie)

Ph.D. Topic: Sex, Stigma and Silence: Sexual Politics and the Discursive Construction of HIV in Ireland.



The aim of this study is to investigate the discourse of HIV and the phenomena of HIV-related stigma in Ireland. The study draws on theories of language and ideology by theorists such as Foucault and Bourdieu and will apply a Critical Discourse Analysis framework in the analysis of media and policy texts pertaining to HIV. In addition, interviews with people living with HIV will be conducted in order to evaluate their experiences of stigma and discrimination. In doing so the study proposes to shed light on the following questions:

- What are the narratives of HIV that exist in HIV discourse in Ireland today and how does the media frame people living with HIV?
- Are there identifiable ideologies underpinning the dominant discourses of HIV and if so what are they?
- How do these discourses resonate with people living with and/or affected by HIV?
- In accordance with the GIPA principle, how can the experience of people living with HIV be used to better inform policy and practice in healthcare and other settings?

Doctoral Student Abstract

Congratulations to **Victoria Hogan** who graduated this year with a PhD in Health Promotion. Her thesis abstract is presented below.

Ph.D. Topic: An examination of working hours, work-life conflict and psychological well-being in Irish academics.

PhD. Supervisor: Dr. Margaret Hodgins



Research from numerous countries across the world indicates that academics are experiencing high levels of occupational stress and trends indicate that stress levels are increasing over time. Two stressors which have been implicated in this context include long work hours and work-life conflict. The current project examined patterns in working hours and behaviours and associated levels of work-life conflict and psychological strain in Irish academics. The project also examined the non-work behaviours and activities of Irish academics in order to comprehensively analyse challenges and experiences at the work-home interface. A series of three studies were conducted: a quantitative multi-variate survey examining predictors of work hours, work-life conflict and psychological strain (N=401); a seven day diary study examining post-work activities and levels of recovery and detachment from work (N=44); and a qualitative interview study examining challenges associated with maintaining work-life balance in academia (N=14). Gender effects were examined across all three studies, and workaholism effects were examined in both the quantitative survey study and the diary study. Results from Study 1 indicated a long work hours culture amongst Irish academics, with males working longer hours than females. A number of organizational, personal and individual variables including work intensity, workaholism, job involvement, organisational support and having children were found to directly and indirectly influence work hours, work-life conflict and psychological strain.

Gender was found to moderate some of these effects. Study 2 revealed gender differences in post-work activities engaged in by academics, with females engaged in more household/caring activities after work, while males engaged in more work activities and passive activities. The results from Study 2 also highlighted difficulties experienced by workaholics in recovering and detaching from work and managing work-life conflict. The results from the interviews conducted in Study 3 revealed four major themes; pleasure and pain of academic work, struggle to recover, boundary management, and health and stress. The interview data highlighted a number of stressors experienced by Irish academics and

the reported health effects associated with high levels of occupational stress. The strategies used by academics to recover and detach from work and the boundary work between work and home were also revealed. The findings from all three studies are discussed with reference to the extant literature and a number of practical implications and areas for future research are discussed.

Community Contribution

Through their membership of management, committee and editorial boards, the HPRC staff actively contribute to the development of national and international health promotion research, practice and policy. Staff positions on these boards are listed below.

International

- Early Careers Group of the WHO-HBSC study (member) – Ms. M. Callaghan
- Eating and Dieting Working Group of WHO-HBSC study (Chair) – Dr. C. Kelly
- Electronic Media Work Group of the WHO-HBSC study (member) – Ms. M. Callaghan
- European Commission Expert Panel on Effective Ways of Investing in Health, 2013-2016, (member) – Professor M. Barry
- European Network WHP (member) – Dr. M. Hodgins
- Global Working Group on Workforce and Competencies Development, International Union for Health Promotion & Education, 2012-present, (Co-Chair) – Professor M. Barry
- International Coordinating Committee of the WHO-HBSC study (member) – Dr. C. Kelly
- International Coordinating Committee of the WHO-HBSC study (member) – Dr. M. Molcho
- International Report editorial group of the WHO-HBSC study (member) – Dr. M. Molcho
- International Steering Group for the WHO Collaborating Centre for Mental Health Promotion, Prevention and Policy at THL, Finland, 2007-present, (member) – Professor M. Barry
- Partnership for Children, UK, 2011-2014, (Trustee Board Member) – Professor M. Barry
- Policy Development Groups of the WHO-HBSC study (elected Chair) – Dr. M. Molcho
- Policy Development Groups of the WHO-HBSC study (member) – Dr. C. Kelly
- School Mental Health International Leadership Exchange (SMHILE), 2014-present, (member) – Professor M. Barry
- Scientific Advisor to the European Commission funded ROAMER project which aims to create a road map for the promotion and integration of mental health and wellbeing research across Europe, 2012-2014, (scientific advisor) – Professor M Barry
- Scientific Committee for the Health Promotion Chair, School of Public Health (EHESP) and the National Institute for Prevention and Health Education (INPES) France, 2011-present, (member) – Professor M. Barry
- Scientific Council for the Ludwig Boltzman Institute for Health Promotion Research, Vienna, 2008-present, (member) – Professor M. Barry
- Scientific Development Groups of the WHO-HBSC study (member) – Dr. C. Kelly

- Technical Group for UNICEF Report Card 13 (member) – Dr. M. Molcho
- The Children's Research Network for Ireland and Northern Ireland (member) – Ms. M. Callaghan
- Violence and Injury Prevention work group of the WHO-HBSC study (member) – Ms. M. Callaghan
- Visiting Healthway Research Fellow, Curtin University, Australia in 2013 (research fellow) – Professor M. Barry
- WHO Temporary Advisor in EMRO Region, 2013-14, (temporary advisor) – Professor M Barry

National:

- AHPI (Executive Committee Member) – Ms. Priscilla Doyle
- Child Health Research Forum (member) – Dr. M. Molcho
- Expert Research and Evaluation Committee of the Youth Mental Health Initiative Headstrong (member) – Dr. S. Nic Gabhainn
- Inspire Ireland & Young and Well CRC National Advisory Group (member) – Professor M. Barry
- Irish Association of Social Care Workers (Executive Board Member & Secretary) – Dr. Martin Power.
- National Oral Health Policy Academic Research Group, 2014-2016, (member) – Professor M Barry
- Research and Evaluation Panel of the See Change Programme – the National Mental Health Stigma Reduction Partnership, 2010-present, (member) – Professor M. Barry
- Scientific Advisory Group for Growing Up in Ireland Phase 2 (member) – Dr. M. Molcho.

Editorial Boards

- Applied Social Studies – Dr. S. Nic Gabhainn
- Open Epidemiology Journal – Dr. S. Nic Gabhainn
- Youth Studies Ireland – Dr. S. Nic Gabhainn
- International Journal of Mental Health Promotion – Professor M. Barry
- Advances on School Mental Health Promotion – Professor M. Barry
- Health Promotion Journal of Australia – Professor M. Barry
- Journal of Public Mental Health – Professor M. Barry
- Journal of Social Care – Dr. Martin Power
- Public Health Nutrition – Dr. Colette Kelly.

Seminar Series

Since the beginning of 2012, the Health Promotion Research Centre (HPRC) has organised various research seminars across a broad range of topic areas. These research seminars are generally held bi-monthly with the exception to the summer months. There is no formal format for the seminars but they are usually one hour in duration and have included presentations followed by discussion.

These seminars provide an opportunity for researchers, PHD students and academics within the discipline and the School of Health Sciences as well as external colleagues to:

- share on-going or completed research with peers in a professional supportive environment
- gain exposure to the variety of research methods and projects on-going within the discipline
- elicit feedback and discussions on the presented topic areas.
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December, 2014: Professor Margaret Barry, HPRC, NUIG
Developing a Successful Research Proposal: Lessons learned

November, 2014: Dr. Audrey Alforque Thomas, HPRC, NUIG
The grass is always greener: urban and rural variation in cancer outcomes

October, 2014: Dr. Catherine Anne Field, HPRC, NUIG
The management of problem alcohol use among patients attending primary care for opiate substitution treatment

June, 2014: Associate Professor Diana Cassidy, University of California, Davis, USA
Policies to Reduce Exposure to Second-Hand Smoke: The Example of Smoke-Free Apartment Complexes in California, USA

April, 2014: Dr. Geraldine McDarby, HPRC, NUIG
Barriers to the adequate management of cancer pain: Patient and healthcare provider barriers to the adequate control of cancer pain among a palliative care population in Ireland

February, 2014: Ms Aoife Gavin – Researcher/ Ph.D. student, HPRC, NUIG
'What's Trending?' Exploring the trends in youth health in Ireland

Books and Book Chapters

Clarke, A.M., & Barry, M.M. (2014). Supporting a whole school approach to mental health promotion and wellbeing in post-primary schools in Ireland. In S. Kutcher, Y. Wei & M. Weist (Eds), *International School Mental Health for Adolescents-Global Opportunities and Challenges*. UK: Cambridge Press.

Clarke, A.M., & Barry, M.M. (2014). Implementing mental health promoting schools. In V. Simovska & P. McNamarra (Eds), *School for Health and Sustainability*. Dordrecht: Springer.

Holte, A., Barry, M.M., Bekkhus, M., Borge, A.I.H.,; Bowes, L., Casas, F., Friberg, O., Grinde, B., Headey, B., Jozefiak, T., Lekhal, R., Marks, N., Muffels, R., Nes, R.B., Røysamb, E., Thimm, J.C., Torgersen, S., Trommsdorff, G., Veenhoven, R., Vittersø, J., Waaktaar, T., Wagner, G.G., Wang, C.E.A., Wold, B., Zachrisson, H.D. (2014). 'Psychology of child well-being' In: Ben-Arieh, A; Casas, F; Frønes, I; Korbin, J E (eds). *Handbook of Child Well-Being*. Netherlands: Springer.

Journals

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Reports

Barry, M.M. (2014) .co-author of published Opinions in 2013-14 as a Member of the EC DG SANCO Expert Panel on Effective Ways of Investing in Health: author (EXPH)

European Commission DG SANCO Expert Panel. (2014). Definition of a Frame of Reference in Relation to Primary Care with a Special Emphasis on Financing Systems and Referral Systems (2014). Accessible at:
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Clarke, A.M., Kuosmanen, T., Chambers, D., & Barry, M.M. (2014). *Bridging the Digital Disconnect. Exploring Youth, Education, Health and Mental Health Professionals' Views on Using Technology to Promote Young People's Mental Health*. A report produced by the Health Promotion Research Centre, National University of Ireland Galway and Inspire Ireland Foundation in collaboration with the Young and Well Cooperative Research Centre, Melbourne, Australia. Accessible at: <http://www.youngandwellcrc.org.au/knowledge-hub/publications/bridging-the-digital-disconnect-professionals/>.

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Other Publications

Barry, M.M., Clarke, A., Connolly, C., Dempsey, C., Gibson, I., Hanley, S et al. (2014). *Approaches to Cardiovascular Health and Diabetes Prevention*. Discipline of Health Promotion, NUI Galway.

Burke, L., D'Eath, M. & Nic Gabhainn, S. (2014). Consulting stakeholders about dissemination. *National Institute of Health Sciences Bulletin*, 7(1), 62.

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Thomas, A. A., Molcho, M. (2014). Quality of life: rural vs urban cancer survivors. *Cancer Professional* 8 (3), 10-12.

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Presentations 2014

Barry, M.M. (2014). Implementing school-based mental health promotion interventions. Keynote presentation. *Unlocking the Potential: Building Workforce Capacity for Mainstreaming Mental Health Promotion*. Mental Health Promotion Winter Institute, Winnipeg, Canada, 11 March, 2014.

Barry, M.M. (2014). Keynote presentation. Closing the implementation gap in mental health promotion. *Unlocking the Potential: Building Workforce Capacity for Mainstreaming Mental Health Promotion*. Mental Health Promotion Winter Institute, Winnipeg, Canada, 12 March, 2014.

Barry, M.M. (2014). Keynote presentation. Developing workforce capacity and competencies for mental health promotion. *Unlocking the Potential: Building Workforce Capacity for Mainstreaming Mental Health Promotion*. Mental Health Promotion Winter Institute, Winnipeg, Canada, 12 March, 2014.

Barry, M.M. (2014). Keynote presentation. Mainstreaming mental health promotion. *Unlocking the Potential: Building Workforce Capacity for Mainstreaming Mental Health Promotion*. Mental Health Promotion Winter Institute, Winnipeg, Canada, 12 March, 2014.

Barry, M.M. (2014). Implementing mental health promoting schools: Evidence and principles of effective practice. Keynote presentation at the *First Forum of the Cantabrian Health Promoting Schools Network*. Santander, Spain, 22nd May, 2014

Barry, M.M. (2014). Advice from a Successful Coordinator: Lessons learned from the CompHP Project. *Health Research Board & European Commission Information Day on European Commission Public Health Programme*. Dublin 4th June, 2014.

Barry, M.M. (2014). Implementing mental health promoting schools. Plenary presentation at *The 4th Schools for Health in Europe Summer School*. University of Limerick, 25th June, 2014.

Barry, M.M. (2014). Implementing a whole school approach to mental health promotion: does the focus of research and practice need to change? Ignite plenary presentation at the *School Mental Health International Leadership Exchange (SMHILE) Pre-conference meeting*, Imperial College, London 23rd September, 2014.

Barry, M.M. (2014). Keynote presentation at plenary session: Promoting Mental Health Across Sectors: Implementing Mental Health and Wellbeing in All Policies – International Perspectives. *The 8th World Congress on the Promotion of Mental Health and the Prevention of Mental and Behavioural Disorders*, London 24-26th September, 2014

Barry, M.M., Clarke A. and Kuosmanen, T. (2014). Using technologies to promote mental health and wellbeing. Symposium presentation- Clarke, Kuosmanen & Barry: Bridging the Digital Disconnect: the role of online technologies in supporting young people's mental health. *The 8th World Congress on the Promotion of Mental Health and the Prevention of Mental and Behavioural Disorders*, London 24-26th September, 2014.

Barry, M.M. (2014). Health Communication for the Prevention and Control of Communicable Diseases in Europe: Current evidence, practice and implications for capacity development. Symposium presentation. *European Public Health Association Annual Conference*, Glasgow 20-22nd November, 2014.

Brady, B., Nic Gabhainn, S., Canavan, J., Gaweski, J. (2014). Here you feel more comfortable to talk: An evaluation of Foroige's REAL U: Relationships Explored and Life Uncovered programme. *What's Working for Young People International Conference*, Dublin March 2014.

Burke, L., D'Eath, M., Young, H. & Nic Gabhainn, S. (2014). An exploration of dissemination tools and mechanisms: consultation among different stakeholder groups. Paper presented at the *18th Annual Health Promotion Research Centre Conference: Applying the principles of health promotion to population health improvement*, Galway June 2014.

Burke, L., D'Eath, M., Young, H. & Nic Gabhainn, S. (2014). Consulting stakeholders about dissemination. Paper presented at the *18th Annual Health Promotion Conference: Applying the Principles of Health Promotion to Population Health Improvement*. Galway June 2014.

Burke, L., Young, H. & Nic Gabhainn S. (2014). Sexual behaviour of adolescents in the Republic of Ireland: Future research plans of the Health Behaviour in School-aged Children (HBSC) study. Paper presented at the *Improving Children's Lives Conference*. Queen's University Belfast February 2014.

Burke, M., Carroll, C., Hodgins, M., Lyons, R., McDarby, G., & Power, M. (2014). Driving healthcare change through collaboration between researchers and health and social care professionals. (poster presentation). *Driving healthcare change through health and social care professionals research*. Dublin February 2014.

Callaghan, M., Kelly, C. & Molcho, M. (2014). Cyber bullying among post-primary school students in Ireland - a pilot study. Paper presented at the *Children's Research Network PhD Symposium*. Dublin August 2014.

Callaghan, M., Molcho, M., Nic Gabhainn, S. & Kelly, C. (2014). The foodscape of post-primary schools in Ireland (oral presentation) HBSC Spring meeting, Czech Republic June 2014.

Callaghan, M., Molcho, M., Nic Gabhainn, S. & Kelly, C. (2014). Towards building healthy school communities through healthy food access (oral presentation), *Health Promotion Research Centre 18th Annual Summer Conference: Applying the principles of health promotion to population health improvement*, Galway June 2014.

Cooney, A., Murphy, K., Casey, D., Gannon, M., Kelly, M. & D'Eath, M. (2014). Connectedness and its meaning for older people living in long-stay care settings. Paper presented at the *Royal College of Nursing International Research Conference*. Glasgow.

Cunningham, K. & Kelly, C. (2014, June). The impact of attending the Croí MyAction CVD prevention programme with a partner on Diet and Anthropometrics. Oral presentation at the annual Summer HPRC conference, NUI Galway April 2014.

Daniels, N., Burke, L., O'Donnell, A., McGovern, O., Murphy, C., Kelly, C. & Nic Gabhainn, S. (2014). Youth Participation in the 2014 HBSC research process: An overview. Presented to the *18th Annual Health Promotion Conference: Applying the Principles of Health Promotion to Population Health Improvement*, Galway, June 2014.

Fox, K. A., Kelly, C., & Molcho, M. (2014). Alcohol Marketing and Young People's Health (poster presentation) *Applying the Principles of Health Promotion to Population Health Improvement*, Galway June 2014.

Gough, H. (2014). The role of Therapeutic Recreation in Health Promotion- reflections from practice. (oral presentation) *18th Annual Health Promotion Conference: Applying the Principles of Health Promotion to Population Health Improvement*. Galway June 2014.

Grealish, H. & Nic Gabhainn, S. (2014). Investigating how research impacts on health policy: a review and proposal. Presented to the *18th Annual Health Promotion Conference: Applying the Principles of Health Promotion to Population Health Improvement*, Galway, June 2014.

Hogan, V., Hodgins, M. & Hogan, M. (2014). Workaholism, recovery and detachment from work among Irish academics. (oral presentation) *11th EAOHP Conference, Looking at the past - planning for the future: Capitalizing on OHP multidisciplinary*, London July 2014.

Hogan, V., Hodgins, M. & Hogan, M. (2014). Post-work recovery and psychological detachment in academia: results from a seven day diary study. (paper presentation). *Irish Ergonomics Society Annual Conference* NUI Galway May 2014.

Hogan, V., Hodgins, M. & Hogan, M. (2014). Post-work recovery and psychological detachment in academia: results from a diary study (paper presentation). *Irish Academy of Management Annual Conference*. University of Limerick September 2014.

John-Akinola, Y.O. & Nic Gabhainn, S. (2014). Associations between dimensions of primary school socio-ecological environments and health and wellbeing outcomes for pupils. Presented to the *18th Annual Health Promotion Conference: Applying the Principles of Health Promotion to Population Health Improvement*, Galway, June 2014.

Kelly, C. (2014). Exploring possible synergies between HBSC and COSI. Athens, Greece, February 2014.

Kelly, C., Ojala, K., Välimaa, R., Paakkari, L., Tynjälä, J., Ng, K., Fox, K. A., Burke, L., & Clarke, N. (2014). Examining school children's responses to a food frequency questionnaire (poster presentation) *Applying the Principles of Health Promotion to Population Health Improvement*. Galway June 2014.

Kenny, U. & Kelly, C. (2014). Peer Influences on adolescent body image in Ireland. Oral presentation at the Postgraduate Nutrition Society meeting. Dublin February 2014

Kenny, U. & Kelly, C. (2014). Body image perceptions and health among adolescents in Ireland. Presented at the Sociological Association of Ireland conference, NUI Galway March 2014.

Kenny, U., Kelly, C., Molcho, M., Fox, K. A., & Burke, L. (2014). What influences adolescent body image in Ireland? (poster presentation) *Applying the Principles of Health Promotion to Population Health Improvement*. Galway June 2014.

Kenny, U. Molcho, M. & Kelly, C. (2014). What influences adolescent body image? Oral presentation at the Summer HBSC meeting, Czech Republic June 2014.

McKenna, V., Barry, M.M. (2014). Examining health literacy practices: a qualitative approach. [Poster presentation] *Health Literacy: Healthy Living Conference*. Keele University, United Kingdom.

McKenna, V; Kelly, C. & Barry, M.M. (2015). A health promotion model of social care: integrating health promotion into social care practice. *Social Care Ireland 2015: Breaking Barriers and Building Relationships*, Sligo, Ireland.

Nic Gabhainn, S. (2014). Patterns in the commercialisation and sexualisation of young people Ireland. Invited address to *Commercialisation and Sexualisation of Children*, Cork June 2014.

Nic Gabhainn, S. (2014). Research and Policy; models, Invited address to *Children's Research Network of Ireland and Northern Ireland conference Real-World Research in Challenging Times*, Dublin September 2014.

Mullins, L. (2014). Suicide Prevention: What Works (Oral presentation), *Social Care Ireland Conference: Diversity in Practice*, April 2014.

Mullins, L. (2014). Child and Adolescent Mental Health: Supporting Families through the System's Theory (Poster Presentation, *IPH Open Conference* in the Belfast Titanic Convention Centre, October 2014.

O'Higgins, S., Hayes, S., Doherty, E., Nic Gabhainn, S., MacNeela, P., Murphy, A., Kropmans, T., O'Neill, C. & McGuire, B. (2014). Chronic pain in school-aged children in Ireland. Results from the PRIME-C study on prevalence, impact and economic costs. Paper presented at the *28th European Health Psychology Society Conference*, Innsbruck, August 2014.

Petersen, I. and Barry, M.M. (2014). Mental health promotion & prevention and mental health literacy. Presentation to the *WHO Inter-country Meeting to Scale Up Action on Mental Health in the Eastern Mediterranean Region*, Cairo Egypt September 2014.

Ojala, K., Välimaa, R., Tynjälä, J., Paakkari, L., Fox, KA., Ng, K., Kannas, L. & Kelly C. (2014). Exploring responses to the HBSC Food Frequency Questionnaire. Poster presented at the HBSC Summer Meeting, Czech Republic June 2014.

Power, M. (2014). Exploring interdisciplinary perspectives: Social care and medical students' views surrounding the covert administration of medicines (poster presentation). *Driving healthcare change through health and social care professionals research*. Dublin, Ireland, February 2014.

Salonna, F., Vereecken, C., Pagh Pedersen, T., Ojala, K., Krølner, R., Dzielska, A., Ahluwalia, N., Giacchi, M. & Kelly, C. (2014). Fruit and vegetable consumption among adolescents from 2002 to 2010: findings from the Health Behaviour in School-Aged Children study (paper presentation). *International Society of Behavioural Nutrition and Physical Activity*. San Diego May 2014.

Funding

| Research Project | Grant Amount | Funder |
|--|--------------|--|
| Adolescent Sexual Health in Ireland: Data, Dissemination and Development | 112,095 | Irish Research Council and the Crisis Pregnancy Programme |
| Agency and Agencies: The Dynamics of Agency Working Arrangements in Social Care | | No funder |
| Bridging the Digital Disconnect – Using Technology to Support Young People’s Mental Health Needs | 202,667 | Inspire Foundation Ireland and the Young and Well Cooperative Research Centre, Australia |
| Cancer Survivorship - Costs, Inequalities and Post-Treatment Follow-Up. Building Capacity to Meet the Challenges to the Health Service and Society | 211,935 | Health Research Board (HRB) |
| Children’s Views on Understanding Their Lives: A Participation Initiative Involving Children | | No funder |
| Developing a Quality Framework for Intersectoral Partnerships for Health Promotion | 4,900 USD | WHO, Geneva |
| Evaluation of the Longford/Westmeath Triple P Parenting Intervention | 14,000 | Archways |
| Evaluation of the Real U Intervention in Foróige | 17,115 | Foróige Best Practice Unit |
| Food Environment | 10,000 | NUIG, Millennium Fund |
| Health Behaviour in School-aged Children, Ireland | 670,939 | Department of Health |
| Irish Workplace Behaviour Survey 2015 | 148,849 | IOSH |
| IROHLA - Intervention Research on Health Literacy among the Ageing Population | 140,088 | European Commission - European Union's Seventh Framework Programme |
| Local Community Initiatives to Prevent Overweight and Obesity in Children Across Europe (HEPCOMM) | 52,294 | European Commission |
| Piloting of the IUHPE European Health Promotion Accreditation System | 100,000 | IUHPE hold funds |
| Promotion of Mental Health and Primary Prevention of Mental Disorders: Priorities | | No funder |

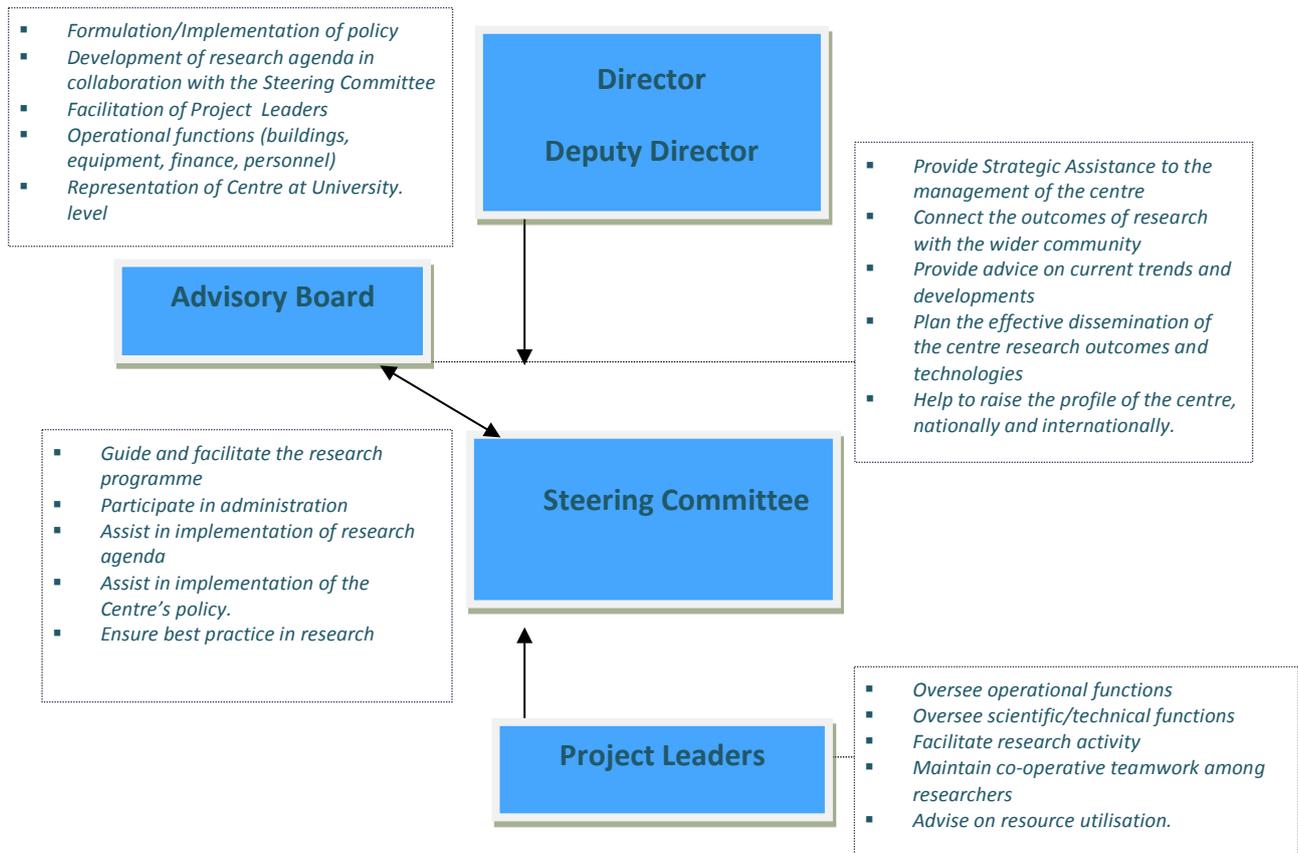
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| for Implementation of the WHO Global Mental Health Action Plan in the Eastern Mediterranean Region | | |
| Study on Bullying and Incivility in the University Setting | | No funder |
| SPAN: Science for Prevention Academic Network | 37,175 | European Commission – Education and Culture (EAC) |
| The Injury and Violence Secondary Data Analysis Project | | No funder |
| Updating the MINDOUT Mental Health Promotion Programme for Post-Primary Schools | 28,574 | Health Service Executive |
| What Works in Enhancing Social and Emotional Skills during Childhood and Adolescence? | 65,196 | Early Intervention Foundation, Social Mobility and Child Poverty Commission and the Cabinet Office, UK |
| Young People’s Awareness of Alcohol Marketing | 62,929 | Alcohol Action Ireland |
| Total Value of Grants Held | €1,628,932 | |

Governance

The generic management structure for research centres and units recommended by NUI Galway has been adopted by the Health Promotion Research Centre. This consists of the establishment of an internal Steering Committee and an International Advisory Board (see diagram below). The Steering Committee is comprised of: Dr Jane Sixsmith, Director; Dr Michal Molcho, Deputy Director; Project Leaders: Professor Margaret Barry, Dr Margaret Hogins, Dr Vicky Hogan, Dr Colette Kelly, Dr Saoirse Nic Gabhainn; Dr Viv Batt, Administrative Director; Ms Cathie Clare, Administrative Secretary.



The International Advisory Board consists of representatives from Health Promotion practice, policy and research at national and international level (as listed below).



External Members of the Health Promotion Research Centre International Advisory Board 2014



- Professor Margaret Whitehead, WH Duncan Professor of Public Health, WHO Collaborating Centre for policy research on social determinants of health, Department of Public Health and Policy, University of Liverpool
- Professor Wolfgang Dür, Ludwig Boltzmann Institute for Health Promotion Research, University of Vienna, Austria
- Dr. John Devlin, Deputy Chief Medical Officer, Department of Health and Children, Dublin
- Ms. Biddy O'Neill, Interim Assistant National Director Health Promotion, Health Services Executive

University Members of the Health Promotion Research Centre International Advisory Board 2014



- 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. Edward Herring, Dean of the College of Arts, Social Sciences and Celtic Studies, National University of Ireland Galway

- Dr. Seosamh MacDonnacha, Academic Coordinator, College of Arts, Social Sciences and Celtic Studies, National University of Ireland Galway
- Dr. Margaret Hodgins, 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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