

Appearance Research News

The Newsletter of the Centre for Appearance Research – Issue 10

Welcome...

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

In this issue we celebrate a number of PhD completions and welcome new members. Special features include research overviews from CAR Research Fellows and PhD students.

Headlines



Appearance Matters™4

Appearance Matters™4, is taking place on the 22 and 23 June 2010 will be held at The Wills Memorial Building, Bristol. We are delighted that the keynote speakers will be Professor Alex Clarke (Royal Free Hospital, London, UK) and Professor Lina Ricciardelli (Deakin University, Australia). The evening wine reception will take place at the Wills Building, around a selection of paintings from the Saving Faces art exhibition. Details of the conference can be found on the website www.uwe.ac.uk/appearancematters.

Congratulations...

...to Emma Dures, Fiona Kennedy, Irmgard Tischner and Alyson Bessell who all successfully defended their PhD theses and graduated in November 2009. Kristin Billaud-Feragen also successfully defended her thesis in Oslo in October 2009. We have had a total of 9 completed PhD theses during the last 2 years, and continue our 100% successful completion record to date.

James White's PhD thesis has been awarded The Seymour-Fisher Outstanding Body Image Dissertation award for 2009 by the international journal *Body Image* – a huge achievement – congratulations to James. The PhD "The Development of Negative Body Image and Disordered Eating in Adolescence" was supervised by Emma Halliwell, Tim Moss and Nicky Rumsey.

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New Members...

We are delighted to welcome:

Phillippa Diedrichs who has taken the post of VTCT Research Fellow. In January 2010 Phillipa moved from Australia to join the centre and to lead a strand of research on promoting positive attitudes towards diversity in appearance, funded by VTCT. (further details on page 3)

We have also been joined by four new PhD students:

Jenny Barke is researching young people's experiences of visible differences associated with genetic/inherited conditions. Her PhD is in collaboration with the Centre for Ethics in Medicine at the University of Bristol and her supervisory team consists of Di Harcourt (Director of Studies), Jane Coad (Centre for Child and Adolescent Health, UWE) and Ainsley Newson (Centre for Ethics in Medicine, University of Bristol).

Daisy Townsend is researching in the area of exercise and appearance. Her Director of Studies is James Byron-Daniel and her supervisory team includes Emma Halliwell and Di Harcourt. Her PhD is funded by a Health and Life Sciences Faculty bursary.

Chantelle Bailey is researching school-based interventions aimed at promoting diversity in appearance and improving levels of media literacy. Her Director of Studies is Emma Halliwell with Nicky Rumsey and Phillipa Diedrichs as second supervisors. Professor David James (Education, UWE) is an expert advisor to the research programme. The PhD is funded by VTCT and the Faculty of Health and Life Sciences.

Heather Brant is investigating "Psychosocial and ethical issues around visible difference associated with genetic conditions".

Heather's PhD is based at University of Bristol but she visits CAR regularly as this it is a joint PhD with UWE. Di Harcourt is her second supervisor (The Director of Studies is Dr Ainsley Newson, University of Bristol).

We are pleased to welcome the following new members to the CAR Steering Committee:

Rosanna Preston,
Chief Executive of Cleft Lip and Palate Association (CLAPA).

Alan Kay,
Consultant Plastic Surgeon at Frenchay Hospital, Bristol.

Nigel Mercer,
Consultant Plastic Surgeon at Frenchay Hospital, Bristol.

CAR in the Media

Aly Bessell's research into the development and evaluation of an online psychosocial intervention to support people who have a visible difference appeared in The Telegraph in December 2009, following her presentation at the BPS Division of Clinical Psychology Annual Conference.

CAR News

The Faculty of Health and Life Sciences hosted a public lecture delivered by Nicky Rumsey in October 2009 to mark the re-designation of her title as 'VTCT Professor of Appearance Psychology'. This re-designation reflects the financial support offered by VTCT to the work of CAR over the next five years.

Di Harcourt is Chair of the British Psychological Society's Division of Health Psychology from September 2009 – September 2010.

Nicky Rumsey and Di Harcourt will be editing "The Oxford Handbook of Appearance Research" (Oxford University Press) which will include 30 chapters involving leading figures in appearance research. It is due for completion in March 2011.

Elizabeth Jenkinson was appointed as a Research Fellow in CAR in May 2009. She is leading a strand of research developing, implementing and evaluating interventions for people adversely affected by appearance concerns. Her post is funded by VTCT. (for further details see page 3)

The Healing Foundation funded project entitled '**Identifying the psychosocial factors and processes contributing to successful adjustment to disfiguring conditions**', lead by CAR, has been completed on schedule and within budget. The Healing Foundation Board of Trustees unanimously accepted the final report stating 'it is a truly groundbreaking piece of work'. The dissemination phase of the project is in full swing. Several papers and symposia have already been delivered at national and international conferences to

a variety of audiences (for details p.6-8). Members of the ARC collaboration are now writing papers for publication.

Heidi Williamson has been appointed as a Research Associate with particular responsibility for research with young people affected by appearance concerns.

Dr Fiona Fox has returned to CAR after time in New Zealand. Fiona is leading on research relating to children with disfiguring conditions.

CAR Events

"**Size Matters**" - a one day meeting hosted by CAR was held at The Watershed, Bristol in June 2009. The day explored psychosocial issues around weight and obesity from a variety of perspectives.

Speakers were: Lucy Aphramor (Coventry University and Atrium Health Ltd, UK), Professor Michael Gard (Charles Sturt University, Australia), Dr Jeremy Gauntlett-Gilbert (Royal National Hospital for Rheumatic Diseases, Bath, UK), Professor Andrew Hill (University of Leeds, UK), Dr Meredith Jones (University of Technology, Sydney, Australia), Professor Jane Ogden (University of Surrey, UK) and Professor Nichola Rumsey (CAR, UWE, Bristol).

Visible Differences Interventions Day

CAR hosted an interactive meeting on behalf of the Appearance Research Collaboration (ARC) in November 2009. The meeting was aimed at specialists involved in the delivery of psychosocial interventions to people who have a visible difference and introduced the evidence based manual developed as the result of research funded by the Healing Foundation. The meeting was supported by the Healing Foundation. The day included presentations from members of the ARC and discussion groups in which delegates considered the integration of a new psychosocial intervention, how to assess outcomes in this area of how to access and involve hard to reach groups.



VTCT Funded Research

In 2009, the Vocational Training Charitable Trust provided the funding necessary to establish two senior research posts within the Centre for Appearance Research (CAR). This exciting initiative provides the opportunity for the post holders to initiate their own programmes of research, to grow new research teams (for example, through attracting their own PhD students), and to establish themselves as experts in their own right within a supportive environment.

The research programmes are divided into two main themes, the first lead by Elizabeth Jenkinson who began her post in April 2009, with the second led by Phillipa Diedrichs, who joined CAR from The University of Queensland in Australia, in January 2010.

Theme 1:

Interventions to meet the psychosocial needs of those adversely affected by appearance concerns

Research Fellow: Liz Jenkinson

Contact: Elizabeth2.jenkinson@uwe.ac.uk

Despite widespread acknowledgement of the need to develop effective interventions for the many people who experience distress in relation to a visible difference, the availability of support and intervention is largely limited to services offered by charities. Developing and evaluating evidence-based interventions has been a priority for CAR for some time. In addition, within the UK healthcare system, the routine provision of psychosocial support and intervention, whether as an adjunct or an alternative to surgical or medical treatment, is very much the exception rather than the rule. When provision does exist, it tends to be reactive rather than preventive, and waiting lists for referrals to specialist psychosocial support are often long.

The problems and difficulties contributing to distress amongst patients presenting for surgical or medical treatment are now well documented by psychology research and the time is right to use this knowledge to further develop appropriate methods of support and intervention within the health care system. In addition, a major multi-centre programme of research conducted by the Appearance Research Collaboration (ARC) and led by CAR examining the psychological factors contributing to adjustment and distress in community samples concluded in summer 2009, resulting in recommendations for intervention.

The current projects being developed under this strand of funding include;

- The development of an online Cognitive Behavioural Therapy (CBT) programme for young people with visible differences (with Heidi Williamson)
- A feasibility study of an evidence-based Cognitive Behavioural Therapy training manual for psychologists working with adults with visible differences (with Alex Clarke)
- Consultancy work with the charity Changing Faces evaluating workplace training for burns care professionals in psychosocial care (with Charlotte Russell) and evaluating a school-based intervention for young people in years 8 and 9 aiming to reduce discrimination towards people with facial disfigurements (with Fiona Fox).

Theme 2:

Promoting a positive attitudinal climate in which diversity in appearance is valued

Research Fellow: Phillipa Diedrichs

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In Western societies, it is now more common for people to be dissatisfied with their appearance than not. This trend affects women and men across the lifespan, with children as young as five years of age showing less tolerance for people whose appearance does not fit with current beauty standards. We also know that larger people are less likely to be employed and receive high quality healthcare in comparison to thinner people, and people with visible differences are less likely to be approached in social situations than those without. Moreover, when young women and men look at perfected magazine and television images of idealised, thin and muscular models they often feel bad about their own bodies. These are just some examples of the way in which people are influenced by the current 'body beautiful' culture.

Although in recent years there has been a substantial amount of research, policy and advocacy dedicated to fostering more positive attitudes towards gender and racial equality, there has been relatively little work which has focused on promoting acceptance of diversity in appearance. Consequently, within this strand of research we will be developing and evaluating multi-level strategies which aim to promote an environment in which diversity in appearance is valued. Some of the projects will include:

- Designing, implementing and evaluating school-based interventions to promote positive body image and the acceptance of diversity in appearance (with Emma Halliwell and Chantelle Bailey).
- Investigating the potential for promoting appearance diversity in media imagery, including the use of average-size models (with Emma Halliwell).
- Exploring the impact of airbrushing and perfected images on body image and appearance concerns (with Emma Halliwell).
- Engaging with the media industry to better understand the processes and parties involved in decisions regarding the types of appearances that are represented in media imagery and potential avenues for change

Exploring the role of cognitive, physical and social variables between body image and appearance concerns and physical activity participation.

Exercise has been identified as a potential strategy to reduce body image disturbance, and over the past two decades, a growing body of research has begun to explore the body image – exercise relationship. Furnham, Titman and Sleeman (2004) found that people who regularly exercise rate themselves as more attractive, confident, healthy, and popular, and have significantly higher body satisfaction than non-exercisers. Williams and Cash (2001) found that a six week circuit weight training program significantly improved body satisfaction in men and women. However, this is not always the case. For instance, Zabinski et al (2001) found that men and women who participated in 15 weeks of physical activity that matched the national guidelines had no significant improvement in body satisfaction.

In a meta-analysis on intervention programs and their effect on body image, Campbell and Hausenblas (2009) found a small effect size indicating that exercise interventions have resulted in improvements in body image. Whilst this suggests that there is potential in proposing that exercise is beneficial to body image, the small effect size and equivocal findings in the literature suggests that the relationship between body image and exercise is a complex one. Future efforts to untangle the contradictory research findings need to recognise that the relationship between exercise and body image is likely to be influenced by a number of individual differences such as personality characteristics and motivation (Fox, 1997).

As there is a clear lack of theoretical mechanisms underpinning body image and exercise, to gather a comprehensive understanding of the complexities of the body image – exercise relationship it is crucial to 'investigate or control for variables that are independent of exercise itself' (Campbell and Hausenblas, 2009, p.788). In theory, if the factors that influence body image change and the conditions under which they optimally function can be identified, then effective exercise interventions can be designed.

Proposed plan of empirical work

Study 1

Will be an exploratory qualitative study consisting of interviews with men and women aged 18 – 25 years who have recently started exercising. Participants will discuss their experiences of how exercise has affected their body image, their motivations to exercise and how the environment they exercise in affects how they view their bodies.

Study 2

Will be a longitudinal 6-month study following males and females aged 18 – 25 years who have joined the UWE Sports Centre Gym and possibly other gym facilities in Bristol. The study will include measures of body image, motivations to exercise, self-efficacy and other measures informed by the findings from Study 1.

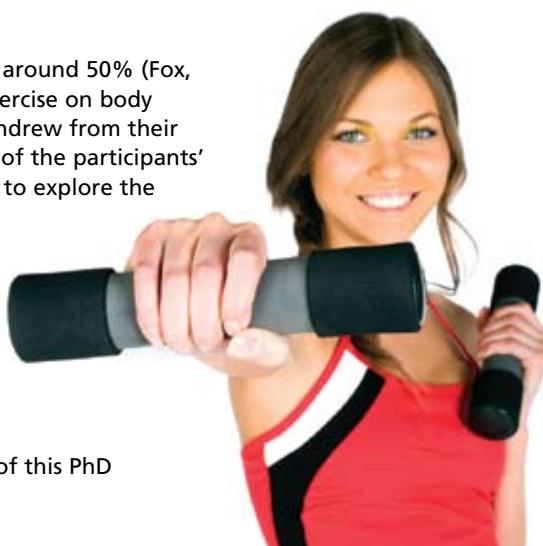
Study 3

Since the drop-out rate in the majority of studies in this area is around 50% (Fox, 1999), to gather an accurate understanding of the effects of exercise on body image, it is necessary explore the experiences in those who withdrew from their exercise regime. Interviews will allow for an in-depth coverage of the participants' experiences of how exercise has affected their body image and to explore the barriers that exist in exercise adherence.

Study 4

Will be a quantitative study determined by the findings of studies 2 and 3. It will most likely involve manipulation of the variables identified in previous studies that influence the relationship between body image and exercise.

Daisy is supervised by James Byron-Daniel, Emma Halliwell and Diana Harcourt. For further information about any aspect of this PhD research please contact Daisy Townsend via e-mail Daisy2.Townsend@uwe.ac.uk



Development and evaluation of a school-based body image intervention to change attitudes towards appearance and promote acceptance of appearance diversity.

It is widely recognised that there is a high prevalence of appearance-related concerns in children and adolescents in Westernised societies (Smolak and Thompson, 2009). Studies have found that adolescents' negative attitudes towards their appearance can be associated with excessive exercise (McCabe and Ricciardelli, 2006); extreme weight loss (Paxton et al, 1999) or muscle gain (Ricciardelli and McCabe, 2007) and risk factors for disordered eating (Neumark-Sztainer, Paxton, Hannan, Haines and Story, 2006).

The prevalence of these negative attitudes towards appearance held by adolescents highlights the importance of both targeting and preventing appearance-related concerns through body image interventions. These interventions need to occur at the onset of these concerns during early adolescence, before they manifest into later health-risk behaviours. Previous prevention programs aimed at adolescents have found to be successful in targeting a wide range of psychological, emotional and health issues and behaviours in children and adolescents, such as decreasing depression (Clarke et al, 2001), or suicide prevention (Randall, Eggert and Pike, 2001) and are increasingly being developed for the prevention of eating disorders (Bearman, Stice and Chase, 2003). These eating disorder programs have successfully targeted factors which are related to elements of body image, such as thin-ideal internalization (Seidel, Presnell and Rosenfield, 2009) or media literacy (Ogden and Sherwood, 2008). However, no single intervention program has been developed which covers the vast array of components that could influence body image. In addition few intervention programs focusing specifically on body image have targeted adolescents; the vast majority solely focus on eating disorders (McVey et al, 2003), and are only specific to girls (Brown, Winzelberg, Abascal and Taylor, 2004).

The aim of this research is to develop a school-based intervention program to target and prevent body image concerns in adolescents and promote acceptance of appearance diversity. This research will build upon the existing knowledge about body image in adolescents, exploring what is required for an intervention program and designing and evaluating an intervention to meet these requirements. The project aims to develop an effective intervention program which can be delivered by school teachers in co-educational schools around the UK.

A series of studies of studies will be undertaken:

Study 1 will provide a qualitative exploration of the research area informing the development of the school-based intervention. The study will involve a series of focus group discussions with adolescents, teachers and parents informing the content and the development of the intervention.

Study 2 will design and evaluate a school-based intervention to prevent body image concerns in adolescents with the aim of preventing the onset of health-risk factors resulting from negative body image/body dissatisfaction. Using the data gathered from study one and evidence from existing literature, a multi-session body image intervention will be developed for implementation in secondary schools.

Study 3 will be a media exposure study with the aim of determining the impact of the intervention on the resiliency of adolescents.

Chantelle's supervisors are Emma Halliwell and Nichola Rumsey. For further information about any aspect of this PhD research please contact Chantelle Bailey at Chantelle2.Bailey@uwe.ac.uk or call 0117 328 1894





Recent Publications

Brown, BC., **Moss, T.P.**, Bayat, A. (2009) Skin scar pre-conceptions must be challenged: Importance of self-perception in skin scarring. *Journal of Plastic, Reconstructive and Aesthetic Surgery*. doi:10.1016/j.bjps.2009.03.019

Corry N, Pruzinsky T and **Rumsey N** (2009) Quality of life and psychosocial adjustment to burn injury: Social functioning, body image and health policy perspectives. *International Review of Psychiatry*. 21 (6) 539 – 548

Feragen, K, Borge, A. and **Rumsey, N.** (2009). Social Experience in 10-Year-Old Children Born With a Cleft: Exploring Psychosocial Resilience. *Cleft Palate–Craniofacial Journal*, 46 (1)

Hughes, J., Naqvi, H., Saul, K., **Williamson, H.**, Johnson, M.R.D., **Rumsey, N.** and Charlton, R. (2009) South Asian community views about individuals with a disfigurement. *Diversity in Health and Care*, 16 (4), 241-253

Kennedy, F., Harcourt, D. and **Rumsey, N.** (2009). Perceptions of ductal carcinoma in situ (DCIS) among UK health professionals, *The Breast*, 18 (2)

Malson, H. (2010) Qualitative methods from psychology, in R. Dingwall and I Bourgeault (eds) *The Sage handbook of qualitative methods in health research*, Sage, London

Malson, H., Riley, S., and Markula, P.(eds) (2009). 'Beyond Psychopathology: Interrogating (Dis)Orders of Body Weight and Body Management' Special Edition: *Journal of Community and Applied Social Psychology*, vol 19

Moss, T.P. and Harris, DL., (2009) Psychological Change Following Plastic Surgery: A Prospective Controlled Outcome Study *Psychology, Health and Medicine* 14:5,567 – 572

Rumsey N (2009) Evidence based approaches to behaviour change in wound care. *Wounds* 21, 12

In Press

Dures, E., Morris, M., Gleeson, K. and Rumsey, N. (in press) Mixed methods in health psychology: theoretical and practical considerations of the third paradigm. *Journal of Health Psychology*.

Malson, H., Bailey, L. Clarke, S., Treasure, J. Anderson G. and Kohn M (in press) Un/imaginable future selves: A discourse analysis of in-patients' talk about recovery from an 'eating disorder' *European Eating Disorders Review*.

Walsh, E. and **Malson, H.** (in press) Everyday constructions of eating disorders: A story completion task, Feminism and Psychology.

Conference Presentations and Public Engagement

As members of the Appearance Research Collaboration (ARC) CAR was involved in the following:

ARC (2009) Applying research to inform the provision of psychosocial interventions for people with a visible difference, symposium at the BPS Annual conference, April 2009 (Brighton, UK).

Papers in the symposium:

- James, H. on behalf of ARC (2009) Identifying factors and processes contributing to successful adjustment to disfiguring conditions.
- Clarke, S.A., **Jenkinson, E.**, James, H., Newell, R. and Thompson, A. and members of ARC (2009) A qualitative investigation of change and stability in psychological adjustment to appearance.
- **Williams, E.**, Hughes, J., Williamson, H., Naqvi, H., Johnson, M., Charlton, R. and Saul, K. (2009) South Asian community views about individuals with visible differences.
- **Jenkinson, E.**, Clarke, A. and **Rumsey, N.** (2009) Developing an intervention for people with visible difference.
- **Bessell, A.**, **Moss, T.**, Clarke, A., **Rumsey, N.** and **Harcourt, D.** (2009) Evaluation of a computer based psychosocial intervention for individuals with visible differences.

James, H., Newman, S., Ezra, D., Sapp, N. and members of **The Appearance Research Collaboration (ARC)**. Psychological well-being and appearance concerns of patients with an ocular prosthesis. Poster presentation at **Royal College of Ophthalmologists Congress, May 2009** (Birmingham, UK).

Thompson, A. R., Clarke, S. A., Newell, R., and **ARC**. (2009) South Asian Experience of living with the depigmenting skin condition vitiligo. Presented at the **International Critical Health Psychology Conference, July 2009** (Lausanne, Switzerland).

Community Research Event "Black Minority Ethnic (BME) Community Views on Facial Disfigurement and Visible Difference" (2009). Held in Coventry and arranged by **Warwick Medical School, the University of Warwick, UK**.

Members of CAR presentations:

- Krysia, S. on behalf of ARC (2009). Introduction to the day.
- **Harcourt, D.** on behalf of ARC (2009). Psychosocial Aspects of Visible Difference.
- **Williams, E.** on behalf of ARC (2009). What the data said.

BPS Faculty of Clinical Health Psychology conference, One day workshop, "Using surgery to change behaviour" (Glasgow, UK)



- **Jenkinson, E.** (2009). Using surgery to change behaviour: Intimate behaviours and patients seeking surgery.
- **Clarke, A.** (2009). Using surgery to change behaviour: the role of psychology in surgical settings

Appearance Research Collaboration (ARC) (2009). Towards Increased Availability of Cognitive Behavioural Interventions for People with a Visible Difference, symposium presented at **European Association of Behavioural Cognitive Therapy conference**, September 2009 (Dubrovnik, Croatia).

Papers in the symposium:

- **Jenkinson, E. on behalf of ARC** (2009). Identifying factors and processes contributing to successful adjustment to disfiguring conditions.
- **Thompson, A. on behalf of ARC** (2009). A qualitative investigation of change and stability in psychological adjustment to appearance.
- **Clarke, A. on behalf of ARC** (2009). Developing an intervention for people with visible difference.
- **Bessell, A., Moss, T., Clarke, A., Rumsey, N. and Harcourt, D.** (2009) Evaluation of a computer based cognitive behavioural intervention for individuals with visible differences.

Appearance Research Collaboration (ARC) (2009). Addressing the gaps in disfigurement research. Symposium presented at **Division of Health Psychology annual conference**, September 2009 (Birmingham, UK).

Papers in the symposium:

- **James, H., Newman, S. and Rumsey, N. on behalf of ARC (2009).** Identifying factors and processes contributing to successful adjustment to disfiguring conditions.
- **Egan, K. and Harcourt, D. on behalf of ARC** (2009). Focussing on the positives: the experience of adjustment to visible difference.
- **Thompson, A. on behalf of ARC** (2009). A longitudinal qualitative investigation of change and stability in psychological adjustment to appearance.
- **Jenkinson, E., Clarke, A., Moss, T. and Walsh, E. on behalf of ARC** (2009). The development of a measure of appearance related anxiety and intimacy.



Ahern, J. and Diedrichs, P.C. (2010) Photoshopped perfection: The impact of airbrushed models in the media on young women's body image and advertisement effectiveness. Paper presented at the 7th Annual Conference of the Australasian Society for Behavioural Health and Medicine. Brisbane, Australia.

Denford, S., Harcourt, D., Rubin, L. and Pusic, A. (2009). Understanding Normality: A qualitative analysis of breast cancer patients' concepts of normality after mastectomy and reconstructive surgery, British Psycho-Social Oncology Society Annual Conference, Cardiff, December 2009.

Fletcher, R. and Diedrichs, P.C. (2010) 'Less is more': Fashion consumers' opinions on health, body image, and average-size models in the media. Paper presented at the 7th Annual Conference of the Australasian Society for Behavioural Health and Medicine. Brisbane, Australia. Awarded Overall Best Presentation.

Harcourt, D., Williamson, H., Sherman, K., Boyages, J., Lam, T. and Cawthorn, S. (2009). Facilitating Cancer Patients' decision making about breast reconstruction: the feasibility of BRECONDA, an interactive, computer-based intervention, British Psycho-Social Oncology Society Annual Conference, Cardiff, December 2009.

Harcourt, D. gave a presentation as part of a one-day conference for sixth formers at Alton Convent School on the topic of "Is Society's obsession with body image healthy?", October 2009

Harcourt, D. 'Altered Body Image: Implications and Management'. Head and Neck Cancer Masterclasses for Health Professionals working with head and neck cancer patients, UWE, June 2009.

Harcourt, D. and A. Bates. 'Involving people who have a visible difference'. UWE Services Users and Carers Involvement in Research Group Launch, June 2009.

Harcourt, D. Appearance Matters: Recent research in appearance and disfigurement. Westminster University, Psychology Department Seminar, January 2010.

Patel, G. Experiences of breast cancer in African, Caribbean and South Asian women – oral presentation at the postgraduate psychology conference, UWE, Bristol, November 2009.

Rumsey, N. "Trials and Tribulations of Appearance Research". Invited talk at the BPS South West Psychology Branch meeting in Exeter, November 2009

Rumsey, N. "Psychological principles for sustained behaviour change in wound care". Keynote address at the Annual Conference of the International Society of Wound Care in Helsinki, May 2009.

Rumsey, N. delivered two talks at the O2 Arena in June and July 2009 as part of the Body Worlds exhibition. The talks, to GCSE and A levels students were 'Body image: I don't like the way I look'

Rumsey, N. delivered a lecture "The trials and tribulations of researching disfigurement" as part of the "Cutting Edge" series at the University of Salford in June 2009.



Rumsey, N. gave an address to pupils, parents and staff at the annual prize giving for Colston's Girls' School in September 2009.

Rumsey, N. delivered a public lecture "Reconfiguring Disfigurement: Challenging the Perceptions of What Makes a Difference" at UWE, in October 2009

Rumsey, N. and Thompson, A. Factors contributing to adjustment to disfiguring conditions. University of Sheffield, February 2010.

Rumsey, N. (Keynote) Reconfiguring disfigurement: Challenging perceptions of what makes a difference. Mind and Body Conference. Salisbury, February 2010.

Rumsey N, (Keynote) Living with a cleft: what do we know and what do we need to know? Zurich, January 2010

Rumsey N, "I don't like the way I look": A flavour of psychology. Public Engagement Event, Belfast, March 2010

Rumsey, N. and Harcourt, D. Appearance Matters: Recent research in appearance and disfigurement. University of Manchester, Psychology Department Seminar Series. March 2010.

Rumsey, N., Harcourt, D. and Clarke, A. Identifying Factors and Processes Contributing to Successful Adjustment to Disfiguring Conditions, presentation to the Welton Foundation and Healing Foundation, London, March 2010.

Williamson, H., Harcourt, D., Halliwell, E., Frith, H. and Wallace, M. (2009). Adolescents' and parents' experiences of managing the psychosocial impact of appearance change during cancer treatment, British Psycho-Social Oncology Society Annual Conference, Cardiff, December 2009.

Williamson, H. 'Adolescents' and parents' experiences of managing the psychosocial impact of appearance change during cancer treatment'. The Teenage and Young Adult Cancer Conference, Glasgow, November 2009

Poster Presentations

Bessell, A. presented a poster entitled 'Assessing the effectiveness of an online psychosocial intervention for individuals with disfiguring conditions' at the European Health Psychology Society conference (Pisa, Italy, September 2009)

Huxley, C. presented a poster entitled "Exploring The Relationship Between Sexual Identity, Body Image and Eating Behaviours" at the Division of Health Psychology conference (Aston University, September 2009)

Huxley, C. presented a poster entitled "Exploring The Relationship Between Sexual Identity, Body Image and Eating Behaviours" at the European Health Psychology Society conference (Pisa, Italy, September 2009)

Patel, G. The psychosocial impact of breast cancer diagnosis and treatment in Black and South Asian women –British Psycho-social Oncology Society. (Cardiff, December 2009)

Williamson, H. presented a poster entitled ' Adolescent experiences of appearance change during cancer' at The Division of Health Psychology Annual Conference (Aston, Birmingham, September 2009)

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