

# Appearance Research News

The Newsletter of the Centre for Appearance Research—Issue 6

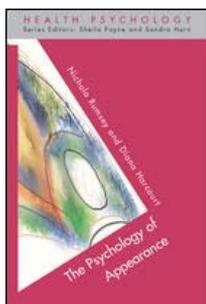


## WHAT'S NEW?

## Welcome...

### ...to the Centre for Appearance Research (CAR).

In this issue we welcome new PhD students and staff members to CAR, highlight recent funding success and outline external activities. Special features include a research overview by **Dr Helen Malson** and a summary of new research projects.



## New Book

Congratulations to **Nicky Rumsey** and **Diana Harcourt** on the publication of their book 'The Psychology of Appearance'. "The Psychology of Appearance provides essential reading for undergraduate and postgraduate students of psychology, health professionals, health psychologists, health care and social policy makers, and those interested in the evaluation of appearance."

Rumsey N & Harcourt D (2005) *The Psychology of Appearance*. Open University Press. ISBN. 10:0 35 21276X

## Funding Success

**Tim Moss, Diana Harcourt & Alex Clarke** were awarded £60,000 by the charity Changing Faces for a PhD Studentship (awarded to **Alyson Bessell**) to develop an online intervention for people with an altered appearance.

The British Psychological Society awarded **Professor Tom Cash** of Old Dominion University, USA, a Visiting Fellowship which supports his attendance at the Appearance Matters 2 conference in June 2006.

More news on page 2...

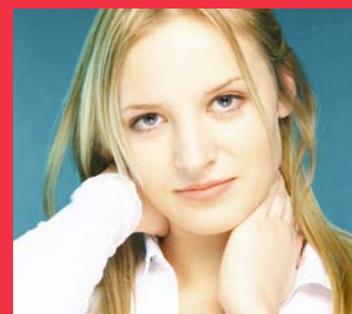
## CAR contact details

### Centre for Appearance Research

Faculty of Applied Sciences  
University of the West of England  
Frenchay Campus  
Coldharbour Lane  
Bristol BS16 1QY  
Tel: 0117 328 3967  
[www.uwe.ac.uk/fas/car](http://www.uwe.ac.uk/fas/car)

## In this Issue...

News & Funding .....	1
Welcome to New Staff & Students .....	2
CAR in the Media .....	2
CAR Travel & Events .....	3
Research Overview	
DIs/appearing bodies:	
Researching Anorexia .....	4
New Projects .....	6
Current Research .....	8
Publications .....	9
Conference Presentations & Talks ...	10



# Welcome to New Staff & Students

**Dr James Daniel** has now taken up his new post as Research Associate and lead researcher for the project funded by the Healing Foundation, investigating factors and processes that contribute to successful adjustment to disfigurement. James completed his PhD at Surrey University and has joined us from Bristol University.

**Liz Payne** is part-time administrator/researcher working with James on the Healing Foundation project. Liz is also a student on the MSc Health Psychology at UWE, Bristol.

**Dr Catherine Swann** is a Visiting Research Fellow from NICE where she is employed as Senior Research & Development Specialist. Her research interests include gender and identity, maternal and child health and nutrition, and the effectiveness of interventions and approaches to change health and social outcomes.

**Emma Dures'** PhD is funded by the charity DebRA, and will explore the psychosocial impact of epidermyolysis bullosa (EB) under the supervision of Nicky Rumsey, Marianne Morris and Kate Gleeson.

**Fiona Kennedy** is investigating the psychosocial impact of Ductal Carcinoma in Situ (DCIS), with a supervisory team of Di Harcourt and Nicky Rumsey. Fiona's PhD is funded by the Breast Cancer Campaign.

**Alyson Bessell's** research focuses on the development of an online intervention for people with a disfigured appearance. Aly's PhD is funded by Changing Faces and her supervisory team is Tim Moss, Di Harcourt and Alex Clarke.

**Irmgard Tischner** is being supervised by Helen Malson and Emma Halliwell, her research (funded by a UWE Faculty of Applied Sciences bursary) will employ a critical psychological approach to investigating obesity.

**Chris Carmona** is a part-time PhD student, being supervised by Helen Malson. His project is entitled 'The embodiment of health in gay men: Discursive constructions and regulations of healthy gay bodies'.

**Áine Duggan.** Áine is a full-time PhD student, her project investigates the development of appearance concerns in gay men and their implications for health related behaviours. Áine is supervised by Victoria Clarke, Emma Halliwell and Nicky Rumsey and her PhD is funded by a UWE Faculty of Applied Sciences bursary.

## CAR in the Media

**Nicky Rumsey** discussed the interaction difficulties experienced by people with visible differences on the BBC programme "Inside Out".

CAR's research into the factors and processes that influence adjustment to a visible difference or disfigurement has been the focus of much media attention. In a recent interview on BBC Radio Five's Simon Mayo programme, **Nicky Rumsey** discussed the sometimes difficult experiences of people with a visible difference.

**Fiona Kennedy** (PhD student in CAR) was interviewed on BBC Radio Bristol, Star Radio (Bristol) and Star Radio (Stroud) about her research into the psychosocial aspects of Ductal Carcinoma in Situ (DCIS). Her research was also featured in the Western Daily Press, Bristol Evening Post, The Western Mail, The Cambridge Evening News and the Gloucester Citizen.

A paper authored by CAR member **Emma Halliwell** on the impact of the media on the body image of adolescents recently spurred a great deal of media attention, including live interviews for a local BBC breakfast show and Points West news programme, recorded interviews for radio stations GWR, Star FM and Vibe 101, and coverage by BBC Online and The Times.



# CAR's Travels

## AUSTRALIA & NEW ZEALAND

**Nicky Rumsey** (Research Director of CAR) and **Diana Harcourt** (Deputy Director) recently travelled to Australia and New Zealand where they presented 4 papers at the Australasian Behavioural Health and Medicine Conference in Auckland.

Their trip also included meetings with staff at Middlemore Hospital, Auckland and Auckland University, who are conducting research into the psychosocial aspects of burns injury. Dr Jeanne Reeve of Auckland University is our first overseas member and is planning to spend some of her sabbatical in 2007 working within CAR.

During their time in Australia and New Zealand, Nicky and Di met with several researchers keen to collaborate on appearance-related research, they discussed cooperative efforts with:

**Professor Marita McCabe**, Deakin University, Melbourne

**Professor Ingrid Winship**, Genetic Health Services, Victoria, Australia

**Associate Professor Nicky Kilpatrick**, Cleft Service, Royal Children's Hospital, Melbourne

**Dr Frances James**, Clinical Psychologist, Middlemore Hospital, Auckland, New Zealand

## NORTHERN IRELAND

**Nicky Rumsey** was recently invited to Ulster University where she gave a talk entitled 'Cosmetic Surgery: The Case of Face Transplant' as part of the University's 'Science in Society' lecture series.

## FRANCE

**Nicky Rumsey** gave an invited seminar entitled 'The Psychological Management of Scars: Screening, Assessment & Intervention' at the 1st SCAR Meeting 'Innovations & Contradictions, the future to discover' in Montpellier, France.

## NORWAY

**Nicky Rumsey** and **Diana Harcourt** were invited to give talks at a meeting in Oslo, Norway, entitled 'Visible Difference & Anti-Discrimination' where they gave the following presentations: 'The Psychology of Visible Difference' and 'Interventions that Meet the Needs of People with a Visible Difference'.

# Events

## Appearance Matters 2 Conference - 'Developing Theory and Practice'

The second CAR conference is being held in Bath on the 6<sup>th</sup> and 7<sup>th</sup> June 2006. A call for abstracts led to an extremely positive response, enabling us to organise a two day conference that includes two keynote speakers (Prof Tom Cash and Prof Jane Ogden), 4 workshops, 2 roundtables, 3 symposia, and more than 40 oral papers and posters.

## Seminar Series

We are always pleased to welcome guest speakers as part of the Faculty of Applied Sciences seminar series. Recently we were joined by Dr Sarah Grogan from Staffordshire University, who talked about 'Motivations for anabolic steroid use in body-builders', and Professor Dave Perrett from the University of St Andrews who gave a seminar entitled 'Facial Appearance as an Indicator of Health'.

We also welcomed Dr Adam Joinson, a specialist in the use of the internet in research to a CAR awayday in October 2005.

## Postgraduate Forum Awayday

The first Car postgraduate awayday was held at St Matthias Campus and was a great success. Thanks to Sarah Booker for arranging excellent sessions from Professor Frank Burnet (Graphic Science, UWE) on presenting psychology to lay audiences and Dr Natty Triskel (Outlook, Frenchay Hospital) on safety issues in interviewing. As a result of the awayday, the CAR postgrad group have compiled a conference pack for researchers in CAR which covers all the conference essentials, from submitting abstracts to networking.

# Dis/appearing bodies: Researching 'anorexia'

by Dr Helen Malson, Reader in Social Psychology



'Anorexia nervosa' has been described as one of the most common chronic illnesses amongst teenage girls today (Touyz & Beaumont, 2001) and is a major health issue particularly, but not exclusively, for girls and young women (Becker et al., 1999).

Defined primarily by a body-weight of 15% or more below 'normal' body mass index (BMI), an intense fear of body fat and weight gain, 'body image distortion' and restricted food consumption, often accompanied by other weight-reducing practices such as 'excessive' exercise, laxative abuse, and/or binge/purging (APA, 1994), 'anorexia' is associated with considerable psychological distress and with significant morbidity and mortality (Touyz and Beaumont, 2000).

'Anorexia' has attracted immense academic, clinical and popular attention for several decades and the now vast literature on 'anorexia' and other 'eating disorders', – primarily 'bulimia' and more recently 'binge eating disorder', 'EDNOS' (eating disorders not otherwise specified) and 'obesity' – encompasses bio-physiological, bio-psychological, genetic, cognitive, systemic, psychodynamic, feminist and socio-cultural approaches to researching this field. However, amidst the very actively

debated controversies over the nature and causes of 'anorexia' and other 'eating disorders' and over treatment approaches, some points of consensus have emerged. These include a growing recognition that our contemporary Western socio-cultural context plays an important role in the production of 'eating disordered' experiences and practices. In particular, researchers investigating the effects of idealised media images of thin women on body image dissatisfaction and the prevalence and effects of a diet-promoting media have provided compelling socio-cultural explanations for the rising diagnoses of eating disorders (e.g. Halliwell et al., 2005).

Since the 1970s, feminist theorists and researchers have also argued that girls' and women's 'eating disordered' experiences and body management practices can only be adequately understood in cultural context. Susie Orbach, Kim Chernin and Marilyn Lawrence and others (see Fallon, Katzman and Wooley's (1994) edited collection

Feminist Perspectives on Eating Disorders) provided a range of analyses of the ways in which culturally dominant gender ideologies and inequalities in gender power -relations may be implicated in the production of 'eating disorders'. At the same time feminist scholars and others have also highlighted the resonances between 'anorexia' and 'the troubles of ordinary women' around food and body weight (Wooley et al., 1994: ix), thus, in a sense,



setting the groundwork for recent critical work in this field which has questioned and deconstructed the boundaries between 'normality' and 'eating disorders'.

This more recently established critical approach to researching 'eating disorders' runs counter to more traditional views where 'eating disorders' are conceptualised as *individual* psychopathologies (Malson, 1998). Critical perspectives are concerned instead with exploring 'eating disorders' as collectivities of identities, bodies, experiences and practices which are constituted *within* and by the normative discourses and culturally-endorsed practices of contemporary Western societies. My own (Malson, 2000) and others (e.g. Burns, 2004) research has explored the ways in which a wide range of culturally prevalent ideas, values and concerns are implicated in the production of 'anorexia' and other 'eating disorders'.

Inevitably one network of prevalent meanings of 'anorexic' experiences and body-management practices pivots around culturally dominant constructions of 'femininity', including the idealisation of an ever-thinner body and the promotion of 'dieting' and other potentially damaging practices as the means of achieving this 'ideal'. But the meanings of 'anorexic' experiences and practices also include expressions of, for example, ambivalence or rejection of femininities; assertions of independence, autonomy and

self-control; the achievement of identity and, simultaneously, of self-annihilation. For those diagnosed as 'anorexic' the experience and practice has *multiple*, sometimes contradictory meanings which are expressive of cultural 'ideals' about gender and hetero-normative gender relations; about mind-body dualism and the idealisation of (self)-control; about individualism; about a cultural aesthetics and moralistic interpretations of health; about what it means to be more or less visible; and about some of the dilemmas inherent in late capitalist consumer culture.

Critical feminist researchers (e.g. Burns, 2004) have also increasingly turned their attention to issues of treatment and intervention for eating disorders. In some of my more recent research (Malson et al., 2004) I have analysed the accounts of in-patients who have been hospitalised for anorexia and/or bulimia about their treatment experiences and the accounts of nurses who work in this field (Ryan et al., in press). This kind of research is I think important, not only because it illustrates the *numerous* ways in which culturally-endorsed normative values and ideas correspond with those deemed as 'eating disordered' but also because it provides a much needed empirically-grounded understanding of girls' and women's (and less often boy's and men's) 'eating disordered' experiences and of *their* experiences of treatment for 'eating disorders'. Interventions in this field are notorious for their limited efficacy and unpopularity amongst patients (Malson et al.,

2004). Indeed, Ben-Tovim (2003) a leading researcher of eating disorder treatment, recently concluded that outcomes are no better than they were 50 years ago; that existing treatments may have little if any beneficial effects and that new treatment models are urgently required. Critical qualitative investigations of the experiences and practices of 'eating disorders' and of treatment for 'eating disorders' are, I would suggest, central in developing new understandings and new ways of intervening in this field.

This kind of research is also vital in developing critical approaches to issues of 'overweight' and 'obesity'. Understanding the discursive regulation of 'unhealthy' and/or problematised eating and body management practices, critically analysing the ways in which bigger people are currently portrayed in the media, in health promotion literatures and in everyday discourse and exploring the diversity of experiences and practices of bigger people are all increasingly important areas for research and I am currently involved in developing research in this field. This involves, amongst other things, work with Irmgard Tischner who has recently begun her doctoral research developing a critical psychological approach to 'obesity'.

For further details about these projects please contact Helen by e-mail:

Helen.Malson@uwe.ac.uk

# New Projects

We asked new members of CAR to introduce their research!



## Identifying Factors & Processes that Contribute to Adjustment to Appearance

Dr James Daniel, Research Associate

Whether present from birth, or acquired later in life, a visible difference can have a profound impact on those affected. Difficulties experienced can be pervasive and debilitating, and include negative experiences related to social encounters with others and adverse effects on self-esteem and quality of life. Although many report extensive difficulties, some of those affected adapt positively to the demands upon them and succeed in minimising the impact of visible difference on their lives. Research has shown that individual differences in adjustment are not well predicted by the type, severity or cause of the condition, and has also

highlighted that a range of psychosocial factors and processes are implicated. This research is in its infancy, and the current priority is to clarify those factors and processes that exacerbate distress and/or promote successful psychological adjustment. By focusing on those aspects which are amenable to change, the knowledge generated by this research programme can be used to inform the development of a comprehensive range of methods of support and intervention designed to promote positive adjustment in those affected.

This project is possible thanks to funding from the Healing Foundation charity. The project is a multi-centre study, with UWE as the main centre, working in collaboration with UCL, the University of Sheffield, University of Bradford and University of Warwick. The study is headed by Professor Nichola Rumsey, and managed by senior researcher Dr James Daniel at the University of the West of England (UWE).

The study will provide valuable insights into why some people cope with visible difference better than others. This information can then be used to help those who experience difficulty adjusting to the demands of their appearance. The research team are now looking for over 1,500 people to take part in the first study of this ambitious research programme. The researchers will be working with hospital clinics and GPs, looking at a whole range of conditions that affect appearance, including skin conditions such as acne, head and neck cancers, burns, amputations and hand surgery, as well as birth marks such as port wine stains. Participants will be asked about their feelings, as well as how they manage with a 'visible difference', what support they have had and how they feel about their appearance.

The researchers are interested in anyone over 18 years old who has a condition that affects their appearance. They may be receiving treatment for this or not, it may be something that have recently acquired or it may be a life-long condition. Interested participants will be asked to complete a questionnaire booklet. **Anyone interested in finding out more about the study, or to find out if they are suitable to take part should ring James on 0117 3283975 or email [James.Daniel@uwe.ac.uk](mailto:James.Daniel@uwe.ac.uk), they can also find the information sheet for the study**



## Increasing access to intervention for people with a visible difference through the development and evaluation of computer based interventions

Alyson Bessell, PhD Student

Individuals with a visible difference often suffer from psychosocial adjustment problems that often lead to social anxiety and isolation (Rumsey & Harcourt, 2004). The proposed programme of research attempts to address these adjustment issues by developing a computer-based psychological intervention to enable individuals with visible differences to cope more effectively with social situations. Computer-based CBT programs have become increasingly popular, and many studies have indicated that computer-based CBT can be as effective as traditional face-to-face therapies for treating anxiety and depression

(Proudfoot et al., 2004), and social phobias (Kenwright, Marks, Gega & Mataix-Cols, 2004). The similarities that exist between those with visible differences and those suffering from social anxiety suggest that this type of therapy may be effective in addressing psychosocial adjustment difficulties. Changing Faces, the charity organisation set up to support individuals with visible differences have also identified the use of social skills training in aiding adjustment to disfigurement (Clarke, 1996).

The research project aims to produce a programme that encompasses aspects of both forms of treatment intervention. Utilising a computer-based intervention that can be used from a remote location will ultimately provide psychosocial support to individuals who are currently isolated by their adjustment difficulties. It is hoped that this program will provide the kind of support services that meet the needs of this particular client group.

**For further information about any aspect of this research, please contact Alyson Bessell via email: [Alyson2.Bessell@uwe.ac.uk](mailto:Alyson2.Bessell@uwe.ac.uk) or call 0117 328 1894.**



## **A Critical Psychological Investigation of Obesity**

Irmgard Tischner, PhD Student

Health professionals and the Government are warning of an obesity epidemic and its alleged related health risks, as well as financial implications for the Nation. At the same time, the prevailing beauty ideal focuses on a slim, healthy and fit body. An abundance of media coverage and health promotion material convey the message that achieving this ideal state in the shape of a slim body is a universal desire and lies within the individuals' responsibility, assuming that weight loss is achievable and beneficial. As such, obese individuals find themselves outside the 'norm' from a variety of perspectives (they are 'multiply othered'). Obese persons are stigmatised in a variety of settings, or even penalised. Although some researchers suggest that the stigma of obesity represents an incentive to weight loss, the general, scientific and public health discourse in respect of obesity might be counterproductive and in fact contribute to an increase in disordered eating habits.

The UK Government also acknowledges the need for interventions and health promotion to be based on people's needs and real lives. It is therefore important to find out how health promotion discourse is received by the 'target group', how 'obese' individuals discursively position themselves in society and construe their embodied subjectivities, and in what ways contemporary cultural and discursive contexts may facilitate or impede un/healthy 'lifestyle choices'. Employing discourse analytic methodology, the above issues will be explored in three separate studies, using data gained from interviews and focus groups with (self-identified) 'heavily overweight/obese' participants. The interviews/focus groups will centre on the participants' views and experiences of being 'obese' in contemporary society. The implications of the findings for health policy and health promotion strategies will be discussed.

For further information about any aspect of this research, please contact Irmgard Tischner via email: [Irmgard2.Tischner@uwe.ac.uk](mailto:Irmgard2.Tischner@uwe.ac.uk) or call 0117 328 1892.



## **Psychosocial Impact of Epidermolysis Bullosa (EB)**

Emma Dures, PhD Student

Emma Dures is a PhD student who is being funded by the charity DebRA to look at the psychosocial impact and associated support needs of people who live with 'epidermolysis bullosa' (EB). EB is the term used to describe a number of genetically determined disorders whose principal characteristic is skin and/or mucous membrane fragility. It is a clinically complex condition, in which 3 main types, each with subtypes, have been identified. People who have EB may experience varying degrees of pain, physical disability, and altered appearance. In its most severe forms EB can result in death in early infancy, whilst in its milder forms symptoms are less disabling, and life expectancy is normal. To date,

almost all of the research carried out in to EB has focused on medical causes and treatments, with very little on the experience of living with the disease. However, research into other chronic illnesses and skin conditions, as well as anecdotal evidence from health care professionals and people with EB, suggests that the impact on psychosocial wellbeing is great. Emma's work therefore has 2 main aims. One is to assess which areas of psychosocial life are most affected by the disease. The other aim is to identify the type and extent of support needs, so that effective and appropriate care provision can be made.

In order to do this, Emma is planning to conduct 4 studies. Study 1 will consist of semi-structured interviews at 2 points in time with specialist health care professionals involved in the treatment and care of people with EB. The aim is to ascertain health care professionals' perceptions of their clients and their own psychosocial support needs. The second study will be a preliminary exploration with people with the 3 main types of EB, who are accessing adult services. A semi-structured questionnaire will ask them which areas of their lives are most affected by the disease. The third study will look at the impact of EB on family life. A semi-structured questionnaire, designed to assess the impact of having an offspring with a chronic condition on social, emotional, and relational aspects of family life, will be administered to parents of offspring with EB. The fourth study will be a survey. It will use a structured questionnaire, designed on the basis of findings from the first 3 studies. It will ask participants to rate the impact of EB on their various aspects of their daily lives, and to identify their psychosocial support needs.

For further information about any aspect of this research, please contact Emma Dures via email: [Emma2.Dures@uwe.ac.uk](mailto:Emma2.Dures@uwe.ac.uk) or call 0117 328 1891.

## NEW PROJECTS



### Psychosocial Aspects of Ductal Carcinoma in Situ (DCIS)

Fiona Kennedy, PhD Student

Fiona Kennedy is a PhD student within CAR. Her research, funded by Breast Cancer Campaign, is investigating the psychosocial impact of a condition known as Ductal Carcinoma in Situ (DCIS). Each year approximately 2,700 women in the UK are diagnosed with DCIS, which is a pre-invasive early breast cancer condition that is increasingly detected through routine mammography screening. In DCIS, the cancer cells are confined to the lining of the ducts in the breast and have not invaded nearby tissue.

Considerable uncertainty surrounds the nature of DCIS: while some consider it to be a non-invasive form of breast cancer, others regard it as a pre-cancerous condition. Evidence suggests that DCIS cells can develop into invasive cancer, but there is no marker to determine which DCIS cells will do so. However, although DCIS is not an invasive breast cancer many women are treated by mastectomy. This is a paradoxical situation: these women have been diagnosed with DCIS, they are reassured that it is non-invasive and not life-threatening, but they are offered similar treatments (which can have a significant impact on appearance) as women with invasive cancer.

This can prove to be very confusing for the women diagnosed with DCIS and may contribute to the process of psychosocial adjustment and the feelings they experience; however there is scarce research into the psychosocial impact of DCIS. Fiona's PhD research will examine women's experiences of the diagnosis and treatment of DCIS. It would investigate the beliefs they have about how the illness will affect their body and its impact on their daily life and explore how these beliefs and understandings regulate their behaviour and adjustment to the illness (this is based on the theoretical work by Leventhal et al., 1997).

A series of studies will be undertaken. Study 1 will be an exploratory qualitative investigation with women previously diagnosed with DCIS: in-depth semi-structured interviews and thematic analysis will explore their experience of diagnosis, psychosocial adjustment, information provision, satisfaction and appearance issues. Arising themes will determine the focus of subsequent studies. Study 2 will be a prospective investigation of women newly diagnosed with DCIS or invasive breast cancer, during a six month period. A mixture of quantitative and qualitative methods will examine adjustment to DCIS and others aspects highlighted from qualitative study. Study 3 will be a cross-sectional quantitative survey comparing women previously diagnosed with either DCIS or invasive breast cancer. This postal questionnaire will explore psychosocial adjustment, illness representations, appearance concerns and satisfaction with care. Finally, study 4 will involve health professionals and will explore their perceptions of adjustment to DCIS and current/future provision of care. The overall findings will inform the development of a set of guidelines aimed at facilitating the provision of care for women with DCIS.

For further information about participating in this research or any other aspect of it, please contact Fiona Kennedy via email: [Fiona3.Kennedy@uwe.ac.uk](mailto:Fiona3.Kennedy@uwe.ac.uk) or call 0117 3281890.

## Current Research

**Marianne Morris** and **Sue Jackson** are working with the staff and members of the Pituitary Foundation Charity (PitPat), exploring the psychosocial needs of and appearance related issues for people with a variety of pituitary conditions. Two UWE MSc Health Psychology students are involved with data collection: Menna Osborne is running focus group and one to one interviews across the UK to qualitatively explore individuals' experiences and the impact of the condition; and Liane Klingbeil will be completing a survey study with a larger population using the CAR Audit questionnaire.

Preliminary findings will be available from July with a completed analysis by October 2006.

For further information about any aspect of this research, please contact Dr Marianne Morris via email: [Marianne.Morris@uwe.ac.uk](mailto:Marianne.Morris@uwe.ac.uk).

# Recent Publications



**Alford C, Anslow C & Heard PF** (2005) Viewing facial expressions of emotions reveals increased autonomic arousal for those associated with action readiness. *Proceedings of the British Psychological Society*, 13(1), 21.

**Brill SE, Clarke A, Veale DM & Butler PEM** (2006) Psychological management and body image issues in facial transplantation. *Body Image*, 3, 1-15.

**Carr T, Moss T & Harris D** (2005) The DAS-24: A short form of the Derriford Appearance Scale (DAS59) to measure individual responses to living with problems of appearance. *British Journal of Health Psychology*, 10, 285-298.

**Dittmar H, Halliwell E & Ive S** (2006) Does Barbie make girls want to be thin? The effect of experimental exposure to images of dolls on the body image of 5- to 8-year-old girls. *Developmental Psychology*, 42(2), 283-292.

**Frith H & Harcourt D** (2005) Picture this: using photography to explore women's experiences of chemotherapy. *Health Psychology Update*, 14(3), 2-9.

**Halliwell E & Harvey M** (2006) An examination of a sociocultural model of disordered eating amongst male and female adolescents. *British Journal of Health Psychology*, 11, 235-248.

**Halliwell E & Dittmar H** (2006) Associations Between Appearance-Related Self-Discrepancies and Young Women's and Men's Affect, Body Satisfaction, and Emotional Eating: A Comparison of Fixed-Item and Participant-Generated Self-Discrepancies. *Personality and Social Psychology Bulletin*, 32, 447-458.

**Halliwell E & Dittmar H** (2005) The role of self-improvement and self-evaluation motives in social comparisons with idealised female bodies in the media. *Body Image*, 2(3), 249-261.

**Halliwell E, Dittmar H & Howe J** (2005) The Impact of Advertisements Featuring Ultra-Thin or Average-Size Models on Women With a History of Eating Disorders. *Journal of Community and Applied Social Psychology*, 15, 406-413.

**Harcourt D & Rumsey N** (2006) Altered body image in Kearney, N. & Richardson, A. (eds) *Nursing patients with Cancer: Principles and Practice*. Elsevier.

**Heard PF, Harnett M & Alford C** (2005) Eye movements to pictures of normal faces, and the same people made up to be disfigured Perception: European Conference on Visual Perception (EVP) abstracts.

**Moss TP** (2005) The relationships between objective and subjective ratings of disfigurement severity and psychological adjustment. *Body Image*, 2(2), 151-159.

# Conference Presentations & Talks

**Alford C**, Heard PF & Harnett M 'The effects of disfigurement make up on eye movements and physiological responses to faces. Paper presented at The 20th Annual Scientific Meeting of the Psychobiology Section of the British Psychological Society (September 2005, Lake Windermere).

**Dittmar H** & Halliwell E 'Restrained Eating, Affect, and the Media: Eating Symptomatology as Cause and Consequence of Women's Responses' Symposium presented at the British Psychological Society Division of Health Psychology Annual Conference (September 2005, Coventry University).

**Halliwell E** & Dittmar H 'Our bodies, ourselves: Using self-concept processes to understand body image concerns' Symposium presented at The 52nd Annual Social Psychology Section of the British Psychological Society Conference (August 2005, University of Edinburgh).

**Harcourt D** 'Psychosocial aspects of breast reconstruction and implications for the provision of care' at Birmingham Cancer Network Breast Cancer Study Day, Nuffield Hospital, Birmingham.

**Harcourt D** 'Using Mixed methods to study appearance: women's experiences of Breast Reconstruction' to the MSc Health Psychology, City University, London

**Harcourt D** & Frith H 'Capturing women's experiences of chemotherapy through the use of photography', Clinical Psychology Seminar Series, Bristol University.

**Harcourt D**, Frith H & Fussell A 'Depicting women's experiences of an altered appearance during chemotherapy', Australasian Society for Behavioural Health and Medicine 4th Annual Scientific Conference, Auckland, New Zealand.

**Harcourt D** 'From local care to national policy: trying to improve the provision of psychosocial care for women offered breast reconstruction after mastectomy', Australasian Society for Behavioural Health and Medicine 4th Annual Scientific Conference, Auckland, New Zealand.

Harrad RA, **Jackson S** & **Rumsey N** 'Are you looking at me, mate? The psychosocial impact of corrective surgery in adults'. Paper presented at the 7<sup>th</sup> symposium on paediatric ophthalmology at the Czech Ophthalmology Society. (May 2005, Litomyšl).

Harrad RA, **Jackson S**, **Rumsey N** & **Morris M** 'Are you still looking at me, mate? The psychosocial impact of corrective surgery on strabismic adults'. Paper presented at British Isles Strabismic Association (BISA) meeting, (Nov 2005, Portsmouth).

**Heard PF**, **Alford C**, & Harnett M 'Eye-movements to pictures of normal faces and the same people made up to be disfigured' Paper presented at the European Conference for Visual Perception (ECPV) (August 2005, A Coruna, Spain).

**Jackson S**, **Rumsey N**, **Morris M** & Harrad RA (2005) Are eyes the gateway to the soul? Paper presented at the BPS Quinquennial Conference, University of Manchester.

**Jackson S**, **Rumsey N**, **Morris M** & Harrad RA (2005) The psychosocial impact of corrective surgery on adults with an eye misalignment. Paper presented at the BPS Quinquennial Conference, University of Manchester.

**Malson H** & Ryan V 'Matrices of Femininity in Hospital-Based Treatment For Eating Disorders: A Feminist Post-Structuralist Analysis of Nurse-Patient Relationships' Paper presented at the British Psychological Society Psychology of Women Section Conference (July 2005, Huddersfield University).

**Phillips C**, **Rumsey N** "Developing recommendations for psychosocial support programmes following burn injury: Preliminary analysis of child data" Presentation at the British Burn Association Annual Conference, York 2005.

**Rumsey N** 'Psychological care of cosmetic surgery patients' Invited World Expert at the Cosmetic Surgery Conference (July 2005, Edinburgh).

**Rumsey N** 'Adjustment to Visible Differences: Children and Adolescents' Key note speaker. European Craniofacial Association conference (October 2005, Bruges).

**Rumsey N** "Responding to a Facial Difference" The Face. AHRB funded workshop, the Dana Centre. London, February 2005.

**Rumsey N** "The Psychology of Scarring". Press event for Scarring Week. London, May 2005.

**Rumsey N** "Making Cleft Care More Patient Centred". The Spires Cleft Centre. Salisbury, June 2005.

**Rumsey N** "Face Transplantation: Issues for Recipients", Cheltenham Science Festival, June 2005.

**Rumsey N** "Addressing the Psychosocial Needs of Cosmetic Surgery Patients" Cosmetic Surgery: Under the Knife. London, June 2005.

**Rumsey N** 'Whole face transplants: technological miracle or psychological minefield?' Australasian Society for Behavioural Health and Medicine 4th Annual Scientific Conference. Auckland, February 2006.

**Rumsey N** 'From local to national: the development of a psychological service for patients and families affected by a cleft lip/palate', Australasian Society for Behavioural Health and Medicine 4th Annual Scientific Conference. Auckland, February 2006.

**Rumsey N** "Appearance and cancer" The National Institute for Cancer. Melbourne, February 2006.

**Rumsey N** "Standards of psychological care in UK cleft teams" Royal Children's Hospital. Melbourne, February 2006.

**Rumsey N & Lovegrove E** "Self Perceptions of Facial Difference in the US & the UK" Paper presented at The American Cleft-Palate Craniofacial Association Annual Conference. Myrtle Beach, April 2005.

**Wallace M** 'The psychosocial impact of acne: an altered appearance during adolescence' Paper presented at the 19th Annual Conference of the European Health Psychology Society. Galway, August 2005.

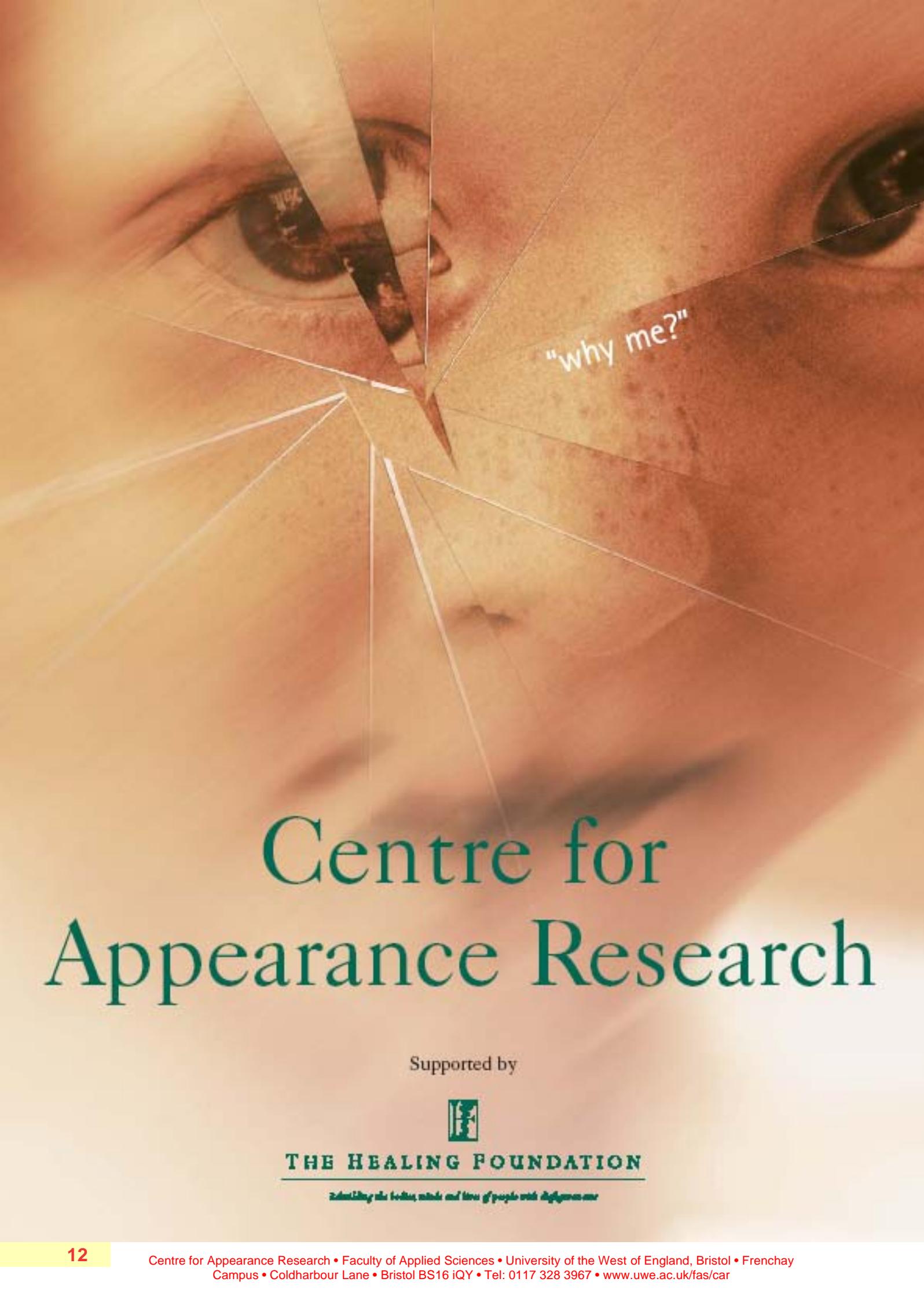
**PhD students from CAR presented their research at the UWE Faculty of Applied Sciences Postgraduate Conference in 2005:**

**Fiona Fox** presented a poster 'Focus groups online: Using the internet to host synchronous communication between young people'.

**Sue Jackson** presented a paper entitled 'The psychosocial impact of eye misalignment in adults'.

**Melissa Wallace** presented a paper entitled 'The psychosocial impact of experiencing acne during adolescence'.

**Jamie White** presented a poster 'Effects of TV and Magazine use on Adolescent Body Image'.



"why me?"

# Centre for Appearance Research

Supported by



**THE HEALING FOUNDATION**

*Enabling the better, whole and lives of people with disfigurement*